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MALNUTRITION / INFECTION CONTROL PROJECT

PART II

NUTRIENT COMPOSITION OF AFGHAN FOODS

- UNITS PER 100 GRAMS OF EDIBLE PORTION
- PRIORITY LISTINGS BY NUTRIENT

Prepared by:

Paul G. Rusby
Food for Peace Officer
Kabul, Afghanistan

June 1, 1975

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INTRODUCTION

This document lists 367 foods indigenous to Afghanistan and provides a fourteen nutrient analysis for each food. The foods were selected from USDA Handbook No. 8 (code numbers 1-2400) and from the US HEW/UN FAO Food Composition Table for Use in East Asia (code numbers 7000).

The first section of the document is simply an alphabetical listing of the 367 foods. The fourteen subsequent sections are regroupings of the foods in nutrient priority sequence i.e., descending order of nutrient potency.

The original computer tabulation printed the full nutrient composition of each food with an instruction to the reader identifying which column contained the pertinent (priority sequence) data. In this document, the reader will find the pertinent data for each nutrient in the column to the extreme right. The pertinent data column also is designated by a verticle arrow.

Hopefully this listing of foods according to their nutrient potency will facilitate the preparation of nutrition texts and teaching aids for village health agents and, at least indirectly, assist mothers throughout Afghanistan to make a wise selection of foods to feed their families.

Prepared by: Paul G. Rusby
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USAID
Kabul, Afghanistan

June 1, 1975

USAID - FOOD FOR PEACE PROJECT

ITEM CODE	ITEM DESCRIPTION
0008	ALMONDS DRIED
0009	ALMONDS ROASTED AND SALTED
0010	ALMOND MEAL,PARTIALLY DEFATTED
0015	APPLES RAW,FRESH NOT PARED
0023	APPLES DRIED,COOKED WITH SUGAR
0030	APRICOTS RAW
0041	APRICOTS DRIED,COOKED,WITH SUGAR
0064	AVOCADOS,RAW ALL VARIETIES
0141	BANANAS RAW COMMON
0145	BARLEY,PEARLED LIGHT
0155	BEANS,COMMON,DRY WHITE COOKED
0160	BEANS,COMMON,DRY RED COOKED
0177 0177	BEANS,LIMA MATURE SEEDS,DRY COOKED — BEAN, MUNG, MATURE SEED DRY, RAW
0181	BEANS,MUNG SPROUTED SEEDS COOKED,
0183	BEANS,SNAP GREEN COOKED,WATER,SHORT TIME
0184	BEANS,SNAP GREEN COOKED,WATER,LONG TIME
0213	BEEF,CARCASS TOTAL EDIBLE,RAW UTIL GRADE
0368	BEEF,HAMBURGER LEAN COOKED
0371	BEEF AND VEGETABLE STEW COOKED
0385	BEETS,COMMON,RED COOKED,BOILED,
0393	BEET GREENS,COMMON COOKED,BOILED
0404	BEVERAGES,CARBONATED,COLA TYPE
0417	BLACKBERRIES,INCLUD DEW,BOYSEN,YOUNG,RAW
0438	BRAINS,ALL KINDS BEEF,CALF,SHEEP ,RAW
0444	BREADS CRACKED-WHEAT
0473	BREADS WHOLE-WHEAT,MADE WITH-WATER
0480	BREADFRUIT,RAW
0482	BROADBEANS,RAW MATURE SEEDS,DRY
0505	BUTTER
0506	BUTTER OIL OR DEHYDRATED BUTTER
0509	BUTTERMILK,FLUID, FROM SKIM MILK
0510	BUTTERMILK,DRIED
0512	CABBAGE COMMON RAW
0513	CABBAGE COMMON COOKED,SHREDDED,
0520	CABBAGE,SPOON PARCHOY ,COOKED,
0586	CANDY CHOCOLATE SWEET
0599	CANDY CHOCOLATE-COATED PEANUTS
0613	CANDY SUGAR-COATED ALMONDS
0619	CARROTS RAW
0620 / 627	CARROTS COOKED,BOILED,DRAINED — CARROTS, Dehydrated
0630	CAULIFLOWER RAW
0631	CAULIFLOWER COOKED,BOILED,DRAINED
0647	CHEESES,NATURAL COTTAGE CREAMED
0648	CHEESES,NATURAL COTTAGE UNCREAMED
0662	CHERRIES RAW SOUR,RED
0663	CHERRIES RAW SWEET
0682	CHICKEN ALL CLASSES COOKED,
0684	CHICKEN ALL CLASSES DARK MEAT COOKED,
0685	CHICKEN BROILERS,COOKED,
0687	CHICKEN FRYERS FLESH,SKIN,GIBLETS COOKED
0689	CHICKEN FRYERS FLESH AND SKIN COOKED,
0691	CHICKEN FRYERS FLESH ONLY COOKED,
0693	CHICKEN FRYERS SKIN ONLY COOKED,
0695	CHICKEN FRYERS GIBLETS COOKED,
0697	CHICKEN FRYERS LIGHT MEAT,SKIN COOKED,
0699	CHICKEN FRYERS DARK MEAT,SKIN COOKED,
0701	CHICKEN FRYERS LIGHT MEAT COOKED,
0703	CHICKEN FRYERS DARK MEAT COOKED,
0705	CHICKEN FRYERS CUT-UP PARTS COOKED,
0707	CHICKEN FRYERS BREAST COOKED,
0709	CHICKEN FRYERS DRUMSTICK COOKED,
0711	CHICKEN FRYERS WING COOKED,
0713	CHICKEN FRYERS RIB COOKED,

ITEM CODE	ITEM DESCRIPTION
0715	CHICKEN FRYERS THIGH COOKED,
0717	CHICKEN FRYERS WING COOKED,
0719	CHICKEN ROASTERS TOTAL EDIBLE COOKED,
0721	CHICKEN ROASTERS FLESH,GIBLETS COOKED,
0723	CHICKEN ROASTERS FLESH AND SKIN COOKED,
0725	CHICKEN ROASTERS FLESH ONLY COOKED,
0726	CHICKEN-ROASTERS GIBLETS-RAW
0728	CHICKEN-ROASTERS-LIGHT MEAT COOKED,
0732	CHICKEN-HENS & COCKS-TOT EDIB,COOKED
0734	CHICKEN-HENS & COCKS-FLESH,GIBLETS,COOKE
0736	CHICKEN-HENS & COCK-FLESH,SKIN,COOK,STEW
0738	CHICKEN-HENS & COCK-FLESH ONLY,COOK,STEW
0741	CHICKEN-HENS& COCKS-LIGHT MEAT COOK,STEW
0752	CHICKEN AND NOODLES,
0753	CHICKPEAS OR GARBANZOS,MATURE,DRY,RAW
0758	CHIVES,RAW
0789	COCONUT MEAT FRESH
0815	COOKIES BUTTER,THIN,RICH
0816	COOKIES CHOCOLATE
0818	COOKIES CHOCOLATE CHIP COMMERCIAL TYPE
0828	COOKIES RAISIN
0831	COOKIES SUGAR,SOFT,THICK,
0846	CORN,SWEET COOKED,KERNELS,ON COB
0863	CORN GRITS,DEGERMED ENRICHED COOKED
0876	CORNBREAD,WHOLE-GROUND CORNMEAL
0883	CORNMEAL,WHOLE-GROUND,UNBOLTED
0886	CORNMEAL,DEGERMED,COOKED
0897	COWPEAS,IMMATURE COOKED, — cowpeas, Mature, Dry, Raw
0974	COWPEAS,MATURE,DRY COOKED
0931	CREAM,FLUID HEAVY WHIPPING
0942	CUCUMBERS,RAW NOT PARED
0943	CUCUMBERS,RAW PARED
0948	CUSTARD,BAKED
0952	DATES,DOMESTIC,NATURAL AND DRY
0957	DOUGHNUTS,CAKE TYPE
0962	DUCK,DOMESTICATED,RAW,FLESH ONLY
0964	DUCK,WILD,RAW FLESH ONLY
0968	EGGS CHICKEN RAW WHOLE,
0973	EGGS CHICKEN COOKED FRIED
0974	EGGS CHICKEN COOKED HARD-COOKED
0975	EGGS CHICKEN COOKED OMELET
0977	EGGS CHICKEN COOKED SCRAMBLED
0983	EGGS DUCK,WHOLE,FRESH,RAW
0984	EGGS GOOSE,WHOLE,FRESH,RAW
0985	EGGS TURKEY,WHOLE,FRESH,RAW
0987	EGGPLANT COOKED,SOILED,DRAINED
0992	FARINA ENRICHED REGULAR COOKED
1001	FIGS RAW
1007	FIGS DRIED,UNCOOKED
1029	GARLIC,CLOVES,RAW
1032	GELATIN DESSERTS,PLAIN
1037	GIZZARD CHICKEN,COOKED,
1040	GIZZARD TURKEY,COOKED,
1042	GOOSE,TOTAL EDIBLE COOKED,
1044	GOOSE,FLESH AND SKIN COOKED,
1046	GOOSE,FLESH ONLY COOKED,
1053	GRAPEFRUIT RAW ALL VARIETIES
1085	GRAPES RAW EUROPEAN TYPE
1111	HEART BEEF,LEAN COOKED,
1113	HEART BEEF,LEAN WITH VISIBLE FAT COOKED,
1115	HEART CALF COOKED,
1117	HEART CHICKEN,COOKED,
1121	HEART LAMB COOKED

ITEM CODE	ITEM DESCRIPTION
1123	HEART TURKEY,COOKED,
1134	HONEY,STRAINED OR EXTRACTED
1135	HORSERADISH RAW
1143	ICE MILK
1144	ICES,WATER,LIME
1148	JAMS AND PRESERVES
1149	JELLIES
1152	JUJUBE,DRIED
1156	KALE COOKED,LEAVES,INCLUD STEMS
1160	KIDNEYS BEEF COOKED,
1166	KOHLRABI,COOKED,BOILED,DRAINED
1175	LAMB CUTS PRIME GRADE
1176	LAMB CUTS,CHOICE GRADE
1180	LAMB RETAIL CUTS,LEG PRIME COOKED,ROAST
1205	LAMB-LOIN-TOT EDIB COOKED,
1210	LAMB-RIB PRIME,TOTAL EDIBLE COOKED,
1212	LAMB-RIB PRIME,SEPARABLE LEAN COOKED
1215	LAMB-RIB CHOICE TOT EDIB COOKED,
1217	LAMB-RIB CHOICE SEPARABLE LEAN COOKED
1220	LAMB-RIB GOOD TOT EDIB,COOKED,
1222	LAMB-RIB GOOD SEPARABLE LEAN COOKED
1225	LAMB SHOULDER PRIME TOTAL COOKED,ROASTED
1227	LAMB SHOULDER PRIME SEPAR LEAN COOK,
1242	LEEKS,BULB AND LEAF PORTION,RAW
1244	LEMONS,RAW FRUIT,INCLUDING PEEL
1245	LEMON JUICE RAW
1254	LENTILS,MATURE SEEDS,DRY WHOLE COOKED
1258	LETTUCE,RAW CRISPHEAD VARIETIES
1259	LETTUCE,RAW LOOSELEAF,VARIETIES,
1260	LIMES,ACID TYPE,RAW
1261	LIME JUICE RAW
1267	LIVER BEEF COOKED,
1269	LIVER CALF COOKED
1271	LIVER CHICKEN,COOKED,
1276	LIVER LAMB COOKED,
1278	LIVER TURKEY,ALL CLASSES COOKED,
1291	LOQUATS,RAW
1292	LUNGS,RAW BEEF
1293	LUNGS,RAW CALF
1294	LUNGS,RAW LAMB
1295	LYCHEES RAW
1296	LYCHEES DRIED
1299	MACARONI ENRICHED COOKED,FIRMSTAGE
1300	MACARONI ENRICHED COOKED TENDER STAGE
1302	MACARONI UNENRICHED COOKED FIRM STAGE
1303	MACARONI UNENRICHED TENDER STAGE COOKED
1316	MANGOS,RAW
1317	MARGARINE
1321	MILK,COW FLUID PASTEURIZED WHOLE 3.7%FAT
1322	MILK,COW FLUID PASTEURIZED SKIM
1324	MILK,COW CANNED EVAPORATED
1325	MILK,COW CONDENSED SWEETEN
1326	MILK,COW DRY WHOLE
1327	MILK COW DRY SKIM NON FAT SOLIDS
1335	MILK GOAT FLUID
1336	MILK HUMAN,U.S.SAMPLES
1338	MILLET,PROSO,WHOLE GRAIN
1341	MOLASSES CANE THIRD EXTRACT BLACKSTRAP
1356	MUSHROOMS EDIBLE SPECIES RAW
1358	MUSKMELONS RAW CANTALOUPS
1359	MUSKMELONS RAW CASABA GOLDEN BEAUTY
1360	MUSKMELONS RAW HONEYDEW
1362	MUSKRAT COOKED ROASTED

12-3

LENTIL, MATURE SEEDS, DRY, WHOLE, RAW

ITEM CODE	ITEM DESCRIPTION
1367	MUSTARD GREENS COOKED BOILED
1377	NOODLES EGG ENRICHED DRY FORM
1378	NOODLES EGG ENRICHED COOKED
1380	NOODLES EGG UNENRICHED COOKED
1401	OILS SALAD OR COOKING
1403	OKRA COOKED BOILED
1406	OLIVES PICKLED GREEN
1412	ONIONS MATURE DRY RAW
1413	ONIONS MATURE DRY COOKED BOILED
1415	ONIONS YOUNG GREEN BULB AND TOP
1416	ONIONS YOUNG GREEN BULB AND WHITE OF TOP
1417	ONION YOUNG GREEN TOP ONLY GREEN PORTION
1420	ORANGES RAW PEELED ALL VARIETIES
1422	ORANGE RAW PEELED CALIF VALENCIAS SUMMER
1425	ORANGE JUICE RAW ALL VARIETIES
1427	ORANGE JUICE RAW CALIF VALENCIAS SUMMER
1434	ORANGE JUICE CANNED UNSWEET UNDILUTE
1440	ORANGE PEEL RAW
1473	PARSNIPS RAW
1479	PEACHES RAW
1486	PEACHES DEHYDRATED COOKED WITH SUGAR
1492	PEANUTS RAW WITH SKINS
1502	PEARS RAW INCLUDING SKIN
1503	PEARS CANDIED
1514	PEAS EDIBLE PODDED COOKED BOILED DRAIN
1537	PEPPERS HOT CHILI IMMAT RAW EXCLUD SEEDS
1539	PEPPERS HOT CHILI IMMAT CANN CHILI SAUCE
1540	PEPER HOT CHILI MAT RED RAW POD INC SEED
1541	PEPER HOT CHILI MAT RED RAW POD EXC SEED
1542	PEPPERS HOT CHILI MATURE RED CANNED SAUC
1543	PEPPERS HOT CHILI MATURE RED DRIED PODS
1544	PEPPERS HOT CHILI MATURE RED DRIED POWDE
1545	PEPPERS SWEET IMMATURE GREEN RAW
1547	PEPPERS SWEET IMMATURE GREEN COOKED STUF
1548	PEPPERS SWEET MATURE RED RAW
1553	PHEASANT RAW TOTAL EDIBLE
1554	PHEASANT RAW FLESH AND SKIN
1556	PHEASANT RAW GIBLETS
1560	PICKLES CUCUMBER SOUR
1624	PINENUTS PIGNOLIAS
1626	PISTACHIONUTS
1641	PLUMS RAW PRUNE TYPE
1651	POMEGRANATE PULP RAW
1654	POPCORN POPPED PLAIN
1655	POPCORN POPPED OIL AND SALT ADDED
1656	POPCORN POPPED SUGAR COATED
1786	POTATOES COOKED BAKED IN SKIN
1787	POTATOES COOKED BOILED IN SKIN
1788	POTATOES COOKED BOILED PARED
1790	POTATOES COOKED FRIED FROM RAW
1809	POTATO CHIPS
1824	PUDDINGS STARCH VANILLA BLANC MANGE
1831	PUMPKIN RAW
1837	QUAIL RAW FLESH AND SKIN
1838	QUAIL RAW GIBLETS
1841	RABBIT FLESH ONLY COOKED STEWED
1844	RADISHES RAW COMMON
1845	RADISHES RAW ORIENTAL INCLUDING DAIKON
1846	RAISINS NATURAL UNCOOKED
1847	RAISINS NATURAL COOKED ADDED SUGAR
1848	RASPBERRIES RAW BLACK
1849	RASPBERRIES RAW RED
1865	RHUBARB RAW

PEAS, MATURE SE
SEEDS, DRY, WHOLE

ITEM CODE	ITEM DESCRIPTION
1866	RHUBARB COOKED ADDED SUGAR
1870	RICE BROWN COOKED
1872	RICE WHITE, ENRICHED COMMON COOKED
1904	ROLLS AND BUNS RAISIN
1905	ROLLS AND BUNS SWEET
1963	SALT TABLE
1983	SAUSAGE BOLOGNA ALL MEAT
2032	SESAME SEEDS DRY WHOLE
2158	SPAGHETTI ENRICHED COOKED FIRM STAGE
2159	SPAGHETI ENRICHED COOKED TENDER STAGE
2163	SPAGHETTI TOMATO SAUCE WITH CHEESE COOK
2165	SPAGHETTI MEAT BALLS TOMATO SAUCE COOKED
2170	SPINACH COOKED BOILED
2192	SQUASH SUMMER ALL VARIETIES COOKED
2201	SQUASH WINTER ALL VARIETY BOILED MASHED
2217	STRAWBERRIES RAW
2228	SUET BEEF KIDNEY FAT RAW
2229	SUGARS BEET OR CANE BROWN
2230	SUGARS BEET OR CANE GRANULATED
2236	SUNFLOWER SEED KERNELS DRY
2241	SWEETBREADS THYMUS BEEF COOKED
2243	SWEETBREADS THYMUS CALF COOKED BRAISED
2245	SWEETBREADS THYMUS LAMB COOKED BRAISED
2249	SWEETPOTATOES COOKED BAKED IN SKIN
2250	SWEETPOTATOES COOKED BOILED IN SKIN
2261	TANGELO JUICE RAW
2262	TANGERINES RAW
2263	TANGERINE JUICE RAW
2264	TANGERINE JUICE CANNED UNSWEETENED
2277	TEA INSTANT BEVERAGE
2281	TOMATOES GREEN RAW
2282	TOMATOES RIPE RAW
2283	TOMATOES RIPE COOKED BOILED
2302	TONGUE BEEF MEDIUM FAT COOKED
2306	TONGUE CALF COOKED
2310	TONGUE LAMB COOKED
2312	TONGUE SHEEP COOKED BRAISED
2328	TURKEY TOTAL EDIBLE COOKED
2331	TURKEY TOTAL EDIBLE FLESH ONLY COOKED
2335	TURKEY LIGHT MEAT COOKED
2337	TURKEY DARK MEAT COOKED
2339	TURKEY GIBLETS COOKED
2340	TURKEY YOUNG BIRDS TOTAL EDIBLE
2342	TURKEY YOUNG BIRDS LIGHT MEAT
2343	TURKEY YOUNG BIRDS DARK MEAT
2353	TURNIPS COOKED BOILED
2355	TURNIP GREEN COOK SMALL WATER SHORT TIME
2356	TURNIP GREEN COOK LARGE WATER LONG TIME
2363	VEAL CARCASS RAW INC KIDNEY FAT CLASS
2366	VEAL CARCASS RAW EXCL KIDNEY FAT CLASS
2370	VEAL RET CUT UNTRIM CHUC MED TOT ED COOK
2405	VENISON LEAN MEAT ONLY RAW
2421	WALNUTS PERSIAN OR ENGLISH
2422	WATERCHESTNUT CHINESE RAW
2424	WATERMELON RAW
2430	WHEAT WHOLE GRAIN HARD RED SPRING
2431	WHEAT WHOLE GRAIN HARD RED WINTER
2432	WHEAT WHOLE GRAIN SOFT RED WINTER
2433	WHEAT WHOLE GRAIN WHITE
2435	WHEAT FLOURS WHOLE HARD WHEATS
2436	WHEAT FLOURS 80% EXTRACTION HARD WHEATS
2437	WHEAT FLOURS STRAIGHT HARD WHEAT
2446	WHEAT BRAN CRUDE

1869 RICE BROWN RAW

1871 RICE BRAN

ITEM CODE	ITEM DESCRIPTION
2447	WHEAT GERM CRUDE
2449	WHEAT BREAKFAST CEREALS ROLLED COOKED
2450	WHEAT BREAKFAST CER ROLL WHOLE MEAL DRY
2451	WHEAT BREAKFAST CEREALS WHOLE MEAL COOKE
2452	WHEAT BREAKFAST CER TOAST QUICK COOK DRY
2453	WHEAT BREAKFAST CER TOAST QUICK COOK
2477	YEAST BAKERS DRY ACTIVE
2481	YOGHURT MADE PART SKIM MILK
2482	YOGHURT MADE WHOLE MILK
7001	BEAN,KIDNEY WHOLE SEEDS,DRIED E. P.
7002	SPARROW,FLESH BONES,E.P.
7003	SQUAB&PIGEON FLESH,SKIN GIBLETS
7004	FRUIT, BITTERORANGE. RAW.
7005	FRUIT,MULBERRY RAW PULP AND SEEDS E.P
7006	FRUIT,PUMMELO, RAW E.P
7007	FISH,GOLD RAW E.P.
7008	HEART,GOAT RAW E.P.
7009	JAM,GRAPE
7010	JUICE, SUGARCANE.
7011	KIDNEY GOAT,RAW, E.P
~~7012~~	~~KOHLRABI RAW E.P~~
7013	LEAVES,BITTERORANGE SEMI DRIED.
7014	CORRIANDER LEAVES,RAW E.P
7015	CURRY LEAVES DRIED,POWDER
7016	LEAVES,MINT RAW E.P
7017	LIVER. GOAT RAW. E.P
7018	LUNG-GOAT RAW E.P
7019	MARMALADE,ORANGE.
7020	GOAT,RAW LEAN E.P.
7021	HORSE,MEAT RAW E.P
~~7022~~	~~PHEASANT,RAW E.P~~
7023	OIL,PEANUT.
7024	OIL,SESAME
~~7025~~	~~QUAIL RAW E.P. FLESH,SKIN GIBLETS~~
7026	ROOTS GINGER. RAW E.P
7027	SEEDS,PUMPKIN DRIED SALTED E.P
~~7028~~	~~SEEDS SESAME WHOLE DRIED~~
~~7029~~	~~SEEDS SUNFLOWER DRIED E.P~~
7030	CUMIN SEEDS,WHITE DRIED.
7031	ANISE SEEDS DRIED
7032	SHERBET
7033	SMALL FISH,SMALL WHOLE STEAMED. E.P
7034	SOUP CHICKEN MADE FROM BONES
7035	SOUP,RICE,CONGA
7036	STOMACH, BEEF RAW, E.P
7037	STOMACH, GOAT RAW,EP.
7038	SYRUP SUGARCANE
7039	TALLO
7041 7134	TURMERIC,DRIED Gur (Sugar, Br, Crude)

END OF-DATA

LEGEND - FOR HEADING CODES

1 - WATER %

2 - FOOD ENERGY CAL.

3 - PROTEIN GM.

4 - FAT GM.

5 -CARBOHYDRATE TOTAL GM

6 -CARBOHYDRATE FIBRE GM

7 - ASH GM.

8 - CALCIUM MG.

9 - PHOSPHOROUS MG.

10- IRON MG.

11- SODIUM MG.

12- POTASSIUM MG.

13- VITAMIN-A VALUE I.U.

14- THIAMIN MG.

15- RIBOFLAVIN MG.

16- NIACIN MG.

17- ASCORBIC ACID MG.

REPORT IN SEQUENCE OF - ENERGY COLUMN - 2

USAID FOOD FOR PEA

COMPOSITION OF AFGHAN FOOD

ENERGY COLUMN - 2

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	5
7023	OIL,PEANUT.		884	T	99.9	0.0
1401	OILS SALAD OR COOKING	0.0	884	0.0	100.	0.0
7024	OIL,SESAME		881	0.2	99.7	0.1
7039	TALLO		878	0.3	99.7	0.0
506	BUTTER OIL OR DEHYDRATED BUTTER	.2	876	.3	99.5	0.0
2228	SUET BEEF KIDNEY FAT RAW	4.	854	1.5	94.	0.0
1317	MARGARINE	15.5	720	.6	81.	.4
505	BUTTER	15.5	716	.6	81.0	.4
2421	WALNUTS PERSIAN OR ENGLISH	3.5	651	14.8	64.0	15.8
9	ALMONDS ROASTED AND SALTED	.7	627	18.6	57.7	19.5
8	ALMONDS DRIED	4.7	598	18.6	54.2	19.5
1626	PISTACHIONUTS	5.3	594	19.3	53.7	19.0
~~7028~~	~~SEEDS,SESAME WHOLE DRIED~~		~~582~~	~~17.2~~	~~52.8~~	~~19.8~~
7027	SEEDS,PUMPKIN DRIED SALTED E.P		569	24.2	50.4	15.5
1809	POTATO CHIPS	1.8	568	5.3	39.8	50.0
1492	PEANUTS RAW WITH SKINS	5.6	564	26.0	47.5	18.6
2032	SESAME SEEDS DRY WHOLE	5.4	563	18.6	49.1	21.6
599	CANDY CHOCOLATE-COATED PEANUTS	1.0	561	16.4	41.3	39.1
2236	SUNFLOWER SEED KERNELS DRY	4.8	560	24.0	47.3	19.9
1624	PINENUTS PIGNOLIAS	5.6	552	31.1	47.4	11.0
586	CANDY CHOCOLATE SWEET	.9	528	4.4	35.1	57.9
1326	MILK,COW DRY WHOLE	2.0	502	26.4	27.5	38.2
1210	LAMB-RIB PRIME,TOTAL EDIBLE COOKED,	35.5	492	16.9	46.5	0.0
~~7029~~	~~SEEDS,SUNFLOWER DRIED E.P~~		~~490~~	~~16.7~~	~~32.8~~	~~38.8~~
818	COOKIES CHOCOLATE CHIP COMMERCIAL TYPE	2.7	471	5.4	21.0	69.7
815	COOKIES BUTTER,THIN,RICH	4.5	457	6.1	16.9	70.9
613	CANDY SUGAR-COATED ALMONDS	2.3	456	7.8	18.6	70.2
1655	POPCORN POPPED OIL AND SALT ADDED	3.1	456	9.8	21.8	59.1
816	COOKIES CHOCOLATE	4.0	445	7.1	15.7	71.5
831	COOKIES SUGAR,SOFT,THICK,	7.9	444	6.0	16.8	68.0
1044	GOOSE,FLESH AND SKIN COOKED,	37.9	441	22.9	38.1	0.0
1042	GOOSE,TOTAL EDIBLE COOKED,	39.1	426	23.7	36.0	0.0
693	CHICKEN FRYERS SKIN ONLY COOKED,	32.5	419	28.3	28.9	9.1
7031	ANISE SEEDS DRIED		415	19.	24.7	45.3
10	ALMOND MEAL,PARTIALLY DEFATTED	7.2	408	39.5	18.3	28.9
1215	LAMB-RIB CHOICE TOT EDIB COOKED,	42.9	407	20.1	35.6	0.0
957	DOUGHNUTS,CAKE TYPE 7154	23.7	391	4.6	18.6	51.4
1377	NOODLES EGG ENRICHED DRY FORM	9.8	388	12.8	4.6	72.0
510	BUTTERMILK,DRIED	2.8	387	34.3	5.3	50.0
1654	POPCORN POPPED PLAIN	4.0	386	12.7	5.0	76.7
2230	SUGARS BEET OR CANE GRANULATED	.5	385	0.0	0.0	99.5
1656	POPCORN POPPED SUGAR COATED	4.0	383	6.1	3.5	85.4
2452	WHEAT BREAKFAST CER TOAST QUICK COOK DRY	6.4	383	12.0	1.6	78.5
828	COOKIES RAISIN	8.2	379	4.4	5.3	80.8
1220	LAMB-RIB GOOD TOT EDIB,COOKED,	45.4	378	21.2	31.9	0.0
1225	LAMB SHOULDER PRIME TOTAL COOKED,ROASTED	46.2	374	20.7	31.7	0.0
2229	SUGARS BEET OR CANE BROWN	2.1	373	0.0	0.0	96.4
1113	HEART BEEF,LEAN WITH VISIBLE FAT COOKED,	44.4	372	25.8	29.0	.1
732	CHICKEN-HENS & COCKS-TOT EDIB,COOKED	45.9	369	24.0	29.5	0.0
2436	WHEAT FLOURS 80% EXTRACTION HARD WHEATS	12.	365	12.	1.3	74.1
2437	WHEAT FLOURS STRAIGHT HARD WHEAT	12.	365	11.8	1.2	74.5
1327	MILK COW DRY SKIM NON FAT SOLIDS	3.0	363	35.9	.8	52.3
2447	WHEAT GERM CRUDE	11.5	363	26.6	10.9	46.7
753	CHICKPEAS OR GARBANZOS,MATURE,DRY,RAW	10.7	360	20.5	4.8	61.0
883	CORNMEAL,WHOLE-GROUND,UNBOLTED	12.0	355	9.2	3.9	73.7

1869 RICE BROWN 360

USAID FOOD

COMPOSITION OF AFG

ENERGY COLUMN - 2

ITEM CODE	FOOD DESCRIPTION	1	2
1160	KIDNEYS BEEF COOKED,	53.0	252
689	CHICKEN FRYERS FLESH AND SKIN COOKED,	53.5	250
687	CHICKEN FRYERS FLESH,SKIN,GIBLETS COOKED	53.3	249
723	CHICKEN ROASTERS FLESH AND SKIN COOKED,	57.0	248
7019	MARMALADE,ORANGE.		244
2302	TONGUE BEEF MEDIUM FAT COOKED	60.8	244
213	BEEF,CARCASS TOTAL EDIBLE,RAW UTIL GRADE	62.5	242
721	CHICKEN ROASTERS FLESH,GIBLETS COOKED,	57.5	242
473	BREADS WHOLE-WHEAT,MADE WITH-WATER	36.4	241
715	CHICKEN FRYERS THIGH COOKED,	55.8	237
709	CHICKEN FRYERS DRUMSTICK COOKED,	55.0	235
2370	VEAL RET CUT UNTRIM CHUC MED TOT ED COOK	58.5	235
697	CHICKEN FRYERS LIGHT MEAT,SKIN COOKED,	55.0	234
1046	GOOSE,FLESH ONLY COOKED,	54.8	233
2339	TURKEY GIBLETS COOKED	61.0	233
1267	LIVER BEEF COOKED,	56.0	229
1212	LAMB-RIB PRIME,SEPARABLE LEAN COOKED	59.1	224
1434	ORANGE JUICE CANNED UNSWEET UNDILUTE	42.0	223
703	CHICKEN FRYERS DARK MEAT COOKED,	57.5	220
368	BEEF,HAMBURGER,LEAN COOKED	60.0	219
973	EGGS CHICKEN COOKED FRIED	67.7	216
1123	HEART TURKEY,COOKED,	63.2	216
1841	RABBIT FLESH ONLY COOKED STEWED	59.8	216
1227	LAMB SHOULDER PRIME SEPAR LEAN COOK,	60.4	215
1341	MOLASSES CANE THIRD EXTRACT BLACKSTRAP	24.	213
1847	RAISINS NATURAL COOKED ADDED SUGAR	41.4	213
2446	WHEAT BRAN CRUDE	11.5	213
1217	LAMB-RIB CHOICE SEPARABLE LEAN COOKED	60.3	211
691	CHICKEN FRYERS FLESH ONLY COOKED,	58.6	209
738	CHICKEN-HENS & COCK-FLESH ONLY,COOK,STEW	60.4	208
1115	HEART CALF COOKED,	60.3	208
876	CORNBREAD,WHOLE-GROUND CORNMEAL	53.9	207
2363	VEAL CARCASS RAW INC KIDNEY FAT CLASS	66.	207
1222	LAMB-RIB GOOD SEPARABLE LEAN COOKED	60.7	206
707	CHICKEN FRYERS BREAST COOKED,	58.4	203
2337	TURKEY DARK MEAT COOKED	60.5	203
701	CHICKEN FRYERS LIGHT MEAT COOKED,	59.5	197
1040	GIZZARD TURKEY,COOKED,	62.7	196
983	EGGS DUCK,WHOLE,FRESH,RAW	70.4	191
2331	TURKEY TOTAL EDIBLE FLESH ONLY COOKED	61.2	190
2366	VEAL CARCASS RAW EXCL KIDNEY FAT CLASS	68.	190
1111	HEART BEEF,LEAN COOKED,	61.3	188
984	EGGS GOOSE,WHOLE,FRESH,RAW	70.4	185
725	CHICKEN ROASTERS FLESH ONLY COOKED,	62.8	183
728	CHICKEN-ROASTERS-LIGHT MEAT COOKED,	61.3	182
741	CHICKEN-HENSE COCKS-LIGHT MEAT COOK,STEW	62.1	180
7020	GOAT,RAW LEAN E.P.		179
684	CHICKEN ALL CLASSES DARK MEAT COOKED,	64.4	176
1838	QUAIL RAW GIBLETS	63.0	176
2335	TURKEY LIGHT MEAT COOKED	62.1	176
7003	SQUAB&PIGEON FLESH,SKIN GIBLETS		175
2245	SWEETBREADS THYMUS LAMB COOKED BRAISED	64.6	175
1278	LIVER TURKEY,ALL CLASSES COOKED,	63.3	174
975	EGGS CHICKEN COOKED OMELET	72.1	173
977	EGGS CHICKEN COOKED SCRAMBLED	72.1	173

USAID FOOD

COMPOSITION OF AFG

ENERGY COLUMN - 2

ITEM CODE	FOOD DESCRIPTION	1	2
1117	HEART CHICKEN,COOKED,	66.7	173
1837	QUAIL RAW FLESH AND SKIN	66.3	172
985	EGGS TURKEY,WHOLE,FRESH,RAW	72.6	170
1547	PEPPERS SWEET IMMATURE GREEN COOKED STUF	63.1	170
2243	SWEETBREADS THYMUS CALF COOKED BRAISED	62.7	168
64	AVOCADOSORAW ALL VARIETIES	74.0	167
682	CHICKEN ALL CLASSES COOKED,	63.8	166
962	DUCK,DOMESTICATED,RAW,FLESH ONLY	68.8	165
1271	LIVER CHICKEN,COOKED,	65.0	165
968	EGGS CHICKEN RAW WHOLE,	73.7	163
974	EGGS CHICKEN COOKED HARD-COOKED	73.7	163
2306	TONGUE CALF COOKED	68.5	160
7017	LIVER. GOAT RAW. E.P		159
752	CHICKEN AND NOODLES,	71.1	153
1362	MUSKRAT COOKED ROASTED	67.3	153
1143	ICE MILK	66.7	152
1554	PHEASANT RAW FLESH AND SKIN	68.9	152
1553	PHEASANT RAW TOTAL EDIBLE	69.2	151
1037	GIZZARD CHICKEN,COOKED,	68.0	148
1299	MACARONI ENRICHED COOKED,FIRMSTAGE	63.6	148
1302	MACARONI UNENRICHED COOKED FIRM STAGE	63.6	148
2158	SPAGHETTI ENRICHED COOKED FIRM STAGE	63.6	148
7013	LEAVES,BITTERORANGE SEMI DRIED.		146
2340	TURKEY YOUNG BIRDS TOTAL EDIBLE	71.5	145
1866	RHUBARB COOKED ADDED SUGAR	62.8	141
2249	SWEETPOTATOES COOKED BAKED IN SKIN	63.7	141
~~7022~~	~~PHEASANT,RAW E.P.~~		~~140~~
1556	PHEASANT RAW GIBLETS	71.4	139
177	BEANS,LIMA MATURE SEEDS,DRY COOKED	64.1	138
964	DUCK,WILD,RAW FLESH ONLY	70.8	138
1029	GARLIC,CLOVES,RAW	61.3	137
1324	MILK,COW CANNED EVAPORATED	73.8	137
685	CHICKEN BROILERS,COOKED,	71.0	136
726	CHICKEN-ROASTERS GIBLETS-RAW	72.4	135
2165	SPAGHETTI MEAT BALLS TOMATO SAUCE COOKED	70.0	134
2405	VENISON LEAN MEAT ONLY RAW	74.	126
438	BRAINS,ALL KINDS BEEF,CALF,SHEEP ,RAW	78.9	125
1378	NOODLES EGG ENRICHED COOKED	70.4	125
1380	NOODLES EGG UNENRICHED COOKED	70.4	125
7002	SPARROW,FLESH BONES,E.P.		124
7032	SHERBET		123
7008	HEART,GOAT RAW E.P.		122
41	APRICOTS DRIED,COOKED,WITH SUGAR	66.2	122
7021	HORSE,MEAT RAW E.P		121
1486	PEACHES DEHYDRATED COOKED WITH SUGAR	66.6	121
1870	RICE BROWN COOKED	70.3	119
~~7025~~	~~QUAIL-RAW E.P. FLESH,SKIN GIBLETS~~		~~118~~
155	BEANS,COMMON,DRY WHITE COOKED	69.0	118
160	BEANS,COMMON,DRY RED COOKED	69.0	118
1406	OLIVES PICKLED GREEN	78.2	116
948	CUSTARD,BAKED 1533 PEAS MATURE	77.2	115
2250	SWEETPOTATOES COOKED BOILED IN SKIN	70.6	114
7018	LUNG-GOAT RAW E.P		112
23	APPLES DRIED,COOKED WITH SUGAR	69.7	112
1300	MACARONI ENRICHED COOKED TENDER STAGE	72.0	111

USAID FOOD

COMPOSITION OF AFG

ENERGY COLUMN - 2

ITEM CODE	FOOD DESCRIPTION	1	2
1303	MACARONI UNENRICHED TENDER STAGE COOKED	72.0	111
1824	PUDDINGS STARCH VANILLA BLANC MANGE	76.0	111
2159	SPAGHETI ENRICHED COOKED TENDER STAGE	72.0	111
2343	TURKEY YOUNG BIRDS DARK MEAT	75.7	111
1872	RICE WHITE ENRICHED COMMON COOKED	72.6	109
897	COWPEAS,IMMATURE COOKED,	71.8	108
2342	TURKEY YOUNG BIRDS LIGHT MEAT	73.8	108
647	CHEESES,NATURAL COTTAGE CREAMED	78.3	106
1254	LENTILS,MATURE SEEDS,DRY WHOLE COOKED	72.0	106
1293	LUNGS,RAW CALF	77.4	106
2163	SPAGHETTI TOMATO SAUCE WITH CHEESE COOK	77.0	104
480	BREADFRUIT,RAW	70.8	103
1294	LUNGS,RAW LAMB	76.7	103
7037	STOMACH, GOAT RAW,EP.		100
7011	KIDNEY GOAT RAW, E.P		99
7033	SMALL FISH,SMALL WHOLE STEAMED. E.P		97
1292	LUNGS,RAW BEEF	78.8	96
1440	ORANGE PEEL RAW	72.5	93
1540	PEPER HOT CHILI MAT RED RAW POD INC SEED	74.3	93
1786	POTATOES COOKED BAKED IN SKIN	75.1	93
846	CORN,SWEET COOKED,KERNELS,ON COB	74.1	91
371	BEEF AND VEGETABLE STEW COOKED	82.4	89
1135	HORSERADISH RAW	74.6	87
648	CHEESES,NATURAL COTTAGE UNCREAMED	79.0	86
7036	STOMACH, BEEF RAW, E.P		85
141	BANANAS RAW COMMON	75.7	85
1001	FIGS RAW	77.5	80
2422	WATERCHESTNUT CHINESE RAW	78.3	79
7007	FISH,GOLD RAW E.P.		78
1144	ICES,WATER,LIME	66.9	78
1336	MILK HUMAN,U.S.SAMPLES	85.2	77
904	COWPEAS,MATURE,DRY COOKED	80.0	76
1473	PARSNIPS RAW	79.1	76
1787	POTATOES COOKED BOILED IN SKIN	79.8	76
1641	PLUMS RAW PRUNE TYPE	78.7	75
2449	WHEAT BREAKFAST CEREALS ROLLED COOKED	79.7	75
1848	RASPBERRIES RAW BLACK	80.8	73
663	CHERRIES RAW SWEET	80.4	70
1085	GRAPES RAW EUROPEAN TYPE	81.4	67
1335	MILK GOAT FLUID	87.5	67
1316	MANGOS,RAW	81.7	66
1321	MILK,COW FLUID PASTEURIZED WHOLE 3.7%FAT	87.2	66
1541	PEPER HOT CHILI MAT RED RAW POD EXC SEED	80.3	65
1789	POTATOES COOKED BOILED PARED	82.8	65
2453	WHEAT BREAKFAST CER TOAST QUICK COOK	84.1	65
1295	LYCHEES RAW	81.9	64
1651	POMEGRANATE PULP RAW	82.3	63
2482	YOGHURT MADE WHOLE MILK	88.0	62
1502	PEARS RAW INCLUDING SKIN	83.2	61
1032	GELATIN DESSERTS,PLAIN	84.2	59
417	BLACKBERRIES,INCLUD DEW,BOYSEN,YOUNG,RAW	8 5	58
662	CHERRIES RAW SOUR,RED	83.7	58
1849	RASPBERRIES RAW RED	84.2	57
7010	JUICE, SUGARCANE.		56
15	APPLES RAW,FRESH NOT PARED	84.8	56

USAID FOOD

COMPOSITION OF AFGH

ENERGY COLUMN - 2

ITEM CODE	FOOD DESCRIPTION	1	2
1242	LEEKS,BULB AND LEAF PORTION,RAW	85.4	52
30	APRICOTS RAW	85.3	51
863	CORN GRITS,DEGERMED ENRICHED COOKED	87.1	51
1422	ORANGE RAW PEELED CALIF VALENCIAS SUMMER	85.6	51
886	CORNMEAL,DEGERMED,COOKED	87.7	50
2481	YOGHURT MADE PART SKIM MILK	89.0	50
1420	ORANGES RAW PEELED ALL VARIETIES	86.0	49
1291	LOQUATS,RAW	86.5	48
1427	ORANGE JUICE RAW CALIF VALENCIAS SUMMER	87.8	47
7026	ROOTS GINGER RAW E.P		46
2262	TANGERINES RAW	87.	46
1416	ONIONS YOUNG GREEN BULB AND WHITE OF TOP	07.6	45
1425	ORANGE JUICE RAW ALL VARIETIES	88.3	45
2451	WHEAT BREAKFAST CEREALS WHOLE MEAL COOKE	87.7	45
1514	PEAS EDIBLE PODDED COOKED BOILED DRAIN	86.6	43
2263	TANGERINE JUICE RAW	88.9	43
2264	TANGERINE JUICE CANNED UNSWEETENED	88.8	43
7005	FRUIT,MULBERRY RAW PULP AND SEEDS E.P		42
619	CARROTS RAW	88.2	42
992	FARINA ENRICHED REGULAR COOKED	89.5	42
1053	GRAPEFRUIT RAW ALL VARIETIES	88.4	41
2261	TANGELO JUICE RAW	89.4	41
7006	FRUIT,PUMMELO, RAW E.P		39
404	BEVERAGES,CARBONATED,COLA TYPE	90.0	39
7035	SOUP,RICE,CONGA		38
7004	FRUIT, BITTERORANGE. RAW.		38
1412	ONIONS MATURE DRY RAW	89.1	38
1479	PEACHES RAW	89.1	38
2201	SQUASH WINTER ALL VARIETY BOILED MASHED	88.8	38
7014	CORRIANDER LEAVES,RAW E.P		37
1537	PEPPERS HOT CHILI IMMAT RAW EXCLUD SEEDS	88.8	37
2217	STRAWBERRIES RAW	89.9	37
509	BUTTERMILK,FLUID, FROM SKIM MILK	90.5	36
1322	MILK,COW FLUID PASTEURIZED SKIM	90.5	36
1415	ONIONS YOUNG GREEN BULB AND TOP	89.4	36
1356	MUSHROOMS EDIBLE SPECIES RAW	89.1	35
1360	MUSKMELONS RAW HONEYDEW	90.6	33
7016	LEAVES,MINT RAW E.P		32
385	BEETS,COMMON,RED COOKED,BOILED,	90.9	32
~~7012~~	~~KOHLRABI RAW E.P~~		~~31~~
620	CARROTS COOKED,BOILED,DRAINED	91.2	31
1548	PEPPERS SWEET MATURE RED RAW	90.7	31
1358	MUSKMELONS RAW CANTALOUPS	91.2	30
1403	OKRA COOKED BOILED	91.1	29
1413	ONIONS MATURE DRY COOKED BOILED	91.8	29
181	BEANS,MUNG SPROUTED SEEDS COOKED,	91.0	28
758	CHIVES,RAW	91.3	28
1156	KALE COOKED,LEAVES,INCLUD STEMS	91.2	28
1260	LIMES,ACID TYPE,RAW	89.3	28
630	CAULIFLOWER RAW	91.0	27
1359	MUSKMELONS RAW CASABA GOLDEN BEAUTY	91.5	27
1417	ONION YOUNG GREEN TOP ONLY GREEN PORTION	91.8	27
1261	LIME JUICE RAW	90.3	26
1831	PUMPKIN RAW	91.6	26
2283	TOMATOES RIPE COOKED BOILED	92.4	26

USAID FOOD

COMPOSITION OF AFG

ENERGY COLUMN - 2

ITEM CODE	FOOD DESCRIPTION	1	2
2424	WATERMELON RAW	92.6	26
183	BEANS,SNAP GREEN COOKED,WATER,SHORT TIME	92.4	25
184	BEANS,SNAP GREEN COOKED,WATER,LONG TIME	92.4	25
1245	LEMON JUICE RAW	91.0	25
512	CABBAGE COMMON RAW	92.4	24
1166	KOHLRABI,COOKED,BOILED,DRAINED	92.2	24
2281	TOMATOES GREEN RAW	93.0	24
1367	MUSTARD GREENS COOKED BOILED	92.6	23
2170	SPINACH COOKED BOILED	92.0	23
2353	TURNIPS COOKED BOILED	93.6	23
631	CAULIFLOWER COOKED,BOILED,DRAINED	92.8	22
1545	PEPPERS SWEET IMMATURE GREEN RAW	93.4	22
2282	TOMATOES RIPE RAW	93.5	22
7034	SOUP CHICKEN MADE FROM BONES		21
1542	PEPPERS HOT CHILI MATURE RED CANNED SAUC	94.1	21
513	CABBAGE COMMON COOKED,SHREDDED,	93.9	20
1244	LEMONS,RAW FRUIT,INCLUDING PEEL	87.4	20
1539	PEPPERS HOT CHILI IMMAT CANN CHILI SAUCE	93.9	20
2355	TURNIP GREEN COOK SMALL WATER SHORT TIME	93.2	20
987	EGGPLANT COOKED,BOILED,DRAINED	94.3	19
1845	RADISHES RAW ORIENTAL INCLUDING DAIKON	94.1	19
2356	TURNIP GREEN COOK LARGE WATER LONG TIME	93.5	19
393	BEET GREENS,COMMON COOKED,BOILED	93.6	18
1259	LETTUCE,RAW LOOSELEAF,VARIETIES,	94.0	18
1844	RADISHES RAW COMMON	94.5	17
1865	RHUBARB RAW	94.8	16
942	CUCUMBERS,RAW NOT PARED	95.1	15
520	CABBAGE,SPOON PAKCHOY ,COOKED,	95.2	14
943	CUCUMBERS,RAW PARED	95.7	14
2192	SQUASH SUMMER ALL VARIETIES COOKED	95.5	14
1258	LETTUCE,RAW CRISPHEAD VARIETIES	95.5	13
1560	PICKLES CUCUMBER SOUR	94.8	10
2277	TEA INSTANT BEVERAGE	99.4	2
1963	SALT TABLE	.2	0

TOTAL NUMBER OF DESCRIPTION CARDS

L E G E N D - F O R H E A D I N G C O D E S

1 - WATER %

2 - FOOD ENERGY CAL.

3 - PROTEIN GM.

4 - FAT GM.

5 -CARBOHYDRATE TOTAL GM

6 -CARBOHYDRATE FIBRE GM

7 - ASH GM.

8 - CALCIUM MG.

9 - PHOSPHOROUS MG.

10- IRON MG.

11- SODIUM MG.

12- POTASSIUM MG.

13- VITAMIN-A VALUE I.U.

14- THIAMIN MG.

15- RIBOFLAVIN MG.

16- NIACIN MG.

17- ASCORBIC ACID MG.

REPORT IN SEQUENCE OF - PROTEIN COLUMN -

U.S.A.I.D. FOOD FO

COMPOSITION OF AFGHAN

PROTEIN COLUMN - 3

ITEM CODE	FOOD DESCRIPTION	1	2	3
10	ALMOND MEAL,PARTIALLY DEFATTED	7.2	408	39.5
2477	YEAST BAKERS DRY ACTIVE	5.0	282	36.9
1327	MILK COW DRY SKIM NON FAT SOLIDS	3.0	363	35.9
510	BUTTERMILK,DRIED	2.8	387	34.3
1046	GOOSE,FLESH ONLY COOKED,	54.8	233	33.9
1160	KIDNEYS BEEF COOKED,	53.0	252	33.0
2335	TURKEY LIGHT MEAT COOKED	62.1	176	32.9
709	CHICKEN FRYERS DRUMSTICK COOKED,	55.0	235	32.6
2243	SWEETBREADS THYMUS CALF COOKED BRAISED	62.7	168	32.6
707	CHICKEN FRYERS BREAST COOKED,	58.4	203	32.5
728	CHICKEN-ROASTERS-LIGHT MEAT COOKED,	61.3	182	32.3
1276	LIVER LAMB COOKED,	50.4	261	32.3
741	CHICKEN-HENS& COCKS-LIGHT MEAT COOK,STEW	62.1	180	32.2
701	CHICKEN FRYERS LIGHT MEAT COOKED,	59.5	197	32.1
682	CHICKEN ALL CLASSES COOKED,	63.8	166	31.6
697	CHICKEN FRYERS LIGHT MEAT,SKIN COOKED,	55.0	234	31.5
713	CHICKEN FRYERS RIB COOKED,	45.7	298	31.5
2331	TURKEY TOTAL EDIBLE FLESH ONLY COOKED	61.2	190	31.5
1111	HEART BEEF,LEAN COOKED,	61.3	188	31.3
691	CHICKEN FRYERS FLESH ONLY COOKED,	58.6	209	31.2
1624	PINENUTS PIGNOLIAS	5.6	552	31.1
695	CHICKEN FRYERS GIBLETS COOKED,	51.7	252	30.8
687	CHICKEN FRYERS FLESH,SKIN,GIBLETS COOKED	53.3	249	30.7
689	CHICKEN FRYERS FLESH AND SKIN COOKED,	53.5	250	30.6
703	CHICKEN FRYERS DARK MEAT COOKED,	57.5	220	30.4
705	CHICKEN FRYERS CUT-UP PARTS COOKED,	40.5	347	30.0
738	CHICKEN-HENS & COCK-FLESH ONLY,COOK,STEW	60.4	208	30.0
2337	TURKEY DARK MEAT COOKED	60.5	203	30.0
699	CHICKEN FRYERS DARK MEAT,SKIN COOKED,	52.1	263	29.9
725	CHICKEN ROASTERS FLESH ONLY COOKED,	62.8	183	29.5
1121	HEART LAMB COOKED	54.1	260	29.5
1269	LIVER CALF COOKED	51.4	261	29.5
1841	RABBIT FLESH ONLY COOKED STEWED	59.8	216	29.3
715	CHICKEN FRYERS THIGH COOKED,	55.8	237	29.1
717	CHICKEN FRYERS WING COOKED,	52.6	268	29.0
693	CHICKEN FRYERS SKIN ONLY COOKED,	32.5	419	28.3
2245	SWEETBREADS THYMUS LAMB COOKED BRAISED	64.6	175	28.1
684	CHICKEN ALL CLASSES DARK MEAT COOKED,	64.4	176	28.0
1278	LIVER TURKEY,ALL CLASSES COOKED,	63.3	174	27.9
2370	VEAL RET CUT UNTRIM CHUC MED TOT ED COOK	58.5	235	27.9
1115	HEART CALF COOKED,	60.3	208	27.8
368	BEEF,HAMBURGER LEAN COOKED	60.0	219	27.4
1222	LAMB-RIB GOOD SEPARABLE LEAN COOKED	60.7	206	27.4
721	CHICKEN ROASTERS FLESH,GIBLETS COOKED,	57.5	242	27.2
1217	LAMB-RIB CHOICE SEPARABLE LEAN COOKED	60.3	211	27.2
1362	MUSKRAT COOKED ROASTED	67.3	153	27.2
723	CHICKEN ROASTERS FLESH AND SKIN COOKED,	57.0	248	27.1
1037	GIZZARD CHICKEN,COOKED,	68.0	148	27.0
2328	TURKEY TOTAL EDIBLE COOKED	55.4	263	27.0
1212	LAMB-RIB PRIME,SEPARABLE LEAN COOKED	59.1	224	26.9
1040	GIZZARD TURKEY,COOKED,	62.7	196	26.8
711	CHICKEN FRYERS NECK COOKED,	50.2	289	26.7
1227	LAMB SHOULDER PRIME SEPAR LEAN COOK,	60.4	215	26.6
2447	WHEAT GERM CRUDE	11.5	363	26.6
1271	LIVER CHICKEN,COOKED,	65.0	165	26.5

USAID FOOD FO

COMPOSITION OF AFGHA

PROTEIN COLUMN - 3

ITEM CODE	FOOD DESCRIPTION	1	2	3
1267	LIVER BEEF COOKED,	56.0	229	26.4
1326	MILK,COW DRY WHOLE	2.0	502	26.4
734	CHICKEN-HENS & COCKS-FLESH,GIBLETS,COOKE	50.8	312	26.2
736	CHICKEN-HENS & COCK-FLESH,SKIN,COOK,STEW	50.4	317	26.1
1[illegible]	PEANUTS RAW WITH SKINS	5.6	564	26.0
2241	SWEETBREADS THYMUS BEEF COOKED	49.6	320	25.9
1113	HEART BEEF,LEAN WITH VISIBLE FAT COOKED,	44.4	37[illegible]	25.8
1837	QUAIL RAW FLESH AND SKIN	66.3	172	25.4
1117	HEART CHICKEN,COOKED,	66.7	173	25.3
719	CHICKEN ROASTERS TOTAL EDIBLE COOKED,	53.5	290	25.2
482	BROADBEANS,RAW MATURE SEEDS,DRY	11.9	338	25.1
~~7022~~	~~PHEASANT,RAW E.P~~ 125 LENTILS		~~140~~	~~24.9~~
1554	PHEASANT RAW FLESH AND SKIN	68.9	152	24.7
2342	TURKEY YOUNG BIRDS LIGHT MEAT	73.8	108	24.5
1553	PHEASANT RAW TOTAL EDIBLE 179 MONG BEAN	69.2	151	24.3
7027	SEEDS,PUMPKIN DRIED SALTED E.P		569	24.2
732	CHICKEN-HENS & COCKS-TOT EDIB,COOKED	45.9	369	24.0
2236	SUNFLOWER SEED KERNELS DRY	4.8	560	24.0
1180	LAMB RETAIL CUTS,LEG PRIME COOKED,ROAST	50.4	319	23.9
2306	TONGUE CALF COOKED	68.5	160	23.9
685	CHICKEN BROILERS,COOKED,	71.0	136	23.8
1042	GOOSE,TOTAL EDIBLE COOKED,	39.1	426	23.7
1044	GOOSE,FLESH AND SKIN COOKED,	37.9	441	22.9
1205	LAMB-LOIN-TOT EDIB COOKED,	48.6	341	22.8
1123	HEART TURKEY,COOKED, 9 COW PEAS	63.2	216	22.6
1838	QUAIL RAW GIBLETS	63.0	176	21.8
2302	TONGUE BEEF MEDIUM FAT COOKED	60.8	244	21.5
962	DUCK,DOMESTICATED,RAW,FLESH ONLY	68.8	165	21.4
2340	TURKEY YOUNG BIRDS TOTAL EDIBLE	71.5	145	21.4
964	DUCK,WILD,RAW FLESH ONLY	70.8	138	21.3
1220	LAMB-RIB GOOD TOT EDIB,COOKED,	45.4	378	21.2
~~7025~~	~~QUAIL RAW E.P. FLESH,SKIN GIBLETS~~		~~118~~	~~21.2~~
2405	VENISON LEAN MEAT ONLY RAW	74.	126	21.
7003	SQUAB&PIGEON FLESH,SKIN GIBLETS		175	20.9
1556	PHEASANT RAW GIBLETS	71.4	139	20.8
1225	LAMB SHOULDER PRIME TOTAL COOKED,ROASTED	46.2	374	20.7
2339	TURKEY GIBLETS COOKED	61.0	233	20.6
2343	TURKEY YOUNG BIRDS DARK MEAT	75.7	111	20.6
753	CHICKPEAS OR GARBANZOS,MATURE,DRY,RAW	10.7	360	20.5
2310	TONGUE LAMB COOKED	60.2	254	20.5
7021	HORSE,MEAT RAW E.P		121	20.5
7001	BEAN,KIDNEY WHOLE SEEDS,DRIED E. P.		336	20.3
7018	LUNG-GOAT RAW E.P		112	20.2
1215	LAMB-RIB CHOICE TOT EDIB COOKED,	42.9	407	20.1
7033	SMALL FISH,SMALL WHOLE STEAMED. E.P		97	20.0
726	CHICKEN-ROASTERS GIBLETS-RAW	72.4	135	19.8
2312	TONGUE SHEEP COOKED BRAISED	51.6	323	19.8
7002	SPARROW,FLESH BONES,E.P.		[illegible]	19.4
1294	LUNGS,RAW LAMB	76.7	103	19.3
1626	PISTACHIONUTS	5.3	594	19.3
2366	VEAL CARCASS RAW EXCL KIDNEY FAT CLASS	68.	190	19.1
7031	ANISE SEEDS DRIED		415	19.
2363	VEAL CARCASS RAW INC KIDNEY FAT CLASS	66.	207	18.8
2032	SESAME SEEDS DRY WHOLE	5.4	563	18.6
8	ALMONDS DRIED	4.7	598	18.6

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ITEM CODE #	FOOD DESCRIPTION	1	2	3
9	ALMONDS ROASTED AND SALTED	.7	627	18.6
213	BEEF,CARCASS TOTAL EDIBLE,RAW UTIL GRADE	62.5	242	18.6
7017	LIVER. GOAT RAW. E.P		159	18.5
7020	GOAT,RAW LEAN E.P.		179	18.0
1292	LUNGS,RAW BEEF	78.8	96	17.6
~~7028~~	~~SEEDS-SESAME-WHOLE-DRIED~~		~~562~~	~~17.2~~
648	CHEESES,NATURAL COTTAGE UNCREAMED	79.0	86	17.0
1210	LAMB-RIB PRIME,TOTAL EDIBLE COOKED,	35.5	492	16.9
1293	LUNGS,RAW CALF	77.4	106	16.8
~~7029~~	~~SEEDS-SUNFLOWER-DRIED-E.P~~		~~490~~	~~16.7~~
7030	CUMIN SEEDS,WHITE DRIED.		332	16.6
1176	LAMB CUTS,CHOICE GRADE	61.0	263	16.5
599	CANDY CHOCOLATE-COATED PEANUTS	1.0	561	16.4
7011	KIDNEY GOAT RAW, E.P		99	16.3
2446	WHEAT BRAN CRUDE	11.5	213	16.0
1175	LAMB CUTS PRIME GRADE	56.3	310	15.4
2421	WALNUTS PERSIAN OR ENGLISH	3.5	651	14.8
7007	FISH,GOLD RAW E.P.		78	14.5
1544	PEPPERS HOT CHILI MATURE RED DRIED POWDE	8.5	340	14.3
7015	CURRY LEAVES DRIED,POWDER		301	14.2
2430	WHEAT WHOLE GRAIN HARD RED SPRING	13.0	330	14.0
984	EGGS GOOSE,WHOLE,FRESH,RAW	70.4	185	13.9
973	EGGS CHICKEN COOKED FRIED	67.7	216	13.8
7036	STOMACH, BEEF RAW,E.P		85	13.7
647	CHEESES,NATURAL COTTAGE CREAMED	78.3	106	13.6
2450	WHEAT BREAKFAST CER ROLL WHOLE MEAL DRY	10.4	338	13.5
983	EGGS DUCK,WHOLE,FRESH,RAW 1980 INCESSARY	70.4	191	13.3
1983	SAUSAGE BOLOGNA ALL MEAT	57.4	277	13.3
2435	WHEAT FLOURS WHOLE HARD WHEATS	12.	333	13.3
985	EGGS TURKEY,WHOLE,FRESH,RAW	72.6	170	13.1
1547	PEPPERS SWEET IMMATURE GREEN COOKED STUF	63.1	170	13.0
968	EGGS CHICKEN RAW WHOLE,	73.7	163	12.9
974	EGGS CHICKEN COOKED HARD-COOKED	73.7	163	12.9
1543	PEPPERS,HOT CHILI MATURE RED DRIED PODS	12.6	321	12.9
1377	NOODLES EGG ENRICHED DRY FORM	9.8	388	12.8
1654	POPCORN POPPED PLAIN	4.0	386	12.7
2431	WHEAT WHOLE GRAIN HARD RED WINTER	12.5	330	12.3
2452	WHEAT BREAKFAST CER TOAST QUICK COOK DRY	6.4	383	12.0
2436	WHEAT FLOURS 80% EXTRACTION HARD WHEATS	12.	365	12.
2437	WHEAT FLOURS STRAIGHT HARD WHEAT	12.	365	11.8
975	EGGS CHICKEN COOKED OMELET	72.1	173	11.2
977	EGGS CHICKEN COOKED SCRAMBLED	72.1	173	11.2
7008	HEART,GOAT RAW E.P.		122	11.1
438	BRAINS,ALL KINDS BEEF,CALF,SHEEP ,RAW	78.9	125	10.4
2432	WHEAT WHOLE GRAIN SOFT RED WINTER	14.0	326	10.2
1338	MILLET,PROSO,WHOLE GRAIN	11.8	327	9.9
1655	POPCORN POPPED OIL AND SALT ADDED	3.1	456	9.8
2433	WHEAT WHOLE GRAIN WHITE	11.5	335	9.4
752	CHICKEN AND NOODLES,	71.1	153	9.3
883	CORNMEAL,WHOLE-GROUND,UNBOLTED	12.0	355	9.2
473	BREADS WHOLE-WHEAT,MADE WITH-WATER	36.4	241	9.1
444	BREADS CRACKED-WHEAT	34.9	263	8.7
1905	ROLLS AND BUNS SWEET	31.5	316	8.5
7037	STOMACH, GOAT RAW,EP.		100	8.3
145	BARLEY,PEARLED LIGHT	11.1	349	8.2

