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FOOD COMPOSITION TABLE FOR USE IN AFRICA

A Research Project Sponsored* Jointly

by

U.S. Department of Health, Education, and Welfare
Public Health Service
Health Services and Mental Health Administration
National Center for Chronic Disease Control
Nutrition Program
Bethesda, Maryland 20014

and

Food Consumption and Planning Branch
Nutrition Division
Food and Agriculture Organization of the United Nations
Rome, Italy

1968

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FOOD COMPOSITION TABLE FOR USE IN AFRICA

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FOREWORD

This monograph is the result of a cooperative project sponsored jointly by the Nutrition Program, National Center for Chronic Disease Control, U. S. Department of Health, Education, and Welfare (NP/NCCD),[1] and the Food Consumption and Planning Branch, Nutrition Division, Food and Agriculture Organization of the United Nations (FAO). These two sponsoring organizations have actively participated in compilation of data on nutritive values of foods indigenous to different regions of the world. This publication was completed subsequent to the publication in 1949 and 1954, of "Food Composition Tables for International Use" by FAO and in 1961 of "Food Composition Table for Use in Latin America" which was jointly sponsored by INCAP/ICNND[2].

Initiation of the current project came in July, 1965, as acknowledgment of the urgent need expressed in 1963 by participants of the African Technical Meeting on Food Consumption Survey in Rabat, Morocco, sponsored by the Economic Commission for Africa (ECA) and FAO, and by the members of the U. S. Nutrition Survey teams.

This food table for use in Africa, as well as the "Food Composition Table for Use in Latin America" and others proposed and likely to be prepared for other regions, are prerequisites to the effective evaluation and improvement of world nutrition. For, unless the composition of local foods is known, calculation of the habitual diet and the introduction of complementary foods to combat malnutrition cannot be put into practice satisfactorily.

For the purpose of discussing technical matters relating to the development of this project, a meeting of the Advisory Group (see List of Participants) was convened at FAO Headquarters, Rome, May 31-June 4, 1965. The Group recommended that preparation of a single set of food tables for use in Africa should be immediately initiated. First action on the project was the collection by personal contacts of published and unpublished data already available on African foods grown in different geographical areas. The main purpose of the project has been not only to collect analytical data, but also to unify methods and terminology in presentation and to determine the principal foods about which further information is needed. An additional aim is to stimulate further analytical work to be done locally or outside Africa in collaboration with institutions concerned with world nutrition.

1/ Formerly known as the Nutrition Section, Office of International Research, National Institutes of Health, U. S. Public Health Service (NS/OIR) and before that as the Interdepartmental Committee on Nutrition for National Defense (ICNND).

2/ Institute of Nutrition of Central America and Panama/Interdepartmental Committee on Nutrition for National Defense.

NOTES ON FOOD COMPOSITION TABLE

Sources of Data. Emphasis was placed on assembling original data on foods grown in various areas of Africa. Personal visits were made to nutrition institutions throughout the African continent by W. T. Wu Leung, Chief, Food Science Information (NP/NCCD) in English-speaking areas and F. Busson, Consultant (FAO), in French- and Portuguese-speaking areas Close cooperation was maintained with local representatives of FAO, the World Health Organization (WHO), and the U. S. Agency for International Development (AID), as well as with local authorities in areas visited. Numerous unpublished data were supplied by members of the Advisory Group.

Much of the unpublished information concerning foods grown or produced in the English-speaking areas was generously supplied by B. S. Platt of the Department of Human Nutrition, London School of Hygiene and Tropical Medicine, University of London, where relatively abundant data on indigenous African foods have been collected from British sources. Information on foods eaten by South African Bantu was provided by the National Nutrition Research Institute, South African Council for Scientific and Industrial Research.

Analytical data and information relating to foods grown in French-speaking areas and references to publications in French were obtained by F. Busson and Cl. Jardin from the following institutions: Centres of the Office de la Recherche Scientifique et Technique d'Outre-mer (ORSTOM) in Bambey, Sénégal; in Abidjan, Ivory Coast; in Yaoundé, Cameroon; and in Nosy-Bé, Malagasy Republic; Laboratoire de Biochimie et Microbiologie de l'Institut des Pêches Maritimes du Maroc in Casablanca, Morocco; Organisme de Recherches sur l'Alimentation et la Nutrition Africaines (ORANA) in Dakar, Sénégal; Laboratoire de Recherches Zootechniques de Dakar; Ministries of Agriculture and Public Health of the Ivory Coast; Agricultural Service of Angola; and the Commission of Nutrition of Mozambique at Lourenco-Marques.

A collection of references on African foods and nutrition was published in April, 1966 as "A Selected Bibliography on African Foods and Nutrition and African Botanical Nomenclature." The most useful references, concerning mainly the nutritive values of African foods selected from this publication and including some recent data and related references for compilation of this food table, are attached as Appendix 8.

Selection of Food Items. A comprehensive "List of Foods Used in Africa" was prepared by Cl. Jardin, FAO, to provide the basic list of foods selected for inclusion in the food table.

In general, food consumed in considerable amounts, at least periodically and in certain areas, have been selected for inclusion. These include some of the items classified in this publication as "very commonly used." A few items which are not listed in that document or which may be classified as "uncommon" in it, but for which analytical data have been found, are also included. A total of 1,624 food items were selected to represent the most commonly used food items in Africa.

Limitations of Data. The tabulated nutritive values presented in the food composition table are derived from actual analyses reported by various investigators and probably include most of the data now available on African foods. Data for many foods are still incomplete and inadequate for defining representative values for foods commonly used in Africa. When the nutrient column is blank, it indicates that no data were available or that data are questionable and were omitted. Questionable data included are indicated by a question mark.

The number of analyses used for deriving the food values given in the food table is indicated in parentheses; but that number does not necessarily mean that all the analyses in any given entry were reported by the same laboratory. When the number of analyses is not reported, it is assumed that only one sample was analyzed. The range values are listed under each nutrient. These figures, however, are incomplete since many investigators did not report the exact number of samples analyzed or give the exact range of values.

No attempt has been made to calculate or impute the values from similar foods reported in other regions. The main purpose is to illustrate clearly the present deficiency of each nutrient of each individual food selected. Appendix 7 summarizes the gaps by indicating the approximate percentage of available data for each nutrient in each food group. There is an urgent need for immediate work to fill in these gaps.

Food Groups. Foods are grouped in the food table in a manner suggested in the FAO "Program of Food Consumption Surveys," 1964, with the exception of nuts and seeds which are combined into one group. The fourteen food groups are as follows:

Group 1 -- Cereals and Grain Products
Group 2 -- Starchy Roots, Tubers, and Fruits
Group 3 -- Grain Legumes and Legume Products
Group 4 -- Nuts and Seeds
Group 5 -- Vegetables and Vegetable Products
Group 6 -- Fruits
Group 7 -- Sugars and Syrups
Group 8 -- Meats, Poultry, and Insects
Group 9 -- Eggs
Group 10 -- Fish and Shellfish
Group 11 -- Milk and Milk Products
Group 12 -- Oils and Fats
Group 13 -- Beverages
Group 14 -- Miscellaneous

Nomenclature. Where English names of foods are unknown, the scientific names or selected local names have been used.

Most of the names for edible plants were those suggested in the following publications: "Standardized Plant Names," prepared for the American Joint Committee on Horticulture; "The Useful Plants of West Tropical Africa," by J. M. Dalziel; "Dictionary of Economic Plants," by J. C. TH. Uphof; other useful references listed in our previous publication "A Selected Bibliography on African Botanical Nomenclature;" and FAO's "List of Foods Used in Africa." The scientific names used for mammals and insects and for fish and shellfish were mainly taken from FAO's "List of Foods Used in Africa."

The scientific names of the edible plants, of the mammals and insects, and of the fish and shellfish are arranged alphabetically in Appendices 4, 5, and 6 with the corresponding English names, item numbers used in the food table, and the names used in the French edition.

Additional references considered useful for identification of the scientific names for edible plants, mammals and insects, and fish and shellfish are attached as Appendices 9, 10, and 11.

Moisture Content. The moisture content of African foods may fluctuate greatly with season, length of storage, etc. The need for determining moisture content whenever possible must be emphasized. More accurate values for calories and nutrient content of food can be calculated from values in the food table by using the conversion factor obtainable from the nomogram prepared by Cl. Jardin of FAO. This nomogram and its detailed explanation appear as Appendix 2.

Food Energy. The energy values of the foods in the table represent the available energy calculated by the specific Atwater factors for protein, fat, and total carbohydrate by difference, which is obtained by subtracting the sum of the figures for moisture, protein, fat, and ash from 100. These factors have taken into account the losses in digestion and metabolism. The Atwater system of calculating the energy values was adopted by the FAO Committee on Calorie Conversion Factors and Food Composition Tables which met in February 1947. Since that time these factors have been expanded by Merrill and Watt, and published in 1955 by the U. S. Department of Agriculture as Agriculture Handbook No. 74, "Energy Value of Foods--basis and derivation." These specific physiological energy factors (Appendix 1) are tentatively adopted for use in this African food table until digestibility experiments are actually made on African subjects.

The coefficient of digestibility used for deriving these energy factors is based on studies made on human subjects living in Europe or the United States, not in Africa. In view of the great variety of dietary patterns in Africa and because sufficient studies have not been made to derive the energy factors for cereals such as sorghums, millets, and teff, those for whole-grain wheat have been tentatively used.

Protein. The values for protein were computed from the nitrogen content as determined by the Kjeldahl method, multiplied by a conversion factor. From the fact that most proteins contain approximately 16 percent nitrogen, protein contents were calculated with the factor 6.25 for conversion of nitrogen to protein.

For those foods in which the protein is known to differ from this figure, the specific factors for converting nitrogen, as suggested by D. Breese Jones, and listed below, were used:

Food	Factors for Converting Nitrogen to Protein
Milk	6.38
Barley, oats and rye	5.83
Rice	5.95
Wheat flour, refined	5.70
Wheat, whole-kernel	5.83
Almonds	5.18
Peanuts; Brazilnuts	5.46
Soybeans	5.71
Nuts and seeds, other	5.30

Carbohydrate. The values refer to "total carbohydrate by difference"--that is, the sum of the figures for moisture, protein, fat, and ash are subtracted from 100. "Nitrogen-free-extract" can be obtained by subtracting the crude fiber from the total carbohydrate.

Minerals. At present only the values for calcium, phosphorus, and iron are given and refer to the total content of each of these nutrients. No deduction has been made for any unavailable portion. In some foods, reported values for iron are extremely high, possibly due to the contamination of the sample with soil. The presence of oxalic acid in many vegetables may prevent full utilization of a reported high calcium content. Moreover, in many entries the high calcium content is reported by only a single laboratory. This should not be considered as a representative value unless additional analyses are completed. Investigation on minerals is urgently needed in order to derive a sound, representative value for use.

Vitamin A. The terminology used follows the recommendation made by the FAO/WHO Expert Group on "Requirements of Vitamin A, Thiamine, Riboflavin and Niacin," in terms of the nomenclature of the International Union of Pure and Applied Chemistry. "Retinol" is used for vitamin A alcohol, and the term "Vitamin A" signifies all compounds having vitamin A activity.

The retinol and B-carotene equivalents are listed separately in this food table, following recent recommendations by that same Expert Group. The conversion factors used (Appendix 3) for the calculation of these from International Units or from micrograms of vitamin A activity and "Estimated Distribution of Sources of Vitamin A Activity in Various Foods" are the same as were used in the INCAP/ICNND "Food Composition Table for Use in Latin America," pages 3-4, 1961, and later accepted by this Expert Group.

Tryptophan. As suggested by the FAO/WHO Expert Group on Vitamin Requirements, one column was provided in the food table for tryptophan, with the intention of filling in, if feasible, the existing values so that the niacin equivalent (60 milligrams of tryptophan = one milligram of niacin) can be calculated.

Ascorbic Acid. Emphasis was placed on reporting the value in terms of total, instead of reduced, ascorbic acid. Findings for African foods are scanty and often the methods are not clearly specified. An asterisk is used to indicate data reported as reduced ascorbic acid.

Refuse. The percentage of refuse per 100 grams of food as purchased is listed in the last column of the food table. No description of the part of the food presently considered as refuse is given since such data are not reported. For items such as fruits, vegetables, and starchy roots and tubers, the figures would vary considerably from one consumer to another, as well as from one area to another. It is hoped that studies of this nature will be conducted locally in various areas in the near future providing sufficient and detailed description of the inedible part and making it possible to calculate values on an "as purchased" basis.

SUMMARY AND RECOMMENDATIONS

This publication brings together in a single document most of the analytical data available on the nutrient content of foods in Africa. While data were available on certain nutrients of some of the foods selected for inclusion, data for most of those selected were not only incomplete, but also analyses did not refer to comparable samples. In addition, detailed information on analytical methods used, variety, maturity, time of harvest, length of storage or exposure in the market, part of sample analyzed, part considered inedible, or other factors which would influence nutrient content, are usually not fully provided by laboratories. This is particularly true for those foods which undergo some processing, such as cereals and their products.

Of the total 1,624 items selected for the fourteen food groups of the entire food table, approximately 65 percent have data on proximate composition, 50 percent on minerals, 25 percent on B-vitamins, and only a few have data on tryptophan. Of the total 1,071 items of edible plants, only 25 percent have data on ascorbic acid and 25 percent on vitamin A; and of the total 439 items of animal origin, less than 10 percent have data on vitamin A. (See Appendix 7).

There are many foods for which nutrient analyses have not been completed. This fact should call attention to the immediate need for more analytical and biochemical investigation of foods used in Africa. However, this table can provide basic and useful data for use by those involved in the evaluation and improvement of the diets consumed in Africa. Local foods which are found to be particularly rich in specific nutrients in which African diets are deficient can be brought to the attention of local people with the view of encouraging increased production and consumption.

While the immediate need is for more complete analytical data on the composition of the indigenous foods, with particular emphasis on vitamins and minerals, consideration should be given to other studies relating to the coefficient of digestibility of the commonly-used foods.

As the analytical information on proximate composition, minerals, and vitamins becomes complete, consideration should be given to the need for carrying out analyses for amino acids and fatty acids. In addition, since protein adequacy depends on both protein quantity and quality, studies should be made of the biological value and utilization of protein in locally grown cereals, grains, legumes, seeds, and nuts.

Laboratories undertaking these projects are encouraged to utilize standardized analytical procedures, and to provide adequate, detailed information on the food and its condition at the time of analysis. The "Suggested Guideline for Sampling, Identification and Analytical Procedures for Foods" was prepared and distributed by the Nutrition Program, U. S. Department of Health, Education, and Welfare, during the preparation of the Food Composition Table for Use in Africa. This publication provides information on both sample collections and food analytical procedures.

Nutritionists making food consumption surveys and scientists analyzing foods are also advised to identify systematically and scientifically the food products in terms of accepted scientific nomenclature. Cooperative efforts will be needed in order to determine the variation in a given food when produced under varying local conditions. Continuous effort should be made to collect and to analyze new food composition data in order to fill in the gaps in the food composition table.

It would be appreciated if anyone having additional information on African foods, or those contemplating developing more information, would communicate with the Food Consumption and Planning Branch, Nutrition Division, FAO, Rome, or with the Nutrition Program, National Center for Chronic Disease Control, U.S. Department of Health, Education and Welfare, Bethesda, Maryland 20014, U.S.A.

TERMS AND SYMBOLS USED

1. Figures in parentheses denote approximate number of analyses, and the values below indicate the range values. When no range values are reported, a dash is used.

2. An asterisk used in the ascorbic acid column designates reduced ascorbic acid; otherwise, values refer to total ascorbic acid.

3. Trace denotes that the amount present is small.

4. Blank means no values reported, or data are questionable and omitted.

5. In Appendices 4, 5, and 6 the symbol # following the item number indicates that no nutrient data for the item are given in the food composition table.

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	1. CEREALS AND GRAIN PRODUCTS:																			
	Acha; acca; findi; fonio; hungry rice (Digitaria spp.):	Fonio																		
1.	Black (D. iburua):	Fonio noir																		
	Whole-grain		343	10.3	8.9	3.0	75.6	6.2	2.2		234	10.07								
				(1)	(1)	(1)		(1)	(1)		(1)	(1)								
2.	Meal		360	10.7	10.5	3.1	74.6	.3	1.1		144	3.0								
				(1)	(1)	(1)		(1)	(1)		(1)	(1)								
3.	White (D. exilis):	Fonio																		
	Whole-grain		332	11.2	7.1	3.0	74.4	7.4	4.3	41	191	8.5			.24	.10	1.9			
				(13)	(12)	(13)		(11)	(11)	(11)	(12)	(5)			(10)	(5)	(5)			
				10.2-13.7	1.5-9.8	1.8-4.6		4.6-9.9	1.6-9.0	30-68	90-360	3.0-12.0			.12-.30	--	1.3-2.9			
4.	Meal		349	11.2	7.4	1.2	78.7	.9	1.5	26	94	3.4			.16	.10	2.0			
				(6)	(6)	(6)		(4)	(5)	(5)	(5)	(3)			(5)	(5)	(3)			
				6.3-13.0	6.4-8.7	.6-1.8		.4-1.1	.5-2.0	20-36	60-149	1.0-8.0			.08-.31	.07-.12	1.0-2.6			
	African rice. See Rice, red, native.																			
5.	Barley (Hordeum vulgare):	Orge																		
	Whole-grain		337	9.9	10.0	1.6	76.2	6.0	2.3	61	251	17.9			.36					
				(5)	(6)	(5)		(4)	(5)	(3)	(3)	(2)			(16)					
				7.1-12.2	7.0-16.6	1.2-2.1		5.4-7.3	1.3-3.5	50-71	221-300	10.4-25.3			.26-.47					
	Whole-grain, germinated																			
6.	Raw		183	51.6	5.2	1.2	40.9	3.4	1.1	23	130	5.1		0	.06	.15	2.5			
				(1)	(1)	(1)		(1)	(1)	(1)	(1)	(1)		(1)	(1)	(1)	(1)			
7.	Dried		334	10.9	16.9	2.0	73.6	6.4	2.6	60	328	12.0		0	.04	.10	6.7			
				(4)	(4)	(4)		(4)	(4)	(4)	(4)	(4)		(4)	(4)	(4)	(3)			
				9.8-12.0	10.0-12.3	1.4-2.4		5.9-7.3	2.1-3.1	46-75	310-350	5.5-24.4		--	.02-.05	.08-.11	6.0-7.4			
8.	Malted		336	9.1	11.5	1.4	75.0	7.8	3.0			17.6			.38					
				(1)	(1)	(1)		(1)	(1)			(1)			(1)					

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	1. CEREALS AND GRAIN PRODUCTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	Barley -- continued:																			
9.	Meal.....			14.6	7.8			4.4		80	320									
				(1)	(2)			(1)		(1)	(1)									
					7.7-7.8															
10.	Gäbs (barley flour) from Ethiopia.....		361	9.1	9.8	2.8	76.2	2.4	2.1	92	330	14.9		0	.04	.11	4.6			
				(1)	(1)	(1)		(1)	(1)	(1)	(1)	(1)		(1)	(1)	(1)	(1)			
11.	Pearled.....			10.8											.04					
				(1)											(1)					
	Biscuits, made from:	Biscuits																		
12.	Teff, from Ethiopia.....		367	16.1	15.4	13.6	52.3	3.7	2.6	153	360	12.5		0	.19	.17	1.5			
				(1)	(1)	(1)		(1)	(1)	(1)	(1)	(1)		(1)	(1)	(1)	(1)			
13.	Wheat, from U.A.R....		371	7.7	12.5	.7	77.0		2.1											
				(1)	(1)	(1)			(1)											
14.	Wheat, imported from Europe.....		376	6.5	12.9	1.1	77.0	.4	2.5											
				(2)	(2)	(2)		(2)	(2)											
				5.5-7.5	11.2-14.6	--		--	2.3-2.7											
	Breads:	Pains																		
	Cassava bread. See Starchy tubers.																			
	Cornbread. See Maize, bread.																			
15.	Rusks.....		423	5.6	10.9	12.6	69.9	.1	1.0	40	113	2.2								
				(1)	(1)	(1)		(1)	(1)	(1)	(1)	(1)								
16.	Rye.....		245	38.9	6.6	.2	52.9	.7	1.4	29	90	1.7			.09					
				(11)	(9)	(9)		(9)	(9)	(9)	(9)	(9)			(9)					
				34.6-39.8	--	--		--	--	--	--	--			--					

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	β-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	1. CEREALS AND GRAIN PRODUCTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	Breads -- continued:																			
17.	Syrian.....		388	6.0	12.2	1.6	79.4	.6	.8	31	87	2.7			.11	.06	1.3			
				(1)	(1)	(1)		(1)	(1)	(1)	(1)	(1)			(1)	(1)	(1)			
	Teff (Injera):																			
18.	Market and homemade samples.....		136	63.3	4.4	.9	29.8	1.3	1.6	58	114	29.1		0	.10	.08	1.2			
				(7)	(7)	(7)		(6)	(7)	(7)	(4)	(7)		(4)	(6)	(6)	(6)			
				58.3-67.5	3.3-5.5	.5-1.8		.6-2.3	.6-3.3	48-67	66-160	10-45		--	.01-.24	.03-.24	.7-1.9			
19.	85% teff, 10% pea flour, 5% skim milk powder.....		124	66.8	5.1	.6	26.7	.8	.8	68	94	6.0		0	.07	.05	.6			
				(1)	(1)	(1)		(1)	(1)	(1)	(1)	(1)		(1)	(1)	(1)	(1)			
20.	Teff and sorghum.....		154	61.4	1.3	1.7	31.4	.8	1.2	37		25.0?			.20	.10	1.4			
				(1)	(1)	(1)		(1)	(1)	(1)		(1)			(1)	(1)	(1)			
	Wheat breads:																			
	Ballady, made with:																			
21.	72% extraction wheat flour.....		267	35.7	7.6	1.3	54.8	.5	.6	20	100	1.5			.07	.01	1.2			
				(1)	(1)	(1)		(1)	(1)	(1)	(1)	(1)			(1)	(1)	(1)			
22.	90% extraction wheat flour.....		254	36.0	8.0	1.5	53.6	.9	.9	20	134	2.6			.22	.01	1.8			
				(1)	(1)	(1)		(1)	(1)	(1)	(1)	(1)			(1)	(1)	(1)			
23.	European type.....		252	39.1	7.9	1.4	50.5	1.0	1.1	21	121	1.6			.04	.02	.9			
				(2)	(2)	(2)		(2)	(2)	(2)	(2)	(2)			(1)	(1)	(1)			
				33.2-45.0	7.2-8.6	1.0-1.7		.5-1.4	1.0-1.2	20-22	82-160	1.4-1.8								
24.	French.....																			
25.	Italian.....																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	1. CEREALS AND GRAIN PRODUCTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	Breads -- continued:																			
	Wheat breads -- continued:																			
26.	White bread.....		261	36.9	7.7	2.0	51.7	.3	1.7	37	95	1.7		0	.16	.06	1.0		0	
				(31)	(26)	(26)		(26)	(26)	(26)	(26)	(26)		(2)	(26)	(26)	(26)		(2)	
				35.6-38.5	7.0-8.1	1.8-2.4		.2-.4	1.4-1.9	17-76	80-101	1.5-1.8		--	.12-.18	.05-.07	.8-1.2		--	
27.	White bread, toasted..		309	(25.0)	9.3	2.3	61.3	.4	2.1	44	124	2.0			.17	.09	1.1			
				(21)	(21)	(21)		(21)	(21)	(21)	(21)	(21)			(21)	(21)	(21)			
				--	--	--		--	--	--	--	--			--	--	--			
28.	Whole-wheat or brown, made with water...		233	38.1	7.7	1.6	50.8	.9	1.8	43	151	2.2			.20	.08	2.1			
				(83)	(84)	(84)		(83)	(84)	(83)	(83)	(83)			(45)	(45)	(45)			
				35.2-41.2	7.3-8.3	.4-2.8		.6-1.4	1.3-2.3	21-84	121-221	1.4-4.0			.16-.23	.06-.09	1.7-2.4			
29.	Whole-wheat, toasted.		286	(25.0)	9.7	2.8	60.2	1.4	2.3	51	193	2.9			.22	.11	2.5			
					(45)	(45)		(45)	(45)	(45)	(45)	(45)			(45)	(45)	(45)			
					9.2-9.8	2.7-2.9		1.3-1.4	2.3-2.5	44-68	188-199	2.7-3.1			.22-.23	.10-.12	2.4-2.6			
	Buckwheat (Fagopyrum sagittatum; F. esculentum):	Sarrasin																		
30.	Whole-grain.....														321					
															(9)					
															--					
	Flour:																			
31.	Dark.....																			
32.	Light.....																			
33.	Comb-fringe (Dactyloctenium aegyptium), whole seed.....	Dactyloctenium	344	11.4	15.7	1.9	68.1	2.8	2.9	820?	460									
				(1)	(1)	(1)		(1)	(1)	(1)	(1)									
	Corn and corn products. See Maize.																			

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	1. CEREAL AND GRAIN PRODUCTS -- continued																			
34.	Eilig (Aristida pungens)....	Aristide piquante																		
	Findi. See Acha, acca.																			
	Gero. See Millets.																			
	Guinea corn. See Sorghum.																			
	Hungry rice. See Acha, acca.																			
35.	Jajeo (Acroceras amplectens):	Acroceras																		
	Whole-grain.....		332	10.4	6.5	5.3	70.0		7.8	10		4.0			.12	.23	3.5			
				(1)	(1)	(1)			(1)	(1)		(1)			(1)	(1)	(1)			
36.	Clean-grain.....		351	11.2	8.7	1.5	77.4		1.2	3		2.0			.22	.047	3.3			
				(1)	(1)	(1)			(1)	(1)		(1)			(1)	(1)	(1)			
	Job's tears (Coix lacryma-jobi):	Larmes de Job																		
37.	Whole seed.		333	8.9	10.4	5.3	66.5	10.5	8.9											
				(1)	(1)	(1)		(1)	(1)											
38.	Hulled...		361	11.6	14.8	4.9	66.9	.5	1.8	47	254	6.0		0	.26	.19	4.7			
				(4)	(4)	(4)		(3)	(4)	(4)	(4)	(2)		(2)	(3)	(3)	(3)			
				9.9-12.5	13.3-17.8	3.3-7.3		.4-.6	1.5-2.2	24-70	240-264	--		--	.24-.30	.16-.26	3.9-6.3			
39.	Flour.....		352	10.6	13.0	1.6	73.3	.3	1.5	24	9	7.1								
				(4)	(4)	(4)		(4)	(4)	(2)	(2)	(2)								
				7.9-12.8	11.0-16.0	.6-3.5		.1-.4	1.1-2.2	23-25	8-10	6.8-7.3								
	Kaffir-corn. See Sorghum.																			
	Korakan. See Millets, Ragi.																			
40.	Lovegrass, sp. (Eragrostis tremula), whole seed....	Eragrostis																		

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
	1. CEREALS AND GRAIN PRODUCTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
41.	Lovegrass, gophertail (Eragrostis ciliaris), whole-grain.....	Eragrostis	327	10.6 (1)	16.7 (1)	2.9 (1)	64.3	4.5 (1)	5.5 (1)	520? (1)	340 (1)									
	Maize; corn (Zea mays): Whole kernel, dried:	Maïs																		
42.	White variety.....		357	11.6 (225) 4.3-15.0	9.4 (207) 6.3-14.9	4.2 (202) 2.3-5.6	73.6	1.9 (201) .4-3.5	1.2 (203) .8-2.4	16 (192) 1-70	220 (187) 140-610	3.6 (160) .4-17.0		5 (7) 0-10	.33 (52) .05-.51	.10 (35) .06-.17	2.2 (33) 1.0-5.0		Tr. (6) 0-4	
43.	Pale variety		357	11.8 (4) --	8.6 (4) --	4.3 (4) --	73.9	1.4 (4) --	1.4 (4) --	6 (4) --	182 (4) --	2.8 (4) --		20 (4) --	.36 (4) --	.08 (4) --	1.4 (4) --		5 (4) --	
44.	Yellow variety.....		364	10.4 (24) 9.6-12.7	10.0 (24) 9.2-10.8	4.8 (24) 3.1-5.2	73.6	2.0 (24) 1.7-2.9	1.2 (24) .9-1.6	13 (24) 5-19	219 (24) 162-255	4.9 (24) 3.1-11.7		100 (5) 65-110	.32 (17) .24-.43	.12 (4) --	1.7 (4) --		4 (4) --	
	Whole kernel:																			
45.	Toasted.....		381	6.8 (1)	8.0 (1)	4.8 (1)	79.2	1.9 (1)	1.2 (1)	2 (1)	270 (1)	3.0 (1)		0 (1)	.02 (1)	.09 (1)	2.2 (1)			
46.	Germinated.....		319	20.6 (1)	7.4 (1)	2.8 (1)	68.3	2.9 (1)	.9 (1)		210 (1)	2.9 (1)		0 (1)	0 (1)	.16 (1)	3.0 (1)			
47.	Germinated, mixed with barley.....		344	12.2 (1)	9.2 (1)	3.1 (1)	72.8	5.3 (1)	2.7 (1)	31 (1)	330 (1)	73.17 (1)		0 (1)	.05 (1)	.10 (1)	4.4 (1)			
48.	Lime treated.....			9.8 (1)												.08 (1)	1.1 (1)			

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	1. CEREALS AND GRAIN PRODUCTS -- continued																			
	Maize; corn -- continued: Meal; mealie, from: Mature grain:																			
49.	Native-ground, or unsifted.....		353	12.2 (222) 6.3-21.4	9.3 (199) 7.2-11.8	3.8 (191) .6-5.7	73.4	1.9 (197) .7-4.7	1.3 (192) .4-3.4	17 (101) 1-39	218 (99) 130-324	4.2 (89) .6-7.7		25 (4) 0-45	.30 (40) .05-.47	.08 (13) .02-.11	1.8 (15) 1.1-3.3		3 (1)	
50.	Unsifted, moistened		261	34.2 (1)	5.7 (1)	1.0 (1)	58.9	.2 (1)	.2 (1)	5 (1)	30 (1)	3.3 (1)			.03 (1)	.01 (1)				
51.	Unsifted, soaked, then sun-dried....		345	13.1 (5) 12.5-13.5	7.9 (2) --	1.5 (2) 1.2-1.7	77.1	.6 (2) .4-.7	.4 (2) .4-.5	25 (1)		2.0 (1)			.04 (5) .02-.08	.04 (5) .01-.06	.7 (5) .6-.8			
52.	Sifted.....		368	12.2 (298) 10.3-22.0	9.4 (275) 6.9-12.1	3.3 (277) .1-7.5	74.1	1.0 (275) .3-2.5	1.0 (141) .2-3.2	18 (271) 2-32	178 (269) 24-403	3.3 (268) .2-18.0			.26 (14) .03-.42	.08 (7) .03-.20	1.0 (7) .7-1.5			
53.	Mixed with Kaffir-corn meal, fermented.....																			
54.	Soured, beverage powder.....														.40 (1)	.50 (1)	4.8 (1)			
55.	Enriched, S. Africa			10.7 (1)	8.6 (1)			1.7 (1)	1.3 (1)											
	Immature grain:																			
56.	White variety.....		383	5.0 (9) --	11.7 (9) 10.8-12.4	5.2 (9) 4.4-6.7	76.4	3.0 (9) 2.6-3.9	1.7 (9) 1.4-2.3					tr. (1)						
57.	Yellow variety.....		383	5.0 (9) --	11.7 (9) 10.8-12.4	5.2 (9) 4.4-6.7	76.4	3.0 (9) 2.6-3.9	1.7 (9) 1.4-2.3					405 (6) 205-600						

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
	1. CEREALS AND GRAIN PRODUCTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	Maize; corn -- continued:																			
	Meal; mealie																			
	Immature grain:																			
58.	Precooked.....		372	7.6	10.5	4.7	75.4	2.8	1.8	14	295	3.4		15	.39	.23	3.1	76		
				(4)	(4)	(4)		(4)	(4)	(4)	(4)	(4)		(4)	(4)	(4)	(4)	(4)		
				6.6-9.0	9.0-12.9	3.5-5.3		2.0-4.3	1.3-2.7	9-23	252-313	2.7-3.9		5-25	.34-.54	.11-.46	1.9-5.1	73-82		
	Maize products:																			
	Breads:																			
59.	Home-made.....		159	61.2	3.7	1.2	32.8	1.0	1.1	8	115	2.8		0	.02	.11	.8			
				(2)	(2)	(2)		(2)	(2)	(2)	(2)	(2)		(2)	(2)	(2)	(2)			
				60.9-61.6	3.6-3.8	.5-1.8		.7-1.3	.5-1.7	2-14	80-150	2.2-3.3		--	.01-.03	.03-.20	.7-.8			
60.	Fermented, steamed			78.3											.08	.05	.6			
				(3)											(3)	(3)	(3)			
61.	Baker's cones.....		367	11.4	7.1	1.2	79.9	.3	.4	1	47	.9			.09	.05	.3			
				(2)	(2)	(2)		(2)	(2)	(2)	(2)	(2)			(2)	(2)	(2)			
				10.8-12.0	7.0-7.2	1.0-1.5		--	.3-.4	--	40-54	.8-1.0			.06-.11	.04-.05	.3-.4			
62.	Bran.....		376	8.4	12.2	8.6	57.2	2.8	3.6	42	672	39.4								
				(1)	(1)	(1)		(1)	(1)	(1)	(1)	(1)								
63.	Endosperm.....		359	11.4	11.8	.1	76.4	.7	.3	6	82	4.0								
				(1)	(1)	(1)		(1)	(1)	(1)	(1)	(1)								
64.	Fritters.....		227	52.0	1.8	7.7	37.5	.6	1.0	18	43	2.0								
				(1)	(1)	(1)		(1)	(1)	(1)	(1)	(1)								
65.	Germs and germ meal.....		373	9.9	11.1	8.5	67.3	3.2	3.2	18	426	7.0			.64					
				(11)	(5)	(5)		(5)	(5)	(1)	(1)	(1)			(6)					
				7.5-13.2	9.7-12.3	3.7-12.3		1.9-5.2	1.7-4.6						--					
66.	Grits.....			10.0											.04					
				(2)											(2)					
				--											--					

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	1. CEREALS AND GRAIN PRODUCTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	Maize; corn -- continued:																			
	Maize products - continued:																			
67.	Kenkey, maize dough.		114	71.5	1.7	.7	25.7	.6	.4	50	110	2.4		10	.05	.03	.6	12		
				(1)	(1)	(1)		(1)	(1)	(1)	(1)	(1)		(1)	(1)	(1)	(1)	(1)		
	Mahewu; magou (non-alcoholic soured maize beverage). See Beverages.																			
68.	Maize-rice, made from white maize...		366	11.4	8.9	1.5	77.7	.8	.5	12	98	1.8			.05					
				(17)	(9)	(9)		(9)	(9)	(9)	(9)	(9)			(8)					
				10.7-13.1	8.5-9.4	.4-3.2		.3-1.7	.3-.9	6-27	32-189	.8-3.1			--					
	Polenta, made from:																			
69.	White maize.....		369	12.0	9.6	3.4	73.9	2.1	1.1		155	4.5								
				(1)	(1)	(1)		(1)	(1)		(1)	(1)								
70.	Yellow maize.....		365	11.5	9.4	1.2	77.5	.3	.4	12	72	1.1								
				(1)	(1)	(1)		(1)	(1)	(1)	(1)	(1)								
	Porridge, made from:																			
71.	Fresh maize meal...		76	81.2	1.8	.8	15.6	.2	.6	4		.6			.06	.01	.5			
				(1)	(1)	(1)		(1)	(1)	(1)		(1)			(1)	(1)	(1)			
72.	Soured maize meal.			85.9											.04	.02	.3			
				(2)											(2)	(2)	(2)			
				85.5-86.5											.03-.04	--	.3-.4			
73.	Soured maize meal and sorghum.....			90.5											.03	.03	.4			
				(1)											(1)	(1)	(1)			

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	1. CEREAL AND GRAIN PRODUCTS -- continued																			
	Maize; corn -- continued:																			
	Maize products:																			
74.	Samp (coarse hominy).		366	11.0 (14) 9.7-12.2	8.2 (5) 7.5-9.0	.7 (5) .5-1.1	79.8	.4 (5) .2-.5	.3 (5) .2-.4	7 (5) 1-16	40 (5) 27-67	2.0 (2) 1.1-2.8			.06 (11) .06-.10	.05 (2) --	.3 (2) .2-.4			
	Semolina, made from:																			
75.	White variety.....		365	12.3 (2) 11.7-12.9	8.6 (2) 7.5-9.6	2.8 (2) 2.4-3.3	74.9	.4 (2) .1-.8	1.4 (2) .5-2.4	7 (2) --	162 (2) --	3.0 (2) --		tr. (2) --	.14 (2) --	.04 (2) --	1.5 (2) --		0 (2) --	
76.	Yellow variety.....		368	12.7 (2)	7.8 (2)	3.2 (2)	75.5	.8 (2)	.8 (2)	7 (2)	225 (2)	5.0 (2)		45 (2)	.20 (2)	.08 (2)	1.8 (2)		0 (2)	
77.	Starch.....	Amidon	360	13.2 (2) 12.6-13.7	4.5 (2) 3.9-5.1	.8 (2) .7-.9	81.1	.6 (2) --	.4 (2) --	10 (2) 9-11	58 (2) 45-72	4.0 (2) 3-5								
	Millets:	Mils																		
	African. See Ragimillet.																			
	Bastard. See Kodo millet.																			
	Boer. See Foxtail millet.																			
	Broomcorn. See Prosemillet.																			
	Bulrush (Pennisetum typhoides; P. typhoideum):																			
	Whole-grain:																			
78.	Dried.....		341	12.0 (21) 4.4-21.1	10.4 (20) 6.9-15.6	4.0 (21) .3-6.3	71.6	1.9 (15) .9-3.6	2.0 (19) .3-5.1	22 (17) 10-67	286 (12) 178-391	20.7 (10) 4.0-66.7		tr. (2) --	.30 (12) .11-.45	.22 (7) .13-.59	1.7 (6) .6-2.4		3 (2) 0-6	
79.	Germinated.....			5.1 (2) --											.21 (2) --	.32 (2) --	3.0 (2) --			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	1. CEREALS AND GRAIN PRODUCTS -- continued																			
	Millets -- continued:	Mils																		
	Bulrush -- continued:																			
80.	Flour, roasted 75% extraction.....		333	16.0 (1)	5.9 (1)	3.5 (1)	71.3	.6 (1)	3.3 (1)	17 (1)	170 (1)	39.0 (1)			.18 (1)	.22 (1)				
	Ditch. See Kodo millet.																			
	Finger. See Ragimillet.																			
81.	Foxtail millet; boer millet; Italian millet (Setaria spp.), whole-grain.....																			
	Gero. See Pearlmillet.																			
	Haraka. See Kodo millet.																			
	Italian. See Foxtail millet.																			
82.	Japanese millet; Sanwa millet (Echinochloa crusgalli; E. frumentacea), whole-grain...																			
	Kodo millet; bastard millet; ditch millet; haraka millet; native millet (Paspalum commersonii), whole-grain:																			
83.	Unhulled.....		335	9.6 (2)	5.4 (2)	2.0 (2)	79.0	9.5 (1)	4.0 (2)	170 (1)	160 (1)									
84.	Hulled.....		352	8.8-10.5 11.7 (1)	5.7-6.0 6.5 (1)	1.3-2.6 2.1 (1)	78.4	.7 (1)	3.6-4.3 1.3 (1)											
	Little. See Prosomillet.																			
85.	Pearlmillet; gero (Pennisetum nigritarum), whole-grain.....														.32 (3) .31-.33					

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	1. CEREALS AND GRAIN PRODUCTS -- continued																			
	Millets -- continued:	Mils																		
86.	Prosomillet; broomcorn millet (Panicum miliaceum; P. miliare), whole-grain.....																			
	Ragimillet; African millet; finger millet; tolabun; dagussa; bula; tamba; bolu; korakan; wimbi (Eleusine coracana): Whole-grain:																			
87.	Red.....		328	11.3 (12) 9.8-12.6	7.5 (12) 5.7-9.0	1.4 (12) 1.1-1.7	76.5	3.4 (12) 2.4-5.0	3.3 (12) 2.4-4.7											
88.	White.....		345	10.5 (8) 9.1-11.8	9.9 (8) 7.2-11.3	4.5 (8) 1.3-7.7	72.0	2.7 (8) .7-7.8	3.1 (8) 2.0-5.0											
89.	Unspecified.....		329	10.9 (15) 7.0-16.6	7.4 (15) 4.9-10.5	1.3 (16) .9-2.0	77.7	4.3 (15) 2.7-8.0	2.77 (15) 2.0-3.6	397 (11) 264-550	244 (11) 160-190	17.1 (7) 4.2-59.9		tr. (3) 0-10	.18 (34) .07-.32	.11 (6) .05-.17	.8 (5) .6-1.0			
90.	Germinated grain, malted.....			12.2 (2) --											.16 (2) --	.21 (2) --	1.4 (2) --			
91.	Meal.....		336	12.8 (2) 12.7-13.0	5.6 (2) 5.2-6.1	1.4 (2) .8-2.0	76.8	2.6 (2) 2.4-2.9	3.4 (2) 3.3-3.6	316 (2) 261-370	207 (2) 191-223	54.5 (2) 30.0-79.0			.22 (2) .15-.30	.10 (2) .07-.14	.8 (1)			
92.	Meal, made from germinated grain.....			9.1 (1)	5.9 (1)			3.7 (1)	3.3 (1)						.21 (1)	.11 (1)	1.3 (1)			

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	1. CEREALS AND GRAIN PRODUCTS -- continued																			
	Millets -- continued:	Mils																		
	Sanyo millet (Pennisetum pyenostachyum):																			
93.	Whole-grain.....		349	10.4 (27) 7.0-13.2	9.6 (27) 7.6-12.7	4.0 (26) 2.0-4.8	74.4	2.1 (26) .8-4.1	1.6 (27) 1.2-2.2	23 (17) 13-36	307 (17) 134-391	7.5 (3) 2.4-11.0			.30 (11) .14-.37	.14 (2) .12-.17	1.6 (2) 1.3-2.0			
94.	Meal.....		378	8.8 (2) 8.6-9.0	7.6 (2) 7.2-8.1	2.0 (1)	80.1	1.4 (1)	1.5 (1)	24 (1)	189 (1)	1.2 (1)			.20 (2) .04-.35	.10 (2) .09-.11	1.1 (2) .7-1.5			
	Couscous, doughy paste made from:																			
95.	Fresh millet.....		227	40.0 (2) --	5.7 (2) --	1.0 (2) --	52.4	1.1 (2) --	.9 (2) --	19 (2) --	233 (2) --	5.0 (2) --		tr. (2) --	.20 (2) --	.06 (2) --	.8 (2) --		0 (2) --	
96.	Fermented millet...			39.2 (1)											.24 (1)	.07 (1)	.8 (1)			
97.	Fermented millet, sun-dried.....			12.3 (1)											.33 (1)	.03 (1)	1.2 (1)			
98.	Semolina.....		320	16.0 (3) --	6.7 (3) --	1.7 (3) --	74.6	.7 (3) --	1.0 (3) --	13 (3) --	270 (3) --	3.0 (3) --		0 (3) --	.17 (3) --	.06 (3) --	.9 (3) --		0 (3) --	
99.	Spiked millet (Pennisetum spicatum), whole meal.....	Mil	377	8.5 (3) 7.9-9.6	9.7 (3) 9.6-10.0	5.7 (3) 4.3-6.6	74.2	2.4 (3) 2.1-2.8	1.9 (3) 1.7-2.3	17 (3) 13-23	353 (3) 314-372	17.3 (3) 17.0-18.0			.32 (3) .23-.36	.19 (3) .18-.20	1.6 (3) 1.4-1.9			

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	1. CEREALS AND GRAIN PRODUCTS -- continued																			
	Millets -- continued:	Mils																		
	Unclassified millets, Pennisetum species:																			
100.	Whole-grain.....		346	10.8 (14) 7.1-14.1	8.9 (13) 6.1-11.3	3.7 (12) .9-5.5	74.9	1.7 (10) .6-2.3	1.7 (13) 1.2 2.5	21 (9) 5-45	279 (9) 45-540	3.7 (6) 2.4-5.3		10 (1)	.33 (7) .15-.68	.14 (4) .08-.17	1.8 (4) 1.3-2.7			
101.	Meal.....		387	8.6 (6) 5.8-10.2	9.3 (6) 8.3-10.0	4.2 (6) 1.8-6.6	76.3	1.6 (6) .8-2.1	1.6 (6) 1.0-2.3	17 (6) 10-23	289 (6) 48-372	10.0 (6) 2-18			.27 (6) .08-.36	.12 (6) .08-.20	1.3 (6) .9-1.9			
102.	Bran.....		325	18.0 (1)	11.0 (1)	7.6 (1)	53.4		10.0 (1)	80 (1)	400 (1)	41.0 (1)			1.01 (1)					
103.	Flour made from 80% millet and 20% defatted peanuts....		387	6.7 (1)	16.8 (1)	2.3 (1)	72.8	1.0 (1)	1.4 (1)	49 (1)	189 (1)									
104.	Couscous, doughy paste made from millet and maize...		348	13.7 (1)	8.2 (1)	1.2 (1)	74.1		2.87 (1)	300 (1)	200 (1)	11.0			.16 (1)					
105.	Oats (Avena sativa): Whole-grain.....	Avoine	378	10.8 (2) 10.2-11.4	17.1 (2) 14.6-19.6	7.0 (2) 6.3-7.8	63.1	1.8 (2) 1.7-2.0	2.0 (2) 1.8-2.1						.68 (1)					
106.	Oatmeal or rolled oats...		394	8.1 (2) 8.0-8.1	12.6 (2) 11.4-13.9	7.4 (2) 7.2-7.5	70.0	1.8 (1)	1.9 (2) --											
107.	Rice (Oryza sativa): Bran.....	Riz		9.1 (2) 9.0-9.2		18.6 (2) 17.8-19.5		7.2 (2) --	8.8 (2) 3.6-8.9						2.15 (2) 1.9-2.4	.21 (2) .20-.22	42.0 (2) 39.0-45.0			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	1. CEREALS AND GRAIN PRODUCTS -- continued																			
	Rice -- continued:																			
108.	Paddy or rough.....		353	10.3	6.2	2.0	76.4	10.3	5.1	27	312	7.6			.34	.05	5.8			
				(20)	(20)	(20)		(19)	(20)	(21)	(21)	(19)			(20)	(18)	(20)			
				10.2-11.1	4.5-7.0	2.0-2.2		8.4-10.4	5.0-7.3	14-45	176-323	.7-8.0			.30-.46	--	3.8-5.9			
109.	Brown or hulled.....		357	12.4	8.1	1.6	76.6	.9	1.3	22	250	2.0		0	.36	.06	5.2		0	
				(13)	(19)	(17)		(15)	(19)	(6)	(9)	(8)		(2)	(26)	(6)	(9)		(2)	
				6.5-14.6	4.8-10.1	.3-2.7		.5-1.6	.8-2.1	7-68	218-344	.8-3.5		--	.10-.45	.03-.09	5.0-5.8		--	
110.	Undermilled.....		362	11.1	6.8	.5	81.1	.4	.5	11	164	1.8		0	.12	.03	2.7		0	
				(20)	(20)	(20)		(20)	(20)	(20)	(20)	(5)		(15)	(19)	(19)	(19)		(15)	
				10.3-13.4	6.6-7.6	.4-.5		.2-.9	.4-.7	10-14	148-210	--		--	.10-.22	.03-.05	2.3-4.1		--	
111.	Milled, polished.....		363	12.0	7.0	.5	79.9	.4	.6	9	127	1.7		0	.10	.03	2.8			
				(50)	(33)	(29)		(27)	(34)	(19)	(20)	(17)		(1)	(41)	(19)	(21)			
				7.4-16.2	4.1-8.7	.1-1.2		.1-1.7	.2-1.2	2-21	44-185	.3-3.7			.03-.21	.01-.11	.9-5.5			
112.	Parboiled, milled.....		364	11.8	7.0	.6	79.8	.4	.8	6		2.4			.17	.03	5.4	113		
				(16)	(12)	(4)		(10)	(11)	(3)		(3)			(16)	(11)	(11)	(3)		
				10.3-12.8	6.1-8.0	.2-.9		.2-.8	.6-1.7	--		2.2-3.1			.06-.25	.01-.06	4.4-5.8	100-130		
113.	Broken.....		356	11.8	9.8	.6	77.0	.8	.8	12	115				.06	.08	4.3			
				(3)	(5)	(5)		(5)	(5)	(3)	(3)				(2)	(1)	(1)			
				11.0-12.0	6.8-14.8	.2-1.3		.2-1.1	.2-1.1	9-17	76-180				.05-.06					
114.	Flour.....																			
115.	Cooked, fat added?.....		140	68.4	2.3	3.0	25.6	.1	.7	8	44	.2								
				(2)	(2)	(2)		(2)	(2)	(2)	(2)	(2)								
				59.3-77.4	1.6-3.0	2.2-3.9		--	.5-.9	5-10	31-56	.2-.3								
	Rice, red, native; African rice; Sudanic cereal (Oryza glaberrima):	Riz indigène																		
116.	Paddy.....		344	10.9	6.6	1.9	74.1		6.5	25	236	2.0			.31		5.0			
				(1)	(1)	(1)			(1)	(1)	(1)	(1)			(1)		(1)			

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
	1. CEREALS AND GRAIN PRODUCTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	Rice, red, native -- continued:																			
117.	Whole-grain, hulled....		364	11.3	7.4	2.2	77.7	.4	1.4	38	294	2.8			.34		6.5			
				(3)	(3)	(3)		(1)	(3)	(3)	(3)	(2)			(3)		(2)			
				11.1-11.7	7.1-7.8	1.6-2.6			.9-1.9	2-97	220-364	2.4-3.3			.27-.40		6.4-6.6			
118.	Undermilled.....		360	11.5	7.2	.5	80.3	.2	.5	88?	124				.08					
				(1)	(1)	(1)		(1)	(1)	(1)	(1)				(1)					
119.	Milled.....		366	11.4	6.3	.3	81.6	.2	.4	22?	98	1.7			.06		2.0	110		
				(4)	(4)	(4)		(2)	(4)	(4)	(3)	(3)			(4)		(3)	(1)		
				10.7-12.0	6.1-6.8	.1-.6		--	.2-.6	3-70	60-124	.8-2.9			.03-.08		.7-2.8			
120.	Broken.....		358	12.0	6.0	.2	81.4	.2	.4	79?	79				.04					
				(1)	(1)	(1)		(1)	(1)	(1)	(1)				(1)					
121.	Rice, wild; self-sown rice (Oryza stapfii).....	Riz cultivé du Niger; Riz de Casamance																		
	Rye (Secale cereale):	Seigle																		
122.	Whole-grain.....		336	11.1	10.5	1.8	75.0	2.0	1.6	40	351	4.1			.25					
				(4)	(4)	(4)		(4)	(4)	(2)	(2)	(3)			(14)					
				10.8-11.5	--	1.6-2.0		1.9-2.1	1.5-1.6	--	312-370	4.0-4.2			--					
123.	Flour.....		365	11.6	8.2	1.3	78.0	.8	.9	20	290	.9			.20					
				(11)	(9)	(9)		(9)	(9)	(7)	(7)	(7)			(2)					
				11.2-12.2	7.7-11.4	1.3-1.7		.6-1.9	.7-1.4	--	--	--			--					
124.	Sandburgrass (Cenchrus biflorus), seed, hulled..	Cram-cram	370	9.8	17.8	8.5	62.3	.6	1.6	144?	270	22.0?								
				(1)	(1)	(1)		(1)	(1)	(1)	(1)	(1)								
125.	Signalgrass (Brachiaria spp.), whole seed.....	Brachiaria																		

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	1. CEREALS AND GRAIN PRODUCTS -- continued																			
	Sorghum, spp.; guinea-corn; kaffir-corn (Sorghum spp.):	Sorgho																		
	Whole-grain:																			
126.	Brown		342	9.5	10.3	2.9	74.4	2.4	2.9											
				(12)	(12)	(12)		(12)	(12)											
				8.5-11.7	8.1-11.7	2.2-5.0		1.7-4.1	1.8-4.5											
127.	Red		339	11.5	9.3	3.1	73.6	2.3	2.0	30	318	15.6		10	.29	.28	3.7	154	12 ?	
				(13)	(15)	(13)		(12)	(12)	(6)	(4)	(4)		(3)	(29)	(3)	(3)	(1)	(1)	
				4.9-16.4	7.8-14.2	2.1-3.8		1.4-4.1	1.5-2.7	16-51	230-440	8.0-24.9		0-30	tr.-.54	.07-.68	2.8-4.6			
128.	White		342	11.0	9.8	3.2	74.3	2.4	2.0	40	320	5.8			.21					
				(29)	(29)	(29)		(19)	(28)	(2)	(1)	(2)			(1)					
				8.1-16.4	7.9-12.5	2.2-5.2		1.4-4.9	1.3-3.3	20-61		5.0-6.5								
129.	Yellow		353	9.4	9.7	3.9	76.6		1.4	70		5.0								
				(1)	(1)	(1)			(1)	(1)		(1)								
130.	Others, unspecified		347	9.8	11.1	3.2	74.1	2.4	1.8	26	331	10.2		15	.35	.14	3.3	107	0	
				(132)	(132)	(129)		(129)	(130)	(88)	(88)	(41)		(16)	(98)	(46)	(45)	(3)	(15)	
				4.6-18.0	7.3-18.9	.1-5.8		1.1-17.6	1.1-3.6	14-50	180-444	.6-16.5		--	.17-.62	.05-.24	1.3-5.1	61-138	--	
131.	Average of all varieties		345	10.1	10.7	3.2	74.1	2.4	1.9	26	330	10.6		10	.34	.15	3.3	119	tr.	
				(187)	(189)	(184)		(172)	(183)	(97)	(93)	(46)		(19)	(128)	(49)	(48)	(4)	(16)	
				4.6-18.0	7.3-18.9	.1-5.8		1.4-4.1	1.1-4.5	14-61	180-444	.6-24.9		0-30	.17-.62	.05-.68	1.3-5.1	61-154	0-12	
132.	Germinated			11.5											.14	.20	3.8			
				(2)											(2)	(2)	(2)			
				--											--	--	--			
133.	Sprouted, malted		335	11.4	10.2	1.6	75.4	2.8	1.4	67	212	6.9			.17	.24	3.4	111		
				(3)	(3)	(2)		(2)	(2)	(1)	(2)	(2)			(7)	(7)	(7)	(1)		
				10.7-12.3	9.2-12.1	1.4-1.7		2.5-3.0	1.3-1.4		205-218	3.3-10.5			--	--	--			

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	1. CEREALS AND GRAIN PRODUCTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	Sorghum, spp. -- continued:																			
134.	Meal, unsifted or home-pounded.....		343	10.8	9.5	2.8	75.5	2.1	1.4	28	238	10.0			.28	.09	3.4			
				(15)	(8)	(8)		(8)	(8)	(8)	(6)	(8)			(9)	(2)	(2)			
				9.8-12.4	8.6-10.4	2.5-3.7		1.3-2.6	1.3-2.6	8-38	152-283	6.6-18.0			.25-.31	.08-.11	2.9-4.0			
135.	Meal, stamped and winnowed.....		369	11.8	10.0	2.6	74.4	1.5	1.2	32	224	8.6			.30	.14	3.6	90		
				(63)	(45)	(45)		(56)	(45)	(39)	(30)	(43)			(27)	(12)	(13)	(1)		
				11.1-14.4	7.2-14.4	1.7-3.7		1.0-2.1	.6-2.1	8-38	121-359	3.2-21.0			.18-.44	.06-.22	1.0-5.5			
	Sorghum products:																			
136.	Bran.....		341	11.7	15.4	4.7	65.1	9.3	3.1											
				(1)	(1)	(1)		(1)	(1)											
	Couscous, doughy paste, made from sorghum:																			
137.	Uncooked.....		238	42.7	6.3	1.5	48.6	.7	.9	10	190	4.0		tr.	.26	.06	2.1		0	
				(3)	(3)	(3)		(3)	(3)	(3)	(3)	(3)		(3)	(3)	(3)	(3)		(3)	
				--	--	--		--	--	--	--	--		--	--	--	--		--	
138.	Cooked.....		232	43.4	6.0	.8	48.9	.7	.9	10	187	4.0		tr.	.23	.06	2.0		0	
				(3)	(3)	(3)		(3)	(3)	(3)	(3)	(3)		(3)	(3)	(3)	(3)		(3)	
				--	--	--		--	--	--	--	--		--	--	--	--		--	
139.	Malt.....		366	11.6	10.9	2.4	73.3	3.5	1.8	70	209	10.8								
				(6)	(6)	(6)		(6)	(6)	(6)	(6)	(6)								
				11.0-12.0	9.5-11.7	2.1-2.6		2.7-5.4	1.3-2.6	45-119	137-344	4.7-16.1								
140.	Porridge, soured, prepared from stamped, sifted grain.....		85	79.6	2.7	.5	17.0	.2	.2	4	31	1.7			.04	.01	.2			
				(1)	(1)	(1)		(1)	(1)	(1)	(1)	(1)			(1)	(1)	(1)			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	1. CEREALS AND GRAIN PRODUCTS -- continued																			
	Sorghum, spp. -- continued:																			
	Sorghum products:																			
	Semolina, made from:																			
141.	Unspecified sorghum		326	21.8 (2) --	7.8 (2) --	2.0 (2) --	67.3	.6 (2) --	1.1 (2) --	13 (2) --	184 (2) --	5.0 (2) --		tr. (2) --	.06 (2) --	.04 (2) --	.9 (2) --		0 (2) --	
142.	Yellow sorghum		356	14.4 (1)	8.2 (1)	1.6 (1)	75.2	.8 (1)	.6 (1)	11 (1)	230 (1)	2.9 (1)		5 (1)	.16 (1)	.06 (1)	2.3 (1)		0 (1)	
	Sorghum, durra; yellow milo maize; Jerusalem corn (Sorghum durra):	Dourra																		
143.	Whole-grain		339	11.3 (8) 9.2-13.9	11.1 (8) 8.2-15.8	2.5 (8) 1.6-3.1	73.5	1.7 (5) 1.3-2.0	1.6 (8) 1.2-2.1	23 (3) 18-26	263 (3) 176-434	3.6 (6) 2.3-4.4			.37 (1)					
144.	Meal		375	10.8 (3) 10.0-11.9	8.2 (3) 7.6-9.2	3.2 (3) 1.9-4.2	76.4		1.4 (3) 1.2-1.6	46 (2) 42-50	237 (3) 84-310	2.4 (3) 2.1-3.0								
	Sorghum, sp. (Sorghum caudatum):	Sorgho																		
145.	Whole-grain		350	9.1 (5) 7.9-9.7	8.7 (5) 7.6-11.2	3.2 (5) 2.4-4.6	77.3	3.1 (3) 2.8-3.4	1.7 (5) 1.2-2.2	23 (5) 10-41	446 (5) 350-660	3.9 (5) 2.3-4.5			.35 (2) .34-.36	.12 (2) .11-.12	3.4 (2) 2.8-4.1			
146.	Meal		371	10.8 (2) 9.8-11.7	8.0 (2) 7.8-8.3	2.8 (2) 2.1-3.6	76.4		2.0 (2) 1.3-2.8	36 (1)	236 (2) 159-312	3.2 (2) 3.1-3.4								
147.	Sorghum, sp. (Sorghum caudatum var. kerstingianum), meal		362	12.3 (3) 11.5-12.8	7.8 (3) 6.9-8.9	1.1 (1)	78.1	.2 (3) tr.-.6	.7 (1)	11 (1)	236 (3) 189-300	3.0 (1)		tr. (1)	.21 (3) .18-.24	.08 (3) .05-.10	1.1 (1)			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	1. CEREALS AND GRAIN PRODUCTS -- continued																			
148.	Sorghum, sp. (Sorghum cernuum), whole-grain.. 1/		345	9.4 (1)	15.1 (1)	3.0 (1)	70.4	2.2 (1)	2.1 (1)	27 (1)	416 (1)	12.5? (1)								
149.	Sorghum, sp. (Sorghum conspicuum), whole-grain. 1/		355	9.1 (1)	16.6 (1)	5.0 (1)	67.2	1.2 (1)	2.1 (1)	18 (1)	572 (1)	7.4 (1)								
150.	Sorghum, sp. (Sorghum exsertum), whole-grain.		343	9.4 (1)	11.3 (1)	2.1 (1)	75.4	1.4 (1)	1.8 (1)	18 (1)	390 (1)	3.4 (1)								
151.	Sorghum, sp. (Sorghum gambicum), whole-grain		352	9.9 (1)	12.8 (1)	4.7 (1)	70.6	1.4 (1)	2.0 (1)	18 (1)	390 (1)	4.5 (1)								
152.	Sorghum, sp.; feterita (Sorghum guineense): Whole-grain.....		353	9.4 (2) 9.1-9.7	11.6 (2) 8.2-15.1	4.3 (2) 4.0-4.6	72.8	1.3 (1)	1.9 (2) 1.8-2.0	32 (2) 18-46	392 (2) 288-496	4.2 (2) 3.9-4.4			.53 (1)	.07 (1)	2.6 (1)			
153.	Meal.....		375	10.1 (6) 10.0-10.4	9.6 (5) 7.8-12.5	2.9 (3) 2.1-3.3	75.8	1.3 (1)	1.6 (2) 1.3-1.9	26 (2) 14-39	188 (3) 114-311	4.0 (3) 3.2-4.6			.34 (4) .29-.47	.08 (4) .06-.14	2.8 (4) 2.4-3.8			
154.	Meal, made from germinated grain.....			25.0 (1)											.23 (1)	.05 (1)	2.0 (1)			
155.	Sorghum, sp. (Sorghum margaritiferum), whole-grain. 1/		358	8.5 (1)	14.1 (1)	4.6 (1)	71.0	.9 (1)	1.8 (1)	18 (1)	420 (1)	6.0 (1)								

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	1. CEREALS AND GRAIN PRODUCTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
156.	Sorghum, sp. (Sorghum notabile), whole-grain.[1/]		347	9.2 (1)	15.1 (1)	3.0 (1)	70.9	2.5 (1)	1.8 (1)	18 (1)	481 (1)	13.6? (1)								
157.	Sorghum, sp. (Sorghum roxburghii), whole-grain.[1/]		354	9.2 (1)	13.7 (1)	4.4 (1)	70.8	2.0 (1)	1.9 (1)	18 (1)	408 (1)	4.7 (1)								
158.	Sorghum, sp. (Sorghum subglabrescens), whole-grain.[1/]		343	9.4 (1)	15.6 (1)	2.4 (1)	70.6	1.9 (1)	2.0 (1)	18 (1)	407 (1)	4.3 (1)								
159.	Stinkgrass (Eragrostis cilianensis), whole-grain.	Eragrostis																		
	Sudanic cereal. See Rice, red, native.																			
	Teff (Eragrostis tef; E. abyssinica): Whole-grain:	Mil ethiopien																		
160.	White		332	11.3 (1)	8.7 (1)	1.9 (1)	75.5	2.3 (1)	2.6 (1)	146 (1)	380 (1)	20.9? (1)		0 (1)	.38 (1)	.14 (1)	1.9 (1)			
161.	Red		328	12.5 (3)	9.6 (3)	2.6 (3)	72.0	2.7 (3)	3.3 (3)	172 (3)	313 (3)	75.5? (3)		5 (3)	.13 (4)	.12 (3)	1.4 (3)	88 (1)		
162.	White and red mixed.		338	9.3-16.1 10.4 (2)	8.9-10.7 9.0 (2)	2.3-2.9 2.6 (2)	75.0	2.2-3.6 1.8 (2)	2.8-3.7 3.0 (2)	155-190 182? (2)	160-430 420? (2)	54.2-96.0 55.6? (2)		0-10 5 (2)	.04-.31 .28 (2)	.09-.15 .13 (2)	1.1-1.6 1.8 (2)	97 (1)		
163.	Unspecified		341	9.5-11.2 9.8 (15)	8.4-9.6 9.8 (16)	2.5-2.6 2.5 (16)	75.3	1.8-1.9 3.0 (14)	2.8-3.1 2.6 (15)	155-210 138 (7)	390-450 320 (5)	32.5-78.6 55.3? (7)		0-10 tr. (2)	.07-.50 .42 (4)	.11-.15 .11 (3)	1.7-1.9 2.1 (3)			
				5.7-11.5	5.5-13.5	.7-3.5		1.1-6.5	2.0-3.2	110-159	274-370	29.2-105.0		0-5	.32-.47	.11-.12	2.0-2.2			

1/ Samples cultivated on fertilized soil.

