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9. ABSTRACT

This reference volume, one of two products of a research program initiated in 1970, presents tabular data on the proximate composition, mineral contents, and vitamin contents of East Asian foods. The other publication based on the research program is "A Selected Bibliography on East-Asian Foods and Nutrition, Arranged According to Subject Matter and Area." Countries included in the study are Burma, Thailand, Cambodia, Laos, Vietnam, Mainland China, Malaysia, Singapore, Indonesia, Philippines, Hong Kong, Taiwan, Korea, and Japan. This publication provides more food data than other regional food tables, including data for proximate composition, calcium, phosphorus, iron, sodium, potassium, retinol, beta-carotene equivalent, thiamine, riboflavin, niacin, ascorbic acid, and percentage of inedible portion of the foods. Available data on amino acids, fatty acids, other B-vitamins, and trace elements, contributed by FAO, are presented in the second part of the document.

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National Institutes of Health

and

Nutrition Program, Center for Disease Control,
Health Services and Mental Health Administration

and

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F O O D C O M P O S I T I O N T A B L E F O R U S E I N E A S T A S I A

Part I

Proximate Composition, Mineral and Vitamin Contents of East Asian Foods

by

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F O O D C O M P O S I T I O N T A B L E F O R U S E I N E A S T A S I A

Part II

Amino Acid, Fatty Acid, Certain B-vitamin and Trace Mineral Content of Some Asian Foods

by

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FOREWORD

A joint research project for compilation of a comprehensive food table for use in East Asia, plus collection of extensive bibliographical references concerning many facts on Asian foods and nutrition programs, has been completed, and resulted in two publications: one is the "Food Composition Table for Use in East Asia", and the other, "A selected Bibliography on East-Asian Foods and Nutrition Arranged According to Subject Matter and Area."

Setting the pace and character for this third table were, first, the food table for Latin America (1959-1961), and second, the food table for Africa (1965-1968). Documents of this kind are essential for evaluation of the local food consumption and for planning nutritional improvements and optimum utilization of local food resources. All of these regional food tables have received world-wide distribution and have been utilized by various national and international institutions.

Initiation of this project took place in early 1970. A meeting to determine the details of carrying out this project was held with Dr. Benjamin T. Burton, NIH Collaborative Project Officer; Dr. W.T. Wu Leung, Project Officer, Nutrition Program, Center for Disease Control; and Dr. K.K.P.N. Rao, FAO Collaborative Project Officer (deceased), each representing his/her respective agency.

Areas studied for this project are: Burma, Thailand, Cambodia, Laos, Vietnam, Mainland China, Malaysia, Singapore, Indonesia, Philippines, Hong Kong, Taiwan, Korea, and Japan, from all of which data of food composition were obtained in preparation of the present food tables.

It was the task of the Principal Investigator, Dr. W.T. Wu Leung, to visit various nutrition institutions in these different areas, and to obtain as many published and unpublished materials as possible on chemical composition of indigenous foods, as well as references of other nutrition-related Asian subject matter.

During the duration of three years of research on this project, visits were made to Japan, Korea, Taiwan, Hong Kong, Philippines, South Vietnam, Laos, Thailand, Indonesia, and Burma. Trips to Cambodia and Mainland China were not possible, due to the existing situation at that time.

In each area, personal contacts were made with local nutritionists, from whom a continuous input of recent data on analysis of indigenous foods was requested. Special arrangements were also made to obtain data of the inedible portion of locally grown or processed foods. Scientific articles concerning food values of indigenous foods, written in the local language were translated to excerpt the necessary data. Because of these efforts, this regional food table provides as many as possible of the nutritive values of indigenous foods in terms of 100 grams, edible portion, as well as purchased.

This publication, therefore, provides more food data information than other regional food tables, including the data of proximate composition, calcium, phosphorus, iron, sodium, potassium, retinol, beta-carotene equivalent, thiamine, riboflavin, niacin, ascorbic acid and percentage of inedible portion in foods, as presented in Part I. The available data on amino acids, fatty acids, other B-vitamins, and trace elements, contributed by FAO, are presented in Part II. Thus, this regional food composition table is the most comprehensive and up-to-date Asian food composition table yet published.

The collected references on Asian foods and nutrition are published separately, as "A Selected Bibliography on Asian Foods and Nutrition Arranged According to Subject Matter and Area". Bibliographical references are classified into various subjects (general information, food resources, food composition, food supplements, food technology, food habits, nutrition and dietary surveys, nutritional status and nutrition education) for the entire region as well as 14 individual areas. Bibliographical references and analytical data reported before 1940, have, with few exceptions, been eliminated.

It would be appreciated if anyone having additional information on analytical data on indigenous foods now available or planned in the near future would communicate with the authors.

National Institute of Arthritis, Metabolism, and Digestive Diseases,
National Institutes of Health,
U.S. Department of Health, Education and Welfare.

Nutrition Program
Center for Disease Control
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Appreciation is acknowledged especially to the U.S. - Japan Cooperative Medical Science Program, from NIH, for the grant supporting the majority of expenses necessary to carry out this entire three-year project.

This publication could not have been completed without the financial support of the Nutrition Program, Center for Disease Control, Health Services and Mental Health Administration (HSMHA), the assistance and administrative support policy of the National Institute of Arthritis, Metabolism, and Digestive Diseases, at NIH, and the special administrative help provided by the American Institute of Nutrition, and the Federation of American Societies for Experimental Biology (FASEB).

Thanks are extended to many nutrition-related institutions in several Asian areas for their courtesy and cooperation in gathering the available analytical data for their native foods and pertinent references, and to our counterparts in particular areas for providing us with the data on inedible portion of foods indigenous to their native countries.

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FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

PART I

PROXIMATE COMPOSITION, MINERAL AND VITAMIN CONTENTS OF EAST ASIAN FOODS

EXPLANATION ON FOOD COMPOSITION TABLE

PART I

Sources of Data. In compiling the data collected on Asian foods, emphasis was put on critical evaluation of local data already available within the region, and determining the nutrient-gaps remaining to be filled. Whenever possible, the appropriate local data were applied in deriving a representative value for each individual food commonly used in the East Asian region. In other cases, arrangements were made for analysis of 59 Asian foods by the Wisconsin Alumni Research Foundation, Inc., in the USA, and of 155 Asian foods by the Food Industry Research and Development Institute, in Taiwan, to fill gaps in nutrient information. Special funds were provided by NIH for this work done by these two organizations.

When food samples were not available on time for analysis, or original data were negligible, calculated or imputed values of the same food from other regions, with the identical scientific names, were applied when such substitution proved useful and reasonable. Such data are indicated by parentheses throughout this food composition table. For certain imported foods, values from countries of origin are applied, and no parentheses are used. For food indigenous to certain areas, when only local analyses are available, such analyses, if reasonable, as well as local names, have been applied. Some local foods for which analytical data were not found are not listed in the food table.

Cases in which a single analysis was available, and values were in doubt, are indicated by a question mark. A nutrient column left blank signifies no available analytical data, or the omission of questionable data.

Because many Asian foods or food products are preserved by sun-drying whenever feasible, such uncooked products are presented as nearly as possible in rehydrated form. It is hoped that in the near future, as studies are made to determine the loss of nutrients during cooking, these products can be calculated into cooked products.

Useful references concerning food composition data, from which representative values of Asian foods presented here were derived, are listed as Appendix 6.

Nomenclature Used. Because of differing local names, scientific names are used as the basis for data entry, in compilation of the analytical data of Asian foods.

Most of the English names used in this food table are those suggested in the "Standardized Plant Names", prepared for the American Joint Committee on Horticulture, and the "Dictionary of Economic Plants", by J.C. Th. Uphof. Other references cited in Appendix 7, concerning the botanical nomenclature of Asian foods, also prove useful.

Food Groups. The foods selected for inclusion in the table are grouped into 14 major groups, as listed below, according to local eating habits. Such groupings have also been used in the African regional food composition table. The quantitative data of each food grouping of different segments or population in each world-region, therefore, can be assessed. Comparison can also be made between regions, with regard to their consumption habits, patterns, and levels of different groups, as well as their food trends.

In classifying foods belonging to Group 2 (Starchy Roots, Tubers and Fruits), two criteria were applied. First, those starchy foods, whose total carbohydrate "by difference" content, in terms of the raw product, is 20% or over, and which are consumed in substantial amounts, are included in this group. Second, those starchy foods of which the amount consumed is very limited, and which are used as fruits or vegetables, are classified as fruits or vegetables, respectively. For the convenience of the users, cross-indexes are applied.

Food Groups

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

Food Energy. The specific physiological energy factors used in other regional food composition tables (Appendix 1) have been adopted for use in calculating the food energy in this table. In view of the great variety of dietary patterns in Asia and because of inadequate existing studies on the digestability of Asian foods by Asian subjects, the Atwater system of calculating energy values, expanded as shown in the U.S. Department of Agriculture Handbook No. 74, "Energy Value of Foods--Basis and Derivation", has been used.

Protein. Protein values are computed from the nitrogen content, as determined by the Kjeldahl method, multiplied by a conversion factor. Since most of the proteins contain approximately 16 percent nitrogen, a 6.25 factor is generally used for conversion of nitrogen to protein. For certain other foods in which the percentage of nitrogen in protein differs, the following specific factors for converting nitrogen to protein, as originally suggested by Dr. Breese Jones,[1/]

1/ Jones, D.B.: Factors for converting percentages of nitrogen in foods and feeds into percentage of protein. U.S. Dept. Agric. Cir. 183, 22 pp. (Slightly revis. edit.), 1941.

were used here as well as in the previous regional food tables for Africa and Latin America.

Foods	Factors for converting nitrogen to protein
Milk	6.38
Barley, oats and rye	5.83
Rice	5.95
Wheat flour, refined	5.70
Wheat, whole-kernel	5.83
Almonds	5.18
Peanuts, Brazilnuts	5.46
Soybeans	5.71
Nuts and Seeds, other	5.30

Because the consumption of mushrooms, fungi, and seaweeds is very common in Asian countries, special analyses on these food items were made by the Wisconsin Alumni Research Foundation, Inc., with regard to the percentage of non-protein nitrogen present. It was found that approximately 20%, or one-third of the nitrogen in the mushrooms and fungi, and about 20%, or one-fifth of the nitrogen in seaweeds, are counted as non-protein nitrogen.

In calculating the protein value for these products in the protein column, the non-protein nitrogen is excluded. In order to avoid overestimating their carbohydrate content, crude protein (including nitrogeneous matter and nonprotein nitrogen) was used for calculating the carbohydrate by difference of these products in the food table.

Carbohydrate. Carbohydrate in the food table presents the total carbohydrate by difference including fiber--that is, the sum of moisture, protein, fat, and ash is subtracted from 100. Nitrogen-free-extract can be calculated by subtracting crude fiber from carbohydrate.

Minerals. Calcium, phosphorus, and iron values given in this table represent the total content of each nutrient, without deduction for the unutilized portion.

Although leafy green vegetables, which are consumed in large quantities by Asians, contain considerable amounts of calcium, all of the calcium appearing in these products may not be fully utilized, due to the presence of oxalic acid or of phytates. Studies, therefore, are needed of the oxalic acid and phytate content, and the available iron in various commonly used Asian foods.

Due to limited analyses being done in cooked foods, it is noted, quite often, that analyses reported on cooked products show higher in calcium and sometimes in iron than in the corresponding raw products. The reasons, such as the cooking water, cooking utensils, or other factors, remain unknown, and need further investigation. It is advisable for laboratories undertaking food analyses to provide detailed information on the foods and their condition at the time of cooking.

Sodium and Potassium. Analyses done for sodium and potassium in East Asian foods are used directly in this food table. Whenever such data were not available, calculated or imputed values from other regional sources have been applied.

Vitamin A. In accordance with the recommendations made by the joint FAO/WHO Expert Group on "Requirements of Vitamin A, Thiamine, Riboflavin, and Niacin," (FAO, Report Series No. 41, 1967) the vitamin A values in this food table are expressed in terms of "retinol", which refers to vitamin A alcohol, and the "beta-carotene equivalent".

The conversion factors used for calculating these from International Units or from micrograms of vitamin A activity, listed below, are the same as applied in the previous regional food table for use in Africa.

When analytical data for vitamin A are reported in International Units (I.U.), the following factors were used for conversion to micrograms of retinol, beta-carotene, and other carotenoids.

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

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

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

The estimated distributions of sources of vitamin A activity in various foods (as suggested for use in the Latin American food composition table, and adopted by the FAO/WHO Expert Group in the meeting concerning requirements of vitamin A) are listed as follows:

Estimated Distribution of Sources of Vitamin A Activity in Various Foods

	From Retinol	From Retinol Precursors	
		Beta-Carotene	Carotenoids Other than beta
Animal Origin:			
Meat and Meat Organs	90	10	
Poultry	70	30	
Fish and Shellfish	90	10	
Eggs	70	30	
Milk and Milk Products	70	30	
Animal and Fish Oil	90	10	
Plant Origin:			
Cereals:			
Maize, yellow		40	60
Other		50	50
Legumes and Seeds		50	50
Vegetables:			
Green vegetables		75	25
Deep yellow (carrots, sweet-potatoes, deep orage type, etc.)		85	15
Sweetpotatoes, pale type		50	50
Fruits:			
Deep-yellow (apricot, sapote, etc.)		85	15
Other fruits		75	25
Vegetable oils:			
Red palm oil		65	35
Other vegetable or seed oil		50	50

These estimates have been applied in calculating retinol and beta-carotene equivalents in this food table.

Ascorbic Acid. Ascorbic acid values are expressed in terms of total ascorbic acid, instead of reduced ascorbic acid.

Refuse. The percentage of refuse (inedible portion) in 100 grams of food gross, or as purchased weight, is included in the first column of the food table.

Inedible portion was determined in 70 Asian foods by the Food Industry Research and Development Institute in Taiwan, and in about 355 foods were voluntarily studied by the local nutritionists in Burma, Thailand, Singapore, and Indonesia. These data were used in calculation of the food values in terms of gross or as purchased weight.

The portion considered inedible varies from place to place, and consumer to consumer. In this table, the nature of the inedible portion is specifically described to aid the reader and permit him to arrive at his interpretation of total food value.

Conversion Factors of Weight Units Used in East Asia. For the convenience of users in various Asian areas, the factors for converting weights commonly used in Asia to metric and avoirdupois equivalents, were compiled and attached as Appendix 2.

SUMMARY AND RECOMMENDATIONS

This East Asian food composition table is the first of a series of regional food tables in which an attempt has been made to fill in nutrient-gaps as much as possible during three years of research. It is also the first regional table which, in one single publication, includes data on amino acids, fatty acids, trace elements, certain B-vitamins, sodium and potassium. It also provides information on the inedible portion of numerous indigenous foods, increasing its usefulness in evaluating the food consumption of Asian people in this region.

Of a total 1020 items selected for inclusion, 1037 are derived from edible plants. Fruits, vegetables, and starchy roots, tubers represent 7[illegible] items; cereals and grain products 110 items; grain legumes and legume products 111 items; nuts and seeds 71 items; and sugars and syrups [illegible] items.

Various food consumption studies in Asia indicate that cereals and grain products contribute the bulk of food energy. More studies of the amino acid composition and of the biological values of the proteins of these cereals and grain products are therefore needed.

The study of the phytin content in such grain products is also important because an immeasurable binding of calcium and other minerals to phytin interferes with their full utilization.

EXPLANATION ON FOOD COMPOSITION TABLE
--continued--

Considerable amounts of calcium and iron are contributed by leafy green vegetables. Study of the factors affecting the high calcium and iron content reported in foods is essential, whether or not that high content is due to contamination during sampling, or conditions under which foods were produced, or the nature of the food itself. Moreover, the oxalic acid content of fruits and vegetables should be determined, because it interferes with effective utilization of calcium.

Continuing efforts should be made to evaluate local methods of food preparation, cooking, processing, and milling in relation to their effect on nutrients.

Information on the coefficient of digestibility of East Asian foods in human subjects living in Asia is urgently needed, for use in deriving specific energy factors in calculating the calorie value of protein, fat, and carbohydrate in various foods.

It is strongly recommended that local laboratories undertaking food analysis programs be encouraged to utilize the latest standardized analytical procedures, and to maintain their effort to provide now missing data on nutrients of locally grown or processed foods, since the food composition table is the basic tool for evaluating dietary intake in relation to the nutritional status of population groups.

For future use, local food scientists are urged to identify indigenous foods in terms of the accepted scientific names as well as common names. They should describe fully the analytical methods applied, and the variety, maturity, time of harvest, length of exposure in the market, part of sample analyzed, and the part considered inedible, for these directly affect the nutrient values reported.

In compilation of this Asian food table, it was noted that many indigenous foods, sometimes not wisely used, are not only rich in certain essential nutrients, but also practical and economical for menu planning consistent with local eating habits. Such foods should be advocated for greater daily use, and some would be valuable in formulating infant foods and/or protein-supplements, as well as for determining agricultural production goals.

Note: Special thanks are expressed to Mrs. Barbara B. Crumpler for her valuable assistance in typing the whole manuscript and the entire food composition table.

TERMS AND SYMBOLS

Values in parenthesis	- represent values imputed or calculated.
Trace	- denotes that the amount present is insignificant.
Refuse in foods as purchased	- listed in the first column, refers to food as obtained in the field, or purchased in the market before removal of the inedible portion; the inedible portion (refuse) is defined by local custom.
Blank in various nutrient columns	- indicates no values reported, or data questionable and omitted.
Question marks listed next to value	- denote values are limited and questionable.
E.P.	= edible portion
A.P.	= as purchased

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	1. CEREALS AND GRAIN PRODUCTS	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Barley (Hordeum vulgare):																			
1	Whole grain		327	13.7	10.5	2.1	71.8	2.5	1.9	50	378	6.0	4	562	0	0	.31	.10	5.2	0
2	Malted		329	12.5	11.5	1.3	73.2	2.5	1.5	25	283	3.5				tr.	.33			
3	Milled, pressed		353	13.8	8.9	1.1	75.2	1.0	1.0	30	173	2.1	3		0	0	.21	.07	3.7	0
4	Pearled, light, imported		349	11.1	8.2	1.0	78.8	0.5	0.9	16	189	2.0	3	160		0	.12	.05	3.1	0
5	Meal, roasted		360	12.0	10.8	2.0	73.2	2.0	2.0	31?	350	2.1?	3		0	0	.25	.08	5.0	0
	Breads. See individual cereal or grain.																			
	Buckwheat (Fagopyrum sagittatum; F. esculentum):																			
6	Whole grain		336	11.3	10.3	2.4	[illegible]	[illegible]	2.2	44	320	3.0		(440)		0	.36	.18	2.0	0
	Flour:																			
7	Undermilled (dark)		363	12.0	10.5	2.1	73.7	[illegible]	1.4	22	300	2.8	20		0	0	.30	.10	1.5	0
8	Milled (light)		(347)	(12.0)	(6.4)	(1.2)	(79.5)	(0.8)	(0.9)	(11)	(88)	(1.0)		(320)	(0)	(0)	(.08)	(.04)	(0.4)	(0)
	Noodles:																			
9	Dried		363	12.0	10.4	1.6	75.1	0.4	0.9	30	225	1.0			0	0	.23	.08	1.2	0
10	Boiled		116	72.0	3.3	0.7	23.7	0.2	0.3	10	80	1.0			0	0	.06	.03	0.4	0
11	Prepared food "Mook" (Korean)		62	84.6	2.7	0.2	12.2	0.3	0.3	13	156	0.4			0	0	.01	.20	7.4	0
	Bulgur. See Wheat, parboiled.																			
	Corn and corn products. See Maize.																			
	Corn, popped. See Maize.																			
	Foxtailmillet. See Millets.																			
	Job's tears (Coix lacryma-jobi):																			
12	Whole seed, hulled		396	15.9	12.0	6.7	64.9	0.5	1.4	46	145	0.7		218			.41	.10	2.3	0
13	Flour		361	10.4	13.5	6.7	67.5	0.6	1.6	42	415	5.4	121	319	0	tr.	.02	.03	1.4	
	Kaoliang (Sorghum vulgare var.):																			
14	Whole grain		342	12.1	10.0	3.7	72.7	2.2	1.5	22	242	3.8	22	44	0	0	.33	.18	3.9	0
	Long-rice. See Group 3, Mung Bean Stripes.																			
	Macaroni. See Wheat products.																			

Note:

Food data presented in groups 1, 7, 11, 12, 13 and 14 are reported in terms of 100 grams, edible portion only.

Values in parentheses indicate data from East Asia region are inadequate and are imputed from other region. Items specified imported, parentheses are not applied.

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	1. CEREALS AND GRAIN PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Maize; corn (Zea mays):																			
	Whole-kernel, dried:																			
15	White		349	13.6	9.1	4.2	71.7	2.3	1.4	14	245	2.8	5			0	.29	.11	2.1	0
16	Yellow		349	13.6	9.1	4.2	71.7	2.3	1.4	14	245	2.8	5			270	.29	.11	2.1	0
	Meal:																			
	Whole-ground:																			
17	White		(355)	(12.0)	(9.2)	(3.9)	(73.7)	(1.6)	(1.2)	(20)	(256)	(2.4)	(1)	(284)		(0)	(.38)	(.11)	(2.0)	(0)
18	Yellow		(355)	(12.0)	(9.2)	(3.9)	(73.7)	(1.6)	(1.2)	(20)	(256)	(2.4)	(1)	(284)		(305)	(.38)	(.11)	(2.0)	(0)
19	Nearly whole-ground, yellow		(362)	(12.0)	(9.0)	(3.4)	(74.5)	(1.0)	(1.1)	(17)	(223)	(1.8)	(1)	(248)		(290)	(.30)	(.08)	(1.9)	(0)
	Degermed, dried, imported from USA																			
20	Enriched		364	12.0	7.9	1.2	78.4	0.6	0.5	6	99	2.9	1	120		265	.44	.26	3.5	0
21	Unenriched		364	12.0	7.9	1.2	78.4	0.6	0.5	6	99	1.1	1	120		265	.14	.05	1.0	0
	Flakes:																			
22	Enriched, imported from USA		386	3.8	7.9	0.4	85.3	0.7	2.6	17	45	1.4	1,005	120		0	.43	.08	2.1	0
23	Unenriched (Japan)		377	6.0	9.0	1.0	81.2	0.9	2.8	4	46	0.8	650		0	0	.03	.02	0.3	0
24	Popcorn, popped, oil added		444	3.9	9.9	14.5	69.4	1.8	2.3	5	283	2.8				tr.	.12	.05	1.2	0
25	Starch		363	13.5	0.3	1.0	85.1	0	0.1	0	0	0	6	9		0	0	0	0	0
	Millets:																			
	Fox tail millet (Setaria italica):																			
26	Whole grain		341	11.3	9.5	2.9	74.7	1.2	1.6	33	244	5.5	7	249	0	0	.43	.12	2.2	0
27	Milled		363	12.5	9.4	2.5	74.2	0.5	1.4	7	163	2.0	4	389	0	0	.20	.07	1.7	0
28	Flour		354	13.3	5.8	1.7	77.1	1.7	2.1	40	260		21	365	0		.68	.19	1.2	
	Japanese barnyard millet; sanwa millet (Echinocholoa crusgalli var. frumentacea):																			
29	Whole grain		342	11.1	9.8	3.9	72.6	7.2	2.6	41	330	4.3				0	.33	.10	4.0	0
30	Milled																			
31	Flour																			
	Pearlmillet; cattailmillet (Pennisetum glaucum; P. nirgitatum):																			
32	Whole grain		335	11.0	11.4	5.0	70.2	1.5	2.4	50	358	9.0					.31	.14	1.8	0
	Prosomillet (Panicum milliaceum; P. miliare):																			
33	Whole-grain		326	13.5	12.7?	3.5	66.5	9.1	3.8	20	270	3.5			0	0	.40	.10	4.0	0
34	Milled		354	14.0	10.6	1.6	72.6	0.8	1.2	11	240	1.8			0	0	.15	.05	3.0	0
	Ragimillet; fingermillet; coracan-millet (Eleusine coracana):																			
35	Whole-grain		332	11.7	6.2	1.4	78.2	1.2	2.5	329?	254	5.3			0	0	.33	.10	1.3	0

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	1. CEREAL AND GRAIN PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Noodles. See individual cereal or grain.																			
	Oats (Avena sativa):																			
36	Whole-grain		374	11.0	13.1	6.1	67.4	5.5	2.4	59	425	4.6	10		0	0	.35	.09	2.2	0
37	Oatmeal or rolled oats		369	11.5	13.5	4.5	68.4	1.1	1.8	30	360	3.4	5		0	0	.20	.08	1.1	0
	Popcorn. See Maize.																			
	Rice (Oryza sativa):																			
38	Paddy; unhulled; rough		341	13.7	5.5	2.3	73.4	10.4	4.8	24	236	1.4	81	156			.33	.06	5.6	
39	Brown or hulled		354	13.5	7.6	1.8	76.0	0.7	1.1	16	246	2.8	5	202	0	0	.34	.07	5.0	0
40	Undermilled or home-pounded		357	12.4	7.1	0.9	79.0	0.5	0.6	14	138	1.8	10	109	0	0	.20	.05	2.6	0
41	Milled, polished		366	11.8	6.4	0.8	80.4	0.3	0.6	24	135	1.9	5	241	0	0	.10	.05	2.1	0
	Germ-rice (Taiwan):																			
42	Indica type		357	13.4	6.2	2.1	77.3	0.9	1.0	7	105	1.2	90	201	0	1,170	.23	.03	2.5	3
43	Japonica type		355	13.7	5.8	1.8	77.8	0.9	0.9	10	98	0.9	112	217	0	1,330	.24	.04	4.2	tr.
44	Parboiled		364	12.4	6.7	1.0	79.3	0.6	0.6	7	125	1.2	2		0	0	.20	.08	2.6	0
45	Flour		366	11.8	6.4	0.8	80.4	0.3	0.6	24	135	1.9	5	241	0	0	.10	.05	2.1	0
	Rice, cooked:																			
46	Milled		155	62.6	2.5	0.4	34.2	0.1	0.3	5	36	0.6	2	56	0	0	.02	.01	0.3	0
47	Undermilled		146	65.0	2.2	0.3	32.4	0.1	0.1	3	38	0.2	2		0	0	.04	.01	1.0	0
48	Fried		167	61.6	2.3	2.9	32.3		0.9	3							.02		0.4	
	Rice products:																			
	Noodles:																			
49	Freshly made		263	51.0	2.6	0.2	46.0	0.5	0.2	10	37	2.4			0	0	.04	.01	1.3	0
50	Dried		360	13.0	4.9	0.1	81.8	0.8	0.2	12	32	1.5	12	5	0	0	.04	.01	0.3	0
51	Soaked		155	62.9	2.5	0.4	33.8	tr.	0.1	5	27	8.5?	3	15			.01	.01	0.2	
52	Cooked		88	78.6	1.0	0	20.3		0.1	7	7	0.6					tr.	tr.	tr.	0
53	Baby cereal		373	19.0	6.0	0.6	82.9	0.2	0.5	5	120	0.9	5		0	0	.07	.03	1.0	0
54	Rice cake, plain		235	42.7	3.7	0.2	52.5		0.9	32						0	.04	.03	2.8	0
55	Rice cake, fermented																			
56	Rice soup congee		38	90.0	0.5	tr.	8.5	tr.	0.1	3	10	0.2		11						
57	Rice bran		276	9.7	16.1	16.7	52.9	11.5	13.4	79	1,386	14.4	tr.	1,495		0	1.26	.25	29.8	0
58	Rice polish		245	9.5	13.1	12.8	57.7	2.4	7.6	69	1,190	14.1	tr.	714		0	1.54	.18	26.2	
59	Fermented rice, dried		397	11.7	16.2	9.8	54.7	0.4	1.1	91	155	8.5		197			.04	.01	1.0	0
	Rice, glutinous (Oryza glutinosa):																			
60	Brown or hulled		369	12.1	7.4	2.1	77.1	0.8	1.8	21	243	3.4	11	289	0	0	.30	.12	5.0	0
61	Milled		359	13.9	8.4	1.0	75.4	0.5	0.7	16	130	1.2	2	282	0	0	.16	.06	2.4	0
62	Roasted and pounded		382	15.2	6.7	1.1	72.7	0.7	1.3	12	259	1.5	7	213			.25	.05	4.0	
63	Fermented		164	60.3	1.8	0.1	37.7	0.8	0.1	12	28	0.6	5	5	0	tr.	.01	.03	0.8	
64	Flour		372	8.8	6.0	0.4	82.7	0.1	1.5	12	148	0.8	4	84		0	.10	.02	1.7	0
65	Noodles		359	12.7	8.7	0.3	77.8	0.2	0.8	17	86	2.4	6	73			.27	.11	2.4	
66	Pudding, canned, sweet preserves added		274	33.2	2.6	5.3	58.0	0.8	0.2	32	13	1.3	23	21	0	130	.01	.01	tr.	