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ITEM CODE	FOOD DESCRIPTION	1	2	3
177	BEANS,LIMA MATURE SEEDS,DRY COOKED	64.1	138	8.2
897	COWPEAS,IMMATURE COOKED,	71.8	108	8.1
1325	MILK,COW CONDENSED SWEETEN	27.1	321	8.1
155	BEANS,COMMON,DRY WHITE COOKED	69.0	118	7.8
160	BEANS,COMMON,DRY RED COOKED	69.0	118	7.8
613	CANDY SUGAR-COATED ALMONDS	2.3	456	7.8
1254	LENTILS,MATURE SEEDS,DRY WHOLE COOKED	72.0	106	7.8
2165	SPAGHETTI MEAT BALLS TOMATO SAUCE COOKED	70.0	134	7.5
876	CORNBREAD,WHOLE-GROUND CORNMEAL	53.9	207	7.4
816	COOKIES CHOCOLATE	4.0	445	7.1
1324	MILK,COW CANNED EVAPORATED	73.8	137	7.0
1904	ROLLS AND BUNS RAISIN	32.0	275	6.9
7013	LEAVES,BITTERORANGE SEMI DRIED.		146	6.8
371	BEEF AND VEGETABLE STEW COOKED	82.4	89	6.4
7041	TURMERIC,DRIED		337	6.3
1029	GARLIC,CLOVES,RAW	61.3	137	6.2
815	COOKIES BUTTER,THIN,RICH	4.5	457	6.1
1656	POPCORN POPPED SUGAR COATED	4.0	383	6.1
831	COOKIES SUGAR,SOFT,THICK,	7.9	444	6.0
818	COOKIES CHOCOLATE CHIP COMMERCIAL TYPE	2.7	471	5.4
948	CUSTARD,BAKED	77.2	115	5.4
1809	POTATO CHIPS	1.8	568	5.3
904	COWPEAS,MATURE,DRY COOKED	80.0	76	5.1
1299	MACARONI ENRICHED COOKED,FIRMSTAGE	63.6	148	5.0
1302	MACARONI UNENRICHED COOKED FIRM STAGE	63.6	148	5.0
2158	SPAGHETTI ENRICHED COOKED FIRM STAGE	63.6	148	5.0
1143	ICE MILK	66.7	152	4.8
957	DOUGHNUTS,CAKE TYPE	23.7	391	4.6
586	CANDY CHOCOLATE SWEET	.9	528	4.4
828	COOKIES RAISIN	8.2	379	4.4
1007	FIGS DRIED,UNCOOKED	23.0	274	4.3
1378	NOODLES EGG ENRICHED COOKED	70.4	125	4.1
1380	NOODLES EGG UNENRICHED COOKED	70.4	125	4.1
1434	ORANGE JUICE CANNED UNSWEET UNDILUTE	42.0	223	4.1
1790	POTATOES COOKED FRIED FROM RAW	46.9	268	4.0
1296	LYCHEES DRIED	22.3	277	3.8
1152	JUJUBE,DRIED	19.7	287	3.7
1540	PEPER HOT CHILI MAT RED RAW POD INC SEED	74.3	93	3.7
509	BUTTERMILK,FLUID, FROM SKIM MILK	90.5	36	3.6
1322	MILK,COW FLUID PASTEURIZED SKIM	90.5	36	3.6
789	COCONUT MEAT FRESH	50.9	346	3.5
1321	MILK,COW FLUID PASTEURIZED WHOLE 3.7%FAT	87.2	66	3.5
1824	PUDDINGS STARCH VANILLA BLANC MANGE	76.0	111	3.5
2163	SPAGHETTI TOMATO SAUCE WITH CHEESE COOK	77.0	104	3.5
1300	MACARONI ENRICHED COOKED TENDER STAGE	72.0	111	3.4
1303	MACARONI UNENRICHED TENDER STAGE COOKED	72.0	111	3.4
2159	SPAGHETI ENRICHED COOKED TENDER STAGE	72.0	111	3.4
2481	YOGHURT MADE PART SKIM MILK	89.0	50	3.4
846	CORN,SWEET COOKED,KERNELS,ON COB	74.1	91	3.3
181	BEANS,MUNG SPROUTED SEEDS COOKED,	91.0	28	3.2
1135	HORSERADISH RAW	74.6	87	3.2
1156	KALE COOKED,LEAVES,INCLUD STEMS	91.2	28	3.2
1335	MILK GOAT FLUID	87.5	67	3.2
2170	SPINACH COOKED BOILED	92.0	23	3.0
2482	YOGHURT MADE WHOLE MILK	88.0	62	3.0

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ITEM CODE	FOOD DESCRIPTION	1	2	3
7016	LEAVES,MINT RAW E.P		32	3.0
1514	PEAS EDIBLE PODDED COOKED BOILED DRAIN	86.6	43	2.9
630	CAULIFLOWER RAW	91.0	27	2.7
1736	POTATOES COOKED BAKED IN SKIN	75.1	93	2.6
~~7012~~	~~KOHLRABI RAW E.P~~		~~31~~	~~2.6~~
7014	CORRIANDER LEAVES,RAW E.P		37	2.6
1946	RAISINS NATURAL UNCOOKED	18.0	289	2.5
1870	RICE BROWN COOKED	70.3	119	2.5
631	CAULIFLOWER COOKED,BOILED,DRAINED	92.8	22	2.3
1541	PEPER HOT CHILI MAT RED RAW POD EXC SEED	80.3	65	2.3
931	CREAM,FLUID HEAVY WHIPPING	56.6	352	2.2
952	DATES,DOMESTIC,NATURAL AND DRY	22.5	274	2.2
1242	LEEKS,BULB AND LEAF PORTION,RAW	85.4	52	2.2
1367	MUSTARD GREENS COOKED BOILED	92.6	23	2.2
2355	TURNIP GREEN COOK SMALL WATER SHORT TIME	93.2	20	2.2
2356	TURNIP GREEN COOK LARGE WATER LONG TIME	93.5	19	2.2
2449	WHEAT BREAKFAST CEREALS ROLLED COOKED	79.7	75	2.2
64	AVOCADOS,RAW ALL VARIETIES	74.0	167	2.1
1787	POTATOES COOKED BOILED IN SKIN	79.8	76	2.1
2249	SWEETPOTATOES COOKED BAKED IN SKIN	63.7	141	2.1
1403	OKRA COOKED BOILED	91.1	29	2.0
1072	RICE WHITE ENRICHED COMMON COOKED	72.6	109	2.0
2453	WHEAT BREAKFAST CER TOAST QUICK COOK	84.1	65	2.0
1356	MUSHROOMS EDIBLE SPECIES RAW	89.1	35	1.9
1788	POTATOES COOKED BOILED PARED	82.8	65	1.9
7009	JAM,GRAPE		268	1.9
758	CHIVES,RAW	91.3	28	1.8
2451	WHEAT BREAKFAST CEREALS WHOLE MEAL COOKE	87.7	45	1.8
393	BEET GREENS,COMMON COOKED,BOILED	93.6	18	1.7
480	BREADFRUIT,RAW	70.8	103	1.7
1166	KOHLRABI,COOKED,BOILED,DRAINED	92.2	24	1.7
1473	PARSNIPS RAW	79.1	76	1.7
2250	SWEETPOTATOES COOKED BOILED IN SKIN	70.6	114	1.7
183	BEANS,SNAP GREEN COOKED,WATER,SHORT TIME	92.4	25	1.6
184	BEANS,SNAP GREEN COOKED,WATER,LONG TIME	92.4	25	1.6
1417	ONION YOUNG GREEN TOP ONLY GREEN PORTION	91.8	27	1.6
7026	ROOTS GINGER RAW E.P		46	1.6
1032	GELATIN DESSERTS,PLAIN	84.2	59	1.5
1412	ONIONS MATURE DRY RAW	89.1	38	1.5
1415	ONIONS YOUNG GREEN BULB AND TOP	89.4	36	1.5
1440	ORANGE PEEL RAW	72.5	93	1.5
1048	RASPBERRIES RAW BLACK	80.8	73	1.5
2228	SUET BEEF KIDNEY FAT RAW	4.	854	1.5
7032	SHERBET		123	1.5
41	APRICOTS DRIED,COOKED,WITH SUGAR	66.2	122	1.4
520	CABBAGE,SPOON PAKCHOY ,COOKED,	95.2	14	1.4
1406	OLIVES PICKLED GREEN	78.2	116	1.4
1548	PEPPERS SWEET MATURE RED RAW	90.7	31	1.4
2422	WATERCHESTNUT CHINESE RAW	78.3	79	1.4
7005	FRUIT,MULBERRY RAW PULP AND SEEDS E.P		42	1.4
512	CABBAGE COMMON RAW	92.4	24	1.3
663	CHERRIES RAW SWEET	80.4	70	1.3
992	FARINA ENRICHED REGULAR COOKED	89.5	42	1.3
1259	LETTUCE,RAW LOOSELEAF,VARIETIES,	94.0	18	1.3
1503	PEARS CANDIED	21.0	303	1.3

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ITEM CODE	FOOD DESCRIPTION	1	2	3
1537	PEPPERS HOT CHILI IMMAT RAW EXCLUD SEEDS	88.8	37	1.3
2283	TOMATOES RIPE COOKED BOILED	92.4	26	1.3
417	BLACKBERRIES,INCLUD DEW,BOYSEN,YOUNG,RAW	84.5	58	1.2
662	CHERRIES RAW SOUR,RED	83.7	58	1.2
863	CORN GRITS,DEGERMED ENRICHED COOKED	87.1	51	1.2
1001	FIGS RAW	77.5	80	1.2
1244	LEMONS,RAW FRUIT,INCLUDING PEEL	87.4	20	1.2
1359	MUSKMELONS RAW CASABA GOLDEN BEAUTY	91.5	27	1.2
1413	ONIONS MATURE DRY COOKED BOILED	91.8	29	1.2
1422	ORANGE RAW PEELED CALIF VALENCIAS SUMMER	85.6	51	1.2
1545	PEPPERS SWEET IMMATURE GREEN RAW	93.4	22	1.2
1847	RAISINS NATURAL.COOKED ADDED SUGAR	41.4	213	1.2
1849	RASPBERRIES RAW RED	84.2	57	1.2
2281	TOMATOES GREEN RAW	93.0	24	1.2
141	BANANAS RAW COMMON	75.7	85	1.1
385	BEETS,COMMON,RED COOKED,BOILED,	90.9	32	1.1
513	CABBAGE COMMON COOKED,SHREDDED,	93.9	20	1.1
619	CARROTS RAW	88.2	42	1.1
886	CORNMEAL,DEGERMED,COOKED	87.7	50	1.1
1336	MILK HUMAN,U.S.SAMPLES	85.2	77	1.1
1416	ONIONS YOUNG GREEN BULB AND WHITE OF TOP	87.6	45	1.1
1486	PEACHES DEHYDRATED COOKED WITH SUGAR	66.6	121	1.1
2201	SQUASH WINTER ALL VARIETY BOILED MASHED	88.8	38	1.1
2282	TOMATOES RIPE RAW	93.5	22	1.1
30	APRICOTS RAW 7134 Gur	85.3	51	1.0
987	EGGPLANT COOKED,BOILED,DRAINED	94.3	19	1.0
1420	ORANGES RAW PEELED ALL VARIETIES	86.0	49	1.0
1427	ORANGE JUICE RAW CALIF VALENCIAS SUMMER	87.8	47	1.0
1831	PUMPKIN RAW	91.6	26	1.0
1844	RADISHES RAW COMMON	94.5	17	1.0
620	CARROTS COOKED,BOILED,DRAINED	91.2	31	.9
942	CUCUMBERS,RAW NOT PARED	95.1	15	.9
1258	LETTUCE,RAW CRISPHEAD VARIETIES	95.5	13	.9
1295	LYCHEES RAW	81.9	64	.9
1542	PEPPERS HOT CHILI MATURE RED CANNED SAUC	94.1	21	.9
1845	RADISHES RAW ORIENTAL INCLUDING DAIKON	94.1	19	.9
2192	SQUASH SUMMER ALL VARIETIES COOKED	95.5	14	.9
7035	SOUP,RICE,CONGA		38	0.8
1360	MUSKMELONS RAW HONEYDEW	90.6	33	.8
1641	PLUMS RAW PRUNE TYPE	78.7	75	.8
2262	TANGERINES RAW	87.	46	.8
2353	TURNIPS COOKED BOILED	93.6	23	.8
7006	FRUIT,PUMMELO, RAW E.P		39	0.7
1260	LIMES,ACID TYPE,RAW	89.3	28	.7
1316	MANGOS,RAW	81.7	66	.7
1358	MUSKMELONS RAW CANTALOUPS	91.2	30	.7
1425	ORANGE JUICE RAW ALL VARIETIES	88.3	45	.7
1502	PEARS RAW INCLUDING SKIN	83.2	61	.7
1539	PEPPERS HOT CHILI IMMAT CANN CHILI SAUCE	93.9	20	.7
2217	STRAWBERRIES RAW	89.9	37	.7
7004	FRUIT, BITTERORANGE. RAW.		38	0.6
505	BUTTER	15.5	716	.6
943	CUCUMBERS,RAW PARED	95.7	14	.6
1085	GRAPES RAW EUROPEAN TYPE	81.4	67	.6
1148	JAMS AND PRESERVES	29.0	272	.6

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ITEM CODE	FOOD DESCRIPTION	1	2	3
1317	MARGARINE	15.5	720	.6
1479	PEACHES RAW	89.1	38	.6
1865	RHUBARB RAW	94.8	16	.6
7034	SOUP CHICKEN MADE FROM BONES		21	0.5
1053	GRAPEFRUIT RAW ALL VARIETIES	88.4	41	.5
1245	LEMON JUICE RAW	91.0	25	.5
1560	PICKLES CUCUMBER SOUR	94.8	10	.5
1651	POMEGRANATE PULP RAW	82.3	63	.5
1866	RHUBARB COOKED ADDED SUGAR	62.8	141	.5
2261	TANGELO JUICE RAW	89.4	41	.5
2263	TANGERINE JUICE RAW	88.9	43	.5
2264	TANGERINE JUICE CANNED UNSWEETENED	88.8	43	.5
2424	WATERMELON RAW	92.6	26	.5
1144	ICES,WATER,LIME	66.9	78	.4
1291	LOQUATS,RAW	86.5	48	.4
7019	MARMALADE,ORANGE.		244	0.3
7039	TALLO		878	0.3
23	APPLES DRIED,COOKED WITH SUGAR	69.7	112	.3
506	BUTTER OIL OR DEHYDRATED BUTTER	.2	876	.3
1134	HONEY,STRAINED OR EXTRACTED	17.2	304	.3
1261	LIME JUICE RAW	90.3	26	.3
7010	JUICE, SUGARCANE.		56	0.2
7024	OIL,SESAME		881	0.2
15	APPLES RAW,FRESH NOT PARED	84.8	56	.2
1149	JELLIES	29.0	273	.1
7023	OIL,PEANUT.		884	T
1401	OILS SALAD OR COOKING	0.0	884	0.0
1963	SALT TABLE	.2	0	0.0
2229	SUGARS BEET OR CANE BROWN	2.1	373	0.0
2230	SUGARS BEET OR CANE GRANULATED	.5	385	0.0
404	BEVERAGES,CARBONATED,COLA TYPE	90.0	39	.0
1341	MOLASSES CANE THIRD EXTRACT BLACKSTRAP	24.	213	-
2277	TEA INSTANT BEVERAGE	99.4	2	-
7038	SYRUP SUGARCANE		259	-

TOTAL NUMBER OF DESCRIPTION CARDS

L E G E N D - F O R H E A D I N G C O D E S

1 - WATER %

2 - FOOD ENERGY CAL.

3 - PROTEIN GM.

4 - FAT GM.

5 -CARBOHYDRATE TOTAL GM

6 -CARBOHYDRATE FIBRE GM

7 - ASH GM.

8 - CALCIUM MG.

9 - PHOSPHOROUS MG.

10- IRON MG.

11- SODIUM MG.

12- POTASSIUM MG.

13- VITAMIN-A VALUE I.U.

14- THIAMIN MG.

15- RIBOFLAVIN MG.

16- NIACIN MG.

17- ASCORBIC ACID MG.

REPORT IN SEQUENCE OF - FAT COLUMN - 4

USAID FOOD FOR

COMPOSITION OF AFGHAN F

FAT COLUMN - 4

ITEM CODE	FOOD DESCRIPTION	1	2	3	4
1401	OILS SALAD OR COOKING	0.0	884	0.0	100.
7023	OIL,PEANUT.		884	T	99.9
7039	TALLO		878	0.3	99.7
7024	OIL,SESAME		881	0.2	99.7
506	BUTTER OIL OR DEHYDRATED BUTTER	.2	876	.3	99.5
2228	SUET BEEF KIDNEY FAT RAW	4.	854	1.5	94.
505	BUTTER	15.5	716	.6	81.0
1317	MARGARINE	15.5	720	.6	81.
2421	WALNUTS PERSIAN OR ENGLISH	3.5	651	14.8	64.0
9	ALMONDS ROASTED AND SALTED	.7	627	18.6	57.7
8	ALMONDS DRIED	4.7	598	18.6	54.2
1626	PISTACHIONUTS	5.3	594	19.3	53.7
~~7028~~	~~SEEDS SESAME WHOLE DRIED~~		~~582~~	~~17.2~~	~~52.8~~
7027	SEEDS,PUMPKIN DRIED SALTED E.P		569	24.2	50.4
2032	SESAME SEEDS DRY WHOLE	5.4	563	18.6	49.1
1492	PEANUTS RAW WITH SKINS	5.6	564	26.0	47.5
1624	PINENUTS PIGNOLIAS	5.6	552	31.1	47.4
2236	SUNFLOWER SEED KERNELS DRY	4.8	560	24.0	47.3
1210	LAMB-RIB PRIME,TOTAL EDIBLE COOKED,	35.5	492	16.9	46.5
599	CANDY CHOCOLATE-COATED PEANUTS	1.0	561	16.4	41.3
1809	POTATO CHIPS	1.8	568	5.3	39.8
1044	GOOSE,FLESH AND SKIN COOKED,	37.9	441	22.9	38.1
931	CREAM,FLUID HEAVY WHIPPING	56.6	352	2.2	37.6
1042	GOOSE,TOTAL EDIBLE COOKED,	39.1	426	23.7	36.0
1215	LAMB-RIB CHOICE TOT EDIB COOKED,	42.9	407	20.1	35.6
789	COCONUT MEAT FRESH	50.9	346	3.5	35.3
586	CANDY CHOCOLATE SWEET	.9	528	4.4	35.1
~~7029~~	~~SEEDS SUNFLOWER DRIED E.P~~		~~490~~	~~16.7~~	~~32.8~~
1220	LAMB-RIB GOOD TOT EDIB,COOKED,	45.4	378	21.2	31.9
1225	LAMB SHOULDER PRIME TOTAL COOKED,ROASTED	46.2	374	20.7	31.7
732	CHICKEN-HENS & COCKS-TOT EDIB,COOKED	45.9	369	24.0	29.5
1113	HEART BEEF,LEAN WITH VISIBLE FAT COOKED,	44.4	372	25.8	29.0
693	CHICKEN FRYERS SKIN ONLY COOKED,	32.5	419	28.3	28.9
1326	MILK,COW DRY WHOLE	2.0	502	26.4	27.5
1175	LAMB CUTS PRIME GRADE	56.3	310	15.4	27.1
1205	LAMB-LOIN-TOT EDIB COOKED,	48.6	341	22.8	27.0
2312	TONGUE SHEEP COOKED BRAISED	51.6	323	19.8	25.3
7031	ANISE SEEDS DRIED		415	19.	24.7
1180	LAMB RETAIL CUTS,LEG PRIME COOKED,ROAST	50.4	319	23.9	24.0
2241	SWEETBREADS THYMUS BEEF COOKED	49.6	320	25.9	23.2
736	CHICKEN-HENS & COCK-FLESH,SKIN,COOK,STEW	50.4	317	26.1	22.8
1983	SAUSAGE BOLOGNA ALL MEAT	57.4	277	13.3	22.8
734	CHICKEN-HENS & COCKS-FLESH,GIBLETS,COOKE	50.8	312	26.2	22.2
1655	POPCORN POPPED OIL AND SALT ADDED	3.1	456	9.8	21.8
1176	LAMB CUTS-CHOICE GRADE	61.0	263	16.5	21.3
705	CHICKEN FRYERS CUT-UP PARTS COOKED,	40.5	347	30.0	21.2
818	COOKIES CHOCOLATE CHIP COMMERCIAL TYPE	2.7	471	5.4	21.0
719	CHICKEN ROASTERS TOTAL EDIBLE COOKED,	53.5	290	25.2	20.2
613	CANDY SUGAR-COATED ALMONDS	2.3	456	7.8	18.6
957	DOUGHNUTS,CAKE TYPE	23.7	391	4.6	18.6
10	ALMOND MEAL,PARTIALLY DEFATTED	7.2	408	39.5	18.3
2310	TONGUE LAMB COOKED	60.2	254	20.5	18.2
213	BEEF,CARCASS TOTAL EDIBLE,RAW UTIL GRADE	62.5	242	18.6	18.0
711	CHICKEN FRYERS NECK COOKED,	50.2	289	26.7	17.4
973	EGGS CHICKEN COOKED FRIED	67.7	216	13.8	17.2

USAID FOOD FOR PEA

COMPOSITION OF AFGHAN FOOI

FAT COLUMN - 4

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	5
815	COOKIES BUTTER,THIN,RICH	4.5	457	6.1	16.9	70.9
831	COOKIES SUGAR,SOFT,THICK,	7.9	444	6.0	16.8	68.0
2302	TONGUE BEEF MEDIUM FAT COOKED	60.8	244	21.5	16.7	.4
2328	TURKEY TOTAL EDIBLE COOKED	55.4	263	27.0	16.4	0.0
64	AVOCADOS,RAW ALL VARIETIES 1330 RICE BRAN	74.0	167	2.1	16.4	6.3
816	COOKIES CHOCOLATE	4.0	445	7.1	15.7	71.5
713	CHICKEN FRYERS RIB COOKED,	45.7	298	31.5	15.4	5.9
2339	TURKEY GIBLETS COOKED	61.0	233	20.6	15.4	1.6
717	CHICKEN FRYERS WING COOKED,	52.6	268	29.0	14.8	2.7
723	CHICKEN ROASTERS FLESH AND SKIN COOKED,	57.0	248	27.1	14.7	0.0
983	EGGS DUCK,WHOLE,FRESH,RAW	70.4	191	13.3	14.5	.7
1121	HEART LAMB COOKED,	54.1	260	29.5	14.4	1.0
1790	POTATOES COOKED FRIED FROM RAW	46.9	268	4.0	14.2	32.6
721	CHICKEN ROASTERS FLESH,GIBLETS COOKED,	57.5	242	27.2	14.0	0.0
2363	VEAL CARCASS RAW INC KIDNEY FAT CLASS	66.	207	18.8	14.	0.0
699	CHICKEN FRYERS DARK MEAT,SKIN COOKED,	52.1	263	29.9	13.6	3.1
7030	CUMIN SEEDS,WHITE DRIED.		332	16.6	13.4	50.2
984	EGGS GOOSE,WHOLE,FRESH,RAW	70.4	185	13.9	13.3	1.3
1269	LIVER CALF COOKED	51.4	261	29.5	13.2	4.0
1123	HEART TURKEY.COOKED,	63.2	216	22.6	13.2	.2
975	EGGS CHICKEN COOKED OMELET	72.1	173	11.2	12.9	2.4
977	EGGS CHICKEN COOKED SCRAMBLED	72.1	173	11.2	12.9	2.4
2370	VEAL RET CUT UNTRIM CHUC MED TOT ED COOK	58.5	235	27.9	12.8	0.0
1406	OLIVES PICKLED GREEN	78.2	116	1.4	12.7	1.3
1276	LIVER LAMB COOKED,	50.4	261	32.3	12.4	2.8
1544	PEPPERS HOT CHILI MATURE RED DRIED POWDE	8.5	340	14.3	12.4	56.5
1212	LAMB-RIB PRIME,SEPARABLE LEAN COOKED	59.1	224	26.9	12.1	0.0
1160	KIDNEYS BEEF COOKED,	53.0	252	33.0	12.0	.8
2366	VEAL CARCASS RAW EXCL KIDNEY FAT CLASS	68.	190	19.1	12.	0.0
689	CHICKEN FRYERS FLESH AND SKIN COOKED,	53.5	250	30.6	11.9	2.8
687	CHICKEN FRYERS FLESH,SKIN,GIBLETS COOKED	53.3	249	30.7	11.8	2.9
985	EGGS TURKEY,WHOLE,FRESH,RAW	72.6	170	13.1	11.8	1.7
968	EGGS CHICKEN RAW WHOLE,	73.7	163	12.9	11.5	.9
974	EGGS CHICKEN COOKED HARD-COOKED	73.7	163	12.9	11.5	.9
715	CHICKEN FRYERS THIGH COOKED,	55.8	237	29.1	11.4	2.5
368	BEEF,HAMBURGER LEAN COOKED	60.0	219	27.4	11.3	0.0
7020	GOAT,RAW LEAN E.P.		179	18.0	11.3	0.0
695	CHICKEN FRYERS GIBLETS COOKED,	51.7	252	30.8	11.2	4.7
1227	LAMB SHOULDER PRIME SEPAR LEAN COOK,	60.4	215	26.6	11.2	0.0
2447	WHEAT GERM CRUDE	11.5	363	26.6	10.9	46.7
7015	CURRY LEAVES DRIED,POWDER		301	14.2	10.9	49.0
1267	LIVER BEEF COOKED,	56.0	229	26.4	10.6	5.3
1217	LAMB-RIB CHOICE SEPARABLE LEAN COOKED	60.3	211	27.2	10.5	0.0
709	CHICKEN FRYERS DRUMSTICK COOKED,	55.0	235	32.6	10.2	1.0
1841	RABBIT FLESH ONLY COOKED STEWED	59.8	216	29.3	10.1	0.0
697	CHICKEN FRYERS LIGHT MEAT,SKIN COOKED,	55.0	234	31.5	9.9	2.4
1222	LAMB-RIB GOOD SEPARABLE LEAN COOKED	60.7	206	27.4	9.9	0.0
1046	GOOSE,FLESH ONLY COOKED,	54.8	233	33.9	9.8	0.0
7003	SQUAB&PIGEON FLESH,SKIN GIBLETS		175	20.9	9.5	0.0
703	CHICKEN FRYERS DARK MEAT COOKED,	57.5	220	30.4	9.3	1.5
1115	HEART CALF COOKED,	60.3	208	27.8	9.1	1.8
1543	PEPPERS HOT CHILI MATURE RED DRIED PODS	12.6	321	12.9	9.1	59.8
1905	ROLLS AND BUNS SWEET	31.5	316	8.5	9.1	49.3
738	CHICKEN-HENS & COCK-FLESH ONLY,COOK,STEW	60.4	208	30.0	8.9	0.0
1325	MILK,COW CONDENSED SWEETEN	27.1	321	8.1	8.7	54.3

USAID FOOD FOR I

COMPOSITION OF AFGHAN F

FAT COLUMN - 4

ITEM CODE	FOOD DESCRIPTION	1	2	3	4
1040	GIZZARD TURKEY,COOKED,	62.7	196	26.8	8.6
438	BRAINS,ALL KINDS BEEF,CALF,SHEEP ,RAW	78.9	125	10.4	8.6
2337	TURKEY DARK MEAT COOKED	60.5	203	30.0	8.3
7008	HEART,GOAT RAW E.P.		122	11.1	8.3
962	DUCK,DOMESTICATED,RAW,FLESH ONLY	68.8	165	21.4	8.2
1324	MILK,COW CANNED EVAPORATED	73.8	137	7.0	7.9
691	CHICKEN FRYERS FLESH ONLY COOKED,	58.6	209	31.2	7.8
752	CHICKEN AND NOODLES,	71.1	153	9.3	7.7
1117	HEART CHICKEN,COOKED,	66.7	173	25.3	7.2
7017	LIVER. GOAT RAW. E.P		159	18.5	7.2
7037	STOMACH, GOAT RAW,EP.		100	8.3	7.2
876	CORNBREAD,WHOLE-GROUND CORNMEAL	53.9	207	7.4	7.2
1837	QUAIL RAW FLESH AND SKIN	66.3	172	25.4	7.0
707	CHICKEN FRYERS BREAST COOKED,	58.4	203	32.5	6.4
725	CHICKEN ROASTERS FLESH ONLY COOKED,	62.8	183	29.5	6.3
684	CHICKEN ALL CLASSES DARK MEAT COOKED,	64.4	176	28.0	6.3
1838	QUAIL RAW GIBLETS	63.0	176	21.8	6.2
701	CHICKEN FRYERS LIGHT MEAT COOKED,	59.5	197	32.1	6.1
2331	TURKEY TOTAL EDIBLE FLESH ONLY COOKED	61.2	190	31.5	6.1
2245	SWEETBREADS THYMUS LAMB COOKED BRAISED.	64.6	175	28.1	6.1
2306	TONGUE CALF COOKED	68.5	160	23.9	6.0
2340	TURKEY YOUNG BIRDS TOTAL EDIBLE	71.5	145	21.4	6.0
1111	HEART BEEF.LEAN COOKED,	61.3	188	31.3	5.7
1547	PEPPERS SWEET IMMATURE GREEN COOKED STUF	63.1	170	13.0	5.5
948	CUSTARD,BAKED	77.2	115	5.4	5.5
510	BUTTERMILK,DRIED	2.8	387	34.3	5.3
828	COOKIES RAISIN	8.2	379	4.4	5.3
1554	PHEASANT RAW FLESH AND SKIN	68.9	152	24.7	5.2
1553	PHEASANT RAW TOTAL EDIBLE	69.2	151	24.3	5.2
964	DUCK,WILD,RAW FLESH ONLY	70.8	138	21.3	5.2
7041	TURMERIC,DRIED		337	6.3	5.1
1143	ICE MILK	66.7	152	4.8	5.1
1654	POPCORN POPPED PLAIN	4.0	386	12.7	5.0
728	CHICKEN-ROASTERS-LIGHT MEAT COOKED,	61.3	182	32.3	4.9
1556	PHEASANT RAW GIBLETS	71.4	139	20.8	4.9
1278	LIVER TURKEY,ALL CLASSES COOKED,	63.3	174	27.9	4.8
753	CHICKPEAS OR GARBANZOS,MATURE,DRY,RAW	10.7	360	20.5	4.8
726	CHICKEN-ROASTERS GIBLETS-RAW	72.4	135	19.8	4.8
741	CHICKEN-HENS& COCKS-LIGHT MEAT COOK,STEW	62.1	180	32.2	4.7
2165	SPAGHETTI MEAT BALLS TOMATO SAUCE COOKED	70.0	134	7.5	4.7
7002	SPARROW,FLESH BONES,E.P.		124	19.4	4.6
2446	WHEAT BRAN CRUDE	11.5	213	16.0	4.6
1377	NOODLES EGG ENRICHED DRY FORM	9.8	388	12.8	4.6
1271	LIVER CHICKEN,COOKED,	65.0	165	26.5	4.4
371	BEEF AND VEGETABLE STEW COOKED	82.4	89	6.4	4.3
647	CHEESES,NATURAL COTTAGE CREAMED	78.3	106	13.6	4.2
1362	MUSKRAT COOKED ROASTED	67.3	153	27.2	4.1
1335	MILK GOAT FLUID	87.5	67	3.2	4.0
1336	MILK HUMAN,U.S.SAMPLES	85.2	77	1.1	4.0
2405	VENISON LEAN MEAT ONLY RAW	74.	126	21.	4.
2335	TURKEY LIGHT MEAT COOKED	62.1	176	32.9	3.9
893	CORNMEAL,WHOLE-GROUND,UNBOLTED	12.0	355	9.2	3.9
1824	PUDDINGS STARCH VANILLA BLANC MANGE	76.0	111	3.5	3.9
~~7022~~	~~PHEASANT,RAW E.P~~		~~140~~	~~24.8~~	~~3.8~~
685	CHICKEN BROILERS,COOKED,	71.0	136	23.8	3.8

USAID FOOD FOR

COMPOSITION OF AFGHAN F

FAT COLUMN - 4

ITEM CODE	FOOD DESCRIPTION	1	2	3	4
1293	LUNGS,RAW CALF	77.4	106	16.8	3.8
7021	HORSE,MEAT RAW E.P		121	20.5	3.7
1321	MILK,COW FLUID PASTEURIZED WHOLE 3.7%FAT	87.2	66	3.5	3.7
1656	POPCORN POPPED SUGAR COATED	4.0	383	6.1	3.5
2163	SPAGHETTI TOMATO SAUCE WITH CHEESE COOK	77.0	104	3.5	3.5
682	CHICKEN ALL CLASSES COOKED,	63.8	166	31.6	3.4
2482	YOGHURT MADE WHOLE MILK	88.0	62	3.0	3.4
1037	GIZZARD CHICKEN,COOKED,	68.0	148	27.0	3.3
2243	SWEETBREADS THYMUS CALF COOKED BRAISED	62.7	168	32.6	3.2
7011	KIDNEY GOAT RAW, E.P		99	16.3	3.2
~~7025~~	~~QUAIL RAW E.P. FLESH,SKIN GIBLETS~~		~~118~~	~~21.2~~	~~3.1~~
7013	LEAVES,BITTERORANGE SEMI DRIED.		146	6.8	3.1
7036	STOMACH, BEEF RAW, E.P		85	13.7	2.9
1338	MILLET,PROSO,WHOLE GRAIN	11.8	327	9.9	2.9
1904	ROLLS AND BUNS RAISIN	32.0	275	6.9	2.9
7018	LUNG-GOAT RAW E.P		112	20.2	2.8
2343	TURKEY YOUNG BIRDS DARK MEAT	75.7	111	20.6	2.6
473	BREADS WHOLE-WHEAT,MADE WITH-WATER	36.4	241	9.1	2.6
1294	LUNGS,RAW LAMB	76.7	103	19.3	2.3
1292	LUNGS,RAW BEEF	78.8	96	17.6	2.3
1540	PEPER HOT CHILI MAT RED RAW POD INC SEED	74.3	93	3.7	2.3
2430	WHEAT WHOLE GRAIN HARD RED SPRING	13.0	330	14.0	2.2
444	BREADS CRACKED-WHEAT	34.9	263	8.7	2.2
2450	WHEAT BREAKFAST CER ROLL WHOLE MEAL DRY	10.4	338	13.5	2.0
2435	WHEAT FLOURS WHOLE HARD WHEATS	12.	333	13.3	2.0
2432	WHEAT WHOLE GRAIN SOFT RED WINTER	14.0	326	10.2	2.0
2433	WHEAT WHOLE GRAIN WHITE 1969 RICE BROWN	11.5	335	9.4	2.0
2431	WHEAT WHOLE GRAIN HARD RED WINTER	12.5	330	12.3	1.8
7007	FISH,GOLD RAW E.P.		78	14.5	1.8
482	BROADBEANS,RAW MATURE SEEDS,DRY	11.9	338	25.1	1.7
2481	YOGHURT MADE PART SKIM MILK	89.0	50	3.4	1.7
2477	YEAST BAKERS DRY ACTIVE	5.0	282	36.9	1.6
2452	WHEAT BREAKFAST CER TOAST QUICK COOK DRY	6.4	383	12.0	1.6
1378	NOODLES EGG ENRICHED COOKED 903 COWPEAS	70.4	125	4.1	1.5
1380	NOODLES EGG UNENRICHED COOKED	70.4	125	4.1	1.5
1848	RASPBERRIES RAW BLACK 1199 WATERCRESS	80.8	73	1.5	1.4
7033	SMALL FISH,SMALL WHOLE STEAMED, E.P		97	20.0	1.3
2436	WHEAT FLOURS 80% EXTRACTION HARD WHEATS	12.	365	12.	1.3
1007	FIGS DRIED,UNCOOKED	23.0	274	4.3	1.3
1434	ORANGE JUICE CANNED UNSWEET UNDILUTE	42.0	223	4.1	1.3
7004	FRUIT, BITTERORANGE. RAW. 627 CARROTS		38	0.6	1.3
7001	BEAN,KIDNEY WHOLE SEEDS,DRIED E. P.		336	20.3	1.2
2437	WHEAT FLOURS STRAIGHT HARD WHEAT	12.	365	11.8	1.2
1296	LYCHEES DRIED	22.3	277	3.8	1.2
1152	JUJUBE,DRIED 1253 LENTILS	19.7	287	3.7	1.1
145	BARLEY,PEARLED LIGHT	11.1	349	8.2	1.0
846	CORN,SWEET COOKED,KERNELS,ON COB	74.1	91	3.3	1.0
417	BLACKBERRIES,INCLUD DEW,BOYSEN,YOUNG,RAW	84.5	58	1.2	.9
1327	MILK COW DRY SKIM NON FAT SOLIDS	3.0	363	35.9	.8
897	COWPEAS,IMMATURE COOKED,	71.8	108	8.1	.8
7026	ROOTS GINGER RAW E.P		46	1.6	0.8
1156	KALE COOKED,LEAVES,INCLUD STEMS	91.2	28	3.2	.7
7016	LEAVES,MINT RAW E.P		32	3.0	0.7
177	BEANS,LIMA MATURE SEEDS,DRY COOKED	64.1	138	8.2	.6
155	BEANS,COMMON,DRY WHITE COOKED	69.0	118	7.8	.6

USAID FOOD FOR

COMPOSITION OF AFGHAN F

FAT COLUMN - 4

ITEM CODE	FOOD DESCRIPTION	1	2	3	4
1870	RICE BROWN COOKED	70.3	119	2.5	.6
1356	MUSHROOMS EDIBLE SPECIES RAW	89.1	35	1.9	.6
1503	PEARS CANDIED	21.0	303	1.3	.6
1542	PEPPERS HOT CHILI MATURE RED CANNED SAUC	94.1	21	.9	.6
15	APPLES RAW,FRESH NOT PARED	84.8	56	.2	.6
7014	CORRIANDER LEAVES,RAW E.P		37	2.6	0.6
160	BEANS,COMMON,DRY RED COOKED	69.0	118	7.8	.5
1299	MACARONI ENRICHED COOKED,FIRMSTAGE	63.6	148	5.0	.5
1302	MACARONI UNENRICHED COOKED FIRM STAGE	63.6	148	5.0	.5
2158	SPAGHETTI ENRICHED COOKED FIRM STAGE	63.6	148	5.0	.5
952	DATES,DOMESTIC,NATURAL AND DRY	22.5	274	2.2	.5
2249	SWEETPOTATOES COOKED BAKED IN SKIN	63.7	141	2.1	.5
1473	PARSNIPS RAW	79.1	76	1.7	.5
1849	RASPBERRIES RAW RED	84.2	57	1.2	.5
2217	STRAWBERRIES RAW	89.9	37	.7	.5
2342	TURKEY YOUNG BIRDS LIGHT MEAT	73.8	108	24.5	.4
1300	MACARONI ENRICHED COOKED TENDER STAGE	72.0	111	3.4	.4
1303	MACARONI UNENRICHED TENDER STAGE COOKED	72.0	111	3.4	.4
2159	SPAGHETI ENRICHED COOKED TENDER STAGE	72.0	111	3.4	.4
1541	PEPER HOT CHILI MAT RED RAW POD EXC SEED	80.3	65	2.3	.4
2449	WHEAT BREAKFAST CEREALS ROLLED COOKED	79.7	75	2.2	.4
1367	MUSTARD GREENS COOKED BOILED	92.6	23	2.2	.4
2250	SWEETPOTATOES COOKED BOILED IN SKIN	70.6	114	1.7	.4
1417	ONION YOUNG GREEN TOP ONLY GREEN PORTION	91.8	27	1.6	.4
1316	MANGOS,RAW	81.7	66	.7	.4
1502	PEARS RAW INCLUDING SKIN	83.2	61	.7	.4
23	APPLES DRIED,COOKED WITH SUGAR	69.7	112	.3	.4
~~7012~~	~~KOHLRABI RAW E.P~~		~~31~~	~~2.6~~	~~0.4~~
648	CHEESES,NATURAL COTTAGE UNCREAMED	79.0	86	17.0	.3
904	COWPEAS,MATURE,DRY COOKED	80.0	76	5.1	.3
1135	HORSERADISH RAW	74.6	87	3.2	.3
2170	SPINACH COOKED BOILED	92.0	23	3.0	.3
1242	LEEKS,BULB AND LEAF PORTION,RAW	85.4	52	2.2	.3
2453	WHEAT BREAKFAST CER TOAST QUICK COOK	84.1	65	2.0	.3
1403	OKRA COOKED BOILED	91.1	29	2.0	.3
2451	WHEAT BREAKFAST CEREALS WHOLE MEAL COOKE	87.7	45	1.8	.3
758	CHIVES,RAW	91.3	28	1.8	.3
480	BREADFRUIT,RAW	70.8	103	1.7	.3
1548	PEPPERS SWEET MATURE RED RAW	90.7	31	1.4	.3
663	CHERRIES RAW SWEET	80.4	70	1.3	.3
1259	LETTUCE,RAW LOOSELEAF,VARIETIES,	94.0	18	1.3	.3
1001	FIGS RAW	77.5	80	1.2	.3
662	CHERRIES RAW SOUR,RED	83.7	58	1.2	.3
1422	ORANGE RAW PEELED CALIF VALENCIAS SUMMER	85.6	51	1.2	.3
1244	LEMONS,RAW FRUIT,INCLUDING PEEL	87.4	20	1.2	.3
2201	SQUASH WINTER ALL VARIETY BOILED MASHED	88.8	38	1.1	.3
1427	ORANGE JUICE RAW CALIF VALENCIAS SUMMER	87.8	47	1.0	.3
1295	LYCHEES RAW	81.9	64	.9	.3
1360	MUSKMELONS RAW HONEYDEW	90.6	33	.8	.3
1085	GRAPES RAW EUROPEAN TYPE	81.4	67	.6	.3
1651	POMEGRANATE PULP RAW	82.3	63	.5	.3
7005	FRUIT,MULBERRY RAW PULP AND SEEDS E.P		42	1.4	0.3
7006	FRUIT,PUMMELO, RAW E.P		39	0.7	0.3
1029	GARLIC,CLOVES,RAW	61.3	137	6.2	.2
181	BEANS,MUNG SPROUTED SEEDS COOKED,	91.0	28	3.2	.2

USAID FOOD FOR

COMPOSITION OF AFGHAN F

FAT COLUMN - 4

ITEM CODE	FOOD DESCRIPTION	1	2	3	4
1514	PEAS EDIBLE PODDED COOKED BOILED DRAIN	86.6	43	2.9	.2
630	CAULIFLOWER RAW	91.0	27	2.7	.2
1846	RAISINS NATURAL UNCOOKED	18.0	289	2.5	.2
631	CAULIFLOWER COOKED,BOILED,DRAINED	92.8	22	2.3	.2
2355	TURNIP GREEN COOK SMALL WATER SHORT TIME	93.2	20	2.2	.2
2356	TURNIP GREEN COOK LARGE WATER LONG TIME	93.5	19	2.2	.2
393	BEET GREENS,COMMON COOKED,BOILED	93.6	18	1.7	.2
183	BEANS,SNAP GREEN COOKED,WATER,SHORT TIME	92.4	25	1.6	.2
184	BEANS,SNAP GREEN COOKED,WATER,LONG TIME	92.4	25	1.6	.2
1440	ORANGE PEEL RAW	72.5	93	1.5	.2
1415	ONIONS YOUNG GREEN BULB AND TOP	89.4	36	1.5	.2
2422	WATERCHESTNUT CHINESE RAW	78.3	79	1.4	.2
520	CABBAGE,SPOON PAKCHOY ,COOKED,	95.2	14	1.4	.2
1537	PEPPERS HOT CHILI IMMAT RAW EXCLUD SEEDS	88.8	37	1.3	.2
2283	TOMATOES RIPE COOKED BOILED	92.4	26	1.3	.2
512	CABBAGE COMMON RAW	92.4	24	1.3	.2
2281	TOMATOES GREEN RAW	93.0	24	1.2	.2
1545	PEPPERS SWEET IMMATURE GREEN RAW	93.4	22	1.2	.2
1486	PEACHES DEHYDRATED COOKED WITH SUGAR	66.6	121	1.1	.2
141	BANANAS RAW COMMON	75.7	85	1.1	.2
886	CORNMEAL,DEGERMED,COOKED	87.7	50	1.1	.2
1416	ONIONS YOUNG GREEN BULB AND WHITE OF TOP	87.6	45	1.1	.2
619	CARROTS RAW	88.2	42	1.1	.2
2282	TOMATOES RIPE RAW	93.5	22	1.1	.2
513	CABBAGE COMMON COOKED,SHREDDED,	93.9	20	1.1	.2
30	APRICOTS RAW	85.3	51	1.0	.2
1420	ORANGES RAW PEELED ALL VARIETIES	86.0	49	1.0	.2
987	EGGPLANT COOKED,BOILED,DRAINED	94.3	19	1.0	.2
620	CARROTS COOKED,BOILED,DRAINED	91.2	31	.9	.2
1641	PLUMS RAW PRUNE TYPE	78.7	75	.8	.2
2262	TANGERINES RAW	87.	46	.8	.2
2353	TURNIPS COOKED BOILED	93.6	23	.8	.2
1425	ORANGE JUICE RAW ALL VARIETIES	88.3	45	.7	.2
1260	LIMES,ACID TYPE,RAW	89.3	28	.7	.2
2263	TANGERINE JUICE RAW	88.9	43	.5	.2
2264	TANGERINE JUICE CANNED UNSWEETENED	88.8	43	.5	.2
2424	WATERMELON RAW	92.6	26	.5	.2
1245	LEMON JUICE RAW	91.0	25	.5	.2
1560	PICKLES CUCUMBER SOUR	94.8	10	.5	.2
1291	LOQUATS,RAW	86.5	48	.4	.2
7019	MARMALADE,ORANGE.		244	0.3	0.2
7010	JUICE, SUGARCANE.		56	0.2	0.2
509	BUTTERMILK,FLUID, FROM SKIM MILK	90.5	36	3.6	.1
1322	MILK,COW FLUID PASTEURIZED SKIM	90.5	36	3.6	.1
1786	POTATOES COOKED BAKED IN SKIN	75.1	93	2.6	.1
1787	POTATOES COOKED BOILED IN SKIN	79.8	76	2.1	.1
1872	RICE WHITE ENRICHED COMMON COOKED	72.6	109	2.0	.1
1788	POTATOES COOKED BOILED PARED	82.8	65	1.9	.1
1166	KOHLRABI,COOKED,BOILED,DRAINED	92.2	24	1.7	.1
1412	ONIONS MATURE DRY RAW	89.1	38	1.5	.1
41	APRICOTS DRIED,COOKED,WITH SUGAR	66.2	122	1.4	.1
992	FARINA ENRICHED REGULAR COOKED	89.5	42	1.3	.1
1847	RAISINS NATURAL COOKED ADDED SUGAR	41.4	213	1.2	.1
863	CORN GRITS,DEGERMED ENRICHED COOKED	87.1	51	1.2	.1
1413	ONIONS MATURE DRY COOKED BOILED	91.8	29	1.2	.1

USAID FOOD FOR

COMPOSITION OF AFGHAN F

FAT COLUMN - 4

ITEM CODE	FOOD DESCRIPTION	1	2	3	4
385	BEETS,COMMON,RED COOKED,BOILED,	90.9	32	1.1	.1
1831	PUMPKIN RAW	91.6	26	1.0	.1
1844	RADISHES RAW COMMON	94.5	17	1.0	.1
1845	RADISHES RAW ORIENTAL INCLUDING DAIKON	94.1	19	.9	.1
942	CUCUMBERS,RAW NOT PARED	95.1	15	.9	.1
2192	SQUASH SUMMER ALL VARIETIES COOKED	95.5	14	.9	.1
1258	LETTUCE,RAW CRISPHEAD VARIETIES	95.5	13	.9	.1
1358	MUSKMELONS RAW CANTALOUPS	91.2	30	.7	.1
1539	PEPPERS HOT CHILI IMMAT CANN CHILI SAUCE	93.9	20	.7	.1
1148	JAMS AND PRESERVES	29.0	272	.6	.1
1479	PEACHES RAW	89.1	38	.6	.1
1865	RHUBARB RAW	94.8	16	.6	.1
943	CUCUMBERS,RAW PARED	95.7	14	.6	.1
1866	RHUBARB COOKED ADDED SUGAR	62.8	141	.5	.1
1053	GRAPEFRUIT RAW ALL VARIETIES	88.4	41	.5	.1
2261	TANGELO JUICE RAW	89.4	41	.5	.1
1261	LIME JUICE RAW	90.3	26	.3	.1
1149	JELLIES	29.0	273	.1	.1
7009	JAM,GRAPE		268	1.9	0.1
1254	LENTILS,MATURE SEEDS,DRY WHOLE COOKED	72.0	106	7.8	T
1359	MUSKMELONS RAW CASABA GOLDEN BEAUTY	91.5	27	1.2	T
1144	ICES,WATER,LIME	66.9	78	.4	T
2277	TEA INSTANT BEVERAGE	99.4	2	-	T
7035	SOUP,RICE,CONGA		38	0.8	T
7034	SOUP CHICKEN MADE FROM BONES		21	0.5	0.0
2230	SUGARS BEET OR CANE GRANULATED	.5	385	0.0	0.0
2229	SUGARS BEET OR CANE BROWN	2.1	373	0.0	0.0
1963	SALT TABLE	.2	0	0.0	0.0
1134	HONEY,STRAINED OR EXTRACTED	17.2	304	.3	0.0
7032	SHERBET		123	1.5	0.0
1032	GELATIN DESSERTS,PLAIN	84.2	59	1.5	0.0
404	BEVERAGES,CARBONATED,COLA TYPE	90.0	39	.0	.0
7038	SYRUP SUGARCANE		259	-	-
1341	MOLASSES CANE THIRD EXTRACT BLACKSTRAP	24.	213	-	-

TOTAL NUMBER OF DESCRIPTION CARDS

L E G E N D - F O R H E A D I N G C O D E S

1 - WATER %

2 - FOOD ENERGY CAL.

3 - PROTEIN GM.

4 - FAT GM.

5 -CARBOHYDRATE TOTAL GM

6 -CARBOHYDRATE FIBRE GM

7 - ASH GM.

8 - CALCIUM MG.

9 - PHOSPHOROUS MG.

10- IRON MG.

11- SODIUM MG.

12- POTASSIUM MG.

13- VITAMIN-A VALUE I.U.

14- THIAMIN MG.

15- RIBOFLAVIN MG.

16- NIACIN MG.

17- ASCORBIC ACID MG.

REPORT IN SEQUENCE OF - CARBOHYDRATE TOTAL

COLUMN - 5

USAID FOOD FOR PEA

COMPOSITION OF AFGHAN FOODS

CARBOHYDRATE TOTAL COLUMN - 5

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	5
2230	SUGARS BEET OR CANE GRANULATED	.5	385	0.0	0.0	99.5
2229	SUGARS BEET OR CANE BROWN 7134 Gur	2.1	373	0.0	0.0	96.4
1656	POPCORN POPPED SUGAR COATED	4.0	383	6.1	3.5	85.4
1134	HONEY,STRAINED OR EXTRACTED 627 CARROTS Dehy	17.2	304	.3	0.0	82.3
828	COOKIES RAISIN	8.2	379	4.4	5.3	80.0
145	BARLEY,PEARLED LIGHT	11.1	349	8.2	1.0	78.8
2452	WHEAT BREAKFAST CER TOAST QUICK COOK DRY	6.4	383	12.0	1.6	78.5
1846	RAISINS NATURAL UNCOOKED 1859 RICE BRAN	18.0	289	2.5	.2	77.4
1654	POPCORN POPPED PLAIN	4.0	386	12.7	5.0	76.7
1503	PEARS CANDIED	21.0	303	1.3	.6	75.9
2433	WHEAT WHOLE GRAIN WHITE	11.5	335	9.4	2.0	75.4
2437	WHEAT FLOURS STRAIGHT HARD WHEAT	12.	365	11.8	1.2	74.5
2436	WHEAT FLOURS 80% EXTRACTION HARD WHEATS	12.	365	12.	1.3	74.1
883	CORNMEAL,WHOLE-GROUND,UNBOLTED	12.0	355	9.2	3.9	73.7
1152	JUJUBE,DRIED	19.7	287	3.7	1.1	73.6
1338	MILLET,PROSO,WHOLE GRAIN	11.8	327	9.9	2.9	72.9
952	DATES,DOMESTIC,NATURAL AND DRY	22.5	274	2.2	.5	72.9
7009	JAM,GRAPE		268	1.9	0.1	72.6
2450	WHEAT BREAKFAST CER ROLL WHOLE MEAL DRY	10.4	338	13.5	2.0	72.3
7041	TURMERIC,DRIED		337	6.3	5.1	72.1
1377	NOODLES EGG ENRICHED DRY FORM	9.8	388	12.8	4.6	72.0
2432	WHEAT WHOLE GRAIN SOFT RED WINTER	14.0	326	10.2	2.0	72.0
2431	WHEAT WHOLE GRAIN HARD RED WINTER	12.5	330	12.3	1.8	71.7
816	COOKIES CHOCOLATE	4.0	445	7.1	15.7	71.5
2435	WHEAT FLOURS WHOLE HARD WHEATS	12.	333	13.3	2.0	71.0
815	COOKIES BUTTER,THIN,RICH	4.5	457	6.1	16.9	70.9
1296	LYCHEES DRIED	22.3	277	3.8	1.2	70.7
1149	JELLIES	29.0	273	.1	.1	70.6
613	CANDY SUGAR-COATED ALMONDS	2.3	456	7.8	18.6	70.2
1148	JAMS AND PRESERVES	29.0	272	.6	.1	70.0
818	COOKIES CHOCOLATE CHIP COMMERCIAL TYPE	2.7	471	5.4	21.0	69.7
2430	WHEAT WHOLE GRAIN HARD RED SPRING	13.0	330	14.0	2.2	69.1
1007	FIGS DRIED,UNCOOKED	23.0	274	4.3	1.3	69.1
831	COOKIES SUGAR,SOFT,THICK,	7.9	444	6.0	16.8	68.0
7038	SYRUP SUGARCANE		259	-	-	67.0
7019	MARMALADE,ORANGE.		244	0.3	0.2	66.9
7001	BEAN,KIDNEY WHOLE SEEDS,DRIED E. P.		336	20.3	1.2	62.7
2446	WHEAT BRAN CRUDE 1179 MUNG BEAN	11.5	213	16.0	4.6	61.9
753	CHICKPEAS OR GARBANZOS,MATURE,DRY,RAW	10.7	360	20.5	4.8	61.0
1543	PEPPERS HOT CHILI MATURE RED DRIED PODS	12.6	321	12.9	9.1	59.6
1655	POPCORN POPPED OIL AND SALT ADDED 1253 LENTIL	3.1	456	9.8	21.8	59.1
482	BROADBEANS,RAW MATURE SEEDS,DRY	11.9	338	25.1	1.7	58.2
586	CANDY CHOCOLATE SWEET	.9	528	4.4	35.1	57.9
1544	PEPPERS HOT CHILI MATURE RED DRIED POWDE	8.5	340	14.3	12.4	56.5
1904	ROLLS AND BUNS RAISIN	32.0	275	6.9	2.9	56.4
1847	RAISINS NATURAL COOKED ADDED SUGAR	41.4	213	1.2	.1	56.4
1341	MOLASSES CANE THIRD EXTRACT BLACKSTRAP	24.	213	-	-	55.
1325	MILK,COW CONDENSED SWEETEN	27.1	321	8.1	8.7	54.3
1327	MILK COW DRY SKIM NON FAT SOLIDS	3.0	363	35.9	.8	52.3
444	BREADS CRACKED-WHEAT	34.9	263	8.7	2.2	52.1
957	DOUGHNUTS,CAKE TYPE 1855 RICE BRAN	23.7	391	4.6	18.6	51.4
1434	ORANGE JUICE CANNED UNSWEET UNDILUTE	42.0	223	4.1	1.3	50.7
7030	CUMIN SEEDS,WHITE DRIED.		332	16.6	13.4	50.2
1809	POTATO CHIPS	1.8	568	5.3	39.8	50.0
510	BUTTERMILK,DRIED	2.8	387	34.3	5.3	50.0

USAID FOOD FOR PEA

COMPOSITION OF AFGHAN FOOD

CARBOHYDRATE TOTAL COLUMN - 5

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	5
1905	ROLLS AND BUNS SWEET	31.5	316	8.5	9.1	49.3
473	BREADS WHOLE-WHEAT,MADE WITH-WATER	36.4	241	9.1	2.6	49.3
7015	CURRY LEAVES DRIED,POWDER		301	14.2	10.9	49.0
2447	WHEAT GERM CRUDE	11.5	363	26.6	10.9	45.7
7031	ANISE SEEDS DRIED		415	19.	24.7	45.3
599	CANDY CHOCOLATE-COATED PEANUTS	1.0	561	16.4	41.3	39.1
2477	YEAST BAKERS DRY ACTIVE	5.0	282	36.9	1.6	38.9
~~7929~~	~~SEEDS-SUNFLOWER DRIED E.P~~		~~490~~	~~16.7~~	~~32.3~~	~~38.6~~
1326	MILK,COW DRY WHOLE	2.0	502	26.4	27.5	38.2
1866	RHUBARB COOKED ADDED SUGAR	62.8	141	.5	.1	36.0
1790	POTATOES COOKED FRIED FROM RAW	46.9	268	4.0	14.2	32.6
1144	ICES,WATER,LIME	66.9	78	.4	T	32.6
2249	SWEETPOTATOES COOKED BAKED IN SKIN	63.7	141	2.1	.5	32.5
41	APRICOTS DRIED,COOKED,WITH SUGAR	66.2	122	1.4	.1	31.4
1486	PEACHES DEHYDRATED COOKED WITH SUGAR	66.6	121	1.1	.2	31.3
1029	GARLIC,CLOVES,RAW	61.3	137	6.2	.2	30.8
1299	MACARONI ENRICHED COOKED,FIRMSTAGE	63.6	148	5.0	.5	30.1
1302	MACARONI UNENRICHED COOKED FIRM STAGE	63.6	148	5.0	.5	30.1
2138	SPAGHETTI ENRICHED COOKED FIRM STAGE	63.6	148	5.0	.5	30.1
7032	SHEREET		123	1.5	0.0	30.0
23	APPLES DRIED,COOKED WITH SUGAR	69.7	112	.3	.4	29.2
876	CORNBREAD,WHOLE-GROUND CORNMEAL	53.9	207	7.4	7.2	29.1
7013	LEAVES,BITTERORANGE SEMI DRIED.		146	6.8	3.1	29.0
10	ALMOND MEAL,PARTIALLY DEFATTED	7.2	408	39.5	18.3	28.9
2250	SWEETPOTATOES COOKED BOILED IN SKIN	70.6	114	1.7	.4	26.3
480	BREADFRUIT,RAW	70.8	103	1.7	.3	26.2
177	BEANS,LIMA MATURE SEEDS,DRY COOKED	64.1	138	8.2	.6	25.6
1870	RICE BROWN COOKED	70.3	119	2.5	.6	25.5
1440	ORANGE PEEL RAW	72.5	93	1.5	.2	25.0
1872	RICE WHITE ENRICHED COMMON COOKED	72.6	109	2.0	.1	24.2
1378	NOODLES EGG ENRICHED COOKED	70.4	125	4.1	1.5	23.3
1380	NOODLES EGG UNENRICHED COOKED	70.4	125	4.1	1.5	23.3
1300	MACARONI ENRICHED COOKED TENDER STAGE	72.0	111	3.4	.4	23.0
1303	MACARONI UNENRICHED TENDER STAGE COOKED	72.0	111	3.4	.4	23.0
2159	SPAGHETI ENRICHED COOKED TENDER STAGE	72.0	111	3.4	.4	23.0
1143	ICE MILK	66.7	152	4.8	5.1	22.4
141	BANANAS RAW COMMON	75.7	85	1.1	.2	22.2
2032	SESAME SEEDS DRY WHOLE	5.4	563	18.6	49.1	21.6
160	BEANS,COMMON,DRY RED COOKED	69.0	118	7.8	.5	21.4
155	BEANS,COMMON,DRY WHITE COOKED	69.0	118	7.8	.6	21.2
1786	POTATOES COOKED BAKED IN SKIN	75.1	93	2.6	.1	21.1
846	CORN,SWEET COOKED,KERNELS,ON COB	74.1	91	3.3	1.0	21.0
1001	FIGS RAW	77.5	80	1.2	.3	20.5
2236	SUNFLOWER SEED KERNELS DRY	4.8	560	24.0	47.3	19.9
~~7023~~	~~SEEDS-SESAME WHOLE DRIED~~		~~582~~	~~17.2~~	~~52.8~~	~~19.8~~
1135	HORSERADISH RAW	74.6	87	3.2	.3	19.7
1641	PLUMS RAW PRUNE TYPE	78.7	75	.8	.2	19.7
9	ALMONDS ROASTED AND SALTED	.7	627	18.6	57.7	19.5
8	ALMONDS DRIED	4.7	598	18.6	54.2	19.5
1254	LENTILS,MATURE SEEDS,DRY WHOLE COOKED	72.0	106	7.8	T	19.3
1626	PISTACHIONUTS	5.3	594	19.3	53.7	19.0
2422	WATERCHESTNUT CHINESE RAW	78.3	79	1.4	.2	19.0
1492	PEANUTS RAW WITH SKINS	5.6	564	26.0	47.5	18.6
1540	PEPER HOT CHILI FAT RED RAW POD INC SEED	74.3	93	3.7	2.3	18.1
897	COWPEAS,IMMATURE COOKED,	71.8	108	8.1	.8	18.1