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	1. CEREALS AND GRAIN PRODUCTS -- continued																			
	Teff -- continued:																			
	Meal, made from:																			
164.	White teff		371	10.3 (6) 9.6-12.3	9.8 (6) 8.4-11.2	2.6 (6) 2.5-2.8	75.1	1.7 (6) 1.4-2.1	2.2 (6) 2.0-2.7	129 (6) 116-149	297 (6) 220-380	21.67 (6) 14.9-36.0		0 (6) --	.34 (6) .04-.48	.12 (6) .09-.14	1.8 (6) 1.6-2.0			
165.	Red teff		348	13.2 (2) 8.9-17.6	10.0 (2) 9.7-10.4	1.9 (2) 1.7-2.1	70.8	2.6 (2) --	4.1 (1)	149 (2) 148-150	270 (2) 240-300	48.87 (2) 32.7-64.9		0 (2) --	.06 (2) .05-.06	.09 (2) .07-.11	1.2 (2) --			
	Bread (injera). See Bread.																			
	Biscuits, made from teff. See Biscuits.																			
166.	Wheat (Triticum aestivum): Bran	Blé	331	11.2 (37) 10.8-11.3	16.2 (23) 15.3-16.2	3.0 (29) 3.0-3.8	65.5	10.0 (29) 8.9-10.1	4.1 (29) 4.1-4.8	135 (29) 128-135	938 (29) 933-1,070	12.5 (29) 10.4-12.6			.72 (14) .64-.79	.25 (1)	18.7 (1)			
167.	Germ; germ meal		350	10.4 (12) 10.2-10.9	23.0 (7) 19.2-27.0	6.7 (7) 5.1-7.8	55.8	3.0 (7) 1.6-4.7	4.1 (4) 3.4-5.6	38 (6) 25-56	824 (6) 652-999	10.2 (4) 6.9-15.4			2.01 (3) 1.88-2.09					
	Whole-grain:																			
168.	Hard wheat		331	12.2 (11) 11.4-12.8	14.8 (26) 10.3-22.2	1.7 (11) 1.0-2.4	69.7	2.6 (11) 2.0-3.0	1.6 (11) 1.2-1.8	55 (9) 28-86	317 (11) 183-437	8.2 (10) 2.6-22.5			.32 (18) .25-.43					
169.	Soft wheat		330	12.3 (8) 12.0-13.3	13.9 (20) 10.4-17.5	1.6 (8) 1.4-1.9	70.7	2.5 (8) 2.3-2.7	1.5 (8) 1.3-1.9	54 (6) 34-83	275 (8) 176-388	6.5 (7) 3.0-17.1			.32 (27) .27-.58					
170.	Unspecified		332	12.1 (63) 10.3-16.7	12.7 (63) 9.6-15.9	1.8 (63) 1.2-2.4	71.8	2.6 (63) 1.9-3.2	1.6 (63) 1.2-2.6	60 (56) 32-89	312 (56) 192-425	7.6 (53) 1.8-25.5		0 (1)	.35 (27) .16-.52	.12 (6) .10-.13	3.6 (6) 2.4-4.8			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	1. CEREALS AND GRAIN PRODUCTS -- continued																			
	Wheat -- continued:																			
	Meal or flour, from unspecified wheat:																			
171.	Whole meal or unsifted		332	11.5 (61) 10.2-13.2	12.4 (47) 9.3-17.8	1.8 (47) 1.0-2.4	72.9	2.2 (47) 1.1-2.9	1.4 (47) 1.1-1.8	54 (43) 23-100	279 (44) 186-405	6.1 (44) 3.1-15.9		0 (1)	.36 (16) .34-.37	.09 (1)	3.8 (1)			
172.	85-90% extraction....		351	11.9 (6) 9.3-14.9	10.5 (3) 9.1-11.8	2.0 (5) 1.4-3.7	74.7	.8 (5) .1-1.2	.9 (5) .7-1.6	36 (2) 30-41	208 (2) 200-216	3.6 (2) 3.2-4.1			.37 (2) .34-.40	.08 (2) .06-.11	2.8 (2) 2.5-3.1			
173.	75-80% extraction or sifted.....		364	12.2 (91) 11.1-14.2	11.0 (91) 7.2-14.0	1.3 (91) .4-2.0	74.8	.4 (90) .2-1.5	.7 (91) .5-1.1	29 (79) 4-52	117 (89) 76-241	4.0 ? (81) 1.9-12.2								
174.	72% extraction.....		364	12.1 (12) 11.3-12.7	10.3 (12) 9.0-11.3	1.0 (12) .5-1.5	76.2	.2 (12) .1-.5	.4 (12) .4-.6	27 (7) 20-40	76 (12) 60-127	2.2 (12) .9-3.9								
175.	Baker's flour.....			10.6 (7) --											.09 (7) .08-.09					
176.	Meal, made from wheat and sorghum.....		338	11.4 (1)	9.6 (1)	2.8 (1)	74.0	2.3 (1)	2.2 (1)	66 (1)	320 (1)			0 (1)	tr. (1)	.10 (1)	3.0 (1)			
	Wheat, durum (Triticum durum):	Blé dur																		
177.	Whole-grain.....		322	14.0 (2) 12.8-15.3	12.8 (2) 11.3-14.4	1.6 (2) 1.6-1.7	69.5	2.4 (2) 1.9-2.8	2.1 (2) 1.6-2.6	48 (2) 35-61	300 (2) 250-350			0 (2) --	.22 (2) .21-.24	.10 (2) .09-.11	3.0 (2) 3.0-3.1			
178.	Germinated.....		176	53.1 (1)	7.0 (1)	.7 (1)	38.5	2.2 (1)	.7 (1)	22 (1)	150 (1)	2.9 (1)		0 (1)	.01 (1)	.21 (1)	.9 (1)			

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	1. CEREALS AND GRAIN PRODUCTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	Wheat, durum -- continued																			
179.	Germinated then sun-dried.....		342	9.4 (1)	13.5 (1)	1.9 (1)	73.5	3.2 (1)	1.7 (1)	49 (1)	310 (1)			0 (1)	.04 (1)	.17 (1)	4.7 (1)			
	Wheat, emmer (Triticum dicoccon):																			
180.	Whole-grain.....		333	12.3 (1)	12.5 (1)	2.4 (1)	71.0	2.7 (1)	1.8 (1)	38 (1)	360 (1)	4.7 (1)		0 (1)	.39 (1)	.13 (1)	4.7 (1)			
181.	Split-grain.....		334	11.5 (1)	16.9 (1)	2.2 (1)	67.5	2.2 (1)	1.9 (1)	50 (1)	380 (1)	6.87 (1)		0 (1)	.34 (1)	.14 (1)	5.4 (1)			
	Wheat products:																			
	Macaroni:																			
182.	Dried.....		379	8.4 (1)	11.8 (1)	1.3 (1)	77.8	.4 (1)	.7 (1)	23 (1)	169 (1)	1.5 (1)								
183.	Cooked.....		154	60.0 (1)	4.7 (1)	.9 (1)	30.9	.2 (1)	3.5 (1)	8 (1)	67 (1)	.6 (1)								
184.	Pastes, all varieties.....																			
185.	Fritters, made from wheat.....		330	32.3 (6) 31.4-37.0	4.7 (6) 1.7-5.3	12.6 (6) 12.3-14.0	49.8	.5 (6) .3-1.5	.6 (6) .5-.9	23 (6) 11-25	.88 (6) 60-94	1.8 (6) 1.3-1.9		tr. (5) --	.08 (5) --	.03 (5) --	.6 (5) --		0 (5) --	

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	2. STARCHY ROOTS, TUBERS AND FRUITS:																			
	Abyssinian-banana; false-banana; ensete; Ethiopian banana (Ensete edule; E. ventricosum; Musa ensete):	Ensete																		
	Stem pith:																			
186.	Grey (Kocho)		171	56.3 (1)	1.2 (1)	.2 (1)	41.3	1.6 (1)	1.0 (1)	120 (1)		5.3 (1)			.03 (1)	.04 (1)	.1 (1)			
187.	White (Bolla)		225	43.7 (1)	.2 (1)	.1 (1)	55.4	.1 (1)	.6 (1)	44 (1)		7.7 (1)			tr. (2)	.02 (1)	tr. (1)			
188.	Flour (Karta)		195	49.6 (2) 48.4-50.9	1.8 (2) 1.7-1.8	.2 (2) .1-.2	46.8	1.2 (2) --	1.6 (2) 1.5-1.7	82 (2) 67-87	60 (2) --	10.0 (2) 9.4-10.6			0-tr.	.04 (2) .4-.5	.4 (2) .4-.5			
	Ensete, prepared:																			
189.	Aradisame		222	42.9 (1)	1.7 (1)	.4 (1)	53.1	3.2 (1)	1.9 (1)	112 (1)	30 (1)	2.9 (1)		0 (1)	tr. (1)	.02 (1)	.3 (1)			
190.	Furfurame		175	55.1 (2) 42.2-68.0	1.2 (2) .9-1.6	.1 (2) --	42.4	2.0 (2) 1.7-2.4	1.2 (2) .7-1.6	111 (2) 73-149	25 (2) 20-30	3.4 (2) 1.9-5.0		0 (2) --	tr. (2) --	.02 (2) --	.1 (2) --			
	Ensete, fermented:																			
191.	Bulla		199	49.6 (1)	.7 (1)	.1 (1)	48.8	.7 (1)	.8 (1)	65 (1)	30 (1)	1.1 (1)		0 (1)	.01 (1)	.02 (1)	.0 (1)			
192.	Bukella		200	49.6 (1)	.6 (1)	.2 (1)	48.8	1.3 (1)	.8 (1)	49 (1)	60 (1)	1.6 (1)		0 (1)	.09 (1)	.15 (1)	.5 (1)			
193.	Fermented cake, sun-dried (Bucó; gâlla)		342	12.5 (1)	2.2 (1)	.3 (1)	82.7	3.4 (1)	2.3 (1)	254 (1)	41 (1)	23.2 (1)								

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	2. STARCHY ROOTS, TUBERS, AND FRUITS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	Amadumbe bulbs. See Taro.																			
194.	Anchomanes (Anchomanes difformis), tuber, raw...	Anchomane	101	72.4 (1)	3.4 (1)	.1 (1)	22.6	1.4 (1)	1.5 (1)	201 (1)	69 (1)									
	Arracacia, apio; Peruvian-parsnip (Arracacia xanthorhiza):	Pomme de terre-céleri																		
195.	Root, raw.....																			
196.	Starch.....		346	13.9 (1)	.5 (1)	.1 (1)	85.2	tr. (1)	.3 (1)											
	Arrowroot, Bermuda; ndoma (Maranta arundinacea):	Arrowroot véritable																		
197.	Root.....																			
198.	Starch.....																			
	Arum lilly. See Taro.																			
	Banana, common (Musa sapientum):	Banane douce																		
199.	Ripe		88	77.0 (12) 71.4-85.1	1.5 (10) 1.2-1.7	.1 (10) .1-.4	20.6	.9 (10) .5-1.9	.8 (10) .7-.8	9 (11) 6-12	21 (12) 9-40	1.4 (10) .7-1.4		120 (7) 105-180	.03 (6) --	.03 (6) .03-.04	6 (6) --		9 (7) 7-11	32 (6) 29-38
200.	Unripe.....																			
201.	Dried.....																			
202.	Dried, salted.....																			
203.	Kippered.....																			
204.	Flour.....		342	11.6 (1)	3.5 (1)	.8 (1)	80.8	2.5 (1)	3.3 (1)	45 (1)	60 (1)									

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
	2. STARCHY ROOTS, TUBERS, AND ROOTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	Banana, common -- continued:																			
205.	Flakes, maize meal added.....		388	3.5	6.3	2.2	86.8	.7	1.2	10	133	1.9		85	.20	.10	.8			
				(1)	(1)	(1)		(1)	(1)	(1)	(1)	(1)		(1)	(1)	(1)	(1)			
	Banana, dwarf (Musa nana; M. cavendishii; M. sinensis):	Banane naine; Banane des Canaries																		
206.	Ripe.....		111	71.8	1.2	.4	25.8	.9	.8	10	26	.8		285					1	32
				(3)	(2)	(2)		(2)	(3)	(1)	(1)	(2)		(1)					(1)	(1)
				68.6-75.2	1.1-1.2	.3-.4		.8-1.0	.6-.9			.8-.9								
207.	Unripe.....		108	72.4	1.1	.3	25.3	1.0	.9	11	28	.9								42
				(1)	(1)	(1)		(1)	(1)	(1)	(1)	(1)								(1)
208.	Dried.....		298	23.6	3.2	.9	69.9	2.6	2.4											
				(2)	(3)	(3)		(3)	(3)											
				19.5-27.7	2.8-3.5	.8-1.1		2.1-3.0	2.1-2.8											
209.	Flour, made from unripe fruit.....		340	12.4	3.9	1.0	79.6	3.7	3.1	34	94	2.6								
				(3)	(3)	(3)		(3)	(3)	(2)	(2)	(2)								
				11.2-13.5	3.8-4.1	.9-1.0		3.2-4.6	--	30-39	93-94	2.6-2.7								
	Breadfruit (Artocarpus altilis; A. communis):	Arbre à pain; fruit																		
210.	Pulp, raw.....		109	71.9	1.5	.3	25.4	1.8	.9	28	34	2.0		10	.08	.05	.7		31	34
				(5)	(5)	(5)		(4)	(4)	(4)	(4)	(3)		(2)	(2)	(2)	(2)		(3)	(2)
				62.7-75.9	1.3-1.8	.1-.4		1.3-2.1	.7-1.0	20-40	25-40	1.2-2.4		--	--	--	--		30-32	--
211.	Flour.....																			

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	2. STARCHY ROOTS, TUBERS, AND FRUITS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
212.	Canna; Indian shot (Canna bidentata), tuber, edible.....	Balisier																		
	Cassava, common, bitter (Manihot esculenta; M. utilissima):	Manioc amer																		
	Roots:																			
213.	Raw.....		129	62.0	1.2	.2	35.7	1.1	.9	68	42	1.9		30	.04	.05	.6		31	26
				(94)	(93)	(87)		(84)	(85)	(49)	(49)	(33)		(18)	(14)	(12)	(5)		(33)	(16)
				45.9-85.3	.3-2.7	.03-.50		.1-3.7	.5-1.7	25-176	6-152	.3-4.2		5-35	.03-.07	.03-.06	.6-.7		21-50	16-40
214.	Dried (konkonte; kokonte).....	Cossettes	355	9.4	2.1	.6	85.4	2.2	2.5	102	98	.7			.12	.02	1.5	15	1	
				(17)	(17)	(17)		(17)	(17)	(11)	(11)	(1)			(1)	(1)	(1)	(1)	(1)	
				6.8-12.6	1.5-5.0	.4-1.3		.6-4.0	1.9-3.4	50-120	78-140									
215.	Soaked, dried, pounded (Lafun)....		337	14.8	1.1	.3	82.2	.6	1.6	315?	32	5.3?			.04	.03	1.0			
				(3)	(3)	(1)		(1)	(1)	(1)	(2)	(1)			(2)	(2)	(2)			
				12.3-19.5	.6-1.4						31-32				.03-.05	--	--			
216.	Cooked.....		124	68.5	.9	.1	29.9	.4	.6										26	
				(1)	(1)	(1)		(1)	(1)										(2)	
217.	Meal.....		344	13.0	1.6	.5	83.2	1.7	1.7	66	135	3.6		0	.06	.05	.9	11	4	
				(67)	(72)	(61)		(61)	(71)	(19)	(14)	(19)		(3)	(10)	(9)	(8)	(6)	(7)	
				9.0-15.4	.8-3.2	tr.-1.5		.5-2.5	1.1-2.9	28-112	42-243	1.7-6.6		--	.03-.13	.03-.10	.6-1.1	9-13	0-7	
218.	Meal, fermented, dried (Gari).....		351	12.6	1.0	1.1	84.2	1.5	1.1	45	79	1.6		tr.	.08	.03	1.0		0	
				(28)	(8)	(5)		(7)	(8)	(8)	(3)	(5)		(2)	(25)	(5)	(5)		(2)	
				11.3-15.1	.8-1.2	.2-4.3		1.4-1.7	1.0-1.1	30-83	38-115	tr.-2.5		--	.02-.13	.01-.04	.8-1.2		--	
219.	Starch.....																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	β-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	2. STARCHY ROOTS, TUBERS, AND FRUITS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	Cassava -- continued:																			
220.	Bread, prepared from cooked fermented cassava.....	Bâton de manioc	259	35.3 (1)	3.9 (1)	1.2 (1)	59.1	1.0 (1)	.5 (1)	44 (1)	46 (1)	1.7 (1)								
221.	Pudding, fermented.....	Chicouangue	170	57.7 (4) 55.1-59.5	1.2 (4) .6-1.7	.8 (4) tr.-1.9	39.6	1.4 (4) .1-4.8	.7 (4) .3-2.0										2 (1)	
222.	Paste, prepared from grated cassava, boiled.			27.1 (1)					7.7? (1)	150 (1)					.15 (1)	.20 (1)	8.5? (1)			
	Cassava, sweet (Manihot dulcis), roots:	Manioc doux																		
223.	Raw.....																			
224.	Dried.....		357	8.7 (5) --	1.3 (5) --	.5 (5) --	86.6	1.8 (5) --	2.9 (5) --	121 (5) --	118 (5) --									
225.	"Chinaka" (tuber of wild orchid from Malawi), tuber, raw.....	"Chinaka"	115	70.0 (1)	1.3 (1)	0 (1)	27.6		1.1 (1)	48 (1)		7.8 (1)								
	Cocoyam. See Taro.																			
	Coleus. See Kaffir potato.																			
	Elephantsear. See Taro.																			
	False banana. See Abyssinian banana.																			
	Falseyam (Icacina senegalensis):	Icacina; kouraban																		
226.	Tuber.....																			
227.	Flour.....		335	11.7 (1)	10.3 (1)	.7 (1)	74.5		2.8 (1)	150 (1)		7.0 (1)			.04 (1)	.18 (1)	1.4 (1)			

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
	2. STARCHY ROOTS, TUBERS, AND FRUITS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
228.	Ciantarum, sp. (Amorphophallus aphyllus), tuber..	Amorphophallus	108	71.2	2.4	.4	24.3	1.4	1.7	152	109									
229.	Hausa-potato; Sudan-potato; tumulka (Solenostemon rotundifolius; Coleus dysentericus), tuber, raw.....	Pomme de terre de Madagascar; Pomme de terre du Soudan	94	75.6 (3) 72.9-79.2	1.3 (3) 1.2-1.5	.2 (3) tr.-.4	21.9	1.1 (2) .9-1.3	1.0 (3) .9-1.1	17 (1)		6.0 (1)			.05 (1)	.02 (1)	1.0 (1)		1 (1)	
	Jakfruit; Jackfruit. See Fruits.																			
230.	Kaffir potato; coleus (Plectranthus esculentus): Tubers, raw.....	Pomme de terre Kaffir	84	78.0 (2) 77.3-78.7	1.9 (2) 1.7-2.1	.4 (2) .2-.5	18.8	1.0 (2) .8-1.3	.9 (2) .8-1.0	18 (1)	80 (1)	6.4 (1)		540 (1)	0 (1)	.62 ? (1)	.7 (1)			
231.	Starch.....		351	12.7 (1)	0 (1)	.1 (1)	86.9	tr. (1)	.3 (1)											
232.	Lotus, Egyptian, white (Nymphaea lotus), root..	Nénuphar; Lotus d'Egypte	120	64.0 (1)	5.2 (1)	.2 (1)	29.5	1.0 (1)	1.1 (1)	93 (1)	151 (1)									
233.	Lotus, Hindu (Nelumbium nelumbo), root.....	Lotus, Indien																		
234.	Malanga; yautia (Xanthosoma spp.), tubers. Raw.....	Macabo; Yautia; chou caraïbe	137	64.4 (5) 51.6-70.2	2.2 (5) 1.8-2.8	.2 (5) .1-.5	32.0	1.0 (5) .5-1.6	1.2 (5) 1.0-1.5	16 (2) 8-24	47 (3) 35-69	.9 (1)							8 (1)	32 (2) 26-39

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	2. STARCHY ROOTS, TUBERS, AND FRUITS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	Malanga; yautia -- continued:																			
235.	Dried		341	15.0 (1)	.5 (1)	.6 (1)	83.0		.9 (1)	21 (1)	160 (1)	2.0 (1)								
	Plantain (Musa paradisiaca):	Banane-plantain; banane à cuire																		
236.	Ripe		135	65.4 (12) 52.9-77.6	1.2 (12) .8-1.6	.3 (12) .1-.5	32.1	.5 (9) .3-.8	1.0 (12) .7-1.4	8 (9) 5-11	38 (8) 21-38	1.3 (8) .4-1.5		780 (5) 390-1,035	.08 (6) .04-.11	.04 (6) --	.6 (6) .6-.7		20 (6) 18-25	34 (6) 32-38
237.	Unripe or green																		20 (1)	
238.	Cooked		77	79.8 (1)	1.3 (1)	.1 (1)	18.1	.2 (1)	.7 (1)											
239.	Konkonte; kokonte, prepared from plantain, green (unripe), dried		359	9.0 (1)	3.3 (1)	1.4 (1)	83.9	1.0 (1)	2.4 (1)	50 (1)	65 (1)	1.1 (1)		45 (1)	.10 (1)	.16 (1)	1.9 (1)	14 (1)	1 (1)	
	Potatoes (Solanum tuberosum), tubers:	Pomme de terre																		
240.	Raw		82	77.7 (33) 67.0-82.4	1.7 (33) .3-2.1	.1 (33) 0-.3	18.9	.6 (31) .3-1.6	1.6 (33) .3-1.9	13 (29) 8-20	51 (28) 10-66	1.1 (29) .3-2.0		25 (5) 0-40	.07 (6) .03-.10	.03 (6) .02-.03	1.3 (5) 1.0-1.5		21 (9) 12-56	14 (2) --
241.	Cooked		84	77.5 (1)	2.07 (1)	.1 (1)	19.4	.4 (1)	1.0 (1)	11 (1)	56 (1)	.7 (1)							12 (1)	
242.	Cooked with tomato juice, fat added		112	75.0 (1)	1.9 (1)	4.9 (1)	16.2	.6 (1)	2.0 (1)	12 (1)	49 (1)	.6 (1)								
243.	Baked		98	73.8 (1)	2.4 (1)	.1 (1)	22.5	.5 (1)	1.2 (1)	13 (1)	66 7 (1)	.8 (1)								
244.	Flour																			

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	2. STARCHY ROOTS, TUBERS, AND FRUITS -- continued																			
	Sudan-potato. See Hausa-potato.																			
	Sweetpotato (Ipomoea batatas), roots:	Patate douce																		
	Raw:																			
245.	Pale variety.....		121	68.8	1.6	.2	28.5	1.0	.9	33	38	2.0		75	.09	.04	.7		37	21
				(42)	(41)	(40)		(39)	(40)	(31)	(29)	(22)		(15)	(9)	(7)	(8)		(10)	(20)
				59.0-78.5	.5-5.1	tr.-.8		.1-4.1	.2-1.6	11-70	11-108	.2-5.7		15-80	.07-.12	.04-.05	.5-.9		19-105	17-26
246.	Yellow variety.....		121	68.8	1.6	.2	28.5	1.0	.9	33	38	2.0		1,255	.09	.04	.7		37	21
				(42)	(41)	(40)		(39)	(40)	(31)	(29)	(22)		(12)	(9)	(7)	(8)		(10)	(20)
				59.0-78.5	.5-5.1	tr.-.8		.1-4.1	.2-1.6	11-70	11-108	.2-5.7		300-1,345	.07-.12	.04-.05	.5-.9		19-105	17-26
247.	Deep yellow variety...		121	68.8	1.6	.2	28.5	1.0	.9	33	38	2.0		2,400	.09	.04	.7		37	21
				(42)	(41)	(40)		(39)	(40)	(31)	(29)	(22)		(1)	(9)	(7)	(8)		(10)	(20)
				59.0-78.5	.5-5.1	tr.-.8		.1-4.1	.2-1.6	11-70	11-108	.2-5.7			.07-.12	.04-.05	.5-.9		19-105	17-26
248.	Dried.....																			
249.	Cooked.....		102	73.2	1.9	.2	23.7	.6	1.0			.3								
				(1)	(1)	(1)		(1)	(1)			(1)								
250.	Flour.....		334	11.7	12.5	.5	73.1	1.8	2.2											
				(1)	(1)	(1)		(1)	(1)											
	Sword lily; corn-flag (Gladiolus unguiculatus), corms:	Gladiolus																		
251.	Raw.....		135	60.2	2.0	.3	35.7	3.1	1.8	215		19.0		tr.	.10	.08	1.1		3*	
				(1)	(1)	(1)		(1)	(1)	(1)		(1)		(1)	(1)	(1)	(1)		(1)	
252.	Semi-dried.....		174	49.7	1.5	.4	46.8	4.3	1.6	175		13.0		0	.02	.09	1.0		1*	
				(1)	(1)	(1)		(1)	(1)	(1)		(1)		(1)	(1)	(1)	(1)		(1)	

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	2. STARCHY ROOTS, TUBERS, AND FRUITS -- continued																			
253.	Tacca, Fiji-arrowroot (Tacca involucrata), raw.....	Tacca, arrow-root polynésien	121	68.8 (4) 68.7-69.0	1.5 (4) 1.5-1.6	.1 (4) --	28.8	.4 (4) .3-.6	.8 (4) .8-1.0	27 (4) 8-83	64 (4) 62-65								12 (3) --	
	Taro; dasheen; cocoyam; elephantsear; arum lilly (Colocasia esculenta), tubers:	Taro																		
254.	Raw.....		102	73.1 (11) 63.2-85.4	1.8 (10) 1.2-2.3	.1 (10) tr.-.4	23.8	1.0 (6) tr.-1.6	1.2 (10) .7-1.6	51 (8) 10-83	88 (7) 26-97	1.2 (8) .5-1.7		tr. (4) 0-tr.	.10 (6) .07-.15	.03 (3) .02-.03	.8 (5) .5-.9		8 (4) 7-10	16 (3) 14-20
255.	Cooked, flavored with chard and garlic.....		87	80.0 (1)	1.5 (1)	3.5 (1)	13.3	.5 (1)	1.7 (1)	56 (1)	61 (1)	.8 (1)								
256.	Cooked, flavored with tomato juice.....		96	78.0 (1)	1.6 (1)	3.9 (1)	14.6	.5 (1)	1.9 (1)	42 (1)	64 (1)	.5 (1)								
	Tiger-nut; flatsedge; chufa (Cyperus esculentus), tubers:	Amande de terre; souchet comestible																		
257.	Raw.....		302	36.5 (8) 34.1-44.3	3.5 (8) 2.9-5.0	12.7 (8) 5.7-21.7	46.1	7.4 (7) 5.4-7.8	1.2 (7) 1.0-1.2	25 (7) 25-28	204 (7) 158-212	8.0 (6) --			.28 (7) .28-.30	.09 (3) --	1.3 (6) --		3 (6) --	
258.	Dried.....		452	11.8 (5) 6.8-17.0	4.0 (5) 2.9-5.0	25.3 (5) 20.0-29.2	56.9	4.7 (3) 4.0-6.2	2.0 (5) --	48 (2) 22-75	212 (1)	3.2 (1)			.23 (1)	.10 (1)	1.1 (1)		6* (1)	
	Tumulka. See Hausa-potato.																			

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
	2. STARCHY ROOTS, TUBERS, AND FRUITS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
259.	Yam, African (Dioscorea spp.; D. sagittifolia; D. smilacifolia; D. sansibarensis).....	Igname																		
	Yam, airpotato (Dioscorea bulbifera; D. sativa):	Igname																		
260.	Tuber, raw.....		112	71.0 (1)	1.5 (1)	.1 (1)	26.5	.9 (1)	.9 (1)	69 (1)	29 (1)									
261.	Bulbil, raw.....		78	79.4 (2) 77.8-81.0	1.4 (2) 1.3-1.4	.2 (2) .1-.3	18.0	1.2 (1)	1.0 (2) .7-1.2	40 (2) 26-55	58 (2) 45-70	2.0 (1)								
262.	Yam, attoto; yellow guinea (Dioscorea cayenensis; D. rotundata), tuber, raw.....	Igname jaune	71	80.8 (3) 70.5-85.9	1.5 (3) 1.4-1.6	.1 (3) --	16.4	.6 (3) .3-.7	1.2 (3) .8-1.4	36 (3) 30-48	17 (3) 6-39	5.2 (3) 4.9-5.4								
263.	Yam, Chinese (Dioscorea esculenta), tuber, raw...	Igname des Blancs	112	70.2 (1)	3.5 (1)	.1 (1)	25.2	.5 (1)	1.0 (1)	62 (1)	53 (1)									
264.	Yam, wild (Dioscorea dumetorum), tuber, raw.	Igname sauvage	124	67.3 (1)	3.2 (1)	.1 (1)	28.3	.8 (1)	1.1 (1)	52 (1)	45 (1)									
265.	Yam, winged (Dioscorea alata), tuber, raw.....	Igname blanche; Igname de Chine	135	65.1 (11) 63.4-73.8	2.3 (11) 1.9-3.2	.1 (11) --	31.8	1.5 (11) .3-2.4	.7 (11) .7-1.0	28 (11) 24-39	52 (11) 27-56	1.6 (10) .3-1.7		10 (9) --	.05 (9) --	.03 (9) --	.5 (9) --		12 (14) 5-15	18 (8) 16-28
266.	Yam, sp. (Dioscorea armata), tuber, raw....	Igname	118	68.4 (1)	3.0 (1)	.1 (1)	27.0	10.0 (1)	1.5 (1)	69 (1)	41 (1)									

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
	2. STARCHY ROOTS, TUBERS, AND FRUITS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
267.	Yam, sp. (Dioscorea hastifolia) (Cameroun)...	Igname																		
268.	Yam, sp. (Dioscorea minutiflora).....	Igname	118	68.4 (1)	3.0 (1)	.1 (1)	27.0	10.0 (1)	1.5 (1)	69 (1)	41 (1)									
269.	Yam, sp. (Dioscorea praehensilis; D. abyssinica).....	Igname blanche																		
270.	Yam, sp. (Dioscorea preussii).....	Igname	116	68.8 (1)	3.0 (1)	.1 (1)	26.4	1.3 (1)	1.7 (1)	60 (1)	50 (1)									
	Yam, spp. (Dioscorea spp.):	Igname																		
	Whole tuber:																			
271.	Raw.....		119	69.0 (14) 56.3-78.6	1.9 (13) 1.5-4.2	.2 (12) tr.-.6	27.8	.8 (10) .1-1.6	1.1 (12) .3-1.6	52 (11) 8-157	61 (9) 28-157	.8 (7) .2-2.4		10 (1)	.11 (5) .10-.11	.02 (5) .02-.03	.3 (5) .3-.4	26 (1)	6 (5) 5-10	16 (7) 13-22
272.	Dried.....																			
273.	Flour.....		335	14.2 (11) 6.6-18.7	3.4 (11) 1.9-5.2	.4 (4) .2-.7	80.0	1.6 (4) 1.4-1.8	2.0 (5) 1.6-3.2	20 (4) 20-22	110 (1)	1.1 (1)		tr. (1)	.10 (11) .05-.21	.08 (11) .05-.14	1.1 (11) .7-2.0	35 (1)		
274.	Yambean (Sphenostylis stenocarpa), tuber, raw.	Pomme de terre du Mossi; haricot-igname	129	64.8 (2) 64.5-65.0	3.8 (2) 3.6-3.9	.2 (2) .1-.2	30.4	.4 (2) .3-.5	.8 (2) .6-.9	10 (1)	80 (1)									
	Yautia. See Malanga.																			

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	3. GRAIN LEGUMES AND LEGUME PRODUCTS:																			
	Abish. See Fenugreek																			
275.	Adsuki bean (Phaseolus angularis), seeds, dried..	Haricot adsuki	336	10.6	19.9	.6	64.4	7.8	4.3	136	260	9.8			.06	.09	2.0		2	
				(3)	(3)	(3)		(2)	(3)	(3)	(3)	(2)			(1)	(1)	(1)		(1)	
				9.1-13.7	19.0-20.8	.3-1.2		7.1-8.6	4.2-4.4	63-276	216-325	8.4-11.2								
	African locust bean (Parkia spp.): Seeds:	Néré																		
276.	Dried.....		426	7.0	32.3	19.5	37.1	4.1	4.1	291	384	33.2 ?			.30	.20	3.0		6	70
				(11)	(11)	(10)		(8)	(11)	(9)	(7)	(4)			(2)	(1)	(1)		(1)	(1)
				2.5-19.4	29.7-42.1	13.6-21.6		1.1-8.6	2.9-5.1	187-536	232-503	11.0-100.0?			.06-.54					
277.	Fermented.....		431	12.5	32.8	26.4	23.6	7.4	4.7	278	452	33.0 ?			.04		2.1		9	
				(6)	(6)	(6)		(5)	(6)	(5)	(5)	(1)			(4)		(4)		(4)	
				6.0-17.4	26.9-36.2	9.7-30.5		6.5-11.0	3.9-5.2	263-340	350-478				--		--		--	
278.	Fermented, ash added.		383	24.4	13.4	30.3	20.4	2.6	11.5	2,737										
				(1)	(1)	(1)		(1)	(1)	(1)										
279.	Meal.....		420	7.1	47.5 ?	22.9	15.7	10.8	6.8											
				(1)	(1)	(1)		(1)	(1)											
280.	Cake, made from fermented seeds.....		432	14.8	36.5	28.8	15.8	3.5	4.1	378		36.5			.04	.61	1.9		2*	
				(4)	(4)	(3)		(1)	(3)	(3)		(2)			(2)	(2)	(1)		(1)	
				6.9-22.4	29.4-41.9	25.5-33.9			2.6-5.2	235-560		33.0-40.0			.03-.04	.42-.80				
	Angola pea. See Pigeonpea.																			
281.	Anthonotha, sp. (Anthonotha explicans), seeds, dried.....	Anthonotha sp.	364	8.0	5.1	.7	83.6	4.1	2.6	322	119									
				(1)	(1)	(1)		(1)	(1)	(1)	(1)									

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	3. GRAIN LEGUMES AND LEGUME PRODUCTS -- continued																			
	Asparagus bean. See Cowpea, yardlong.																			
	Asparagus pea. See Goabean.																			
	Atta bean. See Owalaciltree.																			
282.	Bambara-groundnut; Congo goober; earth-pea; kaffir pea; groundbean; jugo bean (Voandzeia subterranea), whole seeds, dried.....	Haricot-pistache; voandzou	367	10.3 (38) 5.8-14.8	18.8 (38) 13.8-21.1	6.2 (39) 4.5-9.2	61.3	4.8 (33) 1.4-7.2	3.4 (49) 1.3-5.1	62 (40) 29-217	276 (40) 105-475	12.2 (26) 1.0-16.0		10 (1)	.47 (32) .22-.62	.14 (20) .12-.15	1.8 (20) .6-2.4		tr. (18) 0-8	25 (19) 13-58
	Bengal gram. See Chickpea.																			
283.	Benthami bean (Acacia spp.), seeds, dried.....	Acacia	377	7.0 (1)	12.6 (1)	4.6 (1)	72.4	9.5 (1)	3.4 (1)											
	Blackeyed pea. See Cowpea, catjang.																			
	Black gram. See Mungo bean.																			
	Bonavist bean. See Hyacinth bean.																			

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	3. GRAIN LEGUMES AND LEGUME PRODUCTS -- continued																			
	Broadbean; Windsor bean (Vicia faba; Faba vulgaris):	Fève																		
284.	Whole seeds.....		344	10.1 (15) 3.9-12.4	26.2 (15) 23.5-31.4	1.3 (15) .3-1.8	59.4	6.8 (14) 3.8-10.5	3.0 (15) 1.5-4.7	104 (12) 60-170	301 (12) 134-550	6.7 (11) 3.1-16.2		130 (8) 0-475	.38 (9) .05-.87	.24 (11) .13-.34	2.1 (9) 1.9-2.6	162 (1)	167 (4) --	54 (4) --
285.	Split.....		344	10.1 (4) 9.2-10.6	28.6 (4) 28.0-29.2	1.6 (4) 1.2-2.1	56.8	1.6 (4) .9-2.4	2.9 (4) 2.5-3.3	44 (4) 30-66	447 (3) 300-540	8.0 (4) 5.7-10.6		135 (3) 0-405	.02 (3) tr.-.03	.14 (3) .12-.15	2.0 (3) 2.0-2.1				
286.	Flour.....		340	12.4 (1)	25.5 (1)	1.5 (1)	58.8	1.5 (1)	1.8 (1)											
287.	Taamiah, made from broadbean.....		408	27.0 (1)	10.0 (1)	31.8 (1)	26.3	1.2 (1)	4.9 (1)	72 (1)	153 (1)	6.1 (1)								
	Burma bean. See Lima bean.																			
	Butter bean. See Lima bean.																			
288.	Carob-bean; algaroba bean (Ceratonia siliqua), germ meal.....	Caroube	326	9.8 (1)	47.3 (1)	2.8 (1)	34.1	3.8 (1)	6.0 (1)											
	Catjang cowpea. See Cowpea, catjang.																			
	Catjang pea. See Pigeonpea.																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	3. GRAIN LEGUMES AND LEGUME PRODUCTS -- continued																			
	Chickpea; Bengal gram; Egyptian pea (Cicer arietinum):	Pois chiche																		
289.	Whole seeds.....		357	10.0	19.6	3.7	63.5	6.7	3.2	252	271	11.1		60	.48	.16	1.8	223		
				(22)	(23)	(23)		(20)	(22)	(9)	(8)	(9)		(5)	(10)	(8)	(8)	(1)		
				4.5-15.6	14.9-24.6	.8-6.4		2.1-11.7	2.0-4.8	140-440	190-382	5.0-23.9		0-225	.21-1.11	.12-.33	1.3-2.9			
290.	Ground seeds.....		376	6.4	25.97	5.3	59.3	1.2	3.1			10.6			.38	.14	1.8			
				(1)	(1)	(1)		(1)	(1)			(1)			(1)	(1)	(1)			
291.	Boiled, roasted seeds....		365	8.8	18.6	3.7	66.3	7.4	2.7			8.2			.24	.22	2.9			
				(1)	(1)	(1)		(1)	(1)			(1)			(1)	(1)	(1)			
	Chiroko bean. See Mung bean.																			
	Congo acacia seed. See Owalaoiltree.																			
	Congo goober. See Bambara-groundnut.																			
	Congo pea. See Pigeonpea.																			
292.	Copaltree, Rhodesian; bushman bean (Guibourtia coleosperma), whole seeds, dried.....	Haricot bochiman																		

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	3. GRAIN LEGUMES AND LEGUME PRODUCTS -- continued																			
	Cowpea, catjang; Hindu cowpea; kaffir bean; blackeyed pea (Vigna unguiculata subsp. catjang):	Niebe; catjang; loubia																		
	Seeds:																			
293.	Whole, dried.....		342	10.8 (53) 5.7-15.1	23.1 (52) 20.3-26.2	1.4 (52) .2-3.2	61.4	4.8 (46) 1.6-16.3	3.3 (52) 2.0-4.3	101 (35) 55-222	383 (32) 290-630	7.6 (23) 1.5-9.0		70 (15) --	.75 (43) .22-1.17	.18 (29) .15-.36	2.5 (29) 1.7-3.0		1 (2) 9-2	
294.	Cooked.....		143	68.0 (1)	6.2 (1)	5.7 (1)	18.1	1.2 (1)	2.0 (1)	23 (1)	124 (1)	1.8 (1)								
295.	Soaked, skinned.....		264	30.4 (1)	16.9 (1)		50.4		2.3 (1)						.57 (1)	.10 (1)	1.8 (1)			
296.	Fritters.....		384	31.4 (5) --	8.4 (5) --	27.5 (5) --	30.7	.8 (5) --	2.0 (5) --	51 (5) --	150 (5) --	2.9 (5) --			.25 (5) --	.05 (5) --	.8 (5) --		9 (5) --	
297.	Cowpea, common (Vigna unguiculata subsp. unguiculata; V. sinensis), mature seeds	Dolique; haricot indigène	338	11.4 (12) 9.9-13.9	22.5 (12) 21.5-23.6	1.4 (12) .9-2.0	61.0	5.4 (12) 3.6-14.5	3.7 (12) 3.1-4.3	104 (1)	416 (1)				.08 (1)	.09 (1)	4.0 (1)		2 (1)	
298.	Cowpea, yardlong; asparagus bean (Vigna unguiculata subsp. sesquipedalis; Dolichos sesquipedalis), whole seeds.....	Haricot-kilomètre																		

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	3. GRAIN LEGUMES AND LEGUME PRODUCTS -- continued																			
	Curry bean. See Lima bean.																			
	Dolichos bean. See Hyacinth bean.																			
	Earthpea. See Bambara-groundnut.																			
	Egyptian kidney bean. See Hyacinth bean.																			
	Egyptian pea. See Chickpea.																			
	Falseyam, seed. See Nuts and Seeds.																			
	Fenugreek; abish; helba (Trigonella foenum-graecum):	Fénugrec																		
299.	Whole-grain.....		369	7.8 (13) 4.5-10.3	28.2 (12) 22.7-29.6	5.9 (6) 5.3-7.0	54.5	6.0 (6) 6.2-10.0	3.6 (6) 2.6-4.7	220 (3) 180-260	358 (2) 335-380	24.2 (2) 22.5-26.0		55 (1)	.32 (3) .21-.38	.30 (3) .28-.33	1.5 (3) 1.4-1.6	274 (1)		
300.	Flour.....		375	9.9 (1)	25.5 (1)	8.4 (1)	53.1	7.1 (1)	3.1 (1)	213 (1)	270 (1)	32.4? (1)		0 (1)	.06? (1)	.05? (1)	1.5 (1)			
	Field bean. See Hyacinth bean.																			
	Gemsbok bean; gemsbuck bean; camel's foot. (Bauhinia esculenta):	Bauhinia																		
301.	Seeds, baked, dried....		554	1.1 ? (1)	29.2 (1)	42.4 ? (1)	24.1	20.3 (1)	3.2 (1)	194 (1)	474 (1)	6.5 (1)			.08 (1)	.97 (1)	1.9 (1)			
302.	Seeds, dried.....														.47 (2) .45-.50	.15 (1)	1.8 (1)			

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	3. GRAIN LEGUMES AND LEGUME PRODUCTS -- continued																			
	Girigiri. See Yambean (Sphenostylis stenocarpa).																			
303.	Goabean, Indies; asparagus pea; winged bean (Psophocarpus tetragonolobus), seeds, dried.	Pois carré; pois ailé	379	14.9 (1)	29.7 (1)	15.1 (1)	36.8	9.4 (1)	3.5 (1)											
	Golden gram. See Mung bean.																			
	Grass-peavine; lathyrus pea; grasspea (Lathyrus sativus):	Gesse chiche																		
304.	Whole seeds.....		348	8.4 (1)	27.4 (1)	1.1 (1)	59.8	7.3 (1)	3.3 (1)	127 (1)	410 (1)	10.0 (1)								
305.	Taamiah made from grass-peavine.....		405	29.5 (1)	9.5 (1)	32.6 (1)	24.3	.8 (1)	4.1 (1)	74 (1)	162 (1)	4.8 (1)								
306.	Ground-bean; potato-bean; harms seeds; geocarpa (Kerstingella geocarpa), seeds, dried.....	Lentilie de terre	348	9.7 (9) 9.3-12.5	19.4 (9) 19.0-20.4	1.1 (9) .9-2.3	66.6	5.5 (9) 4.6-5.6	3.2 (9) 2.8-3.3	103 (9) 85-227	392 (9) 385-425	15.0 (7) --			.76 (8) .67-.77	.19 (7) --	2.3 (7) --		0 (7) --	
	Groundnut. See Peanut.																			
	Haricot bean. See Kidney bean.																			
	Harms seeds. See Ground-bean.																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
			Composition in Terms of 100 Grams Edible Portion																	
	3. GRAIN LEGUMES AND LEGUME PRODUCTS -- continued																			
	Helba. See Fenugreek.																			
	Hindu cowpea. See Cowpea, catjang																			
	Horse-eye bean. See Velvetbean.																			
307.	Horse grain; horse gram; twinflower dolichos; Madras gram (Dolichos uniflorus; D. biflorus), seeds, dried.....	Dolichos	333	9.7 (1)	22.5 (1)	1.0 (1)	60.5	4.7 (1)	6.3 (1)											
	Horse gram. See Horse grain.																			
	Hyacinth bean; lablab bean; bonavist bean; dolichos bean; Indian butterbean; Egyptian kidney bean; field bean (Lablab niger; Dolichos lablab):	Lablab																		
308.	Whole seeds, dried.....		340	10.9 (25) 7.0-14.6	22.8 (25) 20.6-26.3	1.0 (24) .5-2.4	62.1	8.6 (24) 5.9-13.1	3.2 (24) 2.6-4.3	90 (14) 56-259	328 (13) 285-558	9.0 (1)			.54 (14) .15-.58	.14 (10) .10-.14	2.3 (11) 2.2-5.0		tr. (8) 0-2	
309.	Tasmiah, made from hyacinth bean.....		311	42.0 (1)	8.4 (1)	22.3 (1)	23.3	.5 (1)	4.0 (1)	52 (1)	155 (1)	4.4 (1)								
	Indian butterbean. See Hyacinth bean.																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	3. GRAIN LEGUMES AND LEGUME PRODUCTS -- continued																			
310.	Jackbean, common (Canavalia ensiformis), whole seeds, dried.....	Pois-sabre	347	10.7	24.5	2.6	59.0	7.4	3.2	158	298	7.0			.77	.15	1.8			
				(11)	(11)	(11)		(10)	(10)	(5)	(4)	(2)			(6)	(2)	(2)			
				4.3-14.9	20.1-27.3	.6-4.0		3.7-11.6	2.5-4.0	119-280	197-513	6.5-7.6			.55-.97	.11-.20	1.1-2.5			
	Jehebnut. See Yebbnut.																			
	Jugc bean. See Bambara-groundnut.																			
	Kaffir bean. See Cowpea, catjang.																			
	Kaffir pea. See Bambara-groundnut.																			
	Kidney bean; French bean; haricot bean; navy bean; pinto bean (Phaseolus vulgaris):	Haricot commun; haricot-pain																		
	Whole seeds:																			
311.	Dried.....		336	12.3	21.7	1.5	60.9	4.4	3.6	120	323	8.2		10	.37	.16	2.4		1	
				(40)	(40)	(40)		(40)	(40)	(17)	(17)	(10)		(7)	(180)	(54)	(52)		(7)	
				5.5-17.5	17.9-28.8	.2-2.3		.3-11.1	3.1-4.7	78-320	60-520	5.2-9.6		--	.10-.75	.11-.36	1.5-4.2		tr.-6	
312.	Cooked, fat added....		141	68.0	5.9	5.7	17.9	1.1	2.5	46	120	1.9								
				(1)	(1)	(1)		(1)	(1)	(1)	(1)	(1)								
313.	Meal.....		323	13.8	24.6 ?	.5	57.4	5.5 ?	3.7	84	282 ?	9.0		15	.41	.24	2.5		5	
				(4)	(4)	(4)		(4)	(4)	(4)	(4)	(4)		(4)	(5)	(4)	(4)		(4)	
				--	--	--		--	--	--	--	--		--	.36-.60	--	--		--	
314.	Germ.....		313	14.8	44.5	1.6	35.6	2.5	3.5											
				(1)	(1)	(1)		(1)	(1)											

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	3. GRAIN LEGUMES AND LEGUME PRODUCTS -- continued																			
	Lablab bean. See Hyacinth bean.																			
	Lathyrus pea. See Grass-peavine.																			
	Lentil; red dhal; split pea (Lens culinaris; L. esculenta; Ervum lens), seeds, dried:	Lentille																		
315.	Whole.....		345	9.9 (15) 5.9-13.0	24.9 (15) 22.7-27.9	1.2 (15) .5-3.0	61.1	3.9 (14) 2.0-6.6	2.9 (14) 2.1-4.7	64 (8) 35-118	298 (7) 252-370	7.0 (1)		60 (3) 0-150	.41 (7) .27-.65	.19 (3) .14-.26	2.2 (5) 1.8-2.8		tr. (1)	
316.	Decorticated.....		344	9.9 (3) 8.5-10.9	25.8 (3) 23.9-27.1	1.8 (3) .7-3.7	58.8	.9 (3) .5-1.2	3.7 (2) 2.0-5.4	24 (1)	271 (1)	10.6 (2) 10.0-11.2			.47 (1)	.21 (1)	1.5 (1)			
317.	Lima bean; butter bean; curry bean; Rangoon bean; Madagascar bean; sieva bean; Burma bean (Phaseolus lunatus; P. limensis), whole seeds, dried.....	Haricot de Lima; pois du Cap	335	12.7 (12) 9.7-16.3	21.4 (12) 19.0-24.0	1.4 (12) .5-3.7	61.1	4.3 (9) 2.1-6.2	3.4 (12) 2.4-3.8	116 (5) 64-236	387 (4) 332-497	4.9 (1)			.33 (11) .25-.47	.16 (4) .12-.27	2.1 (4) 1.9-2.8		1 (1)	
	Lotus, Egyptian. See Nuts and Seeds.																			
318.	Lupine, white; lupine, field; wolf bean (Lupinus termis; L. albus), seeds, dried.....	Lupin blanc																		

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
	3. GRAIN LEGUMES AND LEGUME PRODUCTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	Madagascar bean. See Lima bean.																			
	Madras gram. See Horse gram.																			
	Mauritius bean. See Velvet bean, Bengal.																			
319.	Mesquite, African (Prosopsis africana), seeds, dried..	Prosopsis	347	4.27 (1)	15.4 (1)	1.6 (1)	75.5	7.3 (1)	3.3 (1)	421 (1)	316 (1)									
320.	Moth bean (Phaseolus aconitifolius), seeds, dried.....	Haricot-papillon																		
	Mucuna bean. See Velvet bean, unspecified.																			
	Mung bean; green gram; golden gram; lubia; chiroko (Vigna radiata; Phaseolus aureus), seeds, dried:	Ambérique; haricot à grain vert																		
321	Whole.....		341	9.8 (12) 7.8-11.7	23.5 (12) 21.8-25.2	.9 (12) .8-1.0	61.8	4.2 (12) 3.3-5.0	4.0 (12) 3.4-5.7	102 (3) 96-108	438 (3) 383-500			125 (1)	.52 (6) .41-.65	.20 (6) .13-.32	2.4 (5) 2.0-2.8			
322.	Split.....		335	11.4 (1)	22.4 (1)	.7 (1)	61.8	4.5 (1)	3.7 (1)	100 (1)	471 (1)			115 (1)	.68 (1)	.30 (1)	2.8 (1)			
323.	Treated with cotton seed oil.....		339	12.2 (1)	22.8 (1)	2.0 (1)	59.7	2.6 (1)	3.3 (1)	57 (1)	450 (1)			45 (1)	.59 (1)	.18 (1)	2.2 (1)			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	3. GRAIN LEGUMES AND LEGUME PRODUCTS -- continued																			
324.	Mungo bean; black gram; urd (Vigna mungo; Phaseolus mungo), seeds, dried	Haricot mungo	334	10.0 (11) 6.0-13.3	24.0 (11) 22.6-26.5	1.1 (11) .6-2.6	59.4	4.9 (11) 4.1-5.9	5.5 (11) 3.1-10.6	110 (4) 85-140	382 (4) 214-500	8.9 (1)		45 (1)	.48 (1)	.21 (1)	2.3 (1)		tr. (1)	
	Owalaoiltree; atta bean; Congo acacia (Pentaclethra macrophylla), seeds:	Arbre à semelles																		
325.	Dried, shelled		558	6.2 (2) 4.2-8.2	22.6 (2) 22.0-23.2	46.3 (2) 39.6-53.0	22.6	2.5 (2) 2.0-3.0	2.3 (2) 1.7-2.9	190 (2) 190-191	172 (1)	16.0 (1)			.07 (1)	.32 (1)	.9 (1)			
326.	Fermented		362	46.8 (1)	11.7 (1)	36.1 (1)	4.8	2.0 (1)	.6 (1)	110 (1)		3.3 (1)			.07 (1)	.30 (1)	.3 (1)			
	Peanut; groundnut; monkey-nut; goober-pea (Arachis hypogaea):	Arachide; cacahuète; cacahouète; pistache de terre																		
	Whole, shelled:																			
327.	Dried		549	6.5 (60) 3.1-8.6	23.2 (60) 19.2-37.7	44.8 (62) 31.4-52.3	23.0	2.9 (56) 1.3-5.8	2.5 (59) 2.0-3.1	49 (29) 28-89	409 (29) 207-660	3.8 (17) .9-7.0		15 (13) 0-20	.79 (34) .13-1.20	.14 (27) .07-.34	15.5 (24) 7.0-24.9		1 (14) 0-2	
328.	Roasted		595	1.8 (3) --	23.2 (3) --	50.9 (3) --	21.7	3.2 (3) --	2.4 (3) --	42 (3) --	354 (3) --				.45 (3) --	.11 (3) --	15.3 (3) --		0 (3) --	
329.	Boiled		235	44.6 (1)	16.8 (1)	8.3? (1)	26.3	6.1 (1)	4.0 (1)	45 (1)	260 (1)	5.1 (1)			.44 (1)	.16 (1)	1.4? (1)			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	3. GRAIN LEGUMES AND LEGUME PRODUCTS -- continued																			
	Peanut -- continued:																			
330.	Flour, defatted.....		387	5.0 (4) 2.4-8.0	42.5 (4) 40.0-43.2	9.9 (4) 7.8-11.5	38.4	3.1 (4) 3.1-3.2	4.2 (4) 4.0-4.4	60 (2) 60-61	1,410? (1)	9.0? (1)			.54 (2) .10-.98	.20 (2) .17-.22	39.7 (2) 28.4-33.0	500 (1)		
331.	Peanut butter.....		555	7.2 (2) 3.7-10.6	25.0 (2) 24.5-25.5	47.2 (2) 46.3-48.1	18.0	1.5 (1)	2.6 (2) 2.6-2.7	61 (2) 42-80	425 (2) 300-550	6.0 (2) 5.0-7.0			.39 (3) .28-.51					
332.	Press-cake.....		386	8.4 (11) 5.2-11.2	36.4 (11) 32.1-43.0	12.2 (11) 5.6-17.0	38.7	5.1 (11) 3.1-5.3	4.3 (11) 3.6-4.8	80 (11) 69-83	568 (10) 540-580	18.3? (11) 9.6-24.0			1.32 (11) .12-1.60	.18 (6) .18-.20	24.9 (11) 22.0-32.1		0 (9) --	
333.	Fritters, fried ball.....		426	12.4 (1)	10.5 (1)	20.3 (1)	54.1	1.9 (1)	2.7 (1)	34 (1)	245 (1)	2.3 (1)								
	Peas, garden and field (Pisum spp.):	Pois des champs																		
334.	Whole seeds, dried.....		339	11.0 (15) 5.8-13.7	22.3 (15) 18.1-24.5	1.1 (15) .7-1.9	62.0	5.7 (15) 3.7-7.2	3.6 (15) 2.4-11.6	90 (6) 54-101	382 (6) 294-480	17.9 (4) 6.9-31.5		15? (2) --	.88 (3) .86-.90	.17 (3) .11-.21	3.0 (3) 2.9-3.0	127 (1)	tr. (1)	
335.	Flour.....		343	10.9 (8) 9.2-15.4	22.8 (8) 21.1-26.5	1.2 (8) .8-1.9	62.3	4.2 (8) 1.5-6.8	2.8 (8) 2.5-3.2	72 (8) 36-100	338 (7) 240-410	11.3 (7) 6.9-17.5		475? (7) 0-955	.86 (22) .15-1.38	.18 (24) .04-.31	2.8 (19) 2.1-4.1			
	Phaseolus, sp. (Phaseolus sp.), Adenguarre, beans grown in Ethiopia:	Phaseolus; adenguarre (Ethiopie)																		
336.	White, whole, dried...		334	10.8 (1)	23.4 (1)	1.1 (1)	59.9	4.5 (1)	4.8 (1)	125 (1)	570 (1)	6.2 (1)		0 (1)	.78 (1)	.10 (1)	2.0 (1)			
337.	Black, whole, dried....		337	10.3 (1)	23.9 (1)	1.0 (1)	60.3	4.2 (1)	4.5 (1)	113 (1)	540 (1)	17.0 (1)		0 (1)	.02 (1)	.12 (1)	1.5 (1)			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	3. GRAIN LEGUMES AND LEGUME PRODUCTS -- continued																			
338.	Phaseolus, sp. (Phaseolus helvolus), whole seeds, dried.....	Phaseolus	336	12.2 (2) 11.6-12.7	20.4 (2) 17.1-23.7	1.1 (2) .7-1.6	63.0	5.5 (2) 5.1-5.9	3.3 (2) --											
339.	Phaseolus, sp. (Phaseolus trilobus), whole seeds, dried.....	Phaseolus	323	11.2 (1)	24.5 (1)	.6 (1)	57.2	7.7 (1)	6.5 (1)											
	Pigeonpea; red gram; Angola pea; catjang pea; Congo pea; yellow dhal (Cajanus cajan; C. indicus):	Pois d'Angole; ambrevade																		
340.	Whole seeds, dried....		345	9.9 (18) 5.3-14.2	19.5 (18) 17.0-22.5	1.3 (17) 1.0-3.0	65.5	7.3 (16) 2.1-9.2	3.8 (17) 3.3-5.0	161 (8) 150-194	285 (8) 238-372	15.0 ? (4) --		55 (4) --	.72 (11) .46-.87	.14 (7) .12-.15	2.9 (8) 1.9-3.6		tr. (6) 0-2	
341.	Flour.....																			
	Potato bean. See Groundbean.																			
	Rangoon bean. See Lima bean.																			
	Red dhal. See Lentil.																			
	Red gram. See pigeonpea.																			
342.	Rice bean (Vigna calcarata), seeds, dried.....	Haricot-grain de riz	327	13.3 (2) 12.8-13.8	20.9 (2) 19.1-22.7	.9 (2) .6-1.2	60.7	4.8 (2) 4.0-5.5	4.2 (2) 4.1-4.3	200 (2) 142-257	390 (2) 301-480	10.9 (1)			.49 (2) .39-.59	.21 (1)	2.4 (1)			

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	3. GRAIN LEGUMES AND LEGUME PRODUCTS -- continued																			
343.	Scarlet runner bean (Phaseolus coccineus; P. multiflorus), seeds, dried.....	Haricot d'Espagne; haricot moucheté	338	12.5 (4) 10.0-16.6	20.3 (4) 19.1-22.6	1.8 (4) 1.3-2.4	62.0	4.8 (3) 3.4-5.8	3.4 (4) 3.2-3.6	114 (4) 106-124	354 (4) 286-395	9.0 (2) 8.2-9.8			.50 (3) .09-1.19	.19 (3) .09-.25	2.3 (3) 1.1-4.0		2 (1)	
344.	Senna, sp. (Cassia sp.), seeds, dried.....	Casse	346	10.3 (3) 7.6-11.8	18.0 (3) 15.9-20.5	1.3 (3) .5-2.8	66.9	6.5 (3) 2.4-11.5	3.5 (3) 3.3-3.7	205 (3) 102-346	184 (3) 56-428				1.04? (1)					
345.	Sesbania, sp. (Sesbania spp.), seeds, dried.....	Sesbania sp.	357	9.2 (2) 8.5-9.8	32.0 (2) 30.0-33.9	4.5 (2) 4.4-4.6	51.2	11.4 (2) 10.3-12.6	3.1 (2) 2.7-3.5	272 (2) 207-338	303 (2) 457-550									
346.	Soybean (Glycine max; G. hispida; G. soja): Whole mature seeds, dried.....	Soja	405	9.5 (27) 5.5-11.9	33.7 (27) 28.3-39.1	17.9 (27) 14.6-21.4	33.9	4.7 (27) 3.0-7.8	5.0 (27) 4.2-5.6	183 (17) 89-429	541 (17) 280-791	6.1 (3) 4.9-7.0		55 (4) --	.71 (23) .52-.87	.25 (12) .14-.33	2.0 (10) 1.6-2.5			
347.	Meal or ground whole dried seeds.....		398	9.1 (3) 7.9-10.9	33.7 (3) 29.3-37.8	15.7 (3) 13.7-19.2	36.9	5.5? (3) 4.8-6.7	4.6 (2) --	249? (1)	430 (1)	6.0 (1)			.55 (7) .17-.89					
348.	Flour, medium fat.....																			
349.	Flour, low fat.....																			
350.	Flour, defatted.....																			
	Immature seeds. See Vegetables.																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	3. GRAIN LEGUMES AND LEGUME PRODUCTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
351.	Sword-jackbean; swordbean (Canavalia gladiata), seeds, dried.....	Haricot-sabre rouge	318	14.9 (1)	27.1 (1)	.6 (1)	53.8	11.6 (1)	3.6 (1)											
352.	Tepary bean; Texas bean (Phaseolus acutifolius), seeds, dried.....	Haricot tepary	353	8.6 (5) --	19.3 (5) 19.2-19.3	1.2 (5) --	67.8	4.8 (5) 4.7-4.8	3.1 (5) 3.0-3.3	112 (4) --	310 (4) --				.33 (9) .29-.35	.12 (6) .10-.12	2.8 (5) 2.7-2.8		0 (4) --	
	Turnip-bean. See Yambean (Pachyrrhizus erosus).																			
	Urd. See Mungo bean.																			
353.	Velvetbean, Bengal; Mauritius bean (Mucuna aterrima; Stizolobium aterrimum), seeds, dried.....	Pois mascate																		
354.	Velvetbean, cowage (Mucuna pruriens; Stizolobium pruritum), seeds, dried.....	Pois à gratter	344	10.9 (1)	29.5 (1)	3.2 (1)	52.9	7.8 (1)	3.5 (1)						.51 (3) .50-.54	.24 (1)	1.7 (2) 1.6-1.8			

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	3. GRAIN LEGUMES AND LEGUME PRODUCTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
355.	Velvetbean, deering; velvetbean, Florida; climbingpea (Mucuna deeringiana; Stizolobium deeringianum), seeds, dried	Mucuna	352	11.4 (4) 8.6-14.5	21.2 (4) 20.1-22.7	4.4 (4) 2.7-7.4	59.5	4.6 (4) 3.5-6.2	3.5 (4) 3.2-3.8	132 (1)	320 (1)				.12 (1)	.10 (1)	3.0 (1)		2 (1)	
356.	Velvetbean; horse-eye bean (Mucuna urens; Stizolobium urens), seeds, dried	Oeil de bourrique																		
357.	Velvetbean, unspecified; mucuna bean (Mucuna spp.; Stizolobium spp.), seeds, dried	Mucuna, non specifié	360	10.6 (2) 10.2-11.0	24.9 (2) 22.9-26.9	5.6 (2) 5.1-6.1	55.6	4.4 (2) 3.1-5.7	3.3 (2) 3.1-3.5											
358.	Vetch, common (Vicia sativa), whole seeds, split	Vesce	343	11.1 (1)	27.6 (1)	1.7 (1)		2.0 (1)	2.4 (1)	137 (1)	240 (1)	9.3 (1)		0 (1)	.15 (1)	.10 (1)	2.7 (1)			
	Windsor bean. See Broadbean.																			
	Wolf bean. See Lupin, white.																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	3. GRAIN LEGUMES AND LEGUME PRODUCTS -- continued																			
359.	Yambean; girigiri (Sphenostylis stenocarpa), seeds, dried.....	Haricot-igname	350	9.4 (2) 9.2-9.5	19.2 (2) 18.5-19.9	1.1 (1)	67.4	5.2 (1)	2.9 (1)	55 (1)	398 (1)				.69 (1)					
360.	Yambean; turnip-bean (Pachyrrhizus erosus), seeds, dried.....	Haricot-manioc																		
361.	Yebbmut; jehebmut (Cordeauxia edulis), seeds, skinned.....	Jeheb	398	11.1 (1)	10.8 (1)	12.0 (1)	63.9	1.4 (1)	2.2 (1)	32 (1)	185 (1)	6.4 (1)								
	Yellow dahl. See Pigeonpea.																			
	4. NUTS AND SEEDS:																			
	Abata-kola. See Colanut.																			
	Abyssinian banana; false banana; Ethiopian banana (Ensete edule), seed, dried:	Ensete																		
362.	Whole.....		352	12.4 (1)	13.3 (1)	1.4 (1)	72.2	.5 (1)	.7 (1)											
363.	Without seed coat.....		353	12.4 (1)	9.2 (1)	1.0 (1)	76.9	.2 (1)	.5 (1)											

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	4. NUTS AND SEEDS -- continued																			
364.	African breadfruit (Treculia africana), seed, dried: Whole.....	Faux arbre à pain	377	9.2 (1)	12.6 (1)	5.6 (1)	70.4	1.6 (1)	2.2 (1)	127 (1)	317 (1)									
365.	Flour.....																			
366.	African fan palm; palmyra palm (Borassus flabellifer), immature kernel...	Rônier; palmier à sucre	71	82.3 (1)	.9 (1)	.1 (1)	16.4	1.4 (1)	.3 (1)	30 (1)	32 (1)									
	African locust bean seed. See Grain Legumes.																			
367.	African mammee-apple; African apricot (Mammea africana), nut, dried....	Abricot d'Afrique	415	5.8 (1)	2.0 (1)	9.0 (1)	81.8	3.1 (1)	1.4 (1)	339 (1)	169 (1)									
	African-mango seed. See Dika nut.																			
	African oak seed. See Meni-oil seed.																			
	African woodoilnut. See Mankettinut, musodo.																			
	Aisen (Boscia senegalensis), seed:	Boscia																		
368.	Dried.....		341	11.4 (4)	21.2 (4)	1.6 (4)	62.4	1.7 (4)	3.4 (4)	123 (4)	323 (4)	6.8 (2)		165 (6)	.02 (4)	.05 (3)	8.8 (3)		5 (3)	
				11.2-12.1	20.5-23.2	--		1.5-1.8	2.9-3.6	96-132	295-332	3.6-10.0		160-170	tr.-.03	--	--		--	
369.	Cooked.....		92	76.0 (1)	5.4 (1)	.2 (1)	17.5	1.5 (1)	.9 (1)	33 (1)	168 (1)	2.8 (1)		25 (1)	.01 (1)					

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	4. NUTS AND SEEDS -- continued																			
370.	Almond (Prunus amygdalus), dried, unblanched.....	Amande	605	4.8 (1)	16.8 (1)	54.9 (1)	21.5		2.0 (1)											70 (9) --
371.	Amaranth (Amaranthus spp.), seed, dried.....	Epinard du Soudan	356	12.7 (2) 12.3-13.1	14.0 (2) 13.3-14.8	6.0 (2) 5.2-6.9	63.1	9.4 (2) 6.7-12.2	4.2 (2) 3.8-4.7	490 (2) 480-500	455 (2) 410-500									
372.	Antrocaryon, sp. (Antrocaryon micraster), kernel, dried.....	Antrocaryon sp.	683	3.7 (1)	10.8 (1)	70.0 (1)	14.6	2.5 (1)	.9 (1)	67 (1)	558 (1)									
373.	Awusa-nut (Tetracarpidium conophorum), seed, dried.....	Conophor	419	8.1 (1)	28.7 (1)	18.3 (1)	40.9	2.8 (1)	4.0 (1)											
374.	Baobab; monkey-bread (Adansonia digitata; A. sphaerocarpa), seed, dried.....	Baobab	452	7.8 (9) 7.0-11.3	30.0 (9) 26.2-32.8	29.6 (9) 20.9-41.5	24.7	3.2 (8) 1.3-4.1	7.9 (9) 3.8-8.9	263 (8) 238-369	1,494 (7) 1,367-1,539	13.9 (9) 12.0-15.5		tr. (4) --	1.38 (6) 1.30-1.80	.13 (5) --	1.4 (5) --			
	Beniseed. See Sesame.																			
375.	Betel-nut palm (Areca catechu), nut.....	Noix d'arec																		
	Betu-c-' seed. See Desert-date, kernel.																			
	Bitterkola. See Colanut.																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	4. NUTS AND SEEDS -- continued																			
	Bitterwood, sp. (Trichilia spp.):	Trichilia																		
376.	Seed, dried.....		518	6.0 (1)	10.4 (1)	36.3 (1)	43.9	18.8 (1)	3.4 (1)	272 (1)	294 (1)	1.3 (1)			.05 (1)	.47 (1)			13 (1)	
377.	Press-cake.....		335	12.3 (1)	17.0 (1)	3.6 (1)	60.5	14.1 (1)	6.6 (1)	586 (1)	433 (1)	6.1? (1)			.17 (1)	1.12 (1)			25 (1)	
378.	Aril, dried.....		514	10.3 (1)	5.8 (1)	38.9 (1)	41.3	13.1 (1)	3.7 (1)	259 (1)	121 (1)	1.8 (1)			.21 (1)	1.23 (1)			40 (1)	
	Black sesame. See Bushmint seed.																			
379.	Bombax; red flowered silk-cotton-tree; kapokier (Bombax buonopozense; B. angulicarpum), seed, dried..	Kapokier à fleurs rouges	465	6.0 (1)	19.3 (1)	27.5 (1)	41.3	12.2 (1)	5.9 (1)	348 (1)	676 (1)									
380.	Brazil-nut (Bertholletia excelsa), dried.....	Noix de Brésil; Noix d'Amérique	648	5.3 (1)	14.5 (1)	66.8 (1)	9.2		3.9 (1)											
381.	Breadnut; white man's groundnut (Artocarpus altilis var. seminifera), seed, dried.....	Faux arbre à pain; Rimier	391	4.2 (1)	11.3 (1)	4.9 (1)	76.3	2.8 (1)	3.3 (1)	110 (1)	350 (1)									
382.	Bushmint; black-sesame (Hyptis spicigera), seed, dried.....	Hyptis	479	4.4 (1)	17.0 (1)	29.1 (1)	43.4	17.2 (1)	6.1 (1)	214 (1)	638 (1)									

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	4. NUTS AND SEEDS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
383.	Cabbage, chinese (Brassica sinensis), seed, dried...	Chou de Chine	416	7.5 (1)	22.2 (1)	18.3 (1)	45.6	15.9 (1)	6.4 (1)						.54 (1)	.40 (1)	6.5 (1)			
384.	Calabash; bottlegourd (Lagenaria siceraria; L. vulgaris), seed, dried.	Gourde; Calebasse	574	3.2 (2) 2.5-4.0	28.2 (2) 26.0-30.4	49.8 (2) 47.0-52.5	14.6	2.0 (2) 1.6-2.4	4.2 (2) 4.0-4.4	75 (2) 70-80	1,100 (1)	5.3 (1)		tr. (1)	.40 (1)	.26 (1)	4.6 (1)		tr. (1)	
	Cashew, common (Anacardium occidentale), nuts:	Noix d'acajou; Noix de cajou																		
385.	Dried.....		542	7.6 (7) 5.4-12.6	17.4 (7) 13.9-18.6	43.4 (6) 41.9-47.0	29.2	1.4 (7) .5-1.8	2.4 (6) 2.1-2.5	76 (6) 61-142	578 (6) 416-706	18.0? (4) --			.65 (5) .64-.71	.25 (4) --	1.6 (4) --		7 (4) --	
386.	Roasted.....		550	5.8 (6) 5.1-9.4	18.6 (6) 16.4-19.1	43.7 (6) 43.7-43.8	29.4	2.4 (6) 2.2-2.5	2.5 (6) 2.2-2.6	53 (6) --	535 (6) 448-552	10.3 (6) 6.6-11.0		tr. (6) tr.-15	.53 (6) .50-.66	.30 (5) --	1.7 (6) 1.6-2.0		0 (5) --	
	Cayor-apple. See Parinarium, gingerbread-plum.																			
	Ceiba, kapok (Ceiba pentandra), seeds:	Fromager																		
387.	Dried.....		494	6.8 (1)	30.9 (1)	36.5 (1)	20.1	1.5 (1)	5.7 (1)	214 (1)	1,183? (1)									
388.	Fermented.....																			

