Food Composition Table for Bangladesh

Institute of Nutrition and Food Science
Centre for Advanced Research in Sciences
University of Dhaka



With the Support of

NFPCSP

National Food Policy Capacity Strengthening Programme

USAID
FROM THE AMERICAN PEOPLE

In compliance with

INFOODS

Food Composition Table for Bangladesh

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Food Composition Table for Bangladesh

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Abbreviations

AAA	Amino Acid Auto-analyzer
AAS	Atomic Absorption Spectroscopy
AOAC	Association of Official Analytical Chemists
ASEAN	Association of Southeast Asian Nations
BARC	Bangladesh Agricultural Research Council
BARI	Bangladesh Agricultural Research Institute
BCSIR	Bangladesh Council of Scientific and Industrial Research
BIRDEM	Bangladesh Institute of Research and Rehabilitation for Diabetes, Endocrine and Metabolic Disorders
CARS	Centre for Advanced Research in Science
DB	Database
DKP	Deshio Khaddyodrobbeyer Pushtiman
EU	European Union
FAO	Food and Agriculture Organization of the United Nations
FCDB	Food Composition Database for Bangladesh
FCT	Food Composition Table
FDA	Food and Drug Administration
FPMU	Food Planning and Monitoring Unit
GAE	Gallic Acid Equivalent
GLC	Gas Liquid Chromatography
HIES	Household Income and Expenditure Survey
HKI	Helen Keller International
HPLC	High Performance Liquid Chromatography
HYV	High Yielding Variety
ICPMS	Inductively Coupled Plasma Mass Spectrometry
INFOODS	International Network of Food Data Systems
INFS	Institute of Nutrition and Food Science
IPHN	Institute of Public Health Nutrition
IUPAC	International Union of Pure and Applied Chemistry
KFs	Key Foods
NE	Niacin Equivalent
NFPCSP	National Food Policy Capacity Strengthening Programme
NGO	Non Government Organization
NIN	National Institute of Nutrition
NV	Nutritive Value
PUFA	Polyunsaturated Fatty Acids
RAE	Retinol Activity Equivalent
RE	Retinol Equivalent
RF	Retention Factor
SD	Standard Deviation
SOP	Standard Operating Procedure
TE	Trolox Equivalent
UNU	United Nations University
USAID	United States Agency for International Development
USDA	United States Department of Agriculture
WFP	World Food Program
YF	Yield Factor

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Preface

Food composition tables (FCTs) are considered as an essential tool for planning interventions in food security, nutrition and health. FCTs provide information relating to nutrient composition of foods with specific reference to energy, nutrients (e.g. protein, fat, carbohydrate, vitamins and minerals) and other nutritionally important food constituents (e.g. fibre, anti-nutrients, phytonutrients, etc.). The nutrient values are either based on chemical analyses performed in analytical laboratories or are collected from relevant sources.

Reliable data on the nutrient composition of foods are of critical importance for agricultural planning, setting food and nutrition targets in food and nutrition planning and policy, formulation of institutional and therapeutic diets, food and nutrition training, plant breeding, nutrition labelling, food regulations and consumer protection. The importance of FCTs has also been well recognized in evaluating the adequacy of diets through food consumption surveys investigating diet and health relationships. FCTs are also a critical source of reference while developing dietary guidelines for different population groups.

To develop a national and comprehensive Food Composition Database for Bangladesh (FCDB) taking into consideration the long-term change in food supply chain i.e. emergence of high yielding variety (HYV) and the existing limitations of the currently available data, the Food Composition Table for Bangladesh (FCTB) was designed to expand the quantity as well as to improve the quality of data on food composition. This complicated task was performed through the analysis of nationally representative samples of key foods (KF) together with the collection of secondary data from all relevant sources and borrowing of values for missing data from reliable and relevant databases from outside of Bangladesh.

The present table is expected to be a remarkable addition to national and regional food compositional activities. Moreover, Bangladesh has made an outstanding progress in the acquisition and dissemination of complete and accurate data on the composition of commonly consumed foods, beverages and their ingredients, in appropriate form to meet the needs of the various users by a systematic compilation and data management tool according to INFOODS Guidelines. This food composition table can serve as a compositional information package and, due to harmonization with other database, can be exchanged with other countries.

Background

Over the last four decades, efforts have been made to generate food composition data for Bangladesh. The first report on the nutritive value of 108 raw foods in Bangladesh was published in the "Nutritive Values of Some Common Food Stuffs" (1973). This report was revised, and republished in 1977 by the Institute of Nutrition and Food Science (INFS) as a booklet named 'Deshio Khaddyodrobbeyer Pushtiman' (DKP). It was subsequently reprinted in 1980, 1986 and 1992. In 1988, Helen Keller International (HKI) in collaboration with World Food Programme (WFP) and Institute of Nutrition and Food Science (INFS) compiled and published the first English version of a FCT for Bangladesh named 'Tables of Nutrient Composition of Bangladeshi Foods' which includes old and new data from Bangladesh and some borrowed data from the Indian Food Composition Tables. Other government organizations (e.g. Institute of Public Health Nutrition - IPHN) and private organizations (e.g. Bangladesh Institute of Research and Rehabilitation in Diabetes, Endocrine and Metabolic Disorders - BIRDEM) also published Tables of Food Composition which originated from DKP.

The"Tables of Nutrient Composition of Bangladeshi Foods" currently used has obvious limitations of outdated data as well as lack of documentation and harmonization with standard food composition tables. The FCT contains only thirteen components (moisture, ash, crude fibre, energy, protein, fat, carbohydrate, calcium, iron, carotene, vitamin B_1, vitamin B_2, and vitamin C) for a total of 338 raw foods. The most obvious limitations in this table include a wide range of missing nutrient values and lack of analytical data and precise description of the foods and data documentation.

Valid and reliable data on food composition are one of the basic tools in the design and evaluation of food and nutrition related practices. The work on food composition data needs to be carried out on a continuing basis and should be seen as a work in progress. As the FCT for Bangladesh was outdated and lacking in comprehensiveness, nutrition, agricultural and other related professionals recognized the need to update the Food Composition Table of Bangladesh.

Introduction

This new edition of the Bangladesh food composition table is based on a systematic data management process and on international standards and guidelines for food composition. Food composition data from various research institutes, universities, national and international NGOs in Bangladesh were collected and compiled. In addition, 20 key foods were analyzed for proximate, mineral, vitamin, fatty acid and amino acid composition. Food composition data from other sources (e.g. Indian FCT, Vietnam FCT, USDA, scientific literature) were used to supplement missing values. The FCT contains 381 foods and 87 components. Most of the data are for raw foods. Values for cooked foods and recipes were calculated by using yield factors from Islam et al (2012) and Rahim et al (2013) and retention factors from Eurofir (Vásquez-Caicedo et al., 2008). The FCT is divided in a main table (containing values on proximates, minerals and vitamin) and several annex tables for amino acids, fatty acids, sugar, antioxidants and antinutrients. Moreover, this edition contains protein values based on food-specific nitrogen to protein conversion factors instead of a general factor of 6.25 and emphasis was given to include values for total dietary fibre.

Explanatory Notes

Compilation Process

Nutritional data were compiled into the FAO/INFOODS Compilation Tool version 1.2.1, a food composition database management system in Excel (http://www.fao.org/infoods/infoods/software-tools/en/) and the compilation process as shown in Fig.1 was followed. At first compositional data from various sources (e.g. theses, reports, FCT, scientific articles) were collected. These data were compiled in

the archival database. In the reference DB, food entries of same/similar foods were aggregated and mean values were calculated. In addition, values were estimated, borrowed and calculated. A selection of foods and components was then used to be presented in the User database/table (Excel and PDF format. The electronic version in Excel format is available upon request from the authors).

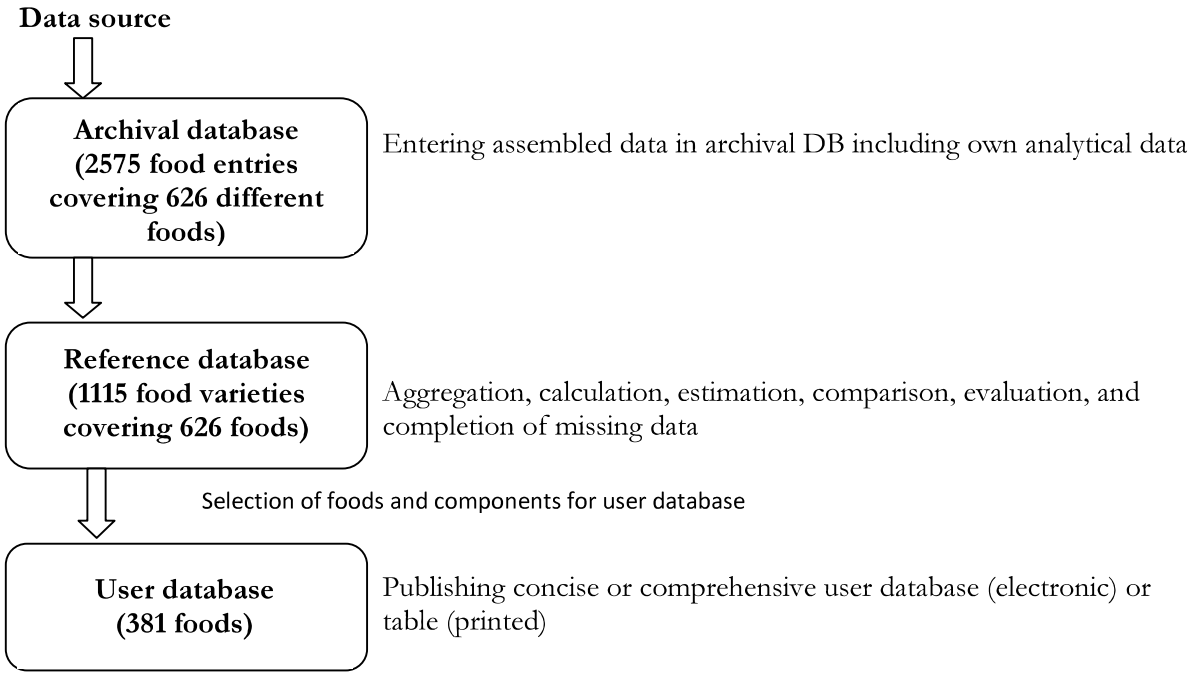


Figure 1: Different stages in food composition database management (adapted from Charrondiere, 2012)

FAO/INFOODS Guidelines

Quality checks were applied throughout the compilation process by applying FAO/INFOODS Guidelines (available at http://www.fao.org/infoods/infoods/standards-guidelines/en/). FAO/ INFOODS Guidelines for Converting Units, Denominators and Expressions Version 1.0 were used to assist in recalculation issues whenever data were not available expressed as per 100 g edible portion on a fresh weight basis. FAO/INFOODS Guidelines for Checking Food Composition Data prior to the publication of a Table/Database - Version 1.0 helped to detect outliers and to comprehensively check data by food group, component, and food name.

TAGNAMES

Tagnames are abbreviated food component identifiers that facilitate international and regional interchange of compositional data through unambiguous identification of all food components (available at ftp://193.43.36.93/es/esn/infoods/Klensinetal1989Identificationoffoodcomponents.pdf; http://www.fao.org/infoods/infoods/standards-guidelines/food-component-identifiers-tagnames/en/). INFOODS Tagnames were used throught the entire compilation process. For the list of Tagnames applied in the current table, see Table 1.

Food Identification

Foods have been arranged alphabetically by English name within each food group. The Bengali name of

each food has been given next to the English food name in the table. The scientific names of the foods are listed in Annex 7.

The foods have been classified in the following 15 food groups. The number of food items within each food group is indicated in brackets.

01 Cereals and their products (43)
02 Pulses, legumes and their products (16)
03 Vegetables and their products (48)
04 Leafy vegetables (36)
05 Starchy roots, tubers and their products (21)
06 Nuts, seeds and their products (16)
07 Spices, condiments and herbs (20)
08 Fruits (43)
09 Fish, shellfish and their products (72)
10 Meat, poultry and their products (16)
11 Eggs and their products (7)
12 Milk and its productss (13)
13 Fat and oils (12)
14 Beverages (10)
15 Miscellaneous (8)

To allow tracing the data throughout the table every food has been given a unique food code. The food codes consist of the code of the food group (e.g. 01, 02, etc.) and the food code within this group (e.g. 01_0001, 02_0001).

Definition and expression of components

All values for foods including those for beverages and other liquids are presented per 100 g edible portion of fresh weight. The values reported in the table are average values derived from foods with the same/similar description that have been compiled in the archival database and aggregated in the reference database. Values per components were standardized and are expressed in fixed maximal number of decimal places. The components, units and corresponding TAGANMES used are listed in Table 1.

Table 1. Components, units and corresponding TAGNAMES (per 100 g edible portion of fresh weight)

Components	Unit	TAGNAME
Edible portion coefficient(calculated as the edible portion of the total food as purchased)	ratio	EDIBLE
Proximates		
Energy	kJ, kcal	ENERC
Water	g	WATER
Protein	g	PROT
Fat by Soxhlet	g	FATCE
Carbohydrate available by difference	g	CHOAVLDF
Dietary fibre or if missing dietary fibre value, then [crude fibre]	g	FIBTG or [FIBC]
Minerals		
Ash	g	ASH
Calcium	mg	CA
Iron	mg	FE
Magnesium	mg	MG
Phosphorus	mg	P
Potassium	mg	K

Components	Unit	TAGNAME
Sodium	mg	NA
Zinc	mg	ZN
Copper	mg	CU
Vitamins		
Vitamin A (expressed in retinol activity equivalents)	mcg	VITA_RAE
Retinol	mcg	RETOL
Beta-carotene equivalents or [beta-carotene]	mcg	CARTBEQ or [CARTB]
Vitamin D	mcg	VITD
Vitamin E (in alpha-tocopherol equivalents) or [alpha-tocopherol]	mg	VITE or [TOCPHA]
Thiamin	mg	THIA
Riboflavin	mg	RIBF
Niacin equivalent or [Niacin]	mg	NIAEQ [NIA]
Vitamin B_6	mg	VITB6A
Folate	mcg	FOL
Vitamin C (mainly L-Ascorbic acid)	mg	ASCL
Fatty acids		
Fatty acid 6:0	g	F6D0
Fatty acid 8:0	g	F8D0
Fatty acid 10:0	g	F10D0
Fatty acid 12:0	g	F12D0
Fatty acid 14:0	g	F14D0
Fatty acid 15:0	g	F15D0
Fatty acid 16:0	g	F16D0
Fatty acid 17:0	g	F17D0
Fatty acid 18:0	g	F18D0
Fatty acid 20:0	g	F20D0
Fatty acid 22:0	g	F22D0
Fatty acid 14:1	g	F14D1
Fatty acid 14:1 cis n-5	g	F14D1CN5
Fatty acid 16: 1	g	F16D1
Fatty acid 16:1 cisn-7	g	F16D1CN7
Fatty acid 18:1	g	F18D1
Fatty acid 18:1 cis n-7	g	F18D1CN7
Fatty acid 18:1 n-9	g	F18D1N9
Fatty acid 20:1	g	F20D1
Fatty acid 20:1 cis n-9	g	F20D1CN9
Fatty acid 20:1 cis n-11	g	F20D1CN11
Fatty acid 22:1	g	F22D1
Fatty acid 22:1 cis n-9	g	F22D1CN9
Fatty acid 20:2	g	F20D2
Fatty acid 20:3 n-6	g	F20D3N6
Fatty acid 18:2	g	F18D2
Fatty acid 18:2 cis n-6	g	F18D2CN6
Fatty acid 18:3	g	F18D3
Fatty acid 18:3 cis n-3	g	F18D3CN3
Fatty acid 18:3 n-6	g	F18D3N6
Fatty acid 20:4	g	F20D4
Fatty acid 20:4 n-6	g	F20D4N6
Fatty acid 20:5 cis n-3	g	F20D5CN3
Fatty acid 22:5 cis n-3	g	F22D5CN3
Fatty acid 22:6 cis n-3	g	F22D6CN3
Fatty acid 24:1 cis n-9	g	F24D1CN9

Components	Unit	TAGNAME
Amino acids		
Alanine	mg	ALA
Arginine	mg	ARG
Aspartic acid	mg	ASP
Cystine	mg	CYS
Glutamic acid	mg	GLU
Glycine	mg	GLY
Histidine	mg	HIS
Isoleucine	mg	ILE
Leucine	mg	LEU
Lysine	mg	LYS
Methionine	mg	MET
Phenylalanine	mg	PHE
Proline	mg	PRO
Serine	mg	SER
Threonine	mg	THR
Tyrosine	mg	TYR
Valine	mg	VAL
Other		
Total phenol content, (TPC), expressed in gallic acid equivalent (GAE)	mg	
Antioxidant capacity, (DPPH) expressed in trolox-equivalent (TE)	µmol	
Antioxidant capacity, (ORAC)expressed in trolox-equivalent (TE)	µmol	
Oxalate	mg	OXALAC
Phytate	mg	PHYTAC
Total sugar	g	SUGAR
Choletserol	mg	CHOL

Notes on components

Proximates

Energy (kJ, kcal) <ENERC>

The metabolizeable energy values of all foods are given in both kilojoules (kJ) and kilocalories (kcal). The energy values have been calculated based on protein, fat, available carbohydrates, fibre and alcohol values and by applying the energy conversion factors shown in Table 2.

Table 2. Metabolizeable energy conversion factors

	kJ/g	kcal/g
Protein	17	4
Fat	37	9
Available carbohydrate	17	4
Fibre	8	2
Alcohol	29	7

Water (g) <WATER>

Water content of KFs was determined from weight loss on drying of the sample in an oven at 105°C for 6 h (AOAC 2000). The moisture-free samples were charred and heated to 600°C until a constant weight was achieved, the residue being quantified as ash (AOAC 2000).Methods of estimating water values of secondary data sourcesincluded mainly oven-drying method, except in few cases were the values for water were calculated.

Protein (g) <PROT>

The nitrogen content of KFs was determined by Kjeldahl method (No. 984.13; AOAC 2000).The protein content was calculated by multiplying the nitrogen values with Jones factors (XN). If no specific factor is given, the general nitrogen conversion factor of 6.25 was used.Protein values of many secondary data from Bangladesh previsouly used a general conversion factor of 6.25, which was corrected in this edition by applying the Jones factors (Table 3).

Table 3. Nitrogen to protein conversion factors adapted from Jones (1941), unless indicated.

Animal products			
Foodstuff	**Factor**	**Foodstuff**	**Factor**
Meat and fish**	6.25	Eggs	
Gelatin	5.55	- whole	6.25
Milk	6.38	- albumin**	6.32
Casein**	6.40	- vitellin**	6.12
Human milk **	6.37		
Plant products			
Foodstuff	**Factor**	**Foodstuff**	**Factor**
Wheat -whole kernel	5.83	Millet#	5.83
Wheat -bran	6.31	Sorghum#	6.25
Wheat -embryo	5.80	Beans	6.25
Wheat -endosperm	5.70	Soybean	5.71
Rice	5.95	Castor beans	5.30
Rye	5.83		
Barley	5.83		
Oats	5.83	Yeast*	5.70
Maize (corn)	6.25	Coffee*	5.30
Beans: adzuki; jack; lima; mung; navy; velvet	6.25		
Nuts			
Almond			5.18
Brazil			5.46
Peanuts (groundnut)			5.46
Others (butternuts; cashew; chestnut; coconut; hazelnut; hickory; pecans; pine nuts; pistachio; walnuts)#			5.30
Seeds (cataloup; cottonseed; flaxseed; hempseed; pumpkin; sesame; sunflower)			5.30

* From USDA SR24 documentation (USDA, 2011)
# From Merrill and Watt (1973)
** From Greenfield and Southgate (2003)

Fat (g) <FATCE>

The majority of fat value was derived by the continuous extraction method (Soxhlet method) for secondary data and for the KF (no. 991.36 of AOAC 2000).

Carbohydrate, available (g) <CHOAVLDF>

The content of available carbohydrate for all foods in the table was determined "by difference". Available carbohydrates by difference: 100 - (Water + Protein + Fat + Ash + Fibre + Alcohol). In cases where crude fibre was used in the calculation, the value is of lower quality.

Dietary fibre (g) <FIBTG> or crude fibre <FIBC>

Dietary fiber of KFs was determined by AOAC method (2000) using total dietary fibre assay kit [enzymatic-gravimetric method - Prosky (985.29)]. Total dietary fibre was the weight of the residue minus the weight of the protein and ash.

The majority of secondary data from Bangladesh (theses, previous FCTs) had only values for crude fibre (FIBC). Therefore, many dietary fibre values were borrowed from databases, outside of Bangladesh. In cases, where only crude fibre (FIBC) was available, the value is marked in bracket [ ].

Ash (g) <ASH>

Ash content of KFs was estimated by heating the dried raw sample in a Muffle furnace at 600˚C to burn out all organic materials for 3-5 hours till to constant weight (AOAC, 1998d). The inorganic residue was quantified as the ash content. The majority of the secondary data used same method

Minerals

Mineral contents of KFs including, calcium, magnesium and iron was determined by Atomic Absorption Spectrophotometer (AAS) (AOAC, 2000). Sodium and potassium content was estimated by flame photometry (Flame Photometer, Model: PFP7) and zinc and copper by ICP-MS (Agilent7700) (JAOAC 73, 404, 1990). The majority of secondary data was determined by AAS. Secondary data of few foods had phosphorous value estimated by colorimetric method.

Vitamins

Water-soluble vitamins

L-Ascorbic acid(mg) <ASCL>

For KFs, L-ascorbic acid was estimated by HPLC. Evaluation was carried out by comparing the peak area against an ascorbic acid standard (ASEAN Manual of food Analysis, 2011). Content of L-Ascorbic acid in most of the secondary data were estimated by titrimetry.

Vitamin B_1 (Thiamin) (mg) <THIA>

For KFs, the aqueous extract obtained from the food by acid hydrolysis followed by enzymatic hydrolysis, was injected onto a reverse phase HPLC column and then Thiamin was determined after post column derivatisation with alkaline potassium ferricyanide that converted Thiamin to thiochrome which fluorescenced in ultraviolet light (λ=942.23). Methods used for Thiamin values of secondary data were either AOAC methods or not described.

Vitamin B2 (Riboflavin) (mg) <RIBF>

For the estimation of riboflavin content of KFs the aqueous extract of the food by acid hydrolysis followed by enzymatic hydrolysis, was injected onto a reverse phase HPLC column and then the fluorescence of riboflavin was measured (970.65). Methods used for ribolavin values of secondary data were either AOAC methods or not described.

Vitamin B6 (Pyridoxine) (mg) <VITB6A>

Vitamin B_6 in foods has been determined by microbiological method (AOAC, 2000) using *Saccharomyces carlsbergensis as the assay organism*. Raw samples were heated first with diluted mineral acid under autoclaving conditions to liberate the B_6 vitamin from their protein complex and hydrolyze phosphorylated forms to the free vitamin. Methods used for pyridoxine values of secondary data were either AOAC methods or not described.

Fat-soluble vitamins

Retinol (mcg) <RETOL> and beta-carotene (mcg) <CARTB>

Retinol of the sample extract for KF was estimated by HPLC according to the method of ASEAN Manual of Nutrient Analysis (2011). Quantization was carried out against vitamin A standard.

Vitamin A and beta-Carotene (mcg)

- ***Vitamin A RAE (mcg) <VITA_RAE>***

Total vitamin A activity expressed in mcg retinol activity equivalent (RAE)=
mcg retinol + 1/12 mcg β-carotene + 1/24 mcg α-carotene + 1/24mcg β-cryptoxanthin

- ***Retinol (mcg) <RETOL>***
  Retinol is expressed as all-trans-retinol for all foods. Exceptions exist for some fish entries, were the sum of all-trans-retinol (100%) plus contributions from retinol (13-cis) (75%) was applied.

- ***Beta-carotene expressed in β-carotene equivalents (mcg) <CARTBEQ>***
  Beta-carotene of the sample extract for KF was estimated by HPLC according to the method of ASEAN Manual of Nutrient Analysis (2011). Quantization was carried out against beta-carotene standard.
  mcg β-carotene equivalents = 1 mcg β-carotene + 0.5 mcg α-carotene + 0.5 mcg β-cryptoxanthin.
  In cases, where only beta-carotene was available, the value is marked in 3rd braket, [ ].

Antinutrients and Phytochemicals

Phytate (mg)<PHYTAC>
Phytate was determined using a modified ion exchange method of Ellis and Morris (1983, 1986) from triplicate samples of dried (60°C) food samples.

Oxalate (mg)<OXALAC>
Oxalates were estimated employing HPLC after extracting soluble and insoluble oxalates using water and 2M HCl, respectively.

Total phenol content (mg)
TPC of the plant origin food samplesextracts was estimated colorimetrically according to the Folin-Ciocalteau method(Singlleton & Rossi, 1965). The total polyphenol content is expressed as gallic acid equivalent.

Antioxidant capacity (μmol)
Estimation of the antioxidant capacity of the samples was performed by DPPH radical scavenging assay of Brand-Williams, Cuvelier & Berset (1995). The antioxidant capacity of the assayed samples was calculated from the standard curve, in terms of Trolox Equivalent Antioxidant Capacity (TEAC) and was expressed as μmol TE. The ORAC value was estimated according to the method of Huang et al (2002).

Fatty acids and amino acids

Fatty acids (g)
For the determination of individual fatty acids, both saponifiable and non-saponifiable fractions were extracted using n-Hexane. The fatty acids were methylated according to the method of Morrison and Smith, and finally a portion was injected into a gas liquid chromatography (Pye Unicam GC 304, glass column, 1500mm X 4mm). Nitrogen was used as carrier gas at flows of 32ml/min. The standards were carried out through the same procedure.

Amino acids (mg)
Percent composition of amino acid of samples was estimated by the modified method of Moore et al. The amino acid composition was determined in a fully automated liquid chromatography (JLC-300 TEOL LTD, TOKYO).

Methodology for key foods identification and analysis

Key Foods Approach

Key Foods are those foods that, in aggregate, contribute more than 75% of the nutrient intake for selected nutrients of public health importance from the diet. The Key Foods approach herein involves using the food composition and food consumption data (HIES, 2010) to identify and prioritize foods and nutrients for analysis (Haytowitz, et al., 2002).

Laboratory Analysis of selected KFs

The analysis of nutrients and other constituents of 20 prioritized key foods (Table 4) preceded by appropriate food sampling process and careful food collection and transportation procedures.

Table 4. Prioritized KFs for analysis

Food name in English	Code	Food name in English	Code
Rice (*Oryza sativa*)	01_0012	Jackfruit (*Artocarpus heterophyllus*)	08_0017
Wheat flour (*Triticum aestivum*)	01_0031	Mango (*Mangifera indica*)	08_0026
Lentil (*Lens culinaris*)	02_0008	Pangas fish (*Pangasius pangasius*)	09_0047
Bean (*Dolichos lablab*)	03_0003	Rohu fish (*Labeo rohita*)	09_0060
Brinjal (*Solanum melongena*)	03_0005	Tilapia fish (*Oreochromis mossambicus*)	09_0068
Carrot (*Daucus carota*)	03_0008	Chicken breast (*Gallus bankiva murghi*)	10_0006
Green chilli (*Capsicum frutescens*)	03_0010	Chicken leg (*Gallus bankiva murghi*)	10_0007
Onion (*Allium cepa*)	03_0024	Egg (*Gallus bankiva murghi*)	11_0001
Tomato (*Lycopersicon esculentum*)	03_0031	Milk (*Bos taurus*)	12_0008
Potato (*Solanum tuberosum*)	05_0005	Soybean oil (*Glycine max*)	13_0012
Banana (*Musa paradisiaca*)	08_0004		

Food sampling protocol

A stratified sampling plan based on National Population Census Model was used for food sampling. Considering the area size and overlapping of Agro-ecological zones across all 7 divisions of Bangladesh, twenty-eight sites (two or three sites of each division) including both *Haats* (village markets) and city markets were selected. Seventy percent of the selected KFs were collected from these 14 *Haats* (considering 70% of rural population) and the rest from wholesale/retail markets of city corporation areas.

Sample collection protocol

The actual collection of the samples was done following a random method. The samplers randomly chose food samples of dominant variety from preselected sites. The dominant varieties, their scientific documentation and associated features as well as food sample pictures were supplied by Bangladesh Agriculture Research Institute (BARI) to the team in advance. This was then shared with the samplers for the sample collection.

Logging the laboratory samples

Logging was done by simulating the way the producers, wholesalers and retailers pack, store, and transport their food commodities to the consumers.

The samplers tagged collected samples and maintained a log to record pertinent details that accompanied the samples.

Laboratory Analysis protocol

Each selected method to analyze foods for their constituents was standardized in the laboratory and validated according to the AOAC/IUPAC validation protocol and standard operating procedures (SOP). Each method was also documented for quality control and quality assurance programme. Duplicate/triplicate analysis of each food item wasdone to calculate the mean content of each nutrient. For more details on the methodology used per component see, Notes on components, page xiv.

Composite Test Samples

A single composite sample of a homogeneous mix of units of the same type and variety of food item was followed. FDA analyzes single composite sample based on 12 units of each sample. Therefore, it was considered satisfactory to follow a rule of thumb in developing a database including 12 units in each single composite sample to be analyzed.

Selection of Analytical Methods

To ensure accuracy, precision, specificity, sensitivity and linearity of the estimated values for food constituents, appropriate methods as given in the most recent edition of Official Methods of analysis of AOAC International were selected.For some nutrients, modification of the AOAC Official Methods was needed. In such case, the ASEAN Manual of Nutrient Analysis (ASEANFOODS 2011) was considered to be useful for a list of methods adopted after method validation as per AOAC/IUPAC protocol in order to analyze the composite sample. Each analytical procedure was accompanied with a quality assurance program to ensure the quality of the data. Extensive documentation of every single step for laboratory analysis was carried out. These documentations have been kept for data management, identification of missing steps and values, as well as recall points for repeats of analysis.

Cooked foods and Recipes

Food is generally cooked in some form before consumption. Depending on the type and condition of the food and the desired end product, the required heat treatment will follow (e.g. boiling in water, frying in oil, or steaming). The purpose of the preparation is to convert the food into an edible form that is termed as the recipe.

Nutrient values of cooked foods were calculated by using the nutrient retention factors (RF) from EuroFIR (Vásquez-Caicedo et al., 2008) and yield factors (YF) from (Islam et al, 2012, Rahim et al., 2009, Pasricha et al, 2006 and Bergström, 1994). The mixed recipe calculation method was used. This means that Yield factors (YF) are applied at the recipe level and nutrient retention factors (RF) are applied at the ingredient level (see below).

Mixed recipe calculation method

Ingredient 1: NV x RF

Ingredient 2: NV x RF

Ingredient 3: NV x RF

Recipe: Sum above x YF

Nutrient retention factors (RF)

True retention is defined as the measure of the proportion of the nutrient remaining in the cooked food in relation to the nutrient originally present in the raw food (Bonnar et al, 2000). Nutrient retention factors (RF) were used from EuroFIR (Vásquez-Caicedo et al., 2008) for vitamins and minerals.

Table 5. Nutrient retention factors for vitamins

	Vit. A	Vit. D	Vit. E	Vit. B_1	Vit. B_2	Niacin	Vit. B_6	Folate	Vit. C
Rice, or other grain, whole, boiled	0.90	1	1	0.50	0.75	0.75	0.50	0.70	0.70
Rice, or other grain,	0.90	1	1	0.50	0.50	0.75	0.50	0.70	0.70

	Vit. A	Vit. D	Vit. E	Vit. B_1	Vit. B_2	Niacin	Vit. B_6	Folate	Vit. C
polished, boiled									
Flour or starch, baked or roasted	0.90	1	1	0.75	0.95	0.95	0.9	0.50	0.70
Pulse, dish, boiled	1	1	0.90	0.65	0.75	0.65	0.70	0.50	0.60
Vegetable or vegetable product, boiled	0.96	1	0.97	0.70	0.76	0.69	0.70	0.54	0.61
Vegetable dish cooked with fat or oil (fried)	0.93	1	0.98	0.90	0.95	0.95	0.90	0.70	0.82
Stem, flower, fruit, corn, seed, cooked with fat or oil (fried)	0.9	1	1	0.9	0.95	0.95	0.9	0.7	0.8
Root tuber and bulb vegetables, boiled	0.90	1	1	0.70	0.70	0.70	0.70	0.50	0.40
Root, tuber and bulb vegetables, cooked with fat or oil (fried)	0.9	1	1	0.9	0.95	0.95	0.9	0.7	0.85
Leafy vegetables, boiled	0.90	1	1	0.65	0.65	0.65	0.65	0.50	0.40
Starchy root or potato, boiled	0.95	1	1	0.78	0.88	0.75	0.75	0.63	0.70
Low fat fish, boiled, steamed, stewed	0.90	0.90	1	0.75	0.70	0.70	0.70	0.70	0.80
Low fat fish, cooked with fat or oil (fried)	0.9	0.9	1	0.8	0.9	0.9	0.8	0.8	0.80
Beef, boiled or steamed	0.75	0.75	0.75	0.40	0.80	0.50	0.40	0.65	1
Egg or egg product, boiled	0.95	0.95	1	0.80	0.80	0.80	0.80	0.80	0.80
Egg or egg product, cooked with fat or oil (fried)	0.95	0.95	0.95	0.83	0.83	0.95	0.90	0.70	0.80
Milk, milk products or milk substitute, cooked by moist heat	1	1	1	0.85	0.95	0.95	0.85	0.65	0.7
Fat or oil, baked or roasted	0.85	1	0.75	1	1	1	1	1	1
Fat or oil, cooked with fat or oil (fried)	0.5	1	0.2	1	1	1	1	1	1

Table 6. Nutrient retention factors for minerals

	Ca	Fe	Mg	P	K	Na	Zn	Cu
Rice, or other grain, whole, boiled, or steamed	1	1	1	0.95	0.80	0.80	0.95	1
Rice, or other grain, polished, boiled, or steamed	1	0.95	1	0.95	0.55	0.60	0.95	0.95
Flour or starch, baked or roasted	1	1	1	1	1	1	1	1
Pulse, dish, boiled	0.85	0.85	0.85	0.90	0.75	0.75	0.90	0.70
Vegetable or vegetable products, boiled	0.92	0.84	0.78	0.91	0.68	0.75	0.85	0.85
Vegetable dish cooked with fat or oil (fried)	1	1	1	1	0.98	1	1	1
Stem, flower, fruit, corn, seed, cooked with fat or oil (fried)	1	1	1	1	0.95	1	1	1
Root tuber and bulb vegetables, boiled	0.95	0.75	0.60	0.90	0.45	0.55	0.75	0.95
Root, tuber and bulb vegetables, cooked	1	1	1	1	1	1	1	1

with fat or oil (fried)								
Leafy vegetables, boiled	0.95	0.75	0.60	0.90	0.50	0.75	0.75	0.95
Starchy root or potatoes, boiled	0.95	0.93	0.90	0.93	0.80	0.80	0.90	0.90
Low fat fish, boiled, steamed, stewed	1	0.80	0.85	0.85	0.75	0.85	1	0.90
Low fat fish, cooked with fat or oil (fried)	1	0.85	0.9	0.9	0.85	0.85	1	0.95
Beef, boiled, or steamed	0.80	1	0.60	0.65	0.50	0.45	1	1
Egg or egg product, boiled	0.95	0.95	0.95	0.95	0.95	0.95	0.95	0.95
Egg or egg product, cooked with fat or oil (fried)	1	1	1	1	1	1	1	1
Milk, milk products or milk substitute, cooked by moist heat	1	1	1	1	1	1	1	1
Fat or oil, baked or roasted	1	1	1	1	1	1	1	1
Fat or oil, cooked with fat or oil (fried)	1	1	1	1	1	1	1	1

Yield factors (YF)

Yield factors provide information on weight changes during the food preparation, e.g. water absorption during cooking of rice and water loss during the preparation of meat. Table 7 lists the yield factors used for single as well as mutli-ingredient recipe.

Table 7. Yield factors

Food code	Food name in English	Food name in Bengali	Yield Factor	Source
Cereals and their products				
01_0037	Rice, BR-28, boiled* (without salt)	Bhat, BR-28, bosa bhat*	3.04	Islam et al, 2012
01_0040	Rice, white, sunned, aromatic, boiled* (without salt)	Bhat, Sugondhi, bosa bhat	3.12	Islam et al, 2012
01_0041	Rice, white, sunned, polished, milled, boiled* (without salt)	Bhat, Atop, bosa bhat	3.12	Islam et al, 2012
01_0038	Rice, brown, home-pounded, boiled* (without salt)	Dheki chhata siddha lal chal er bhat	3.04	Islam et al, 2012
01_0039	Rice, brown, milled, boiled* (without salt)	Kole chhata siddha lal chal er bhat	3.04	Islam et al, 2012
01_0043	Vermicelli, boiled* (without salt)	Semai siddha	2.30	Bergström, 1994 (Macaroni, boiled)
01_0036	Plain pulao*	Plain pulao*	0.93	Rahim, 2013
01_0035	Plain Khichuri*	Khichuri	0.75	Pasricha et al, 2006
01_0034	Biscuit, sweet *	Misti biscuit	1.03	Pasricha et al, 2006
01_0042	Ruti*	Ruti	0.86	Rahim, 2013
Pulses, legumes and their products				
02_0012	Bengal gram, whole, boiled* (without salt)	Chhola siddha, lobon chara*	1.92	Islam et al, 2012
02_0013	Green gram, split, boiled* (without salt)	Mung dal siddha, lobon chara	2.13	Islam et al, 2012
02_0014	Grass pea, split, boiled* (without salt)	Khesari dal siddha, lobon chara	2.51	Islam et al, 2012
02_0015	Lentils, boiled* (without salt)	Mosur dal siddha, lobon chara	2.06	Islam et al, 2012
02_0016	Pea, boiled* (without salt)	Motor siddha, lobon chara	1.92	Islam et al, 2012
Vegetables and their products				
03_0033	Brinjal, boiled* (without salt)	Begun siddha, lobon	0.92	Islam et al, 2012

Food code	Food name in English	Food name in Bengali	Yield Factor	Source
		chara*		
03_0042	Plantain, boiled* (without salt)	Kancha kola siddha, lobon chara	1.02	Islam et al, 2012
03_0043	Pumpkin, boiled* (without salt)	Mistikumra siddha, lobon chara	0.64	Islam et al, 2012
03_0040	Okra/Lady's finger, boiled* (without salt)	Dheros siddha, lobon chara	1.23	Islam et al, 2012
03_0045	Tomato, ripe, boiled* (without salt)	Tomato paka siddha, lobon chara	0.53	Islam et al, 2012
03_0036	Cauliflower, boiled* (without salt)	Fulkopi siddha, lobon chara	0.95	Islam et al, 2012
03_0035	Carrot, boiled* (without salt)	Gajor siddha, lobon chara	0.81	Islam et al, 2012
03_0044	Radish, boiled* (without salt)	Mula siddha, lobon chara	0.88	Islam et al, 2012
03_0041	Papaya, unripe, boiled* (without salt)	Kancha pepe siddha, lobon chara	0.93	Islam et al, 2012
03_0038	Gourd, pointed, boiled* (without salt)	Potol siddha, lobon chara*	0.87	Islam et al, 2012
03_0047	Gourd, bitter, boiled* (without salt)	Korola siddha, lobon chara*	0.87	Islam et al, 2012
03_0039	Gourd, teasle, boiled* (without salt)	Kakrol siddha, lobon chara*	0.87	Islam et al, 2012
03_0037	Cowpea, boiled* (without salt)	Borboti siddha, lobon chara	0.96	Islam et al, 2012
03_0046	Lady's finger-tomato bhuna*	Dheros-tomato bhuna*	0.54	Rahim, 2013
03_0048	Bitter gourd fry*	Korola vaji*	0.62	Rahim, 2013
Leafy vegetables				
04_0032	Amaranth leaves, red, boiled* (without salt)	Lal shak, siddha, lobon chara	0.85	Islam et al, 2012
04_0034	Slender amaranth leaves, boiled* (without salt)	Notay shak siddha, lobon chara	0.85	Islam et al, 2012
04_0033	Amaranth leaves, green, boiled* (without salt)	Data shak, sobuj, siddha, lobon chara*	0.85	Islam et al, 2012
04_0035	Spinach, boiled* (without salt)	Palong shak siddha, lobon chara	0.55	Islam et al, 2012
04_0036	Indian spinach, boiled* (without salt)	Pui shak siddha, lobon chara	0.76	Islam et al, 2012
Starchy roots, tubers and their products				
05_0011	Colocasia/Taro, boiled* (without salt)	Kochur Mukhi siddha, lobon chara*	0.89	Islam et al, 2012
05_0012	Potato, Diamond, boiled* (without salt)	Gol alu siddha, lobon chara*	0.99	Islam et al, 2012
05_0013	Sweet potato, pale-yellow flesh, boiled* (without salt)	Misti alu, holdey, siddha, lobon chara*	0.99	Islam et al, 2012
05_0014	Sweet potato, white flesh, boiled* (without salt)	Misti alu, sada, siddha, lobon chara*	0.99	Islam et al, 2012
05_0015	Sweet potato, skin purple, flesh pale-yellow, boiled* (without salt)	Misti alu, lal khosa, siddha, lobon chara*	0.99	Islam et al, 2012
05_0016	Sweet potato, Komola Sundori, orange flesh,	Misti alu, Komola Sundori, siddha, lobon	0.99	Islam et al, 2012

Food code	Food name in English	Food name in Bengali	Yield Factor	Source
	boiled*(without salt)	chara*		
05_0017	Colocasia/Taro/Tannia, cormel, boiled* (without salt)	Dudh kochu siddha, lobon chara*	0.89	Islam et al, 2012
05_0018	Elephant foot, corm, boiled* (without salt)	Ole kochu siddha, lobon chara*	0.89	Islam et al, 2012
05_0019	Giant taro, corm, boiled* (without salt)	Mankochu siddha, lobon chara*	0.89	Islam et al, 2012
05_0020	Yam, tuber, boiled* (without salt)	Bon alu siddha, lobon chara*	0.89	Islam et al, 2012
05_0021	Potato Mash* (with salt)	Alu siddha, lobon soho*	0.83	Rahim, 2013
Meat, poultry and their products				
10_0016	Beef handi kabab*	Haaree kabab	0.82	Rahim, 2013
Eggs and their products				
11_0005	Egg, chicken, boiled* (without salt)	Murgir Dim siddha, lobon chara*	0.88	Islam et al, 2012
11_0006	Egg, chicken, native, boiled* (without salt)	Deshi Murgir dim siddha, lobon chara*	0.88	Islam et al, 2012
11_0007	Egg, duck, whole, boiled* (without salt)	Hasher dim siddha, lobon chara	0.88	Islam et al, 2012
Fish, shellfish and their products				
09_0071	Small fish fry*	Kachki mach vaji	0.73	Rahim, 2013
09_0072	Fish ball*	Macher kopta	0.72	Rahim, 2013
Milk and its productss				
12_0013	Payesh*	Payesh	0.64	Rahim, 2013

Bioavailability

Food composition values represent the total amount of the nutrient in the food while bioavailability represents the amount potentially available for actual absorption or actually absorbed in the body. Bioavailability is a measure of the extent to which a nutrient becomes available to the body after ingestion and thus is available to the tissues. The bioavailability of nutrients in the local diet should also be considered when nutrient intake data are assessed. Diet composition and food processing used will need to be considered in evaluating the bioavailability of nutrients, notably micronutrients in the diet. The current FCT does not include bioavailability assessment but considers this an area for further work.

Documentation, quality and source of data

Documentation

For each food, the sources of the data are indicated by bibliographic codes (BiblioID), which are included in Annex 7 and in the reference list.

The foods presented in this table represent mean values of the collected compositional data. For water, exceptionally, the median was calculated. When the number of data points was 3 or above the standard deviation (SD) was calculated. If only two data points were available, the minimum (min) and maximum (max) values were given. For each value, the number of data points is indicated (n).

Quality of data

Foods were collected according to a sampling plan that represented the nationally representative samples of key foods of Bangladesh. At the same time it was ensured that compositional data were generated for

highly consumed dominant varieties. These data for KFs (n = 20) were generated according to AOAC recommended methods with method validation, precision and accuracy. Additionally, secondary compositional data were taken with caution only after checking for reliability, suitability and adequacy.

Limitations

There is a serious lack of data on total dietary fibre, niacin equivalent, phosphorous and folate. Therefore, most of these data were imputed from other sources (e.g. Indian FCT (IND), Thai FCT (TH), Vietnam FCT (VIN), Pakistan (PAK), USDA (US25), UK (UK6), Danish (DK7),FAO/INFOODS analytical Food Composition Database (ADB), FAO/INFOODS and Food Composition Database for Biodiversity (BID). Iodine content of the foods is highly dependent on soil and has regional variation which cannot be captured by composite analysis. Therefore, these values were omitted. Fat estimation was done by Soxhlet method which might cause underestimation of fat values for certain food groups. Only L-Ascorbic acid was estimated for KFs by HPLC which may not give the total Vitamin C content. Calcium content in milk, pasteurized and fresh milk (cow) was noted to be low. This has been confirmed by repeated analysis.

2575 food entries were compiled in the archival DB representing approximately 626 different foods and 1115 varieties. These have been entered into archival database for their nutrient compositional data. But in some cases, it was impossible to incorporate data into the reference database owing to lack of reference values at the regional level to fill up the missing nutrients. In addition, some of the secondary data had to be omitted due to the data quality. Therefore, a total of 381 foods have been included in the user database and FCT.

Symbols and abbreviations used in the Table

Tr	Trace
[ ]	for alternative analytical method or low quality
blank	Missing values
*	Recipe calculation

Recommendations

- Reliable nutrient compositional data of foods are required in nutritional assessment, dietary management of disease, prevention and control of nutrient deficiencies, epidemiological research on non-communicable diseases, nutrition education and nutrition labelling as well as for a variety of applications in the field of nutrition, agriculture, trade, development and assistance. Further work is necessary for which allocation of funding is required in order to generate primary analytical data for the rest of the key foods as determined in present project.

- To develop a comprehensive FCDB in response to long-term change in the food chain, efforts have been made to increase the quality of data by the generation of data of 20 KFs and including as many analytical data of Bangladeshi foods, generated by the food scientists of Bangladesh and aboard. Nutrient values presented with 3rd bracket, [ ] would need to be reconfirmed by re-analysis of the foods.

- Further revision should include numerous foods of archival database as it was not possible to incorporate these into reference database due to lack of reference values to fill up the missing nutrients. As the reference values become available at the regional level, especially in the case of fish, those foods should be incorporated into the user database.

- Only selected mixed recipes were included in the current FCT due to time constraints. The future edition of the database should include traditional and frequently consumed recipes. Therefore, it is necessary to develop a list of all their ingredients, cooking methods, yield factors for the majority of foods and nutrient retention factors. Weights, measures and serving sizes also need to be standardized as part of the recipe calculations and analysis.

- Since the FCDB has been constructed with rigorous and meticulous analytical and compilation methodology, its wide dissemination should be undertaken. Biodiversity and varietal species of foods other than rice could not be considered in the current due limited funding resources and lack of available data. Future funding should be directed toward adequate generation of food composition data that capture elements of biodiversity and variety. At the same time, adequate training should be made available for food scientists and analysts to generate and manage food composition data according to INFOODS Guidelines. E-learning tools as available from FAO should be widely disseminated for use.

Cereals and their products

Seeds or grains from cereals such as rice, maize, wheat, barley, and sorghum are the main sources for human nutrition throughout the world. Cereals are grown for their seeds that are rich in carbohydrate.

Rice is the staple food for Bangladesh as well as for many other Asian countries. Rice (currently at 416.01 g/capita/day) is not only the main source of carbohydrate, it is also one of the main source of protein considering the large amounts in which it is consumed by the majority of the population.

Wheat is the most important cereal after rice and is often grown on the same land, especially in the northern highlands of Bangladesh, after the winter harvest of rice when the weather is cooler and drier. Requirement projections of wheat and wheat products indicate an increasing trend in the near future.

Maize and millets are also grown in Bangladesh. Currently, Cheena (Proso millet) is widely grown as a cash crop in *char* areas (river islands).