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	1. CEREALS AND GRAIN PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Rice, black (dark colored) (Oryza sativa):																			
	Whole-grain:																			
67	Non-glutinous		359	12.4	8.2	2.1	76.0	0.8	1.3	16	264	1.9	2	117	0	0	.36	.14	5.1	
68	Glutinous		360	12.1	7.4	2.1	77.1	0.8	1.3	21	243	3.4	11	288	0	0	.30	.12	5.0	0
	Rice, red (Oryza sativa):																			
69	Whole grain, hulled		354	13.2	7.4	1.6	76.6	0.6	1.2	18	194	1.2	2	195			.30	.10	4.2	
	Rye (Secale cereale):																			
70	Whole grain or meal		334	12.5	12.8	2.6	70.4	1.9	1.7	38	330	3.0	6		0	0	.47	.20	1.7	
	Flour:																			
71	Light		356	13.5	9.5	1.2	76.1	0.7	0.7	20	130	2.0	3		0	0	(.29)	.07	0.9	0
72	Medium		356	13.5	10.5	1.5	73.5	1.2	1.0	26	160	2.0	3		0	0	.15	.10	1.3	0
73	Dark		321	13.5	15.8	2.5	66.3	2.3	1.9	52	326	4.4					.47	.21	2.6	0
	Sagopalm See Group 2.																			
	Sorghum (Sorghum vulgare):																			
74	Whole-grain		342	12.0	10.0	3.7	72.7	2.2	1.5	22	242	3.8	8	44	0	0	.33	.18	3.9	0
75	Milled		357	14.3	7.6	2.4	74.7	0.6	1.0	17	196	3.6	4		0	0	.10	.03	3.0	0
76	Flour																			
	Wheat (Triticum aestivum; T. vulgare):																			
	Whole-grain or meal:																			
77	Hard, red winter		332	12.5	11.6	2.2	72.1	2.1	1.6	48	382	3.3	5	500	0	0	.37	.12	4.6	0
78	Soft, red winter		329	13.2	8.9	2.0	74.2	1.6	1.7		345			643	0	0				
79	White wheat		329	13.5	10.5	2.0	72.4	2.1	1.6	35	350	3.1	4		0	0	.32	.10	4.5	
80	Durum		(322)	(14.0)	(12.8)	(1.6)	(69.5)	(2.4)	(2.1)	(48)	(300)				0	0	.22	.10	3.0	
	Imported:																			
81	Hard		(330)	(12.5)	(12.3)	(1.8)	(71.7)	(2.3)	(1.7)	(46)	(354)	(3.4)	(3)	(370)	(0)	(0)	(.52)	(.12)	(4.3)	(0)
82	Soft		334	12.0	10.4	1.9	74.2	2.0	1.5	41	310	3.0	3		0	0	.28	.08	4.2	0
	Flour:																			
	White, nearly whole grain, 93%																			
83	extraction		(341)	(12.0)	(8.9)	(1.7)	(76.1)	(1.6)	(1.3)	(31)	(329)	(2.5)			(0)	(0)	(.51)	(.09)	(4.5)	(0)
	80% extraction:																			
84	Hard red winter		350	12.5	11.3	1.5	74.5	0.3	0.7	26	176	2.0			0	0	.31	.05	3.2	0
85	White wheat		360	12.0	9.0	1.4	77.0	0.4	0.6	18	209	1.2			0	0	.27	.07	2.5	0

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	1. CEREALS AND GRAIN PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Wheat -- continued																			
	Flour -- continued																			
	Straight grade (approx. 70% extraction)																			
86	Hard red wheat		364	12.0	11.5	1.2	74.7	0.3	0.6	16	112	1.1	2		0	0	.15	.06	1.3	0
87	Soft red wheat		364	12.0	9.7	1.0	76.9	0.4	0.4	20	97	1.1			0	0	.08	.05	1.2	0
88	White wheat		364	12.0	8.6	1.0	78.0	0.2	0.4	17	95	1.0	2		0	0	.18	.05	1.3	0
	Imported from USA:																			
89	Enriched		364	12.0	10.5	1.0	76.1	0.3	0.4	16	87	2.9	2	95	0	0	.44	.26	3.5	0
90	Unenriched		364	12.0	10.5	1.0	76.1	0.3	0.4	16	87	2.9	2	95	0	0	.06	.05	0.9	0
91	Cake or pastry		364	12.0	7.5	0.8	79.4	0.2	0.3	17	73	0.5	2	95	0	0	.03	.03	0.7	0
92	Self-rising flour, enriched, imported from USA		352	11.5	9.3	1.0	74.2	0.4	4.0	265	466	2.9	1,079		0	0	.44	.26	3.5	0
93	Wheat germ		367	9.2	27.9	9.7	49.1	2.1	4.1	65	1,200	6.6	12	(848)	tr.	tr.	2.10	.60	7.0	0
94	Wheat bran		207	11.9	14.6	3.0	66.0	6.8	4.5	132	975	13.8		1,138	0	0	.54	.80?	5.5	0
	Parboiled wheat (bulgur), imported from USA, made from:																			
95	Club wheat		359	9.0	8.7	1.4	79.5	1.7	1.4	30	319	4.7		262			.30	.10	4.2	0
96	Hard red winter wheat		354	10.0	11.2	1.5	75.7	1.7	1.6	29	338	3.7		229			.28	.08	4.2	0
97	White wheat		357	9.0	10.3	1.2	78.1	1.3	1.4	36	300	4.7		310			.30	.10	4.2	0
	Wheat products:																			
98	Biscuits, plain		407	8.4	9.0	7.8	74.1		0.7	22	67	1.5					.18	.05	0.4	0
	Breads:																			
99	Whole meal		248	33.8	8.4	0.8	55.9	0.4	1.1	16	75	1.6	500		0	0	.14	.06	2.0	0
100	White		282	31.6	8.8	1.2	57.3	0.4	1.1	18	74	1.0	530	91			.11	.05	0.9	0
101	Raisin		274	34.0	7.5	1.4	56.3	0.3	0.8	12	70	1.2	450		0	0	.10	.03	0.7	0
102	Steamed																			
103	Cake, sponge		340	20.3	6.4	3.6	69.6		0.7		106						.05	.03		0
104	Bread crumbs		359	13.6	11.6	2.0	71.6	0.3	1.2	18	95	1.5	550	(680)	0	0	.12	.03	0.8	0
105	Doughnuts		412	21.6	10.9	22.6	43.3	0.3	1.6	229	111									
	Gluten products:																			
106	Freshly made		115	69.8	18.0	0.2	11.8	0.1	0.2	19	44	3.6		38	0	0	.03	.02	0.8	0
107	Mixed with wheat flour, fried		526	1.7	22.9	32.4	42.1	0.2	0.9	161	78	6.4		120						
	Macaroni; spaghetti:																			
	Dried:																			
108	Enriched		356	13.3	11.9	0.5	74.7	0.1	0.5	22	81	1.9	2	132	0	0	.40	.23	4.0	
109	Unenriched		360	11.5	11.5	1.4	74.8	0.3	0.8	15	95	1.2	5		0	0	.12	.04	1.0	0
110	Freshly made		286	30.4	8.3	0.8	60.0	0.2	0.7	29	90	1.0		154	0	0	.06	.01	1.3	0

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	1. CEREALS AND GRAIN PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Wheat products -- continued																			
	Noodles:																			
111	Dried		357	12.3	10.2	0.8	75.0	0.2	1.7	42	102	1.9	923	101	0	0	.15	.04	2.6	0
112	Cooked		102	75.2	2.7	2.1	19.4	0.1	0.6	21	25	0.8			0	0	.04	.01	0.6	0
113	Seasoned, fried		471	4.0	19.5	24.0	46.5	0.3	6.6	24	80	2.2	2,000		0	0	.01	.02	0.5	0
	Instant:																			
114	Dried		382	3.5	7.4	0.6	84.3	0.6	4.2	17	41	2.1	501	161	0	0	.16	.19	1.9	0
115	Dried, soaked		294	26.6	6.4	0.3	64.6	0.3	2.1	7	64	2.6	715	125	0	0	.18	.09	1.1	0
116	String		346	16.2	7.0	0.9	75.2	0.3	0.7	31	87	2.3				tr.	.26	.06	0.9	0
117	Strip, fried		321	31.8	5.9	12.8	46.1	0.2	3.4	27	86	4.8		390	0	0	.01	.04	1.2	0

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	2. STARCHY ROOTS, TUBERS AND FRUITS	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Arrowhead, oldworld (Sagittaria sagittifolia; S. japonica; S. sinensis):																			
118	Corms, raw:																			
a	E. P.	0	107	70.6	5.0	0.3	22.4	0.9	1.7	13	165	2.6		729	0	0	.16	.04	1.4	5
b	A. P.; refuse, parings	19	87	57.3	4.0	0.2	18.1	0.7	1.4	10	134	2.1		590	0	0	.13	.03	1.1	4
	Arrowroot, Bermuda (Marants arundinacea):																			
	Roots or rhizomes:																			
119	Raw:																			
a	E. P.	0	125	67.4	1.7	0.2	29.5	2.0	1.2	15	18	1.9					.13	.02	0.5	7
b	A. P.; refuse, parings	20	101	53.8	1.4	0.2	23.6	1.6	1.0	12	14	1.5					.10	.02	0.4	6
120	Dried, E. P.	0	344	13.9	1.4	0	84.4		0.3	19	54	3.4								
121	Starch		342	14.8	0.4	0.1	84.5		0.2	7	22	1.2			0	0	.04	0	0	
	Banana, common varieties. See Group 6.																			
	Breadfruit (Artocarpus altilis; A. communis):																			
	Fruit, mature:																			
	Yellowish brown:																			
122	Raw:																			
a	E. P.	0	96	72.9	1.3	0.3	24.7	1.3	0.8	29	40	0.7	13	396		10	.08	.06	1.2	12
b	A. P.; refuse, skin and core	20	76	58.4	1.0	0.2	19.8	1.0	0.6	23	32	0.6	10	317		10	.06	.05	1.0	10
123	Boiled, E. P.	0	121	65.2	1.4	0.3	31.7		1.4	24	67	0.4				25	.11	.06	1.3	10
124	Green, raw:																			
a	E. P.	0	108	69.3	1.3	0.3	28.2		0.9	21	59	0.4			0	0	.12	.06	0.9	17
b	A. P.; refuse, skin and core	20	86	55.5	1.0	0.2	22.6		0.7	17	47	0.3			0	0	.10	.05	0.7	14
	Fruit, immature. See Group 6.																			
	Burdock, great; goba (Arctium lappa):																			
	Root:																			
125	Raw:																			
a	E. P.	0	89	76.5	2.5	0.1	20.1	1.7	0.8	50	58	1.2	30	180		0	.25	.08	0.3	2
b	A. P.; refuse, scrapings and trimmings	24	68	58.1	1.9	0.1	15.3	1.3	0.6	38	44	0.9	23	137		0	.19	.06	0.2	2
126	Boiled, E. P.	0	102	73.6	0.7	0	24.9	1.7	0.8	43	26	1.4				0	.04	.06	0.3	tr.

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	2. STARCHY ROOTS, TUBERS AND FRUITS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Cassava, bitter, common (Manihot esculenta; M. utilissima):																			
	Root:																			
127	Raw:																			
a	E.P.	0	135	65.5	1.0	0.2	32.4	1.0	0.9	26	32	0.9	2	394		0	.05	.04	.6	34
b	A.P.; refuse, brown skin and thin inner layer	27	98	47.9	0.7	0.1	23.7	0.7	0.6	19	23	0.6	1	288		0	.04	.03	0.4	21
128	Dried, E.P.		333	15.7	1.4	0.5	80.6	1.2	1.8	96	81	7.9				0	.06	.05	0.8	0
129	Fermented, E.P.	0	174	56.1	0.5	0.1	42.5		0.8	39	30	0				0	.07			
130	Flour or meal		363	9.1	1.1	0.5	88.2	0.2	1.1	84	37	1.0	11	926			.02	.03	0.6	
131	Starch		354	12.0	0.5	0.3	86.9		0.3	0	0	0			0	0	0	0	0	0
132	Grits		362	9.2	1.8	0.4	87.9	2.7	0.7	46	25	0.4					.01	.02	0.4	
133	Tapioca, pearls, E.P.		358	9.6	1.4	0.4	87.1		1.5	57	163	1.9				0	.04			0
134	Chips (Indonesia)	0	349	12.0	0.5	0.2	85.9		1.4	0	0	0				0	0			0
	Cassava, sweet (Manihot dulcis):																			
	Root:																			
135	Raw:																			
a	E.P.	0	(138)	(65.2)	(1.0)	(0.4)	(32.8)	(1.0)	(0.6)	(40)	(34)	(1.4)				(tr.)	(.05)	(.04)	(0.6)	(19)
b	A.P.; refuse, scrapings	27	(101)	(47.7)	(0.7)	(0.3)	(23.9)	(0.7)	(0.4)	(29)	(25)	(1.0)				(tr.)	(.04)	(.03)	(0.4)	(14)
136	Dried	0	(357)	(8.7)	(1.3)	(0.5)	(86.6)	(1.8)	(2.9)	(121)	(118)									
	Dasheen. See Taro.																			
	Devilstongue (Hydrosme rivieri; Amorphophallus rivieri):																			
137	Tuber, raw, E.P.	0	82	78.8	1.2	0.2	19.9	0.8	0.8	43	22	0.6				270	.08			tr.
	Elephant foot. See Giantarum sp.																			
	Giantarum, whitespot (Amorphophallus campanulatus):																			
138	Corms, raw:																			
a	E.P.	0	81	78.5	2.0	0.2	18.4	0.7	0.9	38	38	2.4	5	416		0	.06	.02	1.7	6
b	A.P.; refuse, parings	12	72	69.0	1.8	0.2	16.2	0.6	0.8	33	33	2.1	4	367		0	.05	.02	1.5	5
	Goba. See Burdock, great.																			
	Indian potato. See Group 3.																			

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	2. STARCHY ROOTS, TUBERS, AND FRUITS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Jackfruit. See Group 6.																			
	Kudzubean, thunberg (Pueraria thunbergiana):																			
	Roots:																			
139	Raw:																			
a	E.P.	0	113	66.6	2.1	0.1	27.8	0.7	1.4	15	18	0.6								
b	A.P.; refuse, skin	7	106	63.7	2.0	0.1	25.9	0.7	1.3	14	17	0.6								
140	Starch	0	340	16.5	0.2	0.1	83.1	0	0.1	35	18	2.0	2		0	0	0	0	0	0
	Lotus, Hindu. See Group 5.																			
	Matai. See Group 5.																			
	Plantain;cooking banana (Musa paradisiaca):																			
	Fruit:																			
	Raw:																			
141	Ripe:																			
a	2 E.P.	0	112	66.2	0.9	0.2	29.7	0.4	1.0	18	38	0.6				475	.15	.06	0.7	11
b	A.P.; refuse, skin	31	77	47.1	0.6	0.1	20.5	0.3	0.7	12	26	0.4				330	.03	.04	0.5	8
142	Boiled	0	111	69.1	0.8	0.3	29.4		0.4	9	32	1.2				345	.04	.06	0.6	12
	Potato, white (Solanum tuberosum):																			
	Tuber:																			
143	Raw:																			
a	E.P.	0	82	78.3	2.0	0.1	18.7	0.4	0.9	9	52	0.8	7	396		tr.	.10	.04	1.6	18
b	A.P.; refuse, parings	13	71	68.1	1.7	0.1	16.3	0.3	0.8	8	45	0.7	6	344		tr.	.09	.03	1.4	16
144	Boiled, without skin	0	72	81.0	1.9	0.1	16.3	0.3	0.7	7	44	0.82	(2)	(279)		tr.	.06	.02	1.3	11
145	Flakes, mashed and dried		361	7.5	6.0	0.6	84.2	1.6	1.7	24	150	3.12				0	.25	.05	2.0	30
146	Chips, fried		562	4.2	3.6	43.8	45.9	0.9	2.5	18	74	1.6				0		.02	0.5	0
147	Starch		332	17.5	0.1	0.1	82.1	0	0.2	10	28	1.5	2		0	0	0	0	0	0
	Sagopalm (Metroxylon spp.):																			
148	Meal		357	13.1	1.4	0.2	85.9	0.2	0.4	15	10	1.4	8	36	0	0	.01			0
149	Noodles		330	17.0	tr.	0	81.8	(0.2)	1.2	27	16	0.9	8	35	0	0	0	0	0	0

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	2. STARCHY ROOTS, TUBERS AND FRUITS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Spiny yam. See Yam, Chinese.																			
	Sweetpotato (Ipomoea batatas):																			
	Tuber:																			
	Raw:																			
150	Pale variety:																			
a	E.P.	0	108	72.3	1.0	0.3	25.6	0.8	0.7	21	50	0.9	31	210		35	.14	.05	0.7	21
b	A.P.; refuse, parings	13	95	63.0	0.9	0.3	22.3	0.7	0.6	18	44	0.8	27	183		30	.12	.04	0.6	18
151	Yellow variety:																			
a	E.P.	0	115	70.7	1.2	0.3	27.1	0.8	0.7	36	56	0.9	36	304		1,680	.12	.05	0.6	30
b	A.P.; refuse, parings	13	100	61.5	1.0	0.3	23.6	0.7	0.6	31	49	0.8	31	264		1,460	.10	.04	.5	26
152	Boiled, yellow, E.P.		114	70.7	1.6	0.1	27.4	0.6	0.8	36	56	0.9	36	304			.08	.05	0.4	11
	Dried:																			
153	Pale variety			7.6	2.5										0	0	.03	.07	0	2
154	Yellow variety			6.6	2.9											695	.12	.11		29
155	Flour		339	13.2	2.2	0.9	80.8	3.0	2.9	50	95	2.0	60	1,187	0	0	.24	.09	1.5	0
156	Starch		336	16.5	0.1	0.1	83.2	0	0.1	35	18	2.0			0	0	0	0	0	0
157	Steamed, dried		391	23.5	1.8	0.8	71.8	2.2	2.1	30	115	1.6	164	150	0	0	.18	.09	1.2	0
	Leaves. See Group 5.																			
	Taro; dasheen (Colocasia antiquorum; C. esculenta):																			
	Tuber:																			
158	Raw:																			
a	E.P.	0	94	75.4	2.2	0.4	21.0	0.8	1.0	34	62	1.2	10	448		tr.	.12	.04	1.0	8
b	A.P.; refuse, skins	16	78	63.5	1.8	0.3	17.6	0.7	0.8	28	52	1.0	8	376		tr.	.10	.03	0.8	7
159	Boiled, E.P.	0	124	67.8	1.9	0.3	28.8		1.2	48	48	0.9	11	498		tr.	.08	.05	0.6	4
160	Dried, E.P.	0	284	27.0	3.9	0.5	66.7	0.8	1.9	34	166	5.6								
161	Poi, 2-finger, 17% solid	0	67	83.9	0.6	0.1	16.0		0.3	11	22	0.4				0	.04	.02	0.3	5
	Yam, Chinese; spiny yam (Dioscorea esculenta):																			
	Tuber:																			
162	Raw:																			
a	E.P.	0	102	73.6	1.5	0.2	23.9	0.6	0.8	12	35	0.8	8	366			.10	.01	0.8	15
b	A.P.; refuse, skins	15	87	62.5	1.3	0.2	20.3	0.5	0.7	10	30	0.7	7	311			.09	.01	0.7	13
	Yam, goa (Dioscorea aculeata):																			
163	Tuber, raw:																			
a	E.P.	0	95	75.0	1.5	0.1	22.4		1.0	14	49	0.8				0	.05			4
b	A.P.; refuse, skins	15	81	63.8	1.3	0.1	19.0		0.8	12	42	0.7				0	.04			3

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	2. STARCHY ROOTS, TUBERS AND FRUITS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Yam, Luzon (Dioscorea luzonensis):																			
164	Tuber, raw:																			
a	E.P.	0	97	74.7	2.5	0.1	22.1	0.4	0.6	60	41	0.7	8	305		0	.11	.02	0.7	18
b	A.P.; refuse, skins	23	75	57.5	1.9	0.1	17.0	0.3	0.5	46	32	0.5	6	235		0	.08	.02	0.5	14
	Yam, sp. (Dioscorea spp.):																			
165	Tuber, raw:																			
a	E.P.	0	108	71.8	2.0	0.1	25.1	0.5	1.0	22	39	1.0	10	294		0	.10	.04	0.7	8
b	A.P.; refuse, skins	13	93	62.5	1.7	0.1	21.8	0.4	0.9	19	34	0.9	9	256		0	.09	.03	0.6	7
	Yam, winged (Dioscorea alata):																			
166	Tuber, raw:																			
a	E.P.	0	87	76.4	1.9	0.2	19.9	0.6	1.6	38	28	1.1	12	397		5	.10	.04	0.5	6
b	A.P.; refuse, skins	12	77	67.2	1.7	0.2	17.5	0.5	1.4	33	25	1.0	10	349		5	.09	.04	0.4	5
167	Dried, E.P.	0	346	12.4	2.8	0.7	82.6	1.5	1.5											
	Yambean, tuber. See Group 5.																			
	Yambean, wayaka; tuber. See Group 5.																			

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	3. GRAIN LEGUMES AND LEGUME PRODUCTS	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Adzuki bean (Phaseolus angularis):																			
	Seeds:																			
168	Dried, E.P.	0	324	15.0	21.1	1.0	59.5	3.9	3.4	82	313	6.4	14	1,500		tr.	.45	.15	2.2	0
169	Processed; "Azuki-an" (Japan)	0	349	10.9	24.8	0.4	63.8	1.5	1.0	55	210	7.0				0	.01	.03	0.8	0
170	Boiled, sweetened	0	212	45.3	3.6	0.1	50.7	0.6	0.9	20	66	2.9				0	.05	.01	0.1	0
	Asparagus bean. See Cowpea, yardlong.																			
	Asparagus pea. See Goxbean.																			
	Bambara groundnut; jugo bean (Voandzeia subterranea):																			
171	Whole seed, dried, E.P.	0	370	10.1	16.0	6.0	65.0		3.0	85	264	4.2				0	.18			0
	Bengal gram. See Chickpea.																			
	Blackeyed pea. See Cowpea, catjang.																			
	Blackgram. See Mungo bean.																			
	Broadbean; horsebean (Vicia faba; Faba vulgaris):																			
172	Whole seeds, dried, E.P.	0	328	13.8	25.0	1.2	56.9	5.1	3.1	104	397	4.2	8	1,122		65	.45	.19	2.4	0
173	Flour, E.P.	0	343	11.1	24.4	1.[illegible]	59.7	3.4	3.0	66	354	6.3				10	.42	.28	2.7	
174	Fried and salted	0	422	7.6	26.4	14.8	47.4	3.8	3.8	73	331	7.1		994		5	.10	.05	1.0	0
	Broadbean products:																			
175	"Fuki-mame," cooked (Japan)	0	258	35.0	9.5	1.0	53.3	2.0	1.2	39	140	2.7				0	.02	.01	0.2	0
176	"Otafuku-mame," cooked (Japan)	0	258	34.7	8.2	0.7	54.9	2.7	1.5	58	140	5.5?				0	.01	.01	0.2	0
	Burma bean. See Lima bean.																			
	Butter bean. See Lima bean.																			
	Catjang pea. See Pigeonpea.																			
	Chickpea; Bengal gram (Cicer arietinum):																			
177	Whole seeds; dried. E.P.	0	362	11.0	19.4	5.6	60.9	2.5	3.1	114	387	2.2	10	1,006		15	.46	.20	1.2	tr.
178	Flour	0	365	9.1	20.1	6.6	59.6	2.5	4.6	100	345	7.0				20	.12	.33	0.7	0
	Cowpea, catjang. See Cowpea, all varieties.																			

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	3. GRAIN LEGUMES AND LEGUME PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
179	Cowpea, all varieties (Vigna spp.): Whole seeds, dried, E.P.	0	340	11.5	22.7	1.6	61.0	4.2	3.2	110	382	6.5	6	688		10	.59	.22	2.3	1
	Cowpea, yardlong. See Cowpea, all varieties.																			
	Dhal. See Lentil.																			
180	Dolichos, Australia pea (Dolichos lignosus): Seeds, dried, E.P.	0	340	9.2	24.9	0.[illegible]	61.0		4.4	178	388	3.9					.17			
	French bean. See Kidneybean.																			
181	Goabean, Indies; asparagus pea; winged bean (Psophocarpus tetragonolobus): Seeds, dried, E.P.	0	405	9.7	32.8	17.0	36.5		4.0	80	200	2.0								
	Golden gram. See Mung bean.																			
	Green gram. See Mung bean.																			
	Haricot bean. See Kidney bean.																			
	Hindu cowpea. See Cowpeas, all varieties.																			
182	Horse grain; horse gram; Madras gram (Dolichos uniflorus; D. biflorus): Seeds, dried, E.P.	0	354	9.0	22.9	4.1	58.[illegible]		4.2	204		8.2								
	Horsebean. See Broadbean.																			
	Horsegram. See Horse grain.																			
183	Hyacinth bean; Indian butterbean (Lablab niger; Dolichos lablab): Whole seeds, dried, E.P.	0	334	12.1	21.5	1.2	61.4	6.[illegible]	3.[illegible]	98	345	3.9					.40	.12	1.8	0
	Indian bean. See Mung bean.																			
	Indian butterbean. See Hyacinth bean.																			

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	3. GRAIN LEGUMES AND LEGUME PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Jackbean, common (Canavella ensiformis):																			
184	Whole seed, dried, E.P.	0	348	11.2	21.0	3.2	61.0	7.6	3.6	134	300	8.6	35	750			.65	.13	3.1	2
	Jugo bean. See Bambara groundnut.																			
	Kidney bean; French bean; navy bean; pinto bean; snap-bean; string bean (Phaseolus vulgaris):																			
185	Whole seeds, dried, E.P.	0	336	12.1	20.3	1.2	62.7	4.8	3.6	86	247	6.9	19	1,151		10	.46	.18	2.0	tr.
186	"Usura-mame," cooked	0	263	35.3	7.4	2.6	54.2	2.1	1.1	45	114	2.5				0	.03	.01	0.3	
	Lentil, dhal; split pea (Lens culinaris; L. esculenta; Ervum lens):																			
187	Whole seeds, dried, E.P.	0	340	12.0	20.2	0.6	65.0		2.1	68	325	7.0	29	780			.46	.33	1.3	0
	Lima bean; butter bean; Burma bean (Phaseolus lunatus; P. limensis):																			
188	Whole seeds, dried, E.P.	0	346	10.5	19.8	1.3	65.4		3.0	90	240	5.6	18	295		tr.	.46	.21	1.4	0
	Madras gram. See Horse grain.																			
	Mung bean; Indian bean; red bean; green gram; golden gram (Phaseolus aureus; Vigna radiata), E.P.:																			
189	Whole seeds, dried	0	341	10.6	22.9	1.2	61.8	4.4	3.5	105	330	7.1	6	1,132		55	.53	.26	2.5	4
	Strip or noodle (long rice):																			
190	Dried	0	340	16.5	0.3	0.2	82.8	0	0.2	20	20	1.6		139		0	.05	.01	0.2	1
191	Dried, soaked, drained		172	57.8	0.1	0.1	41.9	0	0.1	10	5	1.4	8	25			.01	.02	tr.	
192	Boiled	0	79	80.6	tr.	0.1	19.3		tr.	12	4	0.8					tr.	tr.	tr.	0
193	Starch, dried	0	356	12.0	1.7	0.3	85.4		0.6	35	43	1.3	7	5		0	tr.	tr.	tr.	0
	Prepared foods:																			
194	Molded "Mook" (Korean product)	0	117	70.5	4.5	0.1	24.8	0.2	0.1	58	230	2.5					.20	.15	1.3	0
195	Starch jelly	0	19	95.3	tr.	tr.	4.6	0	0.1	22	1	0.9		11						
	Powdered, instant products, sugar and flour added:																			
196	Green bean	0	376	3.5	8.0	1.5	82.4	0.9	4.6	23	130	1.7	2	423			1.20	.05	0.8	
197	Red bean	0	404	3.1	6.9	4.0	85.3	0.5	0.7	30	90	1.1	3	324			.07	.07	0.6	
	Mung bean; black gram; urd (Phaseolus mungo; Vigna mungo):																			
198	Whole seeds, dried, E.P.	0	344	10.6	21.0	1.6	63.4	4.4	3.4	110	348	8.4		171		20	.58	.20	2.3	2
199	Starch	0	370	12.2	2.4	3.8	81.1		0.5	50	100	1.0				0	0			0
	Navy bean. See Kidney bean.																			