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	4. NUTS AND SEEDS continued																			
389.	Ceiba, silk cotton (Ceiba guineensis; C. thonningii), seed, dried	Fromager	581	12.2 (2) 10.2-14.1	6.6 (2) 4.8-8.3	54.8 (2) 50.6-59.1	24.5	6.5 (1) --	1.9 (2) 1.7-2.1											
390.	Chestnut (Castanea sativa)	Châtaigne	388	42.6 (11) 40.8-47.8	3.6 (11) 3.0-4.9	39.0 (11) 36.0-39.9	13.8	6.6 (11) 4.4-12.6	1.0 (11) 1.0-1.2	21 (11) 8-28	103 (11) 82-154	2.5 (11) 2.0-2.5		25 (3) --	.03 (3) --	.03 (3) --	.6 (3) --		2 (3) --	35 (8) 34-35
391.	Coconut (Cocos nucifera): Dried kernel	Noix de coco	200	68.0 (1)	2.0 (1)	17.4 (1)	11.7	3.7 (1)	.9 (1)											
392.	Mature kernel		450	22.8 (1)	4.2 (1)	33.3 (1)	38.5	7.2 (1)	1.2 (1)	136 (1)	140 (1)	3.6 (1)		385 (1)	.52 (1)	1.14 (1)				
393.	Immature kernel		148	62.9 (7) 44.6-82.1	2.2 (6) 1.2-3.0	.4 (5) tr.-1.5	33.7	1.4 (4) .9-2.1	.8 (6) .3-1.3	58 (4) 30-83	86 (1)	2.0 (6) .3-5.7		25 (3) 0-40	.03 (4) .01-.05	.03 (4) .02-.04	.6 (4) .5-.8		54 (5) 12-149	
	Milk and water, See Beverages.		351	11.5 (1)	5.8 (1)	1.5 (1)	78.3		2.9 (1)	108 (1)	176 (2) 171-180	6.0 (1)			.06 (1)					
394.	Cocoplum, sp. (Chrysobalanus orbicularis), nut	Mafuli; voratch																		
	Colanut, Sudan; kolanut; bitterkola; abata-kola (Cola acuminata and C. nitida): nut:	Cola de Guinée; noix de cola																		
395.	Raw																			
396.	Dried																			

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																		
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	4. NUTS AND SEEDS -- continued																			
397.	Colocynth (Citrullus colocynthos), seed, dried....	Colcquinte	556	6.7 (3) 5.7-8.5	23.6 (3) 17.6-27.6	47.2 (2) 46.1-48.2	19.5	1.5 (2) 1.3-1.7	3.0 (2) 2.4-3.6	46 (1)	580 (1)				.11 (1)					
	Congo acacia. See Grain Legumes.																			
398.	Cordia, sebastanplum (Cordia myxa), nut, dried.....	Sebestan	503	5.6 (1)	34.8 (1)	37.0 (1)	17.9	2.0 (1)	4.7 (1)											
	Cottonseed (Gossypium spp.):	Graine de coton																		
399.	Seed, dried.....		437	8.0 (14) 4.1-13.0	20.2 (14) 16.8-27.7	21.2 (14) 16.6-36.2	46.6	18.5 (13) 6.5-21.1	4.0 (14) 1.8-5.9	158 (2) 120-195	824 (1)									
400.	Cake.....		369	8.0 (15) 5.1-10.9	27.4 (15) 19.8-36.0	7.9 (15) 5.0-13.8	51.1	17.5 (15) 8.3-28.2	5.6 (15) 6.8-4.5											
	Cucumeropsis, sp.; yergan; dark egusi (Cucumeropsis mannii; C. edulis), seeds:	Cucumeropsis																		
401.	Shelled.....		545	8.3 (1)	26.2 (1)	47.3 (1)	14.2	1.4 (1)	4.0 (1)	86 (1)										
402.	Unshelled.....		523	5.8 (1)	15.9 (1)	37.9 (1)	37.1	15.8 (1)	3.3 (1)	141 (1)	678 (1)									

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	4. NUTS AND SEEDS -- continued																			
403.	Date, Senegal (Phoenix reclinata), seed, without seed coat	Datte naine; datte sauvage	227	42.6 (1)	1.8 (1)	.2 (1)	53.8	2.9 (1)	1.6 (1)	32 (1)	56 (1)	4.7 (1)			0 (1)					
	Datiro. See Watermelon seed.																			
404.	Dawo (Tetrapleura tetraptera), seed	Tetrapleura																		
	Desert-date; Egyptian myrobalan; soapberry; betu-oil seed (Balanites aegyptiaca):	Datte du désert; hèglik																		
405.	Kernel, dried		547	5.0 (6) 3.0-10.5	23.0 (6) 22.6-23.4	43.5 (6) 33.8-46.5	25.3	5.4 (4) 1.5-7.1	3.2 (7) 2.7-3.7	172 (7) 100-371	508 (6) 437-525	7.0 (5) --		0 (2) --	1.60 ? (3) --	.07 (3) --	1.3 (3) --		0 (2) --	
406.	Kernel meal (oil extracted)																			
	Dika nut; duiker nut; African mango seed; wild-mango nut (Irvingia gabonensis):	Odika; Mangue du Gabon																		
407.	Kernel		670	5.1 (3) 4.3-6.0	7.5 (3) 7.1-8.1	68.9 (3) 66.6-73.0	16.6	2.2 (3) 1.2-3.7	1.9 (3) 1.6-2.1	126 (3) 61-197	202 (2) 160-245	3.4 (1)			.16 (2) .11-.22	.08 (1)	.7 (1)			
408.	Gaboon chocolate or Dika bread	Pain d'Odika; Pêké																		

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	4. NUTS AND SEEDS -- continued																			
409.	Doumpalm, Egyptian (Hyphaene thebaica), nut, dried.....	Doum; palmier doum	395	6.0 (2) 5.7-6.2	3.9 (3) 2.4-5.0	6.4 (2) 4.9-8.0	80.6	9.4 (3) 6.5-11.0	3.1 (3) 1.9-5.4	144 (2) 121-168	226 (2) 170-281									
	Dulker nut. See Dika nut.																			
	Earth-almond. See Tiger-nut.																			
	Earth nut. See Peanut under Grain Legumes.																			
	Egusi seed. See Watermelon seed.																			
	Egyptian myrobalan seed. See Desert-date.																			
	Ellig. See Cereals and Grain Products.																			
	Ethiopian banana seed. See Abyssinian banana.																			
	False-banana seed. See Abyssinian banana.																			
410.	False-sesame; false-beniseed; karkashi (Ceratotheca sesamoides), seed, dried...	Ceratotheca	550	7.0 (2) 5.3-8.9	14.2 (2) 12.6-15.9	46.5 (2) 37.7-55.3	27.5	17.3 (1)	4.8 (2) 4.6-5.0	887 (2) 874-900		38.07 (1)			.75 (1)	.30 (1)	4.4 (1)			
	False shea seed. See Meni-oil tree.																			

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	4. NUTS AND SEEDS -- continued																			
	Falseyam (Icacina senegalensis):	Icacina																		
411.	Seed, dried.....																			
412.	Meal.....																			
	Filbert. See Hazelnut.																			
	Flaxseed, common; telba; linseed (Linum usitatissimum):	Lin																		
413.	Seed, dried.....		498	6.3 (8)	18.0 (8)	34.0 (8)	37.2	8.8 (7)	4.5 (7)	271 (5)	462 (3)	43.8? (4)		0 (3)	.17 (3)	.16 (4)	1.4 (1)			
				4.4-7.3	15.1-23.0	30.2-38.5		4.5-18.4	2.7-8.7	233-309	276-610	17.1-63.3		--	.04-.34	.08-.34				
414.	Cake, made in Ethiopia..		524	4.1 (1)	18.6 (1)	37.0 (1)	36.9		3.4 (1)	280 (1)		42.0? (1)		75 (1)	.09 (1)	.13 (1)	2.3 (1)		tr. (1)	
415.	Press-cake.....		361	9.8 (2)	19.4 (2)	4.0 (2)	64.0	9.4 (2)	2.8 (2)	306 (2)	528 (2)	58.8? (2)		0 (2)	.04 (2)	.08 (2)	2.0 (2)			
				7.8-11.8	16.2-22.5	3.3-4.8		8.9-9.8	1.8-3.7	200-418	480-575	36.3-81.2		--	tr.-.09	.81-.85	1.9-2.1			
416.	Gabonnut-tree; African walnut; kumen (Coula edulis), kernel, dried...	Noyer du Gabon	463	8.3 (1)	7.2 (1)	23.6 (1)	59.0	2.2 (1)	1.9 (1)	165 (1)	247 (1)									
	Gaboon chocolate. See Dika nut.																			
	Goober pea. See Peanut under Grain Legumes.																			
	Groundnut. See Peanut under Grain Legumes.																			
	Harms seed. See Ground bean under Grain Legumes.																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	4. NUTS AND SEEDS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
417.	Hazel; filbert (Corylus avellana), nut, dried...	Noisette; Aveline	588	5.2 (1)	19.9 (1)	51.5 (1)	21.7	5.6 (1)	1.7 (1)											58 (13) 58-64
418.	Heisteria, sp. (Heisteria parvifolia), kernel, dried.....	Heisteria	651	7.4 (1)	9.4 (1)	66.7 (1)	14.8	1.8 (1)	1.7 (1)	111 (1)	268 (1)									
	Hibiscus, kenaf; kando (Hibiscus cannabinus), seed:	Chanvre de Guinée; Dāh																		
419.	Dried.....		427	8.1 (1)	20.2 (1)	19.6 (1)	47.5	15.1 (1)	4.6 (1)	294 (1)	606 (1)									
420.	Fermented.....	Datou	415	10.5 (1)	21.4 (1)	20.3 (1)	41.9	21.9 (1)	5.9 (1)	320 (1)	640 (1)				.17 (1)					
421.	Holly oak (Quercus ilex), acorn.....	Chêne vert																		
	Indian-almond. See Tropical-almond.																			
	Italian stone pine, nut. See Pine nut.																			
422.	Jakfruit; jackfruit (Artocarpus heterophylle), seed.....	Jaquier fruit																		
	Kando, seed. See Hibiscus, kenaf.																			
	Karkashi. See False-sesame.																			
	Kenaf, seed. See Hibiscus, kenaf.																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	4. NUTS AND SEEDS continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	Kolanut. See Colanut.																			
	Kumen, kernel. See Gabonnut-tree.																			
423.	Lettuce (Lactuca sativa):	Laitue																		
	Seed, dried.....																			
424.	Meal.....																			
	Linseed. See Flaxseed.																			
	Locust bean. See African locust bean under Grain Legumes.																			
	Loofah gourd seed. See Vegetable sponge seed.																			
425.	Lophira, sp. (Lophira lanceolata), seed, dried.	Mana	547	8.0 (1)	13.8 (1)	44.1 (1)	32.0	1.2 (1)	2.1 (1)	101 (1)	156 (1)									
	Lotus, Egyptian, white; water-lily (Nymphaea lotus):	Nénuphar; Lotus d'Egypte																		
	Seed:																			
	Raw. See Vegetables.																			
426.	Whole, dried.....		379	6.5 (1)	8.4 (1)	2.2 (1)	61.5	6.1 (1)	1.4 (1)			13.5? (1)								
427.	Meal.....																			
	Lulu kernel. See Shea-butterseed.																			
428.	Macadamia, Queensland-nut (Macadamia ternifolia), nut, dried..	Macadamia																		

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	4. NUTS AND SEEDS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
429.	Mankettinut, musodo; African woodoilnut (Ricinodendron heudelotii; R. africanum), seed, dried.....	Essam	530	5.5 (4) 4.4-6.9	21.2 (4) 17.1-23.7	43.1 (4) 41.0-45.0	23.4	1.7 (3) 1.4-2.2	6.8 (3) 6.6-7.0	611 (3) 132-1,080	926 (3) 113-1,340	.4 (1)		0 (1)	.01 (2) tr.-.02	tr. (1)	tr. (2) --		0 (1)	
430.	Manketti (Ricinodendron rautanenii), press-cake..	Manketti	320	12.0 (1)	56.5 (1)	7.0 (1)	16.1	7.6 (1)	8.4 (1)											
431.	Marvolanut, spp. (Sclerocarya spp.), kernel, dried.....	Sclerocarya	604	3.9 (3) 3.7-4.0	24.6 (3) 24.9-25.6	57.5 (3) 56.2-59.2	9.2	2.7 (3) 1.2-4.5	4.8 (3) 4.1-6.1	143 (3) 106-163	1,248 (3) 836-1,907	.4 (1)			.04 (1)	.12 (1)	.7 (1)			
432.	Maytenus, sp. (Maytenus senegalensis), seed, dried.....	Maytenus, sp.																		
433.	Meni-oil tree; African oak; false shea (Lophira alata), seeds, dried.....	Mené																		
	Mesquite, African. See Grain Legumes.																			
434.	Mkani seeds; Msambo (Allanblackia stuhlmannii), seed, dried.....	Allanblackia																		
	Monkeynut. See Peanut under Grain Legumes.																			

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	4. NUTS AND SEEDS -- continued																			
	Mountain-plum, kernel. See Spiny-plum, kernel.																			
435.	Mustard, Indian (Brassica juncea), seed, dried.....	Moutarde à feuilles de chou																		
436.	Myrianthus, spp. (Myrianthus spp.), kernel, dried.....	Myrianthus	471	13.5 (3) 12.3-14.2	23.6 (3) 22.4-25.9	33.4 (3) 27.3-39.5	27.0	3.5 (3) 3.4-3.5	2.5 (3) 1.7-2.9	132 (3) 97-171	371 (3) 334-394	6.6 (3) 5.3-8.6								
437.	Narasplant (Acanthosicyos horrida), seed, dried....	Naras																		
	Nigerseed, Ethiopian; nugunt (Guizotia abyssinica):	Niger; noug																		
438.	Oilseed, whole.....		483	6.2 (4) 4.1-7.8	17.3 (4) 17.0-17.7	33.9 (4) 31.9-36.2	34.2	13.5 (3) 13.4-13.6	8.4 (3) 5.9-9.6	470 (2) 400-540	800 (2) 690-910			0 (3) --	.43 (4) 0-.94	.55 (4) .25-.86	3.0 (4) .5-6.4		0 (1)	
439.	Cake.....		491	5.3 (1)	16.7 (1)	32.9 (1)	38.7		6.4 (1)	530 (1)				0 (1)	.66? (1)	.84? (1)	6.6? (1)		0 (1)	
440.	Press-cake.....		352	8.8 (2) 7.9-9.7	22.4 (2) 21.7-23.2	5.9 (2) 4.9-6.9	55.4	26.8 (2) 24.6-28.9	7.5 (2) 7.0-8.0	402 (2) 123-681	1,516 (2) 680-2,353			0 (2) --	0 (2) --	.53 (2) .44-.62	4.1 (2) 3.9-4.3			
	Njugu Nyassa. See Peanut under Grain Legumes.																			
441.	Oilvine, Zanzibar (Telfairia pedata), seed....	Liane de Joliff																		

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	4. NUTS AND SEEDS -- continued																			
	Owalaoiltree. See Grain Legumes.																			
442.	Oysternuttree, common; telfairia-nut (Telfairia occidentalis), seed, whole.....	Telfairia	543	6.2 (1)	20.5 (1)	45.0 (1)	23.5	2.2 (1)	4.8 (1)	84 (1)	572 (1)									
443.	"Pachira", "Guiana-chestnut" (Pochota glabra), nut, meal.....	"Pachira"	362	10.7 (1)	6.6 (1)	1.9 (1)	79.5	1.9 (1)	1.3 (1)											
444.	Padauk, Angola (Pterocarpus angolensis), seed...	Mukula																		
445.	Palm, African oil (Elaeis guineensis), kernel, shelled.....	Palmier à huile	587	11.5 (1)	6.6 (1)	55.3 (1)	24.9	3.0 (1)	1.7 (1)	78 (1)										
	Oil from kernel. See Oils.																			
	Panda (Panda oleosa), seed:	Panda																		
446.	Semi-dried.....		498	26.8 (1)	15.3 (1)	51.5 (1)	3.3		3.1 (1)	85 (1)	174 (1)									
447.	Dried.....		553	4.8 (1)	23.4 (1)	45.2 (1)	22.9	6.0 (1)	3.7 (1)	371 (1)	523 (1)									
448.	Papo-canarytree (Canarium schweinfurthii), nut....	Arbre à encens	546	6.0 (1)	18.3 (1)	45.8 (1)	24.4	3.4 (1)	5.5 (1)	160 (1)	1,260 (1)									

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																		
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
	4. NUTS AND SEEDS -- continued		Calories	Percent	Gram.	Gr?	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
449.	Parinarium, gingerbread-plum; Cayor-apple (Parinari macrophylla), kernel, dried.....	Pomme du Cayor	652	3.0 (7) 2.6-4.1	15.4 (7) 14.9-16.7	64.5 (7) 64.2-66.0	14.4	5.0 (7) 1.5-6.3	2.7 (7) 2.6-2.7	92 (8) 82-130	497 (8) 300-533	6.3 (6) 5.6-6.4		210 (5) --	.57 (7) .53-.68	.07 (5) --	.5 (5) --		4 (5) --	
	Peanut. See Grain Legumes.																			
450.	Pecan (Carya illinoinensis), nut.....	Pacanier																		
451.	Pine, Italian stone (Pinus pinea), seed.....	Pigne																		
452.	Pistache, common (Pistacia sp.), nut, dried.	Pistache	598	4.2 (1)	18.9 (1)	54.0 (1)	19.7		3.2 (1)											
	Poppy seed (Papaver spp.):	Graine de pavot																		
453.	Seed, whole.....																			
454.	Cake.....																			
	Pumpkin seed. See Squash seed.																			
455.	Raffiapalm, Ivory-coast (Raphia hookeri), kernel.....	Palmier rafia	326	10.6 (1)	7.8 (1)	1.0 (1)	71.4	8.1 (1)	9.2 (1)	1,519 (1)	277 (1)									
456.	Rape, bird (Brassica campestris), seed.....	Navette																		
	Red sorrel, seed. See Sorrel.																			
457.	Rocketsalad (Eruca sativa), seed.....	Roquette																		

Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
		Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
NUTS AND SEEDS -- Continued																			
Rosemallow, seed. See Sorrel.																			
Rush-nut. See Tiger-nut under Starchy Roots, Tubers and Fruits.																			
Safflower (Carthamus tinctorius), seed, dried:	Carthame																		
Whole		482	4.8 (4) 1 9-6.7	12.6 (4) 9.6-17.2	27.8 (4) 25.8-29.5	50.5	25.1 (3) 21.4-31.3	4.3 (3) 2.9-6.3	126 (2) 52-200	310 (1)	9.7 (1)		0 (2) --	.59 (2) .56-.62	.14 (2) .10-.17	.5 (3) .3-.7		0 (1)	
Crushed		487	6.3 (1)	13.5 (1)	28.7 (1)	49.1	27.6 (1)	2.4 (1)	145 (1)	460 (1)	6.9 (1)		0 (1)	.01 (1)	.08 (1)	1.1 (1)			
Press-cake		367	5.6 (1)	21.4 (1)	1.0 (1)	69.8	44.3 (1)	2.2 (1)	189 (1)	310 (1)	14.0 (1)		0 (1)	.15 (1)	.09 (1)	.8 (1)			
Samanta (Bussea occidentalis), seed	Bussea																		
Seaside-plum kernel. See Spiny-plum.																			
Senna, spp. See Grain Legumes.																			
Sesame, oriental; beniseed; simsim (Sesamum indicum; S. orientale):	Sésame																		
Seed, whole, dried		558	5.2 (23) 1.7-9.5	17.9 (23) 11.8-27.4	48.4 (23) 26.2-57.9	22.3	4.5 (17) 2.6-11.0	6.2 (21) 3.8-15.4	816 (10) 200-1,262	600 (4) 452-850	8.1 (5) 4.9-9.7		30 (1)	.68 (5) .56-.80	.19 (4) .10-.26	3.4 (4) .7-4.5		tr. (1)	
Meal, oil extracted																			
Press-cake, decorticated																			

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	4. NUTS AND SEEDS -- continued																			
465.	Sesame, sp. (Sesamum alatum), seed, dried....	Sésame	544	7.9 (1)	10.8 (1)	18.1 (1)	55.2	30.5 (1)	8.0 (1)	432 (1)	221 (1)									
466.	Shea-butterseed; shea-nut; lulu kernel (Butyrospermum parkii): Seed kernel, dried.....	Karité; arbre à beurre	579	6.9 (2) 6.5-7.3	6.8 (2) --	49.0 (2) 48.0-50.0	35.6	5.2 (2) 3.9-6.5	1.7 (2) 1.4-2.0	100 (1)	40 (1)	3.0 (1)			.52 (1)					28 (3) 20-30
467.	Press-cake.....		424	6.9 (1)	9.0 (1)	16.3 (1)	63.0	6.2 (1)	4.8 (1)											
	Silk-cotton seed. See Ceiba seed.																			
	Simsim. See Sesame, oriental.																			
	Soapberry seed. See Desert-date.																			
468.	Sopel (Klainedoxa gabonensis), nut, dried..	Klainedoxa	612	7.8 (1)	8.4 (1)	59.8 (1)	20.3	1.7 (1)	3.7 (1)	313 (1)	424 (1)									
469.	Sorleh; candle-tree (Pentadesma butyracea), seed, dried.....	Pentadesma	539	5.6 (1)	2.3 (1)	37.6 (1)	53.1	6.7 (1)	1.4 (1)	190 (1)	160 (1)									
470.	Sorrel, red; roselle; rose-mallow (Hibiscus sabdariffa): Seed, dried.....	Oseille de Guinée	411	8.2 (3) 7.3-9.8	19.6 (3) 17.3-22.0	16.0 (3) 11.0-19.4	51.3	11.0 (1)	4.9 (3) 4.6-5.3	356 (3) 235-428	462 (1)	4.2 (1)			.11 (1)	.14 (1)	1.4 (1)		tr. (1)	

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	4. NUTS AND SEEDS -- continued																			
471.	Sorrel, red -- continued: Seed-cake, fermented...		429	6.2 (1)	19.4 (1)	22.2 (1)	43.3		8.9 (1)	1,800? (1)		21.0? (1)			.05 (1)	.25 (1)	1.8 (1)		tr (1)	
472.	Spicy-cedar; slugwood (Beilschmiedia mannii; Tylostemon mannii), seed, dried.....	"Laurier"	333	14.6 (1)	5.9 (1)	.5 (1)	75.8	1.6 (1)	3.2 (1)	220 (1)	100 (1)									
473.	Spiny-plum; seaside-plum; mountain-plum; wild-lime; wildolive (Ximenia americana), seed kernel.	Prune du bord de mer; citron de mer																		
	Squash; pumpkin (Cucurbita spp.), seed, whole, dried:	Courge																		
474.	With shell.....		511	6.5 (4) 4.1-9.3	28.0 (4) 15.0-35.6	37.6 (4) 34.5-41.0	24.4	15.6 (3) 12.7-19.0	3.5 (4) 2.4-4.5	67 (4) 20-121	698 (3) 612-800	12.2 (1)								
475.	Without shell.....		555	5.5 (4) 4.2-7.0	23.4 (4) 18.1-31.6	46.2 (4) 41.5-53.7	21.5	2.2 (2) 1.9-2.6	3.4 (4) 2.8-3.9	57 (3) 37-93	900 (1)	2.8 (2) 2.2-3.3			.15 (1)		1.4 (1)		2* (1)	
476.	Sunflower, common (Helianthus annuus), seed, dried.....	Tournesol	486	5.5 (3) 5.2-5.8	13.0 (3) 12.2-14.1	27.7 (3) 24.9-31.5	51.3	25.9 (3) 25.2-26.5	2.5 (3) 2.3-2.7											

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	4. NUTS AND SEEDS -- continued																			
477.	Tallow-tree (Allanblackia floribunda), seed, dried..	Allanblackia	648	6.0 (1)	3.6 (1)	64.4 (1)	23.8	3.1 (1)	2.2 (1)	122 (1)	169 (1)									
	Telba. See Flaxseed.																			
	Telfairia-nut. See Oysternut.																			
	Tiger-nut. See Starchy Roots.																			
478.	Tropical-almond; Indian-almond (Terminalia catappa), kernel, dried..	Badame	596	6.0 (1)	19.1 (1)	56.0 (1)	14.9	1.8 (1)	4.0 (1)	394 (1)	864 (1)									
479.	Vegetable sponge; Loofah gourd (Luffa cylindrica; L. aegyptiaca), seed, dried.....	Eponge végétale; liane-torchon																		
480.	Walnut, Persian or English (Juglans regia).....	Noix	657	2.5 (1)	15.6 (1)	64.4 (1)	15.8		1.7 (1)											
	Waterlily seed. See Lotus, Egyptian.																			
	Watermelon seed; egusi; datiro (Citrullus lanatus), whole, dried:	Pastèque																		
481.	With shell		518	7.3 (3) 3.0-12.0	18.4 (3) 18.1-28.6	38.7 (3) 31.1-43.2	32.0	22.4 (3) 18.4-27.8	3.6 (3) 3.5-3.6	120 (1)	770 (1)									
482.	Without shell.....		567	5.7 (4) 2.7-8.1	25.8 (4) 23.4-29.0	49.7 (4) 43.0-54.1	15.1	4.0 (4) 2.4-7.6	3.7 (4) 2.6-5.7	53 (1)		7.4 (1)			.10 (1)	.12 (1)	1.4 (1)			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	4. NUTS AND SEEDS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	Watermelon seed -- continued:																			
483.	Roasted.....		581	3.6 (3) --	27.1 (3) --	50.3 (3) --	16.3	2.3 (3) --	2.7 (3) --	44 (3) --	696 (3) --	13.0 (3) --			.50 (3) --		1.9 (3) --			
484.	Seed-cake, fermented...		349	41.1 (1)	19.4 (1)	30.6 (1)	6.3	1.6 (1)	2.6 (1)	67 (1)		9.8 (1)			.06 (1)	.21 (1)	.4 (1)			
485.	Whitemangrove (Avicennia nitida; A. africana), seed, dried.....	Palétuvier	354	9.8 (1)	5.6 (1)	.5 (1)	81.3	4.0 (1)	2.8 (1)	207 (1)	117 (1)									
	Wildlime kernel. See Spiny-plum kernel.																			
	Wild-mangonut. See Dika nut.																			
	Wildolive kernel. See Spiny-plum kernel.																			
	Yambean seed. See Grain Legumes.																			
	Yebbnut. See Grain Legumes.																			
	Yergan seed. See Cucumeropsis.																			

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	5. VEGETABLES AND VEGETABLE PRODUCTS		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
486.	Abyssinian banana; false banana; Ethiopian banana (Ensete edule), young leaves, raw.....	Ensete																		
487.	Achyranthes, sp. (Achyranthes aspera), leaves, raw.....	Achyranthes	42	83.9 (1)	4.3 (1)	.5 (1)	7.8	2.0 (1)	3.5 (1)	310 (1)	80 (1)									
	Adenia, sp. (Adenia gummifera), young leaves:	Adenia																		
488.	Raw.....																			
489.	Cooked.....		59	81.0 (1)	3.6 (1)	1.1 (1)	11.5	1.9 (1)	2.8 (1)	186 (1)	48 (1)	4.2 (1)								
490.	Aerva, sp. (Aerva lanata), leaves, raw.....	Aerva	48	83.1 (1)	3.9 (1)	.6 (1)	9.4	2.1 (1)	3.0 (1)	493 (1)	86 (1)									
491.	Afraegle, sp.; kokodi (Afraegle paniculata), leaves, raw.....	Afraegle	74	76.5	6.4	.7	14.7	3.5	1.7	470	54									
	African cucumber. See Balsampear.																			
	African fan palm; palmyra palm (Borassus flabellifer):	Rônier, Palmier à sucre																		
492.	Leaves.....																			
493.	Young shoots; germinating radicles.....		103	69.5 (4) 55.8-79.4	2.7 (4) 1.7-3.7	.2 (4) .1-.3	26.6	2.2 (3) .5-5.5	1.0 (4) .4-1.9	18 (4) 3-24	140 (2) 52-229				.05 (1)	.18 (1)	.9 (1)		8 (2) 5-10	

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
494.	African locust bean (Parkia spp.): Pods, raw..... Meal. See Grain Legumes.	Néré; Arbre à farine; arbre à fauve																		
495.	African mahogany bean; Rhodesian mahogany (Afzelia africana), leaves.....	Afzelia																		
496.	Aisen, sp. (Boscia salicifolia), leaves, raw.....	Aisen, sp.	62	82.0 (1)	3.1 (1)	1.6 (1)	11.4	3.7 (1)	1.9 (1)	200 (1)	13 (1)	3.2 (1)								
497.	Akee (Blighia sapida): Aril.....	Ris de veau; finsan	136	69.2 (4)	5.0 (4)	20.0 (4)	4.6	1.6 (4)	1.2 (4)	40 (3)	16 (1)	2.7 (1)		555 (1)	.13 (1)	.14 (1)	1.4 (1)		26 (2)	
				60.3-85.1	1.8-8.3	10.9-30.5		.8-4.0	.4-1.5	22-56									2-50	
498.	Raphe.....		64	79.8 (1)	5.4 (1)	1.2 (1)	11.5	3.1 (1)	2.1 (1)	20 (1)		3.5 (1)			.15 (1)	.09 (1)	1.7 (1)			
499.	Albizia, spp. (Albizia spp.), leaves, raw.....	Albizia	62	80.0 (1)	7.0 (1)	.2 (1)	12.2	3.2 (1)	.6 (1)	420 (1)	62 (1)									
500.	Alfalfa; lucerne (Medicago sativa), tender leaves...	Luzerne																		
501.	Alternanthera, sp. (Alternanthera maritima), leaves, raw.....	Alternanthera	55	78.5 (1)	5.0 (1)	.9 (1)	10.0	2.2 (1)	5.6 (1)	142 (1)	35 (1)									

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
502.	Alternanthera, sp. (Alternanthera sessilis), leaves, raw.....	Alternanthera	60	80.2	4.7	.8	11.8	2.1	2.5	146	45									
				(1)	(1)	(1)		(1)	(1)	(1)	(1)									
	Amaranth; Chinese spinach; spiny pigweed (Amaranthus spp.), leaves:	Amaranthe																		
503.	Raw.....		42	84.0	4.6	.2	8.3	1.8	2.9	410	103	8.9		5,716	.05	.42	1.2		64	24
				(39)	(39)	(36)		(35)	(37)	(35)	(35)	(17)		(17)	(11)	(11)	(10)		(17)	(3)
				78.4-91.3	3.2-6.0	tr.-.6		.4-6.4	2.3-4.0	69-833	54-230	.6-10.2		--	.05-.06	.36-.44	--		52-200	16-28
504.	Cooked.....		43	84.5	4.0	.9	7.1	1.3	3.5	506	62	1.7								
				(1)	(1)	(1)		(1)	(1)	(1)	(1)	(1)								
505.	Aneilema, sp. (Aneilema pedunculosum), raw....	Aneilema	24	91.3	2.1	.4	4.3	1.3	1.9	153	53									
				(1)	(1)	(1)		(1)	(1)	(1)	(1)									
506.	Artichoke, globe or French (Cynara scolymus), hearts, raw.....	Artichaut	42	85.9	3.4	.2	9.0	.8	1.5	64	79	.2								
				(2)	(2)	(2)		(2)	(1)	(2)	(2)	(1)								
				85.6-86.2	2.7-4.2	.1-.2		.7-.9		40-89	57-101									
	Arum lilly. See Taro.																			
507.	Asparagus, garden (Asparagus officinalis), raw....	Asperge	18	93.4	2.0	.2	3.1	2.4	1.3	19	47	.2								
				(4)	(4)	(4)		(4)	(4)	(4)	(4)	(4)								
				--	--	--		--	--	--	--	--								
	Asparagus bean. See Bean, yardlong.																			

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
508.	Asystasia, sp. (Asystasia gangetica), leaves, raw.	Asystasia																		
509.	Atil (Maerua crassifolia)...	Maerua; atil (Maur.)																		
510.	Awusa; conophor (Tetracarpidium conophorum), young shoots, leaves....	Conophor																		
511.	Balsamapple; canilla (Momordica balsamina), fruit.....	Momordica																		
	Balsampear, African cucumber (Momordica charantia):	Momordica																		
512.	Fruit, raw.....		25	92.4 (2) 91.4-93.4	1.2 (2) 1.1-1.2	.2 (2) --	5.8	1.0 (2) .1-1.8	.4 (2) .2-.7	13 (2) 9-17	32 (2) 30-34	.2 (2) .1-.4			.02 (1)	.07 (1)			277 ? (1)	
513.	Leaves raw.....		60	80.1 (1)	5.1 (1)	.4 (1)	12.3	.5 (1)	2.1 (1)	264 (1)	666 (1)	7.1 (1)			.05 (1)	.47 (1)			247 ? (1)	
514.	Balsam-spurge (Euphorbia balsamifera), young shoots.....	Euphorbe du Cayor																		
515.	Bambara-groundnut; Congo goober; earth-pea; kaffir pea; groundbean; jugo bean (Voandzeia subterranea), seeds, raw.....	Haricot-pistache; voandzou; pois de terre; pois souterrain	152	57.3 (3) 55.5-58.5	7.8 (3) 5.8-10.2	3.1 (3) 2.9-3.4	30.0	3.0 (1)	1.8 (3) 1.5-2.2	14 (1)	258 (2) 146-370	1.2 (2) 1.0-1.4								46 (1)

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchase
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
516.	Bamboo shoots (Bambusa spp.)	Pousses de bambou																		
	Bananas, all kinds. See Starchy Fruits.																			
	Baobab; monkey-bread (Adansonia digitata):	Baobab																		
517.	Leaves, raw		69	77.0 (9) 76.2-81.1	3.8 (9) 2.3-5.4	.3 (9) tr.-.9	16.1	2.8 (6) 2.4-3.0	2.8 (9) 2.4-5.2	402 (9) 180-572	65 (7) 55-80								52 (7) 38-106	
518.	Leaves, dried		282	11.8 (35) 8.9-17.8	12.3 (35) 7.7-13.1	3.1 (34) 1.8-5.3	63.2	9.7 (29) 9.1-11.3	9.6 (35) 7.5-14.1	2,241 (35) 1,160-3,003	275 (33) 190-400	24.0 (29) 3.0-27.0		9,710 (10) --	.13 (4) --	.82 (4) --	4.4 (4) --		tr. (4) --	
519.	Flowers																			
520.	Barleria, sp. (Barleria opaca), leaves, raw	Barleria	55	81.0 (1)	3.6 (1)	.5 (1)	11.7	2.7 (1)	3.2 (1)	874 (1)	38 (1)									
521.	Basil, sweet (Ocimum basilicum), leaves, raw	Basilic	75	77.1 (3) 76.9-77.2	5.5 (3) 5.4-5.6	1.4 (3) 1.3-1.5	13.9		2.1 (3) 2.0-2.1	487 (3) 485-490		5.2 (3) 5.0-5.4							37 (3) 37-38	
522.	Basil, sp. (Ocimum sp.) leaves, raw (Cameroon)	Basilic	38	88.4 (1)	3.8 (1)	1.4 (1)	4.7		1.7 (1)	630 ? (1)									52 (1)	
	Bauhinia, spp. (Bauhinia reticulata; Piliostigma reticulatum):	Bauhinia																		
523.	Leaves, raw		64	78.3 (1)	4.8 (1)	.1 (1)	14.4	6.8 (1)	2.4 (1)	435 (1)	80 (1)								68 (1)	

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
	Bauhinia, spp. -- continued:																			
524.	Pods.....																			
525.	Beans, all species (Phaseolus spp.), leaves.....	Haricot																		
	Beans, broad (Vicia faba):	Fève																		
526.	Immature seeds.....		75	76.3	7.1	.4	15.3	3.2	.9	38	127				.10	.22			140	
				(2)	(2)	(2)		(1)	(2)	(1)	(1)				(1)	(1)			(1)	
				75.8-76.8	6.7-7.5	--			.8-1.0											
527.	Germinated seeds.....		111	64.5	10.9	.3	22.9	5.6	1.4											
				(2)	(2)	(2)		(2)	(2)											
				64.1-64.9	10.3-11.5	--		5.5-5.7	1.3-1.4											
	Beans, hyacinth (Lablab niger; Dolichos lablab):	Lablab																		
528.	Leaves.....																			
529.	Young pods.....																			
530.	Immature seeds.....																			
	Beans, kidney (Phaseolus vulgaris):	Haricot commun; haricot; haricot-pain																		
531.	Whole pods, immature, raw.....		36	88.7	2.5	.2	7.9	1.8	.7	43	48	1.4		750	.08	.12	.5		27	8
				(13)	(13)	(13)		(4)	(12)	(12)	(12)	(11)		(2)	(2)	(2)	(2)		(5)	(9)
				87.8-91.5	1.7-2.8	.1-.2		1.0-2.0	.5-.8	32-44	47-58	1.0-3.0		--	--	--	--		17-33	--
532.	Immature seeds, cooked		50	88.0	1.7	3.2	5.5	.9	1.6	42	36	.8								
				(1)	(1)	(1)		(1)	(1)	(1)	(1)	(1)								
533.	Leaves, raw.....		36	86.8	3.6	.4	6.6	2.8	2.6	274	75	9.2		3,240	.18	.06	1.3		110	
				(6)	(6)	(4)		(7)	(7)	(6)	(6)	(6)		(1)	(4)	(4)	(4)		(4)	
				84.4-88.3	3.5-4.1	--		2.3-5.6	1.6-2.9	270-282	72-77	8.4-10.5			--	--	--		--	
534.	Beans, lima; butter beans (Phaseolus lunatus), immature seeds.....	Haricot de Lima; pois du Cap																		

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
535.	Beans, native (Vigna triloba; V. phaseoloides; V. reticulata), pods....																			
536.	Beans, scarlet runner (Phaseolus coccineus), immature seeds.....	Haricot d'Espagne; Haricot moucheté																		
537.	Beans, snap or wax (Phaseolus vulgaris), raw.	Haricot	36	88.7 (13) 87.8-91.5	2.5 (13) 1.7-2.8	.2 (13) .1-.2	7.9	1.8 (4) 1.0-2.0	.7 (12) .5-.8	43 (12) 32-44	48 (12) 47-58	1.4 (11) 1.0-3.0		750 (2) --	.08 (2) --	.12 (2) --	.5 (2) --		27 (5) 17-33	8 (9) --
	Beans, yardlong. See Cowpeas, yardlong.																			
	Beets, common (Beta vulgaris):	Betterave																		
538.	Root.....		46	86.7 (14) 77.8-87.8	1.9 (13) 1.5-2.8	.1 (13) --	10.5	1.2 (13) .9-1.2	.8 (2) .6-1.2	24 (12) 24-26	43 (12) 41-80	.8 (11) --							3 (1)	36 (11) --
539.	Leaves, raw.....		21.	92.4 (2) 92.2-92.5	2.0 (2) 1.7-2.2	.2 (2) .1-.2	3.6	.4 (2) .3-.6	1.8 (2) 1.6-2.0	132 (2) 107-158	34 (2) 31-38	.7 (1)			0 (1)	.20 (1)				
	Beggarticks, railway; black jack; Spanish needles (Bidens pilosa), leaves:	Some																		
540.	Raw.....		43	85.1 (2) 83.5-86.7	3.8 (2) 2.2-5.3	.5 (1)	8.4	3.9 (2) 1.5-6.3	2.2 (2) 1.8-2.7	340 ? (1)	67 (1)			1,800 (1)						
541.	Cooked.....		33	88.6 (1)	2.8 (1)	.6 (1)	6.0	1.3 (1)	2.0 (1)	111 ? (1)	39 (1)	2.3 (1)								

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
542.	Beggarticks -- continued: Cooked, peanut butter added.....		87	80.3 (1)	4.3 (1)	6.0 (1)	7.4	1.1 (1)	2.0 (1)	93 (1)	74 (1)	3.3 (1)								
543.	Bélé-bélé (Maerua angolensis), leaves, raw.....	Maerua; Bélé-bélé	60	80.0 (1)	5.4 (1)	.6 (1)	11.7	1.7 (1)	2.3 (1)	420 ? (1)	84 (1)									
544.	Betel (Piper betle), leaves.	Betel																		
	Bitter-leaf; ironweed (Vernonia amygdalina), leaves:	Vernonia																		
545.	Raw.....		52	82.6 (4)	5.3 (4)	.4 (4)	10.0	1.5 (1)	1.7 (4)	145 (1)	67 (1)	5.0 (3)							51 (3)	
546.	Dried.....		194	81.9-84.1 27.4 (1)	5.2-5.3 32.5 (1)	-- 1.5 (1)	28.6		-- 10.0 (1)	105 (1)	536 (1)	-- 5.5 (1)							49-52 20 (1)	
547.	Bluecurls (Trichodesma ceylanicum).....	Trichodesma																		
	Bombax; red flowered silk cotton tree (Bombax buonopozense; B. angulicarpum):	Kapokier à fleurs rouges																		
548.	Leaves, raw.....		62	80.0 (1)	3.4 (1)	.6 (1)	14.5	3.5 (1)	1.5 (1)	276 (1)	32 (1)									
549.	Calyces, raw.....		64	82.0 (1)	1.2 (1)	.8 (1)	14.8	2.4 (1)	1.2 (1)	174 (1)	27 (1)									
550.	Calyces, dried.....		312	10.9 (1)	3.2 (1)	3.8 (1)	76.3		5.8 (1)	741 (1)										

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
	Brinjal. See Eggplant, garden.																			
551.	Broccoli (Brassica oleracea var. italica), raw.....	Chou-brocoli																		
552.	Brussels sprouts (Brassica oleracea var. gemmifera), raw.....	Chou de Bruxelles																		
	Buckthorn, sp. (Rhamnus prinoides), leaves, "Gesho ketêl"-Ethiopian product:	Rhamnus																		
553.	Dried.....		305	9.6	8.2	2.9	73.1	28.0	6.2	1,113	125	25.0 ?		6,900	0	.08	2.6			
				(2)	(2)	(2)		(2)	(2)	(2)	(2)	(2)		(2)	(2)	(2)	(2)			
				8.9-10.3	7.1-9.2	1.9-3.9		27.3-28.7	5.8-6.7	1,012-1,214	100-150	15.8-34.3		4,700-7,099	--	.06-.10	2.3-2.9			
554.	Dried, pounded.....		283	10.6	12.9	4.0	61.0	11.7	11.5	2,392	190	117.9 ?		11,800	0	.17	1.8			
				(1)	(1)	(1)		(1)	(1)	(1)	(1)	(1)		(1)	(1)	(1)	(1)			
	Bun-ochra (Urena lobata). See Cadillo.																			
555.	Burweed, spp. (Triumfetta spp.), leaves, raw.....	Herbe à panier	68	78.4	4.2	.4	15.2	3.4	1.8	392	76	29.2 ?								
				(2)	(2)	(2)		(2)	(2)	(2)	(2)	(2)								
				78.0-78.9	--	--		3.2-3.6	1.7-1.9	287-396	76-77	24.7-33.6								
	Butter beans. See Beans, Lima.																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
556.	Cabbage, celery (Brassica pekinensis), raw.....	Chou de Chine; Pé-tsaï	13	94.5 (2) --	1.3 (2) --	.2 (2) --	2.3	.9 (2) --	1.7 (2) --	35 (2) --	39 (2) --	.5 (2) --								
557.	Cabbage, Chinese (Brassica sinensis, raw.....	Chou de Chine; Pak-choï	25	90.9 (2) --	2.0 (2) 1.8-2.0	.3 (1)	5.0	1.4 (2) .5-2.4	1.8 (2) 1.6-1.9	58 (1)	12 (1)	0 (1)		2,280 (1)	0 (1)	.18 (1)				
558.	Cabbage, common (Brassica oleracea var. capitata), raw.....	Chou	26	91.4 (30) 89.3-93.6	1.7 (36) .9-2.3	.1 (36) .04-.6	6.0	1.2 (35) .4-3.8	.8 (6) .5-1.5	47 (34) 27-367	40 (29) 28-76	.7 (28) .5-3.0		100 (2) --	.04 (3) .03-.05	.04 (2) --	.3 (2) --		54 (6) 48-72	37 (30) 25-40
559.	Cadaba, sp. (Cadaba farinosa), leaves, raw..	Cadaba	85	70.0 (1)	9.2 (1)	1.3 (1)	14.6	1.9 (1)	4.9 (1)	738 (1)	36 (1)	3.8 (1)								
560.	Cadillo; bun-okra; aramina plant (Urena lobata): Leaves, raw.....	Urena	54	81.8 (1)	3.2 (1)	.1 (1)	12.8	1.8 (1)	2.1 (1)	558 ? (1)	67 (1)								62 (1)	
561.	Flowers.....																			
562.	Calabash gourd; bottle gourd; club gourd (Lagenaria siceraria; L. vulgaris): Fruit pulp, raw.....	Gourde; calebasse	21	93.9 (7) 93.1-94.0	.5 (7) .5-.7	.1 (7) --	5.2	.6 (7) .6-.9	.3 (6) --	44 (7) 11-50	34 (7) 20-37	2.4 (6) --		25 (6) --	.03 (6) --		.4 (6) --		10 (6) --	

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
	Calabash gourd -- continued:																			
563.	Leaves, raw.....		43	83.7 (2) 83.2-84.2	4.4 (2) 3.9-4.9	.3 (2) .1-.5	8.3	1.8 (2) 1.7-1.8	3.3 (2) 2.2-4.4	560 ? (2) 272-848	88 (2) 60-116	7.4 (1)								
564.	Capparis (Capparis corymbosa), leaves, raw.....	Capparis	84	72.0 (1)	8.4 (1)	1.2 (1)	15.0	4.1 (1)	3.4 (1)	926 ? (1)	30 (1)	5.7 (1)								
565.	Carrot (Daucus carota), root, raw.....	Carotte	40	88.6 (25) 85.5-91.9	.9 (24) .3-1.1	.1 (24) .1-.5	9.6	1.4 (21) .8-6.6	.8 (12) .5-1.0	35 (19) 27-37	38 (19) 26-54	.7 (17) .7-.9		5,480 (4) 5,040-5,920	.04 (5) .03-.05	.04 (5) .04-.05	.6 (4) .5-.7		8 (11) 6-10	26 (17) 8-42
	Cassava, bitter (Manihot esculenta; M. utilissima), leaves:	Manioc																		
566.	Raw.....		91	71.7 (40) 64.8-88.6	7.0 (37) 1.0-10.0	1.0 (35) .2-2.9	18.3	4.0 (25) .5-10.0	2.0 (34) .7-4.1	303 (31) 34-708	119 (32) 27-211	7.6 (25) .4-8.3		11,775 (15) 8,700-12,250	.25 (19) .06-.31	.60 (19) [illegible]	2.4 (18) 1.3-2.8		311 (23) 60-370	
567.	Dried.....		266	18.1 (1)	23.5 (1)	4.0 (1)	49.2		5.2 (1)	313 (1)	431 (1)	8.0 (1)							24 (1)	
568.	Cooked.....			88.3 (1)	8.2 (1)				2.4 (1)	142 (1)	352 (1)	3.0 (1)							248 (1)	
569.	Cat-tail (Typha spp.), raw.....	Massette; jonc de la Passion																		
	Cats' whiskers. See Spiderherb, African.																			

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	Cauliflower (Brassica oleracea var. botrytis):	Chou-fleur																		
570.	Raw.....		25	91.6	2.0	.1	5.4	1.2	.9	35	61	1.2		15	.06	.09	.5		96	44
				(14)	(14)	(14)		(14)	(5)	(13)	(13)	(12)		(2)	(3)	(3)	(2)		(6)	(10)
				90.2-91.9	1.5-2.2	.1-.2		.4-4.0	.8-1.0	19-87	54-72	.9-2.8		--	.03-.08	.08-.10	--		66-109	43-54
571.	Cooked, fat added.....		82	84.5	1.5	7.2	5.1	.6	1.7	18	53	.8								
				(2)	(2)	(2)		(2)	(2)	(2)	(2)	(2)								
				81.0-88.0	1.0-2.0	4.2-10.2		.6-.7	1.6-1.8	17-19	50-57	.8-.9								
572.	Ceiba, kapok; silk cotton (Ceiba pentandra), young leaves, dried....	Kapokier; faux cotonnier																		
573.	Ceiba, sp. (Ceiba thonningii), leaves, dried, pounded.....	Grand fromager épineux																		
574.	Ceiba, sp. (Ceiba guineensis), calyces of flowers, dried.....	Fromager inerme	273	17.8	4.0	.8	71.9	8.6	5.5	930										
				(1)	(1)	(1)		(1)	(1)	(1)										
575.	Celery, wild (Apium graveolens), unbleached, stems and leaves, raw...	Céleri	20	92.7	1.1	.1	4.5	1.0	1.6	87	50	.9			.03	.25			17	50
				(13)	(12)	(12)		(12)	(3)	(12)	(11)	(12)			(1)	(1)			(1)	(9)
				89.6-93.7	.9-2.5	.1-.4		.3-1.2	1.2-1.9	60-242	37-149	.4-2.8								--
576.	Chard, Swiss (Beta vulgaris var. cicla), leaves and stems, raw.....	Bette; poirée																		

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
	Chayote; cho-cho; vegetable-pear; mirliton; manga squash; christophine (Sechium edule):	Chayotte; chouchoute																		
577.	Fruit, raw.....		20	94.0 (1)	1.2 (1)	.2 (1)	4.4	1.2 (1)	.2 (1)	18 (1)	15 (1)	.9 (1)							10 (1)	
578.	Young leaves, raw.....			88.4 (1)	3.3 (1)			4.7 (1)	1.7 (1)					4,560 (1)						
579.	Chervil (Anthriscus cerefolium; Scandix cerefolium).....	Cerfeuil																		
580.	Chicory, common (Cichorium intybus), leaves, raw.....	Chicorée sauvage		89.0 (1)					1.4 (1)			2.2 (1)								
581.	Chive (Allium schoenoprasum).....	Ciboulette																		
	Cho-cho. See Chayote.																			
582.	Christ-thorn (Ziryphus spina-Christi), leaves...	Lotus du Coran																		
583.	Cirimbgirimbi; Chireberebe, leaves, cooked with water, salt and peanut butter added.....		69	83.5 (1)	3.0 (1)	5.0 (1)	5.5	.9 (1)	3.0 (1)	106 (1)	57 (1)	10.2 (1)								

m o.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
584.	Cleome, sp.; mupula (Cleome rutidosperma; C. ciliata), leaves, raw.	Cleome	57	81.0 (1)	5.5 (1)	.9 (1)	10.1	1.7 (1)	2.5 (1)	454 ? (1)	59 (1)	2.7 (1)								
585.	Cockscomb, feather; quail grass (Celosia argentea), leaves, raw.....	Célosie	44	83.8 (1)	4.7 (1)	.7 (1)	7.6	1.8 (1)	3.2 (1)	260 (1)	43 (1)	7.8 (1)								
586.	Cockscomb (Celosia trigyna and C. laxa), leaves, raw.....	Célosie	33	88.9 (2) 85.0-92.7	2.7 (2) 1.9-3.5	.4 (2) .3-.6	6.4	1.4 (2) .4-2.4	1.6 (2) 1.3-2.0	154 (2) 99-210	32 (2) 25-40	5.0 (1)		1,925 (1)		.10 (1)			10 (2) 2-18	
587.	Coconut-palm (Cocos nucifera), terminal bud.	Cocotier																		
	Cocoyam, leaves. See Taro, leaves.																			
588.	Coffee (Coffea arabica), leaves, dried.....	Café	306	6.4 (1)	9.3 (1)	5.5 (1)	66.6	17.5 (1)	12.2 (1)	1,910 ? (1)	170 (1)	96.6 (1)		2,360 (1)	0 (1)	.21 (1)	5.2 (1)			
589.	Colewort, sp.; Abyssinian kale (Cram' e abyssinica) leaves, raw.....	Chou d'Abyssinie	32	89.0 (1)	4.2 (1)	.6 (1)	4.6	1.6 (1)	1.6 (1)	176 (1)	70 (1)	2.9 (1)		85 (1)	tr. (1)	.09 (1)	.7 (1)			
590.	Collard; kale (Brassica oleracea var. acephala), leaves, raw.....	Chou frisé	43	84.6 (3) 82.7-88.4	3.5 (2) --	.8 (2) --	7.7	1.6 (2) --	3.4 (2) --	132 (2) --	77 (2) --	1.3 (2) --		900 (1)					110 (2) --	32 (2) --

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
591.	Combretum, panicled (Combretum paniculatum), leaves.....	Combretum																		
	Conophor. See Awusa.																			
592.	Conyza, sp. (Conyza aegyptiaca), leaves.....	Conyza																		
	Corn, maize. See Maize, immature ears.																			
	Cowpeas, catjang (Vigna unguiculata subs. catjang):	Niébé, catjang; loubia;																		
593.	Immature seeds.....	haricot-dolique	49	83.6 (4) 76.6-90.7	4.8 (4) 3.4-7.0	.4 .3-.7	9.5	2.1 (4) 1.5-3.4	1.7 (4) .8-3.2	151 (3) 78-209	68 (3) 61-76			150 (1)						22 (1)
594.	Leaves, raw.....		44	85.0 (24) 83.1-90.0	4.7 (24) 3.4-5.3	.3 (13) tr.-.7	8.3	2.0 (21) .04-2.8	1.7 (24) .9-2.5	253 (24) 54-295	63 (22) 27-200	5.7 (21) 1.8-8.1		7,970 (19) 7,551-8,220	.20 (8) .20-.22	.37 (8) .30-.38	2.1 (7) --		56 (22) 38-60	5 (1)
595.	Leaves, dried.....		277	10.6 (2) 9.5-11.8	22.6 (2) 16.1-29.2	3.2 (2) 3.0-3.3	54.6		9.0 (2) 8.4-9.5	1,556 (2) 1,342-1,769	348 (1)	12.0 (1)							86 (1)	
596.	Leaves, cooked with peanut butter.....		92	78.5 (1)	5.6 (1)	6.4 (1)	7.1	1.2 (1)	2.4 (1)	104 (1)	76 (1)	5.2 (1)								
597.	Cowpeas, common (Vigna unguiculata subs. unguiculata), immature seeds.....	Dolique; haricot indigène; haricot d'Espagne																		

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
	Cowpeas, yardlong; Chinese longbean (Vigna unguiculata subs. sesquipedalis):	Dolique-asperge; haricot-kilomètre																		
598.	Immature seed and pod																			
599.	Leaves.....																			
600.	Leaves, cooked with peanut butter.....																			
601.	Crassocephalum, sp. (Crassocephalum rubens; Gynura cernua), leaves, raw.....	Crassocephalum	64	79.9 (1)	3.2 (1)	.7 (1)	14.0	1.9 (1)	2.2 (1)	260 (1)	52 (1)									
602.	Crateva, sp. (Crateva adansonii; C. religiosa), leaves, raw.....	Crateva	70	76.0 (18) 75.4-82.5	5.9 (18) 4.9-6.0	.1 (18) .1-.3	15.4	3.7 (18) 2.4-4.1	2.6 (18) 1.8-2.8	405 (11) 341-418	155 (11) 45-175	8.4 (9) --		4,960 (9) --	.39 (9) --	.71 (9) --	1.4 (9) --		192 (10) 159-196	
603.	Cress, garden (Lepidium sativum), leaves, raw..	Cresson alénois																		
604.	Crotalaria, sp. (Crotalaria ochroleuca; C. intermedia), leaves, raw...	Crotalaria		74.5 (1)	8.8 (1)				1.6 (1)	222 (1)		.8 (1)								

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
605.	Cucumber (Cucumis sativus), whole, raw.....	Concombre; cornichon	15	95.1 (15) 90.4-96.4	.8 (14) .3-.9	.1 (14) .1-.3	3.4	.8 (13) tr.-1.6	.6 (6) .3-1.1	13 (14) 8-25	30 (14) 20-95	.5 (14) tr.-1.0		tr. (2) --	.02 (2) --	.01 (2) --	.3 (2) --		14 (3) 13-15	28 (9) --
606.	Cucumeropsis, sp.; egusi (Cucumeropsis mannii; C. edulis), fruit.....	Goussi																		
	Cucurbit; horned-cucumber (Cucumis metulliferus):	Concombre africain																		
607.	Fruit.....																			
608.	Leaves.....																			
	Dah; Deccan hemp; Bombay hemp, leaves. See Hibiscus, kenaf, leaves.																			
609.	Dandelion, common (Taraxacum officinale)..	Pissenlit																		
610.	Dayflower, sp. (Commelina benghalensis), leaves, raw.....	Commeline	43	86.2 (2) 81.0-91.3	2.3 (2) 2.0-2.6	.4 (2) --	9.5	2.4 (2) 1.3-3.4	1.6 (2) 1.5-1.8	210 (2) 150-270	52 (2) 50-53									
	Desert-date (Balanites aegyptiaca):	Dattier du désert																		
611.	Flower.....																			
612.	Young leaves.....																			
	Devil's thorn. See Puncturevine.																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
613.	Dill (Anethum graveolens), leaves and stems.....	Aneth																	57 (6) --	
	Disperma, sp. (Disperma trachyphyllum), leaves:	Disperma																		
614.	Raw.....																			
615.	Dried.....																			
616.	Dock, spinach-rhubarb (Rumex abyssinicus), raw.....	Oseille pahouine; Oseille sauvage; Oseille sango																		
	Doumpalm, Egyptian; gingerbread palm (Hyphaene thebaica):	Doum; Palmier doum																		
617.	Germinating shoot.....																			
618.	Young stems and leaves..																			
	Eggplant, garden; eggfruit; brinjal; aubergine (Solanum melongena)	Aubergine																		
	Fruit:																			
619.	Raw.....		32	90.5 (14) 65.3-93.0	1.0 (13) .7-1.6	.2 (13) .1-1.0	7.7	1.3 (13) tr.-2.2	.6 (8) .5-.7	14 (10) 11-25	26 (10) 7-48	1.3 (10) .5-3.0		34 (2) --	.05 (3) .02-.06	.05 (3) .04-.05	.5 (2) --		9 (4) 5-17	22 (8) 8-26

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
	Eggplant, garden--continued:																			
	Fruit:																			
620.	Dried.....		296	11.0	15.7	2.0	67.5		3.8											
				(1)	(1)	(1)			(1)											
621.	Cooked.....		73	85.0	1.0	6.0	5.6	.6	2.4	13	29	.4								
				(1)	(1)	(1)		(1)	(1)	(1)	(1)	(1)								
622.	Leaves, raw.....		38	86.4	4.6	.4	6.6		2.0	254	38	15.5							79	
				(3)	(3)	(3)			(3)	(3)	(2)	(2)							(3)	
				85.9-87.2	3.7-5.1	.3-.4			--	162-434	37-39	15.0-16.0							36-165	
623.	Eggplant, Ethiopian (Solanum integrifolium), fruit, raw.....	Aubergine d'Ethiopie																		
	Eggplant, native (Solanum macrocarpon):	Aubergine indigène																		
624.	Fruit.....		40	89.0	1.4	1.0	8.0	1.5	.6	13										
				(1)	(1)	(1)		(1)	(1)	(1)										
625.	Leaves, raw.....		42	85.6	4.6	1.0	6.4	1.6	2.4	391	49									
				(4)	(4)	(4)		(2)	(4)	(4)	(3)									42
				84.0-88.3	3.4-5.1	.6-1.8		1.4-1.8	1.5-3.3	211-540	40-62									(2)
626.	Leaves, dried.....																			--
	Egusi. See Cucumeropsis, sp.																			
	Elephantgrass. See Napiergrass.																			
627.	Endive; escarole (Cichorium endivia), leaves, raw.....	Endive; chicorée; scarole	21	92.8	1.5	.2	4.3	1.1	1.2	60	36	1.2								
				(6)	(6)	(6)		(6)	(1)	(6)	(6)	(5)								
				92.7-93.5	1.5-1.6	.1-.2		.9-1.1		58-72	--	--								

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
628.	Enfenge; cabbage-tree (Cussonia spicata), leaves, dried.....	Cussonia																		
629.	Erythrococca, sp. (Erythrococca bongensis), leaves, raw.....	Erythrococca	106	68.0 (1)	7.2 (1)	2.7 (1)	18.5	4.3 (1)	3.6 (1)	678 ? (1)	107 (1)									
	Escarole. See Endive.																			
630.	Euadenia, spp. (Euadenia spp.), leaves, raw.....	Euadenia	77	75.0 (1)	5.4 (1)	.9 (1)	15.7	3.1 (1)	3.0 (1)	420 ? (1)	40 (1)									
	False banana, leaves. See Abyssinian banana, leaves.																			
	False-sesame (Ceratotheca sesamoides), leaves:	Ceratotheca																		
631.	Raw.....		54	81.0 (7) 75.5-89.0	4.2 (7) 2.5-5.6	.5 (6) .2-.9	11.0	2.3 (4) 1.7-2.9	3.3 (7) 1.6-5.8	300 (7) 98-839	86 (5) 48-120	3.2 (3) .7-7.0							28 (1)	
632.	Dried.....		259	15.8 (2) 15.6-15.9	19.9 (2) 19.0-20.8	2.6 (2) .8-4.4	52.9		8.8 (2) 7.6-10.1	935 (2) 625-1,245	330 (1)	20.0 (1)								
633.	Fameflower, potherb; waterleaf (Talinum triangulare), leaves, raw.....	Talinum	25	90.8 (9) 84.7-93.3	2.4 (8) 1.3-3.7	.4 (8) .1-.9	4.4	1.0 (6) .5-1.8	2.0 (8) 1.2-3.3	121 (6) 54-148	67 (6) 27-84	5.0 (4) 4.0-6.0			.08 (1)	.18 (1)	.3 (1)		31 (3) 8-43	

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
634.	Fennel, common (Foeniculum vulgare), raw.....	Fenouil																		
635.	Fenugreek; abish; helba (Trigonella foenumgraecum), leaves, raw.....	Fénugrec	35	87.6 (1)	4.6 (1)	.2 (1)	6.2	1.4 (1)	1.4 (1)	150 (1)	48 (1)									
636.	Fig (Ficus gnaphalocarpa), leaves, raw.....	Figuier	57	80.5 (1)	6.1 (1)	.2 (1)	11.3	2.4 (1)	1.9 (1)	74 (1)	163 (1)	15.8 (1)							35 (1)	
637.	Fikongo (Brachystelma spp.), tuber, raw.....	Fikongo																		
638.	Fleurya, sp. (Fleurya aestuans; Urtica aestuans), leaves, raw..	Fleurya	53	80.0 (1)	5.8 (1)	.4 (1)	10.0	3.0 (1)	3.8 (1)	440 ? (1)	114 (1)	1.5 (1)								
	Fungi, bracket (Polyporaceae spp.):																			
639.	Raw.....																			
640.	Dried.....																			
	See mushrooms also.																			
	Garden-sorrel (Rumex acetosa), leaves:	Oseille commune																		
641.	Raw.....																			
642.	Cooked, fat added.....		77	84.0 (1)	1.9 (1)	6.0 (1)	6.2	.5 (1)	1.9 (1)	55 (1)	52 (1)	5.0 (1)								

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	Garlic (Allium sativum), bulbs:	All																		
643.	Raw.....		131	63.3	5.2	.1	30.2	1.0	1.2	33	195	1.7							11	
				(4)	(2)	(3)		(2)	(2)	(2)	(2)	(1)							(1)	
				59.5-66.8	5.0-5.4	--		.6-1.3	1.2-1.3	21-45	170-220									
644.	Dried.....																			
645.	Gemsbok-bean; gemsbuck-bean (Bauhinia esculenta) leaves, raw.....	Bauhinia	82	73.3	4.3	.1	19.9	6.8	2.4	436	86								68	
				(2)	(2)	(2)		(2)	(2)	(2)	(2)								(2)	
				68.3-78.3	3.8-4.8	--		6.8-6.9	2.3-2.4	435-438	80-92								--	
	Ginger, common (Zingiber officinale), root:	Gingembre																		
646.	Raw.....																			
	Dried. See Miscellaneous.																			
	Gingerbreadpalm. See Doumpalm, Egyptian.																			
647.	Glyphaea, sp. (Glyphaea brevis), leaves, raw....	Glyphaea	51	83.8	3.1	.3	11.5	4.2	1.3	231	65									
				(1)	(1)	(1)		(1)	(1)	(1)	(1)									
	Goabean, Indies; winged bean; asparagus pea (Psophocarpus tetragonolobus):	Pois carré; pois ailé																		
648.	Immature pods, raw....		25	92.2	2.1	.3	4.9	1.7	.5											
				(1)	(1)	(1)		(1)	(1)											
649.	Root.....		91	75.4	2.8	.6	20.3	1.5	.9											
				(1)	(1)	(1)		(1)	(1)											

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
650.	Goosefoot, lambsquarters; umbicane; pigweed (Chenopodium album), leaves, raw.....	Ansérine blanche	61	75.9 (1)	7.4 (1)	1.0 (1)	9.8	1.6 (1)	5.9 (1)	371 (1)	80 (1)									
	Gourd, bottle. See Calabash gourd.																			
	Gourd, club. See Calabash gourd.																			
	Gourd, wax; ash gourd; ash pumpkin. See Waxgourd, Chinese.																			
651.	Grape, European (Vitis vinifera), vine and leaves	Vigne																		
	Grapehyacinth, tassel; onion, wild (Muscari comosum):	Muscari à panache; "oignon sauvage"																		
652.	Bulbs.....																			
653.	Leaves.....																			
654.	Grewia, spp. (Grewia spp.), young leaves, raw.....	Grewia																		
655.	Groundcherry; cutleaf (Physalis angulata), fruit, raw.....	Alkékenge sauvage	27	89.9 (1)	3.2 (1)	.4 (1)	4.5	1.4 (1)	2.0 (1)	81 (1)	135 (1)									
	Groundnut, leaves. See Peanut, leaves.																			