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
01_0001	**Barley, whole-grain, raw**	Jaab, gota	1.00	(324) 1360	11.7	10.9	2.2	56.4	17.3	1.5
SD or min- max					10.9-12.5	10.7-12.5				1.2-1.9
n					2	2	1		1	2
01_0034	**Biscuit, sweet***	Misti biscuit	1.00	(344) 1450	24.3	5.8	10.0	56.7	2.4	0.8
01_0002	**Bread, bun/roll**	Bonruti, bun/roll	1.00	(270) 1140	33.0	8.8	2.8	50.9	2.8	1.7
SD or min- max										
n					1	1	1		1	1
01_0003	**Bread, white, for toasting**	Pawruti	1.00	(272) 1150	30.4	8	1.4	55.6	2.5	2.1
SD or min- max										
n					1	1	1		1	1
01_0004	**Maize/corn flour, whole, white**	Bhutta, atta	1.00	(355) 1500	10.9	6.9	3.9	69.6	7.3	1.5
SD or min- max										
n					1	1	1		1	1
01_0005	**Maize/corn, yellow, dried, raw**	Bhutta, shukna	1.00	(344) 1450	13.1	9.9	3.4	64.7	7.3	1.6
SD or min- max					1.8	1.0	0.3			0.3
n					9	7	9		1	10
01_0006	**Millet, Foxtail, raw**	Kaon	1.00	(344) 1450	11.8	10.4	4.3	61.7	8.5	3.3
SD or min- max										
n					1	1	1		1	1
01_0007	**Millet, Proso, whole-grain, raw**	Cheena, gota-dana	1.00	(341) 1440	12.5	11.2	4.2	60.3	8.5	3.3
SD or min- max					11.9-13.1	10.8-11.7				
n					2	2	1		1	1
01_0008	**Pear millet, whole-grain, raw**	Bajra, gota-dana	1.00	(349) 1470	12.4	10.1	5.0	61.4	8.8	2.3
SD or min- max										
n					1	1	1		1	1
01_0035	**Plain Khichuri***	Khichuri	1.00	(163) 683	65.7	5.1	7.4	17.7	2.5	1.6
01_0036	**Plain pulao***	Plain pulao	1.00	(128) 539	69.7	2.2	2.3	24.1	1.1	0.6
01_0009	**Popcorn, maize (salt added)**	Popcorn, Bhutta	1.00	(328) 1380	13.7	10	3.1	58.6	12.9	1.6
SD or min- max					13.6-13.9	9.5-10.4	3-3.1			1.2-2.1
n					2	2	2		1	2
01_0010	**Rice flaked**	Chira	1.00	(356) 1510	9.9	6.5	1.1	79.2	1.3	2
SD or min- max					8.5-12.2	6.3-7.4	1.1-1.1			
n					2	2	2		1	1
01_0011	**Rice flakes, white grain, water-soaked**	Chira, veja	1.00	(105) 444	73.2	2.0	0.3	23.0	[0.9]	0.6
SD or min- max										
n					1	1	1		1	1
01_0012	**Rice, BR-28, parboiled, milled, raw**	Chal, BR-28, majhari dana, siddha, kolechata	1.00	(344) 1454	12.4	6.5	0.4	76.8	3.4	0.5
SD or min- max										
n					1	1	1		1	1

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
01_0001	**Barley, whole-grain, raw**	26	5.5	133	264	452	4	2.77	0.50
SD or min- max			3-7.9						
n		1	2	1	1	1	1	1	1
01_0034	**Biscuit, sweet***	83	2.1	32	131	116	83	0.87	0.13
01_0002	**Bread, bun/roll**	26	1.0	22	96	133	501	0.73	0.13
SD or min- max									
n		1	1	1	1	1	1	1	1
01_0003	**Bread, white, for toasting**	119	2.2	26	103	131	592	0.68	0.14
SD or min- max									
n		1	1	1	1	1	1	1	1
01_0004	**Maize/corn flour, whole, white**	7	2.4	93	272	315	5	1.73	0.23
SD or min- max									
n		1	1	1	1	1	1	1	1
01_0005	**Maize/corn, yellow, dried, raw**	12	2.9	143	329	248	14	3.27	0.43
SD or min- max		5	1.3-4.4	20	25			0.81	
n		7	2	6	6	1	1	3	1
01_0006	**Millet, Foxtail, raw**	32	2.8	81	290	250	7	1.50	1.4
SD or min- max									
n		1	1	1	1	1	1	1	1
01_0007	**Millet, Proso, whole-grain, raw**	14	5.0	114	285	195	5	2.3	0.75
SD or min- max									
n		1	1	1	1	1	1	1	1
01_0008	**Pear millet, whole-grain, raw**	42	[8.0]	137	296	307	11	3.1	1.06
SD or min- max									
n		1	1	1	1	1	1	1	1
01_0035	**Plain Khichuri***	13	1.1	19	54	92	410	0.69	0.12
01_0036	**Plain pulao***	6	0	16	39	27	167	0.34	0.05
01_0009	**Popcorn, maize (salt added)**	10	2.8	135	349	294	785	3.7	0.23
SD or min- max									
n		1	1	1	1	1	1	1	1
01_0010	**Rice flaked**	25	6.8	47	130	150	2	1.36	0.37
SD or min- max		11							
n		3	1	1	1	1	1	1	1
01_0011	**Rice flakes, white grain, water-soaked**	8	[2]	14	39	45	1	0.4	0.11
SD or min- max									
n		1	1	1	1	1	1	1	1
01_0012	**Rice, BR-28, parboiled, milled, raw**	9	0.7	43	126	146	2	1.32	0.20
SD or min- max									
n		1	1	1	1	1	1	1	1

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
01_0001	**Barley, whole-grain, raw**	1	0	13	0	0.90	0.47	0.20	7.8	0.318	34	0
SD or min- max												
n			1		1	1	1	1		1	1	1
01_0034	**Biscuit, sweet***	0	0	0	0	0.93	0.05	0.03	[1.0]	0.049	7	0
01_0002	**Bread, bun/roll**	0	0		0	0.5	0.15	0.05	2.9	0.053	29	0
SD or min- max												
n			1		1	1	1	1		1	1	1
01_0003	**Bread, white, for toasting**	0	0	0	0	[0.24]	0.21	0.34	[3.9]	0.063	30	0
SD or min- max												
n			1		1	1	1	1	1	1	1	1
01_0004	**Maize/corn flour, whole, white**	0	0	0	0	[0.42]	0.25	0.08	2.6	0.37	25	0
SD or min- max												
n			1		1	1	1	1		1	1	1
01_0005	**Maize/corn, yellow, dried, raw**	11	0	129	0	[0.49]	0.39	0.11	2.00	0.622	20	0
SD or min- max							0.36-0.42					
n			1		1	1	2	1	1		1	1
01_0006	**Millet, Foxtail, raw**	5	0	[60]	0	[0.05]	0.59	0.11	[3.2]	0.384	85	0
SD or min- max												
n			1		1	1	1	1	1	1	1	1
01_0007	**Millet, Proso, whole-grain, raw**	0	0	0	0	[0.05]	0.42	0.29	6.7	0.384	85	0
SD or min- max												
n			1	1	1	1	1	1		1	1	1
01_0008	**Pear millet, whole-grain, raw**	0	0	0	0	[0.05]	0.33	0.16	[2.3]	0.384	85	0
SD or min- max												
n			1		1	1	1	1	1	1	1	1
01_0035	**Plain Khichuri***	24	21	[27]	0.1	[0.13]	0.08	0.02	[0.3]	0.041	4	0.2
01_0036	**Plain pulao***	0	0	0	0	[0.10]	0.01	0.01	[0.3]	0.004	2	0.1
01_0009	**Popcorn, maize (salt added)**	7	0	80	0	[0.20]	0.09	0.07	1.5	0.140	28	0
SD or min- max												
n			1		1	1	1	1		1	1	1
01_0010	**Rice flaked**	0	0	0	0		0.21	0.05	[4.0]			0
SD or min- max							0.05-0.21	0.5-0.5				
n			1		1		2	2	1			1
01_0011	**Rice flakes, white grain, water-soaked**	0	0	0	0		0.06	0.01	[1.2]			0
SD or min- max												
n			1		1		1	1	1			1
01_0012	**Rice, BR-28, parboiled, milled, raw**	0	0	0	0	[0.11]	0.21	0.05	4.6	0.168	11	0
SD or min- max												
n			1		1	1	1	1	1	1	1	1

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
01_0037	**Rice, BR-28, boiled* (without salt)**	Bhat, BR-28, bosa bhat	1.00	(109) 464	71.2	2.1	0.1	24.3	1.1	0.2
01_0013	**Rice, BR-11, parboiled, milled, raw**	Chal, BR-11, siddha, kolechata	1.00	(345) 1460	11.9	7.9	0.3	76.1	3.4	0.4
n					1	1	1		1	1
01_0014	**Rice, BR-16, parboiled, milled, raw**	Chal, BR-16, siddha, kolechata	1.00	(346) 1470	11.8	6.2	0.3	77.9	3.4	0.5
n					1	1	1		1	1
01_0015	**Rice, BR-26, parboiled, milled, raw**	Chal, BR-26, siddha, kolechata	1.00	(346) 1470	11.7	8.4	0.4	75.5	3.4	0.6
n					1	1	1		1	1
01_0016	**Rice, BR-3, parboiled, milled, raw**	Chal, BR-3, siddha, kolechata	1.00	(344) 1460	12.0	7.1	0.2	76.8	3.4	0.5
n					1	1	1		1	1
01_0017	**Rice, BRRI Dhan-30, parboiled, milled, raw**	Chal, BRRI Dhan-30, siddha, kole chata	1.00	(349) 1480	10.9	6.9	0.3	77.9	3.4	0.6
n					1	1	1		1	1
01_0018	**Rice, BRRI Dhan-40, parboiled, milled, raw**	Chal, BRRI Dhan-40, siddha, kolechata	1.00	(349) 1480	10.8	7.0	0.3	77.9	3.4	0.6
n					1	1	1		1	1
01_0019	**Rice, bran, raw**	Chaler kura	1.00	(398) 1660	6.1	13.4	20.9	28.6	21.0	10
SD or min- max					6.1-6.1	13.4-13.4	20.9-20.9			10.0-10.0
n					2	2	2		1	2
01_0020	**Rice, brown, parboiled, home-pounded, raw**	Chal, siddha, dhekichata	1.00	(348) 1480	12.6	7.6	2.3	72.4	3.8	1.3
SD or min- max						7.1-8.1				
n					1	2	1		1	1
01_0038	**Rice, brown, home-pounded, boiled* (without salt)**	Bhat, siddha, dhekichata	1.00	(112) 473	72.0	2.4	0.7	23.2	1.2	0.4
01_0021	**Rice, brown, parboiled, milled, raw**	Chal, lal, siddha, kolechata	1.00	(350) 1480	12.4	7.8	2.4	72.3	3.8	1.3
SD or min- max					0.2	1.2				
n					28	33	1		1	1
01_0039	**Rice, brown, parboiled, milled, boiled* (without salt)**	Bhat, lal, siddha, kolechata	1.00	(112) 475	71.9	2.5	0.8	23.2	1.2	0.4
01_0022	**Rice, popped**	Khoi	1.00	(380) 1620	3.9	7.1	0.1	87.0	1.4	0.4
SD or min- max										
n					1	1	1		1	1
01_0023	**Rice, puffed, salted**	Muri	1.00	(361) 1540	7.3	6.7	0.1	82.7	1.4	1.8
SD or min- max					5.2-9.4	6-7.4	0.1-0.1			
n					2	2	2		1	1
01_0024	**Rice, white, sunned, aromatic, raw**	Chal, atop, sugondhi, chikon dana, dhekichata	1.00	(343) 1460	12.8	6.7	0.7	76.1	3.1	0.7
SD or min- max					0.9	0.4	0.3			0.2
n					4	3	3		1	3
01_0040	**Rice, white, sunned, aromatic, boiled* (without salt)**	Bhat, Sugondhi, bosa bhat	1.00	(110) 467	72.0	2.2	0.2	24.4	1.0	0.2

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
01_0037	**Rice, BR-28, boiled* (without salt)**	6	0.3	16	39	39	3	0.41	0.07
01_0013	**Rice, BR-11, parboiled, milled, raw**	1	0.7	43	127	146	2	1.32	0.20
n		1	1	1	1	1	1	1	1
01_0014	**Rice, BR-16, parboiled, milled, raw**	2	0.7	43	127	147	2	1.33	0.20
n		1	1	1	1	1	1	1	1
01_0015	**Rice, BR-26, parboiled, milled, raw**	2	0.7	43	127	147	2	1.33	0.20
n		1	1	1	1	1	1	1	1
01_0016	**Rice, BR-3, parboiled, milled, raw**	2	0.7	43	126	146	2	1.32	0.20
n		1	1	1	1	1	1	1	1
01_0017	**Rice, BRRI Dhan-30, parboiled, milled, raw**	2	0.7	44	128	148	2	1.34	0.20
n		1	1	1	1	1	1	1	1
01_0018	**Rice, BRRI Dhan-40, parboiled, milled, raw**	2	0.7	44	128	148	2	1.34	0.20
n		1	1	1	1	1	1	1	1
01_0019	**Rice, bran, raw**	59	18.5	994	1379	1155	5	6.04	0.73
SD or min- max		5	18.5-18.5	212	330	298	5.0-5.0		
n		6	2	5	6	6	2	1	1
01_0020	**Rice, brown, parboiled, home-pounded, raw**	10	2.8	52	246	202	5	1.90	0.36
SD or min- max									
n		1	1	1	1	1	1	1	1
01_0038	**Rice, brown, home-pounded, boiled* (without salt)**	6	1.0	18	75	52	4	0.58	0.12
01_0021	**Rice, brown, parboiled, milled, raw**	12	1.0	52	255	326	5	1.90	0.36
SD or min- max									
n		1	1	1	1	1	1	1	1
01_0039	**Rice, brown, parboiled, milled, boiled* (without salt)**	7	0.4	18	78	84	4	0.58	0.12
01_0022	**Rice, popped**	10	0.7	47	138	160	5	0.87	0.21
SD or min- max									
n		1	1	1	1	1	1	1	1
01_0023	**Rice, puffed, salted**	9	0.7	45	133	154	650	0.84	0.2
SD or min- max									
n		1	1	1	1	1	1	1	1
01_0024	**Rice, white, sunned, aromatic, raw**	10	0.9	43	126	113	5	1.09	0.14
SD or min- max		10.0-10.0							
n		2	1	1	1	1	1	1	1
01_0040	**Rice, white, sunned, aromatic, boiled* (without salt)**	6	0.4	15	38	20	3	0.33	0.04

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
01_0037	**Rice, BR-28, boiled* (without salt)**	0	0	0	0	[0.04]	0.03	0.01	1.1	0.028	3	0
01_0013	**Rice, BR-11, parboiled, milled, raw**	0	0	0	0	[0.07]	0.06	0.04	[0.8]	0.169	11	0
n			1	1	1	1	1	1	1	1	1	1
01_0014	**Rice, BR-16, parboiled, milled, raw**	0	0	0	0	[0.08]	0.10	0.03	[1.8]	0.148	11	0
n			1	1	1	1	1	1	1	1	1	1
01_0015	**Rice, BR-26, parboiled, milled, raw**	0	0	0	0	[0.11]	0.09	0.03	[1.7]	0.171	11	0
n			1	1	1	1	1	1	1	1	1	1
01_0016	**Rice, BR-3, parboiled, milled, raw**	0	0	0	0	[0.04]		0.02	[0.6]	0.169	11	0
n			1	1	1	1		1	1	1	1	1
01_0017	**Rice, BRRI Dhan-30, parboiled, milled, raw**	0	0	0	0	[0.08]	0.11	0.06	[1.8]	0.169	11	0
n			1	1	1	1	1	1	1	1	1	1
01_0018	**Rice, BRRI Dhan-40, parboiled, milled, raw**	0	0	0	0	[0.08]	0.09	0.06	[1.2]	0.172	11	0
n			1	1	1	1	1	1	1	1	1	1
01_0019	**Rice, bran, raw**	0	0	0	0	[4.92]	2.26	0.22	41.8	4.07	63	0
SD or min- max							0.49	0.07				0-0
n			1		1	1	6	6		1	1	2
01_0020	**Rice, brown, parboiled, home-pounded, raw**	0	0		0	0.68	0.27	0.07	[5]	0.62	49	0
SD or min- max												
n			1			1	1	1	1		1	1
01_0038	**Rice, brown, home-pounded, boiled* (without salt)**	0	0	0	0	0.22	0.04	0.02	1.6	0.10	11	0
01_0021	**Rice, brown, parboiled, milled, raw**	0	0	0	0	0.68	0.27	0.07	6.8	0.62	49	0
SD or min- max												
n			1		1	1	1	1		1	1	1
01_0039	**Rice, brown, parboiled, milled, boiled* (without salt)**	0	0	0	0	0.22	0.04	0.02	1.6	0.10	11	0
01_0022	**Rice, popped**	0	0	0	0	[0.10]	0.21	0.27	[3.5]	0	12	0
SD or min- max												
n			1		1		1	1	1	1	1	1
01_0023	**Rice, puffed, salted**	0	0	0	0	[0.10]	0.21	0.12	[3.5]		12	0
SD or min- max							0.21-0.21	0.12-0.12				
n			1		1	1	2	2	1		1	1
01_0024	**Rice, white, sunned, aromatic, raw**	0	0	0	0	[0.11]	0.06	0.04	2.4		9	0
SD or min- max			0-0					0.02-0.06				
n			2		1	1	1	2	1		1	1
01_0040	**Rice, white, sunned, aromatic, boiled* (without salt)**	0	0	0	0	[0.04]	0.01	0.01	0.6		2	0

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
01_0025	**Rice, white, sunned, polished, milled, raw**	Chal, atop, HYV, kolechata, raw	1.00	(345) 1460	12.2	6.6	0.3	77.4	3.1	0.4
SD or min- max					0.5	0.5	0.1			0.1
n					12	9	9		1	10
01_0041	**Rice, white, sunned, polished, milled, boiled* (without salt)**	Bhat, Atop, bosa bhat	1.00	(111) 469	71.9	2.1	0.1	24.8	1.0	0.1
01_0042	**Ruti***	Ruti	1.00	(246) 1040	37.3	7.5	1.2	49.7	3.1	1.1
01_0026	**Semolina, wheat, raw**	Sooji, gom	1.00	(346) 1470	12.8	10.9	1.4	70.6	3.9	0.5
SD or min- max					1.2	1.7	0.4			0.3-0.8
n					3	3	3		1	2
01_0027	**Sorghum, raw**	Jowar	1.00	(350) 1480	11.9	10.1	3.3	66.9	6.3	1.5
SD or min- max					11.9-12	9.8-10.4				1.3-1.6
n					2	2	1		1	2
01_0028	**Sweet corn, yellow, on the cob, raw**	Bhutta, kancha	0.47	(147) 621	62.9	3.5	1.4	28.7	2.8	0.8
SD or min- max					17.1	1.4	1-1.8			0.7-0.8
n					3	3	2		1	2
01_0029	**Vermicelli, wheat, raw**	Semai	1.00	(347) 1470	11.7	8.9	0.6	74.9	3.2	0.7
SD or min- max						7.9-9.9	0.4-0.8			
n					1	2	2		1	1
01_0043	**Vermicelli, boiled* (without salt)**	Semai siddha	1.00	(151) 640	61.6	3.9	0.3	32.6	1.4	0.3
01_0030	**Wheat flour, brown, whole grain, raw**	Ata, sada	1.00	(334) 1410	12.3	11.3	2.1	62.2	10.7	1.5
SD or min- max					12.2-12.4					
n					2	1	1		1	1
01_0031	**Wheat, flour, white**	Ata, sada, packet	1.00	(347) 1470	12.2	10.6	1.6	70.3	4.4	0.8
SD or min- max										
n					1	1	1		1	1
01_0032	**Wheat flour, white, refined**	Maida	1.00	(346) 1470	12.8	9.8	1.0	73.1	2.7	0.6
SD or min- max					0.8	9.5-10				
n					3	2	1		1	1
01_0033	**Wheat, whole, raw**	Gom	1.00	(344) 1450	10.0	11.2	2.9	62.0	12.2	1.6
SD or min- max					1.5	0.8	0.7			0.3
n					15	18	17		1	18

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
01_0025	**Rice, white, sunned, polished, milled, raw**	5	0.9	43	126	109	5	1.09	0.14
SD or min- max		4	0.9-0.9	43-43		109-109			
n		7	2	2	1	2	1	1	1
01_0041	**Rice, white, sunned, polished, milled, boiled* (without salt)**	5	0.4	15	38	19	4	0.33	0.04
01_0042	**Ruti***	11	2.7	42	99	149	231	1.10	0.13
01_0026	**Semolina, wheat, raw**	17	1.1	40	105	158	5	2.18	0.25
SD or min- max		1	0.4	30-47	34	36	6	1.05-3.3	0.14
n		4	5	2	3	3	3	2	3
01_0027	**Sorghum, raw**	25	5.8	290	222	350	6	1.6	0.46
SD or min- max									
n		1	1	1	1	1	1	1	1
01_0028	**Sweet corn, yellow, on the cob, raw**	5	0.7	30	112	228	2	0.8	0.13
SD or min- max		4	0.4	21-39	53-170	150-306	1-3	0.2-1.4	0.02-0.24
n		3	3	2	2	2	2	2	2
01_0029	**Vermicelli, wheat, raw**	22	2.0	42	92	140	8	1.38	0.29
SD or min- max		22-22	2-2						
n		2	2	1	1	1	1	1	1
01_0043	**Vermicelli, boiled* (without salt)**	11	0.9	19	38	49	4	0.57	0.13
01_0030	**Wheat flour, brown, whole grain, raw**	52	4.9	151	306	284	16	3.02	0.53
SD or min- max		7							
n		3	1	1	1	1	1	1	1
01_0031	**Wheat, flour, white**	13	3.8	58	140	210	10	1.55	0.19
SD or min- max									
n		1	1	1	1	1	1	1	1
01_0032	**Wheat flour, white, refined**	13	2.7	58	140	210	10	1.55	0.19
SD or min- max									
n		1	1	1	1	1	1	1	1
01_0033	**Wheat, whole, raw**	41	4.9	142	316	293	18	2.79	0.70
SD or min- max									
n		1	1	1	1	1	1	1	1

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
01_0025	**Rice, white, sunned, polished, milled, raw**	0	0	0	0	0.10	0.09	0.03	2.50		6	0
SD or min- max							0.02	0.01				
n			1		1	1	8	9			1	1
01_0041	**Rice, white, sunned, polished, milled, boiled* (without salt)**	0	0	0	0	0.03	0.01	0.005	0.60		1	0
01_0042	**Ruti***	0	0	0	0	[0.30]	0.07	0.04	[1.3]	0.063	7	0
01_0026	**Semolina, wheat, raw**	0	0	0	0	0.1	0.18	0.05	4.0	0.085	57	0
SD or min- max			0-0		0		0.08	0.02			42-72	0-0
n			2	1	3	1	4	4		1	2	2
01_0027	**Sorghum, raw**	0	0		0	1.1	0.21	0.13	[2.9]	0.25	20	0
SD or min- max							0.05-0.37					
n			1		1	1	2	1	1	1	1	1
01_0028	**Sweet corn, yellow, on the cob, raw**	4	0	52	0	0.6	0.12	0.09	1.8	0.16	29	5.9
SD or min- max			0-0	47-56	0-0	0.4-0.8	0.03	0.07			24-33	0.9
n			2	2	2	2	3	3		1	2	3
01_0029	**Vermicelli, wheat, raw**	0	0	0	0	[0.11]	0.19	0.05	3.4	0.142	18	0
SD or min- max							0.19-0.19	0.05-0.05				
n			1		1	1	2	2		1	1	1
01_0043	**Vermicelli, boiled* (without salt)**	0	0	0	0	[0.05]	0.04	0.02	1.1	0.031	5	0
01_0030	**Wheat flour, brown, whole grain, raw**	0	0	5	0	[0.72]	0.49	0.17	6.2	0.407	29	0
SD or min- max							0.49-0.49					
n			1		1	1	2	1		1	1	1
01_0031	**Wheat, flour, white**	0	0	0	0	[0.43]	0.13	0.05	4.0	0.099	20	0
SD or min- max												
n			1	1	1	1	1	1		1	1	1
01_0032	**Wheat flour, white, refined**	0	0	0	0	[0.06]	0.12	0.07	4.0	0.044	20	0
SD or min- max							0.12-0.12	0.07-0.07				
n					1	1	2	2		1	1	1
01_0033	**Wheat, whole, raw**	0	0	5	0	[1.90]	0.49	0.12	[5.5]	0.300	38	0
SD or min- max												
n			1		1	1	1	1	1	1	1	1

02 Pulses, legumes and their products

Peas, beans and lentils which grow as seeds inside a pod are collectively known as legumes or pulses. They are grown mainly for their ripe dried seeds but the unripe pods and leaves are also consumed as vegetables. The seeds contain approximately two to three times more protein than most cereals and the quality of protein is different from that of cereals. The protein of pulses is of low quality since they are deficient in methionine. However, they are rich in lysine. Hence they supplement proteins of cereals, and the quality of protein from a mixture of cereals and pulses is superior to that of the either one. The most effective combination to achieve maximum supplementary effects is 4 parts of cereal protein to 1 part of pulse protein. In terms of the grains, it will be 8 parts of cereals and 1 part of pulses.

Soybean is a source of high biological value protein containing 40% protein. Soybean and red kidney bean contain an *antitrypsin factor* which interferes with the utilization of soy protein in the small intestine. Some beans also contain anti-nutrients like *lectins* and *haemagluttinins*. However, all these toxins are destroyed by heating during cooking.

Pulses, especially lentils are good sources of B complex vitamins and dietary fiber. Lentil like *Masur daal* is most widely consumed in Bangladesh and regarded as one of the most common protein sources of rural population.

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
02_0001	**Bengal gram, dehulled, split, dried, raw**	Cholar dal, vanga	1.00	(375) 1580	10.5	20.2	6.0	59.2	[1.2]	2.8
SD or min- max					1.2	20.1-20.4			1.2-1.2	2.7-3
n					4	2	1		2	2
02_0002	**Bengal gram, whole, dried, raw**	Chola, shukna	1.00	(350) 1470	8.9	20.4	6.0	44.8	17.4	2.6
SD or min- max					1.9	3.8				0.8
n					6	9	1		1	5
02_0012	**Bengal gram, whole, boiled* (without salt)**	Chola siddha, lobon chara	1.00	(182) 766	52.5	10.6	3.1	23.3	9.1	1.3
02_0003	**Black gram, dehulled, dried, raw**	Mashkalai dal, asto	1.00	(317) 1340	11.3	22.3	1.7	45.1	16.3	3.3
SD or min- max					10.9-11.7	2.5	1.4-2			3.2-3.5
n					2	3	2		1	2
02_0004	**Black gram, split, dried, raw**	Maskalai dal, vanga	1.00	(350) 1490	10.5	22.6	1.2	61.8	[0.9]	3.0
SD or min- max					1.8	4.5	0.5			1.3
n					6	4	3		1	3
02_0005	**Green gram, split, dried, raw**	Mung dal, vanga	1.00	(351) 1490	9.8	23.7	1.2	60.9	[0.7]	3.7
SD or min- max					1.6	4.0	0.3		0.1	0.3
n					7	5	4		3	4
02_0013	**Green gram, split, boiled* (without salt)**	Mung dal siddha, lobon chara	1.00	(161) 685	58.5	10.9	0.5	28.1	[0.3]	1.7
02_0006	**Green gram, whole, dried, raw**	Mungkalai	1.00	(318) 1340	10.4	23.7	1.3	44.8	16.3	3.5
SD or min- max						23.5-24	1.2-1.3			
n					1	2	2		1	1
02_0007	**Grass pea, split, dried, raw**	Khesari dal, vanga	1.00	(352) 1490	9.4	28.4	0.9	56.5	[2.2]	2.6
SD or min- max					1.8	5.6	0.5		0.2	0.4
n					8	6	6		4	3
02_0014	**Grass pea, split, boiled* (without salt)**	Khesari dal siddha, lobon chara	1.00	(142) 602	63.5	11.4	0.4	22.8	[0.9]	1.0
02_0008	**Lentil, dried, raw**	Mosur dal	1.00	(317) 1340	12.2	27.7	0.8	43.2	13.2	2.9
SD or min- max										
n					1	1	1		1	1
02_0015	**Lentil, boiled* (without salt)**	Mosur dal siddha, lobon chara	1.00	(155) 657	56.9	13.6	0.4	21.2	6.5	1.4
02_0009	**Pea, dried, raw**	Motor	1.00	(327) 1380	11.7	22.1	2.1	48.3	13.0	2.8
SD or min- max					2.4	2.4				2.7-2.8
n					4	3	1		1	2
02_0016	**Pea, boiled* (without salt)**	Motor siddha, lobon chara	1.00	(170) 718	54.0	11.5	1.1	25.2	6.8	1.4
02_0010	**Red gram, split, dried, raw**	Arhar dal	1.00	(347) 1470	10.8	22.3	1.5	60.4	[1.5]	3.5
SD or min- max					3.0					
n					4	1	1		1	1
02_0011	**Soybean, dried, raw**	Gari kalai/Soyabean	1.00	(424) 1770	9.2	32.9	19.9	23.6	9.3	5.0
SD or min- max					2.5	4.3				5-5.3
n					11	12	1		1	2

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
02_0001	**Bengal gram, dehulled, split, dried, raw**	56	8.8	110	331	725	39	3.34	1.34
SD or min- max			8.5-9.1					3.28-3.4	
n		1	2	1	1	1	1	2	1
02_0002	**Bengal gram, whole, dried, raw**	203	8.8	130	368	716	33	2.68	1.23
SD or min- max		107	3.2		344-391	655-777		0.42	0.63
n		4	5	1	2	2	1	3	3
02_0012	**Bengal gram, whole, boiled* (without salt)**	94	4.0	59	172	280	16	1.26	0.45
02_0003	**Black gram, dehulled, dried, raw**	184	5.9	189	337	1121	33	2.31	1.07
SD or min- max		89	1.4			961-1282			0.92-1.22
n		4	3	1	1	2	1	1	2
02_0004	**Black gram, split, dried, raw**	53	3.3	142	385	790	35	2.45	1.08
SD or min- max		51-55						0.34	
n		2	1	1	1	1	1	3	1
02_0005	**Green gram, split, dried, raw**	69	7.2	147	315	1300	30	2.73	1.66
SD or min- max		8	1.9	31		1146-1447	28-33	0.35	
n		3	3	3		2	2	4	1
02_0013	**Green gram, split, boiled* (without salt)**	30	2.9	59	131	448	13	1.13	0.54
02_0006	**Green gram, whole, dried, raw**	137	7.9	189	326	1780	28	2.68	1.17
SD or min- max		24	0.5						
n		3	4	1	1	1	1	1	1
02_0007	**Grass pea, split, dried, raw**	61	5.3	101	374	813	35	3.38	1.08
SD or min- max		37	2.2	10			33-33	0.37	1.05-1.11
n		4	5	3	1	1	2	4	2
02_0014	**Grass pea, split, boiled* (without salt)**	24	1.9	36	136	246	13	1.23	0.31
02_0008	**Lentil, dried, raw**	23	5.1	72	261	635	37	3.89	0.79
SD or min- max									
n		1	1	1	1	1	1	1	1
02_0015	**Lentil, boiled* (without salt)**	12	2.2	31	115	234	16	1.72	0.27
02_0009	**Pea, dried, raw**	75	4.8	102	298	709	21	3.49	1.29
SD or min- max				86-118				0.51	
n		1	1	1	1	1	1	3	1
02_0016	**Pea, boiled* (without salt)**	37	2.3	47	140	277	12	1.64	0.47
02_0010	**Red gram, split, dried, raw**	55	2.7	96	304	1100	29	2.10	1.2
SD or min- max								1.89-2.31	
n		1	1	1	1	1	1	2	1
02_0011	**Soybean, dried, raw**	241	11.3	207	691	1530	5	5.7	1.25
SD or min- max		240-241	0.4						
n		2	3	1	1	1	1	1	1

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
02_0001	**Bengal gram, dehulled, split, dried, raw**	3	0	40	0	2.88	0.48	0.27	[2.4]	0.535	148	Tr
SD or min- max								0.18-0.36				
n			1		1	1	1	2	1	1	1	1
02_0002	**Bengal gram, whole, dried, raw**	3	0	40	0	2.88	0.3	0.27	4.9	0.535	186	Tr
SD or min- max								0.02-0.51				
n			1		1	1	1	2		1	1	1
02_0012	**Bengal gram, whole, boiled* (without salt)**	2	0	21	0	1.35	0.10	0.10	1.7	0.195	48	0
02_0003	**Black gram, dehulled, dried raw**	2	0	24	0	1.9	0.42	0.26	5.9	0.280	140	Tr
SD or min- max								0.15-0.37				
n			1		1	1	1	2		1	1	1
02_0004	**Black gram, split, dried, raw**	5	0	56	0	1.9	0.42	0.18	[2]	0.280	132	Tr
SD or min- max												
n			1		1	1	1	1	1	1	1	1
02_0005	**Green gram, split, dried, raw**	3	0	39	0	1.9	0.36	0.14	6.6	0.5	140	Tr
SD or min- max								0.02				
n			1		1	1	1	2		1	1	1
02_0013	**Green gram, split, boiled* (without salt)**	1	0	18	0	0.8	0.11	0.05	2.0	0.2	32	0
02_0006	**Green gram, whole, dried, raw**	3	0	39	0	1.9	0.47	0.39	6.6	0.5	140	Tr
SD or min- max												
n			1		1	1	1	1		1	1	1
02_0007	**Grass pea, split, dried, raw**	5	0	[60]	0	0.5	0.37	0.21	[2.9]	0.348	207	Tr
SD or min- max							0.08	0.18				
n			1	1	1	1	3	3	1	1	1	1
02_0014	**Grass pea, split, boiled* (without salt)**	2	0	[24]	0	0.2	0.10	0.06	[0.8]	0.098	42	0
02_0008	**Lentil, dried, raw**	3	0	34	0	[0.37]	0.77	0.13	6.3	0.336	36	0
SD or min- max												
n			1		1	1	1	1		1	1	1
02_0015	**Lentil, boiled* (without salt)**	1	0	17	0	[0.16]	0.24	0.05	2.0	0.115	9	0
02_0009	**Pea, dried, raw**	3	0	39	0	1.04	0.47	0.13	5.5	0.075	33	Tr
SD or min- max												
n			1		1	1	1	1		1	1	1
02_0016	**Pea, boiled* (without salt)**	2	0	20	0	0.49	0.16	0.05	1.9	0.027	9	0
02_0010	**Red gram, split, dried, raw**	3	0	30	0	0.83	0.45	0.19	[2.9]	0.283	103	Tr
SD or min- max												
n			1		1	1	1	1	1	1	1	1
02_0011	**Soybean, dried, raw**	1	0	13	0	2.9	0.73	0.50	7.9	0.417	100	Tr
SD or min- max												
n			1		1	1	1	1		1	1	1

03 Vegetables and their products

Plants or parts of plants including leaves, stems, roots, flowers and even fruits are regarded as vegetables. Most vegetables are cooked before they are eaten; those that are not eaten cooked are generally referred to as 'salad vegetables'. However, the distinction is far from hard and fast because in many cases 'salad vegetables' may be cooked. Some vegetables are more-or-less inedible until they are cooked. Cooking softens them by dissolving pectins and hemicelluloses and gelatinizing starch.

Vegetables constitute such a diverse group that it is difficult to generalize about their nutrient content. However, vegetables are generally a good source of vitamins and minerals und usually provide only a little energy and very little protein. Vegetables provide about half of the vitamin C (especially when eaten fresh, uncooked, frozen or mildly cooked), 15-20% of vitamin A, thiamine, niacin and iron in the average Bangladeshi diet.

Apart from leafy vegetables, peas are popular green vegetables. Different types of peas and beans are available in Bangladesh and they are usually cooked and eaten whole before their pods become mature. Tomato, cucumber, eggplant, bottle gourd and amaranth are among the vegetables that are available throughout the year.

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
03_0001	**Amaranth, stem, raw**	Data	0.73	(21) 91	92.3	0.9	0.1	3.7	[1.2]	1.8
SD or min- max					92.2-92.5				1-1.2	
n					2	1	1		2	1
03_0002	**Bean, scarlet runner, raw**	Shim	0.59	(54) 228	85.0	3.9	0.1	8.3	2.0	0.7
SD or min- max					80.1-89.9					
n					2	1	1		1	1
03_0003	**Bean, seeds and pods, raw**	Shim	0.91	(29) 122	90.0	2.4	0.1	2.5	4.3	0.6
SD or min- max										
n					1	1	1		1	1
03_0004	**Beet root, red, raw**	Beet	0.85	(46) 194	85.8	2.0	0.1	7.9	2.8	1.4
SD or min- max						1.96-2.0	0.1-0.1			
n					1	2	2		1	1
03_0005	**Brinjal, purple, long, raw**	Begun, kalo, lomba	0.94	(24) 100	91.4	1.9	0.1	2.0	4.1	0.7
SD or min- max										0.1
n					1	1	1		1	4
03_0033	**Brinjal, purple, long, boiled* (without salt)**	Begun siddha, lobon chara	1.00	(26) 109	90.6	2.1	0.1	2.1	4.4	0.7
03_0006	**Broad beans, raw**	Makhon shim	0.88	(50) 209	85.4	4.5	0.6	4.5	4.2	0.8
SD or min- max										
n					1	1	1		1	1
03_0007	**Cabbage, raw**	Badhakopi	0.88	(24) 101	92.7	1.5	0.3	2.6	2.5	0.4
SD or min- max					1.3	0.5	0.2			0.1
n					8	7	7		1	3
03_0034	**Cabbage, boiled* (without salt)**	Badhakopi siddha, lobon chara	1.00	(27) 115	91.7	1.7	0.4	2.9	2.8	0.5
03_0008	**Carrot, raw**	Gajor	0.83	(34) 147	89.7	0.9	0.3	6.0	2.6	0.6
SD or min- max					0.3	0.2	0.3-0.3			0.1
n					4	4	2		1	4
03_0035	**Carrot, boiled* (without salt)**	Gajor siddha, lobon chara	1.00	(43) 181	87.3	1.1	0.3	7.3	3.1	0.7
03_0009	**Cauliflower, raw**	Fulkopi	0.45	(27) 113	91.8	2.6	0.3	2.5	2.0	0.8
SD or min- max					1.4	2.6-2.6	0.1-0.4			
n					8	2	2		1	1
03_0036	**Cauliflower, boiled* (without salt)**	Fulkopi siddha, lobon chara	1.00	(28) 119	91.4	2.7	0.3	2.7	2.1	0.8
03_0010	**Chilli, green, with seeds, raw**	Kancha morich	0.91	(45) 189	85.5	2.8	0.1	5.9	4.7	1.0
SD or min- max					1.0	0.1	0.1-0.1			0.0
n					4	4	2		1	4
03_0011	**Cowpea, pods and seeds, raw**	Borboti	0.90	(39) 160	87.0	3.0	0.4	2.8	6.0	0.8
SD or min- max						3.0-3.0				
n					1	2	1		1	1
03_0037	**Cowpea, boiled* (without salt)**	Borboti siddha, lobon chara	1.00	(40) 167	86.5	3.1	0.4	3.0	6.3	0.8
03_0012	**Cucumber, peeled, raw**	Shosa	0.83	(17) 72	95.1	0.8	0.1	2.9	0.7	0.4
SD or min- max					0.8		0.1-0.1			1
n					3	1	2		1	

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
03_0001	**Amaranth, stem, raw**	114	1.8		30			0.52	
SD or min- max									
n		1	1		1			1	
03_0002	**Bean, scarlet runner, raw**	44	1.1	25	34	220	Tr	0.48	0.02
SD or min- max									
n		1	1	1	1	1	1	1	1
03_0003	**Bean, seeds and pods, raw**	70	0.9	51	49	170	10	0.37	0.60
SD or min- max									
n		1	1	1	11	1	1	1	1
03_0004	**Beet root, red, raw**	15	1.0	23	40	325	78	0.35	0.08
SD or min- max		15-15	1.0-1.0						
n		2	2	1	1	1	1	1	1
03_0005	**Brinjal, purple, long, raw**	21	0.4	24	47	178	8	0.57	0.68
SD or min- max									
n		1	1	1	1	1	1	1	1
03_0033	**Brinjal, purple, long, boiled* (without salt)**	24	0.4	21	47	132	8	0.52	0.63
03_0006	**Broad beans, raw**	50	1.4	38	95	250	50	0.58	0.07
SD or min- max									
n		1	1	1	1	1	1	1	1
03_0007	**Cabbage, raw**	30	0.5	15	30	170	8	0.40	0.02
SD or min- max		2	0.3	14				0.28	0.02-0.03
n		4	7	3	1	1	1	3	2
03_0034	**Cabbage, boiled* (without salt)**	35	0.5	12	31	97	9	0.34	0.03
03_0008	**Carrot, raw**	26	0.4	16	35	145	54	0.07	0.23
SD or min- max		25-26	0.1	1		15	4	0.02	0.01
n		2	3	3	1	3	3	3	3
03_0035	**Carrot, boiled* (without salt)**	34	0.5	14	39	81	40	0.07	0.26
03_0009	**Cauliflower, raw**	33	0.8	22	44	299	20	0.41	0.03
SD or min- max		9						0.24-0.58	
n		4	1	1	1	1	1	2	1
03_0036	**Cauliflower, boiled* (without salt)**	36	0.8	20	42	214	18	0.37	0.02
03_0010	**Chilli, green, with seeds, raw**	22	1.6	43	30	282	12	1.97	0.87
SD or min- max		1	0.0	2		18	2	0.08	0.07
n		3	3	3	1	3	3	3	3
03_0011	**Cowpea, pods and seeds, raw**	54	0.5	51	53	431	23	1.01	0.13
SD or min- max									
n		1	1	1	1	1	1	1	1
03_0037	**Cowpea, boiled* (without salt)**	54	0.5	43	50	306	20	0.90	0.12
03_0012	**Cucumber, peeled, raw**	13	0.6	12	17	105	2	0.17	0.05
SD or min- max		2							
n		3	1	1	1	1	1	1	1

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
03_0001	**Amaranth, stem, raw**	26	0	[306]	0		0.01	0.18				35.8
SD or min- max												10.0-61.6
n			1	1	1		1	1				2
03_0002	**Bean, scarlet runner, raw**	32	0	384	0	0.06	0.05	0.01	Tr	0.080	60	8.7
SD or min- max												8.93
n			1		1	1	1	1	1	1	1	3
03_0003	**Bean, seeds and pods, raw**	19	0	227	0	[0.51]	0.08	0.09	[0.5]	0.063	62	9.6
SD or min- max												
n					1	1	1	1	1	1	1	1
03_0004	**Beet root, red, raw**	1	0	7	0	[0.08]	0.03	0.06	0.4	0.067	109	14.5
SD or min- max							0.03-0.03	0.06-0.06				14.0-15.0
n			1		1	1	2	2		1	1	2
03_0005	**Brinjal, purple, long, raw**	4	0	45	0	[0.10]	0.03	0.07	0.9	0.079	34	1.3
SD or min- max												
n			1		1	1	1	1		1	1	1
03_0033	**Brinjal, purple, long, boiled* (without salt)**	4	0	47	0	[0.11]	0.02	0.06	0.7	0.060	20	1.0
03_0006	**Broad beans, raw**	8	0	102	0	0.28	0.08	0.11	2.4	0.038	96	9.0
SD or min- max												
n			1		1	1	1	1		1	1	1
03_0007	**Cabbage, raw**	5	0	59	0	0.20	0.06	0.05	0.6	0.156	43	16.1
SD or min- max			0-0				0.00	0.00				11.62
n			2		1	1	3	3		1	1	8
03_0034	**Cabbage, boiled* (without salt)**	5	0	60	0	0.23	0.04	0.04	0.4	0.115	24	7.3
03_0008	**Carrot, raw**	329	0	6280	0	[0.55]	0.04	0.09	1.1	0.133	15	1.4
SD or min- max							0.00	0.00				0.16
n			1		1	1	3	3		1		3
03_0035	**Carrot, boiled* (without salt)**	364	0	6960	0	[0.68]	0.04	0.07	1.0	0.115	9	0.7
03_0009	**Cauliflower, raw**	1	0	8	0	0.22	0.03	0.03	1.1	0.184	57	72.7
SD or min- max							0.03-0.03	0.03-0.03				35.86
n			1		1	1	2	2		1	1	6
03_0036	**Cauliflower, boiled* (without salt)**	1	0	8	0	0.22	0.02	0.02	0.7	0.135	32	46.6
03_0010	**Chilli, green, with seeds, raw**	10	0	[115]	0	[0.29]	0.03	0.05	1.3	0.230	10	102.3
SD or min- max							0.00	0.00				3.30
n			1				3	3		1	1	3
03_0011	**Cowpea, pods and seeds, raw**	8	0	[101]	0		0.14	0.03	2.0	0.067	168	Tr
SD or min- max							0.14-0.14	0.03-0.03				
n			1		1		2	2		1		1
03_0037	**Cowpea, boiled* (without salt)**	8	0	[101]	0		0.10	0.02	1.4	0.049	95	Tr
03_0012	**Cucumber, peeled, raw**	4	0	44	0	0.07	0.16	0.02	0.3	0.051	14	7.2
SD or min- max							0.16-0.16	0.02-0.02				4.1
n			1		1	1	2	2		1	1	3

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
03_0013 SD or min- max n	**Drumstick, pods, raw**	Sajna data	0.63	(43) 181	85.2 83.3-87.0 2	2.9 2.5-3.2 2	0.2 1	5.1	4.8 1	1.9 1
03_0014 SD or min- max n	**Garlic, raw**	Rosun	0.84	(147) 623	61.6 2.9 3	6.9 0.9 3	0.6 0.5-0.6 2	27.6	2.1 1	1.3 1-1.5 2
03_0015 SD or min- max n	**Gourd, ash, raw**	Chalkumra	0.67	(10) 41	96.5 1	0.4 1	0.1 1	1.0	1.7 1	0.3 1
03_0016 SD or min- max n	**Gourd, bitter, raw**	Korola	0.95	(31) 129	90.4 4.5 5	2.1 0.7 4	0.3 0.4 4	3.6	2.6 1	1.1 0.3 3
03_0047	**Gourd, bitter, boiled* (without salt)**	Korola siddha, lobon chara	1.00	(35) 147	89.0	2.3	0.4	4.1	3.0	1.2
03_0048	**Gourd, bitter, fry***		1.00	(130) 540	74.0	3.1	9.1	7.1	4.1	2.7
03_0017 SD or min- max n	**Gourd, bottle, raw**	Lau	0.87	(34) 142	90.8 6.7 3	1.1 1-1.1	0.1 0.1-0.1 2	6.8	[0.6] 1	0.6 1
03_0018 SD or min- max n	**Gourd, pointed, raw**	Potol	0.95	(24) 102	92.6 92.4-92.9 2	2.0 0.6 3	0.3 0.3 3	2.2	[2.2] 1.4-3.0 2	0.5 0.5-0.6 2
03_0038	**Gourd, pointed, boiled* (without salt)**	Potol siddha, lobon chara	1.00	(28) 116	91.6	2.3	0.4	2.5	[2.5]	0.6
03_0019 SD or min- max n	**Gourd, ridge, raw**	Jhinga	0.82	(29) 121	92.4 0.7 3	1.3 0.8-1.8 2	0.4 0.1-0.6 2	4.6	1.1 1	0.3 1
03_0020 SD or min- max n	**Gourd, snake, raw**	Chichinga	0.98	(24) 103	93.4 92-94.6 2	0.5 1	0.3 1	4.5	[0.8] 1	0.5 1
03_0021 SD or min- max n	**Gourd, sponge, raw**	Dhundul	0.94	(24) 102	92.9 92-93.5 2	0.9 0.9-1 2	0.2 0-0.2 2	4.3	1.1 1	0.7 1
03_0022 SD or min- max n	**Gourd, teasle, raw**	Kakrol	0.85	(61) 259	83.7 4.1 4	1.9 0.4 3	0.5 0.5 3	11.8	1.1 1	1.1 0.9-1.3 2
03_0039	**Gourd, teasle, boiled* (without salt)**	Kakrol siddha, lobon chara	1.00	(69) 294	81.5	2.2	0.5	13.4	1.3	1.2
03_0023 SD or min- max n	**Okra/ladies finger, raw**	Dheros	0.84	(39) 164	87.7 3.9 9	2.1 0.5 7	0.2 0.1 3	5.7	3.1 1	1.1 1-1.2 2
03_0040	**Okra/ladies finger, boiled* (without salt)**	Dheros siddha, lobon chara	1.00	(32) 134	90.0	1.7	0.1	4.7	2.5	0.9
03_0046	**Lady's finger-tomato bhuna ***	Dheros-tomato bhuna	1.00	(127) 526	72.1	3.4	7.4	9.0	5.0	3.1
03_0024 SD or min- max n	**Onion, raw**	Piaj	0.87	(59) 249	83.7 1	1.4 1	0.1 1	12.2	1.9 1	0.7 1