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	3. GRAIN LEGUMES AND LEGUME PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Peanut; groundnut (Arachis hypogaea):																			
200	Raw:																			
a	E.P.	0	303	42.2	15.0	19.4	21.8	1.1	1.6	56	245	2.1	4	421		20	.97	.18	9.7	11
b	A.P.; refuse, shell	35	197	27.4	9.8	12.6	14.2	0.7	1.0	36	159	1.4	3	274		15	.63	.12	6.3	7
201a	Boiled, E.P.	0	316	45.7	14.4	26.3	11.4	1.3	2.2	45	178	1.5	6	462		15	.56	.12	8.4	5
b	A.P.; refuse, shell	48	164	23.8	7.5	13.7	5.9	0.7	1.1	23	98	0.8	3	240		10	.29	.06	4.4	3
202a	Dried, E.P.	0	548	7.3	23.4	45.3	21.6	2.1	2.4	58	357	2.2	(5)	(662)		0	1.00	.13	16.8	0
b	A.P.; refuse, shell	35	356	4.8	15.2	29.4	14.0	1.4	1.6	38	232	1.4	(4)	(430)		0	.65	.08	10.9	0
203	Roasted, with shell:																			
a	E.P.	0	557	7.1	27.1	48.1	14.8	2.4	2.9	48	376	2.3	5	694		40	.53	.17	15.3	5
b	A.P.; refuse, shell and skin	40	335	4.2	16.3	28.9	8.9	1.4	1.7	29	226	1.4	3	416		25	.32	.10	9.2	3
204	Roasted, without shell:																			
a	E.P.	0	563	5.2	28.6	47.0	15.4	2.1	2.9	45	401	1.8	4	475		tr.	.24	.14	14.5	3
b	A.P.; refuse, skin	4	540	5.0	27.4	46.0	14.8	2.0	2.8	43	385	1.7	4	456		tr.	.23	.13	13.9	3
205	Roasted, salted	0	566	2.2	23.3	45.2	26.2	2.8	3.1	74	180	1.6	293	662			(.32)	(.13)	(17.1)	
206	Parched, E.P.	0	571	4.5	26.3	48.2	18.8	1.8	2.2	57	380	1.9	3			0	.20	.08	12.0	0
207	Parched, seasoned, E.P.	0	571	3.0	26.3	47.5	20.3	1.5	2.9	60	380	2.2	600			0	.20	.07	11.0	0
208	Fried, without skin	0	569	6.4	18.1	48.4	24.9	2.5	2.2	55	107	2.0		557						
	Peanut products, E.P.:																			
209	Flour, defatted,	0	(371)	(7.3)	(47.9)	(9.2)	(31.5)	(2.7)	(4.1)	(104)	(720)	(3.5)	(9)	(1,186)		0	(.75)	(.22)	(27.8)	0
210	Peanut butter, salt added	0	585	1.8	24.9	48.8	22.2	1.8	2.3	66	380	2.4	(607)	(670)		0	.40	.12	13.6	0
211	Milk	0	29	93.9	3.1	1.6	1.2	0	0.2	6	36	0.8					.14	.01	1.4	0
212	Cake, defatted	0	348	9.4	42.0	6.3	36.7	2.9	5.6	294		9.3								
213	Cake, defatted, fermented	0	187	57.0	13.0	6.0	22.6		1.4	96	115					0	.09			0
	Peas, garden or field (Pisum spp.), E.P.																			
214	Whole seed, dried	0	333	13.6	22.2	1.4	60.1	6.[illegible]	2.7	57	303	4.4	11	295		70	.77	.18	3.1	0
215	Parched, salted	0	360	6.3	23.3	1.3	65.8	3.6	3.3	1,000?	320	7.2	800			10	.20	.10	2.2	0
216	"Ugiusu-mame," (Japan) cooked	0	271	32.7	8.5	1.7	55.8	2.4	1.3	20	143	2.7				tr.	.02	.01	0.3	0
	Pigeonpea; catjang pea (Cajanus cajan; C. indicus):																			
217	Whole seed, dried, E.P.	0	339	11.5	20.4	1.2	63.4	4.4	3.5	103	224	4.9	26	654		160	.49	.21	2.2	0
	Pinto bean. See Kidney bean.																			
	Red bean. See Mung bean.																			
	Rice bean (Phaseolus calcaratus; Vigna calcarata):																			
218	Seeds, dried, E.P.	0	335	14.0	18.5	1.0	64.5		2.0	50	400	5.0				0	.30	.21	2.4	0
	Soybean (Glycine max; G. hispida; G. soja)																			
	Whole immature seeds. See Vegetables.																			
	Whole, mature seeds, dried, E.P.:																			
219	Yellow	0	400	10.2	35.1	17.7	32.0	4.2	5.0	226	546	8.5		1,594		10	.66	.22	2.2	0

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	3. GRAIN LEGUMES AND LEGUME PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Soybean -- continued																			
	Whole, mature seeds, dried, E.P.:																			
220	Black	0	385	12.3	33.3	15.0	35.4	4.3	4.0	213	509	9.5		410		10	.65	.23	2.8	0
221	Whole immature seeds, dried, E.P.	0	336	14.7	35.0	6.4	39.7	5.4	4.2	233	507									
	Whole seeds:																			
	Salted, E.P.:																			
222	Black	0	330	20.1	18.1	9.4	46.3	8.5	6.1	29	163	1.1	480	336	0	520	.07	.27	18.6	
223	Green	0	355	18.3	31.3	16.7	26.1	3.9	7.6	197	456	7.3		1,751						
224	Green, soaked	0	176	60.0	15.2	7.0	15.8	5.0	2.0	75	263	9.1		122						
225	Fried, E.P.	0	487	3.4	29.9	30.5	31.4	5.6	4.8	230	565	10.2?		1,791			.45	.15	2.0	0
226	Fermented (Natto)	0	158	52.7	14.7	8.3	9.3	1.5	15.0	142	135	7.9	4,842	589		30	.06	.27	0.6	9
227	Pickled	0	320	26.0	22.1	11.6	36.0	6.0	4.3	59	222	4.1		739						
228	Roasted	0	429	6.0	29.8	19.5	39.9	3.8	4.8	189	540	7.5				90	.40	.16	2.0	0
229	Flour, made from roasted soybeans	0	429	6.0	29.8	19.5	39.9	3.8	4.8	189	540	7.5				90	.40	.16	2.0	0
	Defatted soybeans, E.P:																			
230	Whole seeds	0	322	8.0	49.0	0.4	36.6	3.0	6.0	220	550	8.4	4			0	.45	.15	2.0	0
	Soybean products:																			
231	Curd, unpressed	0	33	93.0	3.1	1.9	1.5		0.5	114	38	0.8	4	119			.06	.04	0.1	
	Curd, tofu, raw:																			
232	Plain	0	63	86.7	7.9	4.1	0.4	0.1	0.9	150	104	2.2	12	151		0	.04	.02	0.4	0
233	"Kinugoshi," Japanese preparation	0	46	89.7	4.9	2.8	1.5	0	1.1	150	56	1.1				0	.02	.02	0.3	0
234	"Fukuroiri," Japanese preparation	0	48	89.5	5.1	2.8	1.6	0	1.0	120	50	1.2				0	.03	.02	0.3	0
	Curd, tofu, fried:																			
235	Moist type	0	157	69.2	10.3	19.0	1.1		0.4	310	167	4.7	23	121				0		
236	Dried type, reg. size	0	258	51.4	21.0	19.8	4.7	0.1	3.1	284	644	10.6		594		0	.17	.05	0.1	0
237	Dried type, small size	0	503	8.0	36.2	37.7	15.2	tr.	2.9	191	574	9.4		300						
238	Canned	0	302	47.4	21.6	25.1	4.1	0.2	1.8	530	330	5.2	8	120			.02	.02	0.1	
239	"Abura age," Japanese preparation	0	346	44.0	18.6	31.4	4.6	0.1	1.4	300	230	4.2	20			0	.02	.02	0.5	0
240	Curd, roasted	0	82	83.0	8.8	5.1	2.1	0	1.0	180	120	1.9				0	.03	.02	0.3	0
	Curd, tofu, fermented:																			
241	Home-prepared	0	97	78.8	12.0	6.0	1.3	0.2	1.9	131	205	5.7		122		0	.06	tr.	0.2	0
242	Jarred	0	175	52.0	13.5	8.4	14.8	1.2	11.6	165	182	5.7	458	158		20	.04	.18	0.7	0
	Curd, tofu:																			
243	Dried, spongy square	0	219	34.1	21.9	38.1	4.6		1.3	145	11					0	.35			0
244	Preserved	0	75	63.2	8.5	5.0	0.9		22.4	105	98	3.2	7,456	149		0	.02	.02	tr.	9
245	Dried, rope-like	0	387	11.0	45.1	16.2	23.3		4.4	328		1.1								0
246	Commercial (fermented with chili pepper), jarred, E.P.	0	79	74.9	7.8	5.0	2.5	1.2	9.8	10	37	1.0	3,700	55	100	40	.01	.05	0.5	

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	3. GRAIN LEGUMES AND LEGUME PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Soybean products -- continued																			
247	Curd cheese	0	135	70.9	12.5	8.1	6.0		2.5	188	222	5.6				25	0	.14	0.5	0
	Curd sheet (milk clot sheet):																			
248	Moist type	0	285	43.2	29.9	18.8	5.9	0.1	2.2	508	375	3.8		169		0	.07	.10	0	
249	Dried type	0	461	6.8	47.9	28.4	14.9	0.1	2.9	245	494	9.5	124	463			.42	.16	1.5	0
250	Pickled (in soysauce)	0	117	65.9	9.7	6.0	8.2	0.3	10.2	157	295	12.3		269						
	Curdcake, pressed, raw:																			
251	Plain	0	113	76.0	13.3	6.5	3.1	0.2	1.1	136	145	2.8		154		20	.06	.03	.02	0
252	Fermented	0	162	59.5	10.1	5.0	21.3		4.1								.05	.12		0
253	Spiced	0	179	56.6	16.4	9.1	11.3	0.2	6.6	112	306	6.8		180		0	.03	.03	0.8	0
254	Strips, semi-dry	0	342	34.1	39.3	23.4	10.1		2.1	535	329	5.0				0	.30	.13	1.1	0
	Miso (Japan):																			
255	Plain	0	199	44.4	12.5	6.4	25.1	1.4	11.6	89	170	5.6				0	.06	.13	1.3	0
256	Sweet (5.3% salt added)	0	178	49.9	10.9	1.7	31.8	1.0	7.5	79	120	3.0	2,100			0	.05	.10	1.5	0
257	Salty, light (10.4% salt added)	0	170	46.9	19.2	2.4	28.6	1.8	12.8	69	142	2.6	4,100			20	.03	.09	0.9	0
258	Salty, dark (11.7% salt added)	0	156	50.0	14.0	5.0	16.2	1.9	14.8	115	199	4.9	4,600			0	.03	.10	1.5	0
259	"Mame-miso" (9.7% salt added)	0	180	47.5	16.8	6.0	15.8	2.2	13.0	140	240	6.5	3,800			0	.04	.12	1.2	0
260	Powdered (18.5% salt added)	0	303	5.0	23.6	9.0	35.8	3.6	20.6	180	320	8.0	7,500			0	.05	.15	2.0	0
	Paste:																			
261	Plain	0	148	59.3	19.9	4.8	17.1	2.7	7.9	80	97	4.8	761	180		5	.09	.10	0.3	1
262	Fermented	0	194	48.6	11.6	5.2	27.2		7.4	55	368	1.3	761	334		80	.07	1.19		tr.
263	Red pepper added	0	185	52.7	8.1	4.1	30.2	2.5	4.9	126	72	13.6				0	.35	.35	1.5	0
264	Sweet	0	192	47.0	5.4	1.2	49.1	2.7	6.3	32	104	5.7		188						
265	Malt	0	39	90.2	3.8	1.0	4.2	0.5	0.8	32	49	0.8				155	.15	.13	0.8	16
	Soybean milk:																			
266	Unenriched, unsweetened	0	37	91.4	2.8	1.5	3.6	0.1	0.7	18	30	1.2	15	58		30	.05	.02	0.3	0
	Soymilk, "Kaset" (Thailand):																			
267	Canned, concentrated	0	114	74.5	6.2	4.1	14.4	0	0.8	49	105	1.2	143	136			.04	.12	0.1	0
268	Fluid	0	54	87.9	2.5	1.1	8.0	0	0.4	13	39	0.4								
269	Saridele, a mixture of soybeans, sesame seeds or peanuts, with vitamins and calcium added (Indonesia)	0	446	3.0	30.0	20.0	43.0		4.0	450	500	4.0				1,200	.70	1.00		10
	Soybean sauce:																			
270	Dark, thick	0	86	57.4	5.5	0.6	15.1	0.0	21.4	85	82	4.4	997	279		0	.20	3.32	1.2	0
271	Light, thin	0	55	70.6	5.2	0.5	8.1	0	15.0	65	76	4.5	982	617		0	.04	.17	0.9	tr.
272	Unspecified	0	39	75.5	5.3	1.3	2.5	0	15.4	58	150	4.0	5,710	150						
	Sprout. See Group 5.																			
	"Tempeh," fermented soybean																			
273	product (Indonesia)	0	149	64.0	18.3	4.0	12.7		1.0	120	154	1.0				80	.17			0
274	"Bude-mame," cooked (Japan)	0	285	36.0	16.4	9.8	35.8	2.2	2.0	67	200	2.8				0	.50	.03	0.4	0
	Soybean residue:																			
275	Liquid	0	423	6.4	36.7	18.2	35.2	11.0	3.5	648	491	4.0				0	.23	.12	0.6	0
276	Powder		67	88.9	3.4	1.5	10.4	1.8	0.8	50	41	0.0		35		0	.04	.02	0.1	0

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	3. GRAIN LEGUMES AND LEGUME PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Tahiti-chestnut. See Group 4.																			
	Urd. See Mungo bean.																			
	Velvetbean, sp. (Mucuna utilis; Stizolobium utilis):																			
	Seeds, E.P.:																			
277	Dried	0	332	15.0	24.0	3.0	55.0		3.0	130	200	2.0			40	.30	.17	2.4	0
278	Mold-treated	0	141	64.0	10.2	1.3	23.2		1.3	42	15	2.6			0	.09			0
	Winged bean. See Goabean, Indies.																			

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	4. NUTS AND SEEDS	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Acorn (Quercus spp.); "Mook" (Korean																			
279	preparation).....	0	48	88.1	0.2	0.1	11.4	0.5	0.2	12	314	0.2				10	.02	40	0.5	0
	Almond (Prunus amygdalus; P. communis)																			
280	Unblanched, dried:																			
a	E.P.....	0	603	4.8	21.0	54.9	17.3	3.0	2.0	282	455	5.2	14	432		5	.25	.67	6.0	tr.
b	A.P.; with shells; refuse, shells....	45	332	2.6	11.6	30.2	9.5	1.6	1.1	155	267	2.9	8	238		tr.	.14	.37	3.3	tr.
281	Roasted and salted, E.P.....	(0)	(627)	(0.7)	(18.6)	(57.7)	(19.5)	(2.6)	(3.5)	(235)	(485)	(4.7)	(198)	(773)		(0)	(.05)	(.67)	(3.5)	(0)
282	Instant product, powdered, sugar and flour added	0	445	1.7	3.6	11.2	83.2	2.4	0.3	31	60	0.7	10	20			.01	.13	0.2	
	Apricot (Prunus armeniaca):																			
283	Kernel, dried, E.P.....	0	549	8.0	29.0	47.3	12.9	3.0	2.8	140	276	4.4		716		0	.14	.49	1.6	
	Betel-nut palm; arecanut (Areca catechu; A. cathecu):																			
284	Nuts, dried, E.P.....	0	394	12.3	6.0	10.8	69.4	15.9	1.5	542	63	5.7	76	446	0	0	.17	.69	0.6	tr.
	Brazilnut (Bertholletia excelsa):																			
285	Nuts, dried:																			
a	E.P.....	0	644	4.7	17.4	65.0	9.6	3.9	3.3	169	620	3.6	2			5	.20	.69	0.2	2
b	A.P.; with shells, refuse, shells.....	50	322	2.4	8.7	32.5	4.8	2.0	1.6	84	310	1.8	1			tr.	.10	.34	0.1	1
	Breadfruit (Artocarpus altilis):																			
	Seeds, dried:																			
286	Raw:																			
a	E.P.....	0	434	20.2	15.1	29.0	34.0	2.5	1.7	66	320	6.7	41	380	0	280	.88	.55	0.8	12
b	A.P.; refuse, shells.....	32	295	13.7	10.3	19.7	23.1	1.7	1.2	45	218	4.6	28	258	0	190	.60	.37	0.5	8
287	Boiled:																			
a	E.P.....	0	70	83.0	2.9	1.2	12.4	0.8	0.5	29	59	0.3					.14	.08	2.5	
b	A.P.; refuse, soft shells.....	64	25	29.9	1.0	0.4	4.5	0.3	0.2	10	21	0.1					.05	.08	0.9	
	Candlenuttree (Aleurites moluccana):																			
288	Seeds, dried, E.P.....	0	626	7.0	19.0	63.0	8.0		3.0	80	200	2.0				0	.06			0
	Cashew, common (Anacardium occidentale):																			
	Nuts:																			
289	Dried:																			
a	E.P.....	0	568	4.0	18.4	46.3	28.7	0.6	2.6	28	462	3.6	26	420		5	.25	.34	2.4	1
b	A.P.; with shells; refuse, shells...	70	170	1.2	5.5	13.9	8.6	0.2	0.8	8	139	1.1	8	126		tr.	.08	.10	0.7	tr.
290	Roasted, with oil, E.P.....	0	543	13.4	18.3	49.3	16.4	0.7	2.6	32	411	3.9	16	369			.36	.34	1.4	tr.

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	4. NUTS AND SEEDS--continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Chestnut, European (Castanea sativa), whole:																			
291	Raw:																			
a	E.P.	0	201	50.5	3.7	1.4	43.4	1.2	1.0	15	91	1.7	16	844			(.23)	(.23)	(0.6)	
b	A.P.; with shells; refuse, shells	20	161	40.4	3.0	1.1	34.7	1.0	0.8	12	73	1.4	13	675			(.18)	(.18)	(0.5)	
292	Dried:																			
a	E.P.	0	374	[illegible]	6.5	[illegible]	76.3	[illegible]	[illegible]	60	191	2.9					.29	.32	1.0	15
b	A.P., with shells; refuse, shells	20	299	7.2	5.2	3.1	61.0	1.2	1.9	48	153	2.3					.23	.26	0.8	12
293	Roasted:																			
a	E.P.	0	254	37.5	4.1	1.8	55.1	1.4	1.5	37	150	1.6	21	514			.21		0	
b	A.P.; refuse shells	22	198	29.2	3.2	1.4	43.0	1.1	1.2	29	117	1.2	16	401			.16		0	
294	Boiled:																			
a	E.P.	0	266	34.3	4.8	1.5	54.1	1.5	1.3	31	89	1.5					.26	.21	1.4	
b	A.P.; refuse, shells	25	200	25.7	3.6	1.1	40.6	1.1	1.0	23	67	1.1					.20	.16	1.0	
	Chestnut, Chinese (Castanea mollissima), whole:																			
295	Raw:																			
a	E.P.	0	223	44.6	6.6	1.5	46.1		1.2	20	93	2.1				120	.16	.18	0.8	36
b	A.P., with shells; refuse, shells	22	174	34.8	5.1	1.2	36.0		0.9	16	72	1.6				95	.12	.14	0.6	28
296	Roasted:																			
a	E.P.	0	246	40.2	3.0	2.0	53.7	2.9	1.1	29	59	1.1					.15	.09	1.5	5
b	A.P.; refuse, shells	25	184	30.2	2.2	1.5	40.3	2.2	0.8	22	44	0.8					.11	.07	1.1	4
	Chestnut, Japanese (Castanea crenata), whole:																			
297	Raw:																			
a	E.P.	0	170	57.4	3.0	0.6	38.0	1.0	1.0	34	50	1.6	16				.38	.18	1.6	29
b	A.P., with shells; refuse, shells	34	112	37.8	2.0	0.4	25.1	0.7	0.7	22	53	1.0	10				.25	.12	1.0	19
	Coconut (Cocos nucifera), mature kernel:																			
298	Mature, raw:																			
a	E.P.	0	312	51.7	3.2	28.2	16.0	3.0	0.9	23	112	2.5	7	555		0	.05	.03	0.6	3
b	A.P., with shells; refuse, hard shells	52	150	24.8	1.5	13.5	7.8	1.4	0.4	11	54	1.2	3	266		0	.02	.01	0.3	1
299	Immature, raw:																			
a	E.P.	0	77	84.0	1.4	3.6	10.3	0.4	0.7	42	56	1.0	51	257		0	.04	.03	0.8	6
b	A.P., refuse, husk, shell and water	84	12	13.5	0.2	0.6	1.6	0.1	0.1	7	9	0.2	8	41		0	.01	tr.	0.1	1

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	4. NUTS AND SEEDS -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Coconut -- continued																			
300	Dried, powdered, sweetened, E.P.	0	668	2.0	6.5	65.2	24.4	3.4	1.9	11	186	2.2	14	967			.01	.01	0.1	
	Cream, milk and water. See Group 13.																			
301	Presscake (Indonesia)	0	368	16.0	23.0	15.0	40.0		6.0	137	433	41.5				0	0			0
302	Presscake, molded (Indonesia)	0	119	72.5	4.4	3.5	18.3		1.3	27	100	2.6				0	.08			0
	Colanut (Cola acuminata; C. nitida):																			
	Nut:																			
303	Raw, E.P.	0	148	62.9	2.2	0.4	33.7	1.4	0.8	58	86	2.0				25	.03	.03	0.6	54
304	Dried, E.P.	0	351	11.5	5.8	1.5	78.3		2.9	108	76	6.0					.06			
	Durian, civet (Durio zibethinus):																			
	Seeds:																			
305	Raw:																			
a	E.P.	0	190	51.5	2.6	0.4	43.6		1.9	17	68	1.0	3	962		250		.05	0.9	
b	A.P.; seed coat	50	95	25.7	1.3	0.2	21.8		1.0	8	34	0.5	2	486		125		.02	0.4	
306	Cooked:																			
a	E.P.	0	195	51.1	1.5	[illegible]	[illegible]	0.7	1.0	39	87	[illegible]					.03	.05	0.9	
b	A.P.; refuse, seed coat	27	142	37.5	[illegible]	[illegible]	[illegible]	[illegible]	0.7	28	64	[illegible]					.02	.04	0.6	
	Euryale, Gordon; foxnut (Euryale ferox):																			
307	Seeds, dried, E.P.	0	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]		57						
	Foxnut. See Euryale, gordon.																			
	Galo nut (Anacolosa luzoniensis):																			
308	Pulp, raw:																			
a	E.P.	0	101	[illegible]	3.2	[illegible]	[illegible]	[illegible]	0.8	27	50	1.3				725	.07	.08	1.1	20
b	A.P.; refuse, seeds and shell	71	29	21.6	0.9	0.1	6.2	0.2	0.2	8	14	0.4				210	.02	.02	0.3	6
309	Seeds, boiled:																			
a	E.P.	0	229	44.9	3.6	2.6	47.9	1.8	1.0	23	127	1.0					.14	.14	0.9	9
b	A.P.; refuse, pulp and shell	73	62	12.1	1.0	0.7	12.9	0.5	0.3	6	34	0.3					.04	.04	0.2	2
310	Pulp and seeds, raw:																			
a	E.P.	0	165	59.6	2.5	1.8	34.8	1.9	1.3	25	65	1.8				410	.10	.10	1.9	21
b	A.P.; refuse, shell	13	144	51.8	2.2	1.6	30.3	1.6	1.1	22	56	1.6				355	.09	.08	1.6	18
	Gingelly. See Sesame, oriental.																			
	Ginkgo seeds (Ginkgo biloba):																			
311	Whole, raw, dried:																			
a	E.P.	0	185	54.1	4.8	1.6	38.1	0.6	1.4	5	150	1.2	7	523		180	.24	.12	2.8	25
b	A.P.; refuse, shells	24	140	41.1	3.6	1.2	29.0	0.4	1.1	4	114	0.9	5	397		135	.18	.09	2.1	19
312	Canned, packed in water, solids only, E.P.	0	126	68.6	2.4	0.9	27.1	0.1	1.0	10	48	0.5	320	160		80	.07	.02	0.1	

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	4. NUTS AND SEEDS--continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Flamboyanttree (Delonix regia; Poinciana regia); seeds:																			
313	Raw:																			
a	E.P.	0	65	82.5	0.1	0.9	5.9		1.3	110	66	1.1	1	395		300		.20	0.8	
b	A.P.; refuse, pod	50	32	41.5	3.0	0.4	4.5		0.6	55	33	0.6	tr.	195		150		.10	0.4	
314	Dried, boiled, E.P.	0	192	73.8	7.2	0.7	17.5		0.8	56	165	1.2	5	120		0	.21	.04	1.4	
	Hazel; filbert (Corylus avellana):																			
315	Nuts, dried:																			
a	E.P.	0	587	7.4	15.2	54.2	19.5	3.1	3.4	156	428	4.2		967		10	.16	.41	5.0	2
b	A.P., with shells; refuse, shells	58	247	3.1	6.4	22.5	8.3	1.3	1.4	78	180	1.8		406		5	.07	.17	2.1	1
	Hemp seeds (Cannabis sativa):																			
316	Whole:																			
	E.P.	0	421	13.6	27.1	25.6	27.6	20.3	6.1	120	970	12.0				5	.32	.17	2.1	0
	Horse chestnuts, Japanese (Aesculus turbinata):																			
317	Whole, raw:																			
a	E.P.	0	369	14.3	2.6	0.1	75.9	3.9	1.1	240					0	0			2.1	0
b	A.P.; refuse, shell	35	240	9.3	1.7	4.0	49.3	2.5	0.7	156					0	0			1.4	0
	Jakfruit; jackfruit (Artocarpus heterophylla):																			
	Seeds:																			
318	Raw:																			
a	E.P.	0	151	60.9	4.3	0.4	32.6	1.5	1.3	35	126	1.2	22	841	0	25	.18	.05	0.5	17
b	A.P.; refuse, soft shells	20	120	48.8	3.4	0.3	26.1	1.2	1.4	28	101	1.0	18	673	0	20	.14	.04	0.4	14
319	Boiled:																			
	E.P.	0	161	58.5	5.0	0.2	34.8	1.2	1.2	37	73	0.7					.08	.05	0.4	8
	Jointfir spinach (Gnetum gnemon):																			
320	Nuts, dried, flattened, E.P.	0	345	13.0	12.0	1.5	71.5		2.0	100	400	5.0				0	.20			0
	Larch (Larix sp.):																			
321	Seeds, dried, E.P.	0	662	5.5	15.8	68.2	9.0	0.9	1.5	13	165	4.7				30	.33	.10	7.0	0
	Lotus, Hindu (Nelumbo nuciferum; N. speciosum):																			
	Seeds:																			
322	Raw:																			
a	E.P.	0	88	77.0	5.2	0.5	16.1	1.1	1.2	76	164	1.4	4	383		0	.15	.06	1.8	10
b	A.P.; refuse, shell	47	47	40.8	2.8	0.3	8.5	0.6	0.6	40	87	0.7	2	203		0	.08	.03	1.0	5

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	4. NUTS AND SEEDS--continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Lotus, Hindu -- continued																			
	Seeds -- continued																			
323	Dried:																			
a	E.P.	0	334	14.3	14.2	2.3	65.3	2.1	3.9	119	466	6.1	42	807		30	.64	.15	1.6	0
b	A.P.; refuse, heart	4	321	13.8	13.6	2.2	62.7	2.0	3.7	114	447	5.8	40	775		30	.61	.14	1.5	0
324	Preserved, E.P.	0	310	23.1	4.7	0.8	70.5	0.5	0.9	56	132	2.2		138						
	Macadamia; queensland nut (Macadamia ternifolia):																			
325	Nut, dried:																			
	E.P.	(0)	(691)	(3.0)	(7.5)	(71.6)	(15.9)	(2.5)	(1.7)	(48)	(161)	(2.0)		(264)		(0)	(.34)	(.11)	(1.3)	(0)
326	Roasted, E.P.		(691)	(3.0)	(7.5)	(71.6)	(15.9)	(2.5)	(1.7)	(48)	(161)	(2.0)		(264)		(0)	(.27)	(.10)	(1.2)	(0)
	Malibar-chestnut. See Pachira , sp.																			
	Marang (Artocarpus odoratissima):																			
327	Seeds, boiled, E.P.	0	232	48.5	2.6	0.1	42.2	0.7	0.6	27	117	3.0					.26	.04	9.6	
	Pachira , sp.: Malabar-chestnut (Pachira macrocarpa):																			
328	Nut, raw, dried:																			
a	E.P.	0	530	5.4	16.0	39.2	35.9	12.4	3.5	83	256	3.5	72	663	0	1,230	.03	.06	3.8	24
b	A.P.; refuse, shell	25	381	4.0	11.5	28.2	25.5	8.9	2.5	60	206	2.7	52	477	0	885	.02	.04	2.7	17
	Peanut. See Group 3.																			
	Pecan (Carya illinoinensis; C. olivaeformis):																			
329	Nuts:																			
a	E.P.	0	691	3.2	9.3	72.0	13.9	2.2	1.6	73	290	2.4	3	604		50	.66	.13	0.9	2
b	A.P., with shells; refuse, shells	53	325	1.5	4.4	33.8	6.5	1.0	0.8	34	136	1.1	1	284		35	.40	.06	.04	1
	Pagodatree, Japanese (Sophora japonica):																			
330	Seeds, dried, E.P.	0	414	4.5	16.4	11.6	68.5	9.5	3.7	258	260			1,315						
	Parasol tree, Chinese (Sterculia platanifolia; Firmiana simplex):																			
331	Seeds, dried:																			
a	E.P.	0	533	2.5	20.0	35.5	34.2	2.2	4.5	27	212	4.5		1,206						
b	A.P.; refuse, shells	30	373	1.7	14.0	27.2	23.9	1.5	3.2	19	145	3.4		844						
	Perilla, common (Perilla frutescens):																			
332	Seeds, dried, E.P.	0	425	17.5	15.7	26.3	37.0	25.0	3.2	350	38	11.13				10	.22	.11	3.1	0