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
656.	Guiera, sp. (Guiera senegalensis), leaves....	Guiera																		
657.	Hackberry, African; African nettle-tree (Celtis integrifolia), leaves, dried.....	Celtis	253	10.8 (1)	8.0 (1)	4.8 (1)	54.1		22.3 (1)		166 (1)	19.7 ? (1)								
	Haraz pods. See Whitethorn.																			
658.	Hares lettuce (Sonchus spp.), leaves, raw.....	Laiteron	18	93.2 (1)	1.9 (1)	.3 (1)	3.0	.4 (1)	1.6 (1)	131 (1)	37 (1)	3.1 (1)		1,430 (1)		.13 (1)	.8 (1)		tr. (1)	
659.	Heartseed, showy; balloon vine (Cardiospermum grandiflorum).....	Pois de coeur																		
	Helba greens. See Fenugreek.																			
	Hibiscus, kenaf; Deccan hemp; hemp mallow; sonkwa (Hibiscus cannabinus), leaves:	Chanvre de Guinée; dâh																		
660.	Raw.....		67	79.0 (2) 78.1-80.0	5.5 (2) 3.8-7.2	1.2 (2) .8-1.5	12.2	2.3 (1)	2.1 (2) 1.9-2.3	484 ? (2) 476-492	18 (1)	12.1 ? (1)							75 (1)	
661.	Dried.....		258	17.8 (1)	21.0 (1)	1.3 (1)	54.9		5.0 (1)	1,030 (1)	296 (1)	16.0 ? (1)								

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
662.	Hilleria, sp. (Hilleria latifolia), leaves, raw..	Hilleria	4[illegible]	8[illegible] (3) 84.3-84.4	[illegible] (3) --	.8 (3) --	7.8		3.0 (3) 2.9-3.[illegible]	349 (3) 345-352		4.1 (3) 3.9-4.3							22 (3) 20-23	
663.	Hogweed (Boerhavia diffusa; B. adscendens), leaves, raw.....	Boerhavia	52	82.0 (1)	4.5 (1)	.5 (1)	10.3	2.2 (1)	2.7 (1)	432.7 (1)	72 (1)									
	Horned-cucumber. See Cucurbit.																			
664.	Horse-purslane, desert (Trianthema portulacastrum: T. pentandra), leaves, raw.....	Rotule-de-chameau; "pourpier"	31	8[illegible].9 (10) 76.1-89.3	3.5 (10) 3.2-3.5	.2 (10) tr.-.5	5.8	1.2 (10) .9-3.0	2.6 (10) 2.2-3.0	2[illegible]1 (10) 115-559	74 (10) 60-77	4.3 (8) 4.0-4.6		6,160 (8) 5,720-6,600	.04 (8) .04-.05	.12 (4) --	1.0 (8) .9-1.0		30 (9) 20-32	
	Horseradish-tree; drumstick; never die; ben oiltree (Moringa oleifera; M. pterygosperma):	Ben ailé; neverdaye; brède morongy																		
665.	Leaves, raw.....		78	73.9 (20) 71.2-74.7	8.2 (20) 7.3-9.7	.6 (20) tr.-2.6	14.7	2.1 (18) 1.9-2.1	2.6 (20) 2.4-3.4	571 (20) 520-878	149 (19) 124-222	11.4 (18) 11-18		11,920 (16) --	.22 (16) --	.77 (3) .75-.81	2.6 (16) --		182 (19) 160-187	
666.	Leaves, dried.....		272	10.3 (1)	22.7 (1)	2.6 (1)	54.7		9.7 (1)	1,814 (1)									10 (1)	
667.	Flower, raw.....		49	84.2 (1)	3.3 (1)	.1 (1)	11.2	2.4 (1)	1.2 (1)	22 (1)	79 (1)	5.2 (1)		460 (1)	.06 (1)		1.4 (1)		248 (1)	

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
668.	Hymenocardia, sp. (Hymenocardia acida), young shoots	Hymenocardia																		
	Indian spinach. See Vinespinach.																			
	Ipomoea, spp. (Ipomoea spp.), leaves, raw. See Sweetpotatoes, leaves.																			
	Ironweed. See Bitter-leaf.																			
	Ivygourd, India (Coccinia grandis; C. cordifolia):	Moghadd																		
669.	Gourd																			
670.	Leaves																			
671.	Jackbean, common; swordbean (Canavalia ensiformis), immature pods	Pois gogane; pois-sabre; haricot-sabre	37	88.6 (3) 87.8-89.5	2.4 (3) 1.8-2.8	.3 (3) .2-.4	8.1	1.8 (3) 1.7-1.8	.6 (3) .5-.7											
672.	Jerusalem-artichoke (Helianthus tuberosus), tuber, raw	Topinambour	67	79.8 (4) 78.5-80.4	2.0 (4) 1.8-2.4	.1 (4) .1-.2	17.1	1.2 (3) .8-2.1	1.0 (2) 1.0-1.1	32 (3) 28-34	88 (3) 79-93	.4 (2) --								35 (2) --
	Jews-mallow. See Jute, spp.																			

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
673.	Jointfir (Gnetum buchholzianum), leaves, raw.....	Okok (Cameroun)	103	69.8 (5) 65.0-84.0	6.0 (5) 3.6-6.7	1.3 (5) .7-2.6	21.6	5.5 (1)	1.3 (5) 1.2-1.6	130 (2) 102-159	54 (2) 24-84	5.6 (4) 5.0-7.0							100 (4) 71-114	
674.	Jujube, India (Zizyphus mauritiana), leaves.....	Jujube																		
	Jumpy-bean. See Lead-tree, white popinac.																			
675.	Justicia, spp. (Justicia spp.), leaves, raw.....	Justicia	33	86.8 (2) 86.6-87.1	3.3 (2) 3.0-3.6	.4 (2) --	6.1	1.7 (2) 1.4-2.0	3.4 (2) 3.0-3.8	510 ? (2) 470-550	70 (2) --									
	Jute, spp.; jews-mallow; bush-okra (Corchorus olitorius and C. spp.), leaves:	Jute; corête potagère; mauve des Juifs																		
676.	Raw.....		58	80.4 (25) 74.2-91.1	4.5 (25) 1.3-6.7	.3 (25) tr.-1.6	12.4	2.0 (20) .8-2.4	2.1 (25) 1.2-3.7	360 (24) 132-941	122 (22) 50-236	7.2 (13) .2-10.0		6,410 (11) 6,080-6,690	.15 (11) .14-.16	.53 (5) --	1.2 (11) 1.1-1.4		80 (21; 45-100	
677.	Dried.....		239	20.2 (1)	19.0 (1)	1.6 (1)	50.1		9.1 (1)	1,540 (1)	525 (1)	8.0 (1)							2 (1)	
678.	Cooked.....		34	92.0 (1)	1.5 (1)	2.6 (1)	2.3	.2 (1)	1.6 (1)	51 (1)	40 (1)	3.4 (1)							6 (3)	
679.	Cooked, lime added...		18	93.0 (1)	.9 (1)	.3 (1)	3.7	.6 (1)	2.1 (1)	92 (1)	15 (1)	2.4 (1)							--	

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
	Kaffir-melon, leaves. See Watermelon, leaves.																			
	Kaffir-orange, leaves. See Poisonnut, kaffir-orange, leaves.																			
	Kale. See Collard.																			
680.	Kohlrabi (Brassica oleracea var. gongylodes), raw...	Chou-rave	26	91.3 (2) --	2.3 (2) --	.2 (2) --	5.1 (2) --	1.4	1.1 (2) --	36 (2) --	36 (2) --	1.6 (2) --								
	Kokodi. See Afraegle, sp., leaves.																			
	Ladies-finger. See Okra.																			
	Lambsquarters. See Goosefoot, lambsquarters.																			
681.	Lannea, sp. (Lannea acida), leaves, raw.....	Lannea	69	79.0 (1)	3.4 (1)	.4 (1)	16.2	2.2 (1)	1.0 (1)	187 (1)	63 (1)									
682.	Lannea, sp. (Lannea microcarpa), leaves....																			
683.	Lead-tree, white popinac; jumpy-bean (Leucaena leucocephala), young leaves, raw.....	Leucaena	68	79.5 (1)	2.9 (1)	.8 (1)	15.3	1.8 (1)	1.5 (1)	553 (1)	51 (1)									
684.	Lebeckia, sp. (Lebeckia sericea), leaves.....	Lebeckia																		

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
685.	Leek (Allium porrum), raw.....	Poireau	46	85.9 (16) 82.6-94.1	1.5 (15) 1.3-1.5	.2 (15) .1-.2	11.3	1.3 (15) .9-1.4	1.1 (3) .8-1.4	55 (15) 49-117	50 (15) 26-80	1.7 (14) .7-1.8							11 (3) --	
686.	Leptadenia, sp. (Leptadenia hastata; L. lancifolia), leaves, raw.....	Leptadenia	54	81.0 (22) 80.3-84.9	4.9 (21) 3.6-5.0	.2 (21) .1-.2	11.3	4.7 (20) 3.1-5.1	2.6 (22) 1.7-2.8	417 (22) 315-604	94 (21) 53-102	5.4 (18) 4.8-5.8		4,915 (18) 4,800-4,985	.25 (18) .23-.26	.35 (7) --	1.9 (7) --		78 (21) 42-85	
	Lerotho. See Spiderherb, African.																			
	Lettuce (Lactuca sativa), raw:	Laitue																		
687.	Headed.....			87.6 (1)					.8 (1)			1.0 (1)								
688.	Unheaded.....		20	93.7 (18) 82.3-94.8	1.2 (17) .9-1.3	.2 (17) .1-1.6	4.3	.6 (15) .4-1.2	.6 (6) .1-.8	26 (14) 25-31	40 (14) 20-42	.7 (14) .5-1.0							10 (3) 7-12	
689.	Lettuce, wild (Launaea taraxacifolia; Lactuca taraxacifolia), raw.....	Langue de vache	44	84.3 (1)	3.2 (1)	.8 (1)	8.3	2.0 (1)	3.4 (1)	326 (1)	58 (1)									
690.	Limanda (Hibiscus acetosella), leaves, raw.....	Ngay-ngay (Congo)																		
	Loofah, angular. See Towelgourd; singkwa.																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
	Loofah, smooth. See Vegetable-sponge.																			
	Lotus, Hindu (Nelumbo nucifera):	Lotus indien																		
691.	Seed, raw (baladi beans)		63	80.2 (1)	4.8 (1)	.2 (1)	13.9	2.6 (1)	.9 (1)	59 (1)	59 (1)									
692.	Seed, cooked		85	78.0 (1)	4.0 (1)	3.8 (1)	12.3	2.0 (1)	1.9 (1)	29 (1)	9 (1)	.9 (1)								
	Root. See Starchy Roots.																			
	Lotus, Egyptian, white (Nymphaea lotus):	Némuphar; lotus d'Egypte																		
693.	Seed, immature, raw																			
694.	Flower (receptacles)		48	84.2 (1)	1.4 (1)	.2 (1)	11.9	3.4 (1)	2.3 (1)	44 (1)	16 (1)									
695.	Lupine, white (Lupinus termis; L. albus), immature seeds	Lupin blanc																		
	Maize; corn (Zea mays), yellow and white varieties:	Maïs																		
696.	Immature ears, raw		152	57.8 (15) 37.1-77.1	5.0 (15) 3.2-7.5	2.1 (11) 1.2-3.9	34.4	.8 (9) .3-1.1	.7 (11) .5-1.0	18 (2) 3-32	137 (1)	1.8 (2) 1.5-2.0			.16 (10) .12-.28	.08 (10) .06-.13	1.3 (9) .9-2.3			30 (1)
697.	Tender interior stalk																			

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
	Malanga, yautia; tannia (Xanthosoma spp.):	Macabo; yautia																		
698.	Leaves, raw.....		34	89.9 (5) 84.6-92.0	2.5 (5) 1.9-3.8	1.0 (4) .4-1.5	5.3	2.1 (3) 1.1-3.8	1.3 (5) 1.1-1.6	95 (2) 70-120	388 (1)	2.0 (1)		3,300 (1)					37 (1)	17 (1)
699.	Young shoots.....		33	89.5 (1)	3.1 (1)	.6 (1)	5.7	3.2 (1)	1.1 (1)	49 (1)	80 (1)	.3 (1)							82 (1)	
700.	Mallow, common or running (Malva rotundiflora), leaves, raw.....	Mauve	68	78.6 (1)	5.5 (1)	1.5 (1)	11.8	8.9 (1)	2.6 (1)											
701.	Mallow, little or Egyptian (Malva parviflora), leaves, raw.....	Mauve d'Egypte	36	86.3 (1)	4.8 (1)	.2 (1)	6.4	1.5 (1)	2.3 (1)	324 (1)	67 (1)								55 (2) --	
702.	Marôgô, a mixture of greens, beans, seeds, carrots, pumpkin and weeds, sun-dried (Bantu food).....	Marôgô	279	6.6 (1)	23.7 (1)	2.2 (1)	56.9	12.3 (1)	10.6 (1)	692 (1)	203 (1)	68.9 (1)		14,355 (1)	.28 (1)	.59 (1)	6.9 (1)		45 (1)	
	Monkey-guava. See Persimmon, medlar.																			
	Msobo. See Nightshade, black.																			
	Musangui pods. See White-thorn, pods.																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
	Mushrooms (Agaricus spp.):	Champignons																		
703.	Raw		32 2/	90.1	1.5 2/	.5	6.3	1.4	.9	20	100	1.5								
				(16)	(16)	(16)		(9)	(16)	(1)	(1)	(1)								
				90.0-91.3	--	.2-1.0		.4-3.0	.4-2.0											
704.	Dried		262 2/	9.8	10.4 2/	1.7	59.6	8.7	13.3	174	1,200									
				(1)	(1)	(1)		(1)	(1)	(1)	(1)									
705.	Cooked with peanut butter		126 2/	66.4	4.7 2/	5.5	17.5	4.8	3.5	31	96									
				(1)	(1)	(1)		(1)	(1)	(1)	(1)									
	See also Fungi and Strawmushroom.																			
706.	Muskmallow (Hibiscus abelmoschus), leaves, raw	Ambrette; gombo musqué	54	82.0	4.1	.7	10.8	2.5	2.4	326	47									
				(1)	(1)	(1)		(1)	(1)	(1)	(1)									
	Muskmelon (Cucumis melo):	Melon; cantaloup																		
	Fruit. See Fruits																			
707.	Leaves, raw		41	85.0	4.2	.2	8.1		2.5											
				(1)	(1)	(1)			(1)											
708.	Mustard greens, Indian (Brassica juncea), leaves and stems	Moutarde à feuilles de chou																		
709.	Napiergrass; Elephant grass (Pennisetum purpureum), young shoots	Herbe à éléphant; sissongho	16	93.7	2.6	.2	2.1	1.1	1.4	11	71	2.0							7	
				(3)	(3)	(3)		(3)	(3)	(3)	(3)	(3)							(3)	
				93.2-94.0	2.0-3.6	--		--	1.4-1.5	10-13	60-80	.4-3.0							--	
710.	Nettle, dog (Urtica urens), young shoots	Ortie																		

2/ The total protein value reported was reduced by 1/3 as it is assumed that only 2/3 of the nitrogen in mushrooms is considered as protein nitrogen. The food energy was calculated before this assumption was made.

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
711.	New-Zealand-spinach (Tetragonia tetragonioides; T. expansa), raw.....	Tétragone; épinard de la Nouvelle-Zélande	19	92.9 (1)	1.4 (1)		4.5 (1)	2.4 (1)	1.2 (1)					1,620 (1)						
	Nightshade, black; msobo; wonderberry (Solanum nigrum), leaves:	Morelle noire																		
712.	Raw.....		38	87.2 (4) 83.0-89.0	4.3 (4) 3.5-5.5	.8 (4) .5-1.3	5.7	1.3 (3) 1.0-1.5	2.0 (4) 1.6-2.6	442 (4) 217-824	75 (3) 41-95	1.0 (1)		3,660 (1)					20 (1)	
713.	Dried.....																			
714.	Cooked with peanut butter.....		122	66.0 (1)	7.2 (1)	8.3 (1)	9.9	1.0 (1)	8.6 (1)	202 (1)	112 (1)	6.8 (1)								
	Nightshade, Ethiopian (Solanum aethiopicum):	Tomate amère																		
715.	Leaves, raw.....		51	82.1 (5) 80.9-85.0	4.8 (5) 3.1-5.3	.3 (5) tr.-.5	10.3	2.4 (5) 1.9-2.5	2.5 (5) 2.3-3.2	523 (5) 517-537	94 (5) 81-99	6.0 (3) --		6,400 (3) --	.23 (3) --	.44 (3) --	1.8 (3) --		67 (3) --	
716.	Fruit.....		32	90.6 (13) --	1.5 (13) --	.1 (13) --	7.2	2.0 (13) --	.6 (13) --	28 (13) --	47 (13) --	1.5 (13) --		350 (13) --	.07 (13) --	.06 (3) --	.8 (13) --		8 (14) 8-10	
	Nightshade, Guinea; lumbush (Solanum nigrum var. nodiflorum):	Morelle de Guinée; Brède-morelle																		
717.	Leaves.....		39	87.8 (4) 86.0-90.3	3.2 (3) 1.5-4.8	1.0 (2) .2-1.9	8.4	2.2 (3) 1.3-3.3	1.6 (3) 1.5-1.9	200 (2) 80-320	54 (1)	.3 (1)		3,660 (1)					24 (2) 20-29	27 (1)
718.	Fruit.....																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
719.	Nsonyo (Cleome monophylla).....	Cleome																		
	Nyakasunika. See Rape, winter.																			
	Okra; ladies-finger (Hibiscus esculentus):	Gombo; bonnet grec																		
	Fruits:																			
720.	Raw.....		36	88.6 (27) 85.7-90.2	2.1 (27) 1.1-3.0	.2 (21) tr.-1.2	8.2	1.7 (23) tr.-3.1	.9 (27) .6-1.2	84 (20) 55-142	90 (20) 54-151	1.2 (18) 1.1-1.5		185 (16) 180-190	.04 (16) .02-.05	.08 (7) --	.6 (16) .6-.7		47 (19) 20-126	19 (1)
721.	Cooked, fat added ?...		56	88.0 (1)	1.2 (1)	4.0 (1)	5.4	.5 (1)	1.4 (1)	37 (1)	40 (1)	.4 (1)								
722.	Dried.....		283	10.8 (12) 6.0-16.0	10.8 (12) 6.0-15.2	1.2 (12) .7-3.6	69.1	18.4 (10) 8.3-30.0	8.1 (12) 6.4-12.[illegible]	825 (12) 650-940	397 (9) 350-404	26.3 (10) 9.0-34.0		55 ? (1)	.63 (1)	.81 (1)	5.5 (2) --		20 (7) 12-71	
723.	Dried, powdered.....		282	10.2 (8) 6.6-10.7	10.7 (6) 7.4-11.4	.8 (6) .7-1.4	69.7	20.6 (6) 20.0-23.7	8.6 (7) 8.2-11.0	968 (7) 380-1,500	390 (7) 330-400	36.4 (7) 34.0-51.0		170 (5) 60-190	.26 (2) tr.-.51	.43 (4) .30-.82	4.6 (4) 4.3-5.5	123 (1)	10 (3)	
724.	Dried, cooked.....		56	84.0 (1)	2.2 (1)	1.6 (1)	10.4	1.1 (1)	1.8 (1)	84 (1)	68 (1)	.8 (1)								
	Leaves:																			
725.	Raw.....		56	81.5 (8) 75.3-92.4	4.4 (8) 2.8-5.6	.6 (5) .3-1.0	11.3	2.1 (3) 1.9-2.4	2.2 (8) 1.2-2.6	532 (8) 258-635	70 (7) 40-127	.7 (3) .2-1.1		385 (1)	.25 (1)	2.80 (1)	.2 (1)		59 (5) 9-75	
726.	Dried.....																			
	Olive, common. See Fruits.																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
	Onion, garden, common (Allium cepa):	Oignon																		
727.	Mature bulbs, raw.....		41	88.5 (17) 82.3-91.2	1.2 (16) .7-2.2	.1 (16) .1-.3	9.6	1.0 (16) .7-3.5	.6 (8) .4-.7	27 (12) 20-44	45 (12) 45-62	.8 (11) .6-2.0		0 (2) --	.02 (2) --	.04 (2) --	.2 (2) --		11 (4) 3-23	6 (8) --
728.	Immature bulbs and leaves, raw.....		22	92.9 (1)	1.3 (1)	.1 (1)	4.9	1.0 (1)	.8 (1)	90 (1)	24 (1)								17 (7) 13-18	10 (1)
729.	Onion, triangular (Allium triquetrum).....	Ail triquêtre; bibroz																		
730.	Onion, Welsh (Allium fistulosum).....	Ciboule; oignon vert	36	88.3 (12) --	1.8 (12) --	.1 (12) --	8.6	1.2 (12) --	1.2 (12) --	40 (12) --	47 (12) --	.9 (12) --								
	Onion, wild. See Grape-hyacinth, tassel.																			
731.	Oysternuttree, common (Telfairia occidentalis), leaves, raw.....	Telfairia	47	86.4 (1)	2.9 (1)	1.8 (1)	7.0	1.7 (1)	1.9 (1)											
732.	Padauk, spp. (Pterocarpus spp.), leaves, raw.....	Pterocarpus	131	61.5 (1)	13.9 (1)	3.4 (1)	19.3	4.7 (1)	1.9 (1)	233 (1)	133 (1)	4.1 (1)		590 (1)	1.25 ? (1)	.83 (1)	.8 (1)		25 (1)	
	Palmyrapalm. See African fan-palm.																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
733.	Papaya (Carica papaya): Leaves, dried.....	Papaye																		
	Fruit. See Fruits.																			
	Para; Brazil-cress. See Sowthistle, common.																			
734.	Parsley (Petroselinum crispum), raw.....	Persil	42	85.8	3.2	.3	8.9	1.5	1.8	206	47	2.5							172	10
				(2)	(1)	(1)		(1)	(2)	(1)	(1)	(1)							(8)	(1)
				84.6-86.9					.8-2.8										134-181	
735.	Parsnip, garden (Pastinaca sativa), root, raw.....	Panais	65	81.2	1.6	.3	15.2	1.5	1.7	48	65	2.1								42
				(9)	(9)	(9)		(9)	(9)	(9)	(9)	(9)								(9)
				--	--	--		--	--	--	--	--								--
736.	Pavetta, sp. (Pavetta crassipes; P. barteri; P. utilis), leaves, raw...	Pavetta	68	79.5	3.2	.5	15.8	3.1	1.0	170	70									
				(1)	(1)	(1)		(1)	(1)	(1)	(1)									
737.	Peanut; groundnut (Arachis hypogaea), leaves, raw.....	Arachide; cacahuète; cacahouète; pistache de terre	69	78.5	4.4	.6	14.9	4.6	1.6	262	82	4.2		7,735	.23	.58	1.6		98	
				(15)	(15)	(15)		(14)	(15)	(10)	(10)	(8)		(8)	(4)	(4)	(8)		(9)	
				75.8-84.9	2.1-5.6	tr.-2.1		3.1-7.2	1.2-3.3	145-440	35-116	4.0-4.3		7,600-7,875	--	--	1.3-2.0		85-110	
738.	Peas, garden and field (Pisum spp.), seeds: Immature, raw.....	Petits pois; pois des champs	82	74.9	6.7	.5	17.2	2.5	.7	29	101	1.9		330	.32	.13	2.0		24	54
				(15)	(15)	(15)		(14)	(7)	(13)	(13)	(12)		(4)	(4)	(4)	(4)		(7)	(13)
				71.3-84.1	3.5-7.2	.2-.7		1.3-3.2	.5-1.0	20-34	94-115	1.3-2.2		--	--	--	--		23-25	51-61

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
	Peas, garden and field -- continued:																			
739.	Cooked, fat added.....		83	80.0 (1)	3.4 (1)	4.4 (1)	10.7	1.2 (1)	1.5 (1)	16 (1)	72 (1)	1.0 (1)							12 (3) --	
740.	Peppers (Piper umbellatum), leaves.....	Poivrier	69	82.1 (1)	4.6 (1)	3.4 (1)	8.2	1.8 (1)	1.7 (1)	169 (1)	40 (1)									
741.	Peppers, hot (Capsicum pubescens), raw.....	Piment	42	87.4 (2) --	1.1 (2) --	.1 (2) --	10.7	1.4 (2) --	.7 (2) --	5 (2) --	18 (2) --	1.2 (2) --		330 (2) --	.04 (2) --	.05 (2) --	2.0 (2) --		40 (2) --	
	Peppers, red; tabasco (Capsicum frutescens), fruit:	Piment; poivre de Cayenne																		
742.	Raw.....		94	74.2 (14) 61.5-77.6	4.1 (13) 3.3-5.2	2.3 (13) .6-7.0	18.0	6.0 (13) 4.5-10.1	1.4 (12) 1.2-2.4	58 (13) 34-110	101 (11) 86-105	2.9 (11) 2.5-4.0		7,140 (10) 5,000-9,280	.25 (11) .17-.37	.20 (10) .06-.35	2.4 (10) 1.9-3.0		121 (18) 70-250	
743.	Dried.....		346	9.8 (17) 4.2-13.7	12.5 (15) 10.0-16.1	11.5 (15) 6.0-20.7	61.5	23.3 (12) 18.2-35.5	4.7 (14) 1.4-8.0	187 (13) 130-213	330 (11) 280-417	16.7 (11) 6.0-20.0		14,250 (9) 14,120-14,520	.38 (14) .26-.63	.68 (8) .28-.76	7.2 (11) 6.2-12.3		12 (15) 1-45	
	Peppers, sweet (Capsicum annuum), fruit:	Piment doux; poivron																		
744.	Raw, immature, green.		48	86.1 (42) 67.4-96.0	2.0 (41) .5-3.9	.8 (41) .1-4.3	10.3	2.6 (34) .2-6.3	.8 (41) 3-1.6	29 (37) 12-70	61 (30) 20-120	2.6 (26) .7-2.8		180 3/ (6) 170-200	.12 (27) .06-.16	.15 (27) .05-.20	2.2 (24) 1.6-2.6		149 (39) 113-316	
745.	Dried.....		331	13.4 (6) 10.1-15.8	12.8 (6) 11.0-15.8	11.9 (5) 9.4-15.6	56.2	22.5 (3) 22.4-22.8	5.7 (6) 3.4-7.2	87 (4) 65-106	128 (2) --	8.7 (2) --		2,840 (2) --	.18 (2) --	1.20 (2) --	5.9 (2) --		93 (3) 52-177	

3/ For mature, red, peppers, the value is about 2,760 micrograms per 100 grams.

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
746.	Peppers, sp. (Capsicum abyssinicum), fruit, raw.	Piment d'Abyssinie	100	72.8 (2) 72.7-72.9	3.0 (2) 2.6-3.3	2.4 (2) 1.7-3.1	20.2	9.2 (1)	1.6 (2) --	19 (2) 14-24	110 (1)	5.6 (2) 4.6-6.5		1,410 (1)		.30 (1)	1.6 (1)		147 (2) --	
747.	Peppers, sp.; Kāna, Ethiopian food (Capsicum sp.), raw.....	Kāna	40	87.8 (1)	1.3 (1)	.2 (1)	9.8	2.9 (1)	.9 (1)	13 (1)	40 (1)	1.2 (1)		50 (1)		.06 (1)	.3 (1)			
748.	Peppers, unspecified Capsicum spp.), fruit: Dried.....	Piment, non spécifié	347	10.2 (2) 7.6-12.9	13.8 (2) 13.8-13.9	14.0 (2) 9.4-18.5	54.9	16.4 (2) 11.1-21.8	7.1 (2) 6.4-7.8	130 (1)	190 (1)			1,060 (1)	.63 (1)	.27 (2) .19-.35	8.3 (2) 4.4-12.2		180 (1)	
749.	Semi dried.....		240	34.7 (1)	7.9 (1)	6.0 (1)	47.7	16.7 (1)	3.7 (1)	54 (1)	249 (1)				.26 (1)	.29 (1)			194 (1)	
750.	Persimmon, medlar; monkey-guava; swamp-ebony (Diospyros mespiliformis), leaves, raw.....	Kaki de brousse																		
751.	Pigeonpea (Cajanus cajan), seeds, immature.....	Pois d'Angole; ambrevade																		
	Plantain. See Starchy Fruits.																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
752.	Poisonnut, kaffirorange; dzai (Strychnos spinosa), leaves, raw.....	Strychnos																		
	Pokeberry, sp. (Phytolacca dodecandra):	Phytolacca																		
753.	Leaves, raw.....																			
754.	Tender shoots.....																			
755.	Polygonum, sp. (Polygonum salicifolium; P. serrulatum), leaves, raw.....	Polygonum	64	80.0 (1)	3.6 (1)	.3 (1)	14.7	3.5 (1)	1.4 (1)	150 (1)	46 (1)									
756.	Polygonum, sp. (Polygonum senegalense), leaves, raw.....	Polygonum																		
	Pumpkin; vegetable-marrow (Cucurbita pepo):	Citrouille; courge																		
	Fruit:																			
757.	Raw, deep yellow variety.....		23	92.6 (39) 86.8-94.9	1.0 (38) .7-1.8	.1 (38) tr.-.8	5.5	.8 (37) .1-1.8	.8 (22) .5-1.0	25 (35) 18-40	32 (35) 21-43	1.4 (35) .3-2.8		3,565 (15) 3,360-3,800	.05 (15) .04-.05	.02 (7) --	.5 (7) --		8 (16) 6-15	23 (12) 7-37
758.	Cooked, fat added....		58	89.6 (2) 84.0-95.3	1.2 (1)	5.5 (1)	2.5	1.6 (1)	1.2 (2) .7-1.7	16 (1)	26 (1)	.6 (2) .4-.9								

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
	Pumpkin -- continued:																			
	Leaves:																			
759.	Raw.....		27	89.2 (8) 86.4-93.3	4.0 (8) 2.2-6.0	.2 (6) tr.-.6	4.4	2.4 (6) .3-4.5	2.2 (8) 1.0-2.8	477 (5) 280-584	136 (3) 105-152	.8 (2) .6-1.0		3,600 (1)		.06 (1)	.32 (1)		80 (6) 24-151	
760.	Dried.....		220	19.0 (1)	34.5 (1)	2.4 (1)	32.4		11.7 (1)	1,100 (1)	533 (1)	20.5 ? (1)								
761.	Puncturevine; devil's thorn (Tribulus terrestris), leaves, raw..	Croix-de-Malte	70	72.0 (1)	5.4 (1)	.6 (1)	14.6	6.4 (1)	7.4 (1)		95 (1)									
762.	Purslane, common; silele; pigweed (Portulaca oleracea), leaves, raw..	Pourpier	23	90.6 (3) 87.0-92.8	2.4 (3) 1.7-3.7	.3 (3) .2-.4	4.2	.8 (3) .03-1.7	2.5 (3) 1.9-3.7	104 (3) 92-111	31 (3) 14-57	1.4 (1)			.03 (1)	.15 (1)			58 (4) 30-112	
	Purslane, horse. See Horse-purslane, desert.																			
763.	Purslane, sp. (Portulaca quadrifida), leaves, raw	Pourpier; gomo (R.C.A.)	38	85.8 (1)	1.6 (1)	.8 (1)	7.8	2.0 (1)	4.0 (1)	150 (1)	70 (1)									
	Radish (Raphanus sativus)	Radis																		
764.	Leaves, raw.....			93.8 (1)					1.5 (1)			.7 (1)								
765.	Root.....		19	93.6 (13) 93.5-94.2	1.1 (12) 1.1-1.6	.1 (12) .04-.1	4.0	.1 (12) .9-1.0	1.2 (1) --	42 (12) 31-170	30 (12) 27-30	1.0 (11) --								
766.	Radish, oriental (Raphanus sativus var. longipinnatus), raw....	Radis d'Orient																		

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
767.	Raffiapalm (Raphia spp.), terminal bud.....	Palmier rafia																		
768.	Rape, bird (Brassica campestris), leaves.....	Navette																		
	Rape, winter; nyakasunika (Brassica napus):	Colza																		
769.	Fresh, leaves, cooked with tomato and peanut butter.....		100	76.6 (1)	6.9 (1)	7.2 (1)	6.5	.3 (1)	2.8 (1)	126 (1)	119 (1)	1.7 (1)								
770.	Dry leaves, cooked and peanut butter added...		113	73.5 (1)	6.9 (1)	7.6 (1)	9.1	1.7 (1)	2.9 (1)	116 (1)	86 (1)	8.2 (1)								
771.	Raphionacme, sp. (Raphionacme brownii), tuber, raw.....	Raphionacme	16	95.4 (1)	.2 (1)	tr. (1)	4.1	.5 (1)	.3 (1)	50 (1)		1.0 (1)			.01 (1)	.01 (1)	.1 (1)		tr. (1)	
772.	Rhubarb, garden (Rheum rhaponticum), raw.....	Rhubarbe	20	92.8 (7) --	1.3 (7) --	.1 (7) --	4.4	.9 (7) --	1.4 (7) --	47 (7) --	25 (7) --	1.8 (7) --								45 (7) --
773.	Rocketsalad (Eruca sativa), raw.....	Roquette	21	91.8 (2) 90.6-92.9	2.7 (1)	.2 (1)	3.7	.9 (1)	1.6 (2) 1.2-2.0	352 (1)	46 (1)	.8 (1)								
774.	Rosarypea, jequirity (Abrus precatorius), leaves, raw.....	Jequirity	62	79.0 (1)	5.6 (1)		13.7	3.7 (1)	1.7 (1)	266 (1)	65 (1)									

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
	Roselle. See Sorrel, red.																			
775.	Rutabaga; swede (Brassica napus var. napobrassica), raw.....	Chou-navet; rutabaga																		
776.	Sarcophrynium, sp. (Sarcophrynium arnoldianum), young shoots.....	Sarcophrynium; N'konko (Congo)	43	87.0 (1)	1.9 (1)	.7 (1)	9.0		1.4 (1)											
777.	Scratchbush, sp. (Urera obovata), leaves, raw...	Urera	53	81.2 (1)	2.8 (1)	.6 (1)	11.6	2.7 (1)	3.8 (1)		41 (1)									
778.	Seaweed product "Danga" (Cladophora crispata?), (Libya), dried.....	Danga (Libye)	90	12.6 (2) 4.8-20.5	12.7 ? (2) 12.4-13.0	.8 (2) .3-1.4	14.7		59.2 (2) 58.1-60.2					735 (2) 420-1,050		.62 (2) .40-.83				
779.	Senna, coffee (Cassia occidentalis), leaves, raw.....	Café du Sénégal																		
	Senna, sickle; foetid cassia (Cassia obtusifolia; C. tora):	Casse fétide																		
780.	Leaves: Raw.....		60	79.7 (14) 79.0-82.0	5.6 (14) 4.2-6.2	.2 (14) .1-.9	12.5	2.3 (12) 1.5-2.4	2.0 (14) 1.7-2.1	589 ? (14) 378-634	96 (13) 63-135	5.9 (10) --		7,940 (10) --	.23 (10) --	.71 (10) --	1.5 (10) --		113 (13) 31-121	

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion: Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
	Senna, sickle -- continued:																			
	Leaves:																			
781.	Dried		261	13.2 (2) 11.0-15.5	24.2 (2) 23.5-25.0	2.2 (2) 1.4-3.1	51.4		9.0 (2) 8.8-9.2	2,580 (2) 2,424-2,737	290 (1)									
782.	Sesame, spp. (Sesamum spp.), leaves, raw	Sésame	55	81.2 (4) 78.0-85.0	4.7 (4) 3.1-6.7	.4 (3) .3-.5	11.3	2.0 (3) 1.8-2.3	2.4 (4) 1.5-2.9	354 (4) 240-525	57 (4) 33-110									
	Sesbania, sp. (Sesbania spp.):	Sesbania, sp.																		
783.	Young pods																			
784.	Leaves																			
785.	Flowers																			
	Shallot (Allium cepa var.; A. ascalonicum):																			
786.	Bulbs, raw	"Echalotte" oignon blanc de Ouidah	66	81.9 (1)	1.2 (1)	.1 (1)	16.2	.5 (1)	.6 (1)	37 (1)									40 (1)	
787.	Leaves, raw																			
	Shea-butterseed. See Fruits.																			
788.	Shellseed, sp. (Cochlospermum sp.), root																			
789.	Silene, sp. (Silene vulgaris), leaves	Couniellet'																		

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
790.	Snake-cucumber (Cucumis melo var. flexuosus), fruit, raw	Concombre flexueux																		
791.	Snakegourd, edible (Trichosanthes cucumerina; T. anguina), fruit, raw	Patole; serpent végétal																		
792.	Solenostemon, sp. (Solenostemon monostachyus), leaves, raw	Solenostemon	55	82.0 (1)	4.3 (1)	.9 (1)	10.4	1.9 (1)	2.4 (1)	437 (1)	109 (1)									
	Sorrel, red; Indian sorrel; Jamaica sorrel; roselle; sour-sour (Hibiscus sabdariffa):	Oseille de Guinée; roselle																		
793.	Leaves, raw		43	85.6 (24) 84.3-92.0	3.3 (23) 1.6-3.5	.3 (23) .2-1.0	9.2	1.6 (19) 1.6-1.8	1.6 (24) .7-1.9	213 (24) 117-497	93 (21) 57-171	4.8 (20) .4-17.0		4,135 (17) --	.17 (17) --	.45 (17) --	1.2 (17) --		54 (24) 30-95	
794.	Leaves and flowers, dried and pounded		276	16.6 (1)	4.9 (1)		74.0	15.8 (1)	4.5 (1)	55 (1)	163 (1)	tr. ? (1)			.14 (1)					
	Calyces:																			
795.	Raw		44	86.2 (11) 85.9-86.3	1.6 (11) --	.1 (11) --	11.1	2.5 (11) 2.5-2.6	1.0 (11) .9-1.5	160 (11) 145-162	60 (11) 48-60	3.8 (10) --		285 (10) --	.04 (10) --	.06 (10) --	.5 (10) --		14 (11) 9-14	
796.	Dried, "Sudan-tea"		258	16.4 (6) 7.2-18.2	8.2 (6) 8.0-8.3	.3 (6) .3-.5	65.9	15.8 (5) --	9.2 (6) 8.9-10.6	1,233 ? (6) 1,140-1,700	198 (6) 195-210	12.2 (1)		110 (6) 35-125	.05 (6) .03-.16	.16 (6) .16-.19	3.1 (6) 3.0-3.8	31 (1)	31 (5)	

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	β-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
	Sorrel, red -- continued:																			
	Fruits:																			
797.	Raw.....		49	84.5 (10) --	1.9 (10) --	.1 (10) --	12.3	2.3 (10) --	1.2 (10) --	172 (10) --	57 (10) --	2.9 (10) --		300 (10) --					14 (10) --	
798.	Dried.....		252	17.6 (3) --	9.6 (3) --	.2 (3) --	63.7	17.1 (3) --	8.9 (3) --	1,106 ? (3) --	181 (3) --	33.7 ? (3) --		180 (3) --	.03 (3) --		2.9 (3) --			
799.	Sowthistle, common; (Sonchus oleraceus), leaves, raw.....	Laiteron	18	93.2 (1)	1.9 (1)	.3 (1)	3.0	.4 (1)	1.6 (1)	131 (1)	37 (1)	3.1 (1)		1,425 (1)		.13 (1)	.8 (1)		tr. (1)	
	Soybean (Glycine max):	Soja																		
800.	Immature seeds.....																			
801.	Leaves, raw.....																			
	Spiderherb, African; cats' whiskers; lerotho; bastard mustard (Gynandropsis gynandra; G. pentaphylla):	Gynandropsis																		
802.	Leaves, raw.....		34	86.6 (4) 83.3-89.6	4.8 (4) 3.0-5.8	.4 (4) .3-.4	5.2	1.2 (4) 1.0-1.5	3.0 (4) 2.0-5.2	288 (4) 246-331	111 (4) 36-155	6.0 (2) --							13 (2) --	
803.	Leaves and stems, cooked.....		41	86.6 (1)	4.2 (1)	1.0 (1)	6.3	1.3 (1)	1.9 (1)	135 (1)	94 (1)	3.4 (1)								

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	Spiderherb -- continued:																			
804.	Leaves and stems, cooked with peanut butter.....		109	74.2 (1)	6.4 (1)	7.5 (1)	8.6	1.7 (1)	3.3 (1)	228 (1)	78 (1)	7.7 (1)								
	Spinach (Spinacia oleracea):	Epinard																		
805.	Raw.....		26	90.6 (21)	2.1 (20)	.2 (20)	5.3	.8 (19)	1.8 (21)	61 (19)	46 (18)	1.7 (18)			.03 (1)	.27 (1)			46 (2)	
				75.4-95.6	1.1-3.3	.1-.3		.1-.8	.7-2.1	50-121	32-47	1.4-1.7							--	
806.	Cooked, fat added.....		72	83.0 (1)	2.5 (1)	5.0 (1)	6.9	.7 (1)	2.6 (1)	60 (1)	56 (1)	8.3 ? (1)							7 (2) --	
	Spinach, Chinese. See Amaranth.																			
	Spinach, New-Zealand. See New Zealand-spinach.																			
	Spiny pigweed. See Amaranth.																			
807.	Spotflower, Paracress (Spilanthes oleracea), leaves, raw.....	Cresson du Para; brède mafane	26	90.4 (1)	2.0 (1)		6.0 (1)	3.1 (1)	1.6 (1)					1,560 (1)						
	Squash, summer; zucchini (Cucurbita pepo): Leaves, raw. See Pumpkin, leaves.	Courge; courgette																		

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	Squash, summer -- continued:																			
808.	Fruit, immature.....		22	92.4 (2) 90.8-94.0	1.5 (2) 1.4-1.6	.1 (2) 0-.2	5.0	1.0 (2) .9-1.1	1.0 (2) .6-1.5	24 (2) 22-27	38 (2) 35-40	.4 (2) .3-.6			tr. (1)	.17 (1)	.8 (1)			
	Fruit, mature. See Pumpkin.																			
809.	Flowers.....																			
	Squash, winter (Cucurbita maxima):	Potiron																		
810.	Fruit, raw.....																		89 (1)	
811.	Leaves, raw.....		27	89.2 (8) 86.4-93.3	4.0 (8) 2.2-6.0	.2 (6) tr.-.6	4.4	2.4 (6) .3-4.5	2.2 (8) 1.0-2.8	477 (5) 280-584	136 (3) 105-152	.8 (2) .6-1.0		3,600 (1)	.06	.32			80 (6) 24-151	20 (1)
812.	Flowers.....																			
	Stockmelon, leaves. See Watermelon, leaves.																			
813.	Strawmushroom (Volvaria volvacea), dried.....	Volvaire des pailles																		
814.	Sugar-cane (Saccharum spp.), leaves, raw.....	Canne à sucre	75	77.5 (1)	1.8 (1)	.8 (1)	17.9	3.0 (1)	2.0 (1)											
815.	Swamp-cabbage (Ipomoea aquatica; I. reptans), leaves, raw.....	Patate aquatique	44	85.0 (1)	3.0 (1)	.4 (1)	9.0	1.9 (1)	2.0 (1)	180 (1)	42 (1)	5.4 (1)								

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
	Swamp-ebony. See Persimmon, medlar, leaves.																			
	Sweetpotatoes (Ipomoea batatas):	Patate douce																		
	Leaves:																			
816.	Raw.....		49	83.0	4.6	.2	10.2	2.4	2.0	158	84	6.2		5,870	.10	.28	.9		70	
				(34)	(33)	(32)		(30)	(33)	(32)	(31)	(32)		(18)	(25)	(12)	(24)		(30)	
				70.3-89.2	2.8-5.0	.1-1.0		.4-4.1	1.1-2.7	83-333	45-105	.6-11.9		2,290-7,050	.03-.12	.22-.39	.6-1.0		33-135	
817.	Dried.....																			
818.	Cooked with peanut butter.....		66	82.5	3.6	3.0	9.1	.9	1.8	93	68	3.3								
				(1)	(1)	(1)		(1)	(1)	(1)	(1)	(1)								
	Roots. See Starchy roots.																			
819.	Sword-jackbean (Canavalia gladiata), green pods, raw.....	Haricot-sabre rouge	34	89.2	2.8	.2	7.3	1.5	.5											
				(1)	(1)	(1)		(1)	(1)											
820.	Tamarind (Tamarindus indica). leaves, raw...	Tamarin	73	78.0	3.1	.8	16.5	4.1	1.6	506	22									
				(1)	(1)	(1)		(1)	(1)	(1)	(1)									
821.	Taro; dasheen; cocoyam; arum lilly (Colacasia esculenta; Arum esculentum), young leaves, raw.....	Taro	31	90.0	2.4	.6	5.7	1.5	1.3	98	49	2.0		1,800	.17	.35	.8		11*	
				(4)	(3)	(3)		(3)	(4)	(2)	(2)	(1)		(1)	(1)	(1)	(1)		(1)	
				87.4-91.8	2.0-2.7	.4-.9		1.0-1.8	1.0-1.6	95-100	38-60									

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
822.	Tasselflower, earleaf (Emilia coccinea; E. sagittata; Cacalia coccinea), leaves, raw..	Emilia	64	79.9 (1)	3.2 (1)	.7 (1)	14.0	1.9 (1)	2.2 (1)	260 (1)	52 (1)									
823.	Tasselflower, sowthistle (Emilia sonchifolia; Cacalia sonchifolia), leaves, raw.....	Emilia	56	81.8 (1)	4.0 (1)	.6 (1)	11.7	2.0 (1)	1.9 (1)	398 (1)	118 (1)									
824.	Teaselgourd (Cucumis dipsaceus), leaves, raw..	Cucumis	35	89.9 (3) 81.3-94.9	1.0 (3) .2-1.5	.7 (3) .1-1.1	7.6	tr. (1) --	.8 (3) .4-1.3	14 (3) 3-22	25 (1)	1.0 (3) .3-1.7			.03 (1)	.05 (1)			21 (4) 9-50	22 (2) --
	Tiger-nut, tubers. See Starchy Tubers.																			
	Tomato (Solanum lycopersicum; Lycopersicon esculentum):	Tomate																		
	Raw:																			
825.	Ripe, whole.....		21	93.5 (25) 91.5-94.8	1.0 (23) .7-1.0	.2 (23) .2-.3	4.8	.6 (22) .6-1.0	.5 (21) .4-.9	10 (22) 9-15	24 (22) 23-28	.6 (22) .1-2.0		450 (15) 360-700	.06 (4) .05-.08	.04 (4) --	.6 (4) .5-.7		26 (11) 8-31	4 (2) --
826.	Unripe.....																			
827.	Juice.....																			
828.	Dried.....		245	20.3 (1)	12.1 (1)	2.0 (1)	55.8		9.6 (1)	403 (1)		7.3 (1)							41 ? (1)	
829.	Powder.....																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	5. VEGETABLES AND VEGETABLE PRODUCTS --		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
830.	Tomato, bitter; jakato (Solanum incanum), fruit, raw.....	Jakato	29	92.0 (2) 89.8-94.2	1.2 (2) .9-1.6	.7 (2) .4-10	5.7	1.9 (1)	.4 (2) .3-.6	103 (1)									176 (1)	
831.	Tomato, cherry (Solanum lycopersicum var. cerasiforme): Fruit, ripe, raw.....	Tomate-cerise; tomate indigène	22	93.2 (13) 92.6-94.4	1.0 (13) .4-1.1	.2 (13) .1-1.1	4.9	.4 (12) tr.-1.4	.7 (13) .4-.8	29 (13) 10-34	62 (13) 35-60	1.7 (13) .7-1.9		1,040 (9) 618-2,120	.05 (11) .03-.05	.04 (11) .04-.05	.7 (10) --		50 (14) 14-116	
832.	Leaves, raw.....		40	86.8 (1)	2.8 (1)	.6 (1)	7.9	.1 (1)	1.9 (1)	433 (1)	86 (1)	1.3 (1)			.08 (1)	.47 (1)			175 (1)	
833.	Tooth-brush tree; mustard-tree; salt-bush (Salvadora persica), leaves, raw.....	Salvadora																		
834.	Towelgourd; singkwa; loofah, angular (Luffa acutangula), fruit, raw.....	Liane-torchon des Antilles; papangaye																		
	Treebine, sp. (Cissus cornifolia and C. populnea), fruit:	Cissus																		
835.	Ripe.....																			
836.	Unripe.....		72	80.0 (1)	1.3 (1)	1.8 (1)	15.2	3.2 (1)	1.7 (1)	392 (1)										
	Treetomato. See Fruit.																			

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
837.	Tree-violet (Securidaca longipedunculata), young leaves, raw.....	Securidaca																		
	Turnip (Brassica rapa):	Rave; Navet																		
	Root:																			
838.	Raw.....		21	93.5 (16) 93.1-94.8	1.0 (16) .3-1.1	tr. (15) --	4.7	.9 (16) .3-1.0	.8 (2) .6-.9	38 (16) 8-46	42 (16) 29-43	.5 (15) .5-.9			.03 (1)	.05 (1)			75 (1)	32 (15) 14-33
839.	Dried.....		285	13.7 (1)	14.9 (1)	.7 (1)	61.9	11.4 (1)	8.8 (1)											
840.	Leaves, raw.....		29	90.4 (1)	2.9 (1)	.4 (1)	5.3	.4 (1)	1.0 (1)	158 (1)	131 (1)	1.9 (1)			.02 (1)	.25 (1)				
	Vegetable-marrow. See Pumpkin.																			
	Vegetable-sponge; loofah, smooth (Luffa cylindrica):	Eponge végétale; liane-torchon																		
841.	Fruit, raw.....																			
842.	Leaves, raw.....		14	94.0 (1)	1.6 (1)	.1 (1)	2.7		1.6 (1)	330 (1)	33 (1)									
	Vinespinach; Indian spinach (Basella alba; B. rubra), leaves:	Baselle; épinard indien																		
843.	Raw.....		20	92.5 (4) 86.2-95.4	1.8 (4) 1.0-3.5	.3 (4) .2-.4	3.7	.8 (3) .5-1.2	1.7 (4) 1.2-2.8	138 (4) 82-269	69 (4) 24-97								39 (1)	
844.	Dried.....																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
845.	Watercress (Rorippa nasturtium-aquaticum; Nasturtium officinale), leaves, raw.....	Cresson de fontaine	18	93.6 (8) 93.3-95.8	1.9 (8) 1.6-2.0	.2 (7) .1-.2	3.4	.8 (8) tr.-1.9	.9 (8) .6--.0	64 (7) 51-141	46 (7) 45-46	1.1 (7) .9-1.1		960 (1)	.03 (1)	.27 (1)				
	Waterleaf. See Fameflower, potherb.																			
	Watermelon; kaffir-melon; stockmelon (Citrullus lanatus; C. vulgaris):	Pastèque																		
846.	Leaves, raw.....																			
847.	Runners, cooked.....		32	88.5 (1)	2.1 (1)	.5 (1)	6.3	1.2 (1)	2.6 (1)	75 (1)	30 (1)	2.3 (1)								
848.	Dried, whole, without seeds.....																			
849.	Waxgourd, Chinese; ash pumpkin; ash gourd (Benincasa hispida; B. cerifera).....	Courge cireuse																		
850.	White-thorn; musangui; haraz (Acacia albida; A. woodii), pods.....	Acacia					-													
	Wonderberry; solanberry, leaves. See Nightshade, black, leaves.																			
851.	Yambean (Pachyrrhizus erosus), tuber, raw....	Haricot-manioc; dolique bulbeux; pois-manioc pois-cochon	47	86.9 (3) 84.7-88.3	1.4 (3) 1.2-1.6	.1 (3) tr.-.1	11.0	.6 (3) .5-.7	.6 (3) .6-.7											

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																			
	Yergan. See Cucumeropsis, sp.																			
	Zucchini. See Squash, summer.																			
	6. FRUITS:																			
	Abyssinian banana. See Starchy Fruits.																			
852.	Aframomum, sp. (Aframomum, spp.), fruit, raw.....	Aframomum	40	88.9 (1)	.9 (1)	.5 (1)	9.1		.6 (1)	15 (1)		1.0 (1)							2 (1)	73 (1)
	African cucumber. See Vegetables, Balsampear.																			
853.	African fan palm; palmyra palm (Borassus flabellifer var. aethiopum), fruit, raw.....	Rônier; Palmier à sucre	43	87.6 (5) 82.8-93.0	.8 (5) .5-1.2	.1 (5) .05-.20	10.9	2.0 (4) .2-4.3	.6 (5) .3-1.1	27 (5) 10-77	30 (5) 4-45	1.0 (4) --		tr. (1)	.04 (4) .03-.07	.02 (4) .01-.04	.3 (4) .2-.6		5 (3) --	
854.	African locust bean (Parkia spp.), fruit: Pulp.....	Arbre à farine; arbre à fauve; mimosa pourpre; néré	303	13.2 (8) 12.5-16.1	3.4 (8) 3.0-3.5	.4 (8) .3-.5	80.1	12.6 (8) 12.2-12.7	2.9 (8) 2.9-3.1	124 (8) 117-125	160 (8) 125-174	3.6 (6) --		2,430 (6) --	1.05 ? (6) --	.71 (6) --	1.0 (6) --		242 (8) 170-255	

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. FRUITS -- continued																			
	African locust bean -- continued:																			
855.	Meal, dried.....		328	6.0 (4) 4.8-7.6	4.6 (4) 2.4-6.7	1.1 (4) .7-1.6	84.3	12.5 (4) 10.8-14.7	4.0 (4) 3.2-5.0	178 (4) 120-286	141 (4) 107-158				.14 (1)					
856.	African mammee-apple; African apricot (Mammea africana).....	Abricot d'Afrique																		
	African mango. See Dika-nut.																			
	African peach. See Guinea peach.																			
857.	Aiser (Boscia senegalensis), berries.....	Boscia																		
	Akee. See Vegetables.																			
858.	Anonidium, sp. (Anonidium mannii), fruit.....	Anonidium																		
859.	Antidesma, sp. (Antidesma venosum), fruit.....	Antidesma																		
860.	Apple, common (Malus silvestris; M. pumila; Pyrus malus), raw.....	Pomme	58	84.0 (100) 79.2-86.4	.2 (100) .2-.4	.4 (11) .1-.4	15.1	.8 (11) .8-1.4	.3 (90) .1-.5	3 (100) 2-12	7 (100) 4-15	.2 (100) .1-.5		80 (1)					1 (1)	
861.	Apricot (Prunus armeniaca) Raw.....	Abricot	58	83.4 (26) 80.1-85.4	1.2 (26) .6-1.9	.4 (10) --	14.1	1.1 (10) --	.9 (16) .7-1.1	13 (26) 8-18	24 (26) 18-29	.7 (26) .3-1.1		3,145 (3) 810-4,500						10 (10) --
862.	Dried.....																			

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. FRUITS -- continued																			
863.	Avocado, American; alligator pear (Persea americana; P. gratissima), raw.....	Avocat	121	80.3 (29) 70.0-85.6	1.4 (28) .8-2.1	11.3 (28) 7.3-20.6	6.1	1.8 (27) .4-2.4	.9 (23) .7-1.3	19 (28) 8-50	46 (28) 27-100	1.4 (26) .8-2.0		530 (21) 121-900	.05 (20) .04-.06	.15 (20) .10-.19	2.0 (19) 1.2-2.7		18 (23) 7-90	51 (14) 30-64
864.	Avom; awom (Cleistopholis spp.), raw.....	Avom; awom	57	84.0 (1)	3.0 (1)	.5 (1)	12.0		.5 (1)	23 (1)	40 (1)	2.2 (1)							19 (1)	
865.	Awusa-nut (Tetracarpidium conophorum), fruit.....	Tetracarpidium																		
	Bananas. See Starchy Fruits.																			
	Baobab; monkey-bread (Adansonia digitata), fruit:	Baobab; pain de singe																		
866.	Pulp.....		290	16.0 (52) 12.1-33.8	2.2 (32) 1.4-5.3	.8 (31) .1-1.6	76.7	6.8 (25) 1.1-10.6	4.3 (32) 3.2-4.8	284 (32) 156-450	118 (31) 60-361	7.4 (24) 7.0-7.6		70 (24) 40-95	.37 (28) .14-1.0	.06 (24) --	2.1 (24) 2.0-2.2		279 (37) 38-361	72 (1)
867.	Meal.....		318	7.4 (1)	6.6 (1)	.3 (1)	81.5	5.7 (1)	4.2 (1)	300 (1)	143 (1)	2.6 (1)			.02 (1)	.07 (1)	2.2 (1)			
	Barbardine. See Granadilla, giant.																			
868.	Batoka; governor's plum; Rhodesia-plum; niger-plum; ramontchi; um-Quokolo (Flacourtia indica; F. ramontchii), fruit, raw.....	Prunier de Madagascar; prunier malgache		72.3 (3) --															0 (3) --	39 (3) --

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. FRUIT -- continued																			
869.	Bauhinia, spp. (Bauhinia reticulata), fruit, raw...	Bauhinia																		
	Bellapple. See Granadilla, yellow.																			
870.	Bilimbi (Averrhoa bilimbi), fruit.....	Bilimbi																		
871.	Bird-plum; mu-we (Berchemia discolor), fruit, ripe.....	Berchemia																	116 (1)	26 (1)
872.	Bitterwood, sp. (Trichilia spp.), fruit.....	Trichilia																		
873.	Blackberry; raspberry; youngberry (Rubus spp.), berries.....	Framboise; "mûre"																		
874.	Blackplum (Vitex doniana; V. cienkowskii), fruit, raw.....	"Prune noire"	104	70.6 (7) 59.5-73.0	.7 (7) .6-.8	.4 (7) .1-1.3	27.4	1.3 (5) --	.9 (7) .3-1.2	34 (7) 20-47	47 (4) --	2.7 (6) 2.0-4.5			.02 (4) --				9 (6) 6-16	
875.	Blueberry (Vaccinium spp.).....	Vaccinium																		
	Breadfruit, fruit. See Starchy Fruits.																			
	Breadnut. See Nuts and Seeds.																			
876.	Bushbanana (Uvaria chamae), fruit.....	Uvaria																		

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. FRUITS -- continued																			
	Bushbutter-tree; native pear (Dacryodes edulis; Pachylobus edulis), fruit:	Safou																		
877.	Raw		263	56.2 (3) 51.5-61.0	4.6 (3) 2.8-7.0	23.2 (3) 19.5-25.9	14.9	8.2 (2) 4.3-12.0	1.1 (3) 1.0-1.2	43 (3) 16-92	60 (3) 36-78	.8 (2) .3-1.4							19 (10) --	26 (1)
878.	Dried																			
	Bushmango; muTondo (Cordyla pinnata; C. africana), fruit:	Cordyla																		
879.	Ripe		70	80.0 (5) --	1.4 (5) --	.1 (5) --	17.8	1.1 (5) --	.7 (5) --	29 (5) --	142 (5) --	1.8 (5) --		310 (5) --	.02 (5) --		.8 (5) --		74 (5) --	53 (1)
880.	Unripe		67	80.9 (1)	2.3 (1)	.2 (1)	16.0	1.5 (1)	.6 (1)	23 (1)	126 (1)								93 (1)	
881.	Dried		302	11.2 (1)	8.8 (1)	1.0 (1)	73.3		5.7 (1)											
	Cantaloupe. See Muskmelon.																			
882.	Capparis, sp. (Capparis decidua; C. aphylla), fruit, raw	Capparis																		
883.	Carambola (Averrhoa carambola), fruit, raw	Carambole	45	87.4 (2) --	.4 (2) --	.3 (2) --	11.5	.8 (2) --	.4 (2) --	6 (2) --	16 (2) --	.9 (2) --		210 (2) --	.03 (2) --	.02 (2) --	.4 (2) --		39 (2) --	7 (2) --
884.	Carissa, Egyptian (Carissa edulis), fruit	Carissa																		

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. FRUITS -- continued																			
885.	Carob bean; St. John's bread (Ceratonia siliqua), pod pulp	Caroube																		
886.	Carpodinus, spp. (Carpodinus spp.), fruit	Carpodinus																		
887.	Carpolobia, sp. (Carpolobia lutea), fruit	Carpolobia																		
888.	Cashew, common (Anacardium occidentale), fruit pulp, raw	Pomme de cajou	53	85.6 (12) 83.8-89.9	1.0 (12) .8-1.1	.7 (12) .3-1.1	12.3	.6 (12) .5-1.5	.4 (11) --	12 (12) 5-13	45 (12) 24-49	1.4 (11) .4-1.5		760 (10) --	.03 (11) .02-.03	.24 (10) --	.3 (10) --		252 (10) --	
889.	Chartetree, sp; muTsubva; mChangvela (Vitex spp.), fruit	Vitex																		
890.	Cherimoya (Annona cherimola), fruit	Chérimole																		
891.	Cherry (Prunus cerasus), raw	Cerise	46	86.9 (14) --	1.2 (14) --	.3 (14) --	11.0	.8 (14) --	.6 (14) --	14 (14) --	18 (14) --	.5 (14) --								12 (14) --
	Chinese date. See Jujube, common.																			
892.	Citron (Citrus medica), fruit, pulp	Cédrat																		
	Coconuts																			
	Mature. See Nuts and Seeds.																			
	Immature. See Nuts and Seeds.																			