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
03_0013	**Drumstick, pods, raw**	24	0.2	28	110	259	42	0.16	0.01
SD or min- max		5							
n		3	1	1	1	1	1	1	1
03_0014	**Garlic, raw**	25	1.6	25	162	511	11	1.08	0.18
SD or min- max		19-30	0.3	25-25	153-170	401-620	4-7	1-1.6	0.06-0.3
n		2	3	2	2	2	2	2	2
03_0015	**Gourd, ash, raw**	30	0.8	17	14	139	39	0.10	0.02
SD or min- max									
n		1	1	1	1	1	1	1	1
03_0016	**Gourd, bitter, raw**	16	1.8	31	20	182	36	0.35	0.27
SD or min- max		5	0.2	14-48					
n		5	4	2	1	1	1	1	1
03_0047	**Gourd, bitter, boiled* (without salt)**	20	1.8	29	20	141	33	0.34	0.26
03_0048	**Gourd, bitter, fry***	27	2.9	48	34	304	469	0.61	0.44
03_0017	**Gourd, bottle, raw**	26	0.7	11	53	150	39	0.58	0.16
SD or min- max		26-26	0.0						
n		2	3	1	1	1	1	1	1
03_0018	**Gourd, pointed, raw**	16	1.7	15	18	148	28	0.40	0.17
SD or min- max		7	1.7-1.7						
n		4	2	1	1	1	1	1	1
03_0038	**Gourd, pointed, boiled* (without salt)**	20	1.7	15	18	115	26	0.39	0.17
03_0019	**Gourd, ridge, raw**	21	1.3	14	32	139	39	0.50	0.23
SD or min- max		8	0.7					0.42-0.58	
n		3	3	1	1	1	1	2	1
03_0020	**Gourd, snake, raw**	31	0.4	17	28	155	39	0.32	0.18
SD or min- max		21	0.1					0-0.41	
n		3	3	1	1	1	1	2	1
03_0021	**Gourd, sponge, raw**	19	0.6	14	32	139	39	0.50	0.23
SD or min- max		19-19	0.6-1						
n		2	2	1	1	1	1	1	1
03_0022	**Gourd, teasle, raw**	27	2.6	20	26	186	52	0.48	0.10
SD or min- max		15	0.5-4.6						
n		3	2	1	1	1	1	1	1
03_0039	**Gourd, teasle, boiled* (without salt)**	31	2.6	19	27	144	46	0.46	0.10
03_0023	**Okra/ladies finger, raw**	93	0.9	20	28	178	37	0.34	0.08
SD or min- max		40	0.7					0.24-0.43	0-1
n		3	4	1	1	1	1	2	2
03_0040	**Okra/ladies finger, boiled* (without salt)**	72	0.7	13	21	99	24	0.23	0.06
03_0046	**Lady's finger-tomato bhuna ***	128	1.4	31	50	319	565	0.67	0.53
03_0024	**Onion, raw**	24	0.9	24	29	210	11	0.41	0.36
SD or min- max									
n		1	1	1	1	1	1	1	1

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
03_0013	**Drumstick, pods, raw**	26	0	[311]	0		0.04	0.04	[0.6]	0.120	44	69.9
SD or min- max							0.01	0.03				43.42
n			1		1		3	3	1	1	1	3
03_0014	**Garlic, raw**	0	0	Tr	0	[0.08]	0.13	0.12	2.4	1.235	4	24.1
SD or min- max							0.07	0.10			3-5	17.0-31.0
n						1	3	3		1	2	2
03_0015	**Gourd, ash, raw**	0	0	3	0		0.06	0.01	0.4	0.043	16	31.0
SD or min- max												
n			1		1		1	1		1	1	1
03_0016	**Gourd, bitter, raw**	24	0	285	0		0.05	0.03	0.7		45	90.6
SD or min- max							0.02	0.02				25.7
n			1		1		3	3			1	6
03_0047	**Gourd, bitter, boiled* (without salt)**	26	0	311	0		0.04	0.03	0.5		28	62.8
03_0048	**Gourd, bitter, fry***	30	0	[305]	0	[0.31]	0.07	0.06	[0.6]	0.041	45	103.2
03_0017	**Gourd, bottle, raw**	1	0	17	0		0.01	0.02	0.4	0.040	6	8.7
SD or min- max							0-0.1	0-0.02				9.08
n			1		1		2	2		1	1	7
03_0018	**Gourd, pointed, raw**	5	0	[65]	0		0.17	0.03	[0.8]	0.04	16	19.4
SD or min- max							0.03-0.3	0.03-0.03				18.0
n			1		1		2	2	1	1	1	5
03_0038	**Gourd, pointed, boiled* (without salt)**	6	0	[70]	0		0.13	0.03	[0.6]	0.03	10	13.5
03_0019	**Gourd, ridge, raw**	2	0	26	0	[0.10]	0.11	0.03	0.5	0.043	7	4.6
SD or min- max							0.11-0.11	0.03-0.03				1.9
n			1		1	1	2	2		1	1	4
03_0020	**Gourd, snake, raw**		0		0		0.04	0.06	[0.8]	0.04	16	18.8
SD or min- max												8-29.92
n			1		1		1	1	1	1	1	2
03_0021	**Gourd, sponge, raw**		0		0	[0.10]	0.03	0.01	[0.2]	0.043	7	6.2
SD or min- max							0-0.03	0-0.1				1.9
n			1		1	1	2	2	1	1	1	3
03_0022	**Gourd, teasle, raw**	14	0	163	0	[0.23]	0.08	0.06	0.8	0.043	16	142.8
SD or min- max							0.08-0.08	0.06-0.06				20.56
n			1		1	1	2	2		1	1	3
03_0039	**Gourd, teasle, boiled* (without salt)**	15	0	178	0	[0.26]	0.06	0.05	0.6	0.034	10	99.0
03_0023	**Okra/ladies finger, raw**	19	0	227	0	[0.27]	0.04	0.16	1.4	0.215	60	17.5
SD or min- max							0-0.04	0-0.16				14.99
n			1		1	1	2	2		1	1	4
03_0040	**Okra/ladies finger, boiled* (without salt)**	15	0	177	0	[0.21]	0.02	0.10	0.8	0.123	26	8.7
03_0046	**Lady's finger-tomato bhuna***	26	0	[299]	0	[0.81]	0.06	0.22	[1.5]	0.297	60	24.5
03_0024	**Onion, raw**	2	0	[23]	0	[0.02]	0.05	0.14	0.3	0.168	19	4.5
SD or min- max												
n			1		1	1	1	1		1	1	1

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
03_0025	**Papaya, unripe, raw**	Kancha pepe	0.66	(30) 125	90.6	0.8	0.1	5.7	1.5	1.3
SD or min- max					3.3	0.2	0-1.0			1-1.3
n						3	2		1	2
03_0041	**Papaya, unripe, boiled* (without salt)**	Kancha pepe siddha, lobon chara	1.00	(32) 134	89.9	0.8	0.1	6.1	1.6	1.4
03_0026	**Peas, raw**	Motorshuti	0.53	(91) 384	74.3	7.0	0.4	12.5	5.1	0.9
SD or min- max					67.5-81.0	6.5-7.4	0.3-0.4			1-1.2
n					2	2	2		1	2
03_0027	**Plantain, raw**	Kancha kola	0.58	(77) 327	78.9	2.0	0.3	15.5	2.3	1.0
SD or min- max					3.1		0-0.4			
n					12	1	2		1	1
03_0042	**Plantain, boiled* (without salt)**	Kancha kola siddha, lobon chara	1.00	(76) 320	79.3	1.9	0.3	15.2	2.3	1.0
03_0028	**Pumpkin, raw**	Mistikumra	0.79	(18) 77	93.9	1.4	0.3	1.3	2.4	0.7
SD or min- max					93-94.8	1-1.4				
n					2	2	1		1	1
03_0043	**Pumpkin, boiled* (without salt)**	Mistikumra siddha, lobon chara	1.00	(29) 120	90.4	2.2	0.5	2.1	3.8	1.1
03_0029	**Radish, raw**	Mula	0.99	(18) 74	94.3	0.9	0.1	2.5	1.6	0.6
SD or min- max					1.0	0.2	0-0.1			0.0
n					15	14	2		1	13
03_0044	**Radish, boiled* (without salt)**	Mula siddha, lobon chara	1.00	(24) 99	92.4	1.2	0.1	3.3	2.1	0.8
03_0030	**Tomato, green, raw**	Kancha tomato	0.98	(23) 96	93.3	1.9	0.2	2.5	1.7	0.4
SD or min- max					93-93.4	1.9-2				0-0.6
n					2	2	1		1	2
03_0031	**Tomato, red, ripe, raw**	Paka tomato	1.00	(16) 66	95.0	1.1	0.2	1.4	1.7	0.5
SD or min- max										
n					1	1	1		1	1
03_0045	**Tomato, red, ripe, boiled* (without salt)**	Paka tomato siddha, lobon chara	1.00	(30) 124	90.6	2.1	0.5	2.7	3.1	1.0
03_0032	**Turnip, raw**	Shalgom	0.74	(26) 110	92.1	1.1	0.2	4.1	1.8	0.7
SD or min- max					0.8	0.3	0-0.3			0.7-1
n					4	4	2		1	2

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
03_0025	**Papaya, unripe, raw**	15	0.6	56	15	129	7	0.22	0.02
SD or min- max		3	0.4					0-0.26	
n		3	4	1	1	1	1	2	1
03_0041	**Papaya, unripe, boiled* (without salt)**	17	0.6	48	15	94	8	0.20	0.02
03_0026	**Peas, raw**	43	1.6	47	108	244	5	1.24	0.18
SD or min- max		16	0.8	33-61					
n		3	3	2	2	1	1	1	1
03_0027	**Plantain, raw**	[22]	0.6	28	21	242	4	0.14	0.08
SD or min- max		6	0.6-1	3	1	42			
n		11	2	9	9	9	1	1	1
03_0042	**Plantain, boiled* (without salt)**	22	0.6	23	18	161	5	0.12	0.07
03_0028	**Pumpkin, raw**	52	0.7	10	16	349	8	0.11	0.21
SD or min- max		7							
n		3	1	1	1	1	1	1	1
03_0043	**Pumpkin, boiled* (without salt)**	79	1.1	14	23	371	13	0.14	0.28
03_0029	**Radish, raw**	24	0.4	15	23	142	40	0.38	0.03
SD or min- max		9	0.1		1	1	11	0-0.55	
n		16	16		12	12	12	2	1
03_0044	**Radish, boiled* (without salt)**	35	0.5	14	28	86	33	0.38	0.04
03_0030	**Tomato, green, raw**	16	0.3	7	28	156	7	0.19	0.30
SD or min- max		7							
n		3	1	1	1	1	1	1	1
03_0031	**Tomato, red, ripe, raw**	13	0.2	7	24	156	7	0.41	0.97
SD or min- max									
n		1	1	1	1	1	1	1	1
03_0045	**Tomato, red, ripe, boiled* (without salt)**	24	0.4	12	41	200	11	0.66	1.55
03_0032	**Turnip, raw**	32	0.4	10	34	236	41	0.52	0.05
SD or min- max		11	0.3	8-11	27-41	191-280	15-67	0.60	0-0.09
n		4	4	2	2	2	2	3	2

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
03_0025	**Papaya, unripe, raw**	1	0	[7]	0		0.03	0.02	[0.2]			18.6
SD or min- max								0-0.02				17.7
n			1		1		1	2	1			5
03_0041	**Papaya, unripe, boiled* (without salt)**	1	0	[7]	0		0.02	0.02	[0.1]			12.2
03_0026	**Peas, raw**	38	0	455	0	[0.13]	0.40	0.14	2.8	0.169	65	7.6
SD or min- max								0-0.15				5-10.29
n			1		1	1	1	2		1	1	2
03_0027	**Plantain, raw**	56	0	676	0	[0.14]	0.09	0.06	0.9	0.299	22	7.3
SD or min- max							0-0.09	0-0.06				4.9
n			1		1	1	2	2		1	1	4
03_0042	**Plantain, boiled* (without salt)**	53	0	636	0	[0.13]	0.06	0.04	0.6	0.205	12	4.3
03_0028	**Pumpkin, raw**	369	0	4430	0	[1.06]	0.07	0.06	0.8	0.061	16	21.1
SD or min- max							0-0.07	0-0.06				6.4
n			1		1	1	2	2		1	1	4
03_0043	**Pumpkin, boiled* (without salt)**	554	0	6640	0	[1.61]	0.08	0.07	0.8	0.067	14	20.1
03_0029	**Radish, raw**	Tr	0	Tr	0	0	0.43	Tr	0.5	0.071	25	17.3
SD or min- max							0-0.43					7.6
n			1	1	1	1	2	1		1	1	17
03_0044	**Radish, boiled* (without salt)**	0	0	Tr	0	0	0.40	Tr	0.4	0.066	17	9.2
03_0030	**Tomato, green, raw**		0		0	[0.38]	0.07	0.01	0.6	0.048	9	30.6
SD or min- max							0-0.07	0-0.01				0.7
n			1		1	1	2	2		1	1	3
03_0031	**Tomato, red, ripe, raw**	9	0	[104]	0	[0.54]	0.04	0.04	0.6	0.049	15	12.3
SD or min- max												
n					1	1	1	1		1	1	1
03_0045	**Tomato, red, ripe, boiled* (without salt)**	16	0	[187]	0	[0.98]	0.05	0.05	0.7	0.064	15	14.1
03_0032	**Turnip, raw**	0	0	0	0	[0.03]	0.04	0.02	0.6	0.09	15	24.7
SD or min- max			0				0.01	0.01			14-15	12.4
n			3		1	1	4	4		1	2	6

04 Leafy vegetables

Leafy vegetables known as '*shak*' in Bangladesh are most commonly used in preparations like *'torkary'* (curry), which along with rice form the main menu item for the low to mid income population. Various kinds of *shaks* are available throughout the year, notably *lal shak*, *lau shak*, *data shak*, *pui shak*, *sajna pata, palong shak and pat shak*.

Leafy vegetables are nutritionally important sources of vitamin C, ß-carotene, folate and iron. The dark green leaves contain more vitamin C and ß-carotene than the paler leaves. All leafy vegetables are a good source of dietary fibre.

Water soluble vitamins from leafy vegetables are largely lost during cooking and leaching of the cooking water. Leafy vegetables should be cooked with minimal water and for minimum time and with a lid covered so as to prevent nutrient losses. Whenever possible, fresh leafy vegetables should be cooked and consumed as soon as possible.

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
04_0001	**Agathi, raw**	Bok ful shak	1.00	(88) 370	73.1	8.4	1.8	5.7	7.9	3.1
SD or min- max										
n					1	1	1		1	1
04_0002	**Alligator weed, raw**	Malancha shak	0.75	(57) 240	84.7	4.9	1.2	6.6		2.6
SD or min- max					84.7-84.7					
n					2	1	1			1
04_0003	**Amaranth, leaves, spiney, raw**	Kanta notay shak	0.79	(51) 214	81.8	4.8	0.3	5.2	4.4	3.6
SD or min- max					2.4	1.7	0.2-0.3			3.5-3.6
n					6	3	2		1	2
04_0004	**Amaranth, leaves, red, raw**	Lal shak	0.69	(32) 131	88.8	4.5	0.3	0.5	4.2	1.7
SD or min- max					1.7	1.3	0.2			0.3
n					6	7	7		1	3
04_0032	**Amaranth, leaves, red, boiled* (without salt)**	Lal shak siddha, lobon chara	1.00	(37) 155	86.8	5.3	0.4	0.6	5.0	2.0
04_0005	**Amaranth, leaves, green, raw**	Sobuj data shak	0.79	(25) 104	91.0	2.0	0.3	1.5	4.4	0.9
SD or min- max					2.7	0.5	0.1			0.6
n					9	6	5		1	4
04_0033	**Amaranth, leaves, green, boiled* (without salt)**	Sobuj data shak siddha, lobon chara	1.00	(30) 123	89.3	2.3	0.3	1.7	5.1	1.1
04_0006	**Dock leaves, raw**	Chukai shak, bivinno projati	1.00	(46) 194	86.4	3.1	0.7	5.9	[1.8]	2.1
SD or min- max					82.8-90.0	1.0				1.9-2
n					2	3	1		1	2
04_0007	**Beet greens leaves**	Beet shak	0.54	(31) 129	88.7	2.8	0.5	2.1	3.7	2.3
SD or min- max					86.4-91	2.2-3.4	0.1-0.8			2.2-2.3
n					2	2	2		1	2
04_0008	**Bengal dayflower, leaves, raw**	Bat baitta shak	0.71	(22) 94	92.3	2.0	0.3	2.2	[1.4]	1.7
SD or min- max					2.1	1.5-2.6				1.4-2
n					3	2	1		1	2
04_0009	**Bitter gourd leaves, green, raw**	Korola shak	0.38	(55) 231	84.0	4.9	0.5	6.1	3.1	1.4
SD or min- max					6.5	1.7	0.4-0.7		2.3-4	0.3
n					6	5	2		2	4
04_0010	**Bottle gourd leaves, raw**	Lau shak	0.71	(26) 109	90.2	2.5	0.6	0.6	4.4	1.7
SD or min- max					3.1	0.2	0.2			0.4
n					5	6	6		1	3
04_0011	**Bugleweed, raw**	Sabarang	0.71	(43) 179	88.6	2.6	1.3	4.6	[1.3]	1.7
SD or min- max										
n					1	1	1		1	1
04_0012	**Cassava, leaves, raw**	Simei alu shak	0.85	(62) 259	82.4	4.7	1.2	5.7	4.8	1.3
SD or min- max					0.9	0.6	0.2			0.3
n					3	3	3		1	3
04_0013	**Colocasia leaves, black, raw**	Kalo kochu shak	0.70	(62) 261	81.8	5.6	1.2	5.3	3.7	2.4
SD or min- max					78.8-84.8	4.4-6.8				2.2-2.5
n					2	2	1		1	2

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
04_0001	**Agathi, raw**	1130	3.9		80				
SD or min- max									
n		1	1		1				
04_0002	**Alligator weed, raw**	[19]	[0.5]		[46]				
SD or min- max									
n		1	1		1				
04_0003	**Amaranth, leaves, spiney, raw**	640	[14.4]	[265]	72	679	56	0.32	0.36
SD or min- max		479-800							
n		2	1	1	1	1	1	1	1
04_0004	**Amaranth, leaves, red, raw**	256	6.0	181	32	261	59	0.96	0.22
SD or min- max		142	3.8	68-295		244-278		0.56	0.19
n		4	3	2	1	2	1	3	3
04_0032	**Amaranth, leaves, red, boiled* (without salt)**	287	5.3	129	34	154	53	0.85	0.25
04_0005	**Amaranth, leaves, green, raw**	171	8.4	181	47	321	36	0.98	0.12
SD or min- max		61	3.8		13				0.09-0.16
n		3	4	1	3	1	1	1	2
04_0033	**Amaranth, leaves, green, boiled* (without salt)**	192	7.4	129	50	190	32	0.86	0.14
04_0006	**Dock leaves, raw**	74	6.7	82	48	602	[14]	0.43	0.13
SD or min- max		32	3.6-9.7	78-85	22-74	510-693			0.13-0.13
n		3	2	2	2	2	1	1	2
04_0007	**Beet greens leaves**	249	2.6	70	36	762	[226]	0.41	0.14
SD or min- max		117-380			30-41			0.38-0.44	0.09-0.19
n		2	1	1	2	1	1	2	2
04_0008	**Bengal dayflower, leaves, raw**	113	[7.1]	77	19	473	21	0.63	0.09
SD or min- max									
n		1	1	1	1	1	1	1	1
04_0009	**Bitter gourd leaves, green, raw**	110	[5.2]	167	90	724	31	0.95	0.59
SD or min- max		43	5.0	86	27	116	31	0.53	0.70
n		4	5	3	4	3	3	4	4
04_0010	**Bottle gourd leaves, raw**	94	3.1	69	28	276	41	0.49	0.15
SD or min- max		24	1.1	42-96	27-30	222-330	36-46	0.15	0.02
n		4	3	2	2	2	2	3	3
04_0011	**Bugleweed, raw**	49	2.8		52	268		0.52	
SD or min- max									
n		1	1		1	1		1	
04_0012	**Cassava, leaves, raw**	201	4.9	54	36	303	22	0.45	0.81
SD or min- max		167-235	4.2-5.5	54-54	34-37	284-322	19-25		0.8-0.82
n		2	2	2	2	2	2	1	2
04_0013	**Colocasia leaves, black, raw**	392	2.1	130	39	763	48	0.98	0.25
SD or min- max		118							
n		3	1	1	1	1	1	1	1

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
04_0001	**Agathi, raw**	1280	0	[15400]	0		0.21	0.09	3.4			169
SD or min- max												
n			1	1	1		1	1				1
04_0002	**Alligator weed, raw**	475	0	[5700]	0							
SD or min- max												
n			1	1	1							
04_0003	**Amaranth, leaves, spiney, raw**	908	0	[10900]	0		0.03	0.06	1.6	0.192	85	43.4
SD or min- max								0.01-0.1				17.2
n			1	1	1		1	2		1	1	3
04_0004	**Amaranth, leaves, red, raw**	793	0	9520	0		0.03	0.13	1.6	0.192	85	42.0
SD or min- max								0.13-0.13				12.8
n			1		1		1	2		1	1	6
04_0032	**Amaranth, leaves, red, boiled* (without salt)**	842	0	10100	0		0.02	0.10	1.2	0.147	50	19.8
04_0005	**Amaranth, leaves, green, raw**	743	0	8920	0		0.03	0.18	1.6	0.192	85	37.1
SD or min- max								0.18-0.18				23.9
n			1		1		1	2		1	1	5
04_0033	**Amaranth, leaves, green, boiled* (without salt)**	789	0	9460	0		0.02	0.14	1.2	0.147	50	17.5
04_0006	**Dock leaves, raw**	217	0	[2600]	0		0.11	0.17	[1.6]	0.262	125	17.5
SD or min- max							0.01	0.16-0.17				
n			1	1	1		3	2	1	1	1	1
04_0007	**Beet greens leaves**	463	0	5560	0	[1.5]	0.18	0.39	3.8	0.106	[15]	47.1
SD or min- max							0.1-0.26	0.22-0.56				20.6
n			1		1	1	2	2		1	1	3
04_0008	**Bengal dayflower, leaves, raw**	318	0	[3810]	0		0.04					20.0
SD or min- max												
n			1	1	1		1					1
04_0009	**Bitter gourd leaves, green, raw**	357	0	[4280]	0		0.12	0.29	[1.4]	0.803	128	78.3
SD or min- max			0-0				0.08	0.07	0.30			35.5
n			2	1	1		4	4	4	1	1	3
04_0010	**Bottle gourd leaves, raw**	198	0	[2370]	0		0.07	0.17	1.4	0.188	73	47.7
SD or min- max												36.9
n			1	1	1		1	1		1	1	3
04_0011	**Bugleweed, raw**	39	0	[467]	0							13.1
SD or min- max												12.9-13.3
n			1	1	1							2
04_0012	**Cassava, leaves, raw**	356	0	[4270]	0		0.16	0.30	[1.1]	0.200	77	27.3
SD or min- max												
n			1	1	1		1	1	1	1	1	1
04_0013	**Colocasia leaves, black, raw**	699	0	8390	0	[3.36]	0.06	0.45	2.6	0.146	126	63
SD or min- max							0.06-0.06	0.45-0.45				63-63
n			1		1	1	2	2		1	1	2

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
04_0014	**Colocasia leaves, green, raw**	Shobuj kochu shak	0.80	(51) 212	84.7	4.0	1.1	4.4	3.7	2.1
SD or min- max					3.2	0.8	0.4			0.1
n					6	7	7		1	3
04_0015	**Cowpea, leaves, raw**	Borboti pata	0.80	(34) 141	89.0	3.4	0.7	1.7	3.6	1.6
SD or min- max										
n					1	1	1		1	1
04_0016	**Dima leaves, raw**	Dima shak	0.71	(33) 137	91.1	1.7	1	3.6	[1.0]	1.6
SD or min- max					1.6	0.4	0.4			
n					3	3	3		1	1
04_0017	**Drumstick, leaves, raw**	Sajna pata	0.75	(72) 300	79.7	6.7	1.8	4.6	5.2	2.0
SD or min- max					5.0	6.7-6.7	0.2			1.7-2.3
n					4	2	3		1	2
04_0018	**Fern, leaves, raw**	Dheki shak	1.00	(68) 287	82.3	1.3	0.6	13.7	[1.0]	1.1
SD or min- max					8.5	1.1-1.5	0.2			
n					3	2	3		1	1
04_0019	**Fenugreek, leaves, raw**	Methi shak	0.59	(50) 210	86.1	4.4	0.9	5.0	[2.1]	1.5
SD or min- max										
n					1	1	1		1	1
04_0020	**Indian spinach, raw**	Pui shak	0.71	(25) 105	91.8	2.4	0.3	2.1	2.2	1.2
SD or min- max					1.7	0.7	0.1			0.2
n					7	7	7		1	3
04_0036	**Indian spinach, boiled* (without salt)**	Pui shak siddha, lobon chara		(33) 138	89.2	3.1	0.4	2.8	2.9	1.6
04_0021	**Jute leaves, raw**	Pat shak	0.69	(32) 134	87.6	2.9	0.3	1.7	5.8	1.8
SD or min- max					3.6	1.3	0.2			1.3-2.3
n					4	5	4		1	2
04_0022	**Pumpkin leaves, raw**	Misti kumra shak	0.71	(29) 122	90.8	2.4	0.4	2.8	[2.1]	1.4
SD or min- max					1.2	0.4	0.3			
n					4	5	5		1	1
04_0023	**Radish leaves, raw**	Mula shak	0.90	(32) 135	90.7	1.8	0.7	3.4	2.6	0.8
SD or min- max					1.8	0.3	0.3			0.3
n					4	6	7		1	3
04_0024	**Slender amaranth leaves, raw**	Notay shak	0.79	(47) 196	83.9	4.1	0.5	4.3	4.4	2.8
SD or min- max					5.3	3-5.2	0.3-0.7			
n					3	2	2		1	1
04_0034	**Slender amaranth leaves, boiled* (without salt)**	Notay shak siddha, lobon chara	1.00	(55) 232	81.1	4.8	0.6	5.1	5.1	3.3
04_0025	**Spinach, raw**	Palong shak	0.87	(26) 107	90.8	3.0	0.5	0.9	2.9	2.0
SD or min- max					2.0	0.4	0.3			0.2
n					9	7	7		1	3
04_0035	**Spinach, boiled* (without salt)**	Palong shak siddha, lobon chara	1.00	(47) 195	83.1	5.4	0.9	1.6	5.3	3.6
04_0026	**Sweet potato leaves, raw**	Misti alu shak	1.00	(45) 185	84.0	4.0	0.8	1.8	7.3	2.1
SD or min- max					2.3	0.7	0.4		1.5	0.5
n					8	8	8		4	4

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
04_0014	**Colocasia leaves, green, raw**	235	4.9	61	40	764	47	0.68	0.19
SD or min- max		13	3.1-6.8	43-80	37-43		40-53	0.04	0.04
n		3	2	2	2	1	2	3	3
04_0015	**Cowpea, leaves, raw**	290	5.1	60	61	475	44	0.5	0.27
SD or min- max									
n		1	1	1	1	1	1	1	1
04_0016	**Dima leaves, raw**								
SD or min- max									
n									
04_0017	**Drumstick, leaves, raw**	440	0.9	42	70	259	30	0.16	0.07
SD or min- max		440-440							
n		2	1	1	1	1	1	1	1
04_0018	**Fern, leaves, raw**								
SD or min- max									
n									
04_0019	**Fenugreek, leaves, raw**	395	1.9	41	51	[31]	76	0.34	0.10
SD or min- max									
n		1	1	1	1	1	1	1	1
04_0020	**Indian spinach, raw**	111	2.2	[179]	31	187	69	0.35	0.06
SD or min- max			2.6			111-263	34-105	0.16	0.02
n		1	3	1	1	2	2	3	3
04_0036	**Indian spinach, boiled* (without salt)**	140	2.2	142	37	123	69	0.35	0.08
04_0021	**Jute leaves, raw**	120	[9.7]	42	60	225	60	1.47	0.02
SD or min- max		12							
n		3	1	1	1	1	1	1	1
04_0022	**Pumpkin leaves, raw**	40	2.2	38	104	436	11	0.20	0.13
SD or min- max		40-40							
n		2	1	1	1	1	1	1	1
04_0023	**Radish leaves, raw**	147	2.8	20	41	260	70	0.48	0.07
SD or min- max		84-210	2.3	14-16	22-60	223-296	56-84	0.20	0.00
n		2	4	2	2	2	2	3	3
04_0024	**Slender amaranth leaves, raw**	227	5.4	32	50	670	56	1.20	0.22
SD or min- max		93			47-52				
n		3	1	1	2	1	1	1	1
04_0034	**Slender amaranth leaves, boiled* (without salt)**	255	4.8	23	53	395	50	1.06	0.25
04_0025	**Spinach, raw**	90	2.2	52	45	471	171	0.90	0.10
SD or min- max		13	0.9	45				0.46	0.04
n		4	3	22	1	1	1	4	4
04_0035	**Spinach, boiled* (without salt)**	157	3.1	57	74	430	235	1.23	0.16
04_0026	**Sweet potato leaves, raw**	194	2.7	50	81	497	47	0.32	0.19
SD or min- max		102		11		149	32	0.05	0.04
n		5	1	4	1	4	3	3	3

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
04_0014	**Colocasia leaves, green, raw**	596	0	7150	0	[2.02]	0.22	0.26	2.6	0.15	126	48.1
SD or min- max							0.22-0.22	0.26-0.26				2.45-4.75
n			1		1	1	2	2		1	1	2
04_0015	**Cowpea, leaves, raw**	150	0	1800	0		0.05	0.18	[1.6]	0.24	129	57.0
SD or min- max												
n			1	1	1		1	1	1	1	1	1
04_0016	**Dima leaves, raw**		0		0							7.0
SD or min- max												
n			1		1							1
04_0017	**Drumstick, leaves, raw**	1100	0	13160	0		0.26	0.66	2.6	1.2	205	220
SD or min- max												220-220
n			1		1		1	1		1	1	2
04_0018	**Fern, leaves, raw**				0							
SD or min- max												
n					1							
04_0019	**Fenugreek, leaves, raw**	758	0	9100	0		0.12	0.31	1.7	0.268	104	52.0
SD or min- max												
n			1		1		1	1		1	1	1
04_0020	**Indian spinach, raw**	170	0	[2030]	0		0.02	0.36	[0.5]	0.24	140	51.8
SD or min- max							0.02-0.02	0.36-0.36				24.5
n			1	1	1		2	2	1	1	1	5
04_0036	**Indian spinach, boiled* (without salt)**	201	0	[2410]	0		0.02	0.31	[0.4]	0.21	92	27.3
04_0021	**Jute leaves, raw**	305	0	[3660]	0		0.1	0.55	1.6	0.6	123	54.4
SD or min- max												
n			1	1	1		1	1		1	1	1
04_0022	**Pumpkin leaves, raw**	162	0	[1940]	0		0.12	0.24	1.5	0.207	36	37.2
SD or min- max												13.4-61
n			1	1	1		1	1		1	1	2
04_0023	**Radish leaves, raw**	156	0	1870	0		0.08	0.09	1.6	0.179	70	68.9
SD or min- max												
n			1		1		1	1		1	1	1
04_0024	**Slender amaranth leaves, raw**	973		11680	0		0.03	0.16	1.6	0.192	85	179
SD or min- max												
n					1		1	1		1	1	1
04_0034	**Slender amaranth leaves, boiled* (without salt)**	1030	0	12400	0		0.02	0.12	1.2	0.147	50	84.4
04_0025	**Spinach, raw**	409	0	4910	0	[2.03]	0.03	0.09	1.4	0.195	194	21.2
SD or min- max												19.9-22.4
n			1		1	1	1	1		1	1	2
04_0035	**Spinach, boiled* (without salt)**	672	0	8060	0	[3.70]	0.04	0.11	1.7	0.231	177	15.5
04_0026	**Sweet potato leaves, raw**	308	0	3700	0		0.10	0.14	2.1	0.137	80	27
SD or min- max							0.09	0.07		0.159		
n			1		1		4	4		3	1	1

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
04_0027	**Sweet potato leaves, SP4, dark green, mature, raw**	Misti alu shak (SP4)	1.00	(45) 189	83.3	3.9	0.4	2.8	7.7	2.0
SD or min- max										
n					1	1	1		1	1
04_0028	**Sweet potato leaves, SP7, dark green, mature, raw**	Misti alu shak (SP7)	1.00	(45) 185	82.4	4.9	0.3	1.2	8.5	2.7
SD or min- max										
n					1	1	1		1	1
04_0029	**Sweet potato leaves, SP8, light green, mature, raw**	Misti alu shak (SP8)	1.00	(50) 206	82.6	3.6	0.4	3.9	8.0	1.6
SD or min- max										
n					1	1	1		1	1
04_0030	**Water spinach, raw**	Kolmee shak	0.71	(43) 179	87.1	1.9	0.4	6.0	3.7	0.9
SD or min- max					4.3	0.3	0.3			0.6-1.1
n					6	6	5		1	2
04_0031	**Watercress, raw**	Helencha shak	0.75	(49) 206	87.4	2.0	0.5	8.8	0.5	0.8
SD or min- max					1.7	0.2	0.5			
n					4	5	4		1	1

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
04_0027	**Sweet potato leaves, SP4, dark green, mature, raw**	198	2.8	65	85	690	67	0.36	0.15
SD or min- max									
n		1	1	1	1	1	1	1	1
04_0028	**Sweet potato leaves, SP7, dark green, mature, raw**	117	2.9	38	89	347	63	0.34	0.19
SD or min- max									
n		1	1	1	1	1	1	1	1
04_0029	**Sweet potato leaves, SP8, light green, mature, raw**	106	2.9	47	88	530	51	0.26	0.24
SD or min- max									
n		1	1	1	1	1	1	1	1
04_0030	**Water spinach, raw**	107	2.2	19	36	207	107	0.51	0.06
SD or min- max			1.5	16-22			107-107	0.25-0.77	
n		1	3	2	1	1	2	2	1
04_0031	**Watercress, raw**	31	1.9	27	52	230	49	0.52	0.02
SD or min- max		31-31							
n		2	1	1	1	1	1	1	1

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
04_0027	**Sweet potato leaves, SP4, dark green, mature, raw**	448	0	5380	0		0.04	0.10	2.2	0.049	84	0.9
SD or min- max												
n			1		1		1	1		1	1	1
04_0028	**Sweet potato leaves, SP7, dark green, mature, raw**	276	0	3310	0		0.23	0.11	2.3	0.32	88	3.3
SD or min- max												
n			1		1		1	1		1	1	1
04_0029	**Sweet potato leaves, SP8, light green, mature, raw**	118	0	1421	0		0.05	0.11	2.3	0.04	87	2.4
SD or min- max												
n			1		1		1	1		1	1	1
04_0030	**Water spinach, raw**	199	0	[2380]	0		0.14	0.4	[0.9]	0.096	57	30.4
SD or min- max												13.3
n			1	1	1		1	1	1	1	1	4
04_0031	**Watercress, raw**	530	0	6360	0	1.46	0.04	0.16	1.0	0.129	45	43.0
SD or min- max												
n			1		1	1	1	1		1	1	1

05 Starchy roots, tubers and their products

Roots and tubers are plants yielding starchy roots, tubers, rhizomes, corns and stems. Apart from their high water content (70-80 percent), these crops contain mainly carbohydrates which are largely starches that account for 16-24 percent of their total weight with very little protein and fat (0-2 percent).

Root crops and tuber crops have very high yield potential although their protein, mineral and vitamin content are generally low compared to cereals. However, colocasia (kochu), yams and potato tuber provide some minerals and vitamin C. The orange-fleshed sweet potato is especially a rich source of ß-carotene.

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
05_0001	**Colocasia/Taro, corm, raw**	Kochur mukhi	0.84	(103) 435	71.1	2.2	0.2	21.0	4.1	1.4
SD or min- max					4.9	0.8	0.1			0.2
n					5	6	4		1	5
05_0011	**Colocasia/Taro, boiled* (without salt)**	Kochur mukhi siddha, lobon chara	1.00	(115) 487	67.5	2.5	0.2	23.6	4.6	1.6
05_0002	**Colocasia/Taro/Tannia, cormel, raw**	Dudh kochu	0.87	(101) 427	71.9	2.2	0.2	20.6	4.1	1.0
SD or min- max						1.3-3	0.1-0.2			1-1.1
n					1	2	2		1	2
05_0017	**Colocasia/Taro/Tannia, cormel, boiled* (without salt)**	Dudh kochu siddha, lobon chara	1.00	(113) 478	68.5	2.4	0.2	23.1	4.6	1.2
05_0003	**Elephant foot, corm, raw**	Ole kochu	0.80	(74) 314	78.7	1.2	0.1	15.1	4.1	0.8
SD or min- max							0.1-0.1			
n					1	1	2		1	1
05_0018	**Elephant foot, corm, boiled* (without salt)**	Ole kochu siddha, lobon chara	1.00	(83) 352	76.1	1.3	0.1	16.9	4.6	0.9
05_0004	**Giant taro, corm, raw**	Mann kochu	0.84	(82) 346	76.7	1.5	0.2	16.6	4.1	1.0
SD or min- max					69.1-84.2	1.1-1.8	0.1-2			0.7-1.3
n					2	2	2		1	2
05_0019	**Giant taro, corm, boiled* (without salt)**	Mann kochu siddha, lobon chara	1.00	(92) 388	73.9	1.6	0.2	18.6	4.6	1.1
05_0005	**Potato, Diamond, raw**	Gol alu, Diamond jat, khosa chara	0.84	(66) 281	81.7	1.2	0.2	14.0	2.1	0.9
SD or min- max										
n					1	1	1		1	1
05_0012	**Potato, Diamond, boiled* (without salt)**	Gol alu siddha, lobon chara	1.00	(67) 284	81.5	1.2	0.2	14.2	2.1	0.9
05_0021	**Potato Mash***	Alu siddha, lobon soho	1.00	(84) 354	77.0	1.4	0.8	16.6	2.5	1.8
05_0006	**Sweet potato, Komola Sundori, orange flesh, raw**	Misti alu, Komola Sundori	0.84	(97) 409	73.7	0.9	0.3	21.1	3.0	1.0
SD or min- max										
n					1	1	1		1	1
05_0016	**Sweet potato, Komola Sundori, orange flesh, boiled* (without salt)**	Misti alu, Komola Sundori, siddha, lobon chara	1.00	(98) 414	73.4	0.9	0.3	21.4	3.0	1.0
05_0007	**Sweet potato, pale-yellow flesh, raw**	Misti alu, holdey	0.84	(105) 443	71.7	0.9	0.3	23.1	3.0	1.0
SD or min- max					4.7	0.2	0.0			0.1
n					14	12	3		1	7
05_0013	**Sweet potato, pale-yellow flesh, boiled* (without salt)**	Misti alu, holdey, siddha, lobon chara	1.00	(106) 448	71.4	0.9	0.3	23.4	3.0	1.0
05_0008	**Sweet potato, skin purple, flesh pale-yellow, raw (without skin)**	Misti alu, lal khosa	0.84	(104) 441	71.8	0.6	0.3	23.4	3.0	1.0
SD or min- max					68.7-74.8	0.1-0.6				
n					2	2	1		1	1

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
05_0001	**Colocasia/Taro, corm, raw**	35	0.7	33	84	591	11	0.23	0.17
SD or min- max		30-40							
n		2	1	1	1	1	1	1	1
05_0011	**Colocasia/Taro, boiled* (without salt)**	40	0.8	35	88	530	12	0.23	0.17
05_0002	**Colocasia/Taro/Tannia, cormel, raw**	40	0.9	33	33	591	9	0.23	0.17
SD or min- max									
n		1	1	1	1	1	1	1	1
05_0017	**Colocasia/Taro/Tannia, cormel, boiled* (without salt)**	46	1.1	35	34	530	10	0.23	0.17
05_0003	**Elephant foot, corm, raw**	50	0.6	33	84	591	9	0.23	0.17
SD or min- max									
n		1	1	1	1	1	1	1	1
05_0018	**Elephant foot, corm, boiled* (without salt)**	56	0.7	35	88	530	10	0.23	0.17
05_0004	**Giant taro, corm, raw**	46	1.0	33	72	591	9	0.23	0.17
SD or min- max									
n		1	1	1	1	1	1	1	1
05_0019	**Giant taro, corm, boiled* (without salt)**	52	1.1	35	75	530	10	0.23	0.17
05_0005	**Potato, Diamond, raw**	11	0.5	21	40	286	16	0.79	0.43
SD or min- max									
n		1	1	1	1	1	1	1	1
05_0012	**Potato, Diamond, boiled* (without salt)**	14	0.6	20	38	232	15	0.72	0.39
05_0021	**Potato Mash***	14	0.6	23	44	273	310	0.85	0.47
05_0006	**Sweet potato, Komola Sundori, orange flesh, raw**	30	0.6	25	38	214	22	0.30	0.15
SD or min- max									
n		1	1	1	1	1	1	1	1
05_0016	**Sweet potato, Komola Sundori, orange flesh, boiled* (without salt)**	31	0.7	24	36	174	20	0.27	0.14
05_0007	**Sweet potato, pale-yellow flesh, raw**	25	1.0	27	44	219	22	0.14	0.11
SD or min- max		12	0.4		38-50	76	11	0.11-0.17	0.1-0.11
n		6	3	1	2	4	6	2	2
05_0013	**Sweet potato, pale-yellow flesh, boiled* (without salt)**	27	1.1	26	42	177	20	0.13	0.10
05_0008	**Sweet potato, skin purple, flesh pale-yellow, raw (without skin)**	32	1.4	27	50	232	22	0.40	0.09
SD or min- max			0.1					0.21	0.05
n		1	4	1	1	1	1	4	3

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
05_0001	**Colocasia/Taro, corm, raw**	4	0	45	0	[2.38]	0.12	0.03	1.1	0.283	22	6.1
SD or min- max			0-0				0.07					6-6
n			2		1	1	3	1		1	1	2
05_0011	**Colocasia/Taro, boiled* (without salt)**	4	0	48	0	[2.67]	0.10	0.03	0.9	0.238	16	4.8
05_0002	**Colocasia/Taro/Tannia, cormel, raw**		0		0	[2.38]	0.15	0.03	1.1	0.283	22	6.2
SD or min- max												
n			1		1	1	1	1		1	1	1
05_0017	**Colocasia/Taro/Tannia, cormel, boiled* (without salt)**	0	0		0	[2.67]	0.13	0.03	0.9	0.238	16	4.9
05_0003	**Elephant foot, corm, raw**		0		0	[1.43]	0.06	0.07	1.1	0.283	22	4.5
SD or min- max												
n			1		1	1	1	1		1	1	1
05_0018	**Elephant foot, corm, boiled* (without salt)**	0	0		0	[2.67]	0.05	0.07	0.9	0.238	16	3.5
05_0004	**Giant taro, corm, raw**		0		0	[2.38]	0.09	0.03	1.1	0.283	22	6.6
SD or min- max												
n			1		1	1	1	1		1	1	1
05_0019	**Giant taro, corm, boiled* (without salt)**	0	0		0	[2.67]	0.08	0.03	0.9	0.238	16	5.2
05_0005	**Potato, Diamond, raw**	2	0	27	0	[0.02]	0.08	0.09	0.8	0.277	18	19.1
SD or min- max												
n			1		1	1	1	1		1	1	1
05_0012	**Potato, Diamond, boiled* (without salt)**	2	0	26	0	[0.02]	0.06	0.08	0.6	0.210	11	13.5
05_0021	**Potato Mash***	3	0	[32]	0	[0.11]	0.07	0.10	[0.4]	0.247	14	16.5
05_0006	**Sweet potato, Komola Sundori, orange flesh, raw**	719	0	8630	0	[0.26]	0.08	0.06	0.8	0.209	11	23.0
SD or min- max												
n			1		1	1	1	1		1	1	1
05_0016	**Sweet potato, Komola Sundori, orange flesh, boiled* (without salt)**	692	0	8300	0	[0.26]	0.06	0.05	0.6	0.159	7	16.3
05_0007	**Sweet potato, pale-yellow flesh, raw**	3	0	39	0	[0.26]	0.06	0.02	0.8	0.209	11	20.4
SD or min- max							0.06-0.06					6.3
n			1	1	1	1	2	1		1	1	11
05_0013	**Sweet potato, pale-yellow flesh, boiled* (without salt)**	3	0	38	0	[0.26]	0.05	0.02	0.6	0.159	7	14.4
05_0008	**Sweet potato, skin purple, flesh pale-yellow, raw (without skin)**	3	0	39	0	[0.26]	0.08	0.06	0.8	0.209	11	35.1
SD or min- max												16.5
n			1	1	1	1	1	1		1	1	4

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
05_0015	**Sweet potato, skin purple, flesh pale-yellow, boiled* (without salt)**	Misti alu, lal khosa, siddha, lobon chara	1.00	(106) 447	71.4	0.6	0.3	23.6	3.0	1.0
05_0009	**Sweet potato, white flesh, raw**	Misti alu, sada	0.84	(98) 415	73.5	0.6	0.3	21.8	3.0	0.8
SD or min- max					7.4	0.1				0.2
n					4	4	1		1	3
05_0014	**Sweet potato, white flesh, boiled* (without salt)**	Misti alu, sada, siddha, lobon chara	1.00	(99) 420	73.2	0.6	0.3	22.1	3.0	0.8
05_0010	**Yam, tuber, raw**	Bon alu, bivinno projati	0.81	(97) 410	73.1	1.5	0.2	20.3	4.1	0.8
SD or min- max					4.5					
n					5	1	1		1	1
05_0020	**Yam, tuber, boiled* (without salt)**	Bon alu siddha, lobon chara	1.00	(109) 460	69.8	1.7	0.2	22.8	4.6	0.9

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
05_0015	**Sweet potato, skin purple, flesh pale-yellow, boiled* (without salt)**	33	1.4	26	47	188	20	0.37	0.08
05_0009	**Sweet potato, white flesh, raw**	25	1.5	25	50	232	21	0.38	0.10
SD or min- max		17-32	1.5-1.5				7-34	0.24	0.07
n		2	2	1	1	1	2	3	3
05_0014	**Sweet potato, white flesh, boiled* (without salt)**	26	1.5	24	47	188	19	0.35	0.09
05_0010	**Yam, tuber, raw**	17	0.8	17	35	353	9	0.34	0.18
SD or min- max									
n		1	1	1	1	1	1	1	1
05_0020	**Yam, tuber, boiled* (without salt)**	21	0.9	19	36	316	10	0.34	0.18

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
05_0015	**Sweet potato, skin purple, flesh pale-yellow, boiled* (without salt)**	3	0	38	0	[0.26]	0.06	0.05	0.6	0.159	7	24.9
05_0009	**Sweet potato, white flesh, raw**	1	0	17	0	[0.26]	0.08	0.06	0.8	0.209	11	20.3
SD or min- max												9.5
n			1	1	1	1	1	1		1	1	5
05_0014	**Sweet potato, white flesh, boiled* (without salt)**	1	0	16	0	[0.26]	0.06	0.05	0.6	0.159	7	14.4
05_0010	**Yam, tuber, raw**	3	0	30	0	0.46	0.11	0.03	0.8	0.293	23	12.8
SD or min- max												5.7
n			1	1	1	1	1	1		1	1	6
05_0020	**Yam, tuber, boiled* (without salt)**	3	0	32	0	0.52	0.10	0.03	0.6	0.246	16	10.0

06 Nuts, seeds and their products

Seeds, nuts and kernels of leguminous crops with high fat-content are the main sources of edible oils and fats. Nuts are rich in energy and excellent sources of monounsaturated fatty acids (MUFA) such as oleic and palmitoleic acid. They are also rich sources of essential fatty acids like Linoleic acid and alpha-Linolenic acid (ALA) and other n-3 fatty acids like Eicosapentaenoic acid and Docosahexonic acid.