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	4. NUTS AND SEEDS--continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Pilinut-canarytree (Canarium ovatum):																			
333	Nuts, dried:																			
a	E.P.	0	645	8.9	14.2	68.5	5.5	3.2	2.9	119	508	2.6	3	489		25	.95	.12	0.4	tr.
b	A.P.; refuse, hard covering	84	104	1.3	2.2	11.0	0.9	0.5	0.5	19	81	0.4	tr.	78		5	.20	.02	0.1	tr.
	Pine nut (Pinus sp.):																			
334	Nuts:																			
a	E.P.	0	640	3.5	13.8	62.0	18.0	2.0	2.7	15	392	6.4	4	620		tr.	.16?	.40	5.5	2
b	A.P.; refuse, shells	56	282	1.5	6.1	27.3	7.9	0.9	1.2	7	172	2.8	2	273		tr.	.07	.18	2.4	1
	Pumpkin seeds (Cucurbita pepo):																			
	Seeds:																			
335	Dried:																			
a	E.P.	0	542	3.7	29.4	40.4	25.1	2.0	1.4	33	714	9.9	444?	293		235	.40	.14	3.2	0
b	A.P.; refuse, skins	26	399	2.7	21.8	29.9	18.6	1.5	1.0	24	528	7.3	328?	217		174	.30	.10	2.4	0
336	Dried and salted:																			
a	E.P.	0	569	3.5	24.2	50.4	15.5	1.6	6.4	42	242	9.8	560	825	0	560	.27	.27	4.3	
b	A.P., refuse, skins	26	421	2.6	17.3	37.3	11.5	1.2	4.7	31	179	7.2	414	610	0	415	.20	.20	3.2	
	Safflower (Carthamus tinctorius):																			
337	Whole seeds, dried, E.P.	0	(482)	(4.8)	(12.6)	(27.8)	(50.5)	(25.1)	(4.3)	(126)	(310)	(9.7)				0	(.59)	(.14)	(0.5)	(0)
	Sesame, oriental; gingelly (Sesamum indicum: S. orientale):																			
338	Seeds, whole, dried, black or white, E.P.	0	582	5.8	17.2	52.8	19.8	5.4	4.4	750	614	12.0	49	508		15	.72	.17	5.1	0
339	Seeds, salted, E.P.	0	595	6.9	15.3	56.7	16.5	2.5	4.6	1,223	640	19.0				0	.51	.13		0
340	Paste, E.P.	0	600	0.2	19.2	52.3	23.5	4.9	4.8	960	511	19.2		582		30	.24	.20	6.7	0
341	Meal, defatted, E.P.	0	432	2.2	10.6	12.2	72.1	1.6	2.9	311	165	2.4	11	143			.13	.09	1.4	
	Singharanut. See Group 6.																			
	Sunflower seeds (Helianthus annuus):																			
342	Seeds, dried:																			
a	E.P.	0	490	8.5	16.7	32.8	38.6	3.7	3.4	92	632	5.8		815		0		.07	2.4	0
b	A.P.; refuse, shells	48	254	4.4	8.7	17.0	20.1	1.9	1.8	48	329	3.0		424		0		.04	1.2	0
	Tahiti-chestnut; Polynesian chestnut (Inocarpus edulis; I. fagiferus; Bocoa edulis):																			
343	Seeds:																			
	Raw, E.P.	0	(243)	(43.0)	(3.8)	(4.5)	(47.2)	(2.5)	(1.5)							(0)	(.26)			(2)

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	4. NUTS AND SEEDS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Torreya, Japanese (Torreya nucifera):																			
344	Seeds, dried:																			
a	E.P.	0	582	6.6	11.1	51.2	28.2	5.7	2.9	40	275	3.6		850		25	.04	.11	1.9	7
b	A.P.; refuse, shell	35	378	4.3	7.2	33.3	18.3	3.7	1.9	26	179	2.3		552		15	.03	.07	1.2	4
	Tropical-almond; terminalia; Indian almond (Terminalia catappa):																			
345	Nuts, dried:																			
a	E.P.	0	594	4.0	20.8	54.0	17.2	2.3	4.0	32	789	9.2	70	784			.32	.08	0.6	0
b	A.P., refuse, shells	94	35	0.4	1.2	3.2	1.0	0.1	0.2	2	47	0.6	4	47			.02	tr.	tr.	0
	Walnuts, Persian or English (Juglans regia), dried:																			
346																				
a	E.P.	0	647	3.6	18.2	63.6	12.6	1.6	2.9	106	326	3.0	3	536		0	.50	.08	3.0	5
b	A.P.; refuse, shell	55	291	1.6	8.2	28.6	5.7	0.7	0.9	48	147	1.4	1	241		0	.22	.04	1.4	2
	Waterchestnut. See Matai. Group 5.																			
	Watermelon seeds (Citrullus lanatus; C. vulgaris), whole:																			
347	Dried:																			
a	E.P.	0	536	4.6	22.7	41.2	27.5	2.5	4.0	82	483	7.7	36	605		10	.22	.10	2.6	tr.
b	A.P.; refuse, hard seed coat	60	214	1.8	9.1	16.5	11.0	1.0	1.6	33	193	3.1	14	242		5	.09	.04	1.0	tr.
348	Sugared:																			
a	E.P.	0	598	2.5	23.5	53.4	17.1	1.7	3.5	62	810	11.92		1,359						
b	A.P.	64	215	0.8	8.5	19.2	6.2	0.6	1.3	25	292	4.3		489						
349	Pickled in soya sauce:																			
a	E.P.	0	508	4.4	26.1	35.3	30.1	2.0	4.1	44	684	7.9		813						
b	A.P.	65	178	1.6	9.1	12.4	10.5	0.7	1.4	15	239	2.8		284						

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	5. VEGETABLES AND VEGETABLE PRODUCTS	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Acacia, sp. (Acacia spp.):																			
350	Leaves raw, E.P.	0	57	81.4	8.0	0.6	9.0	5.7	1.0	93	84	3.7				12,255	.20	.17	8.57	49
	Adzuki bean (Phaseolus angularis):																			
351	Immature seeds, raw, E.P.	0	135	65.0	9.6	0.1	24.0	0.6	0.4	24	80	2.1				0	.01	.01	0.2	0
	Agar. See Seaweed.																			
	Alocasia, giant (Alocasia macrorhiza):																			
352	Corms raw:																			
a	E.P.	0	61	84.0	0.6	0.3	14.8		0.3	30	50	1.0				0	.05			5
b	A.P.; refuse, parings	14	52	72.4	0.5	0.2	12.7		0.2	26	43	0.9				0	.04			4
	Alternanthera, copper (Alternanthera versicolor; Telanthera versicolor):																			
353	Tops and tender cuttings, raw, E.P.	0	73	77.5	2.4	0.4	17.9	1.4	1.5	320	54	12.1				4,111	.01	.15	1.0	28
	Alternanthera, sp. (Alternanthera spp.):																			
354	Leaves, raw:																			
a	E.P.	0	43	85.7	1.8	0.2	10.3		2.0	202	72	16.0	115	468		845	.02	.28	1.5	12
b	A.P.; refuse, stems	10	39	77.1	1.6	0.2	9.3		1.8	182	65	14.4	104	421		760	.02	.25	1.4	11
	Amaranth, sp.; Chinese spinach (Amaranthus sp.):																			
	Leaves and stems:																			
355	Raw:																			
a	E.P.	0	26	89.3	3.6	0.1	4.5		2.5	154	74	2.9				6,545	.04	.22	0.7	23
b	A.P.; refuse, tough stems and rootlets	40	15	53.6	2.2	0.1	2.6		1.5	92	44	1.7				3,930	.02	.13	0.4	14
356	Boiled, E.P.	0	16	92.3	1.6	0.1	3.3		2.7	105	48	1.8					.01	.14	0.8	12
	Amaranth, sp. (Amaranthus mangostanus):																			
	Leaves and stems, raw:																			
357a	Green, E.P.	0	32	88.4	3.0	0.5	5.7	1.3	2.4	237	67	5.6	4	416		3,085	.06	.20	1.2	53
b	A.P.; refuse, tough stems and rootlets	34	20	58.3	2.0	0.3	3.8	0.8	1.6	156	44	3.7	3	274		2,035	.04	.13	0.8	35
358a	Red, E.P.	0	33	87.8	3.3	0.3	6.2	1.6	2.4	288	123	5.4		546		4,590	.08	.16	1.4	89
b	A.P.; refuse, rough stems and rootlets	38	20	54.5	2.0	0.2	3.8	1.0	1.5	178	76	3.3		338		2,845	.05	.10	0.9	55
359a	White, E.P.	0	34	88.2	3.2	0.4	6.3	1.5	1.9	288	80	6.1				65	.08	.28	0.3	27
b	A.P.; refuse, rootlets	14	29	75.8	2.8	0.2	5.5	1.3	1.6	248	69	5.2				55	.07	.24	0.2	23

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Amaranth, spiny (Amaranthus spinosus):																			
360	Leaves and stems, raw, E.P.	0	45	83.7	5.6	0.6	7.4	1.6	2.7	476	75	2.2	6	575		6,655	.01	.33	1.4	82
	Amaranth, spineless (Amaranthus viridis):																			
361	Leaves and stems, raw, E.P.	0	43	84.8	5.2	0.8	6.7	1.0	2.5	341	76	4.1	51	442		7,715	.01	.37	1.8	120
	Ammania, sp. (Ammania bacciferia):																			
362	Leaves, raw:																			
	E.P.	0	25	90.2	3.6	0	4.5		1.9	60	68	6.4				3,875	.07	.05		53
	Apes-earring, sp.; djonkol; stink-bean (Pithecellobium jiringa):																			
363	Fruit, raw:																			
a	E.P.	0	92	76.3	6.2	0.2	16.9	1.3	0.4	23	38	0.7				395	.14	.01	0.4	8
b	A.P.; refuse; inedible parts	10	83	68.6	5.6	0.2	15.2	1.2	0.4	21	34	0.6				355	.13	.01	0.4	7
	Aralia, Japanese, hoary (Aralia elata canescens):																			
364	Leaves, raw, E.P.	0	48	84.0	5.5	0.9	7.6	2.2	2.0	81	139	7.4					.10	.05	1.0	10
	Arrowhead, oldworld. See Group 2.																			
	Arrowroot. See Group 2.																			
	Artichoke, globe or French (Cynara scolymus), raw:																			
365																				
a	E.P.	0	73	77.4	4.5	0.3	16.6	3.5	1.2	50	135	2.0	67	678		150	.12	.05	1.6	tr.
b	A.P.; refuse, stems and inedible parts	60	29	81.0	1.5	0.1	6.5	1.5	0.5	32	55	0.8	27	269		60	.05	.03	0.6	tr.
	Ashgourd. See Waxgourd, Chinese.																			
	Asiabell, lance (Codonopsis lanceolata):																			
366	Leaves, raw, E.P.	0	74	82.2	2.8	3.5	10.6	1.4	1.1	41	121	2.1				0	.12	.22	0.5	0
	Asparagus (Asparagus officinalis):																			
	Green:																			
367	Raw:																			
a	E.P.	0	21	92.7	2.5	0.3	3.6	0.9	0.9	16	59	1.4	5	221		350	.15	.15	1.5	20
b	A.P.; refuse, butt ends	34	14	94.2	1.6	0.2	2.4	0.6	0.6	10	39	0.9	3	146		250	.10	.12	1.2	13

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Asparagus -- continued																			
	Green -- continued																			
365	Canned, drained solids, E.P.	0	15	93.2	2.0	0.1	3.0	0.5	1.1	17	34	0.8				5	.06	.05	1.0	9
369	Dried, crude-salt added, E.P.	0	145	35.4	4.2	0.4	36.7	1.1	23.8		73	6.8		1,772						
	White:																			
370	Raw:																			
a	E.P.	0	22	91.8	2.4	0.3	4.1	0.8	1.4	25	54	0.9	3			30	.16	.30	3.0	10
b	A.P.; refuse, butt ends	29	15	78.4	1.9	0.2	3.4	0.6	1.1	20	67	0.7	2			25	.13	.24	2.4	8
371	Juice, canned, E.P.	0	42	88.8	0.1	0.1	11.4	tr.	0.1	2	4	1.8	12	12	0	0	tr.	tr.	0.1	17
	Asparagus bean. See Cowpea, yardlong.																			
	Aster (Aster amellus; A. trinervius):																			
372	Leaves and tips, raw:																			
a	E.P.	0	30	87.2	4.2	0.7	6.4	1.1	1.5	42	76	4.0		533		1,340	.18	.36	1.1	88
b	A.P.; refuse, trimmings	40	22	48.5	2.4	0.4	3.6	0.6	0.9	24	43	2.3		304		1,905	.10	.20	0.6	50
	Asystasia, sp. (Asystasia gangetica; A. coromandeliana):																			
373	Tender leaves and stems, raw, E.P.	0	56	82.6	3.7	1.2	10.4	1.2	2.1	226	39	4.7				6,250	.19	.21	1.0	42
	Aubergine. See Eggplant, garden.																			
	Balloonflower; bellflower (Platycodon grandiflorum):																			
374	Root, semi-dried	0	287	24.2	2.4	0.9	71.9	2.9	1.5	202	139	6.2				0	.10	.36	7.8?	0
	Balsampear: balsam-apple; bitter melon; bitter gourd (Momordica charantia):																			
375	Fruit, raw:																			
a	E.P.	0	19	94.9	0.8	0.1	4.5	1.0	0.6	20	32	2.3	2	270		110	.06	.04	0.3	57
b	A.P.; refuse, cavity contents	20	15	75.2	0.6	0.1	3.6	0.8	0.5	21	26	1.8	2	216		90	.05	.04	0.2	46
376	Leaves, raw, E.P.	0	44	84.6	5.6	0.6	7.0	1.6	2.2	285	54	5.0	19	510		5,085	.13	.46	1.5	170
	Bamboo shoots, unspecified (Bambusa spp., Phyllostachys spp., and Dendrocalamus spp.):																			
377	Raw:																			
a	E.P.	0	25	91.0	2.5	0.3	5.3	1.2	0.9	17	47	0.9	6	402		15	.11	.09	0.6	9
b	A.P.; refuse, sheaths	44	16	50.9	1.4	0.2	3.0	0.5	0.6	10	26	0.5	3	225		10	.06	.05	0.3	5
378	Partly boiled, E.P.	0	20	94.8	1.5	0.5	3.5	1.2	0.2	16	18	tr.	6	167		0	.02	.03	0.1	tr.
379	Dried, E.P.	0	190	36.4	12.8	2.5	37.9	7.4	9.4	77	129	5.0		2,595		20	.11	.14	1.3	1
380	Canned, E.P.	0	27		2.0	0.3	5.2			13	59	0.5				10	.15	.07	0.6	4
381	Pickled, canned, E.P.	0	34	86.8	2.2	1.0	5.7	1.2	4.3	21	41	1.1		835		0	0	0	tr.	0
382	Salted, E.P.	0	55	57.1	4.7	1.2	9.5	2.8	27.5	121	61	7.2		678						
383	Steeped in hot oil, E.P.	0	38	86.9	2.5	2.0	4.4	0.5	4.2	20	69	1.2		475						

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Bamboo shoots, hairy (Bambusa spp.):																			
384	Raw:																			
a	E.P.	0	32	89.6	2.7	0.3	6.4	0.9	1.0	19	58	0.6	9	426		15	.13	.10	0.7	10
b	A.P.; refuse, sheaths	64	12	32.2	1.0	0.1	2.3	0.5	0.4	4	21	0.2	3	175		5	.05	.04	0.2	4
385	Dried, soaked, E.P.	0	22	93.7	1.2	0.2	4.5	1.5	0.1	7	10	1.6		5						
	Bamboo shoots, spring variety (Bambusa spp.):																			
386	Raw:																			
a	E.P.	0	23	92.4	2.9	0.2	4.6	1.9	0.5	7	47	1.6		395		tr.				
b	A.P.; refuse, sheaths	61	9	36.0	0.5	0.1	1.5	0.7	0.3	3	15	0.4		155		tr.				
	Bamboo shoots, winter variety (Bambusa spp.):																			
387	Raw:																			
a	E.P.	0	35	88.7	3.2	0.5	6.4	0.7	1.2	33	45	0.2		694		59	.07	.09	0.6	9
b	A.P.; refuse, sheaths	67	12	29.7	1.0	0.2	2.1	0.2	0.4	11	16	0.1		229		15	.02	.03	0.2	3
	Banana, common (Musa sapientum):																			
	Buds and flowers:																			
388	Raw:																			
a	E.P.	0	26	91.3	1.6	0.2	5.7	0.9	1.2	37	52	1.0	3	509		179	.04	.03	0.4	12
b	A.P.; refuse, old petals and cores	67	9	39.1	0.5	0.1	1.9	0.3	0.4	12	17	0.3	1	162		55	.01	.01	0.1	4
389	Dried. E.P.	0	281	15.3	9.6	1.2	69.5		4.6	270	425	0.9				100	.04	.29	3.9	9
	Fruit. See Group 6.																			
	Barringtonia, chee (Barringtonia acutangula):																			
390	Leaves, raw:																			
a	E.P.	0	42	86.5	2.2	0.2	9.7		1.1	48	62	2.7	12	374		1,300	.02			
b	A.P.; refuse, stems	20	34	68.4	1.7	0.2	7.7		0.8	32	59	2.2	10	299		1,045	.01			
	Basil, sweet (Ocimum basilicum):																			
391	Leaves, raw, E.P.	0	43	86.5	3.3	1.2	7.0	2.0	2.0	320	38	4.5	12	429		3,500	.05	.35	0.5	27
	Basil, hoary or holy (Ocimum canum):																			
392	Leaves, raw, E.P.	0	40	87.4	3.4	0.5	7.0	2.0	1.4	32	58	2.0				7,350	.10	.25	0.6	26

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Bauhinia, sp. (Bauhinia malabarica):																			
393	Leaves and tops, raw:																			
a	E.P.	0	47	86.9	3.4	1.1	8.2	1.8	0.4	46	31	5.3				565	.02	.17	1.4	10
b	A.P.; refuse, trimmings	20	38	69.5	2.7	0.9	6.6	1.4	0.3	37	25	0.2				685	.02	.14	1.1	8
	Beans, broad: horsebean (Vicia faba; Faba vulgaris):																			
394	Raw:																			
a	E.P.	0	92	75.6	8.2	0.5	14.7	1.7	1.0	26	148	1.8	4	438		135	.34	.17	2.1	26
b	A.P.; refuse, shells	64	34	27.1	3.0	0.2	5.3	0.6	0.4	9	53	0.6	1	158		50	.12	.06	0.8	9
395	Sprouted:																			
a	E.P.	0	104	65.3	13.5	0.6	15.6	0.7	2.2	3	316	6.2	88	778	0	75	.30	.15	1.0	110
b	A.P.; refuse, shells	0	85	53.6	10.9	0.5	15.2	0.6	1.8	2	259	5.1	72	638	0	60	.25	.12	0.8	90
396	Salted, fried, E.P.	0	369	11.1	22.2	8.9	48.4	1.8	3.4	55	222	6.7		994						
	Beans, hyacinth (Lablab niger; Dolichos lablab):																			
	Young pods and immature beans:																			
397	Raw, E.P.	0	39	87.5	3.1	0.3	8.2	1.9	0.9	75	50	1.2	2	279		160	.08	.13	0.6	16
398	Cooked, E.P.	0	32	90.3	2.2	0.2	6.9		0.4	52	51	0.8				140	.06	.09	0.5	4
399	Leaves, raw, E.P.	0	31	89.1	2.4	0.4	6.1	0.7	1.4	120	57	17.0				3,145	.28			16
400	Runners, raw:																			
a	E.P.	0	33	89.6	2.8	0.2	6.8	1.4	0.6	116	63	1.5		268						
b	A.P.; refuse, trimmings	8	30	82.4	2.6	0.2	6.2	1.3	0.6	197	58	1.4		246						
	Beans, kidney (Phaseolus vulgaris):																			
401	Beans with pod, immature, raw:																			
a	E.P.	0	30	90.6	2.1	0.2	6.4	1.3	0.7	50	48	0.7	8	250		110	.07	.08	1.6	16
b	A.P.; refuse, trimmings	5	28	86.1	2.0	0.2	6.0	1.2	0.7	48	46	0.7	8	238		105	.07	.07	1.7	15
	Beans, lima; sieva bean (Phaseolus lunatus; P. limensis):																			
	Immature seeds:																			
402	Raw:																			
a	E.P.	0	119	68.5	8.4	0.5	21.0	1.0	1.6	25	119	2.2	2	747		90	.16	.16	1.5	30
b	A.P.; refuse, shells	43	68	39.0	4.8	0.3	12.0	0.6	0.9	14	68	1.2	1	426		50	.09	.09	0.8	17
403	Cooked, E.P.	0	112	70.5	7.0	0.2	21.2	1.1	1.1	36	98	0.7				35	.14	.04	0.9	18
404	Leaves, raw, E.P.	0	8	97.2	0.6	0	1.7		0.5	8	36	2.3								
405	Sprouts, raw:																			
a	E.P.	0	110	64.0	13.0	0.5	20.0	0.6	2.2	109	382	8.2				30	.17	.14	2.0	7
b	A.P.; refuse, stalks	20	88	51.2	10.4	0.6	16.0	0.5	1.8	87	306	6.6				24	.14	.11	1.6	6

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Beans, snap or string (Phaseolus vulgaris), raw:																			
406	Green variety:																			
a	E.P.	0	29	91.5	1.9	0.4	5.6	1.0	0.6	75	49	1.2	2	196		323	.05	.10	0.6	18
b	A.P.; refuse, ends	5	27	86.9	1.8	0.4	5.3	1.0	0.6	71	46	1.1	2	186		307	.05	.10	0.6	17
407	White variety:																			
a	E.P.	0	31	90.1	2.6	0.2	6.4	1.5	0.7	64	49	1.4	1	217		60	.07	.09	0.6	12
b	A.P.; refuse, ends	5	30	85.5	2.5	0.2	6.1	1.4	0.7	61	46	1.3	1	206		55	.07	.08	0.6	11
	Beans, yardlong. See Cowpea, yardlong.																			
	Beet (Beta vulgaris):																			
408	Root, raw:																			
a	E.P.	0	44	87.4	1.6	0.2	10.0	0.9	0.8	23	35	1.1	36	330		tr.	.02	.04	0.3	6
b	A.P.; without tops; refuse, parings	16	38	73.4	1.3	0.2	8.4	0.8	0.7	19	29	0.9	30	277		tr.	.02	.03	0.2	5
409	Beet greens, raw:																			
a	E.P.	0	28	89.6	2.4	0.6	4.8	1.1	2.0	90	38	0.9		438		2,665	.07	.24	0.6	12
b	A.P.; refuse, inedible leaves and stems	25	20	67.2	1.8	0.4	3.6	0.8	2.0	72	28	0.7		328		2,000	.05	.18	0.4	9
	Bellflower. See Balloonflower.																			
410	Betel (Piper betle), leaves, raw, E.P.	0	42	85.0	3.0	tr.	0.8	(2.3)	(2.3)	150	(40)	5.7	7	548		13,000?	.15	.25	0.7	0
	Betel-nut palm (Areca catechu; A. cathecu):																			
411	Buds, (palm heart) raw, E.P.	0	43	86.4	3.3	0.3	9.0		1.0	6	39	2.0								
	Betony artichoke; Chinese artichoke; Japanese artichoke (Stachys sieboldii):																			
412	Pickled, E.P.	0	54	66.7	2.3	0.4	12.6	1.1	18.0	140	37	7.4?		368						
	Bird-of-paradise-flower, Queens (Strelitzia reginae):																			
413	Roots, raw:																			
a	E.P.	0	26	91.9	0.4	0.1	6.7	1.6	0.9	45	22	1.0					.01	.03	0.1	
b	A.P.; refuse parings	12	23	80.9	0.4	0.1	5.8	1.4	0.8	40	19	0.9					.01	.03	0.1	
	Bitter melon; bitter gourd. See Balsampear.																			
	Blue pea. See Pigeonwing, Asian.																			
	Boxthorn, Chinese. See Wolfberry, Chinese.																			

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Bottlegourd. See Calabash.																			
	Bouea, sp.; kudangan; gandaria (Bouea spp.):																			
414	Leaves, raw:																			
a	E.P.	0	69	81.0	3.1	0.8	14.0		1.0	40	45	4.7				360	0			61
b	A.P., refuse, stems	35	30	52.7	2.0	0.2	9.1		1.0	26	29	3.0				256	0			40
	Bracken (Pteridium aquillinum):																			
	Fern fronds, tender:																			
415	Raw:																			
a	E.P.	0	36	85.6	2.0	0.4	7.5	1.4	1.2	11	19	1.1				120		.30	3.5	30
b	A.P.; refuse, stems	25	27	66.4	1.7	0.3	5.7	1.0	0.9	8	14	0.8				90		.22	2.6	22
416	Dried	0	252	13.0	26.7	1.2	43.0	12.6	9.4	75	100	5.0				400	0	.30	4.2	0
	Brinjal. See Eggplant, garden.																			
	Breadfruit (Artocarpus altilis; A. communis):																			
417	Leaves, raw, E.P.	0	75	75.5	5.0	0	2.0		2.0	170	60	17.5?					.10			70
418	Fruit, immature, flesh, and seeds, raw:																			
a	E.P.	0	46	87.1	2.0	0.7	9.2	2.2	1.0	59	46	tr.	3	366		25	.12	.06	1.9	21
b	A.P.; refuse, skins, stems and cores	56	20	38.3	0.9	0.3	4.1	1.0	0.4	26	20	tr.	1	161		10	.05	.03	0.8	9
	Fruit, mature. See Group 2.																			
	Broccoli (Brassica oleracea var. italica):																			
419	Raw:																			
a	E.P., flower stalk	0	36	89.1	3.4	0.2	7.4	0.8	1.0	86	83	1.4	16	420		685	.14	.14	0.9	111
b	A.P.; refuse, leaves and tough stalks	30	22	58.7	2.1	0.1	4.5	0.5	0.6	52	51	0.8	10	256		420	.09	.08	0.5	68
	Brusselssprouts (Brassica oleracea var. gemmifera), raw:																			
420																				
a	E.P.	0	47	85.2	3.9	0.4	9.5	1.0	1.1	49	74	1.4	14	450		50	.16	.13	0.5	71
b	A.P.; refuse, trimmings	5	44	80.9	3.7	0.4	9.0	1.5	1.0	38	70	1.3	13	456		45	.06	.12	0.5	67
	Burclover, toothed (Moringa denticulata):																			
	Leaves, raw:																			
	E.P.	0	38	86.6	4.8	0.8	6.7	0.9	1.0	133	62	5.1		314		2,415	.18	.28	0.7	98
	A.P.; refuse, stems	27	28	63.2	3.5	0.2	4.9	0.6	1.2	97	45	3.7		229		1,765	.13	.20	0.5	72
	Burdock. See Group 2.																			