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. FRUITS -- continued:																			
	Coconut -- continued:																			
	Water. See Beverages.																			
	Milk. See Beverages.																			
893.	Cocoplum, icaco (Chrysobalanus icaco), raw.....	Icaque																		
894.	Cocoplum, sp. (Chrysobalanus orbicularis), fruit: Raw.....	Mafuli; voratch	52	84.9 (3) --	.6 (3) --	.1 (2) --	13.7	.5 (2) --	.7 (3) --	45 (2) --	42 (2) --	1.6 (2) --		130 (12) --	.02 (2) --	.03 (1) --	.4 (2) --		19 (3) --	30 (1)
895.	Dried.....																			
896.	Cordia, sp. (Cordia africana; C. abyssinica), fruit pulp.....	Cordi-																		
897.	Custardapple, bullocks-heart (Annona reticulata), fruit pulp...	Coeur de boeuf	92	74.2 (6) --	2.1 (6) --	.5 (6) --	22.3	6.6 (6) --	.9 (6) --	26 (6) --	32 (6) --	.9 (6) --								20 (6) --
898.	Custardapple, wild (Annona senegalensis; A. chrysophylla), fruit pulp.....	Anone africaine																		
899.	Date (Phoenix dactylifera), fruit: Raw.....	Datte	142	60.2 (7) 31.9-78.5	1.6 (7) .9-2.6	.6 (7) tr.-1.5	36.6	3.3 (4) 2.6-4.3	1.0 (7) .5-2.8	34 (1)	350 (1)	6.0 (1)		145 (4) 110-175			5.4 (3) 4.4-6.9		30 (1)	[illegible] (4) 22.3-45.8

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	6. FRUITS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	Date -- continued:																			
900.	Dried.....		293	17.2 (15) 7.0-26.1	2.7 (13) 1.7-3.9	.6 (13) .1-1.2	77.6	3.9 (13) 2.0-8.5	1.9 (15) .5-2.7	82 (6) 68-103	85 (6) 74-105	9.4 (6) 6.1-13.7		30 (6) 15-60	.06 (6) .03-.09	.15 (6) .13-.16	1.8 (6) 1.4-2.9	13 (6) 10-17		
901.	Dried and pressed, "Tamr"																11.4 (4) 8.3-16.4			
902.	Date, Senegal; date, nain; date, wild; date, dwarf (Phoenix reclinata).....	Datte naine; datte sauvage																		
	Dattock, Senegal; tallow-tree (Detarium senegalense), fruit:	Détar																		
903.	Raw.....		116	66.9 (15) 66.7-67.1	1.9 (15) 1.9-2.0	.4 (15) --	29.6	2.3 (15) 2.3-2.4	1.2 (15) 1.2-1.3	27 (15) --	48 (15) 48-49	2.8 (15) 2.6-3.0		165 (15) 80-265	.14 (15) .13-.14	.05 (7) --	.6 (15) .6-.7		[illegible]	52 (1)
904.	Dried.....		299	14.0 (1)	3.4 (1)	.5 (1)	78.8	7.1 (1)	3.3 (1)	110 (1)		1.4 (1)			.01 (1)	.03 (1)	3.8 (1)		[illegible] (1)	
905.	Dattock, sweet (Detarium microcarpum), pulp, dried.....	Dankh	311	11.1 (1)	4.9 (1)	.4 (1)	81.0	6.6 (1)	2.6 (1)	82 (1)	84 (1)	1.8 (1)			.03 (1)				[illegible] (1)	
	Desert-date; Egyptian myrobalan (Balanites aegyptiaca), fruit:	Datte du désert																		
906.	Raw.....		122	64.0 (1)	2.2 (1)	tr. (1)	31.9		1.9 (1)	47 (1)									14 (1)	51 (1)

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. FRUITS -- continued																			
	Desert-date -- continued:																			
907.	Dried.....		275	19.0 (17) 2.5-21.0	5.0 (17) 3.9-9.4	.1 (17) tr.-.3	71.5	3.1 (14) .2-3.3	4.4 (17) 3.2-6.8	141 (17) 108-162	62 (13) 59-103	3.1 (13) 2.0-3.2		0 (12) --	.20 (5) .01-.27	.11 (4) .07-.23	1.7 (4) 1.7-1.8		35 (3) 33-36	
908.	Dika-nut; African mango; wild mango (Irvingia gabonensis), fruit pulp, raw.....	Manguier sauvage	61	81.4 (1)	.9 (1)	.2 (1)	15.7	.4 (1)	1.8 (1)	20 (1)	40 (1)	1.8 (1)							74 (1)	
	Doumpalm, Egyptian; gingerbreadpalm (Hyphaene thebaica):	Doum; palmier doum																		
909.	Fruit pulp.....																			
910.	Flour of pericarp.....		296	10.7 (1)	2.6 (1)	.4 (1)	79.0	14.0 (1)	7.3 (1)	68 (1)		20.0 ? (1)			.05 (1)	.10 (1)	3.4 (1)			
911.	Doumpalm, sp. (Hyphaene dankaliensis), fruit pulp.	Palmier doum																		
	Doundaké. See Guineapeach.																			
912.	Durian, civet (Durio zibethinus), fruit pulp...	Durian																		
	Egyptian-myrobalan. See Desert-date.																			
	Emblic leafflower. See Myrobalan.																			
	False-banana. See Abyssinian banana, under Starchy Fruits.																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	6. FRUITS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
912.	Falseyam (Icacina senegalensis), fruit pulp.	Icacina; kouraban																		
914.	Feijoa; pineapple-guava (Acca sellowiana; Feijoa sellowiana), fruit, raw.....	Feijoa		79.2 (1)					.5 (1)	36 (1)									34 (1)	
915.	Fig, broadleaf (Ficus platyphylla), fruit, raw..	Figue	56	83.0 (1)	1.9 (1)	.1 (1)	13.7	3.6 (1)	1.3 (1)	205 (1)	66 (1)	4.0 (1)			.04 (1)	.04 (1)	.3 (1)		22 (1)	
916.	Fig, cape; bush fig (Ficus capensis), fruit, raw....	Figue sauvage		85.0 (3) --															tr. (3) --	
	Fig, common (Ficus carica), fruit:	Figue commune																		
917.	Raw.....		52	85.2 (7) 84.4-85.4	.8 (7) .8-1.1	.2 (7) tr.-.2	13.2	1.3 (7) 1.2-1.3	.6 (7) .4-.6	44 (6) --	20 (6) --	.5 (6) --		30 (1)					15 (1)	14 (7) 3-16
918.	Dried.....		251	27.9 (1)	2.7 (1)	tr. (1)	67.2	17.0 (1)	2.2 (1)											3 (8) --
919.	Fig, sp. (Ficus gnaphalocarpa), fruit, raw.....	Figue	77	78.5 (2) --	1.6 (2) --	1.2 (2) --	17.1	5.1 (2) --	1.6 (2) --	250 (2) --	65 (2) --	6.0 (2) --		220 (2) --	.03 (2) --	.06 (2) --	.5 (2) --		15 (2) --	
920.	Fig, sp. (Ficus iteophylla), fruit, raw.....	Figue	76	77.1 (1)	3.0 (1)	.2 (1)	17.9	5.8 (1)	1.8 (1)	290 (1)	75 (1)	10.0 ? (1)		235 (1)	.04 (1)				25 (1)	

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	6. FRUITS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
921.	Garcinia, sp.; muKute (Garcinia huillensis), fruit, raw.....	Garcinia		75.9 (1)															8 (1)	46 (1)
922.	Gardenia, sp. (Gardenia erubescens), fruit.....	Gardenia																		
	Genip. See Spanish-lime.																			
	Gingerbreadpalm. See Doumpalm, Egyptian.																			
923.	Gooseberry (Ribes spp.), raw.....	Groseille	73	80.1 (3) --	2.2 (3) --	1.3 (3) --	15.3	2.9 (3) --	1.1 (3) --	14 (3) --	39 (3) --	1.1 (3) --								6 (3) --
924.	Granadilla, giant; barbardine (Passiflora quadrangularis; P. macrocarpa), fruit, raw.	Barbadine	77	80.0 (1)	2.6 (1)	1.9 (1)	14.5	4.9 (1)	1.0 (1)	9 (1)	36 (1)	.6 (1)							20 (1)	65 (1)
925.	Granadilla, maypop; passionflower, maypop (Passiflora incarnata), fruit, raw.....	Grenadille	111	72.5 (13) 72.3-75.3	2.3 (13) 2.3-2.5	3.3 (13) 3.3-3.6	21.0	7.3 (13) 4.7-7.5	.9 (12) --	14 (13) 13-14	43 (13) 34-44	1.6 (13) .4-1.7								42 (12) --
926.	Granadilla, purple; passionfruit (Passiflora edulis), fruit, raw.....	Grenadille		79.0 (1)						25 (1)	48 (1)				.03 (1)	.10 (1)				

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. FRUITS -- continued																			
	Granadilla, sweet (Passiflora ligularis):	Grenadille, douce																		
927.	Fruit.....																			
928.	Juice.....																			
929.	Granadilla, yellow; water-lemon; bellapple (Passiflora laurifolia)...	Pomme-liane; pomme d'or																		
	Grape, European (Vitis vinifera):	Raisin																		
930.	Fruit.....		62	82.7 (16) 81.4-87.2	.6 (15) .3-.7	.4 (15) tr.-.5	15.8	2.0 (15) 1.5-4.2	.5 (16) .1-.6	21 (13) 16-21	19 (13) 17-19	.8 (14) .2-1.1		50 (1)						6 (13) 4-6
931.	Juice.....																			
932.	Raisins.....																			
	Grapefruit (Citrus paradisi):	Grapefruit; "pamplemousse"																		
933.	Fruit pulp.....		34	90.0 (9) 89.7-90.6	.8 (9) .5-.9	.1 (9) tr.-.1	8.6	.6 (9) --	.5 (9) .3-.6	21 (9) 20-23	18 (9) 16-21	.6 (9) .3-.7		25 (4) --	.05 (4) --	.03 (4) --	.2 (4) --		44 (6) 32-47	49 (7) 41-55
934.	Juice.....																		43 (3) 29-61	
935.	Grewia, spp. (Grewia spp.), fruit.....	Grewia																		
	Grey-plum. See Parinarium, sp.																			
	Groundcherry, cutleaf. See Vegetables.																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	6. FRUITS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
936.	Groundcherry, Peruvian; cape-gooseberry (Physalis peruviana; P. edulis), fruit, raw...	Alkékenge du Pérou																		
937.	Guava, cattley; strawberry guava (Psidium cattleyanum), raw, fruit.....	Goyave-fraise; goyave de Chine																		
938.	Guava, common (Psidium guajava), fruit, whole, raw.....	Goyave	64	82.2 (27) 78.8-87.7	1.1 (25) .5-1.2	.4 (22) tr.-1.3	15.7	5.3 (23) 4.1-6.4	.6 (25) .4-.9	24 (22) 11-42	31 (21) 14-42	1.3 (20) .8-2.0		290 (10) 170-330	.06 (11) .02-.06	.04 (11) .03-.07	1.3 (10) 1.1-1.9		326 (65) 152-633	19 (13) 2-24
939.	Guinea peach; African peach; country fig; doundaké (Nauclea latifolia; Sarcocephalus esculentus), fruit pulp...	Pêche d'Afrique; doundaké																		
	Guinea-plum. See Parinarium, sp.																			
940.	Gumvine, Guinea (Landolphia heudelotii), fruit, raw.....	Landolphia	55	84.5 (4) --	.7 (4) --	.1 (4) --	14.3	.3 (4) --	.4 (4) --	15 (4) --	44 (4) --	2.0 (2) --		tr. (1)	.04 (2) --	.03 (2) --	.8 (2) --		12 (5) 11-15	54 (1)
941.	Gumvine, sp.; rubervine (Saba senegalensis; Landolphia senegalensis), fruit, raw.....	Saba	71	80.0 (3) --	.8 (2) --	.2 (2) --	18.5	1.3 (2) --	.5 (3) --	51 (2) --	28 (2) --	1.0 (2) --		tr. (1)	.15 (2) --	.03 (2) --	.5 (2) --		48 (2) --	72 (1)

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. FRUITS -- continued																			
942.	Hackberry, African (Celtis integrifolia), fruit.....	Celtis																		
	Hog-plum. See Mombin, yellow.																			
943.	Hogweed (Boerhavia diffusa), fruit, dried....	Boerhavia	326	10.2 (1)	8.3 (1)	5.3 (1)	70.6	20.1 (1)	5.6 (1)	730 (1)	240 (1)									
944.	Hottentot-fig (Carpobrotus edulis; Mesembryanthemium edule), fruit...	Carpobrotus																		
	Indianfig. See Pricklypear.																			
945.	Jackfruit; jakfruit (Artocarpus heterophylla), fruit.....	Jaquier																		
946.	Jujube, common; Chinese date (Ziryphus jujuba; Z. sativa; Z. vulgaris), fruit.....	Jujube commun																		
947.	Jujube, Christ-thorn (Ziryphus spina-Christi), fruit, dried.....	Spina-Christi	314	9.3 (1)	4.8 (1)	.9 (1)	80.6		4.4 (1)	140 (1)		3.0 (1)		0 (1)	.04 (1)	.13 (1)	3.7 (1)		30* (1)	
948.	Jujube, India (Ziryphus mauritiana), fruit: Raw.....	Jujube	97	71.5 (1)	1.9 (1)	tr. (1)	25.2	2.1 (1)	1.4 (1)	51 (1)	20 (1)								58 (2)	
949.	Semi-dried.....		240	30.8 (4) --	3.7 (4) --	.1 (4) --	63.0	2.8 (4) --	2.4 (4) --	170 (4) --	64 (4) --	3.1 (4) --		0 (4) --	.02 (4) --		2.1 (4) --		25-75 35 (4) --	

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. FRUITS -- continued																			
950.	Jujube, India -- continued: Dried.....		287	17.4 (3) --	4.3 (3) --	.1 (3) --	75.4	3.4 (3) --	2.8 (3) --	210 (3) --	56 (3) --	3.0 (3) --		0 (3) --	.03 (3) --	.02 (3) --	2.1 (3) --		24 (3) --	
	Kaffir marvolanut. See Marvolanut, Kaffir.																			
	Kaffir melon. See Muskmelon.																			
951.	Kaffir-orange; muTamba (Strychnos cocculoides), fruit, raw.....	Strychnos		79.7 (2) --															1 (2) --	58 (2) --
952.	Key-apple; Dingaan's apple; umkokolo (Dovyalis caffra).....	Dovyalis																		
953.	Kola, bitter; false kola (Garcinia kola), fruit...	Fausse Kola																		
954.	Kumquat; nagami (Fortunella margarita), fruit, whole.....	Kumqhat																		
955.	Lannea, sp.; live-long; muPuri (Lannea acida), fruit.....	Lannea																	5 (1)	
956.	Lannea, sp.; muTsambatsi (Lannea edulis), fruit...	Lannea																	14 (2) --	

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. FRUITS -- continued																			
957.	Lantana, common; wild sage; Bahama-tea (Lantana camara), fruit.....	Thé de Gambie																		
958.	Lemon (Citrus limon): Fruit.....	Citron	29	89.8 (21) 89.6-93.0	.7 (20) .3-.7	.4 (19) --	8.8	.9 (19) --	.3 (19) --	25 (20) 21-25	18 (20) 14-18	.5 (19) --				.02 (1)				36 (19) --
959.	Juice.....																		37 (5) 26-50	
960.	Lemon, sweet (Citrus limetta).....																			
961.	Lime (Citrus aurantiifolia): Fruit.....	Lime; limette; "citron vert"	32	89.5 (5) 86.9-90.4	.6 (5) .4-.9	.8 (5) .4-1.1	8.7	.7 (5) .5-1.6	.4 (4) .3-.6	19 (4) 18-22	21 (5) 16-30	.7 (5) tr.-.9		10 (3) --	.03 (3) --	.02 (3) --	.3 (3) --		45 (4) 35-48	41 (4) 37-42
962.	Juice.....																		0 (1)	
	Live-long. See Lannea, sp.																			
963.	Loquat, Japanese medlar (Eriobotrya japonica)...	Nèfle du Japon; bibace																		
964.	Lychee; litchi (Litchi sinensis; Nephelium litchi), fruit pulp	Litchi	56	84.2 (5) --	.8 (5) --	.2 (5) --	14.3	.5 (5) --	.5 (5) --	8 (5) --	22 (5) --	.4 (5) --								20 ? (5) --

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	6. FRUITS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
965.	Madrone, strawberry (Arbutus unedo), fruit...	Arbouse																		
	Mamoncillo. See Spanish-lime.																			
	Mango, common (Mangifera indica), fruit:	Mangue																		
966.	Ripe.....		60	82.9 (67) 74.6-87.0	.6 (66) .3-1.0	.2 (66) tr.-.7	15.8	.9 (64) .5-1.5	.5 (66) .2-1.8	24 (43) 12-33	22 (42) 8-34	1.2 (43) .4-2.8		3,200 (51) 355-12,950	.03 (28) .02-.04	.05 (29) .04-.06	.4 (28) .3-.7		42 (32) 26-110	36 (16) 23-40
967.	Juice, canned.....		62	83.3 (1)	.3 (1)	.4 (1)	15.9	.2 (1)	.1 (1)	2 (1)	6 (1)	4.0 (1)		285 (1)	.01 (1)	.03 (1)	.2 (1)			
	Unripe:																			
968.	With skin.....		48	86.2 (3) --	1.0 (3) --	.1 (3) --	12.2	1.7 (3) --	.5 (3) --	57 (3) --	35 (3) --	1.3 (3) --		1,000 (3) --	.03 (3) --	.06 (3) --	.3 (3) --		270 (3) --	
969.	Without skin.....		56	84.2 (4) --	.5 (4) --	.1 (4) --	14.9	.7 (4) --	.3 (4) --	17 (4) --	8 (4) --	1.4 (4) --		1,020 (4) --	.02 (4) --	.03 (4) --	.2 (4) --		86 (4) --	46 (4) --
970.	Manketti (Ricinodendron rautanenii), fruit pulp, raw.....	Manketti																		
971.	Marvolamut, Ethiopian; muRula (Sclerocarya birrea; Spondias birrea), fruit pulp, raw.....	Sclerocarya		87.0 (7) --															179 (7) --	79 (7) --

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. FRUIT -- continued																			
	Marvolanut, Kaffir; marulaplum (Sclerocarya caffra):	Sclerocarya																		
972.	Fruit, raw.....		30	91.7 (1)	.5 (1)	.1 (1)	7.5	.5 (1)	.2 (1)	6 (1)	19 (1)	.1 (1)			.03 (1)	.05 (1)	.2 (1)		68 (1)	
973.	Fruit juice.....																			
974.	Medlar (Mespilus germanica), fruit.....	Nèfle																		
	Medlar persimmon. See Persimmon, medlar.																			
	Mobola-plum. See Parinarium, mobolaplum																			
975.	Mombin, purple or red; Spanish-plum (Spondias purpurea), fruit, raw....	Prune d'Espagne; mombin rouge																		
976.	Mombin, yellow; hog-plum; jobo (Spondias mombin; S. lutea), fruit, raw.....	Mombin jaune	42	88.0 (4) 87.2-88.2	.8 (4) .6-.9	.2 (4) .1-.2	10.6	.5 (4) .3-1.0	.4 (4) .3-.5	30 (4) 24-49	39 (3) --	1.0 (3) --		1,400 (2) --	.04 (3) --	.03 (3) --	1.4 (3) --		16 (4) 12-30	44 (1)
977.	Monkey-apple; muliwakwa (Strychnos innocua), fruit, raw.....	Strychnos		70.6 (1)															14 (1)	60 (1)

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. FRUIT -- continued																			
	Monkey-ball. See Poisonnut.																			
	Monkey-guava. See Persimmon, medlar.																			
978.	Monkey-plum; umCatuga; (Royena sericea), whole fruit, raw.....	Royena		63.5 (1)															32 (1)	(1)
	MuHacha. See Parinarium, mobolaplum.																			
	Muliwakwa. See Monkey-apple.																			
	MuKute. See Garcinia, sp.																			
	MuKute-rusumbudzi. See Water-berry.																			
979.	Mulberry (Morus spp.), fruit.....	Mûrier		88.4 (1)						38 (1)	33 (1)	1.5 (1)				.08 (1)			61 (1)	(1)
	MuPuri. See Lannea, sp.																			
	MuRula. See Marvolanut, Ethiopian.																			
980.	Muskmelon; cantaloupe; senatfruit; Kaffir-melon (Cucumis melo), fruit, raw.....	Melon; cantaloup	18	94.8 (8) 92.6-96.8	.5 (8) .5-.8	.1 (8) tr.-.1	4.2	.5 (8) .4-.5	.4 (8) .3-.5	20 (8) 6-26	28 (8) 14-36	1.7 (7) .3-2.3		30 (5) --	.04 (5) --	.02 (5) --	.6 (6) .4-1.4		12 (6) 11-15	
981.	Mussaenda, sp. (Mussaenda arcuata and M. elegans), fruit.....	Groseille ceatrafricaine																		

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. FRUITS -- continued																			
	Mustard-tree. See Tooth brush-tree.																			
	MuTamba. See Kaffir-orange.																			
	MuTohwe. See Quarters.																			
	MuTondo. See Bushmango.																			
	Mu-Tsambatsi. See Lannea, sp.																			
	Mutsibva. See Chastetree, sp.																			
	Mutswanzwa. See Sourplum.																			
	Mu-we. See Bird-plum.																			
982.	Myrianthus, sp. (Myrianthus spp.), fruit, raw.....	Myrianthus	49	85.5 (1)	1.9 (1)		11.8		.8 (1)	44 (1)	70 (1)	1.1 (1)								
983.	Myrobalan; emblic leaf-flower (Phyllanthus emblica), fruit.....	Emblic																		
	Nain-date. See Date, Senegal.																			
984.	Narasplant (Acanthosicyos horrida), fruit pulp.....	Naras																		
	Nativepear. See bush-butter tree.																			
985.	Nectarine (Prunus persica var. nectarina), fruit pulp.....	Nectarine	39	88.7 (5) --	.6 (5) --	.1 (5) --	10.0	.8 (5) --	.6 (5) --	10 (5) --	17 (5) --	.4 (5) --								11 (5) --

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. FRUITS -- continued																			
986.	Ohia; pinkapple; Malay-apple (Syzygium malaccense; Eugenia malaccensis), fruit.....	Jamlac; pomme malac																		
	Olive, common (Olea europaea), fruit:	Olive																		
987.	Green.....																			
988.	Black.....																			
	Orange, mandarin; tangerine (Citrus reticulata; C. nobilis):	Mandarine																		
989.	Fruit, raw.....		49	86.1 (9) 79.8-86.6	.8 (7) .8-.9	.3 (7) .2-.4	12.3	.6 (7) .3-.6	.5 (7) .4-.8	38 (9) 28-108	17 (9) 2-30	1.1 (7) .3-1.7		230 (5) 160-500	.08 (6) .02-.16	.05 (6) .02-.15	.2 (4) --		28 (7) 25-31	28 (5) --
990.	Juice.....																			
	Orange, sour (Citrus aurantium ssp. aurantium):	Orange amère; bigarade																		
991.	Fruit, raw.....		37	89.2 (2) --	.6 (2) --	tr. (2) --	9.7	.4 (2) --	.5 (2) --	18 (2) --	12 (2) --			290 (1)					48 (2) 45-52	
992.	Juice.....																			
	Orange, sweet (Citrus sinensis):	Orange, commune																		
993.	Fruit.....		43	88.0 (6) 85.0-89.2	.6 (5) .6-.8	.4 (5) .2-.4	10.5	.6 (5) --	.5 (5) --	28 (5) --	17 (5) 14-28	.1 (1) --		75 ? (4) --	.02 (1)	.03 (5) .03-.05	.2 (4) --		46 (2) 27-64	30 (5) --
994.	Juice, raw.....																		44 (2) 37-54	

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. FRUITS -- continued																			
	Orange, temple. See Orange, mandarin.																			
995.	Otaheite-apple; viapple; ambarella (Spondias cytherea; S. dulcis), fruit	Pomme-cythère																		
996.	Palm, African-oil (Elaeis guineensis), pulp or pericarp: Raw	Palmier à huile	540	26.2 (13) --	1.9 (13) --	58.4 (13) --	12.5	3.2 (13) --	1.0 (7) --	82 (7) --	47 (7) --	4.5 (7) --		42,420-168,800 4/ --	.20 (6) -- .20 (1)	.10 (6) --	1.4 (6) --		12 (7) 10-12 9 (1)	69 (11) 22-69
997.	Dried																			
998.	Puree		242	69.1 (1)	.4 (1)	27.6 (1)	2.6	.4 (1)	.3 (1)	50 (1)	110 (1)	2.4 (1)		6,150? --	.05 (1)	.05 (1)	.8 (1)	1.6 (1)	3 (1)	
	Kernel. See Nuts and Seeds.																			
	Oil from pulp or kernel. See Oils.																			
	Palmyra palm. See African fan palm.																			
999.	Papaya; papaw; pawpaw 5/ (Carica papaya), fruit, raw	Papaye	32	90.8 (41) 86.5-92.3	.4 (39) .3-.6	.1 (39) tr.-.1	8.3	.9 (39) .1-1.3	.4 (39) .2-.6	21 (40) 8-42	15 (40) 9-30	.6 (38) 1-1.4		950 (14) 205-1,500	.03 (13) .02-.03	.03 (13) .03-.05	.4 (13) .3-.4		52 (16) 22-78	26 (27) 15-34

4/ Values vary greatly due to the color of the pulp. Deep-orange pulp is reported to have higher value than the pale pulp.

5/ In Africa, papaya is commonly called pawpaw or papaw, while in North America, papaw or pawpaw refers to Asimina triloba.

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
	6. FRUITS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
1000.	Papo-canarytree; incense tree (Canarium schweinfurthii), fruit.....	Arbre à encens	239	49.3 (1)	1.5 (1)	13.5 (1)	33.5		2.2 (1)	85 (1)	630 (1)	5.0 (1)								45 (1)
1001.	Parinarium, gingerbread-plum; Cayor-apple (Parinari macrophylla) fruit, raw.....	Pomme du Cayor	142	59.6 (10) --	1.4 (10) --	.1 (10) --	37.9 --	2.4 (10) --	1.0 (10) --	42 (10) --	54 (10) --	1.7 (10) --		40 (10) --	.03 (10) --	.08 (10) --	.7 (10) --		95 (10) --	60 (10) --
1002.	Parinarium, mobolaplum; hissing-tree; mullacha (Parinari curatellifolia ssp. mobola), fruit, raw.....	Parinaire																	64 (3) --	50 (3) --
1003.	Parinarium, sp; rough-skinned-plum; grey-plum; guinea-plum (Parinari excelsa), fruit, raw.....	Parinari	117	66.8 (3) 66.4-67.0	1.3 (3) 1.2-1.5	.2 (3) --	30.9	1.5 (3) 1.3-1.6	.8 (3) .6-.9	38 (3) 37-41	27 (3) 24-28	1.7 (3) --		290 (2) --					31 (2) --	
	Passionfruit. See Granadilla, purple.																			
1004.	Paullinia, sp. (Paullinia pinnata), aril.....	Paullinia	69	83.0 (1)	.7 (1)	.6 (1)	15.2	.3 (1)	.5 (1)	4 (1)	171 (1)									
	Pawpaw; papaw (Carica papaya). See Papaya.																			

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. FRUITS -- continued																			
1005.	Peach (Prunus persica), raw	Pêche	50	85.8 (36) 81.6-86.9	.9 (36) .7-1.3	.2 (19) --	12.5	.9 (19) --	.6 (36) .5-.9	7 (36) 3-10	19 (29) 14-36	.5 (25) .2-1.1		25 (3) 14-41					16 (1)	10 (13) --
1006.	Pear, common (Pyrus communis), raw	Poire	58	84.2 (79) 78.8-88.0	.4 (62) .2-.5	.6 (13) --	14.5	1.8 (13) --	.3 (79) .2-.7	6 (62) 2-10	12 (78) 6-20	.2 (62) .1-.4								13 (13) --
1007.	Persimmon, Gaboon (Diospyros dendo), raw	Dendo																		
	Persimmon, kaki (Diospyros kaki), fruit:	Kaki; plaquemine																		
1008.	With skin			80.9 (17) 78.4-84.6					.5 (17) .4-.6	24 (17) 16-39				1,420 (17) 1,320-1,500					5 (17) 2-10	
1009.	Without skin			82.0 (4) 80.6-86.0					.4 (4) .4-.5	22 (4) 19-27				1,455 (4) 1,350-1,560					5 (4) 3-9	
1010.	Persimmon, medlar; monkey-guava (Diospyros mespiliformis), fruit pulp	Kaki de brousse	125	64.5 (4) --	1.0 (4) --	tr. (1)	33.9	.6 (3) --	.6 (4) --	42 (4) --	46 (4) --	2.0 (1)			.01 (1)		.2 (1)		13 (4) --	
	Pineapple (Ananas comosus):	Ananas																		
1011.	Fruit, raw		47	86.8 (16) 75.0-92.7	.4 (16) .3-.6	.1 (16) .1-.3	12.4	.5 (16) .2-1.0	.3 (16) .2-.3	16 (15) 12-56	14 (15) 8-17	.4 (15) .3-.9		90 (4) --	.06 (5) .06-.07	.03 (5) .03-.05	.1 (4) --		34 (2) 23-44	33 (16) 15-46
1012.	Juice																		12 (6) 7-18	

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. FRUITS -- continued																			
	Pinkapple. See Ohia.																			
1013.	Pitanga; barbadoes; surinam cherry (Eugenia uniflora), fruit.....	Cerise de Cayenne																		
	Plantain. See Starchy fruits.																			
1014.	Plum (Prunus spp.), raw...	Prune	49	86.1 (21) 85.6-91.1	.6 (20) .5-.7	.2 (20) .1-.2	12.5	1.1 (20) .8-3.6	.6 (17) --	10 (20) 4-11	12 (20) 11-16	.6 (20) .4-2.0		770 (1)						7 (17) --
1015.	Plum, Japanese (Prunus triflora), fruit.....	Prune de Chine; prune japonaise																		
1016.	Poisonnut, kaffirorange monkey-ball (Strychnos spinosa), fruit, raw.....	Strychnos	72	79.7 (5) 65.4-90.5	1.6 (2) 1.2-2.0	.6 (2) .1-1.0	17.1	.6 (1)	1.0 (2) 1.0-1.1	28 (3) 16-42	42 (1)	.7 (1)			.11 (2) .06-.17	.17 (2) .16-.18	1.9 (1)		18 (2) 12-24	50 (2) --
1017.	Pomegranate (Punica granatum), raw.....	Grenade	78	78.1 (4) 72.6-82.5	1.6 (2) --	.3 (3) tr.-.9	19.6	4.5 (3) 3.4-5.0	.4 (4) .3-.5	12 (2) --	37 (2) --	1.0 (3) .6-1.2		40 (1)						44 (3) 43-46
1018.	Pricklypear; Indianfig (Opuntia spp.), raw.....	Figue de Barbarie	62	82.9 (11) 80.0-90.6	1.0 (8) .8-1.5	.4 (8) .1-.6	15.4	3.9 (5) 2.8-4.2	.3 (7) .3-.4	31 (5) 26-50	27 (5) 19-29	.3 (4) --							20 (1)	45 (3) 41-47

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																		
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. FRUITS -- continued																			
1019.	Pummelo; pomelo; shaddock (Citrus maxima; C. grandis), fruit pulp...	Pamplemousse vrai; pomelo	25	92.4 (2) 90.8-94.1	.5 (1)	.1 (1)	6.3	.5 (1)	.7 (1)	26 (2) 21-30	22 (2) 20-25	.3 (1)			.07 (1)	.02 (1)			30 (1)	36 (1)
1020.	Quarters; snot-apple; muTohwe (Azanza garckeana), fruit.....	Azanza		18.0 (1)															0 (1)	15 (1)
1021.	Quince, common (Cydonia oblonga; C. vulgaris), fruit, raw.....	Coing	62	82.6 (3) --	.4 (3) .3-.7	.3 (3) .3-.4	16.2	3.1 (3) 2.4-4.4	.5 (2) --	14 (3) --	15 (3) 14-16	.9 (3) .8-1.2								28 (2) --
1022.	Rambutan (Nephelium lappaceum), fruit....	Ramboutan; litchi chevelu																		
	Raspberry (Rubus spp.). See Blackberry.																			
1023.	Roseapple; jamrose (Syrygium jambos; Eugenia jambos), fruit..	Pommerose; jambose																		
	Saltbush. See Tooth brush-tree.																			
1024.	Santiria, sp. (Santiria trimera), fruit pulp, raw.....	Santiria	72	80.8 (3) 80.6-81.0	1.3 (3) --	1.2 (3) 1.2-1.3	16.0		.7 (3) --	46 (3) 45-48		5.0 (3) 4.0-5.0							22 (3) 20-33	
1025.	Sapodilla; naseberry (Manilkara zapota), fruit.....	Sapotille																		

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. FRUITS -- continued																			
1026.	Sapote, common (Calocarpum sapota; Achras zapota; A. mammosa), fruit.....	Sapote																		
1027.	Sausage-tree, common (Kigelia pinnata), fruit, raw.....	Kigelia	54	85.4 (1)	.8 (1)	.9 (1)	12.2	4.3 (1)	.7 (1)											
	Seaside-plum. See Spiny-plum.																			
1028.	Securinega, sp. (Securinega virosa; Fluggea virosa), fruit...	Securinega																		
	Senat fruit. See Muskmelon.																			
	Shaddock. See Pummelo.																			
1029.	Shea-butterseed (Butyrospermum parkii), pericarp.....	Karité; arbre à beurre	94	74.3 (1)	1.9 (1)	1.2 (1)	21.7	5.4 (1)	.9 (1)			4.7 (1)		0 (1)	.02 (1)	.03 (1)	1.0 (1)		1* (1)	
1030.	Small-medlar, wild; umViyo (Vangueria tomentosa), fruit.....	Vangueria		53.1 (1)															0 (1)	0 (1)
	Snot-apple. See Quarten.																			
1031.	Soapberry-tree (Aphania senegalensis; Sapindus senegalensis), fruit, raw.....	Cerise du Sénégal	99	71.4 (5)	1.5 (5)	tr. (5)	26.1	.5 (5)	1.0 (5)	23 (5)	90 (5)	3.0 (4)		360 (4)	.03 (5)				68 (5)	43 (1)
				70.8-73.9	1.5-1.6	--		.4-.5	1.0-1.1	22-26	68-95	--		--	--				63-99	

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. FRUITS -- continued																			
1032.	Sourplum; muTswanrwa; Natal-plum (Ximenia caffra), whole fruit, raw	Ximenia		66.4 (3) --															49 (3) --	51 (3) --
1033.	Soursop; guanabana (Annona muricata), fruit, raw	Corossol épineux	60	82.6 (5) 80.0-83.3	1.5 (5) 1.1-1.6	.1 (5) .1-.2	15.2	1.0 (5) .9-1.0	.6 (5) .5-.8	32 (5) 30-33	42 (5) 20-47	2.0 (5) 7-2.3		tr. (4) --	.11 (4) --	.10 (4) --	1.4 (4) --		42 (6) 7-140	28 (2) 25-30
1034.	Spanish-lime; mamoncillo; genip (Melicocca bijuga), fruit	Melicocca																		
	Spanish-plum. See Mombin, red.																			
1035.	Spanspek (?), fruit, raw		19	94.3 (7) --	.5 (7) --	.1 (7) --	4.6	.6 (7) --	.5 (7) --	12 (7) --	14 (7) --	.3 (7) --								25 (7) --
1036.	Spicy-cedar; slugwood (Beilschmiedia mannii), fruit, unripe, whole	"Laurier"																		
1037.	Spiny-plum; seaside-plum; wild-lime; tallowwood; wild-olive (Ximenia americana)	Prune du bord de mer; citron de mer																		

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. FRUITS -- continued																			
1038.	Starapple, African (Chrysophyllum delevoyi; C. africanum), fruit....	Pomme-étoile d'Afrique																		
1039.	Starapple, white (Chrysophyllum albidum), fruit.....	Pomme-étoile blanche																		
1040.	Starapple, all varieties (Chrysophyllum spp.), fruit.....	Pomme-étoile; prune du Gabon																		
1041	Sterculia, sp. (Sterculia cordifolia; Cola cordifolia), fruit pulp...	Sterculia	91	73.8 (1)	1.2 (1)	tr. (1)	24.2	.4 (1)	.8 (1)	55 (1)	47 (1)	2.5 (1)		460 (1)	.01 (1)		.4 (1)		10 (1)	66 (1)
1042.	Strawberry (Fragaria spp.), raw.....	Fraise	37	89.0 (9) --	.8 (9) --	.3 (9) --	8.9	1.2 (9) --	1.0 (9) --	19 (9) --	18 (9) --	.7 (9) --		60 (1)			1.9 (1)		53 (1)	4 (9) --
	Sugarapple. See Sweetsop.																			
1043.	Sugarcane (Saccharum officinarum): Stem.....	Canne à sucre	62	82.5 (7) 81.7-83.3	.6 (7) .4-1.1	.1 (6) --	16.5	3.1 (7) 2.0-3.4	.3 (7) .2-.4	8 (7) 5-10	6 (5) 4-16	1.4 (7) .5-1.8		0 (4) --	.02 (4) --	.01 (4) --	.1 (4) --		3 (4) --	55 (5) 51-56
1044.	Juice.....		47	86.1 (2) 84.0-88.2	.4 (1)	0 (1)	12.7		.8 (2) .4-1.2	15 (1)	22 (1)	.9 (1)								
1045.	Sugar-plum; red cedar (Uapaca guineensis), fruit, raw.....	Uapaca	92	73.4 (1)	1.8 (1)	.1 (1)	23.8		.9 (1)	126 (1)										

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion: Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. FRUITS -- continued																			
1046.	Sweetsop; sugarapple (Annona squamosa), fruit, raw.....	Pomme-cannelle; corossol écailleux	87	75.0 (2) 72.7-77.2	1.4 (2) 1.3-1.5	.2 (2) .1-.3	22.4	1.4 (1)	1.0 (2) .9-1.0	59 (2) 27-91										
1047.	Tamarind (Tamarindus indica), fruit: Raw.....	Tamarin	68	80.2 (2) 79.8-80.7	2.0 (2) 1.9-2.2	.2 (2) .1-.2	16.6	8.4 (1)	1.0 (2) .8-1.2	60 (2) 21-100	87 (1)								8 (1)	
1048.	Dried.....		270	21.3 (2) 20.0-22.6	5.0 (2) 3.5-6.5	.6 (2) .2-1.0	70.7	18.3 (1)	2.4 (1)	166 (2) 162-170	190 (1)	2.2 (1)		60 (1)	.18 (1)	.09 (1)	.6 (2) .1-1.2		9 (2) 0-18	36 (1)
	Tangerine. See Orange, mandarin.																			
1049.	Tooth brush-tree; saltbush; mustard-tree (Salvadora persica), fruit.....	Salvadora																		
	Treebine spp. See Vegetables.																			
1050.	Treetomato (Cyphomandra betacea), fruit, raw....	Tomate en arbre; tomate de la Paz	57	82.7 (1)	1.5 (1)	.2 (1)	14.5	4.2 (1)	1.1 (1)	71 (1)	30 (1)	.7 (1)								
1051.	Trichoscypha, sp. (Trichoscypha spp.), fruit pulp.....	Trichoscypha	61	83.4 (4) 81.0-84.3	.7 (4) --	.5 (4) .3-.9	15.1		.3 (4) .2-.3	42 (1)	60 (1)	2.0 (4) .9-2.5							75 (4) 72-80	

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	β-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. FRUITS -- continued																			
	UmCatuga. See Monkey-plum.																			
	UmChangwela. See Chastetree, sp.																			
	Umillambi. See Wild-grape.																			
	UmQuokolo. See Batoka.																			
	UmViyo. See Small-medlar.																			
1052.	Velvet-tamarind; white tamarind (Dialium guineense), fruit pulp...	Tamarinier blanc	294	17.1 (1)	3.4 (1)	.1 (1)	78.4	2.2 (1)	1.0 (1)	196 (1)	77 (1)	3.7 (1)								87 (1)
1053.	Voavanga; spanish-tamarind (Vangueria madagascariensis), fruit, ripe.....	Vavangue																		
1054.	Water-berry; muKute-rusumbudzi (Syzygium guineense; Eugenia guineensis), fruit, raw..	Syzygium		88.1 (1)															0 (1)	50 (1)
	Waterlemon. See Granadilla, yellow.																			
1055.	Watermelon (Citrullus lanatus), fruit, raw.....	Pastèque	22	93.6 (11) 91.8-98.4	.5 (9) .2-.5	.1 (9) tr.-.1	5.5	.4 (8) .2-1.5	.3 (10) .2-.4	8 (9) 6-20	9 (7) --	.3 (9) .1-1.3		250 (2) 150-355	.04 (2) .03-.05	.05 (2) .03-.07	.1 (2) --		8 (2) --	45 (9) 35-50

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	6. FRUITS -- continued																			
1056.	Wild-apricot; wild peach (Landolphia capensis), fruit, raw.....	Landolphia	128	64.0 (1)	1.0 (1)	.2 (1)	34.2	.8 (1)	.6 (1)	11 (1)	8 (1)	.3 (1)			.03 (1)	.53 (1)	1.9 (1)		60 (1)	
1057.	Wild-grape; umhlambi (Ampelocissus grantii; A. ascarifolia), fruit, raw.....	Raisin soudanais		83.9 (1)															tr. (1)	
	Wild-lime. See Spiny-plum.																			
1058.	Wild-loquat (Uapaca kirkiana), fruit, raw....	Uapaca		76.0 (4) --															2 (4) --	62 (4) --
	Wild mango. See Dikamut.																			
1059.	Wild-plum (Bequaertiodendron magalismontanum), fruit, raw.....		80	77.7 (1)	.9 (1)	.4 (1)	20.5	1.3 (1)	.5 (1)	20 (1)	12 (1)	.7 (1)			.07 (1)	.03 (1)	1.6 (1)		14 (1)	
	7. SUGARS AND SYRUPS:																			
1060.	Honey, local product.....	Miel	311	19.2 (12) 13.9-41.4	.4 (20) .1-1.3		80.1	.7 (2) .4-1.0	.3 (20) tr.-.9	11 (18) 4-16	4 (18) 2-6	.6 (18) .3-.8								
1061.	Jams, locally-made.....	Confitures																		

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	7. SUGARS AND SYRUPS -- continued																			
1062.	Jellies, average of all kinds.....	Gelées																		
1063.	Jelly, made from guava peels.....																			
1064.	Marmelades.....	Marmelades																		
1065.	Molasses, made from sugar-cane (Saccharum spp.).....	Mélasses		24.0 (1)	0 (1)	0 (1)				270 (1)		7.0 (1)			.06 (1)	.10 (1)			0 (1)	
1066.	Preserves, average of all kinds of fruits.....	Conserves de fruits																		
	Sugar cane, stems and juice. See Fruits.																			
1067.	Sugar, native brown.....	Sucre roux	344	7.6 (2) 7.1-8.2			88.8		2.4 (2) 1.8-3.1											
1068.	Sugar, refined, white....	Sucre blanc, raffiné																		
	Syrups made from:	Sirop																		
1069.	Sugar-cane (Saccharum spp.).....	de canne à sucre																		
1070.	Sorghum (Sorghum spp.), stems.....	de sorgho à sucre																		
1071.	"Burgu" (Echinochloa stagnina).....	de borgou; katou																		

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	8. MEATS, POULTRY AND INSECTS:																			
	Ants, flying (Carebara sp.), raw:	Fourmis volantes																		
1072.	Female			60.0 (1)	3.0 (1)	9.5 (1)														
1073.	Male			60.0 (1)	10.1 (1)	1.3 (1)														
1074.	Antelope (Alcelaphini and Strepsicerotini), salted.	Antilope	150	60.2 (2)	30.4 (2)	2.2 (2)			7.2 (2)	65 (2)	302 (2)	2.1 (2)	0 (2)		.07 (2)	.28 (2)	7.8 (2)		0 (2)	
1075.	Ass, domestic (Equus asinus)	Ane domestique																		
	Ass, wild. See Zebra.																			
1076.	Baboon; monkey (Cercopithecidae)	Singes																		
1077.	Bacon, medium fat	Bacon	629	20.0 (1)	9.1 (1)	65.0 (1)	1.1		4.8 (1)	13 (1)	120 (1)	1.3 (1)								
1078.	Bat; flying fox (Eidolon; Pteropus)	Roussette																		
	Beef; zebu (Bos taurus; B. indicus):	Viande de boeuf, de rébu																		
1079.	Very thin		122	74.6 (8) 71.8-76.9	20.6 (8) 16.9-22.4	3.8 (8) 2.4-6.6	0	0	1.0 (8) .9-1.2	22 (5) 13-58	141 (5) 132-176	4.6 (5) .6-5.6	0 (4) --		.06 (5) .06-.08	.17 (5) .13-.18	3.2 (4) --		0 (4) --	
1080.	Medium fat		237	63.1 (7) 59.8-66.1	18.2 (7) 13.7-20.1	17.7 (7) 12.5-23.4	0	0	1.0 (5) .9-1.1	11 (3) 10-12	194 (3) 180-220	3.6 (3) 3.0-4.0								
1081.	Fat		410	47.0 (1)	13.7 (1)	39.0 (1)	0	0	.3 (1)	10 (1)	200 (1)	4.0 (1)								

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	8. MEATS, POULTRY AND INSECTS -- continued																			
	Beef -- continued:																			
1082.	Salted, fat removed ?...		119	50.6 (4) --	27.1 (4) --	.4 (4) --	0	0	21.9 (4) --	91 (4) --	270 (4) --	5.4 (4) --	0 (4) --		.02 (4) --	.21 (4) --	3.4 (4) --		0 (4) --	
1083.	Dried, salted.....		250	29.4 (4) --	55.4 (4) --	1.5 (4) --	0	0	13.7 (4) --	49 (4) --	910 (4) --	4.9 (4) --	0 (4) --		.02 (4) --	.18 (4) --	6.3 (4) --		0 (4) --	
1084.	Corned.....		251	53.5 (2) 48.9-57.1	27.2 (2) 25.9-28.5	15.0 (2) 12.3-17.8	0	0	4.3 (2) 3.9-4.7											
1085.	Cooked.....		172	68.5 (1)	22.6 (1)	8.0 (1)	0	0	.9 (1)	16 (1)		2.8 (1)			.06 (1)	.20 (1)	7.2? (1)			
1086.	Beetles (Polycleis; Sternocera).....	Coléoptères	192	56.2 (2) 51.8-60.6	27.1 (3) 21.4-30.3	3.7 (3) 2.2-5.0	11.2	6.4 (1)	1.8 (1)											
1087.	Blood, animal.....	Sang																		
	Brain:	Cervelle																		
1088.	Beef.....																			
1089.	Hog.....																			
1090.	Sheep.....																			
1091.	Buffalo, African (Syncerus caffer), meat.....	Buffle d'Afrique																		
1092.	Buffalo, water (Bubalus bubalis), meat.....	Buffle domestique																		
1093.	Bushbuck; nyala; kudu; situtungas; waterbucks (Tragelaphus).....	Guib; nyala; koudou; situtunga																		

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion: Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	8. MEATS, POULTRY AND INSECTS -- continued																			
1094.	Bushpig; river hog (Potamochoerus)	Potamochère																		
1095.	Camel (Camelus dromedarius), meat	Dromadaire, "chameau"	267	59.1 (1)	19.6 (1)	20.3 (1)			1.0 (1)											
	Caterpillars; palm-weevil; larvae (Bombycomorpha; Cirina; Gynanisa; Herse; Nudaurelia; Platygenia):	Chenilles; vers de palmier; larves																		
1096.	Raw		86	81.1 (11) 83.6-85.0	10.6 (24) 7.0-16.2	2.7 (24) 1.5-7.9	4.2	2.8 (17) 1.7-3.0	1.4 (18) .7-1.7	19 (5) 14-20	139 (4) 56-190	.5 (4) .2-1.0			.50 (1)	.20 (1)				
1097.	Dried		430	3.1 (4) 7.8-10.1	52.9 (4) 51.1-54.9	15.4 (4) 13.8-17.5	16.9	5.4 (3) 1.4-7.4	5.7 (4) 3.8-8.4	185 (4) 124-270	617 (3) 142-854	2.3 (3) 2.0-3.0	220? (1)	50? (1)	.17 (4) .09-.35	1.30 (4) .18-2.87	6.0 (4) 3.8-11.2		0 (3) --	
1098.	Fried		333	20.4 (3) --	62.3 (3) --	4.6 (3) --	6.5	2.2 (3) --	6.2 (3) --	513 (3) --	471 (3) --	6.9? (3) --	0 (3) --		.10 (3) --	.12 (3) --	4.2 (3) --		0 (3) --	
1099.	Smoked																			
1100.	Smoked, dried		425	11.6 (2) 11.2-11.9	52.6 (2) 51.6-53.5	15.4 (2) 13.1-17.7	15.8	14.2 (2) 12.1-16.3	4.6 (2) 3.2-5.9											
	Chicken (Gallus gallus): Raw, total edible:	Poulet																		
1101.	Young bird		146	72.0 (3) 70.0-73.4	20.5 (3) 20.0-21.0	6.5 (3) 4.8-9.0	0	0 (1)	1.0 (2) --	10 (2) 10-11	206 (2) 205-208	1.1 (2) 1.0-1.2								
1102.	Mature bird																			

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	8. MEATS, POULTRY AND INSECTS -- continued																			
	Chicken -- continued:																			
	Cut-up pieces:																			
1103.	Breast (white meat)...																			
1104.	Leg (dark meat).....																			
1105.	Chimpanzee; gorilla (Pongidae).....	Chimpanzé; gorille																		
1106.	Cranes; bustards (Tetrapteryx; Choriotis; Lissotis; Lophotis).....	Grues; outardes																		
1107.	Crickets (Brachytrypes membranaceus), raw...	Grillons	117	76.0 (3) 72.1-77.3	13.7 (5) 10.6-16.9	5.3 (5) 4.7-7.2	2.9	2.9 (5) 1.8-3.3	2.1 (5) --	18 (2) 16-19		13.0 (2) 8.0-18.0								
1108.	Crocodile (Crocodylus; Osteolaemus).....	Crocodile																		
1109.	Dog (Canis familiaris)....	Chien																		
	Donkey. See Ass, domestic.																			
1110.	Duck (Anatidae), domesticated, total edible....	Canard domestique	287	57.4 (1)	18.6 (1)	23.0 (1)	0	0	1.0 (1)											
1111.	Duck, wild (Mergus merganser), total edible	Oie																		
1112.	Eland, common (Taurotragus oryx).....	Elan du cap																		
1113.	Elephant meat (Loxodonta africana).....	Eléphant																		

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	8. MEATS, POULTRY AND INSECTS -- continued																			
	Feet:																			
1114.	Pig	Pied de porc																		
1115.	Sheep	de mouton																		
1116.	Flies, lake (Chaoborus edulis), cake	Galettes de mouches lacustres	382	15.7 (1)	48.6 (1)	10.3 (1)	21.2		4.2 (1)	140 (1)		65.67 (1)			1.24 (1)	3.44 (1)	18.3 (1)			
1117.	Frog (Rana; Pyxicephalus), whole	Grenouille																		
1118.	Gazelle and springbuck (Lithocranius; Gazella; Antidorcas)	Biche Robert et gazelle																		
1119.	Giraffe (Giraffa camelopardalis)	Girafe																		
1120.	Goat (Capra), meat	Chèvre																		
1121.	Goose, domesticated (Anser), total edible	Oie domestique																		
	Gorilla. See Chimpanzee.																			
1122.	Grasscutter; rabbit bandicoot; pig-footed bandicoot (Thryonomys), smoked	Aulacode; "agouti"; n'sibissi																		
1123.	Grasshoppers (Acridium; Zonocerus): Raw	Criquet; sauterelle	170	62.7 (1)	26.8 (4) 23.3-29.2	3.8 (3) 2.1-5.8	5.5	2.4 (2) 2.0-2.8	1.2 (2) 1.2-1.3	40 (2) 35-45		11.0 (2) 10.1-11.9								
1124.	Grilled, flour		420	7.0 (1)	62.2 (1)	10.4 (1)	15.8		4.6 (1)	177 (1)	418 (1)									

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	8. MEATS, POULTRY AND INSECTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
1125.	Guinea-fowl (Numida spp.)	Pintade																		
	Ham, raw:	Jambon																		
1126.	Thin																			
1127.	Medium fat																			
1128.	Ham, cured, medium fat																			
1129.	Ham, smoked, medium fat, with bone																			
1130.	Hare (Lepus; Poelagus), flesh only	Lièvre; "lapin"																		
	Head:	Tête																		
1131.	Beef	de bœuf																		
1132.	Hog	de porc																		
1133.	Sheep	de mouton																		
	Heart:	Coeur																		
1134.	Beef	de bœuf	109	77.0	16.8	3.6	1.3		1.3	9	172	4.8					2.7			
				(2)	(2)	(2)			(1)	(1)	(1)	(1)								
				76.5-77.6	16.6-16.9	3.7-3.9														
1135.	Hog	de porc																		
1136.	Sheep	de mouton																		
	Hippopotamus (Hippopotamus amphibius), meat:	Hippopotame																		
1137.	Smoked		385	20.3	63.1	12.8	0		3.8											
				(1)	(1)	(1)			(1)											
1138.	Dried		368	13.3	80.6	2.6	0		3.5	3	209	9.1	0		.04	.24	4.5		0	
				(2)	(2)	(2)			(2)	(2)	(2)	(2)	(2)		(2)	(2)	(2)		(2)	
				13.1-13.4	--	2.3-2.8			3.4-3.6	--	195-218	--	--		--	--	--		--	
1139.	Horse (Equus caballus), meat	Cheval																		

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	8. MEATS, POULTRY AND INSECTS -- continued																			
	Iguana. See Monitor.																			
1140.	Impala (Aepyceros melampus)	Impala																		
1141.	Intestines, beef																			
	Kidney:	Rognon																		
1142.	Beef	de boeuf																		
1143.	Calf	de veau																		
1144.	Hog	de porc																		
1145.	Sheep	de mouton																		
1146.	Kob; waterbuck (Adenota; Kobus; Onotragus)	Cobe																		
	Kudu. See Bushbuck.																			
	Lamb. See Mutton.																			
	Larvae. See Caterpillar.																			
1147.	Lemur (Lemuridae; Indridae)	Lemuriens																		
	Liver:	Foie																		
1148.	Beef	de boeuf	143	70.0 (1)	19.0 (1)	4.7 (1)	5.0	0	1.3 (1)	8 (1)	360 (1)	10.0 (1)	810 (1)	180 (1)			5.2 (2) 4.2-6.3		71 (120) 41-[illegible]4	
1149.	Buffalo			72.8 (?) 70.4-74.2															72 (120) 51-92	
1150.	Camel			72.8 (?) 70.4-74.2															58 (120) 39-74	

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	8. MEATS, POULTRY AND INSECTS -- continued																			
	Liver -- continued:																			
1151.	Goat			72.8 (?) 70.4-74.2															77 (120) 54-99	
1152.	Hog	de porc		72.8 (?) 70.4-74.2															69 (120) 35-134	
1153.	Sheep	de mouton		72.8 (?) 70.4-74.2															78 (120) 49-139	
	Locust (Locustana):	Locuste, grande sauterelle																		
1154.	Raw			57.1 (1)	18.2 (1)	21.5 (1)														
1155.	Fried			48.0 (1)	30.0 (1)	10.0 (1)				150 (1)		5.0 (1)								
1156.	Flour		436	7.1 (1)	47.5 (1)	22.9 (1)	6.8	4.9 (1)												
	Lung, raw:	Poumon																		
1157.	Beef	de boeuf																		
1158.	Hog	de porc																		
1159.	Sheep	de mouton																		

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	8. MEATS, POULTRY AND INSECTS -- continued																			
1160.	Monitor; iguana (Varanus niloticus)	Varan; iguana	113	73.2 (2) --	24.0 (2) --	1.2 (2) --	0	0	1.6 (2) --	26 (2) --	258 (2) --	3.7 (2) --	165 (2) --	35 (2) --	.05 (2) --	.20 (2) --	5.8 (2) --		0 (2) --	
1161.	Mopane worm (Conimbrasia belina), dried		444	6.1 (2) 5.9-6.3	56.8 (2) 51.1-62.6	16.4 (2) 13.7-19.1	13.8	9.6 (1)	6.9 (1)	458 (1)	576 (1)	72.2 (1)	50 (1)	595 (1)	.52 (1)	1.87 (1)	10.9 (1)		4* (1)	
	Mutton; lamb (Ovis aries):	Mouton agneau																		
1162.	Very thin																			
1163.	Medium fat																			
1164.	Fat																			
1165.	Unspecified		265	60.7 (3) 55.8-70.0	16.9 (3) 15.7-17.5	21.4 (3) 11.5-27.7	0	0 (1)	1.0 (2) --	10 (2) 8-13	148 (2) 100-195	2.0 (2) 1.5-2.5	10 (1)	tr. (1)			3.1 (2) 2.5-3.7			
1166.	Cooked		140	72.5 (1)	20.0 (1)	5.9 (1)	.5		1.1 (1)	12 (1)		2.1 (1)			.07 (1)	.16 (1)	5.8 (1)			
1167.	Ox tail	Queue de boeuf																		
1168.	Pangolin (Manis)	Pangolin																		
1169.	Pigeon; squab; turtle-dove (Vinago; Columba; Turtur; Oena; Alectoroenas; Streptopelia spp.)	Pigeon; tourterelle	179	66.2 (1)	23.7 (1)	8.5 (1)	.3		1.3 (1)											

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchase
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	8. MEATS, POULTRY AND INSECTS -- continued																			
	Pigs' feet. See Feet.																			
1170.	Porcupine (Hystrix; Atherurus)	Porc-épic; athérure																		
	Pork (Sus scrofa):	Viande de porc																		
1171.	Thin																			
1172.	Medium fat		418	46.1 (2) --	12.4 (2) 11.9-13.0	40.5 (2) 36-45	0	0	1.0 (1)	11 (2) 10-12	174 (2) 130-219	1.8 (2) 1.5-2.0								
1173.	Fat																			
1174.	Pupae (Gonometa)	Gonometa: chrysalide		66.7 (1)	13.5 (1)	13.2 (1)														
1175.	Quail; francolins; partridge (Turnix; Coturnix; Pternistis; Francolinus; Margaroperdix)	Cailles; francolins; perdrix																		
1176.	Rabbit (Oryctolagus cuniculus), domesticated, flesh only	Lapin																		
1177.	Rat; mouse; jerboas (Oenomys hypoxanthus; Rattus; Cricetomys; Rhabdomys; Jaculus)	Rat; souris; gerboise																		
1178.	Rhinoceros (Diceros and Ceratotherium), meat	Rhinocéros																		
	Sausage:	Saucisse																		
1179.	Beef	de boeuf																		
1180.	Mutton	de mouton																		
1181.	Pork	de porc																		

Item No.	Food and Description	French name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	8. MEATS, POULTRY AND INSECTS -- continued																			
	Sausage -- continued:																			
1182.	Unspecified, dry, from United Arab Republic		593	9.4 (20) 2.8-20.5	36.0 (20) 18.6-51.3	47.4 (20) 34.7-69.2	3.0		4.2 (20) 1.2-8.1											
1183.	Snake (Bitis; Python)	Serpent	94	75.0 (1)	14.4 (1)	3.3 (1)	.8	.1 (1)	6.5 (1)											
1184.	Snake, small (Mehilia)	Petit serpent																		
	Squab. See Pigeon.																			
1185.	Sparrows and small birds (Passer; Quelea spp.)	Passereaux et petits oiseaux																		
	Spleens																			
1186.	Beef	Rate de boeuf																		
1187.	Hog	de porc																		
1188.	Squirrel; "Palm-squirrel" (Xerus; Protoxerus; Epixerus; Paraxerus spp.)	Ecureuil "rat-palmiste"	94	77.9 (1)	19.4 (1)	1.3 (1)	0	0	1.4 (1)											
1189.	Stomach, hog	Estomac de porc																		
	Termites (Termes):	Termites																		
1190.	Raw		356	44.5 (1)	20.4 (6) 18.4-23.2	28.0 (5) 24.6-28.3	4.2	2.7 (2) 2.6-2.7	2.9 (4) 2.2-3.6	142 (1)	780 (1)	52.07 (1)			.03 (1)	5.97 (1)	5.8 (1)		tr. (1)	
1191.	Dried		356	1.7 (1)	35.7 (1)	54.3 (1)	3.5		4.8 (1)											

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	8. MEATS, POULTRY AND INSECTS -- continued																			
	Termites -- continued:																			
1192.	Smoked		579	7.8 (5) 6.0-8.2	36.5 (5) 36.0-36.6	44.4 (5) 44.3-44.4	5.9	3.4 (5) 3.0-5.1	5.4 (5) 5.2-6.4	91 (5) 64-98	65 (5) 57-97	21.0 (4) --	0 (4) --		.10 (4) --	.06 (4) --	1.8 (4) --		0 (4) --	
1193.	Fried		542	14.7 (3) 9.0-22.0	31.8 (3) 20.8-45.6	42.6 (3) 36.2-52.5	5.8	5.2 (1)	5.1 (3) 4.3-5.9	80 (2) 20-139	520 (2) 510-530	17.4 (2) 11.5-23.2			.12 (2) .02-.22	3.23 (1)	8.3? (1)		tr. (1)	
1194.	Tongue, beef			68.0 (1)	16.4 (1)	15.0 (1)				8 (1)	199 (1)	4.0 (1)								
1195.	Tripe, beef	Tripe de boeuf																		
1196.	Turkey (Meleagris)	Dindon: dinde																		
1197.	Turtle; tortoise (Chelonia; Dermochelys)	Tortue																		
	Turtle-dove. See Pigeon.																			
1198.	Udder, cow, raw	Tétine																		
1199.	Veal, raw	Veau																		
1200.	Venison (Cervus)	Venaison																		
1201.	Warthog (Phacochoerus aethiopicus)	Phacochère																		
	Weevils, palm, larvae. See Caterpillars.																			
1202.	Wildebeest (Connochaetes)	Gnou																		
1203.	Wild-cat; serval cat (Felis lybica)	Chat sauvage; serval																		
1204.	Zebra; wild ass (Equus)	Zèbre; âne sauvage																		
	Zebu meat (Bos indicus). See Beef.																			

