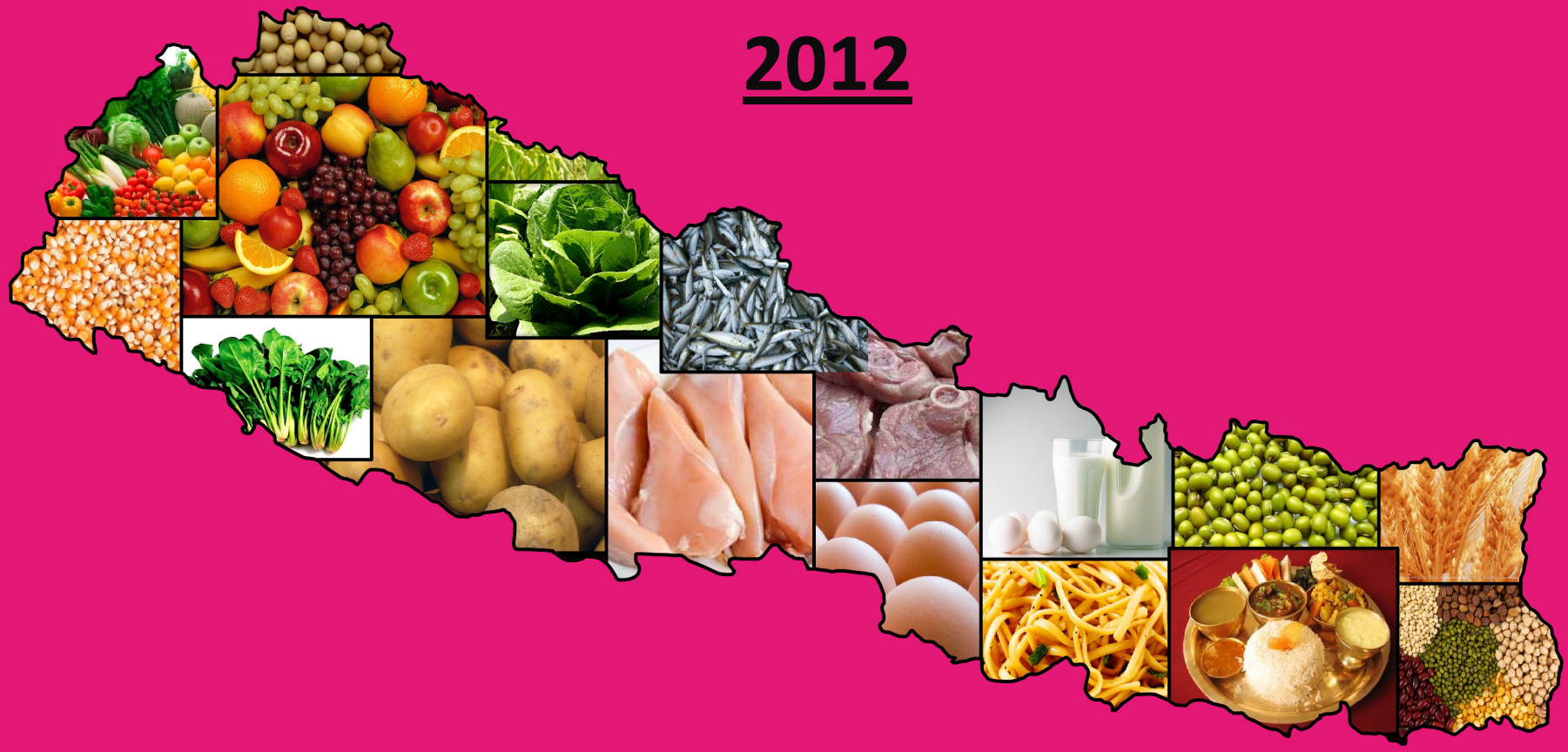
FOOD COMPOSITION TABLE
FOR NEPAL
2012



NEPAL GOVERNMENT
MINISTRY OF AGRICULTURE DEVELOPMENT
DEPARTMENT OF FOOD TECHNOLOGY AND QUALITY CONTROL
NATIONAL NUTRITION PROGRAM
Kathmandu, Nepal

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NATIONAL NUTRITION PROGRAM

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PREFACE

Nepal remains one of the most malnourished countries around the world. Malnutrition remains a major contributor to child health problems, as well as contributing to future poverty by damaging the cognitive and physical development of children who are affected, reducing their educational achievement, normal physical development, and their future earnings. Damage done in the early years leads to permanent impairment with lifelong irreversible impact. They are much more likely to suffer from a serious infection and to die from common childhood illnesses.

Nearly half of Nepali children under five are stunted, indicating early chronic malnutrition and almost similar situation with women as well. Therefore, improving nutritional status of children and women has been recognized as a top priority by the Government, which has adopted the targets of MDGs 1 and has also adopted the world fit for children's goal on micronutrients.

National Nutrition Program of Department of Food Technology and Quality Control is working with in this area for the almost last thirty years. Food based strategy is the major approach adopted for solving malnutrition problem. Different activities related to food based intervention are ongoing. Out of many, development of food composition table is one of the activities.

National Nutrition Program has complied data on food composition and related information in this text. I would like to thank the entire team who are involved in this work. Besides, I thank the effort of Food Research Officer Ms. Keshari Laxmi Bajracharya and Computer Operator Mr. Binod Rasaili for preparation and compilation of the Food Composition Table.

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Jiwan Prava Lama
Director General

CONTENTS

INTRODUCTION

BACKGROUND OF NEPAL

Nepal is a landlocked country bordering India to the east, west and south and china to the North with total area of 147,181 Square km ranging in altitude from less than 100 meters in south to over 8848 meters in the north. The average length from east to west is divided into 75 district with 16 district in the north, 39 district in the middle(hills) and 20 districts in the South (Terai). Similarly Nepal is divided into five development regions. They are the eastern region, the central region, western region, mid-western region and far western region. Nepal is divided into three broad ecological regions (i) Mountain (35%), (ii) Hills(42%), and (iii) Terai (low land) (23%)

Nepal is predominantly rural societies with more than 80% of the population live in the rural areas are engaged in agriculture. Based on the preliminary result of national population census of 2011, the total population growth rate is estimated at 1.4 per annum. The population of Nepal is 2, 66,20,809. The preliminary results reveals that the population of male and female in Nepal is 1,29,27,431 and 1,36,93,378 respectively. The crude birth rate and death rates are estimated of 22.17 and 6.1 per thousand populations respectively. The total fertility rate of 2.6 per women, Infant mortality rate 46 per 1000 live birth, child mortality rate 9 per 1000 live birth , under 5 mortality rate 54 per 1000 live birth and and maternal mortality rate 299 per 100000 and life expectancy at birth is 66.16 years.

DFTQC: A BRIEF INTRODUCTION

Department of Food Technology and Quality Control is one of the four departments under the Ministry of Agriculture and Cooperatives of Government of Nepal. It was established in 1961 A.D. as the Department of Food in Singh Durbar, which later in 1965 was shifted to the present location of Barbarmahal, Kathmandu. In 1966, the name Department of Food was renamed as Food Research Laboratory. It became Central Food Research Laboratory in 1980 and the most of the time of its history existed with this name. In the year 2000, the Central Food Research Laboratory was given the name "Department of Food Technology and Quality Control" and became the fourth department under the Ministry of Agriculture and Cooperatives. From the very beginning, DFTQC has devoted its efforts for ensuring the availability of safe, quality and nutritious food to Nepalese people through a number of activities in the area of food quality control, development and dissemination of food processing technologies as well as food and nutrition programs. As mandated by the Government of Nepal, DFTQC is the sole government agency to execute the food and feed Acts and Regulations in the country.

NATIONAL NUTRITION PROGRAM

National Nutrition Program is a part of functioning body of DFTQC. Under this component, the nutritious value different non-conventional and traditional Agro and forest based foods are analyzed. The other major activities under this program are research on weaning foods and recipes

development, conducting community nutritional programs on different villages and remote districts, and food nutrition education and communication programs.

FOOD AND NUTRITION

There is six fundamental rights of human being. These are food, water, air, clothes, shelter and security. Among them, food is the one of the most important fundamental rights of all the people. Everyone should have access to food which is sufficient, balance and safe to satisfy nutritional requirement and culturally acceptable. It plays an important role in the lives of the people. It is essential for human existence just like air and water. The food that we eat is utilized in the body and the assimilated substances are used for the maintenance and growth of physical, mental, intellectual development and reproduction. According to WHO" Good health is a state of complete physical, mental and social well- being and not merely absence of disease a or infirmity". Food provide our body all the nutrients a such as carbohydrate, fat, protein, mineral, vitamins and water. The human body require more than 45 nutrients for its well - being. Lack of any one of the nutrient can result in the deficiency disorder and of immunity power, so a number of food stuff have to be selected to get all the essential nutrients to fulfill our requirement. The nutritional requirements of person differ according to age, sex, physical activities and physiological conditions.

Nutrients are the constituents of food, which help to use to maintain our body function and the growth and renewal of its components and to protect our organ. Thus nutrition is the science that deals with the digestion, absorption and metabolism of food that is the utilization of food in the body. It may be defined as "the science that interprets the relations of the food to the functioning of living organism". It includes uptake of foods, liberation of energy , elimination of wastage . All the process of synthesis essential for maintenance and reproduction. These fundamental activities are characteristics of all living organism from the simples to the most complex plants and animals.

When the diet is able to meet all the nutrients needs of an individual and it also provides our extra allowances for minor stress and strain the individual is said to be in a state of optimum nutrition. It is highest nutrition level, which can be attained. Optimum nutrition is also known as adequate nutrition or good nutrition. Good nutrition thus provides all essential nutrients in correct balance, which are further utilized o promote the highest level of physical and mental health. Thus balance diet can be defined as one, which contain different types of foods (food from all groups) in such quantities and proportion that the needs for all the nutrients are adequately met and a small extra allowance is made as a margin of safety. Thus nutrition is one of the most important factors closely associated with the growth and development of a child.

The government of Nepal is committed to achieving the Millennium Development Goals (MDGs) for nutrition aim to reduce the level of general malnutrition(underweight and stunting) by half of 2015. Improvement on nutritional status is essential not only to reach MDGs, but also for achieving other goals such as reduced child mortality, improved maternal health and universal primary education.

FOOD COMPOSITION TABLE

A food composition table (FCT) provides detailed information on the nutritional composition of foods. FCT s provide values for energy and nutrients

(e.g. protein, fat, vitamins and minerals) and other important food components (e.g. fibre) for each of the foods listed. These values are either based on chemical analysis which are carried out in analytical laboratories or are estimated from other appropriate data.
The composition of food can vary widely, depending, among other factors, on the variety of plant or animal, on growing and feeding conditions and, for some foods, on freshness. Food tables are based on average values from a number of samples analyzed in the laboratory and therefore only provide a rough guide. Because of the errors mentioned above it is likely that there will be an error of ±10%.Desirable amount of nutrients are required by our body for metabolic functions. These nutrients are derived from different varieties of food. The translation of food consumed to their contents is the availability of food intake which gives the chemical composition of different foods on the basis of actual analysis in the lab. Food composition table gives the amount of different nutrients present in 100 g of food stuff. Food differs widely in their contents of various nutrients. Food composition tables have developed by number of countries, containing the analytical data on the nutrients in food consumed in those countries which are available, affordable and culturally acceptable also. Therefore, food composition table also vary from country to country. In the food composition table, most of the analysis of fruit and vegetable relate to the edible portion is carried out in the laboratory.
The scrutiny of the Food composition table enables not only to recognized the nutritive contents of individual food but also the general chemical composition of food groups such as cereal and cereal products, legumes and pulses, vegetables , fruits, meat and meat products, milk and milk products , fats and oil , spices and tea etc.
From the food composition table we get,

- An idea of the average amount of different nutrients present in the different categories of food stuff.
- to identify " poor" & "rich" sources of individual nutrients
- To assess the nutritional adequacy of a given diet

The composition of food is very much important information for human health, food consumption survey, meal planning, food processing, nutrition assessment, dietary counseling, epidemiological research, food safety, food assistance, national and international trade and in food and consumer's demand for selecting food consistent with healthy diet.

SOURCES OF DATA AND METHODOLOGY

The data on food composition has been compiled from the results of analysis carried out in Central nutritional laboratory ,National Nutrition Program, Department of Food Technology and Quality Control, under the ministry of Agriculture Development.
Because of resemblance of Nepali food consumption pattern , food availability and culture with India , data of" Recommended Dietary allowances" and Balanced diet are cited from the Expert Committee of the ICMR(1988) and data of " Recommended Intake of nutrients" is cited from the hand book of human nutritional requirement, published by FAO

SAMPLING AND LABORATORY ANALYSIS

Samples of each food commodity were purchased from various market of different areas of the Nepal . They were mixed manually to prepare a composite sample. Solid samples were powdered in dry mill and stored in airtight bottles with name and date of the purchase date written on it. Liquid samples were homogenized and stored. Weaning food and traditional cooked foods were prepared in the recipe laboratory. Prepared samples were mixed homogenously in blender and stored. Perishable commodity were kept in freezer and analyzed as early as possible. The samples were analyzed by the standard analysis of the AOAC (Association of Official Analytical Chemist) .

ENERGY
The calorific value of the food sample was determined as 4 X protein +4 X CHO+ 9 X fat= Energy Kcal

MOISTURE
The moisture in food samples was determined by direct heating at 105^0c in a oven

PROTEIN
Protein contents was estimated by kjeldhal method using Automatic digestion and distillation set . The protein value were collected from nitrogen contents (N2) The factor used 6.25 to all food stuff.

CRUDE FAT (ETHER EXTRACT)
Crude fat in the food samples was determined by soxhlet extraction method using soxhlet apparatus using petroleum ether. Fat was extracted by repeated syphoning.

CRUDE FIBRE
Crude fibre of the food samples was determined by acid base digestion method.

TOTAL ASH
Samples were ignited at 550-600 ^{0} C in a muffle furnace till white gray ash result.

CARBOHYDRATE
Percentage of carbohydrate were determined by difference between 100 and the sum of moisture , protein, fat, , fibers and total ash content

IRON AND PHOSPHOROUS
Food samples were first digested with acid and aliquots were used for determination of iron and phosphorus by spectrophotometer in 480nm and 650 nm wavelength respectively.

CALCIUM
Food samples were first digested with acid and aliquots were used for determination of Calcium by Atomic Absorption spectrophotometer.

VITAMIN C
Vitamin C in the food samples were determined by 2,6- dichlorophenol- indopehnol dye method.

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	A. CEREAL & CEREAL PRODUCT						
1	Amaranth seed	100	10.6	9.4	7.17	68.1	2.6
2	Barely	100	12.5	11.5	1.3	69.6	1.2
3	Buck wheat(whole)	74	11.3	10.3	2.4	65.1	2.3
4	Bajra	84	12.4	11.6	5	67.5	2.3
5	Bamboo seed	100	7.8	13.1	1.1	75.9	1.1
6	Buckwheat flour	–	12.2	6.1	1.3	69.2	3.1
7	Foxtail millet	79	11.2	12.3	4.3	60.9	3.3
8	Finger millet(Ragi)	100	13.1	7.3	1.3	72	2.7
9	Prosomillet(chino)	100	8.67	11	4.22	72.9	3.25
10	French millet	59	11.9	12.5	1.1	70.4	1.9
11	Jowar	100	11.9	10.4	1.9	72.6	1.6
12	Maize green(tender)	37	67.1	4.7	0.9	24.6	0.8
13	Maize Dry	100	14.9	11.1	3.6	66.2	1.5
14	Maize dry (Murali)	–	8.87	12.1	4.31	70.9	1.4
15	Maize flour (yellow)	100	12	9.2	3.9	72.1	1.2
16	Maize flour (white)	100	12	9.2	3.9	72.1	1.2
17	Millet	100	14.4	7.7	1.2	70.1	2.9
18	Maize granular	100	12	9	3.4	74.5	1.1
19	Naked barley white(Uwa)	100	10.9	12.6	1.6	70.5	2.1
20	Naked barley black(Uwa)	100	12.1	10.4	1.75	70.9	2.3
21	Uwa flour	100	7.17	9.6	2.6	76.7	1.9
22	Oatmeal	100	10.7	13.6	7.6	62.8	1.8
23	Rice Parboiled, (hand punded)	100	12.6	8.5	0.6	77.4	0.9
24	Rice (raw) (Milled)	100	13.7	6.8	0.5	78.2	0.6

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene µg	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	8	9	10	11	12	13	14	15	16	17
	A. CEREAL & CEREAL PRODUCT									
1	2.2	375	37	529.1	5.2	–	–	–	–	–
2	3.9	336	26	215	1.7	10	0	0.47	0.2	5.4
3	8.6	323	64	355	15.5	0	0	0.9	0.34	4.4
4	1.2	361	42	296	8	132	0	0.33	0.25	2.3
5	0.9	367	37	162	6.4	–	–	0.17	0.12	1.1
6	7.8	313	–	–	5.6	–	–	–	–	–
7	8	331	31	290	12.9	32	–	0.59	0.11	3.2
8	3.6	328	344	283	3.9	42	–	0.42	0.19	1.1
9	1	378	8	28.5	3	–	–	–	–	–
10	2.2	341	14	206	5	0	–	0.2	0.18	2.3
11	1.6	349	25	222	5.8	47	0	0.37	0.13	3.2
12	1.9	125	9	121	1.1	32	0	0.11	0.17	0.6
13	2.7	342	10	348	3.3	90	0	0.42	0.1	1.8
14	2.2	372	–	343	–	–	–	–	–	–
15	1.6	360	20	256	2.4	305	0	0.38	0.11	2
16	1.6	360	20	256	2.4	305	0	0.38	0.11	2
17	3.7	322	288	276	49.1	–	–	–	–	–
18	1	362	17	223	1.8	290	0	0.3	0.08	1.9
19	2.3	346	25	–	4.1	–	–	–	–	–
20	2.5	340	20.3	–	7.5	–	–	–	–	–
21	2	369	–	–	1.4	–	–	–	–	–
22	3.5	374	50	380	3.8	0	–	0.98	0.16	1.1
23	-	349	10	280	2.8	9	0	0.27	0.12	4
24	0.2	345	10	160	0.7	0	0	0.21	0.06	1.9