Nuts provide protein and B-complex vitamins, particularly thiamin and niacin. However, in the amounts consumed, they may not contribute much to the intake of minerals and vitamins. Nuts also contain good amount of vitamin E, a powerful lipid soluble antioxidant. Vitamin E is required for maintaining the integrity of cell and membrane and skin, thus, protecting it from harmful oxygen-free radicals.

Nuts are a storehouse of health beneficial bioactive compounds which exert antioxidant role. Furthermore, they are a compact source of nutrients in that, in addition to energy, protein and vitamins, they are rich source of minerals like manganese, potassium, calcium, iron, magnesium, zinc, fluoride and selenium.

Nuts can be eaten as such, or either as salted or sweetened. They can be added to desserts, particularly *payesh, kheer,* ice cream and sundaes. They are also widely used in confectionery, biscuits, sweets and cakes.

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
06_0001	**Sunflower seeds, dried**	Surjomukhi bij	0.54	(552) 2290	4.7	17.1	40.1	26.4	8.6	3.0
SD or min- max						0.8	1.0			
n					1	14	15		1	1
06_0002	**Cashew nuts, raw**	Hizlee badam	1.00	(595) 2470	5.9	18.0	46.9	23.5	3.3	2.4
SD or min- max										
n					1	1	1		1	1
06_0003	**Chilgoza pine, dried**	Chilgoza	1.00	(712) 2940	2.9	13.7	68.4	8.7	3.7	2.7
SD or min- max					1.0	13.7-13.7	68.4-68.4			0.1
n					3	2	2		1	3
06_0004	**Coconut milk**	Narikel dudh	1.00	(213) 876	72.0	2.1	21.7	1.2	2.2	0.8
SD or min- max					71.1-72.9	2-2.1	21.3-22.1			0.7-1
n					2	2	2		1	2
06_0005	**Coconut, desiccated**	Narikel, shukna	1.00	(652) 2680	4.3	5.6	62.2	8.5	17.8	1.6
SD or min- max					0.1		0.2			1.6-1.6
n					3	1	3		1	2
06_0006	**Coconut, mature kernel**	Narikel	0.78	(389) 1600	42.9	3.3	36.7	6.9	9.2	1.0
SD or min- max					4.7	0.2	2.7		9-9.3	0.1
n					7	4	6		2	5
06_0007	**Groundnuts/Peanut, raw**	China badam	1.00	(585) 2430	5.3	22.5	46.6	14.8	8.5	2.4
SD or min- max					2.0	1.5	4.0			2.3-2.4
n					3	15	8		1	2
06_0008	**Jackfruit seeds, raw**	Kathal er bichi	0.94	(151) 639	60.1	5.6	0.4	30.4	[1.5]	2.0
SD or min- max					7.2				0.1	0.9
n					3	1	1		3	3
06_0009	**Linseed, raw**	Tisi	1.00	(500) 2060	6.5	17.2	39.1	6.1	27.3	3.7
SD or min- max					6.5-6.5		1.3			
n					2	1	32		1	1
06_0010	**Lotus seeds, dried**	Poddo gota, shukna	1.00	(339) 1440	12.7	16.3	2.2	61.6	[4.1]	3.2
SD or min- max					2.3	15.4-17.2	2-2.4			1.2
n					3	2	2		1	3
06_0011	**Lotus seeds, green**	Poddo gota, kancha	0.53	(74) 312	80.8	4.1	0.6	12.5	[0.9]	1.1
SD or min- max					77-84.6		0.5-0.7			1.1-1.1
n					2	1	2		1	2
06_0012	**Mustard seeds, dried**	Sarisha	1.00	(501) 2080	8.5	22	35.0	18.5	11.8	4.2
SD or min- max					0.0					
n					3	1	1		1	1
06_0013	**Pistachio nuts, dried**	Pesta	0.52	(574) 2380	4.5	19.2	44.9	18.2	10.3	2.9
SD or min- max					1.0	2.1	44.4-45.4			0.1
n					3	3	2		1	3
06_0014	**Pumpkin seeds, dried**	Mistikumrar bichi	0.81	(580) 2400	6.3	25.1	47.3	10.6	6.0	4.7
SD or min- max					1.5	4.8	1.7			4.7-4.8
n					3	3	3		1	2
06_0015	**Sesame seeds, whole, dried**	Til	1.00	(563) 2330	5.3	17.7	45.8	14.3	11.7	5.2
SD or min- max					0.0		43.3-48.2			
n					3	1	2		1	1
06_0016	**Walnuts**	Akhrot	0.45	(684) 2820	4.5	15.2	64.5	7.3	6.7	1.8
SD or min- max										1
n					1	1	1		1	

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
06_0001	Sunflower seeds, dried	78	5.3	325	660	645	9	5.00	1.80
SD or min- max									
n		1	1	1	1	1	1	1	1
06_0002	Cashew nuts, raw	50	5.0	292	593	660	12	5.78	2.20
SD or min- max									
n		1	1	1	1	1	1	1	1
06_0003	Chilgoza pine, dried	41	4.9	251	575	597	2	6.45	1.32
SD or min- max		43	1.1	251-251	575-575	597-597	2-2	6.45-6.45	1.32-1.32
n		3	3	2	2	2	2	2	2
06_0004	Coconut milk	18	3	45	97	227	14	0.60	0.23
SD or min- max		17-18	2.7-3.3	43-46	96-97	220-234	13-14	0.56-0.64	0.22-0.23
n		2	2	2	2	2	2	2	2
06_0005	Coconut, desiccated	32	4.7	90	185	660	28	0.90	0.78
SD or min- max		23-40	2.7		160-210				0.55-1
n		2	3	1	2	1	1	1	2
06_0006	Coconut, mature kernel	16	2.2	37	117	424	16	0.74	0.31
SD or min- max		7	0.4	5	26	91	7	0.29	0.15
n		8	7	3	4	4	4	4	5
06_0007	Groundnuts/Peanut, raw	76	2.9	189	403	688	10	3.39	1.08
SD or min- max		18	1.2	168-210	376-430	670-705	2-18	3.27-3.5	1.02-1.14
n		4	4	2	2	2	2	2	2
06_0008	Jackfruit seeds, raw	40	1.5	54	97	246	63		0.19
SD or min- max		30-50	1.5-1.5						
n		2	2	1	1	1	1		1
06_0009	Linseed, raw	255	5.7	392	642	813	30	4.34	1.22
SD or min- max									
n		1	1	1	1	1	1	1	1
06_0010	Lotus seeds, dried	147	5.6	210	626	1370	5	1.05	0.35
SD or min- max		130-163	4.8						
n		2	3	1	1	1	1	1	1
06_0011	Lotus seeds, green	47	1.0	56	168	367	1	0.28	0.09
SD or min- max		44-49							
n		2	1	1	1	1	1	1	1
06_0012	Mustard seeds, dried	257	8.9	357	800	713	13	5.87	0.62
SD or min- max									
n		1	1	1	1	1	1	1	1
06_0013	Pistachio nuts, dried	117	5.3	121	490	1020	1	2.2	1.3
SD or min- max		20	2.1	121-121	490-490	1025-1025	1-1	2.2-2.2	1.3-1.3
n		3	3	2	2	2	2	2	2
06_0014	Pumpkin seeds, dried	45	8.1	431	1042	815	13	7.21	1.46
SD or min- max		6	2.3	270-592	850-1233	809-820	7-18	6.6-7.81	1.34-1.57
n		3	3	2	2	2	2	2	2
06_0015	Sesame seeds, whole, dried	969	10.5	349	625	465	11	7.70	4.06
SD or min- max									
n		1	1	1	1	1	1	1	1
06_0016	Walnuts	100	4.8	158	346	441	2	3.09	1.59
SD or min- max									
n		1	1	1	1	1	1	1	1

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
06_0001	**Sunflower seeds, dried**	2	0	23	0	35.23	1.48	0.36	9.1	1.345	227	0
SD or min- max												
n			1		1	1	1	1		1	1	1
06_0002	**Cashew nuts, raw**	1	0	6	0	0.85	0.63	0.19	5.7	0.417	25	0
SD or min- max												
n			1		1	1	1	1		1	1	1
06_0003	**Chilgoza pine, dried**	1	0	18	0	13.65	0.35	0.25	6.2	0.094	34	0.5
SD or min- max			0-0				0.03	0.04			34-34	0.5
n			2		1	1	3	3		1	2	3
06_0004	**Coconut milk**	0	0	0	0	0.7	0.03	0.01	[0.7]	0.028	15	1.3
SD or min- max			0-0		0-0		0.02-0.03	0-0.02	0.6-0.7		14-15	1-1.6
n			2		2	1	2	2	2	1	2	2
06_0005	**Coconut, desiccated**	0	0	0	0	1.26	0.06	0.02	2.9	0.09	13	0
SD or min- max			0-0				0.03	0.02			9-17	
n			2		1	1	3	3		1	2	1
06_0006	**Coconut, mature kernel**	0	0	0	0	0.73	0.05	0.04	1.1	0.054	23	3.3
SD or min- max			0		0-0	0.00	0.02	0.04		0.054-0.054	7	1.5
n			3		2	3	8	8		2	4	5
06_0007	**Groundnuts/Peanut, raw**	0	0	0	0	10.09	0.77	0.12	18.4	0.348	175	0
SD or min- max			0		0-0		0.32	0.02			110-240	0-0
n			3	2	2	1	4	3		1	2	2
06_0008	**Jackfruit seeds, raw**	0	0	0	0		0.21	0.11	[3.1]			8.6
SD or min- max							0.16-0.25	0.11-0.11				6.2-11
n			1		1		2	2	1			2
06_0009	**Linseed, raw**	0	0	0	0	10.35	1.64	0.16	7.7	0.473	87	0
SD or min- max												
n			1	1	1	1	1	1		1	1	1
06_0010	**Lotus seeds, dried**	3	0	[30]	0		0.64	0.15	5.3	0.629	104	0
SD or min- max			0									
n			3	1	1		1	1		1	1	1
06_0011	**Lotus seeds, green**	1	0	[12]	0		0.17	0.04	1.4	0.168	28	0
SD or min- max			0-0									
n			2	1	1		1	1		1	1	1
06_0012	**Mustard seeds, dried**	1	0	17	0	[5.07]	0.65	0.26	8.2	0.383	156	0
SD or min- max												
n			1		1	1	1	1		1	1	1
06_0013	**Pistachio nuts, dried**	16	0	195	0	[2.3]	0.80	0.20	5.8	1.70	51	5.3
SD or min- max			0-0	140-249			0.12	0.07			51-51	5-5.6
n			2	2	1	1	3	3		1	2	2
06_0014	**Pumpkin seeds, dried**	1	0	10	0	[2.18]	0.27	0.21	10.4	0.143	58	1.5
SD or min- max			0-0				0.04	0.09				1-1.9
N			2		1	1	3	3		1	1	2
06_0015	**Sesame seeds, whole, dried**	0	0	5	0	2.00	0.79	0.34	12.2	0.78	97	0
SD or min- max												
N			1		1	1	1	1		1	1	1
06_0016	**Walnuts**	1	0	12	0	3.61	0.45	0.15	4.0	0.537	98	1.3
SD or min- max												
n			1		1	1	1	1		1	1	1

07 Spices, condiments and herbs

Spices are aromatic pungent substances. Condiments are processed spices. Spices and condiments are accessory foods that are used in small amounts to impart flavor, aroma and palatability to the diet. Recognition of these flavouring compounds led to the preparation of artificial essence. Typically, cinnamon aldehyde gives clove flavor while methanol gives mint flavor. These spices and condiments are included under the category of 'intentional additives'.

As spices and condiments are used in small amounts, their contribution to nutrient intake is very limited. Some of the spices are rich sources of iron, other trace elements and potassium. Fresh spices like green chilies, mint leaves, coriander leaves and curry leaves also provide good amounts of vitamin C when used in fresh form.

Spices are generally high in ash and fibre. Average values for calcium, magnesium, iron, sodium, and potassium are higher in fresh spices (leaves and herbs) than in those from other parts of plants. Spices from seeds are highest in phosphorus. A few spices notably celery seed, cumin, coriander leaves, cloves and parsley flakes are very high in sodium and their use is contraindicated in sodium restricted diets.

Spices also contain several bioactive and pharmacologically potent substances like choline and biogenic amines. Some of the spices like turmeric, asafoetida or *hing* and garlic have antibacterial property and inhibit putrefying bacteria.

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
07_0001	**Bay leaf, dried**	Tejpata	1.00	(353) 1480	5.4	7.6	8.4	48.7	26.3	3.6
n					1	1	1		1	1
07_0002	**Cardamom**	Elach	1.00	(261) 1090	20.0	10.2	2.2	37.8	24.4	5.4
SD or min- max										
n					1	1	1		1	1
07_0003	**Chilli, red, dry**	Shukna morich	0.94	(313) 1310	10.0	15.9	6.2	35.2	26.6	6.1
SD or min- max					10-10	16-16	6-6			
n					2	2	2		1	1
07_0004	**Cinnamon, ground**	Darchini gura	1.00	(243) 1010	10.6	4.0	1.2	27.5	53.1	3.6
n					1	1	1		1	1
07_0005	**Cloves, dried**	Labongo	1.00	(267) 1100	25.2	5.2	8.9	27.4	28.1	5.2
SD or min- max										
n					1	1	1		1	1
07_0006	**Coriander leaves, raw**	Dhone pata	0.70	(30) 125	87.9	3.3	0.5	0.1	5.9	2.2
SD or min- max					2.2	0.3	0.1			2.2-2.3
n					6	6	6		1	2
07_0007	**Coriander seed, dry**	Dhonia	1.00	(336) 1390	11.2	14.1	16.1	13.4	40.8	4.4
SD or min- max					11.2-11.2					
n					2	1	1		1	1
07_0008	**Cumin seeds**	Jira	1.00	(402) 1680	10.0	18.3	17.6	37.2	10.5	6.4
SD or min- max					2.2	0.5	3.4			1.1
n					4	4	4		1	3
07_0009	**Fennel seeds**	Mauri	1.00	(329) 1360	8.3	15.8	14.9	13.0	39.8	8.2
SD or min- max					0.5	0.0	0.0			8.2-8.2
n					3	3	3		1	2
07_0010	**Fenugreek seeds**	Methi	1.00	(330) 1380	10.7	21.8	6.9	32.8	24.6	3.2
SD or min- max					2.6	1.5	6.4-7.4			3-3.4
n					3	3	2		1	2
07_0011	**Ginger root, raw**	Ada	0.86	(72) 303	81.1	1.9	0.8	13.3	2.0	0.9
SD or min- max					3.2	0.3	0.1			0.2
n					4	4	4		1	3
07_0012	**Indian pennywort, raw**	Thankuni pata	0.90	(37) 152	84.5	2.3	0.5	1.6	8.7	2.6
SD or min- max					3.7	0.4	0.4			0.8
n					7	7	6		1	3
07_0013	**Lemon grass, raw**	Lemon ghas	0.65	(116) 490	70.3	1.4	0.9	[25.5]		2.0
SD or min- max					5.1	0.9-1.8	0.5-1.3			1.8-2.1
n					7	2	2			2
07_0014	**Lemon peel, raw**	Lebur khosa	1.00	(65) 272	77.8	1.6	0.4	8.7	10.6	1.0
SD or min- max					7.6	0.2	0.1			0.7
n					4	4	4		1	3
07_0015	**Mace, ground**	Jayitri, gura	1.00	(415) 1720	15.9	6.5	24.4	33.1	18.5	1.6
SD or min- max										
n					1	1	1		1	1

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
07_0001	**Bay leaf, dried**	834	43.0	120	113	529	23	3.70	0.42
n		1	1	1	1	1	1	1	1
07_0002	**Cardamom**	130	[4.6]	173	160	976	16	2.81	0.47
SD or min- max									
n		1	1	1	1	1	1	1	1
07_0003	**Chilli, red, dry**	160	2.3	152	293	2010	30	2.48	0.37
SD or min- max									
n		1	1	1	1	1	1	1	1
07_0004	**Cinnamon, ground**	1000	8.3	60	64	431	10	1.83	0.34
n		1	1	1	1	1	1	1	1
07_0005	**Cloves, dried**	740	4.9	215	86	847	230	1.93	0.31
SD or min- max									
n		1	1	1	1	1	1	1	1
07_0006	**Coriander leaves, raw**	160	1.4	34	30	396	58	0.32	0.14
SD or min- max		41		28-39					
n		3	1	2	1	1	1	1	1
07_0007	**Coriander seed, dry**	630	17.9	322	398	1230	34	4.58	0.95
SD or min- max									
n		1	1	1	1	1	1	1	1
07_0008	**Cumin seeds**	1020	44.5	404	507	1380	148	3.89	0.96
SD or min- max		76	27.9	62	7	404	21	1.10	0.30
n		4	4	3	3	3	3	3	3
07_0009	**Fennel seeds**	1200	16.4	387	495	1680	88	3.70	1.07
SD or min- max		2	3.6	3	13	20	0	0.00	0.00
n		3	3	3	3	3	3	3	2
07_0010	**Fenugreek seeds**	155	23.6	181	318	710	55	4.70	1.46
SD or min- max		23	9.7	170-191	296-340	650-770	43-67	2.5-6.9	1.11-1.8
n		3	3	2	2	2	2	2	2
07_0011	**Ginger root, raw**	17	1.1	40	32	387	12	0.36	0.17
SD or min- max		2	1.0	5	4	49	1	0.03	0.09
n		4	4	3	3	3	3	3	3
07_0012	**Indian penny wort, raw**	119	3.2	56	45	508	[200]	1.84	0.30
SD or min- max		24	2.8-3.7	50-62				1.25-2.43	0.08-0.51
n		3	2	2	1	1	1	2	2
07_0013	**Lemon grass, raw**	50	2.8	60	30	196	9	0.60	0.08
SD or min- max		34-65							
n		2	1	1	1	1	1	1	1
07_0014	**Lemon peel, raw**	[306]	0.9	15	12	160	6	0.25	0.09
SD or min- max		275	0.1	0	0	0	0		
n		4	3	3	3	3	3	1	1
07_0015	**Mace, ground**	180	12.6	213	100	424	73	1.26	1.56
SD or min- max									
n		1	1	1	1	1	1	1	1

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
07_0001	**Bay leaf, dried**	309	0	[3710]	0		0	0	3.9	1.740	180	46.5
n			1		1		1	1		1	1	1
07_0002	**Cardamom**	0	0	Tr	0		0.22	0.17	[0.8]	0.230		0
SD or min- max												
n			1	1	1		1	1	1	1		1
07_0003	**Chilli, red, dry**	747	0	8960	0	[19.71]	0.93	0.43	[8.7]	2.450	106	47.4
SD or min- max							1-1	0.43-0.43				4.5
n			1		1	1	2	2	1	1	1	3
07_0004	**Cinnamon, ground**	15	0	177	0	2.32	0.02	0.04	[1.3]	0.158	6	3.8
n			1		1	1	1	1	1	1	1	1
07_0005	**Cloves, dried**	6	0	66	0	[6.04]	0.08	0.13	[1.3]	0.324	21	0
SD or min- max												
n			1		1		1	1	1	1	1	1
07_0006	**Coriander leaves, raw**	132	0	1590	0	2.50	0.05	0.06	[1.1]	0.149	62	105.7
SD or min- max							0.05-0.05	0.05-0.06				39.1
n			1		1	1	2	2	1	1	1	5
07_0007	**Coriander seed, dry**	0	0	0	0		0.22	0.35	[2.1]		0	0
SD or min- max												
n			1				1	1	1		1	1
07_0008	**Cumin seeds**	64	0	762	0	[3.33]	0.58	0.35	[3.6]	0.435	10	7.7
SD or min- max							0.04	0.02	2.6-4.58			
n			1		1	1	4	4	2	1	1	1
07_0009	**Fennel seeds**	7	0	84	0		0.41	0.35	11.6	0.470		0
SD or min- max			0-0				0.00	0.00				
n			2	1	1		3	3		1		1
07_0010	**Fenugreek seeds**	8	0	100	0		0.33	0.34	5.8	0.600	64	Tr
SD or min- max			0-0				0.01	0.04			57-71	
n			2		1		3	3		1	2	1
07_0011	**Ginger root, raw**	0	0	0	0	[0.26]	0.03	0.03	1.0	0.160	11	5
SD or min- max			0-0				0.02	0.00			11-11	0.8
n			2		1	1	4	4		1	2	4
07_0012	**Indian penny wort, raw**	108	0	[1300]	0		0.09	0.10	[1.2]			24.0
SD or min- max							0.09-0.09	0.1-0.1				9.5
n			1	1	1		2	2	1			4
07_0013	**Lemon grass, raw**	3	0	35	0		0.06	0.08	[1.4]	0.080	75	1.8
SD or min- max			0-0				0-0.07	0-0.14				
n			2		1		2	2	1	1	1	1
07_0014	**Lemon peel, raw**	3	0	41	0	[0.25]	0.06	0.08	0.6	0.172	13	129.3
SD or min- max			0				0.00	0.00				0.6
n			3		1	1	3	3		1	1	3
07_0015	**Mace, ground**	30	0	[361]	0		0.25	0.42	[1.4]	0.150	70	0
SD or min- max												
n			1	1	1		1	1	1	1	1	1

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
07_0016	**Nutmeg, dried**	Jayfol	0.85	(480) 1980	14.3	7.5	36.4	21.1	19.0	1.7
SD or min- max										
n					1.0	1.0	1.0		1.0	1.0
07_0017	**Pepper, black**	Golmorich	1.00	(302) 1260	11.7	11.8	3.3	43.5	25.3	4.4
SD or min- max					1.4	0.8	0.0			0.1
n					4	4	3		1	3
07_0018	**Poppy seeds**	Posto dana	1.00	(523) 2160	5.7	17.2	43.1	6.8	19.5	7.7
SD or min- max					1.3	1.7	41.6-44.7			1.9
n					3	3	2		1	3
07_0019	**Spearmint leaves, fresh**	Pudina pata	0.45	(35) 143	87.4	3.0	0.7	0.6	6.9	1.4
SD or min- max					1.7	0.3				1.2-1.6
n					5	5	1		1	2
07_0020	**Turmeric, dried**	Holud	1.00	(335) 1400	11.5	6.9	8.4	47.3	21.1	4.8
SD or min- max					1.6	0.8	7-9.9			3.5-6
n					3	3	2		1	2

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
07_0016	**Nutmeg, dried**	120	4.6	229	240	320	15	1.22	0.71
SD or min- max									
n		1	1.0	1	1	1	1	1.00	1.00
07_0017	**Pepper, black**	443	16.7	185	167	1280	36	1.34	1.20
SD or min- max		13	8.7	12	8	40	20-44	0.13	0.12
n		4	4	3	3	3	2	3	3
07_0018	**Poppy seeds**	1490	9.6	339	860	710	24	9.05	1.63
SD or min- max		82	9.4-9.8	331-347	849-870	700-719	21-26	7.9-10.2	
n		3	2	2	2	2	2	2	1
07_0019	**Spearmint leaves, fresh**	110	15.6	42	62	355	30	1.76	0.15
SD or min- max									
n		1	1	1	1	1	1	1	1
07_0020	**Turmeric, dried**	168	33.2	192	279	2720	35	3.78	0.80
SD or min- max		17	12.7	190-193	268-290	2525-2910	31-38	3.2-4.35	0.6-1.0
n		3	3	2	2	2	2	2	2

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
07_0016	**Nutmeg, dried**	5	0	61	0	0	0.33	0.01	[1.4]	0.146	69	0
SD or min- max												
n			1		1	1.00	1.00	1.00	1.00	1	1	1.0
07_0017	**Pepper, black**	27	0	329	0	0.72	0.11	0.20	[1.1]	0.340	14	0
SD or min- max			0-0				0.00	0.05			10-17	0-0
n			2		1	1	3	4	1	1	2	2
07_0018	**Poppy seeds**	0	0	0	0	2.72	0.85	0.14	5.1	0.550	82	1
SD or min- max			0-0				0.85-0.85	0.1-0.17				
n			2		1	1	2	2		1	1	1
07_0019	**Spearmint leaves, fresh**	62	0	[740]	0	5	0.09	0.26	[0.9]	0.158	114	22.0
SD or min- max												15.9-28
n			1	1	1	1	1	1	1	1	1	2
07_0020	**Turmeric, dried**	1	0	[15]	0	[3.1]	0.09	0.17	[4.4]	1.800	39	0
SD or min- max							0.06	0.11-0.23	3.7-5.1			
n			1		1	1	3	2	2	1	1	1

08 Fruits

Botanically, a fruit is a matured ovary of a flowering plant including the seed (or seeds) and any part of the plant that is attached to it. Fruits which conform strictly to this definition include nuts, legumes, berries and drupes. Botanists also regard peas, tomatoes, peppers and cucumbers as fruits. However, fruits are generally regarded as the succulent parts of plants which are characterized by a sweet or acid taste and a distinct flavour.

The taste of a fruit is a subtle blend of sweetness and acidity delicately complemented by the flavour of the particular fruit. Fruits are sweet because of the presence of abundant quantities of sugars which are formed when a fruit ripens, and, if 'fruit acids' are present in combination with sugars, they will produce a sharp taste. Therefore, the relative amount of sweet and acids present largely determines whether a particular fruit is sweet or sour.

Most fruits consist largely of water; hence their nutrient content is low. However, fruits are a good source of vitamin C and minerals. Guava, citrus fruits, hog plum or *amra,* jujube or *boroi* and many local sour fruits are rich sources of vitamin C in the Bangladeshi diet. Yellow fruits like mango and papaya in addition contain beta carotene. Banana is a good source of carbohydrate and hence energy.

Fruits also contain cellulose, hemicelluloses and pectins which provide bulk to the diet and help bowel movement. However, seasonal fruits must be encouraged to provide vitamin C and beta carotene in the diet.

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
08_0001	**Apple, without skin, raw**	Apel, khosa chara	0.77	(51) 215	86.7	0.3	0.1	11.5	1.3	0.2
SD or min- max										
n					1	1	1		1	1
08_0002	**Apple, with skin, raw**	Apel, khosa soho	0.90	(62) 262	83.3	0.3	0.2	13.5	2.4	0.2
SD or min- max					81-85.6	0.1	0.1			0.19-0.3
n					2	3	3		1	2
08_0003	**Asian pears, raw**	Nashpati	0.85	(62) 259	83.0	0.6	0.3	12.3	3.6	0.2
SD or min- max										
n					1	1	1		1	1
08_0004	**Banana, Sagar, ripe, raw**	Kola, Sagar, paka	0.74	(95) 400	75.2	1.3	0.8	19.2	2.6	0.8
SD or min- max										
n					1	1	1		1	1
08_0005	**Breadfruit, raw**	Madar	0.78	(70) 293	79.5	1.5	0.2	13.0	4.9	0.9
SD or min- max										
n					1	1	1		1	1
08_0006	**Bullocks Heart, ripe, raw**	Nona ata	0.72	(81) 340	76.8	1.4	0.2	15.7	[5.2]	0.7
SD or min- max										
n					1	1	1		1	1
08_0007	**Carambola, raw**	Kamranga	1.00	(41) 172	88.7	0.5	0.7	6.7	2.8	0.5
SD or min- max					3.8	0.1	0.56-0.87			0.4-0.7
n					6	4	2		1	2
08_0008	**Custard apple, raw**	Atafol	0.45	(85) 357	76.1	1.8	0.3	16.6	4.4	0.9
SD or min- max					2.1	0.1	0.1			
n					3	3	3		1	1
08_0009	**Dates, dried**	Khorma	0.75	(301) 1270	18.0	2.2	0.6	67.5	8.3	3.4
SD or min- max						2.2-2.2				
n					1	2	1		1	1
08_0010	**Dates, raw**	Khejur, paka, taza	0.75	(150) 636	59.2	1.2	0.4	33.4	4.1	1.7
SD or min- max										
n					1	1	1		1	1
08_0011	**Elephant apple, ripe, raw**	Kodbel	0.75	(64) 271	80.9	3.1	0.4	10.3	3.5	1.8
SD or min- max					4.4	0.8	0.3		2.1-5	1.4-2.2
n					3	3	3		2	2
08_0012	**Emblic, raw**	Amloki	0.89	(44) 186	86.7	0.8	0.1	8.3	[3.4]	0.7
SD or min- max					4.9	0.2	0.0			
n					4	3	3		1	1
08_0013	**Fig, ripe, raw**	Dumur, paka	0.99	(40) 168	88.1	1.3	0.2	6.7	3.1	0.6
SD or min- max										
n					1	1	1		1	1
08_0014	**Grapes, green, raw**	Angur, halka sobuj	0.95	(94) 398	75.3	0.5	0.6	20.2	[2.9]	0.5
SD or min- max										
n					1	1	1		1	1
08_0015	**Guava, green, raw**	Peyara, bivinno projati, kancha	1.00	(63) 265	81.4	1.0	0.5	10.9	5.4	0.7
SD or min- max					2.8	0.3				0.1
n					42	3	1		1	15
08_0016	**Hog plum, raw**	Amra	0.65	(51) 213	86.7	1.1	0.8	8.9	[1.6]	0.9
SD or min- max					3.1	0.1	1.4		1.0	0.5
n					5	5	4		3	3

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
08_0001	**Apple, without skin, raw**	5	0.1	4	11	90	0	0.05	0.03
SD or min- max									
n		1	1	1	1	1	1	1	1
08_0002	**Apple, with skin, raw**	6	0.1	5	11	107	1	0.04	0.03
SD or min- max									
n		1	1	1	1	1	1	1	1
08_0003	**Asian pears, raw**	6	0.5	8	11	131	6	0.08	0.06
SD or min- max									
n		1	1	1	1	1	1	1	1
08_0004	**Banana, Sagar, ripe, raw**	11	0.3	23	36	411	10	0.24	0.09
SD or min- max									
n		1	1	1	1	1	1	1	1
08_0005	**Breadfruit, raw**	40	0.5	25	30	490	2	0.12	0.08
SD or min- max									
n		1	1	1	1	1	1	1	1
08_0006	**Bullocks Heart, ripe, raw**	10	0.6		10	495	6		
SD or min- max									
n		1	1		1	1	1		
08_0007	**Carambola, raw**	10	0.8	19	23	128	4	0.38	0.12
SD or min- max		6	0.6	18-20		116-139.6		0.27-0.48	0.03-0.22
n		4	3	2	1	2	1	2	2
08_0008	**Custard apple, raw**	17	1.0	25	47	366	9	0.33	0.09
SD or min- max		2	0.3					0.25-0.4	0.08-0.1
n		4	4	1	1	1	1	2	2
08_0009	**Dates, dried**	63	1.9	24	76	824	14	0.40	0.24
SD or min- max		63-63							
n		2	1	1	1	1	1	1	1
08_0010	**Dates, raw**	22	1.0	12	38	410	7	0.20	0.12
SD or min- max									
n		1	1	1	1	1	1	1	1
08_0011	**Elephant apple, ripe, raw**	74	0.7	40	64	360	2	0.37	0.24
SD or min- max		28	0.1					0.1-0.65	0.08-0.39
n		4	3	1	1	1	1	2	2
08_0012	**Emblic, raw**	32	0.9	28	25	225	4	0.30	0.12
SD or min- max		3	0.5						
n		3	4	1	1	1	1	1	1
08_0013	**Fig, ripe, raw**	80	[1.1]	17	31	232	1	0.15	0.07
SD or min- max									
n		1	1	1	1	1	1	1	1
08_0014	**Grapes, green, raw**	22	0.5	82	30	191	2	0.07	0.13
SD or min- max									
n		1	1	1	1	1	1	1	1
08_0015	**Guava, green, raw**	17	0.7	25	18	261	6	0.31	0.15
SD or min- max		7	0.7	23-27	17-18	76		0.3-0.32	0.11-0.2
n		5	5	2	2	3	1	2	2
08_0016	**Hog plum, raw**	57	2.8	40	11	175	1	0.17	0.11
SD or min- max		9	1.9	38-41		155-195		0.14-0.2	0.11-0.12
n		5	3	2	1	2	1	2	2

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
08_0001	**Apple, without skin, raw**	2	0	24	0	[0.05]	0.02	0.03	[0.1]	0.037	0	4.0
SD or min- max												
n			1		1	1	1	1	1	1	1	1
08_0002	**Apple, with skin, raw**	3	0	33	0	[0.18]	0.09	0.03	[0.1]	0.041	3	4.0
SD or min- max			0-0				0.06	0.00				0.6
n			2		1	1	3	3	1	1	1	3
08_0003	**Asian pears, raw**	0	0	0	0	[0.12]	0.03	0.03	[0.2]	0.022	8	3.8
SD or min- max												
n			1		1	1	1	1	1	1	1	1
08_0004	**Banana, Sagar, ripe, raw**	2	0	21	0	0.75	0.05	0.08	0.9	0.105	20	1.0
SD or min- max												
n			1	1	1	1	1	1		1	1	1
08_0005	**Breadfruit, raw**	2	0	24	0	[0.10]	0.04	0.07	[0.9]	0.100	14	21.0
SD or min- max												
n			1		1	1	1	1	1	1	1	1
08_0006	**Bullocks Heart, ripe, raw**	1	0	13	0		0.11	0.07	[0.6]			5.0
SD or min- max												
n			1	1	1		1	1	1			1
08_0007	**Carambola, raw**	7	0	80	0	[0.15]	0.12	0.04	0.5	0.017	12	49.4
SD or min- max												17.5
n			1		1	1	1	1		1	1	4
08_0008	**Custard apple, raw**	0	0	4	0		0.07	0.14	0.9	0.200	14	38.0
SD or min- max							0.07-0.07	0.14-0.14				37.3-38
n			1		1		2	2		1	1	2
08_0009	**Dates, dried**	3	0	36	0	[0.08]	0.10	0.14	3.2	0.170	20	0.4
SD or min- max							0.1-0.1					
n			1		1	1	2	1		1	1	1
08_0010	**Dates, raw**	2	0	18	0	[0.05]	0.06	0.07	1.4		25	14
SD or min- max												
n			1		1	1	1	1			1	1
08_0011	**Elephant apple, ripe, raw**		0		0		0.80	0.03				12.8
SD or min- max								0.02-0.03				12.5-13
n			1		1		1	2				2
08_0012	**Emblic, raw**	1	0	9	0		0.02	0.08	[0.2]			453.4
SD or min- max							0.02-0.02	0.08-0.08				17
n			1		1		2	2	1			3
08_0013	**Fig, ripe, raw**	7	0	85	0	[0.11]	0.06	0.05	0.5	0.06	5	5.0
SD or min- max												
n			1		1	1	1	1		1	1	1
08_0014	**Grapes, green, raw**	3	0	33	0	0.40	0.10	0.06	0.3	0.062	8	29.0
SD or min- max												
n			1	1	1	1	1	1		1	1	1
08_0015	**Guava, green, raw**	33	0	390	0	[0.73]	0.21	0.09	1.2	0.11	49	228.3
SD or min- max							0.21-0.21	0.09-0.09				
n			1		1	1	2	2		1	1	1
08_0016	**Hog plum, raw**		0		0		0.28	0.04	[0.3]			77.0
SD or min- max							0.28-0.28	0.04-0.04				40.5
n			1		1		2	2	1			5

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
08_0017	**Jackfruit, ripe, raw**	Kathal, paka	0.37	(74) 312	77.0	1.2	0.2	13.3	7.2	1.1
SD or min- max										
n					1	1	1		1	1
08_0018	**Jambolan, raw**	Kalojam	0.81	(39) 164	88.2	0.9	0.5	6.1	3.5	0.8
SD or min- max					4.8	0.2	0.2			0.6
n					5	4	4		1	3
08_0019	**Jambos, raw**	Jamrul	1.00	(40) 169	89.5	0.7	0.3	8.0	[1.2]	0.3
SD or min- max					89.1-89.9					
n					2	1	1		1	1
08_0020	**Java apple, raw**	Golapjam	1.00	(35) 149	89.9	0.7	0.2	6.9	[1.6]	0.8
SD or min- max					89.8-89.9					
n					2	1	1		1	1
08_0021	**Jujube, raw**	Boroi	0.85	(60) 254	84.3	1.9	0.2	12.6		1.0
SD or min- max					9,8		0.1-0.3			
n					3	1	2			1
08_0022	**Lemon, Kagoji, raw**	Lebu, Kagoji	0.76	(56) 234	86.0	0.8	1.0	10.2	[1.3]	0.7
SD or min- max					84.6-87.4	0.6	1-1			0.7-0.7
n					2	3	2		1	2
08_0023	**Lime, sweet, raw**	Mushambee	0.70	(42) 177	89.3	0.7	0.5	8.5	[0.5]	0.6
SD or min- max					88.4-90.2	0.6-0.8	0.3-0.6			0.4-0.7
n					2	2	2		1	2
08_0024	**Lychee, raw**	Lichu	0.68	(62) 259	81.8	1.4	0.5	10.2	5.5	0.6
SD or min- max					1.3	0.3	0.2		0.8	0.1
n					12	13	13		10	12
08_0025	**Mango, Fazli, orange flesh, ripe, raw**	Aam, Fazli, paka	0.69	(70) 297	81.7	0.9	0.5	14.7	1.6	0.6
SD or min- max					81.3-82.1	0.3	0.4-0.6			
n					2	4	2		1	1
08_0026	**Mango, Langra, yellow flesh, ripe, raw**	Aam, Langra, paka	0.69	(82) 348	78.4	0.8	0.4	18.0	1.6	0.8
SD or min- max										
n					1	1	1		1	1
08_0027	**Melon, Futi, orange flesh, ripe, raw**	Futi, paka	0.90	(17) 73	95.0	0.3	0.2	3.1	1.0	0.6
SD or min- max					94.9-95	0.2-0.4	0.2-0.3			0.3-0.9
n					2	2	2		1	2
08_0028	**Monkey-jack, yellowish-orange flesh, raw**	Dewa	0.71	(103) 435	72.3	1.2	0.7	21.1	3.6	1.0
SD or min- max					11.8	0.7				
n					3	3	1		1	1
08_0029	**Muskmelon, Bangee, light orange flesh, ripe, raw**	Bangee, paka	0.90	(16) 67	95.5	0.3	0.2	2.8	0.8	0.4
SD or min- max					95.2-95.8					
n					2	1	1		1	1
08_0030	**Orange juice, raw (unsweetened)**	Komolar ross	1.00	(9) 38	97.7	0.2	0.1	1.7	0.2	0.1
SD or min- max										
n					1	1	1		1	1

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
08_0017	**Jackfruit, ripe, raw**	13	0.3	42	41	268	1	0.59	0.03
SD or min- max									
n		1	1	1	1	1	1	1	1
08_0018	**Jambolan, raw**	23	0.8	37	16	172	28	0.21	0.07
SD or min- max		3	0.8	21	12-20	79		0.11-0.3	0.06-0.08
n		6	4	3	2	4	1	2	2
08_0019	**Jambos, raw**	9	0.3	4	30	104	34	0.08	0.02
SD or min- max		8-10	0.1-0.5						
n		2	2	1	1	1	1	1	1
08_0020	**Java apple, raw**	10	0.3	23	18	143	6	0.39	0.58
SD or min- max		4-15		22-23		65-221	3-9	0.2-0.58	0.41-0.74
n		2	1	2	1	2	2	2	2
08_0021	**Jujube, raw**	14	0.8	25	33	354	7	0.32	0.15
SD or min- max		9	0.9	17-32	28-38	325-382	3-10	0.12	0.05
n		4	4	2	2	2	2	3	3
08_0022	**Lemon, Kagoji, raw**	65	0.3	11	10	377	2	0.07	0.06
SD or min- max		40-90	0.3-0.3						
n		2	2	1	1	1	1	1	1
08_0023	**Lime, sweet, raw**	35	0.5	8	23	490	2	0.10	0.17
SD or min- max		29-40	0.3-0.7		16-30				
n		2	2	1	2	1	1	1	1
08_0024	**Lychee, raw**	11	0.5	15	17	131	1	0.27	0.20
SD or min- max		1	0.3	5-24	16-19	38		0.23-0.3	0.07
n		4	4	2	2	3	1	2	3
08_0025	**Mango, Fazli, orange flesh, ripe, raw**	14	0.5	15	20	205	1	0.87	0.17
SD or min- max									
n		1	1	1	1	1	1	1	1
08_0026	**Mango, Langra, yellow flesh, ripe, raw**	13	0.2	15	16	181	0.4	0.60	0.79
SD or min- max									
n		1	1	1	1	1	1	1	1
08_0027	**Melon, Futi, orange flesh, ripe, raw**	17	0.2	21	14	211	3	0.06	0.06
SD or min- max		6-28							
n		2	1	1	1	1	1	1	1
08_0028	**Monkey-jack, yellowish-orange flesh, raw**	57	0.8	24	23	348	[46]	1.68	1.05
SD or min- max		47-67							0.8-1.31
n		2	1	1	1	1	1	1	2
08_0029	**Muskmelon, Bangee, light orange flesh, ripe, raw**	21	Tr	20	35	130	7	0.06	0.09
SD or min- max		10-32							
n		2	1	1	1	1	1	1	1
08_0030	**Orange juice, raw (unsweetened)**	5	0.7	8	13	150	10	0.05	0.04
SD or min- max									
n		1	1	1	1	1	1	1	1

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
08_0017	**Jackfruit, ripe, raw**	2	0	[28]	0	[0.11]	0.11	0.05	[0.9]	0.313	24	3.4
SD or min- max												
n			1	1	1	1	1	1	1	1	1	1
08_0018	**Jambolan, raw**	93	0	[1110]	0		0.09	0.02	[0.2]	0.038		74.1
SD or min- max							0.09-0.09					45.0
n			1	1	1		2	1	1	1		5
08_0019	**Jambos, raw**		0		0		0.01	0.05	[0.4]			22.3
SD or min- max												
n			1		1		1	1	1			1
08_0020	**Java apple, raw**	2	0	[22]	0	0.19	0.03	0.01	[0.3]			40.2
SD or min- max												
n			1	1	1	1	1	1	1			1
08_0021	**Jujube, raw**	2	0	24	0		0.02	0.06	1.0	0.081		66.1
SD or min- max								0.05-0.06				15.5
n			1		1		1	2		1		13
08_0022	**Lemon, Kagoji, raw**	4	0	45	0	0.80	0.02	0.03	0.2	0.052	17	45.9
SD or min- max								0.03-0.03		0.043-0.06	8-32	12.5
n			1		1	1	1	2		2	2	4
08_0023	**Lime, sweet, raw**	2	0	25	0	[0.22]	0.04	0.03	[0.2]	0.08	11	48.5
SD or min- max												47-50
n					1	1	1	1		1	1	2
08_0024	**Lychee, raw**	0	0	0	0		0.02	0.06	0.7			11.0
SD or min- max							0.02-0.02	0.06-0.06				10.9
n			1		1		2	2				13
08_0025	**Mango, Fazli, orange flesh, ripe, raw**	292	0	[3510]	0	1.12	0.03	0.04	0.6	0.134	71	34.7
SD or min- max												20.8
n			1	1	1	1	1	1		1	1	3
08_0026	**Mango, Langra, yellow flesh, ripe, raw**	25	0	[300]	0	0.92	0.09	0.10	0.6	0.162	71	103.0
SD or min- max												
n			1	1	1	1	1	1		1	1	1
08_0027	**Melon, Futi, orange flesh, ripe, raw**	105	0	1260	0	0.07	0.11	0.08	0.5	0.056	21	33.9
SD or min- max						0.03				0.055-0.056	8	
n			1		1	3	1	1		2	3	1
08_0028	**Monkey-jack, yellowish-orange flesh, raw**	310	0	3720	0		0.03	0.23	[0.5]			65.6
SD or min- max												91.4
n			1	1	1		1	1	1			3
08_0029	**Muskmelon, Bangee, light orange flesh, ripe, raw**	4	0	43	0	0.07	0.11	0.08	0.5	0.056	21	26
SD or min- max						0.05-0.1						
n			1		1	2	1	1		1	1	1
08_0030	**Orange juice, raw (unsweetened)**	2	0	24	0	0.17	0.06	0.02	0.3	0.048	6	64
SD or min- max												
n			1		1	1	1	1		1	1	1

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
08_0031	**Orange, raw**	Komola	0.67	(44) 186	87.7	0.7	0.2	8.7	2.4	0.3
SD or min- max					86-89.4	0.7-0.7	0.1-0.3			
n					2	2	2		1	1
08_0032	**Orange, sweet, ripe, raw**	Malta, paka	0.67	(49) 208	86.3	0.2	0.1	10.7	2.4	0.3
SD or min- max										
n					1	1	1		1	1
08_0033	**Palmyra palm, cotyledon, raw**	Kochi taal er shas		(31) 133	92.0	0.6	0.1	6.9	[0.3]	0.2
SD or min- max					91.6-92.3					
n					2	1	1		1	1
08_0034	**Palmyra palm, pulp, orange flesh, ripe, raw**	Taal, paka	0.35	(78) 332	79.7	0.5	0.4	17.8	[0.7]	0.9
SD or min- max					1.8	0.2	0.2		0.3	0.4
n					4	3	3		3	4
08_0035	**Papaya, ripe, raw**	Pepe, paka	0.75	(33) 139	90.5	0.6	0.1	6.5	1.7	0.6
SD or min- max					1.4		0.1			0.5-0.7
n					4	1	3		1	2
08_0036	**Persimmon, ripe, raw**	Gab, Bilati, paka	0.84	(67) 284	81.2	0.7	0.2	13.9	3.6	0.5
SD or min- max					4.9	0.1	0.1			0.2
n					6	5	4		1	4
08_0037	**Pineapple, Joldugee, ripe, raw**	Anaros, Joldugee, paka	0.60	(43) 181	88.7	0.8	0.4	8.3	1.4	0.3
SD or min- max					85.1-92.4	0.2	0.2-0.6			0.2-0.5
n					2	3	2		1	2
08_0038	**Pineapple, ripe, raw**	Anaros, paka	0.62	(47) 197	87.2	1.0	0.1	9.7	1.4	0.6
SD or min- max					3.2	0.1	0.1			0.3-0.9
n					4	5	4		1	2
08_0039	**Pomegranate, ripe, with seed, raw**	Bedana, paka, bichi soho	0.80	(67) 283	80.9	1.6	0.2	12.7	4.0	0.6
SD or min- max						1.6-1.6				
n					1	2	1		1	1
08_0040	**Pomelo, raw**	Zambura	0.77	(38) 159	89.9	0.4	0.3	7.7	1.0	0.6
SD or min- max					1.8	0.2	0.3			0.3-0.9
n					3	4	3		1	2
08_0041	**Tamarind, pulp, ripe, raw**	Tetul, paka	0.41	(270) 1140	27.9	3.2	0.4	60.8	5.1	2.6
SD or min- max					5.4	0.8	0.2			0.2
n					7	7	6		1	6
08_0042	**Watermelon, ripe, raw**	Tarmuz, lal, paka	0.78	(22) 93	94.2	0.5	0.2	4.4	0.4	0.3
SD or min- max					1.4	0.2-0.7	0.2-0.2			0.3-0.4
n					3	2	2		1	2
08_0043	**Wood apple, ripe, raw**	Bel, paka	0.64	(111) 469	68.5	2.9	0.3	20.9	7.0	0.6
SD or min- max					8.6	0.5	0.2-0.3			0.2-0.9
n					4	3	2		1	2

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
08_0031	**Orange, raw**	23	0.2	17	25	132	5	0.07	0.03
SD or min- max		2	0.1			103-161			
n		4	4	1	1	2	1	1	1
08_0032	**Orange, sweet, ripe, raw**	31	0.1	10	14	181	2	0.07	0.05
SD or min- max									
n		1	1	1	1	1	1	1	1
08_0033	**Palmyra palm, cotyledon, raw**	43	0.5		20				
SD or min- max									
n		1	1		1				
08_0034	**Palmyra palm, pulp, orange flesh, ripe, raw**	16	1.7	14	58	239	2	0.27	0.13
SD or min- max		13	1.5	14-15	26	102-376		0.16	0.08-0.18
n		5	3	2	3	2	1	3	2
08_0035	**Papaya, ripe, raw**	29	0.3	10	11	182	4	0.17	0.03
SD or min- max		8	0.2	7-14		79		0.15-0.2	0.02-0.04
n		5	4	2	1	3	1	2	2
08_0036	**Persimmon, ripe, raw**	24	0.2	15	17	180	5	0.07	0.14
SD or min- max		18	0.1	8	5	25	5	0.04	0.04
n		6	5	3	5	3	3	3	3
08_0037	**Pineapple, Joldugee, ripe, raw**	20	1.6	12	7	122	42	0.60	0.24
SD or min- max		4							
n		3	1	1	1	1	1	1	1
08_0038	**Pineapple, ripe, raw**	18	0.7	32	9	175	13	0.22	0.12
SD or min- max		7	0.5	15		54	18	0.19-0.25	0.06-0.19
n		6	5	3	1	3	3	2	2
08_0039	**Pomegranate, ripe, with seed, raw**	21	0.3	44	70	133	1	0.82	0.34
SD or min- max		21-21							
n		2	1	1	1	1	1	1	1
08_0040	**Pomelo, raw**	36	0.2	15	21	235	1	0.06	0.06
SD or min- max		1	0.1			229-242		0.03-0.09	0.05-0.08
n		4	4	1	1	2	1	2	2
08_0041	**Tamarind, pulp, ripe, raw**	127	4.0	86	120	700	19	0.11	0.09
SD or min- max		49	3.2	12	42	132	11	0.1-0.11	0.09-0.09
n		5	7	4	5	4	4	2	2
08_0042	**Watermelon, ripe, raw**	12	0.4	11	12	107	17	0.15	0.12
SD or min- max		1	0.3-0.5	4-18		104-110	3-32	0.04	0.08
n		4	2	2	1	2	2	3	3
08_0043	**Wood apple, ripe, raw**	41	0.4	13	50	493	7	0.26	0.15
SD or min- max		17	0.2	15		428-558		0.16	0.09-0.2
n		5	4	3	1	2	1	3	2

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
08_0031	**Orange, raw**	19	0	224	0	0.24	0.04	0.01	0.5	0.082	30	54.0
SD or min- max							0.04-0.04	0.01-0.01				40-68
n			1		1	1	2	2		1	1	2
08_0032	**Orange, sweet, ripe, raw**	11	0	135	0	[0.18]	0.15	0.01	0.4	0.082	46	54.0
SD or min- max												
n			1		1	1	1	1		1	1	1
08_0033	**Palmyra palm, cotyledon, raw**		0		0		0.01	0.01	[0.2]			4.0
SD or min- max												
n			1		1		1	1	1			1
08_0034	**Palmyra palm, pulp, orange flesh, ripe, raw**	208	0	[2500]	0		0.04	0.02	[0.3]			35.1
SD or min- max												
n			1	1	1		1	1	1			1
08_0035	**Papaya, ripe, raw**	60	0	721	0	[0.3]	0.08	0.03	0.5	0.019	58	61.8
SD or min- max							0.08-0.08	0.03-0.03				
n			1		1	1	2	2		1	1	1
08_0036	**Persimmon, ripe, raw**	81	0	977	0	1.8	0.03	0.14	0.3	0.03	8	12.8
SD or min- max			0-0				0.03-0.03	0.24			8-8	13.7
n			2		1	1	2	4		1	2	4
08_0037	**Pineapple, Joldugee, ripe, raw**		0		0	0.1	0.11	0.04	0.4	0.09	12	20.9
SD or min- max							0.11-0.11	0.04-0.04				5.8
n			1		1	1	2	2		1	1	4
08_0038	**Pineapple, ripe, raw**	5	0	61	0	0.1	0.20	0.12	0.4	0.09	12	33.9
SD or min- max												36.0
n			1		1	1	1	1		1	1	6
08_0039	**Pomegranate, ripe, with seed, raw**	3	0	33	0	[0.6]	0.02	0.10	0.5	0.105	38	26.0
SD or min- max							0.02-0.02					26-26
n			1		1	1	2	1		1	1	2
08_0040	**Pomelo, raw**	3	0	40	0	0.24	0.06	0.04	0.3	0.036	[26]	121.7
SD or min- max							0.06-0.06	0.04-0.04				28.9
n			1		1	1	2	2		1	1	3
08_0041	**Tamarind, pulp, ripe, raw**	1	0	16	0	[0.09]	0.35	0.12	1.9	0.068	15	11.2
SD or min- max			0		0-0		0.09	0.04		0.07-0.07	14-15	17.5
n			5		2	1	4	5		2	2	5
08_0042	**Watermelon, ripe, raw**	29	0	352	0	0.05	0.02	0.04	0.3	0.045	3	23.9
SD or min- max												25.0
n			1		1	1	1	1		1	1	3
08_0043	**Wood apple, ripe, raw**		0		0		0.03	0.02	[1.1]			11.3
SD or min- max					1		0.03-0.03	0.02-0.02				3.8
n			1				2	2	1			3

09 Fish, shellfish and their products

Fish is an integral part of a healthy human diet. It's of value mainly as a rich source of easily metabolizable protein, the amount and quality of protein in fish and shellfish being similar to that in lean meat. Omega-3 fatty acids in fish play an important role in supporting our skin, heart, blood pressure, brain, eyes, kidneys and other body systems.