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	9. EGGS:																			
1205.	Birds' egg, from various kinds of birds, whole....	Oeufs d'oiseaux divers																		
	Duck egg:	Oeuf de cane																		
1206.	Whole.....																			
1207.	Yolk.....																			
	Hen egg:	Oeuf de poule																		
	Whole:	Entier																		
1208.	Raw.....		140	77.0 (1)	11.8 (1)	9.6 (1)	..6	0 (1)	1.0 (1)	45 (1)	200 (1)	2.6 (1)	350 (1)	300 (1)			.3 (1)			
1209.	Dried.....	Déshydraté																		
1210.	Yolk.....	Jaune																		
1211.	White.....	Blanc																		
1212.	Fermented (Congo)....	Fermenté																		
1213.	Incubated egg (embryonated chick)	Oeuf couvé																		
1214.	Guinea-fowl egg, whole...	Oeuf de pintade																		
1215.	Ostrich egg, whole.....	Oeuf de d'autruche																		
1216.	Turtle egg (Chelonia sp.), whole.....	Oeuf de tortue																		

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	10. FISH AND SHELLFISH:																			
1217.	Albacore, long-finned (Thunnus alalunga; Germo alalunga), raw.....	Germon; thon blanc	170	65.5 (1)	24.0 (1)	7.5 (1)	0	0 (1)	3.0 (1)											
1218.	Amber jack; yellow tail (Seriola dumerili), dried, salted fillet....	Sériole; poisson-limon	275	12.2 (1)	54.9 (1)	4.5 (1)	0	0 (1)	28.4 (1)						.18 (1)	.08 (1)	10.0 (1)	657 (1)		
	Anchovy (Engraulis encrasicholus; E. hepsetus):	Anchois																		
1219.	Raw.....		99	68.1 (2) 60.0-76.2	21.0 (2) 20.0-21.9	1.0 (2) 1.0-1.1	0	0	9.9 (1)						.07 (1)	.27 (1)	19.6 (1)			
1220.	Dried, salted.....		304	11.5 (1)	61.9 (1)	4.4 (1)	0	0	22.2 (1)											
1221.	Dried, smoked, whole.		309	20.2 (1)	55.8 (1)	7.8 (1)	0	0	16.2 (1)	2,680 (1)										
1222.	Sun-dried, whole.....		259	21.5 (2) 21.3-21.8	50.4 (2) 48.9-51.9	4.9 (2) 3.1-6.7	0	0	23.2 (2) 23.1-23.2	3,256 (2) 3,244-3,268										
1223.	Angel fish; seabat (Platax pinnatus), raw.	Platax	84	79.9 (1)	18.6 (1)	.5 (1)	0	0	1.0 (1)											
1224.	Auxide; frigate mackerel (Auxis thazard).....	Auxide; melva																		
1225.	Balli; alsan (Heterotis niloticus).....	Heterotis																		

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	10. FISH AND SHELLFISH -- continued																			
1226.	Barbel; yellow fish (Barbus spp.)	Barbeau																		
1227.	Barbel-eel (Plotosus anguillaris), raw	Plotosus	87	78.6 (1)	19.0 (1)	.7 (1)	0	0	1.7 (1)											
1228.	Barracuda; sea-pike (Sphyraena spp.): Raw	Brochet de mer; bécune; barracouda	94	77.8 (4) 76.9-78.6	19.7 (4) 19.2-20.5	1.1 (4) .5-2.1	0	0	1.4 (3) 1.0-1.8	27 (3) 25-30	190 (3) 49-317	.8 (3) .2-1.7			.12 (1)	.09 (1)	4.1 (1)			36 (2) 30-41
1229.	Smoked, whole		284	24.1 (1)	58.4 (1)	3.8 (1)	0	0	13.7 (1)	2,732 (1)										
1230.	Barred-half-beak (Hemirhamphus spp.), raw	Balaou; aiguillette	98	76.1 (2) 75.7-76.5	21.6 (2) 21.4-21.8	.6 (2) .6-.7	0	0	1.7 (1)											
	Bass. See Sea-bass.																			
	Bayad. See Catfish.																			
1231.	Black-bass (Micropterus spp.), boiled	Black-bass	86	79.5 (1)	18.0 (1)	1.0 (1)	0	0	1.5 (1)											43 (1)
	Blolo. See Catfish.																			
1232.	Bluefish; elft; mayas (Pomatomus saltatrix; Temnodon saltator): Raw	Tassergal; "bar"	106	76.0 (5) 72.5-78.3	18.6 (5) 15.1-20.9	3.0 (5) .8-6.6	0	0	2.4 (4) 1.4-3.9	59 (3) 12-132	436 (2) 310-561	5.2 (2) 2.1-8.3			.15 (1)	.15 (1)	8.0 (1)			49 (2) 31-49

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	10. FISH AND SHELLFISH -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	Bluefish -- continued:																			
1233.	Dried, salted.....		272	12.0 (1)	58.9 ? (1)	2.3 (1)	0	0	26.8 (1)						.19 (1)	.40 (1)	13.2 (1)	705 (1)		
	Bonito, Atlantic; belted bonito; pelamid (Sarda sarda):	Pélamide; bonite à dos rayé; sarde																		
1234.	Raw.....		151	69.4 (2) 65.0-71.5	22.6 (2) 22.1-23.0	6.0 (3) 2.2-9.3	0	0	2.0 (1)											
1235.	Dried, salted.....																			
1236.	Dried, fermented.....																			
1237.	Canned.....																			
	Bonito, striped bellied; skipjack (Euthynnus pelamys):	Listao; bonite à ventre rayé; pélamide																		
1238.	Raw.....		171	68.5 (1)	22.0 (1)	8.5 (1)	0	0	1.0 (1)											
1239.	Dried, salted.....		289	12.4 (1)	56.6 (1)	5.3 (1)	0	0	25.7 (1)						.19 (1)	.12 (1)	23.3 (1)	678 (1)		
	Bottle-nose (Mormyrus spp.):	Mormyrus																		
1240.	Raw.....		91	79.1 (2) --	18.6 (2) 16.3-20.9	1.3 (2) .4-2.2	0	0	1.0 (2) --	123 (1)	268 (1)		185 (1)	40 (1)						48 (1)
1241.	Pickled.....												15 (1)	5 (1)						
	Bouri. See Mullet.																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	10. FISH AND SHELLFISH -- continued																			
	Brachydeuterus (Brachydeuterus auritus):	Pelon																		
1242.	Raw.....																			
1243.	Dried, salted, whole...		214	33.3 (2) --	41.6 (2) 41.0-42.2	4.0 (2) 4.0-4.1	0	0	21.1 (2) 20.5-21.7	3,420 (2) 3,044-3,796										
1244.	Smoked, whole.....		260	24.3 (1)	50.9 (1)	4.7 (1)	0	0	20.1 (1)	4,857 (1)										
1245.	Bream (Serranochromis spp.; Haplochromis spp.), raw.....	"Brême"																		
1246.	Bream, gilt-head (Chrysophrys aurata), raw.....	Daurade	92	78.8 (1)	18.4 (1)	1.5 (1)	0	0	1.3 (1)											
	Bull-dog (Gnathonemus spp.):	Gnathonemus																		
1247.	Raw.....		107	76.5 (4) 74.5-79.0	19.4 (4) 18.5-20.5	2.7 (4) .8-5.5	0	0	1.4 (4) 1.2-1.5											
1248.	Dried.....		447	7.3 (2) --	66.3 (2) 62.4-70.2	18.2 (2) 13.5-22.8	0	0	8.2 (2) 7.2-9.3	600 (2) 330-870		9.2 (2) 8.0-10.3						700 (1)		
	Butter-fish; butter-barbel (Schilbe spp.):	Silure; poisson-chat																		
1249.	Raw.....		85	79.1 (1)	19.1 (1)	.4 (1)	0	0	1.4 (1)											
1250.	Dried.....		453	5.2 (1)	75.5 (1)	14.5 (1)	0	0	4.8 (1)	420 (1)		9.6 (1)								

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	11. FISH AND SHELLFISH — continued																			
	[illegible] See [illegible]																			
[illegible]	[illegible]	[illegible]	[illegible]	73.?	16.?	8.5	0	0	1.1											48
				(2)	(2)	(2)			(2)											(2)
				[illegible]	16.0-16.5	8.?-8.?			1.0-1.2											45-50
	Carp [illegible]	[illegible]																		
[illegible]	Raw		[illegible]	79.?	18.9	.7	0	0	1.6											
				(2)	(2)	(2)			(2)											
				78.1-79.?	18.6-19.1	.2-1.2			1.5-1.6											
[illegible]	Dried		[illegible]	8.8	74.0	6.4	0	0	11.6	2,700	2,800	11.8								
				(2)	(2)	(2)			(2)	(2)	(1)	(3)								
				6.8-9.7	71.9-76.2	2.8-10.1			6.9-16.3	1,000-4,400		6.7-17.0								
[illegible]	Salted, [illegible]		[illegible]	[illegible]	72.?	1.4	0	0	4.5											
				(1)	(1)	(1)			(1)											
	Catfish, mudfish, [illegible]	Silures, poissons-chats																		
[illegible]	Raw		80	79.8	17.6	1.6	0	0	1.2	61	197	1.2								37
				(21)	(21)	(20)			(20)	(7)	(6)	(4)								(5)
				75.0-82.0	15.4-21.0	.3-5.5			.6-1.8	5-121	21-358	.2-2.4								27-46
[illegible]	Dried		[illegible]	2?.?	64.8	9.5	0	0	4.8	194	600									
				(2)	(2)	(2)			(2)	(2)	(2)									
				—	64.5-65.0	8.9-10.1			4.5-5.0	122-266	525-675									

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	10. FISH AND SHELLFISH -- continued																			
	Catfish -- continued:																			
	Whole:																			
1257.	Dried		324	20.6 (1)	62.5 (1)	6.3 (1)	0	0	10.6 (1)	1,370 (1)	440 (1)	3.6 (1)								
1258.	Very dry		433	7.1 (3) 6.4-7.8	71.1 (3) 66.2-73.9	14.4 (3) 13.0-16.2	0	0	7.4 (3) 3.5-12.4	2,990 (1)	2,120 (1)	6.1 (3) 3.8-9.0								
1259.	Salted		209	36.0 (1)	37.6 (1)	5.4 (1)	0	0	21.0 (1)											
1260.	Smoked		317	42.8 (1)	32.9 (1)	19.6 (1)	0	0	4.7 (1)	1,066 (1)										
1261.	Dried, smoked		404	11.5 (1)	77.6 (1)	8.0 (1)	0	0	2.9 (1)											
1262.	Catfish, electric (Malapterurus electricus), raw	Poisson électrique	85	79.7 (1)	18.1 (1)	.9 (1)			1.3 (1)											
1263.	"Churchill" (Petrocephalus spp.)	"Churchill"																		
	Cichlids; St. Peter's fish; "bream" (Tilapia spp.):	Tilapia; "carpes"																		
1264.	Raw		101	77.4 (15) 72.5-80.4	19.7 (15) 15.6-26.9	1.9 (13) .6-5.0	0	0	1.0 (11) .9-1.4	112 (13) 50-235	344 (11) 60-472	3.2 (12) .9-9.3			.03 (1)	.05 (1)	1.5 (1)			49 (2) 40-58
1265.	Dried		334	23.7 (4) 15.9-27.4	54.3 (8) 46.2-62.6	11.3 (8) 1.6-16.7	0	0	10.7 (6) 2.4-13.1	2,406 (8) 180-3,850	1,766 (4) 778-2,096	10.4 (7) 3.5-17.5			.08 (3) .05-.10	.61 (3) .10-1.4	5.8 (2) 5.5-6.0	750 (1)		20 (2) 10-30

FOOD COMPOSITION TABLE FOR USE IN AFRICA

			Composition in Terms of 100 Grams Edible Portion																	
[illegible]	Food and Description	Branch Name	Food Energy	Moisture	Protein	Fat	Carbohydrate total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	β-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	[illegible]																			
[illegible]	[illegible]		292	10.3	33.1	9.0	0	0	17.6											
				(2)	(2)	(2)			(2)											
				--	--	7.2-10.8			--											
[illegible]	[illegible]		292	10.6	32.0	8.2	0	0	4.2											
				(1)	(1)	(1)			(1)											
[illegible]	[illegible]		604	4.0	39.4	39.4	0	0	13.0	5,051										
				(2)	(2)	(2)			(2)	(2)										
				7.1-8.3	36.6-42.0	36.6-42.1			12.4-13.4	4,956-5,146										
[illegible]	[illegible]		119	74.2	22.0	2.6	0	0	1.0											
				(2)	(2)	(2)			(2)											
				73.0-75.4	20.2-23.8	1.5-4.0			.8-1.2											
	[illegible]	[illegible]																		
	(Unknown type)																			53
[illegible]	[illegible]		76	10.3	15.2	3.3	0	0	2.2	37	99									(2)
				(10)	(10)	(10)			(1)	(2)	(2)									--
				--	17.4-24.5	.5-5.5				--	--									
[illegible]	[illegible]		292	11.2	35.3	8.2	0	0	4.8											
				(1)	(1)	(1)			(1)											
	[illegible]	[illegible]																		
[illegible]	[illegible]		382	[illegible]	[illegible]	[illegible]	[illegible]	0	[illegible]	422	374				.08	.30	5.0			
				(1)	(1)	(1)				(1)	(1)				(1)	(1)	(1)			

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	10. FISH AND SHELLFISH -- continued																			
	Clam, giant (Tridacna spp.):	Bénitier																		
1274.	Raw.....																			
1275.	Dried.....																			
1276.	Climbing-perch (Ctenopoma spp.; Anabas spp.), raw.....	Ctenopoma	103	76.4 (2) 75.4-77.4	20.0 (2) 19.9-20.1	2.0 (2) 1.2-2.8	0	0	1.6 (2) 1.5-1.7											
1277.	Cod (Gadus spp.): Raw.....	Morue	96	77.7 (2) --	17.8 (2) 17.5-18.0	2.2 (2) ...1-2.3	0	0	2.3 (2) 2.1-2.5											
1278.	Dried, salted.....		196	31.9 (1)	42.5 (1)	1.6 (1)			24.0 (1)											
1279.	Conger-eel (Conger conger): Raw.....	Congre	122	73.2 (2) 66.0-78.3	21.0 (2) 19.5-22.4	3.6 (2) .5-6.7	0	0	2.2 (2) 1.5-2.8	90 (1)	390 (1)									
1280.	Dried, fermented.....																			
1281.	Cornish-jack; taraza (Mormyrops spp.), raw.....	Mormyrops	87	79.7 (3) 77.8-82.4	18.1 (3) 16.3-19.7	1.1 (3) .1-2.7	0	0	1.1 (3) 1.0-1.3											

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	10. FISH AND SHELLFISH -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	Crab (Ocypode spp.; Cardisoma spp.; Grapsus spp.):	Crabe																		
1282.	Meat, raw.....																			
1283.	Meal.....		242	12.0 (1)	31.2 (1)	7.7 (1)	9.6	0	39.5 (1)	1,280 (1)	803 (1)									
	Croaker; cassava fish (Otolithus spp.):	Ombrine; "capitaine"; "bar"; "maigre"																		
1284.	Raw.....		88	76.3 (40) 76.2-79.0	17.4 (40) 17.3-19.6	1.5 (40) .6-1.5	0	0	4.8 (40) 1.2-5.0	12 (2) 6-18	248 (2) 157-338	.7 (2) .1-1.3			.09 (1)	.07 (1)	4.8 (1)			44 (1)
1285.	Dried, salted fillet....		234	23.9 (1)	48.8 (1)	2.9 (1)	0	0	24.4 (1)						.09 (1)	.03 (1)	8.8 (1)	535 (1)		
	Distichodus (Distichodus spp.):	Saumon d'Afrique																		
1286.	Raw.....		82	80.0 (4) 79.2-82.1	18.1 (4) 15.9-19.2	.5 (4) .1-1.0	0	0	1.4 (4) 1.3-1.4											
1287.	Dried, whole.....		392	9.9 (1)	75.2 (1)	7.9 (1)	0	0	7.0 (1)	1,810 (1)		12.0 (1)								
1288.	Dried, smoked.....		340	14.2 (1)	73.1 (1)	3.1 (1)	0	0	9.6 (1)											
1289.	Dogfish (Mustelus spp.), raw.....	Chien de mer	106	74.8 (4) 71.8-76.0	21.4 (4) 20.6-21.9	1.6 (4) .4-2.9	0	0	2.2 (4) 2.0-2.6											
	Dog's teeth (Dentex spp.):	Dentés; "daurades"																		
1290.	Raw.....		92	78.3 (4) 76.0-80.0	18.8 (4) 17.0-20.2	1.3 (4) .6-2.2	0	0	1.6 (4) 1.4-2.6	28 (4) 21-44	117 (4) 36-330	1.3 (4) .8-2.1			.16 (1)	.05 (1)				33 (4) 25-52

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	10. FISH AND SHELLFISH -- continued																			
1291.	Dog's teeth -- continued: Dried		317	23.4 (2) 18.9-28.0	64.0 (2) 60.6-67.4	4.9 (2) 4.8-5.0	0	0	7.7 (2) 6.6-8.7	150 (1)	780 (1)				.03 (1)	.04 (1)	6.8 (1)	496 (1)		37 (1)
1292.	Drum; corb (Umbrina spp.), raw	Ombrine; chevrette	101	77.7 (1)	18.8 (1)	2.3 (1)	0	0	1.2 (1)	57 (1)	25 (1)	1.1 (1)								29 (1)
1293.	Eel (Anguilla spp.) Raw	Anguille	261	63.7 (3) 61.4-65.0	11.9 (3) 10.6-14.0	23.3 (3) 22.1-25.4	0	0	1.1 (3) .8-1.6	90 (1)	403 (1)	2.4 (1)								35 (1)
	Cooked:																			
1294.	Lean		145	73.8 (1)	17.0 (1)	8.0 (1)	0	0	1.2 (1)											25 (1)
1295	Fat		344	54.2 (1)	13.0 (1)	32.0 (1)	0	0	.8 (1)											15 (1)
1296.	Dried, salted		398	20.0 (1)	35.0 (1)	27.5 (1)	0	0	17.5 (1)											15 (1)
1297.	Dried, smoked		452	24.0 (1)	42.5 (1)	30.0 (1)	0	0	3.5 (1)											
	Fish, average of all kinds: Raw:	Poisson, diverses espèces																		
1298.	Fillet		119	74.6 (2) 72.5-76.7	21.6 (2) 18.7-24.4	3.0 (2) 1.4-4.5	0	0	.8 (1)	32 (2) 24-41	113 (2) 39-187	1.7 (1)	tr. (1)		.05 (1)	.08 (1)	2.8 (1)		0 (1)	48 (1)
1299.	Whole		103	73.7 (2) 72.4-75.0	18.8 (2) 17.0-20.6	2.5 (2) 2.0-3.0	0	0	5.0 (2) --	794 (2) 700-888	350 (1)	2.3 (2) 1.6-3.0			.05 (1)	.10 (1)	3.0 (1)			
1300.	Dried, salted, whole		269	13.8 (36) 4.3-40.0	47.3 (36) 26.9-78.1	7.4 (35) 1.0-40.7	0	0	31.5 (33) 14.3-55.3	1,018 (20) 500-3,660	749 (19) 163-1,370	4.9 (13) 3.6-8.0	0 (12) --		.07 (13) .06-.08	.33 (13) .24-.45	6.2 (13) 3.8-10.4		0 (12) --	

FOOD COMPOSITION TABLE FOR USE IN AFRICA

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	10. FISH AND SHELLFISH -- continued																			
	Fish, average of all kinds -- continued:																			
1301.	Dried, fermented.....	Guedj (Sénégal)	267	34.9 (21) 11.3-42.4	52.5 (21) 31.9-77.3	4.8 (18) .3-11.4	0	0	7.8 (13) 3.0-12.0	161 (10) 57-332	698 (10) 615-895	6.1 (10) 4.0-9.0			.08 (9) .02-.21	.18 (10) .08-.32	10.2 (10) 5.6-15.5			42 (9) 35-52
1302.	Boiled.....		74	82.1 (1)	16.6 (1)	.3 (1)	0	0	1.0 (1)	14 (1)		.9 (1)			.01 (1)	.10 (1)	2.5 (1)			
	Fish flour made from:	Farine de poisson																		
1303.	Fillet.....		338	17.4 (2) --	73.8 (2) 70.0-77.5	2.6 (2) 2.2-3.0	0	0	6.2 (1)	740 (1)					.58 (1)	1.20 (1)				
1304.	Whole fish		317	16.1 (1)	60.3 (41) 53.9-67.4	6.6 (36) 1.4-17.6	0	0	17.0 (41) 13.4-20.8	4,572 (5) 3,863-5,203	2,685 (5) 2,404-2,963									
1305.	Fish sauce (nuoc-mam) [6/]	Nuoc-mam (sauce de poisson)	61	62.1 (3) 59.0-65.0	12.8 (3) 10.8-14.0	.7 (1)	0	0	24.4 (3) 22.4-26.2	14 (1)	102 (1)	.9 (1)			.02 (2) .01-.03	.09 (1)	4.4 (1)			
	Frigate mackerel. See Auxide.																			
	Gambusia (Gambusia holbrooki):	Poisson-million																		
1306.	Whole, boiled.....		98	78.0 (1)	13.5 (1)	4.5 (1)	0	0	4.0 (1)											
1307.	Whole, mixed with other small fishes, dried.....		304	24.5 (1)	50.0 (1)	10.0 (1)	0	0	15.5 (1)	2,700 (1)	1,500 (1)									

6/ Made in Dakar, Sénégal.

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	10. FISH AND SHELLFISH -- continued																			
1308.	Garfish (Tylosurus crocodilus), raw.....	Aiguille	96	77.2 (1)	21.1 (1)	.6 (1)	0	0	1.1 (1)											
1309.	Garrick; palometa; pampano (Trachinotus spp.; Lichia spp.): Raw.....	Trachinote; liche; palomine	106	76.3 (2) 76.2-76.4	19.9 (2) 19.5-20.3	2.3 (2) 2.1-2.5	0	0	1.5 (2) 1.0-2.0	68 (2) 40-95	130 (2) 68-193	.8 (2) .4-1.3								26 (1)
1310.	Dried, salted.....		278	17.9 (1)	57.0 (2) 56.0-58.0	3.8 (2) 2.6-5.1	0	0	21.3 (2) 19.9-22.8						.30 (2) .20-.40	.11 (2) .05-.18	12.8 (2) 9.5-16.0	612 (2) 581-643		
1311.	Genyomyrus, sp. (Genyomyrus donyi), raw.....	Mbesa (Congo)	93	77.6 (1)	19.8 (1)	.9 (1)	0	0	1.7 (1)											
1312.	Gerres (Gerres spp.), raw.	Grogneur	101	76.2 (1)	21.2 (1)	1.2 (1)	0	0	1.4 (1)											
1313.	Globe-fish (Tetraodon spp.), raw.....	Poisson-ballon	89	78.3 (1)	19.5 (1)	.6 (1)	0	0	1.6 (1)											
1314.	Gnathobagrus, sp. (Gnathobagrus depressus), raw.....	Nkama (Congo)	79	80.1 (1)	18.1 (1)	.2 (1)	0	0	1.6 (1)											
1315.	Goat-fish (Upeneus spp.), raw.....	Rouget de roche; rouget barbet	96	77.6 (1)	20.4 (1)	1.0 (1)	0	0	1.0 (1)											

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	10. FISH AND SHELLFISH -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	Gobies (Gobius spp.):	Gobies																		
1316.	Raw.....		92	80.4	16.3	2.5	0	0	.8											
				(4)	(4)	(4)			(1)											
				78.8-83.0	14.4-18.3	2.1-3.1														
1317.	Boiled.....		90	79.2	19.0	1.0	0	0	1.8											
				(1)	(1)	(1)			(1)											
1318.	Gold-fish (Carassius auratus), boiled.....	Poisson rouge	144	73.4	18.0	7.5	0	0	1.1											
				(1)	(1)	(1)			(1)											
	Grouper. See Sea-perch.																			
	Grunter (Pomadasys spp.; Pristipoma spp.):	Perche de mer; crocro																		
1319.	Raw.....	ronfleur; dorade grise; "carpes"	104	72.4	19.6	2.3	0	0	5.7	36	222	1.4			.09	.13	5.5			
				(50)	(50)	(50)			(49)	(3)	(3)	(3)			(1)	(1)	(1)			
				71.9-80.8	16.0-21.0	.8-2.4			1.4-6.0	31-42	45-379	1.0-1.8								
1320.	Dried.....																			
1321.	Smoked.....																			
1322.	Gurnard (Trigla spp.), raw.....	Grondins	102	76.8	18.0	2.8	0	0	2.4											
				(4)	(4)	(4)			(1)											
				74.0-80.0	17.3-18.6	2.3-3.0														
1323.	Gurnard, armed (Peristedion cataphractum), raw.....	Malarmat	163	70.3	19.5	8.8	0	0	1.4											
				(2)	(2)	(2)			(2)											
				--	19.0-20.0	8.3-9.3			1.3-1.5											
	Hake. See Stockfish.																			
1324.	"Herring" (Elops spp.), whole fish, smoked	"Hareng"	171	61.8	26.7	6.3	0	0	5.2	2,023										
				(1)	(1)	(1)			(1)	(1)										

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	10. FISH AND SHELLFISH -- continued																			
	Horse-mackerel (Trachurus spp.):	Saurel																		
1325.	Raw.....		143	66.8 (1)	25.0 (1)	4.0 (1)	0	0	4.2 (1)											
1326.	Dried, salted.....		309	8.3 (1)	60.9 (1)	5.4 (1)	0	0	25.4 (1)						.13 (1)	.16 (1)	10.8 (1)	498 (1)		
	Jack (Caranx spp.):	Carangue																		
1327.	Raw.....		99	76.5 (10) 75.0-77.2	20.0 (10) 17.3-22.2	1.5 (10) .6-2.6	0	0	2.0 (5) 1.4-3.7	49 (5) 21-130	226 (5) 52-390	1.3 (5) .8-2.0			.12 (2) .04-.20	.14 (2) .12-.15	6.8 (2) 6.4-7.1			53 (1)
1328.	Dried, fillet.....			12.5 (1)	52.1 (1)													363 (1)		
1329.	John-Dory (Zeus faber), raw.....	Saint-Pierre	119	73.8 (1)	21.0 (1)	3.3 (1)	0	0	1.9 (1)											
	Kabeljaauw; meagre (Sciaena spp.):	Maigre																		
1330.	Raw.....		101	78.1 (2) 75.5-79.1	18.6 (2) 18.1-19.2	2.4 (2) .9-4.0	0	0	.9 (2) .8-1.0	66 (2) 41-92	306 (2) 177-434	2.2 (2) 1.4-3.0								36 (1)
1331.	Dried, salted.....		302	6.8 (1)	57.2 (1)	6.4 (1)	0	0	29.6 (1)						.08 (1)	.04 (1)	10.4 (1)	440 (1)		
1332.	Karmout (Clarias lazerae) raw.....	Silure	77	82.2 (1)	15.7 (1)	1.1 (1)	0	0	1.0 (1)	95 (1)	206 (1)	1.9 (1)								40 (1)
1333.	Kingfish (Scomberomorus commerson; Cybium commersoni).....	Maquereau-bonite																		

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	10. FISH AND SHELLFISH -- continued																			
1334.	Leiognathus, sp. (Leiognathus equulus), raw.....	Salele (Madagascar)	94	78.3 (1)	19.6 (1)	1.1 (1)	0	0	1.0 (1)											
1335.	Lobster (Jasus spp.; Panulirus spp.; Nephrops spp.; Palinurus, spp.).....	Homard; langoustine; langouste																		
	Lung-fish (Protopterus spp.):	Protoptère																		
1336.	Raw.....		72	82.2 (2) 81.7-82.7	16.4 (2) 16.1-16.7	.2 (2) .1-.3	0	0	1.2 (2) 1.1-1.3											
1337.	Smoked, dried.....		376	10.7 (1)	82.1 (1)	2.8 (1)	0	0	4.4 (1)											
	Mackerel, Atlantic (Scomber scombrus):	Maquereau																		
1338.	Raw.....																			
1339.	Dried, salted.....																			
1340.	Smoked.....																			
1341.	Canned.....																			
1342.	Mackerel, chub; mackerel, cape (Scomber japonicus), raw.....	Maquereau espagnol	171	67.1 (1)	18.9 (1)	10.0 (1)	0	0	4.0 (1)											
1343.	Mackerel, rake-gilled (Rastrelliger spp.), raw.....	"Maquereau"	85	78.1 (1)	19.6 (1)	.5 (1)	0	0	1.8 (1)											

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	10. FISH AND SHELLFISH -- continued																			
1344.	Mackerel, scad (Decapterus ronchus), raw....		97	76.9 (3) 75.4-77.4	19.0 (3) 17.3-20.5	1.8 (3) 1.5-2.0	0	0	2.3 (3) 1.3-3.7	64 (3) 26-130	153 (3) 52-326	1.3 (3) .8-1.8			.11 (1)	.12 (1)	8.8 (1)			46 (1)
	Mackerel, Spanish (Scomberomorus maculatus; Cybium tritor):	Maquereau-bonite																		
1345.	Raw.....		111	75.6 (3) 71.6-77.4	20.0 (3) 19.5-20.5	2.8 (3) .4-6.7	0	0	1.6 (3) 1.4-1.8	44 (3) 22-80	262 (3) 59-403	1.2 (2) .6-1.8			.14 (1)	.11 (1)	8.2 (1)			29 (2) 21-39
1346.	Dried.....		340	18.4 (1)	74.5 (1)	2.4 (1)	0	0	4.7 (1)	228 (1)	775 (1)									
	Mayas. See Bluefish																			
	Meagre (Sciaena spp.). See Kabeljaauw.																			
	Meagre (Corvina nigrita):	Courbine; corb; bossu																		
1347.	Raw.....		99	76.5 (1)	22.0 (1)	.6 (1)	0	0	.9 (1)	9 (1)	129 (1)	.1 (1)								
1348.	Dried flesh.....		368	19.0 (1)	67.0 (1)	9.1 (1)	0	0	4.9 (1)	240 (1)	500 (1)									
1349.	Milk-fish (Chanos chanos), dried, salted..	Poisson-lait	318	13.0 (1)	45.0 (1)	14.0 (1)	0	0	28.0 (1)											
1350.	Minnow (Barilius spp.)...	Barilius																		

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
	10. FISH AND SHELLFISH -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
1351.	Moon-fish (Chloroscombrus chrysurus), whole, dried, salted.....	Carangue; liche	204	36.7 (1)	40.0 (1)	3.7 (1)	0	0	19.6 (1)											
1352.	Moonfish; plough fish (Vomer setapinnis), whole, dried, salted.....	Mussolini	218	38.4 (2) 36.1-40.1	35.6 (2) 35.4-35.9	7.3 (2) 4.0-10.6	0	0	18.7 (2) 18.1-19.3	3,224 (2) 3,005-3,443										
1353.	Mputa; nyongi; sangala (Lates spp.).....	Lates																		
	Mudfish. See Catfish.																			
	Mullet; harder; bouri (Mugil spp.; Valamugil spp.):	Mulet; muge																		
1354.	Raw.....		115	75.9 (44) 71.1-82.4	19.3 (44) 15.0-22.1	3.6 (44) .6-11.2	0	0	1.2 (44) .9-1.3	99 (42) 15-203	338 (40) 158-512	2.8 (43) .7-12.1								
1355.	Dried, whole.....		311	33.5 (1)	41.6 (1)	14.8 (1)	0	0	10.1 (1)	2,620 (1)	1,710 (1)									
1356.	Dried, salted.....		281	19.0 (2) 10.0-15.0	42.5 (2) 40.0-45.0	11.0 (2) 10.0-12.0	0	0	27.5 (2) 25.0-30.0											17 (1)
1357.	Dried, smoked.....		346	25.5 (2) 25.0-30.0	60.0 (2) 55.0-65.0	10.0 (2) 5.0-15.0	0	0	4.5 (2) 4.0-5.0											30 (1)
1358.	Boiled.....		147	69.1 (1)	25.0 (2) 23.0-27.0	4.5 (2) 2.0-7.0	0	0	1.4 (2) 1.3-1.4											42 (2) 38-45

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	10. FISH AND SHELLFISH -- continued																			
1359.	Mullet, striped (Mullus barbatus), raw.....	Rouget-barbet	114	76.4 (1)	18.4 (1)	3.9 (1)	0	0	1.3 (1)	118 (1)	158 (1)	6.0 (1)								39 (1)
1360.	Mussel (Mytilus spp.; Modiola spp.).....	Moules																		
	Nile perch. See Perch, Nile.																			
1361.	Octopus (Octopus spp.)...	Poulpe																		
	Oyster (Ostrea spp.):	Huître																		
1362.	Raw.....																			
1363.	Dried.....																			
1364.	"Oyster" (Etheria elliptica), raw.....	Moules du Kwango	109	70.0 (1)	12.3 (1)	2.3 (1)	8.8 (1)		6.6 (1)											
	Palometa. See Garrick.																			
	Pampano. See Garrick.																			
1365.	Parapristipoma (Parapristipoma mediterraneum; Diagramma mediterraneum), raw..	Dorade grise; abatèche; sénégalais	93	78.7 (5) 76.7-80.5	17.7 (5) 16.5-19.8	1.9 (5) .9-2.9	0	0	1.7 (5) 1.2-2.7	24 (3) 20-33	146 (3) 31-373	1.4 (3) 1.1-1.7			.07 (1)	.06 (1)	4.5 (1)			34 (3) 26-50
1366.	Parrot-fish (Marcusenius spp.).....	Perroquet																		
1367.	Perch, Madagascar (Paratilapia polleni), cooked.....	Perche malgache; marakely	77	81.5 (1)	16.0 (1)	1.0 (1)	0	0	1.5 (1)											50 (1)

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	10. FISH AND SHELLFISH -- continued																			
	Perch, Nile (Lates niloticus):	Capitaine; perche du Nil																		
1368.	Raw		107	75.5 (3) 72.9-81.7	21.9 (3) 20.0-25.2	1.5 (3) .5-3.5	0	0	1.1 (2) .8-1.4	89 (2) 41-137	137 (2) 39-235	4.1 (1)								39 (1)
1369.	Dried		420	12.2 (1)	70.0 (1)	13.4 (1)	0	0	4.4 (1)	170 (1)	662 (1)									
	Pike (Hepsetus odoë):	Brochet congolais																		
1370.	Raw		86	79.2 (1)	18.8 (1)	.7 (1)	0	0	1.3 (1)											
1371.	Dried, smoked		380	11.2 (1)	80.2 (1)	4.2 (1)	0	0	4.4 (1)											
	Prawn, marine; shrimp (Aristeus spp.; Palaemon spp.; Parapenaeus spp.; Penaeus spp.):	Bouquet; caramote																		
1372.	Raw		102	75.1 (1)	17.9 (1)	.6 (1)	4.8		1.6 (1)	261 (1)	267 (1)	1.6 (1)								40 (1)
1373.	Dried, powder		374	16.3 (1)	70.8 (1)	6.0 (1)	4.4		2.5 (1)	1,740 (1)		8.0 (1)								
1374.	Smoked		286	28.2 (2) --	54.4 (2) 54.2-54.7	5.2 (2) 4.2-6.3	1.8		10.4 (2) --	2,228 (2) 2,155-2,301										
1375.	Fried		231	52.0 (1)	18.4 (1)	9.0 (1)	17.[illegible]7	1.2?	3.3 (1)	114 (1)	253 (1)	6.2 (1)								

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion: Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	10. FISH AND SHELLFISH -- continued																			
	Prawn, river; shrimp, common (Atya spp.; Callianassa spp.;	Crevette d'eau douce; crevette grise;																		
1376.	Raw.....	camaron																		
1377.	Dried.....		329	12.5 (2) 11.0-14.0	57.5 (2) 55.0-60.0	6.5 (2) 5.0-8.0	6.0	0	17.5 (2) 15.0-20.0	2,700 (2) 2,000-3,400	1,500 (2) 1,000-2,000									
1378.	Boiled.....		107	73.0 (2) 72.0-74.0	19.0 (2) 13.0-26.0	1.6 (2) 1.0-2.5	2.9	0	3.5 (2) 1.5-5.5											
1379.	Queenfish; leatherskin (Chorinemus spp.), raw.....	Chorinemus	96	76.8 (2) 76.6-77.1	20.8 (2) 20.0-21.5	.8 (2) .7-1.0	0	0	1.6 (1)											
1380.	Rabbit-fish (Siganus oramin), raw.....	Poisson-marguerite	85	78.4 (1)	18.9 (1)	.5 (1)	0	0	2.2 (1)											
1381.	Ray (Pteroplatea spp.), raw.....	Raie-hirondelle	79	81.0 (1)	18.1 (1)	.2 (1)	0	0	.7 (1)	9 (1)	108 (1)	.4 (1)								
1382.	Ray; skate (Raja spp.), raw.....	Raie	102	77.0 (2) 76.0-79.5	19.9 (2) 18.8-21.0	1.9 (2) .8-3.0	0	0	1.2 (1)											

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																		
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	10. FISH AND SHELLFISH -- continued																			
	Razor-fish (Papyrocranus afer):	Poisson-rasoir																		
1383.	Raw.....		88	79.0 (3) 78.4-79.4	18.5 (3) 18.4-18.9	1.0 (3) .9-1.1	0	0	1.5 (3) 1.3-1.6											
1384.	Dried, smoked.....		397	10.0 (1)	81.2 (1)	5.6 (1)	0	0	3.2 (1)											
	Rhino-fish. See Carp, African.																			
1385.	Sail-fin (Polypterus spp.), raw.....	Polyptère	85	79.8 (3) 79.7-80.3	18.3 (3) 17.8-18.7	.8 (3) .5-1.2	0	0	1.1 (3) .9-1.2											
	Sardine; pilchard (Sardina pilchardus; Clupea pilchardus):	Sardine; pilchard																		
1386.	Raw.....		143	72.5 (2) 65.1-77.8	17.6 (2) 15.4-19.7	7.5 (2) .2-14.8	0	0	2.4 (2) 1.8-3.0	333 (1)	277 (1)	1.3 (1)			.11 (1)	.05 (1)				
1387.	Dried, smoked.....																			
	Canned, total content of can:																			
1388.	In oil.....																			
1389.	In tomato sauce.....																			
	Sardine, gilt (Sardinella aurita):	Allache; sardinelle																		
1390.	Raw.....		111	71.6 (1)	18.3 (1)	3.6 (1)	0	0	6.5 (1)	710 (1)	98 (1)	1.3 (1)								

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	10. FISH AND SHELLFISH -- continued:																			
	Sardine, gilt -- continued:																			
1391.	Sun-dried, whole.....		295	22.8 (1)	57.0 (1)	5.7 (1)	0	0	14.5 (1)	3,982 (1)										
1392.	Smoked, whole.....		289	24.1 (1)	56.3 (1)	5.4 (1)	0	0	14.2 (1)	4,247 (1)										
1393.	Flour.....																			
1394.	Fried.....																			
1395.	Sardineau (Paracubiceps ledanoisi), raw, whole.	Sardineau	107	74.5 (1)	18.9 (1)	2.9 (1)	0	0	3.7 (1)											
	Sardinella (Sardinella spp.):	Sardinelle																		
1396.	Raw.....		105	76.6 (6) 74.5-78.1	17.8 (6) 15.4-20.3	3.2 (6) 1.3-4.2	0	0	2.4 (5) 1.4-3.5	57 (3) 41-70	143 (5) 45-432	1.3 (5) 1.1-2.1			.02 (1)	.17 (1)	9.1 (1)			48 (1)
1397.	Dried.....																			
1398.	Smoked.....	Ketiakh (Sénégal)	375	15.4 (2) 8.5-17.9	70.0 (2) 63.4-76.5	8.4 (2) 6.7-10.0	0	0	6.2 (2) 5.8-6.6	310 (2) 280-340	968 (2) 875-1,060	9.0 (1)				.42 (1)	21.5 (1)			
1399.	Smoked, whole.....		293	25.1 (7) 13.5-40.7	54.0 (7) 39.5-68.7	6.9 (6) 4.6-11.8	0	0	14.0 (5) 8.2-21.7	2,416 (3) 1,643-3,884	1,530 (1)									
1400.	Fried in coconut oil...		516	12.5 (1)	38.8 (1)	38.8 (1)	0	0	9.9 (1)											
1401.	Fermented, dried.....																			
1402.	Flour.....																			
	Sargo. Sea Zerba.																			

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	10. FISH AND SHELLFISH -- continued																			
1403.	Saurida (Saurida gracilis), raw.....	Saurida	94	77.6 (1)	20.6 (1)	.7 (1)	0	0	1.1 (1)											
1404.	Scavenger; sea bream (Lethrinus spp.), raw...	"Brême de mer;" "carpe"	92	78.0 (1)	20.4 (1)	.5 (1)	0	0	1.1 (1)											
1405.	Scorpion fish (Scorpaena spp.), raw..	Rascasse	154	65.1 (1)	27.7 (1)	4.0 (1)	0	0	3.2 (1)											
1406.	Sea-bass (Dicentrarchus labrax; Morone labrax), raw.....	Loup; bar	89	79.4 (9) 77.5-81.7	18.4 (9) 16.8-20.1	1.2 (9) .6-2.4	0	0	1.0 (8) .8-1.2	132 (7) 76-265	408 (7) 318-550	2.2 (8) 1.1-4.6								
1407.	Sea-bass, blackspotted (Dicentrarchus punctatus), raw.....	Bar tacheté; truite de mer																		
1408.	Sea-bream; steenbras (Pagellus spp.), raw...	"Brême de mer;" pagel; pageau; pageot; besugue	123	72.7 (3) 63.9-78.0	19.9 (3) 17.4-23.8	4.2 (3) 2.7-6.9	0	0	3.2 (1)											
1409.	Sea-bream; stumpnose (Pagrus spp.): Raw.....	Brême de mer; pagre; daurade	97	77.2 (9) 75.6-77.9	20.0 (9) 19.0-21.0	1.3 (9) .2-2.3	0	0	1.5 (6) 1.4-1.8	49 (6) 22-120	263 (6) 33-460	1.3 (4) .9-1.9			.14 (2) .08-.20	.06 (2) .05-.08	5.6 (2) 4.2-6.9			40 (4) 26-53
1410.	Dried.....		351	14.6 (1)	68.3 (1)	6.6 (1)	0	0	10.5 (1)	160 (1)	575 (1)									

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	10. FISH AND SHELLFISH -- continued																			
	Sea-bream; stumpnose -- continued:																			
1411.	Dried, salted.....		302	10.5 (1)	62.2 (1)	4.0 (1)	0	0	23.3 (1)						.08 (1)	.02 (1)	6.7 (1)	652 (1)		
1412.	Sea-perch; grouper; rock-cod (Epinephelus spp.; Serranus spp.), raw.....	Perche de mer; mérous; vieilles; badèches; fausse-morue; cabot	91	78.4 (7) 76.8-78.9	19.2 (7) 18.0-20.2	1.0 (7) .2-1.6	0	0	1.4 (6) 1.2-1.8	41 (6) 22-86	188 (6) 51-340	1.2 (5) .9-1.5			.06 (2) .05-.07	.05 (2) --	3.8 (2) 3.6-3.9			37 (5) 23-51
1413.	Shad (Ilisha spp.), raw...	"Sardinelle"	90	79.1 (1)	18.6 (1)	1.2 (1)	0	0	1.1 (1)	120 (1)	197 (1)	.7 (1)								
	Shad, West African (Ethmalosa dorsalis; E. fimbriata):	Ethmalose; alose																		
1414.	Raw.....		108	74.5 (5) 69.0-78.0	19.1 (5) 17.1-20.4	2.9 (5) 1.6-4.9	0	0	3.5 (5) 1.6-5.7	102 (4) 39-160	209 (4) 46-417	1.7 (4) 1.1-2.5			.01 (1)	.06 (1)	7.1 (1)			30 (3) 10-50
1415.	Dried, whole.....		392	10.8 (1)	51.5 (1)	19.1 (1)	0	0	18.6 (1)	1,640 (1)	540 (1)	3.2 (1)								
1416.	Dried, smoked, whole..		319	22.7 (2) 17.1-25.2	54.0 (2) 43.2-64.9	9.8 (2) 3.6-16.0	0	0	13.5 (2) 12.8-14.4	3,423 (2) 1,490-5,356	520 (1)	4.6 (1)								
1417.	Shiny-nose (Polydactylus quadrifilis), raw.....	Capitaine de mer	87	78.3 (1)	19.8 (1)	.3 (1)	0	0	1.6 (1)	177 (1)	148 (1)	.2 (1)								

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	10. FISH AND SHELLFISH -- continued																			
1418.	Shrimp, brine (Artemia salina), cake, sun-dried, whole.....	Duda (Fezzan)	112	33.2 (1)	22.0 (1)	1.8 (1)	.5	0	42.5 ?				0 (1)	tr. (1)		.93 (1)			0 (1)	
	Shrimp, common. See Prawn, river.																			
	Sickle-fish. See Spade-fish.																			
1419.	Silver-minnow (Micralestes spp.), dried, whole.....	Micralestes	423	10.3 (1)	57.0 (1)	19.9 (1)	0	0	12.8 (1)	1,000 (1)	2,250 (1)									
1420.	Silvery-batfish (Psettus sebae), raw.....	Poisson-faucille	106	76.0 (1)	20.7 (1)	2.0 (1)	0	0	1.3 (1)	54 (1)	200 (1)	1.1 (1)								
	Skate. See Ray (Raja spp.).																			
1421.	Slimy; soapy (Secutor insidiator), raw.....	Salelo (Madagascar)	93	77.4 (1)	19.4 (1)	1.1 (1)	0	0	2.1 (1)											
1422.	Smelt (Sillago sihama), raw.....	Eperlan	93	77.8 (1)	20.1 (1)	.8 (1)	0	0	1.3 (1)											
	Snail, African (Achatina marginata):	Escargot d'Afrique																		35 (1)
1423.	Raw.....		107	78.0 (1)	17.7 (1)	3.5 (1)	0	0	.8 (1)	132 (1)	110 (1)	4.1 (1)								
1424.	Dried.....																			

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																		
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	10. FISH AND SHELLFISH -- continued																			
1425.	Snail, sea (Yetus spp.), boiled, sun-dried	Yette; escargot de mer	186	50.6 (2) 45.0-56.1	27.6 (2) 22.8-32.3	.4 (2) .2-.6	15.6		5.8 (2) 5.1-6.6	188 (2) 135-240	174 (2) 157-190	2.3 (1)			.03 (1)	.10 (1)	2.2 (1)			
	Snake-head (Parophiocephalus spp.; Ophiocephalus spp.):	Parophiocephalus																		
1426.	Raw		88	78.5 (3) 77.7-79.1	19.4 (3) 18.1-20.1	.6 (3) .5-.9	0	0	1.5 (3) 1.3-1.7											
1427.	Dried, smoked		387	16.2 (1)	73.1 (1)	8.3 (1)	0	0	2.4 (1)											
1428.	Snapper (Lutjanus spp.): Raw	Carpe de mer; rouge	90	77.4 (2) --	19.8 (2) 19.2-20.4	.6 (2) .3-.9	0	0	2.2 (1)											
1429.	Dried																			
1430.	Smoked																			
	Sole (Solea spp.), unspecified:	Sole																		
1431.	Raw		99	77.9 (1)	19.0 (1)	2.0 (1)	0	0	1.1 (1)											
1432.	Fried		249	46.0 (1)	16.4 (1)	9.5 (1)	22.67	.6 (1)	5.5 (1)	1,024 (1)	648 (1)	5.7 (1)								
1433.	Spade-fish; sickle fish; spotted batfish (Drepane africana; D. punctata), raw	Disque; "Saint-Pierre"	99	76.2 (3) 72.6-79.6	18.9 (3) 18.0-19.6	2.0 (3) 1.4-3.0	0	0	2.9 (2) .8-5.1	90 (1)	235 (1)	.4 (1)								

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	10. FISH AND SHELLFISH -- continued																			
	Spanish mackerel. See Mackerel, Spanish.																			
1434.	Spiny-eel (Mastacembelus spp.), raw.....	"Anguilles du lac"	87	79.0 (2) 75.2-84.0	18.8 (2) 15.6-22.1	.8 (2) .4-1.1	0	0	1.4 (2) 1.0-1.7											
1435.	Spot-tail (Alestes spp.): Raw.....	"Sardine"; "hareng"	98	76.5 (2) 76.0-77.1	21.0 (2) 20.3-21.6	.9 (2) .7-1.1	0	0	1.6 (2) 1.5-1.7				120 (1)							
1436.	Pickled.....												60 (1)							
1437.	Dried.....		399	7.1 (1)	77.7 (1)	7.5 (1)	0	0	7.7 (1)	1,070 (1)		5.1 (1)								
	Squid (Sepia spp.; Sepiola spp.; Loligo spp.; Ommastrephes spp.):	Seiche; calmar																		
1438.	Raw.....																			
1439.	Dried.....																			
1440.	Smoked.....																			
1441.	Stingray (Dasyatis spp.), raw.....	Pastenague	88	79.3 (1)	19.3 (1)	.6 (1)	0	0	.8 (1)	9 (1)	117 (1)	.5 (1)								
	Stockfish; cape-hake (Merluccius spp.):	Merlu; merluche; colin																		
1442.	Raw.....		142	69.8 (1)	21.8 (1)	5.4 (1)	0	0	3.0 (1)											
1443.	Preserved.....																			
1444.	Dried, salted.....																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	10. FISH AND SHELLFISH -- continued																			
1445.	Surmullet, East African (Parupeneus fraterculus).	Parupeneus																		
1446.	Swordfish; broadbill (Xiphias gladius), raw.....	Espadon	140	71.6 (2) 68.0-75.0	19.7 (2) 19.0-20.4	6.2 (2) 4.5-	0	0	2.5 (1)											
	Taraza. See Cornish-jack.																			
1447.	Threadfin (Galeoides decadactylus), raw...	Petit capitaine de mer	87	79.3 (1)	19.2 (1)	.6 (1)	0	0	.9 (1)	10 (1)	198 (1)	.3 (1)								
1448.	Threadfin (Pentanemus quinquarius), raw.....	Barbillon	88	79.4 (1)	19.2 (1)	.7 (1)	0	0	.7 (1)	10 (1)	166 (1)	.3 (1)								
	Tiger-fish (Hydrocyon spp.):	Poisson-chien																		
1449.	Raw.....		165	68.0 (9) 65.9-78.2	23.8 (9) 19.5-24.3	7.0 (9) .7-8.7	0	0	1.2 (9) 1.1-1.6	28 (8) --	36 (8) --		2,465 (1)	550 (1)						
1450.	Pickled.....												2,400 (1)	535 (1)						
1451.	Dried, flesh only.....		383	13.6 (2) 8.7-14.6	73.5 (2) 71.8-75.2	7.7 (2) 7.2-8.2	0	0	5.2 (2) 4.4-6.1	500 (2) 330-670	700 (1)	21.6 7 (1)								
1452.	Tiger-fish (Therapon spp.), raw.....	Violon	97	76.5 (2) 76.1-76.9	20.7 (2) 20.2-21.2	1.0 (2) .9-1.2	0	0	1.8 (1)											

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
	10. FISH AND SHELLFISH -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
1453.	Tongue-sole (Cynoglossus spp.), raw	"Sole"	86	80.0 (1)	19.0 (1)	.5 (1)	0	0	.5 (1)	18 (1)	105 (1)	.4 (1)								
1454.	Trout (Salmo spp.), boiled	Truite	99	78.0 (1)	18.0 (1)	2.5 (1)	0	0	1.5 (1)											
	Tuna (Thunnus sp.), unspecified:	Thon, non spécifié																		
1455.	Raw		232	58.5 (1)	27.0 (1)	13.0 (1)	0	0	1.5 (1)											
	Canned, total content of can:																			
1456.	In oil																			
1457.	In water																			
1458.	Tunny, little (Euthynnus alletteratus), raw	Thonine; bacorette	110	74.1 (1)	22.3 (1)	1.6 (1)	0	0	2.0 (1)	52 (1)	76 (1)	3.1 (1)								
1459.	Turbot (Scophthalmus maximus; Psetta maxima), raw	Turbot	134	74.3 (1)	18.6 (1)	6.1 (1)	0	0	1.0 (1)											
1460.	Tylochromis (Tylochromis spp.), raw	Gatien (Congo)	109	73.2 (1)	24.5 (1)	.5 (1)	0	0	1.8 (1)											
1461.	Weakfish; drum (Larimus pelli), raw	Larimus	[illegible]	78.8 (1)	19.5 (1)	.6 (1)	0	0	1.1 (1)	50 (1)	196 (1)	.7 (1)								

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	10. FISH AND SHELLFISH -- continued																			
1462.	Weever (Trachinus spp.), raw.....	Vive; araignée	114	74.9 (3) 71.1-76.5	19.2 (3) 17.1-22.4	3.6 (3) 2.3-5.6	0	0	2.3 (2) 2.1-2.5											
1463.	Whelk (Buccinum spp.), cooked, sun-dried.....	Buccin	319	13.5 (1)	50.2 (1)	2.2 (1)	20.6		13.5 (1)	1,800 (1)	250 (1)				.05 (1)	.27 (1)	4.7 (1)			
	Whitebait; ndagala (Stolothrissa tanganicae and Limnothrissa miodon):	Poisson blanc du lac Tanganika; "ndagala"																		
1464.	Raw.....		97	78.0 (9) 71.7-82.4	16.2 (9) 13.7-18.1	3.1 (9) 1.6-7.6	0	0	2.7 (9) 2.1-3.2											
1465.	Dried.....		366	12.1 (4) 7.9-17.0	66.4 (4) 62.6-70.4	9.2 (4) 4.9-17.6	0	0	12.3 (4) 11.2-13.8						.30 (1)	.60 (1)	11.8 (1)			
1466.	Whiting, Couch's (Micromesistius poutassou; Gadus poutassou).....	Merlan; poutassou																		
1467.	Wrasses (Labrus spp. and Crenilabrus spp.), raw.	Labre; crénilabre; vieille	97	77.7 (3) 71.0-82.0	18.5 (3) 16.3-21.0	2.0 (3) .8-4.1	0	0	1.8 (1)											
1468.	Xenomystus; pele pele (Xenomystus spp.), raw.....	Xenomystus	88	78.6 (1)	19.7 (1)	.4 (1)	0	0	1.3 (1)											

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	Refuse in as purchased
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	10. FISH AND SHELLFISH -- continued																			
	Zerba; sargo; breams (Diplodus spp.):	Sargue; sar; vedriade																		
1469.	Raw		175	66.1 (1)	20.8 (1)	9.6 (1)	0	0	3.5 (1)						.04 (1)	.08 (1)	7.8 (1)	695 (1)		
1470.	Dried, salted		267	11.5 (1)	55.6 (1)	3.3 (1)	0	0	29.6 (1)											
	11. MILK AND MILK PRODUCTS:																			
	Butter. See Oils and Fats.																			
	Cheese:	Fromage:																		
1471.	Hard	A pâte ferme											195 (11) --	170 (11) --						
1472.	Semi-soft	A pâte demi-dure											110 (1)							
1473.	Soft	A pâte molle											855 (2)							
1474.	Cream cheese	Fromage à la crême											450-1,260							
1475.	Bryndza	Bryndza											130 (1)	30 (1)						
1476.	Pickled	Fromage égyptien											705 (7) 390-1,020							

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	11. MILK AND MILK PRODUCTS -- continued																			
	Cheese -- continued:																			
1477.	Curdled milk, Senegal	Lait caillé	69	88.1 (1)	3.8 (1)	4.9 (1)	2.6	0	.6 (1)											
1478.	Skimmed, curdled milk, Senegal	Lait caillé, écrémé	44	90.8 (1)	4.2 (1)	1.9 (1)	2.5	0	.6 (1)											
1479.	Sour milk (aybe), Ethiopian	Fromage éthiopien	122	73.6 (3) 68.0-76.6	16.3 (3) 15.8-17.0	3.5 (3) 2.9-4.2	5.7	.5 (1)	.9 (3) .8-.9	112 (2) 98-127	180 (1)	1.4 (2) .7-2.0	30 (1)	25 (1)	.03 (2) .01-.05	.27 (2) .16-.38	.4 (2) .2-.7			
	Cheese, domiati (United Arab Republic), made from:	Fromage égyptien																		
1480.	Cow milk									588 (10) 454-724	144 (10) 110-172									
1481.	Buffalo milk									624 (10) 538-793	196 (10) 171-241									
	Cheese, kariesh (United Arab Republic): Made from skimmed milk of:	Fromage égyptien																		
1482.	Cow			77.1 (10) 75.9-79.1	20.0 (10) 19.9-20.1	tr. (10) 0-.1				208 (10) 121-216										
1483.	Buffalo			75.5 (10) 74.1-76.6	19.6 (10) 19.2-19.8	.1 (10) 0-.1				253 (10) 244-265										
1484.	Cow and buffalo			75.9 (10) 74.9-77.4	19.9 (10) 19.8-19.9	tr. (10) 0-.1				228 (10) 218-230										

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
	11. MILK AND MILK PRODUCTS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	Cheese, kariesh --continued																			
	Made from partially skimmed milk of:																			
1485.	Cow.....			74.4	19.3	4.6				201										
				(10)	(10)	(10)				(10)										
				72.3-75.2	18.5-19.6	3.1-6.1				180-213										
1486.	Buffalo.....			70.8	18.6	5.6				238										
				(10)	(10)	(10)				(10)										
				68.7-73.3	18.5-19.4	3.7-6.5				230-246										
1487.	Cow and buffalo....			73.3	19.1	4.7				214										
				(10)	(10)	(10)				(10)										
				71.2-74.5	18.7-19.4	3.5-6.0				198-229										
	Cream:	Crème																		
1488.	Light.....																			
1489.	Heavy.....																			
	Ghee. See Oils and Fats.																			
	Milk, buffalo:	Lait de bufflesse																		
1490.	Whole.....		92	83.3	4.1	5.9	5.9	0	.8	175										
				(11)	(11)	(11)			(1)	(10)										
				82.2-84.1	4.0-4.2	5.4-7.5			--	160-183										
1491.	Skim.....		41	89.2	4.2	.1	5.7	0	.8											
				(1)	(1)	(1)			(1)											
1492.	Milk, camel, whole fluid.....	Lait de chamelle	63	88.5	2.0	4.1	4.7	0	.7	94	86								1	
				(6)	(7)	(7)			(7)	(6)	(6)								(1)	
				87.1-90.0	1.6-2.3	3.0-5.4			.6-1.0	83-118	73-96									

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	11. MILK AND MILK PRODUCTS -- continued																			
	Milk, cow:	Lait de vache																		
	Fluid:																			
1493.	Whole		79	85.2 (55) 81.4-88.1	3.8 (68) 2.2-7.0	4.8 (121) 3.1-8.9	5.4	0	.8 (57) .6-.9	143 (64) 119-184	95 (57) 64-120		95 (1)	80 (1)					1 (2) .6-.9	
1494.	Skim		39	90.5 (1)	3.5 (1)	.8 (1)	4.4	0	.8 (1)											
1495.	Sour																			
	Dried:	Lait en poudre: entier																		
1496.	Whole												400 (4) 500-700	345 (4) --						
1497.	Skim (nonfat milk solids)	Écrémé	353	4.7 (3) 4.2-5.6	28.9 (1)	.4 (1)	58.5	0	7.5 (3) 7.2-8.0	1,265 (2) --			0 (5) --		.40 (2) --		.8 (2) --			
	Canned:																			
1498.	Evaporated, unsweetened	Lait concentré non sucré																		
1499.	Condensed, sweetened	Lait condensé sucré																		
	Milk products:																			
1500.	Kishk, Egyptian product made from dried buttermilk and wheat grain	Produits égyptiens à base de babeurre: avec du blé eu grain	376	8.0 (8) 6.4-9.4	13.4 (8) 8.3-17.9	6.9 (8) 3.0-12.6	65.3		6.4 (8) 3.6-10.0							.26 (8) .15-.54	3.7 (8) 2.7-5.7			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	11. MILK AND MILK PRODUCTS -- continued:																			
	Milk, cow -- continued:																			
	Milk products:																			
1501.	Dried buttermilk and whey with sorghum	Avec du sorgho	358	7.8 (1)	18.9 (1)	.3 (1)	68.2	.2 (1)	4.8 (1)	570 (1)					.46 (1)	.71 (1)	1.1 (1)			
1502.	Buttermilk dried with groundnut flour	Avec de la farine d'arachide	353	10.8 (2) --	39.2 (2) --	6.5 (2) --	38.6	1.2 (2) --	4.9 (2) --	520 (2) --					.30 (2) --	2.30 (2) --	16.1 (2) --			
1503.	Buttermilk dried with wheat flour	Avec de la farine de froment	381	6.1 (2) --	25.3 (2) --	3.4 (2) --	61.2	.1 (2) --	4.0 (2) --	590 (2) --					.25 (2) --	2.00 (2) --	1.4 (2) --			
1504.	Milk, goat, whole, fluid	Lait de chèvre	85	83.9 (1) --	3.4 (2) 2.7-5.4	4.9 (3) 1.8-9.0	7.0	0	.8 (1)										1 (1)	
1505.	Milk, human	Lait de femme	67	86.5 (7) 86.0-87.0	1.1 (25) .9-1.7	3.1 (25) 2.2-4.4	9.1	0	.2 (14) .1-.2	32 (99) 28-34	18 (99) 18-19								1 (50) tr.-4	
1506.	Milk, sheep, whole, fluid	Lait de brebis	100	82.8 (1)	5.9 (2) 5.4-6.4	7.0 (2) 2.1-10.0	3.5	0	.8 (1)											
	Milk, zebu, whole, fluid. See Milk, cow.																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	11. MILK AND MILK PRODUCTS -- continued:																			
	Whey:	Petit lait																		
1507.	Fluid.....																			
1508.	Dried.....																			
	Yoghurt, made from:	Yoghourt																		
1509.	Partially skimmed milk																			
1510.	Whole milk.....		85	84.7 (1)	4.2 (1)	5.5 (1)	4.8	0	.8 (1)	160 (1)		.2 (1)								
	12. OILS AND FATS:																			
1511.	Butter, imported.....	Beurre importé																		
	Butter, local, made from:	Beurre, local:																		
1512.	Buffalo milk.....	de bufflesse											630 (1)	545 (1)						
1513.	Buffalo butter, "Samn" (United Arab Republic).....		875	.2 (2) .2-.3	0	99.4 (2) 99.3-99.4	.4	0					895 (2) --	765 (2) --						
1514.	Cow milk.....	de vache	685	21.0 (5) 17.9-23.6	0	77.3 (5) 72.9-81.0	1.5	0	.2 (5) .1-.5				640 (1)	545 (1)						
1515.	Goat milk.....	de chèvre																		
1516.	Sheep milk.....	de brebis																		

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	12. OILS AND FATS -- continued																			
1517.	Djave butter; adjabe butter; orere butter (Baillonella toxisperma; Mimusops djave).....	Beurre de njabi																		
1518.	Dika-butter (Irvingia gabonensis).....	Beurre de dika																		
1519.	Dumori butter; Baku butter (Tieghemella heckelii; Mimusops heckelii).....	Beurre de Makoré																		
	Fats, from various animals:	Graisse:																		
1520.	Beef.....	de boeuf																		
1521.	Camel hump.....	de bosse de chameau																		
1522.	Elephant.....	d'éléphant																		
1523.	Goat.....	de chèvre																		
1524.	Hog.....	de porc																		
1525.	Mutton.....	de mouton																		
1526.	Ostrich.....	d'autruche																		
1527.	Fish oil (Alestes leuciscus).....	Huile de tinéni																		
1528.	Fish liver oil.....	Huile de foie de poisson																		

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
	12. OILS AND FATS -- continued		Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
1529.	Ghee	Beurre fondu	862	1.4 (5) .4-2.9	0	97.6 (5) 96.5-98.8	.6	0	.2 (3) .1-.4			.4 (1)								
1530.	Kagné-butter (Allanblackia oleifera)	Beurre d'Allanblackia																		
1531.	Lard	Saindoux																		
	Margarine, made of vegetable oil or animal oil or both:	Margarine																		
1532.	With vitamin A added																			
1533.	Without vitamin A added																			
	Oils, made from various oil seeds or nuts:																			
1534.	Bitterwood, sp.; mafura oil (Trichilia spp.)	Huile de mafouaize																		
1535.	Coconut oil (Cocos nucifera)	Huile de coco																		
1536.	Cottonseed oil (Gossypium spp.)	Huile de coton																		
1537.	Desert-date; heglik oil; soump oil (Balanites aegyptiaca)	Huile de datte du désert; huile d'heglik																		

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	12. OILS AND FATS -- continued																			
	Oils, made from various oil seeds or nuts -- continued:																			
1538.	Flaxseed; linseed oil (Linum usitatissimum).....	Huile de lin																		
1539.	Horseradishtree oil; oil of Ben (Moringa oleifera).....	Huile de Ben																		
1540.	Meni-oil (Lophira lanceolata).....	Huile de Méné																		
1541.	Muskmelon seed oil (Cucumis melo)....	Huile de graines de melon																		
1542.	Nigerseed oil; nug oil (Guizotia abyssinica)	Huile de niger																		
1543.	Owalaoiltree (Pentadetura macrophylla).....	Beurre d'Owala																		
1544.	Peanut oil (Arachis hypogaea).....	Huile d'arachide																		
1545.	Pumpkin or winter squash seed oil (Cucurbita spp.)....	Huile de graines de courge																		
1546.	Safflower oil (Carthamus tinctorius).....	Huile de carthame																		

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	12. OILS AND FATS -- continued																			
	Oils, made from various oil seeds or nuts -- continued:																			
1547.	Sesame; gingelly oil (Sesamum indicum)	Beurre de sésame																		
1548.	Shea-butterseed butter (Butyrospermum paradoxum; B. parkii)	Beurre de karité																		
1549.	Soybean oil (Glycine max)	Huile de soja																		
1550.	Sunflower seed oil (Helianthus annuus)	Huile de tournesol																		
1551.	Watermelon seed oil (Citrullus lanatus)	Huile de graines de pastèque																		
	Olive oil (Olea europaea) made from:																			
1552.	Fruit pulp	Huile d'olive																		
1553.	Kernel	Huile de d'amandon d'olive																		
	Palm, African oil (Elaeis guineensis), made from:	Huile de palme																		
1554.	Fruit pulp		875	.7 (10) --	0 (2) --	98.9 (10) --	.3	0 (2) --	.1 (2) --	6 (2) --	7 (2) --			37,300 7/ 128,700	.01 (3) --	.02 (3) --	0 (2) --		0 (2) --	

7/ Values vary greatly due to the color of the fruit pulp used, the methods, and the rate of extraction; average value, at present, is not given. Deep-orange oil is reported to have higher value than the pale oil.

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	12. OILS AND FATS -- continued																			
	Palm, African oil -- continued:																			
1555.	Kernel	Huile de palmiste																		
1556.	Sorleh; Sierra Leone butter; lamy butter; Kanga butter (Pentadesma butyracea)	Beurre de Sierra Leone																		
1557.	Termite oil	Huile de termite																		
1558.	Turtle, green, oil	Huile de tortue																		
	13. BEVERAGES:																			
	Beer, made from:	Bière locale																		
1559.	Barley	d'orge																		
1560.	Cassava	de manioc																		
1561.	Ginger	de gingembre																		
1562.	Maize (2.2% alcohol by weight)	de maïs	33	93.2 (2) 92.8-93.7	.6 (2) --	.2 (2) .1-.2	3.5	.1 (1)	.3 (1)	4 (2) 2-7	6 (2) 4-7	1.4 (1)			.01 (1)	.03 (1)				
1563.	Maize and sorghum (2.0% alcohol by weight)	de mil et sorgho		94.5 (1)	.7 (1)	.1 (1)				5 (1)	13 (1)	4.5 (1)				.05 (1)				

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	13. BEVERAGES -- continued																			
	Beer, made from -- continued:																			
1564.	Millet, Ceracan (2.2% alcohol by weight)...	de mil		90.9 (1)	.7 (1)	.2 (1)				8 (1)	16 (1)	2.7 (1)								
1565.	Sorghum; Kaffir beer: Strained (2.1% alcohol by weight)	de sorgho	31	93.6 (37) 91.2-96.4	.5 (21) .3-.6		3.6		.2 (4) .1-.3	1 (2)	7 (1)	.6 (1)			.04 (9) tr.-.09	.05 (9) .03-.07	.4 (8) .2-.5			
1566.	Unclarified (2.8% alcohol by weight.		117	72.7 (1)	2.6 (1)		21.2		.7 (1)											
1567.	Sorghum and honey (4.8% alcohol by weight).....	de sorgho et miel	82	82.2 (1)	.3 (1)		12.0		.7 (1)											
1568.	Beer, European type.....	Bière, type européen																		
1569.	Carbonated beverages, cola type.....	Boissons gazeuses, type cola																		
1570.	Cassava, spirit (15.0% alcohol by weight)....																			
1571.	Coconut milk.....	Lait de coco																		
1572.	Coconut water.....	Eau de coco																		
	Coffee, instant, powder. See Miscellaneous.																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	13. BEVERAGES -- continued																			
1573.	Coffee (Coffea spp.), infusion	Café (infusion)	4	97.5 (1)	.4 (1)	.1 (1)	1.6	0 (1)	.4 (1)	9 (1)	18 (1)	.4 (1)								
1574.	Egyptian vegetable milk. Fruit juices. See Fruits. Mahewu; magou (non-alcoholic sour maize beverage):	Mahewu																		
1575.	Beverage			91.0 (1)											.02 (1)	.02 (1)	.2 (1)			
1576.	Powdered form of beverage		384	3.5 (1)	9.6 (1)	3.7 (1)	81.1	1.0 (1)	2.1 (1)	416 (1)	418 (1)	7.7 (1)			.38 (1)	.09 (1)	.1 (1)			
1577.	Rice drink, sweet (United Arab Republic product)	Boisson égyptienne, au riz	72	82.7 (1)	.7 (1)	tr. (1)	16.6	.2 (1)	tr. (1)	2 (1)	12 (1)	tr. (1)								
1578.	Rooibos tea; red tea (Aspalathus contaminatus; Borbania pinifolia) dried	Thé rouge	313	10.1 (7) 8.1-15.1	5.6 (7) 5.1-6.4	1.5 (7) 1.0-2.4	80.3		2.5 (7) 1.9-2.7	133 (7) 132-134	220 (7) 200-260	46.3 (7) 32.0-72.0							11 (7) 3-16	
1579.	Sap, from various palm trees, fresh (0.3% alcohol by weight)	Sève de palmier	42	88.4 (4) 84.9-89.7	.3 (7) .2-.6	0 (1)	10.8	0	.2 (7) .1-.6	2 (4) 1-2	6 (4) 3-8	.4 (4) tr-1.0			.01 (3) 0-.02	.01 (1)			14 (6) 2-26	
	Sap, fermented, toddy. See Wine.																			