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	A. CEREAL & CEREAL PRODUCT						
25	Rice (Raw)(Handpounded)	100	13.3	7.5	1	76.7	0.9
26	Rice flakes	100	12.2	6.6	1.2	77.3	2
27	Rice parboiled,(Milled	100	13.3	6.4	0.4	79	0.7
28	Rice Puff	100	14.7	7.5	0.1	73.6	3.8
29	Rice bran	–	11	13.5	16.2	48.4	6.6
30	Semolina	100	–	10.4	0.8	74.8	–
31	Sorghum	100	14.3	7.6	2.4	74.7	1
32	Sarvottam pitho(lito)	100	2.68	21.29	10.84	61.7	3.08
33	Taichin beaten rice	100	10.89	7.68	1.94	77.9	1.08
34	Vermicelli	100	11.7	8.7	0.4	78.3	0.7
35	Varagu	–	12.9	6.7	0.7	67	2.8
36	Varagu flour	100	12.5	6.1	1.3	69.2	1.91
37	Wheat flour (whole)	100	12.2	12.1	1.7	69.4	2.7
38	Wheat flour (refined)	100	13.3	11	0.9	73.9	0.6
39	Wheat germ	100	5.2	29.2	7.4	53.3	3.5
40	wheat bran	–	11.9	14.6	3	66	4.5
	B. PULSES & LEGUMES						
1	Bengal gram, Big, white(whole)	100	10.9	21.1	4	56.7	2.8
2	Bengal gram dal(chickpea)	100	9.9	20.8	5.6	59.8	2.7
3	Bengal gram medium, white	100	11.1	23.2	3.7	54.6	2.7
4	Bengal gram ,Dark brown big	100	9.8	17.1	5.3	60.9	3
5	Bengal gram ,light brown small	100	10.9	24	4.1	54.9	2.4
6	Bengal gam, brown small	100	10.6	20.6	3.5	59	2.8
7	Bengal gram, Smaill, White	100	11.1	23.2	3.7	54.6	2.7

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene µg	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	8	9	10	11	12	13	14	15	16	17
	A. CEREAL & CEREAL PRODUCT									
25	0.6	346	10	190	3.2	2	0	0.21	0.16	3.9
26	0.7	346	20	238	20	0	0	0.05	0.05	4
27	0.2	345	9	143	1	–	0	0.21	0.05	3.8
28	0.3	325	23	150	6.6	0	0	0.21	0.01	4
29	4.3	393	67	1410	35	–	0	2.7	0.48	29.8
30	0.2	348	16	102	1.6	–	–	0.21	0.03	–
31	0.6	357	17	196	3.6	0	0	0.1	0.03	3
32	0.4	427	22.5	49	4.3	–	–	–	–	–
33	0.56	360	19.11	109.3	–	–	–	–	–	–
34	0.2	352	22	92	2	–	–	0.19	0.05	1.8
35	3.1	310	–	–	–	–	–	–	–	–
36	2	313	–	–	5.56	–	–	–	–	–
37	1.9	341	48	355	4.9	29	0	0.49	0.17	4.3
38	0.3	348	23	121	2.7	25	0	0.12	0.07	2.4
39	1.4	397	40	846	6	–	0	1.4	0.54	2.9
40	6.8	397	132	975	13.8	–	0	0.54	0.8	5.5
	B. PULSES & LEGUMES									
1	4.5	347.2	56.2	300	5.3			0.3	0.15	2.9
2	1.2	372	56	331	5.3	129	1	0.48	0.18	2.4
3	4.7	345	45.6	298	3.6	–	–	–	–	–
4	3.9	360	44.8	312	4.6	189	3	–	–	–
5	3.7	352.5	47.6	194	4.4	–	–	–	–	–
6	3.5	349.9	59.2	274	5.3	–	–	–	–	–
7	4.7	344.5	45.6	298	3.6	–	–	–	–	–

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	B. PULSES & LEGUMES						
8	Black gram (Dal)	100	10.9	24	1.4	59.6	3.2
9	Black gram (Whole)	100	10.6	21	1.6	58.8	3.6
10	Broadbean	100	13.8	25	1.2	29.3	3.1
11	Black bean	100	9.73	23.73	1.31	58.7	4.4
12	Bhote simi	100	9.73	23.49	3.71	57.7	4.03
13	Cow Pea	97	13.4	24.1	1	54.5	3.2
14	Fieldbean dry(simi)	100	9.6	24.9	1.3	60.1	3.2
15	Gram Flour besan	100	11.6	17.9	4.3	63.5	2.6
16	Green gram (Dal), Green	100	10.1	24.5	1.2	59.9	3.5
17	Green gram (whole)	100	10.4	24	1.3	56.7	3.5
18	Green peas dry	100	10.11	23.33	1.03	61.3	2.83
19	Mung dal(yellow)	100	8.77	26.71	0.93	58	3.87
20	Horsegram black	100	11.8	22	0.5	57.2	3.2
21	Horsegram red	100	12.7	21.11	0.85	57.4	3.83
22	Khesari dal	100	10	28.2	0.6	56.6	2.3
23	Katike Cow Pea	100	10.85	22.86	1.56	56.1	3.6
24	Kause bean	100	9.5	18.04	5.26	62.5	3.81
25	Lentil	100	12.4	25.1	0.7	59	2.1
26	Moth beans	100	10.8	23.6	1.1	56.6	3.5
27	Moth beans(Yellow)	100	10.57	22.95	0.46	59.1	3.68
28	Moth beans(Red)	100	9.12	19.74	0.7	62.7	4.1
29	Peas (dry)	100	16	19.7	1.9	55.7	2.2
30	Rajmah	100	12	22.9	1.3	60.6	3.2
31	Red gram dal	100	13.4	22.3	1.7	57.6	3.5

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene ug	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	8	9	10	11	12	13	14	15	16	17
	B. PULSES & LEGUMES									
8	0.9	347	154	385	3.8	38	0	0.42	0.2	2.3
9	4.4	344	110	348	8.4	20	2	0.58	0.2	2
10	5.1	328	104	357	4.2	65	–	0.45	0.19	2.4
11	2.1	342	–	–	–	–	–	–	–	–
12	1.32	358	–	–	–	–	–	–	–	–
13	3.8	323	77	414	8.6	12	0	0.51	0.2	1.3
14	1.4	347	60	433	4.4	0	–	0.52	0.16	1.8
15	0.1	364	129	321	5.6	–	–	–	–	–
16	4.2	348	75	405	3.9	49	0	0.47	0.21	2.4
17	4.1	335	124	326	7.3	94	0	0.47	0.39	2.1
18	3.71	348	–	311	1.86	–	–	–	–	–
19	1.71	348	–	426	1.17	–	–	–	–	–
20	5.3	321	287	311	6.77	71	–	0.42	0.2	1.5
21	4.12	322	–	–	–	–	–	–	–	–
22	2.3	345	90	317	6.3	120	–	0.39	0.17	2.9
23	5.1	330	9	–	–	–	–	–	–	–
24	0.88	369	–	–	–	–	–	–	–	–
25	0.7	343	69	293	7.5	270	–	0.45	0.2	2.6
26	4.5	330	202	230	9.5	9	2	0.45	0.09	1.5
27	3.27	358	–	279	9.13	–	–	–	–	–
28	3.63	336	–	–	–	–	–	–	–	–
29	4.5	319	75	298	7.05	39	0	0.47	0.19	3.4
30	4.8	346	260	410	5.1	–	–	–	–	–
31	1.5	335	73	304	2.7	132	–	0.45	0.19	2.9

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	B. PULSES & LEGUMES						
32	Soyabean (black)	100	12.1	33.3	15	31.3	4
33	Soyabean (Brown)	100	8.1	43.2	19.5	20.9	4.6
34	Soyabean (white)	100	10.2	33.3	17.7	29.6	5
35	Tarbare Simi(red)	100	12	23.52	1.42	57.8	3.98
36	Sprout bean	–	85	13	0.2	0.5	0.5
37	White peas big	100	12.3	23.3	0.8	58	2.5
38	White bean	100	13.66	22.6	1.42	56.6	4.81
39	Mung(Titura)	100	8.6	26.2	1.3	59.5	3.5
40	Tofu(Soybean product)	–	80.5	16.5	0.3	1.6	1.1
41	Nutrila (Soybean)	100	10	46.9	1	33.2	6.4
	C. GREEN LEAFY VEGETABLES						
1	Amaranth (spined)	–	85	3	0.3	7	3.6
2	Amaranth (tender)	–	85.7	4	0.5	6.1	2.7
3	Asparagus (Kurilo)	86.8	92.5	3.3	0.1	2.7	0.6
4	Agathi	–	73.1	8.4	1.4	11.8	3.1
5	Aniseed leaves	84	88.46	2.86	0.59	5.2	1.71
6	Betheleaves	–	89.6	3.7	0.4	2.9	2.6
7	Beet green	51	86.4	3.4	0.8	6.5	2.2
8	Buckwheat leaves	–	89.78	3.92	0.11	3.8	1.86
9	Bengalgram leaves	92	73.4	7	1.4	14.1	2.1
10	Bottleguard leaves	–	87.9	2.3	0.7	6.1	1.7
11	Broadbean leaves	–	77.6	5.6	0.3	11.5	1.3
12	Brvssis sprouts	100	85.5	4.7	0.5	7.1	1
13	Cabbage green	88	91.9	1.8	0.1	4.6	0.6

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene ug	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	8	9	10	11	12	13	14	15	16	17
	B. PULSES & LEGUMES									
32	4.3	393	213	509	9.5	10	–	0.65	0.23	2.8
32	3.7	432	240	690	10.4	426	–	0.73	0.39	3.2
34	4.2	411	226	546	8.5	10	0	0.66	0.22	2.2
35	1.24	338	–	–	–	–	–	–	–	–
36	0.8	56	5.7	46	3.8	–	16.8	–	–	–
37	3.1	332	11	348	5.3	–	–	–	–	–
38	1.42	330	–	434	3.8	–	–	–	–	–
39	0.9	355	11	394	4.8	–	–	–	–	–
40	0.03	75	18.4	144	1	–	–	–	–	–
41	1.4	329	33	565	12.8	–	–	–	–	–
	C. GREEN LEAFY VEGETABLES									
1	1.1	43	800	50	22.9	3504	33	0	–	–
2	1	45	397	83	3.49	5520	99	0.03	0.3	1.2
3	0.8	25	30.6	45.5	1.3	_	12.8	–	–	–
4	2.2	93	1130	80	3.9	5400	169	0.21	0.09	1.2
5	1.15	38	119.9	63	4.51	1575.52	42.31	–	–	–
6	0.8	30	150	80	4.2	1740	35	0.01	0.14	0.6
7	0.7	46	380	30	16.2	5862	70	0.26	0.56	3.3
8	0.87	31	–	–	–	1846.65*	81.85	–	–	–
9	2	97	340	120	23.8	978	61	0.09	0.1	0.6
10	1.3	39	80	59	–	–	–	–	–	–
11	1.7	71	111	149	–	–	–	–	–	–
12	1.2	52	43	82	1.8	126	72	0.05	0.16	0.4
13	1	27	39	44	0.8	120	124	0.06	0.09	0.4

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	C. GREEN LEAFY VEGETABLES						
14	Cabbage purple	90	91.6	1.9	0.2	3.5	0.6
15	Cauliflower, Green	71	80	5.9	1.3	7.6	3.2
16	Cauliflower(flower only)	100	88.48	0.75	2.4	6.6	–
17	Choisum Sag	–	88.1	2.7	0.3	6.4	1
18	Chukandar	87.4	87.9	2.8	0.1	7.8	1
19	Chocho leaves	71.07	91.42	3.01	0.21	3.2	1.19
20	Coriander leaves	70	86.3	3.3	0.6	6.3	2.3
21	Carrot leaves	51	76.6	5.1	0.5	13.1	2.8
22	Celery leaves	–	88	6.3	0.6	1.6	2.1
23	Colocasia leaves(Black variety)	–	78.8	6.8	2	8.1	2.5
24	Colocasia leaves(Green variety)	–	82.7	3.9	1.5	6.8	2.2
25	Colocasia leaves(dried)	–	9.3	13.7	5.9	42.3	12.8
26	Cowpea leaves	–	89	3.4	0.7	4.1	1.6
27	Dundu	–	91.39	2.57		3.66	1.16
28	Drumstick leaves	75	75.9	6.7	1.7	12.5	2.3
29	Fenugreek leaves	59	86.1	4.4	0.9	6	1.5
30	Garden cress	–	82.3	5.8	1	8.7	2.2
31	Garden sorrel	100	91.9	0.6	0.2	5.1	0.9
32	Garlic (stem& leaves	92	79.5	2.4	0.5	15.1	0.9
33	Gyanth Kobi	–	89.6	2.6	1	6	0.63
34	Gyanth Kobi Leaves	–	86	2.8	0.5	9.7	0.2
35	Gothale Sag	–	83.8	2.07	0.4	9.6	2.06
36	jaluka Saag	–	87	2.4	0.43	5.5	1.66
37	Khesari leaves	–	84.2	6.1	1	5.5	1.1

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene µg	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	8	9	10	11	12	13	14	15	16	17
	C. GREEN LEAFY VEGETABLES									
14	2.2	11	22.7	50.4	1.1	–	–	–	–	–
15	2	66	626	107	40	–	–	–	–	–
16	0.25	41	11.51	74.63	0.85	–	86.62	–	–	–
17	1.5	39	65.2	91	1.5	–	10.3	–	–	–
18	0.4	43	20	53.3	1.3	–	Red colour	–	–	–
19	1.01	27	42.53	76.38	2.26	1042.66	11.92	–	–	–
20	1.2	44	184	71	1.42	6918	135	0.05	0.06	0.8
21	1.9	77	340	110	8.8	5700	79	0.04	0.37	2.1
22	1.4	37	230	140	6.3	3990	62	0	0.11	1.2
23	1.8	77	460	125	0.98	12000	63	0.06	0.45	1.9
24	2.9	56	227	82	10	10278	12	0.22	0.26	1.1
25	16	277	1546	308	–	–	–	–	–	–
26	1.2	38	290	58	20.1	6918	4	0.05	0.18	0.6
27	1.22	25	86.22	–	–	–	11.92	–	–	–
28	0.9	92	440	70	0.85	6780	220	0.06	0.05	0.8
29	1.1	49	395	51	1.93	2340	52	0.04	0.31	0.8
30		67	360	110	28.6	–	–	0.15	–	–
31	1.3	25	130	20	1.7	78	5	0	0.07	1.2
32	1.6	76	53	42	0.6	845	36	0.1	0.13	0.6
33	0.2	43	19.3	50.8	13.2	_	8.6	–	–	–
34	0.8	56	31.1	56	0.1	_	10.1	–	–	–
35	2.01	51	274	–	–	–	31.6	–	–	–
36	3.02	35	254.45	49	3.6		3.25	–	–	–
37	2.1	55	160	100	7.3	3000	41	0.01	0.03	–

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	C. GREEN LEAFY VEGETABLES						
38	Koiralo Sag	–	78.1	3.6	1	9.7	2.1
39	Khole garden cress	–	89.16	3.5	0.4	4.4	1.57
40	Knol-knol green	73	86.7	3.5	0.4	6.4	1.2
41	Kitchen garden persley	51	90.5	2.4	0.6	2.9	2.3
42	lettuce	66	93.4	2.1	0.3	2.5	1.2
43	love-lies bleeding	–	90	3	0.7	2	3.3
44	Mint	45	84.9	4.8	0.6	5.8	1.9
45	Mustard leaves	–	89.8	4	0.6	3.2	1.6
46	Nakore sag	–	87.16	2.49	0.18	8	1.26
47	Niguro green	–	93.25	1.15	0.15	3.4	–
48	Neem leaves tender	100	59.4	11.6	3	21.2	2.6
49	Poisag	–	90.8	2.8	0.4	4.2	1.8
50	Patua sag	–	81.4	5.1	1.1	8.1	2.7
51	Potato leaves	–	88.4	4.4	0.9	3.6	1.8
52	Pumpkin leaves	–	81.9	4.6	0.8	6.9	3.7
53	Purple Cabbage	90	91.6	1.9	0.2	52	0.6
54	Rape leaves	–	84.9	5.1	0.4	5.9	2.5
55	Radish leaves	100	90.8	3.8	0.4	2.4	1.6
56	Rapes leaves dried	–	7.4	27	2.9	40.7	15.3
57	Safflower leaves	66	91.1	2.5	0.6	4.5	1.3
58	Sim saag fresh	79	93.74	2.4	0.44	1.5	1.23
59	Spinach	–	92.1	2	0.7	2.9	1.7
60	Stinging Nettle (Sisnu) leaves	–	81.7	6.9	0.2	5	4.2
61	Soya leaves	–	79.5	6	0.5	10.8	3.2

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene µg	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**
	C. GREEN LEAFY VEGETABLES									
38	5.5	62	312	92	–	–	–	–	–	–
39	0.95	35	113	–	–	–	–	–	–	–
40	1.8	43	740	50	13.3	4146	157	0.25	–	3
41	1.3	27	111	45	14.8	2292	29	0.22	0.7	29
42	0.5	21	50	28	2.4	990	10	0.09	0.13	0.5
43	1	26	200	40	–	–	–	–	–	–
44	2	48	200	62	15.6	1620	27	0.05	0.26	1
45	0.8	34	155	26	16.3	2622	33	0.03	–	–
46	0.89	44	83.54	–	–	–	84.39	–	–	–
47	0.99	19	–	117	1.03		6.2	0.03	0	1.5
48	2.2	158	130	190	25.3	2760	104	0.03	0	1.5
49	–	32	200	35	1	7440	87	0.03	0.16	1
50	1.6	63	241	93	–	–	–	–	–	–
51	1.3	40	120	50	–	–	–	–	–	
52	2.1	53	392	112	–	497.9	–	–	–	–
53	2.2	66	22.7	50.4	1.1	–	Colour	–	–	–
54	1.2	48	370	110	12.5	130	65	0.01	0.03	0.9
55	1	28	265	59	0.9	1300.86	81	0.18	0.47	0.8
56	6.7	297	3095	500	–	–	–	–	–	–
57	–	33	185	35	5.7	3540	15	0.04	0.1	0
58	0.67	20	127.07	52.72	3.2	2685.31	–	–	–	–
59	0.6	26	73	21	1.14	3049.37*	28	0.03	0.26	0.5
60	1.8	53	981.3	–	–	–	5.5	–	–	–
61		72	180	190	8	–	–	0.16	–	–