USAID FOOD FOR PEA

COMPOSITION OF AFGHAN FOOD

CARBOHYDRATE TOTAL COLUMN - 5

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	5
1473	PARSNIPS RAW	79.1	76	1.7	.5	17.5
663	CHERRIES RAW SWEET	80.4	70	1.3	.3	17.4
1085	GRAPES RAW EUROPEAN TYPE	81.4	67	.6	.3	17.3
1787	POTATOES COOKED BOILED IN SKIN	79.8	76	2.1	.1	17.1
2449	WHEAT BREAKFAST CEREALS ROLLED COOKED	79.7	75	2.2	.4	16.9
1547	PEPPERS SWEET IMMATURE GREEN COOKED STUF	63.1	170	13.0	5.5	16.8
1316	MANGOS,RAW	81.7	66	.7	.4	16.8
1295	LYCHEES RAW	81.9	64	.9	.3	16.4
1651	POMEGRANATE PULP RAW	82.3	63	.5	.3	16.4
1824	PUDDINGS STARCH VANILLA BLANC MANGE	76.0	111	3.5	3.9	15.9
2421	WALNUTS PERSIAN OR ENGLISH	3.5	651	14.8	64.0	15.8
1541	PEPER HOT CHILI MAT RED RAW POD EXC SEED	80.3	65	2.3	.4	15.8
1848	RASPBERRIES RAW BLACK	80.8	73	1.5	1.4	15.7
2165	SPAGHETTI MEAT BALLS TOMATO SAUCE COOKED	70.0	134	7.5	4.7	15.6
7027	SEEDS,PUMPKIN DRIED SALTED E.P		569	24.2	50.4	15.5
1502	PEARS RAW INCLUDING SKIN	83.2	61	.7	.4	15.3
7010	JUICE, SUGARCANE.		56	0.2	0.2	15.0
2163	SPAGHETTI TOMATO SAUCE WITH CHEESE COOK	77.0	104	3.5	3.5	14.8
1788	POTATOES COOKED BOILED PARED	82.8	65	1.9	.1	14.5
662	CHERRIES RAW SOUR,RED	83.7	58	1.2	.3	14.3
15	APPLES RAW,FRESH NOT PARED	84.8	56	.2	.6	14.1
1032	GELATIN DESSERTS,PLAIN	84.2	59	1.5	0.0	14.1
904	COWPEAS,MATURE,DRY COOKED	80.0	76	5.1	.3	13.8
1849	RASPBERRIES RAW RED	84.2	57	1.2	.5	13.6
2453	WHEAT BREAKFAST CER TOAST QUICK COOK	84.1	65	2.0	.3	13.2
417	BLACKBERRIES,INCLUD DEW,BOYSEN,YOUNG,RAW	84.5	58	1.2	.9	12.9
30	APRICOTS RAW	85.3	51	1.0	.2	12.8
1422	ORANGE RAW PEELED CALIF VALENCIAS SUMMER	85.6	51	1.2	.3	12.4
1291	LOQUATS,RAW	86.5	48	.4	.2	12.4
1420	ORANGES RAW PEELED ALL VARIETIES	86.0	49	1.0	.2	12.2
1624	PINENUTS PIGNOLIAS	5.6	552	31.1	47.4	11.6
2262	TANGERINES RAW	87.	46	.8	.2	11.6
1242	LEEKS,BULB AND LEAF PORTION,RAW	85.4	52	2.2	.3	11.2
948	CUSTARD,BAKED	77.2	115	5.4	5.5	11.1
863	CORN GRITS,DEGERMED ENRICHED COOKED	87.1	51	1.2	.1	11.0
752	CHICKEN AND NOODLES,	71.1	153	9.3	7.7	10.7
1244	LEMONS,RAW FRUIT,INCLUDING PEEL	87.4	20	1.2	.3	10.7
886	CORNMEAL,DEGERMED,COOKED	87.7	50	1.1	.2	10.7
1053	GRAPEFRUIT RAW ALL VARIETIES	88.4	41	.5	.1	10.6
1427	ORANGE JUICE RAW CALIF VALENCIAS SUMMER	87.8	47	1.0	.3	10.5
1416	ONIONS YOUNG GREEN BULB AND WHITE OF TOP	87.6	45	1.1	.2	10.5
1425	ORANGE JUICE RAW ALL VARIETIES	88.3	45	.7	.2	10.4
2264	TANGERINE JUICE CANNED UNSWEETENED	88.8	43	.5	.2	10.2
2263	TANGERINE JUICE RAW	88.9	43	.5	.2	10.1
404	BEVERAGES,CARBONATED,COLA TYPE	90.0	39	.0	.0	10.0
7005	FRUIT,MULBERRY RAW PULP AND SEEDS E.P		42	1.4	0.3	9.8
1324	MILK,COW CANNED EVAPORATED	73.8	137	7.0	7.9	9.7
619	CARROTS RAW	88.2	42	1.1	.2	9.7
1479	PEACHES RAW	89.1	38	.6	.1	9.7
2261	TANGELO JUICE RAW	89.4	41	.5	.1	9.7
1336	MILK HUMAN,U.S.SAMPLES	85.2	77	1.1	4.0	9.5
7006	FRUIT,PUMMELO, RAW E.P		39	0.7	0.3	9.5
1514	PEAS EDIBLE PODDED COOKED BOILED DRAIN	86.6	43	2.9	.2	9.5
1260	LIMES,ACID TYPE,RAW	89.3	28	.7	.2	9.5
789	COCONUT MEAT FRESH	50.9	346	3.5	35.3	9.4

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2451	WHEAT BREAKFAST CEREALS WHOLE MEAL COOKE	87.7	45	1.8	.3	9.4
7026	ROOTS GINGER RAW E.P		46	1.6	0.8	9.2
2201	SQUASH WINTER ALL VARIETY BOILED MASHED	88.8	38	1.1	.3	9.2
693	CHICKEN FRYERS SKIN ONLY COOKED,	32.5	419	28.3	28.9	9.1
1537	PEPPERS HOT CHILI IMMAT RAW EXCLUD SEEDS	88.8	37	1.3	.2	9.1
1261	LIME JUICE RAW	90.3	26	.3	.1	9.0
1412	ONIONS MATURE DRY RAW	89.1	38	1.5	.1	8.7
992	FARINA ENRICHED REGULAR COOKED	89.5	42	1.3	.1	8.7
7035	SOUP,RICE,CONGA		38	0.8	T	8.5
2217	STRAWBERRIES RAW	89.9	37	.7	.5	8.4
1415	ONIONS YOUNG GREEN BULB AND TOP	89.4	36	1.5	.2	8.2
1245	LEMON JUICE RAW	91.0	25	.5	.2	8.0
1360	MUSKMELONS RAW HONEYDEW	90.6	33	.8	.3	7.7
1358	MUSKMELONS RAW CANTALOUPS	91.2	30	.7	.1	7.5
7014	CORRIANDER LEAVES,RAW E.P		37	2.6	0.6	7.3
365	BEETS,COMMON,RED COOKED,BOILED,	90.9	32	1.1	.1	7.2
1548	PEPPERS SWEET MATURE RED RAW	90.7	31	1.4	.3	7.1
620	CARROTS COOKED,BOILED,DRAINED	91.2	31	.9	.2	7.1
7004	FRUIT, BITTERORANGE. RAW.		38	0.6	1.3	7.0
705	CHICKEN FRYERS CUT-UP PARTS COOKED,	40.5	347	30.0	21.2	6.8
1838	QUAIL RAW GIBLETS	63.0	176	21.8	6.2	6.7
1356	MUSHROOMS EDIBLE SPECIES RAW	89.1	35	1.9	.6	6.5
1413	ONIONS MATURE DRY COOKED BOILED	91.8	29	1.2	.1	6.5
1831	PUMPKIN RAW	91.6	26	1.0	.1	6.5
1359	MUSKMELONS RAW CASABA GOLDEN BEAUTY	91.5	27	1.2	T	6.5
2424	WATERMELON RAW	92.6	26	.5	.2	6.4
64	AVOCADOS,RAW ALL VARIETIES	74.0	167	2.1	16.4	6.3
371	BEEF AND VEGETABLE STEW COOKED	82.4	89	6.4	4.3	6.2
~~7012~~	~~KOHLRABI RAW E.P~~		~~31~~	~~2.6~~	~~0.4~~	~~6.0~~
1403	OKRA COOKED BOILED	91.1	29	2.0	.3	6.0
713	CHICKEN FRYERS RIB COOKED,	45.7	298	31.5	15.4	5.9
758	CHIVES,RAW	91.3	28	1.8	.3	5.8
1417	ONION YOUNG GREEN TOP ONLY GREEN PORTION	91.8	27	1.6	.4	5.5
2283	TOMATOES RIPE COOKED BOILED	92.4	26	1.3	.2	5.5
7016	LEAVES,MINT RAW E.P		32	3.0	0.7	5.4
183	BEANS,SNAP GREEN COOKED,WATER,SHORT TIME	92.4	25	1.6	.2	5.4
184	BEANS,SNAP GREEN COOKED,WATER,LONG TIME	92.4	25	1.6	.2	5.4
512	CABBAGE COMMON RAW	92.4	24	1.3	.2	5.4
1267	LIVER BEEF COOKED,	56.0	229	26.4	10.6	5.3
1166	KOHLRABI,COOKED,BOILED,DRAINED	92.2	24	1.7	.1	5.3
2481	YOGHURT MADE PART SKIM MILK	89.0	50	3.4	1.7	5.2
181	BEANS,MUNG SPROUTED SEEDS COOKED,	91.0	28	3.2	.2	5.2
630	CAULIFLOWER RAW	91.0	27	2.7	.2	5.2
2281	TOMATOES GREEN RAW	93.0	24	1.2	.2	5.1
509	BUTTERMILK,FLUID, FROM SKIM MILK	90.5	36	3.6	.1	5.1
1322	MILK,COW FLUID PASTEURIZED SKIM	90.5	36	3.6	.1	5.1
1539	PEPPERS HOT CHILI IMMAT CANN CHILI SAUCE	93.9	20	.7	.1	5.0
1321	MILK,COW FLUID PASTEURIZED WHOLE 3.7%FAT	87.2	66	3.5	3.7	4.9
2482	YOGHURT MADE WHOLE MILK	88.0	62	3.0	3.4	4.9
2353	TURNIPS COOKED BOILED	93.6	23	.8	.2	4.9
1545	PEPPERS SWEET IMMATURE GREEN RAW	93.4	22	1.2	.2	4.8
695	CHICKEN FRYERS GIBLETS COOKED,	51.7	252	30.8	11.2	4.7
2282	TOMATOES RIPE RAW	93.5	22	1.1	.2	4.7
1335	MILK GOAT FLUID	87.5	67	3.2	4.0	4.6
711	CHICKEN FRYERS NECK COOKED,	50.2	289	26.7	17.4	4.5

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513	CABBAGE COMMON COOKED,SHREDDED,	93.9	20	1.1	.2	4.3
1845	RADISHES RAW ORIENTAL INCLUDING DAIKON	94.1	19	.9	.1	4.2
631	CAULIFLOWER COOKED,BOILED,DRAINED	92.8	22	2.3	.2	4.1
987	EGGPLANT COOKED,BOILED,DRAINED	94.3	19	1.0	.2	4.1
1269	LIVER CALF COOKED	51.4	261	29.5	13.2	4.0
7017	LIVER. GOAT RAW. E.P		159	18.5	7.2	4.0
1156	KALE COOKED,LEAVES,INCLUD STEMS	91.2	28	3.2	.7	4.0
1367	MUSTARD GREENS COOKED BOILED	92.6	23	2.2	.4	4.0
1542	PEPPERS HOT CHILI MATURE RED CANNED SAUC	94.1	21	.9	.6	3.9
1983	SAUSAGE BOLOGNA ALL MEAT	57.4	277	13.3	22.8	3.7
1065	RHUBARB RAW	94.8	16	.6	.1	3.7
2170	SPINACH COOKED BOILED	92.0	23	3.0	.3	3.6
2355	TURNIP GREEN COOK SMALL WATER SHORT TIME	93.2	20	2.2	.2	3.6
1844	RADISHES RAW COMMON	94.5	17	1.0	.1	3.6
1259	LETTUCE,RAW LOOSELEAF,VARIETIES,	94.0	18	1.3	.3	3.5
942	CUCUMBERS,RAW NOT PARED	95.1	15	.9	.1	3.4
2356	TURNIP GREEN COOK LARGE WATER LONG TIME	93.5	19	2.2	.2	3.3
393	BEET GREENS,COMMON COOKED,BOILED	93.6	18	1.7	.2	3.3
943	CUCUMBERS,RAW PARED	95.7	14	.6	.1	3.2
931	CREAM,FLUID HEAVY WHIPPING	36.6	352	2.2	37.6	3.1
699	CHICKEN FRYERS DARK MEAT,SKIN COOKED,	52.1	263	29.9	13.6	3.1
1278	LIVER TURKEY,ALL CLASSES COOKED,	63.3	174	27.9	4.8	3.1
1271	LIVER CHICKEN,COOKED,	65.0	165	26.5	4.4	3.1
2192	SQUASH SUMMER ALL VARIETIES COOKED	95.5	14	.9	.1	3.1
687	CHICKEN FRYERS FLESH,SKIN,GIBLETS COOKED	53.3	249	30.7	11.8	2.9
647	CHEESES,NATURAL COTTAGE CREAMED	78.3	106	13.6	4.2	2.9
1258	LETTUCE,RAW CRISPHEAD VARIETIES	95.5	13	.9	.1	2.9
1276	LIVER LAMB COOKED,	50.4	261	32.3	12.4	2.8
689	CHICKEN FRYERS FLESH AND SKIN COOKED,	53.5	250	30.6	11.9	2.8
717	CHICKEN FRYERS WING COOKED,	52.6	268	29.0	14.8	2.7
648	CHEESES,NATURAL COTTAGE UNCREAMED	79.0	86	17.0	.3	2.7
715	CHICKEN FRYERS THIGH COOKED,	55.8	237	29.1	11.4	2.5
2312	TONGUE SHEEP COOKED BRAISED	51.6	323	19.8	25.3	2.4
975	EGGS CHICKEN COOKED OMELET	72.1	173	11.2	12.9	2.4
977	EGGS CHICKEN COOKED SCRAMBLED	72.1	173	11.2	12.9	2.4
697	CHICKEN FRYERS LIGHT MEAT,SKIN COOKED,	55.0	234	31.5	9.9	2.4
520	CABBAGE,SPOON PAKCHOY ,COOKED,	95.2	14	1.4	.2	2.4
1560	PICKLES CUCUMBER SOUR	94.8	10	.5	.2	2.0
1115	HEART CALF COOKED,	60.3	208	27.8	9.1	1.8
985	EGGS TURKEY,WHOLE,FRESH,RAW	72.6	170	13.1	11.8	1.7
726	CHICKEN-ROASTERS GIBLETS-RAW	72.4	135	19.8	4.8	1.7
2339	TURKEY GIBLETS COOKED	61.0	233	20.6	15.4	1.6
1556	PHEASANT RAW GIBLETS	71.4	139	20.8	4.9	1.6
703	CHICKEN FRYERS DARK MEAT COOKED,	57.5	220	30.4	9.3	1.5
707	CHICKEN FRYERS BREAST COOKED,	58.4	203	32.5	6.4	1.5
984	EGGS GOOSE,WHOLE,FRESH,RAW	70.4	185	13.9	13.3	1.3
1406	OLIVES PICKLED GREEN	78.2	116	1.4	12.7	1.3
691	CHICKEN FRYERS FLESH ONLY COOKED,	58.6	209	31.2	7.8	1.2
1040	GIZZARD TURKEY,COOKED,	62.7	196	26.8	8.6	1.1
701	CHICKEN FRYERS LIGHT MEAT COOKED,	59.5	197	32.1	6.1	1.1
1121	HEART LAMB COOKED,	54.1	260	29.5	14.4	1.0
709	CHICKEN FRYERS DRUMSTICK COOKED,	55.0	235	32.6	10.2	1.0
2306	TONGUE CALF COOKED	68.5	160	23.9	6.0	1.0
968	EGGS CHICKEN RAW WHOLE,	73.7	163	12.9	11.5	.9
974	EGGS CHICKEN COOKED HARD-COOKED	73.7	163	12.9	11.5	.9

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ITEM CODE	FOOD DESCRIPTION	1	2	3	4	5
1160	KIDNEYS BEEF COOKED,	53.0	252	33.0	12.0	.8
438	BRAINS,ALL KINDS BEEF,CALF,SHEEP ,RAW	78.9	125	10.4	8.6	.8
983	EGGS DUCK,WHOLE,FRESH,RAW	70.4	191	13.3	14.5	.7
1111	HEART BEEF,LEAN COOKED,	61.3	188	31.3	5.7	.7
1037	GIZZARD CHICKEN,COOKED,	68.0	148	27.0	3.3	.7
2310	TONGUE LAMB COOKED	60.2	254	20.5	18.2	.5
505	BUTTER	15.5	716	.6	81.0	.4
1317	MARGARINE	15.5	720	.6	81.	.4
2302	TONGUE BEEF MEDIUM FAT COOKED	60.8	244	21.5	16.7	.4
2277	TEA INSTANT BEVERAGE	99.4	2	-	T	.4
973	EGGS CHICKEN COOKED FRIED	67.7	216	13.8	17.2	.3
1123	HEART TURKEY,COOKED,	63.2	216	22.6	13.2	.2
7011	KIDNEY GOAT RAW, E.P		99	16.3	3.2	0.2
1113	HEART BEEF,LEAN WITH VISIBLE FAT COOKED,	44.4	372	25.8	29.0	.1
1117	HEART CHICKEN,COOKED,	66.7	173	25.3	7.2	.1
7024	OIL,SESAME		881	0.2	99.7	0.1
1401	OILS SALAD OR COOKING	0.0	884	0.0	100.	0.0
7023	OIL,PEANUT.		884	T	99.9	0.0
7039	TALLO		878	0.3	99.7	0.0
506	BUTTER OIL OR DEHYDRATED BUTTER	.2	876	.3	99.5	0.0
2228	SUET BEEF KIDNEY FAT RAW	4.	854	1.5	94.	0.0
1210	LAMB-RIB PRIME,TOTAL EDIBLE COOKED,	35.5	492	16.9	46.5	0.0
1044	GOOSE,FLESH AND SKIN COOKED,	37.9	441	22.9	38.1	0.0
1042	GOOSE,TOTAL EDIBLE COOKED,	39.1	426	23.7	36.0	0.0
1215	LAMB-RIB CHOICE TOT EDIB COOKED,	42.9	407	20.1	35.6	0.0
1220	LAMB-RIB GOOD TOT EDIB,COOKED,	45.4	378	21.2	31.9	0.0
1225	LAMB SHOULDER PRIME TOTAL COOKED,ROASTED	46.2	374	20.7	31.7	0.0
732	CHICKEN-HENS & COCKS-TOT EDIB,COOKED	45.9	359	24.0	29.5	0.0
1175	LAMB CUTS PRIME GRADE	56.3	310	15.4	27.1	0.0
1205	LAMB-LOIN-TOT EDIB COOKED,	48.6	341	22.8	27.0	0.0
1180	LAMB RETAIL CUTS,LEG PRIME COOKED,ROAST	50.4	319	23.9	24.0	0.0
2241	SWEETBREADS THYMUS BEEF COOKED	49.6	320	25.9	23.2	0.0
736	CHICKEN-HENS & COCK-FLESH,SKIN,COOK,STEW	50.4	317	26.1	22.8	0.0
734	CHICKEN-HENS & COCKS-FLESH,GIBLETS,COOKE	50.8	312	26.2	22.2	0.0
1176	LAMB CUTS,CHOICE GRADE	61.0	263	16.5	21.3	0.0
719	CHICKEN ROASTERS TOTAL EDIBLE COOKED,	53.5	290	25.2	20.2	0.0
2328	TURKEY TOTAL EDIBLE COOKED	55.4	263	27.0	16.4	0.0
723	CHICKEN ROASTERS FLESH AND SKIN COOKED,	57.0	248	27.1	14.7	0.0
721	CHICKEN ROASTERS FLESH,GIBLETS COOKED,	57.5	242	27.2	14.0	0.0
2363	VEAL CARCASS RAW INC KIDNEY FAT CLASS	66.	207	18.8	14.	0.0
2370	VEAL RET CUT UNTRIM CHOC MED TOT ED COOK	58.5	235	27.9	12.8	0.0
1212	LAMB-RIB PRIME,SEPARABLE LEAN COOKED	59.1	224	26.9	12.1	0.0
2366	VEAL CARCASS RAW EXCL KIDNEY FAT CLASS	68.	190	19.1	12.	0.0
368	BEEF,HAMBURGER LEAN COOKED	60.0	219	27.4	11.3	0.0
7020	GOAT,RAW LEAN E.P.		179	18.0	11.3	0.0
1227	LAMB SHOULDER PRIME SEPAR LEAN COOK,	60.4	215	26.6	11.2	0.0
1217	LAMB-RIB CHOICE SEPARABLE LEAN COOKED	60.3	211	27.2	10.5	0.0
1341	RABBIT FLESH ONLY COOKED STEWED	59.8	216	29.3	10.1	0.0
1222	LAMB-RIB GOOD SEPARABLE LEAN COOKED	60.7	206	27.4	9.9	0.0
1046	GOOSE,FLESH ONLY COOKED,	54.8	233	33.9	9.8	0.0
7003	SQUAB&PIGEON FLESH,SKIN GIBLETS		175	20.9	9.5	0.0
738	CHICKEN-HENS & COCK-FLESH ONLY,COOK,STEW	60.4	208	30.0	8.9	0.0
2337	TURKEY DARK MEAT COOKED	60.5	203	30.0	8.3	0.0
7008	HEART,GOAT RAW E.P.		122	11.1	8.3	0.0
962	DUCK,DOMESTICATED,RAW,FLESH ONLY	68.8	165	21.4	8.2	0.0

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7037	STOMACH, GOAT RAW,EP.		100	8.3	7.2	0.0
1837	QUAIL RAW FLESH AND SKIN	66.3	172	25.4	7.0	0.0
725	CHICKEN ROASTERS FLESH ONLY COOKED,	62.8	183	29.5	6.3	0.0
684	CHICKEN ALL CLASSES DARK MEAT COOKED,	64.4	176	28.0	6.3	0.0
2331	TURKEY TOTAL EDIBLE FLESH ONLY COOKED	61.2	190	31.5	6.1	0.0
2245	SWEETBREADS THYMUS LAMB COOKED BRAISED	64.6	175	28.1	6.1	0.0
2340	TURKEY YOUNG BIRDS TOTAL EDIBLE	71.5	145	21.4	6.0	0.0
1554	PHEASANT RAW FLESH AND SKIN	68.9	152	24.7	5.2	0.0
1553	PHEASANT RAW TOTAL EDIBLE	69.2	151	24.3	5.2	0.0
964	DUCK,WILD,RAW FLESH ONLY	70.8	138	21.3	5.2	0.0
728	CHICKEN-ROASTERS-LIGHT MEAT COOKED,	61.3	182	32.3	4.9	0.0
741	CHICKEN-HENS& COCKS-LIGHT MEAT COOK,STEW	62.1	180	32.2	4.7	0.0
7002	SPARROW,FLESH BONES,E.P.		124	19.4	4.6	0.0
1362	MUSKRAT COOKED ROASTED	67.3	153	27.2	4.1	0.0
2405	VENISON LEAN MEAT ONLY RAW	74.	126	21.	4.	0.0
2335	TURKEY LIGHT MEAT COOKED	62.1	176	32.9	3.9	0.0
~~7022~~	~~PHEASANT,RAW E.P~~		~~140~~	~~24.8~~	~~3.8~~	~~0.0~~
685	CHICKEN BROILERS,COOKED,	71.0	136	23.8	3.8	0.0
1293	LUNGS,RAW CALF	77.4	106	16.8	3.8	0.0
7021	HORSE,MEAT RAW E.P		121	20.5	3.7	0.0
682	CHICKEN ALL CLASSES COOKED,	63.8	166	31.6	3.4	0.0
2243	SWEETBREADS THYMUS CALF COOKED BRAISED	62.7	168	32.6	3.2	0.0
~~7025~~	~~QUAIL RAW E.P. FLESH,SKIN GIBLETS~~		~~118~~	~~21.2~~	~~3.1~~	~~0.0~~
7036	STOMACH, BEEF RAW, E.P		85	13.7	2.9	0.0
7018	LUNG-GOAT RAW E.P		112	20.2	2.8	0.0
2343	TURKEY YOUNG BIRDS DARK MEAT	75.7	111	20.6	2.6	0.0
1294	LUNGS,RAW LAMB	76.7	103	19.3	2.3	0.0
1292	LUNGS,RAW BEEF	78.8	96	17.6	2.3	0.0
7007	FISH,GOLD RAW E.P.		78	14.5	1.8	0.0
7033	SMALL FISH,SMALL WHOLE STEAMED. E.P		97	20.0	1.3	0.0
2342	TURKEY YOUNG BIRDS LIGHT MEAT	73.8	108	24.5	.4	0.0
1963	SALT TABLE	.2	0	0.0	0.0	0.0
213	BEEF,CARCASS TOTAL EDIBLE,RAW UTIL GRADE	62.5	242	18.6	18.0	.0
7034	SOUP CHICKEN MADE FROM BONES		21	0.5	0.0	-

TOTAL NUMBER OF DESCRIPTION CARDS

LEGEND- FOR HEADING CODES

1 - WATER %

2 - FOOD ENERGY CAL.

3 - PROTEIN GM.

4 - FAT GM.

5 -CARBOHYDRATE TOTAL GM

6 -CARBOHYDRATE FIBRE GM

7 - ASH GM.

8 - CALCIUM MG.

9 - PHOSPHOROUS MG.

10- IRON MG.

11- SODIUM MG.

12- POTASSIUM MG.

13- VITAMIN-A VALUE I.U.

14- THIAMIN MG.

15- RIBOFLAVIN MG.

16- NIACIN MG.

17- ASCORBIC ACID MG.

REPORT IN SEQUENCE OF - CALCIUM COLUMN -

8

USAID FOOD FOR PO J E

COMPOSITION OF AFGHAN F U

CALCIUM COLUMN - 8

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	8
7013	LEAVES,BITTERORANGE SEMI DRIED.		146	6.8	3.1	1672
7030	CUMIN SEEDS,WHITE DRIED.		332	16.6	13.4	1365
1327	MILK COW DRY SKIM NON FAT SOLIDS	3.0	363	35.9	.8	1303
510	BUTTERMILK,DRIED	2.8	387	34.3	5.3	1243
2032	SESAME SEEDS DRY WHOLE	5.4	563	15.6	49.1	1160
1326	MILK,COW DRY WHOLE	2.0	502	26.4	27.5	909
~~7028~~	~~SEEDS-SESAME--WHOLE-DRIED~~		~~582~~	~~17.2~~	~~52.8~~	~~7[illegible]~~
7031	ANISE SEEDS DRIED		415	19.	24.7	69[illegible]
1341	MOLASSES CANE THIRD EXTRACT BLACKSTRAP	24.	213	-	-	68[illegible]
7002	SPARROW,FLESH BONES,E.P.		124	19.4	4.6	470
10	ALMOND MEAL,PARTIALLY DEFATTED	7.2	408	39.5	18.3	424
7033	SMALL FISH,SMALL WHOLE STEAMED. E.P		97	20.0	1.3	349
1544	PEPPERS HOT CHILI MATURE RED DRIED POWDE	8.5	340	14.3	12.4	265
1325	MILK,COW CONDENSED SWEETEN	27.1	321	8.1	8.7	262
1963	SALT TABLE	.2	0	0.0	0.0	253
1324	MILK,COW CANNED EVAPORATED	73.8	137	7.0	7.9	252
9	ALMONDS ROASTED AND SALTED	.7	627	18.6	57.7	235
8	ALMONDS DRIED	4.7	598	18.6	54.2	234
7016	LEAVES,MINT RAW E.P 7134 Gur		32	3.0	0.7	194
2355	TURNIP GREEN COOK SMALL WATER SHORT TIME	93.2	20	2.2	.2	184
2356	TURNIP GREEN COOK LARGE WATER LONG TIME	93.5	19	2.2	.2	174
1440	ORANGE PEEL RAW	72.5	93	1.5	.2	161
1143	ICE MILK	66.7	152	4.8	5.1	156
753	CHICKPEAS OR GARBANZOS,MATURE,DRY,RAW	10.7	360	20.5	4.8	150
520	CABBAGE,SPOON PAKCHOY ,COOKED,	95.2	14	1.4	.2	148
1135	HORSERADISH RAW	74.6	67	3.2	.3	140
1367	MUSTARD GREENS COOKED BOILED	92.6	23	2.2	.4	138
1156	KALE COOKED,LEAVES,INCLUD STEMS	91.2	28	3.2	.7	134
7014	CORRIANDER LEAVES,RAW E.P		37	2.6	0.6	133
1626	PISTACHIONUTS	5.3	594	19.3	53.7	131
1543	PEPPERS HOT CHILI MATURE RED DRIED PODS	12.6	321	12.9	9.1	130
1335	MILK GOAT FLUID	87.5	67	3.2	4.0	129
815	COOKIES BUTTER,THIN,RICH	4.5	457	6.1	16.9	126
1007	FIGS DRIED,UNCOOKED	23.0	274	4.3	1.3	126
509	BUTTERMILK,FLUID, FROM SKIM MILK	90.5	36	3.6	.1	121
1322	MILK,COW FLUID PASTEURIZED SKIM	90.5	36	3.6	.1	121
876	CORNBREAD,WHOLE-GROUND CORNMEAL	53.9	207	7.4	7.2	120
2236	SUNFLOWER SEED KERNELS DRY	4.8	560	24.0	47.3	120
2481	YOGHURT MADE PART SKIM MILK	89.0	50	3.4	1.7	12[illegible]
2446	WHEAT BRAN CRUDE	11.5	213	16.0	4.6	11[illegible]
1824	PUDDINGS STARCH VANILLA BLANC MANGE	76.0	111	3.5	3.9	117
1321	MILK,COW FLUID PASTEURIZED WHOLE 3.7%FAT	87.2	66	3.5	3.7	117
599	CANDY CHOCOLATE-COATED PEANUTS	1.0	561	16.4	41.3	116
948	CUSTARD,BAKED	77.2	115	5.4	5.5	112
2482	YOGHURT MADE WHOLE MILK	88.0	62	3.0	3.4	111
482	BROADBEANS,RAW MATURE SEEDS,DRY	11.9	338	25.1	1.7	102
613	CANDY SUGAR-COATED ALMONDS	2.3	456	7.8	18.6	100
2421	WALNUTS PERSIAN OR ENGLISH	3.5	651	14.8	64.0	99
393	BEET GREENS,COMMON COOKED,BOILED	93.6	18	1.7	.2	99
1865	RHUBARB RAW	94.8	16	.6	.1	96
586	CANDY CHOCOLATE SWEET	.9	528	4.4	35.1	94
647	CHEESES,NATURAL COTTAGE CREAMED	78.3	106	13.6	4.2	94
2170	SPINACH COOKED BOILED	92.0	23	3.0	.3	93
~~7029~~	~~SEEDS-SUNFLOWER--DRIED--E.P~~		~~490~~	~~16.7~~	~~32.8~~	~~92~~
1403	OKRA COOKED BOILED	91.1	29	2.0	.3	9[illegible]

USAID FOOD FOR PROJ

COMPOSITION OF AFGHAN FOOD

CALCIUM COLUMN - 8

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	8
648	CHEESES,NATURAL COTTAGE UNCREAMED	79.0	86	17.0	.3	90
444	BREADS CRACKED-WHEAT	34.9	263	8.7	2.2	88
7001	BEAN,KIDNEY WHOLE SEEDS,DRIED E. P.		336	20.3	1.2	86
7015	CURRY LEAVES DRIED,POWDER		301	14.2	10.9	86
2229	SUGARS BEET OR CANE BROWN	2.1	373	0.0	0.0	85
1905	ROLLS AND BUNS SWEET	31.5	316	8.5	9.1	85
473	BREADS WHOLE-WHEAT,MADE WITH-WATER	36.4	241	9.1	2.6	84
7009	JAM,GRAPE		268	1.9	0.1	83
975	EGGS CHICKEN COOKED OMELET	72.1	173	11.2	12.9	80
977	EGGS CHICKEN COOKED SCRAMBLED	72.1	173	11.2	12.9	80
1152	JUJUBE,DRIED	19.7	287	3.7	1.1	79
831	COOKIES SUGAR,SOFT,THICK,	7.9	444	6.0	16.8	78
1866	RHUBARB COOKED ADDED SUGAR	62.8	141	.5	.1	78
1904	ROLLS AND BUNS RAISIN	32.0	275	6.9	2.9	75
931	CREAM,FLUID HEAVY WHIPPING	56.6	352	2.2	37.6	75
2447	WHEAT GERM CRUDE	11.5	363	26.6	10.9	72
828	COOKIES RAISIN	8.2	379	4.4	5.3	71
1492	PEANUTS RAW WITH SKINS	5.6	564	26.0	47.5	69
758	CHIVES,RAW	91.3	28	1.8	.3	69
1259	LETTUCE,RAW LOOSELEAF,VARIETIES,	94.0	18	1.3	.3	68
1846	RAISINS NATURAL UNCOOKED	18.0	289	2.5	.2	62
1244	LEMONS,RAW FRUIT,INCLUDING PEEL	87.4	20	1.2	.3	61
1406	OLIVES PICKLED GREEN	78.2	116	1.4	12.7	61
7038	SYRUP SUGARCANE		259	-	-	60
973	EGGS CHICKEN COOKED FRIED	67.7	216	13.8	17.2	60
952	DATES,DOMESTIC,NATURAL AND DRY	22.5	274	2.2	.5	59
1514	PEAS EDIBLE PODDED COOKED BOILED DRAIN	86.6	43	2.9	.2	56
1417	ONION YOUNG GREEN TOP ONLY GREEN PORTION	91.8	27	1.6	.4	56
983	EGGS DUCK,WHOLE,FRESH,RAW	70.4	191	13.3	14.5	56
966	EGGS CHICKEN RAW WHOLE,	73.7	163	12.9	11.5	54
974	EGGS CHICKEN COOKED HARD-COOKED	73.7	163	12.9	11.5	54
816	COOKIES CHOCOLATE	4.0	445	7.1	15.7	52
1242	LEEKS,BULB AND LEAF PORTION,RAW	85.4	52	2.2	.3	52
~~7912~~	~~KOHLRABI RAW E.P~~		~~31~~	~~2.6~~	~~0.4~~	~~52~~
1434	ORANGE JUICE CANNED UNSWEET UNDILUTE	42.0	223	4.1	1.3	51
1415	ONIONS YOUNG GREEN BULB AND TOP	89.4	36	1.5	.2	51
2452	WHEAT BREAKFAST CER TOAST QUICK COOK DRY	6.4	383	12.0	1.6	50
7032	SHERBET		123	1.5	0.0	50
155	BEANS,COMMON,DRY WHITE COOKED	69.0	118	7.8	.6	50
1473	PARSNIPS RAW	79.1	76	1.7	.5	50
2165	SPAGHETTI MEAT BALLS TOMATO SAUCE COOKED	70.0	134	7.5	4.7	50
183	BEANS,SNAP GREEN COOKED,WATER,SHORT TIME	92.4	25	1.6	.2	50
184	BEANS,SNAP GREEN COOKED,WATER,LONG TIME	92.4	25	1.6	.2	50
512	CABBAGE COMMON RAW	92.4	24	1.3	.2	49
7011	KIDNEY GOAT RAW, E.P		99	16.3	3.2	48
2431	WHEAT WHOLE GRAIN HARD RED WINTER	12.5	330	12.3	1.8	46
2450	WHEAT BREAKFAST CER ROLL WHOLE MEAL DRY	10.4	338	13.5	2.0	45
7003	SQUAB&PIGEON FLESH,SKIN GIBLETS		175	20.9	9.5	45
2477	YEAST BAKERS DRY ACTIVE	5.0	282	36.9	1.6	44
513	CABBAGE COMMON COOKED,SHREDDED,	93.9	20	1.1	.2	44
2432	WHEAT WHOLE GRAIN SOFT RED WINTER	14.0	326	10.2	2.0	42
1547	PEPPERS SWEET IMMATURE GREEN COOKED STUF	63.1	170	13.0	5.5	42
7027	SEEDS,PUMPKIN DRIED SALTED E.P		569	24.2	50.4	42
7007	FISH,GOLD RAW E.P.		78	14.5	1.8	42
2435	WHEAT FLOURS WHOLE HARD WHEATS	12.	333	13.3	2.0	41

USAID FOOD FOR PEJ

COMPOSITION OF AFGHAN FIN

CALCIUM COLUMN - 8

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	8
1420	ORANGES RAW PEELED ALL VARIETIES	86.0	49	1.0	.2	41
957	DOUGHNUTS,CAKE TYPE	23.7	391	4.6	18.6	40
1809	POTATO CHIPS	1.8	568	5.3	39.8	40
2249	SWEETPOTATOES COOKED BAKED IN SKIN	63.7	141	2.1	.5	40
1422	ORANGE RAW PEELED CALIF VALENCIAS SUMMER	85.6	51	1.2	.3	40
2262	TANGERINES RAW	87.	46	.8	.2	40
1416	ONIONS YOUNG GREEN BULB AND WHITE OF TOP	87.6	45	1.1	.2	40
818	COOKIES CHOCOLATE CHIP COMMERCIAL TYPE	2.7	471	5.4	21.0	39
160	BEANS,COMMON,DRY RED COOKED	69.0	118	7.8	.5	38
619	CARROTS RAW	88.2	42	1.1	.2	37
2433	WHEAT WHOLE GRAIN WHITE	11.5	335	9.4	2.0	36
2430	WHEAT WHOLE GRAIN HARD RED SPRING	13.0	330	14.0	2.2	36
7025	QUAIL-RAW E.P. FLESH,SKIN GIBLETS		118	21.2	3.1	36
7019	MARMALADE,ORANGE.		244	0.3	0.2	35
1001	FIGS RAW	77.5	80	1.2	.3	35
2353	TURNIPS COOKED BOILED	93.6	23	.8	.2	35
1845	RADISHES RAW ORIENTAL INCLUDING DAIKON	94.1	19	.9	.1	35
7037	STOMACH, GOAT RAW,EP.		100	8.3	7.2	34
1296	LYCHEES DRIED	22.3	277	3.8	1.2	33
480	BREADFRUIT,RAW	70.8	103	1.7	.3	33
1336	MILK HUMAN,U.S.SAMPLES	85.2	77	1.1	4.0	33
1260	LIMES,ACID TYPE,RAW	89.3	28	.7	.2	33
620	CARROTS COOKED,BOILED,DRAINED	91.2	31	.9	.2	33
1166	KOHLRABI,COOKED,BOILED,DRAINED	92.2	24	1.7	.1	33
2250	SWEETPOTATOES COOKED BOILED IN SKIN	70.6	114	1.7	.4	32
2163	SPAGHETTI TOMATO SAUCE WITH CHEESE COOK	77.0	104	3.5	3.5	32
417	BLACKBERRIES,INCLUD DEW,BOYSEN,YOUNG,RAW	84.5	58	1.2	.9	32
1377	NOODLES EGG ENRICHED DRY FORM	9.8	388	12.8	4.6	31
1848	RASPBERRIES RAW BLACK	80.8	73	1.5	1.4	30
1844	RADISHES RAW COMMON	94.5	17	1.0	.1	30
1847	RAISINS NATURAL COOKED ADDED SUGAR	41.4	213	1.2	.1	29
1029	GARLIC,CLOVES,RAW	61.3	137	6.2	.2	29
177	BEANS,LIMA MATURE SEEDS,DRY COOKED	64.1	138	8.2	.6	29
1540	PEPER HOT CHILI MAT RED RAW POD INC SEED	74.3	93	3.7	2.3	29
7036	STOMACH, BEEF RAW, E.P		85	13.7	2.9	28
7006	FRUIT,PUMMELO, RAW E.P		39	0.7	0.3	27
1412	ONIONS MATURE DRY RAW	89.1	38	1.5	.1	27
1254	LENTILS,MATURE SEEDS,DRY WHOLE COOKED	72.0	106	7.8	T	25
630	CAULIFLOWER RAW	91.0	27	2.7	.2	25
942	CUCUMBERS,RAW NOT PARED	95.1	15	.9	.1	25
2192	SQUASH SUMMER ALL VARIETIES COOKED	95.5	14	.9	.1	25
2436	WHEAT FLOURS 80% EXTRACTION HARD WHEATS	12.	365	12.	1.3	24
897	COWPEAS,IMMATURE COOKED,	71.8	108	8.1	.8	24
7005	FRUIT,MULBERRY RAW PULP AND SEEDS E.P		42	1.4	0.3	24
1413	ONIONS MATURE DRY COOKED BOILED	91.8	29	1.2	.1	24
7004	FRUIT, BITTERORANGE. RAW.		38	0.6	1.3	23
663	CHERRIES RAW SWEET	80.4	70	1.3	.3	22
662	CHERRIES RAW SOUR,RED	83.7	58	1.2	.3	22
1849	RASPBERRIES RAW RED	84.2	57	1.2	.5	22
1149	JELLIES	29.0	273	.1	.1	21
2217	STRAWBERRIES RAW	89.9	37	.7	.5	21
1831	PUMPKIN RAW	91.6	26	1.0	.1	21
631	CAULIFLOWER COOKED,BOILED,DRAINED	92.8	22	2.3	.2	21
1841	RABBIT FLESH ONLY COOKED STEWED	59.8	216	29.3	10.1	21
2437	WHEAT FLOURS STRAIGHT HARD WHEAT	12.	365	11.8	1.2	20

USAID FOOD FOR DJE

COMPOSITION OF AFGHAN FNUT

CALCIUM COLUMN - 8

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	8
883	CORNMEAL,WHOLE-GROUND,UNBOLTED	12.0	355	9.2	3.9	20
1338	MILLET,PROSO,WHOLE GRAIN	11.8	327	9.9	2.9	20
1148	JAMS AND PRESERVES	29.0	272	.6	.1	20
1291	LOQUATS,RAW	86.5	48	.4	.2	20
2201	SQUASH WINTER ALL VARIETY BOILED MASHED	88.8	38	1.1	.3	20
1258	LETTUCE,RAW CRISPHEAD VARIETIES	95.5	13	.9	.1	20
505	BUTTER	15.5	716	.6	81.0	20
1317	MARGARINE	15.5	720	.6	81.	20
41	APRICOTS DRIED,COOKED,WITH SUGAR	66.2	122	1.4	.1	19
7026	ROOTS GINGER RAW E.P		46	1.6	0.8	19
2264	TANGERINE JUICE CANNED UNSWEETENED	88.8	43	.5	.2	18
2263	TANGERINE JUICE RAW	88.9	43	.5	.2	18
695	CHICKEN FRYERS GIBLETS COOKED,	51.7	252	30.8	11.2	18
1160	KIDNEYS BEEF COOKED,	53.0	252	33.0	12.0	18
904	COWPEAS,MATURE,DRY COOKED	80.0	76	5.1	.3	17
30	APRICOTS RAW	85.3	51	1.0	.2	17
181	BEANS,MUNG SPROUTED SEEDS COOKED,	91.0	28	3.2	.2	17
943	CUCUMBERS,RAW PARED	95.7	14	.5	.1	17
1560	PICKLES CUCUMBER SOUR	94.8	10	.5	.2	17
7018	LUNG-GOAT RAW E.P		112	20.2	2.8	17
145	BARLEY,PEARLED LIGHT	11.1	349	8.2	1.0	16
1541	PEPER HOT CHILI MAT RED RAW POD EXC SEED	80.3	65	2.3	.4	16
1053	GRAPEFRUIT RAW ALL VARIETIES	88.4	41	.5	.1	16
1276	LIVER LAMB COOKED,	50.4	261	32.3	12.4	16
1790	POTATOES COOKED FRIED FROM RAW	46.9	268	4.0	14.2	15
1486	PEACHES DEHYDRATED COOKED WITH SUGAR	66.6	121	1.1	.2	15
705	CHICKEN FRYERS CUT-UP PARTS COOKED,	40.5	347	30.0	21.2	15
2283	TOMATOES RIPE COOKED BOILED	92.4	26	1.3	.2	15
726	CHICKEN-ROASTERS GIBLETS-RAW	72.4	135	19.8	4.8	15
709	CHICKEN FRYERS DRUMSTICK COOKED,	55.0	235	32.6	10.2	15
1360	MUSKMELONS RAW HONEYDEW	90.6	33	.8	.3	14
1358	MUSKMELONS RAW CANTALOUPS	91.2	30	.7	.1	14
385	BEETS,COMMON,RED COOKED,BOILED,	90.9	32	1.1	.1	14
1359	MUSKMELONS RAW CASABA GOLDEN BEAUTY	91.5	27	1.2	T	14
703	CHICKEN FRYERS DARK MEAT COOKED,	57.5	220	30.4	9.3	14
1121	HEART LAMB COOKED,	54.1	260	29.5	14.4	14
1046	GOOSE,FLESH ONLY COOKED,	54.8	233	33.9	9.8	14
7010	JUICE, SUGARCANE.		56	0.2	0.2	13
789	COCONUT MEAT FRESH	50.9	346	3.5	35.3	13
1548	PEPPERS SWEET MATURE RED RAW	90.7	31	1.4	.3	13
1356	MUSHROOMS EDIBLE SPECIES RAW	89.1	35	1.9	.6	13
713	CHICKEN FRYERS RIB COOKED,	45.7	298	31.5	15.4	13
2281	TOMATOES GREEN RAW	93.0	24	1.2	.2	13
2282	TOMATOES RIPE RAW	93.5	22	1.1	.2	13
1269	LIVER CALF COOKED	51.4	261	29.5	13.2	13
687	CHICKEN FRYERS FLESH,SKIN,GIBLETS COOKED	53.3	249	30.7	11.8	13
715	CHICKEN FRYERS THIGH COOKED,	55.8	237	29.1	11.4	13
691	CHICKEN FRYERS FLESH ONLY COOKED,	58.6	209	31.2	7.8	13
1044	GOOSE,FLESH AND SKIN COOKED,	37.9	441	22.9	38.1	13
684	CHICKEN ALL CLASSES DARK MEAT COOKED,	64.4	176	28.0	6.3	13
1870	RICE BROWN COOKED	70.3	119	2.5	.6	12
1641	PLUMS RAW PRUNE TYPE	78.7	75	.8	.2	12
1085	GRAPES RAW EUROPEAN TYPE	81.4	67	.6	.3	12
371	BEEF AND VEGETABLE STEW COOKED	82.4	89	6.4	4.3	12
711	CHICKEN FRYERS NECK COOKED,	50.2	289	26.7	17.4	12

USAID FOOD FOR PO J.

COMPOSITION OF AFGHAN F N U

CALCIUM COLUMN - 8

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	8
699	CHICKEN FRYERS DARK MEAT,SKIN COOKED,	52.1	263	29.9	13.6	12
689	CHICKEN FRYERS FLESH AND SKIN COOKED,	53.5	250	30.6	11.9	12
707	CHICKEN FRYERS BREAST COOKED,	58.4	203	32.5	6.4	12
701	CHICKEN FRYERS LIGHT MEAT COOKED,	59.5	197	32.1	6.1	12
721	CHICKEN ROASTERS FLESH,GIBLETS COOKED,	57.5	242	27.2	14.0	12
2370	VEAL RET CUT UNTRIM CHUC MED TOT ED COOK	58.5	235	27.9	12.8	12
368	BEEF,HAMBURGER LEAN COOKED	60.0	219	27.4	11.3	12
738	CHICKEN-HENS & COCK-FLESH ONLY,COOK,STEW	60.4	208	30.0	8.9	12
962	DUCK,DOMESTICATED,RAW,FLESH ONLY	68.8	165	21.4	8.2	12
725	CHICKEN ROASTERS FLESH ONLY COOKED,	62.8	183	29.5	6.3	12
1654	POPCORN POPPED PLAIN	4.0	386	12.7	5.0	11
1299	MACARONI ENRICHED COOKED,FIRMSTAGE	63.6	148	5.0	.5	11
1302	MACARONI UNENRICHED COOKED FIRM STAGE	63.6	148	5.0	.5	11
2158	SPAGHETTI ENRICHED COOKED FIRM STAGE	63.6	148	5.0	.5	11
752	CHICKEN AND NOODLES,	71.1	153	9.3	7.7	11
1427	ORANGE JUICE RAW CALIF VALENCIAS SUMMER	87.8	47	1.0	.3	11
1425	ORANGE JUICE RAW ALL VARIETIES	88.3	45	.7	.2	11
1267	LIVER BEEF COOKED,	56.0	229	26.4	10.6	11
987	EGGPLANT COOKED,BOILED,DRAINED	94.3	19	1.0	.2	11
1271	LIVER CHICKEN,COOKED,	65.0	165	26.5	4.4	11
697	CHICKEN FRYERS LIGHT MEAT,SKIN COOKED,	55.0	234	31.5	9.9	11
1042	GOOSE,TOTAL EDIBLE COOKED,	39.1	426	23.7	36.0	11
736	CHICKEN-HENS & COCK-FLESH,SKIN,COOK,STEW	50.4	317	26.1	22.8	11
734	CHICKEN-HENS & COCKS-FLESH,GIBLETS,COOKE	50.8	312	26.2	22.2	11
723	CHICKEN ROASTERS FLESH AND SKIN COOKED,	57.0	248	27.1	14.7	11
2363	VEAL CARCASS RAW INC KIDNEY FAT CLASS	66.	207	18.8	14.	11
1212	LAMB-RIB PRIME,SEPARABLE LEAN COOKED	59.1	224	26.9	12.1	11
2366	VEAL CARCASS RAW EXCL KIDNEY FAT CLASS	68.	190	19.1	12.	11
1227	LAMB SHOULDER PRIME SEPAR LEAN COOK,	60.4	215	26.6	11.2	11
1217	LAMB-RIB CHOICE SEPARABLE LEAN COOKED	60.3	211	27.2	10.5	11
1222	LAMB-RIB GOOD SEPARABLE LEAN COOKED	60.7	206	27.4	9.9	11
7008	HEART,GOAT RAW E.P.		122	11.1	8.3	11
728	CHICKEN-ROASTERS-LIGHT MEAT COOKED,	61.3	182	32.3	4.9	11
741	CHICKEN-HENS& COCKS-LIGHT MEAT COOK,STEW	62.1	180	32.2	4.7	11
682	CHICKEN ALL CLASSES COOKED,	63.8	166	31.6	3.4	11
213	BEEF,CARCASS,TOTAL EDIBLE,RAW UTIL GRADE	62.5	242	18.6	18.0	11
1872	RICE WHITE ENRICHED COMMON COOKED	72.6	109	2.0	.1	10
1378	NOODLES EGG ENRICHED COOKED	70.4	125	4.1	1.5	10
1380	NOODLES EGG UNENRICHED COOKED	70.4	125	4.1	1.5	10
1316	MANGOS,RAW	81.7	66	.7	.4	10
1537	PEPPERS HOT CHILI IMMAT RAW EXCLUD SEEDS	86.8	37	1.3	.2	10
64	AVOCADOS,RAW ALL VARIETIES	74.0	167	2.1	16.4	10
717	CHICKEN FRYERS WING COOKED,	52.6	268	29.0	14.8	10
438	BRAINS,ALL KINDS BEEF,CALF,SHEEP ,RAW	78.9	125	10.4	8.6	10
7024	OIL,SESAME		881	0.2	99.7	10
732	CHICKEN-HENS & COCKS-TOT EDIB,COOKED	45.9	369	24.0	29.5	10
1205	LAMB-LOIN-TOT EDIB COOKED,	48.6	341	22.8	27.0	10
1180	LAMB RETAIL CUTS,LEG PRIME COOKED,ROAST	50.4	319	23.9	24.0	10
1176	LAMB CUTS,CHOICE GRADE	61.0	263	16.5	21.3	10
719	CHICKEN ROASTERS TOTAL EDIBLE COOKED,	53.5	290	25.2	20.2	10
7020	GOAT,RAW LEAN E.P.		179	18.0	11.3	10
2405	VENISON LEAN MEAT ONLY RAW	74.	126	21.	4.	10
~~7032~~	~~PHEASANT,RAW E.P.~~		~~140~~	~~24.8~~	~~3.8~~	~~10~~
1786	POTATOES COOKED BAKED IN SKIN	75.1	93	2.6	.1	9
2453	WHEAT BREAKFAST CER TOAST QUICK COOK	84.1	65	2.0	.3	9

155 PEASANT

USAID FOOD FOR DJ

COMPOSITION OF AFGHAN FOO

CALCIUM COLUMN - 8

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	8
1479	PEACHES RAW	89.1	38	.6	.1	9
1261	LIME JUICE RAW	90.3	26	.3	.1	9
1545	PEPPERS SWEET IMMATURE GREEN RAW	93.4	22	1.2	.2	9
7017	LIVER. GOAT RAW. E.P		159	18.5	7.2	9
1542	PEPPERS HOT CHILI MATURE RED CANNED SAUC	94.1	21	.9	.6	9
1037	GIZZARD CHICKEN,COOKED,	68.0	148	27.0	3.3	9
1215	LAMB-RIB CHOICE TOT EDIB COOKED,	42.9	407	20.1	35.6	9
1220	LAMB-RIB GOOD TOT EDIB,COOKED,	45.4	378	21.2	31.9	9
1225	LAMB SHOULDER PRIME TOTAL COOKED,ROASTED	46.2	374	20.7	31.7	9
1175	LAMB CUT. PRIME GRADE	56.3	310	15.4	27.1	9
685	CHICKEN BROILERS,COOKED,	71.0	136	23.8	3.8	9
1655	POPCORN POPPED OIL AND SALT ADDED	3.1	456	9.8	21.8	8
23	APPLES DRIED,COOKED WITH SUGAR	69.7	112	.3	.4	8
1300	MACARONI ENRICHED COOKED TENDER STAGE	72.0	111	3.4	.4	8
1303	MACARONI UNENRICHED TENDER STAGE COOKED	72.0	111	3.4	.4	8
2159	SPAGHETTI ENRICHED COOKED TENDER STAGE	72.0	111	3.4	.4	8
141	BANANAS RAW COMMON	75.7	85	1.1	.2	8
2449	WHEAT BREAKFAST CEREALS ROLLED COOKED	79.7	75	2.2	.4	8
1295	LYCHEES RAW	81.9	64	.9	.3	8
1502	PEARS RAW INCLUDING SKIN	83.2	61	.7	.4	8
693	CHICKEN FRYERS SKIN ONLY COOKED,	32.5	419	28.3	28.9	8
2331	TURKEY TOTAL EDIBLE FLESH ONLY COOKED	61.2	190	31.5	6.1	8
1787	POTATOES COOKED BOILED IN SKIN	79.8	76	2.1	.1	7
15	APPLES RAW,FRESH NOT PARED	84.8	56	.2	.6	7
2451	WHEAT BREAKFAST CEREALS WHOLE MEAL COOKE	87.7	45	1.8	.3	7
1245	LEMON JUICE RAW	91.0	25	.5	.2	7
2424	WATERMELON RAW	92.6	26	.5	.2	7
2302	TONGUE BEEF MEDIUM FAT COOKED	60.8	244	21.5	16.7	7
1210	LAMB-RIB PRIME,TOTAL EDIBLE COOKED,	35.5	492	16.9	46.5	7
1788	POTATOES COOKED BOILED PARED	82.8	65	1.9	.1	6
1111	HEART BEEF,LEAN COOKED,	61.3	188	31.3	5.7	6
7039	TALLO		878	0.3	99.7	6
1656	POPCORN POPPED SUGAR COATED	4.0	383	6.1	3.5	5
1134	HONEY,STRAINED OR EXTRACTED	17.2	304	.3	0.0	5
1539	PEPPERS HOT CHILI IMMAT CANN CHILI SAUCE	93.9	20	.7	.1	5
2422	WATERCHESTNUT CHINESE RAW	78.3	79	1.4	.2	4
992	FARINA ENRICHED REGULAR COOKED	89.5	42	1.3	.1	4
1115	HEART CALF COOKED,	60.3	208	27.8	9.1	4
1117	HEART CHICKEN,COOKED,	66.7	173	25.3	7.2	4
7021	HORSE.MEAT RAW E.P		121	20.5	3.7	4
846	CORN,SWEET COOKED,KERNELS,ON COB	74.1	91	3.3	1.0	3
1651	POMEGRANATE PULP RAW	82.3	63	.5	.3	3
7035	SOUP,RICE,CONGA		38	0.8	T	3
863	CORN GRITS,DEGERMED ENRICHED COOKED	87.1	51	1.2	.1	1
886	CORNMEAL,DEGERMED,COOKED	87.7	50	1.1	.2	1
7034	SOUP CHICKEN MADE FROM BONES		21	0.5	0.0	1
1144	ICES,WATER,LIME	66.9	78	.4	T	T
2277	TEA INSTANT BEVERAGE	99.4	2	-	T	T
2230	SUGARS BEET OR CANE GRANULATED	.5	385	0.0	0.0	0
1401	OILS SALAD OR COOKING	0.0	884	0.0	100.	0
1503	PEARS CANDIED	21.0	303	1.3	.6	-
7041	TURMERIC,DRIED		337	6.3	5.1	-
1032	GELATIN DESSERTS,PLAIN	84.2	59	1.5	0.0	-
1624	PINENUTS PIGNOLIAS	5.6	552	31.1	47.4	-
404	BEVERAGES,CARBONATED,COLA TYPE	90.0	39	.0	.0	-

USAID FOOD FOR P J.

COMPOSITION OF AFGHAN FO. U T

CALCIUM COLUMN - 8

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	5	
2261	TANGELO JUICE RAW	89.4	41	.5	.1	-	
1838	QUAIL RAW GIBLETS	63.0	176	21.8	6.2	-	
1933	SAUSAGE BOLOGNA ALL MEAT	57.4	277	13.3	22.8	-	
1278	LIVER TURKEY,ALL CLASSES COOKED,	63.3	174	27.9	4.8	-	
2312	TONGUE SHEEP COOKED BRAISED	51.6	323	19.8	25.3	-	
985	EGGS TURKEY,WHOLE,FRESH,RAW	72.6	170	13.1	11.8	-	
2339	TURKEY GIBLETS COOKED	61.0	233	20.6	15.4	-	
1556	PHEASANT RAW GIBLETS	71.4	139	20.8	4.9	-	
984	EGGS GOOSE,WHOLE,FRESH,RAW	70.4	185	13.9	13.3	-	
1040	GIZZARD TURKEY,COOKED,	62.7	196	26.8	8.6	-	
2306	TONGUE CALF COOKED	68.5	160	23.9	6.0	-	
2310	TONGUE LAMB COOKED	60.2	254	20.5	18.2	-	
1123	HEART TURKEY,COOKED,	63.2	216	22.6	13.2	-	
1113	HEART BEEF,LEAN WITH VISIBLE FAT COOKED,	44.4	372	25.8	29.0	-	
7023	OIL,PEANUT.		884	T	99.9	-	
506	BUTTER OIL OR DEHYDRATED BUTTER	.2	876	.3	99.5	-	
2228	SUET BEEF KIDNEY FAT RAW	4.	.854	1.5	94.	-	
2241	SWEETBREADS THYMUS BEEF COOKED	49.6	320	25.9	23.2	-	3
2328	TURKEY TOTAL EDIBLE COOKED	55.4	263	27.0	16.4	-	
2337	TURKEY DARK MEAT COOKED	60.5	203	30.0	8.3	-	
1837	QUAIL RAW FLESH AND SKIN	66.3	172	25.4	7.0	-	
2245	SWEETBREADS THYMUS LAMB COOKED BRAISED	64.6	175	28.1	6.1	-	2
2340	TURKEY YOUNG BIRDS TOTAL EDIBLE	71.5	145	21.4	6.0	-	
1554	PHEASANT RAW FLESH AND SKIN	68.9	152	24.7	5.2	-	
1553	PHEASANT RAW TOTAL EDIBLE	69.2	151	24.3	5.2	-	
964	DUCK,WILD,RAW FLESH ONLY	70.8	138	21.3	5.2	-	
1362	MUSKRAT COOKED ROASTED	67.3	153	27.2	4.1	-	
2335	TURKEY LIGHT MEAT COOKED	62.1	176	32.9	3.9	-	
1293	LUNGS,RAW CALF	77.4	106	16.8	3.8	-	
2243	SWEETBREADS THYMUS CALF COOKED BRAISED	62.7	168	32.6	3.2	-	
2343	TURKEY YOUNG BIRDS DARK MEAT	75.7	111	20.6	2.6	-	
1294	LUNGS,RAW LAMB	76.7	103	19.3	2.3	-	1
1292	LUNGS,RAW BEEF	78.8	96	17.6	2.3	-	2
2342	TURKEY YOUNG BIRDS LIGHT MEAT	73.8	108	24.5	.4	-	

TOTAL NUMBER OF DESCRIPTION CARDS 3

L E G E N D - F O R H E A D I N G C O D E S

1 - WATER %

2 - FOOD ENERGY CAL.

3 - PROTEIN GM.

4 - FAT GM.

5 -CARBOHYDRATE TOTAL GM

6 -CARBOHYDRATE FIBRE GM

7 - ASH GM.