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Butterbur, Japanese (Petasites japonicus):																			
422	Leaves, raw:																			
a	E.P.	0	9	96.4	0.7	0.1	1.9	0.7	0.9	43	20	0.1	33	450		10	.02	.02	0.2	2
b	A.P.; refuse, trimmings	5	8	91.6	0.7	0.1	1.8	0.7	0.8	41	19	0.1	31	428		10	.02	.02	0.2	2
	Cabbage, celery; pekinese cabbage (Brassica pekinensis):																			
423	Raw:																			
a	E.P.	0	14	95.0	1.4	0.1	2.8	0.6	0.7	49	36	0.7	38	200		890	.05	.07	0.6	38
b	A.P.; refuse, outer leaves	10	13	85.5	1.3	0.1	2.5	0.5	0.6	44	32	0.6	34	185		800	.05	.06	0.5	34
424	Cooked, E.P.	0	9	96.7	1.5	0	1.0		0.2	32	39	0.3				50	.04	.04	0.5	16
425	Salted, E.P.	0	19	90.6	1.4	0.2	3.9	1.0	3.9	75	32	0.8	1,300			40	.04	.06	0.8	6
	Cabbage, Chinese: Chinese pai-tsai (Brassica chinensis; B. alba):																			
	Leafy type:																			
426	Raw:																			
a	E.P.	0	17	94.2	1.7	0.2	3.1	0.7	0.8	102	46	2.6	22	279		2,305	.07	.13	0.8	53
b	A.P.; refuse, trimmings	14	15	81.0	1.5	0.2	2.6	0.6	0.7	88	40	2.2	19	240		1,980	.06	.11	0.7	46
427	Cooked, E.P.	0	18	94.1	1.9	0.3	3.0	0.6	0.7	115	23	1.3					.03	.05	0.4	26
428	Salted, E.P.	0	39	86.8	1.1	0.3	9.4	1.7	2.4	130	53	1.1	900			50	.08	.20	1.3	5
	Petiole type:																			
429	Raw:																			
a	E.P.	0	16	94.2	1.9	0.2	2.8	0.6	0.9	102	34	2.0	22			1,460	.05	.15	1.1	62
b	A.P.; refuse, trimmings	8	15	86.7	1.7	0.2	2.6	0.6	0.8	149	31	2.4	20			1,345	.05	.14	1.0	57
	See also: Rape.																			
	Flowering type:																			
430	Raw:																			
	E.P.	0	16	93.7	2.1	0.1	2.8	0.8	1.3	199	62	3.1				2,045	.06	.15	1.0	69
	Cabbage, Chinese, unspecified (Brassica spp.):																			
431	Raw:																			
a	E.P.	0	40	87.8	2.7	0.7	7.8	1.2	1.0	192	58	2.4		363		1,200	.04	.14	0.5	49
b	A.P.; refuse, trimmings	14	34	75.5	2.3	0.6	6.7	1.0	0.9	165	50	2.1		312		1,030	.03	.12	0.4	34
432	Salted, E.P.	0	49	83.6	2.5	0.7	7.8	1.5	5.4	144	66	4.2	1,500	51		20	.01	.06	0.3	5

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Cabbage, common (Brassica oleracea var. capitata):																			
	White:																			
433	Raw:																			
a	E.P.	0	22	93.0	1.6	0.3	4.4	0.8	0.7	55	31	0.8	10	238		280	.06	.06	0.3	46
b	A.P.; refuse, outer leaves and core.	15	19	79.0	1.4	0.2	3.8	0.7	0.6	47	26	0.7	8	202		240	.05	.05	0.2	39
434	Boiled, E.P.	0	23	92.8	1.6	0.3	4.6	0.8	0.7	55	31	0.8	10	245		115	.03	.03	0.3	41
435	Dried, E.P.	0	182	26.6	9.3	1.5	41.2	4.5	11.4	300	106	(7.5)				0	.15	.52	0.5	
	Red:																			
436	Raw:																			
a	E.P.	0	43	86.4	3.0	0.3	9.2	1.6	1.1	71	60	1.5	4	266		35	.12	.08	0.6	85
b	A.P.; refuse, outer leaves and core.	15	36	73.4	2.6	0.2	7.9	1.4	0.9	60	51	1.3	3	226		30	.10	.07	0.5	72
	Cabbage, flat (Brassica narinosa):																			
437	Raw:																			
a	E.P.	0	23	91.4	2.8	0.3	4.0	0.9	1.6	200	58	3.8		599		2,040	.08	.15	0.6	58
b	A.P.; refuse, trimmings and rootlets.	24	18	69.5	2.1	0.2	3.0	0.7	1.2	152	44	2.9		455		1,550	.06	.11	0.4	44
	Calabash; bottlegourd (Lagenaria siceraria; L. vulgaris; L. leucantha):																			
438	Fruit, raw:																			
a	E.P.	0	16	95.3	0.6	0.2	3.5	0.7	0.4	14	16	0.4	3	151		10	.03	.03	0.4	10
b	A.P.; refuse, parings.	15	14	81.0	0.5	0.2	3.0	0.6	0.3	12	14	0.3	2	128		10	.03	.02	0.3	8
439	Pickled.	0	54	71.5	3.4	0.3	12.2	1.6	12.6	114	99	4.7		227						
440	Semi-dried.	0	229	30.4	6.4	0.6	58.4	9.2	4.2	207?	168	4.2				0	.06	.05	0.6	0
441	Leaves, raw, E.P.	0	27	90.1	5.1	0	4.1	(1.5)	0.7	56	140	11.5				9,240	.05	.06		95
	Carrot (Daucus carota):																			
442	Raw:																			
a	E.P.	0	37	89.6	1.1	0.3	8.3	0.9	0.7	36	38	1.2	70	245		7,000	.06	.05	0.7	8
b	A.P.; without tops, refuse scrapings.	17	31	74.4	0.9	0.2	6.9	0.7	0.6	30	32	1.0	58	205		5,810	.05	.04	0.6	7
c	A.P.; with tops, refuse, tops and scrapings.	37	24	56.5	0.7	0.2	5.2	0.6	0.4	23	24	0.8	44	154		4,410	.04	.03	0.4	5
	Cashew (Anacardium occidentale):																			
443	Leaves, raw:																			
	E.P.	0	100	69.9	5.2	0.6	23.1		1.2							615	.01	.01	1.4	89

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Cassava, bitter (Manihot esculenta):																			
444	Leaves, raw:																			
a	E.P.	0	60	81.0	6.9	1.3	9.2	2.1	1.6	144	68	2.8	4	409		8,280	.16	.32	1.8	82
b	A.P.; refuse, hard stems	13	52	70.5	6.0	1.1	8.0	1.8	1.4	125	59	2.4	3	356		7,160	.14	.28	1.6	71
	Cauliflower (Brassica oleracea var. botrytis):																			
445	Raw:																			
a	E.P.	0	29	90.5	2.8	0.2	5.7	0.9	0.8	30	58	1.0	20	349		55	.07	.08	0.7	72
b	A.P.; refuse, main stalk and core	40	18	54.2	1.6	0.2	3.4	0.5	0.5	18	35	0.6	12	209		35	.04	.05	0.4	43
446	Cooked, E.P.	0	24	92.6	1.9	0.3	4.8	0.6	0.4	37	37	0.8				30	.06	.08	0.6	38
	Cedar (Cedrela sinensis):																			
447	Shoots, raw, E.P.	0	51	83.6	6.0	1.0	7.9	1.3	1.5	30	192	3.2		576						
448	Salted	0	38	82.7	4.5	0.6	6.3	1.5	5.9	175	96	4.6		499						
	Celery, Chinese (Apium graveolens):																			
449	Unbleached, raw:																			
a	E.P.	0	21	92.8	1.4	0.3	4.2	1.0	1.3	62	37	2.5	96	326		1,040	.06	.07	0.4	20
b	A.P.; refuse, root ends and trimmings	25	16	69.6	1.0	0.2	3.2	0.8	1.0	46	28	1.9	72	244		780	.04	.05	0.3	15
450	Bleached, raw:																			
a	E.P.	0	20	93.0	1.0	0.1	4.6	0.8	1.2	50	37	1.0				80	.03	.06	0.3	11
b	A.P.; refuse, root end and trimmings	28	14	67.0	0.7	0.1	3.3	0.6	0.9	36	27	0.7				55	.02	.04	0.2	8
	Celtuce (Lactuca sativa var.):																			
451a	Raw, E.P.	0	10	96.5	0.8	0.2	1.8	0.4	0.7	9	27	1.8	55	277	0	310	.13	tr.	1.1	37
b	A.P.; refuse, stems	57	4	41.5	0.3	0.1	0.8	0.2	0.3	4	12	0.8	24	119	0	135	.06	tr.	0.5	16
	Ceylon spinach. See Vine-spinach.																			
	Chard, Swiss (Beta vulgaris var. cicla):																			
452	Leaves and stalks, raw:																			
a	E.P.	0	21	92.6	1.8	0.4	3.7	0.9	1.5	70	44	2.9				1,720	.10	.19	0.5	22
b	A.P.; refuse, inedible leaves and trimmings	10	19	83.8	1.6	0.4	3.3	0.8	1.4	63	21	2.6				1,550	.08	.17	0.4	20

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Chayote (Sechium edule):																			
453	Fruit, raw:																			
a	E.P.	0	19	94.3	0.7	0.1	4.0	0.6	0.3	17	14	0.4	2	108		15	.01	.02	0.4	14
b	A.P.; refuse, skins	23	14	72.7	0.5	0.1	3.5	0.5	0.2	13	11	0.3	2	83		10	.01	.02	0.3	11
454	Tops and young leaves, raw:																			
	E.P.	0	25	91.2	4.0	0.3	3.5	0.8	1.0	62	58	1.4	1	310		1,515	.07	.09	0.8	24
	Chili pepper. See peppers, red.																			
	Chinacane, sp. (Sinarudinaria sp.):																			
	Shoots:																			
455	Raw:																			
a	E.P.	0	22	92.5	2.5	0.2	4.1	1.2	0.7	4	51	0.4	2			0	.01	.08	0.8	10
b	A.P.; refuse, sheaths	30	15	64.8	0.8	0.1	2.8	0.8	0.5	3	36	0.3	1			0	.01	.06	0.6	7
456	Canned, E.P.	0	21	93.2	2.1	0.2	4.1	0.9	0.4	28	40	0.4				0	.01	.05	0.3	0
	Chinese, longbean. See Cowpea, yardlong.																			
	Chinese pai-tsai. See Cabbage, Chinese.																			
	Chinese spinach. See Amaranth, sp.																			
	Chives (Allium schoenoprasum):																			
457	Raw:																			
a	E.P.	0	27	92.0	2.7	0.6	4.3	0.7	0.4	83	41	0.8					.10	.06	0.5	32
b	A.P.; refuse, trimmings	5	26	87.4	2.6	0.6	4.0	0.7	0.4	79	39	0.8					.09	.06	0.5	30
	Chrysanthemum, crowndaisy (Chrysanthemum coronarium):																			
458	Leaves, raw:																			
a	E.P.	0	19	93.5	1.8	0.3	3.3	0.9	1.1	63	34	2.5	106	256		3,160	.09	.19	0.6	27
b	A.P.; refuse, trimmings	15	14	74.9	1.4	0.2	2.6	0.7	0.9	50	27	2.0	85	215		2,530	.07	.15	0.5	22
	Citron (Citrus medica):																			
459	Leaves, raw, E.P.	0	56	81.8	3.2	0	13.5		1.5	34	77	4.4				11,935	.04			

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Coconut-palm (Cocos nucifera):																			
460	Cotyledon, raw:																			
a	E.P.	0	48	86.4	1.3	1.3	9.1	1.0	1.4	27	60	0.5	23	665			.03	.04	1.2	9
b	A.P.; refuse, sheaths	66	16	29.4	0.6	0.4	3.1	0.3	0.5	9	20	0.2	8	226			.01	.01	0.4	3
	Collard; kale (Brassica oleracea var. acephala):																			
461	Raw:																			
a	E.P.; leaves and stems	0	35	89.9	3.0	0.4	6.5	1.2	0.2	230	56	2.0				270?	.10	.13	0.4	93
b	A.P.; refuse, tough stems	26	26	65.9	2.2	0.3	5.0	0.9	0.6	170	41	1.5				200	.07	.10	0.3	69
	Colza (Brassica juncea var. oleifera):																			
462	Leaf and flower tops, raw, E.P.	0	16	94.6	1.3	0.3	2.5	0.5	1.0	144	25	1.0		257		1,815	.03	.08		25
463	Shoots, raw, E.P.	0	21	93.5	1.8	0.5	3.4	0.5	0.8	71	18	2.2		222						
	Coralbean (Erythrina fusca):																			
464	Leaves, raw, E.P.	0	60	81.5	4.6	0.8	11.7	4.1	1.4	57	40	1.8				2,300	.24	.17	4.7	3
	Cordia, sebastanplum (Cordia myxa):																			
465	Leaves, raw:																			
a	E.P.	0	65	64.0	5.1	0.3	14.0	3.6	16.6	81	67	7.2				330	.10	.29	0.2	0
b	A.P.; refuse, branches and tough stems	70	20	19.2	1.5	0.1	4.2	1.1	5.0	24	20	2.2				100	.03	.09	0.1	0
	Coriander (Coriandrum sativum):																			
466	Leaves and stems, raw:																			
a	E.P.	0	37	87.6	2.0	0.6	7.5	1.0	1.9	133	50	4.5	94	560		2,360	.11	.15	1.3	78
b	A.P.; refuse, rootlets and trimmings	22	29	68.3	2.3	0.5	5.7	1.2	1.5	104	62	5.6	73	437		2,230	.08	.12	1.0	71
	Corn, maize (Zea mays):																			
	Yellow:																			
467	Raw:																			
a	E.P.	0	134	[illegible]	[illegible]	[illegible]	30.7	1.1	0.9	5	126	0.9	3	250		160	.20	.11	1.5	6
b	A.P.; without husk, refuse, cob	26	[illegible]	[illegible]	[illegible]	1.2	22.7	[illegible]	0.7	4	98	0.7	2	192		120	.15	.08	1.1	6
c	A.P. with husk, refuse, husk and cob	62	59	[illegible]	[illegible]	[illegible]	11.4	0.4	0.8	2	47	0.3	1	96		60	.07	.04	0.6	3
468	Cooked, E.P.	0	151	[illegible]	[illegible]	1.5	25.8	1.0	[illegible]	[illegible]	138	1.0	26	60		160	.16	.10	1.4	2

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Corn, maize--continued																			
	White:																			
469	Raw:																			
a	E.P.	0	134	62.5	4.2	1.7	30.7	1.1	0.9	5	120	0.9	3	259		tr.	.20	.11	1.5	8
b	A.P.; without husk, refuse, cob	26	99	46.3	3.1	1.2	22.7	0.8	0.7	4	93	0.7	2	192		tr.	.15	.08	1.1	6
c	A.P.; with husk, refuse, husk and cob	63	50	23.1	1.6	0.6	11.4	0.4	0.3	2	47	0.3	1	96		tr.	.07	.04	0.6	3
470	Cooked, E.P.	0	131	65.8	4.6	3.5	25.3	1.6	0.8	10	138	1.0	26	60		tr.	.16	.10	1.4	8
	Corn, small variety, immature; baby-corn (Zea mays):																			
	Whole:																			
471	Raw:																			
a	E.P.	0	33	89.6	2.2	0.2	7.4	0.4	0.6	5	52	0.9	20	158	0	tr.	.09	.20	0.7	34
b	A.P.; refuse, sheaths	88	4	10.7	0.3	tr.	0.9	tr.	0.1	1	6	0.1	2	19	0	tr.	.01	.02	0.1	4
472	Canned, drained solids only	0	21	92.5	2.9	0.4	3.9	0.6	1.2	8	34	1.2	1140	183	0	140	.02	.04	0.1	14
	Cowpea, common (Vigna unguiculata subsp. unguiculata):																			
473	Young green pods, raw:																			
a	E.P.	0	36	88.7	3.7	0.6	6.2	1.2	0.8	54	59	1.4	2	220		455	.14	.10	1.0	24
b	A.P.; refuse, ends and strings	5	35	84.2	3.5	0.6	5.9	1.1	0.8	51	56	1.3	2	209		430	.13	.10	1.0	23
	Tender tips:																			
474	Raw, E.P.	0	30	89.0	4.8	0.3	4.4		1.8	73	106	2.2					.35	.18	1.1	36
475	Cooked, E.P.	0	30	89.1	4.8	0.3	4.4		1.4	73	106	2.2					.29	.18	1.1	25
	Cowpea, yardlong; Chinese lungbean; asparagus bean (Vigna unguiculata subsp. sesquipedalis):																			
	Young green pods:																			
476	Raw:																			
a	E.P.	0	37	88.3	3.0	0.2	7.9	1.6	0.6	44	45	0.7	6	233		225	.12	.11	1.0	22
b	A.P.; refuse, ends and strings	12	33	77.7	2.6	0.2	7.0	1.4	0.5	39	40	0.6	5	205		200	.10	.10	0.9	19
477	Cooked, E.P.	0	41	89.1	2.7	0.1	7.6	0.8	0.5	55	37	0.7				225	.06	.09	0.7	20
478	Leaves, raw:																			
a	E.P.	0	34	88.4	4.2	0.4	5.8	1.7	1.2	108	106	4.7	25	366		2,400	.28	.24	1.2	35
b	A.P.; refuse, tough stems and strings	44	19	49.5	2.4	0.2	3.2	1.0	0.7	60	59	2.6	14	205		1,345	.16	.13	0.7	20
	Cowslip; creeper (Telosma minor):																			
479	Leaves and flowers, raw, E.P.	0	65	80.5	5.0	1.1	12.1	1.6	1.3	70	90	1.0				1,890	.10	.12	1.5	45

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Crataeva, sp. (Crataeva roxburghii):																			
480	Leaves, raw, E.P.	0	93	73.4	3.4	1.3	20.6	4.9	1.3	124	20	5.3				3,650	.08	.25	1.5	5
	Cress, garden (Lepidium sativum):																			
481	Raw:																			
a	E.P.	0	(32)	(89.4)	(2.6)	(0.7)	(5.5)	(1.1)	(1.8)	(81)	(76)	(1.3)	(14)	(606)		(5,580)	(.08)	(.26)	(1.0)	(69)
b	A.P.; refuse, stalks and outer leaves	29	(22)	(63.5)	(1.8)	(0.5)	(3.9)	(0.8)	(1.3)	(58)	(54)	(0.9)	(10)	(430)		(3,960)	(.06)	(.18)	(0.7)	(49)
482	Cooked in small amount of water, E.P.	0	(23)	(92.5)	(1.9)	(0.6)	(3.8)	(0.9)	(1.2)	(61)	(48)	(0.8)	(8)	(353)		(4,620)	(.06)	(.16)	(0.8)	(34)
	Cucumber (Cucumis sativus):																			
483	Raw:																			
a	E.P.	0	12	96.2	0.6	0.1	2.7	0.5	0.4	21	24	0.4	13	154		85	.03	.04	0.2	11
b	A.P.; refuse, parings	20	10	76.9	0.5	0.1	2.2	0.4	0.3	17	19	0.3	10	123		70	.02	.03	0.2	9
484	Pickled, E.P.	0	14	95.1	0.7	0.2	3.1	0.4	0.9	21	5	2.6				19	.01	.02	0.2	2
485	Salted, E.P.	0	35	75.4	1.1	0.6	7.7	1.4	15.2	68	56	0.4				15	.02	.06	0.5	2
486	Soaked in rice-bran, E.P.	0	13	93.5	1.0	0.2	2.4	0.4	2.9	25	80	0.6	1,100			35	.18	.05	2.0	2
	Cucumber, hairy (Cucumis sp.):																			
487	Raw:																			
a	E.P.	0	14	95.0	0.7	tr.	3.5		0.8	21		0.4				tr.	.03	.04	tr.	39
b	A.P.; refuse, parings	28	10	65.4	0.5	tr.	2.5		0.6	15		0.3				tr.	.02	.03	tr.	28
	Curry leaves (Murraya koenigi):																			
488	Raw:																			
a	E.P.	0	88	73.9	9.7?	1.7	14.1		1.5	811		3.1				6,000	.08	.21	2.3	12
b	A.P.; refuse, stems and trimmings	17	73	60.6	8.0	1.4	11.8		1.2	673		2.6				4,980	.07	.17	1.9	10
	Cushaw (Cucurbita moschata):																			
	Fruit:																			
489	Raw:																			
a	E.P.	0	28	91.4	1.1	0.2	6.6	1.2	0.8	33	48	1.7				310	.11	.09	0.7	24
b	A.P.; refuse, parings	26	20	67.6	0.8	0.1	4.9	0.9	0.6	24	36	1.2				230	.08	.07	0.5	18
490	Leaves, raw, E.P.	0	30	80.7	3.6	0.6	4.5		1.6	138	69	3.7				1,650	.14			36
	Daikon. See Radish, oriental.																			
	Dandelion greens (Taraxacum spp.):																			
491	Raw, E.P.	0	(45)	(85.6)	(2.7)	(0.7)	(9.2)	(1.6)	(1.8)	(187)	(66)	(3.1)	(76)	(397)		(8,400)	(.19)	(.26)		(35)
	Dasheen. See Taro.																			

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Daylily, lemon (Hemerocallis flava):																			
	Flowers:																			
492	Raw, E.P.	0	42	87.2	2.0	0.4	9.6	1.2	0.8	57	175	1.2	24	170	0	3,045	.16	.21	0.8	88
493	Dried, E.P.	0	289	20.0	8.7	2.5	63.6	4.5	4.[illegible]	(221)	217	(0.2)	60	1,454		1,790	.30	.26	3.8	
	Dish-cloth gourd. See Gourd, raw, angled type.																			
	Djonkol bean. See Apex-carring, sp.																			
	Drumstick leaves. See Horseradish-tree.																			
	Eggplant, garden; brinjal; aubergine (Solanum melongena):																			
494	Raw, purple and white varieties:																			
a	E.P.	[illegible]	26	92.[illegible]	1.[illegible]	[illegible]	6.[illegible]	1.[illegible]	0.6	22	37	0.9	7	221		50	.08	.07	0.7	6
b	A.P.; refuse, calyx only	4	25	88.0	1.6	[illegible]	6.[illegible]	1.[illegible]	0.5	21	36	0.9	7	212		50	.08	.07	0.7	6
c	A.P.; refuse, calyx and parings	9	23	88.[illegible]	1.[illegible]	[illegible]	6.[illegible]	[illegible]	0.4	20	34	0.8	6	201		45	.07	.06	0.6	5
495	Cooked, E.P.	0	23	90.[illegible]	1.[illegible]	[illegible].1	5.[illegible]	[illegible]	[illegible]	1.[illegible]	17	0.5				(50)	.04	.04	0.5	tr.
496	Soaked in rice bran and salted	0	23	84.1	1.7	[illegible]	5.[illegible]	[illegible]	4.2	1[illegible]	64	0.6	1,400			10	.10	.06	1.3	tr.
497	Salted	[illegible]	35	90.[illegible]	1.[illegible]	[illegible].7	7.1		[illegible]	12	54	0.4				40	.05	.06	0.7	tr.
	Endive; escarole (Cichorium endivia):																			
	Leaves:																			
498	Raw:																			
a	E.P.	(0)	(20)	(93.1)	(1.7)	(0.1)	(3.1)	(0.[illegible])	(1.0)	(51)	(34)	(1.7)	(14)	(294)		(1,980)	(.07)	(.14)	(0.5)	(10)
b	A.P.; refuse, ends, outer leaves and trimmings	(25)	(15)	(90.7)	(1.3)	(0.1)	(2.1)	(0.7)	(0.5)	(38)	(40)	(1.3)	(10)	(220)		(1,485)	(.05)	(.10)	(0.4)	(8)
	False-bird-of-paradise. See Heliconia, sp.																			
	Falsepanax, sp. (Nothopanax scutellarium):																			
499	Leaves, raw:																			
a	E.P.	0	54	82.0	3.7	0.[illegible]	11.[illegible]		2.2	474	40	4.0				3,270	.06			83
b	A.P.; refuse, tough stems	20	42	85.0	3.0	0.[illegible]	8.4		1.8	379	39	3.2				2,615	.05			66

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Fameflower, potherb; water-leaf; Philippine spinach (Talinum triangulare):																			
	Leaves:																			
500	Raw:																			
a	E.P.	0	23	92.4	1.9	0.4	4.1	0.6	1.2	90	21	4.5	19	392		2,985	.09	.19	0.6	58
b	A.P.; refuse, stems	33	15	61.9	1.3	0.3	2.7	0.4	0.8	60	14	3.2	7	263		2,000	.06	.13	0.4	39
	Fennel, common (Foeniculum vulgare):																			
501	Leaves, raw:																			
a	E.P.	0	31	89.2	2.9	0.5	5.6	0.5	1.5	114	54	2.9		335		2,610	.12	.15	0.7	34
b	A.P.; refuse, trimmings	7	29	82.9	2.7	0.5	5.2	0.5	1.7	106	50	2.7		314		2,425	.11	.14	0.6	32
	Fern, sp. (Athyrium esculentum):																			
	Leaves and stems:																			
502	Raw:																			
a	E.P.	0	26	91.5	3.4	0.4	3.9	1.0	0.8	24	47	4.4	14	554		2,275	0	.09	1.7	12
b	A.P.; refuse, tough stems and trimmings	37	11	39.3	1.5	0.2	1.7	0.4	0.3	10	20	1.9	6	235		950	0	.04	0.7	5
	Foetid senna. See Senna, sickle.																			
	Frangipani, Mexican (Plumeria acuminata):																			
503	Leaves, raw, E.P.	0	43	86.3	1.6	0	11.0		1.1	62	60						.03			224?
	Fungi,[1] sp. (Flammulina velutipes):																			
504	Raw:																			
a	E.P.	0	34	89.2	1.9	0.2	7.1	0.4	0.8	2	30	1.2	30	322		0	.06?	.56	11.5?	5
b	A.P.; refuse, trimmings	25	26	66.9	1.4	0.2	5.2	0.3	0.6	2	22	0.9	22	242		0	.50	.42	8.6	4
	Fungi, sp. (Gyrophora esculenta):																			
505	Dried, E.P.	0	255	15.1	5.7	1.0	69.1	2.6	4.2	82	300	9.6				0	.15			0
	Fungi, sp. (Lactarius hatsudake):																			
506	Raw:																			
a	E.P.	0	21	90.4	1.2	0.2	4.2	0.5	0.5	2	41	1.0				0	.10	.46	8.0	0
b	A.P.; refuse, trimmings	19	19	74.1	1.1	0.2	3.3	0.4	0.4	3	55	0.9				0	.09	.36	7.2	0

Note:

1 In calculating the protein value of all kinds of fungi, about one-third of the nitrogen is considered as non-protein nitrogen.

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Fungi, sp. (Lentinus edodes):																			
507	Raw:																			
a	E.P.	0	25	91.5	1.1	0.4	[illegible]	0.6	0.3	5	39	0.7	5			0	.64?	.40	4.5	0
b	A.P.; refuse, trimmings	10	25	82.6	1.0	0.4	5.4	2.5	0.2	7	35	0.6	4			0	.58	.36	4.0	0
508	Dried, E.P.	0	275	15.5	2.7	1.6	65.5	5.5	4.6	19	144	3.4	16	320		0	.32	.74	10.0	0
	Fungi, sp. (Pholiota nameko):																			
509	Raw:																			
a	E.P.	0	15	92.2	1.0	0.2	2.5	0.8	0.4	2	37	1.1	3	100		0	.09	.07	3.5	0
b	A.P.; refuse, trimmings	30	10	66.6	0.7	0.1	2.0	0.2	0.3	1	26	0.5	2	70		0	.06	.05	2.4	0
510	Canned, E.P.	0	12	96.2	0.7	0.1	2.5	0.2	0.2	3	29	1.7				0	.04	.05	1.2	0
	Fungi, sp; pleurotus, oyster (Pleurotus ostreatus):																			
511	Raw:																			
a	E.P.	0	26	90.5	2.5	0.2	4.1	0.5	0.9	3	124	1.4	77	349		0	.44?	.43	10.0	0
b	A.P.; refuse, trimmings	30	15	63.0	2.0	0.1	2.9	0.6	0.6	2	87	1.0	54	244		0	.31	.30	7.0	0
	Fungi, sp. (Tremella fuciformis):																			
512	Dried, E.P.	0	275	10.7	0.7	0.2	74.5	1.1	0.8	23	306	3.5	55	362	0	2,560	.09	.22	5.8	20
	Fungi, sp. (Tricholoma spp.):																			
513	Raw:																			
a	E.P.	0	30	90.4	1.6	0.3	6.5	1.2	0.5	4	57	1.2	4	360		0	.06	.28	8.5	5
b	A.P.; refuse, trimmings	25	22	67.5	1.2	0.2	4.9	0.9	0.6	3	43	0.9	3	270		0	.05	.21	6.4	4
514	Canned, E.P.	0	24	92.5	0.5	0.1	5.7	1.4	0.5	4	25	0.9					.04	.30	2.0	0
	Fungi, spp. See also Mushroom, straw and Jew's ear.																			
	Galangal (Alpinia galanga; Languas galanga):																			
515	Rhizomes, raw:																			
a	E.P.	0	51	85.9	1.0	0.4	11.7	3.1	1.0	31	25	2.1				1,520	.05	.02	1.0	26
b	A.P.; refuse, parings	20	41	68.7	0.8	0.3	9.4	2.5	0.8	25	20	1.7				1,215	.04	.02	0.8	21
	Garland-chrysanthemum. See Chrysanthemum.																			
	Garlic (Allium sativum):																			
	Bulbs:																			
516	Raw:																			
a	E.P.	0	117	67.5	3.5	0.3	27.4	0.7	1.0	18	58	1.5	18	373		tr.	.24	.05	0.4	10
b	A.P.; refuse, loose sheaths	10	106	60.9	3.2	0.3	24.7	0.6	0.9	16	79	1.4	16	336		tr.	.22	.04	0.4	9
517	Salted, E.P.	0	80	73.8	3.4	1.8	14.6	2.8	6.4	52	160	(1.2)				0	.20	.04	0.3	0

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Garlic -- continued																			
518	Leaves and stems, raw:																			
a	E.P.	0	44	86.4	2.6	0.5	9.5	1.8	1.0	58	46	0.6	4	326		920	.11	.14	0.6	39
b	A.P.; refuse, trimmings	8	41	79.5	2.4	0.5	8.7	1.6	0.9	53	42	0.6	4	300		845	.10	.13	0.6	36
519	Shoots, raw:																			
a	E.P.	0	76	77.7	1.2	0.3	20.1	1.7	0.7	12	52	1.7		273		200	.14	.06	0.5	42
b	A.P.; refuse, trimmings	17	63	64.5	1.0	0.2	16.7	1.4	0.6	10	43	1.4		226		165	.12	.05	0.4	35
520	Flowers, raw:																			
a	E.P.	0	39	88.4	1.4	0.2	9.4	0.8	0.6	25	46	(0.9)				60	.11	.06	0.4	44
b	A.P.; refuse, stems and trimmings	25	29	66.3	1.0	0.2	7.1	0.6	0.4	19	34	(0.7)				45	.08	.04	0.3	33
	Garlic, great round-headed (Allium ampeloprasum):																			
521	Bulbs, raw:																			
a	E.P.	0	45	86.3	2.2	0.3	10.3		0.9	52	59	1.1				25	.11			17
b	A.P.; refuse, rootlets and tough leaves	48	23	44.9	1.1	0.2	5.4		0.5	27	26	0.6				15	.06			9
	Garlic wild (Allium sp.):																			
522	Bulbs, raw:																			
a	E.P.	0	41	87.0	3.2	0.4	7.5	1.0	0.9	109	64	2.2				486	.06	.10	5.6	11
b	A.P.; refuse, stem, leaves and sheaths	36	26	56.2	2.1	0.2	4.9	1.0	0.6	108	41	1.4				311	.04	0.6	3.6	7
	Giantarum, whitespot. See Group 2.																			
	Giantarum, sp.; elephant foot (Amorphophallus conjac):																			
523	Leaves, raw, E.P.	0	8	97.4	0.1	tr.	2.0	0.1	0.2	17	7	0.3					0	0	0	0
	Gingelly. See Sesame, oriental.																			
	Ginger (Zingiber officinale):																			
	Roots:																			
524	Raw:																			
a	E.P.	0	46	87.4	1.6	0.8	9.2	1.3	1.0	16	32	1.3	7	216		55	.01	.03	1.7	4
b	A.P.; refuse, skins	10	42	78.7	1.4	0.7	8.3	1.2	0.9	17	29	1.2	6	254		50	.01	.03	1.5	4
525	Salted, E.P.	0	37	78.8	1.5	0.6	7.0	1.2	11.5	52	25	1.9	3,300	379			.01	.03	0.5	0
526	Sugared, E.P.	0	361	7.2	0.2	1.1	91.4	0.6	0.1	30	5	0.5	26	20			.01	.04	0.3	
	Root, dried. See Group 4.																			
527	Shoots, raw, E.P.	0	22	93.0	0.5	0.6	4.2	1.2	1.4	42	55	(0.7)		475						