Small sized indigenous fishes are a valuable and easily available source of protein, oil and minerals for the rural people in Bangladesh. As many small fish species are eaten whole, with head, viscera and bones they are particularly rich in bioavailable calcium. Some are also rich in vitamin A, iron and zinc. Sea fish are a valuable source of iodine. Both sweet water and marine fishes are valuable sources of the fat-soluble vitamins A and D, fish-liver oil being exceptionally good sources of these vitamins. They also contain good amounts of B complex vitamins.

Apart from being preserved by freezing, canning, drying and smoking, fish is also converted into a number of convenience products such as fish fingers, fish cakes and fish spreads. Sea fish which is sun-dried and known as *Shutki* is very popular across the country.

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
09_0001	**Anchovy, Gangetic hairfin, dried**	Fesha, shutki	1.00	(328) 1390	10.3	70.9	4.9	0	0	11.9
SD or min- max										
n					1	1	1		1	1
09_0002	**Anchovy, Gangetic hairfin, raw**	Fesha	1.00	(105) 441	74.8	17.7	3.8	0	0	3.0
SD or min- max					74-75.6	17.1-18.4				2.5-3.6
n					2	2	1		1	2
09_0003	**Anchovy, Gold spotted grebadier, raw**	Olua		(71) 301	79.9	13.2	2.1	0	0	3.3
SD or min- max					1.3					
n					3	1	1		1	1
09_0004	**Anchovy, Scaly hairfin, raw**	Fesha, Teli	1.00	(101) 427	75.3	19.3	2.7	0	0	2.8
SD or min- max										
n					1	1	1		1	1
09_0005	**Barb, Olive, raw**	Sorpunti		(175) 729	70.6	17.4	11.7	0	0	1.7
SD or min- max					4.1	1.8	3.7			0.4
n					8	7	6		1	5
09_0006	**Barb, Olive, without bones, raw**	Sorpunti, kata chara	0.54	(175) 729	70.6	17.4	11.7	0	0	1.3
SD or min- max					4.1	1.8	3.7			1.1-1.5
n					8	7	6		1	2
09_0007	**Barb, Pool barb, eyes included, raw**	Punti, Vadi punti, chokh soho		(139) 582	71.6	17.6	7.6	0	0	4.9
SD or min- max					71.6-71.6		7.6-7.7			4.8-4.9
n					2	1	2		1	2
09_0008	**Barb, Pool barb, without bones, eyes included, raw**	Punti, Vadi punti, chokh soho, kata chara	0.77	(94) 395	76.6	17.6	2.6	0	0	1.4
SD or min- max					2.3	1.2	0.4			0.2
n					4	4	4		1	3
09_0009	**Bata, raw**	Bata	0.77	(106) 446	74.6	15.9	4.7	0	0	2.1
SD or min- max					4.9	2.1	3.1			0.7
n					7	6	6		1	5
09_0010	**Boal, without bones, raw**	Boal, kata chara	0.59	(80) 339	80.8	15.4	2.1	0	0	1.3
SD or min- max					5.9	2.6	0.5			
n					4	4	4		1	1
09_0011	**Bronze feather back, raw**	Foli	0.79	(80) 340	75.8	17.8	1.0	0	0	2.7
SD or min- max					73-78.6	15.8-19.8				2.5-2.8
n					2	2	1		1	2
09_0012	**Calbasu, without bones, raw**	Kalbaush	0.90	(95) 400	76.7	17.0	3.0	0	0	1.2
SD or min- max					3.0	2.1	2.1			0.1
n					9	9	9		1	4
09_0013	**Catfish, Bacha, raw**	Bacha	0.76	(122) 512	72.2	16.1	6.4	0	0	2.2
SD or min- max					68.8-75.6	14.1-18.1	5.6-7.3			1.4-3
n					2	2	2		1	2
09_0014	**Catfish, Pabda, raw**	Pabda	0.61	(95) 398	73.7	17.3	2.8	0	0	2.3
SD or min- max					3.7	15.3-19.2	2.1-3.6			1.0
n					4	2	2		1	3
09_0015	**Catla, raw**	Katla	0.59	(103) 433	76.7	19.9	2.6	0	0	1.3
SD or min- max					2.5	2.8	1.4			1.2-1.5
n					6	4	6		1	2

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
09_0001	**Anchovy, Gangetic hairfin, dried**	1680	18.0	138	772	982			0.71
SD or min- max									
n		1	1	1	1	1			1
09_0002	**Anchovy, Gangetic hairfin, raw**	452	1.8	39	217	276	51	3.20	0.20
SD or min- max		440-463	1.2-2.4						
n		2	2	1	1	1	1	1	1
09_0003	**Anchovy, Gold spotted grebadier, raw**	449	4.5	38	238	276	60	1.25	0.09
SD or min- max		377-522	2-6.9			196-356			
n		2	2	1	1	2	1	1	1
09_0004	**Anchovy, Scaly hairfin, raw**	327	2.3	38	175	338	40	1.60	0.20
SD or min- max									
n		1	1	1	1	1	1	1	1
09_0005	**Barb, Olive, raw**	227	0.6	21	151	267	43	0.74	0.03
SD or min- max		10	0.6	3	34	123	38-48	0.37	0.01
n		4	9	4	7	3	2	6	4
09_0006	**Barb, Olive, without bones, raw**	24	0.6	21	156	195	43	0.74	0.03
SD or min- max		12-35	0.6	3	35	195-196	38-48	0.37	0.01
n		2	9	4	6	2	2	6	4
09_0007	**Barb, Pool barb, eyes included, raw**	967	2.6		620	203	53	3.0	0.07
SD or min- max		278	2.2-3					2.9-3.1	
n		3	2		1	1	1	2	1
09_0008	**Barb, Pool barb, without bones, eyes included, raw**	110	2.0	38	96	238	53	3.0	0.07
SD or min- max			1-2.93						
n		1	2	1	1	1	1	1	1
09_0009	**Bata, raw**	493	1.2	33	200	201	83	0.94	0.17
SD or min- max		323	0.1						
n		5	5	1	1	1	1	1	1
09_0010	**Boal, without bones, raw**	83	0.8	37	134	146	63	0.27	0.05
SD or min- max			0.1	14	9			0.07	
n		1	5	3	3	1	1	3	1
09_0011	**Bronze feather back, raw**	590	1.0	35	450	310	34	0.74	0.05
SD or min- max			0.3-1.7						
n		1	2	1	1	1	1	1	1
09_0012	**Calbasu, without bones, raw**	13	1.1	27	141	287	100	0.36	0.10
SD or min- max			0.2	3	20			0.10	
n		1	5	4	4	1	1	4	1
09_0013	**Catfish, Bacha, raw**	520	0.7		360				0.11
SD or min- max		520-520	0.7-0.7						
n		2	2		1				1
09_0014	**Catfish, Pabda, raw**	267	1.2	18	266	353	105	1.25	0.09
SD or min- max		75	0.2		220-321				
n		3	3	1	2	1	1	1	1
09_0015	**Catla, raw**	530	0.6	36	235	293	56	0.48	0.03
SD or min- max			0.7	18				0.30	0.02-0.03
n		1	5	4	1	1	1	3	2

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
09_0001	**Anchovy, Gangetic hairfin, dried**	15	15	0		[0.58]	0.19	0.86		0.482	30	Tr
SD or min- max												
n			1			1	1	1		1	1	1
09_0002	**Anchovy, Gangetic hairfin, raw**	12	12	0		[0.44]	0.05	0.24	[13.3]	0.135	9	Tr
SD or min- max												
n			1			1	1	1	1	1	1	1
09_0003	**Anchovy, Gold spotted grebadier, raw**						0.07	0.08	4.1	0.224		Tr
SD or min- max												
n							1	1		1		1
09_0004	**Anchovy, Scaly hairfin, raw**	8	8	0		[0.32]	0.05	0.24	[13.0]	0.133	8	Tr
SD or min- max												
n			1			1	1	1	1	1	1	1
09_0005	**Barb, Olive, raw**						0.02	0.07	[3.5]	0.329		Tr
SD or min- max												
n							1	1	1	1		1
09_0006	**Barb, Olive, without bones, raw**						0.02	0.07	[3.5]	0.329		Tr
SD or min- max												
n							1	1	1	1		1
09_0007	**Barb, Pool barb, with eyes included, raw**	59	57	[25]			0.01	0.03	[0.3]	0.262		Tr
SD or min- max												
n			1	1			1	1	1			1
09_0008	**Barb, Pool barb, without bones, eyes included, raw**						0.01	0.03	[0.3]	0.262		Tr
SD or min- max												
n							1	1	1	1		1
09_0009	**Bata, raw**						0.08	0.10	5.2	0.285		Tr
SD or min- max												
n							1	1		1		1
09_0010	**Boal, without bones, raw**	1	1	Tr			0.06	0.07	3.9	0.215		Tr
SD or min- max												
n			1	1			1	1		1		1
09_0011	**Bronze feather back, raw**	30	30				0.12	0.08	[0.8]	0.271		Tr
SD or min- max												
n			1				1	1	1	1		1
09_0012	**Calbasu, without bones, raw**						0.05	0.07	4.1	0.112		Tr
SD or min- max												
n							1	1		1		1
09_0013	**Catfish, Bacha, raw**								[0.5]			Tr
SD or min- max												
n									1			1
09_0014	**Catfish, Pabda, raw**						0.03	0.06	5.4	0.294		Tr
SD or min- max												
n							1	1		1		1
09_0015	**Catla, raw**	3	3	Tr	Tr		0.08	0.09	4.4	0.261		Tr
SD or min- max												
n			1	1	1		1	1		1		1

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
09_0016	**Chanda, Indian glaasy fish, eyes included, raw**	Chanda, ranga, chokh soho	1.00	(115) 481	74.8	15.5	5.9	0	0	4.8
SD or min- max					72.6-77		4.5-7.3			4.6-5
n					2	1	2		1	2
09_0017	**Climbing perch, indigenous, eyes included, raw**	Koi, deshi, chokh soho	0.57	(130) 542	73.0	17.5	6.6	0	0	2.0
SD or min- max					4.0	1.9	2.3			
n					6	5	4		1	1
09_0018	**Climbing perch, Thai, without bones, eyes included, raw**	Koi, Thai, chokh soho	0.57	(139) 581	73.0	17.5	7.7	0	0	1.5
SD or min- max					4.0	1.9	1.0			0.4
n					6	5	3		1	4
09_0019	**Clown knife fish, without bones, raw**	Chital, kata chara	0.80	(96) 405	77.3	17.8	2.8	0	0	1.0
SD or min- max					1.7	0.9	1.8			
n					5	5	5		1	1
09_0020	**Common carp, without bones, raw**	Common carp, kata chara	0.54	(88) 374	79.0	18.7	1.5	0	0	1.2
SD or min- max							1.4-1.6			
n					1	1	2		1	1
09_0021	**Croaker, Black spotted, without bones, raw**	Poa, kata chara	0.49	(100) 422	75.8	18.6	2.9	0	0	1.2
SD or min- max					1.6	3.7	0.5			1.1-1.3
n					6	4	5		1	2
09_0022	**Day's mystus, combined species, eyes included, raw**	Tengra, bivinno projati, chokh soho	0.82	(114) 478	73.6	18.2	4.6	0	0	4.0
SD or min- max					5.8	4.5	2.9			1.0
n					10	6	7		1	6
09_0072	**Fish ball***	Macher kopta	1.00	(220) 923	48.5	15.7	6.7	21.7	5.0	2.1
09_0023	**Fish (Catla, Mrigal, Rohu), dorsal with skin, raw**	Macher gada (Katla, Mrigal, Rui)		(104) 438	78.1	19.7	2.8	0	0	1.2
SD or min- max					1.1	1.4	0.4			
n					3	3	3		1	1
09_0024	**Fish (Catla, Mrigal, Rohu), ventral with skin, raw**	Macher peti (Katla, Mrigal, Rui)		(130) 544	75.2	21.4	4.9	0	0	1.4
SD or min- max					1.7	2.2	0.5			
n					3	3	3		1	1
09_0071	**Small fish fry***	Kachki mach vaja	1.00	(107) 449	79.3	7.4	6.1	5.3	0.9	1.6
09_0025	**Ganges river sprat, combined species, raw**	Kachki, bivinno projati	1.00	(93) 393	80.4	16.1	3.2	0	0	1.6
SD or min- max					1.5		1.0			0.5
n					4	1	3		1	3
09_0026	**Gangetic ailia, raw**	Kajuli	0.76	(117) 488	76.6	15.3	6.2	0	0	2
SD or min- max					2.6	2.5	2.9			0.5
n					3	3	3		1	3
09_0027	**Gangetic mystus, raw**	Gulsha	0.68	(86) 363	78.6	15.4	2.7	0	0	2.4
SD or min- max					0.4	1.8	0.5			1.3-3.6
n					3	3	3		1	2

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
09_0016	**Chanda, Indian glaasy fish, eyes included, raw**	931	2.0		640	206	61	2.45	
SD or min- max		208	1.8-2.1					2.3-2.6	
n		3	2		1	1	1	2	
09_0017	**Climbing perch, indigenous, eyes included, raw**	410	1.2	53	390	214	52	1.13	0.04
SD or min- max		410-410	0.3		381-400	176-252		0.57-1.69	
n		2	3	1	2	2	1	2	1
09_0018	**Climbing perch, Thai, without bones, eyes included, raw**	64	1.2	53	161	214	52	1.13	0.04
SD or min- max			0.3			176-252		0.57-1.69	
n		1	3	1	1	2	1	2	1
09_0019	**Clown knife fish, without bones, raw**	104	1.6	23	197	203	114	0.61	0.02
SD or min- max		87	1.8	7	33		34-193	0.14	0.01
n		3	3	4	5	1	2	5	5
09_0020	**Common carp, without bones, raw**	47	0.9	25	240	228	93	0.73	0.06
SD or min- max									
n		1	1	1	1	1	1	1	1
09_0021	**Croaker, Black spotted, without bones, raw**	32	0.4	28	162	341	77	0.65	0.02
SD or min- max			0.1	5		336-345	56-97	0.38	0.01
n		1	4	5	1	2	2	4	4
09_0022	**Day's mystus, combined species, eyes included, raw**	627	2.8	22	348	323	54	0.77	0.18
SD or min- max		312	1.6		123	119	7	0.47-1.07	
n		4	5	1	3	4	4	2	1
09_0072	**Fish ball***	48	2.5	73	211	296	345	1.96	0.52
09_0023	**Fish (Catla, Mrigal, Rohu), dorsal with skin, raw**	38	0.9	41	164	267	50	0.27	0.02
SD or min- max				2				0.06	0.00
n		1	1	3	1	1	1	3	3
09_0024	**Fish (Catla, Mrigal, Rohu), ventral with skin, raw**	43	1.0	45	186	303	57	0.27	0.02
SD or min- max				12				0.08	0.01
n		1	1	3	1	1	1	3	3
09_0071	**Small fish fry***	215	1.3	20	186	148	242	1.60	0.18
09_0025	**Ganges river sprat, combined species, raw**	489	2.4	26	450	134	38	3.10	0.05
SD or min- max		95	0.7					3-3.1	
n		5	3	1	1	1	1	2	1
09_0026	**Gangetic ailia, raw**	313	0.9		525				
SD or min- max		240			350-700				
n		3	1		2				
09_0027	**Gangetic mystus, raw**	300	1.3	18	210	265	50	0.88	0.14
SD or min- max									
n		1	1	1	1	1	1	1	1

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
09_0016	**Chanda, Indian glaasy fish, eyes included, raw**	106	103	[36]								Tr
SD or min- max												
n			1	1								1
09_0017	**Climbing perch, indigenous, eyes included, raw**	215	209	[74]			0.03	0.18	[2.6]			Tr
SD or min- max												
n			1	1			1	1	1			1
09_0018	**Climbing perch, Thai, without bones, eyes included, raw**	215	209	[74]			0.03	0.18	[2.6]	0.302		Tr
SD or min- max												
n			1				1	1	1	1		1
09_0019	**Clown knife fish, without bones, raw**	30	30	0			0.01	0.32	[1.3]	0.254		Tr
SD or min- max												
n			1				1	1	1	1		1
09_0020	**Common carp, without bones, raw**	2	2	0	6.6	0.63	0.12	0.06	5.8	0.180	15	Tr
SD or min- max												
n			1		1	1	1	1		1	1	1
09_0021	**Croaker, Black spotted, without bones, raw**	17	17	0	0.6	[1.17]	0.07	0.11	7.7	0.344	17	Tr
SD or min- max							0.03	0.04				
n			1		1	1	3	3		1	1	1
09_0022	**Day's mystus, combined species, eyes included, raw**	43	43	[7]			0.01	0.04	5.4	0.296		Tr
SD or min- max												
n			1	1			1	1		1		1
09_0072	**Fish ball***	34	23	[121]	0.2	[0.89]	0.24	0.15	[2.0]	0.180	15	5.2
09_0023	**Fish (Catla, Mrigal, Rohu), dorsal with skin, raw**	6	6	[3]	2.1	0.69	0.07	0.09	4.9	0.196	16	Tr
SD or min- max												
n			1	1	1	1	1	1	1	1	1	1
09_0024	**Fish (Catla, Mrigal, Rohu), ventral with skin, raw**	10	10	[5]	3.7	1.21	0.08	0.10	5.6	0.222	18	Tr
SD or min- max												
n			1	1	1	1	1	1		1	1	1
09_0071	**Small fish fry***	15	13	[24]	0.9	[0.50]	0.03	0.05	[0.4]	0.165	7	5.3
09_0025	**Ganges river sprat, combined species, raw**	38	35	35	2.4	[0.77]	0.03	0.05	3.5	0.243	7	Tr
SD or min- max												
n			1	1	1	1	1	1		1	1	1
09_0026	**Gangetic ailia, raw**											Tr
SD or min- max												
n												1
09_0027	**Gangetic mystus, raw**						0.01	0.03	4.4	0.239		Tr
SD or min- max												
n							1	1		1		1

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
09_0028	**Giant river-catfish, raw**	Guizza	0.77	(75) 318	78.1	15.9	1.3	0	0	1.2
SD or min- max										
n					1	1	1		1	1
09_0029	**Giant sea perch, whole, dried**	Vetkee, shutki		(318) 1340	20.1	60.2	8.6	0	0	15.9
SD or min- max										
n					1	1	1		1	1
09_0030	**Giant sea perch, without bones, raw**	Vetkee, kata chara	0.50	(96) 406	77.2	18.6	2.5	0	0	1.7
SD or min- max					1.5	2.1	0.6			1.4-1.9
n					8	8	7		1	2
09_0031	**Goby, Tank goby, raw**	Bele	0.71	(81) 341	79.6	14.7	2.5	0	0	2.7
SD or min- max					1.3	0.5	0.9			0.4
n					4	4	3		1	3
09_0032	**Gourami, Banded gourami, eyes included, raw**	Khailsa, kata chara, chokh soho	0.57	(105) 438	75.2	15.8	4.6	0	0	1.4
SD or min- max					4.3	1.3	2.4			0.9-1.9
n					4	4	3		1	2
09_0033	**Hilsha, without bones, raw**	Ilish, kata chara	0.76	(223) 926	62.7	18.0	16.8	0	0	1.9
SD or min- max					11.1	3.2	7.3			0.5
n					23	23	21		1	16
09_0034	**Indian river shad, raw**	Chapila	1.00	(106) 442	76.9	15.4	4.9	0	0	4.4
SD or min- max					0.9	1.5	0.2			4.3-4.5
n					6	4	4		1	2
09_0035	**Indian threadfin, without bones, raw**	Lakkha, gada, kata chara		(100) 423	77.1	20.3	2.1	0	0	1.2
SD or min- max					74.8-79.3	19.9-20.8				
n					2	2	1		1	1
09_0036	**Indo-pacific king mackerel, without bones, raw**	Surma/ Bijoram, kata chara		(102) 431	76.0	20.9	2.0	0	0	1.6
SD or min- max					2.0	1.5	0.8			
n					4	4	4		1	1
09_0037	**Kuria labeo, without bones, raw**	Gonia, kata chara	0.44	(109) 459	76.5	17.6	4.3	0	0	1.1
SD or min- max					2.1	1.0	1.7			
n					5	5	3		1	1
09_0038	**Long-whiskered catfish, without bones, raw**	Ayre, kata chara	0.77	(89) 373	78.1	17.0	2.3	0	0	1.2
SD or min- max					0.9	0.8	0.6			
n					4	4	4		1	1
09_0039	**Mackerel, narrow-barred Spanish, raw**	Chompa		(112) 470	73.3	19.8	3.6	0	0	1.5
SD or min- max										
n					1	1	1		1	1
09_0040	**Minnow, Finescale razorbelly, raw**	Chela, Fulchela	0.72	(95) 397	77.6	15.3	3.7	0	0	3.0
SD or min- max					1.3	1.3	0.8			0.6
n					4	4	4		1	4
09_0041	**Minnow, Finescale razorbelly, dried**	Chela, Fulchela, shukna		(412) 1730	4.7	64.8	17.0	0	0	13.4
SD or min- max										
n					1	1	1		1	1

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
09_0028	**Giant river-catfish, raw**	380	0.7	36	180	271	84	0.23	0.06
SD or min- max									
n		1	1	1	1	1	1	1	1
09_0029	**Giant sea perch, whole, dried**	939	3.0	181	612	706		0.57	0.42
SD or min- max									
n		1	1	1	1	1		1	1
09_0030	**Giant sea perch, without bones, raw**	24	1.0	58	194	237	96	0.16	0.12
SD or min- max			0.9	8	65	26	44	0.13	
n		1	8	3	7	3	3	6	1
09_0031	**Goby, Tank goby, raw**	397	1.2	12	335	269	79	0.93	0.07
SD or min- max		46	0.3		330-340	267-271		0.67-1.19	
n		3	3	1	2	2	1	2	1
09_0032	**Gourami, Banded gourami, eyes included, raw**	422	0.9	36	498	201	34	1.35	0.51
SD or min- max		132	0.9-0.9		156-840	186-216		1-1.7	
n		3	2	1	2	2	1	2	1
09_0033	**Hilsha, without bones, raw**	86	1.3	26	195	162	52	0.54	0.18
SD or min- max		54	1.0	5	195-195			0.64	0.15
n		5	10	3	2	1	1	7	3
09_0034	**Indian river shad, raw**	1060	4.8	37	560	231	57	1.97	
SD or min- max			2.1-7.6			180-281		1.84-2.1	
n		1	2	1	1	2	1	2	
09_0035	**Indian threadfin, without bones, raw**	53	0.5	29	208	278	75	1.35	0.05
SD or min- max			0.3-0.6	24-33				1.2-1.49	0.04-0.06
n		1	2	2	1	1	1	2	2
09_0036	**Indo-pacific king mackerel, without bones, raw**	35	0.8	40	259	306	78	0.78	0.02
SD or min- max			0.1	2				0.41	0.01
n		1	4	4	1	1	1	4	4
09_0037	**Kuria labeo, without bones, raw**	30	0.3	42	175	203	60	0.06	0.09
SD or min- max			0.2		5	16	14	0.01	
n		1	3	1	3	3	3	3	1
09_0038	**Long-whiskered catfish, without bones, raw**	11	0.9	36	102	271	84	0.23	0.09
SD or min- max		8-14	0.4	8	11	232-311		0.11	
n		2	5	5	4	2	1	6	1
09_0039	**Mackerel, narrow-barred Spanish, raw**	92	2.0	48	161	285	145	0.40	0.02
SD or min- max									
n		1	1	1	1	1	1	1	1
09_0040	**Minnow, Finescale razorbelly, raw**	534	1.9		221	395	53	3.1	
SD or min- max		477-590	1.7-2		191-250				
n		2	2		2	1	1	1	
09_0041	**Minnow, Finescale razorbelly, dried**	3590	6.7		844	1430			
SD or min- max									
n		1	1		1	1			

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
09_0028	**Giant river-catfish, raw**						0.07	0.08	[0.5]	0.245		Tr
SD or min- max												
n							1	1	1	1		1
09_0029	**Giant sea perch, whole, dried**			0	4.7		0.13	0.50	[2.0]	0.378	14	Tr
SD or min- max												
n				1	1		1	1	1	1	1	1
09_0030	**Giant sea perch, without bones, raw**	8	8	0	1.5	[2.35]	0.04	0.18	[0.7]	0.120	5	Tr
SD or min- max												
n			1	1	1	1	1	1	1	1	1	1
09_0031	**Goby, Tank goby, raw**						0.02	0.04	[3.2]	0.229		Tr
SD or min- max												
n							1	1	1	1		1
09_0032	**Gourami, Banded gourami, eyes included, raw**	39	38	[11]			0.08	0.09	[2.6]	0.278		Tr
SD or min- max												
n			1	1			1	1	1	1		1
09_0033	**Hilsha, without bones, raw**			Tr			0.12	0.14	5.6	0.417		Tr
SD or min- max												
n				1			1	1		1		1
09_0034	**Indian river shad, raw**	6	6	0								Tr
SD or min- max												
n			1	1								1
09_0035	**Indian threadfin, without bones, raw**					0.8	0.04	0.07	[2.3]	0.256		Tr
SD or min- max												
n						1	1	1	1	1		1
09_0036	**Indo-pacific king mackerel, without bones, raw**						0.08	0.09	4.9	0.268		Tr
SD or min- max												
n							1	1		1		1
09_0037	**Kuria labeo, without bones, raw**						0.06	0.07	5.9	0.112		Tr
SD or min- max												
n							1	1		1		1
09_0038	**Long-whiskered catfish, without bones, raw**						0.07	0.08	[0.5]	0.245	11	Tr
SD or min- max												
n							1	1	1	1	1	1
09_0039	**Mackerel, narrow-barred Spanish, raw**	30	30	Tr			0.03	0.14	[2.3]	0.299		Tr
SD or min- max												
n			1	1			1	1	1	1		1
09_0040	**Minnow, Finescale razorbelly, raw**											Tr
SD or min- max												
n												1
09_0041	**Minnow, Finescale razorbelly, dried**											Tr
SD or min- max												
n												1

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
09_0042	**Minnow, Large scale razorbelly, raw**	Chela, narkeli	0.72	(119) 501	71.7	18.1	5.2	0	0	2.1
SD or min- max					69.5-73.8	16.5-19.7	4.8-5.6			
n					2	2	2		1	1
09_0043	**Mola carplet, whole, eyes included, raw**	Mola, chokh soho	0.62	(108) 452	77.5	17.1	4.4	0	0	2.7
SD or min- max					1.0	1.1	1.2			0.7
n					13	10	12		1	9
09_0044	**Mrigal carp, eyes included, raw**	Mrigal, chokh soho	0.59	(102) 428	78.4	18.6	3.0	0	0	1.6
SD or min- max					2.3	1.0	1.3			1.5-1.7
n					5	4	4		1	2
09_0045	**Mullet, Gold spot, raw**	Parshe		(120) 502	70.7	18.7	5.0	0	0	3.5
SD or min- max					70.6-70.8	17.5-19.8	4.1-5.9			1.5-5.5
n					2	2	2		1	2
09_0046	**Mussel/Clam, mixed species, raw**	Jhinuk	0.32	(60) 255	83.3	11.6	1.5	0	0	0.9
SD or min- max					82.4-84.3		1.1-2			0.9-0.9
n					2	1	2		1	2
09_0047	**Pangas, without bones, raw**	Pangas, kata chara	0.44	(162) 676	70.8	15.9	11.0	0	0	1.0
SD or min- max										
n					1	1	1		1	1
09_0048	**Perch, Mud, raw**	Meni		(99) 417	75.8	15.8	4.0	0	0	3.8
SD or min- max					2.6	0.9	1.1			2.8-4.7
n					3	3	3		1	2
09_0049	**Pomfret, Black, raw**	Rupchanda, kalo, bivinno projati	0.49	(112) 471	78.9	19.6	3.7	0	0	1.1
SD or min- max					4.1	0.8	2.6-4.9			
n					4	3	2		1	1
09_0050	**Pomfret, Chinese Silver, raw**	Rupchanda, China sada	0.92	(103) 432	74.9	15.9	4.4	0	0	1.5
SD or min- max					4.0	1.5	3.1			
n					4	3	3		1	1
09_0051	**Pomfret, Silver, dried**	Rupchanda, sada, shutki		(349) 1470	21.6	62.1	11.2	0	0	3.8
SD or min- max					6.8	6.7	0.9			0.4
n					4	4	4		1	4
09_0052	**Pomfret, Silver, without bones, raw**	Rupchanda, sada		(108) 453	76.5	17.9	4.0	0	0	1.5
SD or min- max										
n					1	1	1		1	1
09_0053	**Prawn, Birma river prawn, raw**	Chingri, Birma nodir		(86) 366	78.5	18.8	1.3	0	0	1.4
SD or min- max										
n					1	1	1		1	1
09_0054	**Prawn, Giant river prawn, raw**	Chingri, Golda		(102) 431	74.8	20.9	2.0	0	0	1.2
SD or min- max					72.4-77.1	20.8-21.1	1.2-2.9			
n					2	2	2		1	1
09_0055	**Prawn, Giant tiger prawn, raw**	Chingri, Bagda		(92) 388	78.8	16.5	2.9	0	0	1.6
SD or min- max					1.4	1.3	1.3			0.3
n					5	5	5		1	5
09_0056	**Prawn, Hairy river prawn, raw**	Chingri		(75) 320	79.9	17.6	0.6	0	0	1.4
SD or min- max										
n					1	1	1		1	1
09_0057	**Prawn, Indian white prawn, raw**	Chingri sada, nodir		(95) 399	79.0	16.4	3.3	0	0	1.7
SD or min- max					1.2	1.0	0.5			0.2
n					8	5	5		1	4

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
09_0042	**Minnow, Large scale razorbelly, raw**	352	5.4	41	202	578	156	3.10	0.12
SD or min- max									
n		1	1	1	1	1	1	1	1
09_0043	**Mola carplet, whole, eyes included, raw**	767	3.8	30	440	178	43	3.19	
SD or min- max		245	2.5			62	39-46	0.82	
n		4	5	1	1	4	2	6	
09_0044	**Mrigal carp, eyes included, raw**	655	1.8	38	280	236	63	0.29	0.02
SD or min- max		350-960	1.1-2.5	4				0.06	0.00
n		2	2	3	1	1	1	3	3
09_0045	**Mullet, Gold spot, raw**	1050	2.1	42	490	764	41	1.43	0.14
SD or min- max									
n		1	1	1	1	1	1	1	1
09_0046	**Mussel/Clam, mixed species, raw**	31	1.3	15	157	37	477	0.40	0.04
SD or min- max									
n		1	1	1	1	1	1	1	1
09_0047	**Pangas, without bones, raw**	14	0.1	29	130	169	46	1.85	0.07
SD or min- max									
n		1	1	1	1	1	1	1	1
09_0048	**Perch, Mud, raw**	516	1.9		429	268	57	1.42	0.04
SD or min- max		510-521	0.4-3.5		297-560	180-355		0.74-2.10	
n		2	2		2	2	1	2	1
09_0049	**Pomfret, Black, raw**	286	0.9	25	306	166	131	0.48	0.02
SD or min- max			1.0	2				0.25	0.01
n		1	4	3	1	1	1	3	3
09_0050	**Pomfret, Chinese Silver, raw**	200	0.4	26	290	183	145	0.59	0.03
SD or min- max			0.3	2				0.26	0.02
n		1	4	3	1	1	1	3	3
09_0051	**Pomfret, Silver, dried**								
SD or min- max									
n									
09_0052	**Pomfret, Silver, without bones, raw**	13	0.5	25	170	190	151	0.27	0.09
SD or min- max									
n		1	1	1	1	1	1	1	1
09_0053	**Prawn, Birma river prawn, raw**	16	0.6	19	141	375	98	1.06	0.57
SD or min- max									
n		1	1	1	1	1	1	1	1
09_0054	**Prawn, Giant river prawn, raw**	18	0.7	22	166	441	116	1.25	0.68
SD or min- max									
n		1	1	1	1	1	1	1	1
09_0055	**Prawn, Giant tiger prawn, raw**	17	0.6	43	141	423	117	1.73	0.63
SD or min- max									
n		1	1	1	1	1	1	1	1
09_0056	**Prawn, Hairy river prawn, raw**	15	0.5	18	132	352	92	1.00	0.54
SD or min- max									
n		1	1	1	1	1	1	1	1
09_0057	**Prawn, Indian white prawn, raw**	304	0.5	41	922	545	196	2.25	0.52
SD or min- max		250-357				240-849	52-340		0.41-0.63
n		2	1	1	1	2	2	1	2

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
09_0042	**Minnow, Large scale razorbelly, raw**						0.09	0.11	5.8	0.317		Tr
SD or min- max												
n							1	1		1		1
09_0043	**Mola carplet, whole, eyes included, raw**	[2680]										Tr
SD or min- max												
n		1										1
09_0044	**Mrigal carp, eyes included, raw**	11	11				0.07	0.08	[0.7]	0.242	17	Tr
SD or min- max												
n			1				1	1	1	1	1	1
09_0045	**Mullet, Gold spot, raw**						0.10	0.11	[0.8]	0.328		Tr
SD or min- max												
n							1	1	1	1		1
09_0046	**Mussel/Clam, mixed species, raw**	145	145	0		[1.09]	0.01	0.03	5.8	0.01	4	Tr
SD or min- max												
n			1			1	1	1		1	1	1
09_0047	**Pangas, without bones, raw**	5	5	Tr			0.15	0.06	4.5	0.107		Tr
SD or min- max												
n			1	1			1	1		1		1
09_0048	**Perch, Mud, raw**											Tr
SD or min- max												
n												1
09_0049	**Pomfret, Black, raw**						0.13	0.20	[1.9]			Tr
SD or min- max												
n							1	1	1			1
09_0050	**Pomfret, Chinese Silver, raw**			0				0.17	[3]			Tr
SD or min- max												
n								1	1			1
09_0051	**Pomfret, Silver, dried**			0								Tr
SD or min- max												
n												1
09_0052	**Pomfret, Silver, without bones, raw**						0.01	0.08	[1.8]			Tr
SD or min- max												
n							1	1	1			1
09_0053	**Prawn, Birma river prawn, raw**	2	1	[7]								Tr
SD or min- max												
n			1	1								1
09_0054	**Prawn, Giant river prawn, raw**	2	2	[11]								Tr
SD or min- max												
n			1	1								1
09_0055	**Prawn, Giant tiger prawn, raw**			0								Tr
SD or min- max												
n				1								1
09_0056	**Prawn, Hairy river prawn, raw**	1	0	[3]								Tr
SD or min- max												
n			1	1								1
09_0057	**Prawn, Indian white prawn, raw**			0								Tr
SD or min- max												
n				1								1

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
09_0058	**Prawn, Monsoon river prawn, raw**	Chingri, nodir		(79) 334	79.7	18.2	0.7	0	0	1.3
SD or min- max										
n					1	1	1		1	1
09_0059	**Rohu, river, raw**	Rui, nodir	0.80	(90) 381	76.7	16.6	2.7	0	0	1.2
SD or min- max							1.7			
n					1	1	3		1	1
09_0060	**Rohu, without bones, raw**	Rui, kata chara	0.44	(105) 444	76.3	20.6	2.6	0	0	0.9
SD or min- max										
n					1	1	1		1	1
09_0061	**Shrimp, Speckled, raw**	Chingri, Horina		(81) 341	78.9	17.0	1.4	0	0	2.0
SD or min- max					77.9-79.9	15.8-18.2				1.2-2.9
n					2	2	1		1	2
09_0062	**Silver carp, without bones, raw**	Silver carp, kata chara	0.78	(123) 517	75.6	17.5	6.0	0	0	1.1
SD or min- max					2.3	2.4	2.7			
n					8	6	7		1	1
09_0063	**Silver needle fish, eyes included, raw**	Kakila, chokh soho		(94) 396	76.9	16.6	3.1	0	0	3.4
SD or min- max					3.4	1.1	1.1			1.4
n					3	3	3		1	3
09_0064	**Spotted snakehead, raw**	Taki, kata chara		(91) 384	78.2	17.3	2.4	0	0	4.0
SD or min- max					2.4	1.4				1.4
n					9	8	1		1	3
09_0065	**Stinging catfish, raw**	Shing mach, kata chara	0.75	(101) 423	76.7	17.2	3.5	0	0	2.5
SD or min- max					4.8	2.7	1.1			1.2
n					8	8	7		1	5
09_0066	**Stone roller, raw**	Tatkini	0.77	(97) 405	76.2	15.3	3.9	0	0	2.6
SD or min- max					74.3-78.2					
n					2	1	1		1	1
09_0067	**Striped snake-head, raw**	Shol, kata chara	0.77	(101) 424	78.4	17.7	3.3	0	0	1.4
SD or min- max					1.8	1.4				1.3-1.5
n					8	8	1		1	2
09_0068	**Tilapia, without bones, raw**	Telapia, kata chara	0.30	(110) 466	76.2	20.8	3.0	0	0	1.1
SD or min- max										
n					1	1	1		1	1
09_0069	**Tuna, without bones, raw**	Tuna, kata chara	0.58	(118) 497	72.0	25.0	2.0	0	0	1.3
SD or min- max					0.5	1.3	0.4			
n					7	7	7		1	1
09_0070	**Walking catfish, without bones, raw**	Magur, kata chara	0.79	(103) 434	77.6	15.6	4.6	0	0	1.1
SD or min- max					3.7	0.8	3.1-6.1			1-1.3
n					3	3	2		1	2

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
09_0058	**Prawn, Monsoon river prawn, raw**	15	0.5	18	133	355	93	1.01	0.54
SD or min- max									
n		1	1	1	1	1	1	1	1
09_0059	**Rohu, river, raw**	650	1.0	12	175	288	101	1.13	0.35
SD or min- max									
n		1	1	1	1	1	1	1	1
09_0060	**Rohu, without bones, raw**	30	0.4	37	175	309	38	1.13	0.35
SD or min- max									
n		1	1	1	1	1	1	1	1
09_0061	**Shrimp, Speckled, raw**	421	0.6	26	941	503	117	1.36	0.56
SD or min- max									
n		1	1	1	1	1	1	1	1
09_0062	**Silver carp, without bones, raw**	22	1.5	27	182	225	115	0.28	0.02
SD or min- max			2.0	3		186-263	105-125	0.04	0.00
n		1	4	6	1	2	2	5	4
09_0063	**Silver needle fish, eyes included, raw**	210	0.8	25	470	243	55	0.94	0.10
SD or min- max									
n		1	1	1	1	1	1	1	1
09_0064	**Spotted snakehead, raw**	624	1.5	35	440	245	68	1.08	0.16
SD or min- max		219	0.3			240-250	47-89	0.50	
n		4	4	1	1	2	2	4	1
09_0065	**Stinging catfish, raw**	319	2.1		304	434	83	0.55	
SD or min- max		304	0.9		294-315				
n		3	3		2	1	1	1	
09_0066	**Stone roller, raw**	195	2.2	52	124	[834]	35	1.09	0.09
SD or min- max									
n		1	1	1	1	1	1	1	1
09_0067	**Striped snake-head, raw**	104	1.0	43	130	362	50	0.31	0.20
SD or min- max		68-140	0.5	10	8	224-501		0.18	
n		2	8	6	4	2	1	7	1
09_0068	**Tilapia, without bones, raw**	19	0.5	36	350	341	55	1.40	0.11
SD or min- max									
n		1	1	1	1	1	1	1	1
09_0069	**Tuna, without bones, raw**	16	1.3	33	312	427	47	0.27	0.15
SD or min- max			0.3		9	43		0.07	
n		1	7	1	7	7	1	7	1
09_0070	**Walking catfish, without bones, raw**	27	0.8	25	180	344	71	0.53	0.06
SD or min- max		20-34	0.1			265-424		0.49-0.57	
n		2	4	1	1	2	1	2	1

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
09_0058	**Prawn, Monsoon river prawn, raw**	1	1	[4]								Tr
SD or min- max												
n			1	1								1
09_0059	**Rohu, river, raw**						0.05	0.07	5.9	0.112		Tr
SD or min- max												
n							1	1		1		1
09_0060	**Rohu, without bones, raw**	4	3	[6]			[0.61]	0.10	5.9	0.112		Tr
SD or min- max												
n			1	1			1	1		1		1
09_0061	**Shrimp, Speckled, raw**			0								Tr
SD or min- max												
n												1
09_0062	**Silver carp, without bones, raw**						0.08	0.09	5.0	0.273		Tr
SD or min- max												
n							1	1		1		1
09_0063	**Silver needle fish, eyes included, raw**	65	61	56		1.95	0.01	0.09	12.5	0.900	1	Tr
SD or min- max												
n			1	1							1	1
09_0064	**Spotted snakehead, raw**	191	91	[25]			0.04	0.05	[2.0]	0.244		Tr
SD or min- max												
n			1	1			1	1	1	1		1
09_0065	**Stinging catfish, raw**	16	15	11			0.08	0.09	[0.6]	0.261		Tr
SD or min- max												
n			1	1			1	1	1	1		1
09_0066	**Stone roller, raw**						0.08	0.07	4.8	0.266		Tr
SD or min- max												
n							1	1		1		1
09_0067	**Striped snake-head, raw**						0.04	0.05	[2.0]	0.242		Tr
SD or min- max												
n							1	1	1	1		1
09_0068	**Tilapia, without bones, raw**	2	2	Tr	5.5	[0.71]	[0.97]	0.09	8.0	0.111	24	Tr
SD or min- max												
n			1	1	1	1	1	1		1	1	1
09_0069	**Tuna, without bones, raw**	31	31	Tr	3.12		0.19	0.13	19.3	0.850	9	Tr
SD or min- max												
n			1	1	1		1	1		1	1	1
09_0070	**Walking catfish, without bones, raw**	15	10	[64]			0.03	0.06	[1.7]	0.251		Tr
SD or min- max												
n			1	1			1	1	1	1		1

10 Meat, poultry and their products

Lean meat is the flesh or muscular tissue of animal. Its composition is different from that of the internal organs such as kidney and liver. Muscle tissue consists of about three-quarters of water and one quarter protein together with a small variable amount of fat, one percent mineral elements and some vitamins.

Meat usually contains high levels of complete protein. The body typically uses protein to perform functions of cellular growth, repair, formation of new tissues and body maintenance. Protein is also considered crucial to the regulation of immune function and electrolyte balance.

The fat found in meats can also be a valuable source of energy for the body. The fat of meat is of particular interest in nutrition because it is predominantly saturated in character. Meat typically contains important minerals including iron, phosphorous, zinc, and the complete range of B-complex vitamins. In particular, the organ meat is a good source of iron and B complex vitamins that help to support metabolic function, cognitive function, skin health, production of red blood cells and digestion.