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	13. BEVERAGES -- continued																			
	Tea, common (Camellia sinensis; Thea sinensis), dried:	Thé																		
1580.	Black.....																			
1581.	Green.....																			
1582.	Tiger-nut (Cyperus esculentus), milk.....	Lait d'orgeat																		
	Wine, made from:	Vin																		
1583.	Bananas (1.4% alcohol by weight).....	de banane	44	89.0 (2) 87.9-90.5	.1 (2) --		9.4		.1 (2) --	tr. (1)	1 (1)	1.0 (1)								
1584.	Banana and sorghum (7.2% alcohol by weight).....	de banane et sorgho	62	88.6 (2) 87.8-89.3	.4 (2) .3-.5		2.9		.9 (2) .8-1.0											
1585.	Banana, sorghum, and honey (8.[illegible]% alcohol by weight).....	de banane, sorgho et miel	78	86.2 (1)	.4 (1)		4.1		.5 (1)						.01 (2) --				8 (2) 7-8	
1586.	Date, Senegal.....	de datte naine			.4 (2) .3-.4		1.2		.2 (2) --											
1587.	Honey (4.0% alcohol by weight).....	de miel	55	88.2 (2) 82.5-93.9	.2 (2) --	.2 (1)	6.8		.6 (1)	2 (1)	4 (1)	.5 (1)			.04 (1)					

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	13. BEVERAGES -- continued																			
	Wine, made from -- continued:																			
1588.	Lannea, sp.	de Lannea			.4 (2) .4-.5		3.9		.2 (2) .1-.2						.01 (1)					
1589.	Marvolanut, Ethiopian (Sclerocarya birrea)	de Sclerocarya			.4 (1)		5.2		.2 (1)											
1590.	Palm, unspecified, toddy (3.8% alcohol by weight)	de palme	34	94.0 (3) 91.2-97.4	.4 (6) .1-.9	.1 (2) 0-.2	1.5	0 (1)	.2 (6) .1-.4	2 (2) --	5 (3) 3-8	.5 (3) .1-1.0			.03 (4) tr.-.04	.01 (1)			4 (4) 0-11	
1591.	Pineapple	d'ananas																		
1592.	Sugar-cane (2.9% alcohol by weight)	de canne à sucre	42	90.7 (1)			6.2 (1)		.2 (1)											
	14. MISCELLANEOUS:																			
1593.	Ashes, vegetable	Cendres végétales																		
1594.	Chocolate	Chocolat	351	1.0 (1)	4.4 (1)	31.1 (1)	62.1		1.4 (1)											
1595.	Cocoa beans (Theobroma cacao), husked, fermented	Fèves de cacao																		
1596.	Cocoa, powder	Poudre de cacao	273	4.9 (1)	16.5 (1)	20.8 (1)	51.5		6.3 (1)											

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	14. MISCELLANEOUS -- continued																			
1597.	Coffee beans, roasted	Café grillé																		
1598.	Coffee, instant, powder	Café soluble																		
	Condiments:																			
1599.	African nutmeg; false nutmeg; calabash nutmeg (Monodora myristica), seeds	Muscade de calebasse; fausse muscade	477	10.4 (1)	8.8 (1)	29.0 (1)	50.0	23.7 (1)	1.8 (1)	103 (1)		9.3 (1)			.09 (1)	.10 (1)	.5 (1)			
1600.	Ajowan-caraway (Trachyspermum ammi; Carum copticum), seeds	Ammi	327	9.8 (1)	11.3 (1)	6.3 (1)	57.8		14.8 (1)					480 (1)	.43 (1)	.75 (1)			2 (1)	
1601.	Allspice (Pimenta dioica; P. officinalis), leaves	Piment de la Jamaïque, quatre-épices	118	64.2 (2) --	4.2 (2) --	1.3 (2) --	27.1	6.4 (2) --	3.2 (2) --	360 (2) --	42 (2) --	3.4 (2) --		3,680 (2) --	.04 (2) --	.10 (2) --	.5 (2) --		74 (2) --	
1602.	Chili (Capsicum sp.), dried	Piment	312	12.9 (1)	13.9 (1)	9.4 (1)	56.0	11.1 (1)	7.8 (1)	538 (1)	190 (1)			1,060 (1)	0 (1)	.20 (1)	4.4 (1)			
1603.	Cinnamon (Cinnamomum zeylanicum)	Cannelle de Ceylan	305	11.8 (1)	3.1 (1)	1.2 (1)	80.6		3.3 (1)	470 (1)					.02 (1)	.07 (1)	.7 (1)			
1604.	Cloves (Eugenia caryophyllus), dried	Clou de girofle																		

Item No.	Food and Description	French Name	Composition in Terms of 100 Grams Edible Portion																	
			Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	14. MISCELLANEOUS -- continued																			
	Condiments -- continued:																			
1605.	Coriander (Coriandrum sativum), dried seed.....	Coriandre; persil arabe persil chinois																		
1606.	Cumin (Cuminum cyminum), seed.....	Cumin																		
	Garlic, dried. See Vegetables.																			
1607.	Ginger (Zingiber officinale), root, dried.....	Gingembre	301	10.2 (1)	7.6 (1)	2.9 (1)	72.4		6.9 (1)	180 (1)				120 (1)	.16 (1)	.27 (1)	8.4 (1)		9 (1)	
1608.	Mackakscha, mixed spice from Ethiopia..	Condiment, Ethiopien	311	12.2 (1)	8.7 (1)	9.6 (1)	58.8	13.6 (1)	10.7 (1)	2 (1)	220 (1)			1,275 (1)	0 (1)	.09 (1)	4.4 (1)			
1609.	Mint (Mentha spp.), leaves..	Menthe																		
1610.	Mustard seed, white (Sinapis alba; Brassica alba; B. hirta).....	Moutarde blanche																		
1611.	Myrtle, true (Myrtus communis), leaves..	Myrte																		
1612.	Paradise melegueta pepper (Aframomum melegueta), fruit, semi-dried.....	Amome; maniguette; gomme à couscous		21.0 (1)	7.5 (1)		27.8		4.2 (1)	750 (1)	tr. (1)									
1613.	Parsley (Petroselinum crispum), dried.....																			

Item No.	Food and Description	French Name	Food Energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Retinol	B-carotene Equivalent	Thiamine	Riboflavin	Niacin	Tryptophan	Ascorbic acid	Refuse in as purchased
			Composition in Terms of 100 Grams Edible Portion																	
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Percent
	14. MISCELLANEOUS -- continued																			
	Condiments -- continued:																			
	Peppers, dried. See Vegetables.																			
1614.	Rosemary (Rosmarinus officinalis), leaves...	Romarin																		
1615.	Soybean sauce.....	Sauce de soja																		
1616.	Thyme, common (Thymus spp.), leaves, raw.....	Thym	68	78.3 (1)	4.3 (1)	.8 (1)	14.1	5.5 (1)	2.5 ? (1)	56 (1)	45 (1)	9.2 (1)								
1617.	Turmeric (Curcuma longa), rhizome....	Curcuma; safran des Indes																		
1618.	Vinegar.....	Vinaigre																		
1619.	Vetch and paprika, Ethiopia.....		293	12.8 (1)	25.8 (1)	1.8 (1)	53.1	2.9 (1)	6.5 (1)	237 (1)	230 (1)			3,050 (1)	0 (1)	.09 (1)	3.6 (1)			
1620.	Gum, Arabic.....	Gomme arabique																		
	Kāna (Ethiopian product). See Vegetables.																			
1621.	Salts, local.....	Sels alimentaires																		
	Yeast:	Levure																		
1622.	Baker's compressed....		80 8/	70.9 (1)	10.6 8/ (1)	.4 (1)	12.7	.3 (1)	2.7 (1)											
1623.	Brewer's yeast, dried..																			
1624.	Kaffir beer yeast.....																			

8/ The total protein value reported was reduced by 1/5 as it is assumed that only 4/5 of the nitrogen in yeasts is considered protein nitrogen. The food energy was calculated before this assumption was made.

APPENDIX 1

SPECIFIC ENERGY FACTORS USED FOR CALCULATING THE CALORIE VALUE OF FOODS CONSUMED IN AFRICA

Foods or Food Groups	Protein Cal/gm	Fat Cal/gm	Total carbohydrate by difference Cal/gm
Cereals and grain products:			
Maize; corn, whole ground	2.73	8.37	4.03
Maize; corn, degermed	3.46	8.37	4.16
Oats	3.46	8.37	4.12
Rice, brown	3.41	8.37	4.12
Rice, polished	3.82	8.37	4.16
Wheat:			
Bran	1.82	8.37	2.35
Whole meal: 97-100% extraction	3.59	8.37	3.78
Flour: 85-93% extraction	3.78	8.37	3.95
Flour: 70-74% extraction	4.05	8.37	4.12
Rye:			
Whole-grain	3.05	8.37	3.86
Flour, medium	3.23	8.37	3.99
Other cereals, whole-grain 1/	3.59	8.37	3.78
Other cereals refined	3.87	8.37	4.12
Starchy roots, tubers and fruits:			
Starchy roots and tubers	2.78	8.37	4.03
Starchy fruits	3.36	8.37	3.60
Legumes; Nuts; Seeds:	3.47	8.37	4.07
Vegetables:			
All vegetables, except underground crops	2.44	8.37	3.57
Underground crops 2/	2.78	8.37	3.48
Mushrooms	2.62	8.37	3.48

Foods or Food Groups	Protein Cal/gm	Fat Cal/gm	Total carbohydrate by difference Cal/gm
Fruits:			
All fruits except lemons, limes	3.36	8.37	3.60
Lemons, limes	3.36	8.37	2.48
All fruit juice, except lemon juice and lime juice, unsweetened	3.36	8.37	3.92
Lemon juice, lime juice, unsweetened	3.36	8.37	2.70
Sugars and syrups:			
Cane or beet sugar (sucrose)	--	--	3.87
Meats, poultry, and insects;			
Fish and shellfish:	4.27	9.02	-- 3/
Eggs:	4.36	9.02	3.68
Milk and milk products:	4.27	8.79	3.87
Oils and fats:			
Butter	4.27	8.79	3.87
Other animal fats	--	9.02	--
Margarine, vegetable	4.27	8.84	3.87
Other vegetable fats and oils	--	8.84	--
Miscellaneous foods:			
Alcohol	--	--	-- 4/
Chocolate, cocoa	1.83	8.37	1.33
Vinegar	--	--	2.40
Yeast	3.90	8.37	3.35

Original Source: Merrill, A. L. and Watt, B. K.
Energy Value of Foods -- Basis and Derivation
U. S. Department of Agriculture, Handbook No. 74, 1955.

1/ For other whole grains for which no energy factors have been developed, those of whole wheat have been used.
2/ Underground crops refer to beets, carrots, onions, parsnips, radishes, etc.
3/ Carbohydrate factor: 3.87 for brain, heart, kidney, liver, 4.11 for tongue and shellfish.
4/ Factor to apply to ingested alcohol, 6.93 Cal/gm.

APPENDIX 2

ADJUSTMENT OF FOOD COMPOSITION FIGURES ACCORDING TO VARYING MOISTURE CONTENTS

Marked fluctuations due, for example, to the season and/or length of storage, may occur in the moisture content of foods, particularly starchy roots, tubers and fruits, leafy green vegetables, cereals, and processed fish. The difference between the percentages given in the table and the actual percentages in the foods can lead to considerable error in the use of the table.

For example, the analyses used for making the present table have shown that moisture content in raw cassava tubers varies from 45.9 to 85.3 percent, the corresponding food energy going from 215 to 52 calories per 100 grams edible portion. The moisture content of raw yam varies from 56.3 to 78.6 percent, sweetpotato from 59.0 to 78.5 percent, plantain from 52.9 to 77.6 percent. Fish considered as dried may contain from 5.2 (butter fish) to 33.5 (mullet) percent moisture.

There is no doubt, therefore, that representative determination of moisture content should be made wherever possible, at least for starchy roots and tubers, leafy green vegetables, cereals, and processed fish, to allow for current local conditions.

Two simple methods of calculation of a conversion factor to apply to a food composition table, taking into account deviation from average moisture content, are given below:

First Method. The conversion factor F is calculated, using the following formula:

$$F = \frac{100 - \text{actual moisture content}}{100 - \text{moisture content as shown in the table}}$$

1/ The moisture content is usually determined by keeping the food in an oven at a temperature of from 100 to 105°C until constant weight is reached. The food is weighed before and after, and the loss in weight is expressed as a percentage of the original weight.

For example: Yam, attoto (Item No. 262) in this table reads thus:

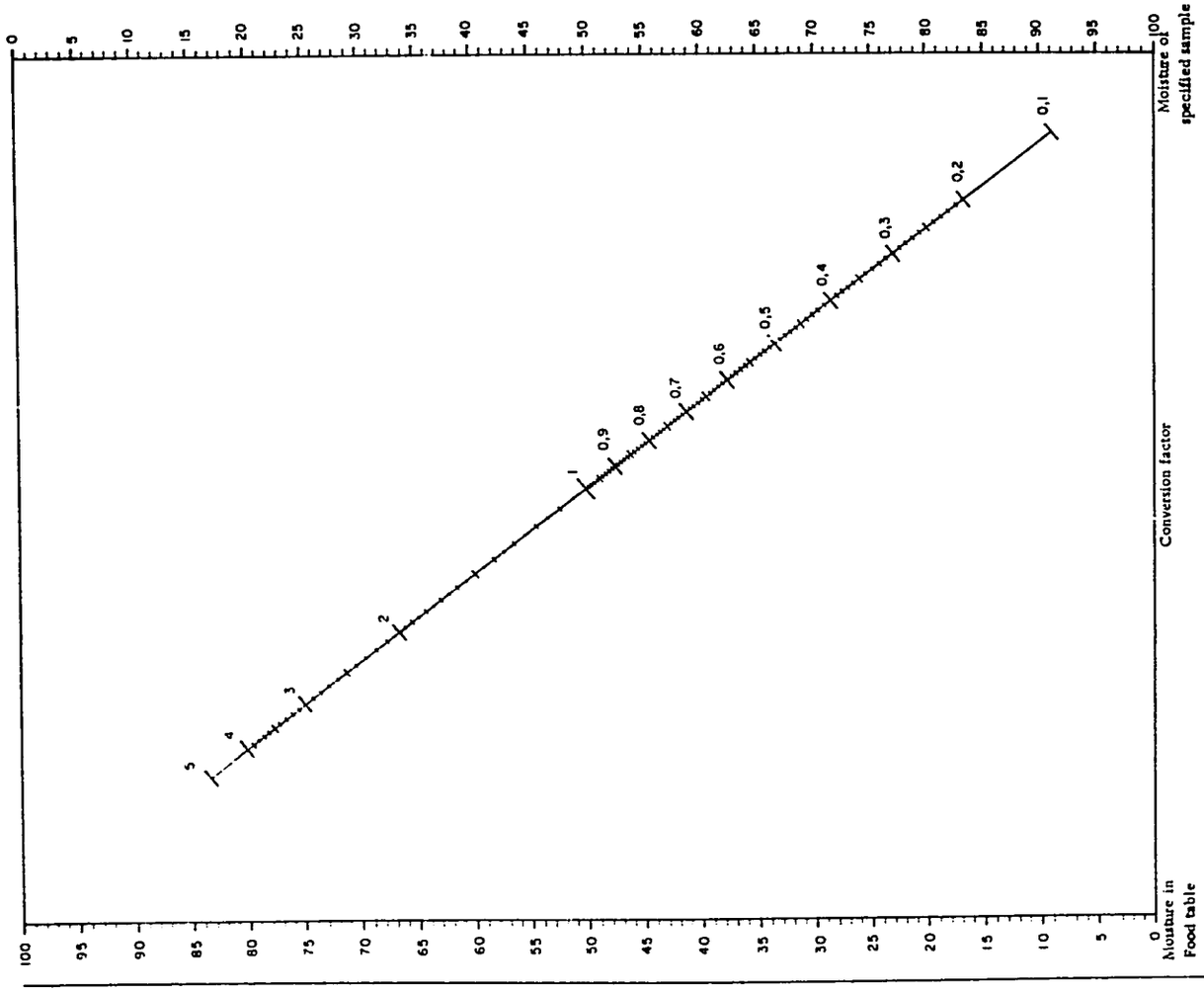
	Representative Values Per 100 Grams of Edible Portion		
	Moisture (percent)	Food Energy (calories)	Calcium (mg)
Yam, attoto, tuber, raw	81	71	36

Now, assuming that in a given country a representative series of analyses of this yam tuber has shown a different moisture content[1/], for example, 70 instead of 81 percent, the conversion factor F to be applied to each nutrient content, for 100 grams of edible portion, is:

$$F = \frac{100 - 70}{100 - 81} = \frac{30}{19} = 1.58$$

The calcium content for a yam containing 70 percent water will then be determined as follows: 36 mg x 1.58 = 57 mg; and food energy of this yam will be: 71 x 1.58 = 112 calories.

This method should be used only when very precise data are needed, e.g., preparation of a national food composition table, or conversion of chemical composition of raw leaves, raw fish, etc., into dried leaves or dried fish.



Second Method. The nomogram on the left can be used. For the example cited on page 227, a very straight ruler, preferably transparent, is placed between the two points 81 at the left (percentage as shown in table) and 70 at the right (actual moisture content), and the conversion factor is read directly along the middle line.

This quick method may be used for data recorded in food consumption surveys. In this case, the conversion factor F is to be directly applied to the weight of the food. Example: for 15 kg of yam containing 70 percent moisture, the figure of 15 x 1.58 (for the example cited on page 227), or 23.7 kg, will be recorded.

In other words, 23.7 kg of yam containing 81 percent moisture (i.e., 19 percent total solids) has the same composition as 15 kg of yam with 70 percent moisture (i.e., 30 percent total solids).

APPENDIX 3

FACTORS FOR VITAMIN A CONVERSION

A. Where values for vitamin A were expressed in terms of International Units (I.U.), to convert to micrograms the following factors were applied:

One International Unit (I.U.) = 0.3 mcg. of retinol
= 0.6 mcg. of beta-carotene
= 1.2 mcg. of other total mixed carotenoids with vitamin A activity

Where values were expressed in micrograms of vitamin A activity, for conversion of micrograms of retinol, beta-carotene and other carotenoids to a common denominator of micrograms of retinol, the following factors were employed:

One mcg. of vitamin A value = 1 mcg. of retinol
One mcg. of beta-carotene = 0.5 mcg. of retinol
One mcg. of other total mixed carotenoids = 0.25 mcg. of retinol

The following illustrations for conversion of International Units into retinol and B-carotene equivalent are taken directly from the FAO/WHO Expert Group Report on "Requirements of Vitamin A, Thiamine, Riboflavine and Niacin," page 78:

Conversion of International Units of Vitamin A in Foods to Retinol and B-Carotene Equivalent

1. Papaya has 425 I.U. vitamin A value, with 85 percent of B-carotene and 15 percent the other carotenoids

then, it has 425 x 85 percent = 361 I.U. of B-carotene
425 x 15 percent = 64 I.U. of other carotenoids
or, 361 x .6 = 217 mcg. B-carotene
64 x 1.2 = 76.8 mcg. other carotenoids
but, 1 mcg. B-carotene = 2 mcg. other carotenoids

therefore $217 + \frac{76.8}{2}$ = 255 mcg. B-carotene in papaya

The same result can be obtained by multiplying 425 by 0.6.

2. A sample of milk has 130 I.U. of vitamin A value: 70 percent is retinol and 30 percent is B-carotene

then, it has 130 x 70 percent = 91 I.U. of retinol
130 x 30 percent = 39 I.U. of B-carotene
and therefore, 91 x .3 = 27.3 mcg. retinol, and
39 x .6 = 23.4 mcg. B-carotene

3. Lean meat has 50 I.U. of vitamin A per 100grams: 90 percent is retinol and 10 percent is B-carotene

then, it has 50 x 90 percent = 45 I.U. of retinol
50 x 10 percent = 5 I.U. of B-carotene
and therefore, 45 x .3 = 13.5 mcg. retinol, and
5 x .6 = 3 mcg. B-carotene

APPENDIX 3
(continued)

B. Estimated Distribution of Sources of vitamin A Activity in Various Foods

	From Retinol	From Retinol Precursors	
		Beta-carotene	Carotenoids other than Beta
Animal origin:			
Meat and meat organs	90	10	
Poultry	70	30	
Fish and Shellfish	90	10	
Eggs	70	30	
Milk and Milk Products	70	30	
Animal or fish oil	90	10	
Plant origin:			
Cereals:			
Maize, yellow		40	60
Others		50	50
Legumes and seeds		50	50
Vegetables			
Green vegetables		75	25
Deep yellow (carrots, sweet-potatoes-deep orange type, etc.)		85	15
Sweetpotato--pale type		50	50
Other vegetables		50	50
Fruits:			
Deep yellow (apricot, sapote, etc.)		85	15
Other fruits		75	25
Vegetable oils:			
Red palm oil		65	35
Other vegetable or seed oils		50	50

C. Comparison of Intakes as Calculated from the Present Table with Vitamin A Requirements can be made by the following methods:

1. Add the retinol values (mcg.) of the different foods consumed;
2. Do the same operation in a separate column for B-carotene (mcg.);
3. The utilization efficiency of B-carotene being only 0.167,[1/] multiply the B-carotene intake by 0.167 (or divide by 6) in order to obtain the equivalence expressed in mcg. of retinol;
4. Add mcg. of retinol (1) and mcg. of retinol equivalent (3);
5. Compare this intake with the requirements expressed in mcg. of retinol.

[1/] Sources: Requirements of vitamin A, thiamine, riboflavine and niacin. A report of a Joint FAO/WHO Expert Group, September 1965. FAO Report Ser. No. 41, [illegible].

APPENDIX 4

INDEX OF SCIENTIFIC NAMES OF EDIBLE PLANTS

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Abrus precatorius	Rosarypea; jequirity		Jequirity
	Leaves, raw	774	
Acacia albida (A. woodii)	White-thorn; musangui; haraz		Acacia
	Pods	850#*	
Acacia spp.	Benthami bean		Acacia
	Seeds, dried	283	
Acanthosicyos horrida	Narasplant		Naras
	Seeds, dried	437#	
	Fruit pulp	984#	
Acca sellowiana (Feijoa sellowiana)	Feijoa; pineapple-guava		Feijoa
	Fruit, raw	914	
Achyranthes aspera	Achyranthes, sp.		Achyranthes
	Leaves, raw	487	
Acroceras amplectens	Jajeo		Acroceras
	Whole grain	35	
	Clean grain	36	
Adansonia digitata (A. sphaeocarpa)	Baobab; monkey-bread		Baobab; pain de singe
	Fruit:		
	Pulp	866	
	Meal	867	
	Leaves:		
	Raw	517	
	Dried	518	
	Flower	519#	
	Seed, dried	374	
Adenia gummifera	Adenia, sp.		Adenia
	Young leaves:		
	Raw	488#	
	Cooked	489	
Aerva lanata	Aerva, sp.		Aerva
	Leaves, raw	490	
Afraegle paniculata (Balsamocitrus paniculata)	Afraegle, sp.; kokodi		Afraegle
	Leaves, raw	491	
Aframomum melegueta	Paradise melegueta pepper; Grains of Paradise		Amome; maniguette; gomme à couscous
	Fruit, semi-dried	1612	
Aframomum spp.	Aframomum, sp.		Aframomum
	Fruit, raw	652	
Afzelia africana	African mahogany bean; Rhodesian mahogany		Afzelia
	Leaves	436#	
Agaricus spp.	Mushrooms		Champignons
	Raw	703	
	Dried	704	
	Cooked with peanut butter	705	
Albizia spp.	Albizia, spp.		Albizia
	Leaves, raw	499	
Allanblackia floribunda	Tallow-tree		Allanblackia
	Seeds, dried	477	

# denotes that no food values are listed for this item.

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Allanblackia oleifera	Kagne butter	1530#	Beurre d'Allanblackia
Allanblackia stuhlmannii	Mkani; Mzambo		Allanblackia
	Seeds, dried	434#	
Allium cepa	Onion, garden, common		Oignon
	Mature bulbs, raw	727	
	Immature bulbs and leaves, raw	728	
Allium cepa var.; (A. ascalonicum)	Shallot		"Echalotte"; oignon blanc de Cuidah
	Bulbs, raw	786	
	Leaves, raw	787#	
Allium fistulosum	Onion, Welsh	730	Ciboule; oignon vert
Allium porrum (A. ampeloprasum)	Leek		Poireau
	Raw	685	
Allium sativum	Garlic		Ail
	Bulbs, raw	643	
	Bulbs, dried	644#	
Allium schoenoprasum	Chive	581#	Ciboulette
Allium triquetrum	Onion, triangle	729#	Bibroz; ail triquêtre
Alternanthera maritima	Alternanthera, sp.		Alternanthera
	Leaves, raw	501	
Alternanthera sessilis	Alternanthera, sp.		Alternanthera
	Leaves, raw	502	
Amaranthus spp.	Amaranth; Chinese spinach; spiny pigweed; bush greens		Amaranthe; épinard du soudan
	Leaves, raw	503	
	Leaves, cooked	504	
	Seed, dried	371	
Amorphophallus aphyllus	Giantarum, sp.		Amorphophallus
	Tuber	228	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Ampelocissus grantii (A. asarifolia)	Wild-grape; umHlambi		Raisin soudanais
	Fruit, raw	1057	
Anacardium occidentale	Cashew, common		Noix d'acajou; pomme de cajou
	Nut:		
	Dried	385	
	Roasted	386	
	Fruit pulp, raw	848	
Ananas comosus	Pineapple		Ananas
	Fruit, raw	1011	
	Juice	1012	
	Wine	1531#	
Anchomanes difformis	Anchomanes		Anchomanes
	Tuber, raw	194	
Ancilema pedunculosum	Ancilema, sp.		Ancilema
	Raw	505	
Anethum graveolens	Dill		Aneth
	Leaves and stems	613	
Annona cherimola	Cherimoya		Chérimole
	Fruit	890#	
Annona muricata	Soursop; guanabana		Corossol épineux
	Fruit, raw	1033	
Annona reticulata	Custardapple; bullocksheart		Coeur de boeuf
	Fruit pulp	897	
Annona senegalensis (A. chrysophylla)	Custardapple, wild		Anone africaine
	Fruit pulp	898#	
Annona squamosa	Sweetsop; sugarapple		Pomme-cannelle; corossol écailleux
	Fruit, raw	1046	
Anonidium mannii (Annona mannii)	Anonidium, sp.		Anonidium
	Fruit	858#	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Anthonotha explicans	Anthonotha, sp.		Anthonotha sp.
	Seed, dried	281	
Anthriscus cerefolium (Scandix cerefolium)	Chervil	579#	Cerfeuil
Antidesma venosum (A. bitrons)	Antidesma, sp.		Antidesma
	Fruit	859	
Antrocaryon micraster (A. polyneurum)	Antrocaryon, sp.		Antrocaryon sp.
	Kernel, dried	372	
Aphania senegalensis (Sapindus senegalensis)	Soapberry-tree		Cerise du Sénégal
	Fruit, raw	1031	
Apium graveolens	Celery, wild		Céleri
	Stems and leaves, raw	575	
Arachis hypogaea	Peanut; groundnut; goober pea; monkey-nut		Arachide; cacahuète; cacahouète; pistache de terre
	Whole shelled:		
	Dried	327	
	Roasted	328	
	Boiled	329	
	Flour, defatted	330	
	Peanut butter	331	
	Press-cake	332	
	Fritters, fried ball	333	
	Leaves, raw	737	
	Oil	1544#	
Arbutus unedo	Madrone; strawberry		Arbouse
	Fruit	965#	
Areca catechu	Betel-nut palm		Noix d'arec
	Nut	375#	
Aristida pungens	Eilig		Eilig; aristide piquante
	Seeds	34#	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Arracacia xanthorhiza	Arracacia, apio; Peruvian parsnip		Pomme de terre-céleri
	Root, raw	195#	
	Starch	196	
Artocarpus altilis (A. communis)	Breadfruit		Arbre à pain; fruit
	Pulp, raw	210	
	Flour	211#	
Artocarpus altilis var. seminifera	Breadnut; white man's groundnut		Rimier; faux arbre à pain
	Seed, dried	381	
Artocarpus heterophylla	Jakfruit; jackfruit		Jaquier, fruit
	Seed	422#	
	Fruit	945#	
Arum esculentum. See Colocasia esculenta.			
Aspalathus contaminatus (Borbania pinifolia)	Rooibos tea; red tea		Aspalathus
	Leaves, dried	1578	
Asparagus officinalis	Asparagus, garden		Asperge
	Raw	507	
Asystasia gangetica	Asystasia, sp.		Asystasia
	Leaves, raw	508	
Avena sativa	Oats		Avoine
	Whole-grain	105	
	Oatmeal or rolled oats	106	
Averrhoa bilimbi	Bilimbi; cucumber tree		Bilimbi
	Fruit	870#	
Averrhoa carambola	Carambola		Carambole
	Fruit, raw	883	
Avicennia nitida (A. africana)	White mangrove		Palétuvier
	Seed, dried	485	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Azanza garckeana	Quarters; snot-apple; muTohwe		Azanza
	Fruit	1020	
Baillonella toxisperma (Mimusops djave)	Orere butter; Djave butter; Adjab butter	1517#	Beurre d'orêré; beurre de njabi; faux beurre de karité
Balanites aegyptiaca	Desert-date; Egyptian myrobalan; soapberry; betu-oil seed; heglik oil; soump oil		Datte du désert
	Fruit, raw	906	
	Fruit, dried	907	
	Flower	611#	
	Young leaves	612#	
	Kernel, dried	405	
	Kernel meal (oil extracted)	406#	
	Oil	1537#	
Bambusa spp.	Bamboo shoots	516#	Pousses de bambou
Barleria opaca	Barleria, sp.		Barleria
	Leaves, raw	520	
Basella alba (B. rubra)	Vinespinach; Indian spinach		Baselle; épinard indien
	Leaves, raw	543	
	Leaves, dried	544#	
Bauhinia esculenta	Gemsbok-bean; gemsbuck-bean; camel's foot		Bauhinia
	Leaves, raw	645	
	Seeds, baked, dried	301	
	Seeds, dried	302#	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Bauhinia reticulata (Piliostigma reticulatum)	Bauhinia, spp.		Bauhinia
	Leaves, raw	523	
	Pods	524#	
	Fruit, raw	863#	
Beilschmiedia mannii (Tylostemon mannii)	Spicy cedar; slugwood		"Laurier"
	Fruit, unripe, whole	1036#	
	Seed, dried	472	
Benincasa hispida (B. cerifera)	Waxgourd, Chinese; ash pumpkin; ash gourd	849#	Courge cireuse
Bequaertiodendron magalismontanum	Wild-plum		
	Fruit, raw	1059	
Berchemia discolor (Phyllogeiton discolor)	Bird-plum; Mu-we		Berchemia
	Fruit, ripe	871#	
Bertholletia excelsa	Brazil-nut		Noix de Brésil; noix d'Amerique
	Dried	380	
Beta vulgaris	Beet, common		Betterave
	Root	538	
	Leaves, raw	539	
Beta vulgaris	Chard, Swiss		Bette; poirée
	Leaves and stems, raw	576#	
Bidens pilosa (B. bipinnata)	Beggarticks, railway; Burr marigold; black jack; Spanish needles		Sorne
	Leaves:		
	Raw	540	
	Cooked	541	
	Cooked with peanut butter	542	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Blighia	Akee		Ris de veau; finsan
	Aril	497	
	Raphe	498	
Boerhavia diffusa (B. adscendens)	Hogweed		Boerhavia
	Leaves, raw	663	
	Fruit, dried	943	
Bombax buonopozense (B. angulicarpum)	Bombax; red flowered silk cotton tree; kapokier		Kapokier à fleurs rouges
	Seed, dried	379	
	Leaves, raw	548	
	Calyces, raw	549	
	Calyces, dried	550	
Bombax pentandrum. See Ceiba pentandra.			
Borassus flabellifer (B. aethiopum)	African fan palm; palmyra palm		Rônier; palmier à sucre
	Fruit, raw	853	
	Leaves	492#	
	Young shoots and germinating radicles	493	
	Immature kernel	366	
	Wine	1590	
	Sap	1579	
Boscia salicifolia	Aisen, sp.		Aisen, sp.
	Leaves, raw	496	
Boscia senegalensis	Aisen		Boscia
	Seed, dried	368	
	Seed, cooked	369	
	Berries	857#	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Brachiaria, spp.	Signalgrass seed		Brachiaria
	Whole seed	125#	
Brachystelma spp.	Fikongo		Fikongo
	Tuber	637#	
Brassica campestris	Rape, bird		Navette
	Leaves	768#	
	Seed	456#	
Brassica juncea	Mustard, Indian		Moutarde à feuilles de chou
	Seed, dried	435#	
	Leaves and stems	708#	
Brassica napus	Rape, winter; nyakasunika		Colza
	Fresh leaves, cooked with tomato and peanut butter	769	
	Dry leaves, cooked and peanut butter added	770	
Brassica napus var. napobrassica	Rutabaga; swede		Chou-navet; rutabaga
	Raw	775#	
Brassica oleracea var. acephala	Collard; kale		Chou frisé
	Raw	590	
Brassica oleracea var. botrytis	Cauliflower		Chou-fleur
	Raw	570	
	Cooked, fat added	571	
Brassica oleracea var. capitata	Cabbage, common		Chou
	Raw	558	
Brassica oleracea var. gemmifera	Brussels sprouts		Chou de Bruxelles
	Raw	552#	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Brassica oleracea var. gongylodes (B. caulorapa)	Kohlrabi		Chou-rave
	Raw	680	
Brassica oleracea var. italica	Broccoli		Chou-brocoli
	Raw	551#	
Brassica pekinensis	Cabbage, celery		Chou de Chine; Pe-tsai
	Raw	556	
Brassica rapa	Turnip		Rave; navet
	Root, raw	838	
	Root, dried	839	
	Leaves, raw	840	
Brassica sinensis	Cabbage, Chinese		Chou de Chine; pak-choi
	Raw	557	
	Seed, dried	383	
Bussea occidentalis	Samanta		Bussea
	Seed	461#	
Butyrospermum parkii (B. paradoxum)	Shea-butter seed; shea-nut; lulu kernel		Karité; arbre à beurre
	Seed kernel, dried	466	
	Press-cake	467	
	Pericarp	1029	
	Oil	1548#	
Cadaba farinosa	Cadaba, sp.		Cadaba
	Leaves, raw	559	
Cajanus cajan (C. indicus)	Pigeon pea; Angola pea; Congo pea; dhal; red gram; yellow dhal		Pois d'Angole; ambrevade
	Whole seed, dried	340	
	Flour	341#	
	Seeds, immature	751#	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Calocarpum sapota (Achras zapota; A. mammosa)	Sapote, common		Sapote
	Fruit	1026#	
Camellia sinensis (Thea sinensis)	Tea		Thé
	Dried:		
	Black	1580#	
	Green	1581#	
Canarium schweinfurthii	Papo-canarytree; incense tree; African elemi		Arbre à encens
	Fruit	1090	
	Nut	448	
Canavalia ensiformis	Jackbean, common		Fois-sabre; haricot-sabre
	Whole seeds, dried	310	
	Immature pods	671	
Canavalia gladiata	Sword-jackbean; swordbean		Haricot-sabre rouge
	Seeds, dried	351	
	Green pods, raw	819	
Canna bidentata	Canna; Indian shot		Balisier
	Tuber, edible	212#	
Capparis corymbosa	Capparis, sp.		Capparis
	Leaves, raw	564	
Capparis decidua (C. aphylla)	Capparis, sp.		Capparis
	Fruit, raw	882#	
Capsicum abyssinicum	Peppers, sp.		Piment d'Abyssinie
	Fruit, raw	746	
Capsicum annuum	Peppers, sweet		Piment doux; poivron
	Fruit, raw, immature, green	744	
	Fruit, dried	745	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Capsicum frutescens	Peppers, red; tabasco		Piment; poivre de Cayenne
	Fruit, raw	742	
	Fruit, dried	743	
Capsicum pubescens	Peppers, hot		Piment
	Raw	741	
Capsicum spp.	Peppers, unspecified		Piment, non spécifié
	Fruit, dried	748	
	Fruit, semi-dried	749	
	Chili, dried	1602	
	Kīna, Ethiopian food, raw	747	
Cardiospermum grandiflorum (C. halicacabum)	Heartseed, showy; balloon vine	659#	Pois de coeur
Carica papaya	Papaya; papaw; pawpaw		Papaye
	Leaves, dried	733#	
	Fruit, raw	999	
Carissa edulis	Carissa, Egyptian		Carissa
	Fruit	884#	
Carpobrotus edulis (Mesembryanthemum edule)	Hottentot-fig		Carpobrotus
	Fruit	944#	
Carpodinus spp.	Carpodinus, spp.		Carpodinus
	Fruit	886	
Carpolobia lutea	Carpolobia, sp.		Carpolobia
	Fruit	887	
Carthamus tinctorius	Safflower		Carthame
	Seed, whole, dried	458	
	Crushed seed	459	
	Press-cake	460	
	Oil	1546#	
Carya illinoinensis (C. olivaeformis)	Pecan		Pacanier
	Nut	450#	
Cassia obtusifolia (C. tora)	Senna, sickle; foetid cassia		Casse fétide
	Leaves, raw	780	
	Leaves, dried	781	
Cassia occidentalis	Senna coffee; negro coffee; stinking pea		Café du Sénégal
	Leaves, raw	779#	
Cassia sp.	Senna, sp.		Casse
	Seed, dried	344	
Castanea sativa	Chestnut	390#	Châtaigne
Ceiba guineensis (Eriodendron anfractuosum var. africanum)	Ceiba, sp.		Fromager inerme
	Calyces of flowers, dried	574	
	Seed, dried	389#	
Ceiba pentandra (Eriodendron anfractuosum var. indicum)	Ceiba, kapok; silk-cotton		Kapokier; faux cotonnier
	Seed:		
	Dried	387	
	Fermented	388#	
	Young leaves, dried	572#	
Ceiba thonningii	Ceiba, sp.		Grand fromager épineux
	Leaves, dried and pounded	573#	
Celosia argentea	Cockscomb, feather; quail grass		Célosie
	Leaves, raw	585	
Celosia trigyna and C. laxa	Cockscomb		Célosie
	Leaves, raw	586	
Celtis integrifolia	Hackberry, African; nettle-tree		Celtis
	Leaves, dried	657	
	Fruit	942#	
Cenchrus biflorus (C. setigerus)	Sandburgrass		Cram-cram
	Seed, hulled	124	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Ceratonia siliqua	Carob-bean; locust bean; algaroba bean; St. John's bread		Caroube
	Pod pulp	885#	
	Germ meal	266	
Ceratotheca sesamoides	False-sesame; false benni-seed; honum; karkashi		Ceratotheca
	Leaves, raw	631	
	Leaves, dried	632	
	Seeds, dried	410	
Chenopodium album	Goosefoot; lambsquarters; umbikicane; pigweed		Ansérine blanche
	Leaves, raw	650	
Chrysobalanus icaco	Cocoplum, icaco		Icaque
	Fruit, raw	893#	
Chrysobalanus orbicularis	Cocoplum, sp.		Mafuli; voratch
	Fruit, raw	894	
	Fruit, dried	895#	
	Nut	394	
Chrysophyllum albidum	Starapple, white		Pomme-étoile blanche
	Fruit	1039#	
Chrysophyllum delevoyi (C. africanum)	Starapple, African		Pomme-étoile d'Afrique
	Fruit	1038#	
Chrysophyllum spp.	Starapple, all varieties		Pomme-étoile; prune du Gabon
	Fruit	1040#	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR ENGLISH EDITION
Cicer arietinum	Chickpea; Bengal gram; Egyptian pea		Pois chiche
	Whole seed	289	
	Ground seed	290	
	Boiled, roasted seed	291	
Cichorium endivia	Endive; escarole		Endive; chicorée; scarole
	Leaves, raw	627	
Cichorium intybus	Chicory, common		Chicorée sauvage
	Leaves, raw	580	
Cinnamomum zeylanicum	Cinnamon		Cannelle de Ceylan
	Bark	1603	
Cissus cornifolia and C. populnea	Treebine sp.		Cissus
	Fruit, ripe	895#	
	Fruit, unripe	896	
Citrullus colocynthos	Colocynth		Coloquinte
	Seed, dried	397	
Citrullus lanatus (C. vulgaris)	Watermelon; kaffir melon; stockmelon		Pastèque
	Fruit	1955	
	Leaves, raw	840#	
	Runners, cooked	847	
	Seed, dried:		
	Whole	481	
	Shelled	482	
	Roasted	483	
	Seed-cake, fermented	484	
	Seed, oil	1551#	
	Dried, whole, without seed	848#	
Citrus aurantifolia	Lime		Lime; limette; "citron vert"
	Fruit	961	
	Juice	962#	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Citrus aurantium sp. aurantium	Orange, sour; Bigarade; Seville orange		Orange amère; bigarade
	Fruit, raw	991	
	Juice	992#	
Citrus limetta	Lemon, sweet		Citron
	Fruit	960#	
Citrus limon	Lemon		Citron
	Fruit	958	
	Juice	959	
Citrus maxima (C. grandis)	Pummelo; pomelo; shaddock		Pamplemousse; pomelo; vrai
	Fruit pulp	1019	
Citrus medica	Citron		Cédrat
	Fruit pulp	892#	
Citrus paradisi	Grapefruit		Grapefruit; "pamplemousse"
	Fruit	933	
	Juice	934	
Citrus reticulata (C. nobilis)	Orange, mandarin; tangerine; orange, temple		Mandarine
	Fruit	989	
	Juice	990#	
Citrus sinensis	Orange, sweet		Orange commune
	Fruit	993	
	Juice, fresh	994	
Cladophora crispata?	Seaweed product "Danga" (Libya)		Danga (Libye)
	Dried	778	
Cleistopholis spp.	Avom; awom		Avom; awom
	Fruit, raw	864	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Cleome monophylla	Nsonyo		Cleome
	Leaves	719#	
Cleome rutidosperma (C. ciliata)	Cleome, sp.; mupula (Kasai)		Cleome
	Leaves, raw	584	
Coccinia grandis (C. cordifolia)	Ivygourd, India		Moghadd
	Gourd	669#	
	Leaves	670#	
Cochlospermum sp.	Shellseed, sp.		Cocklospermum
	Root	778#	
Cocos nucifera	Coconut; coconut-palm		Noix de coco; cocotier
	Dried kernel	391	
	Mature kernel	392	
	Immature kernel	393	
	Milk	1571#	
	Water	1572#	
	Terminal bud	587#	
	Oil	1535#	
Coffea arabica	Coffee		Café
	Leaves, dried	588	
	Infusion of roasted seeds	1573	
	Beans, roasted	1597#	
	Instant powder	1598#	
Coix lacryma-jobi	Job's tears		Larmes de Job
	Whole seed	37	
	Hulled seed	38	
	Flour	39	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Cola acuminata and C. nitida	Colanut, Sudan; kolanut; bitterkola; abata-kola		Cola de Guinée; noix de cola
	Nut, raw	395	
	Nut, dried	396	
Colocasia esculenta (C. antiquorum; Caladium esculentum; Arum esculentum)	Taro; dasheen; cocoyam; arum lilly		Taro
	Tubers, raw	254	
	Tubers, cooked, flavored with chard and garlic	255	
	Tubers, cooked, flavored with tomato juice	256	
	Young leaves, raw	821	
Combretum paniculatum	Combretum, panicled		Combretum
	Leaves	591#	
Commelina benghalensis	Dayflower, sp.		Commeline
	Leaves, raw	610	
Conyza aegyptiaca	Conyza, sp.		Conyza
	Leaves	592#	
Corchorus olitorius and Corchorus spp.	Jute, spp.; bush okra; jews-mallow		Jute; corète potagere; mauve des Juifs
	Leaves:		
	Raw	676	
	Dried	677	
	Cooked	678	
	Cooked with lime added	679	
Cordeauxia edulis	Yebbnut; yehebnut		Jeheb
	Seeds, skinned	361	
Cordia africana (C. abyssinica)	Cordia, sp.		Cordia
	Fruit pulp	896#	
Cordia myxa	Cordia, sebastanplum; Assyrian plum		Sebestan
	Nut, dried	398	
Cordyla pinnata (C. africana)	Bushmango; muTondo		Cordyla
	Fruit, ripe	879	
	Fruit, unripe	880	
	Fruit, dried	881	
Coriandrum sativum	Coriander		Coriandre; persil arabe; persil chinois
	Seed, dried	1605	
Corylus avellana	Hazel; filbert		Noisette; aveline
	Nut, dried	417	
Coula edulis	Gabonnut-tree; almond wood; kumen; African walnut		Noyer du Gabon
	Kernel, dried	416	
Crambe abyssinica	Colewort, sp.; Abyssinian kale		Chou d'Abyssinie
	Leaves	589	
Crassocephalum rubens (Gynura cernua)	Crassocephalum, sp.		Crassocephalum
	Leaves, raw	601	
Crateva adansonii (C. religiosa)	Crateva, sp.		Crateva
	Leaves, raw	602	
Crotalaria ochroleuca (C. intermedia)	Crotalaria, sp.		Crotalaria
	Leaves, raw	604	
Cucumeropsis mannii (C. edulis)	Cucumeropsis, sp.; yergan; dark egusi		Gousi
	Fruit, raw	606#	
	Seed, shelled	401	
	Seed, unshelled	402	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Cucumis dipsaceus	Teaselgourd		Cucumis
	Leaves, raw	824	
Cucumis melo	Muskmelon; cantaloupe; Kaffir-melon; senatfruit		Melon; cantaloup
	Fruit, raw	980	
	Leaves, raw	707	
	Seed, oil	1541#	
Cucumis melo var. flexuosus	Snake cucumber		Concombre flexuenx
	Fruit, raw	790#	
Cucumis metuliferus	Cucurbit; horned-cucumber; bitter wildcucumber		Concombre africain
	Fruit	607#	
	Leaves	608#	
Cucumis sativus	Cucumber; gherkin		Concombre; cornichon
	Whole, raw	605	
Cucurbita maxima	Squash, winter		Potiron
	Fruit, raw	810#	
	Leaves, raw	811	
	Flowers	812#	
Cucurbita pepo	Squash, summer; vegetable marrow; field pumpkin		Courge; courgette ; citrouille
	Fruit, immature	808	
	Fruit, mature:		
	Raw, deep yellow	757	
	Cooked, fat added	758	
	Leaves, raw	759	
	Leaves, dried	760	
	Flowers	809#	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Cucurbita spp.	Squash; pumpkin		Courge
	Seed, whole dried:		
	With shell	474	
	Without shell	475	
	Seed, oil	1545#	
Cuminum cyminum	Cumin		Cumin
	Seeds	1606#	
Curcuma longa	Turmeric		Curcuma; safran des Indes
	Rhizome	1617#	
Cussonia spicata	Enfenge; cabbage-tree		Cussonia
	Leaves, dried	628#	
Cydonia oblonga (C. vulgaris; Pyrus cydonia)	Quince, common		Coing
	Fruit, raw	1021	
Cynara scolymus	Artichoke, globe or French		Artichaut
	Hearts, raw	506	
Cyperus esculentus	Tiger-nut; earth-almond; Zulu nut; rushnut; flatsedge; chufa		Amande de terre; souchet comestible
	Tuber, raw	257	
	Tuber, dried	258	
	Milk	1582#	
Cyphomandra betacea	Treetomato		Tomate en arbre; tomate de la Paz
	Fruit, raw	1050	
Dacryodes edulis (Pachylobus edulis; P. saphu)	Bushbutter-tree; native pear; safu		Safou
	Fruit, raw	877	
	Fruit, dried	878#	
Dactyloctenium aegyptium	Comb-fringe; crowfoot		Dactyloctenium
	Whole seed	33	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Daucus carota	Carrot		Carotte
	Root, raw	565	
Detarium microcarpum	Dattock, sweet		Dankh
	Pulp, dried	905	
Detarium senegalense	Dattock, Senegal; tallowtree		Détar
	Fruit, raw	903	
	Fruit, dried	904	
Dialium guineense	Velvet-tamarind; white tamarind		Tamarinier blanc
	Fruit pulp	1052	
Digitaria spp. (D. exilis; D. iburua)	Acha; acca; findi; fonio; hungry rice		Fonio
	Black:		
	Whole grain	1	
	Meal	2	
	White:		
	Whole grain	3	
	Meal	4	
Dioscorea alata	Yam, winged; water yam; greater or white yam		Igname blanche; Igname de Chine
	Tuber, raw	265	
Dioscorea annata	Yam, sp.		Igname
	Tuber, raw	266	
Dioscorea bulbifera (D. sativa)	Yam, airpotato		Igname
	Tuber, raw	260	
	Bulbil, raw	261	
Dioscorea cayenensis (D. rotundata)	Yam, attoto; yellow guinea yam		Igname jaune
	Tuber, raw	262	
Dioscorea dumetorum (D. triphylla)	Yam, wild		Igname sauvage
	Tuber, raw	264	
Dioscorea esculenta (D. aculeata)	Yam, Chinese		Igname des Blancs
	Tuber, raw	263	
Dioscorea hastifolia (D. lecardii)	Yam, sp. (Cameroun)		Igname
	Tuber	267#	
Dioscorea minutiflora	Yam, sp.		Igname
	Tuber, raw	268	
Dioscorea praehensilis (D. abyssinica)	Yam, sp.; white yam; bush yam		Igname blanche
	Tuber	269#	
Dioscorea preussii	Yam, sp.		Igname
	Tuber, raw	270	
Dioscorea spp. D. sagittifolia D. smilacifolia D. sansibarensis	Yam, African		Igname
	Tuber	259#	
Dioscorea spp.	Yam, spp.		Igname
	Whole tubers:		
	Raw	271	
	Dried	272#	
	Flour	273	
Diospyros dendo	Persimmon, Gaboon		Dendo
	Fruit, raw	1007#	
Diospyros kaki	Persimmon, kaki		Kaki; plaquemine
	Fruit with skin	1008	
	Fruit without skin	1009	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Diospyros mespiliformis	Persimmon, medlar; monkey guava; swamp ebony		Kaki de brousse
	Fruit pulp	1010	
	Leaves, raw	750#	
Disperma trachyphyllum	Disperma, sp.		Disperma
	Leaves, raw	614#	
	Leaves, dried	615#	
Dolichos bulbosus. See Pachyrrhizus erosus.			
Dolichos uniflorus (D. biflorus)	Horse grain; horse gram; Madras gram; twinflower dolichos		Dolichos
	Seed, dried	307	
Dovyalis caffra	Key-apple; Dingaan's apple; umkokolo		Dovyalis
	Fruit	952#	
Durio zibethinus	Durian, civet		Durian
	Fruit pulp	912#	
Echinochloa crusgalli (E. frumentacea)	Japanese millet; Sanwa millet		Mil
	Whole grain	82#	
Echinochloa stagnina	Syrup made from "Burgu"	1071	Sirop de Borgou; katou
Elaeis guineensis	Palm, African oil		Palmier à huile
	Kernel, shelled	445	
	Pulp or pericarp:		
	Raw	996	
	Dried	997	
	Puree	998	
	Oil from pulp	1554	
	Oil from kernel	1555#	
	Sap, fresh	1579	
	Wine	1590	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Eleusine coracana	Ragimillet; African millet; finger millet; bolu; korakan; wimbi; tolabun; dagussa; bula; tamba		
	Whole-grain:		
	Red	87	
	White	88	
	Unspecified	89	
	Flour	91	
	Germinated grain, malted	90	
	Flour, made from germinated grain	92	
	Beer	1564	
Emilia coccinea (E. sagittata; Cacalia coccinea)	Tasselflower, earleaf		Emilia
	Leaves, raw	822	
Emilia sonchifolia (Cacalia sonchifolia)	Tasselflower, sowthistle		Emilia
	Leaves, raw	823	
Ensete edule (E. ventricosum; Musa ensete)	Abyssinian banana; ensete; false banana; Ethiopian banana		Ensete
	Stem pith:		
	Grey (Kocho)	186	
	White (Bolla)	187	
	Flour (Karta)	188	
	Ensete, prepared:		
	Aradisame	189	
	Furfurame	190	
	Ensete, fermented:		
	Bulla	191	
	Bukolla	192	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Ensete edule -- continued	Abyssinian banana; ensete; false banana; Ethiopian banana -- continued:		Ensete
	Fermented cake, sun-dried (kucó; gâlla)	193	
	Seed, dried, whole	362	
	Seed, dried without seedcoat	363	
	Leaves, raw	486#	
Eragrostis cilianensis	Stinkgrass		Eragrostis
	Whole-grain	159#	
Eragrostis ciliaris	Lovegrass; gophertail		Eragrostis
	Whole-grain	41	
Eragrostis tef (E. abyssinica)	Teff		Millet éthiopien; teff
	Whole-grain:		
	White	160	
	Red	161	
	White and red mixed	162	
	Unspecified	163	
	Flours made from:		
	White teff	164	
	Red teff	165	
	Biscuits made from teff (Ethiopia)	12	
	Bread made from teff		
	Market and homemade samples	18	
	85% teff, 10% pea flour, and 5% skim milk powder	19	
	Teff and sorghum	20	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO	NAME USED FOR FRENCH EDITION
Eragrostis tremula	Lovegrass, sp.		Eragrostis
	Whole seed	40#	
Eriobotrya japonica	Loquat, Japanese medlar		Nèfle du Japon; bibace
	Fruit	963#	
Eriodendron anfractuosum. See Ceiba pentandra.			
Eruca sativa	Rocketsalad		Roquette
	Raw	773	
	Seeds	457#	
Erythrococca bongensis	Erythrococca, sp.		Erythrococca
	Leaves, raw	629	
Euadenia spp.	Eudenia, spp.		Eudenia
	Leaves, raw	630	
Eugenia caryophyllus	Cloves		Clou de girofle
	Dried	1604#	
Eugenia uniflora	Pitanga; barbadoes; surinam cherry		Cerise de Cayenne
	Fruit	1013#	
Euphorbia balsamifera	Balsam-spurge		Euphorbe du Cayor
	Young shoots	514#	
Fagopyrum sagittatum (F. esculentum)	Buckwheat		Sarrasin, blé noir
	Whole grain	30#	
	Flour:		
	Dark	31#	
	Light	32#	
Ficus capensis	Fig, cape; bush fig		Figue sauvage
	Fruit, raw	916	
Ficus carica	Fig, common		Figue commune
	Raw	917	
	Dried	918	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Ficus gnaphalocarpa	Fig, sp.		Figue
(F. trachyphylla)	Leaves, raw	636	
	Fruit, raw	919	
Ficus iteophylla	Fig, sp.		Figue
(F. sassandrensis)	Fruit, raw	920	
Ficus platyphylla	Fig, broadleaf		Figue
	Fruit, raw	915	
Flacourtia indica	Batoka; governor's plum;		Prunier de Madagascar;
(F. ramontchii)	Rhodesia-plum; niger-plum; ramontchi; um-Quokola		prunier malgache
	Fruit, raw	868	
Fleurya aestuans	Fleurya, sp.		Fleurya
(Urtica aestuans)	Leaves, raw	638	
Foeniculum vulgare	Fennel, common		Fenouil
	Leaves, raw	634#	
Fortunella margarita	Kumquat; nagami		Kumqhat
	Fruit, whole	954#	
Fragaria spp.	Strawberry		Fraise
	Raw	1042	
Garcinia huillensis	Garcinia, sp.; muKute		Garcinia
(G. buchananii)	Fruit, raw	921	
Garcinia kola	Kola, bitter; false kola		Fausse Kola
	Fruit	953#	
Gardenia erubescens	Gardenia, sp.		Gardenia
	Fruit	922#	
Gladiolus unguiculatus	Sword lily; corn-flag		Gladiolus
	Corms, raw	251	
	Corms, dried	252	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Glycine max	Soybeans		Soja
(G. hispida; G. soja)	Whole mature seed, dried	346	
	Meal or ground whole seed	347	
	Flour, medium fat	348#	
	Flour, low fat	349#	
	Flour, defatted	350#	
	Immature seed	800#	
	Leaves	801#	
	Oil	1549#	
	Sauce	1615#	
Glyphaea brevis	Glyphaea, sp.		Glyphaea
	Leaves, raw	647	
Gnetum buchholzianum	Jointfir		Okok (Cameroun)
	Leaves, raw	673	
Gossypium spp.	Cottonseed		Graine de coton
	Seed, dried	399	
	Cake	400	
	Oil	1536#	
Grewia spp.	Grewia		Grewia
G. avellana	Fruit	935#	
G. bicolor	Young leaves, raw	654#	
G. carpinifolia			
G. mollis			
G. tenax (G. betulifolia)			
Guibourtia coleosperma	Copaltree, Rhodesian;		Haricot bochiman
Copaifera coleosperma	bushman bean		
	Whole seed, dried	292#	
Guiera senegalensis	Guiera		Guiera
	Leaves	656#	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Guizotia abyssinica (G. oleifera)	Nigerseed, Ethiopian; nugnut		Niger; noug
	Oilseed, whole	438	
	Cake	439	
	Press-cake	440	
	Oil	1542#	
Gynandropsis gynandra (G. pentaphylla)	Spiderherb, African; cats' whiskers; bastard mustard; lerotho		Gynandropsis
	Leaves, raw	802	
	Leaves and stems cooked	803	
	Leaves and stems cooked with peanut butter	804	
Heisteria parvifolia	Heisteria, sp.		Heisteria
	Kernel, dried	418	
Helianthus annuus	Sunflower, common		Tournesol
	Seed, dried	476	
	Oil	1550#	
Helianthus tuberosus	Jerusalem-artichoke		Topinambour
	Tuber, raw	672	
Hibiscus abelmoschus (Abelmoschus moschatus)	Muskmallow		Ambrette; gombo musqué
	Leaves, raw	706	
Hibiscus acetosella	Limanda		Ngay-ngay (Congo)
	Leaves, raw	690#	
Hibiscus cannabinus	Hibiscus, kenaf; kando; Dah; Deccan hemp; hemp mallow; sonkwe		Chanvre de Guinée; Dâh
	Leaves, raw	660	
	Leaves, dried	661	
	Seed, dried	419	
	Seed, fermented	420	
Hibiscus esculentus (Abelmoschus esculentus)	Okra; ladies-finger		Gombo; bonnet grec.
	Fruits:		
	Raw	720	
	Cooked, fat added?	721	
	Dried	722	
	Dried and powdered	723	
	Dried, cooked	724	
	Leaves:		
	Raw	725	
	Dried	726#	
Hibiscus sabdariffa	Sorrel, red; Indian sorrel; Jamaica sorrel; roselle; rosemallow; sour-sour		Oseille de Guinée; roselle
	Leaves:		
	Raw	793	
	Leaves and flowers, dried and pounded	794	
	Fruits:		
	Raw	797	
	Dried	798	
	Calyces:		
	Raw	795	
	Dried, "Sudan tea"	796	
	Seed, dried	470	
	Seed-cake, fermented	471	
Hilleria latifolia	Hilleria, sp.		Hilleria
	Leaves, raw	682	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Hordeum vulgare	Barley		Orge
	Whole grain	5	
	Whole grain germinated:		
	Raw	6	
	Dried	7	
	Malted	8	
	Meal	9	
	Pearled	11	
	Gâbs (barley flour) from Ethiopia	10	
	Beer	1559#	
Hymenocardia acida	Hymenocardia, sp		Hymenocardia
	Young shoots	668#	
Hyphaene dankaliensis	Doumpalm, sp.		Palmier doum
	Fruit pulp	911#	
Hyphaene thebaica	Doumpalm, Egyptian; gingerbreadpalm		Doum; palmier doum
	Fruit pulp	909#	
	Flour of pericarp	910	
	Germinating shoot	617#	
	Young leaves and stems	618#	
	Nut, dried	409	
Hyptis spicigera	Bushmint; black-sesame; hard simsim		Hyptis
	Seed, dried	382	
Icacina senegalensis	False-yam		Icacina; kouraban
	Fruit pulp	913#	
	Seed	411#	
	Flour	412#	
	Tuber	226#	
	Flour	227	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Ipomoea aquatica (I. reptans)	Swamp-cabbage		Patate aquatique
	Leaves, raw	815	
Ipomoea batatas (Convolvulus batatas)	Sweetpotato		Patate douce
	Roots:		
	Raw:		
	Pale variety	245	
	Yellow variety	246	
	Deep yellow variety	247#	
	Dried	248	
	Cooked	249	
	Flour	250	
	Leaves:		
	Raw	816	
	Dried	817#	
	Cooked with peanut butter	818	
Irvingia gabonensis (I. barteri)	Dika-nut; duiker-nut; African-mango seed; wild-mango nut		Odika; mangue du Gabon
	Kernel	407	
	Gaboon chocolate or Dika bread	408	
	Fruit pulp, raw	908	
	Butter	1518#	
Juglans regia	Walnut, Persian or English	489	Noix
Justicia spp.	Justicia, spp.		Justicia
	Leaves, raw	675	
Kerstingella geocarpa (Voandzeia poissonii)	Ground bean; potato bean; geocarpa; harms seeds		Lentille de terre
	Seed, dried	306	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Kigelia pinnata	Sausage-tree, common		Kigelia
	Fruit, raw	1027	
Klainedoxa gabonensis	Sopei		Klainedoxa
	Nut, dried	468	
Lablab niger (Dolichos lablab)	Hyacinth bean; lablab bean; bonavist bean; dolichos bean; Indian butterbean; Egyptian kidney bean; lubia; field bean		Lablab
	Leaves	528#	
	Young pods	529#	
	Immature seeds	530#	
	Whole seeds, dried	308	
	Taamiah, made from hyacinth bean	309	
Lactuca sativa	Lettuce		Laitue
	Headed	687	
	Unheaded	688	
	Seed, dried	423#	
	Meal	424#	
Lagenaria siceraria (L. vulgaris)	Calabash gourd; bottle-gourd; club gourd		Gourde; Calebasse
	Seed, dried	384	
	Fruit, pulp, raw	562	
	Leaves, raw	563	
Landolphia capensis	Wild apricot; wild peach		Landolphia
	Fruit, raw	1056	
Landolphia heudelotii	Gumvine, Guinea		Landolphia
	Fruit, raw	940	

SCIENTIFIC NAME	NAME USED FOR FRENCH EDITION	ITEM NO	NAME USED FOR FRENCH EDITION
Lannea acida	Lannea, sp.; muPuri; live-long		Lannea
	Leaves, raw	681	
	Fruit	955#	
	Wine	1588	
Lannea edulis	Lannea, sp.; muTsambatsi		Lannea
	Fruit	956#	
Lannea microcarpa	Lannea, sp.		
	Leaves	682#	
Lantana camara	Lantana, common; wild sage; Bahama-tea		Thé de Gambie
	Fruit	957#	
Lathyrus sativus	Grass peavine; lathyrus pea; grass pea		Gesse chiche
	Whole seed	304	
	Taamiah, made from grass peavine	305	
Launaea taraxacifolia (Lactuca taraxacifolia)	Lettuce, wild		Langue de vache
	Raw	689	
Lebeckia sericea	Lebeckia, sp.		Lebeckia
	Leaves	684#	
Lens culinaris (L. esculenta; Ervum lens)	Lentil; red dhal; split pea		Lentille
	Whole seed	315	
	Seed, decorticated	316	
Lepidium sativum	Cress, garden		Cresson alénois
	Leaves, raw	603#	
Leptadenia hastata (L. lancifolia)	Leptadenia, sp.		Leptadenia
	Leaves, raw	686	
Leucaena leucocephala (L. glauca)	Lead-tree; white popinac; jumpy-bean		Leucaena
	Young leaves, raw	683	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Linum usitatissimum	Flaxseed, common; linseed		Lin
	Seed, dried	413	
	Cake, made in Ethiopia	414	
	Press-cake	415	
	Oil	1538#	
Litchi sinensis	Lychee; litchi		Litchi
(Nephelium litchi)	Fruit pulp	964	
Lophira alata	Meni-oil tree; African oak; false-shea; Lophira, winged		Méné; mana
	Seed, dried	433	
Lophira lanceolata	Lophira, sp.		Mana
	Seeds, dried	425	
	Meni oil	1540#	
Luffa acutangula	Towelgourd, singkwa; loofah, angular		Liane papangaye torchon des Antilles
	Fruit, raw	834#	
Luffa cylindrica L. aegyptiaca	Vegetable-sponge; loofah smooth		Eponge végétale; liane-torchon
	Fruit, raw	841#	
	Leaves, raw	842	
	Seed, dried	479#	
Lupinus termis (L. albus)	Lupine, white; wolf bean; lupine, field		Lupin blanc
	Immature seeds	695#	
	Seeds, dried	318#	
Macadamia ternifolia	Macadamia, Queenslandnut		Macadamia
	Nut, dried	428#	
Maerua angolensis	Bélé-bélé		Maerua; Bélé-bélé
	Leaves, raw	543	
Maerua crassifolia	Atil		Maerua; atil (Maur.)
	Leaves	509#	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Malus silvestris	Apple, common		Pomme
(M. pumila; Pyrus malus)	Raw	860	
Malva parviflora	Mallow, little or Egyptian		Mauve d'Egypte
	Leaves, raw	701	
Malva rotundifolia	Mallow, running or common	700	Mauve
	Leaves, raw		
Mammea africana	African mammee-apple;		Abricot d'Afrique
(Ochrocarpus africanus)	African apricot		
	Fruit	856#	
	Nut, dried	367	
Mangifera indica	Mango, common		Mangue
	Fruits		
	Ripe	966	
	Unripe:		
	With skin	968	
	Without skin	969	
	Juice, canned	967	
Manihot dulcis	Cassava, sweet		Manioc doux
	Root, raw	223#	
	Root, dried	224	
Manihot esculenta	Cassava, common, bitter		Manioc amer
(M. utilissima)	Roots:		
	Raw	213	
	Dried (Konkonte; kokonte)	214	
	Soaked, dried, pounded (Lafun)	215	
	Cooked	216	
	Meal	217	
	Meal, fermented, dried (Gari)	218	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Manihot esculenta (M. utilissima) -- continued	Cassava, bitter -- continued		Manioc amer
	Starch	219	
	Bread, prepared from cooked fermented cassava	220	
	Pudding, fermented	221	
	Paste, prepared from grated cassava, boiled	222	
	Leaves:		
	Raw	566	
	Dried	567	
	Cooked	568	
	Beer	1560#	
	Spirit	1570#	
Manilkara zapota (Achras zapota)	Sapodilla; naseberry		Sapotille
	Fruit	1025#	
Maranta arundinacea	Arrowroot, Bermuda; ndoma		Arrowroot véritable
	Root	197#	
	Starch	198#	
Maytenus senegalensis (Gymnosporia senegalensis; Celastrus senegalensis)	Maytenus, sp.		Maytenus, sp.
	Seed, dried	432#	
Medicago sativa	Alfalfa; lucerne		Luzerne
	Tender leaves	500#	
Melicocca bijuga	Spanish-lime; mamoncillo; genip		Melicocca
	Fruit	1034#	
Mentha spp.	Mint	1609#	Menthe
Mespilus germanica	Medlar		Nèfle
	Fruit	974#	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Momordica balsamina	Balsamapple; canilla		Momordica
	Fruit	511#	
Momordica charantia	Balsampear; African cucumber		Momordica
	Fruit, raw	512	
	Leaves, raw	513	
Monodora myristica	African nutmeg; false nutmeg; calabash nutmeg		Muscade de calebasse; fausse muscade
	Seed	1599	
Moringa oleifera (M. pterygosperma)	Horseradishtree; Ben-oil tree; drumstick; never die		Ben ailé; Neverdaye; brède morongy
	Leaves, raw	665	
	Leaves, dried	666	
	Flowers, raw	667	
	Seed oil	1539#	
Morus spp.	Mulberry		Mûrier
	Fruit	979	
Mucuna aterrima (Stizolobium aterrimum)	Velvetbean, Bengal; Mauritius bean		Pois mascate
	Seeds, dried	353#	
Mucuna deeringiana (Stizolobium deeringianum	Velvetbean, deering; velvetbean, Florida; climbingpea		Mucuna
	Seeds, dried	355	
Mucuna pruriens (Stizolobium pruritum)	Velvetbean, cowage		Pois à gratter
	Seeds, dried	354	
Mucuna spp. (Stizolobium spp.)	Velvetbean, unspecified; mucuna bean		Mucuna, non spécifié
	Seeds, dried	357	
Mucuna urens (Stizolobium urens)	Velvetbean; horse-eye bean		Oeil de bourrique
	Seeds, dried	356#	
Musa ensets. See Ensete vetricosium.			