8 - CALCIUM MG.

9 - PHOSPHOROUS MG.

10- IRON MG.

11- SODIUM MG.

12- POTASSIUM MG.

13- VITAMIN-A VALUE I.U.

14- THIAMIN MG.

15- RIBOFLAVIN MG.

16- NIACIN MG.

17- ASCORBIC ACID MG.

REPORT IN SEQUENCE OF - PHOSPHORUS COLUMN

9

USAID FOOD FOR A

COMPOSITION OF AFGHAN F

PHOSPHORUS COLUMN - 9

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	9
1880	RICE BRAN					1356
2477	YEAST BAKERS DRY ACTIVE	5.0	282	36.9	1.6	1291
2446	WHEAT BRAN CRUDE	11.5	213	16.0	4.6	1276
2447	WHEAT GERM CRUDE	11.5	363	26.6	10.7	111.
1327	MILK COW DRY SKIM NON FAT SOLIDS	3.0	363	35.9	.8	1016
510	BUTTERMILK,DRIED	2.8	337	34.3	5.3	97.
10	ALMOND MEAL,PARTIALLY DEFATTED	7.2	408	39.5	10.3	914
2236	SUNFLOWER SEED KERNELS DRY	4.8	560	24.0	47.3	837
1326	MILK,COW DRY WHOLE	2.0	502	26.4	27.5	7[illegible]
~~7124~~	~~SEEDS SUNFLOWER DRIED E.P~~		~~430~~	~~16.7~~	~~32.~~	~~[illegible]~~
2032	SESAME SEEDS DRY WHOLE	5.4	563	16.6	49.1	616
~~7124~~	~~SEEDS SESAME WHOLE DRIED~~		~~562~~	~~17.2~~	~~52.~~	~~61[illegible]~~
7002	SPARROW,FLESH BONES,E.P.		124	19.4	4.0	590
1276	LIVER,LAMB COOKED,	50.4	261	32.3	12.4	572
1269	LIVER CALF COOKED	51.4	261	29.5	13.2	537
3	ALMONDS DRIED	4.7	598	16.6	54.2	504
9	ALMONDS ROASTED AND SALTED	.7	627	16.6	57.7	504
1626	PISTACHIO NUTS	5.3	594	19.3	53.7	50[illegible]
1267	LIVER, BEEF COOKED, 403 COMPCAS	56.0	229	26.4	10.6	475
7017	LIVER, GOAT RAW, E.P		199	16.6	7.2	414
1492	PEANUTS RAW WITH SKINS	5.6	564	26.0	47.5	401
2432	WHEAT WHOLE GRAIN SOFT RED WINTER	14.0	326	10.2	2.0	400
2450	WHEAT BREAKFAST CER ROLL WHOLE MEAL DRY	10.4	338	13.5	2.0	395
2433	WHEAT WHOLE GRAIN WHITE	11.5	335	9.4	2.0	394
462	BROADBEANS,RAW MATURE SEEDS,DRY	11.9	338	25.1	1.7	391
2430	WHEAT WHOLE GRAIN HARD RED SPRING	13.0	330	14.0	2.2	383
2421	WALNUTS PERSIAN OR ENGLISH 125 LENTILS	3.5	651	14.8	64.0	3[illegible]
2435	WHEAT FLOURS WHOLE HARD WHEATS	12.	333	13.3	2.0	372
2241	SWEETBREADS THYMUS BEEF COOKED	49.6	320	25.9	23.2	364
2431	WHEAT WHOLE GRAIN HARD RED WINTER	12.5	330	12.3	1.0	354
7033	SMALL FISH,SMALL WHOLE STEAMED, E.P		97	20.0	1.3	353
2452	WHEAT BREAKFAST CER TOAST QUICK COOK DRY	6.4	383	12.0	1.6	350
695	CHICKEN FRYERS GIBLETS COOKED, 1.5 MONGRENS	51.7	252	30.8	11.2	336
753	CHICKPEAS OR GARBANZOS,MATURE,DRY,RAW	10.7	360	20.5	4.5	331
438	BRAINS,ALL KINDS BEEF,CALF,SHEEP ,RAW	78.9	125	10.4	8.0	312
1338	MILLET,PROSO,WHOLE GRAIN	11.8	327	9.9	2.9	311
~~7225~~	~~QUAIL RAW E.P. FLESH,SKIN GIBLETS~~		~~116~~	~~21.2~~	~~3.1~~	~~30[illegible]~~
599	CANDY CHOCOLATE-COATED PEANUTS	1.0	561	16.4	41.3	298
713	CHICKEN FRYERS RIB COOKED,	45.7	298	31.5	15.4	291
~~7122~~	~~PHEASANT RAW E.P~~		~~140~~	~~24.0~~	~~4.8~~	~~287~~
1654	POPCORN POPPED PLAIN	4.0	386	12.7	5.0	281
701	CHICKEN FRYERS LIGHT MEAT COOKED,	59.5	197	32.1	6.1	280
7011	KIDNEY GOAT RAW, E.P		99	16.3	3.2	279
1046	GOOSE,FLESH ONLY COOKED,	54.8	233	33.9	9.8	277
707	CHICKEN FRYERS BREAST COOKED,	58.4	203	32.5	6.4	276
728	CHICKEN-ROASTERS-LIGHT MEAT COOKED,	61.3	182	32.3	4.9	272
682	CHICKEN ALL CLASSES COOKED,	63.8	166	31.6	3.4	265
705	CHICKEN FRYERS CUT-UP PARTS COOKED,	40.5	347	30.0	21.2	262
697	CHICKEN FRYERS LIGHT MEAT,SKIN COOKED,	55.0	234	31.5	9.9	260
1044	GOOSE,FLESH AND SKIN COOKED,	37.9	441	22.9	38.1	260
1841	RABBIT FLESH ONLY COOKED STEWED	59.8	216	29.3	10.1	259
691	CHICKEN FRYERS FLESH ONLY COOKED,	58.6	209	31.2	7.0	257
883	CORNMEAL,WHOLE-GROUND,UNSOLTED	12.0	355	9.2	3.9	256
473	BREADS WHOLE-WHEAT,MADE WITH-WATER	36.4	241	9.1	2.0	254
637	CHICKEN FRYERS FLESH,SKIN,GIBLETS COOKED	53.3	249	30.7	11.0	254
725	CHICKEN ROASTERS FLESH ONLY COOKED,	62.8	183	29.5	6.3	254

USAID FOOD FOR PCT

COMPOSITION OF AFGHAN F

PHOSPHORUS COLUMN - 9

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	9
2331	TURKEY TOTAL EDIBLE FLESH ONLY COOKED	61.2	190	31.5	6.1	251
7015	CURRY LEAVES DRIED,POWDER		301	14.2	10.9	2[illegible]
2405	VENISON LEAN MEAT ONLY RAW	74.	126	21.	4.	249
7001	BEAN,KIDNEY WHOLE SEEDS,DRIED E. P.		336	20.3	1.2	247
1160	KIDNEYS BEEF COOKED,	53.0	252	33.0	12.0	244
589	CHICKEN FRYERS FLESH AND SKIN COOKED,	53.5	250	30.6	11.9	243
721	CHICKEN ROASTERS FLESH,GIBLETS COOKED,	57.5	242	27.2	14.0	242
7027	SEEDS,PUMPKIN DRIED SALTED E.P		569	24.2	50.4	242
1042	GOOSE,TOTAL EDIBLE COOKED,	39.1	426	23.7	36.0	240
1543	PEPPERS HOT CHILI MATURE RED DRIED PODS	12.5	321	12.9	9.1	240
723	CHICKEN ROASTERS FLESH AND SKIN COOKED,	57.0	246	27.1	14.7	239
709	CHICKEN FRYERS DRUMSTICK COOKED,	55.0	235	32.6	10.2	236
715	CHICKEN FRYERS THIGH COOKED,	55.8	237	29.0	11.4	236
717	CHICKEN FRYERS WING COOKED,	52.6	268	29.0	14.6	236
703	CHICKEN FRYERS DARK MEAT COOKED,	57.5	220	30.4	9.3	235
711	CHICKEN FRYERS NECK COOKED,	50.2	289	26.7	17.4	234
1121	HEART LAMB COOKED	54.1	260	29.5	14.4	231
368	BEEF,HAMBURGER LEAN COOKED	60.0	219	27.4	11.3	230
684	CHICKEN ALL CLASSES DARK MEAT COOKED,	64.4	176	26.0	6.3	229
699	CHICKEN FRYERS DARK MEAT,SKIN COOKED,	52.1	263	29.9	13.6	228
973	EGGS CHICKEN COOKED FRIED	67.7	216	13.6	17.2	222
719	CHICKEN ROASTERS TOTAL EDIBLE COOKED,	53.5	290	25.2	20.2	220
726	CHICKEN-ROASTERS GIBLETS-RAW	72.4	135	19.6	4.6	218
1227	LAMB SHOULDER PRIME SEPAR LEAN COOK,	60.4	215	26.6	11.2	217
7003	SQUAB&PIGEON FLESH,SKIN GIBLETS		175	20.9	9.5	217
1292	LUNGS,RAW BEEF	78.8	96	17.6	2.3	216
1655	POPCORN POPPED OIL AND SALT ADDED	3.1	456	9.6	21.6	216
1222	LAMB-RIB GOOD SEPARABLE LEAN COOKED	60.7	206	27.4	9.9	213
1217	LAMB-RIB CHOICE SEPARABLE LEAN COOKED	60.3	211	27.2	10.5	212
876	CORNBREAD,WHOLE-GROUND CORNMEAL	53.9	207	7.4	7.2	211
1212	LAMB-RIB PRIME,SEPARABLE LEAN COOKED	59.1	224	26.0	12.1	211
1325	MILK,COW CONDENSED SWEETEN	27.1	321	8.1	8.7	206
968	EGGS CHICKEN RAW WHOLE,	73.7	163	12.9	11.5	205
974	EGGS CHICKEN COOKED HARD-COOKED	73.7	163	12.9	11.5	205
1324	MILK,COW CANNED EVAPORATED	73.6	137	7.0	7.9	205
1544	PEPPERS HOT CHILI MATURE RED DRIED POWDE	8.5	340	14.3	12.4	204
2245	SWEETBREADS THYMUS LAMB COOKED BRAISED	64.6	175	28.1	6.1	204
962	DUCK,DOMESTICATED,RAW,FLESH ONLY	68.8	165	21.4	8.2	203
7007	FISH,GOLD RAW E.P.		78	14.5	1.6	203
1029	GARLIC,CLOVES,RAW	61.3	137	6.2	.2	202
685	CHICKEN BROILERS,COOKED,	71.0	136	23.8	3.5	201
7021	HORSE,MEAT RAW E.P		121	20.5	3.7	200
933	EGGS DUCK,WHOLE,FRESH,RAW	70.4	191	13.3	14.5	195
1180	LAMB RETAIL CUTS,LEG PRIME COOKED,ROAST	50.4	319	23.9	24.0	195
2366	VEAL CARCASS RAW EXCL KIDNEY FAT CLASS	68.	190	19.1	12.	193
2436	WHEAT FLOURS FOR EXTRACTION HARD WHEATS	12.	365	12.	1.3	191
957	DOUGHNUTS,CAKE TYPE	23.7	391	4.6	18.5	190
2363	VEAL CARCASS RAW INC KIDNEY FAT CLASS	66.	207	18.6	14.	190
145	BARLEY,PEARLED LIGHT	11.1	349	8.2	1.0	189
975	EGGS CHICKEN COOKED OMELET	72.1	173	11.2	12.9	189
977	EGGS CHICKEN COOKED SCRAMBLED	72.1	173	11.2	12.9	189
693	CHICKEN FRYERS SKIN ONLY COOKED,	32.5	419	26.3	28.9	186
1377	NOODLES EGG ENRICHED DRY FORM	9.8	388	12.8	4.6	1[illegible]
1111	HEART BEEF,LEAN COOKED,	61.3	168	31.3	5.7	191
1296	LYCHEES DRIED	22.3	277	3.6	1.2	1[illegible]

169 RICE BROWN

CARROTS

USAID FOOD FOR

COMPOSITION OF AFGHAN F

PHOSPHORUS COLUMN - 9

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	5
1294	LUNGS,RAW LAMB	76.7	103	19.3	2.3	19
1205	LAMB-LOIN-TOT EDIB COOKED,	48.6	341	22.8	27.0	17
648	CHEESES,NATURAL COTTAGE UNCREAMED	79.0	86	17.0	.3	17
218	BEEF,CARCASS TOTAL EDIBLE,RAW UTIL GRADE	62.5	242	18.6	18.0	17
1113	HEART BEEF,LEAN WITH VISIBLE FAT COOKED,	44.4	372	25.8	29.0	16
7020	GOAT,RAW LEAN E.P.		179	18.0	11.3	1
613	CANDY SUGAR-COATED ALMONDS	2.3	456	7.8	15.8	16
1220	LAMB-RIB GOOD TOT EDIB,COOKED,	45.4	378	21.2	31.9	16
1225	LAMB SHOULDER PRIME TOTAL COOKED,ROASTED	46.2	374	20.7	31.7	16
741	CHICKEN-HENS & COCKS-LIGHT MEAT COOK,STEW	62.1	160	32.2	4.7	16
1271	LIVER CHICKEN,COOKED,	65.0	165	26.5	4.4	15
328	COOKIES RAISIN	8.2	379	4.4	5.3	157
1215	LAMB--IB CHOICE TOT EDIB COOKED,	42.9	407	20.1	35.6	156
177	BEANS,LIMA MATURE SEEDS,DRY COOKED	64.1	136	8.2	.8	154
647	CHEESES,NATURAL COTTAGE CREAMED	78.3	106	13.6	4.2	152
2370	VEAL RET CUT UNTRIM CHOC MED TOT ED COOK	58.5	235	27.9	12.8	151
736	CHICKEN-HENS & COCK-FLESH ONLY,COOK,STEW	60.4	208	30.0	8.9	149
156	BEANS,COMMON,DRY WHITE COOKED	69.0	118	7.8	.6	146
1115	HEART CALF COOKED,	60.3	206	27.3	9.1	148
1175	LAMB CUTS,CHOICE GRADE	61.0	263	16.5	21.3	147
397	COWPEAS,IMMATURE COOKED,	71.8	108	8.1	.8	146
586	CANDY CHOCOLATE SWEET	.9	528	4.4	35.1	142
160	BEANS,COMMON,DRY RED COOKED	69.0	118	7.8	.8	140
1809	POTATO CHIPS	1.8	568	5.3	39.8	139
734	CHICKEN-HENS & COCKS-FLESH,GIBLETS,COOKE	50.3	312	26.2	22.2	135
1175	LAMB CUTS PRIME GRADE	56.3	310	15.4	27.1	135
1636	POPCORN POPPED SUGAR COATED	4.0	383	6.1	5.5	135
736	CHICKEN-HENS & COCK-FLESH,SKIN,COOK,STEW	50.4	317	26.1	22.8	134
7036	STOMACH, BEEF RAW, E.P		85	13.7	2.9	130
444	BREADS CRACKED-WHEAT	34.9	263	9.7	2.2	128
1210	LAMB-RIB PRIME,TOTAL EDIBLE COOKED,	35.5	492	16.9	46.5	128
816	COOKIES CHOCOLATE	4.0	445	7.1	15.7	127
1143	ICE MILK	66.7	152	4.8	5.1	124
732	CHICKEN-HENS & COCKS-TOT EDIB,COOKED	45.9	369	24.0	29.5	123
1347	PEPPERS SWEET IMMATURE GREEN COOKED STUF	63.1	170	13.0	5.5	121
1254	LENTILS, MATURE SEEDS,DRY WHOLE COOKED	72.0	106	7.6	T	119
948	CUSTARD,BAKED	77.2	115	5.4	5.5	117
2302	TONGUE BEEF MEDIUM FAT COOKED	60.8	244	21.5	16.7	117
818	COOKIES CHOCOLATE CHIP COMMERCIAL TYPE	2.7	471	5.4	21.0	114
1117	HEART CHICKEN,COOKED,	66.7	173	25.3	7.2	107
1905	ROLLS AND BUNS SWEET	31.5	316	8.5	9.1	107
1335	MILK GOAT FLUID	87.5	67	3.2	4.0	106
752	CHICKEN AND NOODLES,	71.1	153	9.3	7.7	103
831	COOKIES SUGAR,SOFT,THICK,	7.9	444	6.0	16.8	103
2310	TONGUE LAMB COOKED	60.2	254	20.5	18.2	102
7008	HEART,GOAT RAW E.P.		122	11.1	8.3	102
1790	POTATOES COOKED FRIED FROM RAW	46.9	268	4.0	14.2	101
1846	RAISINS NATURAL UNCOOKED	18.0	289	2.5	.2	101
1152	JUJUBE,DRIED	19.7	287	3.7	1.1	100
7037	STOMACH, GOAT RAW,EP.		100	8.3	7.2	98
1356	MUSHROOMS EDIBLE SPECIES RAW	89.1	35	1.9	.6	97
2437	WHEAT FLOURS STRAIGHT HARD WHEAT	12.	365	11.6	1.2	97
529	BUTTERMILK,FLUID, FROM SKIM MILK	90.5	36	3.6	.1	95
789	COCONUT MEAT FRESH	50.9	346	3.5	35.3	[illegible]
904	COWPEAS,MATURE,DRY COOKED	80.0	76	5.1	.5	[illegible]

USAID FOOD FOR

COMPOSITION OF AFGHAN FI

PHOSPHORUS COLUMN - 9

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	9
1322	MILK,COW FLUID PASTEURIZED SKIM	90.5	36	3.6	.1	95
2155	SPAGHETTI MEAT BALLS TOMATO SAUCE COOKED	70.0	134	7.5	4.7	95
615	COOKIES BUTTER,THIN,RICH	4.5	457	6.1	16.9	94
2481	YOGHURT MADE PART SKIM MILK	89.0	50	3.4	1.7	94
1321	MILK,COW FLUID PASTEURIZED WHOLE 3.7%FAT	87.2	66	3.5	3.7	92
1624	PUDDINGS STARCH VANILLA BLANC MANGE	76.0	111	3.5	3.9	91
1904	ROLLS AND BUNS RAISIN	32.0	275	6.9	2.[illegible]	91
646	CORN,SWEET COOKED,KERNELS,ON COB	74.1	91	3.3	1.0	89
2482	YOGHURT MADE WHOLE MILK	86.0	62	3.0	3.4	87
1434	ORANGE JUICE CANNED UNSWEET UNDILUTE	42.0	223	4.1	1.3	86
1341	MOLASSES CANE THIRD EXTRACT BLACKSTRAP	24.	213	-	-	84
7014	CORRIANDER LEAVES,RAW E.P		37	2.5	0.6	80
1540	PEPER HOT CHILI MAT RED RAW POD INC SEED	74.3	93	3.7	2.3	78
1007	FIGS DRIED,UNCOOKED	23.0	274	4.3	1.3	77
1473	PARSNIPS RAW	79.1	76	1.7	.5	77
1514	PEAS BUTTER POODED COOKED BOILED DRAIN	66.6	43	2.9	.2	76
2449	WHEAT BREAKFAST CEREALS ROLLED COOKED	79.7	75	2.2	.4	76
371	BEEF AND VEGETABLE STEW COOKED	82.4	89	6.4	4.3	75
1870	RICE BROWN COOKED	70.3	119	2.5	.6	73
1037	GIZZARD CHICKEN,COOKED,	68.0	148	27.0	3.3	71
7019	LUNG-GOAT RAW E.P		112	20.2	2.8	66
1299	MACARONI ENRICHED COOKED,FIRMSTAGE	63.6	148	5.0	.5	65
1302	MACARONI UNENRICHED COOKED FIRM STAGE	63.6	148	5.0	.5	65
1786	POTATOES COOKED BAKED IN SKIN	75.1	93	2.6	.1	65
2158	SPAGHETTI ENRICHED COOKED FIRM STAGE	63.6	148	5.0	.5	65
2422	WATERCHESTNUT CHINESE RAW	78.3	79	1.4	.2	65
1135	HORSERADISH RAW	74.6	87	3.2	.3	64
952	DATES,DOMESTIC,NATURAL AND DRY	22.5	274	2.2	.5	63
931	CREAM,FLUID HEAVY WHIPPING	56.6	352	2.2	37.6	59
1378	NOODLES EGG ENRICHED COOKED	70.4	125	4.1	1.5	59
1380	NOODLES EGG UNENRICHED COOKED	70.4	125	4.1	1.5	59
2453	WHEAT BREAKFAST CER TOAST QUICK COOK	84.1	65	2.0	.3	59
2249	SWEETPOTATOES COOKED BAKED IN SKIN	63.7	141	2.1	.3	58
630	CAULIFLOWER RAW	91.0	27	2.7	.2	56
2163	SPAGHETTI TOMATO SAUCE WITH CHEESE COOK	77.0	104	3.5	3.5	54
1787	POTATOES-COOKED BOILED IN SKIN	79.8	76	2.1	.1	53
2451	WHEAT BREAKFAST CEREALS WHOLE MEAL COOKE	87.7	45	1.8	.3	52
1242	LEEKS,BULB AND LEAF PORTION,RAW	85.4	52	2.2	.3	50
1300	MACARONI ENRICHED COOKED TENDER STAGE	72.0	111	3.4	.4	50
1303	MACARONI UNENRICHED TENDER STAGE COOKED	72.0	111	3.4	.4	50
2157	SPAGHETI ENRICHED COOKED TENDER STAGE	72.0	111	3.4	.4	50
1541	PEPER HOT CHILI MAT RED RAW POD EXC SEED	80.3	65	2.3	.4	49
181	BEANS,MUNG SPROUTED SEEDS COOKED,	91.0	28	3.2	.2	48
~~7012~~	~~KOHLRABI,~~		~~31~~	~~2.6~~	~~0.4~~	~~4~~
7016	LEAVES,MINT RAW E.P		32	3.0	0.7	48
1847	RAISINS NATURAL COOKED ADDED SUGAR	41.4	213	1.2	.1	47
2250	SWEETPOTATOES COOKED BOILED IN SKIN	70.6	114	1.7	.4	47
1156	KALE COOKED,LEAVES,INCLUD STEMS	91.2	28	3.2	.7	46
758	CHIVES,RAW	91.3	28	1.8	.3	44
1831	PUMPKIN RAW	91.6	26	1.0	.1	44
64	AVOCADOS,RAW ALL VARIETIES	74.0	167	2.1	16.4	42
631	CAULIFLOWER COOKED,BOILED,DRAINED	92.8	22	2.3	.2	42
1295	LYCHEES RAW	81.9	64	.9	.3	42
1788	POTATOES COOKED BOILED PARED	82.8	65	1.9	.1	42
1166	KOHLRABI,COOKED,BOILED,DRAINED	92.2	24	1.7	.1	41

USAID FOOD FOR PCT

COMPOSITION OF AFGHAN FOOD

PHOSPHORUS COLUMN - 9

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	9
1403	OKRA COOKED BOILED	91.1	29	2.0	.3	41
7032	SHERBET		123	1.5	0.0	40
1415	ONIONS YOUNG GREEN BULB AND TOP	89.4	36	1.5	.2	39
1416	ONIONS YOUNG GREEN BULB AND WHITE OF TOP	87.6	45	1.1	.2	39
1417	ONION YOUNG GREEN TOP ONLY GREEN PORTION	91.0	27	1.6	.4	39
2170	SPINACH COOKED BOILED	92.0	23	3.0	.3	38
153	BEANS,SNAP GREEN COOKED,WATER,SHORT TIME	92.4	25	1.6	.2	37
154	BEANS,SNAP GREEN COOKED,WATER,LONG TIME	92.4	25	1.6	.2	37
2355	TURNIP GREEN COOK SMALL WATER SHORT TIME	93.2	20	2.2	.2	37
619	CARROTS RAW	88.2	42	1.1	.2	36
1291	LOQUATS,RAW	86.5	48	.4	.2	35
1412	ONIONS MATURE DRY RAW	89.1	38	1.5	.1	36
1436	PEACHES DEHYDRATED COOKED WITH SUGAR	66.6	121	1.1	.2	36
2356	TURNIP GREEN COOK LARGE WATER LONG TIME	93.5	19	2.2	.2	34
520	CABBAGE,SPOON PAKCHOY ,COOKED,	95.2	14	1.4	.2	33
480	BREADFRUIT,RAW	70.8	103	1.7	.3	32
1367	MUSTARD GREENS COOKED BOILED	92.6	23	2.2	.4	32
2201	SQUASH WINTER ALL VARIETY BOILED MASHED	88.6	38	1.1	.3	32
2283	TOMATOES RIPE COOKED BOILED	92.4	26	1.3	.2	32
7026	ROOTS GINGER RAW E.P		46	1.6	0.6	32
41	APRICOTS DRIED,COOKED,WITH SUGAR	66.2	122	1.4	.1	31
620	CARROTS COOKED,BOILED,DRAINED	91.2	31	.9	.2	31
1844	RADISHES RAW COMMON	94.5	17	1.0	.1	31
1948	PEPPERS SWEET MATURE RED RAW	90.7	31	1.4	.3	30
7009	JAM,GRAPE		26	.9	0.1	30
512	CABBAGE COMMON RAW	92.4	24	.3	.2	29
1413	ONIONS MATURE DRY COOKED BOILED	91.8	29	1.2	.1	29
7038	SYRUP SUGARCANE		259	-	-	29
1572	RICE WHITE ENRICHED COMMON COOKED	72.6	109	2.0	.1	28
942	CUCUMBERS,RAW NOT PARED	95.1	15	.9	.1	27
2281	TOMATOES GREEN RAW	93.0	24	1.2	.2	27
2282	TOMATOES RIPE RAW	93.5	22	1.1	.2	27
141	BANANAS RAW COMMON	75.7	85	1.1	.2	26
1845	RADISHES RAW ORIENTAL INCLUDING DAIKON	94.1	19	.9	.1	26
7005	FRUIT,MULBERRY RAW PULP AND SEEDS E.P		42	1.4	0.3	26
393	BEET GREENS,COMMON COOKED,BOILED	93.6	18	1.7	.2	25
1259	LETTUCE,RAW LOOSELEAF,VARIETIES,	94.0	18	1.3	.3	25
1537	PEPPERS HOT CHILI IMMAT RAW EXCLUD SEEDS	88.8	37	1.3	.2	25
2192	SQUASH SUMMER ALL VARIETIES COOKED	95.5	14	.9	.1	25
2353	TURNIPS COOKED BOILED	93.6	23	.8	.2	24
30	APRICOTS RAW	85.3	51	1.0	.2	23
385	BEETS,COMMON,RED COOKED,BOILED,	90.9	32	1.1	.1	23
1001	FIGS RAW	77.5	80	1.2	.3	22
1258	LETTUCE,RAW CRISPHEAD VARIETIES	95.5	13	.9	.1	22
1422	ORANGE RAW PEELED CALIF VALENCIAS SUMMER	85.5	51	1.2	.3	22
1545	PEPPERS SWEET IMMATURE GREEN RAW	93.4	22	1.2	.2	22
1848	RASPBERRIES RAW BLACK	80.5	73	1.5	1.4	22
1849	RASPBERRIES RAW RED	84.2	57	1.2	.5	22
7006	FRUIT,POMMELO, RAW E.P		39	0.7	0.3	22
987	EGGPLANT COOKED,BOILED,DRAINED	94.3	19	1.0	.2	21
1440	ORANGE PEEL RAW	72.5	93	1.5	.2	21
2217	STRAWBERRIES RAW	89.9	37	.7	.5	21
513	CABBAGE COMMON COOKED,SHREDDED,	93.9	20	1.1	.2	20
1085	GRAPES RAW EUROPEAN TYPE	81.4	67	.6	.3	2[illegible]
1420	ORANGES RAW PEELED ALL VARIETIES	86.0	49	1.[illegible]	.1	2[illegible]

USAID FOOD FOR PEACE

COMPOSITION OF AFGHAN FOODS

PHOSPHORUS COLUMN - 9

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	9
7013	LEAVES,BITTERORANGE SEMI DRIED.		146	6.8	3.1	20
417	BLACKBERRIES,INCLUD DEW,BOYSEN,YOUNG,RAW	84.5	58	1.2	.9	19
662	CHERRIES RAW SOUR,RED	83.7	58	1.2	.3	19
663	CHERRIES RAW SWEET	80.4	70	1.3	.3	19
1427	ORANGE JUICE RAW CALIF VALENCIAS SUMMER	87.8	47	1.0	.3	19
1479	PEACHES RAW	89.1	38	.6	.1	19
2229	SUGARS BEET OR CANE BROWN	2.1	373	0.0	0.0	19
943	CUCUMBERS,RAW PARED	95.7	14	.6	.1	18
1240	LIMES,ACID TYPE,RAW	89.3	28	.7	.2	18
1341	PLUMS RAW PRUNE TYPE	78.7	75	.8	.2	18
1665	RHUBARB RAW	94.8	16	.6	.1	18
2262	TANGERINES RAW	87.	46	.9	.2	18
1406	OLIVES PICKLED GREEN	78.2	116	1.4	12.7	17
1425	ORANGE JUICE RAW ALL VARIETIES	88.3	45	.7	.2	17
305	BUTTER	15.5	716	.6	81.0	16
1243	GRAPEFRUIT RAW ALL VARIETIES	88.4	41	.5	.1	16
1317	MARGARINE	15.5	720	.6	81.	16
1358	MUSKMELONS RAW CANTALOUPE	91.2	30	.7	.1	16
1359	MUSKMELONS RAW CASABA GOLDEN BEAUTY	91.5	27	1.2	T	16
1360	MUSKMELONS RAW HONEYDEW	90.6	33	.8	.3	16
1642	PEPPERS HOT CHILI MATURE RED CANNED SAUC	94.1	21	.9	.6	16
1244	LEMONS,RAW FRUIT,INCLUDING PEEL	87.4	20	1.2	.3	15
1368	PICKLES CUCUMBER SOUR	94.8	10	.5	.2	15
1666	RHUBARB COOKED ADDED SUGAR	62.8	141	.5	.1	15
686	CORNMEAL,DEGERMED,COOKED	87.7	50	1.1	.2	14
1336	MILK HUMAN,U.S.SAMPLES	85.2	77	1.1	4.9	14
1537	PEPPERS HOT CHILI IMMAT CANN CHILI SAUCE	93.9	20	.7	.1	14
2263	TANGERINE JUICE RAW	88.9	43	.5	.2	14
2264	TANGERINE JUICE CANNED UNSWEETENED	88.5	43	.5	.2	14
23	APPLES DRIED,COOKED WITH SUGAR	69.7	112	.3	.4	13
1316	MANGOS,RAW	81.7	66	.7	.4	13
992	FARINA ENRICHED REGULAR COOKED	89.5	42	1.3	.1	12
7034	SOUP CHICKEN MADE FROM BONES		21	0.5	0.0	12
1261	LIME JUICE RAW	90.3	26	.3	.1	11
1302	PEARS RAW INCLUDING SKIN	83.2	61	.7	.4	11
15	APPLES RAW,FRESH NOT PARED	84.8	56	.2	.6	10
663	CORN GRITS,DEGERMED ENRICHED COOKED	87.1	51	1.2	.1	10
1245	LEMON JUICE RAW	91.0	25	.5	.2	10
2324	WATERMELON RAW	92.6	26	.5	.2	10
7019	MARMALADE,ORANGE.		244	0.3	0.2	10
7035	SOUP,RICE,COCOA		38	0.8	T	10
1146	JAMS AND PRESERVES	29.0	272	.6	.1	9
1651	POMEGRANATE PULP RAW	82.3	63	.5	.3	8
7004	FRUIT, BITTERORANGE. RAW.		38	0.6	1.3	8
7010	JUICE, SUGARCANE.		56	0.2	0.2	8
1149	JELLIES	29.0	273	.1	.1	7
7039	TALLO		878	0.3	99.7	7
1134	HONEY,STRAINED OR EXTRACTED	17.2	304	.3	0.0	6
7024	OIL,SESAME		881	0.2	99.7	5
1144	ICES,WATER,LIME	66.9	78	.4	T	T
1401	OILS SALAD OR COOKING	0.0	884	0.0	100.	0
2230	SUGARS BEET OR CANE GRANULATED	.5	385	0.0	0.0	0
404	BEVERAGES,CARBONATED,COLA TYPE	90.0	39	.0	.0	-
506	BUTTER OIL OR DEHYDRATED BUTTER	.2	876	.3	99.5	-
964	DUCK,WILD,RAW FLESH ONLY	70.6	138	21.3	5.2	-

USAID FOOD FO.. FCT

COMPOSITION OF AFGHAN FTR

PHOSPHORUS COLUMN - 9

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	9
984	EGGS GOOSE,WHOLE,FRESH,RAW	70.4	185	13.9	13.3	-
985	EGGS TURKEY,WHOLE,FRESH,RAW	72.6	170	13.1	11.0	-
1032	GELATIN DESSERTS,PLAIN	84.2	59	1.5	0.0	-
1040	GIZZARD TURKEY,COOKED,	62.7	196	26.8	8.6	-
1123	HEART TURKEY,COOKED,	63.2	216	22.0	13.2	-
1278	LIVER TURKEY,ALL CLASSES COOKED,	63.3	174	27.9	4.8	-
1293	LUNGS,RAW CALF	77.4	106	16.6	3.8	-
1362	MUSKRAT COOKED ROASTED	67.3	153	27.2	4.1	-
1503	PEARS CANDIED	21.0	303	1.3	.6	-
1553	PHEASANT RAW TOTAL EDIBLE	69.2	151	24.3	5.2	-
1554	PHEASANT RAW FLESH AND SKIN	68.9	152	24.7	5.2	-
1556	PHEASANT RAW GIBLETS	71.4	139	20.8	4.9	-
1624	PINENUTS PIGNOLIAS	5.6	552	31.1	47.4	-
1637	QUAIL RAW FLESH AND SKIN	66.3	172	25.4	7.0	-
1638	QUAIL RAW GIBLETS	63.0	176	21.0	8.2	-
1953	SALT TABLE	.2	0	0.0	0.0	-
1983	SAUSAGE BOLOGNA ALL MEAT	57.4	277	13.3	22.8	-
2220	SUET BEEF KIDNEY FAT RAW	4.	854	1.5	94.	-
2243	SWEETBREADS THYMUS CALF COOKED BRAISED	62.7	168	32.6	3.2	-
2261	TANGELO JUICE RAW	89.4	41	.5	.1	-
2277	TEA INSTANT BEVERAGE	99.4	2	-	T	-
2306	TONGUE CALF COOKED	68.5	160	23.9	6.0	-
2312	TONGUE SHEEP COOKED BRAISED	51.6	323	19.8	25.3	-
2320	TURKEY TOTAL EDIBLE COOKED	55.4	263	27.0	16.4	-
2335	TURKEY LIGHT MEAT COOKED	62.1	176	32.9	3.9	-
2337	TURKEY DARK MEAT COOKED	60.5	203	30.0	8.3	-
2339	TURKEY GIBLETS COOKED	61.0	233	20.6	15.4	-
2340	TURKEY YOUNG BIRDS TOTAL EDIBLE	71.5	145	21.4	6.0	-
2342	TURKEY YOUNG BIRDS LIGHT MEAT	73.8	108	24.5	.4	-
2343	TURKEY YOUNG BIRDS DARK MEAT	75.7	111	20.6	2.6	-
7023	OIL,PEANUT.		884	T	99.9	-
7030	CUMIN SEEDS,WHITE DRIED.		332	16.6	13.4	-
7031	ANISE SEED, DRIED		415	19.	24.7	-
7041	TURMERIC,DRIED		337	6.3	5.1	-

TOTAL NUMBER OF DESCRIPTION CARDS 364

USAID FOOD FOR P

COMPOSITION OF AFGHAN F

IRON COLUMN -10

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	10
7015	CURRY LEAVES DRIED,POWDER		301	14.2	10.9	44.1
7031	ANISE SEEDS DRIED		415	19.	24.7	34.6
7030	CUMIN SEEDS, WHITE DRIED.		332	16.6	13.4	24.3
1276	LIVER LAMB COOKED, 15% RICE BRAN	50.4	261	32.3	12.4	17.9
1341	MOLASSES CANE THIRD EXTRACT BLACKSTRAP	24.	213	-	-	16.1
2477	YEAST BAKERS DRY ACTIVE	5.0	282	36.9	1.6	16.1
1544	PEPPERS HOT CHILI MATURE RED DRIED POWDE	8.5	340	14.3	12.4	15.2
2446	WHEAT BRAN CRUDE	11.5	213	16.0	4.6	14.9
1269	LIVER CALF COOKED	51.4	261	29.5	13.2	14.2
1160	KIDNEYS BEEF COOKED,	53.0	252	33.0	12.0	13.1
~~7028~~	~~SEEDS SESAME WHOLE DRIED~~		~~582~~	~~17.2~~	~~52.8~~	~~12.0~~
7011	KIDNEY GOAT RAW, E.P		99	16.3	3.2	11.7
2032	SESAME SEEDS DRY WHOLE	5.4	563	18.6	49.1	10.5
7027	SEEDS,PUMPKIN DRIED SALTED E.P		569	24.2	50.4	9.8
2447	WHEAT GERM CRUDE	11.5	363	26.6	10.9	9.4
7018	LUNG-GOAT RAW E.P		112	20.2	2.8	9.3
1267	LIVER BEEF COOKED,	56.0	229	26.4	10.6	8.8
10	ALMOND MEAL,PARTIALLY DEFATTED	7.2	408	39.5	10.3	8.5
1271	LIVER CHICKEN,COOKED, 139% MOSSEAU	65.0	165	26.5	4.4	8.5
1543	PEPPERS HOT CHILI MATURE RED DRIED PODS	12.6	321	12.9	9.1	7.8
~~7025~~	~~QUAIL RAW E.P, FLESH, SKIN GIBLETS~~		~~118~~	~~21.2~~	~~3.1~~	~~7.5~~
1625	PISTACHIONUTS	5.3	594	19.3	53.7	7.3
2236	SUNFLOWER SEED KERNELS DRY	4.8	560	24.0	47.3	7.1
482	BROADBEANS,RAW MATURE SEEDS,DRY	11.9	338	25.1	1.7	7.1
753	CHICKPEAS OR GARBANZOS,MATURE,DRY,RAW	10.7	360	20.5	4.8	6.9
7001	BEAN,KIDNEY WHOLE SEEDS,DRIED E. P.		336	20.3	1.2	6.9
1338	MILLET,PROSO,WHOLE GRAIN	11.8	327	9.9	2.9	6.3
7017	LIVER. GOAT RAW. E.P 1053 LENTILS		159	18.5	7.2	6.6
695	CHICKEN FRYERS GIBLETS COOKED,	51.7	252	30.8	11.2	6.5
1111	HEART BEEF,LEAN COOKED, 527 CARROTS	61.3	188	31.3	5.7	5.9
~~7029~~	~~SEEDS SUNFLOWER WHOLE DRIED E.P~~		~~490~~	~~16.7~~	~~32.8~~	~~5.5~~
7003	SQUAB&PIGEON FLESH,SKIN GIBLETS 1055 COWPEAS		175	20.9	9.5	5.5
9	ALMONDS ROASTED AND SALTED	.7	627	18.6	57.7	4.7
8	ALMONDS DRIED	4.7	598	18.6	54.2	4.7
7008	HEART,GOAT RAW E.P. 7134		122	11.1	8.3	4.5
7014	CORRIANDER LEAVES,RAW E.P		37	2.6	0.6	4.5
726	CHICKEN-ROASTERS GIBLETS-RAW	72.4	135	19.8	4.8	4.4
1115	HEART CALF COOKED,	60.3	208	27.8	9.1	4.4
7016	LEAVES,MINT RAW E.P		32	3.0	0.7	3.8
7013	LEAVES,BITTERORANGE SEMI DRIED.		146	6.8	3.1	3.8
2450	WHEAT BREAKFAST CER ROLL WHOLE MEAL DRY	10.4	338	13.5	2.0	3.7
7009	JAM,GRAPE		268	1.9	0.1	3.7
1117	HEART CHICKEN,COOKED,	66.7	173	25.3	7.2	3.6
7038	SYRUP SUGARCANE		259	-	-	3.6
2432	WHEAT WHOLE GRAIN SOFT RED WINTER	14.0	326	10.2	2.0	3.5
368	BEEF,HAMBURGER LEAN COOKED	60.0	219	27.4	11.3	3.5
2370	VEAL RET CUT UNTRIM CHUC MED TOT ED COOK	58.5	235	27.9	12.8	3.5
1846	RAISINS NATURAL UNCOOKED	18.0	289	2.5	.2	3.5
2431	WHEAT WHOLE GRAIN HARD RED WINTER	12.5	330	12.3	1.8	3.4
2229	SUGARS BEET OR CANE BROWN	2.1	373	0.0	0.0	3.4
2312	TONGUE SHEEP COOKED BRAISED	51.6	323	19.8	25.3	3.4
2435	WHEAT FLOURS WHOLE HARD WHEATS	12.	333	13.3	2.0	3.3
1360	PICKLES CUCUMBER SOUR	94.8	10	.5	.2	3.2
2430	WHEAT WHOLE GRAIN HARD RED SPRING	13.0	330	14.0	2.2	3.1
2421	WALNUTS PERSIAN OR ENGLISH	3.5	651	14.8	64.0	3.1

USAID FOOD FOR F

COMPOSITION OF AFGHAN F E N

IRON COLUMN -10

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	10
177	BEANS,LIMA MATURE SEEDS,DRY COOKED	64.1	138	8.2	.6	3.1
1037	GIZZARD CHICKEN,COOKED,	68.0	148	27.0	3.3	3.1
1007	FIGS DRIED,UNCOOKED	23.0	274	4.3	1.3	3.0
952	DATES,DOMESTIC,NATURAL AND DRY	22.5	274	2.2	.5	3.0
2433	WHEAT WHOLE GRAIN WHITE	11.5	335	9.4	2.0	3.0
7005	FRUIT,MULBERRY RAW PULP AND SEEDS E.P		42	1.4	0.3	3.0
2366	VEAL CARCASS RAW EXCL KIDNEY FAT CLASS	68.	190	19.1	12.	2.9
1377	NOODLES EGG ENRICHED DRY FORM	9.8	388	12.8	4.6	2.9
983	EGGS DUCK,WHOLE,FRESH,RAW	70.4	191	13.3	14.5	2.8
2363	VEAL CARCASS RAW INC KIDNEY FAT CLASS	66.	207	18.8	14.	2.8
213	BEEF,CARCASS TOTAL EDIBLE,RAW UTIL GRADE	62.5	242	18.6	18.0	2.8
7036	STOMACH, BEEF RAW, E.P		85	13.7	2.9	2.8
1654	POPCORN POPPED PLAIN	4.0	386	12.7	5.0	2.7
705	CHICKEN FRYERS CUT-UP PARTS COOKED,	40.5	347	30.0	21.2	2.7
711	CHICKEN FRYERS NECK COOKED,	50.2	289	26.7	17.4	2.7
155	BEANS,COMMON,DRY WHITE COOKED	69.0	118	7.8	.6	2.7
2452	WHEAT BREAKFAST CER TOAST QUICK COOK DRY	6.4	383	12.0	1.6	2.6
7020	GOAT,RAW LEAN E.P.		179	18.0	11.3	2.6
438	BRAINS,ALL KINDS [illegible] F,CALF,SHEEP ,RAW	78.9	125	10.4	8.6	2.4
883	CORNMEAL,WHOLE [illegible] ,UNBOLTED	12.0	355	9.2	3.9	2.4
973	EGGS CHICKEN [illegible] FRIED	67.7	216	13.8	17.2	2.4
693	CHICKEN FRYERS SKIN ONLY COOKED,	32.5	419	28.3	28.9	2.4
160	BEANS,COMMON,DRY RED COOKED	69.0	118	7.8	.5	2.4
473	BREADS WHOLE-WHEAT,MADE WITH-WATER	36.4	241	9.1	2.6	2.3
687	CHICKEN FRYERS FLESH,SKIN,GIBLETS COOKED	53.3	249	30.7	11.8	2.3
709	CHICKEN FRYERS DRUMSTICK COOKED,	55.0	235	32.6	10.2	2.3
715	CHICKEN FRYERS THIGH COOKED,	55.8	237	29.1	11.4	2.3
968	EGGS CHICKEN RAW WHOLE,	73.7	163	12.9	11.5	2.3
974	EGGS CHICKEN COOKED HARD-COOKED	73.7	163	12.9	11.5	2.3
7019	MARMALADE,ORANGE.		244	0.3	0.2	2.3
2307	TURKEY DARK MEAT COOKED	60.5	203	30.0	8.3	2.3
2302	TONGUE BEEF MEDIUM FAT COOKED	60.8	244	21.5	16.7	2.2
1417	ONION YOUNG GREEN TOP ONLY GREEN PORTION	91.8	27	1.6	.4	2.2
2170	SPINACH COOKED BOILED	92.0	23	3.0	.3	2.2
1492	PEANUTS RAW WITH SKINS	5.6	564	26.0	47.5	2.1
1042	GOOSE,TOTAL EDIBLE COOKED,	39.1	426	23.7	36.0	2.1
1655	POPCORN POPPED OIL AND SALT ADDED	3.1	456	9.8	21.8	2.1
828	COOKIES RAISIN	8.2	379	4.4	5.3	2.1
897	COWPEAS,IMMATURE COOKED,	71.8	108	8.1	.8	2.1
1547	PEPPERS SWEET IMMATURE GREEN COOKED STUF	63.1	170	13.0	5.5	2.1
1254	LENTILS,MATURE SEEDS,DRY WHOLE COOKED	72.0	106	7.8	T	2.1
713	CHICKEN FRYERS RIB COOKED,	45.7	298	31.5	15.4	2.0
721	CHICKEN ROASTERS FLESH,GIBLETS COOKED,	57.5	242	27.2	14.0	2.0
717	CHICKEN FRYERS WING COOKED,	52.6	268	29.0	14.8	2.0
699	CHICKEN FRYERS DARK MEAT,SKIN COOKED,	52.1	263	29.9	13.6	2.0
7021	HORSE,MEAT RAW E.P		121	20.5	3.7	2.0
145	BARLEY,PEARLED LIGHT	11.1	349	8.2	1.0	2.0
1044	GOOSE,FLESH AND SKIN COOKED,	37.9	441	22.9	38.1	1.9
719	CHICKEN ROASTERS TOTAL EDIBLE COOKED,	53.5	290	25.2	20.2	1.9
1222	LAMB-RIB GOOD SEPARABLE LEAN COOKED	60.7	206	27.4	9.9	1.9
1217	LAMB-RIB CHOICE SEPARABLE LEAN COOKED	60.3	211	27.2	10.5	1.9
1212	LAMB-RIB PRIME,SEPARABLE LEAN COOKED	59.1	224	26.9	12.1	1.9
7007	FISH,GOLD RAW E.P.		78	14.5	1.5	1.9
613	CANDY SUGAR-COATED ALMONDS	2.3	456	7.8	18.6	1.9
393	BEET GREENS,COMMON COOKED,BOILED	93.6	18	1.7	.2	1.9

USAID FOOD FOR P

COMPOSITION OF AFGHAN FIE

IRON COLUMN -10

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	10
2331	TURKEY TOTAL EDIBLE FLESH ONLY COOKED	61.2	190	31.5	6.1	1.8
659	CHICKEN FRYERS FLESH AND SKIN COOKED,	53.5	250	30.6	11.9	1.8
723	CHICKEN ROASTERS FLESH AND SKIN COOKED,	57.0	248	27.1	14.7	1.8
703	CHICKEN FRYERS DARK MEAT COOKED,	57.5	220	30.4	9.3	1.8
1227	LAMB SHOULDER PRIME SEPAR LEAN COOK,	60.4	215	26.6	11.2	1.8
1309	POTATO CHIPS	1.3	568	5.3	39.8	1.8
734	CHICKEN-HENS & COCKS-FLESH,GIBLETS,COOKE	50.8	312	26.2	22.2	1.8
818	COOKIES CHOCOLATE CHIP COMMERCIAL TYPE	2.7	471	5.4	21.0	1.8
1152	JUJUBE,DRIED	19.7	287	3.7	1.1	1.8
136[illegible]	MUSTARD GREENS COOKED BOILED	92.6	23	2.2	.4	1.8
10[illegible]6	GOOSE,FLESH ONLY COOKED,	54.8	233	33.9	9.8	1.7
707	CHICKEN FRYERS BREAST COOKED,	58.4	203	32.5	6.4	1.7
684	CHICKEN ALL CLASSES DARK MEAT COOKED,	64.4	176	28.0	6.3	1.7
685	CHICKEN BROILERS,COOKED,	71.0	136	23.8	3.8	1.7
975	EGGS CHICKEN COOKED OMELET	72.1	173	11.2	12.9	1.7
977	EGGS CHICKEN COOKED SCRAMBLED	72.1	173	11.2	12.9	1.7
1296	LYCHEES DRIED	22.3	277	3.8	1.2	1.7
789	COCONUT MEAT FRESH	50.9	346	3.5	35.3	1.7
758	CHIVES,RAW	91.3	28	1.8	.3	1.7
691	CHICKEN FRYERS FLESH ONLY COOKED,	58.6	209	31.2	7.8	1.6
1180	LAMB RETAIL CUTS,LEG PRIME COOKED,ROAST	50.4	319	23.9	24.0	1.6
732	CHICKEN-HENS & COCKS-TOT EDIB,COOKED	45.9	369	24.0	29.5	1.6
1847	RAISINS NATURAL COOKED ADDED SUGAR	41.4	213	1.2	.1	1.6
41	APRICOTS DRIED,COOKED,WITH SUGAR	66.2	122	1.4	.1	1.6
1406	OLIVES PICKLED GREEN	78.2	116	1.4	12.7	1.6
599	CANDY CHOCOLATE-COATED PEANUTS	1.0	561	16.4	41.3	1.5
697	CHICKEN FRYERS LIGHT MEAT,SKIN COOKED,	55.0	234	31.5	9.9	1.5
1841	RABBIT FLESH ONLY COOKED STEWED	59.8	216	29.3	10.1	1.5
725	CHICKEN ROASTERS FLESH ONLY COOKED,	62.8	183	29.5	6.3	1.5
1029	GARLIC,CLOVES,RAW	61.3	137	6.2	.2	1.5
1205	LAMB-LOIN-TOT EDIB COOKED,	48.6	341	22.8	27.0	1.5
738	CHICKEN-HENS & COCKS-FLESH ONLY,COOK,STEW	60.4	208	30.0	8.9	1.5
736	CHICKEN-HENS & COCKS-FLESH,SKIN,COOK,STEW	50.4	317	26.1	22.8	1.5
2165	SPAGHETTI MEAT BALLS TOMATO SAUCE COOKED	70.0	134	7.5	4.7	1.5
1149	JELLIES	29.0	273	.1	.1	1.5
957	DOUGHNUTS,CAKE TYPE	23.7	391	4.6	18.6	1.4
586	CANDY CHOCOLATE SWEET	.9	528	4.4	35.1	1.4
831	COOKIES SUGAR,SOFT,THICK,	7.9	444	6.0	16.8	1.4
7037	STOMACH, GOAT RAW,EP.		100	8.3	7.2	1.4
2437	WHEAT FLOURS STRAIGHT HARD WHEAT	12.	365	11.8	1.2	1.4
1356	MUSHROOMS EDIBLE SPECIES RAW	89.1	35	1.9	.6	1.4
1904	ROLLS AND BUNS RAISIN	32.0	275	6.9	2.9	1.4
1135	HORSERADISH RAW	74.6	87	3.2	.3	1.4
1541	PEPER HOT CHILI MAT RED RAW POD EXC SEED	80.3	65	2.3	.4	1.4
1259	LETTUCE,RAW LOOSELEAF,VARIETIES,	94.0	18	1.3	.3	1.4
701	CHICKEN FRYERS LIGHT MEAT COOKED,	59.5	197	32.1	6.1	1.3
728	CHICKEN-ROASTERS-LIGHT MEAT COOKED,	61.3	182	32.3	4.9	1.3
682	CHICKEN ALL CLASSES COOKED,	63.8	166	31.6	3.4	1.3
962	DUCK,DOMESTICATED,RAW,FLESH ONLY	68.8	165	21.4	8.2	1.3
2436	WHEAT FLOURS 80% EXTRACTION HARD WHEATS	12.	365	12.	1.3	1.3
741	CHICKEN-HENS& COCKS-LIGHT MEAT COOK,STEW	62.1	180	32.2	4.7	1.3
1656	POPCORN POPPED SUGAR COATED	4.0	383	6.1	3.5	1.3
904	COWPEAS,MATURE,DRY COOKED	80.0	76	5.1	.3	1.3
1434	ORANGE JUICE CANNED UNSWEET UNDILUTE	42.0	223	4.1	1.3	1.3
~~7912~~	~~KOHLRABI RAW E.P~~		~~31~~	~~2.6~~	~~0.4~~	~~1.3~~

USAID FOOD FOR P

COMPOSITION OF AFGHAN FIEL

IRON COLUMN -10

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	10
7026	ROOTS GINGER RAW E.P		46	1.6	0.8	1.3
1220	LAMB-RIB GOOD TOT EDIB,COOKED,	45.4	378	21.2	31.9	1.2
1225	LAMB SHOULDER PRIME TOTAL COOKED,ROASTED	46.2	374	20.7	31.7	1.2
1176	LAMB CUTS,CHOICE GRADE	61.0	263	16.5	21.3	1.2
1540	PEPER HOT CHILI MAT RED RAW POD INC SEED	74.3	93	3.7	2.3	1.2
371	BEEF AND VEGETABLE STEW COOKED	82.4	89	6.4	4.3	1.2
1156	KALE COOKED,LEAVES,INCLUD STEMS	91.2	28	3.2	.7	1.2
480	BREADFRUIT,RAW	70.8	103	1.7	.3	1.2
2335	TURKEY LIGHT MEAT COOKED	62.1	176	32.9	3.9	1.2
876	CORNBREAD,WHOLE-GROUND CORNMEAL	53.9	207	7.4	7.2	1.1
1215	LAMB-RIB CHOICE TOT EDIB COOKED,	42.9	407	20.1	35.6	1.1
1175	LAMB CUTS PRIME GRADE	56.3	310	15.4	27.1	1.1
444	BREADS CRACKED-WHEAT	34.9	263	8.7	2.2	1.1
816	COOKIES CHOCOLATE	4.0	445	7.1	15.7	1.1
1790	POTATOES COOKED FRIED FROM RAW	46.9	268	4.0	14.2	1.1
1299	MACARONI ENRICHED COOKED,FIRMSTAGE	63.6	148	5.0	.5	1.1
2158	SPAGHETTI ENRICHED COOKED FIRM STAGE	63.6	148	5.0	.5	1.1
630	CAULIFLOWER RAW	91.0	27	2.7	.2	1.1
1242	LEEKS,BULB AND LEAF PORTION,RAW	85.4	52	2.2	.3	1.1
2355	TURNIP GREEN COOK SMALL WATER SHORT TIME	93.2	20	2.2	.2	1.1
942	CUCUMBERS,RAW NOT PARED	95.1	15	.9	.1	1.1
1415	ONIONS YOUNG GREEN BULB AND TOP	89.4	36	1.5	.2	1.0
2356	TURNIP GREEN COOK LARGE WATER LONG TIME	93.5	19	2.2	.2	1.0
1844	RADISHES RAW COMMON	94.5	17	1.0	.1	1.0
2217	STRAWBERRIES RAW	89.9	37	.7	.5	1.0
7034	SOUP CHICKEN MADE FROM BONES		21	0.5	0.0	1.0
1148	JAMS AND PRESERVES	29.0	272	.6	.1	1.0
1848	RASPBERRIES RAW BLACK	80.8	73	1.5	1.4	0.9
752	CHICKEN AND NOODLES,	71.1	153	9.3	7.7	.9
1378	NOODLES EGG ENRICHED COOKED	70.4	125	4.1	1.5	.9
2249	SWEETPOTATOES COOKED BAKED IN SKIN	63.7	141	2.1	.5	.9
2163	SPAGHETTI TOMATO SAUCE WITH CHEESE COOK	77.0	104	3.5	3.5	.9
1300	MACARONI ENRICHED COOKED TENDER STAGE	72.0	111	3.4	.4	.9
2159	SPAGHETI ENRICHED COOKED TENDER STAGE	72.0	111	3.4	.4	.9
181	BEANS,MUNG SPROUTED SEEDS COOKED,	91.0	28	3.2	.2	.9
1872	RICE WHITE ENRICHED COMMON COOKED	72.6	109	2.0	.1	.9
1849	RASPBERRIES RAW RED	84.2	57	1.2	.5	.9
417	BLACKBERRIES,INCLUD DEW,BOYSEN,YOUNG,RAW	84.5	58	1.2	.9	.9
7033	SMALL FISH,SMALL WHOLE STEAMED. E.P		97	20.0	1.3	0.8
1210	LAMB-RIB PRIME,TOTAL EDIBLE COOKED,	35.5	492	16.9	46.5	.8
1905	ROLLS AND BUNS SWEET	31.5	316	8.5	9.1	.8
1831	PUMPKIN RAW	91.6	26	1.0	.1	.8
1486	PEACHES DEHYDRATED COOKED WITH SUGAR	66.6	121	1.1	.2	.8
1422	ORANGE RAW PEELED CALIF VALENCIAS SUMMER	85.6	51	1.2	.3	.8
1440	ORANGE PEEL RAW	72.5	93	1.5	.2	.8
1865	RHUBARB RAW	94.8	16	.6	.1	.8
1473	PARSNIPS RAW	79.1	76	1.7	.5	.7
2449	WHEAT BREAKFAST CEREALS ROLLED COOKED	79.7	75	2.2	.4	.7
1786	POTATOES COOKED BAKED IN SKIN	75.1	93	2.6	.1	.7
2250	SWEETPOTATOES COOKED BOILED IN SKIN	70.6	114	1.7	.4	.7
631	CAULIFLOWER COOKED,BOILED,DRAINED	92.8	22	2.3	.2	.7
619	CARROTS RAW	88.2	42	1.1	.2	.7
141	BANANAS RAW COMMON	75.7	85	1.1	.2	.7
1537	PEPPERS HOT CHILI IMMAT RAW EXCLUD SEEDS	88.8	37	1.3	.2	.7
1545	PEPPERS SWEET IMMATURE GREEN RAW	93.4	22	1.2	.2	.7

USAID FOOD FOR

COMPOSITION OF AFGHAN FE

IRON COLUMN -10

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	1
1244	LEMONS,RAW FRUIT,INCLUDING PEEL	87.4	20	1.2	.3	.7
7004	FRUIT, BITTERORANGE. RAW.		38	0.6	1.3	0.6
1327	MILK COW DRY SKIM NON FAT SOLIDS	3.0	363	35.9	.8	.6
510	BUTTERMILK,DRIED	2.8	387	34.3	5.3	.6
846	CORN,SWEET COOKED,KERNELS,ON COB	74.1	91	3.3	1.0	.6
2422	WATERCHESTNUT CHINESE RAW	78.3	79	1.4	.2	.6
1380	NOODLES EGG UNENRICHED COOKED	70.4	125	4.1	1.5	.6
1707	POTATOES COOKED BOILED IN SKIN	79.3	76	2.1	.1	.6
64	AVOCADOS,RAW ALL VARIETIES	74.0	167	2.1	16.4	.6
1436	ONIONS YOUNG GREEN BULB AND WHITE OF TOP	87.6	45	1.1	.2	.6
163	BEANS,SNAP GREEN COOKED,WATER,SHORT TIME	92.4	25	1.6	.2	.6
184	BEANS,SNAP GREEN COOKED,WATER,LONG TIME	92.4	25	1.6	.2	.6
520	CABBAGE,SPOON PAKCHOY ,COOKED,	95.2	14	1.4	.2	.6
2283	TOMATOES RIPE COOKED BOILED	92.4	26	1.3	.2	.6
620	CARROTS COOKED,BOILED,DRAINED	91.2	31	.9	.2	.6
1548	PEPPERS SWEET MATURE RED RAW	90.7	31	1.4	.3	.6
1845	RADISHES RAW ORIENTAL INCLUDING DAIKON	94.1	19	.9	.1	.6
1001	FIGS RAW	77.5	80	1.2	.3	.6
967	EGGPLANT COOKED,BOILED,DRAINED	94.3	19	1.0	.2	.6
1260	LIMES,ACID TYPE,RAW	89.3	28	.7	.2	.6
1966	RHUBARB COOKED ADDED SUGAR	62.8	141	.5	.1	.6
7006	FRUIT,PUMMELO, RAW E.P		39	0.7	0.3	0.5
7010	JUICE, SUGARCANE.		56	0.2	0.2	0.5
1326	MILK,COW DRY WHOLE	2.0	502	26.4	27.5	.5
815	COOKIES BUTTER,THIN,RICH	4.5	457	6.1	16.9	.5
1514	PEAS EDIBLE PODDED COOKED BOILED DRAIN	86.6	43	2.9	.2	.5
1870	RICE BROWN COOKED	70.3	119	2.5	.6	.5
1302	MACARONI UNENRICHED COOKED FIRM STAGE	63.6	148	5.0	.5	.5
2451	WHEAT BREAKFAST CEREALS WHOLE MEAL COOKE	87.7	45	1.8	.3	.5
1788	POTATOES COOKED BOILED PARED	82.8	65	1.9	.1	.5
1403	OKRA COOKED BOILED	91.1	29	2.0	.3	.5
1412	ONIONS MATURE DRY RAW	89.1	38	1.5	.1	.5
2201	SQUASH WINTER ALL VARIETY BOILED MASHED	38.8	38	1.1	.3	.5
2281	TOMATOES GREEN RAW	93.0	24	1.2	.2	.5
2282	TOMATOES RIPE RAW	93.5	22	1.1	.2	.5
30	APRICOTS RAW	85.3	51	1.0	.2	.5
385	BEETS,COMMON,RED COOKED,BOILED,	90.9	32	1.1	.1	.5
1258	LETTUCE,RAW CRISPHEAD VARIETIES	95.5	13	.9	.1	.5
1479	PEACHES RAW	89.1	38	.6	.1	.5
1641	PLUMS RAW PRUNE TYPE	78.7	75	.8	.2	.5
1542	PEPPERS HOT CHILI MATURE RED CANNED SAUC	94.1	21	.9	.6	.5
2424	WATERMELON RAW	92.6	26	.5	.2	.5
1134	HONEY,STRAINED OR EXTRACTED	17.2	304	.3	0.0	.5
~~7022~~	~~PHEASANT,RAW E.P~~		~~140~~	~~24.8~~	~~3.3~~	~~0.4~~
7039	TALLO		878	0.3	99.7	0.4
648	CHEESES,NATURAL COTTAGE UNCREAMED	79.0	86	17.0	.3	.4
948	CUSTARD,BAKED	77.2	115	5.4	5.5	.4
2453	WHEAT BREAKFAST CER TOAST QUICK COOK	84.1	65	2.0	.3	.4
1303	MACARONI UNENRICHED TENDER STAGE COOKED	72.0	111	3.4	.4	.4
1295	LYCHEES RAW	81.9	64	.9	.3	.4
1291	LOQUATS,RAW	86.5	48	.4	.2	.4
512	CABBAGE COMMON RAW	92.4	24	1.3	.2	.4
1413	ONIONS MATURE DRY COOKED BOILED	91.8	29	1.2	.1	.4
2192	SQUASH SUMMER ALL VARIETIES COOKED	95.5	14	.9	.1	.4
2353	TURNIPS COOKED BOILED	93.6	23	.8	.2	.4