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
10_0016	**Beef handi kabab***	Haaree kabab (goru)	1.00	(233) 968	60.4	12.7	16.9	6.6	1.8	1.7
10_0001	**Beef liver, raw**	Gorur koliza	1.00	(130) 547	70.8	20.4	3.6	3.9	0	1.3
SD or min- max										
n					1	1	1		1	1
10_0002	**Beef, meat, lean, boneless, raw**	Gorur mangsaw, harh o chorbi chara	1.00	(103) 436	76.0	20.7	2.3	0	0	1.0
SD or min- max					1.5	2.1	0.4			0.0
n					3	4	4		1	3
10_0003	**Beef, meat, 15-20% fat, boneless, raw**	Gorur mangsaw, harh chara	1.00	(207) 860	65.4	19.7	14.2	0	0	0.9
SD or min- max										
n					1	1	1		1	1
10_0004	**Beef, mince, lean, raw**	Gorur mangsaw, kima	1.00	(126) 530	75.0	20.3	5.0	0	0	1.0
SD or min- max					73.3-76.7	19.2-21.4				1-1.1
n					2	2	1		1	2
10_0005	**Buffalo meat, raw**	Mohisher mangsaw	1.00	(95) 400	78.7	19.4	1.9	0	0	1.0
SD or min- max										
n					1	1	1		1	1
10_0006	**Chicken breast, without skin, raw**	Murgi, buker mangsaw, chamra charano	0.76	(106) 447	72.9	22.3	1.8	0	0	1.1
SD or min- max										
n					1	1	1		1	1
10_0007	**Chicken leg, without skin, raw**	Murgi, ranner mangsaw, chamra charano	0.72	(128) 537	71.9	19.2	5.7	0	0	1.0
SD or min- max										
n					1	1	1		1	1
10_0008	**Chicken liver, raw**	Murgir koliza	1.00	(114) 479	76.5	16.9	4.8	0.7	0	1.1
SD or min- max										
n					1	1	1		1	1
10_0009	**Duck, meat, raw**	Hasher mangshaw	0.84	(130) 545	72.3	21.6	4.8	0	0	1.2
SD or min- max										
n					1	1	1		1	1
10_0010	**Frog, legs, raw**	Bang		(68) 290	81.9	16.4	0.3	0	0	1.4
SD or min- max										
n					1	1	1		1	1
10_0011	**Goat meat, lean, raw**	Khaseer mangsaw	0.69	(118) 497	74.2	21.4	3.6	0	0	1.1
SD or min- max										
n					1	1	1		1	1
10_0012	**Lamb/mutton, meat, moderately fat, raw**	Verar mangsaw	0.75	(196) 814	71.5	18.5	13.5	0	0	1.3
SD or min- max										
n					1	1	1		1	1
10_0013	**Lamb/Mutton, liver, raw**	Verar koliza	1.00	(150) 628	70.4	19.3	7.5	1.3	0	1.5
SD or min- max										
n					1	1	1		1	1
10_0014	**Pigeon meat, raw**	Kobutorer mangsaw		(137) 577	70.4	23.3	4.9	0	0	1.4
SD or min- max										
n					1	1	1		1	1
10_0015	**Pork, meat, <5 % fat, raw**	Shukorer mangsaw	1.00	(114) 481	77.4	18.7	4.4	0	0	1.0
SD or min- max										
n					1	1	1		1	1

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
10_0016	**Beef handi kabab***	25	2.0	25	88	220	345	3.02	0.21
10_0001	**Beef liver, raw**	4	3.5	18	387	313	69	3.71	1.50
SD or min- max									
n		1	1	1	1	1	1	1	1
10_0002	**Beef, meat, lean, boneless, raw**	4	2.0	15	190	395	52	3.52	0.14
SD or min- max		3	0.9					1.59	0.13
n		13	13	1	1	1	1	11	10
10_0003	**Beef, meat, 15-20% fat, boneless, raw**	5	2.2	22	170	309	69	4.6	0.07
SD or min- max									
n		1	1	1	1	1	1	1	1
10_0004	**Beef, mince, lean, raw**	9	2.4	22	198	346	66	5.09	0.08
SD or min- max									
n		1	1	1	1	1	1	1	1
10_0005	**Buffalo meat, raw**	12	1.6	32	189	297	53	1.93	0.15
SD or min- max									
n		1	1	1	1	1	1	1	1
10_0006	**Chicken breast, without skin, raw**	15	0.5	32	173	315	37	1.70	0.06
SD or min- max									
n		1	1	1	1	1	1	1	1
10_0007	**Chicken leg, without skin, raw**	18	1.0	29	180	299	55	2.09	0.22
SD or min- max									
n		1	1	1	1	1	1	1	1
10_0008	**Chicken liver, raw**	18	9.0	19	297	230	71	2.50	0.29
SD or min- max		8-29						2.32-2.67	0.08-0.49
n		2	1	1	1	1	1	2	2
10_0009	**Duck, meat, raw**	4	2.4	19	235	271	74	1.90	0.25
SD or min- max									
n		1	1	1	1	1	1	1	1
10_0010	**Frog, legs, raw**	18	1.5	20	147	285	58	1.37	0.05
SD or min- max									
n		1	1	1	1	1	1	1	1
10_0011	**Goat meat, lean, raw**	12	2.8	27	193	385	82	4.00	0.26
SD or min- max									
n		1	1	1	1	1	1	1	1
10_0012	**Lamb/mutton, meat, moderately fat, raw**	13	2.2	19	150	136	41	3.92	0.08
SD or min- max			1.8-2.5						
n		1	2	1	1	1	1	1	1
10_0013	**Lamb/Mutton, liver, raw**	10	6.3	19	380	290	73	4.00	9.67
SD or min- max									
n		1	1	1	1	1	1	1	1
10_0014	**Pigeon meat, raw**	12	2.5	30	290	283	60	2.94	0.47
SD or min- max									
n		1	1	1	1	1	1	1	1
10_0015	**Pork, meat, <5 % fat, raw**	30	2.2	18	200	261	60	2.57	0.07
SD or min- max									
n		1	1	1	1	1	1	1	1

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
10_0016	**Beef handi kabab***	12	7	[66]	0.3	[0.52]	0.04	1.00	[1.8]	0.109	10	2.2
10_0001	**Beef liver, raw**	4968	4948	244	1.2	[0.38]	0.19	2.76	[13.2]	1.083	290	1.3
SD or min- max												
n			1		1	1	1	1	1	1	1	1
10_0002	**Beef, meat, lean, boneless, raw**	0	0	0	[0.4]	0.23	0.06	0.19	10.03	0.32	7	0
SD or min- max												
n			1		1	1	1	1		1	1	1
10_0003	**Beef, meat, 15-20 % fat, boneless, raw**	15	15	0	0.6	0.35	0.05	0.2	9.3	0.32	9	0
SD or min- max												
n			1		1	1	1	1		1	1	1
10_0004	**Beef, mince, lean, raw**	0	0	0	0.1	[0.28]	0.04	0.16	[5.5]	0.392	5	0
SD or min- max												
n			1		1	1	1	1	1	1	1	1
10_0005	**Buffalo meat, raw**	0	0	0	0.1	0.05	0.04	0.2	[6.0]	0.53	8	0
SD or min- max												
n			1		1	1	1	1	1	1	1	1
10_0006	**Chicken breast, without skin, raw**	25	25	0	0.1	[0.12]	0.12	0.07	11.4	0.315	7	0
SD or min- max												
n			1		1	1	1	1		1	1	1
10_0007	**Chicken leg, without skin, raw**	23	23	0	0.1	[0.24]	0.09	0.12	9.5	0.350	4	0
SD or min- max												
n			1		1	1	1	1		1	1	1
10_0008	**Chicken liver, raw**	3296	3290	67	0	[0.70]	0.31	1.78	[9.7]	0.853	588	17.9
SD or min- max												
n			1		1	1	1	1	1	1		1
10_0009	**Duck, meat, raw**	24	24	0	0.1	0.02	0.36	0.45	8.8	0.34	25	0
SD or min- max												
n			1		1	1	1	1		1	1	1
10_0010	**Frog, legs, raw**	15	15	0	0.2	[1.00]	0.14	0.25	[1.2]	0.12	15	0
SD or min- max												
n			1		1	1	1	1	1	1	1	1
10_0011	**Goat meat, lean, raw**	0	0	0		0.18	0.11	0.49	[3.8]	0.40	5	0
SD or min- max												
n			1			1	1	1	1	1	1	1
10_0012	**Lamb/mutton, meat, moderately fat, raw**	9	9	0	[0.2]	0.31	0.18	0.14	4.1	0.125	6	0
SD or min- max												
n			1		1	1	1	1		1	1	1
10_0013	**Lamb/Mutton, liver, raw**	8250	8240	103	2.0	0.93	0.36	1.7	20.7	0.90	205	20
SD or min- max												
n			1	1	1	1	1	1		1	1	1
10_0014	**Pigeon meat, raw**	18	18	0			0.26	0.26	[8.0]	0.58	4	5.6
SD or min- max												
n			1				1	1	1	1	1	1
10_0015	**Pork, meat, <5 % fat, raw**	0	0	0	0.04	Tr	0.53	0.16	5.2	0.311	1	0
SD or min- max												
n			1		1		1	1		1	1	1

11 Eggs and their products

Chicken eggs are the most commonly eaten eggs. They supply all essential amino acids for humans (a source of 'complete protein') and provide several vitamins and minerals including retinol, riboflavin, folate, vitamin B_6, vitamin B_{12}, choline, iron, calcium, phosphorus and potassium. Other popular choices for egg consumption are duck, quail, roe, and caviar.

The egg-yolk makes up about 33% of the liquid weight of the egg. It contains all of the fat, slightly less than half of the protein and most of the other nutrients. All of the egg's vitamins A, D, and E are in the egg yolk. It also contains choline, with one yolk containing approximately half of the recommended daily intake. Choline is an important nutrient for development of the brain, and is said to be important for pregnant and nursing women to ensure healthy fetal brain development.

Chicken eggs are widely used in many types of dishes including many baked foods. Some of the most common preparation methods include scrambled, fried, hard-boiled, soft-boiled and pickled. The egg white contains protein but little or no fat, and can be used in cooking separately from the yolk as in meringue and desserts.

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
11_0001	**Egg, chicken, farmed, raw**	Murgir dim, farm er	0.87	(139) 579	72.3	14.5	9.0	Tr	0	0.8
SD or min- max										
n					1	1	1		1	1
11_0005	**Egg, chicken, farmed, boiled* (without salt)**	Murgir dim siddha, lobon chara	0.87	(158) 658	68.5	16.5	10.2	0	0	0.9
11_0002	**Egg, chicken, native, raw**	Murgir dim, deshi	0.87	(158) 655	76.1	13.3	11.6	Tr	0	0.9
SD or min- max										
n					1	1	1	1	1	1
11_0006	**Egg, chicken, native, boiled* (without salt)**	Deshi murgir dim siddha, lobon chara	0.87	(179) 745	72.9	15.1	13.2	0	0	1.0
11_0003	**Egg, chicken, native, yolk, raw**	Murgir dim er kusum, deshi	1.00	(325) 1350	51.9	16.0	27.8	2.6	0	1.7
SD or min- max					0.8	0.1	2.3		0-0	1.7-1.7
n					3	3	3		2	2
11_0004	**Egg, duck, whole, raw**	Hasher dim	0.89	(188) 782	69.7	13.5	14.3	1.4	0	1.1
SD or min- max					68.4-71.0	1.6	13.3-15.9			0.2
n					2	4	2		1	3
11_0007	**Egg, duck, whole, boiled* (without salt)**	Hasher dim siddha, lobon chara	0.89	(214) 889	65.6	15.3	16.2	1.6	0	1.2

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
11_0001	**Egg, chicken, farmed, raw**	[29]	1.5	21	220	110	116	2.36	0.30
SD or min- max									
n		1	1	1	1	1	1	1	1
11_0005	**Egg, chicken, farmed, boiled* (without salt)**	[35]	1.8	24	238	120	128	2.54	0.33
11_0002	**Egg, chicken, native, raw**	60	1.7	11	220	97	135	2.03	0.30
SD or min- max									
n		1	1	1	1	1	1	1	1
11_0006	**Egg, chicken, native, boiled* (without salt)**	68	1.9	13	238	105	148	2.19	0.33
11_0003	**Egg, chicken, native, yolk, raw**	120	4.8	11	477	113	48	3.33	0.13
SD or min- max		17	1.8	6	78	6	48-48	0.90	0.05
n		3	3	3	3	3	2	3	3
11_0004	**Egg, duck, whole, raw**	65	2.4	11	220	222	134	1.41	0.06
SD or min- max		60-70	0.5						
n		2	3	1	1	1	1	1	1
11_0007	**Egg, duck, whole, boiled* (without salt)**	73	2.7	13	238	240	147	1.52	0.07

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
11_0001	**Egg, chicken, farmed, raw**	165	165	Tr	1.9	0.83	0.18	0.40	3.8	0.149	50	0
SD or min- max												
n			1		1	1	1	1		1	1	1
11_0005	**Egg, chicken, farmed, boiled* (without salt)**	178	178	Tr	2.0	0.94	0.17	0.36	3.4	0.136	45	0
11_0002	**Egg, chicken, native, raw**	213	213	Tr	2.4	1.2	0.18	0.40	3.8	0.149	50	0
SD or min- max												
n			1		1	1	1	1		1		1
11_0006	**Egg, chicken, native, boiled* (without salt)**	229	229	Tr	2.6	1.36	0.17	0.36	3.4	0.136	45	0
11_0003	**Egg, chicken, native, yolk, raw**	496	486	124	5.4	4.16	0.23	0.49	4.1	0.300	109	0
SD or min- max			371-600			3.11-5.2	0.06	0.08			51	0-0
n			2		1	2	3	3		1	3	2
11_0004	**Egg, duck, whole, raw**	362	360	21	1.8	[1.39]	0.12	0.26	4.7	0.250	80	0
SD or min- max							0.12-0.12	0.26-0.26				
n			1		1	1	2	2		1	1	1
11_0007	**Egg, duck, whole, boiled* (without salt)**	391	389	22	1.9	[1.58]	0.11	0.24	4.5	0.227	73	0

12 Milk and its products

Milk, a food of outstanding interest, is produced by the mammary glands of mammals. It is designed by the nature to be a complete food with extremely high nutritional value for very young animals. Early-lactation milk contains colostrum which carries the mother's antibodies to the baby and can reduce the risk of many diseases in the baby. The colloidal properties of milk are of great practical importance in making butter and cheese especially from cow's milk.

Milk is an oil-in-water emulsion, whole milk containing 3.5-4% fat. In addition to milk fat, the fat phase contains fat-soluble vitamins, phospholipids, carotenoids, and cholesterol while the aqueous phase contains protein, minerals, lactose (sugar) and water-soluble vitamins. The most important proteins in milk are *casein* (2.6%) and *whey* protein (0.15%). Casein is not a single substance, but a family of phosphorous-containing proteins that bind the calcium and other minerals present. On the other hand, whey protein consists of two major proteins; *lactalbumin* (0.12%) and *lactoglobulin* (0.3%) both of them are not coagulated by digestive enzyme rennin but they are more easily coagulated by heat than casein. Thus, when milk is heated, lactalbumin and lactoglobuli coagulate and form a skin on the milk surface (called *sor* in Bangla).

The composition of different specimens of milk may show some variations with many extrinsic factors. Between cow's and buffalo milk, the latter has a higher fat content expressed on a moisture free basis. Unless the whey is discarded, the products of milk retain all the nutrients present in the milk.

Cow's milk has been processed into dairy products. Milk and milk products cover liquid milk, milk powder, and fermented milk products like curd, yoghurt and butter milk. Other milk products also include khoa, whole and cottage cheese, chhana, paneer, condensed milk, malted milk food, ice cream and a variety of milk sweets.

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
12_0001	**Buttermilk, fluid, low fat**	Ghol	1.00	(33) 137	92.2	3.4	0.7	3.1	0	0.6
SD or min- max					3.5	0.1	0.3			0.4
n					4	3	4		1	3
12_0002	**Cheese, cottage, 25% fat**	Poneer	1.00	(346) 1440	40.3	24.6	25.1	5.4	0	4.6
SD or min- max										
n					1	1	1		1	1
12_0003	**Curd, sweetened, whole milk**	Doi, misti	1.00	(94) 396	80.6	3.2	4.0	11.4	0	0.8
SD or min- max										
n					1	1	1		1	1
12_0004	**Milk, buffalo, whole fat**	Mohiser dudh	1.00	(101) 421	83.3	3.8	7.5	4.7	0	0.8
SD or min- max					1.0	0.3	1.2			0.0
n					32	17	43		1	5
12_0005	**Milk, cow, powder, skimmed**	Gura dudh, Goru, makhon tola/noniheen	1.00	(358) 1520	3.8	37.6	1.0	49.8	0	7.9
SD or min- max					3.5-4.1	36.3-38.8				6.8-8.9
n					2	2	1		1	2
12_0006	**Milk, cow, powder, whole**	Gura dudh, Goru, noni soho	1.00	(497) 2080	3.2	26.6	26.7	37.5	0	5.9
SD or min- max					0.7	0.9	0.1			0.1
n					3	3	3		1	3
12_0007	**Milk, cow, skimmed**	Gorur dudh, makhon tola/noniheen	1.00	(30) 125	92.1	3.1	0.1	4.1	0	0.6
SD or min- max										
n					1	1	1		1	1
12_0008	**Milk, cow, whole fat (pasteurized, UTH)**	Gorur dudh, purno noni soho	1.00	(63) 263	88.3	3.1	3.7	4.3	0	0.6
SD or min- max										
n					1	1	1		1	1
12_0009	**Milk, cow, whole, condensed, sweetened**	Kondense milk, Goru, chini soho	1.00	(334) 1410	26.5	8.2	9.4	54.0	0	1.8
SD or min- max					25.9-27.2	7.9-8.5	8.7-10.1			
n					2	2	2		1	1
12_0010	**Milk, goat, combined breeds**	Chagoler dudh	1.00	(68) 285	87.2	3.5	4.1	4.3	0	0.9
SD or min- max					1.6	0.2	0.9			0.1
n					13	6	13		1	9
12_0011	**Milk, human, colostrum, raw**	Shaldudh	1.00	(58) 242	88.2	2.0	2.6	6.6	0	0.6
SD or min- max					0.0	0.0	0.0			0.6-0.6
n					3	3	3		1	2
12_0012	**Milk, human, mature, raw**	Mayer dudh	1.00	(69) 260	87.4	1.2	4.0	7.2	0	0.2
SD or min- max					0.4	0.2	0.4			0.1
n					4	3	4		1	3
12_0013	**Payesh***	Payesh	1.00	(205) 864	53.8	4.3	4.7	36.2	0.2	0.9

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
12_0001	**Buttermilk, fluid, low fat**	103	0	12	92	152	68	0.41	0.01
SD or min- max			0.0	1	3	3	32	0.01	0.01-0.01
n		1	3	3	3	3	3	3	2
12_0002	**Cheese, cottage, 25% fat**	790	0.3	22	414	83	509	3.55	0.03
SD or min- max									
n		1	1	1	1	1	1	1	1
12_0003	**Curd, sweetened, whole milk**	103	0.1	13	90	131	51	0.45	0.05
SD or min- max									
n		1	1	1	1	1	1	1	1
12_0004	**Milk, buffalo, whole fat**	206	0.2	18	246	178	52	0.22	0.05
SD or min- max		21	0.1-0.2	9	86				
n		5	2	4	4	1	1	1	1
12_0005	**Milk, cow, powder, skimmed**	1370	1.1	110	956	1600	435	4.7	0.10
SD or min- max									
n		1	1	1	1	1	1	1	1
12_0006	**Milk, cow, powder, whole**	959	0.7	92	758	1180	365	3.71	0.06
SD or min- max		9	0.1	91-93	45	1160-1190	360-370	3.51-3.91	0.06-0.06
n		3	3	2	3	2	2	2	2
12_0007	**Milk, cow, skimmed**	103	0.1	13	90	131	51	0.45	0.05
SD or min- max									
n		1	1	1	1	1	1	1	1
12_0008	**Milk, cow, whole fat (pasteurized, UTH)**	103	0.1	13	90	131	51	0.45	0.05
SD or min- max									
n		1	1	1	1	1	1	1	1
12_0009	**Milk, cow, whole, condensed, sweetened**	287	0.2	28	247	366	134	0.97	0.02
SD or min- max		284-290	0.2-0.2	26-29	240-253	360-371	127-140	0.94-1	
n		2	2	2	2	2	2	2	1
12_0010	**Milk, goat, combined breeds**	152	0.2	14	111	204	50	0.3	0.05
SD or min- max		134-170	0.1-0.3						
n		2	2	1	1	1	1	1	1
12_0011	**Milk, human, colostrum, raw**	28	0.1	3	14	70	47	0.60	0.05
SD or min- max		0		0	0	0	0	0.00	0.00
n		3	1	3	3	3	3	3	3
12_0012	**Milk, human, mature, raw**	32	0.1	3	15	56	16	0.26	0.04
SD or min- max		3	0.0	0	1	4	1	0.08	0.01
n		4	4	3	3	3	3	3	3
12_0013	**Payesh***	132	0.2	31	120	169	65	0.65	0.11

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
12_0001	**Buttermilk, fluid, low fat**	8	8	1	Tr	0.01	0.04	0.17	0.9	0.042	6	0.7
SD or min- max			4			0.01-0.01	0.00	0.01			3	0.3-1
n			3		1	2	3	3		1	3	2
12_0002	**Cheese, cottage, 25% fat**	205	190	182	0.3	0.49	0.02	0.47	6.5		40	Tr
SD or min- max												
n			1		1	1	1	1			1	1
12_0003	**Curd, sweetened, whole milk**	32	31	14	Tr	0.08	0.05	0.16	0.8	0.053	9	1.0
SD or min- max												
n			1	1	1	1	1	1		1	1	1
12_0004	**Milk, buffalo, whole fat**	47	44	[30]			0.05	0.22	[0.1]	0.023	6	1.7
SD or min- max			35-53				0.04-0.05	0.14-0.3				1-2.3
n			2	1			2	2	1	1	1	2
12_0005	**Milk, cow, powder, skimmed**	0	0	0	Tr	0.1	0.45	1.64	9.7	0.645	21	5.0
SD or min- max												
n			1		1	1	1	1		1	1	1
12_0006	**Milk, cow, powder, whole**	238	228	124	Tr	0.59	0.31	1.37	6.8	0.276	38	10.7
SD or min- max			10	118-129		0.5-0.68	0.01	0.05		0.25-0.302	37-39	10-11.3
n			3	2	1	2	3	3		2	2	2
12_0007	**Milk, cow, skimmed**	0	0	0	Tr	0.01	0.06	0.28	0.8	0.053	9	1.0
SD or min- max												
n			1	1	1	1	1	1		1	1	1
12_0008	**Milk, cow, whole fat (pasteurized, UTH)**	32	30	16	Tr	0.08	0.06	0.28	0.8	0.053	9	2.0
SD or min- max												
n			1	1	1	1	1	1		1	1	1
12_0009	**Milk, cow, whole, condensed, sweetened**	95	92	42	0.2	0.19	0.09	0.44	2.3	0.051	13	3.3
SD or min- max			73-110	14-70			0.09-0.09	0.42-0.46			11-15	2.6-4
n			2	2	1	1	2	2		1	2	2
12_0010	**Milk, goat, combined breeds**	32	30	18	[0.06]	0.03	0.05	0.09	1.0	0.046	1	1.2
SD or min- max			25-35				0.05-0.05	0.04-0.14				1-1.3
n			2	1	1	1	2	2		1	1	2
12_0011	**Milk, human, colostrum, raw**	166	155	135	Tr	1.30	Tr	0.03	1.0	0	2	7.0
SD or min- max			0	135-135		0.00		0.00		0-0	0	7-7
n			3	2	1	3	1	3		2	3	2
12_0012	**Milk, human, mature, raw**	56	54	19	0.1	0.34	0.02	0.03	0.7	0.01	5	4.3
SD or min- max			9			0.34-0.34	0.00	0.01			0	0.6
n			4		1	2	4	4		1	3	3
12_0013	**Payesh***	39	38	[20]	0	0.10	0.07	0.33	[0.3]	0.056	7	1.7

13 Fats and oils

Chemically, oil and fat molecules are triglycerides formed by reaction of one molecule of glycerol with three fatty acid molecules. Over 40 different fatty acids are found combined as a part of triglycerides. The nature of fatty acids involved plays an important part in determining the character of oils and fats.

There are two types of dietary fats: *visible* and *invisible*. Visible fats include oils, butter and animal fat. Invisible fat, not visible to naked eyes, is present in food items like wheat, rice and pulses etc in small amounts. In general, the fats and oils we use are mainly composed of either saturated (contain no double bonds in their chemical structure) or unsaturated (contain one or more double bonds in their chemical structure) fatty acid chains. Saturated fats exist in a solid state at room temperature and are usually derived from animal sources although some of them are obtained from plant sources. Butter, lard, palm kernel oil and coconut oil are some examples of saturated fat. Unsaturated fats are liquid at room temperatures and, in general, derived from plant sources. Some examples include soybean oil, groundnut oil and mustard oil. Fish oil, however, is composed of major proportion of unsaturated fats to saturated fats.

Fats are the most compact source of energy (9 kcal/g). They provide a range of essential nutrients required by the body such as essential fatty acids (linoleic acid and alpha linolenic acid) and fat-soluble vitamins (vitamins A, D, E and K). Furthermore, vegetable oils are a good source of plant sterols, especially *β-sitosterol* and *campesterol.* Fats and oils high in monounsaturated fats as in olive, canola and sesame help lower LDL-cholesterol in the blood. Rice bran oil is an important edible oil source which has a fatty acid composition similar to that of groundnut oil. This oil has a special property of reducing blood cholesterol, a property not shared by ground nut oil.

Excess fats in the diet circulate as triglycerides and cholesterol in the blood. These components deposit at various proportions in different organs and tissues inside our body leading to obesity, coronary artery disease, diabetes, and coronary diseases.

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
13_0001	**Butter, salted**	Makhon, nonta	1.00	(733) 3010	15.9	0.9	81	0.2	0	2.1
SD or min- max										
n					1	1	1		1	1
13_0002	**Cottonseed oil**	Tular bij er tel	1.00	(900) 3700	0	0	100	0	0	0
SD or min- max										
n					1	1	1		1	1
13_0003	**Fish oil, cod liver**	Kod liver tel	1.00	(900) 3700	0	0	100	0	0	0
SD or min- max										
n					1	1	1		1	1
13_0004	**Ghee, cow**	Ghee, gorur	1.00	(898) 3690	0.1	0	99.8	0	0	0.1
SD or min- max										
n					1	1	1		1	1
13_0005	**Ghee, vegetable**	Dalda/Bonoshpati	1.00	(900) 3700	0	0	100	0	0	Tr
SD or min- max										
n					1	1	1		1	1
13_0006	**Margarine**	Margarine	1.00	(750) 3080	16.0	0.3	83.3	0	0	2.3
SD or min- max						0.1-0.4	80.2-86.3			1.8-2.8
n					1	2	2		1	2
13_0007	**Mayonnaise, salted**	Mayonnaise, nonta	1.00	(732) 3010	16.4	1.5	80.6	0	0	1.5
SD or min- max					1.7	0.8	5.4			1.1-1.8
n					3	3	3		1	2
13_0008	**Mustard oil**	Sorishar tel	1.00	(900) 3700	0	0	100	0	0	0
SD or min- max										
n					1	1	1		1	1
13_0009	**Palm oil**	Palm tel	1.00	(900) 3700	0	0	100	0	0	0
SD or min- max					0-0	0-0	99.9-100		0-0	0-0
n					2	2	2		2	2
13_0010	**Peanut oil**	China badam er tel	1.00	(900) 3700	0	0	100	0	0	0
SD or min- max										
n					1	1	1		1	1
13_0011	**Sesame oil**	Tiler tel	1.00	(900) 3700	0	0	100	0	0	0
SD or min- max										
n					1	1	1		1	1
13_0012	**Soybean oil**	Soybean tel	1.00	(900) 3700	0	0	100	0	0	0
SD or min- max										
n					1	1	1		1	1

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
13_0001	**Butter, salted**	24	0	2	24	24	714	0.09	0
SD or min- max									
n		1	1	1	1	1	1	1	1
13_0002	**Cottonseed oil**	0	0	0	0	0	0	0	0
SD or min- max									
n		1	1	1	1	1	1	1	1
13_0003	**Fish oil, cod liver**	1	0.1	0	0	0	0	0.06	0.01
SD or min- max									
n		1	1	1	1	1	1	1	1
13_0004	**Ghee, cow**	1	0.2	Tr	Tr	1	2	0.01	0.01
SD or min- max									
n		1	1	1	1	1	1	1	1
13_0005	**Ghee, vegetable**	2	0.2	Tr	Tr	1	1	0.04	0.01
SD or min- max		2-2	0.2-0.2			1-1		0.02-0.07	0.01-0.01
n		2	2	1	1	2	1	2	2
13_0006	**Margarine**	10	0.1	2	10	52	504	0.05	0.01
SD or min- max							416-592		
n		1	1	1	1	1	2	1	1
13_0007	**Mayonnaise, salted**	8	0.3	4	43	25	488	0.25	0.03
SD or min- max		8-8	0.3-0.3	1-7	27-59	16-34	96	0.1-0.4	0.02-0.03
n		2	2	2	2	2	3	2	2
13_0008	**Mustard oil**	0	0	0	0	0	0	0	0
SD or min- max									
n		1	1	1	1	1	1	1	1
13_0009	**Palm oil**	0	0	0	0	0	0	0	0
SD or min- max		0-0	0-0	0-0	0-0	0-0	0-0		
n		2	2	2	2	2	2	1	1
13_0010	**Peanut oil**	0	0	0	0	0	0	0.01	
SD or min- max									
n		1	1	1	1	1	1	1	
13_0011	**Sesame oil**	0	0	0	0	0	0	0	0
SD or min- max									
n		1	1	1	1	1	1	1	1
13_0012	**Soybean oil**	0	0.1	0	0	0	0	0.01	0
SD or min- max									
n		1	1	1	1	1	1	1	1

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
13_0001	**Butter, salted**	633	620	158	1.5	1.85	0.01	0.03	[0.04]	0.003	3	0
SD or min- max												
n			1		1	1	1	1	1	1	1	1
13_0002	**Cottonseed oil**	0	0	0	0	42.77	0	0	0	0	0	0
SD or min- max												
n			1		1	1	1	1		1	1	1
13_0003	**Fish oil, cod liver**	2500	30000	0	250	30	0	0	0	0	0	0
SD or min- max												
n			1	1	1	1	1	1	1	1	1	1
13_0004	**Ghee, cow**	642	600	500	[1.9]	3.31	0	Tr	Tr		0	0
SD or min- max												
n			1		1	1	1	1			1	1
13_0005	**Ghee, vegetable**	0	0	Tr	0	10.27	0	0	Tr		0	0
SD or min- max												
n			1	1	1	1	1	1	1		1	1
13_0006	**Margarine**	810	780	360	0	[8.5]	0.01	0.03	0	0.003	2	0
SD or min- max												
n			1	1	1	1	1	1	1	1	1	1
13_0007	**Mayonnaise, salted**	73	73			16.87	0.01	0.05	0.35	0.1	9	0
SD or min- max			60-86				0.01-0.02	0.03-0.07			4-14	
n			2			1	2	2		1	2	1
13_0008	**Mustard oil**	0	0				0	0	0	0	0	0
SD or min- max												
n			1				1	1	1	1	1	1
13_0009	**Palm oil**	0	0	0	0	33.12	0	0	0	0	0	0
SD or min- max			0-0		0-0		0-0	0-0			0-0	0-0
n			2		2	1	2	2		1	2	2
13_0010	**Peanut oil**	0	0	0	0	15.16	0	0	0	0	0	0
SD or min- max												
n			1	1	1	1	1	1	1	1	1	1
13_0011	**Sesame oil**	0	0	0	0	[1.40]	0	0	0	0	0	0
SD or min- max												
n			1		1	1	1	1	1	1	1	1
13_0012	**Soybean oil**	0	0	0	0	16.06	0	0	0	0	0	0
SD or min- max												
n			1		1	1	1	1	1	1	1	1

14 Beverages

Beverage is a kind of liquid which is specifically prepared for human consumption. *Beverage* encompasses all kinds of drinks. There are many groups for beverages such as plain water, alcohol, non alcoholic drinks, soft drinks (carbonated drinks), fruit or vegetable juices and hot drinks. In addition to fulfilling a basic need, drinks form part of the culture of human society.

Approximately six to ten glasses (at least 150 ml each) of a variety of fluids can be consumed each day. Water may come from foods, roughly 20% of the need. Therefore, water should be the main daily drink for most people. Next to water, tea is the most consumed beverage in the world. Coffee has some limited health benefits while tea provides a variety of flavonoids that exert antioxidant activity. Fresh tea leaves contain a number of water-soluble constituents including polyphenols (30% of dry weight), amino acids (4%), caffeine (4%) and traces of sugars. Tea leaves also contain insoluble materials, mainly fibrous, proteins and pectins and a very small amount (0.01%) of essential oil which contain a large number of volatile components that contribute flavour and aroma.

Hundred percent fruit and vegetable juices and smoothies provide nutrients in their natural state but lack fibre and some of the nutrients that are found in whole fruits and vegetables which should be eaten for satiety and energy balance.

Non-caloric, artificially-sweetened beverages include diet soda, diet drinks and artificially-sweetened drinks, teas and coffees. On the other hand, sports drinks are designed for endurance athletes who need to replace electrolytes, sodium, chloride and potassium levels that are diminished during endurance event.

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
14_0001	**Coconut water**	Daber pani	1.00	(20) 83	94.5	0.6	0.3	3.2	1.1	0.3
SD or min- max					0.6	0.4-0.7	0.2			0.1
n					4	2	4		1	4
14_0002	**Coffee infusion (instant with sugar and milk powder, whole fat)**	Coffee, dudh o chini soho	1.00	(38) 160	91.3	0.9	0.8	6.8	0	0.3
14_0003	**Coffee, powder**	Coffee	1.00	(355) 1300	3.1	12.2	0.5	75.4	0	8.8
n					1	1	1		1	1
14_0004	**Soft drinks, carbonated**	Komol paniyo	1.00	(41) 175	89.6	0	0	10.3	0	0.1
SD or min- max										
n					1	1	1		1	1
14_0005	**Soya milk (not sweetened)**	Soybean dudh	1.00	(54) 225	87.8	2.8	2.4	4.9	0.5	1.6
n					1	1	1		1	1
14_0006	**Sugar cane Juice**	Akher ross	1.00	(33) 139	91.7	0.7	0	7.5	0	0.1
SD or min- max						0.7-0.7				
n					1	2	1		1	1
14_0007	**Tea infusion (with sugar and milk powder, whole fat)**	Dudh cha	1.00	(41) 172	90.4	0.73	0.8	7.6	0.2	0.3
14_0008	**Tea, infusion (with sugar)**	Likar cha	1.00	(29) 125	92.4	0.21	0	7.1	0.1	0.2
14_0009	**Tea, powder**	Cha pata	1.00	(296) 1250	5.7	20.2	0	49.5	8.5	16.0
SD or min- max					0.7					
n					4	1	1		1	1
14_0010	**Water, drinking**	Khabar pani	1.00	(0) 0	100	0	0	0	0	Tr
min- max										
n					1	1	1		1	1

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
14_0001	**Coconut water**	20	0.2	25	18	260	96	0.10	0.04
SD or min- max		5	0.1	24-25	7	250-270	86-105	0.10	0.04
n		5	4	2	3	2	2	1	1
14_0002	**Coffee infusion (instant with sugar and milk powder, whole fat)**	33	0.2	7	25	65	14	0.12	0.01
14_0003	**Coffee, powder**	141	4.4	327	303	3540	37	0.35	0.14
n		1	1	1	1	1	1	1	1
14_0004	**Soft drinks, carbonated**	6	0.3	0	11	1	4	0.02	0.01
SD or min- max		1	0.1			0		0.02	0.01
n		5	5	1	1	5	1	5	3
14_0005	**Soya milk (not sweetened)**	13	0.43	15	48	74	32	0.3	0.09
n		1	1	1	1	1	1	1	1
14_0006	**Sugar cane Juice**	8	1.1	10	6	25	7	0.01	0.06
SD or min- max									
n		1	1	1	1	1	1	1	1
14_0007	**Tea infusion (with sugar and milk powder, whole fat)**	28	0.4	5	23	48	14	0.11	0.02
14_0008	**Tea, infusion (with sugar)**	5	0.1	4	3	64	3	0.03	0.01
14_0009	**Tea, powder**	118	2.3	272	239	6040	72	1.69	0.55
SD or min- max									
n		1	1	1	1	1	1	1	1
14_0010	**Water, drinking**	3	0.1	2	0	0	3	0.002	0.001
min- max		0-37	0-6,1	0-31	0-2	0-13	0-270	0-0.63	0-0.01
n		3534	3534	3534	3534	3534	3534	3534	3534

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
14_0001	**Coconut water**	0	0	0	0	0	0.06	0.03	[0.1]	0.032	3	3.3
SD or min- max			0-0				0.05	0.03	0.01			1.6
n			2	1	1	1	5	5	3	1	1	5
14_0002	**Coffee infusion (instant with sugar and milk powder, whole fat)**	7	7	4	0	[0.02]	0.01	0.04	[0.3]	0.008	1	0.3
14_0003	**Coffee, powder**	0	0	0	0	0	0.01	0.07	[28.2]	0.029	0	0
n			1		1	1	1	1	1	1	1	1
14_0004	**Soft drinks, carbonated**	0	0	0	0	0	0	0	0	0	0	0
SD or min- max												
n			1		1	1	1	1			1	
14_0005	**Soya milk (not sweetened)**	0	0	0	0	0.32	0.06	0.05	0.8	0.03	9	0
n			1		1	1	1	1		1		1
14_0006	**Sugar cane Juice**	0	0	0	0	0	0.04	Tr	Tr		Tr	Tr
SD or min- max							0.04-0.04					
n			1		1	1	2	1	1		1	1
14_0007	**Tea infusion (with sugar and milk powder, whole fat)**	6	6	3	0		0.01	0.04	0.3	0.007	1	0.3
14_0008	**Tea, infusion (with sugar)**	0	0	0	0		0	0.01	0.1	0.004	1	0
14_0009	**Tea, powder**	0	0	0	0	0	0	0.99	[10.8]	0.356	103	0
SD or min- max												
n			1	1	1	1	1	1	1	1	1	1
14_0010	**Water, drinking**	0	0	0	0	0	0	0	0	0	0	0
min- max												
n			1	1	1	1	1	1	1	1	1	1

15 Miscellaneous

The word "miscellaneous" means "of mixed character". This includes foods that are mixed and food items combined. Some substances may be defined as either food or drink, and accordingly may be eaten with a spoon or drunk depending upon their thickness and solubility. Food items not covered in any of the food groups listed are included in this category.

Code	Food name in English	Food name in Bengali	Edible portion coefficient	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Total dietary fibre (g)	Ash (g)
15_0001	**Baking powder**	Baking powder	1.00	172 (731)	6.3	5.2	0	37.8	0	50.7
N					1	1	1		1	1
15_0002	**Betel leaves, raw**	Pan pata	1.00	(42) 175	85.4	3.1	0.4	4.1	4.7	2.3
SD or min- max										
N					1	1			1	1
15_0003	**Honey**	Modhu	1.00	(326) 1390	18.2	0.3	0	81.1	0.2	0.2
SD or min- max					1.3	0.1	0.0			0.0
N					4	4	4		1	3
15_0004	**Jaggery, sugarcane, solid**	Gur, Akh	1.00	(385) 1630	3.4	0.5	0.1	95.4	0	0.6
N					1	1	1		1	1
15_0005	**Jaggery/Panela, date palm**	Gur, Khejur	1.00	(352) 1500	9.6	1.5	0.3	85.7	[0.3]	2.6
N					1	1	1		1	1
15_0006	**Jagggery liquid, date palm**	Nolen gur	1.00	(86) 365	78.3	0.3	0.1	20.9	[0.1]	0.3
SD or min- max					1.7	0.2	0.0			0.0
n					12	12	12		1	6
15_0007	**Salt**	Lobon		(0) 0	Tr	0	0	0	0	99.8
n					1	1	1		1	1
15_0008	**Sugar, white**	Chini, sada	1.00	(398) 1690	0.4	0	0	99.5	0	0.1
n					1	1	1		1	1

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)
15_0001	**Baking powder**	11300	Tr	9	8430	49	11800	Tr	Tr
n		1	1	1	1	1	1	1	1
15_0002	**Betel leaves, raw**	230	7.0	82	60	684	3	1.00	0.30
SD or min- max									
n		1	1	1	1	1	1	1	1
15_0003	**Honey**	5	0.5	2	9	51	9	0.49	0.04
SD or min- max		1	0.2	1	7	1	4	0.36	0.01
n		3	4	3	3	3	3	3	3
15_0004	**Jaggery, sugarcane, solid**	92	1.6	120	72	290	79	0.10	0.75
n		1	1	1	1	1	1	1	1
15_0005	**Jaggery/Panela, date palm**	363			62				
n		1			1				
15_0006	**Jagggery liquid, date palm**	87			15				
SD or min- max									
n		1			1				
15_0007	**Salt**	Tr	Tr	Tr	Tr	Tr	39340	Tr	Tr
n		1	1	1	1	1	1	1	1
15_0008	**Sugar, white**	12	0.2	2	1	5	5	0.10	0.12
n		1	1	1	1	1	1	1	1

Code	Food name in English	Vitamin A (mcg)	Retinol (mcg)	Beta-carotene equivalents (mcg)	Vitamin D (mcg)	Vitamin E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin equivalents (mg)	Vitamin B6 (mg)	Folate (mcg)	Vitamin C (mg)
15_0001	**Baking powder**	0	0	0	0	0	0	0	0	0	0	0
n			1	1	1	1	1	1	1	1	1	1
15_0002	**Betel leaves, raw**		0		0		0.07	0.03	[0.7]			5.0
SD or min- max												
n			1		1		1	1	1			1
15_0003	**Honey**	0	0	0	0	0	0	0.06	0.16	0.16	1	1.4
SD or min- max			0	0	0	0-0	0.00	0.03			0-2	1.8
n		0	2	2	3	2	3	4		1	2	4
15_0004	**Jaggery, sugarcane, solid**	0	0	0	0		Tr	0.04	Tr		Tr	0
n			1	1	1		1	1	1		1	1
15_0005	**Jaggery/Panela, date palm**											
n												
15_0006	**Jagggery liquid, date palm**											
SD or min- max												
n												
15_0007	**Salt**	0	0	0	0	0	0	0	0	0	0	0
n			1	1	1	1	1	1	1	1	1	1
15_0008	**Sugar, white**	0	0	0	0	0	0	0	0	0	0	0
n			1		1	1	1	1	1	1	1	1

ANNEXURES

Annex 1. Amino acids of selected foods

Code	Food name in English	Protein (g)	ILE (mg)	LEU (mg)	LYS (mg)	MET (mg)	CYS (mg)	PHE (mg)	TYR (mg)	THR (mg)	TRP (mg)	VAL (mg)	ARG (mg)	HIS (mg)	ALA (mg)	ASP (mg)	GLU (mg)	GLY (mg)	PRO (mg)	SER (mg)
01 Cereals and their products																				
01_0001	Barley, whole-grain, raw	10.9	484	873	413	189	224	637	318	389	142	672	519	283	484	637	2831	425	1415	566
01_0004	Maize/corn flour, whole, white	6.9	255	876	194	132	112	357	265	255	45	336	285	194	520	448	1427	255	622	357
01_0005	Maize/corn, yellow, dried, raw	9.9	356	1219	280	208	179	489	405	373	71	503	496	303	745	691	1866	407	867	472
01_0006	Millet, Foxtail, raw	10.4	439	1322	201	208	201	547	321	333	113	546	361	223	931	686	2263	271	828	608
01_0007	Millet, Proso, whole-grain, raw	11.2	470	1400	210	230	210	590	340	360	120	590	380	230	980	720	2500	280	870	640
01_0012	Rice, BR-28, parboiled, milled, raw	6.5	229	501	234	206	140	345	244	222	50	368	476	149	568	574	1301	287	265	321
01_0024	Rice, white, sunned, aromatic, raw	6.7	291	556	243	159	138	359	225	241	78	410	560	159	390	632	1311	307	316	354
01_0025	Rice, white, sunned, polished, milled, raw	6.6	283	542	237	155	134	351	219	235	76	400	547	155	380	617	1278	299	308	345
01_0028	Sweetcorn, yellow, on the cob, raw	3.5	140	470	100	71	59	190	140	140	24	180	150	100	280	240	760	140	330	190
01_0031	Wheat, flour, white	10.6	307	691	276	220	218	475	270	300	124	450	440	229	556	505	3537	412	1065	505
02 Pulses, legumes and their products																				
02_0002	Bengal gram, whole dried, raw	20.4	874	1450	1362	267	273	1091	505	755	195	854	1919	560	874	2395	3561	847	841	1027
02_0005	Green gram, split dried, raw	23.7	990	1800	1700	290	210	1500	730	760	260	1200	1700	690	1100	2700	4200	960	1100	1200
02_0006	Green gram, whole, dried, raw	23.7	990	1800	1700	290	210	1500	730	760	260	1200	1700	690	1100	2700	4200	960	1100	1200
02_0008	Lentil, dried, raw	27.7	1048	2017	2118	147	216	1431	836	1032	257	1366	2265	633	1917	3228	5481	1150	1075	1515
02_0009	Pea, dried, raw	22.1	920	1400	1500	170	150	920	530	740	180	1200	2000	490	920	2500	3300	850	880	1100
02_0010	Red gram, split, dried, raw	22.3	807	1592	1563	250	257	1909	553	788	218	963	1335	795	999	2205	5170	824	981	1056
02_0011	Soybean, dried, raw	32.9	1648	2884	2369	463	494	1854	533	1442	474	1751	2678	937	1545	4325	6900	1545	2060	1854

Code	Food name in English	Protein (g)	ILE (mg)	LEU (mg)	LYS (mg)	MET (mg)	CYS (mg)	PHE (mg)	TYR (mg)	THR (mg)	TRP (mg)	VAL (mg)	ARG (mg)	HIS (mg)	ALA (mg)	ASP (mg)	GLU (mg)	GLY (mg)	PRO (mg)	SER (mg)
06 Nuts, seeds and their products																				
06_0009	Linseed, raw	17.2	843	1162	811	348	320	901	464	721	280	1009	1812	444	871	1926	3801	1175	759	913
06_0012	Mustard seeds, dried	22.0	998	1755	1556	407	574	989	682	707	216	1273	1631	741	989	2054	4441	1339	2370	640
09 Fish, shellfish and their products																				
09_0015	Catla, raw	19.9	734	1330	1667	615		774	655	913		913	1032	754	1211	1906	2978	754	814	596
09_0020	Common carp, without bones, raw	18.7	862	1520	1718	554	200	730	631	820	210	964	1119	551	1131	1915	2792	898	662	764
09_0021	Croaker, Blacks potted, without bones, raw	18.6	856	1510	1706	550	200	725	627	815	208	957	1112	546	1123	1902	2773	892	657	757
09_0030	Giant sea perch, without bones, raw	18.6	966	1411	1634	576		910	724	761		947	947	724	1188	1671	2971	557	557	538
09_0033	Hilsha, without bones, raw	18.0	730	1354	1621	552		730	695	909		909	998	695	1087	1746	2405	677	552	499
09_0047	Pangas, without bones, raw	15.9	622	1139	1251	563	144	625	469	683	234	762	990	324	1632	1339	2581	1137	751	629
09_0060	Rohu, without bones, raw	20.6	760	1434	1577	630	125	828	543	867	313	984	1240	544	2185	1853	3456	1356	986	802
09_0068	Tilapia, without bones, raw	20.8	762	1493	1598	676	145	820	609	897	296	942	1275	483	2220	1902	3491	1415	894	810
09_0069	Tuna, without bones, raw	25.0	1153	2032	2296	740	268	976	845	1096	280	1288	1496	737	1513	2561	3733	1200	885	1021
09_0070	Walking catfish, without bones, raw	15.6	723	1231	1378	330		634	373	686		763	932	310	979	1566		1043	653	544