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Ginger, mioga (Zingiber mioga):																			
528	Bracts, raw, E.P.	0	17	94.2	1.2	0.1	3.5	1.7	0.7	53	16	0.6	5	190		15	.07	.06	0.5	5
	Gingko seed. See Group 4.																			
	Gliricidia, sp.; kawati (Gliricidia sepium):																			
529	Leaves, raw:																			
a	E.P.	0	52	84.7	2.4	0.5	11.9	1.3	0.5	17	34	0.5					.14	.08	1.0	12
b	A.P.; refuse, trimmings	15	44	72.0	2.0	0.4	10.2	1.1	0.4	14	29	0.7					.12	0.7	0.8	10
	Goabean, Indies: asparagus pea; winged bean (Psophocarpus tetragonolobus):																			
	Immature beans and young pods:																			
530	Raw:																			
a	E.P.	0	34	89.5	1.9	0.1	7.9	1.0	0.6	53	45	0.2	3	205		340	.19	.05	1.0	21
b	A.P.; refuse, trimmings	5	32	85.0	1.8	0.1	7.5	1.5	0.6	50	46	0.2	3	195		330	.18	.08	1.0	20
531	Boiled, E.P.	0	25	92.2	1.4	0.1	5.9	1.2	0.4	39	36	0.1	2	152		385	.19	.09	0.7	0
532	Leaves, raw, E.P.	0	47	85.0	5.0	0.5	8.5		1.0	134	81	6.27				3,145	.28?			29
	Goosefoot, lambs-quarters (Chenopodium album):																			
533	Leaves, raw, E.P.	0	(32)	(88.0)	(2.1)	(0.7)	(6.0)	(2.6)	(3.2)	(160)	(42)	(3.0)				(1,895)	(.05)	(.19)	(0.3)	
	Gourd, ash. See Waxgourd.																			
	Gourd, bitter. See Balsampear.																			
	Gourd, bottle. See Calabash.																			
	Gourd, rag:																			
	Angled-type; towelgourd; dishcloth-gourd (Luffa acutangula; Cucumis acutangulus):																			
	Fruit:																			
	Raw:																			
a	E.P.	0	17	94.6	0.7	0.1	4.1	0.6	0.5	25	39	0.5	1	142		30	.03	.03	0.2	6
b	A.P.; refuse, parings	26	13	70.0	0.5	0.1	3.0	0.4	0.4	18	29	0.4	1	105		20	.02	.02	0.1	4
535	Leaves, raw, E.P.	0	27	90.1	5.1	0	4.1	(1.5)	0.7	56	140	11.5				9,240	.05	.06		95

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Gourd, rag -- continued																			
	Cylinder-type; smooth loofah; vegetable sponge; sponge gourd (Luffa cylindrica; L. aegyptiaca):																			
536	Fruit, raw:																			
a	E.P.	0	19	94.3	1.1	0.2	4.0	1.0	0.4	2	30	0.7	3	154		170	.03	.04	0.3	10
b	A.P.: refuse, parings	21	15	74.5	0.9	0.2	3.1	0.8	0.3	2	24	0.6	2	122		135	.02	.03	0.2	8
537	Leaves, raw, E.P.	0	27	90.1	5.1	0	4.1	(1.5)	0.7	90	130	11.5				9,240	.05	.06		95
	Greenstar, India (Polyalthia longifolia):																			
538	Leaves, raw, E.P.	0	36	87.0	4.6	0.1	6.7		1.0	5	96									
	Heliconia, sp.; false-bird-of-paradise (Heliconia brevispatha):																			
539	Leaves, raw:																			
a	E.P.	0	26	91.0	0.4	0.1	6.7	1.6	0.9	45	22	1.0	55	150			.01	.03	0.1	
b	A.P.; refuse, trimmings	12	23	80.5	0.4	0.1	5.9	1.4	0.8	40	19	0.9	75	130			.01	.03	0.1	
	Hibiscus, Chinese (Hibiscus rosa-chinensis):																			
540	Flowers, raw:																			
a	E.P.	0	30	88.5	0.4	0.4	5.5	1.0	0.6	4	27	1.7					.03	.05	0.6	4
b	A.P.; refuse, stems and leaves	35	22	58.7	0.3	0.2	5.5	1.0	0.4	2	17	1.0					.02	.03	0.4	2
	Hibiscus, kenaf (Hibiscus cannabinus):																			
541	Leaves, raw, E.P.	0	42	87.6	3.7	0	6.6		0.8	62	35	1.0					.07	.06		
	Himbabao (Allaeanthus luzonicus):																			
542	Flowers, raw:																			
a	E.P.	0	70	7[illegible]	[illegible]	1.[illegible]	11.1	[illegible]	[illegible]	[illegible]	124	[illegible]	5	784		1,170	.15	.35	1.6	24
b	A.P.; refuse, leaves and stems	22	55	[illegible]	[illegible]	[illegible]	[illegible]	[illegible]	1.7	[illegible]	[illegible]	5.4	4	619		1,095	.14	.32	1.1	19
543	Leaves, raw, E.P.	0	[illegible]	76.0	5.0	1.1	12.[illegible]	[illegible]	2.0	270	85	3.7	5	472		2,050	.14	.35	1.2	95
	Honeywort, Japanese (Cryptotaenia japonica):																			
544	Greens, raw:																			
a	E.P.	0	18	90.5	2.0	0.1	3.4	1.1	1.0	81	45	1.5	7	400		750	.13	.20	0.5	60
b	A.P.: refuse, hard stems and trimmings	20	14	74.5	1.6	0.1	2.7	1.0	0.7	65	36	1.4	6	322		625	.12	.16	0.4	48

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Horsebean, See Bean, broad.																			
	Horseradish (Armoracia lapathifolia):																			
545	Root, raw:																			
a	E.P.	0	(69)	(80.2)	(2.7)	(0.2)	(15.5)	(1.4)	(1.4)	(24)	(65)	(2.1)			(5)	(.03)	(.07)	(0.4)	(22)
b	A.P.; refuse, parings	27	(51)	(58.5)	(2.0)	(0.2)	(11.3)	(1.0)	(1.0)	(18)	(47)	(1.5)			(5)	(.02)	(.05)	(0.3)	(16)
	Horseradish; dish-tree; drumstick leaves (Moringa oleifera):																			
	Leaves:																			
546	Raw:																			
a	E.P.	0	72	77.6	7.4	1.5	11.6	1.2	1.9	297	90	3.6	4	473		8,855	.20	.73	3.4	167
b	A.P.; refuse, stems and tough leaves	39	44	47.3	4.5	0.9	7.1	0.7	1.2	181	55	2.2	2	288		5,400	.12	.44	2.1	102
547	Cooked, E.P.	0	79	78.7	6.6	1.0	12.2	0.8	0.9	254	67	3.0				5,365	.17	.47	1.8	37
548	Pods and tender leaves, raw:																			
a	E.P.	0	40	87.6	2.6	0.3	8.6	1.2	0.9	31	52	0.8				50	.06	.11	0.7	
b	A.P.; refuse, stems and tough leaves	49	20	44.7	1.3	0.2	4.4	0.6	0.4	16	26	0.4				25	.03	.05	0.4	
549	Pods, raw, E.P.	0	42	86.7	2.5	0.2	9.5		1.1	58	62	0.8				75	.05	.06	0.6	159
	Horsetail, field (Equisetum arvense):																			
550	Leaves, raw:																			
a	E.P.	0	20	93.7	1.0	0.2	4.4	1.1	0.7	58	93	4.4				300	0	.07	5.6	50
b	A.P.; refuse, stems	10	18	84.3	0.9	0.2	4.0	1.0	0.6	52	84	4.0				270	0	.06	5.0	45
	Indianmulberry (Morinda citrifolia):																			
551	Leaves, raw, E.P.	0	107	77.6	4.5	7.8?	8.6	4.0	1.5	36	15	2.3				36,265	.16	.09	7.2	52
	Indian sorrel. See Sorrel, red.																			
	Ivygourd, India (Coccinia cordifolia; C. indica; Cephalandra indica):																			
552	Gourd, raw, E.P.	0	20	93.6	0.7	0	5.2		0.5	25	25	0.6					tr.	tr.		81?
553	Leaves, raw, E.P.	0	28	90.6	4.1	0.4	4.2	1.0	0.7	126	30	4.6				10,845	.17	.13	3.8	48

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS--continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Jackbean, common Canavalia ensiformis:																			
554	Immature pods, raw, E.P.	0	43	88.0	2.7	0.2	7.9	(1.5)	0.6	60	40	2.0				25	.10			0
	Jackfruit (Artocarpus heterophylla):																			
555	Leaves, raw, E.P.	0	75	75.5	5.0	0	17.5		2.0	170	60	17.5					.10			70
	Fruit. See Group 6.																			
	Jalap. See Turpeth root, Indian.																			
	Jerusalem-artichoke (Helianthus tuberosus):																			
556	Tuber, raw:																			
a	E.P.	0	69	80.4	1.5	0.1	16.5	0.5	1.2	29	66	1.6		382		tr.	.20	.05	0.2	6
b	A.P.; refuse, parings	25	51	60.3	1.4	0.1	12.3	0.6	0.9	22	50	1.2		286		tr.	.15	.04	0.2	4
	Jew's ear; Juda's ear; woodear (Auricularia polytricha), E.P.:																			
	Tender variety:																			
557	Raw	0	42	87.1	1.0	0.1	10.9	1.5	0.5	(37)	tr.	0.1				0	(.02)	(.11)	(0.2)	
558	Dried, soaked, drained	0	29	92.0	0.7	0.7	5.9	0.2	0.4	23	5	5.1	1	60		10	.01	.07	0.1	
559	Dried	0	279	13.0	0.9	1.0	76.3	7.0	5.5	205	223	56.1	63	856	0	20	.16	.46	4.1	0
	Tough variety:																			
560	Dried	0	325	7.5	4.5	2.0	81.7	13.0	2.0	230	107	21.5	123	629			(.17)	.32	2.2	
561	Dried, soaked, drained	0	70	78.2	1.1	0.2	18.5	4.7	0.2	53	19	6.5	35	41			.03	.09	0.1	
	Jew's ear, white (Auricularia sp):																			
562	Dried, E.P.	0	292	12.0	4.1	1.5	75.2	1.5	4.8	511?	250	30.4		957			tr.	.14	1.5	
	Jointfir, spinach; relindjo-leaves (Gnetum gnemon):																			
563	Leaves, raw:																			
a	E.P.	0	82	75.4	3.5	0.5	15.4	2.0	1.6	125	100	2.7	1	53		3,555	.17	.24	1.6	113
b	A.P.; refuse, stems	11	73	67.1	3.4	0.7	16.4	2.3	1.4	114	89	2.4	1	74		3,165	.15	.21	1.4	100
564	Fruit, raw, E.P.	0	66	86.0	5.0	0.7	13.3		1.0	163	75	2.5				600	.10			100
	Jute, potherb (Corchorus olitorius):																			
	Leaves:																			
565	Raw:																			
a	E.P.	0	43	84.1	5.0	0.3	7.6	1.7	2.4	206	97	7.7	12	444		7,850	.13	.26	1.1	53
b	A.P.; refuse, tough stems and trimmings	34	25	55.5	3.7	0.2	5.0	1.1	1.6	176	64	5.1	8	293		5,150	.09	.17	0.8	35
566	Cooked, E.P.	0	44	84.6	2.9	0.2	9.9	1.7	2.4	125	51	2.9				6,850	.09	.20	0.9	tr.
	Kalimeris, sp. (Kalimeris yomena):																			
567	Leaves, raw:																			
a	E.P.	0	29	90.2	2.2	0.4	5.7	0.5	1.5	80	60	4.9				1,860	.15	.29	2.9	59
b	A.P.; refuse, trimmings	10	26	81.2	2.0	0.4	5.0	0.4	1.4	72	59	3.6				1,675	.14	.15	1.5	45

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Kale. See Collard.																			
	Kawati. See Gliricidia, sp.																			
	Kelp. See Seaweed.																			
	Kimchi (Korean food); pickled, fermented vegetables, red pepper, garlic, and and green onion added, mainly made from:																			
568	Oriental radishes (Kach doo ki; gatuki)	0	41	87.0	2.5	0.7	8.2		0.7	4							.03	.06	5.5	9
569	Oriental radishes, sweetened (Dan moo gi)	0	30	75.1	1.7	0.8	6.6	0.9	13.9								.03	.04		0
570	Oriental radishes including juice (Dong chi mi)	0	21	93.9	0.7	0.2	5.0		0.2	1							.01	.03	1.0	7
571	Oriental radish leaves (Mu chung kimchi)	0	35	88.1	2.7	0.8	6.9	0.8	0.5	2							.03	.07	2.9	17
572	Young and tender oriental radishes (Yul moo kimchi)	0	19	94.8	2.4	0.9	1.5		1.0	24							.04	.06	0.4	24
573	Oriental radishes, sliced (Jang a gee)	0	75	78.8	0.4	1.8	14.0	2.8	0.3	52	160	3.0					.96	.66	0.5	0
574	Cucumber, pickled (Oigee)	0	50	78.0	1.1	0.9	12.7	1.4	7.8	58	55	0.4					.04	.04	0.4	0
575	Cucumber, sweetened, Japanese style (Nara seu kei)	0	55	70.8	0.9	0.1	12.0	3.7	3.0	9							.04	.03		
576	Chinese cabbage (Tong kimchi)	0	35	90.1	2.0	0.7	6.8		0.5	28										
	Kohlrabi (Brassica oleracea var. gongylodes):																			
577	Raw:																			
a	E.P.	0	31	89.0	2.6	0.4	6.0	1.0	1.1	52	48	1.3	(8)	249		2,000	.06	.10	0.6	68
b	A.P.; refuse, tops and parings	23	24	68.2	2.0	0.3	4.7	0.8	0.8	40	37	1.0	(6)	192		1,540	.04	.08	0.5	52
	Kudzubean, thunberg (Pueraria thunbergiana):																			
578	Leaves, cooked, E.P.	0	36	89.0	0.4	0.1	9.7	7.7	0.8	35	20	4.9				0	.03	.91	0.8	0
	Root. See Group 2.																			
	Laver. See Seaweed.																			
	Leadtree, whitepopinac; wild-tamarind (Leucaena glauca; L. leucocephala):																			
579	Tender tops and pods, raw, E.P.	0	59	80.7	5.4	0.9	8.8	3.8	1.2	137	11	0.2?				4,730		.09	5.4	8

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Leek (Allium porrum):																			
	Raw:																			
580	Unbleached:																			
a	E.P.; lower leaf and bulb.....	0	35	89.4	2.3	0.5	7.0	1.0	0.8	58	48	2.7	5	316		2,435	.09	.10	0.6	32
b	A.P.; refuse, tops and rootlets.....	28	25	64.4	1.6	0.4	5.0	0.7	0.6	42	34	1.9	4	228		2,240	.06	.07	0.4	23
581	Bleached:																			
a	E.P.....	0	16	94.8	1.0	0.3	2.6	0.6	0.4	16	20	0.6		62		15	.04	.06	0.5	12
b	A.P.; refuse, trimmings.....	8	15	87.2	1.7	0.3	2.4	0.6	0.4	15	18	0.6		57		10	.04	.06	0.7	11
582	Flowers, raw, E.P.....	0	55	88.1	5.5	0.5	10.5	1.1	0.4	23	38	0.9				2,550	.14	.12	0.9	40
	Leek, Chinese. See Onion, fragrant.																			
	Lemon-grass (Cymbopogon citratus):																			
583	Leaves, raw:																			
a	E.P.....	0	92	74.3	1.0	1.4	21.0	4.2	1.4	32	30	1.8				425	.05	.02	2.2	1
b	A.P.; refuse, tough leaves and stems	28	66	53.5	0.7	1.0	15.0	3.0	1.0	22	22	1.3				305	.04	.01	1.6	1
	Lettuce, garden (Lactuca sativa):																			
	Raw:																			
584	Unheaded:																			
a	E.P.....	0	20	93.6	1.3	0.3	3.9	0.6	0.7	56	34	2.1	14	254		2,035	.06	.12	0.5	17
b	A.P.; refuse, outer leaves.....	20	14	93.3	1.0	0.2	2.7	0.4	0.6	41	25	1.6	10	188		1,505	.04	.09	0.4	12
585	Headed:																			
a	E.P.....	0	14	95.5	1.0	0.4	2.4	0.4	0.4	18	22	0.4				225	.04	.04	0.2	4
b	A.P.; refuse, outer leaves.....	5	14	91.0	1.0	0.4	2.2	0.4	0.4	17	21	0.4				540	.04	.04	0.2	4
	Lettuce, garden asparagus (Lactuca sativa var. asparagina):																			
586	Raw:																			
a	E.P.....	0	16	94.7	1.2	0.2	3.2	0.4	0.7	58	58	1.1	10			720	.06	.06	0.6	15
b	A.P.; refuse, outer leaves.....	5	15	93.0	1.1	0.2	3.0	0.4	0.7	58	58	1.0	10			685	.06	.06	0.6	14
	Lettuce, prickly: Chinese lettuce (Lactuca scariola; L. serriola):																			
587	Leaves, raw:																			
a	E.P.....	0	22	93.9	2.2	0.4	3.3	0.7	0.7	54	40	1.0		232		1,900	.14	.12	0.7	15
b	A.P.; refuse, outer leaves.....	20	18	89.0	1.6	0.4	2.4	0.5	0.7	40	27	1.4		150		1,475	.10	.09	0.5	11
	Stems:																			
588	Raw:																			
a	E.P.....	0	13	95.0	1.0	0.2	2.0	0.4	0.6	12	30	1.5		231		15	.04	.05	0.5	1
b	A.P.; refuse, tough skin and ends.	45	7	49.7	0.5	0.1	1.4	0.2	0.4	8	45	0.7		120		10	.02	.03	0.3	tr.
589	Pickled and fermented paste added..	0	49	80.0	2.4	0.4	6.5	1.0	4.0	72	42	3.2		247						
	Lily, sp. (Lilium lansifolium):																			
590	Root, raw:																			
a	E.P.....	0	118	66.0	4.8	0.6	27.2	1.1	1.4	5	240	0.5	10			0	.05	.04	0.2	29
b	A.P.; refuse, parings.....	15	96	56.1	4.1	0.5	23.1	0.9	1.2	4	204	0.4	8			0	.04	.02	0.2	17

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Lily, tiger (Lilium tigrinum):																			
591	Bulb, dried, E.P.	0	315	14.5	7.9	1.5	72.5	1.4	3.3	39	122	5.0	55	655	0	0	.08	.08	2.4	17
	Loofah, smooth. See Gourd, rag, cylinder type.																			
	Lotus, Indu (Nelumbo nucifera):																			
	Tuber:																			
592	Raw:																			
a	E.P.	0	52	85.1	2.1	0.1	11.5	0.5	0.9	23	71	1.6	29	400		0	.09	.04	0.4	38
b	A.P.; refuse, skins	15	44	72.3	1.5	0.1	19.0	0.7	0.5	20	69	1.4	25	340		0	.08	.04	0.3	32
593	Canned, total contents of can, E.P.	0	15	95.5	0.5	tr.	3.5	0.4	0.2	13	12	0.6	20	57			.01	.01	0.1	
594	Flour	0	336	11.5	0.2	0.1	87.1	0.1	0.5	48	50	5.8		61		0	.02	.01	0.1	
	Maize. See Corn.																			
	Malabar nightshade. See Vinespinach.																			
	Mallow, high or Chinese (Malva sylvestris):																			
595	Leaves, raw:																			
a	E.P.	0	25	91.6	3.6	1.4	2.1	0.9	1.2	93	42	3.7				3,315	.17	.29	0.5	24
b	A.P.; refuse, trimmings	10	25	82.4	3.2	1.3	1.9	0.8	1.2	81	38	3.3				2,985	.15	.26	0.4	22
	Mango, common (Mangifera indica):																			
596	Young leaves, raw:																			
a	E.P.	0	54	82.1	3.9	0.2	12.1	1.6	1.7	19	77	2.8				610	.06	.09	1.5	27
b	A.P.; refuse, trimmings	11	49	73.0	3.5	0.2	10.8	1.4	1.5	17	68	2.5				545	.05	.08	1.3	24
	Marshweed (Limnophila spp.):																			
597	Leaves, raw, E.P.	0	24	92.2	1.4	0.3	5.2		0.9	76	24	3.5	123	137		2,000	.03	.14	0.6	1
	Matai; waternut; water chestnut (Eiocharis tuberosa; E. dulcis):																			
	Corms:																			
598	Raw:																			
a	E.P.	0	68	81.1	1.4	0.3	16.1	0.6	1.1	5	77	0.7	10	481		0	.03	.02	1.0	6
b	A.P.; refuse, skins	27	50	59.2	1.0	0.2	11.8	0.4	0.8	4	56	0.5	7	351		0	.02	.01	0.7	4

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Matai -- continued																			
	Corms:																			
	Canned, E.P.:																			
599	Drained solids only.....	0	49	85.6	0.9	tr.	13.1	0.6	0.4	18	72	0.5	14	154	0	0	.01	.03	0.3	6
600	Total contents of can.....	0	49	89.3	0.9	0.2	9.4	1.0	0.2	10	38	0.4	9	128			.01	.01	0.3	
	Matrimony vine. See Wolfberry, Chinese, leaves.																			
	Melon, pickling, oriental (Cucumis conomon):																			
	Fruit:																			
601	Raw:																			
a	E.P.....	0	13	95.6	1.0	0.1	2.8	0.6	0.5	30	14	0.4	20?			tr.	.02	.02	0.2	19
b	A.P.; refuse, parings and seeds...	12	10	77.4	0.8	0.1	2.3	0.5	0.4	24	11	0.3	16			tr.	.02	.02	0.2	15
602	Soaked in sake-cake, E.P.....	0	36	86.0	1.0	0.1	9.3	0.4	3.0	50	48	2.5	1,300			0	.04	.03	0	0
603	Pickled, E.P.....	0	14	85.3	0.7	0.3	2.9	0.9	10.8	74	49	4.2				0	.01	.03	0	10
	Mint leaves (Mentha sp.):																			
604	Raw:																			
a	E.P.....	0	82	89.3	3.0	0.7	5.4		1.6	194	48	3.8	2	179		2,160	.13	.16	0.7	64
b	A.P.; refuse, tough stems and branches	70	10	26.8	0.9	0.2	1.6		0.5	58	14	1.1	1	54		650	.04	.05	0.2	19
	Mombin, red (Spondias purpurea):																			
605	Shoots and tender stems, raw:																			
a	E.P.....	0	35	88.6	4.3	0.8	5.1	1.6	1.2	12	73	2.8					.06	.12	1.[illegible]	23
b	A.P.; refuse, stems and trimmings..	24	27	67.8	3.3	0.6	3.[illegible]	1.2	0.9	9	55	2.1					.06	.09	1.1	17
606	Leaves, raw, E.P.....	0	59	81.0	3.5	0.3	13.4		1.8	540	82	6.2				1,740	.06			29
	Monochoria, sp. (Monochoria vaginalis):																			
607	Leaves, raw:																			
a	E.P.....	0	18	93.0	1.0	0.2	3.8		2.0	80	45	3.7				600	.08			50
b	A.P.; refuse, stems and trimmings..	30	12	65.1	0.7	0.1	2.7		1.4	56	32	2.6				420	.06			35
	Mugwort, See Wormwood, mugwort.																			
	Mungbean, green gram; tiensin green bean (Phaseolus aureus; Vigna radiata):																			
	Sprouts:																			
608	Raw:																			
a	E.P.....	0	30	90.1	4.2	0.2	5.0	0.9	0.5	15	71	1.2	7	222		20	.11	.10	0.8	18
b	A.P.; refuse, rootlets.....	7	28	83.8	3.9	0.2	4.6	0.8	0.5	14	66	1.1	6	206		20	.10	.06	0.7	17
609	Cooked, E.P.....	0	34	89.3	2.2	0.1	7.0	1.0	0.5	6	40	0.4	5	165		tr.	.07	.06	0.5	3
	Seeds, mature dried. See Group 3.																			
	Mushroom,[2/] Chinese (Agaricus bretschei-deri):																			
610	Dried, E.P.....	0	284	12.8	10.0	1.8	66.6	6.7	4.5	76	256	11.7	38	1,422		0	.37	1.32	11.3	0
611	Dried, soaked, drained, E.P.....	0	44	87.4	2.0	0.8	8.6	0.6	0.3	10	21	1.1	1	113			.01	.13	4.0	

Note: 2/ For all the mushrooms, about one-third of the nitrogen is counted as non-protein nitrogen.

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Mushroom, cultivated (Agaricus campestris):																			
612	Raw:																			
a	E.P.	0	37	88.7	2.7	0.9	5.7	0.9	0.9	8	103	1.0	12	322		0	.10	.42	4.8	3
b	A.P.; refuse, trimmings	9	34	89.8	2.4	0.8	5.2	0.8	0.8	7	94	0.9	11	293		0	.09	.31	3.9	3
613	Canned, E.P.	0	22	91.6	2.4	0.2	3.2	0.7	1.6	10	62	0.8	400		0	0	.08	.02	1.5	0
614	Dried, E.P.	0	253	9.1	25.3	3.5	37.0	6.0	14.3	(64)	718	(8.0)		2,590						
	Mushroom, straw (Volvaria volvacea; V. esculenta):																			
615	Raw:																			
	E.P.	0	34	90.1	2.1	1.0	4.9	1.1	1.0	7	67	1.7	37	342		0	.12	.33	9.1	2
616	Dried, E.P.	0	322	8.3	20.1	12.2	41.6	5.0	9.2	32	687	(15.7)	31	3,000			.32	2.73	59.5	
617	Dried, soaked, drained, E.P.	0	48	86.4	3.9	2.0	4.8	1.6	1.2	22	70	(12.3)	16	175			.06	2.96	1.2	
	Canned, E.P.:																			
618	Drained solids only	0	39	89.6	2.3	0.1	5.8	1.2	1.2	10	28	1.1	261	71	0	0	.01	.12	0.1	
619	Total content of can	0	22	92.1	1.6	0.1	4.3	0.7	1.2	7	25	0.7	194	62	0	0	.01	.07	0.1	
	Mustard greens, Indian (Brassica juncea):																			
	Leaves and stems:																			
620	Raw:																			
a	E.P.	0	24	91.8	2.4	0.4	4.3	1.0	1.1	160	48	2.7	24	297		1,825	.06	.14	0.8	73
b	A.P.; refuse, trimmings	10	23	82.5	2.2	0.4	3.9	0.9	1.0	144	43	2.4	22	267		1,640	.05	.13	0.7	66
621	Cooked, E.P.	0	16	94.7	1.7	0.2	2.9	0.6	0.5	86	40	0.9				1,525	.04	.07	0.6	27
622	Dried and salted, E.P.	0	252	14.5	18.2	2.3	52.8	12.8	12.2	1,163	314	26.2		2,031						
623	Semi-dried, salted and pickled, E.P.	0	222	30.3	13.3	0.3	38.4	2.4	11.7	504	124	10.8				tr.	.10	.55	0	3
624	Salted	0	21	88.4	2.0	0.4	3.7	1.3	5.5	161	40	3.0	850	214		745	.03	.12	0.5	3
625	Soured, salted	0	62	73.8	2.2	0.3	17.0	2.9	6.7	113	38	1.2					.03	.02	0.6	0
626	Salted, rice bran added	0	27	89.2	1.9	0.2	5.9		2.8	150	135	3.4				1,380	.14	.12	1.8	2
	Stems:																			
627	Raw:																			
a	E.P.	0	16	94.4	1.3	0.1	3.5	0.6	0.7	22	20	0.3				tr.	.02	.03	0.5	16
b	A.P.; refuse, trimmings	56	7	41.5	0.6	tr.	1.6	0.3	0.3	10	9	0.1				tr.	.01	.01	0.2	7
	Roots:																			
628	Raw, E.P.	0	38	85.2	1.9	0.3	8.8	2.0	3.8	111	65	1.6		447		45	.05	.12	0.7	21
629	Pickled, E.P.	0	94	50.4	3.7	0.7	22.4	2.9	22.8	214	49	8.2		981						
630	Spiced, E.P.	0	47	72.3	4.2	0.7	7.7	2.5	15.1	185	105	6.0		1,328		50	.07	.07	0.4	tr.
	Mustard, Japanese (Brassica japonica):																			
631	Leaves, raw:																			
a	E.P.	0	23	92.0	2.5	0.4	3.7	1.4	1.4	140	42	2.7	120	340		500	.08	.13	1.0	70
b	A.P.; refuse, trimmings	10	21	82.8	2.2	0.4	3.3	1.3	1.3	126	38	2.4	108	306		450	.07	.12	0.9	63
	Myrobalan. See Terminalia, chebula.																			