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	C. GREEN LEAFY VEGETABLES						
62	Sweet potato green leaves	100	80.7	4.2	0.8	9.7	2.2
63	Sweetchard	100	90.1	2.21	0.24	5.3	1.44
64	Tamarind leaves tender	–	8.9	8.6	3	60.9	8.5
65	Tanki Sag	100	45.6	1.3	0.8	44.2	4.2
66	Thai spinach	–	89.1	2.3	0.3	6.1	1.4
67	Turnip green leaves	51	81.9	4	1.5	9.4	2.2
	D. OTHER VEGETABLES						
1	Ashgourd	67	96.5	0.4	0.1	1.9	0.3
2	Agathi flower	–	92.9	1	0.5	4.4	0.4
3	Bitter gourd	97	92.4	1.6	0.2	4.2	0.8
4	Barela	80	90.43	0.99	0.26	6.7	0.81
5	Bottle gourd	86	96.1	0.2	0.1	2.5	0.5
6	Brinjal	91	92.7	1.4	0.3	4	0.3
7	Broadbeans	88	85.4	4.5	0.1	7.2	0.8
8	Bamboo shoot (tender)	54	88.8	3.9	0.5	5.7	1.1
9	Broccoli marrow	80	85.61	4.99	0.2	7.1	1.12
10	Cauliflower	70	90.8	2.6		4	1
11	Cho-chomarrow	–	92.5	0.7	0.1	5.7	0.4
12	Cluster beans	–	81	3.2	0.4	10.8	1.4
13	Cowpea pods	–	85.3	3.5	0.2	8.1	0.9
14	Cucumber	83	96.3	0.4	0.1	2.5	0.3
15	Chattel	79	89.72	2.04	0.18	6.1	0.78
16	Colocasia stem	86	94	0.3	0.3	3.6	1.2
17	Capsicum Yellow	97	88.69	0.86	0.11	17.2	0.5

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene ug	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**
	C. GREEN LEAFY VEGETABLES									
62	2.4	63	360	60	1.14	750	27	0.24	1.7	27
63	0.7	32	86.4	26.8	4.57	2660	33.83	–	–	–
64	10.1	305	1485	124	–	–		–	–	–
65	3.7	190	361	–	6.1	–	9.5	–	–	–
66	0.8	36	79.5	64.8	2.4	–	10	–	–	–
67	1	67	710	60	24.4	2136	180	0.31	0.57	5.4
	D. OTHER VEGETABLES									
1	0.8	10	30	20	0.8	0	1	0.06	0.01	0.4
2	0.8	26	9	5	–	–	–	–	–	–
3	0.8	25	20	70	0.61	126	88	0.07	0.09	0.5
4	0.79	33	143.65	50.99	2	–	6.86	–	–	–
5	0.6	12	20	10	0.46	0	0	0.03	0.01	0.2
6	1.3	24	18	47	0.37	74	12	0.04	0.11	0.9
7	2	48	50	64	1.4	9	12	0.08		0.8
8	–	43	20	65	0.1	0	5	0.08	0.19	0.2
9	0.94	50	44.86	108.9	1.52	630	–	–	–	–
10	1.2	30	33	57	1.23	30	56	0.04	0.1	1
11	0.6	27	140	30	0.6	0	4	0	0.04	0.4
12	3.2	16	130	57	1.08	198	49	0.09	0.03	0.6
13	2	48	72	59	2.5	564	14	0.07	0.09	0.9
14	0.4	13	10	25	0.6	0	7	0.03	0	0.2
15	1.2	34	70.08	45.79	0.92	–	317.69	–	–	–
16	0.6	18	60	20	0.5	104	3	0.07	0.07	0.1
17	0.66	73.23	17.05	33.55	1.94	–	115.82	–	–	–

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	D. OTHER VEGETABLES						
18	Capsicum Red	97	88.86	0.92	0.1	25.2	0.55
19	Capsicum Green	97	93	0.9	0.11	25	0.52
20	Chillies Akbare Fresh	100	85.77	3.81	0.62	8.2	–
21	Chillies Akbare Dry	100	11.39	13.97	7.77	52.9	6.64
22	Celery Stalks	–	93.5	0.8	0.1	3.5	0.9
23	Double bean	–	73.8	8.3	0.3	12.3	1
24	Drumstick flower	–	85.9	3.6	0.8	7.1	1.3
25	Drumstick	83	86.9	2.5	0.1	3.7	2
26	French bean	94	91.4	1.7	0.1	4.5	0.5
27	Field bean tender	93	86.1	3.8	0.7	6.7	0.9
28	Jack fruit tender	–	84	2.6	0.3	9.4	0.9
29	Knol-knol	74	92.7	1.1	0.2	3.8	0.7
30	Karonda Fresh	98	91	1.1	2.9	2.9	0.6
31	Ladies finger	84	89.6	1.9	0.2	6.4	0.7
32	Leeks	–	78.9	1.8	0.1	17.2	0.7
33	Lakooch, Badher raw	–	89.4	1.6	1.2	13.9	1.1
34	Lotus stem, dry	100	9.5	4.1	1.3	51.4	8.7
35	MushroomBotton(Gobre)	88	88.5	4.6	0.8	4.3	1.4
36	Mushroom Oyster(Kanne)	86	88	3	0.2	5.8	1.3
37	Mushroom, wild , dry	–	17.1	16.9	–	14.1	17.8
38	Mango green	72	87.5	0.7	0.1	10.1	0.4
39	Onion stalk(Green)	100	87.6	0.9	0.2	8.9	0.8
40	Pink beans	94	86.8	3.1	0.4	7	0.6
41	Pumpkin	79	92.6	1.4	0.1	4.6	0.6

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene µg	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	8	9	10	11	12	13	14	15	16	17
	D. OTHER VEGETABLES									
18	0.7	105.38	25.41	35.38	2.38	–	–	–	–	–
19	0.7	103.6	25.1	32.65	–	–	48.03	–	–	–
20	0.76	53.42	–	–	–	–	–	–	–	–
21	7.34	337.37	–	306	5.43	–	–	–	–	–
22	1.2	18	30	38	4.8	520	6	0.12	0.05	0.3
23	4.3	85	40	140	2.3	–	22	–	–	–
24	1.3	50	51	90	–	–	–	–	–	–
25	4.8	26	30	110	0.18	110	120	0.05	0.07	0.2
26	1.8	26	50	28	0.61	132	24	0.08	0.06	0.3
27	1.8	48	210	68	0.83	187	9	0.1	0.06	0.7
28	2.8	51	30	40	1.7	0	14	0.05	0.4	85
29	1.5	21	20	35	0.4	21	85	0.05	0.09	0.5
30	1.5	42	21	28	–	–	–	–	–	–
31	1.2	35	66	56	0.35	52	13	0.07	0.1	0.6
32	1.3	77	50	70	2.3	18	11	0.23	–	–
33	2.8	73	67	25	–	–	–	–	–	–
34	25	234	405	128	60.6	0	3	0.82	1.21	1.9
35	0.4	43	6	110	1.5	–	–	–	–	–
36	0.9	37	–	1.5	–	–	–	–	–	–
37	20.8	134.7	–	743	17.2	–	–	–	–	–
38	1.2	44	10	19	6.33	90	3	0.04	0.01	0.2
39	1.6	41	50	50	7.43	595	17	0	0.03	0.3
40	2.1	44	54	70	1.5	453	12	0.06	0.02	0.6
41	0.7	25	10	30	0.44	50	2	–	–	–

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	D. OTHER VEGETABLES						
42	Plantain flower	43	89.9	1.7	0.7	5.1	1.3
43	Plantain green	58	83.2	1.4	0.2	14	0.5
44	plantain stem	–	88.3	0.5	0.1	90.7	0.6
45	Pumpkin flower	–	89.1	2.2	0.8	5.8	1.4
46	Parwar	95	92	2	0.3	2.2	0.5
47	Peas	53	72.1	7.2	0.1	15.9	0.8
48	Papaya green		92	0.7	0.2	5.7	0.5
49	Ridge gourd	82	95.2	0.5	0.1	3.4	0.3
50	Rape, stem		91.4	3.10.1	1.4	4	1.4
51	Redgram tender	72	65.1	9.8	1	16.9	1
52	Red beans (Rato Bodi)	_	88.5	3.1	0.1	5.2	0.6
53	Red bean (Simi)	91	88.85	3.5	0.1	26.6	1.5
54	Spotted beans(Chirke simi)	–	70.72	3.34	0.75	21.8	1.24
55	Red cowpea	34	88.5	3.1	0.1	5.2	0.6
56	Snakegourd	98	94.6	0.5	0.3	3.3	0.5
57	Sponge guard	83	93.13	1.03	0.11	5	0.35
58	Sannhemp flower	–	78.9	4.8	0.6	10.4	1.4
59	Silkcotton flower	–	86.4	1.5	0.3	9.5	0.7
60	Spinach stalk	–	93.4	0.9	0.1	3.8	1.8
61	Sword beans	98	87.2	2.7	0.2	7.8	0.6
62	Soyabean tender	58	1.33	14.89	2.92	15.1	2.1
63	Tomato green	98	93.1	1.9	0.1	3.6	0.6
64	Tomato red	100	93.5	1.3	0.1	3.9	0.7
65	Tree tomato	90	86.2	1.5	0.2	6.7	1.2

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene ug	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**
	D. OTHER VEGETABLES									
42	1.3	34	32	42	1.6	27	16	0.05	0.02	0.4
43	0.7	64	10	29	6.27	30	24	0.05	0.02	0.3
44	0.8	42	10	10	1.1	0	7	0.02	0.01	0.2
45	0.7	39	120	60	–	–	–	–	–	–
46	3	20	30	40	1.7	153	29	0.05	0.06	0.5
47	4	93	20	139	1.5	83	9	0.25	0.01	0.8
48	0.9	27	28	40	0.9	0	12	0.01	0.01	0.1
49	0.5	17	18	26	0.39	33	5	–	0.01	0.2
50	–	29	100	100	1.2	–	–	–	–	–
51	6.2	116	57	164	1.1	469	25	0.32	0.33	3
52	2.5	34	18.1	254	4.9	–	Red colour	–	–	–
53	2.7	121	33	258	5	–	7.8	–	–	–
54	2.12	107	–	–	–	–	Red colour	–	–	–
55	2.5	34	18.1	254	4.9	–	–	–	–	–
56	0.8	18	26	20	1.51	96	0	0.04	0.06	0.3
57	0.39	26.43	28.2	30.07	1.18	–	4.55	–	–	–
58	3.9	66	200	100	–	–	–	–	–	–
59	1.6	47	22	45	–	–	–	–	–	–
60	–	20	90	20	1.6	–	3	–	–	–
61	1.5	44	60	40	2	12	0.08	0.08	0.5	–
62	3.68	146.2	89.7	206.7	3.7	–	4.55	–	–	–
63	0.7	23	20	36	1.8	192	31	0.07	0.01	0.4
64	0.5	21	15	27	0.7	424	23	–	–	–
65	4.2	35	12	46	1	324	0	–	–	–

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	D. OTHER VEGETABLES						
66	Tinda tender	99	93.5	1.4	0.2	3.4	0.5
67	Vegeable marrow	94	94.8	0.5	0.1	3.5	0.3
68	Water chesnut fresh	38	70	4.7	0.3	23.3	1.1
69	Water chesnut dry	–	13.8	13.4	0.8	68.9	3.1
70	Water lily flower	–	90.8	1.6	0.6	5.4	0.7
71	Winged bean tender	–	86.6	2.66	34	7.9	0.76
	E. ROOTS AND TUBERS						
1	Beet root	85	87.7	1.7	0.1	8.8	0.8
2	Banana rhizome	35	85.1	0.4	0.2	11.8	1.4
3	Colacasia	–	73.1	3	0.1	21.1	1.7
4	Cassava	–	62.5	1.2	0.3	34.7	2.41
5	Carrot	95	86	0.9	0.2	10.6	1.1
6	Cho-cho marrow root	87	76.19	1.9	0.1	20.3	0.97
7	Ghar tarul	100	58.61	4	0.1	32.6	2.06
8	Garlic dry	85	62	6	0.1	29.8	1
9	Gittha	66	68.31	3.72	0.9	25.2	0.93
10	Lotus root	–	85.9	1.7	0.1	11.3	0.2
11	Mango ginger	87	85	1.1	0.7	10.5	1.4
12	Onion (Small)	–	84.3	1.8	0.1	12.6	0.6
13	Onion (Big)	95	86.6	1.2	0.1	10.4	0.4
14	Potato	85	74.7	1.6	0.1	22.4	0.6
15	Potato(Red)	100	82	1.1	0.52	15	0.72
16	Potato boiled (without skin)	–	81	1.9	0.1	16.3	0.7
17	Potato chips fried	–	4.2	3.6	43.8	45.9	2.5

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene µg	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	8	9	10	11	12	13	14	15	16	17
	D. OTHER VEGETABLES									
66	1	21	25	24	0.9	13	18	0.04	0.08	0.3
67	0.8	17	10	30	1.35	–	18	0.02	0	0.4
68	0.6	115	20	150	0.8	12	9	0.05	0.07	0.6
69	330	70	440	2.4	–	–	–	–	–	–
70	0.9	33	29	18	–	–	–	–	–	–
71	1.79	45.1	26.32	51.1	–	–	3.37	–	–	–
	E. ROOTS AND TUBERS									
1	0.9	43	18	55	1.19	0	10	0.04	0.09	0.4
2	1.1	51	25	10	1.1	16	1	0	0.03	0.2
3	1	97	40	140	0.42	24	0	0.09	0.03	0.4
4	0.43	146.3	33	–	0.7	–	–	–	–	–
5	1.2	47.8	80	530	1.03	4275	3	0.04	0.02	0.6
6	0.7	89.93	52.47	60.46	0.89	0	10.02	–	–	–
7	2.56	147	69.8	–	24.03	–	–	–	–	–
8	0.8	145	30	310	1.3	–	13	0.06	0.23	0.4
9	0.91	124	12.41	–	0.95	0	–	–	–	–
10	0.8	53	21	74	0.4	–	22	0.1	–	–
11	1.3	53	25	90	2.6	20	1	0.01	0.03	0
12	0.6	59	40	60	1.2	15	2	0.08	0.02	0.5
13	1.3	47	47	50	0.6	0	11	0.08	0.01	0.4
14	0.6	97	10	40	0.46	0	17	0.1	0.01	1.2
15	0.25	72	5.42	50.1	0.48	–	–	–	–	–
16	0.4	72	7	44	0.8	Traces	11	0.06	0.02	1.3
17	0.9	562	18	74	1.6	0	0	–	0.02	0.5

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	E. ROOTS AND TUBERS						
18	Rani vyakur	78	72.72	2.3	0.2	22.7	1.41
19	Radish Pink	98	90.8	0.6	0.3	6.8	0.9
20	Radish white	99	94.4	0.7	0.1	22.7	0.6
21	Radish Rat- tailed	–	92.3	1.3	0.03	4.3	0.7
22	Sweet Potato(white))	97	68.5	1.2	0.3	28.3	1
23	Sweet potato red	93	67.6	1.35	0.5	29.1	0.74
24	Sweet potato boiled	–	70.7	1	0.1	27.4	0.8
25	Turnip red	60	88.9	1.2	0.2	7.7	0.7
26	Yam elephant	–	78.7	1.2	0.1	18.4	0.8
27	Yam wild	89	70.4	2.5	0.3	29.1	1.4
	F. VEGETABLES PRODUCT						
1	Gundurk(Mustard)	100	11.7	–	–	–	–
2	Mulako Sinki	100	11.1	12	0.7	47.5	13.5
3	Dried rape leaves	100	7.4	27	2.9	40.7	15.3
4	**Varities of Maseura**						
a	Blackgram+Colocosia tuber	100	7.9	19.8	0.7	63.8	4.3
b	Blackgram+Colocosia tuber+Gundruk	100	7.8	25.3	0.7	57.6	4.9
c	Blackgram+Ashgourd (kubindo)	100	7.1	30.3	1	55.5	3.6
d	Blackgram+Garlic	100	10.1	22	1.2	346	3.2
e	Blackgram+Cabbage	100	7.3	22	0.1	64.4	3.7
f	Blackgram+Gardencress(Chamsur)	100	8.8	26.9	0.1	59.2	2.5
g	Blackgram+Raddish	100	8.3	24.6	1.9	58.6	3.9
h	Blackgram+Cauliflower	100	10	24.5	0.6	57.5	4.9

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene ug	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	8	9	10	11	12	13	14	15	16	17
	E. ROOTS AND TUBERS									
18	1.1	101	24.71	–	8.38	–	–	–	–	–
19	0.6	32	50	20	0.37	0	17	0.06	0.02	0.5
20	9.6	101	24.7	–	0.4	3	15	0.06	0.02	0.5
21	0.4	72	7	44	0.8	Traces	11	0.06	0.02	1.3
22	0.7	121	46	50	0.21	6	24	0.08	0.04	0.7
23	1	126	145.81	33.97	2.21	0	2.42	–	–	–
24	0.8	114	36	56	0.9	0	11	0.08	0.05	0.4
25	1.3	37	47.7	35.2	2.3	1.2	–	–	–	–
26	0.9	79	50	34	0.6	260	–	0.06	0.07	0.7
27	0.8	110	20	74	1	97	1	0.19	0.45	1.2
	F. VEGETABLES PRODUCT									
1	–	–	2488	–	94.3	1520	–	–	–	–
2	14.92	245	–	–	–	–	–	–	–	–
3	6.7	297	3095	500	–	–	–	–	–	–
4										
a	3.5	341	17.6	401	4.5	–	–	–	–	–
b	3.7	338	33.37	402	11.6	–	–	–	–	–
c	2.5	352	11.7	487	1.9	–	–	–	–	–
d	1.2	346	11.9	423	3.3	–	–	–	–	–
e	2.5	347	13.5	407	5	–	–	–	–	–
f	2.5)	345	17.6	320	6.3	–	–	–	–	–
g	2.7	350	13	404	4.5	–	–	–	–	–
h	2.5	333	8.1	431	3.1	–	–	–	–	–