Code	Food name in English	Protein (g)	ILE (mg)	LEU (mg)	LYS (mg)	MET (mg)	CYS (mg)	PHE (mg)	TYR (mg)	THR (mg)	TRP (mg)	VAL (mg)	ARG (mg)	HIS (mg)	ALA (mg)	ASP (mg)	GLU (mg)	GLY (mg)	PRO (mg)	SER (mg)
10 Meat, poultry and their products																				
10_0001	Beef liver, raw	20.4	967	1910	1607	543	376	1084	807	869	263	1260	1241	629	1164	1927	2612	1164	961	905
10_0002	Beef, meat, lean, boneless, raw	20.7	956	1625	1721	535	143	832	698	899	220	1051	1243	726	1243	1816	2963	1051	832	832
10_0003	Beef, meat, 15-20% fat, boneless, raw	19.7	950	1500	1600	470	140	760	630	820	220	1000	1200	660	1100	1700	2800	1100	880	790
10_0006	Chicken breast, without skin, raw	22.3	989	1665	1612	794	203	857	732	977	294	1164	1322	808	2018	2058	3826	1068	905	924
10_0007	Chicken leg, without skin, raw	19.2	809	1485	1405	643	164	758	670	835	233	975	1184	518	1771	1691	3408	1017	836	818
11 Eggs and their products																				
11_0001	Egg, chicken, farmed, raw	14.5	913	1050	620	455	382	1233	334	442	220	912	644	198	1295	1577	2024	602	505	1103
11_0002	Egg, chicken, native, raw	13.3	838	964	569	418	351	1132	307	406	192	837	592	182	1189	1448	1858	553	463	1012
11_0003	Egg, chicken, yolk, raw	16.0	860	1400	1300	410	230	690	710	790	200	1000	1100	410	840	1500	1700	510	640	1300
11_0004	Egg, duck, whole, raw	13.5	632	1158	990	600	305	885	653	779	284	927	800	348	674	821	1896	453	495	1011
12 Milk and its products																				
12_0008	Milk, cow, whole fat (pasteurised, UTH)	3.1	131	267	225	69	21	136	140	124	33	187	105	77	157	211	713	62	264	161
12_0010	Milk, goat, combined breeds	3.5	210	310	290	78	46	160	180	160	44	240	120	89	120	210	610	50	370	180

Annex 2. Fatty acids of selected foods

Code	Food name in English	Water (g)	Fat (g)	FASAT (g)	FAMS (g)	FAPU (g)	F14 D0 (g)	F15 D0 (g)	F16 D0 (g)	F17 D0 (g)	F18 D0 (g)	F20 D0 (g)	F22 D0 (g)	F24 D0 (g)
01 Cereals and their products														
01_0002	Bread, bun/roll	33.0	2.8	0.6	0.9	1.0	0.008		0.480		0.09	0.004	0.004	
01_0004	Maize/corn flour, whole, white	10.9	3.9	0.5	1.0	1.8			0.463		0.061			
01_0005	Maize/corn, yellow, dried, raw	13.1	3.4	0.5	0.6	1.5			0.412		0.058			
01_0012	Rice, BR-28, parboiled, milled, raw	12.4	0.4	0.1	0.1	0.2	0.009		0.082		0.005			
01_0020	Rice, brown, parboiled, home-pounded, raw	12.6	2.3	0.5	0.8	0.8	0.009		0.392		0.041			
01_0024	Rice, white, sunned, aromatic, raw	12.8	0.6	0.1	0.1	0.1			0.091		0.007			
01_0025	Rice, white, sunned, polished, milled, raw	12.2	0.3	0.1	0.1	0.1	0.003		0.067		0.007	0.001		
01_0026	Semolina, wheat, raw	12.8	1.4	0.2	0.2	0.6			0.176		0.01	0.008		
01_0028	Sweet corn, yellow, on the cob, raw	62.9	1.4	0.2	0.4	0.7	0.005		0.187		0.029			
01_0031	Wheat, flour, white	12.2	1.6	0.2	0.1	0.7	0.002		0.203		0.014	0.004		
02 Pulses, legumes and their products														
02_0008	Lentil, dried, raw	12.2	0.8	0.1	0.2	0.4	0.002		0.113		0.018	0.005		
06 Nuts, seeds and their products														
06_0007	Groundnuts/Peanut, raw	5.3	46.6	9.0	19.4	15.9			4.980		1.553	0.622	1.250	0.622
06_0009	Linseed, raw	6.5	39.1	3.4	6.9	26.5		0.005	1.994	0.016	1.225	0.048	0.048	0.029
06_0015	Sesame seeds, whole, dried	5.3	45.8	6.2	17.2	20.1	0.115		4.125		1.942			

Code	Food name in English	F16 D1 (g)	F16 D1CN7 (g)	F18 D1 (g)	F18 D1N9 (g)	F18 D1CN7 (g)	F20 D1CN11 (g)	F20 D1CN9 (g)	F22 D1CN9 (g)	F24 D1CN9 (g)	F18 D2 (g)	F18 D2CN6 (g)	F18 D3 (g)	F18 D3CN3 (g)	F20 D4N6 (g)
01 Cereals and their products															
01_0002	Bread, bun/roll		0.01		0.82	0.039	0.007					0.960		0.079	
01_0004	Maize/corn flour, whole, white	0.003		1.015							1.705		0.053		
01_0005	Maize/corn, yellow, dried, raw				0.903							1.517		0.051	
01_0012	Rice, BR-28, parboiled, milled, raw				0.075							0.167		0.006	0.004
01_0020	Rice, brown, parboiled, home-pounded, raw	0.009		0.825							0.788		0.035		
01_0024	Rice, white, sunned, aromatic, raw				0.117							0.085			
01_0025	Rice, white, sunned, polished, milled, raw				0.083							0.116		0.003	
01_0026	Semolina, wheat, raw		0.004		0.147		0.003					0.57		0.04	0.002
01_0028	Sweet corn, yellow, on the cob, raw				0.401							0.670		0.02	
01_0031	Wheat, flour, white				0.142			0.006				0.685		0.042	
02 Pulses, legumes and their products															
02_0008	Lentil, dried, raw				0.166			0.006				0.334		0.091	
06 Nuts, seeds and their products															
06_0007	Groundnuts/Peanut, raw				18.935		0.415					15.905			
06_0009	Linseed, raw		0.023		6.777		0.062		0.011	0.059		5.439		21.074	

06_0015	Sesame seeds, whole, dried	0.138		17.214		0.065					19.791		0.349		

Code	Food name in English	Water (g)	Fat (g)	FASAT (g)	FAMS (g)	FAPU (g)	CHOL (mg)	F14 D0 (g)	F15 D0 (g)	F16 D0 (g)	F17 D0 (g)	F18 D0 (g)	F20 D0 (g)	F22 D0 (g)	F24 D0 (g)
09 Fish, shellfish and their products															
09_0021	Croaker, Black spotted, without bones, raw	75.8	2.9	1.0	1.0	0.4		0.044		0.755		0.183			
09_0023	Fish (Catla, Mrigal, Rohu), dorsal with skin, raw	78.1	2.8	0.8	0.3	0.3		0.043	0.036	0.315	0.0002	0.33	0.012		0.04
09_0024	Fish (Catla, Mrigal, Rohu), ventral with skin, raw	75.2	4.9	1.8	0.7	0.5		0.101	0.063	0.738	0.0004	0.774	0.022		0.07
09_0047	Pangas, without bones, raw	70.8	11.0	4.0	4.4	1.7		0.332		2.878		0.715	0.058		0.067
09_0060	Rohu, without bones, raw	76.3	2.6	0.9	0.7	0.7		0.048		0.601		0.167			0.065
09_0068	Tilapia, without bones, raw	76.2	3.0	1.1	1.2	0.4	50	0.087		0.758		0.19			0.042
09_0069	Tuna, without bones, raw	72.0	2.0	0.6	0.4	0.6	47	0.077		0.450		0.106			
10 Meat, poultry and their products															
10_0001	Beef liver, raw	70.8	3.6	1.2	0.5	0.5	275	0.015	0.007	0.312	0.03	0.862		0.009	
10_0002	Beef, meat, lean, boneless, raw	76.0	2.3	0.9	1.1	0.1	62	0.068	0.013	0.566	0.025	0.275			
10_0006	Chicken breast, without skin, raw	72.9	1.8	0.5	0.7	0.3	59	0.009		0.375		0.115			0.029
10_0007	Chicken leg, without skin, raw	71.9	5.7	1.7	2.4	0.9	91	0.029		1.244		0.328	0.011		0.049
10_0012	Lamb/mutton, meat moderately fat, raw	71.5	13.5	6.6	5.1	0.6	78	0.682	0.075	3.05	0.128	2.629			
10_0015	Pork, meat, <5% fat, raw	77.4	4.4	1.8	2	0.3	65	0.066		1.115		0.568			
11 Eggs and their products															
11_0001	Egg, chicken, farmed, raw	72.3	9.0	2.7	3.5	1.2	309	0.026		1.928		0.624			0.149
11_0002	Egg, chicken, native, raw	76.1	11.6	3.5	4.5	1.6	398	0.033		2.479		0.802			0.192
11_0003	Egg, chicken, yolk, raw	51.9	27.8	7.1	10.2	4.7	1182	0.091		5.03		2.01			
11_0004	Egg, duck, whole, raw	69.7	14.3	3.8	6.7	1.2	884	0.056		3.113		0.656			

Code	Food name in English	F14 D1 (g)	F16 D1 (g)	F16 D1CN7 (g)	F18 D1 (g)	F18 D1N9 (g)	F20 D1 (g)	F20 D1CN11 (g)	F20 D1CN9 (g)	F22 D1 (g)	F22 D1CN9 (g)
09 Fish, shellfish and their products											
09_0021	Croaker, Black spotted, without bones, raw		0.419		0.536		0.078				
09_0023	Fish (Catla, Mrigal, Rohu), dorsal with skin, raw			0.118		0.149			0.039		
09_0024	Fish (Catla, Mrigal, Rohu), ventral with skin, raw			0.276		0.35			0.068		
09_0047	Pangas, without bones, raw			0.113		3.936			0.164		0.133
09_0060	Rohu, without bones, raw			0.09		0.576			0.038		
09_0068	Tilapia, without bones, raw			0.153		0.962			0.044		
09_0069	Tuna, without bones, raw		0.07		0.253		0.033			0.012	
10 Meat, poultry and their products											
10_0001	Beef liver, raw		0.036		0.423		0.007				
10_0002	Beef, meat, lean, boneless, raw	0.031		0.133		0.886					
10_0006	Chicken breast, without skin, raw			0.087		0.567			0.006		
10_0007	Chicken leg, without skin, raw			0.348		1.99			0.019		
10_0012	Lamb/mutton, meat, moderately fat, raw			0.163		4.825					
10_0015	Pork, meat, <5 % fat, raw			0.14		1.804		0.029			
11 Eggs and their products											
11_0001	Egg, chicken, farmed, raw			0.221		3.293			0.02		
11_0002	Egg, chicken, native, raw			0.284		4.235			0.026		
11_0003	Egg, chicken, yolk, raw			0.457		9.69		0.091			
11_0004	Egg, duck, whole, raw			0.458		6.32					

Code	Food name in English	F18 D2 (g)	F18 D2CN6 (g)	F20 D2 (g)	F18 D3 (g)	F18 D3CN3 (g)	F18 D3N6 (g)	F20 D3N6 (g)	F18 D4 (g)	F20 D4 (g)	F20 D4N6 (g)	F20 D5CN3 (g)	F22 D5CN3 (g)	F22 D6CN3 (g)
09 Fish, shellfish and their products														
09_0021	Croaker, Blackspotted, without bones, raw	0.042			0.008				0.010	0.083		0.111	0.078	0.088
09_0023	Fish (Catla, Mrigal, Rohu), dorsal with skin, raw		0.047			0.058		0.032				0.032	0.035	0.091
09_0024	Fish (Catla, Mrigal, Rohu), ventral with skin, raw		0.11			0.102		0.056				0.056	0.062	0.16
09_0047	Pangas, without bones, raw		1.374	0.057		0.087	0.042	0.091						0.036
09_0060	Rohu, without bones, raw		0.403			0.097		0.031				0.031		0.089
09_0068	Tilapia, without bones, raw		0.295			0.018	0.018	0.022						0.058
09_0069	Tuna, without bones, raw	0.031							0.008	0.05		0.137	0.025	0.357
10 Meat, poultry and their products														
10_0001	Beef liver, raw		0.299		0.016	0.007	0.009			0.141			0.000	
10_0002	Beef, meat, lean, boneless, raw		0.042			0.027					0.021		0.000	
10_0006	Chicken breast, without skin, raw		0.259			0.014		0.012						
10_0007	Chicken leg, without skin, raw		0.810			0.048		0.016						
10_0012	Lamb/mutton, meat, moderately fat, raw		0.313			0.313							0.000	
10_0015	Pork, meat, <5 % fat, raw		0.300			0.025							0.000	
11 Eggs and their products														
11_0001	Egg, chicken, farmed, raw		1.139			0.023		0.014						0.048
11_0002	Egg, chicken, native, raw		1.465			0.030		0.018						0.062
11_0003	Egg, chicken, yolk, raw		3.38			0.274							0.091	0.457
11_0004	Egg, duck, whole, raw		0.579			0.106					0.331			

Code	Food name in English	Water (g)	Fat (g)	FASAT (g)	FAMS (g)	FAPU (g)	CHOL (mg)	F4 D0 (g)	F6 D0 (g)	F8 D0 (g)	F10 D0 (g)	F12 D0 (g)	F14 D0 (g)	F15 D0 (g)	F16 D0 (g)	F18 D0 (g)	F20 D0 (g)
12 Milk and its products																	
12_0007	Milk, cow, skimmed	92.1	0.1	0.1	0.03				0.0004	0.001	0.002	0.002	0.008	0.001	0.026	0.011	0.0004
12_0008	Milk, cow, whole fat (pasteurised, UTH)	88.3	3.7	1.9	0.9	0.1	15		0.016	0.021	0.059	0.086	0.314	0.039	0.971	0.418	0.014
12_0010	Milk, goat, combined breeds	87.2	4.1	2.6	1.2	0.2	11	0.140	0.103	0.105	0.284	0.135	0.354		0.994	0.481	

Code	Food name in English	F14 D1CN5 (g)	F16 D1CN7 (g)	F18 D1N9 (g)	F20 D1CN9 (g)	F22 D1CN9 (g)	F18 D2CN6 (g)	F20 D2 (g)	F18 D3CN3 (g)	F18 D3N6 (g)
12 Milk and its products										
12_0007	Milk, cow, skimmed	0.001	0.001	0.022	0.0001	0.0002	0.003	0.001	0.0003	
12_0008	Milk, cow, whole fat (pasteurised, UTH)	0.036	0.053	0.834	0.005	0.007	0.094	0.034	0.013	0.008
12_0010	Milk, goat, combined breeds		0.089	1.07			0.119		0.044	

Code	Food name in English	Water (g)	Fat (g)	FASAT (g)	FAMS (g)	FAPU (g)	CHOL (mg)	F4 D0 (g)	F6 D0 (g)	F8 D0 (g)	F10 D0 (g)	F12 D0 (g)	F14 D0 (g)	F16 D0 (g)	F17 D0 (g)	F18 D0 (g)	F20 D0 (g)	F22 D0 (g)	F24 D0 (g)
13 Fat and oils																			
13_0001	Butter, salted	15.9	81.0	51.4	18.0	2.5	215	3.226	2.007	1.19	2.529	2.587	7.436	21.697	0.56	9.999	0.138		
13_0002	Cottonseed oil	0	100.0	25.9	17.8	51.9	0						0.8	22.7		2.3			
13_0006	Margarine	16.0	83.3	31.3	27.5	15.9	0			0.35	0.12	5.60	2.11	14.8		8.3			
13_0007	Mayonnaise, salted	16.4	80.6	6.9	43.6	25.5	260						0.1	4.39		1.5	0.499	0.3	0.1
13_0009	Palm oil	0	100.0	48.8	37.0	9.7	0						1.0	42.65		4.45	0.3		
13_0010	Peanut oil	0	100.0	17.4	45.6	32.1	0							9.25		2.71	1.17	2.54	1.74
13_0011	Sesame oil	0	100.0	14.2	39.7	41.7	0							8.9		4.8			
13_0012	Soybean oil	0	100.0	14.1	21.2	61.4	0						0.085	10.283		3.78			

Code	Food name in English	F16 D1 (g)	F16 D1CN7 (g)	F18 D1 (g)	F18 D1N9 (g)	F18 D1CN7 (g)	F20 D1 (g)	F20 D1CN11 (g)	F22 D1CN9 (g)	F24 D1CN9 (g)	F18 D2 (g)	F18 D2CN6 (g)	F18 D3 (g)	F18 D3CN3 (g)	F20 D4 (g)	F20 D4N6 (g)	F22 D6CN3 (g)
13 Fat and oils																	
13_0001	Butter, salted	0.961		16.978			0.1					2.166		0.315			
13_0002	Cottonseed oil	0.8		17.0							51.5		0.2				
13_0006	Margarine				25.9	1.13		0.51				12.8		3.12			
13_0007	Mayonnaise, salted	0.200			41.9			0.999	0.3	0.2		18.0		7.39			
13_0009	Palm oil	0.300			36.85			0.1				9.6		0.25			
13_0010	Peanut oil	0.071			44.5			0.999				31.7		0.19			0.143
13_0011	Sesame oil	0.200		39.3			0.2				41.3		0.3				

13_0012	Soybean oil	21.172			53.854	6.425	1.104

Annex 3. Antioxidant capacities of selected foods

Code	Food name in English	Water (g)	Total phenol content (mg GAE)	Antioxidant capacity, DPPH (µmol TE)	Antioxidant capacity, ORAC (µmol TE)
01 Cereals and their products					
01_0007	Millet, Proso, whole-grain, raw	12.5			476
02 Pulses, legumes and their products					
02_0001	Bengal gram, dehulled, split, dried, raw	10.5			745
02_0004	Black gram, split, dried, raw	10.5		1185	1368
02_0005	Green gram, split, dried, raw	9.8			858
02_0007	Grass pea, split, dried, raw	9.4		820	752
02_0008	Lentil, dried, raw	12.2			593
03 Vegetables and their products					
03_0002	Bean, scarlet runner, raw	85.0			2784
03_0003	Bean, seeds and pods, raw	90.0	150	2011	
03_0005	Brinjal, purple, long, raw	91.4	59	90	709
03_0007	Cabbage, raw	92.7		273	478
03_0008	Carrot, raw	89.7			376
03_0009	Cauliflower, raw	91.8	896	74	
03_0010	Chilli, green, with seeds, raw	85.5	896	74	3225
03_0012	Cucumber, peeled, raw	95.1		3904	292
03_0016	Gourd, bitter, raw	90.4			411
03_0017	Gourd, bottle, raw	90.8		2435	309
03_0023	Okra/Lady's finger, raw	87.7		4810	1831
03_0024	Onion, raw	83.7	18	199	1194
03_0028	Pumpkin, raw	93.9			246
03_0029	Radish, raw	94.3	108	1292	297
03_0031	Tomato, red, ripe, raw	95.0	33	277	560

Code	Food name in English	Water (g)	Total phenol content (mg GAE)	Antioxidant capacity, DPPH (µmol TE)	Antioxidant capacity, ORAC (µmol TE)
04 Leafy vegetables					
04_0002	Alligator weed, raw	84.7	56	14	
04_0003	Amaranth, leaves, spiney, raw	81.8	4	41	
04_0004	Amaranth, leaves, red, raw	88.8	765	13110	
04_0005	Amaranth, leaves, green, raw	91.0	722	9440	
04_0008	Bengal dayflower, leaves, raw	92.3	13	41	
04_0017	Drumstick, leaves, raw	79.7	43	134	
04_0024	Slender amaranth, leaves, raw	83.9	37	139	
04_0025	Spinach, raw	90.8	258	171	1628
04_0026	Sweet potato leaves, raw	84.0	23		
04_0027	Sweet potato leaves, SP4, dark green, mature, raw	83.3	26		
04_0028	Sweet potato leaves, SP7, dark green, mature, raw	82.4	24		
04_0029	Sweet potato leaves, SP8, light green, mature, raw	82.6	19		
04_0030	Water spinach, raw	87.1	2765	832880	
05 Starchy roots, tubers and their products					
05_0005	Potato, Diamond, raw	81.7	14	130	
06 Nuts, seeds and their products					
06_0009	Linseed, raw	6.5		35672	7911
06_0012	Mustard seeds, dried	8.5		2045	16291
06_0015	Sesame seeds, whole, dried	5.3		838	
07 Spices, condiments and herbs					
07_0003	Chilli, red, dry	10.0		4517	18740
07_0006	Coriander leaves, raw	87.9			835
07_0007	Coriander seed, dry	11.2		3908	9143
07_0009	Fennel seeds	8.3		6182	29775
07_0012	Indian pennywort, raw	84.5	781	203	
07_0019	Spearmint leaves, fresh	87.4	1755	3848	
07_0020	Turmeric, dried	11.5		4492	184806

Code	Food name in English	Water (g)	Total phenol content (mg GAE)	Antioxidant capacity, DPPH (µmol TE)	Antioxidant capacity, ORAC (µmol TE)
08 Fruits					
08_0004	Banana, Sagar, ripe, raw	75.2	1	76	622
08_0007	Carambola, raw	88.7	5	153	
08_0012	Emblic, raw	86.7		18578	8736
08_0015	Guava, green, raw	81.4		1217	4779
08_0016	Hog plum, raw	86.7	3	44	
08_0017	Jackfruit, ripe, raw	77.0	3	82	
08_0018	Jambolan, raw	88.2	5	25	
08_0019	Jambos, raw	89.5	1	20	
08_0020	Java apple, raw	89.9	60	153	
08_0024	Lychee, raw	81.8	10	24	
08_0026	Mango, Langra, yellow flesh, ripe, raw	78.4	12	108	
08_0028	Monkey-jack, yellowish-orange flesh, raw	72.3	3	80	
08_0033	Palmyra palm, cotyledon, raw	92.0	3	30	
08_0035	Papaya, ripe, raw	90.5			298
08_0038	Pineapple, ripe, raw	87.2	3	21	
08_0042	Watermelon, ripe, raw	94.2		21	51
08_0043	Wood apple, ripe, raw	68.5		2070	17933
14 Beverages					
14_0009	Tea, powder	5.7	881	318	

Annex 4. Antinutrients of selected foods

Code	Food name in English	Water (g)	PHYTAC (mg)	OXALAC (mg)
01 Cereals and their products				
01_0001	Barley, whole-grain, raw	11.7		2
01_0005	Maize/corn, yellow, dried, raw	13.1		6
01_0008	Pear millet, whole-grain, raw	12.4		21
01_0010	Rice flaked	9.9	851	0
01_0012	Rice, BR-28, parboiled, milled, raw	12.4	99	1
01_0023	Rice, puffed, salted	7.3	656	
01_0024	Rice, white, sunned, aromatic, raw	12.8	92	1
01_0025	Rice, white, sunned, polished, milled, raw	12.2	162	1
01_0026	Semolina, wheat, raw	12.8	367	
01_0027	Sorghum, raw	11.9		10
01_0030	Wheat flour, brown, whole grain, raw	12.3		8
01_0031	Wheat, flour, white	12.2	227	
01_0032	Wheat flour, white, refined	12.8	147	
01_0033	Wheat, whole, raw	10.0		8
02 Pulses, legumes and their products				
02_0001	Bengal gram, dehulled, split, dried, raw	10.5	859	
02_0002	Bengal gram, whole, dried, raw	8.9	687	
02_0004	Black gram, split, dried, raw	10.5	708	
02_0005	Green gram, split, dried, raw	9.8	580	
02_0007	Grass pea, split, dried, raw	9.4	560	
02_0008	Lentil, dried, raw	12.2	133	
02_0009	Pea, dried, raw	11.7	377	
02_0010	Red gram, split, dried, raw	10.8	674	

Code	Food name in English	Water (g)	PHYTAC (mg)	OXALAC (mg)
03 Vegetables and their products				
03_0003	Bean, seeds and pods, raw	90.0		25
03_0008	Carrot, raw	89.7		6
03_0010	Chilli, green, with seeds, raw	85.5		29
03_0024	Onion, raw	83.7		3
03_0031	Tomato, red, ripe, raw	95.0		4
04 Leafy vegetables				
04_0004	Amaranth leaves, red, raw	88.8	10	
04_0005	Amaranth, leaves, green, raw	91.0	16	
04_0008	Bengal dayflower, leaves, raw	92.3	2	
04_0010	Bottle gourd leaves, raw	90.2	3	
04_0011	Bugleweed, raw	88.6	10	
04_0012	Cassava, leaves, raw	82.4	4	
04_0014	Colocasia leaves, green, raw	84.7	10	
04_0016	Dima leaves, raw	91.1	1	
04_0021	Jute leaves, raw	87.6	14	
04_0023	Radish leaves, raw	90.7	2	
04_0030	Water spinach, raw	87.1	2	
05 Starchy roots, tubers and their products				
05_0005	Potato, Diamond, raw	81.7		12
05_0010	Yam, tuber, raw	73.1	59	15
06 Nuts, seeds and their products				
06_0002	Cashew nuts, raw	5.9		318
07 Spices, condiments and herbs				
07_0003	Chilli, red, dry	10.0		67

07_0006	Coriander leaves, raw	87.9		47
07_0012	Indian pennywort, raw	84.5	3	
07_0019	Spearmint leaves, fresh	87.4		33

Code	Food name in English	Water (g)	PHYTAC (mg)	OXALAC (mg)
08 Fruits				
08_0002	Apple, with skin, raw	83.3		10
08_0004	Banana, Sagar, ripe, raw	75.2		3
08_0008	Custard apple, raw	76.1		30
08_0012	Emblic, raw	86.7	8	296
08_0015	Guava, green, raw	81.4		14
08_0017	Jackfruit, ripe, raw	77.0		10
08_0018	Jambolan, raw	88.2	8	89
08_0024	Lychee, raw	81.8		19
08_0025	Mango, Fazli, orange flesh, ripe, raw	81.7		3
08_0026	Mango, Langra, yellow flesh, ripe, raw	78.4		3
08_0027	Melon, Futi, orange flesh, ripe, raw	95.0	20	2
08_0028	Monkey-jack, yellowish-orange flesh, raw	72.3	26	
08_0029	Muskmelon, Bangee, light orange flesh, ripe, raw	95.5	9	2
08_0031	Orange, raw	87.7		10
08_0035	Papaya, ripe, raw	90.5	23	1
08_0037	Pineapple, Joldugee, ripe, raw	88.7		5
08_0038	Pineapple, ripe, raw	87.2		5
08_0039	Pomegranate, ripe, with seed, raw	80.9		14
08_0042	Watermelon, ripe, raw	94.2	10	11
08_0043	Wood apple, ripe, raw	68.5	121	
14 Beverages				
14_0001	Coconut water	94.5		318

Annex 5. Total sugar of selected foods

Code	Food name in English	Water (g)	SUGAR (g)
01 Cereals and their products			
01_0034	Biscuit, sweet*	24.3	17.5
08 Fruits			
08_0001	Apple, without skin, raw	86.7	10.1
08_0002	Apple, with skin, raw	83.3	10.4
08_0003	Asian pears, raw	83.0	10.2
08_0004	Banana, Sagar, ripe, raw	75.2	12.2
08_0005	Breadfruit, raw	79.5	11.0
08_0007	Carambola, raw	88.7	4.0
08_0010	Dates, raw	59.2	32.5
08_0015	Guava, green, raw	81.4	7.6
08_0021	Jujube, raw	84.3	8.2
08_0025	Mango, Fazli, orange flesh, ripe, raw	81.7	13.7
08_0026	Mango, Langra, yellow flesh, ripe, raw	78.4	17.8
08_0031	Orange, raw	87.7	7.6
08_0032	Orange, Sweet, ripe, raw	86.3	9.4
08_0034	Palmyra palm, pulp, orange flesh, ripe, raw	79.7	10.1
08_0035	Papaya, ripe, raw	90.5	6.2
08_0036	Persimmon, ripe, raw	81.2	12.3
08_0037	Pineapple, Joldugee, ripe, raw	88.7	7.3
08_0038	Pineapple, ripe, raw	87.2	8.3
08_0042	Watermelon, ripe, raw	94.2	4.2

Code	Food name in English	Water (g)	SUGAR (g)
12 Milk and its products			
12_0001	Buttermilk, fluid, low fat	92.2	3.1
12_0003	Curd, sweetened, whole milk	80.6	10.3
12_0006	Milk, cow, powder, whole	3.2	37.5
12_0007	Milk, cow, skimmed	92.1	4.1
12_0008	Milk, cow, whole fat (pasteurised, UTH)	88.3	4.3
12_0009	Milk, cow, whole, condensed, sweetened	26.5	54.0
12_0010	Milk, goat, combined breeds	87.2	4.3
12_0011	Milk, human, colostrum, raw	88.2	6.6
12_0012	Milk, human, mature, raw	87.4	7.0
14 Beverages			
14_0001	Coconut Water	94.5	2.6
14_0002	Coffee infusion (instant with sugar and milk powder, whole fat)	91.3	6.0
14_0004	Soft drinks, carbonated	89.6	10.3
14_0007	Tea infusion (with sugar and milk powder, whole fat)	90.4	5.9
14_0008	Tea, infusion (with sugar)	92.4	6.3
15 Miscellaneous			
15_0003	Honey	18.2	78.6
15_0008	Sugar, white	0.4	99.5

Annex 6. List of recipes

Ruti (10 numbers)

Ingredients

Ingredients	Weight (g)
Wheat flour	280
Water	159
Salt	2

Yield factor: 0.86

Procedure

Wheat flour is kneaded into a medium soft dough using water and salt. The dough is kept aside for approximately ten minutes. The dough is divided into ten equal portions and shaped into small balls. Each ball is then rolled out on a flat board into even and flat, circular shapes, known as '*ruti*'. It is then roasted in a pan or griddle known as *'tawa*'.

Five servings

Sweet biscuit

Ingredients

Ingredients	Weight (g)
Wheat flour	84
Sugar	28
Ghee, vegetable/Vanaspati	14
Baking powder	1
Water	22

Yield factor: 1.03

Procedure

Sugar is powdered and sieved along with flour and baking powder. Butter or vanaspati is added and the mixture is made into a medium to stiff dough with some milk or water. The dough is rolled out, cut into rounds or squares and put into a greased pan. This baked in a pre heated oven at 120 ^{0} C for about half an hour.

6 – 7 biscuits (3 servings)

Plain Khichuri

Ingredients

Ingredients	Weight (g)
Rice	28
Lentils	28
Bay leaf	0.5
Ghee or Vanaspati	14
Onion	7
Cumin	1
Salt	2
Water	180

Yield factor: 0.75

Procedure
Sliced onions are sauted in melted ghee or vanaspati in a pan. Cumin and bay leaf are added and stirred in. Cleaned and washed rice and lentils are added into the pan and sauted for 3 minutes. Hot water is then added, stirred well and cooked on low heat for about 20 minutes until the grains are soft cooked and the water is fully absorbed.

Two servings

Plain pulao

Ingredients

Ingredients	Weight (g)
Atap rice	150
Onion	5
Oil (Soya bean)	10
Cardamom, Cinnamon, Bay leaf	2
Ginger and Garlic paste	1
Salt	2
Water	345

Yield factor: 0.93

Procedure
Atop rice is washed thoroughly with clean water. In a cooking pan, oil, spices and the washed atop rice are put together and sauted for about 5 minutes. Hot water is then added, after which the pan is covered. When the ingredients are cooked properly, the pan is taken off the heat. Garnish is added as desired.

Three servings

Lady's finger-tomato bhuna

Ingredients

Ingredients	Weight (g)
Lady's finger/okra	300
Tomato	95
Onion	3
Ginger paste	4
Garlic	2.8
Turmeric powder	0.8
Green chillies	3.4
Soybean oil	16
Salt	3

Yield factor: 0.54

Procedure

Lady's finger/okra and tomatoes are washed, cut into medium pieces and kept aside for 5 minutes. Oil is put in a nonstick frying pan and all ingredients, except ladies finger are added to the oil. The ladies finger is then added, mixed well and sauted. After that tomato is added and the pan is covered. The vegetables are cooked in mild heat for 15 minutes till done.

Three servings.

Bitter gourd fry

Ingredients

Ingredients	Weight (g)
Bitter gourd	320
Onion	30
Turmeric powder	2.5
Green chillies	5
Soybean oil	20
Salt	2.5

Yield factor: 0.62

Procedure

Bitter gourds, onion, and green chillies are washed and sliced. Oil is heated in a frying pan, bitter gourd and onions are added, sauted and cooked on mild heat for 15 minutes till done.

Four servings

Potato Mash (Bhorta)

Ingredients

Ingredients	Weight (g)
Potatoes	400
Onion	14
Green chillies	3.8
Mustard oil	2
Salt	2.6

Yield factor: 0.83

Procedure

Potatoes with skin are boiled and peels are removed. The potatoes are then mashed and finely cut green chillies, onion, salt and oil are added and mixed thouroughly.

Four servings

Small Fish Fry

Ingredients

Ingredients	Weight (g)
Kechki	150
Potato	96
Onion	35
Green chilli	5.5
Turmeric	1.7
Soya bean oil	17
Salt	2
Water	176

Yield factor: 0.73

Procedure

Small fish (kechki), onion, potato and green chillis are washed and then sliced. All the ingredients are mixed in a frying pan and put on the burner for heating. After 3 to 4 minutes,water is added and the pan is covered with a lid. When the ingredients become semi dry, the pan is removed from the heat.

Two servings

Fish ball

Ingredients

Ingredients	Weight (g)
Boneless fish	300
Onion	100
Green chilli	30
Soybean oil	20
Flour	200
Egg	90
Coriander leaves	20
Ginger paste	2.5
Garlic paste	2.5
Coriander powder	10
Salt	5
Water	120

Yield factor: 0.72

Procedure

Boneless fish fillet are washed properly and boiled until it becomes soft. Onion, green chilli, flour, egg, coriander leaves are added and mixed properly with the boiled fish. The mixture is shaped into small balls and fried in preheated oil till it turns golden brown.

Six balls (medium sized)

Beef handi kabab

Ingredients

Ingredients	Weight (g)
Boneless beef	365
Onion	250
Green chilli	2
Soybean oil	50
Red chilli powder	5
Cardamom	1
Cinnamon	1
Ginger paste	2.5
Garlic paste	2.5
Coriander powder	9
Sugar	5
Salt	5
Water	50

Yield factor: 0.82

Procedure
Boneless beef is washed thoroughly. Onion, red chilli, green chilli, cardamom, cinnamon, ginger paste, garlic paste and coriander powder are fried together in oil. Then meat is added to mixed spices. Water is added and cooked until the meat becomes tender.

Eight servings

Payesh

Ingredients

Ingredients	Weight (g)
Atap rice	60
Milk	1250
Sugar	265
Cardamom	0.6

Yield factor: 0.64

Procedure
Milk is boiled in a heavy bottomed pan. After that atap rice and cardamom are added and cooked at high a temperature till it simmers. When the rice is fully cooked, sugar is added and the rice –milk mixture is further heated. When the mixture turns semi-thick and is done, it is removed from the pan and poured in a dessert bowl.

Annex 7. Food Index

Code	Foodname in English	Foodname in Bengali	Scientific name	BiblioID	Page number
04_0001	Agathi, raw	Bok ful shak	*Sesbania grandiflora*	P6(301), IND(47), TH(THD25), P103	33
04_0002	Alligator weed, raw	Malancha shak	*Alternanthera philoxeroides*	ABT, T26, TH(THD219), P103	33
04_0033	Amaranth leaves, green, boiled* (without salt)	Data shak, sobuj, siddha, lobon chara	*Amaranthus gangeticus*	Recipe calculation	33
04_0005	Amaranth, leaves, green, raw	Data shak	*Amaranthus gangeticus*	P58 ,P90, P6(302), P8, R5, T29, P48, T30, P47, ADB(0500561) US25(11003), IND(50), UK6(13-149), T100, WEA(04_023)	33
04_0032	Amaranth leaves, red, boiled* (without salt)	Lal shak, siddha, lobon chara	*Amaranthus gangeticus*	Recipe calculation	33
04_0004	Amaranth leaves, red, raw	Lal shak	*Amaranthus gangeticus*	P6(304),P8,P52,P48, R5,T65,P90,P41,T29,P83,T30,US25(11003),UK6(13-149), T100	33
04_0003	Amaranth leaves, spiney, raw	Kanta notay shak	*Amaranthus spinosus*	ABT, P6(305), T26, IND(53),BID(0500046), BID(0500132), BID(0500134),US25(11003), UK6(13-149), P103	33
03_0001	Amaranth, stem, raw	Data	*Amaranthus gangeticus*	P6(501), P27, IND(50), P100	21
09_0001	Anchovy, Gangetic hairfin, dried	Fesha, shutki	*Setipinna phasa*	P6 (926), US25 (15001)	75
09_0002	Anchovy, Gangetic hairfin, raw	Fesha	*Setipinna phasa*	R4, P6 (926), US25 (15001)	75
09_0003	Anchovy, Goldspotted grebadier, raw	Olua	*Coilia dussumieri*	R4, P46, P47	75
09_0004	Anchovy, Scaly hairfin, raw	Fesha, Teli	*Setipinna taty*	R4, US25(15001)	75
08_0002	Apple, with skin, raw	Apel, khosa soho	*Pyrus malus/Malus domestica*	P6(803), P8, US25(09003)	63
08_0001	Apple, without skin, raw	Apel, khosa chara	*Pyrus malus/Malus domestica*	US25(09004)	63

Code	Foodname in English	Foodname in Bengali	Scientific name	BiblioID	Page number
08_0003	Asian pears, raw	Nashpati	*Pyrus pyrifolia*	P6(841), T70, UK6(14-205), US25(9340)	63
15_0001	Baking powder	Baking powder		DK7(0389), UK6(17-355)	119
08_0004	Banana, Sagar, ripe, raw	Kola, Sagar, paka	*Musa paradisiaca*	KF, IND (245), US25 (09040), UK6 (14-045),DK7(0014)	63
09_0005	Barb, Olive, raw	Sorpunti	*Puntius sarana*	P6(956), R4, P65, P92, T70, T47, T39, T18, TH (THG80)	75
09_0006	Barb, Olive, without bones, raw	Sorpunti, kata chara	*Puntius sarana*	P6(956), R4, P65, P92, T70, T47, T39, T18, TH (THG80), BID(0900001)	75
09_0007	Barb, Pool barb, eyes included, raw	Punti, Vadi punti, chokh soho	*Puntius sophore*	R4, P93, P56, T70, P8, IND (372), T102, T70	75
09_0008	Barb, Pool barb, without bones, eyes included, raw	Punti, Vadi punti, chokh soho, kata chara	*Puntius sophore*	P6(931), P8,T42, T46, T70, T102, R4, IND(372), R4	75
01_0001	Barley, whole-grain, raw	Jaab, gota	*Hordeum vulgare*	P1, P6(101), DK7(0024), UK6(11-004), US25(20004)	3
09_0009	Bata, raw	Bata	*Labeo bata*	P46, P30, R4, P6(903, 907, 909), P64, IND(316)	75
07_0001	Bay leaf, dried	Tejpata	*Laurus nobilis*	US25(020004)	55
03_0002	Bean, scarlet runner, raw	Shim	*Phaseolus coccineus*	P18, P6(503), P52, P41, R6, P72, UK6(13-112), P100	21
03_0003	Bean, seeds and pods, raw	Shim	*Dolichos lablab*	KF, US25(11224)	21
10_0016	Beef handi kabab*	Haaree kabab (goru)		Recipe calculation	93
10_0001	Beef liver, raw	Gorur koliza	*Bos taurus*	T70, US25(13325), VIN(317)	93
10_0003	Beef, meat, 15-20 % fat, boneless, raw	Gorur mangsaw, har chara	*Bos taurus*	DK7(0202)	93
10_0002	Beef, meat, lean, boneless, raw	Gorur mangsaw, har o chorbi chara	*Bos taurus*	P6(1001), P8,P59,P92,T70,DK 7(0199), IND(398)	93
10_0004	Beef, mince, lean, raw	Gorur mangsaw, kima	*Bos taurus*	P59, US25(23557)	93

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04_0007	Beet greens leaves	Beet shak	*Beta vulgaris*	P6, US25(11086), IND(60),BID(050016), BID(050027)	33
03_0004	Beet root, red, raw	Beet	*Dolichos lablab*	P6(401), US25(11080), DK7(0232)	21
04_0008	Bengal dayflower, leaves, raw	Bat baitta shak	*Commelina benghalensis*	T15, T16, ABT, T26, T61, BID(0500258)	33
02_0001	Bengal gram, dehulled, split dried, raw	Chholar dal, vanga	*Cicer arietinum*	T70, P74, P49, IND (29), US25 (16056), UK6 (13-076), P6(203), R6, T1	15
02_0002	Bengal gram, whole dried, raw	Chhola, shukna	*Cicer arietinum*	T17, T20, P58, T25, P86, T70, P6 (202), P8, P73, IND(28), US25(16056), UK6 (13-074)	15
02_0012	Bengal gram, whole, boiled* (without salt)	Chhola siddha, lobon chara	*Cicer arietinum*	Recipe calculation	15
15_0002	Betel leaves, raw	Pan pata	*Piper betel*	P6(1402), IND(62), MALY(105011), UK6(13-807)	119
01_0034	Biscuit, sweet*	Misti biscuit		Recipe calculation	3
04_0009	Bitter gourd leaves, green, raw	Korola shak	*Momordica charantia*	R5, T16, US25(11022), TH(TH128), IND (480),BID(0500071),BID(0500072)	33
02_0003	Black gram, dehulled, dried raw	Mashkalai dal, asto	*Vigna mungo*	P58, T70, P6(205), P8, T20, UK6(13-096), US25(16083), DK7(0485)	15
02_0004	Black gram, split dried, raw	Maskalai dal, vanga	*Vigna mungo*	P49, T17, T25, P74, R6,T70, P40, T1, P3, IND(31), UK6(13-098), US25(16083), DK7(0485)	15
09_0010	Boal,without bones, raw	Boal, kata chara	*Wallago attu*	P6(912), T14, T70, UK6(16-004)	75
04_0010	Bottle gourd leaves, winter and summer, raw	Lau shak	*Lagenaria siceraria*	P6(308), P8, P52, R5, T29, P83, T30, IND(63), P100, average of leafy vegetables	33
01_0002	Bread, bun/roll	Bonruti, bun/roll		DK7(1469)	3
01_0003	Bread, white, for toasting	Pawruti		P6 (1406), DK7(0528), UK6(11-468), US25(18070)	3
08_0005	Breadfruit, raw	Madar	*Artocarpus altilis*	P6(811), US25 (09059), UK6 (13-167)	63

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03_0005	Brinjal, purple, long, raw	Begun, kalo lomba	*Solanum melongena*	KF, US25(11209), DK7(0010), IND(142)	21
03_0033	Brinjal, purple, long, boiled* (without salt)	Begun siddha, lobon chara	*Solanum melongena*	Recipe calculation	21
03_0006	Broad beans, raw	Makhon shim	*Vicia faba*	P6(504), US25(11088), UK6(13-064)	21
09_0011	Bronze featherback, raw	Foli	*Notopterus notopterus*	P64, T70, P6 (930), IND (336)	75
10_0005	Buffalo meat, raw	Mohish er mangsaw	*Bubalus bubalis*	P6(1002),US25(17160), VIN(301), Beef meat <15 % fat, own DB, IND(399)	93
04_0011	Bugleweed, raw	Sabarang	*Ajuga macrosperma*	R5, T15, T16	33
08_0006	Bullocks Heart, ripe, raw	Nona ata	*Annona reticulata*	P6(812), EAS(851), IND(249)	63
13_0001	Butter, salted	Makhon, nonta		P6(1301), US25(01001), UK6(17-485)	110
12_0001	Buttermilk, fluid, low fat	Ghol		P6(1202), UK6(12-022), US25 (01088), DK7(0168)	103
03_0034	Cabbage, boiled* (without salt)	Badhakopi siddha, lobon chara	*Brassica oleracea*	Recipe calculation	21
03_0007	Cabbage, raw	Badhakopi	*Brassica oleracea*	P6(508), P18, P8, P41, P83, T32, R6, T15, T16, P90, T70, P94, P6(309), P52, P58, T70, P52, P47, US25(11109), DK7(0088), UK6(13-468), IND(66), T30	21
09_0012	Calbasu, without bones, raw	Kalbaush	*Labeo calbasu*	P64, P6 (913), P30, T47, T14, ADB (0901546), UK6 (16-132), IND (377)	75
08_0007	Carambola, raw	Kamranga	*Averrhoa carambola*	P6(808), P50, P23, P41, T28, T29, T62, T70, T65, DK7(0630), US25(9060)	63
07_0002	Cardamom	Elach	*Elettaria cardamomum*	P6(701),US25(02006), UK6(13-809), IND(216)	
03_0035	Carrot, boiled* (without salt)	Gajor siddha, lobon chara	*Daucus carota*	Recipe calculation	21
03_0008	Carrot, raw	Gajor	*Daucus carota*	KF, US25(11124), DK7(1128), IND(118), VIN(89)	21
06_0002	Cashew nuts, raw	Hizlee badam	*Anacardium occidentale*	P6(601), US25 (12087), UK6(14-811)	49

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04_0012	Cassava, leaves, raw	Simei alu shak	*Manihot esculenta*	T15, T16, T61,TH(THD137), BID(0500127), BID(0500128), WEA (04_008)	33
09_0013	Catfish, Bacha, raw	Bacha	*Eutropiichthys vacha*	P6 (902), R4, IND (313)	75
09_0014	Catfish, Pabdah, raw	Pabda	*Ompok pabda*	P56, R4, P6(917), P47, P92, P8, IND(365)	75
09_0015	Catla, raw	Katla	*Catla catla*	P6(918), P30, T38, P64, P92, IND(347), ADB(0901475, 0901547), UK6(16-186)	75
03_0036	Cauliflower, boiled* (without salt)	Fulkopi siddha, lobon chara	*Brassica oleracea var. Botrytis*	Recipe calculation	21
03_0009	Cauliflower, raw	Fulkopi	*Brassica oleracea var. Botrytis*	P6(509), P8, P27, P41, T15, T16, P90, T70, P52, T64, P47, US25(11135), DK7(0017), TH(THD9),UK6(13-215), VIN(181)	21
09_0016	Chanda, Indian glaasy fish, eyes included, raw	Chanda, Ranga, chokh soho	*Parambassis ranga*	P56, R4, P93, T102	77
12_0002	Cheese, cottage, 25% fat	Poneer		P6(1203), T70, UK6(12-368)	103
10_0006	Chicken breast, without skin, raw	Murgi, buker mangsaw, chamra charano	*Gallus bankiva murghi*	KF, US25(05011), DK7(0097)	93
10_0007	Chicken leg, without skin, raw	Murgi, ranner mangsaw, chamra charano	*Gallus bankiva murghi*	KF, US25(05080), UK6(18-289)	93
10_0008	Chicken liver, raw	Murgir koliza	*Gallus bankiva murghi*	T70, US25(05027)	93
06_0003	Chilgoza pine, dried	Chilgoza	*Pinus gerardiana*	P6(602), US25(12147), UK6(14-839), DK7(0654)	49
07_0003	Chilli, red, dry	Shukna morich	*Capsicum frutescens*	P6(702), P8, P41, R6, US25(02031), IND(217)	
03_0010	Chilli, green, with seeds, raw	Kancha morich	*Capsicum annuum*	KF, US25(11333), IND(157), DK7(0676), R5	21
07_0004	Cinnamon, ground	Darchini gura		US25(02010)	
09_0017	Climbing perch, indigenous, eyes included, raw	Koi, deshi, chokh soho	*Anabas testudineus*	P6 (922), P47, R4, P64, P92, T70, T40, TH (THG140), T102	77