USAID FOOD FOR F

COMPOSITION OF AFGHAN FIE

IRON COLUMN -10

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	10
1420	ORANGES RAW PEELED ALL VARIETIES	86.0	49	1.0	.2	.4
1085	GRAPES RAW EUROPEAN TYPE	81.4	67	.6	.3	.4
663	CHERRIES RAW SWEET	80.4	70	1.3	.3	.4
662	CHERRIES RAW SOUR,RED	83.7	58	1.2	.3	.4
2262	TANGERINES RAW	87.	46	.3	.2	.4
1053	GRAPEFRUIT RAW ALL VARIETIES	88.4	41	.5	.1	.4
1370	MUSKMELONS RAW HONEYDEW	90.6	33	.8	.3	.4
1358	MUSKMELONS RAW CANTALOUPS	91.2	30	.7	.1	.4
1359	MUSKMELONS RAW CASABA GOLDEN BEAUTY	91.5	27	1.2	T	.4
1539	PEPPERS HOT CHILI INMAT CAN CHILI SAUCE	93.9	20	.7	.1	.4
886	CORNMEAL,DEGERMED,COOKED	87.7	50	1.1	.2	.4
1316	MANGOS,RAW	81.7	66	.7	.4	.4
23	APPLES DRIED,COOKED WITH SUGAR	69.7	112	.3	.4	.4
647	CHEESES,NATURAL COTTAGE CREAMED	78.3	106	13.6	4.2	.3
1166	KOHLRABI,COOKED,BOILED,DRAINED	92.2	24	1.7	.1	.3
513	CABBAGE COMMON COOKED,SHREDDED,	93.9	20	1.1	.2	.3
1427	ORANGE JUICE RAW CALIF VALENCIAS SUMMER	87.8	47	1.0	.3	.3
943	CUCUMBERS,RAW PARED	95.7	14	.6	.1	.3
992	FARINA ENRICHED REGULAR COOKED	89.5	42	1.3	.1	.3
1502	PEARS RAW INCLUDING SKIN	83.2	61	.7	.4	.3
15	APPLES RAW,FRESH NOT PARED	84.8	56	.2	.6	.3
863	CORN GRITS,DEGERMED ENRICHED COOKED	87.1	51	1.2	.1	.3
1651	POMEGRANATE PULP RAW	82.3	63	.5	.3	.3
7035	SOUP,RICE,CONGA		38	0.8	T	0.2
1425	ORANGE JUICE RAW ALL VARIETIES	88.3	45	.7	.2	.2
2264	TANGERINE JUICE CANNED UNSWEETENED	88.8	43	.5	.2	.2
2263	TANGERINE JUICE RAW	88.9	43	.5	.2	.2
1261	LIME JUICE RAW	90.3	26	.3	.1	.2
1245	LEMON JUICE RAW	91.0	25	.5	.2	.2
7024	OIL,SESAME		881	0.2	99.7	0.1
1325	MILK,COW CONDENSED SWEETEN	27.1	321	8.1	8.7	.1
1324	MILK,COW CANNED EVAPORATED	73.8	137	7.0	7.9	.1
1143	ICE MILK	66.7	152	4.8	5.1	.1
1335	MILK GOAT FLUID	87.5	67	3.2	4.0	.1
1336	MILK HUMAN,U.S.SAMPLES	85.2	77	1.1	4.0	.1
2230	SUGARS BEET OR CANE GRANULATED	.5	385	0.0	0.0	.1
1963	SALT TABLE	.2	0	0.0	0.0	.1
509	BUTTERMILK,FLUID, FROM SKIM MILK	90.5	36	3.6	.1	T
1322	MILK,COW FLUID PASTEURIZED SKIM	90.5	36	3.6	.1	T
2481	YOGHURT MADE PART SKIM MILK	89.0	50	3.4	1.7	T
1321	MILK,COW FLUID PASTEURIZED WHOLE 3.7%FAT	87.2	66	3.5	3.7	T
1824	PUDDINGS STARCH VANILLA BLANC MANGE	76.0	111	3.5	3.9	T
2482	YOGHURT MADE WHOLE MILK	88.0	62	3.0	3.4	T
921	CREAM,FLUID HEAVY WHIPPING	56.6	352	2.2	37.6	T
1144	ICES,WATER,LIME	66.9	78	.4	T	T
2277	TEA INSTANT BEVERAGE	99.4	2	-	T	T
7032	SHERBET		123	1.5	0.0	0.0
505	BUTTER	15.5	716	.6	81.0	0.0
1317	MARGARINE	15.5	720	.6	81.	0.0
1401	OILS SALAD OR COOKING	0.0	884	0.0	100.	0.0
7002	SPARROW,FLESH BONES,E.P.		124	19.4	4.6	-
2241	SWEETBREADS THYMUS BEEF COOKED	49.6	320	25.9	23.2	-
2405	VENISON LEAN MEAT ONLY RAW	74.	126	21.	4.	-
1121	HEART LAMB COOKED,	54.1	250	29.5	14.4	-
1292	LUNGS,RAW BEEF	78.8	96	17.6	2.3	-

USAID FOOD FOR P

COMPOSITION OF AFGHAN FIEN

IRON COLUMN -10

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	10
2245	SWEETBREADS THYMUS LAMB COOKED BRAISED	64.6	175	28.1	6.1	-
1294	LUNGS,RAW LAMB	76.7	103	19.3	2.3	-
1113	HEART BEEF,LEAN WITH VISIBLE FAT COOKED,	44.4	372	25.8	29.0	-
2310	TONGUE LAMB COOKED	60.2	254	20.5	18.2	-
1503	PEARS CANDIED	21.0	303	1.3	.6	-
7041	TURMERIC,DRIED		337	6.3	5.1	-
1032	GELATIN DESSERTS,PLAIN	84.2	59	1.5	0.0	-
1624	PINENUTS PIGNOLIAS	5.6	552	31.1	47.4	-
404	BEVERAGES,CARBONATED,COLA TYPE	90.0	39	.0	.0	-
2261	TANGELO JUICE RAW	89.4	41	.5	.1	-
1838	QUAIL RAW GIBLETS	63.0	176	21.8	6.2	-
1983	SAUSAGE BOLOGNA ALL MEAT	57.4	277	13.3	22.8	-
1278	LIVER TURKEY,ALL CLASSES COOKED,	63.3	174	27.9	4.8	-
985	EGGS TURKEY,WHOLE,FRESH,RAW	72.6	170	13.1	11.8	-
2339	TURKEY GIBLETS COOKED	61.0	233	20.6	15.4	-
1556	PHEASANT RAW GIBLETS	71.4	139	20.8	4.9	-
984	EGGS GOOSE,WHOLE,FRESH,RAW	70.4	185	13.9	13.3	-
1040	GIZZARD TURKEY,COOKED,	62.7	196	26.8	8.6	-
2306	TONGUE CALF COOKED	68.5	180	23.9	6.0	-
1123	HEART TURKEY,COOKED,	63.2	216	22.6	13.2	-
7023	OIL,PEANUT.		884	T	99.9	-
506	BUTTER OIL OR DEHYDRATED BUTTER	.2	876	.3	99.5	-
2228	SUET BEEF KIDNEY FAT RAW	4.	854	1.5	94.	-
2328	TURKEY TOTAL EDIBLE COOKED	55.4	263	27.0	16.4	-
1837	QUAIL RAW FLESH AND SKIN	66.3	172	25.4	7.0	-
2340	TURKEY YOUNG BIRDS TOTAL EDIBLE	71.5	145	21.4	6.0	-
1554	PHEASANT RAW FLESH AND SKIN	68.9	152	24.7	5.2	-
1553	PHEASANT RAW TOTAL EDIBLE	69.2	151	24.3	5.2	-
964	DUCK,WILD,RAW FLESH ONLY	70.8	138	21.3	5.2	-
1362	MUSKRAT COOKED ROASTED	67.3	153	27.2	4.1	-
1293	LUNGS,RAW CALF	77.4	106	16.8	3.8	-
2243	SWEETBREADS THYMUS CALF COOKED BRAISED	62.7	168	32.6	3.2	-
2343	TURKEY YOUNG BIRDS DARK MEAT	75.7	111	20.6	2.6	-
2342	TURKEY YOUNG BIRDS LIGHT MEAT	73.8	108	24.5	.4	-

TOTAL NUMBER OF DESCRIPTION CARDS

L E G E N D - F O R H E A D I N G C O D E S

1 - WATER %

2 - FOOD ENERGY CAL.

3 - PROTEIN GM.

4 - FAT GM.

5 -CARBOHYDRATE TOTAL GM

6 -CARBOHYDRATE FIBRE GM

7 - ASH GM.

8 - CALCIUM MG.

9 - PHOSPHOROUS MG.

10- IRON MG.

11- SODIUM MG.

12- POTASSIUM MG.

13- VITAMIN-A VALUE I.U.

14- THIAMIN MG.

15- RIBOFLAVIN MG.

16- NIACIN MG.

17- ASCORBIC ACID MG.

REPORT IN SEQUENCE OF - SODIUM COLUMN -11

USAID FOOD FOR P

COMPOSITION OF AFGHAN FT

SODIUM COLUMN -11

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	11
1963	SALT TABLE					
1406	OLIVES PICKLED GREEN	.2	0	0.0	0.0	8758
1655	POPCORN POPPED OIL AND SALT ADDED	78.2	116	1.4	12.7	2400
1544	PEPPERS HOT CHILI MATURE RED DRIED POWDE	3.1	456	9.8	21.6	1940
1560	PICKLES CUCUMBER SOUR	8.5	340	14.3	12.4	1574
505	BUTTER	94.8	10	.5	.2	1353
1317	MARGARINE	15.5	716	.6	81.0	987
875	CORNBREAD,WHOLE-GROUND CORNMEAL	15.5	720	.6	81.	987
7027	SEEDS,PUMPKIN DRIED SALTED E.P	53.9	207	7.4	7.2	628
1327	MILK COW DRY SKIM NON FAT SOLIDS		569	24.2	50.4	560
473	BREADS WHOLE-WHEAT,MADE WITH-WATER	3.0	363	35.9	.0	532
444	BREADS CRACKED-WHEAT	36.4	241	9.1	2.6	530
510	BUTTERMILK,DRIED	34.9	263	8.7	2.2	529
957	DOUGHNUTS,CAKE TYPE	2.8	387	34.3	5.3	507
815	COOKIES BUTTER,THIN,RICH	23.7	391	4.6	18.6	501
2165	SPAGHETTI MEAT BALLS TOMATO SAUCE COOKED	4.5	457	6.1	16.9	418
1326	MILK,COW DRY WHOLE	70.0	134	7.5	4.7	407
818	COOKIES,CHOCOLATE CHIP COMMERCIAL TYPE	2.0	502	26.4	27.5	405
1905	ROLLS AND BUNS SWEET	2.7	471	5.4	21.0	401
1904	ROLLS AND BUNS RAISIN	31.5	316	8.5	9.1	389
2163	SPAGHETTI TOMATO SAUCE WITH CHEESE COOK	32.0	275	6.9	2.9	384
1872	RICE WHITE ENRICHED COMMON COOKED	77.0	104	3.5	3.5	382
1543	PEPPERS HOT CHILI MATURE RED DRIED PODS	72.6	109	2.0	.1	374
973	EGGS CHICKEN COOKED FRIED	12.6	321	12.9	9.1	373
831	COOKIES SUGAR,SOFT,THICK,	67.7	216	13.8	17.2	338
1547	PEPPERS SWEET IMMATURE GREEN COOKED STUF	7.9	444	6.0	16.8	318
2449	WHEAT BREAKFAST CEREALS ROLLED COOKED	63.1	170	13.0	5.5	314
648	CHEESES,NATURAL COTTAGE UNCREAMED	79.7	75	2.2	.4	295
1870	RICE BROWN COOKED	79.0	86	17.0	.3	290
1222	LAMB-RIB GOOD SEPARABLE LEAN COOKED	70.3	119	2.5	.6	282
1217	LAMB-RIB CHOICE SEPARABLE LEAN COOKED	60.7	206	27.4	9.9	265
1212	LAMB-RIB PRIME,SEPARABLE LEAN COOKED	60.3	211	27.2	10.5	265
1227	LAMB SHOULDER PRIME SEPAR LEAN COOK,	59.1	224	26.9	12.1	265
1180	LAMB RETAIL CUTS,LEG PRIME COOKED,ROAST	60.4	215	26.6	11.2	265
1205	LAMB-LOIN-TOT EDIB COOKED,	50.4	319	23.9	24.0	265
1220	LAMB-RIB GOOD TOT EDIB,COOKED,	48.6	341	22.8	27.0	265
1225	LAMB SHOULDER PRIME TOTAL COOKED,ROASTED	45.4	378	21.2	31.9	265
1176	LAMB CUTS,CHOICE GRADE	46.2	374	20.7	31.7	265
1215	LAMB-RIB CHOICE TOT EDIB COOKED,	61.0	263	16.5	21.3	265
1175	LAMB CUTS PRIME GRADE	42.9	407	20.1	35.6	265
1210	LAMB-RIB PRIME,TOTAL EDIBLE COOKED,	56.3	310	15.4	27.1	265
975	EGGS CHICKEN COOKED OMELET	35.5	492	16.9	46.5	265
977	EGGS CHICKEN COOKED SCRAMBLED	72.1	173	11.2	12.9	257
1160	KIDNEYS BEEF COOKED,	72.1	173	11.2	12.9	257
752	CHICKEN AND NOODLES,	53.0	252	33.0	12.0	253
647	CHEESES,NATURAL COTTAGE CREAMED	71.1	153	9.3	7.7	250
1790	POTATOES COOKED FRIED FROM RAW	78.3	106	13.6	4.2	229
2451	WHEAT BREAKFAST CEREALS WHOLE MEAL COOKE	46.9	268	4.0	14.2	223
863	CORN GRITS,DEGERMED ENRICHED COOKED	87.7	45	1.8	.3	212
9	ALMONDS ROASTED AND SALTED	87.1	51	1.2	.1	205
1267	LIVER BEEF COOKED,	.7	627	18.6	57.7	198
7015	CURRY LEAVES DRIED,POWDER	56.0	229	26.4	10.6	134
~~7325~~	~~QUAIL RAW E.P. FLESH,SKIN GIBLETS~~		301	14.2	10.9	180
992	FARINA ENRICHED REGULAR COOKED		~~118~~	~~21.2~~	~~3.1~~	~~147~~
816	COOKIES CHOCOLATE	89.5	42	1.3	.1	144
		4.0	445	7.1	15.7	137

USAID FOOD FOR

COMPOSITION OF AFGHAN FT

SODIUM COLUMN -11

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	11
2331	TURKEY TOTAL EDIBLE FLESH ONLY COOKED	61.2	190	31.5	6.1	130
509	BUTTERMILK,FLUID, FROM SKIM MILK	90.5	36	3.6	.1	130
438	BRAINS,ALL KINDS BEEF,CALF,SHEEP ,RAW	78.9	125	10.4	8.6	125
1046	GOOSE,FLESH ONLY COOKED,	54.8	233	33.9	9.8	124
983	EGGS DUCK,WHOLE,FRESH,RAW	70.4	191	13.3	14.5	122
968	EGGS CHICKEN RAW WHOLE,	73.7	163	12.9	11.5	122
974	EGGS CHICKEN COOKED HARD-COOKED	73.7	163	12.9	11.5	122
1269	LIVER CALF COOKED	51.4	261	29.5	13.2	118
1324	MILK,COW CANNED EVAPORATED	73.8	137	7.0	7.9	118
2241	SWEETBREADS THYMUS BEEF COOKED	49.6	320	25.9	23.2	116
1115	HEART CALF COOKED,	60.3	208	27.8	9.1	113
1325	MILK,COW CONDENSED SWEETEN	27.1	321	8.1	8.7	112
806	CORNMEAL,DEGERMED,COOKED	87.7	50	1.1	.2	110
1111	HEART BEEF,LEAN COOKED,	61.3	188	31.3	5.7	104
7021	HORSE,MEAT RAW E.P		121	20.5	3.7	100
2337	TURKEY DARK MEAT COOKED	60.5	203	30.0	8.3	99
1341	MOLASSES CANE THIRD EXTRACT BLACKSTRAP	24.	213	-	-	96
7014	CORRIANDER LEAVES,RAW E.P		37	2.6	0.6	94
7003	SQUAB&PIGEON FLESH,SKIN GIBLETS		175	20.9	9.5	90
7020	GOAT,RAW LEAN E.P.		179	15.0	11.3	90
703	CHICKEN FRYERS DARK MEAT COOKED,	57.5	220	30.4	9.3	88
684	CHICKEN ALL CLASSES DARK MEAT COOKED,	64.4	176	28.0	6.3	86
1276	LIVER LAMB COOKED,	50.4	261	32.3	12.4	85
2335	TURKEY LIGHT MEAT COOKED	62.1	176	32.9	3.9	82
948	CUSTARD,BAKED	77.2	115	5.4	5.5	79
691	CHICKEN FRYERS FLESH ONLY COOKED,	58.6	209	31.2	7.3	78
725	CHICKEN ROASTERS FLESH ONLY COOKED,	62.8	183	29.5	6.3	77
393	BEET GREENS,COMMON COOKED,BOILED	93.6	18	1.7	.2	76
962	DUCK,DOMESTICATED,RAW,FLESH ONLY	68.8	165	21.4	8.2	74
2453	WHEAT BREAKFAST CER TOAST QUICK COOK	84.1	65	2.0	.3	72
1117	HEART CHICKEN,COOKED,	66.7	173	25.3	7.2	69
701	CHICKEN FRYERS LIGHT MEAT COOKED,	59.5	197	32.1	6.1	68
1143	ICE MILK	66.7	152	4.8	5.1	68
685	CHICKEN BROILERS,COOKED,	71.0	136	23.8	3.8	66
728	CHICKEN-ROASTERS-LIGHT MEAT COOKED,	61.3	182	32.3	4.9	66
1824	PUDDINGS STARCH VANILLA BLANC MANGE	76.0	111	3.5	3.9	65
682	CHICKEN ALL CLASSES COOKED,	63.8	166	31.6	3.4	64
1271	LIVER CHICKEN,COOKED,	65.0	165	26.5	4.4	61
2302	TONGUE BEEF MEDIUM FAT COOKED	60.8	244	21.5	16.7	61
1123	HEART TURKEY,COOKED,	63.2	216	22.6	13.2	61
2032	SESAME SEEDS DRY WHOLE	5.4	563	15.6	49.1	60
599	CANDY CHOCOLATE-COATED PEANUTS	1.0	561	16.4	41.3	60
1037	GIZZARD CHICKEN,COOKED,	68.0	148	27.0	3.3	57
738	CHICKEN-HENS & COCK-FLESH ONLY,COOK,STEW	60.4	208	30.3	8.9	55
1278	LIVER TURKEY,ALL CLASSES COOKED,	63.3	174	27.9	4.8	55
2477	YEAST BAKERS DRY ACTIVE	5.0	282	36.9	1.6	52
828	COOKIES RAISIN	8.2	379	4.4	5.3	52
1322	MILK,COW FLUID PASTEURIZED SKIM	90.5	36	3.6	.1	52
2401	YOGHURT MADE PART SKIM MILK	89.0	50	3.4	1.7	51
1032	GELATIN DESSERTS,PLAIN	84.2	59	1.5	0.0	51
1040	GIZZARD TURKEY,COOKED,	62.7	196	26.8	8.6	51
2170	SPINACH COOKED BOILED	92.0	23	3.0	.3	50
1321	MILK,COW FLUID PASTEURIZED WHOLE 3.7%FAT	87.2	66	3.5	3.7	50
~~7020~~	~~SEEDS SESAME WHOLE DRIED~~		~~562~~	~~17.2~~	~~52.0~~	~~49~~
368	BEEF,HAMBURGER LEAN COOKED	60.0	219	27.4	11.3	48

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ITEM CODE	FOOD DESCRIPTION	1	2	3	4	11
741	CHICKEN-HENS& COCKS-LIGHT MEAT COOK,STEW	62.1	180	32.2	4.7	48
619	CARROTS RAW	88.2	42	1.1	.2	47
2482	YOGHURT MADE WHOLE MILK	88.0	62	3.0	3.4	47
1156	KALE COOKED,LEAVES,INCLUD STEMS	91.2	28	3.2	.7	43
385	BEETS,COMMON,RED COOKED,BOILED,	90.9	32	1.1	.1	43
1841	RABBIT FLESH ONLY COOKED STEWED	59.8	216	29.3	10.1	41
1837	QUAIL RAW FLESH AND SKIN	66.3	172	25.4	7.0	40
371	BEEF AND VEGETABLE STEW COOKED	82.4	89	6.4	4.3	37
1007	FIGS DRIED,UNCOOKED	23.0	274	4.3	1.3	34
2353	TURNIPS COOKED BOILED	93.6	23	.8	.2	34
1335	MILK GOAT FLUID	87.5	67	3.2	4.0	34
586	CANDY CHOCOLATE SWEET	.9	528	4.4	35.1	33
620	CARROTS COOKED,BOILED,DRAINED	91.2	31	.9	.2	33
931	CREAM,FLUID HEAVY WHIPPING	56.6	352	2.2	37.6	32
2236	SUNFLOWER SEED KERNELS DRY	4.8	560	24.0	47.3	30
2229	SUGARS BEET OR CANE BROWN	2.1	373	0.0	0.0	30
7005	FRUIT,MULBERRY RAW PULP AND SEEDS E.P		42	1.4	0.3	30
1846	RAISINS NATURAL UNCOOKED	18.0	289	2.5	.2	27
753	CHICKPEAS OR GARBANZOS,MATURE,DRY,RAW	10.7	360	20.5	4.8	26
1541	PEPER HOT CHILI MAT RED RAW POD EXC SEED	80.3	65	2.3	.4	25
789	COCONUT MEAT FRESH	50.9	346	3.5	35.3	23
613	CANDY SUGAR-COATED ALMONDS	2.3	456	7.8	18.6	20
2422	WATERCHESTNUT CHINESE RAW	78.3	79	1.4	.2	20
7039	TALLO		878	0.3	99.7	20
512	CABBAGE COMMON RAW	92.4	24	1.3	.2	20
7001	BEAN,KIDNEY WHOLE SEEDS,DRIED E. P.		336	20.3	1.2	19
1029	GARLIC,CLOVES,RAW	61.3	137	6.2	.2	19
1367	MUSTARD GREENS COOKED BOILED	92.6	23	2.2	.4	18
1844	RADISHES RAW COMMON	94.5	17	1.0	.1	18
520	CABBAGE,SPOON PAKCHOY ,COOKED,	95.2	14	1.4	.2	18
1149	JELLIES	29.0	273	.1	.1	17
1336	MILK HUMAN,U.S.SAMPLES	85.2	77	1.1	4.0	16
400	BREADFRUIT,RAW	70.8	103	1.7	.3	15
513	CABBAGE COMMON COOKED,SHREDDED, 7134 Gur	93.9	20	1.1	.2	14
1847	RAISINS NATURAL COOKED ADDED SUGAR	41.4	213	1.2	.1	13
630	CAULIFLOWER RAW	91.0	27	2.7	.2	13
1545	PEPPERS SWEET IMMATURE GREEN RAW	93.4	22	1.2	.2	13
1148	JAMS AND PRESERVES	29.0	272	.6	.1	12
2249	SWEETPOTATOES COOKED BAKED IN SKIN	63.7	141	2.1	.5	12
1473	PARSNIPS RAW	79.1	76	1.7	.5	12
1360	MUSKMELONS RAW HONEYDEW	90.6	33	.8	.3	12
1358	MUSKMELONS RAW CANTALOUPS	91.2	30	.7	.1	12
1359	MUSKMELONS RAW CASABA GOLDEN BEAUTY	91.5	27	1.2	T	12
1356	MUSHROOMS EDIBLE SPECIES RAW	89.1	35	1.9	.6	10
2250	SWEETPOTATOES COOKED BOILED IN SKIN	70.6	114	1.7	.4	10
1412	ONIONS MATURE DRY RAW	89.1	38	1.5	.1	10
2446	WHEAT BRAN CRUDE	11.5	213	16.0	4.6	9
1259	LETTUCE,RAW LOOSELEAF,VARIETIES,	94.0	18	1.3	.3	9
631	CAULIFLOWER COOKED,BOILED,DRAINED	92.8	22	2.3	.2	9
1258	LETTUCE,RAW CRISPHEAD VARIETIES	95.5	13	.9	.1	9
1135	HORSERADISH RAW	74.6	87	3.2	.3	8
904	COWPEAS,MATURE,DRY COOKED	80.0	76	5.1	.3	8
~~7012~~	~~KOHLRABI RAW E.P~~		~~31~~	~~2.6~~	~~0.4~~	~~8~~
10	ALMOND MEAL,PARTIALLY DEFATTED	7.2	408	39.5	18.3	7
155	BEANS,COMMON,DRY WHITE COOKED	69.0	118	7.8	.6	7

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41	APRICOTS DRIED,COOKED,WITH SUGAR	66.2	122	1.4	.1	7
7026	ROOTS GINGER RAW E.P		46	1.6	0.8	7
1413	ONIONS MATURE DRY COOKED BOILED	91.8	29	1.2	.1	7
1316	MANGOS,RAW	81.7	66	.7	.4	7
942	CUCUMBERS,RAW NOT PARED	95.1	15	.9	.1	6
1166	KOHLRABI,COOKED,BOILED,DRAINED	92.2	24	1.7	.1	6
943	CUCUMBERS,RAW PARED	95.7	14	.6	.1	6
1377	NOODLES EGG ENRICHED DRY FORM	9.8	388	12.8	4.6	5
1417	ONION YOUNG GREEN TOP ONLY GREEN PORTION	91.8	27	1.6	.4	5
1492	PEANUTS RAW WITH SKINS	5.6	564	26.0	47.5	5
1434	ORANGE JUICE CANNED UNSWEET UNDILUTE	42.0	223	4.1	1.3	5
1242	LEEKS,BULB AND LEAF PORTION,RAW	85.4	52	2.2	.3	5
1415	ONIONS YOUNG GREEN BULB AND TOP	89.4	36	1.5	.2	5
1436	PEACHES,DEHYDRATED COOKED WITH SUGAR	66.6	121	1.1	.2	5
1416	ONIONS YOUNG GREEN BULB AND WHITE OF TOP	87.6	45	1.1	.2	5
1134	HONEY,STRAINED OR EXTRACTED	17.2	304	.3	0.0	5
8	ALMONDS DRIED	4.7	598	18.6	54.2	4
181	BEANS,MUNG SPROUTED SEEDS COOKED,	91.0	28	3.2	.2	4
1786	POTATOES COOKED BAKED IN SKIN	75.1	93	2.6	.1	4
64	AVOCADOS,RAW ALL VARIETIES	74.0	167	2.1	16.4	4
183	BEANS,SNAP GREEN COOKED,WATER,SHORT TIME	92.4	25	1.6	.2	4
184	BEANS,SNAP GREEN COOKED,WATER,LONG TIME	92.4	25	1.6	.2	4
2283	TOMATOES RIPE COOKED BOILED	92.4	26	1.3	.2	4
2447	WHEAT GERM CRUDE	11.5	363	26.6	10.9	3
2432	WHEAT WHOLE GRAIN SOFT RED WINTER	14.0	326	10.2	2.0	3
2431	WHEAT WHOLE GRAIN HARD RED WINTER	12.5	330	12.3	1.8	3
2435	WHEAT FLOURS WHOLE HARD WHEATS	12.	333	13.3	2.0	3
2430	WHEAT WHOLE GRAIN HARD RED SPRING	13.0	330	14.0	2.2	3
2433	WHEAT WHOLE GRAIN WHITE	11.5	335	9.4	2.0	3
1654	POPCORN POPPED PLAIN	4.0	386	12.7	5.0	3
160	BEANS,COMMON,DRY RED COOKED	69.0	118	7.8	.5	3
145	BARLEY,PEARLED LIGHT	11.1	349	3.2	1.0	3
1296	LYCHEES DRIED	22.3	277	3.8	1.2	3
1440	ORANGE PEEL RAW	72.5	93	1.5	.2	3
1244	LEMONS,RAW FRUIT,INCLUDING PEEL	87.4	20	1.2	.3	3
1787	POTATOES COOKED BOILED IN SKIN	79.8	76	2.1	.1	3
2281	TOMATOES GREEN RAW	93.0	24	1.2	.2	3
2282	TOMATOES RIPE RAW	93.5	22	1.1	.2	3
1295	LYCHEES RAW	81.9	64	.9	.3	3
1085	GRAPES RAW EUROPEAN TYPE	81.4	67	.6	.3	3
1651	POMEGRANATE PULP RAW	82.3	63	.5	.3	3
7016	LEAVES,MINT RAW E.P		32	3.0	0.7	2
2450	WHEAT BREAKFAST CER ROLL WHOLE MEAL DRY	10.4	338	13.5	2.0	2
2421	WALNUTS PERSIAN OR ENGLISH	3.5	651	14.8	64.0	2
177	BEANS,LIMA MATURE SEEDS,DRY COOKED	64.1	138	8.2	.6	2
2437	WHEAT FLOURS STRAIGHT HARD WHEAT	12.	365	11.8	1.2	2
2436	WHEAT FLOURS 80% EXTRACTION HARD WHEATS	12.	365	12.	1.3	2
1378	NOODLES EGG ENRICHED COOKED	70.4	125	4.1	1.5	2
1865	RHUBARB RAW	94.8	16	.6	.1	2
1380	NOODLES EGG UNENRICHED COOKED	70.4	125	4.1	1.5	2
1001	FIGS RAW	77.5	80	1.2	.3	2
1260	LIMES,ACID TYPE,RAW	89.3	28	.7	.2	2
1866	RHUBARB COOKED ADDED SUGAR	62.8	141	.5	.1	2
7010	JUICE, SUGARCANE.		56	0.2	0.2	2
1768	POTATOES COOKED BOILED PARED	82.8	65	1.9	.1	2

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ITEM CODE	FOOD DESCRIPTION	1	2	3	4	11
1403	OKRA COOKED BOILED	91.1	29	2.0	.3	2
663	CHERRIES RAW SWEET	80.4	70	1.3	.3	2
662	CHERRIES RAW SOUR,RED	83.7	58	1.2	.3	2
2262	TANGERINES RAW	87.	46	.8	.2	2
1502	PEARS RAW INCLUDING SKIN	83.2	61	.7	.4	2
7024	OIL,SESAME		881	0.2	99.7	2
2370	VEAL RET CUT UNTRIM CHOC MED TOT ED COOK	58.5	235	27.9	12.3	1
952	DATES,DOMESTIC,NATURAL AND DRY	22.5	274	2.2	.5	1
2366	VEAL CARCASS RAW EXCL KIDNEY FAT CLASS	63.	190	19.1	12.	1
2363	VEAL CARCASS RAW INC KIDNEY FAT CLASS	66.	207	18.8	14.	1
2313	BEEF,CARCASS TOTAL EDIBLE,RAW UTIL GRADE	62.5	242	18.6	18.0	1
2452	WHEAT BREAKFAST CER TOAST QUICK COOK DRY	6.4	383	12.0	1.6	1
883	CORNMEAL,WHOLE-GROUND,UNBOLTED	12.0	355	9.2	3.9	1
897	COWPEAS,IMMATURE COOKED,	71.3	108	8.1	.8	1
1656	POPCORN POPPED SUGAR COATED	4.0	383	6.1	3.5	1
1299	MACARONI ENRICHED COOKED,FIRMSTAGE	63.6	148	5.0	.5	1
2158	SPAGHETTI ENRICHED COOKED FIRM STAGE	63.6	146	5.0	.5	1
2217	STRAWBERRIES RAW	89.9	37	.7	.5	1
1848	RASPBERRIES RAW BLACK	80.8	73	1.5	1.4	1
1300	MACARONI ENRICHED COOKED TENDER STAGE	72.0	111	3.4	.4	1
2159	SPAGHETI ENRICHED COOKED TENDER STAGE	72.0	111	3.4	.4	1
1849	RASPBERRIES RAW RED	84.2	57	1.2	.5	1
417	BLACKBERRIES,INCLUD DEW,BOYSEN,YOUNG,RAW	84.5	58	1.2	.9	1
1831	PUMPKIN RAW	91.6	26	1.0	.1	1
1422	ORANGE RAW PEELED CALIF VALENCIAS SUMMER	85.6	51	1.2	.3	1
141	BANANAS RAW COMMON	75.7	85	1.1	.2	1
987	EGGPLANT COOKED,BOILED,DRAINED	94.3	19	1.0	.2	1
7006	FRUIT,PUMMELO, RAW E.P		39	0.7	0.3	1
1302	MACARONI UNENRICHED COOKED FIRM STAGE	63.6	148	5.0	.5	1
2201	SQUASH WINTER ALL VARIETY BOILED MASHED	88.8	38	1.1	.3	1
30	APRICOTS RAW	85.3	51	1.0	.2	1
1479	PEACHES RAW	89.1	38	.6	.1	1
1641	PLUMS RAW PRUNE TYPE	78.7	75	.8	.2	1
2424	WATERMELON RAW	92.6	26	.5	.2	1
1303	MACARONI UNENRICHED TENDER STAGE COOKED	72.0	111	3.4	.4	1
2192	SQUASH SUMMER ALL VARIETIES COOKED	95.5	14	.9	.1	1
1420	ORANGES RAW PEELED ALL VARIETIES	85.0	49	1.0	.2	1
1053	GRAPEFRUIT RAW ALL VARIETIES	88.4	41	.5	.1	1
23	APPLES DRIED,COOKED WITH SUGAR	69.7	112	.3	.4	1
1427	ORANGE JUICE RAW CALIF VALENCIAS SUMMER	87.8	47	1.0	.3	1
15	APPLES RAW,FRESH NOT PARED	84.3	56	.2	.6	1
1425	ORANGE JUICE RAW ALL VARIETIES	88.3	45	.7	.2	1
2264	TANGERINE JUICE CANNED UNSWEETENED	88.6	43	.5	.2	1
2263	TANGERINE JUICE RAW	88.9	43	.5	.2	1
1261	LIME JUICE RAW	90.3	26	.3	.1	1
1265	LEMON JUICE RAW	91.0	25	.5	.2	1
2230	SUGARS BEET OR CANE GRANULATED	.5	385	0.0	0.0	1
846	CORN,SWEET COOKED,KERNELS,ON COB	74.1	91	3.3	1.0	T
1144	ICES,WATER,LIME	66.9	78	.4	T	T
1401	OILS SALAD OR COOKING	0.0	884	0.0	100.	0
7031	ANISE SEEDS DRIED — 1000 RICE GRAIN		415	19.	24.7	-
7030	CUMIN SEEDS,WHITE DRIED.		332	16.6	13.4	-
7011	KIDNEY GOAT RAW, E.P		99	16.3	3.2	-
7018	LUNG-GOAT RAW E.P		112	20.2	2.8	-
1626	PISTACHIONUTS	5.3	594	19.3	53.7	-

[illegible]AID FOOD FOR

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ITEM CODE	FOOD DESCRIPTION	1	2	3	4	11
482	BROADBEANS,RAW MATURE SEEDS,DRY	11.9	338	25.1	1.7	-
1338	MILLET,PROSO WHOLE GRAIN	11.8	327	9.9	2.5	-
7017	LIVER. GOAT W. E.P		159	18.5	7.2	-
695	CHICKEN FRYERS GIBLETS COOKED,	51.7	252	30.8	11.2	-
~~7023~~	~~SEEDS SUNFLOWER DRIED E.P~~		~~490~~	~~16.7~~	~~32.5~~	-
7008	HEART,GOAT RAW E.P.		122	11.1	8.3	-
726	CHICKEN-ROASTERS GIBLETS-RAW	72.4	135	19.8	4.6	-
7013	LEAVES,BITTERORANGE SEMI DRIED.		146	6.8	3.1	-
7009	JAM,GRAPE		268	1.9	0.1	-
7033	SYRUP SUGARCANE		259	-	-	-
2312	TONGUE SHEEP COOKED BRAISED	51.6	323	19.8	25.3	-
7036	STOMACH, BEEF RAW, E.P		85	13.7	2.9	-
705	CHICKEN FRYERS CUT-UP PARTS COOKED,	40.5	347	30.0	21.2	-
711	CHICKEN FRYERS NECK COOKED,	50.2	289	26.7	17.4	-
693	CHICKEN FRYERS SKIN ONLY COOKED,	32.5	419	23.3	28.9	-
687	CHICKEN FRYERS FLESH,SKIN,GIBLETS COOKED	53.3	249	30.7	11.8	-
709	CHICKEN FRYERS DRUMSTICK COOKED,	55.0	235	32.6	10.2	-
715	CHICKEN FRYERS THIGH COOKED,	55.8	237	29.1	11.4	-
7019	MARMALADE,ORANGE.		244	0.3	0.2	-
1042	GOOSE,TOTAL EDIBLE COOKED,	39.1	426	23.7	36.0	-
1254	LENTILS,MATURE SEEDS,DRY WHOLE COOKED	72.0	106	7.8	T	-
713	CHICKEN FRYERS RIB COOKED,	45.7	298	31.5	15.4	-
721	CHICKEN ROASTERS FLESH,GIBLETS COOKED,	57.5	242	27.2	14.0	-
717	CHICKEN FRYERS WING COOKED,	52.6	268	29.0	14.8	-
699	CHICKEN FRYERS DARK MEAT,SKIN COOKED,	52.1	253	29.9	13.6	-
1044	GOOSE,FLESH AND SKIN COOKED,	37.9	441	22.9	38.1	-
719	CHICKEN ROASTERS TOTAL EDIBLE COOKED,	53.5	290	25.2	20.2	-
7007	FISH,GOLD RAW E.P.		78	14.5	1.8	-
689	CHICKEN FRYERS FLESH AND SKIN COOKED,	53.5	250	30.6	11.9	-
723	CHICKEN ROASTERS FLESH AND SKIN COOKED,	57.0	248	27.1	14.7	-
1809	POTATO CHIPS	1.8	568	5.3	39.8	-
734	CHICKEN-HENS & COCKS-FLESH,GIBLETS,COOKE	50.8	312	26.2	22.2	-
1152	JUJUBE,DRIED	19.7	287	3.7	1.1	-
707	CHICKEN FRYERS BREAST COOKED,	58.4	203	32.5	6.4	-
738	CHIVES,RAW	91.3	28	1.8	.3	-
732	CHICKEN-HENS & COCKS-TOT EDIB,COOKED	45.9	369	24.0	29.5	-
697	CHICKEN FRYERS LIGHT MEAT,SKIN COOKED,	55.0	234	31.5	9.9	-
736	CHICKEN-HENS & COCK-FLESH,SKIN,COOK,STEW	50.4	317	26.1	22.8	-
7037	STOMACH, GOAT RAW,EP.		100	8.3	7.2	-
1540	PEPER HOT CHILI MAT RED RAW PCD INC SEED	74.3	93	3.7	2.3	-
2355	TURNIP GREEN COOK SMALL WATER SHORT TIME	93.2	20	2.2	.2	-
2356	TURNIP GREEN COOK LARGE WATER LONG TIME	93.5	19	2.2	.2	-
7034	SOUP CHICKEN MADE FROM BONES		21	0.5	0.0	-
7033	SMALL FISH,SMALL WHOLE STEAMED. E.P		97	20.0	1.3	-
1537	PEPPERS HOT CHILI IMMAT RAW EXCLUD SEEDS	88.8	37	1.3	.2	-
7004	FRUIT, BITTERORANGE. RAW.		38	0.6	1.3	-
1548	PEPPERS SWEET MATURE RED RAW	90.7	31	1.4	3	-
1845	RADISHES RAW ORIENTAL INCLUDING DAIKON	94.1	19	.9	.1	-
1514	PEAS EDIBLE PODDED COOKED BOILED DRAIN	86.6	43	2.9	.2	-
1542	PEPPERS HOT CHILI MATURE RED CANNED SAUC	94.1	21	.9	.6	-
~~7032~~	~~PHEASANT,RAW E.P~~		~~140~~	~~24.8~~	~~3.8~~	-
1291	LOQUATS,RAW	86.5	48	.4	.2	-
1539	PEPPERS HOT CHILI IMMAT CANN CHILI SAUCE	93.9	20	.7	.1	-
7035	SOUP,RICE,CONGA		38	0.8	T	-
2277	TEA INSTANT BEVERAGE	99.4	2	-	T	-

USAID FOOD FOR

COMPOSITION OF AFGHAN FIT P

SODIUM COLUMN -11

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	11
7032	SHERBET		123	1.5	0.0	-
7002	SPARROW,FLESH BONES,E.P.		124	19.4	4.6	-
2405	VENISON LEAN MEAT ONLY RAW	74.	126	21.	4.	-
1121	HEART LAMB COOKED,	54.1	260	29.5	14.4	-
1292	LUNGS,RAW BEEF	78.8	96	17.6	2.3	-
2245	SWEETBREADS THYMUS LAMB.COOKED BRAISED	64.6	175	28.1	6.1	-
1294	LUNGS,RAW LAMB	76.7	103	19.3	2.3	-
1113	HEART BEEF,LEAN WITH VISIBLE FAT COOKED,	44.4	372	25.8	29.0	-
2310	TONGUE LAMB COOKED	60.2	254	20.5	18.2	-
1503	PEARS CANDIED	21.0	303	1.3	.6	-
7041	TURMERIC,DRIED		337	6.3	5.1	-
1624	PINENUTS PIGNOLIAS	5.6	552	31.1	47.4	-
494	BEVERAGES,CARBONATED,COLA TYPE	90.0	39	.0	.0	-
2261	TANGELO-JUICE RAW	89.4	41	.5	.1	-
1838	QUAIL RAW GIBLETS	63.0	176	21.8	6.2	-
1963	SAUSAGE BOLOGNA ALL MEAT	57.4	277	13.3	22.8	-
985	EGGS TURKEY,WHOLE,FRESH,RAW	72.6	170	13.1	11.8	-
2339	TURKEY GIBLETS COOKED	61.0	233	20.6	15.4	-
1556	PHEASANT RAW GIBLETS	71.4	139	20.8	4.9	-
984	EGGS GOOSE,WHOLE,FRESH,RAW	70.4	185	13.9	13.3	-
2306	TONGUE CALF COOKED	68.5	160	23.9	6.0	-
7023	OIL,PEANUT.		884	T	99.9	-
506	BUTTER OIL OR DEHYDRATE BUTTER	.2	876	.3	99.5	-
2228	SUET BEEF KIDNEY FAT RAW	4.	854	1.5	94.	-
2328	TURKEY TOTAL EDIBLE COOKED	55.4	263	27.0	16.4	-
2340	TURKEY YOUNG BIRDS TOTAL EDIBLE	71.5	145	21.4	6.0	-
1554	PHEASANT RAW FLESH AND SKIN	68.9	152	24.7	5.2	-
1553	PHEASANT RAW TOTAL EDIBLE	69.2	151	24.3	5.2	-
964	DUCK,WILD,RAW FLESH ONLY	70.8	138	21.3	5.2	-
1362	MUSKRAT COOKED ROASTED	67.3	153	27.2	4.1	-
1293	LUNGS,RAW CALF	77.4	106	16.8	3.8	-
2243	SWEETBREADS THYMUS CALF COOKED BRAISED	62.7	168	32.6	3.2	-
2342	TURKEY YOUNG BIRDS LIGHT MEAT	73.8	108	24.5	.4	-
2343	TURKEY YOUNG BIRDS DARK MEAT	75.7	111	20.6	2.6	-

TOTAL NUMBER OF DESCRIPTION CARDS

L E G E N D - F O R H E A D I N G C O D E S

1 - WATER %

2 - FOOD ENERGY CAL.

3 - PROTEIN GM.

4 - FAT GM.

5 -CARBOHYDRATE TOTAL GM

6 -CARBOHYDRATE FIBRE GM

7 - ASH GM.

8 - CALCIUM MG.

9 - PHOSPHOROUS MG.

10- IRON MG.

11- SODIUM MG.

12- POTASSIUM MG.

13- VITAMIN-A VALUE I.U.

14- THIAMIN MG.

15- RIBOFLAVIN MG.

16- NIACIN MG.

17- ASCORBIC ACID MG.

REPORT IN SEQUENCE OF - POTASSIUM COLUMN

USAID FOOD FOR

COMPOSITION OF AFGHAN F

POTASSIUM COLUMN -12

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	12
1341	MOLASSES CANE THIRD EXTRACT BLACKSTRAP	24.	213	-	-	2927
2477	YEAST BAKERS DRY ACTIVE	5.0	282	36.9	1.6	1993
1327	MILK COW DRY SKIM NON FAT SOLIDS	3.0	363	35.9	.8	1745
510	BUTTERMILK,DRIED	2.8	387	34.3	5.3	1606
10	ALMOND MEAL,PARTIALLY DEFATTED	7.2	408	39.5	18.3	1400
1326	MILK,COW DRY WHOLE	2.0	502	26.4	27.5	1330
1543	PEPPERS HOT CHILI MATURE RED DRIED PODS	12.6	321	12.9	9.1	1201
7001	BEAN,KIDNEY WHOLE SEEDS,DRIED E. P.		336	20.3	1.2	1151
1809	POTATO CHIPS	1.8	568	5.3	39.8	1130
2446	WHEAT BRAN CRUDE	11.5	213	16.0	4.6	1121
1296	LYCHEES DRIED	22.3	277	3.8	1.2	1100
1544	PEPPERS HOT CHILI MATURE RED DRIED POWDE	8.5	340	14.3	12.4	1000
1626	PISTACHIONUTS	5.3	594	19.3	53.7	972
1434	ORANGE JUICE CANNED UNSWEET UNDILUTE	42.0	223	4.1	1.3	942
2236	SUNFLOWER SEED KERNELS DRY	4.8	560	24.0	47.3	920
2447	WHEAT GERM CRUDE	11.5	363	26.6	10.9	827
7027	SEEDS,PUMPKIN DRIED SALTED E.P		569	24.2	50.4	825
~~7029~~	~~SEEDS-SUNFLOWER-DRIED-E.P~~		~~490~~	~~16.7~~	~~32.8~~	~~815~~
753	CHICKPEAS OR GARBANZOS,MATURE,DRY,RAW	10.7	360	20.5	4.8	797
1790	POTATOES COOKED FRIED FROM RAW	46.9	268	4.0	14.2	775
8	ALMONDS DRIED	4.7	598	18.6	54.2	773
9	ALMONDS ROASTED AND SALTED	.7	627	18.6	57.7	773
1846	RAISINS NATURAL UNCOOKED	18.0	289	2.5	.2	763
2032	SESAME SEEDS DRY WHOLE	5.4	563	18.6	49.1	725
1492	PEANUTS RAW WITH SKINS	5.6	564	26.0	47.5	674
952	DATES,DOMESTIC,NATURAL AND DRY	22.5	274	2.2	.5	648
1007	FIGS DRIED,UNCOOKED	23.0	274	4.3	1.3	640
7015	CURRY LEAVES DRIED,POWDER		301	14.2	10.9	619
177	BEANS,LIMA MATURE SEEDS,DRY COOKED	64.1	138	8.2	.6	612
1046	GOOSE,FLESH ONLY COOKED,	54.8	233	33.9	9.8	605
64	AVOCADOS,RAW ALL VARIETIES	74.0	167	2.1	16.4	604
213	BEEF,CARCASS TOTAL EDIBLE,RAW UTIL GRADE	62.5	242	18.6	18.0	569
1541	PEPER HOT CHILI MAT RED RAW POD EXC SEED	80.3	65	2.3	.4	5642
1135	HORSERADISH RAW	74.6	87	3.2	.3	564
7014	CORRIANDER LEAVES,RAW E.P		37	2.6	0.6	560
368	BEEF,HAMBURGER LEAN COOKED	60.0	219	27.4	11.3	558
1473	PARSNIPS RAW	79.1	76	1.7	.5	541
1152	JUJUBE,DRIED	19.7	287	3.7	1.1	531
1329	GARLIC,CLOVES,RAW	61.3	137	6.2	.2	529
~~7028~~	~~SEEDS-SESAME-WHOLE-DRIED~~		~~582~~	~~17.2~~	~~52.8~~	~~508~~
599	CANDY CHOCOLATE-COATED PEANUTS	1.0	561	16.4	41.3	504
1786	POTATOES COOKED BAKED IN SKIN	75.1	93	2.6	.1	503
2422	WATERCHESTNUT CHINESE RAW	78.3	79	1.4	.2	500
1269	LIVER CALF COOKED	51.4	261	29.5	13.2	453
2421	WALNUTS PERSIAN OR ENGLISH	3.5	651	14.8	64.0	450
480	BREADFRUIT,RAW	70.8	103	1.7	.3	439
701	CHICKEN FRYERS LIGHT MEAT COOKED,	59.5	197	32.1	6.1	434
2241	SWEETBREADS THYMUS BEEF COOKED	49.6	320	25.9	23.2	433
1338	MILLET PROSO,WHOLE GRAIN	11.8	327	9.9	2.9	490
728	CHICKEN-ROASTERS-LIGHT MEAT COOKED,	61.3	182	32.3	4.9	422
155	BEANS,COMMON,DRY WHITE COOKED	69.0	118	7.8	.6	416
2335	TURKEY LIGHT MEAT COOKED	62.1	176	32.9	3.9	411
682	CHICKEN ALL CLASSES COOKED,	63.8	166	31.6	3.4	411
1787	POTATOES COOKED BOILED IN SKIN	79.8	76	2.1	.1	407
2337	TURKEY DARK MEAT COOKED	60.5	203	30.0	8.3	398

USAID FOOD FOR P

COMPOSITION OF AFGHAN F'R I I

POTASSIUM COLUMN -12

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	12
2433	WHEAT WHOLE GRAIN WHITE	11.5	335	9.4	2.0	390
691	CHICKEN FRYERS FLESH ONLY COOKED,	58.6	209	31.2	7.8	381
1267	LIVER BEEF COOKED,	56.0	229	26.4	10.6	3805
897	COWPEAS,IMMATURE COOKED,	71.8	108	8.1	.8	379
725	CHICKEN ROASTERS FLESH ONLY COOKED,	62.8	133	29.5	6.3	376
2432	WHEAT WHOLE GRAIN SOFT RED WINTER	14.0	326	10.2	2.0	376
1356	MUSHROOMS EDIBLE SPECIES RAW	89.1	35	1.9	.6	375
2431	WHEAT WHOLE GRAIN HARD RED WINTER	12.5	330	12.3	1.8	370
2435	WHEAT FLOURS WHOLE HARD WHEATS	12.	333	13.3	2.0	370
2430	WHEAT WHOLE GRAIN HARD RED SPRING	13.0	330	14.0	2.2	370
2450	WHEAT BREAKFAST CER ROLL WHOLE MEAL DRY	10.4	338	13.5	2.0	370
141	BANANAS RAW COMMON	75.7	85	1.1	.2	370
1841	RABBIT FLESH ONLY COOKED STEWED	59.8	216	29.3	10.1	368
2331	TURKEY TOTAL EDIBLE FLESH ONLY COOKED	61.2	190	31.5	6.1	367
1847	RAISINS NATURAL COOKED ADDED SUGAR	41.4	213	1.2	.1	355
~~7025~~	~~QUAIL RAW E.P. FLESH,SKIN GIBLETS~~		~~118~~	~~21.2~~	~~3.1~~	~~352~~
1291	LOQUATS,RAW	86.5	48	.4	.2	348
1242	LEEKS,BULB AND LEAF PORTION,RAW	85.4	52	2.2	.3	347
2229	SUGARS BEET OR CANE BROWN	2.1	373	0.0	0.0	344
619	CARROTS RAW	88.2	42	1.1	.2	3411
160	BEANS,COMMON,DRY RED COOKED	69.0	118	7.8	.5	340
1831	PUMPKIN RAW	91.6	26	1.0	.1	340
7007	FISH,GOLD RAW E.P.		78	14.5	1.8	335
393	BEET GREENS,COMMON COOKED,BOILED	93.6	18	1.7	.2	332
1276	LIVER LAMB COOKED,	50.4	261	32.3	12.4	3317
7003	SQUAB&PIGEON FLESH,SKIN GIBLETS.		175	20.9	9.5	330
703	CHICKEN FRYERS DARK MEAT COOKED,	57.5	220	30.4	9.3	330
1160	KIDNEYS BEEF COOKED,	53.0	252	33.0	12.0	324
2170	SPINACH COOKED BOILED —7134 Gur	92.0	23	3.0	.3	324
1844	RADISHES RAW COMMON	94.5	17	1.0	.1	3221
684	CHICKEN ALL CLASSES DARK MEAT COOKED,	64.4	176	28.0	6.5	3213
7026	ROOTS GINGER RAW E.P		46	1.6	0.8	316
1325	MILK,COW CONDENSED SWEETEN	27.1	320	8.1	8.7	314
741	CHICKEN-HENS& COCKS-LIGHT MEAT COOK,STEW	62.1	180	32.2	4.7	306
1324	MILK,COW CANNED EVAPORATED	73.8	137	7.0	7.9	303
2249	SWEETPOTATOES COOKED BAKED IN SKIN	63.7	141	2.1	.5	300
630	CAULIFLOWER RAW 1535 PEAS MATURE	91.0	27	2.7	.2	295
1486	PEACHES DEHYDRATED COOKED WITH SUGAR	66.6	121	1.1	.2	292
2283	TOMATOES RIPE COOKED BOILED	92.4	26	1.3	.2	287
962	DUCK,DOMESTICATED,RAW,FLESH ONLY	68.8	165	21.4	8.2	285
1788	POTATOES COOKED BOILED PARED	82.8	65	1.9	.1	285
883	CORNMEAL,WHOLE-GROUND,UNBOLTED	12.0	355	9.2	3.9	284
30	APRICOTS RAW	85.3	51	1.0	.2	281
41	APRICOTS DRIED,COOKED,WITH SUGAR	66.2	122	1.4	.1	278
685	CHICKEN BROILERS,COOKED,	71.0	136	23.8	3.8	274
738	CHICKEN-HENS & COCK-FLESH ONLY,COOK,STEW	60.4	208	30.0	8.9	272
828	COOKIES RAISIN	8.2	379	4.4	5.3	272
586	CANDY CHOCOLATE SWEET	.9	528	4.4	35.1	269
2165	SPAGHETTI MEAT BALLS TOMATO SAUCE COOKED	70.0	134	7.5	4.7	268
1259	LETTUCE,RAW LOOSELEAF,VARIETIES,	94.0	18	1.3	.3	264
1166	KOHLRABI,COOKED,BOILED,DRAINED	92.2	24	1.7	.1	260
1651	POMEGRANATE PULP RAW	82.3	63	.5	.3	259
1547	PEPPERS SWEET IMMATURE GREEN COOKED STUF	63.1	170	13.0	5.5	258
2201	SQUASH WINTER ALL VARIETY BOILED MASHED	88.8	38	1.1	.3	256
473	BREADS WHOLE-WHEAT,MADE WITH-WATER	36.4	241	9.1	2.6	256

USAID FOOD FOR P

COMPOSITION OF AFGHAN F R I

POTASSIUM COLUMN -12

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	12
789	COCONUT MEAT FRESH	50.9	346	3.5	35.3	256
613	CANDY SUGAR-COATED ALMONDS	2.3	456	7.8	18.6	255
1360	MUSKMELONS RAW HONEYDEW	90.6	33	.8	.3	251
1358	MUSKMELONS RAW CANTALOUPS	91.2	30	.7	.1	251
1359	MUSKMELONS RAW CASABA GOLDEN BEAUTY	91.5	27	1.2	T	251
1865	RHUBARB RAW	94.8	16	.6	.1	251
1115	HEART CALF COOKED,	60.3	208	27.8	9.1	250
371	BEEF AND VEGETABLE STEW COOKED	82.4	89	6.4	4.3	250
758	CHIVES,RAW	91.3	28	1.8	.3	250
~~7012~~	~~KOHLRABI RAW E.P~~		~~31~~	~~2.6~~	~~0.4~~	~~249~~
1254	LENTILS,MATURE SEEDS,DRY WHOLE COOKED	72.0	106	7.8	T	249
1904	ROLLS AND BUNS RAISIN	32.0	275	6.9	2.9	245
2281	TOMATOES GREEN RAW	93.0	24	1.2	.2	244
2282	TOMATOES RIPE RAW	93.5	22	1.1	.2	244
2250	SWEETPOTATOES COOKED BOILED IN SKIN	70.6	114	1.7	.4	243
7006	FRUIT,PUMMELO, RAW E.P		[illegible]	0.7	0.3	235
512	CABBAGE COMMON RAW	92.4	24	1.3	.2	233
1111	HEART BEEF,LEAN COOKED,	61.3	188	31.3	5.7	232
1417	ONION YOUNG GREEN TOP ONLY GREEN PORTION	91.8	27	1.6	.4	231
1415	ONIONS YOUNG GREEN BULB AND TOP	89.4	36	1.5	.2	231
1416	ONIONS YOUNG GREEN BULB AND WHITE OF TOP	87.6	45	1.1	.2	231
904	COWPEAS,MATURE,DRY COOKED	80.0	76	5.1	.3	229
620	CARROTS COOKED,BOILED,DRAINED	91.2	31	.9	.2	222
2370	VEAL RET CUT UNTRIM CHUC MED TOT ED COOK	58.5	235	27.9	12.8	222
2366	VEAL CARCASS RAW EXCL KIDNEY FAT CLASS	68.	190	19.1	12.	222
2363	VEAL CARCASS RAW INC KIDNEY FAT CLASS	66.	207	18.8	14.	222
1156	KALE COOKED,LEAVES,INCLUD STEMS	91.2	28	3.2	.7	221
1367	MUSTARD GREENS COOKED BOILED	92.6	23	2.2	.4	220
438	BRAINS,ALL KINDS BEEF,CALF,SHEEP ,RAW	73.9	125	10.4	8.6	219
520	CABBAGE,SPOON PAKCHOY ,COOKED,	95.2	14	1.4	.2	214
1545	PEPPERS SWEET IMMATURE GREEN RAW	93.4	22	1.2	.2	213
1440	ORANGE PEEL RAW	72.5	93	1.5	.2	212
1123	HEART TURKEY,COOKED,	63.2	216	22.6	13.2	211
1037	GIZZARD CHICKEN,COOKED,	68.0	148	27.0	3.3	211
385	BEETS,COMMON,RED COOKED,BOILED,	90.9	32	1.1	.1	203
631	CAULIFLOWER COOKED,BOILED,DRAINED	92.8	22	2.3	.2	206
1866	RHUBARB COOKED ADDED SUGAR	62.8	141	.5	.1	203
1479	PEACHES RAW	89.1	38	.6	.1	202
1420	ORANGES RAW PEELED ALL VARIETIES	86.0	49	1.0	.2	200
1425	ORANGE JUICE RAW ALL VARIETIES	88.3	45	.7	.2	200
1843	RASPBERRIES RAW BLACK	80.8	73	1.5	1.4	199
846	CORN,SWEET COOKED,KERNELS,ON COB	74.1	91	3.3	1.0	196
1143	ICE MILK	66.7	152	4.8	5.1	195
1001	FIGS RAW	77.5	80	1.2	.3	194
663	CHERRIES RAW SWEET	80.4	70	1.3	.3	191
662	CHERRIES RAW SOUR,RED	83.7	58	1.2	.3	191
1422	ORANGE RAW PEELED CALIF VALENCIAS SUMMER	85.6	51	1.2	.3	190
1427	ORANGE JUICE RAW CALIF VALENCIAS SUMMER	87.8	47	1.0	.3	190
1316	MANGOS,RAW	81.7	66	.7	.4	189
2353	TURNIPS COOKED BOILED	93.6	23	.8	.2	188
1335	MILK GOAT FLUID	87.5	67	3.2	4.0	180
1845	RADISHES RAW ORIENTAL INCLUDING DAIKON	94.1	19	.9	.1	180
7016	LEAVES,MINT RAW E.P		32	3.0	0.7	179
2264	TANGERINE JUICE CANNED UNSWEETENED	88.8	43	.5	.2	178
2263	TANGERINE JUICE RAW	88.9	43	.5	.2	178