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	New-Zealand-spinach (Tetragonia tetragonioides; T. expansa):																			
632	Leaves, raw:																			
a	E.P.	0	22	91.5	2.8	0.4	3.2	0.5	2.1	178	61	3.8	88	555		3,540	.05	.24	1.2	27
b	A.P.; refuse, mainstalk and outer leaves	39	13	55.2	1.7	0.2	2.0	0.5	1.3	108	37	2.3	54	338		2,160	.03	.15	0.7	16
	Nightshade, black (Solanum nigrum):																			
633	Leaves, raw:																			
a	E.P.	0	44	85.0	4.6	0.4	8.4	1.1	1.6	216	88	4.2				1,650	.12	.24	1.3	30
b	A.P.; refuse stems and trimmings	36	28	54.5	2.9	0.2	5.4	0.7	1.0	138	56	2.7				1,055	.08	.15	0.8	19
	Nightshade, sp. (Solanum spp.):																			
634	Fruit, raw, E.P.	0	80	78.6	3.0	1.0	16.2	3.5	1.2	45	32	0.8				700	.04	.10	8.4?	8
	Nittatree, sp.; sa-to (Parkia speciosa):																			
635	Pods, raw, E.P.	0	130	70.7	5.0	5.1	11.9	0.5	1.3	76	83	0.7					.11	.01	1.0	6
	Okra; lady's finger (Hibiscus esculentus):																			
636	Fruit, raw:																			
a	E.P.	0	31	89.6	1.8	0.1	7.6	0.9	0.9	90	47	1.0	3	285		140	.07	.08	0.8	18
b	A.P.; refuse, stem ends	10	28	89.6	1.6	0.1	6.9	0.8	0.8	81	42	0.9	3	255		125	.06	.07	0.7	16
637	Cooked, E.P.	0	33	89.7	1.2	tr.	8.5	0.6	0.6	117	28	0.5				90				
	Onion, common, garden (Allium cepa):																			
	Mature:																			
638	Raw:																			
a	E.P.	0	38	88.6	1.6	0.2	9.0	0.7	0.6	30	44	1.0	9	166		tr.	.06	.04	0.2	9
b	A.P.; refuse, skins and ends	6	35	88.2	1.5	0.2	8.5	0.6	0.6	28	41	0.9	8	156		tr.	.06	.04	0.2	8
639	Cooked, E.P.	0	35	90.3	1.4	0.2	7.6	0.6	0.5	26	37	0.8	8	141		0	.04	.02	0.1	2
	Immature bulbs and tops:																			
640	Raw:																			
a	E.P.	0	28	91.6	1.6	0.4	5.8	1.0	0.6	43	36	1.2	1	178		890	.06	.11	0.5	29
b	A.P.; refuse, damaged tops and rootlets	19	25	82.5	1.4	0.4	5.2	0.9	0.5	39	32	1.1	4	160		800	.05	.10	0.4	26
	Onion, fragrant; Chinese leek (Allium odorum):																			
641	Raw:																			
a	E.P.	0	34	88.4	3.0	0.4	6.8	0.8	1.4	59	66	2.6	6	234		1,020	.08	.15	0.9	36
b	A.P.; refuse, damaged tips and rootlets	10	31	79.5	2.7	0.4	6.1	0.7	1.3	53	59	2.3	5	211		920	.07	.13	0.8	32

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Onion, Welsh (Allium fistulosum):																			
642	Raw:																			
a	E.P.	0	30	91.4	1.6	0.3	6.1	0.8	0.6	55	41	1.1	15	192		630	.06	.08	0.5	19
b	A.P.; refuse, damaged tips and rootlets	13	27	79.5	1.4	0.3	5.3	0.7	0.5	48	36	1.0	13	167		550	.05	.07	0.4	16
	Palmyrapalm (Borasus flabellifer):																			
643	Young shoots; germinating radicles, E.P	0	103	69.5	2.7	0.2	26.6	2.2	1.0	18	140						.05	.18	0.9	8
	Papaya (Carica papaya):																			
644	Young leaves, raw:																			
a	E.P.	0	74	77.5	7.0	2.0	11.3	1.8	2.2	344	142	0.8	16	652		11,565	.09	.48	2.1	140
b	A.P.; tough stems and trimmings	29	52	55.0	5.0	1.4	8.0	1.3	1.6	244	101	0.6	11	463		8,210	.06	.34	1.5	99
645	Fruit, unripe, raw:																			
a	E.P.	0	26	92.1	1.0	0.1	6.2	0.9	0.6	38	20	0.3	7	215		15	.02	.03	0.3	40
b	A.P.; refuse, skins and seeds	32	18	62.6	0.7	0.1	4.2	0.6	0.4	26	14	0.2	5	146		10	.01	.02	0.3	27
	Fruit, ripe. See Group 6.																			
	Parsley, curley (Petroselinum crispum):																			
646	Raw, E.P.	0	50	83.8	3.7	0.8	9.5	1.4	2.2	228	54	4.6	28	900		1,550	.18	.25	1.0	153
	Parsnip, garden (Pastinaca sativa):																			
647	Raw:																			
a	E.P.	0	(76)	(79.1)	(1.7)	(0.5)	(17.5)	(2.0)	(1.2)	(50)	(77)	(0.7)	(12)	(541)		(20)	(.08)	(.09)	(0.2)	(16)
b	A.P.; refuse, parings and trimmings.	22	(59)	(61.7)	(1.3)	(0.4)	(13.6)	(1.6)	(0.9)	(39)	(60)	(0.5)	(9)	(422)		(15)	(.06)	(.07)	(0.2)	(12)
	Peas, edible-podded or sugar-peas (Pisum sativum var. macrocarpon):																			
648	Raw, young pods:																			
a	E.P.	0	39	87.7	3.0	0.2	8.5	1.7	0.6	49	54	1.1	9	135		245	.17	.10	0.9	36
b	A.P.; refuse, strings and tips	7	37	81.5	2.8	0.2	7.9	1.6	0.6	46	50	1.0	8	126		230	.16	.09	0.8	33
649	Cooked, E.P.	0	30	90.7	1.3	0	7.6	1.3	0.4	16	20	0.2	7	102		230	.12	.07	0.6	28
	Peas, garden (Pisum sativum):																			
650	Raw, seeds:																			
a	E.P., shelled	0	94	75.6	6.2	0.4	16.9	2.4	0.9	32	102	1.2	6	350		405	.28	.11	2.8	27
b	A.P.; refuse, shells	55	42	34.0	2.8	0.2	7.6	1.1	0.4	14	46	0.5	3	158		180	.13	.05	1.3	12
651	Canned, drained solids, E.P.	0	102	79.5	3.1	0.3	16.0	2.2	1.1	27	68	1.4					.05	.03	1.0	0
	Pekingese cabbage. See Cabbage, celery.																			

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Peperomia, shiny (Peperomia pellucida):																			
652	Leaves, raw:																			
a	E.P.	0	25	92.2	0.5	0.3	5.9	1.0	1.1	124	34	3.2	8	277		2,500	.03	.07	0.6	10
b	A.P.; refuse, trimmings	5	24	87.6	0.5	0.3	5.6	1.0	1.0	116	32	3.0	8	263		2,375	.03	.06	0.6	10
	Peppers, red; tabasco; chili pepper (Capsicum frutescens):																			
	Fruit:																			
653	Raw:																			
a	E.P.	0	110	65.4	6.3	1.4	24.8	15.0	2.1	86	120	3.6	23	1,280		6,600	.37	.51	2.5	96
b	A.P.; refuse, stem ends, seeds and cores	12	100	56.9	5.5	1.2	21.6	13.0	1.8	75	104	3.1	20	1,119		5,700	.32	.45	2.2	84
654	Dried	0	288	15.3	11.7	12.4	43.7	13.4	16.9	223	853	45.0	60	1,500		27,430	1.14	1.53	19.8	184
655	Paste, E.P.	0	35	87.0	0.4	0.3	8.0	0.6	3.4	28	24	7.5		260			.01	.01	0.1	12
	Peppers, sweet (Capsicum annuum):																			
656	Fruit, green, raw:																			
a	E.P.	0	20	92.0	1.3	0.2	6.0	1.4	0.5	12	34	0.9	5	274		1,750	.07	.05	0.3	103
b	A.P.; refuse, stem ends, seeds and cores	13	23	80.0	1.1	0.2	5.2	1.2	0.4	13	30	0.8	4	238		1,520	.06	.07	0.7	90
657	Cooked, E.P.	0	18	94.6	0.9	0.1	4.1	0.9	0.3	8	22	0.6	3	185		195?	.03	.03	0.4	66
658	Fruit, red, raw:																			
a	E.P.	0	45	86.9	2.0	0.8	9.5	1.7	0.8	11	47	0.9		374		4,770	.09	.12	0.4	86
b	A.P.; refuse, stem end, seeds and cores	6	43	81.7	1.9	0.8	8.8	1.6	0.8	10	44	0.8		352		4,485	.08	.12	0.4	81
	Peppers, all varieties (Capsicum spp.):																			
659	Leaves, raw, E.P.	0	53	82.1	5.8	1.0	8.5	1.9	2.6	240	56	1.4	5	714		6,210	.40	.33	1.9	68
	Pepper, sp. (Piper sarmentosum):																			
660	Leaves, raw, E.P.	0	101	69.5	5.4	2.5	15.8	4.0	3.8	651	80	7.0?				5,290	.13	.11	16.2	19?
	Perilla, common, purple; Shantung greens (Perilla frutescens):																			
661	Greens, raw:																			
a	E.P.	0	42	86.0	3.4	0.6	8.0	1.5	2.0	197	73	4.7	29?	650		4,350	.07	.32	0.8	46
b	A.P.; refuse, tough stem and trimmings	25	31	64.5	2.6	0.4	6.0	1.1	1.5	145	55	5.0	15?	488		3,265	.05	.24	0.6	34
662	Seeds, raw, E.P.	0	42	88.2	2.0	1.3	6.9	2.7	1.0	140	63	1.3				750	.05	.09	0.5	20

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Philippine spinach. See Fameflower, potherb.																			
	Pickling melon. See Melon, pickling, oriental.																			
	Pigeonpea (Cajanus cajan):																			
663	Immature pods and seeds, raw:																			
a	E.P.	0	114	64.4	8.7	0.6	24.5	3.6	1.8	72	174	2.0	5	622		145	.44	.16	1.8	32
b	A.P.; refuse, ends, strings and stems.	38	71	39.9	5.4	0.4	15.2	2.2	1.1	45	108	1.2	3	386		90	.27	.10	1.1	20
664	Immature seeds, raw, E.P.	0	119	68.9	7.5	0.6	21.6		1.4	29	125	1.8	(5)	(568)		(145)	.40	.25	2.4	26
	Pigeonwings, Asian; blue pea (Clitoria ternatea):																			
665	Pods and seeds, raw:																			
a	E.P.	0	66	80.0	3.8	0.4	15.0	4.8	0.8	40	24	0.4	4	309		670	.04	.18	1.4	248
b	A.P.; refuse, trimmings	6	60	75.1	3.6	0.4	14.1	4.5	0.8	38	22	0.4	4	290		630	.04	.17	1.3	233
	Plantain. See Group 2.																			
	Plantain, rippleseed (Plantago major):																			
666	Leaves, raw:																			
a	E.P.	0	61	81.4	2.5	0.3	14.6		1.2	154	52	1.2	16	277		2,520		.28	0.8	8
b	A.P.; refuse, stems and rootlets	20	49	65.1	2.0	0.2	11.7		1.0	147	42	1.0	13	222		2,015		.22	0.6	6
	Plate brush (Solanum torvum):																			
667	Fruit, raw:																			
a	E.P.	0	47	85.4	2.4	0.4	10.7	6.1	1.1	104	70	4.67				390	.12	.09	2.6	4
b	A.P.; refuse, stem ends	5	45	81.1	2.3	0.4	10.2	5.8	1.0	99	66	4.4?				370	.11	.08	2.5	4

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Pluchea, sp. (Pluchea indica):																			
668	Leaves, raw:																			
a	E.P.	0	42	80.0	1.2	0.5	9.4		2.3	256	49	5.6				2,390	.02			30
b	A.P.; refuse, stems and trimmings	35	27	55.9	1.2	0.3	6.1		1.5	166	32	3.6				1,555	.01			20
	Potato. See Group 2.																			
	Premna, fragrant (Premna odorata):																			
669	Leaves, raw:																			
a	E.P.	0	64	80.0	3.5	0.4	14.7	2.6	1.4	64	76	3.0	5	574			.04	.09	0.9	5
b	A.P.; refuse, stems, roots and trimmings	76	16	19.2	0.2	0.1	3.6	0.6	0.3	15	18	0.7	1	138			.01	.02	0.2	1
	Prickly-chaff (Achyranthes aspera):																			
670	Flowers, raw:																			
a	E.P.	0	(40)	(85.9)	(6.4)	(1.0)	(6.2)	(0.8)	(1.4)	(158)	(59)	(tr.)				(6,555)	(.13)	(.48)	(1.0)	(30)
b	A.P.; refuse, stems and trimmings	28	(38)	(61.2)	(4.6)	(0.7)	(4.5)	(0.6)	(1.0)	(114)	(42)	(tr.)				(4,720)	(.10)	(.34)	(0.7)	(22)
	Pseuderanthemum, yellowvein (Pseuderanthemum reticulatum):																			
671	Leaves, raw, E.P.	0	46	85.0	3.4	0.2	1	1.7	1.3		67					2,605	.02	.10	1.4	51
	Pumpkin (Cucurbita pepo):																			
672	Fruit, raw:																			
a	E.P.	0	27	91.9	0.7	0.2	6.6	0.8	0.6	24	33	0.7	8	350		785	.03	.04	0.5	14
b	A.P.; refuse, rind and cavity contents	17	22	76.3	0.6	0.2	5.4	0.7	0.5	20	27	0.6	7	290		650	.02	.03	0.4	12
673	Leaves, raw, E.P.	0	21	92.6	3.0	0.4	3.0		1.0	37	99	2.1	6	472		1,940	.09	.13	0.9	11
	Purslane, common (Portulaca oleracea):																			
674	Leaves and stems, raw, E.P.	0	37	87.5	2.2	0.3	7.0	1.1	2.0	115	40	1.4		320		1,320	.06	.14	0.8	21
	Radish, garden (Raphanus sativus):																			
675	Roots, raw:																			
a	E.P.	0	26	92.0	1.0	0.2	5.6	1.3	0.6	32	34	.4	10	242		tr.	.04	.03	0.4	26
b	A.P.; refuse, tops ans rootlets	27	19	67.0	0.7	0.2	4.1	0.9	0.4	23	25	.0	7	177		tr.	.03	.02	0.3	19
676	Cooked, E.P.	0	19	94.5	0.2	0.1	4.7	0	0.5	40	22	0.2				0	.01	.01	0.2	16
677	Dried and salted, E.P.	0	70	64.0	2.1	0.7	17.6	1.0	15.6	118	52	1.4				0	.07	.07	0.2	
678	Pickled, E.P.	0	38	81.4	1.2	0.4	6.0	0.7	10.1	48	25	2.2				0	.02	.02	0	4
	Pods:																			
679	Raw:																			
a	E.P.	0	34	89.0	2.0	0.5	6.0	1.4	0.4	76	26	0.4	5	297		265	.05	.07	0.6	79
b	A.P.; refuse, ends and trimmings	7	32	83.0	2.4	0.5	6.1	1.3	0.4	71	24	0.4	5	192		245	.07	.07	0.6	73

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Radish, oriental, Japanese or Chinese: daikon (Raphanus sativus var.):																			
	Roots:																			
680	Raw:																			
a	E.P.	0	24	93.0	1.0	0.1	5.3	1.0	0.6	27	30	0.4	27	228		0	.02	.03	0.6	42
b	A.P.; without tops, refuse parings.	13	21	90.9	0.9	0.1	4.6	0.9	0.5	24	26	0.3	23	198		0	.02	.03	0.5	36
c	A.P.; with tops, refuse, tops and parings	34	16	81.3	0.7	0.1	3.5	0.7	0.4	18	20	0.3	18	150		0	.01	.02	0.4	28
	Salted:																			
681	Semi-dried, chopped, E.P.	0	229	31.0	10.1	0.7	50.7	6.8	7.5	440?	160	9.0				0	.28	.10	2.0	0
682	Soaked in miso, E.P.	0	93	64.4	4.3	0.5	20.0	3.0	10.8	84	79	2.6	3,800			0	.05	.04	1.3	0
683	Soaked, rice bran added, E.P.	0	23	88.9	1.3	0.3	4.5	0.9	5.0	35	110	0.7	1,500			0	.26	.09	1.2	0
684	Soaked with sake cake, E.P.	0	90	72.2	3.5	0.3	20.4	1.3	3.0	37	31	0.5	1,100			0	.03	.02	0.4	0
	Prepared products (Japan):																			
685	"Bettara-zuke"	0	43	85.5	1.0	0.1	9.8	0.8	3.0	35	24	0.6	840			0	.13	.05	0.3	0
686	"Moriguchi-zuke"	0	69	75.1	2.4	0.2	15.5	0.9	6.7	42	94	1.5	2,300			0	.07	.06	0.3	0
687	"Takuan-zuke"	0	32	78.1	1.7	0.3	6.0	0.9	13.3	60	110	1.0	4,000			0	.02	.04	1.8	0
	Greens:																			
688	Raw:																			
a	E.P.	0	33	88.5	3.3	0.0	5.7	1.1	1.9	220	30	4.1	110	500		2,470	.08	.28	4.0	81
b	A.P.; refuse, tough stems and inedible leaves	20	27	70.8	2.0	0.5	4.6	0.9	1.5	176	24	3.3	88	400		1,975	.06	.22	3.2	65
689	Cooked	0	32	90.1	1.3	0.2	7.0	4.0	0.8	115	65	6.8					.40	.03	1.5	
690	Soaked, rice bran added, E.P.	0	30	84.2	2.0	0.6	5.7	1.1	7.5	120	160	2.0	2,100			860	.50	.30	0.5	5
	Seedlings:																			
691	Raw:																			
a	E.P.	0	19	93.8	1.8	0.1	3.8	1.1	0.5	140	63	1.2				3,600	.08	.25	0.5	70
b	A.P.; refuse, trimmings	5	18	89.1	1.7	0.1	3.6	1.0	0.5	133	60	1.1				3,420	.08	.24	0.5	66
	Rangoon creeper (Quisqualis indica):																			
692	Leaves, raw, E.P.		76	75.4	4.8	0	18.1	2.0	1.7	104	97					6,665	.04			70
	Rape, bird (Brassica campestris):																			
693	Leaves and stems, raw:																			
a	E.P.	0	25	91.5	2.5	0.3	4.5	0.8	1.2	127	53	1.2		388		2,600	.14	.09	0.7	45
b	A.P.; refuse, rootlets and trimmings.	13	22	79.6	2.2	0.3	3.9	0.7	1.0	110	46	1.0		338		2,260	.12	.08	0.6	39

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Relindjo-leaves. See Jointfir, spinach.																			
	Resurrectionlily, sp. (Kaempferia candida and K. pandurata):																			
694	Rhizomes, raw:																			
a	E.P.	0	38	89.5	1.1	0.8	7.8		1.3	28	40	2.0				3,000	.08	.02		
b	A.P.; refuse, parings and tops	20	30	71.7	0.9	0.6	5.8		1.0	22	32	1.6				2,400	.06	.02		
	Rhubarb, garden (Rheum rhaponticum):																			
695	Stalks, raw:																			
a	E.P.	0	20	93.5	0.4	0.2	4.8	0.8	0.8	60	20	0.5	(2)	(299)		20	.04	.03	0.2	16
b	A.P.; refuse, tops and parings	24	15	71.3	0.3	0.2	3.6	0.6	0.6	45	15	0.4	(2)	(227)		15	.03	.02	0.2	12
	Rosewood, sp. (Dalbergia cultrata):																			
696	Leaves, raw, E.P.	0	79	74.4	5.5	0	18.4		1.7	28	78									26
	Royalfern (Osmunda japonica; O. regalis):																			
	Tender cuttings:																			
697	Raw:																			
a	E.P.	0	38	88.3	3.1	0.2	8.1	3.8	0.3	9	18	0.8				10	0	.04	0.7	15
b	A.P.; refuse, tough stems and inedible leaves	25	28	66.2	2.3	0.2	6.1	2.8	0.2	7	14	0.6				5	0	.03	0.5	11
698	Dried, E.P.	0	257	19.9	17.4	2.7	53.7	8.4	6.1	65	109	6.0				0	0	.49?	1.2	0
	Rutabaga (Brassica napobrassica):																			
699	Root, raw:																			
a	E.P.	(0)	(46)	(87.0)	(1.1)	(0.1)	(11.0)	(1.1)	(0.8)	(60)	(34)	(0.4)	(5)	(239)		(350)	(.07)	(.07)	(1.1)	(43)
b	A.P.; refuse, parings	(15)	(39)	(73.9)	(0.9)	(0.1)	(9.4)	(0.9)	(0.7)	(50)	(28)	(0.3)	(4)	(203)		(300)	(.06)	(.06)	(0.9)	(36)
	Sa-to. See Nittatree, sp.																			
	Sauropus, sp. (Sauropus androgynus):																			
700	Leaves, raw, E.P.	0	58	81.3	4.8	0.9	10.9		2.4	51	56	2.7	28?	503		6,220	.07	.39?	2.2?	83
	Seaweeds,[3/] common varieties; E.P.: Agar (Gelidium spp.; Eucheuma spp.; Gracilarva spp.):																			
701	Dried	0	312	9.7	1.3	1.2	83.5	2.7	4.0	758	18	7.8	115	107			.01	.22	0.2	0
702	Dried, soaked, drained	0	55	84.2	0.2	0.1	15.0	0.1	0.4	110	5	2.0	10	20			.01	.04	0.1	

Note:

3/ For all the seaweeds, about one-fifth of the nitrogen is calculated as non-protein nitrogen.

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Seaweeds -- continued																			
	Laver (Porphyra spp.):																			
703	Dried	0	265	11.[illegible]	22.2	1.1	44.8	4.7	15.0	464	350	26.8	1,244	3,503		10,700?	.24	1.34	5.5	14
704	Dried, soaked, drained	0	29	90.1	2.6	[illegible]	4.2	1.4	1.7	350	25	3.2	157	289		192	.05	.06	0.2	
	Flavored:																			
705	Dried	0	250	7.1	24.2	4.4	44.9		7.1	437	110	2.0	30	530		1,090	.40	20.30?	0.3	
706	Dried, soaked, drained	0	44	75.[illegible]	4.6	1.0	5.9		1.7	55	150	3.6	60	60		1,410		.23	0.1	
	Seagirdle (Laminaria spp.):																			
707	Raw		71	78.4	2.7	[illegible]	17.0	3.2	6.0	65	64	4.7	267	375			.07	.26	2.1	13
708	Dried	0	219	15.[illegible]	5.[illegible]	1.0	54.2	6.7	22.0	955	140	11.2	2,590			320	.07	.26	2.1	13
709	Dried, soaked, drained	0	36	87.7	0.9	0.4	8.4		2.4	158?	9	0.1[illegible]	430?	1,200		35	.03	.08	0.5	1
710	Dried, oiled, E.P.	0	539	7.0	2.6	52.2	26.4	5.5	11.2	702	450	14.2				555	.08	.09	3.6	0
	Seahair (Nastoc commune):																			
710	Dried	0	269	18.1	10.0	0.3	52.6	2.0	8.0	707	45			213						
711	Dried, soaked, drained	0	23	93.4	1.0	0.6	4.1		0.7	120	5	0.4	0	32		20	.01	.04	0.1	
	Seaweeds, other varieties, E.P.																			
	Seaweed, sp. (Japan)(Collema nigrescens):																			
713	Dried	0	235	19.0	15.7	0.6	45.4	2.5	8.8	220	180	16.0				12,500	.07	1.36	0.5	10
	Seaweed, sp.; gulamang dagot (Philippine) (Digenea simplex):																			
714	Raw	0	17	89.6	1.6	0.1	3.2	0.4	5.1	30	16	17.8				1,490	.04	.12	0.7	5
	Seaweed, sp. (Korea)(Ecklonia stolonifera):																			
715	Dried	0	238	15.8	10.3	1.3	54.8	0	15.2	921	141	10.5				740	.18	.14	1.4	0
	Seaweed, sp. (Japan)(Eisenia bicyclis):																			
716	Dried	0	235	19.3	6.0	0.1	60.6	9.8	12.5	1,170?	150	12.0				30	.02	.20	2.6	0
	Seaweed, sp. (Japan)(Gracilaria confervoidex):																			
717	Raw	0	48	83.5	1.8	0.2	11.5	0.5	2.5	510	12	56.0?				155	0	.03	0.5	0

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Seaweeds -- continued																			
	Seaweed, sp. (Japan) (Heterochordaria abietina):																			
718	Dried	0	248	13.1	15.5	4.4	45.[illegible]	5.5	17.[illegible]	[illegible]	550	19.0				35			3.3	0
	Seaweed, sp. (Japan) (Hijikia fusiformis):																			
719	Dried	0	172	16.[illegible]	4.5	0.[illegible]	42.[illegible]	13.0	34.0	1,400?	50	29.0				90	.01	.20	4.0	0
	Seaweed, sp.; pokpoklo (Philippine) (Kodium tenne):																			
720	Raw	0	11	92.0	1.0	1.[illegible]	1.5	0.1	[illegible]	[illegible]	[illegible]	2.1				170	.01	tr.	0.1	tr.
	Seaweed, sp.; kulot (Philippine) (Laurencia seticulosa):																			
721	Raw	0	27	90.0	0.6	0.0	5.6	0.7	[illegible]	351	[illegible]	71.0?					tr.	.02	0.1	tr.
	Seaweed, sp. (Japan) (Nemacystus decipiens):																			
722	Raw	0	7	73.0	0.6	0.4	0.6		24.4	[illegible]	44	4.0				20	.04	.04	2.0	0
	Seaweed, sp. (Japan) (Prasiola japonica):																			
723	Dried	0	257	14.5	28.6?	1.5	43.9	4.[illegible]	4.0	[illegible]	[illegible]	30.0?				50	.44?	.32	1.5	0
	Seaweed, sp. (China) (Sargassum siliquastrum):																			
724	Dried	0	199	17.[illegible]	15.5	5.6	31.4	1.0	27.[illegible]	[illegible]	152	30.7?		4[illegible]			.21	.17	6.5	4
	Seaweed, sp. (Japan) (Undaria pinnatifida):																			
725	Dried	0	227	11.0	10.2	1.5	51.4	0.[illegible]	15.4	1,[illegible]?	[illegible]	18.0	2,50[illegible]			55	.11	.14	10.0?	15
	Seaweed, sp. (Japan) (Ulva lactuca):																			
726	Dried	0	200	15.2	19.0	0.0	40.7	4.0	10.7	730	280	57.0?				800	.04	.52	10.0?	10
	Senna, Siamese (Cassia siamea):																			
727	Leaves, raw, E.P.	0	114	65.0	7.4	1.0	24.4	3.7	1.0	1.0	155	5.0				6,040	.04	.02?	1.3	51
	Senna, sickle; foetid senna (Cassia obtusifolia; C. tora):																			
728	Leaves, raw, E.P.	0	74	70.0	4.7	1.0	15.0	2.0	2.4	110	61	0.4				3,240	.10	.29	1.6	125

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Sensitiveplant (Mimosa pudica):																			
729	Leaves, raw, E.P.	0	22	93.0	1.4	0	5.1		0.5	35	53	1.4				6,510	.12	.05		18
	Sesame, oriental; gingelly (Sesamum indicum; S. orientale):																			
730	Leaves, raw, E.P.	0	45	85.5	3.4	0.7	5.6	2.4	1.5	77	203							.30		
	Sesbania, agati (Sesbania grandiflora):																			
731	Leaves, raw:																			
a	E.P.	0	77	76.0	5.7	1.5	11.6	2.2	2.2	404	62		5	481		6,230	.24	.25	2.2	58
b	A.P.; refuse, branches, tough stems and trimmings	69	30	80.4	3.5	0.7	4.5	0.9	0.9	162	25	5.0	2	192		2,490	.09	.10	0.9	23
732	Flowers, raw:																			
a	E.P.	0	35	89.0	1.6	0.4	8.5	1.2	0.5	16	32	0.6	32	154		70	.10	.08	1.6	52
b	A.P.; refuse, stems and trimmings	16	31	74.9	1.3	0.3	7.1	1.0	0.4	13	27	0.5	27	129		60	.08	.07	1.3	44
	Sesbania, sp. (Sesbania roxburghii):																			
733	Leaves, raw, E.P.	0	45	86.0	3.6	0.4	9.1	3.9	0.9	51	56	5.2				2,005	.26		2.8	24
	Sesuvium, purslane (Sesuvium portulacastrum):																			
734	Leaves, raw:																			
a	E.P.	0	25	89.0	2.1	0.4	4.7	0.8	3.5	68	24	6.3		322		1,850	.04	.14	0.5	27
b	A.P.; refuse, branches, tough stems and trimmings	62	9	34.0	0.5	0.1	1.7	0.3	1.4	26	9	2.4		123		705	.01	.05	0.2	10
	Shallot (Allium ascalonicum):																			
	Bulbs:																			
735	Raw:																			
a	E.P.	0	48	80.6	1.9	0.3	10.4	0.8	0.8	26	43	0.7	8	297		0	.04	.05	1.0	6
b	A.P.; refuse, rootlets and trimmings	9	44	78.8	1.7	0.3	9.5	0.7	0.7	24	39	0.6	7	270		0	.04	.04	0.9	5
736	Pickled, E.P.	0	34	89.2	1.0	0.1	8.0	0.5	1.2	18	18	1.4				0	.04	.03	0.7	2
737	"Hana-rakkyo" (Japan)	0	109	70.1	0.5	0.1	27.7	0.4	1.3	26	9	0.6				0	.05	.03	0.7	2
	Sheperdspurse (Capsella bursapastoris):																			
738	Raw:																			
a	E.P.	0	33	88.2	4.2	0.5	5.2	1.2	1.9	208	86	4.8		394		2,590	.25	.17	0.4	36
b	A.P.; refuse, trimmings	22	26	68.8	3.3	0.4	4.0	0.9	1.5	162	67	3.7		307		2,020	.20	.13	0.3	28
	Sieva bean. See Bean, lima.																			