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09_0018	Climbing perch, Thai, without bones, eyes included, raw	Koi, Thai, chokh soho	*Anabas testudineus*	P6 (922), P47, R4, P64, P92, T70, T40, TH (THG140), T102	77
07_0005	Cloves, dried	Labongo	*Syzygium aromaticum*	P6(703),US25(02011)	55
09_0019	Clown knifefish, without bones, raw	Chital, kata chara	*Chitala chitala*	P6(929), T70, T18, TH (THG22), IND (333)	77
06_0004	Coconut Milk	Narikel dudh	*Cocos nucifera*	US25(12176),UK6(14820), WEA(06_006)	49
14_0001	Coconut Water	Daber pani	*Cocos nucifera*	P6(814),P8, US25(12119), IND(198), WEA(06-007)	116
06_0005	Coconut, desiccated	Narikel, shukna	*Cocos nucifera*	P6(603), UK6(14-873), IND(194), WEA(06_005)	49
06_0006	Coconut, mature kernel	Narikel	*Cocos nucifera*	P6(604),P8, US25(12104), UK6(14-816),DK7(0126), VIN(50-3001),WEA(06_002),IND(195)	49
14_0002	Coffee infusion (instant with sugar and milk powder, whole fat)	Coffee, dudh o chini soho		Recipe calculation	116
14_0003	Coffee, powder	Coffee		US25(14214)	116
04_0013	Colocasia leaves, black, raw	Kalo kochu shak	*Colocasia esculenta*	P6, T30, P8,IND(72), T100, US25(11520), WEA(04_020)	33
04_0014	Colocasia leaves, green, raw	Shobuj kochu shak	*Colocasia esculenta*	P52, P83, T16, P94, P6(344), P8, R5, T30, IND(73), T100	36
05_0011	Colocasia/Taro, boiled* (without salt)	Kochur Mukhi siddha, lobon chara	*Colocasia esculenta*	Recipe calculation	43
05_0001	Colocasia/Taro, corm, raw	Kochur Mukhi	*Colocasia esculenta*	P47,T58, P6(410), P6(411), IND (119), UK6(13-376),US25(11518), TH(THB7)	43
05_0017	Colocasia/Taro/Tannia, cormel, boiled* (without salt)	Dudh kochu siddha, lobon chara	*Xanthosoma violaceum*	Recipe calculation	43

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05_0002	Colocasia/Taro/ Tannia, cormel, raw	Dudh kochu	*Xanthosoma violaceum*	T58, T58, IND (119),US25(11518), WEA(02_005), UK6(13-376), BID(200091)	43
09_0020	Common carp, without bones, raw	Commmon carp, kata chara	*Cyprinus carpio*	T47, P64, P92, UK6 (16-172), US25 (15008), ADB (0901340, 0901477, 0901485), WEA (09_021), (THG101)	77
07_0006	Coriander leaves, raw	Dhone pata	*Coriandrum sativum*	P6(314), P8,P41,P52,P58,P83,P90, R5,T30, US25(11165), DK7(1475), IND(75)	55
07_0007	Coriander seed, dry	Dhonia	*Coriandrum sativum*	P6(704), R6, US25(02013), DK7(0526), IND(221)	55
13_0002	Cottonseed oil	Tular bij er tel	*Gossypium herbaceum*	P38, US25(04502), UK6(17-034)	110
03_0037	Cowpea, boiled* (without salt)	Borboti siddha, lobon chara	*Vigna unguiculata*	Recipe calculation	
04_0015	Cowpea, leaves, raw	Borboti pata	*Vigna unguiculata*	P6(315) , WEA (04_010), IND(76), average of leafy vegetables	36
03_0011	Cowpea, pods and seeds, raw	Borboti	*Vigna unguiculata*	P8, P58, P6(511), T26, US25(11191), TH(THD45),IND(148)	21
09_0021	Croaker, Blackspotted, without bones, raw	Poa, kata chara	*Protonibea diacanthus*	T23, T19, T68, ADB (0901809, 0901808), EAS (1253), US25(15020)	77
03_0012	Cucumber, peeled, raw	Shosa	*Cucumis sativus*	P6(512), P18, P8, P50, R6, P58, P52, IND(149), US25(11206), UK6(13-233), TH(THD34)	21
07_0008	Cumin seeds	Jira	*Cuminum cyminum*	P6(705), US25(02014), UK6(13-820), IND(222)	55
12_0003	Curd, sweetened, whole milk	Doi, misti		P6(1205), DK7(0335)	103
08_0008	Custard apple, raw	Atafol	*Annona squamosa*	P6(813), P8, P50, T70, T62, IND(304), UK6(14-076), US25(09321)	63
08_0009	Dates, dried	Khorma	*Phoenix dactylifera*	P6 (816), P8, IND (254), UK6(14-085), US25 (09087)	63
08_0010	Dates, raw	Khejur, paka, taza	*Phoenix sylvestris*	P6(815), IND(255), UK6(14-083)	63
09_0022	Day's mystus, combined species, eyes included, raw	Tengra, bivinno projati, chokh soho	*Mystus tengara, Mystus bleekeri, Mystus gulio, Mystus vittatus*	R4, P64, T66, P47, P56, P92, P8, P6 (963), IND (394), T102	77

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04_0016	Dima leaves, raw	Dima shak	*Glinus oppositifolius*	P83, T30, T15, T16, T61	36
04_0006	Dock leaves, raw	Chukai shak, bivinno projati	*Rumex vesicarius, Rumex crispus, Rumex lanceolatus*	P6(313), P8, IND (58),BID(0500033),BID(0500085), average of leafy vegetables	33
04_0017	Drumstick, leaves, raw	Sajna pata	*Moringa oleifera*	ABT, P6(316), T26 ,P61, US25(11222), UK6('13-236), WEA(04_011), IND (78),BID(0500141), P102, PIT(C055)	36
03_0013	Drumstick, pods, raw	Sajna data	*Moringa oleifera*	P58, P6 (513), P8, P61, IND(151), US25(11620),UK6(13-238)	24
10_0009	Duck, meat, raw	Hash er mangsaw	*Anas platyrhynchos*	P6(1004), US25(05141), DK7(1037), DK7(0007), UK6(18-489), IND(400)	93
11_0006	Egg, chicken, native, boiled* (without salt)	Deshi Murgir dim siddha, lobon chara	Gallus bankiva murghi	Recipe calculation	
11_0002	Egg, chicken, native, raw	Murgir dim, deshi	Gallus bankiva murghi	R5, T9, IND (402), 11_0001	100
11_0003	Egg, chicken, yolk, raw	Murgir dim er kusum, deshi	Gallus bankiva murghi	T9, US25(01125), UK6(12-805), DK7(0339)	100
11_0007	Egg, duck, whole, boiled* (without salt)	Hash er dim, siddha, lobon chara	Anas platyrhynchos	Recipe calculation	100
11_0004	Egg, duck, whole, raw	Hash er dim	Anas platyrhynchos	P6, P8, R5, T9, T70, US25(01138), DK7(1033)	100
11_0001	Eggs, chicken, farmed, raw	Murgir dim, farm er	Gallus bankiva murghi	KF, UK6(12-918), IND(402), R5	100
11_0005	Eggs, chicken, farmned boiled* (without salt)	Murgir dim, siddha, lobon chara	Gallus bankiva murghi	Recipe calculation	100
08_0011	Elephant apple, ripe, raw	Kodbel	*Limonia acidissima*	P50, P6(823), P8, T62, T70	63
05_0018	Elephant foot, corm, boiled* (without salt)	Ole kochu siddha, lobon chara	*Amorphophallus campanulatus*	Recipe calculation	43
05_0003	Elephant foot, corm, raw	Ole Kochu	*Amorphophallus campanulatus*	P6(413), T58, IND (119), UK6(13-376),US25(11518), TH(THB13)	43
09_0028	Giant river-catfish, raw	Guizza	*Mystus seenghala*	P6, IND (311)	80

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08_0012	Emblic, raw	Amloki	Phyllanthus emblica	P50, P6 (802), P8, P18, R5, R6, UK6 (14-001), IND(239)	63
04_0018	Farn, leaves, raw	Dheki shak	Diplazium esculentum	P83, T61, T30	36
07_0009	Fennel seeds	Mauri	Foeniculum vulgare	R6, US25(02018), UK6(13-827), DK7(0462)	55
07_0010	Fenugreek seeds	Methi	Trigonella foenum-graecum	P6(706),US25(02019), UK6(13-828)	55
04_0019	Fenugreek, leaves, raw	Methi shak	Trigonella foenum-graecum	P6(317), P52, BID(0500172), BID(0500194) UK6(13-243), IND(79), average of leafy vegetables	36
08_0013	Fig, ripe, raw	Dumur, paka	Ficus carica	P6(817), DK7 (0632), US25 (09089)	63
09_0023	Fish (Catla, Mrigal, Rohu), dorsal with skin, raw	Macher gada (Katla, Mrigal, Rui)	Catla catla, Cirrhinus cirrhosus, Labeo rohita	T38	77
09_0024	Fish (Catla, Mrigal, Rohu), ventral with skin, raw	Macher peti (Katla, Mrigal,Rui)	Catla catla, Cirrhinus cirrhosus, Labeo rohita	T38	77
09_0072	Fish ball*	Macher kopta		Recipe calculation	77
13_0003	Fish oil, cod liver	Kod liver tel		P6(1303),US25(04589), DK7(0315), UK6(17-488)	110
10_0010	Frog, legs, raw	Bang	Bufo melanostictus	T70, US25(80200)	93
09_0025	Ganges river sprat, combined species, raw	Kachki, bivinno projati	Corica soborna and Sicamugil cascasia	R4, P56, T19, T68, P93, T70, T102, Shak	77
09_0026	Gangetic ailia, raw	Kajuli	Ailia coila	P6(960), P56, R4	77
09_0027	Gangetic mystus, raw	Gulsha	Mystus cavasius	R4, P64, P56	77
03_0014	Garlic, raw	Rosun	Allium sativum	P6(403), P41, P58,US25(11215),UK6(13-244)	24
13_0004	Ghee, cow	Ghee, gorur		T70, P6(1305), UK6(17-007), PAK(173)	110
13_0005	Ghee, vegetable	Dalda/Bonosh pati		P6(1306), T70, UK6(17-009), PAK(176)	110
09_0029	Giant seaperch, whole, dried	Vetkee, shutki	*Lates calcarifer*	P6 (911)	80

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09_0030	Giant seaperch,without bones, raw	Vetkee, kata chara	*Lates calcarifer*	T37, T67, P6(910),IND(321), TH(THG28), ADB(0901542), WEA(09_032)	80
05_0019	Giant taro, corm, boiled* (without salt)	Mankochu siddha, lobon chara	*Alocasia macrorrhizos*	Recipe calculation	43
05_0004	Giant taro, corm, raw	Mankochu	*Alocasia macrorrhizos*	T58, IND (119), UK6(13376),US25(11518), BID(200087)	43
07_0011	Ginger root, raw	Ada	*Zingiber officinale*	P6(707), US25(11216), UK6(13-831), DK7(0667)	55
10_0011	Goat meat, lean, raw	Khaseer mangsaw	*Capra hyrchusb*	P6(1005),T70, US25(17168), WEA(07_046), IND(406)	93
09_0031	Goby, Tank goby, raw	Bele	*Glossogobius giuris*	P6 (904), R5, R4, P56, T70, EAS(1317)	80
09_0032	Gourami, Banded gourami, eyes included, raw	Khailsa, kata chara, chokh soho	*Colisa fasciata*	P6 (936), P64, P56, T70, R4, EAS (1325), T102	80
03_0015	Gourd, ash, raw	Chalkumra	*Benincasa hispida*	P6(517), P58, UK6(13-248), TH(THD107), US25(11220)	24
03_0047	Gourd, bitter, boiled* (without salt)	Korola siddha, lobon chara		Recipe calculation	24
03_0048	Gourd, bitter, fry*	Korola vaji	*Momordica charantia*	Recipe calculation	24
03_0016	Gourd, bitter, raw	Korola	*Momordica charantia*	P6(518), P18, P8, P52, P27, R6, R5, P58, P41, P94, P72, P6, UK6(13-252), TH(THD130)	24
03_0017	Gourd, bottle, raw	Lau	*Lagenaria siceraria*	R6, T70, P6(519), P8, P27, P58, U1, TH(04070), US25(11218), UK6(13-249)	24
03_0038	Gourd, pointed, boiled* (without salt)	Potol siddha, lobon chara	*Trichosanthes dioica*	Recipe calculation	24
03_0018	Gourd, pointed, raw	Potol	*Trichosanthes dioica*	P6(516), P8, P52, P41, T29, P72, R5, P58	24

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03_0019	Gourd, ridge, raw	Jhinga	*Luffa acutangula*	P27, P94, P47, P6(520), P8, T70, P52, P58, US25(11220), UK6(13-254)	24
03_0020	Gourd, snake, raw	Chichinga	*Trichosanthes anguina*	P6(522), P27, T70, P52, P94, P58	24
03_0021	Gourd, sponge, raw	Dhundul	*Luffa cylindrica*	P8, P6(530), P27, P94, TH(04077), US25(11220)	24
03_0039	Gourd, teasle, boiled* (without salt)	Kakrol siddha, lobon chara	*Momordica dioica*	Recipe calculation	24
03_0022	Gourd, teasle, raw	Kakrol	*Momordica dioica*	P6(526), P8, P27, R5, P58, UK6(13-250), US25(11220)	24
08_0014	Grapes, green, raw	Angur, halka sobuj	*Vitis vinifera*	P6(819), IND(258), DK7(0329), US25(09132)	63
02_0007	Grass pea, split dried, raw	Khesari dal, vanga	*Lathyrus sativus*	P74, P8, P31, T1, P3, P6(208), P53, P49, T20, T25, R6, P70, T70, T17, IND(37), Rache	15
02_0014	Grass pea, split, boiled* (without salt)	Khesari dal siddha, lobon chara	*Lathyrus sativus*	Recipe calculation	15
02_0005	Green gram, split dried, raw	Mung dal, vanga	*Vigna radiata*	T17, P49, T20, R6, T70, P6 (207), T1, T25, P74, IND(35), DK7(0485), UK6(13-098)	15
02_0013	Green gram, split, boiled* (without salt)	Mung dal siddha, lobon chara	*Vigna radiata*	Recipe calculation	15
02_0006	Green gram, whole, dried, raw	Mungkalai	*Vigna radiata*	P6(206), P58, T70, T48, P8, IND(34), US25(16080), DK7(0485)	15
06_0007	Groundnuts/Pea nut, raw	China badam	*Arachis hypogaea*	P6(605),P8,P9,P19, US25(16087), UK6(14877), DK7(0193)	49
08_0015	Guava, green, raw	Peyara, bivinno variety, kancha	*Psidium guajava*	P6(818), P18, P8, R6, T70, U1, P14, P50, P20, P47, IND(261), US25(09139), UK6(14-119), DK7(0627)	63
09_0033	Hilsa, without bones, raw	Ilish, kata chara	*Tenualosa ilisha*	T13, T38, P2, P92, P65, T39, P6 (934), T70, P47, UK6 (16-184), IND (341), ADB (0901529)	80

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08_0016	Hog plum, raw	Amra	*Spondias pinnata*	P50, P6(801), P8, P23, P41, T28, T65, T70, T62, IND (238)	63
15_0003	Honey	Modhu		P6(1410), DK7(0081), UK6(17-050), US25(19296), VIN(486-12026)	119
07_0012	Indian penny wort, raw	Thankuni pata	*Centella asiatica*	ABT, P6(345), P8, P52, P83, R5, T26, T30, VIN(161-4079)	55
09_0034	Indian river shad, raw	Chapila	*Gudusia chapra*	R4, P56, P46, T46, P47, P63, T102	80
04_0036	Indian spinach, boiled*(without salt)	Pui shak siddha, lobon chara	*Basella alba*	Recipe calculation	36
04_0020	Indian spinach, raw	Pui shak	*Basella alba*	P6(321), P8, P27, P48, R5, P58, P94, P83, P41, T70, T30, US25(11587), BID(0500156), P100	36
09_0035	Indian threadfin, without bones, raw	Lakkha, gada, kata chara	*Leptomelanosoma indicum*	T23, PIT (H005), ADB (0901540), BID (090054)	80
09_0036	Indo-pacific king mackerel, without bones, raw	Surma/ Bijoram, kata chara	*Scomberomorus guttatus*	T23, ADB (0901528)	80
06_0008	Jackfruit seeds, raw	Kathal er bichi	*Artocarpus heterophyllus*	P6(1411) ,P8, T57, IND(159), TH(THC65), VIN(65-3016)	49
08_0017	Jackfruit, ripe, raw	Kathal, paka	*Artocarpus heterophyllus*	KF, IND (264), US25 (09144)	66
15_0004	Jaggery, sugarcane, solid	Gur, Akh	*Saccharum officinarum*	P6(1417), IND(441), UK6(17-058)	119
15_0005	Jaggery/Panela, date pulm	Gur, Khejur	*Phoenix sylvestiris*	P6, IND(443)	119
15_0006	Jagggery liquid, date plum	Nolen gur	*Phoenix sylvestiris*	P89, IND(441), 15_0003	119
08_0018	Jambolan, raw	Kalojam	*Syzygium cumini*	P6(809), P8, P50, P23, R5, P41, T16, T28, T70, IND(266), US25 (09145)	66
08_0019	Jambos, raw	Jamrul	*Syzygium jambos*	P6 (848), T70, IND (302), US25 (600551)	66
08_0020	Java apple, raw	Golapjam	*Syzygium samarangense*	T28,P23, BID (0600188), BID(0600189), EAS (848)	66
08_0021	Jujube, raw	Boroi	*Ziziphus mauritiana*	P6(810), T70, P50, P17, P8, UK6 (14-122), US25 (09146)	66

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04_0021	Jute leaves, raw	Pat shak	*Corchorus capsularis*	P83, T16, P6(322), P8, P48, R5, T30,US25(11231) WEA(04_038), BID(050021)	36
09_0037	Kuria labeo, without bones, raw	Gonia	*Labeo gonius*	P30, P64, T67, UK6 (16-132), KF	80
10_0013	Lamb/Mutton, liver,raw	Verar koliza	*Ovis aries*	P6(1007),UK6(18-413),WEA(07_053), IND(409)	93
10_0012	Lamb/mutton, meat moderately fat, raw	Verar mangsaw	*Capra hyrchusb*	P6(1008), P92,DK7(0138), WEA(07_004), IND(410)	93
07_0013	Lemon grass, raw	Lemon ghas	*Cymbopogon citratus*	P33,US25(11972),TH (N18)	55
07_0014	Lemon peel, raw	Lebur khosa	*Citrus aurantifolia*	P6(708), US25(09156), UK6(14127), DK7(0834), IND(226)	55
08_0022	Lemon, Kagoji, raw	Lebu, Kagoji	*Citrus aurantifolia*	P6 (825), P8, P41,U1, DK7 (0040, 0637), US25 (09150), IND (269), PAK (96)	66
02_0008	Lentil, dried, raw	Mosur dal	*Lens culinaris*	KF, IND(38), US25(16069), P74, UK6(13-091)	15
02_0015	Lentis, boiled* (without salt)	Mosur dal siddha, lobon chara	*Lens culinaris*	Recipe calculation	15
08_0023	Lime, Sweet, raw	Mushambee	*Citrus limetta*	P6 (829), UK6 (14-128), DK7 (0040), US25 (09150), PAK (97)	66
06_0009	Linseed,Tisi, raw	Tisi	*Linum usitatissimum*	P6 (607),P9,P29,R6, US25(12220), IND(205), DK7(0480)	49
09_0038	Long-whiskered catfish, without bones, raw	Ayre, kata chara	*Mystus aor*	P92, T70, T14, IND (311)	80
06_0010	Lotus seeds, dried	Poddo gota, shukna	*Nelumbo nucifera*	P6(1412), P6(1413), ,US25(12013),VIN(123-4041)	49
06_0011	Lotus seeds, green	Poddo gota, kancha	*Nelumbo nucifera*	P6(1414), US25(12205), VIN(122-4040),BID(0400039)	49

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08_0024	Lychee, raw	Lichu	*Litchi chinensis*	P6(827), P8, P50, R5, T28, T70, P69, IND (271), DK7(0638), UK6(14-142)	66
07_0015	Mace, ground	Jayitri, gura	*Myristica fragrans*	P6(709),US25(02002),UK 6(13834), IND(227)	55
09_0039	Mackerel, Narrow-barred Spanish, raw	Chompa	*Scomberomorus commerson*	P6 (915, TH (THG153), ADB(0901528), IND(388)	80
01_0004	Maize/corn flour, whole, white	Bhutta, atta		US25(20316), VIN(1019), DK7(0172)	3
01_0005	Maize/corn, yellow, dried, raw	Bhutta, shukna	*Zea mays*	P1, P6(103), P78, T1, T21, T54, IND(5),US25(20014), VIN(8-1008))	3
08_0025	Mango, Fazli, orange flesh, ripe, raw	Aam, Fazli, paka	*Mangifera indica*	T68, T32, P23, P24, P80, IND(278), UK6(14-294), US25(9176), PAK(99), DK7(0523)	66
08_0026	Mango, Langra, yellow flesh, ripe, raw	Aam, Langra, paka	*Mangifera indica*	KF, IND (278), DK7 (0523), UK6 (14-294), US25 (09176)	66
13_0006	Margarine	Margarine		DK7(1253), TH(TH11)	110
13_0007	Mayonnaise, salted	Mayonnaise, nonta		UK6(17-510), DK7(0184)	110
08_0027	Melon, Futi, orange flesh, ripe, raw	Futi, paka	*Cucumis melo*	P23, R5, IND (280), DK7 (0642, 0185), UK6 (14-162), US25 (09184)	66
12_0004	Milk, buffalo, whole fat	Mohiser dudh	*Bubalus bubalis*	P6(1211), US25(01108), BID	103
12_0005	Milk, cow, powder, skimmed	Gura dudh, Goru, makhon tola/noniheen		P73, P6(1208), DK7(0366), TH(09017)	103
12_0006	Milk, cow, powder, whole	Gura dudh, Goru		P6(1209), WEA(10_002), DK7(0367)	103
12_0007	Milk, cow, skimmed	Gorur dudh, makhon tola/noniheen		P6(1210), 12_0008	103
12_0008	Milk, cow, whole fat (pasteurised, UTH)	Gorur dudh, purno noni-jukto		KF, UK6(12-315)	103
12_0009	Milk, cow, whole, condensed, sweetened	Kondense milk, Goru, chini-jukto		US25(01095), UK6(12-029)	103

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12_0010	Milk, goat, combined breeds	Chagoler dudh	*Capra hircus*	P6(1213), DK(0516), BID(1000196, 1000219, 1000222, 1000239, 1000240), UK6(12-328)	
12_0011	Milk, human, colostrum, raw	Shaldudh		WEA(10_019), DK7(1301), UK6(12-038)	103
12_0012	Milk, human, mature, raw	Mayer dudh		P6(1206), DK7(1303), UK6(12-040), US25(01107)	103
01_0006	Millet, Foxtail, raw	Kaon	*Setaria italica*	P1,T1,EAF(26), IND(3), US25(20031), VIN(6-1006)	3
01_0007	Millet, Proso, whole-grain, raw	Cheena, gota-dana	*Panicum miliaceum*	P1, P6(104), DK7(0461), US25(20031)	3
09_0041	Minnow, Finescale razorbelly, dried	Chela, Fulchela, shukna	*Salmophasia phulo*	P6(921), IND (329, 330)	80
09_0040	Minnow, Finescale razorbelly, raw	Chela, Fulchela	*Salmophasia phulo*	R4, P64, P56, P6 (920)	80
09_0042	Minnow, Largescale razorbelly, raw	Chela, Narkeli	*Salmophasia bacaila*	R4, IND(329)	83
09_0043	Mola carplet, whole, eyes included, raw	Mola, chokh soho	*Amblypharyngodon mola*	P6(940), P47, R4, R5, P56, T19, P64, T68, P92, T70, T43, T31, P93, Shak	83
08_0028	Monkey-jack, yellowish-orange flesh, raw	Dewa	*Artocarpus lacucha*	T28, P23, R5, T16, IND(268)	66
09_0044	Mrigal carp eyes included, raw	Mrigal, chokh soho	*Cirrhinus cirrhosus*	P93, P6 (941), T38, P64, IND (359), ADB (0901474, 0901483), T102	83
09_0045	Mullet, Goldspot, raw	Parshe	*Liza parsia*	R4, P6 (944), IND (367)	83
08_0029	Muskmelon, Bangee, light orange flesh, ripe, raw	Bangee, paka	*Cucumis melo*	T16, P6 (832), P50, IND(280), DK7(0185), US25(9184)	66
09_0046	Mussel/Clam, mixed species, raw	Jhinuk	*Pisidium clarkeanum and Lamellidens marginalis*	P91, US25 (15157), UK6(16-255)	83
13_0008	Mustard oil	Sorishar tel	*Brassica juncea*	T70, US25(04583)	110

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06_0012	Mustard seeds, dried	Sarisha	*Brassica spp.*	P6(608), P11 ,R6, US25(02024), IND(206)	49
07_0016	Nutmeg, dried	Jayfol	*Myristica fragrans*	P6(712) US25(02002), IND (229)	58
03_0040	Okra/Lady's finger, boiled* (without salt)	Dheros siddha, lobon chara	*Abelmoschus esculentus*	Recipe calculation	24
03_0023	Okra/Lady's finger, raw	Dheros	*Abelmoschus esculentus*	R6, P47, T70, P52, P6(528), P8, P58, P72, P94, P18, R5, P41, T51,US25(11278),UK6(13-300)	24
03_0046	Lady's finger-tomato bhuna*	Dheros-tomato bhuna	*Abelmoschus esculentus*	Recipe calculation	24
03_0024	Onion, raw	Piaj	*Allium cepa*	KF, US25(11282), IND(122)	24
08_0030	Orange juice, raw (unsweetened)	Komolar ross	*Citrus reticulata*	P6(836), UK6(14-301), US25(09206)	66
08_0031	Orange, raw	Komola, bivinno projati	*Citrus aurantium, Citrus reticulata*	P50, T70, P6 (837), P8, T70, IND (283), DK7 (0005), UK6 (14-298), US25 (09200)	69
08_0032	Orange, Sweet, ripe, raw	Malta, paka	*Citrus sinensis*	P6(835), US25(092000), DK7(0005)	69
13_0009	Palm oil	Palm tel		UK6(17-039), US25(04055),DK7(1098)	110
08_0033	Palmyra palm, cotyledon, raw	Kochi tal er shas	*Borassus flabellifer*	P6 (838), T28, IND (286)	69
08_0034	Palmyra palm, pulp, orange flesh, ripe, raw	Taal, paka	*Borassus flabellifer*	T34,T45, T70, P6(839), R5, P50, WEA(05_023)	69
09_0047	Pangas, without bones, raw	Pangas, kata chara	*Pangasius pangasius*	KF, UK6(16-200), IND (366), R5	83
08_0035	Papaya, ripe, raw	Pepe, paka	*Carica papaya*	P50,T70, P6 (840), P8, R5, T16, R6, DK7 (0464), US25(09226), IND(287)	69
03_0041	Papaya, unripe, boiled* (without salt)	Kancha pepe siddha, lobon chara	*Carica papaya*	Recipe calculation	27
03_0025	Papaya, unripe, raw	Kancha pepe	*Carica papaya*	P18, R5, P41, P52, P6(532), P8, T16, P58, P94, TH(05056), UK6(13-311), VIN(115)	27
12_0013	Payesh*	Payesh		Recipe calculation	103
02_0016	Pea, boiled* (without salt)	Motor siddha, lobon chara	*Pisum sativum*	Recipe calculation	15

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02_0009	Pea, dried, raw	Motor	*Pisum sativum*	T25, T17, P49, P74, IND(41), DK7(0345), UK6(13-130)	15
13_0010	Peanut oil	China badam er tel	*Arachis hypogaea*	P13, DK7(0859), UK6(17-040)	110
01_0008	Pear millet, whole-grain, raw	Bajra, gota-dana	*Pennisetum typhoideum*	P6(105), IND(1), US25(20031)	3
03_0026	Peas, raw	Motorshuti	*Pisum sativum*	P52, P6(533), VIN(55), US25(11304)	27
07_0017	Pepper, black	Golmorich	*Piper nigrum*	P6(714), US25(2030), UK6(13846), DK7(0405)	58
09_0048	Perch, Mud, raw	Meni	*Nandus nandus*	P64, T70, R4, P56	83
08_0036	Persimmon, ripe, raw	Gab, Bilati, paka	*Diospyros spp.*	P50, IND(292), US25(09263), EAS(968), TH(THE 134), DK7(0634)	69
10_0014	Pigeon meat, raw	Kobutorer mangsaw	*Columba livia intermedia*	P6(1009), IND(411), US25(05162)	93
08_0037	Pineapple, Joldugee, ripe, raw	Anaros, Joldugee, paka	*Ananas comosus*	P6(843), P8, R5, U1, IND(294), DK7(0003), UK6(14-208), US25(09429, 09430)	69
08_0038	Pineapple, ripe, raw	Anaros, paka	*Ananas comosus*	P50, T65, T70, P23, P6(844), T28, P8, U1, T32, IND(294), DK7(0003), UK6 (14-208), US25 (09429), US25(09430)	69
06_0013	Pistachio nuts, dried	Pesta	*Pistacia vera*	P6(611), US25(12151), DK7(0655), IND(208)	49
01_0035	Plain Khichuri*	Khichuri		Recipe calculation	3
03_0042	Plantain, boiled* (without salt)	Kancha kola siddha, lobon chara	*Musa paradisiaca*	Recipe calculation	27
03_0027	Plantain, raw	Kancha kola	*Musa paradisiaca*	P6(534), P8, P27, P41, P58,P90, P16, US25(09277), UK6(13-323)	27
01_0036	Plain pulao*	Plain pulao		Recipe calculation	3
08_0039	Pomegranate, ripe, with seed, raw	Bedana, paka, bichi soho	*Punica granatum*	P6(846), P8, IND(296), DK7(0633), UK6(14-226), US25(09286)	69

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08_0040	Pomelo, raw	Zambura	*Citrus maxima*	P50, T62, T65, T70, P6(847), P8, BID(0600186), UK6 (14-228), US25 (9295)	69
09_0049	Pomfret, Black, raw	Rupchanda, kalo, bivinno projati	*Parastromateus niger and Formio niger*	P6(946), T23, TH (THG44), IND (369)	83
09_0050	Pomfret, Chinese Silver, raw	Rupchanda, Chinese Sada	*Pampus chinensis*	P6(947), P47, T18, IND (370)	83
09_0051	Pomfret, Silver, dried	Rupchanda, Sada, shutki	*Pampus argenteus*	P62	83
09_0052	Pomfret, Silver, without bones, raw	Rupchanda, Sada	*Pampus argenteus*	P62, TH (THG42)	83
01_0009	Popcorn, maize (salt added)	Popcorn, Bhutta	*Zea mays*	P1, P78, T54, UK6(17-131), US25(19034)	3
07_0018	Poppy seeds	Posto dana	*Papaver somniferum*	P6(1422), US25(02033), UK6(13-849), DK7(1168)	58
10_0015	Pork, meat, <5 % fat, raw	Shukorer mangsaw	*Sus scrofa domesticus*	IND(412), DK7(0285)	93
05_0021	Potato Mash*	Alu siddha, lobon soho		Recipe calculation	43
05_0012	Potato, Diamond, boiled* (without salt)	Gol alu siddha, lobon chara	*Solanum tuberosum*	Recipe calculation	43
05_0005	Potato, Diamond, raw	Gol alu, Diamond jat, khosa chara	*Solanum tuberosum*	KF, IND (125), UK6(13-001),US25(11354)	43
09_0053	Prawn, Birma river prawn, raw	Chingri, Birma river prawn	*Macrobrachium birmanicum*	T7, T102	83
09_0054	Prawn, Giant river prawn, raw	Chingri, Golda	*Macrobrachium rosenbergii*	R4, T7, P92, T102	83
09_0055	Prawn, Giant tiger prawn, raw	Chingri, Bagda	*Penaeus monodon*	T31, R4, TH (THG6), ADB (0901931)	83
09_0056	Prawn, Hairy river prawn, raw	Chingri	*Macrobrachium rude*	T70, T7, T102	83
09_0057	Prawn, Indian white prawn, raw	Chingri	*Fenneropenaeus indicus*	P46, P47, R4, T43, ADB (0901931, 0901932)	83
09_0058	Prawn, Monsoon river prawn, raw	Chingri, Nodir	*Macrobrachium malcolmsonii malcolmsonii*	T7, T102	86
04_0022	Pumpkin leaves, raw	Misti kumra shak	*Cucurbita maxima*	P6(332), P8, P83, T30, US25(11418), VIN(148), WEA(04_053)	36

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06_0014	Pumpkin seeds, dried	Mistikumrar bichi	*Cucurbita maxima*	P6(1423),US25(12014),UK6(14-842),IND(551)	49
03_0043	Pumpkin, boiled* (without salt)	Mistikumra siddha, lobon chara	*Cucurbita maxima*	Recipe calculation	27
03_0028	Pumpkin, raw	Mistikumra	*Cucurbita maxima*	P6(523), P8, P52, P27, P58, P94, US25(11422),TH(THD108) VIN(85), P100	27
04_0023	Radish leaves, raw	Mula shak	*Raphanus sativus*	P6(334), P8, P48, P58, P52, P83, R5, T30, UK6(13-332), P100, T100, average leafy vegetables	36
03_0044	Radish, boiled* (without salt)	Mula siddha, lobon chara	*Raphanus sativus*	Recipe calculation	27
03_0029	Radish, raw	Mula	*Raphanus sativus*	P6(408), P18, P8, R6, P90, T70, P52, P41, P60,US25(11429),UK6(13-330), VIN(103)	27
02_0010	Red gram, split, dried, raw	Arhar dal	*Cajanus cajan*	T25, P49, T17, P6(212), P3, P71, UK6 (13-102), IND(44), US25(16101),	15
01_0010	Rice flaked	Chira	*Oryza sativa*	P6(112), P8, T17, IND(14), TH(THA20), UK6(11-044)	3
01_0011	Rice flakes, white grain, water-soaked	Chira, veja	*Oryza sativa*	T17	3
01_0013	Rice, BR-11, parboiled, milled, raw	Chal, BR-11, siddha, kole chata	*Oryza sativa*	R1, 01_0012	6
01_0014	Rice, BR-16, parboiled, milled, raw	Chal, BR-16, siddha, kole chata	*Oryza sativa*	R1, 01_0012	6
01_0015	Rice, BR-26, parboiled, milled, raw	Chal, BR-26, siddha, kole chata	*Oryza sativa*	R1, 01_0012	6
01_0037	Rice, BR-28, boiled* (without salt)	Bhat, BR-28, bosa bhat	*Oryza sativa*	Recipe calculation	6
01_0012	Rice, BR-28, parboiled, milled, raw	Chal, BR-28, majhari dana, siddah, kole chata	*Oryza sativa*	KF, IND(10), UK6(11-048), US25(20450), R5	3

Code	Foodname in English	Foodname in Bengali	Scientific name	BiblioID	Page number
01_0016	Rice, BR-3, parboiled, milled, raw	Chal, BR-3, siddha, kole chata	*Oryza sativa*	R1, 01_0012	6
01_0019	Rice, bran, raw	Chaler kura	*Oryza sativa*	P94, P25, DK7(1023), US25(20060)	6
01_0038	Rice, brown, home-pounded, boiled* (without salt)	Deki chata siddho lal chal er bhat	*Oryza sativa*	Recipe calculation	6
01_0020	Rice, brown, parboiled, home-pounded, raw	Chal, siddha, deki chata	*Oryza sativa*	P6(108), P28, DK7(0221), IND (9), TH(THA13, 9), UK6(11-442), US25(200400), VIN (5-1005)	6
01_0039	Rice, brown, parboiled, milled, boiled*(without salt)	Kole chata siddha lal chal er bhat	*Oryza sativa*	Recipe calculation	6
01_0021	Rice, brown, parboiled, milled, raw	Chal, lal, siddha, kole chata	*Oryza sativa*	P28, P1, T60, DK7(0221), IND(9), TH(THA9,13), UK6(11-442), US25(20040), VIN(5-1005)	6
01_0017	Rice, BRRI Dhan-30, parboiled, milled, raw	Chal, BRRI Dhan-30, siddha, kole chata	*Oryza sativa*	R1, 01_0012	6
01_0018	Rice, BRRI Dhan-40, parboiled, milled, raw	Chal, BRRI Dhan-40, siddha, kole chata	*Oryza sativa*	R1, 01_0012	6
01_0022	Rice, popped	Khoi	*Oryza sativa*	P6, IND(15), UK6(11-497), US25(08066)	6
01_0023	Rice, puffed, salted	Muri	*Oryza sativa*	P6(113), P8, T17, US25(08066)	6
01_0040	Rice, white, sunned, aromatic, boiled* (without salt)	Bhat, Sugondhi, bosa bhat	*Oryza sativa*	Recipe calculation	6
01_0024	Rice, white, sunned, aromatic, raw	Chal, atap, sugondhi, chikon dana, deki chata	*Oryza sativa*	R1, P6(110), P6(111) IND(10), TH(THA12), US25(20444), VIN(4-1004)	6
01_0041	Rice, white, sunned, polished, milled, boiled* (without salt)	Bhat, Atap, bosa bhat	*Oryza sativa*	Recipe calculation	9

Code	Foodname in English	Foodname in Bengali	Scientific name	BiblioID	Page number
01_0025	Rice, white, sunned, polished, milled, raw	Chal, atop, HYV, kole chata, raw	*Oryza sativa*	P49, R1, R5, T21, IND(10), DK7(0224), TH(THA12), US25(20444),UK6(11-049), VIN(4-1004)	9
09_0059	Rohu, river, raw	Rui, nodir	*Labeo rohita*	P6(954), T2, IND(377), KF	86
09_0060	Rohu, without bones, raw	Rui, kata chara	*Labeo rohita*	KF, UK6(16-132), IND (377), B100	86
01_0042	Ruti*	Ruti		Recipe calculation	9
15_0007	Salt	Lobon		INFS data	119
01_0026	Semolina, wheat, raw	Sooji, gom	*Triticum aestivum*	P6 (114), T17, DK7(0182), IND(24), UK6(11-024), US25(20466)	9
13_0011	Sesame oil	Tiler tel	*Sesamum indicum*	US25(04058)	110
06_0015	Sesame seeds, whole, dried	Til	*Sesamum indicum*	P6(613), P9, R6, US25(12014), UK6(14-842)	49
09_0061	Shrimp, Speckled, raw	Chingri, Horina	*Metapenaeus monoceros*	R4, T42	86
09_0062	Silver carp, without bones, raw	Silver carp, kata chara	*Hypophthalmichthys molitrix*	T38, T68, T19, P64, P92, P93, R5, Shak	86
09_0063	Silver needle fish, eyes included, raw	Kakila, chokh soho	*Xenentodon cancila*	R4, P56, P64, T70, DK7 (0082), T102	86
04_0034	Slender amaranth leaves, boiled* (without salt)	Notay shak siddha, lobon chara	*Amaranthus viridis*	Recipe calculation	36
04_0024	Slender amaranth leaves, raw	Notay shak	*Amaranthus viridis*	P6(303), IND(50), BID(0500029), BID(0500338), UK6(13-149), US25(11003), R5, T26	36
09_0071	Small fish fry*	Kachki mach vaja		Recipe calculation	77
14_0004	Soft drinks, carbonated	Komol paniyo		T70, US25(14147),UK6(17-175)	116
01_0027	Sorghum, raw	Jowar	*Sorghum vularebicolor*	P1, P6, IND(4), US25(20067), WEA(01_039)	9
14_0005	Soya milk (not sweetened)	Soybean dudh		T50, DK7(0403), UK6(12-331)	116
13_0012	Soybean oil	Soybean tel	*Glycine max*	KF	110

Code	Foodname in English	Foodname in Bengali	*Scientific name*	BiblioID	Page number
02_0011	Soybean, dried, raw	Gari kalai/Soyabean	*Glycine max*	P6 (213), P74,T48, IND(46), US25(16108), UK6(13-115), DK7(0032)	15
07_0019	Spearmint leaves, fresh	Pudina pata	*Mentha spicata*	P6(331), P52, P83, T30, P90, R5, US25(02065), IND(94)	58
04_0035	Spinach, boiled*(without salt)	Palong shak siddha, lobon chara	*Spinacia oleracea*	Recipe calculation	36
04_0025	Spinach, raw	Palong shak	*Spinacia oleracea*	P6(337), P8, P18, P41, P58, P83, R5, R6, T30, T70,US25(11457),DK7(0278),UK6(13-456).	36
09_0064	Spotted snakehead, raw	Taki, kata chara	*Channa punctatus*	R4, P56, R5, P64, T19, T68, T70, T47, P93, T102, TH (THG47)	86
09_0065	Stinging catfiah, raw	Shing mach, kata chara	*Heteropneustes fossilis*	P6(957), R4, T44, P64, P92, T41, T63, IND (385), T102	86
09_0066	Stone roller, raw	Tatkini	*Crossocheilus latius*	P47, R4, TH (THG116), BID (0900085, 0900160, 0900161, 0900160)	86
09_0067	Striped snake-head, raw	Shol, kata chara	*Channa striata*	P64, T14, P63, P92, T70, P6, TH (THG47)	86
14_0006	Sugar cane Juice	Akher Ros	*Saccharum officinarum*	P6(1427), P8, 15_0003, US25(19304)	116
15_0008	Sugar, white	Chini, sada	*Saccharum officinarum*	P6, DK7(01540, IND(439), UK6(14-806), US25(19335),WEA(13_003)	119
06_0001	Sunflower seeds, dried	Surjomukhi bij	*Helianthus annuus*	P9,P12,US25(12036), DK7(0479), IND(211), UK6(14-845)	49
04_0026	Sweet potato leaves, raw	Misti alu shak	*Ipomoea batatas*	WF,P6(339),T30, US25(11505), WEA(04_059), VIN(158), PIT(C072)	36
04_0027	Sweet potato leaves, SP4, dark green, mature, raw	Misti alu shak (SP4)	*Ipomoea batatas*	WF, 04_0026	39
04_0028	Sweet potato leaves, SP7, dark green, mature, raw	Misti alu shak (SP7)	*Ipomoea batatas*	WF, 04_0026	39
04_0029	Sweet potato leaves, SP8, light green, mature, raw	Misti alu shak (SP8)	*Ipomoea batatas*	WF, 04_0026	39

Code	Foodname in English	Foodname in Bengali	*Scientific name*	BiblioID	Page number
05_0016	Sweet potato, Komola Sundori, orange flesh, boiled* (without salt)	Misti alu, Komola Sundori, siddha, lobon chara	*Ipomaea bata*	Recipe calculation	43
05_0006	Sweet potato, Komola Sundori, orange flesh, raw	Misti alu, Komola Sundori	*Ipomaea bata*	R3, IND (130), US25(11507), UK6(13-463), DK7(0659)	43
05_0013	Sweet potato, pale-yellow flesh, boiled* (without salt)	Misti alu, holdey, siddha, lobon chara	*Ipomaea bata*	Recipe calculation	43
05_0007	Sweet potato, pale-yellow flesh, raw	Misti alu, holdey	*Ipomaea bata*	P6, P8, R5, T4, T8, IND (130), US25(11507), UK6(13-463), DK7(0659), WEA(02-013), T100	43
05_0015	Sweet potato, skin purple, flesh pale-yellow, boiled* (without salt)	Misti alu, lal khosa, siddha, lobon chara	*Ipomaea bata*	Recipe calculation	46
05_0008	Sweet potato, skin purple, flesh pale-yellow, raw	Misti alu, Lal khosa	*Ipomaea bata*	T8, T36, R2, IND (130), US25(11507), UK6(13-463), DK7(0659)	43
05_0014	Sweet potato, white flesh, boiled* (without salt)	Misti alu, sada, siddha, lobon chara	*Ipomaea bata*	Recipe calculation	46
05_0009	Sweet potato, white flesh, raw	Misti Alu, Sada	*Ipomaea bata*	T4, T8, T36, R2, IND (130), US25(11507), UK6(13-463), DK7(0659), WEA(02_022), P100	46
01_0028	Sweetcorn, yellow, on-the cob, raw	Bhutta, kancha	*Zea mays*	P6(102), DK7(0150), UK6(13-372)	9
08_0041	Tamarind, pulp, ripe, raw	Tetul, paka	*Tamarindus indica*	P6(850), UK6(13-856), US25(09322), WEA(05_021), BID(0601348, 0601409, 0601443), DK7(0647), UK6(14-265)	69

Code	Foodname in English	Foodname in Bengali	*Scientific name*	BiblioID	Page number
14_0007	Tea infusion (with sugar and milk powder, whole fat)	Dudh cha		Recipe calculation	116
14_0008	Tea, infusion (with sugar)	Likar cha		Recipe calculation	116
14_0009	Tea, powder	Cha pata	*Camellia sinensis*	R6,T27,US25(14366)	116
09_0068	Tilapia, without bones, raw	Telapia, kata chara	*Oreochromis mossambicus*	KF, UK6(16-154), US 25 (15261), R5	86
03_0030	Tomato, green raw	Tomato, kancha	*Lycopersicon esculentum*	P6(539), P8, P52, T15, P27, T49, US25(11527)	27
03_0045	Tomato, red, ripe, boiled* (without salt)	Tomato paka siddha, lobon chara	*Lycopersicon esculentum*	Recipe calculation	27
03_0031	Tomato, red, ripe, raw	Tomato, paka	*Lycopersicon esculentum*	KF, US25(11529), IND(306)	27
09_0069	Tuna, without bones, raw	Tuna, kata chara	*Euthynnus affinis*	T67, DK7 (0321), US25 (15123), UK6(16-228)	86
07_0020	Turmeric, dried	Holud	*Curcuma longa*	P6(715),US25(02043), UK6(13-861), IND(237)	58
03_0032	Turnip, raw	Shalgom	*Brassica rapa*	P6(412), P8, P41, P94, P52, P47, US25(11564), UK6(13-389)	
01_0043	Vermicelli, boiled* (without salt)	Semai siddha	*Triticum aestivum*	Recipe calculation	9
01_0029	Vermicelli, wheat, raw	Semai	*Triticum aestivum*	P6, P8, UK6(11-065), US25(20420)	9
09_0070	Walking catifish, without bones, raw	Magur, kata chara	*Clarias batrachus*	P6 (938), P64, R4, P92, T70, P8, BID(0900601), TH (THG73), T102, ADB(0901305)	86
06_0016	Walnuts	Akhrot	*Juglans regia*	P6(614),US25(12155).UK 6(14-879),DK7(0198)	49
04_0030	Water spinach, raw	Kolmee shak	*Ipomoea aquatica*	P6(324), P8, P52, P48, R5, P83, T65, P90, P94, T30, US25(11503)	39
14_0010	Water, drinking	Khabar pani		ANA	116
04_0031	Watercress, raw	Helencha shak	*Enhydra fluctuans*	P6(320), P8, P48, T30,UK6(13462),US25(1 1591),DK7(0023)	39
08_0042	Watermelon, ripe, raw	Tarmuz, lal, paka	*Citrullus vulgaris*	P18, P50, R5, P41, T16, R6, P6(854),T70, IND(281),US25(09326)	69
01_0030	Wheat flour, brown, whole grain, raw	Ata, sada	*Triticum aestivum*	P6(118), P8, T21, IND(20), UK6(11-433), US25(20080),TH(THA34), VIN(18-1018),	9
01_0032	Wheat flour, white, refined	Maida	*Triticum aestivum*	P6(119), P8, P49, T21, US25(20481),DK7(0531), IND(22), UK6(11-438)	9

Code	Foodname in English	Foodname in Bengali	*Scientific name*	BiblioID	Page number
01_0031	Wheat, flour, white	Ata, sada, packet	*Triticum aestivum*	KF, DK7(0531), IND(20), UK6(11049), US25(20080)	9
01_0033	Wheat, whole, raw	Gom	*Triticum aestivum*	P1, P10, P26, P51, P53, T1, T53, IND(20), US25(20072), DK7(1270)	9
08_0043	Woodapple, ripe, raw	Bel, paka	*Aegle marmelos*	P6(853), P18, P8, P50, R5, R6, T70, IND(244)	69
05_0020	Yam, tuber, boiled* (without salt)	Bon alu siddha, lobon chara	*Dioscorea spp.*	Recipe calculation	46
05_0010	Yam, tuber, raw	Bon Alu, Bivinno projati	*Dioscorea spp.*	R5, T3, T16, IND(136), UK6(13-397), US25(11601), DK7(0658), WEA (02_019)	46

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