USAID FOOD FOR

COMPOSITION OF AFGHAN FR

POTASSIUM COLUMN -12

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	12
1837	QUAIL RAW FLESH AND SKIN	66.3	172	25.4	7.0	175
1258	LETTUCE,RAW CRISPHEAD VARIETIES	95.5	13	.9	.1	175
1403	OKRA COOKED BOILED	91.1	29	2.0	.3	174
1085	GRAPES RAW EUROPEAN TYPE	81.4	67	.6	.3	173
1295	LYCHEES RAW	81.9	64	.9	.3	170
417	BLACKBERRIES,INCLUD DEW,BOYSEN,YOUNG,RAW	84.5	58	1.2	.9	170
1641	PLUMS RAW PRUNE TYPE	78.7	75	.8	.2	170
1849	RASPBERRIES RAW RED	84.2	57	1.2	.5	168
2302	TONGUE BEEF MEDIUM FAT COOKED	60.8	244	21.5	16.7	164
2217	STRAWBERRIES RAW	89.9	37	.7	.5	164
2163	SPAGHETTI TOMATO SAUCE WITH CHEESE COOK	77.0	104	3.5	3.5	163
513	CABBAGE COMMON COOKED,SHREDDED,	93.9	20	1.1	.2	163
942	CUCUMBERS,RAW NOT PARED	95.1	15	.9	.1	160
943	CUCUMBERS,RAW PARED	95.7	14	.6	.1	160
145	BARLEY,PEARLED LIGHT	11.1	349	8.2	1.0	160
876	CORNBREAD,WHOLE-GROUND CORNMEAL	53.9	207	7.4	7.2	157
1412	ONIONS MATURE DRY RAW	89.1	38	1.5	.1	157
181	BEANS,MUNG SPROUTED SEEDS COOKED,	91.0	28	3.2	.2	156
1271	LIVER CHICKEN,COOKED,	65.0	165	26.5	4.4	1511
183	BEANS,SNAP GREEN COOKED,WATER,SHORT TIME	92.4	25	1.6	.2	151
184	BEANS,SNAP GREEN COOKED,WATER,LONG TIME	92.4	25	1.6	.2	151
987	EGGPLANT COOKED,BOILED,DRAINED	94.3	19	1.0	.2	150
1040	GIZZARD TURKEY,COOKED,	62.7	196	26.8	8.6	149
975	EGGS CHICKEN COOKED OMELET	72.1	173	11.2	12.9	146
977	EGGS CHICKEN COOKED SCRAMBLED	72.1	173	11.2	12.9	146
948	CUSTARD,BAKED	77.2	115	5.4	5.5	146
1322	MILK,COW FLUID PASTEURIZED SKIM	90.5	36	3.6	.1	143
1244	LEMONS,RAW FRUIT,INCLUDING PEEL	87.4	20	1.2	.3	145
23	APPLES DRIED,COOKED WITH SUGAR	69.7	112	.3	.4	144
2481	YOGHURT MADE PART SKIM MILK	89.0	50	3.4	1.7	143
1278	LIVER TURKEY,ALL CLASSES COOKED,	63.3	174	27.9	4.8	1411
2192	SQUASH SUMMER ALL VARIETIES COOKED	95.5	14	.9	.1	141
1245	LEMON JUICE RAW	91.0	25	.5	.2	141
973	EGGS CHICKEN COOKED FRIED	67.7	216	13.8	17.2	140
509	BUTTERMILK,FLUID, FROM SKIM MILK	90.5	36	3.6	.1	140
1117	HEART CHICKEN,COOKED,	66.7	173	25.3	7.2	140
1321	MILK,COW FLUID PASTEURIZED WHOLE 3.7%FAT	87.2	66	3.5	3.7	140
1824	PUDDINGS STARCH VANILLA BLANC MANGE	76.0	111	3.5	3.9	138
1377	NOODLES EGG ENRICHED DRY FORM	9.8	388	12.8	4.6	136
1053	GRAPEFRUIT RAW ALL VARIETIES	88.4	41	.5	.1	135
444	BREADS CRACKED-WHEAT	34.9	263	8.7	2.2	134
818	COOKIES CHOCOLATE CHIP COMMERCIAL TYPE	2.7	471	5.4	21.0	134
2482	YOGHURT MADE WHOLE MILK	88.0	62	3.0	3.4	132
1502	PEARS RAW INCLUDING SKIN	83.2	61	.7	.4	130
983	EGGS DUCK,WHOLE,FRESH,RAW	70.4	191	13.3	14.5	129 1
968	EGGS CHICKEN RAW WHOLE,	73.7	163	12.9	11.5	129 1
974	EGGS CHICKEN COOKED HARD-COOKED	73.7	163	12.9	11.5	129 1
816	COOKIES CHOCOLATE	4.0	445	7.1	15.7	128
2262	TANGERINES RAW	87.	46	.8	.2	126
1905	ROLLS AND BUNS SWEET	31.5	316	8.5	9.1	124
7005	FRUIT,MULBERRY RAW PULP AND SEEDS E.P		42	1.4	0.3	123
1222	LAMB-RIB GOOD SEPARABLE LEAN COOKED	60.7	206	27.4	9.9	122
1217	LAMB-RIB CHOICE SEPARABLE LEAN COOKED	60.3	211	27.2	10.5	122
1212	LAMB-RIB PRIME,SEPARABLE LEAN COOKED	59.1	224	26.9	12.1	122
1227	LAMB SHOULDER PRIME SEPAR LEAN COOK,	60.4	215	26.6	11.2	122

USAID FOOD FOR P

COMPOSITION OF AFGHAN FPRI

POTASSIUM COLUMN -12

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	12
1180	LAMB RETAIL CUTS,LEG PRIME COOKED,ROAST	50.4	319	23.9	24.0	122
1205	LAMB-LOIN-TOT EDIB COOKED,	48.6	341	22.3	27.0	122
1220	LAMB-RIB GOOD TOT EDIB,COOKED,	45.4	378	21.2	31.9	122
1225	LAMB SHOULDER PRIME TOTAL COOKED,ROASTED	46.2	374	20.7	31.7	122
1176	LAMB CUTS,CHOICE GRADE	61.0	263	16.5	21.3	122
1215	LAMB-RIB CHOICE TOT EDIB COOKED,	42.9	407	20.1	35.6	122
1175	LAMB CUTS PRIME GRADE	56.3	310	15.4	27.1	122
1210	LAMB-RIB PRIME,TOTAL EDIBLE COOKED,	35.5	492	16.9	46.5	122
1514	PEAS EDIBLE PODDED COOKED BOILED DRAIN	86.6	43	2.9	.2	119
1413	ONIONS MATURE DRY COOKED BOILED	91.3	29	1.2	.1	110
15	APPLES RAW,FRESH NOT PARED	84.8	56	.2	.6	110
1261	LIME JUICE RAW	90.3	26	.3	.1	104
1260	LIMES ACID TYPE,RAW	89.3	28	.7	.2	102
7010	JUICE, SUGARCANE.		56	0.2	0.2	102
2424	WATERMELON RAW	92.6	26	.5	.2	100
2437	WHEAT FLOURS STRAIGHT HARD WHEAT	12.	365	11.8	1.2	95
2436	WHEAT FLOURS 80% EXTRACTION HARD WHEATS	12.	365	12.	1.3	95
957	DOUGHNUTS,CAKE TYPE	23.7	391	4.6	18.6	90
931	CREAM,FLUID HEAVY WHIPPING	56.6	352	2.2	37.6	89
1148	JAMS AND PRESERVES	29.0	272	.6	.1	88
647	CHEESES,NATURAL COTTAGE CREAMED	78.3	106	13.6	4.2	85
2449	WHEAT BREAKFAST CEREALS ROLLED COOKED	79.7	75	2.2	.4	84
1299	MACARONI ENRICHED COOKED,FIRMSTAGE	63.6	148	5.0	.5	79
2158	SPAGHETTI ENRICHED COOKED FIRM STAGE	63.6	148	5.0	.5	79
1302	MACARONI UNENRICHED COOKED FIRM STAGE	63.6	148	5.0	.5	79
831	COOKIES SUGAR,SOFT,THICK,	7.9	444	6.0	16.8	76
1149	JELLIES	29.0	273	.1	.1	75
648	CHEESES,NATURAL COTTAGE UNCREAMED	79.0	86	17.0	.3	72
1870	RICE BROWN COOKED	70.3	119	2.5	.6	70
752	CHICKEN AND NOODLES,	71.1	153	9.3	7.7	62
1300	MACARONI ENRICHED COOKED TENDER STAGE	72.0	111	3.4	.4	61
2159	SPAGHETTI ENRICHED COOKED TENDER STAGE	72.0	111	3.4	.4	61
1303	MACARONI UNENRICHED TENDER STAGE COOKED	72.0	111	3.4	.4	61
815	COOKIES BUTTER,THIN,RICH	4.5	457	6.1	16.9	60
1406	OLIVES PICKLED GREEN	78.2	116	1.4	12.7	55
1336	MILK HUMAN,U.S.SAMPLES	85.2	77	1.1	4.0	51
1134	HONEY,STRAINED OR EXTRACTED	17.2	304	.3	0.0	51
2451	WHEAT BREAKFAST CEREALS WHOLE MEAL COOKE	87.7	45	1.8	.3	48
1378	NOODLES EGG ENRICHED COOKED	70.4	125	4.1	1.5	44
1380	NOODLES EGG UNENRICHED COOKED	70.4	125	4.1	1.5	44
1872	RICE WHITE ENRICHED COMMON COOKED	72.6	109	2.0	.1	23
2277	TEA INSTANT BEVERAGE	99.4	2	-	T	25
505	BUTTER	15.5	716	.6	81.0	23
1317	MARGARINE	15.5	720	.6	81.	23
7024	OIL,SESAME		881	0.2	99.7	20
886	CORNMEAL,DEGERMED,COOKED	87.7	50	1.1	.2	16
863	CORN GRITS,DEGERMED ENRICHED COOKED	87.1	51	1.2	.1	11
7035	SOUP,RICE,CONGA		38	0.8	T	11
992	FARINA ENRICHED REGULAR COOKED	89.5	42	1.3	.1	9
1963	SALT TABLE	.2	0	0.0	0.0	4
2230	SUGARS BEET OR CANE GRANULATED	.5	385	0.0	0.0	3
1144	ICES,WATER,LIME	66.9	78	.4	T	3
2453	WHEAT BREAKFAST CER TOAST QUICK COOK	84.1	65	2.0	.3	T
1401	OILS SALAD OR COOKING	0.0	884	0.0	100.	0
404	BEVERAGES,CARBONATED,COLA TYPE	90.0	39	.0	.0	-

USAID FOOD FOR

COMPOSITION OF AFGHAN FOR

POTASSIUM COLUMN -12

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	12
482	BROADBEANS,RAW MATURE SEEDS,DRY	11.9	338	25.1	1.7	-
506	BUTTER OIL OR DEHYDRATED BUTTER	.2	876	.3	99.5	-
687	CHICKEN FRYERS FLESH,SKIN,GIBLETS COOKED	53.3	249	30.7	11.8	-
689	CHICKEN FRYERS FLESH AND SKIN COOKED,	53.5	250	30.6	11.9	-
693	CHICKEN FRYERS SKIN ONLY COOKED,	32.5	419	28.3	28.9	-
695	CHICKEN FRYERS GIBLETS COOKED,	51.7	252	30.8	11.2	-
697	CHICKEN FRYERS LIGHT MEAT,SKIN COOKED,	55.0	234	31.5	9.9	-
699	CHICKEN FRYERS DARK MEAT,SKIN COOKED,	52.1	263	29.9	13.6	-
705	CHICKEN FRYERS CUT-UP PARTS COOKED,	40.5	347	30.0	21.2	-
707	CHICKEN FRYERS BREAST COOKED,	58.4	203	32.5	6.4	-
709	CHICKEN FRYERS DRUMSTICK COOKED,	55.0	235	32.6	10.2	-
711	CHICKEN FRYERS NECK COOKED,	50.2	289	26.7	17.4	-
713	CHICKEN FRYERS RIB COOKED,	45.7	299	31.5	15.4	-
715	CHICKEN FRYERS THIGH COOKED,	55.8	237	29.1	11.4	-
717	CHICKEN FRYERS WING COOKED,	52.6	268	29.0	14.8	-
719	CHICKEN ROASTERS TOTAL EDIBLE COOKED,	53.5	290	25.2	20.2	-
721	CHICKEN ROASTERS FLESH,GIBLETS COOKED,	57.5	242	27.2	14.0	-
723	CHICKEN ROASTERS FLESH AND SKIN COOKED,	57.0	248	27.1	14.7	-
726	CHICKEN-ROASTERS GIBLETS-RAW	72.4	135	19.8	4.8	-
732	CHICKEN-HENS & COCKS-TOT EDIB,COOKED	45.9	369	24.0	29.5	-
734	CHICKEN-HENS & COCKS-FLESH,GIBLETS,COOKE	50.8	312	26.2	22.2	-
736	CHICKEN-HENS & COCK-FLESH,SKIN,COOK,STEW	50.4	317	26.1	22.8	-
964	DUCK,WILD,RAW FLESH ONLY	70.8	138	21.3	5.2	-
984	EGGS GOOSE,WHOLE,FRESH,RAW	70.4	185	13.9	13.3	-
985	EGGS TURKEY,WHOLE,FRESH,RAW	72.6	170	13.1	11.8	-
1032	GELATIN DESSERTS,PLAIN	84.2	59	1.5	0.0	-
1042	GOOSE,TOTAL EDIBLE COOKED,	39.1	426	23.7	36.0	-
1044	GOOSE,FLESH AND SKIN COOKED,	37.9	441	22.9	38.1	-
1113	HEART BEEF,LEAN WITH VISIBLE FAT COOKED,	44.4	372	25.8	29.0	-
1121	HEART LAMB COOKED,	54.1	260	29.5	14.4	-
1292	LUNGS,RAW BEEF	78.8	96	17.6	2.3	-
1293	LUNGS,RAW CALF	77.4	106	16.3	3.8	-
1294	LUNGS,RAW LAMB	76.7	103	19.3	2.3	-
1362	MUSKRAT COOKED ROASTED	67.3	153	27.2	4.1	-
1503	PEARS CANDIED	21.0	303	1.3	.6	-
1537	PEPPERS HOT CHILI IMMAT RAW EXCLUD SEEDS	88.8	37	1.3	.2	-
1539	PEPPERS HOT CHILI IMMAT CANN CHILI SAUCE	93.9	20	.7	.1	-
1540	PEPER HOT CHILI MAT RED RAW POD INC SEED	74.3	93	3.7	2.3	-2
1542	PEPPERS HOT CHILI MATURE RED CANNED SAUC	94.1	21	.9	.6	-
1548	PEPPERS SWEET MATURE RED RAW	90.7	31	1.4	.3	-
1553	PHEASANT RAW TOTAL EDIBLE	69.2	151	24.3	5.2	-
1554	PHEASANT RAW FLESH AND SKIN	68.9	152	24.7	5.2	-
1556	PHEASANT RAW GIBLETS	71.4	139	20.8	4.9	-
1560	PICKLES CUCUMBER SOUR	94.8	10	.5	.2	-
1624	PINENUTS PIGNOLIAS	5.6	552	31.1	47.4	-
1654	POPCORN POPPED PLAIN	4.0	386	12.7	5.0	-
1655	POPCORN POPPED OIL AND SALT ADDED	3.1	456	9.8	21.8	-
1656	POPCORN POPPED SUGAR COATED	4.0	383	6.1	3.5	-
1838	QUAIL RAW GIBLETS	63.0	176	21.8	6.2	-
1983	SAUSAGE BOLOGNA ALL MEAT	57.4	277	13.3	22.8	-
2228	SUET BEEF KIDNEY FAT RAW	4.	854	1.5	94.	-
2243	SWEETBREADS THYMUS CALF COOKED BRAISED	62.7	168	32.6	3.2	-
2245	SWEETBREADS THYMUS LAMB COOKED BRAISED	64.6	175	28.1	6.1	-
2261	TANGELO JUICE RAW	89.4	41	.5	.1	-
2306	TONGUE CALF COOKED	68.5	160	23.9	6.0	-

USAID FOOD FOR P

COMPOSITION OF AFGHAN F R I

POTASSIUM COLUMN -12

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	12
2310	TONGUE LAMB COOKED	60.2	254	20.5	18.2	-
2312	TONGUE SHEEP COOKED BRAISED	51.6	323	19.8	25.3	-
2328	TURKEY TOTAL EDIBLE-COOKED	55.4	263	27.0	16.4	-
2339	TURKEY GIBLETS COOKED	61.0	233	20.6	15.4	-
2340	TURKEY YOUNG BIRDS TOTAL EDIBLE	71.5	145	21.4	6.0	-
2342	TURKEY YOUNG BIRDS LIGHT MEAT	73.8	108	24.5	.4	-
2343	TURKEY YOUNG BIRDS DARK MEAT	75.7	111	20.6	2.6	-
2355	TURNIP GREEN COOK SMALL WATER SHORT TIME	93.2	20	2.2	.2	-
2356	TURNIP GREEN COOK LARGE WATER LONG TIME	93.5	19	2.2	.2	-
2403	VENISON LEAN MEAT ONLY RAW	74.	126	21.	4.	-
2452	WHEAT BREAKFAST CER TOAST QUICK COOK DRY	6.4	383	12.0	1.6	-
7002	SPARROW,FLESH BONES,E.P.		124	19.4	4.6	-
7004	FRUIT, BITTERORANGE. RAW.		38	0.6	1.3	-
7008	HEART,GOAT RAW E.P.		122	11.1	8.3	-
7009	JAM,GRAPE		2[illegible]	1.9	0.1	-
7011	KIDNEY GOAT RAW, E.P		[illegible]	16.3	3.2	-
7013	LEAVES,BITTERORANGE SEMI DRIED,		146	6.8	3.1	-
7017	LIVER. GOAT RAW. E.P		159	18.5	7.2	-
7018	LUNG-GOAT RAW E.P		112	20.2	2.8	-
7019	MARMALADE,ORANGE.		244	0.3	0.2	-
7020	GOAT,RAW LEAN E.P.		179	18.0	11.3	-
7021	HORSE,MEAT RAW E.P		121	20.5	3.7	-
~~7022~~	~~PHEASANT,RAW E.P~~		~~140~~	~~24.8~~	~~3.8~~	
7023	OIL,PEANUT.		884	T	99.9	-
7030	CUMIN SEEDS,WHITE DRIED.		332	16.6	13.4	-
7031	ANISE SEEDS DRIED		415	19.	24.7	-
7032	SHERBET		123	1.5	0.0	-
7033	SMALL FISH,SMALL WHOLE STEAMED. E.P		97	20.0	1.3	-
7034	SOUP CHICKEN MADE FROM BONES		21	0.5	0.0	-
7036	STOMACH, BEEF RAW, E.P		85	13.7	2.9	-
7037	STOMACH, GOAT RAW,EP.		100	8.3	7.2	-
7038	SYRUP SUGARCANE		259	-	-	-
7039	TALLO		878	0.3	99.7	-
7041	TURMERIC,DRIED		337	6.3	5.1	-

TOTAL NUMBER OF DESCRIPTION CARDS

LEGEND- FOR HEADING CODES

1 - WATER %

2 - FOOD ENERGY CAL.

3 - PROTEIN GM.

4 - FAT GM.

5 -CARBOHYDRATE TOTAL GM

6 -CARBOHYDRATE FIBRE GM

7 - ASH GM.

8 - CALCIUM MG.

9 - PHOSPHOROUS MG.

10- IRON MG.

11- SODIUM MG.

12- POTASSIUM MG.

13- VITAMIN-A VALUE I.U.

14- THIAMIN MG.

15- RIBOFLAVIN MG.

16- NIACIN MG.

17- ASCORBIC ACID MG.

REPORT IN SEQUENCE OF - VITAMINE-A COLUMN

USAID FOOD FOR P

COMPOSITION OF AFGHAN F O R

VITAMINE-A COLUMN -13

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	13
627	CARROTS DEHYDRATED					100,000
1543	PEPPERS HOT CHILI MATURE RED DRIED PODS	12.6	321	12.9	9.1	77000
1276	LIVER LAMB COOKED,	50.4	261	32.3	12.4	74500
1544	PEPPERS HOT CHILI MATURE RED DRIED POWDE	8.5	340	14.3	12.4	53000
1267	LIVER BEEF COOKED,	56.0	229	26.4	10.6	53400
1269	LIVER CALF COOKED	51.4	261	29.5	13.2	32700
1540	PEPER HOT CHILI MAT RED RAW POD INC SEED	74.3	93	3.7	2.3	21600
1541	PEPER HOT CHILI MAT RED RAW POD EXC SEED	80.3	65	2.3	.4	21600
1278	LIVER TURKEY,ALL CLASSES COOKED,	63.3	174	27.9	4.8	17500
1271	LIVER CHICKEN,COOKED,	65.0	165	26.5	4.4	12300
619	CARROTS RAW	88.2	42	1.1	.2	11000
620	CARROTS COOKED,BOILED,DRAINED	91.2	31	.9	.2	10500
1542	PEPPERS HOT CHILI MATURE RED CANNED SAUC	94.1	21	.9	.6	9590
7015	CURRY LEAVES DRIED,POWDER		301	14.2	10.9	9000
2170	SPINACH COOKED BOILED	92.0	23	3.0	.3	8100
2249	SWEETPOTATOES COOKED BAKED IN SKIN	63.7	141	2.1	.5	8100
2250	SWEETPOTATOES COOKED BOILED IN SKIN	70.6	114	1.7	.4	7900
1156	KALE COOKED,LEAVES,INCLUD STEMS	91.2	28	3.2	.7	7400
2355	TURNIP GREEN COOK SMALL WATER SHORT TIME	93.2	20	2.2	.2	6300
758	CHIVES,RAW	91.3	28	1.8	.3	5800
1367	MUSTARD GREENS COOKED BOILED	92.6	23	2.2	.4	5800
695	CHICKEN FRYERS GIBLETS COOKED,	51.7	252	30.8	11.2	5760
2356	TURNIP GREEN COOK LARGE WATER LONG TIME	93.5	19	2.2	.2	5700
7017	LIVER. GOAT RAW. E.P		159	18.5	7.2	5700
393	BEET GREENS,COMMON COOKED,BOILED	93.6	18	1.7	.2	5100
1316	MANGOS,RAW	81.7	66	.7	.4	4800
7014	CORRIANDER LEAVES,RAW E.P		37	2.6	0.6	4770
1548	PEPPERS SWEET MATURE RED RAW	90.7	31	1.4	.3	4450
726	CHICKEN-ROASTERS GIBLETS-RAW	72.4	135	19.8	4.8	4290
506	BUTTER OIL OR DEHYDRATED BUTTER	.2	876	.3	99.5	4080
1417	ONION YOUNG GREEN TOP ONLY GREEN PORTION	91.8	27	1.6	.4	4000
7016	LEAVES,MINT RAW E.P		32	3.0	0.7	3600
2201	SQUASH WINTER ALL VARIETY BOILED MASHED	88.8	38	1.1	.3	3500
1358	MUSKMELONS RAW CANTALOUPS	91.2	30	.7	.1	3400
~~7012~~	~~KOHLRABI RAW E.P~~		~~31~~	~~2.6~~	~~0.4~~	~~3300~~
505	BUTTER	15.5	716	.6	81.0	3300
1317	MARGARINE	15.5	720	.6	81.	3300
~~7025~~	~~QUAIL RAW E.P. FLESH,SKIN,GIBLETS~~		~~110~~	~~21.2~~	~~3.1~~	~~3230~~
520	CABBAGE,SPOON PAKCHOY ,COOKED,	95.2	14	1.4	.2	3100
7013	LEAVES,BITTERORANGE SEMI DRIED.		146	6.8	3.1	3025
30	APRICOTS RAW	85.3	51	1.0	.2	2700
41	APRICOTS DRIED,COOKED,WITH SUGAR	66.2	122	1.4	.1	2600
1415	ONIONS YOUNG GREEN BULB AND TOP	89.4	36	1.5	.2	2000
1259	LETTUCE,RAW LOOSELEAF,VARIETIES,	94.0	18	1.3	.3	1900
1831	PUMPKIN RAW	91.6	26	1.0	.1	1600
931	CREAM,FLUID HEAVY WHIPPING	56.6	352	2.2	37.6	1540
973	EGGS CHICKEN COOKED FRIED	67.7	216	13.8	17.2	1420
1479	PEACHES RAW	89.1	38	.6	.1	1330
983	EGGS DUCK,WHOLE,FRESH,RAW	70.4	191	13.3	14.5	1230
732	CHICKEN-HENS & COCKS-TOT EDIB,COOKED	45.9	369	24.0	29.5	1190
968	EGGS CHICKEN RAW WHOLE,	73.7	163	12.9	11.5	1180
974	EGGS CHICKEN COOKED HARD-COOKED	73.7	163	12.9	11.5	1180
1160	KIDNEYS BEEF COOKED,	53.0	252	33.0	12.0	1150
1326	MILK,COW DRY WHOLE	2.0	502	26.4	27.5	1130
975	EGGS CHICKEN COOKED OMELET	72.1	173	11.2	12.9	1080
977	EGGS CHICKEN COOKED SCRAMBLED	72.1	173	11.2	12.9	1080

USAID FOOD FOR

COMPOSITION OF AFGHAN FOR

VITAMINE-A COLUMN -13

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	13
2283	TOMATOES RIPE COOKED BOILED	92.4	26	1.3	.2	1000
662	CHERRIES RAW SOUR,RED	83.7	58	1.2	.3	1000
734	CHICKEN-HENS & COCKS-FLESH,GIBLETS,COOKE	50.8	312	26.2	22.2	990
371	BEEF AND VEGETABLE STEW COOKED	82.4	89	6.4	4.3	980
1434	ORANGE JUICE CANNED UNSWEET UNDILUTE	42.0	223	4.1	1.3	960
719	CHICKEN ROASTERS TOTAL EDIBLE COOKED,	53.5	290	25.2	20.2	960
7027	SEEDS,PUMPKIN DRIED SALTED E.P		569	24.2	50.4	935
2282	TOMATOES RIPE RAW	93.5	22	1.1	.2	900
1486	PEACHES DEHYDRATED COOKED WITH SUGAR	66.6	121	1.1	.2	890
7030	CUMIN SEEDS,WHITE DRIED.		332	16.6	13.4	870
687	CHICKEN FRYERS FLESH,SKIN,GIBLETS COOKED	53.3	249	30.7	11.8	820
721	CHICKEN ROASTERS FLESH,GIBLETS COOKED,	57.5	242	27.2	14.0	790
1537	PEPPERS HOT CHILI IMMAT RAW EXCLUD SEEDS	88.8	37	1.3	.2	770
1291	LOQUATS,RAW	86.5	48	.4	.2	670
736	CHICKEN-HENS & COCK-FLESH,SKIN,COOK,STEW	50.4	317	26.1	22.8	670
815	COOKIES BUTTER,THIN,RICH	4.5	457	6.1	16.9	650
2165	SPAGHETTI MEAT BALLS TOMATO SAUCE COOKED	70.0	134	7.5	4.7	640
1514	PEAS EDIBLE PODDED COOKED BOILED DRAIN	86.6	43	2.9	.2	610
1539	PEPPERS HOT CHILI IMMAT CANN CHILI SAUCE	93.9	20	.7	.1	610
7039	TALLO		878	0.3	99.7	600
2424	WATERMELON RAW .	92.6	26	.5	.2	590
183	BEANS,SNAP GREEN COOKED,WATER,SHORT TIME	92.4	25	1.6	.2	540
184	BEANS,SNAP GREEN COOKED,WATER,LONG TIME	92.4	25	1.6	.2	540
883	CORNMEAL,WHOLE-GROUND,UNBOLTED	12.0	355	9.2	3.9	510
1403	OKRA COOKED BOILED	91.1	29	2.0	.3	490
693	CHICKEN FRYERS SKIN ONLY COOKED,	30.5	419	28.3	28.9	490
2163	SPAGHETTI TOMATO SAUCE WITH CHEESE COOK	77.0	104	3.5	3.5	430
1545	PEPPERS SWEET IMMATURE GREEN RAW	93.4	22	1.2	.2	420
1440	ORANGE PEEL RAW	72.5	93	1.5	.2	420
2264	TANGERINE JUICE CANNED UNSWEETENED	88.8	43	.5	.2	420
2263	TANGERINE JUICE RAW.	88.9	43	.5	.2	420
2262	TANGERINES RAW	87.	46	.8	.2	420
723	CHICKEN ROASTERS FLESH AND SKIN COOKED,	57.0	248	27.1	14.7	420
846	CORN,SWEET COOKED,KERNELS,ON COB	74.1	91	3.1	1.0	400
2192	SQUASH SUMMER ALL VARIETIES COOKED	95.5	14	.5	.1	390
705	CHICKEN FRYERS CUT-UP PARTS COOKED,	40.5	347	30.0	1.2	390
1325	MILK,COW CONDENSED SWEETEN	27.1	321	8.1	8.7	360
897	COWPEAS,IMMATURE COOKED,	71.8	108	8.1	.8	350
948	CUSTARD,BAKED	77.2	115	5.4	5.5	350
711	CHICKEN FRYERS NECK COOKED,	50.2	289	26.7	17.4	350
1258	LETTUCE,RAW CRISPHEAD VARIETIES	95.5	13	.9	.1	330
1324	MILK,COW CANNED EVAPORATED	73.8	137	7.0	7.9	320
1641	PLUMS RAW PRUNE TYPE	78.7	75	.8	.2	300
1406	OLIVES PICKLED GREEN	78.2	116	1.4	12.7	300
64	AVOCADOS,RAW ALL VARIETIES	74.0	167	2.1	16.4	290
1547	PEPPERS SWEET IMMATURE GREEN COOKED STUF	63.1	170	13.0	5.5	280
2281	TOMATOES GREEN RAW	93.0	24	1.2	.2	270
738	CHICKEN-HENS & COCK-FLESH ONLY,COOK,STEW	60.4	208	30.0	8.9	250
942	CUCUMBERS,RAW NOT PARED	95.1	15	.9	.1	250
717	CHICKEN FRYERS WING COOKED,	52.6	268	29.0	14.8	250
1336	MILK HUMAN,U.S.SAMPLES	85.2	77	1.1	4.0	240
1626	PISTACHIONUTS	5.3	594	19.3	53.7	230
510	BUTTERMILK,DRIED	2.8	387	34.3	5.3	220
1377	NOODLES EGG ENRICHED DRY FORM	9.8	388	12.8	4.6	220
828	COOKIES RAISIN	8.2	379	4.4	5.3	210

U S A I.D

C O M P O S I T I O N O O R I

VITAMINE-A COLUMN -13

ITEM CODE	FOOD DESCRIPTION	13
1143	ICE MILK	210
699	CHICKEN FRYERS DARK MEAT,SKIN COOKED,	210
713	CHICKEN FRYERS RIB COOKED,	210
1420	ORANGES RAW PEELED ALL VARIETIES	200
1425	ORANGE JUICE RAW ALL VARIETIES	200
1422	ORANGE RAW PEELED CALIF VALENCIAS SUMMER	200
1427	ORANGE JUICE RAW CALIF VALENCIAS SUMMER	200
417	BLACKBERRIES,INCLUD DEW,BOYSEN,YOUNG,RAW	200
715	CHICKEN FRYERS THIGH COOKED,	200
141	BANANAS RAW COMMON	190
752	CHICKEN AND NOODLES,	180
647	CHEESES,NATURAL COTTAGE CREAMED	170
689	CHICKEN FRYERS FLESH AND SKIN COOKED,	170
1335	MILK GOAT FLUID	160
1824	PUDDINGS STARCH VANILLA BLANC MANGE	160
816	COOKIES CHOCOLATE	160
725	CHICKEN ROASTERS FLESH ONLY COOKED,	150
684	CHICKEN ALL CLASSES DARK MEAT COOKED,	150
876	CORNBREAD,WHOLE-GROUND CORNMEAL	150
1321	MILK,COW FLUID PASTEURIZED WHOLE 3.7%FAT	150
2482	YOGHURT MADE WHOLE MILK	140
709	CHICKEN FRYERS DRUMSTICK COOKED,	140
703	CHICKEN FRYERS DARK MEAT COOKED,	130
741	CHICKEN-HENS& COCKS-LIGHT MEAT COOK,STEW	130
512	CABBAGE COMMON RAW	130
1849	RASPBERRIES RAW RED	130
513	CABBAGE COMMON COOKED,SHREDDED,	130
697	CHICKEN FRYERS LIGHT MEAT,SKIN COOKED,	130
818	COOKIES CHOCOLATE CHIP COMMERCIAL TYPE	120
728	CHICKEN-ROASTERS-LIGHT MEAT COOKED,	110
663	CHERRIES RAW SWEET	110
831	COOKIES SUGAR,SOFT,THICK,	110
1865	RHUBARB RAW	100
1085	GRAPES RAW EUROPEAN TYPE	100
1121	HEART LAMB COOKED	100
1560	PICKLES CUCUMBER SOUR	100
691	CHICKEN FRYERS FLESH ONLY COOKED,	90
7026	ROOTS GINGER RAW E.P	90
685	CHICKEN BROILERS,COOKED,	90
15	APPLES RAW,FRESH NOT PARED	90
707	CHICKEN FRYERS BREAST COOKED,	90
1007	FIGS DRIED,UNCOOKED	80
1866	RHUBARB COOKED ADDED SUGAR	80
1001	FIGS RAW	80
1053	GRAPEFRUIT RAW ALL VARIETIES	80
957	DOUGHNUTS,CAKE TYPE	80
2481	YOGHURT MADE PART SKIM MILK	70
1905	ROLLS AND BUNS SWEET	70
1378	NOODLES EGG ENRICHED COOKED	70
1380	NOODLES EGG UNENRICHED COOKED	70
462	BROADBEANS,RAW MATURE SEEDS,DRY	70
682	CHICKEN ALL CLASSES COOKED,	60
630	CAULIFLOWER RAW	60
631	CAULIFLOWER COOKED,BOILED,DRAINED	60
2217	STRAWBERRIES RAW	60

U S A I D · C

C O M P O S I T I O N O F O R I

VITAMINE-A COLUMN -13

ITEM CODE	FOOD DESCRIPTION	13
886	CORNMEAL,DEGERMED,COOKED	60
863	CORN GRITS,DEGERMED ENRICHED COOKED	60
2236	SUNFLOWER SEED KERNELS DRY	50
753	CHICKPEAS OR GARBANZOS,MATURE,DRY,RAW	50
952	DATES,DOMESTIC,NATURAL AND DRY	50
701	CHICKEN FRYERS LIGHT MEAT COOKED,	50
7006	FRUIT,PUMMELO, RAW E.P	50
7002	SPARROW,FLESH BONES,E.P.	50
213	BEEF,CARCASS TOTAL EDIBLE,RAW UTIL GRADE	40
480	BREADFRUIT,RAW	40
1242	LEEKS,BULB AND LEAF PORTION,RAW	40
1360	MUSKMELONS RAW HONEYDEW	40
1115	HEART CALF COOKED,	40
1412	ONIONS MATURE DRY RAW — 1533 PEAS	40
1413	ONIONS MATURE DRY COOKED BOILED	40
1327	MILK COW DRY SKIM NON FAT SOLIDS	30
2032	SESAME SEEDS DRY WHOLE	30
1473	PARSNIPS RAW	30
2421	WALNUTS PERSIAN OR ENGLISH	30
1359	MUSKMELONS RAW CASABA GOLDEN BEAUTY	30
1111	HEART BEEF,LEAN COOKED,	30
1123	HEART TURKEY,COOKED,	30
1244	LEMONS,RAW FRUIT,INCLUDING PEEL	30
1117	HEART CHICKEN,COOKED, — 1553 cowpeas	30
7028	~~SEEDS SESAME WHOLE DRIED~~	~~25~~
7005	FRUIT,MULBERRY RAW PULP AND SEEDS E.P	25
7001	BEAN,KIDNEY WHOLE SEEDS,DRIED E. P.	20
1846	RAISINS NATURAL UNCOOKED	20
368	BEEF,HAMBURGER LEAN COOKED	20
1166	KOHLRABI,COOKED,BOILED,DRAINED	20
1254	LENTILS,MATURE SEEDS,DRY WHOLE COOKED	20
385	BEETS,COMMON,RED COOKED,BOILED,	20
181	BEANS,MUNG SPROUTED SEEDS COOKED,	20
1245	LEMON JUICE RAW	20
1502	PEARS RAW INCLUDING SKIN	20
7041	TURMERIC,DRIED	20
7021	HORSE,MEAT RAW E.P	17
1847	RAISINS NATURAL COOKED ADDED SUGAR	10
1844	RADISHES RAW COMMON	10
585	CANDY CHOCOLATE SWEET	10
904	COWPEAS,MATURE,DRY COOKED	10
1845	RADISHES RAW ORIENTAL INCLUDING DAIKON	10
987	EGGPLANT COOKED,BOILED,DRAINED	10
1261	LIME JUICE RAW	10
1260	LIMES,ACID TYPE,RAW	10
1148	JAMS AND PRESERVES	10
1149	JELLIES	10
648	CHEESES,NATURAL COTTAGE UNCREAMED	10
160	BEANS,COMMON,DRY RED COOKED	T
444	BREADS CRACKED-WHEAT	T
473	BREADS WHOLE-WHEAT,MADE WITH-WATER	T
509	BUTTERMILK,FLUID, FROM SKIM MILK	T
599	CANDY CHOCOLATE-COATED PEANUTS	T
943	CUCUMBERS,RAW PARED	T
1029	GARLIC,CLOVES,RAW	T

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COMPOSITION OIR

VITAMINE-A COLUMN -13

ITLM CODE	FOOD DESCRIPTION	13
1322	MILK,COW FLUID PASTEURIZED SKIM	T
1356	MUSHROOMS EDIBLE SPECIES RAW	T
1416	ONIONS YOUNG GREEN BULB AND WHITE OF TOP	T
1651	POMEGRANATE PULP RAW	T
1786	POTATOES COOKED BAKED IN SKIN	T
1787	POTATOES COOKED BOILED IN SKIN	T
1788	POTATOES COOKED BOILED PARED	T
1790	POTATOES COOKED FRIED FROM RAW	T
1809	POTATO CHIPS	T
1848	RASPBERRIES R/W BLACK	T
1904	ROLLS AND BUNS RAISIN	T
2353	TURNIPS COOKED BOILED	T
2477	YEAST BAKERS DRY ACTIVE	T
8	ALMONDS DRIED	0
9	ALMONDS ROASTED AND SALTED	0
10	ALMOND MEAL,PARTIALLY DEFATTED	0
145	BARLEY,PEARLED LIGHT	0
155	BEANS,COMMON,DRY WHITE COOKED	0
404	BEVERAGES,CARBONATED,COLA TYPE	0
438	BRAINS,ALL KINDS BEEF,CALF,SHEEP ,RAW	0
613	CANDY SUGAR-COATED ALMONDS	0
789	COCONUT MEAT FRESH	0
992	FARINA ENRICHED REGULAR COOKED	0
1134	HONEY,STRAINED OR EXTRACTED	0
1144	ICES,WATER,LIME	0
1299	MACARONI ENRICHED COOKED,FIRMSTAGE	0
1300	MACARONI ENRICHED COOKED TENDER STAGE	0
1302	MACARONI UNENRICHED COOKED FIRM STAGE	0
1303	MACARONI UNENRICHED TENDER STAGE COOKED	0
1338	MILLET,PROSO,WHOLE GRAIN	0
1870	RICE BROWN COOKED	0
1872	RICE WHITE ENRICHED COMMON COOKED	0
1963	SALT TABLE	0
2158	SPAGHETTI ENRICHED COOKED FIRM STAGE	0
2159	SPAGHETI ENRICHED COOKED TENDER STAGE	0
2229	SUGARS BEET OR CANE BROWN	0
2230	SUGARS BEET OR CANE GRANULATED	0
2422	WATERCHESTNUT CHINESE RAW	0
2430	WHEAT WHOLE GRAIN HARD RED SPRING	0
2431	WHEAT WHOLE GRAIN HARD RED WINTER	0
2432	WHEAT WHOLE GRAIN SOFT RED WINTER	0
2433	WHEAT WHOLE GRAIN WHITE	0
2435	WHEAT FLOURS WHOLE HARD WHEATS	0
2436	WHEAT FLOURS 80% EXTRACTION HARD WHEATS	0
2437	WHEAT FLOURS STRAIGHT HARD WHEAT	0
2446	WHEAT BRAN CRUDE	0
2447	WHEAT GERM CRUDE	0
2449	WHEAT BREAKFAST CEREALS ROLLED COOKED	0
2450	WHEAT BREAKFAST CER ROLL WHOLE MEAL DRY	0
2451	WHEAT BREAKFAST CEREALS WHOLE MEAL COOKE	0
2452	WHEAT BREAKFAST CER TOAST QUICK COOK DRY	0
2453	WHEAT BREAKFAST CER TOAST QUICK COOK	0
7003	SQUABPIGEON FLESH,SKIN GIBLETS	0
7004	FRUIT, BITTERORANGE. RAW.	0
7007	FISH,COLD RAW E.P.	0

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COMPOSITION OF I

VITAMINE-A COLUMN -13

ITEM CODE	FOOD DESCRIPTION	
7008	HEART,GOAT RAW E.P.	0
7009	JAM,GRAPE	0
7010	JUICE, SUGARCANE.	0
7011	KIDNEY GOAT RAW, E.P	0
7018	LUNG-GOAT RAW E.P	0
7019	MARMALADE,ORANGE.	0
7020	GOAT,RAW LEAN E.P.	0
~~7022~~	~~PHEASANT,RAW E.P~~	~~0~~
7023	OIL,PEANUT.	0
7024	OIL,SESAME	0
~~7029~~	~~SEEDS SUNFLOWER DRIED E.P~~	~~0~~
7031	ANISE SEEDS DRIED	0
7032	SHERBET [illegible]	0
7033	SMALL FISH,SMALL WHOLE STEAMED. E.P	0
7034	SOUP CHICKEN MADE FROM BONES	0
7035	SOUP,RICE,CONGA	0
7036	STOMACH, BEEF RAW, E.P	0
7037	STOMACH, GOAT RAW,EP.	0
7038	SYRUP SUGARCANE [illegible]	0
23	APPLES DRIED,COOKED WITH SUGAR	-
177	BEANS,LIMA MATURE SEEDS,DRY COOKED	-
962	DUCK,DOMESTICATED,RAW,FLESH ONLY	-
964	DUCK,WILD,RAW FLESH ONLY	-
984	EGGS GOOSE,WHOLE,FRESH,RAW	-
985	EGGS TURKEY,WHOLE,FRESH,RAW	-
1032	GELATIN DESSERTS,PLAIN	-
1037	GIZZARD CHICKEN,COOKED,	-
1040	GIZZARD TURKEY,COOKED,	-
1042	GOOSE,TOTAL EDIBLE COOKED,	-
1044	GOOSE,FLESH AND SKIN COOKED,	-
1046	GOOSE,FLESH ONLY COOKED,	-
1113	HEART BEEF,LEAN WITH VISIBLE FAT COOKED,	-
1135	HORSERADISH RAW	-
1152	JUJUBE,DRIED	-
1175	LAMB CUTS PRIME GRADE	-
1176	LAMB CUTS,CHOICE GRADE	-
1180	LAMB RETAIL CUTS,LEG PRIME COOKED,ROAST	-
1205	LAMB-LOIN-TOT EDIB COOKED,	-
1210	LAMB-RIB PRIME,TOTAL EDIBLE COOKED,	-
1212	LAMB-RIB PRIME,SEPARABLE LEAN COOKED	-
1215	LAMB-RIB CHOICE TOT EDIB COOKED,	-
1217	LAMB-RIB CHOICE SEPARABLE LEAN COOKED	-
1220	LAMB-RIB GOOD TOT EDIB,COOKED,	-
1222	LAMB-RIB GOOD SEPARABLE LEAN COOKED	-
1225	LAMB SHOULDER PRIME TOTAL COOKED,ROASTED	-
1227	LAMB SHOULDER PRIME SEPAR LEAN COOK,	-
1292	LUNGS,RAW BEEF	-
1293	LUNGS,RAW CALF	-
1294	LUNGS,RAW LAMB	-
1295	LYCHEES RAW	-
1296	LYCHEES DRIED	-
1341	MOLASSES CANE THIRD EXTRACT BLACKSTRAP	-
1362	MUSKRAT COOKED ROASTED	-
1401	OILS SALAD OR COOKING	-
1492	PEANUTS RAW WITH SKINS	-

U S A I D

C O M P O S I T I O N O R I

VITAMINE-A COLUMN -13

ITEM CODE	FOOD DESCRIPTION	13
1503	PEARS CANDIED	-
1553	PHEASANT RAW TOTAL EDIBLE	-
1554	PHEASANT RAW FLESH AND SKIN	-
1556	PHEASANT RAW GIBLETS	-
1624	PINENUTS PIGNOLIAS	-
1654	POPCORN POPPED PLAIN	-
1655	POPCORN POPPED OIL AND SALT ADDED	-
1656	POPCORN POPPED SUGAR COATED	-
1837	QUAIL RAW FLESH AND SKIN	-
1838	QUAIL RAW GIBLETS	-
1841	RABBIT FLESH ONLY COOKED STEWED	-
1983	SAUSAGE BOLOGNA ALL MEAT	-
2228	SUET BEEF KIDNEY FAT RAW	-
2241	SWEETBREADS THYMUS BEEF COOKED	-
2243	SWEETBREADS THYMUS CALF COOKED BRAISED	-
2245	SWEETBREADS THYMUS LAMB COOKED BRAISED	-
2261	TANGELO JUICE RAW	-
2277	TEA INSTANT BEVERAGE	-
2302	TONGUE BEEF MEDIUM FAT COOKED	-
2306	TONGUE CALF COOKED	-
2310	TONGUE LAMB COOKED	-
2312	TONGUE SHEEP COOKED BRAISED	-
2328	TURKEY TOTAL EDIBLE COOKED	-
2331	TURKEY TOTAL EDIBLE FLESH ONLY COOKED	-
2335	TURKEY LIGHT MEAT COOKED	-
2337	TURKEY DARK MEAT COOKED	-
2339	TURKEY GIBLETS COOKED	-
2340	TURKEY YOUNG BIRDS TOTAL EDIBLE	-
2342	TURKEY YOUNG BIRDS LIGHT MEAT	-
2343	TURKEY YOUNG BIRDS DARK MEAT	-
2363	VEAL CARCASS RAW INC KIDNEY FAT CLASS	-
2366	VEAL CARCASS RAW EXCL KIDNEY FAT CLASS	-
2370	VEAL RET CUT UNTRIM CHUC MED TOT ED COOK	-
2405	VENISON LEAN MEAT ONLY RAW	-
	TOTAL NUMBER OF DESCRIPTIO	(-)

7134 Gur (Sugar, Crude)

L E G E N D - F O R H E A D I N G C O D E S

1 - WATER %

2 - FOOD ENERGY CAL.

3 - PROTEIN GM.

4 - FAT GM.

5 -CARBOHYDRATE TOTAL GM

6 -CARBOHYDRATE FIBRE GM

7 - ASH GM.

8 - CALCIUM MG.

9 - PHOSPHOROUS MG.

10- IRON MG.

11- SODIUM MG.

12- POTASSIUM MG.

13- VITAMIN-A VALUE I.U.

14- THIAMIN MG.

15- RIBOFLAVIN MG.

16- NIACIN MG.

17- ASCORBIC ACID MG.

REPORT IN SEQUENCE OF - THIAMINE COLUMN -14

USAID F

COMPOSITION OF T PRIORITY

THIAMINE COLUMN -14

ITEM CODE	FOOD DESCRIPTION	1	11	12	13	14
2477	YEAST BAKERS DRY ACTIVE 1660 RICE BRAN	5.1	52	1998	T	2.33
2447	WHEAT GERM CRUDE	11.4	3	827	0	2.01
2236	SUNFLOWER SEED KERNELS DRY	4.1	30	920	50	1.96
7008	HEART,GOAT RAW E.P.	5	-	-	0	1.36
1492	PEANUTS RAW WITH SKINS	5.1	5	674	-	1.14
2032	SESAME SEEDS DRY WHOLE 1.5 Cowpeas	5.5	60	725	30	.93
1377	NOODLES EGG ENRICHED DRY FORM	9.6	5	136	220	.83
1338	MILLET,PROSO,WHOLE GRAIN.	11.3	-	430	0	.73
2446	WHEAT BRAN CRUDE	11.9	9	1121	0	.72
~~7023~~	~~SEEDS SESAME WHOLE DRIED~~		~~47~~	~~[illegible]~~	~~[illegible]~~	~~.72~~
1626	PISTACHIONUTS	5.5	-	972	230	.67
1624	PINENUTS PIGNOLIAS	5.6	-	-	-	.62
2430	WHEAT WHOLE GRAIN HARD RED SPRING	13.0	3	370	0	0.57
2435	WHEAT FLOURS WHOLE HARD WHEATS	12.1	3	370	0	.56
2433	WHEAT WHOLE GRAIN WHITE	11.3	3	390	0	.53
2431	WHEAT WHOLE GRAIN HARD RED WINTER	11.5	3	370	0	.52
1160	KIDNEYS BEEF COOKED,	12.5	253	324	1150	.51
2450	WHEAT BREAKFAST CER ROLL WHOLE MEAL DRY	53.0	2	370	0	.51
402	BROADBEANS,RAW MATURE SEEDS,DRY	10.4	-	-	70	.50
7011	KIDNEY GOAT RAW, E.P	11.9	-	-	0	0.49
1276	LIVER LAMB COOKED,	50.4	85	331	74500	.49
~~7025~~	~~GOATS RAW E.P. FLESH SKIN GIBLETS~~		~~149~~	~~352~~	~~9220~~	~~0.48~~
7001	BEAN,KIDNEY WHOLE SEEDS,DRIED E. P.		19	1151	20	.46
2432	WHEAT WHOLE GRAIN SOFT RED WINTER	14.0	3	376	0	.43
7017	LIVER. GOAT RAW. E.P		-	-	5700	0.42
1434	ORANGE JUICE CANNED UNSWEET UNDILUTE	42.0	5	942	960	.39
883	CORNMEAL,WHOLE-GROUND,UNBOLTED	12.0	1	284	510	.3
599	CANDY CHOCOLATE-COATED PEANUTS 1.5 LENTILS	1.0	60	504	T	.37
1327	MILK COW DRY SKIM NOT FAT SOLIDS	3.0	532	1745	30	.35
2452	WHEAT BREAKFAST CER TOAST QUICK COOK DRY	6.4	1	-	0	.34
2421	WALNUTS PERSIAN OR ENGLISH 1.69 RICE BROWN	3.5	2	450	30	.33
10	ALMOND MEAL,PARTIALLY DEFATTED	7.2	7	1400	0	.32
753	CHICKPEAS OR GARBANZOS,MATURE,DRY,RAW	10.7	26	797	50	.31
7002	SPARROW,FLESH BONES,E.P.		-	-	50	0.30
473	BREADS WHOLE-WHEAT,MADE WITH-WATER	36.4	530	256	T	.30
897	COWPEAS,IMMATURE COOKED,	71.8	1	379	350	.30
1115	HEART CALF COOKED,	60.3	113	250	0	.29
1326	MILK,COW DRY WHOLE	2.0	405	1330	1150	.29
7027	SEEDS,PUMPKIN DRIED SALTED E.P		560	[illegible]	935	.27
510	BUTTERMILK,DRIED	2.8	507	[illegible]	220	.26
1267	LIVER BEEF COOKED,	56.0	164	3605	3400	.26
2436	WHEAT FLOURS 80% EXTRACTION HARD WHEATS	12.	2	95	0	.26
1029	GARLIC,CLOVES,RAW	61.3	19	529	T	.25
1111	HEART BEEF,LEAN COOKED,	61.3	104	232	30	.25
1123	HEART TURKEY,COOKED,	63.2	61	211	30	.25
8	ALMONDS DRIED	4.7	4	773	0	.24
1269	LIVER CALF COOKED	51.	118	4533	2700	.24
438	BRAINS,ALL KINDS BEEF,CALF,SHEEP ,RAW	78.	125	219	0	.23
1543	PEPPERS HOT CHILI MATURE RED DRIED PODS	12.6	373	12017	7000	.23
2405	VENISON LEAN MEAT ONLY RAW	74.	-	-	-	.23
1514	PEAS EDIBLE PODDED COOKED BOILED DRAIN	66.6	-	119	610	.22
1540	PEPER HOT CHILI MAT RED RAW POD INC SEED	74.3	-	-21	600	.22
1121	HEART LAMB COOKED	54.1	-	-	100	.21
1309	POTATO CHIPS	1.8	-	1130	T	.21
7013	LEAVES,BITTERORANGE SEMI DRIED.		-	-	3025	0.20

U S A I D F O

C O M P O S I T I O N O F A T P R I O R I T Y

THIAMINE COLUMN -14

ITEM CODE	FOOD DESCRIPTION	1	11	12	13	14	
1544	PEPPERS HOT CHILI MATURE RED DRIED POWDE	8.5	1574	100065000		.15	1
7020	GOAT,RAW LEAN E.P.		90	-	0	0.15	
983	EGGS DUCK,WHOLE,FRESH,RAW	70.4	122	129	1230	.15	
1299	MACARONI ENRICHED COOKED,FIRMSTAGE	63.6	1	79	0	.15	
2158	SPAGHETTI ENRICHED COOKED FIRM STAGE	63.6	1	79	0	.15	
695	CHICKEN FRYERS GIBLETS COOKED,	51.7	-	-	5760	.17	2
1271	LIVER CHICKEN,COOKED,	65.0	61	1511	2300	.17	2
831	COOKIES SUGAR,SOFT,THICK,	7.9	318	76	110	.16	
904	COWPEAS,MATURE,DRY COOKED	80.0	3	229	10	.16	
957	DOUGHNUTS,CAKE TYPE	23.7	501	90	80	.16	
1278	LIVER TURKEY,ALL CLASSES COOKED,	63.3	55	141	17500	.16	2
1362	MUSKRAT COOKED ROASTED	67.3	-	-	-	.15	
1176	LAMB CUTS,CHOICE GRADE	61.0	265	122	-	.15	
1212	LAMB-RIB PRIME,SEPARABLE LEAN COOKED	59.1	265	122	-	.15	
1217	LAMB-RIB CHOICE SEPARABLE LEAN COOKED	60.3	265	122	-	.15	
1222	LAMB-RIB GOOD SEPARABLE LEAN COOKED	60.7	265	122	-	.15	
1227	LAMB SHOULDER PRIME SEPAR LEAN COOK,	60.4	265	122	-	.15	
2355	TURNIP GREEN COOK SMALL WATER SHORT TIME	93.2	-	-	6300	.15	
155	BEANS,COMMON,DRY WHITE COOKED	69.0	7	416	0	.14	
1175	LAMB CUTS PRIME GRADE	56.3	265	122	-	.14	
1180	LAMB RETAIL CUTS,LEG PRIME COOKED,ROAST	50.4	265	122	-	.14	
1300	MACARONI ENRICHED COOKED TENDER STAGE	72.0	1	61	0	.14	
1378	NOODLES EGG ENRICHED COOKED	70.4	2	44	70	.14	
2159	SPAGHETI ENRICHED COOKED TENDER STAGE	72.0	1	61	0	.14	
2363	VEAL CARCASS RAW INC KIDNEY FAT CLASS	66.	1	222	-	.14	
2366	VEAL CARCASS RAW EXCL KIDNEY FAT CLASS	68.	1	222	-	.14	
2422	WATERCHESTNUT CHINESE RAW	78.3	20	500	0	.14	
7038	SYRUP SUGARCANE		-	-	0	0.13	
177	BEANS,LIMA MATURE SEEDS,DRY COOKED	64.1	2	612	-	.13	
876	CORNBREAD,WHOLE-GROUND CORNMEAL	53.9	628	157	150	.13	
1205	LAMB-LOIN-TOT EDIB COOKED,	48.6	265	122	-	.13	
1403	OKRA COOKED BOILED	91.1	2	174	490	.13	
7016	LEAVES,MINT RAW E.P		2	179	3600	.13	
145	BARLEY,PEARLED LIGHT	11.1	3	160	0	.12	
444	BREADS CRACKED-WHEAT	34.9	529	134	T	.12	
846	CORN,SWEET COOKED,KERNELS,ON COB	74.1	T	196	400	.12	
1215	LAMB-RIB CHOICE TOT EDIB COOKED,	42.9	265	122	-	.12	
1220	LAMB-RIB GOOD TOT EDIB,COOKED,	45.4	265	122	-	.12	
1225	LAMB SHOULDER PRIME TOTAL COOKED,ROASTED	46.2	265	122	-	.12	
1440	ORANGE PEEL RAW	72.5	3	212	420	.12	
1790	POTATOES COOKED FRIED FROM RAW	46.9	223	775	T	.12	
2437	WHEAT FLOURS STRAIGHT HARD WHEAT	12.	2	95	0	.12	
7014	CORRIANDER LEAVES,RAW E.P		94	560	4770	0.11	
64	AVOCADOS,RAW ALL VARIETIES	74.0	4	604	290	.11	
160	BEANS,COMMON,RAW RED COOKED	69.0	3	340	T	.11	
480	BREADFRUIT RAW	70.8	15	439	40	.11	
630	CAULIFLOWER RAW	91.0	13	295	60	.11	
968	EGGS CHICKEN RAW WHOLE,	73.7	122	129	1180	.11	
1046	GOOSE,FLESH ONLY COOKED,	54.8	124	605	-	.11	
1242	LEEKS,BULB AND LEAF PORTION,RAW	85.4	5	347	40	.11	
1341	MOLASSES CANE THIRD EXTRACT BLACKSTRAP	24.	96	2927	-	.11	
1846	RAISINS NATURAL UNCOOKED	18.0	27	763	20	.11	
1272	RICE WHITE ENRICHED COMMON COOKED	72.6	374	28	0	.11	
7003	SQUAB&PIGEON FLESH,SKIN GIBLETS		90	330	0	0.10	
7015	CURRY LEAVES DRIED,POWDER		180	619	9000	0.10	

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C O M P O S I T I O N O I E N T P R I O R I T Y

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ITEM CODE	FOOD DESCRIPTION	10	11	12	13	14
7021	HORSE,MEAT RAW E.P	2.0	100	-	17	0.10
~~7022~~	~~PHEASANT,RAW E.P~~	~~0.4~~	~~-~~	~~-~~	~~0~~	~~0.1~~
7036	STOMACH, BEEF RAW, E.P	2.8	-	-	0	0.10
725	CHICKEN ROASTERS FLESH ONLY COOKED,	1.5	77	376	150	.10
962	DUCK,DOMESTICATED,RA ,FLESH ONLY	1.3	74	285	-	.10
973	EGGS CHICKEN COOKED FRIED	2.4	338	140	1420	.10
1007	FIGS DRIED,UNCOOKED	3.0	34	640	80	.10
1210	LAMB-RIB PRIME,TOTAL EDIBLE COOKED,	.8	265	122	-	.10
1356	MUSHROOMS EDIBLE SPECIES RAW	1.4	10	375	T	.10
1420	ORANGES RAW PEELED ALL VARIETIES	.4	1	200	200	.10
1422	ORANGE RAW PEELED CALIF VALENCIAS SUMMER	.8	1	190	200	.10
1786	POTATOES COOKED BAKED IN SKIN	.7	4	503	T	.10
2163	SPAGHETTI TOMATO SAUCE WITH CHEESE COOK	.9	382	163	430	.10
2165	SPAGHETTI MEAT BALLS TOMATO SAUCE COOKED	1.5	407	268	640	.10
2356	TURNIP-GREEN COOK LARGE WATER LONG TIME	1.0	-	-	5700	.10
1541	PEPER HOT CHILI MAT RED RAW POD EXC SEED	1.4	25	564	21600	.1
726	CHICKEN-ROASTERS GIBLETS-RAW	4.4	-	-	4290	0.09
181	BEANS,MUNG SPROUTED SEEDS COOKED,	.9	4	156	20	.09
368	BEEF,HAMBURGER LEAN COOKED	3.5	48	558	20	.09
631	CAULIFLOWER COOKED,BOILED,DRAINED	.7	9	206	60	.09
711	CHICKEN FRYERS NECK COOKED,	2.7	-	-	350	.09
952	DATES,DOMESTIC,NATURAL AND DRY	3.0	1	648	50	.09
974	EGGS CHICKEN COOKED HARD-COOKED	2.3	122	129	1160	.09
1044	GOOSE,FLESH AND SKIN COOKED,	1.9	-	-	-	.09
1425	ORANGE JUICE RAW ALL VARIETIES	.2	1	200	200	.09
1427	ORANGE JUICE RAW CALIF VALENCIAS SUMMER	.3	1	190	200	.09
1537	PEPPERS HOT CHILI IMMAT RAW EXCLUD SEEDS	.7	-	-	770	.09
1547	PEPPERS SWEET IMMATURE GREEN COOKED STUF	2.1	314	258	280	.09
1737	POTATOES COOKED BOILED IN SKIN	.6	3	407	T	.09
1788	POTATOES COOKED BOILED PARED	.5	2	285	T	.09
1870	RICE BROWN COOKED	.5	282	70	0	.09
2249	SWEETPOTATOES COOKED BAKED IN SKIN	.9	12	300	8100	.09
2250	SWEETPOTATOES COOKED BOILED IN SKIN	.7	10	243	7900	.09
2370	VEAL RET CUT UNTRIM CHUC MED TOT ED COOK	3.5	1	222	-	.09
213	BEEF,CARCASS TOTAL EDIBLE,RAW UTIL GRADE	2.8	1	569	40	.08
721	CHICKEN ROASTERS FLESH,GIBLETS COOKED,	2.0	-	-	790	.08
723	CHICKEN ROASTERS FLESH AND SKIN COOKED,	1.8	-	-	420	.08
728	CHICKEN-ROASTERS-LIGHT MEAT COOKED,	1.3	66	422	110	.08
758	CHIVES,RAW	1.7	-	250	5800	.08
975	EGGS CHICKEN COOKED OMELET	1.7	257	146	1080	.08
977	EGGS CHICKEN COOKED SCRAMBLED	1.7	257	146	1080	.08
1042	GOOSE,TOTAL EDIBLE COOKED,	2.1	-	-	-	.08
1325	MILK,COW CONDENSED SWEETEN	.1	112	314	360	.08
1367	MUSTARD GREENS COOKED BOILED	1.8	18	220	5800	.08
1473	PARSNIPS RAW	.7	12	541	30	.08
1545	PEPPERS SWEET IMMATURE GREEN RAW	.7	13	213	420	.08
1548	PEPPERS SWEET MATURE RED RAW	.6	-	-	4450	.08
7039	TALLO	0.4	20	-	600	0.07
183	BEANS,SNAP GREEN COOKED,WATER,SHORT TIME	.6	4	151	540	.07
393	BEET GREENS,COMMON COOKED,BOILED	1.9	76	332	5100	.07
684	CHICKEN ALL CLASSES DARK MEAT COOKED,	1.7	96	321	150	.07
687	CHICKEN FRYERS FLESH,SKIN,GIBLETS COOKED	2.3	-	-	820	.07
693	CHICKEN FRYERS SKIN ONLY COOKED,	2.4	-	-	490	.07
699	CHICKEN FRYERS DARK MEAT,SKIN COOKED,	2.0	-	-	210	.07
703	CHICKEN FRYERS DARK MEAT COOKED,	1.8	88	330	130	.07