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	G. FRUITS						
1	Apple	90	84.6	0.2	0.5	13.4	0.3
2	Amala (big)	95	86.7	0	0.2	13.7	0.4
3	Amala (small)	93	80.92	0	0.2	–	0.6
4	Apricot fresh	86	85.3	1	0.3	11.6	0.7
5	Apricot dried	93	19.4	1.6	0.7	73.4	2.8
6	Avocado	–	73.6	1.7	22.8	0.8	1.1
7	Bael fruit	64	61.5	1.8	0.3	31.8	1.7
8	Bael sarbet	–	54.5	1.7	0.1	45.2	0.3
9	Banana ripe	71	70.1	1.2	0.3	27.2	0.8
10	Banyan tree figs	–	74.1	1.7	2	11.8	1.9
11	Bamboo fruit	–	56.3	3.9	0.1	34.2	1.6
12	Cashew fruit	77	86.3	0.2	0.1	12.3	0.2
13	Dates, dried	86	15.3	2.5	0.4	75.8	2.1
14	Dates, Fresh	–	59.2	1.2	0.4	33.8	1.7
15	Figs	99	88.1	1.3	0.2	7.6	0.6
16	Grape- pale green vraiety	–	79.2	0.5	0.3	16.5	0.6
17	Grape-Blue vraiety	95	82.2	0.6	0.4	13.1	0.9
18	Grapes fruits(Marsh' seedless)	–	88.5	1	0.1	10	0.4
19	Guape fruit(trumph) juice	–	92.1	0.7	0.1	7	0.2
20	Guava , hill	–	85.3	0.1	0.2	9	0.6
21	Guava, country	100	81.7	0.9	0.3	11.2	0.7
22	Ground apple	–	83.7	1.3	0.2	14.4	0.3
23	Jackfruit ripe seed	30	76.2	1.9	0.1	19.8	0.9
24	Jambu fruit	75	83.7	0.7	0.3	14	0.4

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene µg	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**
	G. FRUITS									
1	1	59	10	14	0.66	0	1	–	–	–
2	3.6	54	–	–	–	–	324.1	–	–	–
3	3.21	58	50	20	1.2	–	562.62	0.03	0.01	0.2
4	1.1	53	20	25	2.2	2160	6	0.04	0.3	0.6
5	2.1	306	110	70	4.6	58	2	0.22	–	2.3
6		215	10	80	0.7	–	–	–	–	–
7	2.9	137	85	50	0.6	55	8	0.13	0.03	1.1
8	ND	189	–	–	–	–	–	–	–	–
9	0.4	116	17	36	0.37	78	7	0.05	0.08	0.5
10	8.5	72	364	43	–	–	–	–	–	–
11	3.9	153	10	110	1.5	11	1	0.09	0.09	–
12	0.9	51	10	10	0.2	23	180	0.02	0.05	0.4
13	3.9	317	120	50	7.3	26	3	0.01	0.02	0.9
14	3.7	144	22	38	0.96	–	–	–	–	–
15	2.2	37	80	30	1	162	5	0.06	0.05	0.6
16	2.9	71	20	30	0.52	0	1	–	–	0
17	2.8	58	20	23	0.5	3	1	0.04	0.03	0.2
18	–	45	30	30	0.2	0	–	0.12	0.02	0.3
19	–	32	20	20	0.2		31	0.12	0.02	0.3
20	4.8	38	50	20	1.2	0	15	0.02	0.02	0.3
21	5.2	51	10	28	0.27	0	212	0.03	0.03	0.4
22	0.1	64	–	–	–	–	–	–	–	–
23	0.9	88	20	41	0.56	175	7	0.03	0.13	0.13
24	0.6	62	15	15	0.43	48	18	0.03	0.01	0.2

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	G. FRUITS						
25	Kussum fruit	–	86.2	1.5	0.8	9.9	1
26	Lapsi	59	79.9	0.5	0.02	17.68	0.5
27	Lemon(Nibuwa)	–	85	1	0.9	11.1	0.3
28	Lemon sweet	79	90.5	0.7	0.3	7.3	0.5
29	Lemon Juice	–	85	1	0.9	12.8	0.3
30	Lichi	68	84.1	1.1	0.2	13.6	0.5
31	Lich ,bastard	–	83.9	1.4	0.3	13.1	0.8
32	Lime	–	44.6	1.5	1	10.9	0.7
33	Lime,sweet,malta	67	90.3	0.7	0.2	7.8	0.4
34	Lakuch	76	82.1	0.7	1.1	3.3	0.8
35	Laruat	76	88.2	0.6	0.3	9.6	0.5
36	Mango, Ripe	74	81	0.6	0.4	16.9	0.4
	Varities of Mango						
a	Bombay	–	77.75	1.2	0.03	21	0.2
b	Malda	–	80.07	1.4	0.09	17.9	0.24
c	Sukutara	–	81.41	1	0.17	16.9	0.26
d	Dashari	–	80.79	1.1	0.06	17.6	0.26
e	Jarda	–	83.32	0.8	0.03	15	0.4
f	Kalkatiya	–	79.51	0.4	0.01	19	0.42
g	Fajali	–	83.52	0.9	0.15	15	0.23
h	Amrapali	–	82.54	1.5	0.09	15.4	0.42
i	Chausa	–	80.57	0.77	0.08	17.8	0.42
j	Mallika	–	81.44	0.61	0.09	17.4	0.46
37	Mahua, ripe	–	73.6	1.4	1.6	22.7	0.7

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene ug	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	8	9	10	11	12	13	14	15	16	17
	G. FRUITS									
25	2	53	15	15	–	–	–	–	–	–
26	1.4	73	218	20.6	2.7	_	48.15	–	–	–
27	0.7	57	70	10	0.26	0	39	0.02	0.01	0.1
28	–	35	30	20	0.7	0	54	–	0.04	0
29	–	63	70	10	0.3	0	39	–		
30	0.5	61	10	35	0.7	0	31	0.02	0.06	0.4
31	0.5	61	15	35	–	–	–	–	–	–
32	1.3	59	90	20	0.3	15	63	0.2	0.03	0.1
33	0.6	36	30	20	1	0	54	–	–	0
34	1.7	66	50	50	0.5	254	135	0.02	0.15	0.3
35	0.8	43	30	20	1.3	559	0	–	–	0
36	0.7	74	14	16	1.3	2743	16	0.8	0.09	0.9
0										
a	0.07	89	–	–	–	–	–	–	–	–
b	0.28	78	–	–	–	–	–	–	–	–
c	0.17	73	–	–	–	–	–	–	–	–
d	0.18	75	–	–	–	–	–	–	–	–
e	0.41	63	–	–	–	–	–	–	–	–
f	0.09	80	–	–	–	–	–	–	–	–
g	0.1	65	–	–	–	–	–	–	–	–
h	0.08	68	–	–	–	–	–	–	–	–
i	0.34	75	–	–	–	–	–	–	–	–
j	0.04	73	–	–	–	–	–	–	–	–
37	–	111	45	22	0.23	307	40	–	–	–

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	G. FRUITS						
39	Mulberry	100	86.5	1.1	0.4	10.3	0.6
40	Melon water	78	95.8	0.2	0.2	3.3	0.3
41	Neem fruit	–	81.9	1.3	1	15.1	1
42	Junar	–	87.51	ND	0.05	11.9	–
43	Orange	67	87.6	0.7	0.2	10.9	0.3
44	Orange juice	–	97.7	0.2	0.1	1.9	0.1
45	Papaya (ripe)	75	90.8	0.6	0.1	7.2	0.5
46	Persimon with peel	–	81.96	0.7	0.138	–	–
47	Persimon without peel	–	83.28	0.9	0.11	–	–
48	Peaches	88	86	1.2	0.3	10.5	0.8
49	Phalsa	59	80.8	1.3	0.9	14.7	1.1
50	Pinapple	60	87.8	0.4	0.1	10.8	0.4
51	Pipal tree figs	–	62.4	2.6	1.7	21.2	2.3
52	Plums	90	86.9	0.7	0.5	11.1	0.4
53	Pomegranate	68	78	1.6	0.1	14.5	0.7
54	Pummelo	–	88	0.6	0.1	10.2	0.5
55	Pear	–	86	0.6	0.2	11.9	0.3
56	Pani amala	100	92.2	2.6	0.14	3.4	0.37
57	Raspbery	–	84.8	1	0.6	11.7	0.9
58	Red rapsberry(kafal)	–	83.12	1.72	0.1	8.2	0.43
59	Rayan	–	68.6	0	9.6	27.7	4.5
60	Rose spple	100	89.1	0.7	0.2	8.5	0.3
61	Seethphal	45	70.5	1.6	0.4	23.5	0.9
62	Strawberry	96	87.8	0.7	0.2	9.8	0.4

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene µg	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	8	9	10	11	12	13	14	15	16	17
	G. FRUITS									
39	1.1	49	70	30	2.3	57	12	0.04	0.13	0.5
40	0.2	16	11	12	7.9	0	1	0.2	0.04	0.1
41	0.7	75	25	41	–	–	–	–	–	–
42	ND	48	–	–	–	–	–	–	–	–
43	0.3	48	26	20	0.32	1104	30	–	–	–
44		9	5	9	0.7	15	64	0.06	0.02	0.4
45	0.8	32	17	13	0.5	666	57	0.4	0.25	0.2
46	0.57	–	10.71	35.9	0.29	–	46	–	–	–
47	0.85	–	11.14	25.5	0.27	–	34.6	–	–	–
48	1.2	50	15	41	2.4	0	6	0.02	0.03	0.5
49	1.2	72	129	39	3.1	419	22	–	–	0.3
50	0.5	46	20	9	2.42	18	39	0.2	0.12	0.1
51	9.9	110	289	89	–	–	–	–	–	–
52	0.4	52	10	12	0.6	166	5	0.04	0.1	0.3
53	5.1	65	10	70	1.79	0	16	0.06	0.1	0.3
54	0.6	44	30	30	0.3	120	20	0.03	0.03	0.2
55	1	52	8	15	0.5	28	0	0.06	0.03	0.2
56	1.26	26	29.3	–	–	–	–	–	–	–
57	1.1	56	40	110	2.3	1248	30	–	–	0.8
58	6.43	41	–	–	–	–	–	–	–	–
59	–	134	83	17	0.9	495	16	0.07	0.08	0.4
60	1.2	39	10	30	0.5	141	3	0.01	0.05	0.4
61	3.1	104	17	47	4.31	0	37	0.07	0.17	1.3
62	1.1	44	30	30	1.8	18	52	0.03	0.02	0.2

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	G. FRUITS						
63	Sapota	83	73.7	0.7	1.1	21.4	0.5
64	Wood apple	–	64.2	7.1	3.7	18.1	1.9
65	Zizyphus	–	81.6	0.8	0.3	17	0.3
	H. CONDIMENTS AND SPICES						
1	Asafoetida	–	16	4	1.1	67.7	7
2	Anise(Sounf)	–	2.2	17.5	3.4	60	4
3	Arithippilli Arisithipplli	–	12.5	13.2	4.7	58	6
4	Betal nut (Supari)	–	11.5	4.7	10.2	66.1	1.6
5	Cinnamon	–	8.8	6.1	1.9	64.6	4.2
6	Cardamom	–	20	10.2	2.2	42.1	5.4
7	Chilliy, dry	–	10	15.9	6.2	31.6	6.1
8	Chilliy, green	90	85.7	2.9	0.6	3	1
9	Cloves, dry	100	25.2	5.2	8.9	46	5.2
10	Coriander, dry	–	11.2	14.4	16.1	21.6	4.4
11	Cumin seed	–	11.9	18.7	15	36.6	5.8
12	Fenµgreek seed	–	13.7	26.2	5.8	44.1	3
13	Garlic dry	85	62	6.3	0.1	29.8	1
14	Ginger, fresh	–	80.9	2.3	0.9	12.3	1.2
15	Mace	–	15.9	6.5	24.5	47.8	1.6
16	Nutmeg	–	14.3	7.5	36.4	28.5	1.7
17	Omum	–	7.4	17.1	21.8	24.6	7.9
18	pepper dry	95	18.2	11.5	6.8	49.2	4.4
19	Pepper green	81	70.6	4.8	2.7	13.7	1.8
20	Tamarind pulp	–	20.9	3.1	0.1	67.4	2.9

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene ug	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	8	9	10	11	12	13	14	15	16	17
	G. FRUITS									
63	2.6	98	28	27	1.25	97	6	0.02	0.03	0.2
64	5	134	130	110	0.48	61	3	0.04	0.17	0.8
65		74	4	9	0.5	21	76	0.02	0.05	0.7
	H. CONDIMENTS AND SPICES									
1	4.1	297	690	50	39.4	4	0	–	–	–
2	13.5	341	1163	335	3.8			0	0	0
3	5.2	329	460	325	13.5	–	–	–	–	–
4	13.2	375	295	105	4.5	–	–	0.21	0.4	1.3
5	26.5	259	415	69	15	0	0	–	–	–
6	20.1	229	130	160	4.6	0	0	0.22	0.17	0.8
7	30.2	246	160	370	2.3	345	50	0.93	0.43	9.5
8	6.8	29	30	80	4.4	175	111	0.19	0.39	0.9
9	9.5	286	740	100	11.7	253	0	0.08	0.13	0
10	32.6	288	630	393	7.1	942	0	0.22	0.35	1.1
11	12	356	1080	511	11.7	522	3	0.55	0.36	2.6
12	7.2	333	160	370	6.5	96	0	0.34	0.29	1.1
13	0.8	145	30	310	1.2	0	13	0.06	0.23	0.4
14	2.4	67	20	60	3.5	40	6	0.06	0.03	0.6
15	3.8	437	180	100	12.6	3027	0	0.25	0.42	1.4
16	11.6	472	120	240	2.03	0	0	0.33	0.01	1.4
17	21.2	363	1525	443	12.5	71	–	0.21	0.28	2.1
18	14.9	304	460	198	12.4	1080	–	0.09	0.14	1.4
19	6.4	98	270	70	2.4	540	1	0.05	0.04	0.2
20	5.6	283	170	110	17	60	3		0.07	0.7

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	H. CONDIMENTS AND SPICES						
21	Turmeric	100	13.1	6.3	5.1	69.4	3.5
22	Timur	100	13.54	–	6.24	–	8.23
23	Zimbu	100	18.44	–	–	–	9.73
24	Lime, peel		66.5	1.8	0.5	29.4	1.8
	I. NUTS & OILSEEDS						
1	Almond	–	5.2	20.8	58.9	10.5	2.9
2	Cashew nut	–	5.9	21.2	46.9	22.3	2.4
3	Coconut (dry)	_	4.3	6.8	62.3	18.4	1.6
4	Coconut (fresh)	100	36.3	4.5	41.6	13	1
5	chilgoza	–	4	13.9	49.3	29	2.8
6	Filinge(Jhhusetil)	–	2.2	25.6	41.4	22.3	4.7
7	Groundnut	73	3	25.3	40.1	26.1	2.4
8	Groundnut, roasted	69	1.7	26.2	39.8	26.7	2.5
9	Linseed seeds	99	6.5	20.3	37.7	28.3	2.4
10	Walnut	45	4.5	15.6	64.5	11	1.8
11	Silam	100	6.2	20	22.1	30.6	3.5
12	Mustard seed	–	8.5	20	39.7	23.8	4.2
13	Niger seed	–	4.2	23.9	39	17.1	4.9
14	Pistachio nut	–	5.6	19.8	53.5	16.2	2.8
15	Poppy Seed	–	4.9	15.1	2.3	75.3	5.9
16	Safflower seed	–	5.5	13.5	25.6	17.9	2.6
17	Sunflower seed	52	5.5	19.8	52.1	17.9	3.7
18	Walnut	45	4.5	15.6	64.5	11	1.8
19	Seasome seed black	–	6.36	21.3	47.97	9.33	6.12

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene ug	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	8	9	10	11	12	13	14	15	16	17
	H. CONDIMENTS AND SPICES									
21	2.6	349	150	282	67.8	30	0	0.03	0	2.3
22	–	–	–	–	59.94	–	–	–	–	–
23	–	–	–	–	48.9	–	–	–	–	–
24		129	710	60	2.7			–	–	–
	I. NUTS & OILSEEDS									
1	1.7	665	230	490	5.09	0	0	–	–	–
2	1.3	596	50	450	5.8	60	0	–	–	–
3	6.6	662	400	210	7.8	0	7	–	–	–
4	3.6	444	10	240	1.7	0	1	0.05	0.1	0.8
5	1	615	91	494	3.6		0	0.32	0.3	3.6
6	3.1	567	–	–	–	–	–	–	–	–
7	3.1	567	90	350	2.5	37	0	–	–	–
8	3.1	570	77	370	3.1		0	0.39	0.13	22.1
9	4.8	533	170	370	2.7	30	0	–	–	–
10	2.6	687	100	380	2.04	6	0	–	–	–
11	3.13	461						–	–	–
12	1.8	541	490	700	7.9	162	0	–	–	–
13	10.9	515	300	224	56.7		–	–	–	–
14	2.1	626	140	430	7.7	144	–	–	–	–
15	1.9	382	981	625	5.2	–	–	0.88	0	0.8
16	34.9	356	236	823	4.6	–	–	–	–	–
17	1	620	280	670	5	0	1	–	–	–
18	2.6	687	100	380	2.64	6	0	–	–	–
19	8.86	554	–	–	–	–	–	–	–	–

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	I. NUTS & OILSEEDS						
20	Seasome seed white	–	4.28	25.9	49.57	12.4	5.34
21	Seasome seed brown	–	5.88	23.4	37.3	22.9	7.62
22	Siltimur	–	5.1	7.1	42.15	26.3	4.95
23	Bhang ko geda	–	6.2	19.9	34.8	30.6	5.26
	J. MEAT & MEAT PRODUCTS						
1	Buffalo meat (lean meat)	_	78.7	19.4	0.9	0	1
2	Buff Sausage	100	67.34	15.9	5.64	8.8	2.21
3	Chicken flesh		68.7	18.8	17.6	0	1.1
4	Chicken Sausage	100	64.62	16.5	18.8	0	2
5	Duck meat	–	72.3	21.6	4.8	0	1.2
6	Field rat's meet		73.9	23.6	1	0.9	1.4
7	Finch		68.8	26.6	3		1.7
8	Goat- Meat(Lean meat)	–	74.2	21.4	3.6	0	1.1
9	Liver , goat		76.3	20	3		1.3
10	Liver , sheep		70.4	19.3	7.5	1.3	1.5
11	Mutton muscle	–	71.5	18.5	13.3	–	1.3
12	Pork muscle	–	77.4	18.7	4.4	–	1
13	Pigeon meat	–	70.4	23.3	4.9	–	1.4
14	Ham Sliced (Barume)	100	65.49	20.8	23.9	12.5	2.45
15	Ham(Smoked)	100	63.2	21.4	15	0.4	–
16	Pork Bacon (Swiss Gourmet)	100	50	14.9	21	10.1	4
17	Pork Prine Bacon	–	51.62	18.8	23	3.4	3.2
18	Pork Sausages	100	63.36	19.2	28.95	13.7	2.21
19	Salami Cooked	100	57	17.8	4	0	4.9