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Musa nana (M. cavendishii; M. sinensis)	Banana, dwarf		Banane naine; banane des Canaries
	Ripe	206	
	Unripe	207	
	Dried	208	
	Flour, made from unripe fruit	209	
Musa paradisiaca	Plantain		Banane-plantain; banane à cuire
	Ripe	236	
	Unripe or green	237	
	Cooked	238	
	Konkonte; kokonte, prepared from plantain, green (unripe), dried	239	
Musa sapientum	Banana, common		Banane douce
	Ripe	199	
	Unripe	200#	
	Dried	201#	
	Dried, salted	202#	
	Kippered	203#	
	Flour	204	
	Flakes, maize meal added	205	
	Wine made from:		
	Banana	1583	
	Banana and sorghum	1584	
	Banana, sorghum and honey	1585	
Muscari comosum	Grapehyacinth, tassel; onion, wild		Muscari à panache; "Oignon sauvage"
	Bulbs	652#	
	Leaves	653#	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Mussaenda arcuata and M. elegans	Mussaenda, sp.		Groseille centrafricaine
	Fruit	981#	
Myrianthus spp.	Myrianthus, sp.		Myrianthus
	Fruit, raw	982	
	Kernel, dried	436	
Myrtus communis	Myrtle, true		Myrte
	Leaves	1611	
Nauclea latifolia (Sarcocephalus esculentus)	Guineapeach; African peach; country fig; doundaké		Pêche d'Afrique; doundake
	Fruit pulp	939#	
Nelumbo nucifera (Nelumbium speciosum; N. nelumbo)	Lotus, Hindu		Lotus indien
	Seed, raw, baladi beans	691	
	Seed, cooked	692	
	Root	233#	
Nephelium lappaceum	Rambutan		Ramboutan; litchi chevelu
	Fruit	1022#	
Nymphaea lotus (N. liberiensis)	Lotus, Egyptian, white; water lily		Nénuphar; Lotus d'Egypte
	Root	232	
	Seed immature, raw	693#	
	Flower (receptacles)	694	
	Seed, dried	426	
	Seed meal	427#	
Ocimum basilicum	Basil, sweet		Basilic
	Leaves, raw	521	
Ocimum sp.	Basil, sp.		Basilic
	Leaves, raw	522	
Olea europaea	Olive, common		Olive
	Fruit, green	987#	
	Fruit, black	988#	
	Olive oil	1552#	
	Kernel oil	1553#	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Opuntia spp.	Pricklypear; Indian fig		Figue de Barbarie
	Fruit, raw	1018	
Oryza glaberrima	Rice, red native; African rice; Sudanic cereal; floating rice		Riz indigène
	Paddy	116	
	Whole-grain, hulled	117	
	Undermilled	118	
	Milled	119	
	Broken	120	
Oryza sativa	Rice		Riz
	Bran	107	
	Paddy or rough	108	
	Brown or hulled	109	
	Undermilled	110	
	Undermilled, polished	111	
	Parboiled, milled	112	
	Broken	113	
	Flour	114#	
	Cooked, fat added?	115	
Oryza stapfii	Rice, wild; self-town rice	121#	Riz cultivé du Niger; riz de Casamance
Pachylobus trimera. See Santiria trimera.			
Pachyrrhizus erosus (Dolichos bulbosus)	Yambean; turnip-bean		Haricot-manioc; dolique bulbeux; pois-manioc; pois-cochon
	Tuber, raw	851	
	Seeds, dried	360#	
Panda oleosa	Panda		Panda
	Seed, semi-dried	446	
	Seed, dried	447	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Panicum miliaceum (P. miliare)	Prosomillet; true millet; broomcorn millet; little millet		Mil
	Whole-grain	86#	
Papaver spp.	Poppy seed		Graine de pavot
	Seed, whole	453#	
	Cake	454#	
Parinari excelsa	Parinarium, sp.; rough-skinned-plum; guinea-plum; grey-pit		Parinaire
	Fruit, raw	1003	
Parinari macrophylla	Parinarium; gingerbreadplum; Cayor-apple		Pomme du Cayor
	Kernel, dried	449	
	Fruit, raw	1001	
Parinari curatellifolia ssp. mobola	Parinarium; mobolaplum; hissing-tree; mulacha		Parinaire
	Fruit, raw	1002#	
Parkia spp.	African locust bean; nittatree		Néré; arbre à farine; arbre à fauve; mimosa pourpre
P. bicolor	Seeds:		
P. clappertoniana (P. africana)	Dried	276	
	Fermented	277	
P. oliveri	Fermented, ash added	278	
P. filicoidea	Meal	279	
	Cake, made from fermented seeds	280	
	Fruit pulp	854	
	Meal, dried	855	
	Pods, raw	494#	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Paspalum commersonii	Kodo millet; native millet; bastard millet; ditch millet; haraka millet		Mil indigène
	Whole-grain, unhulled	83	
	Whole-grain, hulled	84	
Passiflora edulis	Granadilla, purple; passionfruit		Grenadille
	Fruit, raw	926	
Passiflora incarnata	Granadilla, maypop; passionflower, maypop		Grenadille
	Fruit, raw	925	
Passiflora laurifolia	Granadilla, yellow; waterlemon; bellapple; jamaica honeysuckle		Pomme-liane; pomme d'or
	Fruit	929#	
Passiflora ligularis	Granadilla, sweet		Grenadille douce
	Fruit	927#	
	Juice	928#	
Passiflora quadrangularis (P. macrocarpa)	Granadilla, giant; barbardine		Barbadine
	Fruit, raw	924	
Pastinaca sativa	Parsnip, garden		Panais
	Root, raw	735	
Paullinia pinnata	Paullinia, sp.		Paullinia
	Aril	1004	
Pavetta crassipes (P. barteri; P. utilis)	Pavetta, sp.		Pavetta
	Leaves, raw	736	
Pennisetum nigritarum	Pearlmillet; gero		
	Whole grain	85#	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Pennisetum purpureum	Napiergrass; elephant grass		Herbe à éléphant; sissongho
	Young shoots	709	
Pennisetum pycnostachyum	Sanyo millet		Mil
	Whole grain	93	
	Meal	94	
	Couscous, doughy paste made from:		
	Fresh millet	95	
	Fermented millet	96	
	Fermented millet, sun-dried	97	
	Semolina	98	
Pennisetum spicatum	Spiked millet; bultuk		Mil à chandelle
	Whole meal	99	
Pennisetum typhoides (P. typhoideum)	Bulrush millet, babala		Mil du Soudan
	Whole grain, dried	78	
	Whole grain, germinated	79	
	Meal, roasted 75% extraction	80	
Pennisetum spp.	Unclassified millets:		Mils, non spécifiés (Pennisetum spp.)
	Whole-grain	100	
	Meal	101	
	Bran	102	
	Flour made from 80% millet and 20% defatted peanuts	103	
	Couscous, doughy paste made from millet and maize	104	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Pentaclethra macrophylla	Owalaoiltree; atta bean; Congo acacia; apara seed		Arbre à semelles
	Seed:		
	Dried, shelled	325	
	Fermented	326	
	Oil	1543#	
Pentadesma butyracea	Sorleh; candle-tree		Pentadesma
	Seed, dried	469	
	Lamy butter; kanga butter	1556#	
Persea americana (P. gratissima)	Avocado, American; alligator pear		Avocat
	Raw	863	
Petroselinum crispum (P. sativium; Carum petroselinum; Apium petroselinus; A. crispum)	Parsley		Persil
	Raw	734	
	Dried	1613#	
Phaseolus aconitifolius	Moth bean		Haricot-papillon
	Seeds, dried	320#	
Phaseolus acutifolius	Tepary bean; Texas bean		Haricot tepary
	Seed, dried	352	
Phaseolus angularis	Adsuki beans		Haricot adsuki
	Seed, dried	275	
Phaseolus aureus. See Vigna radiata.			
Phaseolus calcaratus. See Vigna calcarata.			

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Phaseolus coccineus (P. multiflorus; Dolichos multiflorus)	Scarlet runner bean		Haricot d'Espagne; haricot moucheté
	Seed, dried	343	
	Immature seed	536	
Phaseolus helvolus (Strophostyles helvola)	Phaseolus, sp.		Phaseolus
	Whole seed, dried	338	
Phaseolus lunatus (P. limensis)	Lima bean; butter bean; curry bean; Rangoon bean; Madagascar bean; Burma bean		Haricot de Lima; pois du Cap
	Seed, dried	317	
	Immature seed	534#	
Phaseolus sp.	Phaseolus, sp.; Adenguarre; Adongware, beans grown in Ethiopia		Phaseolus, Adenguarre (Ethiopie)
	White, whole, dried	336	
	Black, whole, dried	337	
Phaseolus spp.	Beans, all species		Haricots, toutes espèces
	Leaves	525#	
Phaseolus trilobus	Phaseolus, sp.		Phaseolus sp.
	Whole seed, dried	339	
Phaseolus vulgaris	Kidney bean; French bean; haricot bean; navy bean; pinto bean; snap or wax bean		Haricot commun; haricot
	Whole seeds:		
	Dried	311	
	Cooked, fat added	312	
	Meal	313	
	Germ	314	
	Whole pods, immature, raw	531	
	Immature seeds, cooked	532	
	Leaves, raw	533	
	Beans, snap or wax, raw	537	

SCIENTIFIC NAME	NAME USED FOR	ITEM NO.	NAME USED FOR FRENCH EDITION
Phoenix dactylifera	Date		Datte
	Fruit, raw	899	
	Fruit, dried	900	
	"Tamr," dried and pressed	901#	
Phoenix reclinata	Date, Senegal; date, nain; date, wild; date dwarf		Datte naine; datte sauvage
	Fruit	902#	
	Seed, without seedcoat	403	
	Wine	1586	
Phyllanthus emblica	Myrobalan; emblic leaf-flower		Emblic
	Fruit	983#	
Physalis angulata (P. minima)	Groundcherry, cutleaf; sunberry		Alkékenge sauvage
	Fruit, raw	655	
Physalis peruviana (P. edulis)	Groundcherry, Peruvian; cape-gooseberry		Alkékenge du Pérou
	Fruit, raw	936#	
Phytolacca dodecandra	Pokeberry, sp.		Phytolacca
	Leaves, raw	753#	
	Tender shoots	754#	
Pimenta dioica (P. officinalis)	Allspice		Piment de la Jamaïque; quatre-épices
	Leaves, raw	1601	
Pinus pinea	Pine, Italian-stone		Pigne
	Seed	451	
Piper betle	Betel pepper		Betel
	Leaves	544#	
Piper umbellatum	Peppers		Poivrier
	Leaves, raw	740	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Pistacia sp.	Pistache, common		Pistache
	Nut, dried	452	
Pisum spp.	Peas, garden and field		Petits pois; pois des champs
P. sativum	Seeds:		
P. arvense	Immature, raw	738	
	Cooked, fat added	739	
	Whole seeds, dried	334	
	Flour	335	
Plectranthus esculentus (P. floribundus; Coleus esculentus; C. dazo; C. langouassiensis)	Kaffir potato; coleus		Pomme de terre Kaffir
	Tubers, raw	230	
	Starch	231	
Pochota glabra (Bombacopsis glabra)	"Pachira"; "Guiana-chestnut"		"Pachira"
	Nut, meal	443	
Polygonum salicifolium (P. serrulatum)	Polygonum, sp.		Polygonum
	Leaves, raw	755	
Polygonum senegalense	Polygonum, sp.		Polygonum
	Leaves, raw	756#	
Polyporaceae spp.	Fungi, bracket		
	Raw	639#	
	Dried	640#	
Portulaca oleracea	Purslane, common; stiele; pigweed		Pourpier
	Leaves, raw	762	
Portulaca quadrifida	Purslane, sp.		Pourpier; gomo (R.C.A.)
	Leaves, raw	763	
Prosopis africana (P. oblonga)	Mesquite, African		Prosopis
	Seed, dried	319	
Prunus amygdalus (Amygdalus communis)	Almond		Amande
	Dried, unblanched	370	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Prunus armeniaca	Apricot		Abricot
	Fruit, raw	861	
	Fruit, dried	862#	
Prunus cerasus	Cherry		Cerise
	Fruit, raw	891	
Prunus persica	Peach		Pêche
	Fruit, raw	1005	
Prunus persica var. nectarina	Nectarine		Nectarine
	Fruit pulp	985	
Prunus spp.	Plum		Prune
	Fruit, raw	1014	
Prunus triflora	Plum, Japanese		Prune de Chine; prune japonaise
	Fruit	1015#	
Psidium cattleyanum	Guava, cattley; strawberry guava		Goyave-fraise; goyave de Chine
	Fruit, raw	937#	
Psidium guajava	Guava, common		Goyave
	Fruit, whole, raw	938	
Psophocarpus tetragonolobus	Goabean, Indies; winged bean; asparagus pea		Pois carré; pois ailé
	Seed, dried	303	
	Immature pods, raw	648	
	Root	649	
Pterocarpus angolensis	Padauk, Angola		Mukula
	Seed	444#	
Pterocarpus spp.	Padauk, spp.		Pterocarpus
	Leaves, raw	732	
Punica granatum	Pomegranate		Grenade
	Fruit, raw	1017	
Pyrus communis	Pear, common		Poire
	Fruit, raw	1006	
Pyrus malus. See Malus silvestris.			
Quercus ilex	Holly oak		Chêne vert
	Acorn	421#	
Raphanus sativus	Radish		Radis
	Leaves, raw	764	
	Root	765	
Raphanus sativus var. longipinnatus	Radish, oriental		Radis d'Orient
	Root, raw	766#	
Raphia hookeri	Raffiapalm, Ivory-coast		Palmier rafia
	Kernel	455	
Raphia spp.	Raffiapalm		Palmier rafia
	Terminal bud	767#	
Raphionacme brownii	Raphionacme, sp.		Raphionacme
	Tuber, raw	771	
Rhamnus prinoides	Buckthorn, sp.		Rhamnus
	Leaves, "Gesho ketel" Ethiopian products:		
	Dried	553	
	Dried and pounded	554	
Rheum rhaponticum	Rhubarb, garden		Rhubarbe
	Raw	772	
Ribes spp.	Gooseberry		Groseille
	Raw	923	
Ricinodendron heudelotii (R. africanum)	Mankettinut, musodo; African woodoilnut		Ezezan
	Seed, dried	429	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Ricinodendron rautanenii	Manketti		Manketti
	Fruit pulp, raw	970#	
	Press-cake	430	
Rorippa nasturtium-aquaticum (Nasturtium officinale)	Watercress		Cresson de fontaine
	Leaves, raw	845	
Rosmarinus officinalis	Rosemary		Romarin
	Leaves	1614#	
Royena sericea (R. pallens)	Monkey-plum; umCatuga		Royena
	Fruit, whole, raw	978	
Rubus spp.	Blackberry; raspberry; youngberry	873#	Framboise; "mûre"
Rumex abyssinicus	Dock, spinach-rhubarb		Oseille pahouine; oseille sauvage; oseille sango
	Leaves, raw	616#	
Rumex acetosa	Garden-sorrel		Oseille commune
	Leaves, raw	641#	
	Leaves, cooked, fat added	642	
Saba senegalensis (Landolphia senegalensis)	Gumvine, sp.; rubervine		Saba
	Fruit, raw	941	
Saccharum spp.	Sugar-cane		Canne à sucre
	Stem	1043	
	Juice	1044	
	Leaves, raw	814	
	Wine	1592	
	Molasses	1065	
	Syrup	1069#	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Salvadora persica	Tooth brush-tree; saltbush; mustard-tree		Salvadora
	Fruit	1049#	
	Leaves, raw	833#	
Santiria trimera (Pachylobus trimera)	Santiria, sp.		Santiria
	Fruit pulp, raw	1024	
Sarcophrynium arnoldianum	Sarcophrynium, sp.		Sarcophrynium; N'konko (Congo)
	Young shoots	776	
Scandix cerefolium. See Anthriscus cerefolium.			
Sclerocarya birrea (Spondias birrea)	Marvolamut, Ethiopian; marulaplum; muRula		Sclerocarya
	Fruit pulp, raw	971	
	Wine	1589	
Sclerocarya caffra	Marvolamut, Kaffir; marulaplum		Sclerocarya
	Fruit	972	
	Fruit juice	973#	
Sclerocarya spp.	Marvolamut, spp.		Sclerocarya
	Kernel, dried	431	
Secale cereale	Rye		Seigle
	Whole-grain	122	
	Flour	123	
	Bread	16	
Sechium edule	Cayote; cho-cho; vegetable-pear; mirliton; manga squash; christophine		Chayotte; chouchoute
	Fruit, raw	677	
	Young leaves, raw	678	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Securidaca longipedunculata	Tree-violet		Securidaca
	Young leaves, raw	837#	
Securinega virosa (Fluggea virosa)	Securinega, sp.		Securinega
	Fruit	1028#	
Sesamum alatum	Sesame, sp.		Sésame
	Seed, dried	465	
Sesamum indicum (S. orientale)	Sesame, oriental; beniseed; simsim		Sésame
	Seed, whole, dried	462	
	Meal, oil extracted	463	
	Press-cake, decorticated	464	
	Oil	1547#	
Sesamum spp.	Sesame, spp.		Sésame
	Leaves, raw	782	
Sesbania spp.	Sesbania, sp.		Sesbania, sp.
	Young pods	783#	
	Leaves	784#	
	Flowers	785#	
	Seeds, dried	345	
Setaria spp.	Foxtail millet; boer millet; Italian millet		
	Whole-grain	81#	
Silene vulgaris	Silene, sp.		Couniellet
	Leaves	789#	
Sinapsis alba (Brassica hirta; B. alba)	Mustard seed, white		Moutarde blanche
	Seeds	1610#	
Solanum aethiopicum	Nightshade, Ethiopian		Tomate amère
	Leaves, raw	715	
	Fruit	716	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Solanum incanum	Tomato, bitter; jakato		Jakato
	Fruit, raw	830	
Solanum integrifolium	Eggplant, Ethiopian		Aubergine d'Ethiopie
	Fruit, raw	623#	
Solanum lycopersicum (Lycopersicon esculentum)	Tomato		Tomate
	Raw:		
	Ripe, whole	825	
	Unripe	826#	
	Juice	827#	
	Dried	828	
	Powder	829#	
Solanum lycopersicum var. cerasiforme	Tomato, cherry		Tomate-cerise; tomate indigène
	Fruit, raw, ripe	831	
	Leaves, raw	832	
Solanum macrocarpon	Eggplant, native		Aubergine indigène
	Fruit	624	
	Leaves, raw	625	
	Leaves, dried	626#	
Solanum melongena	Eggplant, garden; eggfruit; brinjal; aubergine		Aubergine
	Fruit:		
	Raw	619	
	Dried	620	
	Cooked	621	
	Leaves, raw	622	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Solanum nigrum	Nightshade, black; wonderberry; msobo		Morelle noire
	Leaves, raw	712	
	Leaves, dried	713#	
	Leaves, cooked with peanut butter	714	
Solanum nigrum var. nodiflorum (S. guineense)	Nightshade, guinea; lumbush		Morelle de Guinée; brède-morelle
	Leaves	717	
	Fruit	718#	
Solanum tuberosum	Potatoes		Pomme de terre
	Tubers:		
	Raw	240	
	Cooked	241	
	Cooked with tomato juice, fat added	242	
	Baked	243	
	Flour	244#	
Solenostemon monostachyus (S. ocymoides; Ocymum monostachyum)	Solenostemon, sp.		Solenostemon
	Leaves, raw	792	
Solenostemon rotundifolius (Coleus dysentericus)	Hausa-potato; tumulka; Sudan potato		Pomme de terre de Madagascar; pomme de terre du Soudan
	Tuber, raw	229	
Sonchus oleraceus	Sowthistle, common		Laiteron
	Leaves, raw	799	
Sonchus spp.	Hares-lettuce		Laiteron, ricuto
	Leaves, raw	658	
Sorghum caudatum	Sorghum, sp.		Sorgho
	Whole-grain	145	
	Meal	146	
Sorghum caudatum var. kerstingianum	Sorghum, sp.		
	Meal	147	
Sorghum cernuum	Sorghum, sp.		
	Whole-grain	148	
Sorghum conspicuum	Sorghum, sp.		
	Whole-grain	149	
Sorghum durra	Sorghum, durra; yellow milo maize; Jerusalem corn		
	Whole-grain	143	
	Meal	144	
Sorghum exsertum	Sorghum, sp.		
	Whole-grain	150	
Sorghum gambicum	Sorghum, sp.		
	Whole-grain	151	
Sorghum guineense	Sorghum, sp.; feterita		
	Whole-grain	152	
	Meal	153	
	Meal, made from germinated grain	154	
Sorghum margaritiferum	Sorghum, sp.		
	Whole-grain	155	
Sorghum notabile	Sorghum, sp.		
	Whole-grain	156	
Sorghum roxburghii	Sorghum, sp.		
	Whole-grain	157	
Sorghum subglabrescens	Sorghum, sp.		
	Whole-grain	158	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Sorghum spp.	Sorghum, spp.; guinea corn; kaffir-corn		
	Whole grain:		
	Brown variety	126	
	Red variety	127	
	White variety	128	
	Yellow variety	129	
	Others, unspecified	130	
	Average of all varieties	131	
	Germinated	132	
	Sprouted, malted	133	
	Meal, unsifted or home-pounded	134	
	Meal, stamped and winnowed	135	
	Sorghum products:		
	Bran	136	
	Couscous, doughy paste made from sorghum:		
	Uncooked	137	
	Cooked	138	
	Malt	139	
	Porridge, soured, prepared from stamped, sifted grain	140	
	Semolina, made from:		
	Unspecified sorghum	141	
	Yellow sorghum	142	
Sorghum spp. -- continued	Sorghum spp. -- continued		Sorgho
	Beer:		
	Strained	1565	
	Unclarified	1566	
	Sorghum and honey	1567	
	Syrup	1079#	
Sphenostylis stenocarpa (S. congensis)	Yambean; pemo; girigiri		Haricot-igname; Pomme de terre du Mossi
	Tuber, raw	274	
	Seeds, dried	369	
Spilanthes oleracea	Spotflower, Paracress		Cresson du Para; brède mafane
	Leaves, raw	807	
Spinacia oleracea	Spinach		Epinard
	Raw	805	
	Cooked, fat added	806	
Spondias cytherea (S. dulcis)	Otaheite-apple; viapple; ambarella		Pomme-cythère
	Fruit	995#	
Spondias mombin (S. lutea)	Mombin, yellow; hog-plum; jobo		Mombin jaune
	Fruit, raw	976	
Spondias purpurea	Mombin, purple or red; Spanish-plum		Prune d'Espagne; mombin rouge
	Fruit, raw	975#	
Sterculia cordifolia (Cola cordifolia)	Sterculia, sp.		Sterculia
	Fruit pulp	1041	
Stizolobium spp. See Mucuna spp.			
Strychnos cocculoides	Kaffir-orange; muTamba		Strychnos
	Fruit, raw	951	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Strychnos innocua	Monkey-apple; muliwakwa		Strychnos
	Fruit, raw	977	
Strychnos spinosa	Poisonnut, kaffirorange; monkey-ball; Dzai		Strychnos
	Leaves, raw	752#	
	Fruit, raw	1016	
Syzygium guineense (Eugenia guineensis	Water-berry; muKute-rusumbudzi		Syzygium
	Fruit, raw	1054	
Syzygium jambos (Eugenia jambos)	Roseapple; jamrose		Pomme-rose; jambose
	Fruit	1023#	
Syzygium malaccense (Eugenia malaccensis)	Ohia; pinkapple; Malay apple; African apple		Jamlac; pomme malac
	Fruit	986#	
Tacca involucrata (T. pinnatifida)	Tacca; Fiji arrowroot		Tacca; Arrow-root polynésian
	Root, raw	253	
Talinum triangulare	Fameflower, potherb; waterleaf; Lagos bologi		Talinum
	Leaves, raw	633	
Tamarindus indica	Tamarind		Tamarin
	Leaves, raw	820	
	Fruit, raw	1047	
	Fruit, dried	1048	
Taraxacum officinale	Dandelion, common	609#	Pissenlit
Telfairia occidentalis	Oysternuttree, common		Telfairia
	Leaves, raw	731	
	Seeds, whole	442	
Telfairia pedata	Oilvine, Zanzibar		Liane de Joliff
	Seed	441#	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Terminalia catappa	Tropical-almond; Terminalia; Indian-almond		Badame
	Kernel, dried	478	
Tetracarpidium conophorum	Awusa-nut; conophor		Conophor
	Fruit	865#	
	Seed, dried	373	
	Young shoots, leaves	610#	
Tetragonia tetragoniodes (T. expansa)	New-Zealand-spinach		Tétragone; épinard de la Nouvelle-Zélande
	Leaves, raw	711	
Tetrapleura tetraptera	Dawo		Tetrapleura
	Seed	404#	
Theobroma cacao	Cocoa beans		Fèves de cacao
	Husked, fermented	1595#	
	Powder	1596	
Thymus spp.	Thyme		Thym
	Leaves, raw	1616	
Tieghemella heckelii (Mimusops heckelii)	Dumori butter; Baku butter	1519#	Beurre de Makoré
Trachyspermum ammi (Carum copticum)	Ajowan-caraway		Ammi
	Seed, dried	1600	
Treculia africana (T. engleriana)	African breadfruit		Faux arbre à pain
	Seed, dried, whole	364	
	Seed flour	365#	
Trianthema portulacastrum (T. pentandra)	Horse-purslane, desert		Rotule-de-chameau; "pourpier"
	Leaves, raw	664	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Tribulus terrestris	Puncturevine; devil's thorn		Croix-de-Malte
	Leaves, raw	761	
Trichilia spp.	Bitterwood, sp.		Trichilia
	Seed, dried	376	
	Press-cake	377	
	Aril, dried	378	
	Fruit	872#	
	Seed oil, mafura oil	1534#	
Trichodesma ceylanicum	Bluecurls	547#	Trichodesma
Trichosanthes cucumerina (T. anguina)	Snakegourd, edible		Patole; serpent végétal
	Fruit, raw	791#	
Trichoscypha spp.	Trichoscypha, sp.		Trichoscypha
	Fruit pulp	1051	
Trigonella foenumgraecum	Fenugreek; abish; helba		Fénugrec
	Leaves, raw	635	
	Whole-grain	299	
	Flour	300	
Triticum aestivum	**Wheat**		Blé
	Bran	166	
	Germ; germ meal	167	
	Whole-grain:		
	Hard wheat	168	
	Soft wheat	169	
	Unspecified	170	
	Meal or flour from unspecified wheat:		
	Whole meal or unsifted	171	
	85-90% extraction	172	
	75-80% extraction or sifted	173	
	72% extraction	174	
	Baker's flour	175	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Triticum aestivum -- continued	Wheat -- continued		Blé; froment
	Meal, made from wheat and sorghum	176	
	Biscuits, made from:		
	Wheat from U.A.R.	13	
	Wheat, imported from Europe	14	
	Wheat breads:		
	Ballady, made with:		
	72% extraction wheat flour	21	
	90% extraction wheat flour	22	
	European type	23	
	French	24	
	Italian	25	
	White bread	26	
	White bread, toasted	27	
	Whole-wheat or brown, made with water	28	
	Whole-wheat, toasted	29	
Triticum durum	Wheat, durum		Blé dur
	Whole-grain	177	
	Germinated	178	
	Germinated, then sun-dried	179	
Triticum dicoccon	Wheat, emmer		
	Whole-grain	180	
	Split-grain	181	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Triticum spp.	Wheat products:		
	Macaroni:		
	Dried	182	
	Cooked	183	
	Pastes, all varieties	184#	
	Fritters, made from wheat	185	
Triumfetta spp.	Burweed, spp.		Herbe à panier
	Leaves, raw	555	
Typha spp.	Cat-tail		Massette; jonc de la Passion
	Raw	569	
Uapaca guineensis	Sugar-plum; [illegible] cedar		Uapaca
	Fruit, raw	1045	
Uapaca kirkiana	Wild-loquat		Uapaca
	Fruit, raw	1058	
Urena lobata	Cadillo; bun-okra; aramina plant		Urena
	Leaves, raw	560	
	Flowers	561#	
Urera obovata	Scratchbush, sp.		Urera
	Leaves, raw	777	
Urtica aestuans. See Fleurya aestuans.			
Urtica urens	Nettle, dog		Ortie
	Young shoots	710#	
Uvaria chamae	Bushbanana	876#	Uvaria
Vaccinium spp.	Blueberry	875#	Vaccinium
Vangueria madagascariensis	Voavanga; spanish-tamarind		Vavangue
	Fruit, ripe	1053#	
Vangueria tomentosa	Small-medlar, wild; umViyo		Vangueria
	Fruit	1030	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	FRENCH EDITION
Vernonia amygdalina	Bitter leaf; ironweed		Vernonia
	Leaves, raw	545	
	Leaves, dried	546	
Vicia faba (Faba vulgaris)	Broadbean; Windsor bean		Fève
	Immature seed	526	
	Germinated seed	527	
	Whole seed, dried	284	
	Seed, split	285	
	Flour	286	
	Taamiah, made from broadbean	287	
Vicia sativa	Vetch, common		Vesce
	Whole seeds, split	358	
Vigna calcarata (Phaseolus calcaratus)	Rice bean		Haricot-grain de riz
	Seed, dried	342	
Vigna mungo (Phaseolus mungo)	Mungo bean; black gram; urd		Haricot mungo
	Seeds, dried	324	
Vigna radiata (Phaseolus aureus)	Mungbean; green gram; golden gram; lubia; chiroko		Amberique; haricot à grain vert
	Seed, whole, dried	321	
	Seed, split, dried	322	
	Seed, treated with cottonseed oil	323	
Vigna triloba (V. phaseoloides; V. reticulata)	Beans, native		
	Pods	535#	
Vigna unguiculata ssp. catjang	Cowpeas, catjang; Hindu cowpea; kaffir bean; blackeyed pea		Niébé, catjang; loubia; haricot-dolique
	Immature seeds	593	
	Leaves, raw	594	
	Leaves, dried	595	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Vigna unguiculata ssp. catjang -- continued	Cowpeas, catjang -- continued		
	Leaves, cooked with peanut butter	596	
	Whole seed dried	293	
	Seed, cooked	294	
	Seed, soaked, skinned	295	
	Fritters	295	
Vigna unguiculata ssp. sesquipedalis (Dolichos sesquipedalis)	Cowpeas, yardlong; asparagus bean		Haricot-kilomètre; dolique-asperge
	Immature seed and pod	598#	
	Leaves, raw	593#	
	Leaves, cooked with peanut butter	600#	
	Whole seed, dried	298#	
Vigna unguiculata ssp. unguiculata (V. sinensis)	Cowpeas, common		Dolique; haricot indigène; haricot d'Espagne
	Immature seeds	597#	
	Seed, mature, dried	297	
Vitex doniana (V. cienkowskii)	Blackplum; West African plum		"Prune noire"
	Fruit, raw	874	
Vitex spp.	Chastetree, sp.; muTsuova; umChangvela		Vitex
	Fruit	889#	
Vitis vinifera	Grape, European		Raisin
	Vine and leaves	651#	
	Fruit	930	
	Juice	931#	
	Raisin	932#	
Voandzeia poissonii. See Kerstingella geocarpa.			

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Voandzeia subterranea	Bambara-groundnut; Congo goober; earthpea; kaffir pea; groundbean; jugo bean		Haricot-pistache; voandzou; pois de terre; pois souterrain
	Seed, raw	515	
	Whole seed, dried	282	
Volvaria volvacea	Strawmushroom		Volvaire des pailles
	Dried	813#	
Xanthosoma spp.	Malanga, yautia; New coco-yam; tanier; tannia		Macabo; yautia; chou caraïbe
	Leaves, raw	698	
	Young shoots	699	
	Tubers, raw	234	
	Tubers, dried	235	
Ximenia americana	Spiny-plum; seaside-plum mountain-plum; wild-lime; wild-olive; tallowwood		Prune du bord de mer; citron de mer
	Seed kernel	473#	
	Fruit	1037#	
Ximenia caffra	Sourplum; Natal-plum; muTswanzwa		Ximenia
	Fruit, whole, raw	1032	
Zea mays	Maize; corn		Maïs
	Whole kernel, dried:		
	White variety	42	
	Pale variety	43	
	Yellow variety	44	
	Whole kernel:		
	Toasted	45	
	Germinated	46	
	Germinated, mixed with barley	47	
	Lime treated	48	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Zea Mays -- continued	Maize; corn -- continued		
	Meal; mealie, from:		
	Mature grain:		
	Native-ground or unsifted	49	
	Unsifted, moistened	50	
	Unsifted, soaked, then sun-dried	51	
	Sifted	52	
	Mixed with kaffir-corn meal, fermented	53#	
	Soured, beverage powder	54#	
	Enriched, S. Africa	55	
	Immature grain:		
	White variety	56	
	Yellow variety	57	
	Precooked	58	
	Maize products:		
	Breads:		
	Home-made	59	
	Fermented, steamed	60	
	Baker's cones	61	
	Bran	62	
	Endosperm	63	
	Fritters	64	
	Germs and germ meal	65	
	Grits	66	
	Kenkey, maize dough	67	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Zea Mays -- continued	Maize; corn -- continued		
	Maize products -- continued		
	Mahewu; magou:		
	Beverage	1575	
	Powdered form of beverage	1576	
	Maize rice, made from white maize	68	
	Polenta, made from:		
	White maize	69	
	Yellow maize	70	
	Porridge, made from:		
	Fresh maize meal	71	
	Soured maize meal	72	
	Soured maize meal and sorghum	73	
	Samp (coarse hominy)	74	
	Semolina, made from:		
	White variety	75	
	Yellow variety	76	
	Starch	77	
	Beer	1562	
	Beer, made from maize and sorghum	1563	
	Raw, immature ears	696	
	Tender interior stalk	697#	
Zingiber officinale	Ginger, common		Gingembre
	Root, raw	646#	
	Root, dried	1607	
	Beer	1561#	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Ziryphus jujuba	Jujube, common: Chinese		Jujube commun
(Z. sativa; Z. vulgaris)	date		
	Fruit	946#	
Zizyphus mauritiana	Jujube, India		Jujube
(Z. abyssinicus;	Fruit:		
Z. orthacantha)	Raw	948	
	Semi-dried	949	
	Dried	950	
	Leaves	674#	
Zizyphus spina-Christi	Jujube, Christ-thorn		Lotus du coran
	Fruit, dried	947	
	Leaves	582#	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION

APPENDIX 5

INDEX OF SCIENTIFIC NAMES OF AFRICAN ANIMALS AND INSECTS

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Acridium spp.	Grasshoppers		Criquet; sauterelle
Zonocerus spp.	Raw	1123	
	Grilled, flour	1124	
Adenota spp.	Kob; waterbuck	1146#	Cobe
Kobus spp.			
Onotragus spp.			
Aepyceros melampus	Impala	1140#	Impala
Alcelaphini spp. and	Antelope		Antilope
Strepsicerotini spp.	Salted	1074	
Anatidae spp.	Duck, domesticated		Canard, domestique
	Total edible	1110	
Anser spp.	Goose, domesticated		Oie, domestique
	Total edible	1121#	
Bitis spp.	Snake	1163#	Serpent
Python spp.			
Bombycomorpha spp.	Caterpillars; palm-weevil; larvae		Chenilles; vers de palmier; larves
Cirina spp.	Raw	1096	
Gymnanisa spp.	Dried	1097	
Herse spp.	Fried	1098#	
Nudaurelia spp.	Smoked	1099	
Platygenia spp.	Smoked, dried	1100	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Bos taurus	Beef; zebu		Viande de boeuf; de zébu
B. indicus	Very thin	1079	
	Medium fat	1080	
	Fat	1081	
	Salted, fat removed ?	1082	
	Dried, salted	1083	
	Corned	1084	
	Cooked	1085	
	Brain	1088#	
	Head	1131#	
	Heart	1134	
	Kidney	1142#	
	Liver	1148	
	Lung	1157#	
	Spleen	1166#	
Brachytrypes membranaceus	Crickets		Grillons
	Raw	1107	
Bubalus bubalis	Buffalo, water		Buffle domestique
	Meat	1092#	
Camelus dromedarius	Camel		Dromadaire; "chameau"
	Meat	1095	
	Liver	1050	
Canis familiaris	Dog	1109#	Chien

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Capra spp.	Goat		Chèvre
	Meat	1120*	
	Liver	1051	
Carebara spp.	Ants, flying		Fourmis volantes
	Raw:		
	Female	1072	
	Male	1073	
Cercopithecidae spp.	Baboon; monkey	1076*	Singes
Cervus spp.	Venison	1200*	Venaison
Chaeborus edulis	Flies, lake		Mouche lacustre
	Cake	1116	
Chelonia spp.	Turtle; tortoise		Tortue
Dermochelys spp.	Meat	1197*	
	Egg	1217*	
Conimbrasia belina	Mopanie worm		
	Dried	1161	
Connochaetes spp.	Wildebeest	1202*	Gnou
Crocodylus spp.	Crocodile	1198*	Crocodile
Osteolaemus spp.			
Diceros spp. and Ceratotherium spp.	Rhinoceros		Rhinocéros
	Meat	1175*	
Eidolon spp.	Bat, flying foxes	1175*	Roussette
Pteropus spp.			
Equus asinus	Ass, domestic	1075*	Ane, domestique
Equus caballus	Horse		Cheval
	Meat	1189*	
Equus, spp.	Zebra, wild ass	1204*	Zèbre; âne sauvage
Felis lybica	Wild-cat; serval cat	1203*	Chat sauvage; serval
Gallus gallus	Chicken		Poulet
	Young bird	1101	
	Mature	1102*	
	Breast (white meat)	1103*	
	Leg (dark meat)	1104*	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Giraffa camelopardalis	Giraffe	1119*	Girafe
Gonometa sp.	Pupae	1174	Gonometa; chrysalide
Hippopotamus amphibius	Hippopotamus		Hippopotame
	Meat:		
	Smoked	1137	
	Dried	1138	
Hystrix spp.	Porcupine	1170*	Porc-épic; athérure
Atherurus spp.			
Lemuridae spp.	Lemur	1147*	Lemuriens
Indrídae			
Lepus spp.	Hare		Lièvre; "lapin"
Poelagus spp.	Flesh only	1130*	
Lithocranius spp.	Gazelle and springbuck	1118*	Biche Robert et gazelle
Gazella spp.			
Antidorcas spp.			
Locustana spp.	Locusts		Locuste; grand sauterelle
Zonocerus spp.			
	Raw	1154	
	Fried	1155	
	Flour	1156	
Loxodonta africana	Elephant		Eléphant
	Meat	1113*	
Manis spp.	Pangolin	1165*	Pangolin
Mehilia spp.	Snake, small	1184	Petit serpent
Meleagris spp.	Turkey	1196*	Dindon; dinde
Mergus merganser	Duck, wild	1111*	Oie
Numida spp.	Guinea-fowl	1125*	Pintade
Oenomys hypoxanthus	Rat; mouse; jerboas	1177*	Rat; souris, gerboise
Rattus spp.			
Cricetomys spp.			
Rhabdomys spp.			
Jaculus spp.			

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Oryctolagus cuniculus	Rabbit		Lapin
	Flesh only	1176#	
Ovis aries	Mutton; lamb		
	Very thin	1162#	
	Medium fat	1163#	
	Fat	1164#	
	Unspecified	1165	
	Cooked	1166	
	Brain	1090#	
	Feet	1115#	
	Head	1133#	
	Heart	1136#	
	Kidney	1145#	
	Liver	1163	
	Lung	1159#	
Passer spp.	Sparrows and small birds	1185#	Passereaux et petits oiseaux
Quelea spp.	(quelea quelea, black birds, etc.)		
Phacochoerus aethiopicus	Warthog	1201#	Phacochère
Polycleis spp.	Beetles	1086	Coléoptères
Sternocera spp.			
Pongidae spp.	Chimpanzee; gorilla	1105#	Chimpanzé; gorille
Potamochoerus spp.	Bushpigs	1094#	Potamochère
Rana spp.	Frog		Grenouille
Pyxicephalus spp.	Whole	1117#	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Sus scrofa	Pork		Viande de porc
	Thin	1171#	
	Medium fat	1172	
	Fat	1173#	
	Brain	1083#	
	Feet	1114#	
	Head	1132#	
	Heart	1135#	
	Kidney	1144#	
	Liver	1152	
	Lung	1158#	
	Spleen	1187#	
	Stomach	1189#	
Syncerus caffer	Buffalo, African		Buffle d'Afrique
	Meat	1091#	
	Liver	1049	
Taurotragus oryx	Eland, common	1112#	Elan du Cap
Termes spp.	Termites		Termites
	Raw	1190	
	Dried	1191	
	Smoked	1192	
	Fried	1193	
Tetrapteryx spp.	Cranes; bustards	1106#	Grues; outardes
Choriotis spp.			
Lissotis spp.			
Lophotis spp.			
Thryonomys spp.	Grasscutter; rabbit bandicoot; pigfooted bandicoot		Aulacode; "agouti"; n'sibissi
	Smoked	1122#	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Tragelaphus spp.	Bushbuck; nyala; kudu; sitatungas; waterbucks	1093#	Guib; nyala; koudou; situtunga
Turnix spp.	Quails; francolins; partridge	1175#	Cailles; francolins; perdrix
Coturnix spp.			
Pternistis spp.			
Francolinus spp.			
Margaroperdix spp.			
Varanus niloticus	Monitor	1160	Varan
Vinago spp.	Pigeon; turtle-dove; squab	1169	Pigeons; tourterelle
Columba spp.			
Turtur spp.			
Oena spp.			
Alectoroenas spp.			
Streptopelia spp.			
Xerus spp.	Squirrel; "Palm-squirrel"	1188	Ecureuil; "rat-palmiste"
Protoxerus spp.			
Epixerus spp.			
Paraxerus spp.			

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION

APPENDIX 6

INDEX OF SCIENTIFIC NAMES OF FISH AND SHELLFISH

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Achatina marginata	Snail, African		Escargot d'Afrique
	Raw	1423	
	Dried	1424#	
Alestes leuciscus	Fish oil	1527#	Huile de tfnéni
Alestes spp.	Spot-tail		"Sardine"; "hareng"
	Raw	1435	
	Dried	1437	
	Pickled	1436	
Anguilla spp.	Eel		Anguille
	Raw	1293	
	Cooked, lean	1294	
	Cooked, fat	1295	
	Dried, salted	1296	
	Dried, smoked	1297	
Aristeus spp.	Prawn, marine; shrimp		Bouquet; caramote
Palaemon spp.	Raw	1372	
Parapenaeus spp.	Dried, powder	1373	
Penaeus spp.	Smoked	1374	
	Fried	1375	
Arius spp. See Synodontis spp.			
Artemia salina	Shrimp, brine		Duda (Fezzan)
	Cake, sun-dried, whole	1418	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	NO.	NAME USED FOR FRENCH EDITION
Atya spp.	Prawn, river; shrimp, common		Crevette d'eau douce;
Callianassa spp.	Raw	1376#	crevette grise; camaron
Caridina spp.	Dried, whole	1377	
	Boiled	1378	
Auchenoglanis spp. See Synodontis spp.			
Auxis thazard (Auxis bisus)	Auxide; frigate mackerel	1224#	Auxide; melva
Bagrus spp. See Synodontis spp.			
Barbus spp.	Barbel; yellow fish	1226#	Barbeaux
Barilius spp.	Minnow	1350#	Barilius
Brachydeuterus auritus	Brachydeauterus		Pelon
	Raw	1242#	
	Dried, salted	1243	
	Smoked, whole	1244	
Buccinum spp.	Whelk		Buccin
	Cooked, sun-dried	1463	
Calappa spp.	Crab		Crabe
Ocypode spp.	Meat, raw	1282#	
Cardisoma spp.	Meal	1283	
Grapsus spp.			

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Caranx spp.	Jack		Carangue
	Raw	1327	
	Dried, fillet	1328	
Carassius auratus	Gold-fish		Poisson rouge
	Boiled	1318	
Cardium sp.	Clam		Coque
	Raw	1272 #	
	Sun-dried	1273	
Chanos chanos	Milk-fish		Poisson-lait
	Dried, salted	1349	
Chloroscombrus chrysurus (Micropteryx chrysurus)	Moon fish		Carangue; liche
	Whole, dried, salted	1351	
Chorinemus spp.	Queenfish; leatherskin		Chorinemus
	Raw	1379	
Chrysichthys spp. See Synodontis spp.			
Chrysoptrys spp.	Bream, gilt-head		Daurade
	Raw	1246	
Citharinus spp.	Citharinus; lianga		Citharinus
	Raw	1270	
	Dried, smoked	1271	
Clarias lazerae	Karmout		Silure
	Raw	1332	
Clarias spp. See Synodontis spp.			
Conger conger	Conger-eel		Congre
	Raw	1279	
	Dried, fermented	1280#	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Corvina nigrita	Meagre		Courbine; corb; bossu
	Raw	1347	
	Dried flesh	1348	
Ctenopoma spp. (Anabas spp.)	Climbing-perch		Ctenopoma
	Raw	1276	
Cybium spp. See Scomberomorus spp.			
Cynoglossus spp.	Tongue-sole		"Sole"
	Raw	1453	
Cyprinus carpio	Carp		Carpe-miroir
	Boiled	1251	
Dasyatis spp.	Stingray		Pastenague
	Raw	1441	
Decapterus ronchus	Mackerel, scad		
	Raw	1344	
Dentex spp.	Dog's teeth		Dentés; "daurades"
	Raw	1290	
	Dried	1291	
Diagramma sp. See Parapristipoma sp.			
Dicentrarchus labrax (Morone labrax)	Sea-bass		Loup; bar
	Raw	1406	
Dicentrarchus punctatus (Morone punctata)	Sea-bass, black spotted		Bar tacheté; truite de mer
	Raw	1407	
Diplodus spp. (Sargus spp.)	Zerba; sargo: bream		Sargue; sar; vedriade
	Raw	1469	
	Dried, salted	1470	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Distichodus spp.	Distichodus		Saumon d'Afrique
	Raw	1286	
	Dried, whole	1287	
	Dried, smoked	1288	
Drepane africana	Spade-fish; sickle fish;		Disque; "Saint-Pierre"
D. punctata	spotted batfish		
	Raw	1433	
Elops spp.	"Herring"		"Hareng"
	Whole fish, smoked	1324	
Engraulis encrasicholus	Anchovy		Anchois
(E. hepsetus)	Raw	1219	
	Dried, salted	1220	
	Dried, smoked, whole	1221	
	Sun-dried, whole	1222	
Epinephelus spp.	Sea perch; grouper; rock-cod		Perche de mer; mérous;
(Serranus spp.)	Raw	1412	vieilles; badèches;
			fausse-morue; cabot
Etheria elliptica	"Oyster"		Moules du Kwango
	Raw	1364	
Ethmalosa dorsalis	Shad, W. African		Ethmalose; alose
(E. fimbriata)	Raw	1414	
	Dried, whole	1415	
	Dried, smoked, whole	1416	
Euthynnus alletteratus	Tunny, little		Thonine; bacorette
	Raw	1458	
Euthynnus pelamys	Bonito, striped bellied;		Listao; bonite à ventre rayé;
(Thynnus pelamys)	skipjack		pélamide
	Raw	1238	
	Dried, salted	1239	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Eutropius spp. See			
Synodontis spp.			
Gadus spp.	Cod		Morue
	Raw	1277	
	Dried, salted	1278	
Galeoides decadactylus	Threadfin		Petit capitaine de mer
(Polynemus decadactylus)	Raw	1447	
Gambusia holbrooki	Gambusia		Poisson-million
	Whole, boiled	1306	
	Whole, mixed with other small fishes, dried	1307	
Genyomyrus donnyi	Genyomyrus sp.		Genomyrus; Mbésa (Congo)
	Raw	1311	
Gerres spp.	Gerres		Grogneur
	Raw	1312	
Gnathobagrus depressus	Gnathobagrus, sp.		Gnathobagrus; Nkama (Congo)
	Raw	1314	
Gnathonemus spp.	Bull-dog		Gnathonemus
	Raw	1247	
	Dried	1248	
Gobius spp.	Gobies		Gobies
	Raw	1316	
	Boiled	1317	
Haplochromis spp. See			
Serranochromis spp.			
Hemirhamphus spp.	Barred-half-beak		Balaou; aiguillette
	Raw	1230	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Hepsetus odoë	Pike		Brochet congolais
(Sarcodaces odoë;	Raw	1370	
Hydrocyonoides odoë)	Dried, smoked	1371	
Heterotis niloticus	Balli; alsan	1225#	Heterotis
Hydrocyon spp.	Tiger-fish		Poisson-chien
(Hydrocynus spp.)	Raw	1449	
	Pickled	1450	
	Dried, flesh only	1451	
Ilisha spp.	Shad		"Sardinelle"
	Raw	1413	
Jasus spp.	Lobster	1335#	Homard; langoustine; langouste
Panulirus spp.			
Nephrops spp.			
Palinurus spp.			
Panulirus spp.			
Labeo spp.	Carp, African; rhino-fish; mud-sucker		"Carpes" africaines
	Raw	1252	
	Dried	1253	
	Dried, smoked	1254	
Labrus spp. and Crenilabrus spp.	Wrasses		Labre; crénilabre; vieille
	Raw	1467	
Larimus peli	Weakfish; drum		Larimus
	Raw	1461	
Lates niloticus	Perch, Nile		Capitaine; perche du Nil
	Raw	1368	
	Dried	1369	
Lates spp.	Mputa; Nyongi; sangala	1353#	Lates
Leiognathus equulus	Leiognathus, sp.		Salelo (Madagascar)
	Raw	1334	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Lethrinus spp.	Scavenger; sea bream		Brême de mer; "carpe";
	Raw	1404	
Limnothrissa miodon. See Stolothrissa tanganicae.			
Lutjanus spp.	Snapper		Carpe de mer; rouge
	Raw	1428	
	Dried	1429#	
	Smoked	1430#	
Malapterurus electricus	Catfish, electric		Poisson électrique
	Raw	1262	
Marcusenius spp.	Parrot-fish	1366#	Perroquet
Mastacembelus spp.	Spiny-eel		"Anguilles du lac"
	Raw	1434	
Merluccius spp.	Stockfish; cape-hake		Merlu; merluche; colin
	Raw	1442	
	Preserved	1443#	
	Dried, salted	1444#	
Micralestes spp.	Silver-minnow		Micralestes
	Dried, whole	1419	
Micromesistius poutassou (Gadus poutassou)	Whiting, Couch's	1466#	Merlan; poutassou
Micropterus spp.	Black-bass		Black-bass
	Boiled	1231	
Mormyrops spp.	Cornish-jack; taraza		Mormyrops
	Raw	1261	
Mormyrus spp.	Bottle-nose		Mormyrus
	Raw	1240	
	Pickled	1241	
Morone spp. See Dicentrarchus spp.			

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Mugil spp.	Mullet; harder; bouri		Mulet; muge
Valamugil spp.	Raw	1354	
	Dried, whole	1355	
	Dried, salted	1356	
	Dried, smoked	1357	
	Boiled	1358	
Mullus barbatus	Mullet, striped		Rouget barbet
	Raw	1359	
Mustelus sp.	Dogfish		Chien de mer
	Raw	1289	
Mytilus spp.	Mussel	1360#	Moules
Modiola spp.			
Notopterus afer. See Papyrocramus afer.			
Octopus spp.	Octopus	1361#	Poulpe
Ostrea spp.	Oysters		Huître
Gryphaea spp.	Raw	1362#	
	Dried	1363#	
Otolithus spp.	Croaker; cassava fish		Ombrine; "capitaine";"bar"; "maigre"
	Raw	1284	
	Dried, salted fillet	1285	
Pagellus spp.	Sea bream; steenbras		Brême de mer; pagel; pageau; pageot; besugue
	Raw	1408	
Pagrus spp. (Sparus spp.)	Sea bream; stumpnose		Brême de mer; pagre; daurade
	Raw	1409	
	Dried	1410	
	Dried, salted	1411	
Papyrocramus afer (Notopterus afer)	Razor-fish		Poisson-rasoir
	Raw	1383	
	Dried, smoked	1384	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAMED USED FOR FRENCH EDITION
Paracubiceps ledanoisi	Sardineau		Sardineau
	Raw, whole	1395	
Parapristipoma mediterraneum (Diagramma mediterraneum)	Parapristipoma		Dorade grise; abatèche; sénégalais
	Raw	1365	
Paratilapia polleni	Perch, Madagascar		Perche malgache; marakely
	Cooked	1367	
Parophiocephalus spp. (Ophiocephalus spp.)	Snake-head		Parophiocephalus;
	Raw	1426	
	Dried, smoked	1427	
Parupeneus fraterculus	Surmullet, East African	1445	Parupeneus
Pentanemus quinquarius (Polynemus quinquarius)	Threadfin		Barbillon
	Raw	1448	
Peristedion cataphractum	Gurnard, armed		Malarmat
	Raw	1323	
Petrocephalus spp.	"Churchill"	1263#	"Churchill"
Platax pinnatus	Angel fish; seabat		Platax
	Raw	1223	
Plotosus anguillaris	Barbel-eel		Plotosus
	Raw	1227	
Polydactylus quadrifilis	Shiny-nose		Capitaine de mer
	Raw	1417	
Polypterus spp.	Sail-fin		Polyptère
	Raw	1385	
Pomadasys spp. (Pristipoma spp.)	Grunter		Perche de mer; crocro; ronfleur; dorade grise; "carpe"
	Raw	1319	
	Dried	1320#	
	Smoked	1321#	
Pomatomus saltatrix (Temnodon saltator)	Bluefish; elft; mayas		Tassergal; "bar"
	Raw	1232	
	Dried, salted	1233	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Protopterus spp.	Lung-fish		Protopterus
	Raw	1336	
	Smoked, dried	1337	
Psetta maxima. See Scophthalmus maximus.			
Psettus sebae	Silvery batfish		Poisson-faucille
	Raw	1420	
Pteroplatea spp.	Ray		Raie-hirondelle
	Raw	1381	
Raja spp.	Ray; skate		Raie
	Raw	1382	
Rastrelliger spp.	Mackerel, rake-gilled		"Maquereau"
	Raw	1343	
Salmo spp.	Trout		Truite
	Boiled	1454	
Sarda sarda (Pelamys sarda)	Bonito, Atlantic; borito, belted; pelamid		Pelamidé; bonite à dos rayé; sarde
	Raw	1234	
	Dried, salted	1235#	
	Dried, fermented	1236#	
	Canned	1237#	
Sardina pilchardus (Clupea pilchardus)	Sardine; pilchard		Sardine; pilchard
	Raw	1386	
	Dried, smoked	1387#	
	Canned, total content of can:		
	In oil	1388#	
	In tomato sauce	1389#	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Sardinella aurita	Sardine, gilt		Allache; sardinelle
	Raw	1390	
	Sun-dried, whole	1391	
	Smoked, whole	1392	
	Flour	1393#	
	Fried	1394#	
Sardinella spp.	Sardinella		Sardinelle
	Raw	1396	
	Dried	1397#	
	Smoked	1398	
	Smoked, whole	1399	
	Fried in coconut oil	1400	
	Fermented, dried	1401#	
	Flour	1402#	
Sargus spp. See Diplodus spp.			
Saurida gracilis	Saurida		Saurida
	Raw	1403	
Schilbe spp.	Butter-fish; butter-barbel		Silure; poisson-chat
	Raw	1249	
	Dried	1250	
Sciaena spp.	Kabeljaauw; meagre		Maigre
	Raw	1330	
	Dried, salted	1331	
Scomber japonicus (S. colias)	Mackerel, chub; mackerel, cape		Maquereau espagnol
	Raw	1342	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Scomber scombrus	Mackerel, Atlantic		Maquereau
	Raw	1338#	
	Dried, salted	1339#	
	Smoked	1340#	
	Canned	1341#	
Scomberomorus commerson (Cybium commersoni)	Kingfish	1333#	Maquereau-bonite
Scomberomorus maculatus (Cybium tritor)	Mackerel, Spanish		Maquereau-bonite
	Raw	1345	
	Dried	1346	
Scophthalmus maximus (Psetta maxima)	Turbot		Turbot
	Raw	1459	
Scorpaena spp.	Scorpion fish		Rascasse
	Raw	1405	
Secutor insidiator	Slimy; soapy		Salelo (Madagascar)
	Raw	1421	
Sepia spp.	Squid		Seiche; calmar
Sepiola spp.	Raw	1438#	
Loligo spp.	Dried	1439#	
Ommastrephes spp.	Smoked	1440#	
Seriola dumerili	Amber jack; yellow tail		Sériole; poisson-limon
	Dried, salted fillet	1218	
Serranochromis spp. (Haplochromis spp.)	Bream		"Brême"
	Raw	1245#	
Serranus spp. See Epinephelus spp.			
Siganus oramin	Rabbit-fish		Poisson-marguerite
	Raw	1380	
Sillago sihama	Smelt		Eperlan
	Raw	1422	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	ITEM NO.	NAME USED FOR FRENCH EDITION
Solea spp.	Sole		Sole
	Raw	1431	
	Fried	1432	
Sphyraena spp.	Barracuda; sea-pike		Brochet de mer; bécune; barracouda
	Raw	1228	
	Smoked, whole	1229	
Stolothrissa tanganicae and Limnothrissa miodon	Whitebait; ndagala		Poisson blanc du lac Tanganika; "ndagala"
	Raw	1464	
	Dried	1465	
Synodontis spp.	Cat-fish; mudfish; bayad; blolo		Silure; poisson-chat;
Auchenoglanis spp.			
Arius spp.	Flesh:		
Clarias spp.	Raw	1255	
Eutropius spp.	Dried	1256	
Chrysichthys spp.	Whole:		
Bagrus spp.	Dried	1257	
	Very dry	1258	
	Salted	1259	
	Smoked	1260	
	Dried, smoked	1261	
Temnodon saltator. See Pomatomus saltatrix.			
Tetraodon spp.	Globe-fish		Poisson-ballon
	Raw	1313	
Therapon spp.	Tiger-fish		Violon
	Raw	1452	
Thunnus alalunga (Germo alalunga)	Albacore, long-finned		Germon; thon blanc
	Raw	1217	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	NO.	NAME USED FOR FRENCH EDITION
Thunnus spp.	Tuna, unspecified		Thon, non spécifié
	Raw	1455	
	Canned, total content of can:		
	In oil	1456#	
	In water	1457#	
Tilapia spp.	Cichlids; St. Peter's fish; "breams"		Tilapia; "carpes"
	Raw	1264	
	Dried	1265	
	Smoked	1266	
	Dried, smoked	1267	
	Fried in palm oil	1268	
	Boiled	1269	
Trachinotus spp. Lichia spp.	Garrick; palometa; pampano		Trachinote; liche; palomine
	Raw	1309	
	Dried, salted	1310	
Trachinus spp.	Weever		Vive; araignée
	Raw	1462	
Trachurus spp.	Horse-mackerel		Saurel
	Raw	1325	
	Dried, salted	1326	
Tridacna spp.	Clam, giant		Bénitier
	Raw	1274	
	Dried	1275	
Trigla spp.	Gurnard		Grondins
	Raw	1322	
Tylochromis spp.	Tylochromis		Gatien (Congo)
	Raw	1460	

SCIENTIFIC NAME	NAME USED FOR ENGLISH EDITION	NO.	NAME USED FOR FRENCH EDITION
Tylosurus crocodilus (T. choram)	Garfish		Aiguille
	Raw	1308	
Umbrina spp	Drum; corb		Ombrine; chevrette
	Raw	1292	
Upeneus spp.	Goat-fish		Rouget de roche; rouget barbet
	Raw	1315	
Valamugil spp. See Mugil spp.			
Vomer setapinnis Argyreiosus setipinnis	Moonfish; plough fish		Mussolini
	Dried, salted, whole	1352	
Xenomystus spp.	Xenomystus; pele pele		Xenomystus
	Raw	1468	
Xiphias gladius	Swordfish; broadbill		Espadon
	Raw	1446	
Yetus spp. (Cymbium spp.)	Snail, sea		Yette; escargot de mer
	Boiled, sun-dried	1425	
Zeus faber	John-Dory		Saint-Pierre
	Raw	1329	

APPENDIX 7

A SUMMARY OF THE FOOD COMPOSITION TABLE

	No. of Food Items	Approximate Percentage of Available Data					
		Proximate composition	Minerals	B-vitamins	Vitamin A	Ascorbic acid	Tryptophan
Plant Origin							
Group 1 -- Cereals and Grain Products	185	85	75	60	30	10	5
Group 2 -- Starchy Roots, Tubers and Fruits	89	75	65	35	25	30	5
Group 3 -- Grain Legumes and Legume Products	87	85	70	60	25	30	5
Group 4 -- Nuts and Seeds	124	75	60	30	15	15	0
Group 5 -- Vegetables and Vegetable Products	366	65	60	20	20	30	0
Group 6 -- Fruits	208	50	45	25	25	45	0
Group 7 -- Sugars and Syrups	12	25	15	10	0	10	0
Average Percentage		70	60	35	25	25	0
Animal Origin							
Group 8 -- Meats, Poultry, and Insects	133	35	20	15	10	15	0
Group 9 -- Eggs	12	10	10	10	10	0	0
Group 10 -- Fish and Shellfish	254	75	35	15	5	0	10
Group 11 -- Milk and Milk Products	40	60	45	20	20	10	0
Average Percentage		60	30	15	10	5	5
Other							
Group 12 -- Oils and Fats	48	10	5	0	10	0	0
Group 13 -- Beverages	34	45	30	25	0	10	0
Group 14 -- Miscellaneous	32	40	30	25	20	10	0
Total number of food items	1,624						
Average percentage for 14 Food Groups		65	50	25	20	20	0

APPENDIX 8

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Appendix 9

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