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COMPOSITION OF NUTRIENT PRIORITY

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ITEM CODE	FOOD DESCRIPTION	10	11	12	13	14
705	CHICKEN FRYERS CUT-UP PARTS COOKED,	2.7	-	-	390	.07
709	CHICKEN FRYERS DRUMSTICK COOKED,	2.3	-	-	140	.07
719	CHICKEN ROASTERS TOTAL EDIBLE COOKED,	1.9	-	-	960	.07
1135	HORSERADISH RAW	1.4	8	564	-	.07
1254	LENTILS,MATURE SEEDS,DRY WHOLE COOKED	2.1	-	249	20	.07
1417	ONION YOUNG GREEN TOP ONLY GREEN PORTION	2.2	5	231	4000	.07
1905	ROLLS AND BUNS SWEET	.8	369	124	70	.07
2170	SPINACH COOKED BOILED	2.2	50	324	8100	.07
2283	TOMATOES RIPE COOKED BOILED	.6	4	287	1000	.07
2449	WHEAT BREAKFAST CEREALS ROLLED COOKED	.7	295	84	0	.07
7034	SOUP CHICKEN MADE FROM BONES	1.0	-	-	0	0.06
184	BEANS,SNAP GREEN COOKED,WATER,LONG TIME	.6	4	151	540	.06
371	BEEF AND VEGETABLE STEW COOKED	1.2	37	250	980	.06
619	CARROTS RAW	.7	47	341	11000	.06
689	CHICKEN FRYERS FLESH AND SKIN COOKED,	1.8	-	-	170	.06
691	CHICKEN FRYERS FLESH ONLY COOKED,	1.6	78	381	90	.06
715	CHICKEN FRYERS THIGH COOKED,	2.3	-	-	200	.05
896	CORNMEAL,DEGERMED,COOKED	.4	110	16	60	.06
1001	FIGS RAW	.6	2	194	80	.06
1117	HEART CHICKEN,COOKED,	3.6	69	140	30	.06
1166	KOHLRABI,COOKED,BOILED,DRAINED	.3	6	260	20	.06
1258	LETTUCE,RAW CRISPHEAD VARIETIES	.5	9	175	330	.06
1904	ROLLS AND BUNS RAISIN	1.4	384	245	T	.06
2243	SWEETBREADS THYMUS CALF COOKED BRAISED	-	-	-	-	.06
2262	TANGERINES RAW	.4	2	126	420	.06
2263	TANGERINE JUICE RAW	.2	1	178	420	.06
2264	TANGERINE JUICE CANNED UNSWEETENED	.2	1	178	420	.06
2281	TOMATOES GREEN RAW	.5	3	244	270	.06
2282	TOMATOES RIPE RAW	.5	3	244	900	.06
2451	WHEAT BREAKFAST CEREALS WHOLE MEAL COOKE	.5	212	48	0	.06
~~7012~~	~~KOHLRABI—RAW—E.P~~	~~1.3~~	~~0~~	~~249~~	~~3300~~	~~.06~~
7006	FRUIT,PUMMELO, RAW E.P	0.5	1	235	50	0.05
7007	FISH,GOLD RAW E.P.	1.9	-	335	0	0.05
7033	SMALL FISH,SMALL WHOLE STEAMED. E.P	0.8	-	-	0	0.05
9	ALMONDS ROASTED AND SALTED	4.7	198	773	0	.05
141	BANANAS RAW COMMON	.7	1	370	190	.05
512	CABBAGE COMMON RAW	.4	20	233	130	.05
613	CANDY SUGAR-COATED ALMONDS	1.9	20	255	0	.05
620	CARROTS COOKED,BOILED,DRAINED	.6	33	222	10500	.05
662	CHERRIES RAW SOUR,RED	.4	2	191	1000	.05
663	CHERRIES RAW SWEET	.4	2	191	110	.05
685	CHICKEN BROILERS,COOKED,	1.7	66	274	90	.05
697	CHICKEN FRYERS LIGHT MEAT,SKIN COOKED,	1.5	-	-	130	.05
701	CHICKEN FRYERS LIGHT MEAT COOKED,	1.3	68	434	50	.05
707	CHICKEN FRYERS BREAST COOKED,	1.7	-	-	90	.05
713	CHICKEN FRYERS RIB COOKED,	2.0	-	-	210	.05
717	CHICKEN FRYERS WING COOKED,	2.0	-	-	250	.05
789	COCONUT MEAT FRESH	1.7	23	256	0	.05
987	EGGPLANT COOKED,BOILED,DRAINED	.6	1	150	10	.05
1085	GRAPES RAW EUROPEAN TYPE	.4	3	173	100	.05
1143	ICE MILK	.1	68	195	210	.05
1244	LEMONS,RAW FRUIT,INCLUDING PEEL	.7	3	145	30	.05
1259	LETTUCE,RAW LOOSELEAF,VARIETIES,	1.4	9	264	1900	.05
1316	MANGOS,RAW	.4	7	189	4800	.05
1415	ONIONS YOUNG GREEN BULB AND TOP	1.0	5	231	2000	.05

7134 Gur (Sugar Cane Juice)

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COMPOSITION ITEM PRIORITY

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ITEM CODE	FOOD DESCRIPTION	10	11	12	13	14
1416	ONIONS YOUNG GREEN BULB AND WHITE OF TOP	.6	5	231	T	.05
1831	PUMPKIN RAW	.8	1	340	1600	.05
1841	RABBIT FLESH ONLY COOKED STEWED	1.5	41	368	-	.05
2192	SQUASH SUMMER ALL VARIETIES COOKED	.4	1	141	390	.05
2302	TONGUE BEEF MEDIUM FAT COOKED	2.2	61	164	-	.05
2331	TURKEY TOTAL EDIBLE FLESH ONLY COOKED	1.8	130	367	-	.05
2335	TURKEY LIGHT MEAT COOKED	1.2	82	411	-	.05
2453	WHEAT BREAKFAST CER TOAST QUICK COOK	.4	72	T	0	.05
1053	GRAPEFRUIT RAW ALL VARIETIES	.4	1	135	80	0.04
7004	FRUIT, BITTERORANGE. RAW.	0.6	-	-	0	0.04
7005	FRUIT,MULBERRY RAW PULP AND SEEDS E.P	3.0	30	123	25	0.04
509	BUTTERMILK,FLUID, FROM SKIM MILK	T	130	140	T	.04
513	CABBAGE COMMON COOKED,SHREDDED,	.3	14	163	130	.04
520	CABBAGE,SPOON PAKCHOY ,COOKED,	.6	18	214	3100	.04
682	CHICKEN ALL CLASSES COOKED,	1.3	64	411	60	.04
732	CHICKEN-HENS & COCKS-TOT EDIB,COOKED	1.6	-	-	1190	.04
734	CHICKEN-HENS & COCKS-FLESH,GIBLETS,COOKE	1.8	-	-	990	.04
736	CHICKEN-HENS & COCK-FLESH,SKIN,COOK,STEW	1.5	-	-	670	.04
738	CHICKEN-HENS & COCK-FLESH ONLY,COOK,STEW	1.5	55	272	250	.04
816	COOKIES CHOCOLATE	1.1	137	128	160	.04
818	COOKIES CHOCOLATE CHIP COMMERCIAL TYPE	1.8	401	134	120	.04
828	COOKIES RAISIN	2.1	52	272	210	.04
863	CORN GRITS,DEGERMED ENRICHED COOKED	.3	205	11	60	.04
948	CUSTARD,BAKED	.4	79	146	350	.04
992	FARINA ENRICHED REGULAR COOKED	.3	144	9	0	.04
1322	MILK,COW FLUID PASTEURIZED SKIM	T	52	145	T	.04
1324	MILK,COW CANNED EVAPORATED	.1	118	303	320	.04
1335	MILK GOAT FLUID	.1	34	180	160	.04
1358	MUSKMELONS RAW CANTALOUPS	.4	12	251	3400	.04
1359	MUSKMELONS RAW CASABA GOLDEN BEAUTY	.4	12	251	30	.04
1360	MUSKMELONS RAW HONEYDEW	.4	12	251	40	.04
1847	RAISINS NATURAL COOKED ADDED SUGAR	1.6	13	355	10	.04
2201	SQUASH WINTER ALL VARIETY BOILED MASHED	.5	1	258	3500	.04
2337	TURKEY DARK MEAT COOKED	2.3	99	398	-	.04
2353	TURNIPS COOKED BOILED	.4	34	188	T	.04
2481	YOGHURT MADE PART SKIM MILK	T	51	143	70	.04
1848	RASPBERRIES RAW BLACK	0.9	1	199	T	0.03
7019	MARMALADE,ORANGE.	2.3	-	-	0	0.03
7037	STOMACH, GOAT RAW,EP.	1.4	-	-	0	0.03
15	APPLES RAW,FRESH NOT PARED	.3	1	110	90	.03
30	APRICOTS RAW	.5	1	281	2700	.03
385	BEETS,COMMON,RED COOKED,BOILED,	.5	43	208	20	.03
417	BLACKBERRIES,INCLUD DEW,BOYSEN,YOUNG,RAW	.9	1	170	200	.03
647	CHEESES,NATURAL COTTAGE CREAMED	.3	229	85	170	.03
648	CHEESES,NATURAL COTTAGE UNCREAMED	.4	290	72	10	.03
741	CHICKEN-HENS& COCKS-LIGHT MEAT COOK,STEW	1.3	48	306	130	.03
815	COOKIES BUTTER,THIN,RICH	.5	418	60	650	.03
942	CUCUMBERS,RAW NOT PARED	1.1	6	160	250	.03
943	CUCUMBERS,RAW PARED	.3	6	160	T	.03
1040	GIZZARD TURKEY,COOKED,	-	51	149	-	.03
1245	LEMON JUICE RAW	.2	1	141	20	.03
1260	LIMES,ACID TYPE,RAW	.6	2	102	10	.03
1321	MILK,COW FLUID PASTEURIZED WHOLE 3.7%FAT	T	50	140	150	.03
1380	NOODLES EGG UNENRICHED COOKED	.6	2	44	70	.03
1412	ONIONS MATURE DRY RAW	.5	10	157	40	.03

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C O M P O S I T I O N O I E N T P R I O R I T Y

THIAMINE COLUMN -14

ITEM CODE	FOOD DESCRIPTION	10	11	12	13	14
1413	ONIONS MATURE DRY COOKED BOILED	.4	7	110	40	.03
1539	PEPPERS HOT CHILI IMMAT CANN CHILI SAUCE	.4	-	-	610	.03
1641	PLUMS RAW PRUNE TYPE	.5	1	170	300	.03
1651	POMEGRANATE PULP RAW	.3	3	259	T	.03
1824	PUDDINGS STARCH VANILLA BLANC MANGE	T	65	138	160	.03
1844	RADISHES RAW COMMON	1.0	18	322	10	.03
1845	RADISHES RAW ORIENTAL INCLUDING DAIKON	.6	-	180	10	.03
1349	RASPBERRIES RAW RED	.9	1	168	130	.03
1865	RHUBARB RAW	.8	2	251	100	.03
2217	STRAWBERRIES RAW	1.0	1	164	60	.03
2424	WATERMELON RAW	.5	1	100	590	.03
2482	YOGHURT MADE WHOLE MILK	T	47	132	140	.03
7009	JAM,GRAPE	3.7	-	-	0	0.02
7032	SHERBET	0.0	-	-	0	0.02
586	CANDY CHOCOLATE SWEET	1.4	33	269	10	.02
752	CHICKEN AND NOODLES,	.9	250	62	180	.02
931	CREAM,FLUID HEAVY WHIPPING	T	32	89	1540	.02
1037	GIZZARD CHICKEN,COOKED,	3.1	57	211	-	.02
1261	LIME JUICE RAW	.2	1	104	10	.02
1302	MACARONI UNENRICHED COOKED FIRM STAGE	.5	1	79	0	.02
1479	PEACHES RAW	.5	1	202	1330	.02
1502	PEARS RAW INCLUDING SKIN	.3	2	130	20	.02
1866	RHUBARB COOKED ADDED SUGAR	.6	2	203	80	.02
7010	JUICE, SUGARCANE.	0.5	2	102	0	0.01
7018	LUNG-GOAT RAW E.P	9.3	-	-	0	0.01
7024	OIL,SESAME	0.1	2	20	0	0.01
23	APPLES DRIED,COOKED WITH SUGAR	.4	1	144	-	.01
1148	JAMS AND PRESERVES	1.0	12	68	10	.01
1149	JELLIES	1.5	17	75	10	.01
1303	MACARONI UNENRICHED TENDER STAGE COOKED	.4	1	61	0	.01
1336	MILK HUMAN,U.S.SAMPLES	.1	16	51	240	.01
1542	PEPPERS HOT CHILI MATURE RED CANNED SAUC	.5	-	-	9590	.01
2229	SUGARS BEET OR CANE BROWN	3.4	30	344	0	.01
7026	ROOTS GINGER RAW E.P	1.3	7	316	90	.01
41	APRICOTS DRIED,COOKED,WITH SUGAR	1.6	7	278	2600	T
1134	HONEY,STRAINED OR EXTRACTED	.5	5	51	0	T
1144	ICES,WATER,LIME	T	T	3	0	T
1486	PEACHES DEHYDRATED COOKED WITH SUGAR	.8	5	292	890	T
1560	PICKLES CUCUMBER SOUR	3.2	1353	-	100	T
404	BEVERAGES,CARBONATED,COLA TYPE	-	-	-	0	.00
1401	OILS SALAD OR COOKING	0.0	0	0	-	0.00
1963	SALT TABLE	.1	38758	4	0	0.00
2230	SUGARS BEET OR CANE GRANULATED	.1	1	3	0	0.00
505	BUTTER	0.0	987	23	3300	-
506	BUTTER OIL OR DEHYDRATED BUTTER	-	-	-	4080	-
964	DUCK,WILD,RAW FLESH ONLY	-	-	-	-	-
984	EGGS GOOSE,WHOLE,FRESH,RAW	-	-	-	-	-
985	EGGS TURKEY,WHOLE,FRESH,RAW	-	-	-	-	-
1032	GELATIN DESSERTS,PLAIN	-	51	-	-	-
1113	HEART BEEF,LEAN WITH VISIBLE FAT COOKED,	-	-	-	-	-
1152	JUJUBE,DRIED	1.8	-	531	-	-
1156	KALE COOKED,LEAVES,INCLUD STEMS	1.2	43	221	7400	-
1291	LOQUATS,RAW	.4	-	348	670	-
1292	LUNGS,RAW BEEF	-	-	-	-	-
1293	LUNGS,RAW CALF	-	-	-	-	-

USAID

COMPOSITION CENT PRIORITY

THIAMINE COLUMN -14

ITEM CODE	FOOD DESCRIPTION	10	11	12	13	14
1294	LUNGS,RAW LAMB	-	-	-	-	-
1295	LYCHEES RAW	.4	3	170	-	-
1296	LYCHEES DRIED	1.7	3	1100	-	-
1317	MARGARINE	0.0	987	23	3300	-
1406	OLIVES PICKLED GREEN	1.6	2400	55	300	-
1503	PEARS CANDIED	-	-	-	-	-
1553	PHEASANT RAW TOTAL EDIBLE	-	-	-	-	-
1554	PHEASANT RAW FLESH AND SKIN	-	-	-	-	-
1556	PHEASANT RAW GIBLETS	-	-	-	-	-
1654	POPCORN POPPED PLAIN	2.7	3	-	-	-
1655	POPCORN POPPED OIL AND SALT ADDED	2.1	1940	-	-	-
1656	POPCORN POPPED SUGAR COATED	1.3	1	-	-	-
1837	QUAIL RAW FLESH AND SKIN	-	40	175	-	-
1838	QUAIL RAW GIBLETS	-	-	-	-	-
1983	SAUSAGE BOLOGNA ALL MEAT	-	-	-	-	-
2228	SUET BEEF KIDNEY FAT RAW	-	-	-	-	-
2241	SWEETBREADS THYMUS BEEF COOKED	-	116	433	-	-
2245	SWEETBREADS THYMUS LAMB COOKED BRAISED	-	-	-	-	-
2261	TANGELO JUICE RAW	-	-	-	-	-
2277	TEA INSTANT BEVERAGE	T	-	25	-	-
2306	TONGUE CALF COOKED	-	-	-	-	-
2310	TONGUE LAMB COOKED	-	-	-	-	-
2312	TONGUE SHEEP COOKED BRAISED	3.4	-	-	-	-
2328	TURKEY TOTAL EDIBLE COOKED	-	-	-	-	-
2339	TURKEY GIBLETS COOKED	-	-	-	-	-
2340	TURKEY YOUNG BIRDS TOTAL EDIBLE	-	-	-	-	-
2342	TURKEY YOUNG BIRDS LIGHT MEAT	-	-	-	-	-
2343	TURKEY YOUNG BIRDS DARK MEAT	-	-	-	-	-
7023	OIL,PEANUT.	-	-	-	0	-
~~7029~~	~~SEEDS SUNFLOWER DRIED E.P.~~	~~5.8~~	~~-~~	~~815~~	~~0~~	
7030	CUMIN SEEDS,WHITE DRIED.	24.3	-	-	870	-
7031	ANISE SEEDS DRIED	34.8	-	-	0	-
7035	SOUP,RICE,CONGA	0.2	-	11	0	-
7041	TURMERIC,DRIED	-	-	-	20	-

TOTAL NUMBER OF DESCRIPT

L E G E N D - F O R H E A D I N G C O D E S

1 - WATER %

2 - FOOD ENERGY CAL.

3 - PROTEIN GM.

4 - FAT GM.

5 -CARBOHYDRATE TOTAL GM

6 -CARBOHYDRATE FIBRE GM

7 - ASH GM.

8 - CALCIUM MG.

9 - PHOSPHOROUS MG.

10- IRON MG.

11- SODIUM MG.

12- POTASSIUM MG.

13- VITAMIN-A VALUE I.U.

14- THIAMIN MG.

15- RIBOFLAVIN MG.

16- NIACIN MG.

17- ASCORBIC ACID MG.

REPORT IN SEQUENCE OF - RIBOFLAVIN COLUMN

USAID

COMPOSITION OF PRIORITY

RIBOFLAVIN COLUMN -15

ITEM CODE	FOOD DESCRIPTION	11	12	13	14	15
2477	YEAST BAKERS DRY ACTIVE	52	1998	T	2.33	5.41
1276	LIVER LAMB COOKED,	65	331	74500	.49	5.11
1160	KIDNEYS BEEF COOKED,.	253	324	1150	.51	4.32
1267	LIVER BEEF COOKED,	154	380	53400	.25	4.19
1269	LIVER CALF COOKED	118	453	32700	.24	4.17
7017	LIVER. GOAT RAW. E.P	-	-	5700	0.42	3.57
2339	TURKEY GIBLETS COOKED	-	-	-	-	2.72
1271	LIVER CHICKEN,COOKED,	61	151	12300	.17	2.69
695	CHICKEN FRYERS GIBLETS COOKED,	-	-	5760	.17	2.18
7003	HEART,GOAT RAW E.P.	-	-	0	1.36	2.13
1278	LIVER TURKEY,ALL CLASSES COOKED,	55	141	17500	.16	2.09
1327	MILK COW DRY SKIM NON FAT SOLIDS	532	1745	30	.35	1.80
7011	KIDNEY GOAT RAW, E.P	-	-	0	0.49	1.73
510	BUTTERMILK,DRIED	507	1606	220	.25	1.72
10	ALMOND MEAL,PARTIALLY DEFATTED	7	1400	0	.32	1.68
1326	MILK,COW DRY WHOLE	405	1330	1130	.29	1.46
1115	HEART CALF COOKED,	113	250	40	.29	1.44
1543	PEPPERS HOT CHILI MATURE RED DRIED PODS	373	1201	77000	.23	1.33
7036	STOMACH, BEEF RAW, E.P	-	-	0	0.10	1.30
1111	HEART BEEF,LEAN COOKED,	104	232	30	.25	1.22
1544	PEPPERS HOT CHILI MATURE RED DRIED POWDE	1574	1000	65000	.19	1.13
726	CHICKEN-ROASTERS GIBLETS-RAW	-	-	4290	0.09	1.07
1121	HEART LAMB COOKED	-	-	100	.21	1.03
1123	HEART TURKEY,COOKED,	61	211	30	.25	.98
8	ALMONDS DRIED	4	773	0	.24	.92
9	ALMONDS ROASTED AND SALTED	198	773	0	.05	.92
1117	HEART CHICKEN,COOKED,	69	140	30	.35	.92
2447	WHEAT GERM CRUDE	3	827	0	2.01	.88
687	CHICKEN FRYERS FLESH,SKIN,GIBLETS COOKED	-	-	820	.07	.57
705	CHICKEN FRYERS CUT-UP PARTS COOKED,	-	-	390	.07	.50
715	CHICKEN FRYERS THIGH COOKED,	-	-	200	.06	.48
2405	VENISON LEAN MEAT ONLY RAW	-	-	-	.23	.48
713	CHICKEN FRYERS RIB COOKED,	-	-	210	.05	.47
699	CHICKEN FRYERS DARK MEAT,SKIN COOKED,	-	-	210	.07	.45
703	CHICKEN FRYERS DARK MEAT COOKED,	88	330	130	.07	.45
693	CHICKEN FRYERS SKIN ONLY COOKED,	-	-	490	.07	.41
711	CHICKEN FRYERS NECK COOKED,	-	-	350	.09	.41
709	CHICKEN FRYERS DRUMSTICK COOKED,	-	-	140	.07	.40
1325	MILK,COW CONDENSED SWEETEN	112	314	360	.08	.38
1338	MILLET,PROSO,WHOLE GRAIN	-	430	0	.73	.38
1377	NOODLES EGG ENRICHED DRY FORM	5	136	220	.88	.38
689	CHICKEN FRYERS FLESH AND SKIN COOKED,	-	-	170	.06	.36
1540	PEPER HOT CHILI FAT RED RAW POD INC SEED	-	-	21600	.22	.36
7013	LEAVES,BITTERORANGE SEMI DRIED.	-	-	3025	0.20	0.35
691	CHICKEN FRYERS FLESH ONLY COOKED,	78	381	90	.06	.35
2446	WHEAT BRAN CRUDE	9	1121	0	.72	.35
1324	MILK,COW CANNED EVAPORATED	118	303	320	.04	.34
1356	MUSHROOMS EDIBLE SPECIES RAW	10	375	T	.10	.33
7015	CURRY LEAVES DRIED,POWDER	180	619	9000	0.10	0.32
~~7025~~	~~QUAIL RAW-E.P. FLESH,SKI. GIBLETS~~	~~149~~	~~152~~	~~2220~~	~~0.46~~	~~0.32~~
432	BROADBEANS,RAW MATURE SEEDS,DRY	-	-	70	.50	.30
963	EGGS CHICKEN RAW WHOLE,	122	129	1130	.11	.30
973	EGGS CHICKEN COOKED FRIED	338	140	1420	.10	.30
953	EGGS CHICK,WHOLE,FRESH,RAW	122	129	1230	.13	.30
2302	TONGUE BEEF MEDIUM FAT COOKED	61	164	-	.05	.29

U S A I

C O M P O S I T I O N E N T P R I O R I T Y

RIBOFLAVIN COLUMN -15

ITEM CODE	FOOD DESCRIPTION	10	11	12	13	14	15
2370	VEAL RET CUT UNTRIM CHUC MED TOT ED CO	3.5	1	222	-	.09	.29
7003	SQUAB&PIGEON FLESH,SKIN GIBLETS	5.4	90	330	0	0.10	0.28
648	CHEESES,NATURAL COTTAGE UNCREAMED	.4	290	72	10	.03	.28
974	EGGS CHICKEN COOKED HARD-COOKED	2.3	122	129	1180	.09	.28
975	EGGS CHICKEN COOKED OMELET	1.7	257	146	1080	.08	.28
977	EGGS CHICKEN COOKED SCRAMBLED	1.7	257	146	1080	.08	.28
1227	LAMB SHOULDER PRIME SEPAR LEAN COOK,	1.8	265	122	-	.15	.28
613	CANDY SUGAR-COATED ALMONDS	1.9	20	255	0	.05	.27
697	CHICKEN FRYERS LIGHT MEAT,SKIN COOKED,	1.5	-	-	130	.05	.27
1212	LAMB-RIB PRIME,SEPARABLE LEAN COOKED	1.9	265	122	-	.15	.27
1217	LAMB-RIB CHOICE SEPARABLE LEAN COOKED	1.9	265	122	-	.15	.27
1222	LAMB-RIB GOOD SEPARABLE LEAN COOKED	1.9	265	122	-	.15	.27
7027	SEEDS,PUMPKIN DRIED SALTED E.P	9.8	560	825	935	.27	.27
438	BRAINS,ALL KINDS BEEF,CALF,SHEEP ,RAW	2.4	125	219	0	.23	.26
717	CHICKEN FRYERS WING COOKED,	2.0	-	-	250	.05	.26
7002	SPARROW,FLESH BONES,E.P.	-	-	-	50	0.30	0.25
647	CHEESES,NATURAL COTTAGE CREAMED	.3	229	85	170	.03	.25
701	CHICKEN FRYERS LIGHT MEAT COOKED,	1.3	68	434	50	.05	.25
721	CHICKEN ROASTERS FLESH,GIBLETS COOKED,	2.0	-	-	790	.06	.25
1180	LAMB RETAIL CUTS,LEG PRIME COOKED,ROAS	1.6	265	122	-	.14	.25
2363	VEAL CARCASS RAW INC KIDNEY FAT CLASS	2.8	1	222	-	.14	.25
2366	VEAL CARCASS RAW EXCL KIDNEY FAT CLASS	2.9	1	222	-	.14	.25
1042	GOOSE,TOTAL EDIBLE COOKED, 1980 RICE BR	2.1	-	-	-	.08	.24
2032	SESAME SEEDS DRY WHOLE	0.5	60	725	30	.98	.24
2355	TURNIP GREEN COOK SMALL WATER SHORT TI	1.1	-	-	6300	.15	.24
368	BEEF,HAMBURGER LEAN COOKED	3.5	48	558	20	.09	.23
684	CHICKEN ALL CLASSES DARK MEAT COOKED,	1.7	86	321	150	.07	.23
734	CHICKEN-HENS & COCKS-FLESH,GIBLETS,COO	1.8	-	-	990	.04	.23
1205	LAMB-LOIN-TOT EDIB COOKED,	1.5	265	122	-	.13	.23
2236	SUNFLOWER SEED KERNELS DRY	7.1	30	920	50	1.96	.23
2337	TURKEY DARK MEAT COOKED	2.3	99	398	-	.04	.23
2356	TURNIP GREEN COOK LARGE WATER LONG TIM	1.0	-	-	5700	.10	.23
707	CHICKEN FRYERS BREAST COOKED,	1.7	-	-	90	.05	.22
719	CHICKEN ROASTERS TOTAL EDIBLE COOKED,	1.9	-	-	960	.07	.22
1143	ICE MILK 1982 LENTILS	.1	68	195	210	.05	.22
1220	LAMB-RIB GOOD TOT EDIB,COOKED,	1.2	265	122	-	.12	.22
1225	LAMB SHOULDER PRIME TOTAL COOKED,ROAST	1.2	265	122	-	.12	.2
7037	STOMACH, GOAT RAW,EP. 1983 CANDY	1.4	-	-	0	0.03	0.21
732	CHICKEN-HENS & COCKS-TOT EDIB,COOKED	1.6	-	-	1190	.04	.21
1037	GIZZARD CHICKEN,COOKED,	3.1	57	211	-	.02	.21
1215	LAMB-RIB CHOICE TOT EDIB COOKED,	1.1	265	122	-	.12	.21
1362	MUSKRAT COOKED ROASTED 1979 MUNG BEAN	-	-	-	-	.16	.21
64	AVOCADOS,RAW ALL VARIETIES	.6	4	604	290	.11	.20
1176	LAMB CUTS,CHOICE GRADE	1.2	265	122	-	.15	.20
2422	WATERCHESTNUT CHINESE RAW	.6	20	500	0	.14	.20
1541	PEPER HOT CHILI MAT RED RAW POD EXC SE	1.4	25	56421600		.1	.2
695	CHICKEN BROILERS,COOKED,	1.7	66	274	90	.05	.19
876	CORNBREAD,WHOLE-GROUND CORNMEAL	1.1	628	157	150	.13	.19
948	CUSTARD,BAKED	.4	79	146	350	.04	.19
1175	LAMB CUTS PRIME GRADE	1.1	265	122	-	.14	.19
1341	MOLASSES CANE THIRD EXTRACT BLACKSTRAPL	6.1	96	2927	-	.11	.19
7020	GOAT,RAW LEAN E.P.	2.6	90	-	0	0.13	0.18
509	BUTTERMILK,FLUID, FROM SKIM MILK	T	130	140	T	.04	.18
599	CANDY CHOCOLATE-COATED PEANUTS	1.5	60	504	T	.37	.18
1210	LAMB-RIB PRIME,TOTAL EDIBLE COOKED,	.8	265	122	-	.10	.18

U S A I D

C O M P O S I T I O N O F P R I O R I T Y

RIBOFLAVIN COLUMN -15

ITEM CODE	FOOD DESCRIPTION		11	12	13	14	15
1322	MILK,COW FLUID PASTEURIZED SKIM	[illegible]	52	145	T	.04	.18
1403	OKRA COOKED BOILED	[illegible]	2	174	490	.13	.1[illegible]
2331	TURKEY TOTAL EDIBLE FLESH ONLY COOKED	[illegible]	130	367	-	.05	.18
2481	YOGHURT MADE PART SKIM MILK	[illegible]	51	143	70	.04	.1[illegible]
7001	BEAN,KIDNEY WHOLE SEEDS,DRIED E. P.	[illegible]	19	1151	20	.46	.1[illegible]
213	BEEF,CARCASS TOTAL EDIBLE,RAW UTIL GRADE	[illegible]	1	569	40	.06	.17
1321	MILK,COW FLUID PASTEURIZED WHOLE 3.7%FAT	[illegible]	50	140	150	.03	.17
1547	PEPPERS SWEET IMMATURE GREEN COOKED STUF.	[illegible]	314	258	280	.09	.17
~~7028~~	~~SEEDS SESAME WHOLE DRIED~~	~~[illegible]~~	~~49~~	~~503~~	~~25~~	~~.32~~	~~.17~~
831	COOKIES SUGAR,SOFT,THICK,	[illegible]	318	76	110	.16	.15
957	DOUGHNUTS,CAKE TYPE	[illegible]	501	90	80	.16	.15
1044	GOOSE,FLESH AND SKIN COOKED,	[illegible]	-	-	-	.09	.16
1046	GOOSE,FLESH ONLY COOKED,	[illegible]	124	605	-	.11	.16
1824	PUDDINGS STARCH VANILLA BLANC MANGE	[illegible]	65	138	160	.03	.16
2243	SWEETBREADS THYMUS CALF COOKED BRAISED	[illegible]	-	-	-	.06	.15
2482	YOGHURT MADE WHOLE MILK	[illegible]	47	132	140	.03	.16
7016	LEAVES,MINT RAW E.P	[illegible]	2	179	3600	.13	.15
7014	CORRIANDER LEAVES,RAW E.P	[illegible]	94	560	4770	0.11	0.15
7018	LUNG-GOAT RAW E.P	[illegible]	-	-	0	0.01	0.15
393	BEET GREENS,COMMON COOKED,BOILED	[illegible]	76	332	5100	.07	.15
725	CHICKEN ROASTERS FLESH ONLY COOKED,	[illegible]	77	376	150	.10	.15
738	CHICKEN-HENS & COCK-FLESH ONLY,COOK,STEW	[illegible]	55	272	250	.04	.15
753	CHICKPEAS OR GARBANZOS,MATURE,DRY,RAW	[illegible]	26	797	50	.31	.15
1905	ROLLS AND BUNS SWEET	[illegible]	389	124	70	.07	.15
586	CANDY CHOCOLATE SWEET	[illegible]	33	269	10	.02	.14
723	CHICKEN ROASTERS FLESH AND SKIN COOKED,	[illegible]	-	-	420	.06	.14
736	CHICKEN-HENS & COCK-FLESH,SKIN,COOK,STEW	[illegible]	-	-	670	.04	.14
1040	GIZZARD TURKEY,COOKED,	[illegible]	51	149	-	.03	.14
1367	MUSTARD GREENS COOKED BOILED	[illegible]	18	220	5800	.02	.14
2170	SPINACH COOKED BOILED	[illegible]	50	324	8100	.07	.14
2335	TURKEY LIGHT MEAT COOKED	[illegible]	82	411	-	.05	.14
~~7022~~	~~PHEASANT,RAW E.P~~	~~[illegible]~~	~~-~~	~~-~~	~~0~~	~~0.1[illegible]~~	~~0.13~~
758	CHIVES,RAW	[illegible]	-	250	5800	.02	.13
1492	PEANUTS RAW WITH SKINS	[illegible]	5	674	-	1.14	.13
2421	WALNUTS PERSIAN OR ENGLISH	[illegible]	2	450	30	.33	.13
2450	WHEAT BREAKFAST CER ROLL WHOLE MEAL DRY	[illegible]	2	370	0	.61	.13
2430	WHEAT WHOLE GRAIN HARD RED SPRING	[illegible]	3	370	0	0.57	0.12
7033	SMALL FISH,SMALL WHOLE STEAMED, E.P	[illegible]	-	-	0	0.05	0.12
962	DUCK,DOMESTICATED,RAW,FLESH ONLY	[illegible]	74	265	-	.10	.12
1434	ORANGE JUICE CANNED UNSWEET UNDILUTE	[illegible]	5	942	960	.39	.12
1654	POPCORN POPPED PLAIN	[illegible]	3	-	-	-	.12
2165	SPAGHETTI MEAT BALLS TOMATO SAUCE COOKED	[illegible]	407	268	640	.10	.12
2431	WHEAT WHOLE GRAIN HARD RED WINTER	[illegible]	3	370	0	.52	.12
2433	WHEAT WHOLE GRAIN WHITE	[illegible]	3	370	0	.53	.12
2435	WHEAT FLOURS WHOLE HARD WHEATS	[illegible]	3	370	0	.55	.12
883	CORNMEAL,WHOLE-GROUND,UNBOLTED	[illegible]	1	284	510	.38	.11
897	COWPEAS,IMMATURE COOKED,	[illegible]	1	379	250	.30	.11
931	CREAM,FLUID HEAVY WHIPPING	[illegible]	32	69	1540	.02	.11
1335	MILK GOAT FLUID	[illegible]	34	160	160	.04	.11
1514	PEAS EDIBLE PODDED COOKED BOILED DRAIN	[illegible]	-	119	610	.22	.11
1831	PUMPKIN RAW	[illegible]	1	340	1600	.05	.11
2432	WHEAT WHOLE GRAIN SOFT RED WINTER	[illegible]	3	376	0	.43	.11
7021	HORSE,MEAT RAW E.P	[illegible]	100	-	17	0.10	0.10
181	BEANS,MUNG SPROUTED SEEDS COOKED,	[illegible]	4	156	20	.09	.10
473	BREADS WHOLE-WHEAT,MADE WITH-WATER	[illegible]	530	256	T	.33	.10

7134 Guar (Sugar, [illegible], [illegible]) .10

USAID

COMPOSITION OF PRIORITY

RIBOFLAVIN COLUMN -15

ITEM CODE	FOOD DESCRIPTION	11	12	13	14	15
630	CAULIFLOWER RAW	13	295	60	.11	.10
692	CHICKEN ALL CLASSES COOKED,	64	411	60	.04	.10
728	CHICKEN-ROASTERS-LIGHT MEAT COOKED,	66	422	110	.06	.10
846	CORN,SWEET COOKED,KERNELS,ON COB	T	196	400	.12	.10
952	DATES,DOMESTIC,NATURAL AND DRY	1	648	50	.09	.10
1007	FIGS DRIED,UNCOOKED	34	640	80	.15	.10
1299	MACARONI ENRICHED COOKED,FIRMSTAGE	1	79	0	.15	.10
1417	ONION YOUNG GREEN TOP ONLY GREEN PORTION	5	231	4000	.07	.10
1904	ROLLS AND BUNS RAISIN	384	245	T	.06	.10
2158	SPAGHETTI ENRICHED COOKED FIRM STAGE	1	79	0	.15	.10
2201	SQUASH WINTER ALL VARIETY BOILED MASHED	1	258	3500	.04	.10
~~7012~~	~~KOHLRABI RAW E.P.~~	~~0~~	~~243~~	~~3300~~	~~.06~~	~~.10~~
1848	RASPBERRIES RAW BLACK	1	199	T	0.03	0.09
183	BEANS,SNAP GREEN COOKED,WATER,SHORT TIME	4	151	540	.07	.09
444	BREADS CRACKED-WHEAT	529	134	T	.12	.09
741	CHICKEN-HENS& COCKS-LIGHT MEAT COOK,STEW	43	306	130	.03	.09
1440	ORANGE PEEL RAW	3	212	420	.12	.09
1473	PARSNIPS RAW	12	541	30	.08	.09
1542	PEPPERS HOT CHILI MATURE RED CANNED SAUC	-	-	9590	.01	.09
1655	POPCORN POPPED OIL AND SALT ADDED	1940	-	-	-	.09
1849	RASPBERRIES RAW RED	1	168	130	.03	.09
7032	SHERBET	-	-	0	0.02	0.08
184	BEANS,SNAP GREEN COOKED,WATER,LONG TIME	4	151	540	.06	.08
520	CABBAGE,SPOON PAKCHOY ,COOKED,	18	214	3100	.04	.08
631	CAULIFLOWER COOKED,BOILED,DRAINED	9	206	60	.09	.08
816	COOKIES CHOCOLATE	137	128	160	.04	.08
828	COOKIES RAISIN	52	272	210	.04	.08
1029	GARLIC,CLOVES,RAW	19	529	T	.25	.08
1259	LETTUCE,RAW LOOSELEAF,VARIETIES,	9	264	1900	.05	.08
1300	MACARONI ENRICHED COOKED TENDER STAGE	1	61	0	.14	.08
1378	NOODLES EGG ENRICHED COOKED	2	44	70	.14	.08
1545	PEPPERS SWEET IMMATURE GREEN RAW	13	213	420	.08	.08
1548	PEPPERS SWEET MATURE RED RAW	-	-	4450	.08	.08
1846	RAISINS NATURAL UNCOOKED	27	763	20	.11	.08
2159	SPAGHETI ENRICHED COOKED TENDER STAGE	1	61	0	.14	.08
2192	SQUASH SUMMER ALL VARIETIES COOKED	1	141	390	.05	.08
7005	FRUIT,MULBERRY RAW PULP AND SEEDS E.P	30	123	25	0.04	.08
7007	FISH,COLD RAW E.P.	-	335	0	0.05	0.07
7024	OIL,SESAME	2	20	0	0.01	0.07
155	BEANS,COMMON,DRY WHITE COOKED	7	416	0	.14	.07
371	BEEF AND VEGETABLE STEW COOKED	37	250	980	.06	.07
752	CHICKEN AND NOODLES,	250	62	180	.02	.07
818	COOKIES CHOCOLATE CHIP COMMERCIAL TYPE	401	134	120	.04	.07
1790	POTATOES COOKED FRIED FROM RAW	223	775	T	.12	.07
1809	POTATO CHIPS	-	1130	T	.21	.07
1841	RABBIT FLESH ONLY COOKED STEWED	41	368	-	.05	.07
1865	RHUBARB RAW	2	251	100	.03	.07
2163	SPAGHETTI TOMATO SAUCE WITH CHEESE COOK	382	163	430	.10	.07
2217	STRAWBERRIES RAW	1	164	60	.03	.07
2249	SWEETPOTATOES COOKED BAKED IN SKIN	12	300	8100	.09	.07
2436	WHEAT FLOURS 80% EXTRACTION HARD WHEATS	2	95	0	.25	.07
2437	WHEAT FLOURS STRAIGHT HARD WHEAT	2	95	0	.12	.07
~~7029~~	~~SEEDS SUNFLOWER DRIED E.P~~	~~-~~	~~15~~	~~0~~	~~-~~	~~.07~~
7034	SOUP CHICKEN MADE FROM BONES	-	-	0	0.05	0.06
7038	SYRUP SUGARCANE	-	-	0	0.13	0.06

U S A

C O M P O S I T I O N E N T P R I O R I T Y

RIBOFLAVIN COLUMN -15

ITEM CODE	FOOD DESCRIPTION	10	11	12	13	14	15
141	BANANAS RAW COMMON	.7	1	370	190	.05	.06
160	BEANS,COMMON,DRY RED COOKED	2.4	3	340	T	.11	.06
177	BEANS,LIMA MATURE SEEDS,DRY COOKED	3.1	2	612	-	.13	.06
662	CHERRIES RAW SOUR,RED	.4	2	191	1000	.05	.06
663	CHERRIES RAW SWEET	.4	2	191	110	.05	.06
815	COOKIES BUTTER,THIN,RICH	.5	418	60	650	.03	.06
1242	LEEKS,BULB AND LEAF PORTION,RAW	1.1	3	347	40	.11	.06
1254	LENTILS,MATURE SEEDS,DRY WHOLE COOKE	2.1	-	249	20	.07	.06
1258	LETTUCE,RAW CRISPHEAD VARIETIES	.5	9	175	330	.06	.06
1537	PEPPERS HOT CHILI IMMAT RAW EXCLUD S	.7	-	-	770	.09	.06
1656	POPCORN POPPED SUGAR COATED	1.3	1	-	-	-	.06
2250	SWEETPOTATOES COOKED BOILED IN SKIN	.7	10	243	7900	.09	.06
2452	WHEAT BREAKFAST CER TOAST QUICK COOK	2.6	1	-	0	.34	.06
7039	TALLOW	0.4	20	-	600	0.07	0.05
145	BARLEY,PEARLED LIGHT	2.0	3	160	0	.12	.05
512	CABBAGE COMMON RAW	.4	20	233	130	.05	.05
619	CARROTS RAW	.7	47	341	11000	.06	.05
620	CARROTS COOKED,BOILED,DRAINED	.6	33	222	10500	.05	.05
1001	FIGS RAW	.6	2	194	80	.06	.05
1295	LYCHEES RAW	.4	3	170	-	-	.05
1316	MANGOS,RAW	.4	7	189	4800	.05	.05
1415	ONIONS YOUNG GREEN BULB AND TOP	1.0	5	231	2000	.05	.05
1479	PEACHES RAW	.5	1	202	1330	.02	.05
1866	RHUBARB COOKED ADDED SUGAR	.6	2	203	80	.02	.05
2283	TOMATOES RIPE COOKED BOILED	.6	4	287	1000	.07	.05
2353	TURNIPS COOKED BOILED	.4	34	188	T	.04	.05
30	APRICOTS RAW	.5	1	281	2700	.03	.04
41	APRICOTS DRIED,COOKED,WITH SUGAR	1.6	7	276	2600	T	.04
385	BEETS,COMMON,RED COOKED,BOILED,	.5	43	208	20	.03	.04
417	BLACKBERRIES,INCLUD DEW,BOYSEN,YOUNG	.9	1	170	200	.03	.04
513	CABBAGE COMMON COOKED,SHREDDED,	.3	14	163	130	.04	.04
886	CORNMEAL,DEGERMED,COOKED	.4	110	16	60	.06	.04
904	COWPEAS,MATURE,DRY COOKED	1.3	8	229	10	.16	.04
942	CUCUMBERS,RAW NOT PARED	1.1	6	160	250	.03	.04
943	CUCUMBERS,RAW PARED	.3	6	160	T	.03	.04
987	EGGPLANT COOKED,BOILED,DRAINED	.6	1	150	10	.05	.04
1134	HONEY,STRAINED OR EXTRACTED	.5	5	51	0	T	.04
1244	LEMONS,RAW FRUIT,INCLUDING PEEL	.7	3	145	30	.05	.04
1336	MILK HUMAN,U.S.SAMPLES	.1	16	51	240	.01	.04
1412	ONIONS MATURE DRY RAW	.5	10	157	40	.03	.04
1416	ONIONS YOUNG GREEN BULB AND WHITE OF	.6	5	231	T	.05	.04
1420	ORANGES RAW PEELED ALL VARIETIES	.4	1	200	200	.10	.04
1422	ORANGE RAW PEELED CALIF VALENCIAS SU	.8	1	190	200	.10	.04
1502	PEARS RAW INCLUDING SKIN	.3	2	130	20	.02	.04
1786	POTATOES COOKED BAKED IN SKIN	.7	4	503	T	.10	.04
1787	POTATOES COOKED BOILED IN SKIN	.6	3	407	T	.09	.04
2281	TOMATOES GREEN RAW	.5	3	244	270	.06	.04
2282	TOMATOES RIPE RAW	.5	3	244	900	.06	.04
23	APPLES DRIED,COOKED WITH SUGAR	.4	1	144	-	.01	.03
480	BREADFRUIT,RAW	1.2	15	439	40	.11	.03
863	CORN GRITS,DEGERMED ENRICHED COOKED	.3	205	11	60	.04	.03
992	FARINA ENRICHED REGULAR COOKED	.3	144	9	0	.04	.03
1085	GRAPES RAW EUROPEAN TYPE	.4	3	173	100	.05	.03
1148	JAMS AND PRESERVES	1.0	12	88	10	.01	.03
1149	JELLIES	1.5	17	75	10	.01	.03

1867 RICE BRAN

U S A

COMPOSITION ENT PRIORITY

RIBOFLAVIN COLUMN -15

ITEM CODE	FOOD DESCRIPTION	10	11	12	13	14	15
1166	KOHLRABI,COOKED,BOILED,DRAINED						
1358	MUSKMELONS RAW CANTALOUPS	.3	6	260	20	.06	.03
1359	MUSKMELONS RAW CASABA GOLDEN BEAUTY	.4	12	251	3400	.04	.03
1360	MUSKMELONS RAW HONEYDEW	.4	12	251	30	.04	.03
1413	ONIONS MATURE DRY COOKED BOILED	.4	12	251	40	.04	.03
1425	ORANGE JUICE RAW ALL VARIETIES	.4	7	110	40	.03	.03
1427	ORANGE JUICE RAW CALIF VALENCIAS SUM	.2	1	200	200	.09	.03
1539	PEPPERS HOT CHILI IMMAT CANN CHILI S	.3	1	190	200	.09	.03
1641	PLUMS RAW PRUNE TYPE	.4	-	-	610	.03	.03
1651	POMEGRANATE PULP RAW	.5	1	170	300	.03	.03
1783	POTATOES COOKED BOILED PARED	.3	3	259	T	.03	.03
1844	RADISHES RAW COMMON	.5	2	285	T	.09	.03
1847	RAISINS NATURAL COOKED ADDED SUGAR	1.0	18	322	10	.03	.03
2229	SUGARS BEET OR CANE BROWN	1.0	13	355	10	.04	.03
2424	WATERMELON RAW	3.4	30	344	0	.01	.03
2449	WHEAT BREAKFAST CEREALS ROLLED COOKE.	.5	1	100	590	.03	.03
7026	ROOTS GINGER RAW E.P	.7	295	84	0	.07	.03
15	APPLES RAW,FRESH NOT PARED	1.3	7	316	90	.01	.03
789	COCONUT MEAT FRESH	.3	1	110	90	.03	.02
1053	GRAPEFRUIT RAW ALL VARIETIES	1.7	23	256	0	.05	.02
1260	LIMES,ACID TYPE,RAW	.4	1	135	80	0.04	.02
1302	MACARONI UNENRICHED COOKED FIRM STAGE	.6	2	102	10	.03	.02
1380	NOODLES EGG UNENRICHED COOKED	.5	1	79	0	.02	.02
1456	PEACHES DEHYDRATED COOKED WITH SUGAR	.6	2	44	70	.03	.02
1560	PICKLES CUCUMBER SOUR	.8	5	292	890	T	.02
1845	RADISHES RAW ORIENTAL INCLUDING DAIKO	3.2	1353	-	100	T	.02
1870	RICE BROWN COOKED	.6	-	180	10	.03	.02
2262	TANGERINES RAW	.5	282	70	0	.09	.02
2263	TANGERINE JUICE RAW	.4	2	126	420	.05	.02
2264	TANGERINE JUICE CANNED UNSWEETENED	.2	1	178	420	.06	.02
2451	WHEAT BREAKFAST CEREALS WHOLE MEAL CO	.2	1	178	420	.06	.02
7004	FRUIT, BITTERORANGE. RAW.	.5	212	48	0	.05	.02
7006	FRUIT,PUMMELO, RAW E.P	0.6	-	-	0	0.04	.02
1245	LEMON JUICE RAW	0.5	1	235	50	0.05	.02
1261	LIME JUICE RAW	.2	1	141	20	.03	.01
1303	MACARONI UNENRICHED TENDER STAGE COOKI	.2	1	104	10	.02	.01
2277	TEA INSTANT BEVERAGE	.4	1	61	0	.01	.01
2453	WHEAT BREAKFAST CER TOAST QUICK COOK	T	-	25	-	-	.01
7019	MARMALADE,ORANGE.	.4	72	T	0	.05	.01
1144	ICES,WATER,LIME	2.3	-	-	0	0.03	.01
7010	JUICE, SUGARCANE.	T	T	3	0	T	T
1401	OILS SALAD OR COOKING	0.5	2	102	0	0.01	T
1963	SALT TABLE	0.0	0	0	-	0.00	0.00
2230	SUGARS BEET OR CANE GRANULATED	.13	8758	4	0	0.00	0.00
404	BEVERAGES,CARBONATED,COLA TYPE	.1	1	3	0	0.00	0.00
1872	RICE WHITE ENRICHED COMMON COOKED	-	-	-	0	.00	.00
7009	JAM,GRAPE	.9	374	28	0	.11	.00
505	BUTTER	3.7	-	-	0	0.02	.00
506	BUTTER OIL OR DEHYDRATED BUTTER	0.0	987	23	3300	-	-
964	DUCK,WILD,RAW FLESH ONLY	-	-	-	4080	-	-
984	EGGS GOOSE,WHOLE,FRESH,RAW	-	-	-	-	-	-
985	EGGS TURKEY,WHOLE,FRESH,RAW	-	-	-	-	-	-
1032	GELATIN DESSERTS,PLAIN	-	-	-	-	-	-
1113	HEART BEEF,LEAN WITH VISIBLE FAT COOKEI	-	51	-	-	-	-
1135	HORSERADISH RAW	-	-	-	-	-	-
		1.4	8	564	-	.07	-

U S A I

C O M P O S I T I O N I E N T P R I O R I T Y

RIBOFLAVIN COLUMN -15

ITEM CODE	FOOD DESCRIPTION	10	11	12	13	14	15
1152	JUJUBE,DRIED	1.8	-	531	-	-	-
1156	KALE COOKED,LEAVES,INCLUD STEMS	1.2	43	221	7400	-	-
1291	LOQUATS,RAW	.4	-	346	670	-	-
1292	LUNGS,RAW BEEF	-	-	-	-	-	-
1293	LUNGS,RAW CALF	-	-	-	-	-	-
1294	LUNGS,RAW LAMB	-	-	-	-	-	-
1296	LYCHEES DRIED	1.7	3	1100	-	-	-
1317	MARGARINE	0.0	987	23	3300	-	-
1406	OLIVES PICKLED GREEN	1.6	2400	55	300	-	-
1503	PEARS CANDIED	-	-	-	-	-	-
1553	PHEASANT RAW TOTAL EDIBLE	-	-	-	-	-	-
1554	PHEASANT RAW FLESH AND SKIN	-	-	-	-	-	-
1556	PHEASANT RAW GIBLETS	-	-	-	-	-	-
1624	PINENUTS PIGNOLIAS	-	-	-	-	.62	-
1626	PISTACHIONUTS	7.3	-	972	230	.67	-
1837	QUAIL RAW FLESH AND SKIN	-	40	175	-	-	-
1838	QUAIL RAW GIBLETS	-	-	-	-	-	-
1983	SAUSAGE BOLOGNA ALL MEAT	-	-	-	-	-	-
2228	SUET BEEF KIDNEY FAT RAW	-	-	-	-	-	-
2241	SWEETBREADS THYMUS BEEF COOKED	-	116	433	-	-	-
2245	SWEETBREADS THYMUS LAMB COOKED BRAISE	-	-	-	-	-	-
2261	TANGELO JUICE RAW	-	-	-	-	-	-
2306	TONGUE CALF COOKED	-	-	-	-	-	-
2310	TONGUE LAMB COOKED	-	-	-	-	-	-
2312	TONGUE SHEEP COOKED BRAISED	3.4	-	-	-	-	-
2328	TURKEY TOTAL EDIBLE COOKED	-	-	-	-	-	-
2340	TURKEY YOUNG BIRDS TOTAL EDIBLE	-	-	-	-	-	-
2342	TURKEY YOUNG BIRDS LIGHT MEAT	-	-	-	-	-	-
2343	TURKEY YOUNG BIRDS DARK MEAT	-	-	-	-	-	-
7023	OIL,PEANUT.	-	-	-	0	-	-
7030	CUMIN SEEDS,WHITE DRIED.	24.3	-	-	870	-	-
7031	ANISE SEEDS DRIED	34.8	-	-	0	-	-
7035	SOUP,RICE,CONGA	0.2	-	11	0	-	-
7041	TURMERIC,DRIED	-	-	-	20	-	-

TOTAL NUMBER OF DESCRI

LEGEND - FOR HEADING CODES

1 - WATER %

2 - FOOD ENERGY CAL.

3 - PROTEIN GM.

4 - FAT GM.

5 -CARBOHYDRATE TOTAL GM

6 -CARBOHYDRATE FIBRE GM

7 - ASH GM.

8 - CALCIUM MG.

9 - PHOSPHOROUS MG.

10- IRON MG.

11- SODIUM MG.

12- POTASSIUM MG.

13- VITAMIN-A VALUE I.U.

14- THIAMIN MG.

15- RIBOFLAVIN MG.

16- NIACIN MG.

17- ASCORBIC ACID MG.