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene µg	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	8	9	10	11	12	13	14	15	16	17
	I. NUTS & OILSEEDS									
20	2.53	599	–	442	4.59	–	–	–	–	–
21	2.89.	521	–	480	16.13	–	–	–	–	–
22	14.4	542	–	–	–	–	–	–	–	–
23	3.1	516	–	–	–	–	–	–	–	–
	J. MEAT & MEAT PRODUCTS									
1	–	86	3	189	–	–	–	–	–	–
2	–	150	–	–	–	–	–	–	–	–
3	0	187	12	188	3	0	–	–	–	–
4	0.09	253	–	167	0.55	–	–	–	–	–
5	–	130	4	235	–	–	–	–	–	–
6	–	104	30	242	–	–	–	–	–	–
7	–	133	90	347	–	–	–	–	–	–
8	–	118	12	193	–	–	–	–	–	–
9		107	17	279	–	–	–			17.6
10		150	10	380	6.3	22300IU	20	0.36	1.7	6.8
11	–	194	150	150	2.5	(31IU vit a)		0.36	0.14	2.8
12	–	114	30	200	2.2	–	–	–	–	–
13	–	137	12	290		–	2	0.18	0.09	2.8
14	–	349	12.41	175.5	0.67	–	–	–	–	–
15	0.002	122	8.65	240	1.05	–	–	–	–	–
16	0.02	289	–	173	0.72	–	–	–	–	–
17	0.012	296	–	311	0.53	–	–	–	–	–
18	–	392	15.53	286	0.83	–	–	–	–	–
19	0.012	172	9.75	195	1.65	–	–	–	–	–

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	J. MEAT & MEAT PRODUCTS						
20	Snail , small		78.9	12.6	1	3.7	3.8
21	Snail , big		74.1	10.5	0.6	12.4	2.4
22	Turtle meat		79.4	16.5	1.5	1.5	1.1
23	Venison		75.3	21	0.6	1.9	1.2
	K. EGG						
1	Duck- egg	–	71	13.5	13.5	0.8	1
2	Hen- egg	–	73.7	13.3	13.3	–	1
3	Battai-egg(Quial egg)	–	74.35	13	11.09	0.41	–
	L. FISH & FISH PRODUCTS						
1	Bam fish	–	74.8	16.1	0.9	6.9	1.3
2	Hisla	–	53.7	21.8	19.4	2.9	2.2
3	Katla	–	73.7	19.5	2.4	2.9	1.5
4	Kol	–	70	14.8	8.8	4.4	2
5	Mungri	–	78.5	15	1	4.2	1.3
6	Singhi	–	68	22.8	0.6	6.9	1.7
7	Tengra fish	–	70	19.2	6.4	2.3	2.1
8	Prawn	45	77.4	19.1	1	0.8	1.7
9	Crab small	–	65.3	11.2	9.8	9.1	4.6
10	Rahu	78	76.7	16.7	1.4	4.4	0.9
11	Dry fish (Sun dried)	–	13.96	64.9	4.21	16.9	–
12	Dried Fish		19.7	58.5	11.14	–	–
13	Salted Dry Fish	–	13.4	62.2	6.03	18.4	–
14	Smoked Dry Fish	–	10.42	70.8	7.23	11.6	–

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene ug	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	8	9	10	11	12	13	14	15	16	17
	J. MEAT & MEAT PRODUCTS									
20	–	74	1321	147	–	–	–	–	–	–
21	–	97	870	116	–	–	–	0.54	–	–
22	–	86	7	162	–	–	–	–	–	–
23	–	97	3	233	–	–	–	–	–	–
	K. EGG									
1	–	181	70	260	2.5	540	–	0.12	0.26	0.1
2	–	173	60	220	2.1	600	0	0.1	0.4	–
3	–	158	62	220	3.7	–	0	–	–	–
	L. FISH & FISH PRODUCTS									
1	–	100	330	240	0.8	–	3	–	–	0.3
2	–	273	180	280	2.1	–	24	–	–	2.8
3	–	111	530	235	0.9	–		–	–	0.8
4	–	156	410	390	1.4	–	32	–	–	0.8
5	–	86	210	290	0.7	–	11	–	–	0.5
6	–	124	670	650	2.3	–	9	–	–	0.8
7	–	144	270	170	2	–	18	–	–	–
8	–	89	323	278	5.3	0	–	0.01	0.01	4.8
9	–	169	1606	253	–	–	–	–	–	–
10	–	97	650	175	1	0	22	0.05	0.05	0.7
11	–	366	–	–	–	–	–	–	–	–
12	–	–	–	–	–	–	–	–	–	–
13	–	377	–	–	–	–	–	–	–	–
14	–	391	–	–	–	–	–	–	–	–

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	M. MILK & MILK PRODUCTS						
1	Buffalo milk	100	81	4.3	6.5	7.4	0.8
2	Cow milk	100	87.5	3.2	4.1	4.4	0.8
3	Curd	100	89.1	3.1	4	3	0.8
4	Dairy's milk			3	–	–	–
5	Goat milk	100	86.8	3.3	4.5	4.6	0.8
6	Sheep milk	100	83	5.4	6	5.1	–
7	Paneer	100	47.5	23.7	26	0.6	1.9
8	Cheese	100	40.3	24.1	25.1	6.3	4.2
9	Human milk	100	88	1.1	3.4	7.4	0.1
10	Buttermilk	100	97.5	0.8	1.1	0.5	0.1
11	Khuwa (whole buffalo milk)	100	30.6	14.6	31.2	20.5	3.1
12	Skimmed milk powder(cow's milk)	100	4.1	38	0.1	51	6.8
13	Channa, buffalo's milk	100	54.1	13.4	23	7.9	1.6
	N. FATS & EDIBLE OILS						
1	Butter	100	19	–	81	–	2.5
2	Ghee cow	100	–	–	100	–	–
3	Ghee (Buffalo)	100	–	–	100	–	–
4	Ghee vegetable	100	–	–	100	–	–
5	Vegetable cooking oil	100	–	–	100	–	–
6	Hydrogenated oil	100	–	–	100	–	–
7	Sunflower oil	100	–	–	100	–	–
8	Soyabean oil	100	–	–	100	–	–
10	Corn oil	100	–	–	100	–	–

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene µg	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	8	9	10	11	12	13	14	15	16	17
	M. MILK & MILK PRODUCTS									
1	–	105	210	130	0.2	160	1	0.04	0.1	0.1
2	–	67	120	90	0.2	174	2	0.05	0.19	0.1
3	–	60	149	93	0.2	137	1	0.02	0.05	0.1
4	–	–	–	–	–	–	–	–	–	–
5	–	72	170	120	0.3	–	1	–	0.04	0.3
6	–	95	170	–	–	–	–	–	–	–
7	0.3	331	441	435	4.5	–	–	–	–	–
8	–	348	790	520	2.1	–	–	–	–	–
9	–	65	28	11	–	182	3	0.05	0.02	–
10	–	15	30	30	0.1	102	–	0.05		–
11	–	421	650	420	5.8	273	–	–	–	–
12	–	357	1370	1000	1.4		5	–	1.64	1
13	–	292	480	277	–	0	–	–	–	–
	N. FATS & EDIBLE OILS									
1	–	729	–	–	–	3200	–	–	–	–
2	–	900	–	–	–	2000	–	–	–	–
3	–	900	–	–	–	900	–	–	–	–
4	–		–	–	–	–	–	–	–	–
5	–	900	–	–	–	0	–	–	–	–
6	–	900	–	–	–	2500	–	–	–	–
7	–	900	–	–	–	–	–	–	–	–
8	–	900	–	–	–	–	–	–	–	–
10	–	900	–	–	–	–	–	–	–	–

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	N. FATS & EDIBLE OILS						
11	Coconut oil	100	–	–	100	–	–
12	Cotton seed oil	100	–	–	100	–	–
13	Olive oil	100	–	–	100	–	–
14	Ground nut oil	100	–	–	100	–	–
15	Seasome oil	100	–	–	100	–	–
16	Linseed oil	100	–	–	100	–	–
	O. MISCELLANEOUS FOODS						
1	Areca nut	–	31.3	4.9	4.4	47.2	1
2	Betel leaves	–	85.4	3.1	0.8	6.1	2.3
3	Biscuit, salty	100	4.5	6.6	32.4	54.6	1.9
4	Biscuit, sweet	100	5.4	6.4	15.2	71.9	1.1
5	Brown bread	100	39	8.8	1.4	49	–
6	Bread white	100	39	7.8	0.7	51.9	–
7	Corn flakes	100	2.2	7.4	0.5	–	2.1
8	Canu sugar	100	0.4	0.1	0	99.4	0.1
9	Coconut tender		90.8	0.9	1.1	6.3	0.6
10	coconut water	100	93.8	1.4	0.1	4.4	0.3
11	Grounnut cake	–	7.2	40.9	7.4	38.8	2.5
12	Honey	–	2.06	0.3	0	79.5	0.2
13	jaggary white	–	8.6	3.7	0.1	85.2	2.4
14	Chaku	–	3.6	3.9	0.5	89.7	3.4
15	Dhatelo	–	6.72	27.5	30.4	29.9	2.7
16	Jack fruit seeds	–	64.5	6.6	0.4	25.8	1.2
17	Jaggary cane	–	3.9	0.4	0.1	95	0.6

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene ug	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	8	9	10	11	12	13	14	15	16	17
	N. FATS & EDIBLE OILS									
11	–	900	–	–	–	–	–	–	–	–
12	–	900	–	–	–	–	–	–	–	–
13	–	900	–	–	–	–	–	–	–	–
14	–	900	–	–	–	–	–	–	–	–
15	–	900	–	–	–	–	–	–	–	–
16	–	900	–	–	–	–	–	–	–	–
	O. MISCELLANEOUS FOODS									
1	11.2	249	50	130	1.5	3	5	–	0.03	0.7
2	2.3	44	230	40	7	5760	–	0.07	–	–
3	–	534	–	–	–	–	–	–	–	–
4	–	450	–	–	–	–	–	–	–	–
5	1.2	244	18	–	2.2	–	–	0.21	–	0.7
6	0.2	245	11	–	1.1	–	–	–	–	–
7	1.1	–	–	–	–	–	–	–	–	–
8	0	398	–	–	–	–	–	–	–	–
9	–	41	10	30	0.9	–	–	–	–	–
10	0	24	24	10	0.1	0	2	0.01	0	0.1
11	3.2	386	213	548	–	–	–	–	–	–
12	–	319	5	16	0.9	0	4	0	0.04	0.2
13	–	357	63	49.7	7.2	–	–	–	–	–
14	–	379	65	52.1	9.6	–	–	–	–	–
15	2.7	504	–	–	–	–	–	–	–	–
16	1.5	133	50	97	1.5	10	11	0.25	0.11	0.3
17	–	383	80	40	11.4	168	0	0.02	0.04	0.5

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	O. MISCELLANEOUS FOODS						
18	Jandh	–	94.6	2	0.075	–	0.56
19	Mahuwa flowers	89	18.6	4.4	0.6	72	2.7
20	Malberry leaves powder	–	6.4	13	2.1	38.2	6.7
21	Papad	100	20.3	18.8	0.3	52.4	8.2
22	Pumpkin seed	70	8	24.3	47.2	15.6	4.7
23	Sugacane juice	–	90.2	0.1	0.2	9.1	0.4
24	Sohan papad	100	1.75	6.3	25.9	63.5	0.35
25	Yarsagumba Capsule	100	13.45	22	5.86	42.7	5.55
	P. COOKED FOOD						
1	Cooked rice	–	67.5	2.5	0.17	29.4	0.31
2	Dal(pulses)	–	86.3	3.3	0.6	7.4	2.28
3	Green vegeables	–	83.1	2	2.61	7.3	2.59
4	Mixed vegetables	–	82.9	1.94	2.51	7.5	2.31
5	Whole wheat bread	–	–	8	1	44	–
6	Maize dough(Dhindo)	–	–	2.8	1.2	22.2	–
7	Bengalgram vegetables	–	–	5.92	1.85	21.5	–
8	Samosa	–	41.3	4.6	14.8	36.7	2.1
9	Aaluchap	–	51.5	4.2	11.5	29.6	2.5
10	Pakauda	–	29.5	5.4	21.1	37.3	3.58
11	Sel	–	22.1	4.5	11.7	61.3	0.41
12	jeri	–	15.8	2.4	21.3	60.4	0.34
13	Buff Momo	100	53.2	11.7	7.74	24.6	1.8
14	Chicken Momo	100	56.4	9.8	8.06	23.6	1.55
15	Paneer Momo	100	48	9.3	11.7	28.1	1.89

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene µg	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	8	9	10	11	12	13	14	15	16	17
	O. MISCELLANEOUS FOODS									
18	ND	2.6	20.2	1.5	0.015	–	–	–	–	–
19	1.7	311	140	140	15	23	7	0.03	0.88	5.2
20	8.5	293	162.6	–	–	–	–	–	–	–
21	–	228	80	300	17.2	0	0	–	–	–
22	0.2	584	50	830	5.5	38	1	0.33	0.16	3.1
23	–	39	10	10	1.1	6	–	–	0.04	–
24	2.1	513	–	–	–	–	–	–	–	–
25	10.35	312	–	204	22.69	–	–	–	–	–
	P. COOKED FOOD									
1	ND	129	–	–	–	–	–	–	–	–
2		48.7	–	–	–	–	–	–	–	–
3	2.32	61	–	–	–	–	–	–	–	–
4	2.9	61	–	–	–	–	–			
5	–	218	30	–	3	–	–	–	–	–
6	–	111	6	–	0.72	–	–	–	–	–
7	–	127	71.1	–	1.62	–	–	–	–	–
8	0.48	298	–	–	–	–	–	–	–	–
9	1.01	238	–	–	–	–	–	–	–	–
10	3.05	361	–	–	–	–	–	–	–	–
11	0.07	225	–	–	–	–	–	–	–	–
12	ND	445	–	–	–	–	–	–	–	–
13	0.89	215	–	–	–	–	–	–	–	–
14	0.55	206	–	–	–	–	–	–	–	–
15	0.84	256	–	–	–	–	–	–	–	–

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	P. COOKED FOOD						
16	Paneer+Veg Momo	100	64.9	4.7	2.62	25.1	1.77
17	Vegetable Momo	100	62.9	4.4	2.25	27.6	1.63
18	Aalu Naan	100		5.3	0.33	41.9	0.71
19	Plain naan	100	32.4	7.6	1.53	57.9	1.21
20	Butter naan	100	34.6	7.5	4.44	55.1	1.18
21	Kimma naan(mutton)	100	45.3	11.1	7.99	30.2	1.31
22	Chicken naan	100	43.3	9.6	6.28	39.3	1.37
23	Veg naan	100	47.7	6.4	3.53	40.8	1.25
24	Paneer naan	100	44.2		7.73	38.1	1.34
	Q. WEANING FOODS PREPARED LOCALLY						
1	Maize: Wheat: soybean		4.5	22.2	14.9	55.7	2.67
3	Maize , wheat and germinated green mung		4.2	17	11.7	65	2.12
4	Amaranths seed, barley, soybean		3.8	25.6	12.5	54.5	3.55
5	Germinated buckwheat, amaranths seed, soybean		3.3	24.4	3.3	54.9	3.34
6	Foxtail millet, Maize, soybean		4	21.1	3.4	54.9	3.36
7	Germinated buckwheat, G green mung, Maize		4.9	18.6	5.1	9.1	2.4
8	Uwa, Maize and soybean		4.7	21.6	16.6	57.5	3.8
9	Barley, Maize and soybean		4.6	22.3	11.8	57.5	3.8
10	Proso millet,,wheat, Green Mung(		3	18.4	2.8	72.8	3
11	Wheat and Green mung(1:1)		7.7	15	1.9	72	2.1
12	Barley and black gram(1:1)		7.3	15.1	1.7	70.7	2.5
13	Wheat, rice and green mung		5.4	10.2	7	73.7	2.1

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene µg	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	8	9	10	11	12	13	14	15	16	17
	P. COOKED FOOD									
16	0.91	143	–	–	–	–	–	–	–	–
17	1.17	148	–	–	–	–	–	–	–	–
18	0.08	175	–	–	–	–	–	–	–	–
19	ND	269	–	–	–	–	–	–	–	–
20	0.05	283	–	–	–	–	–	–	–	–
21	0.21	261	–	–	–	–	–	–	–	–
22	0.11	252	–	–	–	–	–	–	–	–
23	0.29	221	–	–	–	–	–	–	–	–
24	0.08	256	–	–	–	–	–	–	–	–
	Q. WEANING FOODS PREPARED LOCALLY									
1	–	446	–	–	–	–	–	–	–	–
3	–	433	–	368	5.5	–	29.6	–	–	–
4	–	433	–	533	4.4	–	16.2	–	–	–
5	–	386	–	492	2.54	–	16.1	–	–	–
6	–	453	–	425	2.7	–	15.8	–	–	–
7	–	396	–	351	3.1	–	22.6	–	–	–
8	–	449	–	454	3.8	–	14.1	–	–	–
9	–	425	–	450	2.5	–	13.8	–	–	–
10	–	390	–	363	2.6	–	13.3	–	–	–
11	1.3	365.1	61.6	149	13.7	–	–	–	–	–
12	2.7	358.5	8.7	339	8.7	–	–	–	–	–
13	1.6	398.6	30	285	2.3	–	–	–	–	–

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	Q. WEANING FOODS PREPARED LOCALLY						
15	Rice, maize and Bengal gram		5.7	8.4	2.6	79.7	1.8
16	Millet, rice and and Blackgram		5.8	12.9	3.4	74.1	2.4
17	Millet and blackgram(1:1)		9.2	13.8	4.4	66.2	2.9
18	Rice and blackgram(1:1)		10.2	12.3	4.9	70.5	1.4
19	Rice, wheat and bengalgram		4.7	9.3	11.8	71.2	2.1
20	Jaulo(rice and green mung) 2:1		64.5	11.4	5.2	11.4	1.3
	R. WILD EDIBLE FOOD						
1	Amala	–	93	2	trace	2.1	1.5
2	Asparagus	–	92.9	2.1	0.3	3.8	0.7
3	Bander bheti	–	56.2	2.4	0.2	27.3	0.7
4	Banderi saag	–	90	3.5	0.3	4.3	1.3
5	Ban tarul	–	76.2	1.7	0	17.7	3.1
6	Bethe sag	–	78	7.1	traces	8.8	3.6
7	Bhriingraj, antalicha	–	84.9	3.1	0.8	64	2.7
8	Chamsur jhar	–	86.6	3.6	0.6	5.7	0.6
9	chinia	–	81.5	6.1	traces	8.7	2.2
10	Chitlang sag	–	87.5	2.4	0.2	6.7	2
11	Chutro	–	72	2.5	6.9	16.2	1
12	Damaiphal	–	85	0.5	0.3	11.5	0.8
13	Wild mushroom,dry	–	13.5	12.7	1.65	–	16.6
14	Frase tarul	–	75	1.6	traces	21	0.7
15	Gande	–	82	2.1	0.3	11	2
16	Ghod tapre	–	79	3	0.2	13.6	1.5
17	Ginare dried	–	7.2	22	traces	37.7	21.1

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene ug	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	8	9	10	11	12	13	14	15	16	17
	Q. WEANING FOODS PREPARED LOCALLY									
15	1.8	375.8	35	280	2.2	–	–	–	–	–
16	1.4	378.6	107	162	20	–	–	–	–	–
17	3.5	359.6	146	146	120	–	–	–	–	–
18	0.7	375.3	56	179	25	–	–	–	–	–
19	0.9	428.2	101	297	4	–	–	–	–	–
20	2	300	120	500	6	–	–	–	–	–
	R. WILD EDIBLE FOOD									
1	1.4	16	20.5	–	–	–	29.5	–	–	–
2	0.2	27	22.5	–	–	–	20.87	–	–	–
3	3.1	320	45.1	–	–	–	11.7	–	–	–
4	0.8	33	89	–	–	–		–	–	–
5	1.3	77	43	–	43	–	5.45	–	–	–
6	2	64	400	–	–	3334.4		–	–	–
7	1.7	46	224	–	–	3577	5.45	–	–	–
8	2.3	43	382	–	–		133.3	–	–	–
9	1.5	59		–	–	24.85	3.7	–	–	–
10	1.1	38	4	–	–	–	24.8	–	–	–
11	1.4	87	–	–	–	–		–	–	–
12	1.7	51	60	–	–	–		–	–	–
13	10.89	–	–	426	16.33	–	–	–	–	–
14	1.5	91	–	–	–	–	–	–	–	–
15	2.5	55	105.5	54.95	16.25	43.53	7.56	–	–	–
16	2.6	68	155.94	50	8	–	12.91	–	–	–
17	12	238	2.32.4					–	–	–

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	R. WILD EDIBLE FOOD						
18	Githa	–	74	1.5	0.1	22	0.8
19	Guyelo	–	68		4.6	0.7	17.9
20	Hathale sag	–	90	3.1	0.3	3.8	1.3
21	Jamun	–	87	4	traces	6	1.6
22	Kali Kath	–	65.4	1.59	0.69	25.4	1.14
23	Kali mayel	–	69	0.7	traces	21.3	0.7
24	Kamal phal	–	81.7	1.8	0.3	10.3	1
25	Kane saag	–	91	2.3	0.1	3.2	1.6
26	Kavro	–	69	2.8	traces	25.8	0.8
27	Khaneu	–	85.1	1.4	0.3	5.6	1.3
28	Koiralo	–	84.3	1	3.4	8.1	2
29	Kikur diano	–	93	1.6	traces	2.8	0.6
30	Latte saag, green stem	–	78	6.4	traces	11.4	3
31	Latte saag, red stem	–	81	4.4	traces	9.5	2.9
32	Lude sag	–	83.9	4.7	0.2	7.1	2.8
33	Malo	–	79	1.1	traces	–	–
34	Maslahare	–	80	3.3	0.05	14.1	0.9
35	Mayal	–	79.8	0.4	0.2	16.2	0.4
36	Neuro	–	88	4.4	0.2	4.2	1.3
37	Phaper saag	–	90	3.9	0.1	3.8	1.9
38	Pidale	–	93	2.2	0.1	2.4	1.5
39	Pudina (Mint)	–	87	4.5	traces	4.6	1.9
40	Rato tarul	–	74	1.9	0.1	2.3	0.7
41	Sati bayer	–	52.5	2.8	0.5	32.2	2

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene µg	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	8	9	10	11	12	13	14	15	16	17
	R. WILD EDIBLE FOOD									
18	1.3	96	61.5	81	3.2	707.5	5.6	–	–	–
19	1	7.8	96	70.2	–	–	1.6	–	–	–
20	1.3	31	76.6	–	–	–	9514	–	–	–
21	1.4	40	23.15	–	–	–	–	–	–	–
22	5.76	114	95.09	–	–	–	–	–	–	–
23	8.3	89	–	–	–	–	–	–	–	–
24	4.7	51	21.1	–	–	–		–	–	–
25	1.7	23	820.8	53.1	7	3116	14.39	–	–	–
26	1.6	114	–	–	–	–	–	–	–	–
27	6.1	31	180.7	–	–	–	–	–	–	–
28	0.8	54	75.9	–	–	–	–	–	–	–
29	1.2	17	20.1	2.7	–	–	3.66	–	–	–
30	2.4	71	–	–	–	–	–	–	–	–
31	1.1	48	–	–	–	–	–	–	–	–
32	5.5	49	406.1	–	–	–	–	–	–	–
33	1.6	–	–	–	–	–	78.9	–	–	–
34	2.9	70	–	–	–	–	–	–	–	–
35	1.8	68	–	–	–	–	–	–	–	–
36	1	36	71.53	3.95		44.27	–	–	–	–
37	0.8	12	–	–	–	–	3.56	–	–	–
38	1.8	19	14.5	–	–	–	3.7	–	–	–
39	0.2	38	–	–	–	3677	16.1	–	–	–
40	10	100	76.9	45.9	1.7	34.2	3.27	–	–	–
41	1.4	142	170.5	–	–	–		–	–	–

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	R. WILD EDIBLE FOOD						
42	Sisnu(Stinging Nettle)	–	81.7	6.9	0.2	5	4.2
43	Sisnu powder dry	–	9.6	25	1.9	39	16.6
44	Siplican	–	84	6.3	traces	5.8	1.9
45	Seabuck thron squash		47.7	1.02	0.1	40.82	0.16
46	Tarul githa	–	76	2.2	0.05	3	0.9
47	Tarul munta	–	89	2.8	0.1	5	1.1
48	Theki phal	–	88.3	0.5	traces	7.5	0.9
49	Thonte	–	91	1.5	0.3	5.8	0.8
50	Timila Pakche	–	88	1.1	0.4	7.2	0.7
51	Timilia, wakche	–	88	1	traces	7.4	0.8
52	Vyakur	–	77	1.6	0.05	–	0.6
53	Vyakur githa	–	80.7	2	traces	14	0.9
54	Vyakur jhutre	–	78	1.5	–	18	0.8

FOOD COMPOSITION TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene ug	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**
	R. WILD EDIBLE FOOD									
42	1.8	53	981.3	–	–	–	5.5	–	–	–
43	8	271	404	330	23.2			–	–	–
44	1.8	50	196	–	–	–	165.8	–	–	–
45	ND	16	9.11	2.44	0.26		26.6			
46	1.6	85	–	–	–	–	8.6	–	–	–
47	2.4	33	–	–	–	–	16.6	–	–	–
48	0.9	33	35.1	–	–	–	2.35	–	–	–
49	2.7	29	27.67	–	–	–	6.2	–	–	–
50	1.6	37	–	–	–	–	53.1	–	–	–
51	–	37	–	–	–	–	17.3	–	–	–
52	1.8		–	–	–	–	6.2	–	–	–
53	1.7	66	–	–	–	–	7.51	–	–	–
54	–	78	–	–	–	–	6.94	–	–	–

SUPPLEMENTARY FOOD TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	A(1). INSTANT SEASONED NOODLES						
1	Wai Wai	–	1.8	7.68	20	66.4	3.92
2	Aaha	–	2.6	10.36	11.1	73	2.48
3	New Ma Ma	–	2.1	7.7	21.3	64.7	4.1
4	Hits Noodle	–	7.3	8.3	18.6	62.3	3.5
5	Min Min	–	3.9	7.7	18.1	67	3.4
6	Fe Mee	–	3.7	7.3	19.8	67	2.6
7	Yom Yum (Snack Noodle)	–	2.6	7.3	18.6	68	3.5
8	Yam Yam	–	3.2	8.07	18.1	67	3.46
	A(2). INSTANT NON-SEASONED NOODLES						
1	Rara	–	2	6.15	19.9	70	1.63
2	Maggi	–	5.8	7.12	17.9	67	2.12
3	Ezee	–	7	5.9	16.8	66.4	3.9
4	Yeo's Inst. Noodle	–	7.2	11.4	18.1	61	2.5
5	Yeo's Inst. Noodle (Curry F1)	–	6.9	9.1	18	63.6	2.1
6	Yeo's Inst. Noodle (Spicy F1.)	–	5.9	8.8	19.4	63.6	2.3
7	Yeo's lost. Noodle (Mushroom F1)	–	8.5	9	17.6	63	1.8
8	Ma Ma Inst. Noodle (Chicken F1 Thai)	–	7.6	7.3	17.3	65	3
9	Ma Ma Inst. Noodle	–	7.2	6.5	15.6	68	2.9
10	Ma Ma Inst. Noodle (Shour Shrimp F1)	–	6.5	9.7	17.2	64	2.6
	B. STICK NOODLES						
1	Tiger bran Noodles	–	12.7	10	1.6	75	0.7
2	Surya Noodles	–	14	6.2	0.6	79	0.57
3	Testy Noodles	–	12	7	0.4	80	0.26
4	Egg steam Noodle (Tiger Br. Coiled)	–	13.6	6.8	1.3	77.6	0.7

SUPPLEMENTARY FOOD TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene µg	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	8	9	10	11	12	13	14	15	16	17
	A(1). INSTANT SEASONED NOODLES									
1	0.15	476	87	120	4.4	–	–	–	–	–
2	0.09	433	28	197	1.09	–	–	–	–	–
3	-	481	15.2	106	4.9	–	–	–	–	–
4	-	450	14.3	64	2.6	–	–	–	–	–
5	-	462	29.7	110	3.5	–	–	–	–	–
6	-	475	14.3	64	2.6	–	–	–	–	–
7	-	469	29.7	98	0.9	–	–	–	–	–
8	0.19	463	44	104	0.86	–	–	–	–	–
	A(2). INSTANT NON-SEASONED NOODLES									
1	0.14	484	56	98	5.1	–	–	–	–	–
2	0.09	458	40	123	1.4	–	–	–	–	–
3	-	440	14.9	85	3.7	–	–	–	–	–
4	-	454	19.1	112	2.9	–	–	–	–	–
5	-	453	16.4	116	1.4	–	–	–	–	–
6	-	464	21.8	109	1.9	–	–	–	–	–
7	-	446	14	113	1.1	–	–	–	–	–
8	-	445	15.7	114	1.6	–	–	–	–	–
9	-	438	24.8	100	2.7	–	–	–	–	–
10	-	448	10.5	125	1.7	–	–	–	–	–
	B. STICK NOODLES									
1	-	357	14.7	75	I	–	–	–	–	–
2	-	346	15.6	80	4	–	–	–	–	–
3	-	352	14.5	81	2.8	–	–	–	–	–
4	-	349	25.5	106	0.5	–	–	–	–	–

SUPPLEMENTARY FOOD TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	B. STICK NOODLES						
5	Gauri Sankar Noodle	–	13.6	9.2	0.46	76	0.6
6	San Noodle	–	12.5	4.6	0.19	81	2.04
7	San Egg Noodle	–	11.6	8	1.4	77	1.8
8	Steam Chau Chau (dear Brand Colied)	–	13.4	8.3	0.3	77.4	0.6
9	Yak Noodle	–	13.2	8.6	0.2	76.5	1.5
10	Annapurna steam No.	–	12.5	10.9	0.3	76	0.5
11	S.- Noodle coiled Singapur	–	9.9	8.3	0.2	79	2.8
12	Saugat	–	11.8	2	0.6	84	1.2
13	Gimi Spagette	–	8.7	8	0.19	83	0.56
14	Gimi Short Noodle Chicken Soup Base (Zebra)	–	9.7	19.81	0.23	80	0.48
	C. CRACKER	–					
1	Chicken Cracker	–	3.9	16.7	19.4	57.2	2.8
2	Pra"ii Cracker	–	5.6	7.4	20.9	61.3	4.8
3	Paprika Cracker (Thai)	–	6	6.1	24.2	62	2
4	Shrimp Cracker (Thai)	–	5.2	5.1	21.2	65.4	3.1
5	Shrimp Cracker (Korea)	–	5.3	4.4	17.95	70.3	2.12
6	Prawn Cracker raw (China)	–	13.2	2.5	0.26	81.1	2.9
7	Cheese Ball Hello	–	5.5	5.1	19	68	2.1
8	Cheese Ball Hello (India)	–	5.6	4.8	20	68	1.43
	D. MACARONI	–					
1	Girni Short Macaroni (Nes)	–	6.6	8.2	0.21	84.5	0.48
2	Bambion Macaroni (India)	–	11.3	5.6	0.19	82.5	0.46
3	Ma Ma cut Macaroni (india)	–	12.4	9.3	0.2	75	3.4
4	Rice vermiealli (Thai)	–	11.7	6.6	0.12	81	0.3

SUPPLEMENTARY FOOD TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene ug	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	8	9	10	11	12	13	14	15	16	17
	B. STICK NOODLES									
5	-	344	9.3	61	0.7	–	–	–	–	–
6	-	344	17.3	72	5.2	–	–	–	–	–
7	-	353	-	92	7.1	–	–	–	–	–
8	-	345	29	75	1.5	–	–	–	–	–
9	-	340	47	64	10	–	–	–	–	–
10	-	352	35	57	0.5	–	–	–	–	–
11	-	351	12.1	28	1.7	–	–	–	–	–
12	-	349	40	145	2.2	–	–	–	–	–
13	-	364	15.3	75	0.6	–	–	–	–	–
14	-	360	15.3	83	0.7	–	–	–	–	–
	C. CRACKER									
1	-	470	23.4	51.4	6.3	–	–	–	–	–
2	-	463	43.7	69.2	5	–	–	–	–	–
3	-	490	121	84.8	1.3	–	–	–	–	–
4	-	473	236	130	2	–	–	–	–	–
5	-	459	160	-	□	–	–	–	–	–
6	-	337	65	22	5.1	–	–	–	–	–
7	-	463	86	129	2.8	–	–	–	–	–
8	-	471	113	-	3.4	–	–	–	–	–
	D. MACARONI					**–**	**–**	**–**	**–**	**–**
1	-	373	17.8	75	2.1	–	–	–	–	–
2	-	354	26.2	77	0.6	–	–	–	–	–
3	-	339	8.3	-	□	–	–	–	–	–
4	-	351	9	75	2.2	–	–	–	–	–

SUPPLEMENTARY FOOD TABLE

Nutrients per 100 Grams

S.N.	FOOD COMMODITY	Edible Portion	Moisture g	Protein g	Fat g	Carbohydrate g	Minerals g
0	1	2	3	4	5	6	7
	E. PASTA						
1	Special Pasta	–	11.4	4	0.5	84	0.48
2	Vegetable Pasta	–	11.4	6.1	1.45	81	0.47
3	Pasta / (Enrico Nepal)	–	13.3	11.8	1.3	73	0.74
	F. MISCELLANEOUS	–					
1	Muesli	–	5.9	10.06	5.6	75	1.1
	G.						
1	Protein supplement powder	–	2.2	3.8	–	–	–
2	High energy soya biscuit	–	3.6	6.8	16.5	69.9	1.64
3	high energy khajuri biscuit	–	1.4	8.4	22.8	64.6	1.5
4	coffee with pulp	–	12	7.83	1.13	66.5	4.9
5	coff ee without pulp	–	12.4	7	1.08	73.2	4.7
6	Coffee powder refined	–	3.9	13.42	15.41	61.4	5.8
7	Nutrimixed	–	6.1	18.52	7.25	63	3.59

SUPPLEMENTARY FOOD TABLE

Nutrients per 100 Grams

S.N.	Fiber g	Energy K Cal	Calcium mg	phospho-rous mg	Iron mg	Carotene µg	Vitamin C mg	Thiamine mg	Riboflavin mg	Niacin mg
0	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**
	E. PASTA									
1	-	354	10.6	73	3.9	–	–	–	–	–
2	-	361	34	87	0.3	–	–	–	–	–
3	-	351	17.6	81	2.9	–	–	–	–	–
	F. MISCELLANEOUS					–	–	–	–	–
1	2.07	390	220	21	1	–	–	–	–	–
1	–	–	717	–	23.8	–	–	–	–	–
2	1.55	455	104.2	–	–	–	–	–	–	–
3	1.5	497	–	–	–	–	–	–	–	–
4	7.63	307	–	–	–	–	–	–	–	–
5	1.7	330	–	–	–	–	–	–	–	–
6	ND	438	–	–	–	–	–	–	–	–
7	1.5	391	116.87	–	–	–	49.38	–	–	–