REPORT IN SEQUENCE OF - NIACIN COLUMN -16

U S A I D · P R I O R I T Y

C O M P O S I T I O N O

NIACIN COLUMN -16

ITEM CODE	FOOD DESCRIPTION	12	13	14	15	16
2477	YEAST, BAKERS DRY ACTIVE	1998	T	2.31	5.41	36.7
7009	HEART, GOAT RAW E.P. (850 RICE BEED)	-	0	1.56	2.15	27.7
1276	LIVER LAMB COOKED,	33174500		.49	5.11	24.9
2446	WHEAT BRAN CRUDE	1121	0	.72	.35	21.0
7017	LIVER, GOAT RAW, E.P	-	5700	0.42	3.57	18.9
1492	PEANUTS RAW WITH SKINS	674	-	1.14	.15	17.2
1267	LIVER BEEF COOKED,	3805	3400	.26	4.19	16.5
1269	LIVER CALF COOKED	453	32700	.24	4.17	16.5
707	CHICKEN FRYERS BREAST COOKED,	-	90	.05	.22	14.7
1278	LIVER TURKEY, ALL CLASSES COOKED,	1411	7500	.16	2.09	14.5
701	CHICKEN FRYERS LIGHT MEAT COOKED,	434	50	.05	.25	12.9
697	CHICKEN FRYERS LIGHT MEAT, SKIN COOKED,	-	130	.05	.27	11.5
728	CHICKEN-ROASTERS-LIGHT MEAT COOKED,	422	110	.08	.15	11.3
1271	LIVER CHICKEN, COOKED,	1511	2300	.17	2.69	11.7
682	CHICKEN ALL CLASSES COOKED,	411	60	.04	.10	11.6
1841	RABBIT FLESH ONLY COOKED STEWED	368	-	.05	.17	11.3
2335	TURKEY LIGHT MEAT COOKED	411	-	.05	.14	11.1
741	CHICKEN-HENS& COCKS-LIGHT MEAT COOK, STEW	306	130	.03	.09	11.0
1160	KIDNEYS BEEF COOKED,	324	1150	.51	4.82	10.7
1543	PEPPERS HOT CHILI MATURE RED DRIED PODS	1201	77000	.23	1.33	10.5
691	CHICKEN FRYERS FLESH ONLY COOKED,	381	90	.06	.35	9.7
738	CHICKEN-HENS & COCK-FLESH ONLY, COOK, STEW	272	250	.04	.15	9.6
713	CHICKEN FRYERS RIB COOKED,	-	210	.05	.47	9.4
1046	GOOSE, FLESH ONLY COOKED,	605	-	.11	.16	9.3
689	CHICKEN FRYERS FLESH AND SKIN COOKED,	-	170	.06	.36	9.2
687	CHICKEN FRYERS FLESH, SKIN, GIBLETS COOKED	-	820	.07	.37	9.1
1044	GOOSE, FLESH AND SKIN COOKED,	-	-	.09	.16	8.9
1544	PEPPERS HOT CHILI MATURE RED DRIED POWDE	10006	5000	.19	1.13	8.9
685	CHICKEN BROILERS COOKED,	274	90	.05	.19	8.8
736	CHICKEN-HENS & COCK-FLESH, SKIN, COOK, STEW	-	670	.04	.14	8.8
734	CHICKEN-HENS & COCKS-FLESH, GIBLETS, COOKE	-	990	.04	.23	8.6
725	CHICKEN ROASTERS FLESH ONLY COOKED,	376	150	.10	.15	8.5
723	CHICKEN ROASTERS FLESH AND SKIN COOKED,	-	420	.08	.14	8.2
7011	KIDNEY GOAT RAW, E.P	-	0	0.49	1.78	8.2
721	CHICKEN ROASTERS FLESH, GIBLETS COOKED,	-	790	.08	.25	8.1
1042	GOOSE, TOTAL EDIBLE COOKED,	-	-	.08	.24	8.1
1115	HEART CALF COOKED,	250	40	.29	1.44	8.1
695	CHICKEN FRYERS GIBLETS COOKED,	-	5760	.17	2.18	8.0
732	CHICKEN-HENS & COCKS-TOT EDIB, COOKED	-	1190	.04	.21	7.6
962	DUCK, DOMESTICATED, RAW, FLESH ONLY	285	-	.10	.12	7.7
2331	TURKEY TOTAL EDIBLE FLESH ONLY COOKED	367	-	.05	.18	7.7
1111	HEART BEEF, LEAN COOKED,	232	30	.25	1.22	7.6
599	CANDY CHOCOLATE-COATED PEANUTS	504	T	.37	.18	7.4
719	CHICKEN ROASTERS TOTAL EDIBLE COOKED,	-	960	.07	.22	7.4
709	CHICKEN FRYERS DRUMSTICK COOKED,	-	140	.07	.40	7.1
693	CHICKEN FRYERS SKIN ONLY COOKED,	-	490	.07	.41	7.0
703	CHICKEN FRYERS DARK MEAT COOKED,	330	130	.07	.45	6.8
705	CHICKEN FRYERS CUT-UP PARTS COOKED,	-	390	.07	.30	6.8
715	CHICKEN FRYERS THIGH COOKED,	-	200	.06	.43	6.8
717	CHICKEN FRYERS WING COOKED,	-	250	.05	.26	6.8
1356	MUSHROOMS EDIBLE SPECIES RAW	375	T	.10	.13	6.8
699	CHICKEN FRYERS DARK MEAT, SKIN COOKED,	-	210	.07	.45	6.7
726	CHICKEN-ROASTERS GIBLETS-RAW	-	4290	0.09	1.07	6.7
1121	HEART LAMB COOKED	-	100	.21	1.03	6.4
2366	VEAL CARCASS RAW EXCL KIDNEY FAT CLASS	222	-	.14	.25	6.4

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COMPOSITION UPRIGHT

NIACIN COLUMN -16

ITEM CODE	FOOD DESCRIPTION	12	13	14	15	16
2370	VEAL RET CUT UNTRIM CHUC MED TOT ED COOK	222	-	.09	.29	6.4
10	ALMOND MEAL,PARTIALLY DEFATTED	1400	0	.32	1.68	6.3
2353	VEAL CARCASS RAW INC KIDNEY FAT CLASS	222	-	.14	.25	6.3
2405	VENISON LEAN MEAT ONLY RAW	-	-	.23	.46	6.3
1292	LUNGS,RAW BEEF	-	-	-	-	6.2
368	BEEF,HAMBURGER LEAN COOKED	558	20	.09	.23	6.0
1377	NOODLES EGG ENRICHED DRY FORM	136	220	.8[illegible]	.36	6.[illegible]
7036	STOMACH, BEEF RAW, E.P	-	0	0.16	1.00	6.0
1217	LAMB-RIB CHOICE SEPARABLE LEAN COOKED	122	-	.15	.27	5.9
1222	LAMB-RIB GOOD SEPARABLE LEAN COOKED	122	-	.15	.27	5.9
1040	GIZZARD TURKEY,COOKED,	149	-	.03	.14	5.8
1212	LAMB-RIB PRIME,SEPARABLE LEAN COOKED	122	-	.15	.27	5.8
711	CHICKEN FRYERS NECK COOKED,	-	350	.09	.41	5.7
1123	HEART TURKEY,COOKED,	211	30	.25	.46	5.7
1227	LAMB SHOULDER PRIME SEPAR LEAN COOK,	122	-	.15	.28	5.7
684	CHICKEN ALL CLASSES DARK MEAT COOKED,	321	150	.07	.23	5.6
2032	SESAME SEEDS DRY WHOLE	725	30	.93	.24	5.4
2236	SUNFLOWER SEED KERNELS DRY	920	50	1.96	.23	5.4
1117	HEART CHICKEN,COOKED,	140	30	.05	.92	5.3
2433	WHEAT WHOLE GRAIN WHITE	390	0	.53	.12	5.3
7003	SQUAB&PIGEON FLESH,SKIN GIBLETS	330	0	0.10	0.28	5.2
1180	LAMB RETAIL CUTS,LEG PRIME COOKED,ROAST	122	-	.14	.25	5.2
1037	GIZZARD CHICKEN,COOKED,	211	-	.02	.21	5.1
1205	LAMB-LOIN-TOT EDIB COOKED,	122	-	.13	.23	5.1
~~7028~~	~~SEEDS-SESAME WHOLE DRIED~~	~~508~~	~~25~~	~~.73~~	~~.17~~	~~5.1~~
7002	SPARROW,FLESH BONES,E.P.	-	50	0.30	0.25	5.0
7015	CURRY LEAVES DRIED,POWDER	619	9000	0.10	0.32	5.0
~~7022~~	~~PHEASANT,RAW E.P~~	~~-~~	~~-~~	~~0.16~~	~~0.13~~	~~5.0~~
1176	LAMB CUTS,CHOICE GRADE	122	-	.15	.20	4.8
1220	LAMB-RIB GOOD TOT EDIB,COOKED,	122	-	.12	.22	4.8
1809	POTATO CHIPS	1130	T	.21	.07	4.8
2450	WHEAT BREAKFAST CER ROLL WHOLE MEAL DRY	370	0	.51	.13	4.7
1215	LAMB-RIB CHOICE TOT EDIB COOKED,	122	-	.12	.21	4.6
1225	LAMB SHOULDER PRIME TOTAL COOKED,ROASTED	122	-	.12	.22	4.6
213	BEEF,CARCASS TOTAL EDIBLE,RAW UTIL GRADE	569	40	.03	.17	4.5
1175	LAMB CUTS PRIME GRADE	122	-	.14	.19	4.5
7020	GOAT,RAW LEAN E.P.	-	0	0.18	0.18	4.5
438	BRAINS,ALL KINDS BEEF,CALF,SHEEP ,RAW	219	0	.23	.26	4.4
1540	PEPER HOT CHILI PAT RED RAW POD INC SEED	-2	1600	.22	.36	4.4
2430	WHEAT WHOLE GRAIN HARD RED SPRING	370	0	0.57	0.12	4.3
2431	WHEAT WHOLE GRAIN HARD RED WINTER	370	0	.52	.12	4.3
2435	WHEAT FLOURS WHOLE HARD WHEATS	370	0	.55	.12	4.3
7027	SEEDS,PUMPKIN DRIED SALTED E.P	625	935	.27	.27	4.3
2337	TURKEY DARK MEAT COOKED	393	-	.04	.23	4.2
2447	WHEAT GERM CRUDE	827	0	2.01	.58	4.2
1210	LAMB-RIB PRIME,TOTAL EDIBLE COOKED,	122	-	.10	.13	4.0
~~7025~~	~~QUAIL RAW E.P. FLESH,SKIN GIBLETS~~	~~352~~	~~322~~	~~0.45~~	~~0.32~~	~~4.0~~
2432	WHEAT WHOLE GRAIN SOFT RED WINTER	376	0	.43	.11	3.6
8	ALMONDS DRIED	773	0	.24	.92	3.5
9	ALMONDS ROASTED AND SALTED	773	0	.05	.92	3.5
2302	TONGUE BEEF MEDIUM FAT COOKED	164	-	.05	.29	3.5
7021	HORSE,MEAT RAW E.P	-	17	0.10	0.10	3.5
145	BARLEY,PEARLED LIGHT	160	0	.12	.05	3.1
1541	PEPER HOT CHILI PAT RED RAW POD EXC SEED	564	21600	.1	.2	2.9
2243	SWEETBREADS THYMUS CALF COOKED BRAISED	-	-	.05	.16	2.9

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COMPOSITION OF PRIORITY

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ITEM CODE	FOOD DESCRIPTION	12	13	14	15	16
473	BREADS WHOLE-WHEAT,MADE WITH-WATER	256	T	.30	.10	2.8
1790	POTATOES COOKED FRIED FROM RAW (39 MONGOLIA)	775	T	.12	.37	2.[illegible]
482	BROADBEANS,RAW MATURE SEEDS,DRY	-	70	.50	.30	2.5
1547	PEPPERS SWEET IMMATURE GREEN COOKED.STUF	258	280	.20	.17	2.5
7007	FISH,GOLD RAW E.P. -	335	0	0.05	0.07	2.4
~~7329~~	~~SEEDS SUNFLOWER DRIED E.P.~~	~~815~~	~~0~~	~~[illegible]~~	~~[illegible]~~	~~2.4~~
1338	MILLET,PROSO,WHOLE GRAIN	430	0	.73	.38	2.3
952	DATES,DOMESTIC,NATURAL AND DRY	648	50	.09	.10	2.2
1654	POPCORN POPPED PLAIN (90% SHRIMPS)	-	-	-	.12	2.2
753	CHICKPEAS OR GARBANZOS,MATURE,DRY,RAW	797	50	.31	.15	2.0
883	CORNMEAL,WHOLE-GROUND,UNBOLTED	234	510	.38	.11	2.0
1341	MOLASSES CANE THIRD EXTRACT BLACKSTRAP	2927	-	.11	.19	2.0
2436	WHEAT FLOURS 80% EXTRACTION HARD WHEATS	95	0	.26	.07	2.0
7001	BEAN,KIDNEY,WHOLE SEEDS,DRIED E. P.	1151	20	.46	.18	2.0
371	BEEF AND VEGETABLE STEW COOKED (25% LENTILS)	250	960	.06	.07	1.9
752	CHICKEN AND NOODLES,	62	180	.02	.07	1.8
7037	STOMACH, GOAT RAW,EP.	-	0	0.03	0.21	1.8
1434	ORANGE JUICE CANNED UNSWEET UNDILUTE	942	960	.39	.12	1.7
1486	PEACHES DEHYDRATED COOKED WITH SUGAR	292	890	T	.02	1.7
1537	PEPPERS HOT CHILI IMMAT RAW EXCLUD SEEDS	-	770	.09	.06	1.7
1655	POPCORN POPPED OIL AND SALT ADDED	-	-	-	.09	1.7
1786	POTATOES COOKED BAKED IN SKIN	503	T	.10	.04	1.7
7026	ROOTS GINGER RAW E.P	316	90	.01	.03	1.7
64	AVOCADOS,RAW ALL VARIETIES	604	290	.11	.20	1.6
2165	SPAGHETTI MEAT BALLS TOMATO SAUCE COOKED	268	640	.10	.12	1.6
1787	POTATOES COOKED BOILED IN SKIN	407	T	.09	.04	1.5
7034	SOUP CHICKEN MADE FROM BONES	-	0	0.06	0.06	1.5
846	CORN,SWEET COOKED,KERNELS,ON COB	196	400	.12	.10	1.4
897	COWPEAS,IMMATURE COOKED,	379	350	.30	.11	1.4
1299	MACARONI ENRICHED COOKED,FIRMSTAGE	79	0	.18	.10	1.4
1626	PISTACHIONUTS	972	230	.67	-	1.4
1870	RICE BROWN COOKED	70	0	.09	.02	1.4
2158	SPAGHETTI ENRICHED COOKED FIRM STAGE	79	0	.18	.10	1.4
2437	WHEAT FLOURS STRAIGHT HARD WHEAT	95	0	.12	.07	1.4
444	BREADS CRACKED-WHEAT	134	T	.12	.09	1.3
831	COOKIES SUGAR,SOFT,THICK,	76	110	.16	.16	1.3
7014	CORRIANDER LEAVES,RAW E.P	560	4770	0.11	0.15	1.3
957	DOUGHNUTS,CAKE TYPE	90	80	.16	.16	1.2
1378	NOODLES EGG ENRICHED COOKED	44	70	.14	.08	1.2
1783	POTATOES COOKED BOILED PARED	285	T	.09	.03	1.2
1300	MACARONI ENRICHED COOKED TENDER STAGE	61	0	.14	.08	1.1
1316	MANGOS,RAW	189	4800	.03	.05	1.1
1656	POPCORN POPPED SUGAR COATED	-	-	-	.16	1.1
2159	SPAGHETI ENRICHED COOKED TENDER STAGE	61	0	.14	.08	1.1
613	CANDY SUGAR-COATED ALMONDS	255	0	.05	.27	1.0
1479	PEACHES RAW	202	1330	.02	.05	1.0
1872	RICE WHITE ENRICHED COMMON COOKED	28	0	.11	.20	1.0
2422	WATERCHESTNUT CHINESE RAW	500	0	.14	.20	1.0
7013	LEAVES,BITTERORANGE SEMI DRIED.	-	3025	0.20	0.35	1.0
1348	RASPBERRIES RAW BLACK	199	T	0.03	0.09	0.9
41	APRICOTS DRIED,COOKED,WITH SUGAR	278	2600	T	.04	.9
480	BREADFRUIT,RAW	439	40	.11	.03	.9
510	BUTTERMILK,DRIED	1606	220	.26	1.72	.9
1327	MILK COW DRY SKIM NON FAT SOLIDS	1745	30	.35	1.60	.9
1403	OKRA COOKED BOILED	174	490	.13	.18	.9
1527	PEAS, MATURE SEEDS, DRY, WHOLE, COOKED					.9

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COMPOSITION OF PRIORITY

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ITEM CODE	FOOD DESCRIPTION	12	13	14	15	16
1440	ORANGE PEEL RAW	212	420	.12	.09	.9
1849	RASPBERRIES RAW RED	168	130	.03	.09	.9
2163	SPAGHETTI TOMATO SAUCE WITH CHEESE COOK	163	430	.10	.07	.9
2421	WALNUTS PERSIAN OR ENGLISH	450	30	.33	.13	.9
2449	WHEAT BREAKFAST CEREALS ROLLED COOKED	84	0	.07	.03	.9
1905	ROLLS AND BUNS SWEET	124	70	.07	.15	.8
2192	SQUASH SUMMER ALL VARIETIES COOKED	141	390	.05	.02	.8
2283	TOMATOES RIPE COOKED BOILED	287	1000	.07	.05	.8
7016	LEAVES,MINT RAW E.P	179	3600	.13	.16	0.7
7005	FRUIT,MULBERRY RAW PULP AND SEEDS E.P	123	25	0.04	.06	0.7
141	BANANAS RAW COMMON	370	190	.05	.06	.7
155	BEANS,COMMON,DRY WHITE COOKED	416	0	.14	.07	.7
160	BEANS,COMMON,DRY RED COOKED	340	T	.11	.06	.7
177	BEANS,LIMA MATURE SEEDS,DRY COOKED	612	-	.13	.06	.7
181	BEANS,MUNG SPROUTED SEEDS COOKED,	156	20	.09	.10	.7
520	CABBAGE,SPOON PAKCHOY ,COOKED,	214	3100	.04	.08	.7
630	CAULIFLOWER RAW	295	60	.11	.10	.7
1007	FIGS DRIED,UNCOOKED	640	80	.10	.10	.7
1326	MILK,COW DRY WHOLE	1330	1130	.29	1.46	.7
1539	PEPPERS HOT CHILI IMMAT CANN CHILI SAUCE	-	610	.03	.03	.7
1904	ROLLS AND BUNS RAISIN	245	T	.05	.10	.7
2249	SWEETPOTATOES COOKED BAKED IN SKIN	300	8100	.09	.07	.7
2282	TOMATOES RIPE RAW	244	900	.06	.04	.7
~~7012~~	~~KOHLRABI RAW E.P~~	~~249~~	~~3300~~	~~.03~~	~~.10~~	~~0.6~~
30	APRICOTS RAW	281	2700	.03	.04	.6
619	CARROTS RAW	341	11000	.05	.05	.6
631	CAULIFLOWER COOKED,BOILED,DRAINED	206	60	.09	.08	.6
828	COOKIES RAISIN	272	210	.04	.08	.6
876	CORNBREAD,WHOLE-GROUND CORNMEAL	157	150	.13	.19	.6
1254	LENTILS,MATURE SEEDS,DRY WHOLE COOKED	249	20	.07	.06	.6
1358	MUSKMELONS RAW CANTALOUPS	251	3400	.04	.03	.6
1359	MUSKMELONS RAW CASABA GOLDEN BEAUTY	251	30	.04	.03	.6
1360	MUSKMELONS RAW HONEYDEW	251	40	.04	.03	.6
1367	MUSTARD GREENS COOKED BOILED	220	5800	.08	.14	.6
1417	ONION YOUNG GREEN TOP ONLY GREEN PORTION	231	4000	.07	.10	.6
1542	PEPPERS HOT CHILI MATURE RED CANNED SAUC	-	9590	.01	.09	.6
1831	PUMPKIN RAW	340	1600	.05	.11	.6
2217	STRAWBERRIES RAW	164	60	.03	.07	.6
2250	SWEETPOTATOES COOKED BOILED IN SKIN	243	7900	.09	.06	.6
2355	TURNIP GREEN COOK SMALL WATER SHORT TIME	-	6300	.15	.24	.6
2451	WHEAT BREAKFAST CEREALS WHOLE MEAL COOKE	48	0	.05	.02	.6
7033	SMALL FISH,SMALL WHOLE STEAMED. E.P	-	0	0.05	0.12	0.5
183	BEANS,SNAP GREEN COOKED,WATER,SHORT TIME	151	540	.07	.09	.5
620	CARROTS COOKED,BOILED,DRAINED	222	10500	.05	.05	.5
758	CHIVES,RAW	250	5800	.08	.13	.5
789	COCONUT MEAT FRESH	256	0	.05	.02	.5
816	COOKIES CHOCOLATE	126	160	.04	.08	.5
885	CORNMEAL,DEGERMED,COOKED	16	60	.06	.04	.5
987	EGGPLANT COOKED,BOILED,DRAINED	150	10	.05	.04	.5
1029	GARLIC,CLOVES,RAW	529	T	.25	.08	.5
1242	LEEKS,BULB AND LEAF PORTION,RAW	347	40	.11	.06	.5
1545	PEPPERS SWEET IMMATURE GREEN RAW	213	420	.06	.06	.5
1548	PEPPERS SWEET MATURE RED RAW	-	4450	.08	.08	.5
1641	PLUMS RAW PRUNE TYPE	170	300	.03	.03	.5
1346	RAISINS NATURAL UNCOOKED	763	20	.11	.08	.5

U S A I D

C O M P O S I T I O N O F P R I O R I T Y PAG

NIACIN COLUMN -15

ITEM CODE	FOOD. DESCRIPTION		12	13	14	15	16
2170	SPINACH COOKED BOILED	0	324	8100	.07	.14	.5
2281	TOMATOES GREEN RAW	3	244	270	.06	.04	.5
2356	TURNIP GREEN COOK LARGE WATER LONG TIME	-	-	5700	.10	.23	.5
7018	LUNG-GOAT RAW E.P	.	-	0	0.01	0.15	0.4
417	BLACKBERRIES,INCLUD DEW,BOYSEN,YOUNG,RAW	1	170	200	.03	.04	.4
662	CHERRIES RAW SOUR,RED	2	191	1000	.05	.06	.4
663	CHERRIES RAW SWEET	2	191	110	.05	.06	.4
815	COOKIES BUTTER,THIN,RICH	3	60	650	.03	.06	.4
818	COOKIES CHOCOLATE CHIP COMMERCIAL TYPE	1	134	120	.04	.07	.4
863	CORN GRITS,DEGERMED ENRICHED COOKED	5	11	60	.04	.03	.4
904	COWPEAS,MATURE,DRY COOKED	3	229	10	.16	.04	.4
992	FARINA ENRICHED REGULAR COOKED	4	9	0	.04	.03	.4
1001	FIGS RAW	2	194	80	.06	.05	.4
1259	LETTUCE,RAW LOOSELEAF,VARIETIES,	9	264	1900	.05	.08	.4
1302	MACARONI UNENRICHED COOKED FIRM STAGE	1	79	0	.02	.02	.4
1380	NOODLES EGG UNENRICHED COOKED	2	44	70	.03	.02	.4
1415	ONIONS YOUNG GREEN BULB AND TOP	5	231	2000	.05	.05	.4
1416	ONIONS YOUNG GREEN BULB AND WHITE OF TOP	5	231	T	.05	.04	.4
1420	ORANGES RAW PEELED ALL VARIETIES	1	200	200	.10	.04	.4
1422	ORANGE RAW PEELED CALIF VALENCIAS SUMMER	1	190	200	.10	.04	.4
1425	ORANGE JUICE RAW ALL VARIETIES	1	200	200	.09	.03	.4
1427	ORANGE JUICE RAW CALIF VALENCIAS SUMMER	1	190	200	.09	.03	.4
1845	RADISHES RAW ORIENTAL INCLUDING DAIKON	-	180	10	.03	.02	.4
2201	SQUASH WINTER ALL VARIETY BOILED MASHED	1	258	3500	.04	.10	.4
7006	FRUIT,PUMMELO, RAW E.P	1	235	50	0.05	.02	0.3
7019	MARMALADE,ORANGE.	-	-	0	0.03	.01	0.3
184	BEANS,SNAP GREEN COOKED,WATER,LONG TIME	4	151	540	.06	.08	.3
385	BEETS,COMMON,RED COOKED,BOILED,	3	208	20	.03	.04	.3
393	BEET GREENS,COMMON COOKED,BOILED	5	332	5100	.07	.15	.3
512	CABBAGE COMMON RAW	0	233	130	.05	.05	.3
513	CABBAGE COMMON COOKED,SHREDDED,	4	163	130	.04	.04	.3
586	CANDY CHOCOLATE SWEET	3	269	10	.02	.14	.3
1085	GRAPES RAW EUROPEAN TYPE	3	173	100	.05	.03	.3
1134	HONEY,STRAINED OR EXTRACTED	5	51	0	T	.04	.3
1258	LETTUCE,RAW CRISPHEAD VARIETIES	9	175	330	.05	.05	.3
1303	MACARONI UNENRICHED TENDER STAGE COOKED	1	61	0	.01	.01	.3
1335	MILK GOAT FLUID	4	180	160	.04	.11	.3
1651	POMEGRANATE PULP RAW	3	259	T	.03	.03	.3
1844	RADISHES RAW COMMON	3	322	10	.03	.03	.3
1865	RHUBARB RAW	2	251	100	.03	.07	.3
1866	RHUBARB COOKED ADDED SUGAR	2	203	80	.02	.05	.3
2353	TURNIPS COOKED BOILED 7134 Gur	4	188	T	.04	.05	.3
7009	JAM,GRAPE	-	-	0	0.02	.00	0.2
942	CUCUMBERS,RAW NOT PARED	5	160	250	.03	.04	.2
943	CUCUMBERS,RAW PARED	5	160	T	.03	.04	.2
1053	GRAPEFRUIT RAW ALL VARIETIES	1	135	80	0.04	.02	.2
1148	JAMS AND PRESERVES	2	88	10	.01	.03	.2
1149	JELLIES	7	75	10	.01	.03	.2
1166	KOHLRABI,COOKED,BOILED,DRAINED	5	260	20	.06	.03	.2
1244	LEMONS,RAW FRUIT,INCLUDING PEEL	3	145	30	.05	.04	.2
1260	LIMES,ACID TYPE,RAW	2	102	10	.03	.02	.2
1324	MILK,COW CANNED EVAPORATED	3	303	320	.04	.34	.2
1325	MILK,COW CONDENSED SWEETEN	2	314	360	.08	.38	.2
1336	MILK HUMAN,U.S.SAMPLES	5	51	240	.01	.04	.2
1412	ONIONS MATURE DRY RAW	0	157	40	.03	.04	.2

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C O M P O S I T I O N P R I O R I T Y

NIACIN COLUMN -16

ITEM CODE	FOOD DESCRIPTION	12	13	14	15	16
1413	ONIONS MATURE DRY COOKED BOILED	110	40	.03	.03	.2
1473	PARSNIPS RAW	541	30	.06	.09	.2
1847	RAISINS NATURAL COOKED ADDED SUGAR	355	10	.04	.03	.2
2229	SUGARS BEET OR CANE BROWN	344	0	.01	.03	.2
2424	WATERMELON RAW	100	590	.03	.03	.2
7004	FRUIT, BITTERORANGE. RAW.	-	0	0.04	.02	0.1
7010	JUICE, SUGARCANE.	102	0	0.01	T	0.1
7024	OIL,SESAME	20	0	0.01	0.07	0.1
7038	SYRUP SUGARCANE	-	0	0.13	0.06	0.1
15	APPLES RAW,FRESH NOT PARED	110	90	.03	.02	.1
23	APPLES DRIED,COOKED WITH SUGAR	144	-	.01	.03	.1
509	BUTTERMILK,FLUID, FROM SKIM MILK	140	T	.04	.18	.1
647	CHEESES,NATURAL COTTAGE CREAMED	85	170	.03	.25	.1
648	CHEESES,NATURAL COTTAGE UNCREAMED	72	10	.03	.23	.1
943	CUSTARD,BAKED	146	350	.04	.19	.1
968	EGGS CHICKEN RAW WHOLE,	129	1180	.11	.30	.1
973	EGGS CHICKEN COOKED FRIED	140	1420	.10	.30	.1
974	EGGS CHICKEN COOKED HARD-COOKED	129	1180	.09	.28	.1
975	EGGS CHICKEN COOKED OMELET	146	1080	.08	.28	.1
977	EGGS CHICKEN COOKED SCRAMBLED	146	1080	.08	.28	.1
983	EGGS DUCK,WHOLE,FRESH,RAW	129	1230	.13	.30	.1
1143	ICE MILK	195	210	.05	.22	.1
1245	LEMON JUICE RAW	141	20	.03	.01	.1
1261	LIME JUICE RAW	104	10	.02	.01	.1
1321	MILK,COW FLUID PASTEURIZED WHOLE 3	140	150	.03	.17	.1
1322	MILK,COW FLUID PASTEURIZED SKIM	145	T	.04	.18	.1
1502	PEARS RAW INCLUDING SKIN	130	20	.02	.04	.1
1824	PUDDINGS STARCH VANILLA BLANC MANG	138	160	.03	.16	.1
2262	TANGERINES RAW	126	420	.06	.02	.1
2263	TANGERINE JUICE RAW	178	420	.06	.02	.1
2264	TANGERINE JUICE CANNED UNSWEETENED	178	420	.06	.02	.1
2481	YOGHURT MADE PART SKIM MILK	143	70	.04	.18	.1
2482	YOGHURT MADE WHOLE MILK	132	140	.03	.16	.1
931	CREAM,FLUID HEAVY WHIPPING	89	1540	.02	.11	T
985	EGGS TURKEY,WHOLE,FRESH,RAW	-	-	-	-	T
1144	ICES,WATER,LIME	3	0	T	T	T
1560	PICKLES CUCUMBER SOUR	-	100	T	.02	T
2277	TEA INSTANT BEVERAGE	25	-	-	.01	T
7032	SHERBET	-	0	0.02	0.03	T
1401	OILS SALAD OR COOKING	0	-	0.00	0.00	0.0
1963	SALT TABLE	4	0	0.00	0.00	0.0
2230	SUGARS BEET OR CANE GRANULATED	3	0	0.00	0.00	0.0
7039	TALLO	-	600	0.07	0.05	0.0
404	BEVERAGES,CARBONATED,COLA TYPE	-	0	.00	.00	.0
505	BUTTER	23	3300	-	-	-
506	BUTTER OIL OR DEHYDRATED BUTTER	-	4080	-	-	-
964	DUCK,WILD,RAW FLESH ONLY	-	-	-	-	-
984	EGGS GOOSE,WHOLE,FRESH,RAW	-	-	-	-	-
1032	GELATIN DESSERTS,PLAIN	-	-	-	-	-
1113	HEART BEEF,LEAN WITH VISIBLE FAT CO	-	-	-	-	-
1135	HORSERADISH RAW	564	-	.07	-	-
1152	JUJUBE,DRIED	531	-	-	-	-
1156	KALE COOKED,LEAVES,INCLUD STEMS	221	7400	-	-	-
1291	LOQUATS,RAW	348	670	-	-	-
1293	LUNGS,RAW CALF	-	-	-	-	-

NIACIN COLUMN -16

ITEM CODE	FOOD DESCRIPTION	11	12	13	14	15	16
1294	LUNGS,RAW LAMB	-	-	-	-	-	-
1295	LYCHEES RAW	3	170	-	-	.05	-
1296	LYCHEES DRIED	3	1100	-	-	-	-
1317	MARGARINE	987	23	3300	-	-	-
1362	MUSKRAT COOKED ROASTED	-	-	-	.16	.21	-
1406	OLIVES PICKLED GREEN	400	55	300	-	-	-
1503	PEARS CANDIED	-	-	-	-	-	-
1514	PEAS EDIBLE PODDED COOKED BOILED DRAIN	-	119	610	.22	.11	-
1553	PHEASANT RAW TOTAL EDIBLE	-	-	-	-	-	-
1554	PHEASANT RAW FLESH AND SKIN	-	-	-	-	-	-
1556	PHEASANT RAW GIBLETS	-	-	-	-	-	-
1624	PINENUTS PIGNOLIAS	-	-	-	.62	-	-
1837	QUAIL RAW FLESH AND SKIN	40	175	-	-	-	-
1838	QUAIL RAW GIBLETS	-	-	-	-	-	-
1983	SAUSAGE BOLOGNA ALL MEAT	-	-	-	-	-	-
2228	SUET BEEF KIDNEY FAT RAW	-	-	-	-	-	-
2241	SWEETBREADS THYMUS BEEF COOKED	116	433	-	-	-	-
2245	SWEETBREADS THYMUS LAMB COOKED BRAISED	-	-	-	-	-	-
2261	TANGELO JUICE RAW	-	-	-	-	-	-
2306	TONGUE CALF COOKED	-	-	-	-	-	-
2310	TONGUE LAMB COOKED	-	-	-	-	-	-
2312	TONGUE SHEEP COOKED BRAISED	-	-	-	-	-	-
2328	TURKEY TOTAL EDIBLE COOKED	-	-	-	-	-	-
2339	TURKEY GIBLETS COOKED	-	-	-	-	2.72	-
2340	TURKEY YOUNG BIRDS TOTAL EDIBLE	-	-	-	-	-	-
2342	TURKEY YOUNG BIRDS LIGHT MEAT	-	-	-	-	-	-
2343	TURKEY YOUNG BIRDS DARK MEAT	-	-	-	-	-	-
2452	WHEAT BREAKFAST CER TOAST QUICK COOK DI	1	-	0	.34	.06	-
2453	WHEAT BREAKFAST CER TOAST QUICK COOK	72	T	0	.05	.01	-
7023	OIL,PEANUT.	-	-	0	-	-	-
7030	CUMIN SEEDS,WHITE DRIED.	-	-	870	-	-	-
7031	ANISE SEEDS DRIED	-	-	0	-	-	-
7035	SOUP,RICE,CONGA	-	11	0	-	-	-
7041	TURMERIC,DRIED	-	-	20	-	-	-

TOTAL NUMBER OF DESCRIP

L E G E N D - F O R H E A D I N G C O D E S

1 - WATER %

2 - FOOD ENERGY CAL.

3 - PROTEIN GM.

4 - FAT GM.

5 -CARBOHYDRATE TOTAL GM

6 -CARBOHYDRATE FIBRE GM

7 - ASH GM.

8 - CALCIUM MG.

9 - PHOSPHOROUS MG.

10- IRON MG.

11- SODIUM MG.

12- POTASSIUM MG.

13- VITAMIN-A VALUE I.U.

14- THIAMIN MG.

15- RIBOFLAVIN MG.

16- NIACIN MG.

17- ASCORBIC ACID MG.

REPORT IN SEQUENCE OF - IRON** COLUMN -10-
ASCORBIC ACID COLUMN

ASCORBIC ACID COLUMN -17

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	17
1540	PEPER HOT CHILI MAT RED RAW POD INC SEED	74.3	93	3.7	2.3	369
1541	PEPER HOT CHILI MAT RED RAW POD EXC SEED	80.3	65	2.3	.4	360
1537	PEPPERS HOT CHILI IMMAT RAW EXCLUD SEEDS	88.8	37	1.3	.2	235
1434	ORANGE JUICE CANNED UNSWEET UNDILUTE	42.0	223	4.1	1.3	229
1548	PEPPERS SWEET MATURE RED RAW	90.7	31	1.4	.3	204
1440	ORANGE PEEL RAW	72.5	93	1.5	.2	136
1545	PEPPERS SWEET IMMATURE GREEN RAW	93.4	22	1.2	.2	126
1135	HORSERADISH RAW	74.6	87	3.2	.3	81
630	CAULIFLOWER RAW	91.0	27	2.7	.2	78
7014	CORIANDER LEAVES,RAW E.P		37	2.6	0.6	78
1244	LEMONS,RAW FRUIT,INCLUDING PEEL	87.4	20	1.2	.3	77
2355	TURNIP GREEN COOK SMALL WATER SHORT TIME	93.2	20	2.2	.2	69
1539	PEPPERS HOT CHILI IMMAT CANN CHILI SAUCE	93.9	20	.7	.1	68
~~7012~~	~~KOHLRABI RAW E.P~~		~~31~~	~~2.6~~	~~0.4~~	~~66~~
7016	LEAVES,MINT RAW E.P		32	3.0	0.7	64
1156	KALE COOKED,LEAVES,INCLUD STEMS	91.2	28	3.2	.7	62
2217	STRAWBERRIES RAW	89.9	37	.7	.5	59
758	CHIVES,RAW	91.3	28	1.8	.3	56
631	CAULIFLOWER COOKED,BOILED,DRAINED	92.8	22	2.3	.2	55
7006	FRUIT,PUMMELO, RAW E.P		39	0.7	0.3	53
1417	ONION YOUNG GREEN TOP ONLY GREEN PORTION	91.8	27	1.6	.4	51
1420	ORANGES RAW PEELED ALL VARIETIES	86.0	49	1.0	.2	50
1425	ORANGE JUICE RAW ALL VARIETIES	88.3	45	.7	.2	50
1422	ORANGE RAW PEELED CALIF VALENCIAS SUMMER	85.6	51	1.2	.3	49
1427	ORANGE JUICE RAW CALIF VALENCIAS SUMMER	87.8	47	1.0	.3	49
1367	MUSTARD GREENS COOKED BOILED	92.6	23	2.2	.4	48
512	CABBAGE COMMON RAW	92.4	24	1.3	.2	47
2356	TURNIP GREEN COOK LARGE WATER LONG TIME	93.5	19	2.2	.2	47
1245	LEMON JUICE RAW	91.0	25	.5	.2	46
1166	KOHLRABI,COOKED,BOILED,DRAINED	92.2	24	1.7	.1	43
7004	FRUIT, BITTERORANGE. RAW.		38	0.6	1.3	43
1295	LYCHEES RAW	81.9	64	.9	.3	42
1547	PEPPERS SWEET IMMATURE GREEN COOKED STUF	63.1	170	13.0	5.5	40
7005	FRUIT,MULBERRY RAW PULP AND SEEDS E.P		42	1.4	0.3	39
1053	GRAPEFRUIT RAW ALL VARIETIES	88.4	41	.5	.1	35
1240	LIMES,ACID TYPE,RAW	89.3	28	.7	.2	37
1269	LIVER CALF COOKED	51.4	261	29.5	13.2	37
1276	LIVER LAMB COOKED,	50.4	261	32.3	12.4	36
1316	MANGOS,RAW	81.7	66	.7	.4	35
513	CABBAGE COMMON COOKED,SHREDDED,	93.9	20	1.1	.2	33
1358	MUSKMELONS RAW CANTALOUPS	91.2	30	.7	.1	33
1261	LIME JUICE RAW	90.3	26	.3	.1	32
1415	ONIONS YOUNG GREEN BULB AND TOP	89.4	36	1.5	.2	32
1845	RADISHES RAW ORIENTAL INCLUDING DAIKON	94.1	19	.9	.1	32
2262	TANGERINES RAW	87.	46	.8	.2	31
2263	TANGERINE JUICE RAW	88.9	43	.5	.2	31
1542	PEPPERS HOT CHILI MATURE RED CANNED SAUC	94.1	21	.9	.6	30
480	BREADFRUIT,RAW	70.8	103	1.7	.3	29
2170	SPINACH COOKED BOILED	92.0	23	3.0	.3	28
1267	LIVER BEEF COOKED,	56.0	229	26.4	10.6	27
2261	TANGELO JUICE RAW	89.4	41	.5	.1	27
1844	RADISHES RAW COMMON	94.5	17	1.0	.1	26
1416	ONIONS YOUNG GREEN BULB AND WHITE OF TOP	87.6	45	1.1	.2	25
1849	RASPBERRIES RAW RED	84.2	57	1.2	.5	25
2283	TOMATOES RIPE COOKED BOILED	92.4	26	1.3	.2	24

ASCORBIC ACID COLUMN -17

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	17
1360	MUSKMELONS RAW HONEYDEW	90.6	33	.8	.3	23
2282	TOMATOES RIPE RAW	93.5	22	1.1	.2	23
2249	SWEETPOTATOES COOKED BAKED IN SKIN	63.7	141	2.1	.5	22
2264	TANGERINE JUICE CANNED UNSWEETENED	88.8	43	.5	.2	22
2353	TURNIPS COOKED BOILED	93.6	23	.8	.2	22
417	BLACKBERRIES,INCLUD DEW,BOYSEN,YOUNG,RAW	84.5	58	1.2	.9	21
1403	OKRA COOKED BOILED	91.1	29	2.0	.3	20
1786	POTATOES COOKED BAKED IN SKIN	75.1	93	2.6	.1	20
2281	TOMATOES GREEN RAW	93.0	24	1.2	.2	20
7013	LEAVES,BITTERORANGE SEMI DRIED.		146	6.8	3.1	20
1790	POTATOES COOKED FRIED FROM RAW	46.9	268	4.0	14.2	19
438	BRAINS,ALL KINDS BEEF,CALF,SHEEP ,RAW	78.9	125	10.4	8.6	18
1259	LETTUCE,RAW LOOSELEAF,VARIETIES,	94.0	18	1.3	.3	18
1848	RASPBERRIES RAW BLACK	80.8	73	1.5	1.4	18
397	COWPEAS,IMMATURE COOKED,	71.8	108	8.1	.8	17
1242	LEEKS,BULB AND LEAF PORTION,RAW	85.4	52	2.2	.3	17
2250	SWEETPOTATOES COOKED BOILED IN SKIN	70.6	114	1.7	.4	17
7017	LIVER. GOAT RAW. E.P		159	18.5	7.2	17
1271	LIVER CHICKEN,COOKED,	65.0	165	26.5	4.4	16
1473	PARSNIPS RAW	79.1	76	1.7	.5	16
1787	POTATOES COOKED BOILED IN SKIN	79.8	76	2.1	.1	16
1788	POTATOES COOKED BOILED PARED	82.8	65	1.9	.1	16
1809	POTATO CHIPS	1.8	568	5.3	39.8	16
393	BEET GREENS,COMMON COOKED,BOILED	93.6	18	1.7	.2	15
520	CABBAGE,SPOON PAKCHOY ,COOKED,	95.2	14	1.4	.2	15
1029	GARLIC,CLOVES,RAW	61.3	137	6.2	.2	15
64	AVOCADOS,RAW ALL VARIETIES	74.0	167	2.1	16.4	14
1514	PEAS BOIGLE PODDED COOKED BOILED DRAIN	86.6	43	2.9	.2	14
1152	JUJUBE,DRIED	19.7	287	3.7	1.1	13
1359	MUSKMELONS RAW CASABA GOLDEN BEAUTY	91.5	27	1.2	T	13
183	BEANS,SNAP GREEN COOKED,WATER,SHORT TIME	92.4	25	1.6	.2	12
1543	PEPPERS HOT CHILI MATURE RED DRIED PODS	12.6	321	12.9	9.1	12
942	CUCUMBERS,RAW NOT PARED	95.1	15	.9	.1	11
943	CUCUMBERS,RAW PARED	95.7	14	.6	.1	11
30	APRICOTS RAW	85.3	51	1.0	.2	10
141	BANANAS RAW COMMON	75.7	85	1.1	.2	10
184	BEANS,SNAP GREEN COOKED,WATER,LONG TIME	92.4	25	1.6	.2	10
662	CHERRIES RAW SOUR,RED	83.7	58	1.2	.3	10
663	CHERRIES RAW SWEET	80.4	70	1.3	.3	10
1412	ONIONS MATURE DRY RAW	89.1	38	1.5	.1	10
1544	PEPPERS HOT CHILI MATURE RED DRIED POWDE	8.5	340	14.3	12.4	10
2192	SQUASH SUMMER ALL VARIETIES COOKED	95.5	14	.9	.1	10
846	CORN,SWEET COOKED,KERNELS,ON COB	74.1	91	3.3	1.0	9
1831	PUMPKIN RAW	91.6	26	1.0	.1	9
1865	RHUBARB RAW	94.6	16	.6	.1	9
2165	SPAGHETTI MEAT BALLS TOMATO SAUCE COOKED	70.0	134	7.5	4.7	9
619	CARROTS RAW	88.2	42	1.1	.2	8
2201	SQUASH WINTER ALL VARIETY BOILED MASHED	88.8	38	1.1	.3	8
7008	HEART,GOAT RAW E.P.		122	11.1	8.3	8
15	APPLES RAW,FRESH NOT PARED	84.6	56	.2	.6	7
371	BEEF AND VEGETABLE STEW COOKED	82.4	89	6.4	4.3	7
1387	MILK COW DRY SKIM NON FAT SOLIDS	3.0	363	35.9	.8	7
1413	ONIONS MATURE DRY COOKED BOILED	91.8	29	1.2	.1	7
1479	PEACHES RAW	89.1	38	.5	.1	7
1560	PICKLES CUCUMBER SOUR	94.8	10	.5	.2	7

ASCORBIC ACID COLUMN -17

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	17
2424	WATERMELON RAW	92.6	26	.5	.2	7
7011	KIDNEY GOAT RAW, E.P		99	16.3	3.2	7
181	BEANS,MUNG SPROUTED SEEDS COOKED,	91.0	20	3.2	.2	6
305	BEETS,COMMON,RED COOKED,BOILED,	90.9	32	1.1	.1	6
620	CARROTS COOKED,BOILED,DRAINED	91.2	31	.9	.2	6
725	CHICKEN-ROASTERS GIBLETS-RAW	72.4	135	19.8	4.8	6
1258	LETTUCE,RAW CRISPHEAD VARIETIES	95.5	13	.9	.1	6
1326	MILK,COW DRY WHOLE	2.0	502	26.4	27.5	6
1866	RHUBARB COOKED ADDED SUGAR	62.8	141	.5	.1	6
1336	MILK HUMAN,U.S.SAMPLES	85.2	77	1.1	4.0	5
2163	SPAGHETTI TOMATO SAUCE WITH CHEESE COOK	77.0	104	3.5	3.5	5
1085	GRAPES RAW EUROPEAN TYPE	81.4	67	.6	.3	4
1117	HEART CHICKEN,COOKED,	66.7	173	25.3	7.2	4
1123	HEART TURKEY,COOKED,	63.2	216	22.6	13.2	4
1149	JELLIES	29.0	273	.1	.1	4
1502	PEARS RAW INCLUDING SKIN	83.2	61	.7	.4	4
1641	PLUMS RAW PRUNE TYPE	78.7	75	.8	.2	4
1651	POMEGRANATE PULP RAW	82.3	63	.5	.3	4
2422	WATERCHESTNUT CHINESE RAW	78.3	79	1.4	.2	4
7026	ROOTS GINGER RAW E.P		46	1.6	0.8	4
789	COCONUT MEAT FRESH	50.9	346	3.5	35.3	3
987	EGGPLANT COOKED,BOILED,DRAINED	94.3	19	1.0	.2	3
1356	MUSHROOMS EDIBLE SPECIES RAW	89.1	35	1.9	.6	3
41	APRICOTS DRIED,COOKED,WITH SUGAR	66.2	122	1.4	.1	2
1001	FIGS RAW	77.5	80	1.2	.3	2
1140	JAMS AND PRESERVES	29.0	272	.6	.1	2
1466	PEACHES DEHYDRATED COOKED WITH SUGAR	66.6	121	1.1	.2	2
2421	WALNUTS PERSIAN OR ENGLISH	3.5	651	14.8	64.0	2
7019	MARMALADE,ORANGE.		244	0.3	0.2	2
509	BUTTERMILK,FLUID, FROM SKIM MILK	90.5	36	3.6	.1	1
876	CORNBREAD,WHOLE-GROUND CORNMEAL	53.9	207	7.4	7.2	1
931	CREAM,FLUID HEAVY WHIPPING	56.6	352	2.2	37.6	1
1111	HEART BEEF,LEAN COOKED,	61.3	188	31.3	5.7	1
1134	HONEY,STRAINED OR EXTRACTED	17.2	304	.3	0.0	1
1143	ICE MILK	66.7	152	4.8	5.1	1
1144	ICES,WATER,LIME	66.9	78	.4	T	1
1201	LOCOATS,RAW	86.5	48	.4	.2	1
1321	MILK,COW FLUID PASTEURIZED WHOLE 3.7%FAT	87.2	66	3.5	3.7	1
1322	MILK,COW FLUID PASTEURIZED SKIM	90.5	36	3.6	.1	1
1324	MILK,COW CANNED EVAPORATED	73.8	137	7.0	7.9	1
1325	MILK,COW CONDENSED SWEETEN	27.1	321	8.1	8.7	1
1335	MILK GOAT FLUID	87.5	67	3.2	4.0	1
1324	PUDDINGS STARCH VANILLA BLANC MANGE	76.0	111	3.5	3.9	1
1846	RAISINS NATURAL UNCOOKED	18.0	289	2.5	.2	1
2431	YOGHURT MADE PART SKIM MILK	89.0	50	3.4	1.7	1
2482	YOGHURT MADE WHOLE MILK	88.0	62	3.0	3.4	1
8	ALMONDS DRIED	4.7	598	18.6	54.2	T
10	ALMOND MEAL,PARTIALLY DEFATTED	7.2	408	39.5	18.3	T
23	APPLES DRIED,COOKED WITH SUGAR	69.7	112	.3	.4	T
444	BREADS CRACKED-WHEAT	34.9	263	8.7	2.2	T
473	BREADS WHOLE-WHEAT,MADE WITH-WATER	36.4	241	9.1	2.6	T
586	CANDY CHOCOLATE SWEET	.9	528	4.4	35.1	T
599	CANDY CHOCOLATE-COATED PEANUTS	1.0	561	16.4	41.3	T
752	CHICKEN AND NOODLES,	71.1	153	9.3	7.7	T
816	COOKIES CHOCOLATE	4.0	445	7.1	15.7	T

USAID FOOD FOR

COMPOSITION OF AFGHAN F 4

ASCORBIC ACID COLUMN -17

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	17
818	COOKIES CHOCOLATE CHIP COMMERCIAL TYPE	2.7	471	5.4	21.0	T
828	COOKIES RAISIN	8.2	379	4.4	5.3	T
831	COOKIES SUGAR,SOFT,THICK,	7.9	444	6.0	16.8	T
948	CUSTARD,BAKED	77.2	115	5.4	5.5	T
957	DOUGHNUTS,CAKE TYPE	23.7	391	4.6	18.6	T
1115	HEART CALF COOKED,	60.3	208	27.8	9.1	T
1121	HEART LAMB COOKED	54.1	260	29.5	14.4	T
1847	RAISINS NATURAL COOKED ADDED SUGAR	41.4	213	1.2	.1	T
1904	ROLLS AND BUNS RAISIN,	32.0	275	6.9	2.9	T
1905	ROLLS AND BUNS SWEET	31.5	316	8.5	9.1	T
2477	YEAST BAKERS DRY ACTIVE	5.0	282	36.9	1.6	T
7001	BEAN,KIDNEY WHOLE SEEDS,DRIED E. P.		336	20.3	1.2	T
7010	JUICE, SUGARCANE.		56	0.2	0.2	T
9	ALMONDS ROASTED AND SALTED	.7	627	18.6	57.7	0
145	BARLEY,PEARLED LIGHT	11.1	349	8.2	1.0	0
155	BEANS,COMMON,DRY WHITE COOKED	69.0	118	7.8	.6	0
404	BEVERAGES,CARBONATED,COLA TYPE	90.0	39.	.0	.0	0
505	BUTTER	15.5	716	.6	81.0	0
506	BUTTER OIL OR DEHYDRATED BUTTER	.2	876	.3	99.5	0
613	CANDY SUGAR-COATED ALMONDS	2.3	456	7.8	18.6	0
647	CHEESES,NATURAL COTTAGE CREAMED	78.3	106	13.6	4.2	0
648	CHEESES,NATURAL COTTAGE UNCREAMED	79.0	86	17.0	.3	0
815	COOKIES BUTTER,THIN,RICH	4.5	457	6.1	16.9	0
863	CORN GRITS,DEGERMED ENRICHED COOKED	87.1	51	1.2	.1	0
863	CORNMEAL,WHOLE-GROUND,UNBOLTED	12.0	355	9.2	3.9	0
886	CORNMEAL,DEGERMED,COOKED	87.7	50	1.1	.2	0
952	DATES,DOMESTIC,NATURAL AND DRY	22.5	274	2.2	.5	0
968	EGGS CHICKEN RAW WHOLE,	73.7	163	12.9	11.5	0
973	EGGS CHICKEN COOKED FRIED	67.7	216	13.8	17.2	0
974	EGGS CHICKEN COOKED HARD-COOKED	73.7	163	12.9	11.5	0
975	EGGS CHICKEN COOKED OMELET	72.1	173	11.2	12.9	0
977	EGGS CHICKEN COOKED SCRAMBLED	72.1	173	11.2	12.9	0
983	EGGS DUCK,WHOLE,FRESH,RAW	70.4	191	13.3	14.5	0
992	FARINA ENRICHED REGULAR COOKED	89.5	42	1.3	.1	0
1007	FIGS DRIED,UNCOOKED	23.0	274	4.3	1.3	0
1254	LENTILS,MATURE SEEDS,DRY WHOLE COOKED	72.0	106	7.8	T	0
1299	MACARONI ENRICHED COOKED,FIRMSTAGE	63.6	148	5.0	.5	0
1300	MACARONI ENRICHED COOKED TENDER STAGE	72.0	111	3.4	.4	0
1302	MACARONI UNENRICHED COOKED FIRM STAGE	63.6	148	5.0	.5	0
1303	MACARONI UNENRICHED TENDER STAGE COOKED	72.0	111	3.4	.4	0
1317	MARGARINE	15.5	720	.6	81.	0
1338	MILLET,PROSO,WHOLE GRAIN	11.8	327	9.9	2.9	0
1377	NOODLES EGG ENRICHED DRY FORM	9.8	388	12.8	4.6	0
1378	NOODLES EGG ENRICHED COOKED	70.4	125	4.1	1.5	0
1380	NOODLES EGG UNENRICHED COOKED	70.4	125	4.1	1.5	0
1401	OILS SALAD OR COOKING	0.0	884	0.0	100.	0
1492	PEANUTS RAW WITH SKINS	5.6	564	26.0	47.5	0
1626	PISTACHIONUTS	5.3	594	19.3	53.7	0
1654	POPCORN POPPED PLAIN	4.0	386	12.7	5.0	0
1655	POPCORN POPPED OIL AND SALT ADDED	3.1	456	9.8	21.8	0
1656	POPCORN POPPED SUGAR COATED	4.0	383	6.1	3.5	0
1870	RICE BROWN COOKED	70.3	119	2.5	.6	0
1872	RICE WHITE ENRICHED COMMON COOKED	72.6	109	2.0	.1	0
1963	SALT TABLE	.2	0	0.0	0.0	0
2032	SESAME SEEDS DRY WHOLE	5.4	563	18.6	49.1	0

7134 Gur (Sugar Crude)

ASCORBIC ACID COLUMN -17

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	17
2158	SPAGHETTI ENRICHED COOKED FIRM STAGE	63.6	148	5.0	.5	0
2159	SPAGHETI ENRICHED COOKED TENDER STAGE	72.0	111	3.4	.4	0
2229	SUGARS BEET OR CANE BROWN	2.1	373	0.0	0.0	0
2230	SUGARS BEET OR CANE GRANULATED	.5	385	0.0	0.0	0
2430	WHEAT WHOLE GRAIN HARD RED SPRING	13.0	330	14.0	2.2	0
2431	WHEAT WHOLE GRAIN HARD RED WINTER	12.5	330	12.3	1.8	0
2432	WHEAT WHOLE GRAIN SOFT RED WINTER	14.0	326	10.2	2.0	0
2433	WHEAT WHOLE GRAIN WHITE	11.5	335	9.4	2.0	0
2435	WHEAT FLOURS WHOLE HARD WHEATS	12.	333	13.3	2.0	0
2436	WHEAT FLOURS 80% EXTRACTION HARD WHEATS	12.	365	12.	1.3	0
2437	WHEAT FLOURS STRAIGHT HARD WHEAT	12.	365	11.8	1.2	0
2446	WHEAT BRAN CRUDE	11.5	213	16.0	4.6	0
2447	WHEAT GERM CRUDE	11.5	363	26.6	10.9	0
2449	WHEAT BREAKFAST CEREALS ROLLED COOKED	79.7	79	2.2	.4	0
2450	WHEAT BREAKFAST CER ROLL WHOLE MEAL DRY	10.4	336	13.5	2.0	0
2451	WHEAT BREAKFAST CEREALS WHOLE MEAL COOKE	87.7	45	1.6	.3	0
2452	WHEAT BREAKFAST CER TOAST QUICK COOK DRY	6.4	383	12.0	1.6	0
2453	WHEAT BREAKFAST CER TOAST QUICK COOK	84.1	65	2.0	.3	0
7003	SQUAB&PIGEON FLESH,SKIN GIBLETS		175	20.9	9.5	0
7015	CURRY LEAVES DRIED,POWDER		301	14.2	10.9	0
7018	LUNG-COAT RAW E.P		112	20.2	2.6	0
7024	OIL,SESAME		881	0.2	99.7	0
~~7025~~	~~QUAIL RAW E.P. FLESH,SKIN GIBLETS~~		~~116~~	~~21.2~~	~~1.1~~	~~0~~
~~7026~~	~~SEEDS SESAME WHOLE DRIED~~		~~5.2~~	~~17.3~~	~~52.3~~	~~0~~
~~7029~~	~~SEEDS SUNFLOWER DRIED E.P~~		~~436~~	~~16.7~~	~~32.8~~	~~0~~
7030	CUMIN SEEDS,WHITE DRIED.		332	16.6	13.4	0
7032	SHERBET		123	1.5	0.0	0
7033	SMALL FISH,SMALL WHOLE STEAMED. E.P		97	20.0	1.3	0
7034	SOUP CHICKEN MADE FROM BONES		21	0.5	0.0	0
7036	STOMACH, BEEF RAW, E.P		85	13.7	2.9	0
7037	STOMACH, GOAT RAW,EP.		100	8.3	7.2	0
7039	TALLO		678	0.3	99.7	0
160	BEANS,COMMON,DRY RED COOKED	69.0	118	7.6	.5	-
177	BEANS,LIMA MATURE SEEDS,DRY COOKED	64.1	138	8.2	.6	-
213	BEEF,CARCASS TOTAL EDIBLE,RAW UTIL GRADE	62.5	242	18.6	18.0	-
368	BEEF,HAMBURGER LEAN COOKED	60.0	219	27.4	11.3	-
482	BROADBEANS,RAW MATURE SEEDS,DRY	11.9	338	25.1	1.7	-
510	BUTTERMILK,DRIED	2.6	387	34.3	5.3	-
682	CHICKEN ALL CLASSES COOKED,	63.8	166	31.6	3.4	-
684	CHICKEN ALL CLASSES DARK MEAT COOKED,	64.4	176	28.0	6.3	-
685	CHICKEN BROILERS,COOKED,	71.0	136	23.8	3.8	-
687	CHICKEN FRYERS FLESH,SKIN,GIBLETS COOKED	53.3	249	30.7	11.8	-
689	CHICKEN FRYERS FLESH AND SKIN COOKED,	53.5	250	30.6	11.9	-
691	CHICKEN FRYERS FLESH ONLY COOKED,	58.6	209	31.2	7.0	-
693	CHICKEN FRYERS SKIN ONLY COOKED,	32.5	419	28.3	28.9	-
695	CHICKEN FRYERS GIBLETS COOKED,	51.7	252	30.8	11.2	-
697	CHICKEN FRYERS LIGHT MEAT,SKIN COOKED,	55.0	234	31.5	9.9	-
699	CHICKEN FRYERS DARK MEAT,SKIN COOKED,	52.1	263	29.9	13.6	-
701	CHICKEN FRYERS LIGHT MEAT COOKED,	59.5	197	32.1	6.1	-
703	CHICKEN FRYERS DARK MEAT COOKED,	57.5	220	30.4	9.3	-
705	CHICKEN FRYERS CUT-UP PARTS COOKED,	40.5	347	30.0	21.2	-
707	CHICKEN FRYERS BREAST COOKED,	58.4	203	32.5	6.4	-
709	CHICKEN FRYERS DRUMSTICK COOKED,	55.0	235	32.6	10.2	-
711	CHICKEN FRYERS NECK COOKED,	50.2	289	26.7	17.4	-
713	CHICKEN FRYERS RIB COOKED,	45.7	298	31.5	15.4	-

USAID FOOD FOR

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A CEREIC ACID COLUMN -17

ITEM CODE	FOOD DESCRIPTION	1	2	3	4	17
715	CHICKEN FRYERS THIGH COOKED,	55.8	237	29.1	11.4	-
717	CHICKEN FRYERS WING COOKED,	52.6	268	29.0	14.8	-
719	CHICKEN ROASTERS TOTAL EDIBLE COOKED,	53.5	290	25.2	20.2	-
721	CHICKEN ROASTERS FLESH,GIBLETS COOKED,	57.5	242	27.2	14.0	-
723	CHICKEN ROASTERS FLESH AND SKIN COOKED,	57.0	248	27.1	14.7	-
725	CHICKEN ROASTERS FLESH ONLY COOKED,	62.8	183	29.5	6.3	-
728	CHICKEN-ROASTERS-LIGHT MEAT COOKED,	61.3	162	32.3	4.9	-
732	CHICKEN-HENS & COCKS-TOT EDIB,COOKED	45.9	369	24.0	29.5	-
734	CHICKEN-HENS & COCKS-FLESH,GIBLETS,COOKE	50.8	312	26.2	22.2	-
736	CHICKEN-HENS & COCK-FLESH,SKIN,COOK,STEW	50.4	317	26.1	22.8	-
738	CHICKEN-HENS & COCK-FLESH ONLY,COOK,STEW	60.4	208	30.0	8.9	-
741	CHICKEN-HENS& COCKS-LIGHT MEAT COOK,STEW	62.1	180	32.2	4.7	-
753	CHICKPEAS OR GARBANZOS,MATURE,DRY,RAW	10.7	360	20.5	4.8	-
904	COWPEAS,MATURE,DRY COOKED	80.0	76	5.1	.3	-
962	DUCK,DOMESTICATED,RAW,FLESH ONLY	68.8	165	21.4	8.2	-
964	DUCK,WILD,RAW FLESH ONLY	70.8	138	21.3	5.2	-
984	EGGS GOOSE,WHOLE,FRESH,RAW	70.4	135	13.9	13.3	-
985	EGGS TURKEY,WHOLE,FRESH,RAW	72.6	170	13.1	11.8	-
1032	GELATIN DESSERTS,PLAIN	84.2	59	1.5	0.0	-
1037	GIZZARD CHICKEN,COOKED,	68.0	148	27.0	3.3	-
1040	GIZZARD TURKEY,COOKED,	62.7	196	26.8	8.6	-
1042	GOOSE,TOTAL EDIBLE COOKED,	39.1	426	23.7	36.0	-
1044	GOOSE,FLESH AND SKIN COOKED,	37.9	441	22.9	38.1	-
1046	GOOSE,FLESH ONLY COOKED,	54.8	233	33.9	9.8	-
1113	HEART BEEF,LEAN WITH VISIBLE FAT COOKED,	44.4	372	25.8	29.0	-
1160	KIDNEYS BEEF COOKED,	53.0	252	33.0	12.0	-
1175	LAMB CUTS PRIME GRADE	56.3	310	15.4	27.1	-
1176	LAMB CUTS,CHOICE GRADE	61.0	263	16.5	21.3	-
1180	LAMB RETAIL CUTS,LEG PRIME COOKED,ROAST	50.4	319	23.9	24.0	-
1205	LAMB-LOIN-TOT EDIB COOKED,	48.6	341	22.8	27.0	-
1210	LAMB-RIB PRIME,TOTAL EDIBLE COOKED,	35.5	492	16.9	46.5	-
1212	LAMB-RIB PRIME,SEPARABLE LEAN COOKED	59.1	224	26.9	12.1	-
1215	LAMB-RIB CHOICE TOT EDIB COOKED,	42.9	407	20.1	35.6	-
1217	LAMB-RIB CHOICE SEPARABLE LEAN COOKED	60.3	211	27.2	10.5	-
1220	LAMB-RIB GOOD TOT EDIB,COOKED,	45.4	378	21.2	31.9	-
1222	LAMB-RIB GOOD SEPARABLE LEAN COOKED	60.7	206	27.4	9.9	-
1225	LAMB SHOULDER PRIME TOTAL COOKED,ROASTED	46.2	374	20.7	31.7	-
1227	LAMB SHOULDER PRIME SEPAR LEAN COOK,	60.4	215	26.6	11.2	-
1278	LIVER TURKEY,ALL CLASSES COOKED,	63.3	174	27.9	4.8	-
1292	LUNGS,RAW BEEF	78.8	96	17.6	2.3	-
1293	LUNGS,RAW CALF	77.4	106	16.8	3.8	-
1294	LUNGS,RAW LAMB	76.7	103	19.3	2.3	-
1296	LYCHEES DRIED	22.3	277	3.8	1.2	-
1341	MOLASSES CANE THIRD EXTRACT BLACKSTRAP	24.	213	-	-	-
1362	MUSKRAT COOKED ROASTED	67.3	153	27.2	4.1	-
1406	OLIVES PICKED GREEN	78.2	116	1.4	12.7	-
1503	PEARS CANDIED	21.0	303	1.3	.6	-
1553	PHEASANT RAW TOTAL EDIBLE	69.2	151	24.3	5.2	-
1554	PHEASANT RAW FLESH AND SKIN	68.9	152	24.7	5.2	-
1556	PHEASANT RAW GIBLETS	71.4	139	20.8	4.9	-
1624	PINENUTS PIGNOLIAS	5.6	552	31.1	47.4	-
1837	QUAIL RAW FLESH AND SKIN	66.3	172	25.4	7.0	-
1838	QUAIL RAW GIBLETS	63.0	176	21.6	6.2	-
1841	RABBIT FLESH ONLY COOKED STEWED	59.8	216	29.3	10.1	-
1983	SAUSAGE BOLOGNA ALL MEAT	57.4	277	13.3	22.8	-

USAID FOOD FOR

COMPOSITION OF AFGHAN FO

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ID COLUMN -17

FOOD	DESCRIPTION	1	2	3	4	17
EEF KIDNEY FAT RAW		4.	854	1.5	94.	-
HER SEED KERNELS DRY		4.8	560	24.0	47.3	-
READS THYMUS BEEF COOKED		49.6	320	25.9	23.2	-
READS THYMUS CALF COOKED BRAISED		62.7	168	32.6	3.2	-
READS THYMUS LAMB COOKED BRAISED		64.6	175	28.1	6.1	-
STANT BEVERAGE		99.4	2	-	T	-
BEEF MEDIUM FAT COOKED		60.8	244	21.5	16.7	-
CALF COOKED		68.5	160	23.9	6.0	-
LAMB COOKED		60.2	254	20.5	18.2	-
SHEEP COOKED BRAISED		51.6	323	19.6	25.3	-
TOTAL EDIBLE COOKED		55.4	263	27.0	16.4	-
TOTAL EDIBLE FLESH ONLY COOKED		61.2	190	31.5	6.1	-
LIGHT MEAT COOKED		62.1	176	32.9	3.9	-
DARK MEAT COOKED		60.5	203	30.0	8.3	-
IBLE'S COOKED		61.0	233	20.6	15.4	-
OUNG BIRDS TOTAL EDIBLE		71.5	145	21.4	6.0	-
OUNG BIRDS LIGHT MEAT		73.8	108	24.5	.4	-
OUNG BIRDS DARK MEAT		75.7	111	20.6	2.6	-
CASS RAW INC KIDNEY FAT CLASS		66.	207	18.8	14.	-
CASS RAW EXCL KIDNEY FAT CLASS		68.	190	19.1	12.	-
CUT UNTRIM CHOC MED TOT ED COOK		58.5	235	27.9	12.8	-
LEAN MEAT ONLY RAW		74.	126	21.	4.	-
FLESH BONES,E.P.			124	19.4	4.6	-
D RAW E.P.			78	14.5	1.8	-
E			268	1.9	0.1	-
LEAN E.P.			179	15.0	11.3	-
T RAW E.P			121	20.5	3.7	-
~~RAW E.P~~			~~140~~	~~24.8~~	~~1.6~~	-
T.			884	T	99.9	-
PKIN DRIED SALTED E.P			569	24.2	50.4	-
DS DRIED			415	19.	24.7	-
.CONGA			38	0.8	T	-
ARCANE			259	-	-	-
DRIED			337	6.3	5.1	-

TOTAL NUMBER OF DESCRIPTION CARDS