ANNEX

1. RECOMMENDED DIETARY ALLOWANCES

Group	Particulars	Body weight	Net Energy K Cal/ day	Protein g/day	Fat g/day	Calcium mg/day	Iron mg/day	Vit A/µg/day		Thiamine mg/day	Riboflavin mg/day	Nicotinic acid mg/day	Pyridoxine mg/day	Ascorbic acid mg/day	Folic acid µg/day	Vit B-12 µg/day
								Retinol	B- carotene							
Man	Sedentary work		2425							1.2	1.4	1.6				
	Moderate work	60	2875	60	20	400	28	600	2400	4.4	1.6	18	2	40	100	1
	Heavy work		3800							1.6	1.9	21				
Women	Sedentary work		1875							0.9	1.1	12				
	Moderate work	50	2225	50	20	400	30	600	2400	1.1	1.3	14	2	40	100	1
	Heavy work		2925							1.2	1.5	16				
	Pregnant women		300	15	30	1000	38	600	2400	0.2	0.2	3	2.5	40	400	1
	Lactation										0.3	0.3	4			
Infants	0-6 months	50	550	25												
	6-12 months		400	18	45	1000	30	950	3800	0.2	0.2	3	2.5	80	150	1.5
	0-6 months	5.4	108/kg	2.05/kg		500		350	1200	55 µg/kg	65 µg/kg	710µg/kg	0.1	25	25	0.2
	6-12 months	8.6	98 kg	1.65 kg						50 µg/kg	60 µg/kg	650 µg/kg	0.4			
children	1-3 years	12.2	1240	22			12	400		0.6	0.7	8			30	
	4-6 years	19	1690	30	25	400	18	400	1600	0.9	1	11	0.9	40	40	0.2-1.0
	7-9 years	26.9	1950	41			26	600	2400	1	1.2	13	1.6		60	
Boys	10-12 years	35.4	2190	54			34			1.1	1.3	15				0.2-1.0
Girls	10-12 years	31.5	1970	57	22	600	19	600	2400	1	1.2	13	1.6	40	70	
Boys	13-15 years	47.8	2450	70			41			1.2	1.5	16				
Girls	13-15 years	46.7	2060	65	22	600	28	600	2400	1	1.2	14	2	40	100	0.2-1.0
Boys	13-15 years	57.1	2640	78			50			1.3	1.6	17				
Girls	13-15 years	49.9	2060	63	22	600	30	600	2400	1	1.2	14	2	40	1..	0.2-1.0

Source: Expert committee of the ICMR (India), 1988

ANNEX

2. RECOMMENDED DAILY INTAKES OF NUTRIENTS (FAO\ WHO)

	AGE (YEARS)	BODY WEIGHT	ENERGY (KCAL)	PROTEIN (G)	VITAMIN 'A' (ug)	Vitamin D' (µg)	Thia-mine (mg)	Ribofla-vin (mg)	Niacin (mg)	Folic acid (µg)	vitamin B12 (µg)	Ascorbic Acid (mg)	Calcium (µg)	Iron (mg)
Childern	1	7.3	820	14	300	10	0.2	0.5	5.4	60	0.3	20	0.5 - 06	5 -10
	1 to 3	13.4	1360	16	250	10	0.5	0.8	9	100	0.9	20	0.4-0.5	5 - 10
	4 to 6	20.2	1830	20	300	10	0.7	1.1	12.1	100	1.5	20	0.4 -0.5	5 - 10
	7 to 9	28.1	2190	25	400	2.5	0.9	1.3	14.5	100	1.5	20	0.4 -0.5	5 - 10
Male adolescents	10 to 12	36.9	2600	30	575	2.5	1	1.7	17.2	100	2	20	0.6 -0.7	5 - 10
	13 to 15	51.3	2900	37	725	2.5	1.2	1.7	19.1	200	2	30	0.6 -0.7	9 - 18
	16 to 19	62.9	3070	38	750	2.5	1.2	1.8	20.3	200	2	30	0.5 -0.6	5 - 10
Female adoescents	10 to 12	38	2350	29	575	2.5	0.9	1.4	15.5	100	2	20	0.6 -0.7	5 - 10
	13 to 15	49.9	2490	31	725	2.5	1	1.3	16.4	200	2	30	0.6 -0.7	12 - 24
	16 to 19	54.4	2310	30	750	2.5	0.9	1.4	15.2	200	2	30	0.5 -0.6	14 - 28
Adult man (moderately active)		65	3000	37	750	2.5	1.2	1.8	19.8	200	2	30	0.4 -0.6	14 - 28
Adult women (moderately active)		55	2200	29	750	2.5	0.9	1.3	14.5	200	2	30	0.4 -0.5	14-28
Pregnancy (Later half)			350	38	750	10	-0.1	–0.2	–2.3	400	3	30	1.0 -1.2	14 -28
Lactation (first 6 month			550	46	1200	10	–0.2	–0.4	–3.7	300	2.5	30	1.0-1.2	14 - 28

ANNEX

3. BALANCED DIET FOR MEN

Food Commodity	Sedentary work		Moderate Work		Heavy work	Heavy work
	Vegetarian	Non Vegetarian	Vegetarian	Non Vegetarian	Vegetarian	Non Vegetarian
	g	g	g	g	g	g
Cereals	400	400	475	475	650	650
Pulses and legumes	70	55	80	65	80	65
Green leafy vegetables	100	100	125	125	125	125
Other Vegetables	75	75	75	75	100	100
Roots and tubers	75	75	100	100	100	100
Fruits	30	30	30	30	30	30
Milk	200	100	200	100	200	100
Ghee or Oil	35	40	40	40	50	50
Meat or Fish	-	30	-	30	-	30
Egg	-	30	-	30	-30	
Sugar/ Jaggary	30	30	40	40	55	55
Nuts					50*	50

** 30 g ghee or oil can be used in place of 50 g nut.*

Source: Essentials of food and nutrition

ANNEX

4. BALANCED DIET FOR WOMEN

Food Commodity	Sedentary work		Moderate Work		Heavy work	Heavy work	Additional Quantity	
	Vegetarian	Non Vegetarian	Vegetarian	Non Vegetarian	Vegetarian	Non Vegetarian	Pregnant Women	Lactating Women
	g	g	g	g	g	g	g	g
Cereals	300	300	350	350	475	475	50	100
Pulses and legumes	60	45	70	55	70	55	-	10
Green leafy	125	125	125	125	125	125	25	25
Other Vegetables	75	75	75	75	75	75	-	-
Roots and tubers	50	50	75	75	100	100	-	-
Fruits	50	50	75	75	100	100	-	-
Milk	200	100	200	100	200	100	125	125
Ghee or Oil	35	30	40	35	45	40	-	15
Meat or Fish	-	30	-	30	-	30	-	-
Egg	-	30	-	30	-	30	-	-
Sugar/ Jaggary	30	30	30	30	40	40	10	20
Nuts	-	-	-	-	40*	40*	-	-

** 25 g of ghee or oil can be used in place of 40 g of nut*

Source: Essentials of food and nutrition

ANNEX

5. BALANCE DIET FOR CHILDREN

Food Commodity	Pre school Children				School Going Children			
	1- 3 years		4-6 Years		7-9 Years		10- 12 years	
	Vegetarian	Non Vegetarian	Vegetarian	Non Vegetarian	Vegetarian	Non Vegetarian	Vegetarian	Non Vegetarian
	g	g	g	g	g	g	g	g
Cereals	150	150	200	200	250	250	320	320
Pulses and legumes	50	40	60	50	70	60	70	60
Green leafy	50	50	75	75	75	75	100	100
Other Vegetables &	30	30	50	50	50	50	75	75
Fruits	50	50	50	50	50	50	50	50
Milk	300	200	250	200	250	200	250	200
Ghee or Oil	20	20	25	25	30	30	35	35
Meat , Fish & Egg	-	30	-	30	-	30	-	30
Sugar/ Jaggary	30	30	40	40	50	50	50	50

Source: Essentials of food and nutrition

ANNEX

6. BALANCE DIET FOR ADOLESCENT GIRLS & BOYS

Food Commodity	Adolescent Boys				Adolescent Girls	
	13-15 years		16-18 years		13-18 Years	
	Vegetarian	Non Vegetarian	Vegetarian	Non Vegetarian	Vegetarian	Non Vegetarian
	g	g	g	g	g	g
Cereals	430	430	450	450	350	350
Pulses and legumes	70	50	70	50	70	50
Green leafy vegetables	100	100	100	100	150	150
Other Vegetables & Roots and	75	75	75	75	75	75
Fruits	30	30	30	30	30	30
Milk	250	150	250	150	250	150
Ghee or Oil	35	40	45	50	35	40
Meat , Fish	-	30	-	30	-	30
Egg	-	30	-	30	-	30
Sugar/ Jaggary	30	30	40	40	30	30
Nut	-	-	50*	50*		

30 g ghee or oil can be used in place of 50 g nuts.

Source: Essentials of food and nutrition

ANNEX

7. COMMON NAME, SCIENTIFIC NAME AND NEPALI NAME

Common Name	Scientific Name	Nepali Name	Common Name	Scientific Name	Nepali Name
A. CEREAL & CEREAL PRODUCT			**A. CEREAL & CEREAL PRODUCT**		
Amaranth Seed	*Amaranthu cruentus*	Latteko Dana	Rice raw milled	"	Chamal (Millma Kuteko)
Bajra	*Pennisetum typhoideum*	Bajara	Rice, flakes	"	Cheura
Bamboo	*Bambusa arundinacea*	Bairalochan (Bansako biu)	Rice, puffed	"	Golfuki, Bhuja, Murai
Barley	*Hordeum vulgare*	Jaun	Rice, bran	*Oryza sativa*	Chamalko Chokar
Buck wheat	*Fagopyrum eculentum*	Phapar	Semolina	"	Suji
Foxtail millet (Italian milet)	*Setaria italics*	Kaguno	Sorghum, milled	*Triticum aestivum*	Junelo (Millma Kuteko)
Job's tears	*Coixtachryme*		Uwa, white	*Andorogen sorghum*	Uwa, Seto
Jowar	*Sorghum vulgar*	Jowar, Junelo	Uwa, black		Uwa, Kalo
Maize, dry	*Zea mays*	Makai Sukeko	Varagu	*Pastalum sorooiculatum*	Maduwa Kodo
Maize flour (White)	"	Seto makaiko pitho	Vermicelli	*Triticum aestivum*	Sewai
Maize flour (yellow)	"	Pahelo makaiko pitho	Wheat flour (whole)	"	Antta (Ganhuko Pitho)
Maize tender	"	Hariyo makai	Wheat flour, refined	*Triticum aestivum*	Maida, Ganhuko
Oatmeal	"	Jai ko Chaikla	Wheat germ	"	Ganhuko Bhruna
Hog millet	*Avendabyzantina*	Jai	Wheat bran	"	Ganhuko chokar
Ragi	*Panicummiiaceum*	Chinu	**B. PULSES & LEGUMES**		
Rice, parboiled (hand pounded)	*Eleusine coracana*	Usinako Chamal (Dhikima Kuteko)	Bengalgram or chick pea	*Cicer arientrium*	Chana
Rice, parboiled (milled)	*Oryza sativa*	Usinako Chamal (Millma Kuteko)	Bengal gram dal	"	Chanako dal
Rice raw (hand pounded)	"	Chamal (Dhikima Kuteko)	Bengal gram roasted	"	Chan Bhuteko

ANNEX

7. COMMON NAME, SCIENTIFIC NAME AND NEPALI NAME

Common Name	Scientific Name	Nepali Name	Common Name	Scientific Name	Nepali Name
B- PULSES & LEGUMES			B- PULSES & LEGUMES		
Black gram (whole)	*Phaseolus mungo*	Masko Geda	Soybean White	*Glyeihe mss merry*	Bhatamas, Seto
Black gram dhal	"	Masko dal	C. GREEN LEAFY VEGETABLES		
Broad bean or horse bean	*Viciafava*	Bakula	Agathi	*Sesbania gradiflora*	Agasthi Sag
Cowpea	*Vigna catjang*	Bodi	Amaranth, tender (pig weed)	*" gangeticus*	Kandelunde Sag
Field bean as dry	*Dolichos lablab*	Simi	Amaranth Spined (sping pig weed)	*Amaranthus spinous*	Kandelunde Kalilo
Green gram (Whole)	*Phaeolus aurevs rox B.*	Munga ko Geda	Araikeerai	" *tristis*	Chaulai
" (dhal)	"	Mungako dal	Bethe leaves	*Chenopodium album*	Betheko Sag
Horse gram (black)	*Dulichos biflorus*	Gahat Kalo	Beet greens	*Beta vulgaris*	Chukandarko Sag
Horse gram (red)	"	Gahat Rato	Bengal grams leave	*Civer arietinum*	Chanako Sag
Khesari (dhal)	*Lathyrus ativus*	Khesari Dal	Bottle Gourd leaves	*Lagenaria vulgari Vi-ciafaba*	Laukako Munta
Lentil	*Lens esculents*	Musuro	Broad bean leaves	*Brassical oleraceavar gemmifera*	Bakula simiko Sag
Month beans	*Phaseolus aconitifolius*	Masyanga	Brussels sprouts	*Brassica oleraceavar*	Bandakobi,sano
Peas or garden pea	*Pisum sativum*	Kerau	Bamboo, tender shoots	*Bambuh arundincaea*	Tamako tusa
Peas roasted	"	Kerau Bhuteko	Cabbage	*capitata Daucus corata*	Bandakobo thulo
Rajmah (french bean)	*Phaeolus vulgaris*	Rato thulo simi	Carrot leaves	*Brasical oleraceavar*	Ganjarko Sag
Red gram (dhal) (Pigeon pea)	*Cajanus catan*	Raharko dal	Cauliflower greens	*botrytis*	Fulkoboko Sag
Soybean grey	*Glyeihe mss merry*	Bhatamas, Khairo	Celery leaves	*Apium gra velen var ducle*	Celery Sag
Soybean Black	"	Bhatamas, Kalo	Colocasia leaves (black variety)	*Colocasia antiquoxum*	Karkalako Sag, kalo

ANNEX

7. COMMON NAME, SCIENTIFIC NAME AND NEPALI NAME

Common Name	Scientific Name	Nepali Name	Common Name	Scientific Name	Nepali Name
C. GREEN LEAFY VEGETABLES			**C. GREEN LEAFY VEGETABLES**		
Colocasia leaves (Green variety)	"	Karkalako Sag, Hariyo	Kitchen garden purslane	*Portulaca oleracea*	Nundhikiko Sag
" (dried)	*Coriandrum sativum*	Karkalako Sag, Sukeko	Patna sag	*Corchorus capsularis*	Patuwa ko Sag
Coriander leaves	"	Hariyo dhaniyako pat	Potato leaves	*Solanum tubersum*	Aluko pat
Cow pea leaves	*Vigna catiang*	Bodiko Sag	Pumpkin leaves	*Cucurbita maxima*	Pharsiko Munta
Drumstik leaves	*Moringa oleifera*	Sahijanko Sag	Radish leaves	*Raphanus sativus*	Mulako Sag
Fenu greek leaves	*Trigonella foenum graecum*	Methiko Sag	Rape leaves	*Brasicanapu*	Rayoko Sag
Garden cress	*Lepidium sativum*	Chamsuko Sag	Rape leaves dried	"	Rayoko Sag Sukeko
Garden sorrel	*Oxalee corniculata*	Chari Amilo	Safflower dried	*Carthamu tinctorius*	Kusumko Sag
Garlic leaves	*Allium sativum*	Lasunko pat	Spinach leaves	*Spinacia oleracea*	Palungko Sag
Khesarileaves	*Lathyrus sativus*	Khesari ko Sag	Soya leaves	*Glycine max*	Bhatamas ko pat
Knol-Knol greens	*Brassich oleraceavar caulorhpha*	Ganthkobiko Sag	Sweetpotato greens	*1pomoea batatas*	Sakharkhandako Sag
Koiralo saag (Cink bauhinia)	*Bauhinia purpurea*	Koiralo	Tamarind greens tender	*Tamsarindus indicus*	Imaliko pat
Lettuce	*Lactucasativa*	Jiriko Sag, Salad	Turnip green	*Brassica raga*	Salgam ko Sag
Love-lies beleeding	*Amaranth uscaudatus*	Latte sag	Water cress	*naturtium Officinale*	Simko Rayo
Poisag	*Basella rubra*	Poi Sag	**D. OTHER VEGETABLES**		
Mint	*Mentha spicata*	Pudinako pat, Babari	Agathi flower	*Sesbania aegyptiaca*	Agasthi ko ful
Mustard Leaves	*Brasica campestris varitoria*	Toriko Sag	Ash gourd	*Benicasa hispida*	Kubhindo
Neem leaves tender	*Azadirachta indica*	Neemko pat	Bitter gourd	*Momordica charadia*	karela

ANNEX

7. COMMON NAME, SCIENTIFIC NAME AND NEPALI NAME

Common Name	Scientific Name	Nepali Name	Common Name	Scientific Name	Nepali Name
D. OTHER VEGETABLES			D. OTHER VEGETABLES		
Bottle gourd	*Legenaria vulgaris*	Laukako	Kheksa	*Brassica oleracea var*	
Brinjal	*Solanum melongena*	Bhanta	Knol-Knol	*Caulorpa*	Gyaht kobi
Broad beans	*Vicia faba*	Bakula simi	Ladies fingers	*Abelmoschus esculentus*	Ramtoria
Cauliflower	*Brassica oleracea var botrytis*	Kauli, Fulgovi	Lakooch, raw	*Artocarpus lakoocha*	
Celery stalks	*Apium graveolens var dulce*	Celery Sagko Danth	Leeks	*Allium porrum*	Chhyapi
Cho-cho marrow	*Scchium edule*	Skush	Lotus stem, dry	*Nelumbium nelumbo*	kamalko Danth sukeko
Cluster bean	*Cyamopi tetragonoloba*	Simi	Mango green	*Magnifera indica*	Kancho Annpa
Colocasia stem	*Colocasia autiquorum*	Karkalako Danth	Onion stalks	*Allium cepa*	Pyajako Danth
cowpea pods	*Vigna catjang*	Hariyo bodi	Onion whole	"	Pyaja, sukeko
cucumber	*Cucumis sativus*	Kankro	papaya green	*Carica papaya*	Kancho Mewa
Double beans	*Faba Vulgaris*	Asare simi	Parwar	*Trichosanthes dioca*	Parwal
Drumstick	*Moringa oleitra*	Sahejanko	Peas	*Pisum sativum*	Kerau
Drumstick flower	*oleifera*	Sahejanko Phul	Pink beans	*Phaseolus species*	Rato simi
Field beans, tender	*Bolichos lablab*	Hiude simi, kalilo	Plantain flower	*Musa sapientum*	Kerako Phul (Bunga)
French beans	*Phaeolus vulggaris*	Ghyu Simi	Plantain green	"	Kancho Kera
Giant chillis (Capsium)	*Capsium annum var grossa*	Bhede Khursani	Plantain stem	"	Kerako Danth
Jack, tender	*Artocarpu heterophyllu*	Rukhkatahr, hariyo	Pumpkin	*Cucurbita moxima*	Farsi
Karond fresh (natal Palm)	*Caria carandas Momor-dica lochinchinesis*		Pumpkin flower		Farsiko Phul

ANNEX

7. COMMON NAME, SCIENTIFIC NAME AND NEPALI NAME

Common Name	Scientific Name	Nepali Name	Common Name	Scientific Name	Nepali Name
D. OTHER VEGETABLES			**E. ROOTS AND TUBERS**		
Rape plant, tems	*Brasica napus*	Rayoko Danth	Colocasia	*Colaria antiquerum*	Pindalu
Red gram tender	*Cajanus cajan*	Raharko Kosa	Garlic dry	*Allium sativum*	Lasun Sukeko
Ridge ground	*Luffa acutangula*	Pate Ghiraula	Ghar tarul		Ghara tarul
Sannhemp flower	*Crotalaria juncea*	Sapaiko phul	Gittha		Gittha
Silk cotton flower	*Bombax malabarium*	Simalko Phul	Lotus root	*Nelumbium nelumbo*	Serakhi
Snake gourd	*Trichoanthes angul . na*	Chichinda	Mango ginger	*Cacuma amada*	Sesar, Haledo
Spinach stalks	*Spinacia oleracea*	Palungko Danth	Onion big	*Allium cepa*	Pyaja, thulo
Sword beans	*Canvalia gladiata*	Tarbare Simi	Onion small	"	Pyaja, Sano
Tinda tender	*Citrullus vulgaris var*	Tinda, Kancho	Potato	*Solanum tuberosum*	Alu
Tomato green	*Lycopericon esculentum*	Golvenda, kancho	Potato boiled	"	Alu Usineko
Vegetate marrow	*Cucurbita pepo*	Kubhindo	Potato Chip dried	"	Aluchana, Sukayeko
Water Chesnut, fresh	*Trapa Bipinosa*	Paniphal, Singada,	Radish, pink	*Raphanus sativus*	Mula rato
Water chestnut, dry	"	paniphal, Singada, Sukeko	" Rat-tailed	"	Rato dallo mual
Waterlily flowers	*Wymphaea nouchali*	Kamalko Phul	" White	"	Mula, Seto
E. ROOTS AND TUBERS			Rani Bhyakur		
Banana rhizome	*Nua paradisca*	Kerako Jara	Sweet potato	*Ipomoea batatas*	Sakharkhanda
Beet root	*Beta vulgaris*	Chukandarko Jara	Sweet boiled	"	Sakharkhanda,Usineko
Carrot	*Daucus carota*	Ganjar	Turnip	*Brassica raga*	Salgam

ANNEX

7. COMMON NAME, SCIENTIFIC NAME AND NEPALI NAME

Common Name	Scientific Name	Nepali Name	Common Name	Scientific Name	Nepali Name
E. ROOTS AND TUBERS			G. FRUITS		
Yam elephant	*Amorphophalus Campanulatus*	Tarul	Grape s pale green	" "	Angur,Hariyo
Yam wild	*Dioscorea versicolor*	Ban tarul	" fruit (marsh seedless)	" "	Sankatro (Binya Navayeko)
G. FRUITS			Grape fruit (triumph)	*Citrus paradisi*	Sankatro
Amala	*Emblica officinalis*	Amala	Guava, country	*Psidium guajava*	Amba (Esthaniya)
Apple	*Malus syvestris*	Syaau	Guava hill	*" cattleyanum*	Amba (Pahadi)
Appricots, fresh	*Prunus armeniaca*	Khurpani, Taja	Jack fruit	*Arcocarpus heterophyllus*	Rukhkatahar
Appricots, dried	"	Khurpani, Sukeko	Jambu "	*Syzygium cumini*	Jamun
Avocado pear	*Persea americans*	Avocad	Kusum fruit	*Schleichera tijuga*	Kusumko FaL
Bael fruit	*Aegle marmelos*	Bael	Lakuca	*Artocarpus lakoocha*	Badahar
Bamboo fruit	*Bambusa arundinacea*	Bansako Fal	Lemon	*Citrus limon*	Nibuwa
Banana ripe	*Musa paradisiaca*	kera pakeko	" sweet	*" limetta*	Nibuwa Guliyo
Banyan tree figs	*Ficus begalensis*	Barko Fal	Lichi	*nephelium litchi*	Lichi
Cashew fruit	*Anacardium occidentale*	Kajuko Fal	Lichie, bastard	*" longana*	Lichi Kalami
Cherries, red	*Prunus ceracus*	Cheri rato	Lime	*Citrus aurantifolia*	Kagati
Dates, dried	*Phoenix datylifera*	Chhokada sukeko	Lime sweet musambi	*Citrus sinensis*	Mausam
Dated, fresh	"	Chhokada Taja	Loquat	*Eriobotraryjaponica*	Laukat
Figs	*Ficus carica*	Anjir (Nevaro)	Mahua, ripe	*Bassia langifolia*	Mahuwa Pakeko
Grapes blue variety	*Vitus vinifera*	Angur,Nilo	Mango, ripe	*Mangitera indica*	Anpa Pakeko

ANNEX

7. COMMON NAME, SCIENTIFIC NAME AND NEPALI NAME

Common Name	Scientific Name	Nepali Name	Common Name	Scientific Name	Nepali Name
G. FRUITS			**H. CONDIMENTS AND SPICES**		
Melon, musk	*Cucumis melo*	Kharbhuja	Nutmeg	"	Jaifal
Melon, water	*Citrullus vulgaris*	Tarbhuja	Omum	*Trachyspermum ammi*	Jwano
Mulberry	*Morus sp.*	Kimbu	Pepper, dry	*Piper nigrum*	Marich, Sukeko
H. CONDIMENTS AND SPICES			Pepper green	"	Marich Hariyo
Aniseed		Sounf	Bay Leaf		Tej Pat
Arisithippili			Tamarind	*Tamarindus indica*	Imali /Titriko gudi
Asafoetida	*Ferula foetide*	Hinga	Turmeric	*Curcuma domessica*	Besar
Cardamom	*Elettaria cardamomum*	Alaichi	I. NUTS AND OIL SEEDS		
Chillis dry	*Capsicum annuum*	Khursani Sukeko	Almond	*Prunus amygdalus*	Kagaji , Madeshe Ba-dam
" green	"	Khursani Hariyo	Cashew nut	*Anacardium occidentals*	Kaju
Cloves, dry	*Eugenia caryophylla*	Lwang	Chilgoza	*Pinus geradiana*	Golsimta
Corianders	*Coriandrum sativum*	Dhaniya	Coconut dry	*Cocos nucifera*	Nariwal, Sukeko
Cumin seeds	*Cuminum cyminum*	Jeera	Coconut fresh	"	Nariwal, Taja
Fenugreek seeds	*Trigonella foenum grae-curn*	Methiko Dana	Gingelly seeds	*Sesamum indicum*	Til
Garlic dry	*Allium sativum*	Lasun Sukeko	Groundnut		
Ginger, fresh	*Zingiber officinale*	Aduwa, Taja	Linseed seeds	*Linum usitetissimum*	Aalasa ko geda
Lime peel	*Citrus wedica var acida*	Kagatiko Bokra	Mustard seeds	*Brassica nigra*	Tori
Mace	*Myritica fragrance*	Jaipatri	Groundnut roasted	*Archis hypagaea*	Badam , Bhuteko

ANNEX

7. COMMON NAME, SCIENTIFIC NAME AND NEPALI NAME

Common Name	Scientific Name	Nepali Name	Common Name	Scientific Name	Nepali Name
I. NUTS AND OIL SEEDS			J. MEAT AND MEAT PRODUCTS		
Niger seeds	*Guizotia abyssinica*	kalo til	Snail, small	*Viviparus bengalensis*	Sankhe/ Chiple keera, Sano
Pisachio nut	*Pistacia vera*	Pesta	Snail, big	*Pilaglobosa*	Sankhe/ Chiple keera, Thulo
Safflower seeds	*Carthamus tinctorius*	Kumkumko phul	Turtles' meat	*Lissemys punctata bon-naterre*	Kachhuwa ko masu
Sunflower seeds	*Helinthus annuas*	Suryamukhiko Phul	Venisan	*Antilope cervicapralinn*	Harin ko masu
Walnut	*Jaglans regia*	Okhar	L. FISH AND FISHERS		
J. MEAT AND MEAT PRODUCTS			Bam	*Mastocembellus ar-matus*	Bam Machha
Buffalo meat	*Balbus busbolis*	Ranga ko masu	Crab	*Paratephusa spinigera*	Gangato
Duck	*Anas platyrhyncha*	Hanss	Hilsa	*Clupea ilisha*	Hilsa
Egg, duck		Hanss ko ful	Katla	*Catla catt*^{y}	Katla
Egg, hen		Kukhura ko ful	Magur	*Clarias batrachus*	Mungri
Field rat's meat		Khet Musa ko masu	Prawn	*Penaeu sp.*	Jhinnge machha
Finch	*Fringillidoe*	Bagedi ko masu	Rahu	*Labeo rohita*	Rahu Machha
Fowl	*Gallus bankiva murghi*	Kukhura ko masu	Singhi	*Saccobvanchus fossils*	Singhi machha
Goat meat(Mutton)	*Capra hyrchusb*	Khasi ko masu	Tengra	*Mystus vitattus*	Tengra machha
Liver, goat	"	Khasiko kalejo	M. MILK AND MILK PRODUCTS		
Liver, sheep		Veda ko kalejo	Milk buffalo's		Bhainsiko dudha
Pigeon meat	*Columbalivia intermedia*	Parewa ko masu	Milk cow's		Gaiko dudha
Pork	*Suscristatus wagener*	Sungura ko masu	Milk goat's		Bakhrako dudh

ANNEX

7. COMMON NAME, SCIENTIFIC NAME AND NEPALI NAME

Common Name	Scientific Name	Nepali Name	Common Name	Scientific Name	Nepali Name
M. MILK AND MILK PRODUCTS			**O. MISCELLANEOUS**		
Milk human		Manchheko dudh	" Sweet		Biscuit, Guliyo
Curds		Dadhi	Bread, brown		Pauroti,Khairo
Butter millk		Mohi	Bread, white		Pauroti Seto
Chhena, buffalo's milk			Cane sugar	*Saccharum officinarum*	Ukhu
Cheese		Cheese	Coconut, tender	*Cocos nucifera*	Nariwal ,Kancho
Khoa (Whole buffalos milk)		Khuwa Bhainsiko dudhko	coconut, water		Nariwal pani
Skimmed milk powder (Cow's milk)		Gaiko dudhko Powder (Fat free)	Ground nut cake	*Arachis hypoasgaea*	Badamko Cake
Whole milk powder (Cow's milk)		Gaiko duhdko powder	Gundruk mustard leaves	*Brasica sp.*	Toriko Gundruk
N. Fats & Edible oils			Gundruk radish leaves	*Raphenus sativus*	Mulako patko Gundruk
Butter		Makhhan	Honey		Maha
Ghee cow's		Gaiko ghyu	Jack fruit seeds	*Artocarpus interidfolio*	kataharko Binya
Ghee buffalo's		Bhainsiko ghyu	Jaggery (Cane)	*Bassia latifolia*	Sakkhar
Hydrogenated oil		Vanaspati Ghyu	Mahua flower	*Agarius sp.*	mahuwako ful
Vegetable cooking oil		Vanaspati Tel	maseura		Maseura
O. MISCELLANEOUS			Mushroom		Chyau
Areca	*Areca catechu*	Supari	Papad		papad
Betel leaves	*Piper beffle*	Panko pat	Pumpkin	*Cucurbita pepo*	Pharsi
Biscuit Salt	"	Biscuit, Nunilo	Sugarcane juice	*Saccharum officinarum*	Ukhuko Ras

ANNEX

7. COMMON NAME, SCIENTIFIC NAME AND NEPALI NAME

Common Name	Scientific Name	Nepali Name	Common Name	Scientific Name	Nepali Name
O. MISCELLANEOUS			O. MISCELLANEOUS		
Neem fruit	*Melia azadirachta*	Nimko pat	Tomato, ripe	*Lycopersicon esculen-tum*	Golveda,pakeko
Orange	*Citrus aurantium*	Suntala	Tree tomato	*Cyphomandra betacca*	Rukh,Golveda
Orange juice	"	Suntala ko ras	Wood apple	*Limonia acidissima*	Bael
Papaya, ripe	*Carica papaya*	Mewa,Pakeko	Zizyphus	*Zizyphus jujuba*	Bayer
Persimmon	*Diospyros kaKi*	Haluwabed			
Peaches	*Amygdatis persica*	Aru			
Phalsa	*Grewia asiatica*	Phalsa			
Pineapple	*Ananas comosus*	Bhueikatahar			
Pipal tree figs	*Ficus religiose*	Pipla ko Fal			
Plum	*Prunus domestics*	Arubakhada			
Pomegranate	*Punca granatum*	Anar			
Pear	*Randia aliginosa*	Naspati			
Pummelo	*Citrus maxiena*	Vogate			
Himalayan yellow rasp-bery	*Rubu ellipticus smith*	Yeselu			
Rose apple	*Syzygium jambos*	Gulab jamun			
Sapota	*Achra sapota*	Sapota			
Seethaphal	*Annona squamosa*	Sareefa			
Strawberry	*Fragaria vesca*	Bhueikakal			

ANNEX

8. Preparation and Nutritional Evaluation of *Balahar* (Super flour) with Different Proportion of Cereals and Soybean.

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Abstract

When children reaches to 6 months of age, they need complementary feeding along with mothers' milk to fulfill their increasing nutritional requirement. There is different formulations based on cereals and legumes mix in practice for the preparation of complementary food. Six different recipe with one part cereals and two parts soybean and equal parts of cereals and soybean were tested among the fifty children in terms of their weight gain and acceptability. Study results revealed that cost as well as the best weight gain among the children has proved that 1 part soybean, one part maize and one part wheat (1:2) formulation was the best among the six different recipe studied. Therefore, super flour *(balahar)* using soybean one part and two parts cereals (One part maize and one part wheat) is the best complementary food. This study has proved in Nepal's scene use of two parts cereals and one part of soybean is the best formulation of complementary food.

Key words : Complementary food, Super flour, weight gain,

Introduction:

Super flour *Balahar* is the food given for the children after 6 months to 2 years. Generally, children up to 6 months do not need extra food other than mothers' milk because exclusive breast feeding for 6 months is sufficient for physical and mental growth and development of the children. When children cross 6 months, they need complementary feeding along with mothers' milk to fulfill their nutritional requirement. *Balahar* provide additional calorie and protein which play important role for the growth and development of the children.

General process of making super flour (*balahar)*

The general process below provides the procedure for preparation of *balahar*. Selection of right ingredients at right proportions and winnowing, roasting, grinding and packaging in a right containers are the major steps for the preparation of weaning food.

Weaning food thus prepared must be soft in texture and must contain a high concentration of nutrients preserving, or at least 75 kcal/100 g after addition of water and 12 per cent of calories from protein, using vegetable protein sources.

Insufficient consumption of protein and energy rich foods among the growing children results Protein Energy Malnutrition among children. The deficiency eventually results in body wasting and an increased susceptibility to infections. When deficiency becomes more important certain body function and metabolic pathway will change or deteriorate and a clinical picture will develop either marasmus or kwashiorkor.

ANNEX

Objective:

The objectives of this work were to know the find out best weaning food formulation which should be more palatable and efficient to weight gain among children.
To formulate six different *balahar* using cereal and soybean.
To select best two blend out of six by sensory evaluation.
To carry out comparative study of 2:1 and 2:2 ratio of *barahar* in term of cost , digestibility
To perform comparative growth study of children.

Material and Methods:

Different types of cereals and legumes such as rice, wheat, maize and soybean were selected . Formulation consists of 2;1 and 2:2 in the ratio of soybean and cereals. The proportions for the preparation of balahar studied were

1 part soybean: 1part maize and 1
1 part soybean: 1 part maize and 1part wheat
1 part soybean: 1part rice and 1 part wheat
2 part soybean: 1part maize and 1part rice
2 part soybean 1part maize and 1part wheat
2 part soybean: 1part rice and 1 part wheat

For the selection of the best mixture of both 1:2 and 2:2 samples, first acceptability test was performed in 50 children of *Balmandir* by feeding children of age 6 month to 3 years. After selection of the best two mixture of *balahar*, the same mixture were prepared and feed for the same children for 3 months. For feeding ,50 children were divided into two group. First 25 fed to 1:2 and second 25 fed to 2:2 ratio of soybean and cereals. Just before one de day of feeding , initial weight and height were taken and in every 2 weeks , weight gain were recorded. In the last day of feeding , again weight of the same children were monitored.

First of all blend of soybean and maize and wheat in the ration of 1:2 and 2:2 were selected as best two recipe by acceptability test. And these two recipe were fed to the different two groups of children. Monitoring the weight of children every 2 week were recorded.

Results:

Formulation of soybean and maize and wheat in the ratio of 1:2 and 2:2 were selected as the best formulation by acceptability test.
On feeding both of these ratio to these children for 3 months, weight gain from 1:2 formulation found more than 2:2 formulation.
In-term of cost 1:2 formulation was lower than 2:2 formulation . (Cost of soybean is higher than cereals)
There was less diarrhea by 1:2 formulation than 2:2 formulation.

Calorie and protein contents found higher in 2:2 formulation than 1:1 formulation , but according to calorie and protein requirement from complementary food ,calorie and protein contents of 1:2 formulation are sufficient for the children up to 2 years. Protein, calorie and carbohydrate content of the different recipe:

Formulation	**1:2**	**2:2**
Protein	22.03	27.32
Carbohydrate	52.7	44.8
Calorie	374	388.5

Recommended formulation:

1:2 formulation is cost effective
1:2 formulation is palatable than 2:2 formulation
There was less diarrhea by 1:2 formulation than 2:2 formulation
Protein contents of 1:2 formulation (22.0gm) is sufficient for the age of 6 to 12 months.
Calorie contents of 1:2 formulation (374Kcal) is sufficient for the age of 6 to 24 months.
Therefore 1:2 formulation is the best (Soybean one part and rice 2 parts)

Conclusion

The lower cost as well as the best weight gain among the children has proved that 1 part soybean, one part maize and one part wheat (1:2) formulation was the best among the six different recipe studied. Therefore, *balahar* using soybean one part and two parts cereals (One part maize and one part wheat) is the best weaning food.

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