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued																			
	Singharanut. See Group 6.																			
	Smooth loofah. See Gourd, rag, cylinder type.																			
	Snakegourd (Trichosanthes cucumerina; T. anguina):																			
739	Fruit, raw:																			
a	E.P.	9	18	94.3	0.9	tr.	4.5	0.5	0.3	19	34	1.0		123		510	.04	.05	0.7	6
b	A.P.; refuse, parings	10	16	84.9	0.8	tr.	4.0	0.4	0.3	17	31	0.9		111		730	.04	.05	0.6	5
	Sorrel, red; Indian sorrel (Hibiscus sabdariffa):																			
740	Leaves, raw, E.P.	0	44	86.4	1.9	0.3	10.4	1.3	1.0	116	48	1.5				7,550	.02	.15	1.8	34
741a	Fruit, raw, E.P.	9	39	90.0	0.7	1.1	7.6	1.4	0.6	134	18	0.1				110	.01	.02	0.4	10
b	A.P., refuse, seed pods, and stems.	39	24	54.9	0.4	0.7	4.6	0.8	0.4	100	11	0.1				65	.01	.01	0.2	6
	Soybean (Glycine max):																			
742	Immature seeds, raw:																			
a	E.P.	9	139	68.2	13.0	5.7	11.4	1.9	1.7	75	158	3.8	15	607		360	.40	.17	1.5	27
b	A.P.; refuse, shells	43	79	38.9	7.4	3.2	6.5	1.1	1.0	44	90	2.2	8	346		205	.23	.10	0.8	15
	Sprouts:																			
743	Raw:																			
a	E.P.	9	62	81.5	7.7	1.8	8.0	0.7	1.0	52	58	1.1	30	279		25	.19	.15	0.8	10
b	A.P.; refuse, rootlets	17	51	67.6	6.4	1.5	6.7	0.6	0.8	43	48	0.9	25	232		20	.16	.12	0.7	8
744	Cooked, E.P.	9	34	89.0	4.8	0.7	4.7	0.4	0.8	18	14	0.8				20	.16	.08	0.4	2
	Mature seeds and soybean products. See Group 3.																			
	Spinach (Spinacia oleracea):																			
745	Leaves and stems, raw:																			
a	E.P.	0	18	93.0	2.4	0.4	2.8	0.7	1.4	92	[illegible]	[illegible]	[illegible]	461		2,640	.06	.22	0.7	56
b	A.P.; refuse, trimmings and roots	24	14	70.7	1.8	0.3	2.1	0.5	1.1	47	[illegible]	[illegible]	[illegible]	350		2,035	.05	.17	0.5	42
	Spinach, Ceylon. See Vine-spinach.																			
	Spinach, New-Zealand. See New-Zealand-spinach.																			

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Sponge gourd. See Gourd, rag, cylinder-type.																			
	Spotflower, paracress (Spilanthes acmella)																			
746	Leaves, raw:																			
a	E.P.	0	32	89.9	1.9	0.3	7.1		1.7	162	41	4.0				2,350	.03			20
b	A.P.; refuse, stems and trimmings	10	23	82.3	1.3	0.2	5.9		1.2	113	29	2.8				1,645	.02			14
	Squash, summer; zucchini (Cucurbita pepo):																			
747	Fruit, raw:																			
a	E.P.	0	25	92.2	1.6	0.4	5.1	0.6	0.7	30	23	2.4				350	.05	.09	0.4	16
b	A.P.; refuse, stem ends and skins	13	22	80.3	1.4	0.3	4.5	0.5	0.6	26	20	2.1				355	.04	.08	0.3	14
	Squash, winter (Cucurbita maxima):																			
748	Fruit, raw:																			
a	E.P.	0	50	85.2	1.4	0.2	12.5	0.8	0.7	27	43	0.6	7	351		1,475	.09	.06	1.0	14
b	A.P.; refuse, rind and cavity contents	26	37	63.9	1.0	0.1	9.4	0.6	0.5	20	32	0.4	5	260		1,090	.07	.04	0.7	10
749	Young leaves:																			
a	E.P.	0	35	89.9	2.8	0.9	5.8	1.4	1.5	96	82	1.7	6	454		1,460	.13	.18	1.1	17
b	A.P.; refuse, tough vines and inedible leaves	46	19	48.1	1.5	0.5	3.1	0.8	0.8	52	44	0.9	3	245		790	.07	.10	0.6	9
750	Flowers:																			
a	E.P.	0	15	94.8	1.3	0.2	2.9	0.6	0.8	82	40	3.1	5	240		140	.05	.08	0.8	27
b	A.P.; refuse, inedible leaves and vines	41	9	55.9	0.8	0.1	1.7	0.4	0.5	52	24	1.8	3	142		85	.03	.05	0.5	16
	Starthorn (Hygrophila spinosa; Asteracantha longifolia):																			
751	Leaves, raw, E.P.	0	56	82.2	4.1		12.8		0.9	55	73					25,670				100
	Stink bean. See Apes-earring, sp.																			
	Stonecrop, sp. (Sedum makinoi):																			
752	Raw, E.P.	0	22	93.9	0.8	1.0	3.4	1.8	0.9	233?	54	2.5				35	.15	.12		30

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Sugar cane (Saccharum spp.):																			
753	Inflorescences, raw, E.P.	0	25	91.0	4.6	0.4	3.0		1.0	40	80	2.0				0	.08			50
	Sugarpalm, gomuti (Arenga pinnata):																			
754	Shoots, raw, E.P.		19	94.7	0.1	0.2	4.9	0.5	0.1	21	3	0.5	2	7			tr.	.01	0.1	
	Sugarpeas. See Peas, edible-podded.																			
	Sunrose willow. See Water-primrose, creeping.																			
	Swamp-cabbage. See Water convulvolus.																			
	Sweetpotato (Ipomoea batatas):																			
755	Leaves and tender tips, raw:																			
a	E.P.	0	42	86.7	3.2	0.7	8.0	1.6	1.4	86	81	4.5	5	502		2,700	.13	.26	0.9	21
b	A.P.; refuse, vines and stems	18	34	71.1	2.6	0.6	6.6	1.3	1.1	70	66	3.7	4	461		2,215	.11	.22	0.7	17
756	Cooked, E.P.	0	41	86.6	2.6	0.2	9.2	1.6	1.4	24	69	0.6				1,745	.07	.18	0.7	1
	Roots. See Group 2.																			
	Tabasco. See Peppers, red.																			
	Tamarind (Tamarindus indica):																			
757	Young leaves, raw:																			
a	E.P.	0	78	77.2	5.1	1.0	16.1	1.3	0.6	24	52	2.0	8	273		2,510	.10	.11	1.5	6
b	A.P.; refuse, stems and inedible leaves	23	60	59.4	3.9	0.8	12.4	1.0	0.5	18	40	1.5	6	210		1,935	.07	.08	1.2	5
758	Flowers, raw, E.P.	0	75	80.0	2.5	1.8	15.0	1.2	0.7	53	44	1.4	5	254		205	.08	.12	1.2	12
	Fruit. See Group 6.																			
	Taro; dasheen (Colocasia spp.):																			
	Leafstalk:																			
759	Raw:																			
a	E.P.	0	24	92.7	0.5	0.2	5.8	0.9	0.8	49	25	0.9	4	334		180	.02	.04	0.4	13
b	A.P.; refuse, skins and trimmings.	16	20	77.9	0.4	0.2	4.8	0.8	0.7	41	21	0.8	3	280		155	.02	.03	0.3	11
760	Cooked, E.P.	0	13	96.3	0.2	0.1	3.2	0.6	0.2	47	6	0.7				90	tr.	.02	0.1	tr.
761	Semi-dried, E.P.	0	166	32.4	4.6	1.5	40.0	12.3	21.5	400	160	9.5				200	0	.37	2.0	0

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Taro -- continued																			
	Leaves:																			
762	Raw:																			
a	E.P.	1	61	81.4	4.1	1.0	11.9	1.2	1.6	162	69	1.0	9	963		5,535	.13	.34	1.5	63
b	A.P.; refuse, stems and trimmings.	20	49	65.1	3.3	0.8	9.5	1.0	1.3	130	55	0.8	7	770		4,430	.10	.27	1.2	50
763	Cooked, E.P.	0	48	85.7	3.3	0.6	9.9	0.9	0.5	110	67	0.8				4,695	.11	.32	1.0	27
	Tubers and corms. See Group 2.																			
	Terminalia, chebula; myrobalan (Terminalia chebula):																			
764	Leaves, raw, E.P.	0	56	85.9	1.2	1.7	10.8	2.5	0.4	18	18	tr.				300	0	.01	2.0	116?
	Thistle, sp. (Cirsium dipsacolepsis):																			
765	Leaves, soaked in miso, E.P.	0	63	80.9	3.0	0.1	15.3	1.5	0.7	20	79	8.5				0	.02	.06	0.2	0
	Tiensin green bean. See Mungbean.																			
	Tomato (Solanum lycopersicum; Lycopersicun esculentum):																			
	Raw:																			
766	Ripe:																			
a	E.P.	0	20	93.8	1.2	0.3	4.2	0.7	0.5	7	30	0.6	4	235	0	505	.06	.04	0.6	23
b	A.P.; refuse, stem ends and trimmings	6	19	88.2	1.1	0.3	3.9	0.6	0.5	6	28	0.6	4	221	0	475	.06	.03	0.6	22
767	Unripe, E.P.	0	17	94.8	0.6	0.2	4.0		0.4	86	40	3.3	(2)	(181)		190	.32			25
768	Canned, regular pack, total content of can	0	17	94.6	0.8	0.2	3.8	0.4	0.6	15	25	1.1	151	126	0	615	.03	.02	0.6	(14)
769	Catsup, bottled, E.P.	0	88	73.2	1.4	0.2	21.8	0.6	3.4	16	22	1.6	1,200			70	.02	.02	0.8	(13)
	Juice, E.P.:																			
770	Fresh	0	17	94.0	1.0	0.2	3.5	(0.7)	1.3	7	15	0.4	(4)	(227)	0	360	.05	(.04)	(0.6)	10
771	Canned	0	50	85.1	0.7	tr.	13.4	0.3	0.8	2	6	0.5	8	128			.03	tr.	1.4	
	Towelgourd. See Gourd, rag, angled-type.																			
	Treetomato (Cyphomandra betacea):																			
772	Fruit, raw:																			
a	E.P.	0	48	85.9	1.5	0.3	11.3	2.2	1.0	13	24	0.8				460	.04	.04	1.0	17
b	A.P.; refuse, skin and seeds	27	35	62.7	1.1	0.2	8.2	1.6	0.7	9	18	0.6				335	.03	.03	0.7	12

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, to. (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Tubeflower, India (Siphonanthus indicus; Clerodendren siphonanthus):																			
773	Leaves, raw, E.P.	0	82	73.1	5.7	0	19.0		2.2	53	85					7,900				18
	Turmeric, common (Curcuma longa):																			
774	Roots, raw:																			
a	E.P.	0	46	88.2	1.2	1.8	7.9	0.9	0.9	27	64	2.3	3	487		0	.02	.03	0.5	tr.
b	A.P.; refuse, parings	22	36	68.8	0.9	1.4	6.2	0.7	0.7	21	50	1.8	2	380		0	.02	.03	0.4	tr.
	Roots, dried, See Group 14.																			
	Turnip (Brassica rapa):																			
	Roots:																			
775	Raw:																			
a	E.P.; pared	0	21	92.8	1.0	0.2	4.4	0.8	0.8	43	33	0.2	60	251		20	.04	.04	0.5	22
b	A.P.; without tops, refuse, parings.	21	17	73.3	0.8	0.2	3.5	0.6	0.6	34	26	0.7	47	221		15	.03	.03	0.4	17
776	Salted, E.P.	0	82	56.5	2.3	0.5	18.7	1.8	22.1	151	96	11.0		904						
777	Pickled, E.P.	0	65	78.1	2.5	0.4	14.4	1.2	2.3	114	69	5.6		380						
778	Salted, soaked with rice-bran, E.P.	0	22	90.0	1.4	0.2	4.3	0.7	3.1	28	110	0.8	1,400			0	.11	.06	0.6	20
	Turnip greens:																			
779	Raw:																			
a	E.P.	0	23	92.7	1.9	0.2	4.6	1.0	0.6	108	52	2.6	78	420		1,330	.10	.18	0.7	47
b	A.P.; refuse, discarded leaves and tough stems	30	16	64.9	1.3	0.1	3.3	0.7	0.4	118	36	1.8	55	294		930	.07	.12	0.5	33
780	Salted and soaked with rice-bran, E.P.	0	27	85.4	2.3	0.6	4.6	1.1	7.1	190	130	2.2	2,000			125	.27	.42	1.0	3
781	Pickled, E.P.	0	47	59.0	2.5	0.2	11.0	1.7	27.3	116	98	10.4	7,200	440		10	.04	.09	0.2	4
	Turpeth root, Indian; jalap (Operculina turpethum):																			
782	Young leaves and tender stems, raw, E.P.	0	48	85.0	3.2	0.7	9.0	1.4	1.4	120	82	6.4				2,345	.18	.25	1.5	48
	Udo (Aralia cordata; A. edulis):																			
783	Stalks, raw:																			
a	E.P.	0	14	95.8	1.0	0.2	2.9	0.5	0.6	18	25	0.3	2	310		0	.06	.02	0.8	6
b	A.P.; refuse, trimmings	5	14	90.5	1.0	0.2	2.7	0.5	0.6	12	24	0.3	2	294		0	.06	.02	0.8	5
	Vegetable sponge. See Gourd, rag, cylinder-type.																			

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Velvetleaf, yellow (Limnocharis flava):																			
784	Leaves, raw:																			
a	E.P.	0	32	90.0	1.7	0.2	7.7		0.4	62	33	2.1				2,280	.07			54
b	A.P.; refuse, tough stems and trimmings	30	23	63.0	1.2	0.1	5.4		0.3	43	23	1.5				1,595	.05			38
	Velvetplant, sp. (Gynura bicolor):																			
785	Leaves, raw, E.P.	0	26	91.6	3.7	0.9	2.7	0.5	1.1	12	76	2.3				210	.06	.12	0.2	28
	Vinespinach; Ceylon spinach; Malabar nightshade (Basella alba; B. rubra):																			
786	Leaves, raw:																			
a	E.P.	0	19	93.4	1.6	0.3	3.5	0.6	1.2	106	39	1.6	23	488		3,490	.06	.17	0.6	86
b	A.P.; refuse, tough stems and trimmings	43	11	53.2	0.9	0.2	2.0	0.3	0.7	60	22	0.9	13	278		1,990	.03	.10	0.3	49
787	Cooked, E.P.	0	21	92.4	1.7	0.2	4.3	0.7	1.4	56	34	1.0				1,835	.06	.12	0.6	75
	Wasabi (Wasabia japonica):																			
788	Root:																			
a	Raw:																			
	E.P.	0	74	76.7	5.1	0.2	16.7	1.4	1.3	93	72	0.8				30	.15	.10	0.5	80
b	A.P.; refuse, parings and trimmings	35	48	49.8	3.3	0.1	11.0	0.9	0.8	60	47	0.5				20	.10	.06	0.3	52
789	Soaked in sake cake, E.P.	0	172	41.9	15.4	4.0	26.2	2.6	9.5	62	71	2.5				10	.14	.10	1.0	5
	Waterbamboo; wildrice, annual; Indian rice (Zizania palustris):																			
790	Shoots, raw:																			
a	E.P.	0	29	91.4	1.6	0.2	6.1	1.1	0.7	8	56	1.0		293		35	.06	.04	0.4	12
b	A.P.; refuse, outer layer	16	25	76.8	1.3	0.2	5.1	0.9	0.6	7	47	0.8		246		30	.05	.04	0.3	10
	Water-chestnut. See Matai.																			
	Water-convulvolus; swamp-cabbage; waterspinach (Ipomoea aquatica; I. reptans):																			
791	Leaves and stems, raw:																			
a	E.P.	0	30	90.0	2.7	0.4	5.6	1.1	1.3	60	42	2.5	44	409		2,865	.09	.16	1.1	47
b	A.P.; refuse, inedible stems and trimmings	26	21	64.9	1.9	0.3	4.0	0.8	0.9	43	30	1.8	32	338		2,065	.06	.11	0.8	34
792	Cooked, E.P.	0	21	92.5	2.4	0.2	3.9	0.8	1.0	40	44	1.4				2,025	.05	.13	0.7	10

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Watercress (Rorippa nasturtium-aquaticum) Nasturtium officinale):																			
	Leaves and stems:																			
793	Raw:																			
a	E.P.	0	18	93.8	1.7	0.4	3.0	1.1	1.1	114	42	1.9	41	224		1,025	.07	.13	0.5	46
b	A.P.; refuse, tough stems and some rootlets	16	15	78.9	1.4	0.3	2.5	0.9	0.9	96	35	1.6	34	188		860	.06	.11	0.4	39
	Waterdropwort (Oenanthe stolonifera):																			
794	Leaves, raw:																			
a	E.P.	0	28	90.6	1.8	0.3	5.9	1.2	1.4	113	55	3.0	18	443		2,190	.06	.22	1.0	14
b	A.P.; refuse, tough stems and trimmings	23	21	69.8	1.4	0.2	4.5	0.9	1.1	87	42	2.3	14	341		1,685	.05	.18	0.8	11
	Waterfern (Marsilea crenata):																			
795	Leaves, raw, E.P.	0	27	93.9	1.9	1.2	4.0	2.3	0.8	48	tr.					7,300	.19	.07	3.4?	3
	Waterhyacinth, common (Eichhornia crassipes):																			
796	Leaves and stems, raw; E.P.	0	30	89.8	0.5	0.1	7.5	2.4	2.1											
	Waterleaf. See Fameflower, potherb.																			
	Watermimosa (Neptunia oleracea):																			
797	Leaves, raw:																			
a	E.P.	0	34	88.0	5.2	0.2	5.4	1.8	1.2	56	36	3.9	197?	277		3,555	.12	.14	1.1	21
b	A.P.; refuse, stems and trimmings	79	10	20.4	1.6	0.1	1.5	0.5	0.4	17	11	1.2	32	83		1,065	.04	.04	0.3	6
	Waternut. See Matai.																			
	Waterprimrose, creeping; sunrose, willow (Jussiaea repens):																			
798	Leaves, raw, E.P.	0	41	87.0	3.4	0.4	8.0	1.3	1.0	57	300	12.7?				5,025	0	.01	2.6	3
	Watershield, schreber (Brasenia schreberi):																			
799	Young leaves, soaked in vinegar, E.P.	0	10	97.0	0.7	0.2	1.8	0.1	0.7	0	8	2.0				10	.03	.03	0.3	0

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Waxgourd, Chinese; ashgourd; winter melon (Benincasa hispida; B. cerifera):																			
	Fruit:																			
800	Raw:																			
a	E.P.	0	12	96.2	0.5	0.1	2.9	0.6	0.3	17	19	0.4	5	111		5	.03	.03	0.2	20
b	A.P.; refuse, tough skin and cavity contents	28	9	69.2	0.4	0.1	2.1	0.4	0.2	12	14	0.3	4	80		5	.02	.02	0.1	14
801	Sugared, E.P.	0	285	20.1	0.2	0.2	79.2	0.2	0.3	93	17	3.4				0	tr.	0	tr.	0
	Winter melon. See Waxgourd, Chinese.																			
	Wolfberry, Chinese; matrimony-vine (Lycium chinense):																			
802	Fruit, pulp and seeds, dried, E.P.	0	326	19.6	16.3	9.8	48.6	20.2	5.7	19	240	18.9	424	1,180	0	31,045	.45	2.60	2.9	159
803	Leaves, raw:																			
a	E.P.	0	29	89.6	4.1	0.6	4.0	1.3	1.7	148	43	5.4	191	518		4,450	.08	.31	0.8	8
b	A.P.; refuse, tough stems	48	15	46.6	2.1	0.3	2.1	0.7	0.9	77	22	2.8	99	269		2,315	.04	.16	0.4	4
	Woodear. See Jew's ear.																			
	Wormwood, ghostplant (Artemisia lactiflora):																			
804	Leaves, raw:																			
a	E.P.	0	40	88.1	2.8	0.8	7.3	1.4	1.0	45	48	2.2				2,700	.12	.26	0.4	36
b	A.P.; refuse, trimmings	10	36	79.3	2.5	0.7	6.6	1.3	0.9	40	43	2.0				2,430	.11	.23	0.4	32
	Wormwood, mugwort (Artemisia vulgaris):																			
805	Leaves, raw:																			
a	E.P.	0	35	87.3	5.2	0.8	4.5	3.4	2.2	82	40	1.5				2,140	.15	.16	3.0	72
b	A.P.; refuse, trimmings	11	31	77.7	4.6	0.7	4.0	3.0	2.0	73	36	1.3				1,905	.13	.14	2.7	64
	Wort, Indian penny (Centella asiatica):																			
806	Leaves, raw:																			
a	E.P.	0	34	89.3	1.6	0.6	6.9	2.0	1.6	170	30	3.1		414		6,580	.15	.14	1.2	4
b	A.P.	15	28	75.9	1.4	0.5	5.8	1.7	1.4	144	26	2.6		352		5,595	.12	.12	1.0	3

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	5. VEGETABLES AND VEGETABLE PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Yam (Dioscorea spp.):																			
807	Leaves, raw, E.P.	0		86.0	0.4	tr.				201		1.1				6,520	.15			31
	Tuber. See Group 2.																			
	Yambean.- tuber (Pachyrhizus erosus; Dolichos bulbasus):																			
	Tubers:																			
808	Raw:																			
a	E.P.	0	46	87.4	1.6	0.2	10.3	1.3	0.5	15	17	0.5	2	55		0	.05	.06	0.6	15
b	A.P.; refuse, parings	12	40	76.9	1.4	0.2	9.1	1.1	0.4	16	15	0.7	2	77		0	.07	.05	0.5	13
809	Cooked, E.P.	0	41	88.6	0.5	0	10.2	1.2	0.4	8	15	0.4				0	.05	.06	0.2	9
	Yambean, wayaka; Indian potato (Pachyrhizus angulatus):																			
810	Tubers, raw:																			
a	E.P.	0	55	84.6	1.7	0.1	13.0	(1.4)	0.6	15	41	0.5				0	.04	.04	0.3	10
b	A.P.; refuse, parings	12	49	74.5	1.5	0.1	11.4	(1.2)	0.5	13	36	0.7				0	.04	.04	0.3	9
	Zucchini. See Squash, summer.																			

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	6. FRUITS	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	African fan palm. See Palmyra palm.																			
	Alligator-apple. See Pondapple.																			
	Ambarella; otaheite-apple; vi-apple; wi-apple . great hog-plum kēdondong (Spondias cytherea; S. dulcis):																			
811	Fruit, raw:																			
a	E.P.	0	46	86.9	0.2	0.1	12.4	1.1	0.4	56	67	0.3	1	95		205	.05	.02	1.4	36
b	A.P.; refuse, skins and stones	29	33	61.7	0.1	0.1	8.8	0.8	0.3	40	48	0.2	1	67		145	.04	.01	1.0	26
	Apple, common (Malus sylvestris; M. pumila; Pyrus malus):																			
	Fruit:																			
812	Raw:																			
a	E.P.	0	51	85.8	0.4	0.3	13.2	0.6	0.3	10	10	0.5	2	130		20	.02	.03	0.2	4
b	A.P.; refuse, skins, cores and stems	18	42	70.4	0.3	0.2	10.9	0.5	0.2	8	8	0.4	2	107		15	.02	.02	0.2	3
813	Canned, unsweetened, E.P.	0	53	85.4	0.3	0.3	13.8	0.6	0.2	3	5	0.3				tr.	.01	.01	0.2	1
814	Juice, canned or bottled, E.P.	0	44	88.5	tr.	0	11.3	0	0.2	6	8	0.6	1	95			.01	0.2	0	0
	Apricot (Prunus armeniaca):																			
815	Fruit, raw:																			
a	E.P.	0	38	88.6	0.8	0.4	9.0	1.5	1.2	21	34	0.9	1	218		1,740	.02	.05	0.7	6
b	A.P.; refuse, pits	8	35	81.5	0.7	0.4	8.3	1.4	1.1	19	31	0.8	1	200		1,600	.02	.05	0.6	6
816	Canned; heavy sirup pack	0	197	70.1	0.5	0.1	29.0	0.4	0.3	24	9	(0.3)				(1,140)	.01	.01	0.7	(4)
817	Dried, unsulfured, E.P.	0	245	30.0	3.0	1.1	62.8	4.1	3.1	62	106	4.5				600	.08	.09	1.6	5
	Jam, canned. See Group 7.																			
	Apricot, ume; Japanese apricot (Prunus mume):																			
	Fruit:																			
818	Raw:																			
a	E.P.	0	52	86.6	1.3	1.8	9.1	1.4	1.2	11	36	1.8	8	312		20?	.05	.05	0.5	10
b	A.P.; refuse, pits	26	38	64.1	1.0	1.3	6.7	1.0	0.9	8	27	1.3	6	231		15	.04	.04	0.4	7
819a	Preserved in brine, E.P.	0	41	79.4	0.8	1.0	8.4	1.2	10.4	50	17	3.3					.04	.05	0.6	tr.
b	A.P.; refuse, pits	40	25	47.6	0.5	0.6	5.1	0.7	6.2	30	10	2.0					.02	.03	0.4	tr.
820	Semi-dried, salted:																			
a	E.P.	0	105	55.6	1.4	1.4	24.5	0.5	17.1	42	42	2.4	9,400			0	.06	.06	0.6	0
b	A.P.; refuse, pits	55	47	25.0	0.6	0.6	11.1	0.2	7.7	19	19	1.1	4,230			0	.03	.03	0.3	0

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	6. FRUITS -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Avocado, American (Persea americana; P. gratissima):																			
	Fruit:																			
821	Raw:																			
a	E.P.	0	102	79.0	1.1	6.1	13.2	1.0	0.6	12	26	0.7	2	278		205	.05	.10	1.4	8
b	A.P.; refuse, seeds and skins	30	72	55.3	0.8	4.3	9.2	0.7	0.4	8	18	0.5	1	195		145	.04	.07	1.0	6
	Aztec kuamochill. See Guamachil.																			
	Baelfruit (Aegle marmelos):																			
822	Fruit, raw:																			
a	E.P.	(0)	(133)	(61.5)	(1.8)	(0.3)	(34.7)	(2.9)	(1.7)	(85)	(50)	(0.6)		(600)		(55)	(1.3)	(1.19)	(1.1)	(8)
b	A.P.; refuse, hard shells, seeds and cores	(36)	(85)	(39.4)	(1.2)	(0.2)	(22.1)	(1.8)	(1.1)	(54)	(32)	(0.4)		(384)		(35)	(.08)	(.76)	(0.7)	(5)
	Banana, common varieties (Musa sapientum):																			
	Fruit, raw:																			
823	Ripe:																			
a	E.P.	0	109	71.6	1.2	0.3	26.1	0.6	0.8	12	32	0.8	4	401		225	.03	.04	0.6	14
b	A.P.; refuse, skins	37	68	45.1	0.8	0.2	16.4	0.4	0.5	8	20	0.5	2	253		140	.02	.02	0.4	9
824	Unripe:																			
a	E.P.	0	(119)	(69.0)	(1.4)	(0.2)	(28.7)	(0.5)	(0.7)	(8)	(35)	(0.9)				(290)	(.04)	(.02)	(0.6)	31
b	A.P.; refuse, skins	37	(69)	(43.5)	(0.9)	(0.1)	(18.1)	(0.3)	(0.4)	(5)	(22)	(0.6)				(185)	(.02)	(.01)	(0.4)	(20)
	Banana, dwarf; Chinese banana (Musa nana; M. cavendishii; M. sinensis):																			
825	Fruit, raw:																			
a	E.P.	0	72	79.2	1.8	0.2	18.0	0.2	0.8	10	24	1.2	18	435		80	.03	.04	0.6	8
b	A.P.; refuse, skin	34	47	52.3	1.2	0.1	11.9	0.1	0.5	7	16	0.8	12	287		55	.02	.03	0.4	5
	Barbados cherry. See West Indian cherry.																			
	Barbados-gooseberry; Brazilian berries (Pereskia aculeata):																			
826	Raw:																			
a	E.P.	0	82	81.4	1.0	0.7	[illegible]	0.7	0.9	174	26	tr.				1,930	.03	.03	0.5	2
b	A.P.; refuse, seeds and stems	54	15	42.5	0.5	0.3	2.9	0.3	0.5	80	12	tr.				890	.02	.01	0.2	1
	Batokoplum. See Luovi.																			
	Bignay. See China laurel.																			

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	6. FRUITS -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Bilimbi (Averrhoa bilimbi):																			
827	Fruit, raw:																			
a	E.P.	0	27	92.5	0.6	0.3	6.3	0.6	0.3	5	13	0.6	4	130		105	.02	.04	0.2	35
b	A.P., refuse, seeds and part of skin	14	23	79.7	0.5	0.2	5.4	0.5	0.2	4	11	0.5	3	112		90	.02	.03	0.2	30
	Bouea, sp.; gandaria; kudangan; setar (Bouea spp.):																			
	Fruit, raw:																			
828	Ripe:																			
a	E.P.	0	60	82.0	0.8	0.1	16.7		0.4	12	22	0.9		148		240	.04	.04	0.4	107
b	A.P.; refuse, skins and stones	30	42	58.0	0.6	0.1	11.8		0.3	8	15	0.6		104		170	.03	.03	0.3	75
829	Unripe:																			
a	E.P.	0	46	86.9	1.0	tr.	11.9		0.2	90	54	0.5					.04	.03		243
b	A.P.; refuse, stones	17	38	72.1	0.8	tr.	9.9		0.2	75	45	0.4					.03	.02		20
	Bitterorange, Mauritius (Citrus hystrix):																			
830	Fruit, raw:																			
a	E.P.	0	38	90.8	0.6	1.3	7.0	0.4	0.3	23	8	0.6					.04	.02	0.1	43
b	A.P.; refuse, rinds and seeds	58	16	38.1	0.3	0.5	3.0	0.2	0.1	10	3	0.2					.02	.01	tr.	15
	Bittercrange, smallfruit (Citrus microcarpa):																			
831	Fruit, raw:																			
a	E.P.	0	28	93.5	0.2	1.2	4.8	tr.	0.3	16	12	0.7	3	800		tr.	.01	.01	0.2	43
b	A.P.; refuse, rinds and seeds	62	10	35.6	0.1	0.4	1.8	tr.	0.1	6	4	0.3	1	305		tr.	tr.	tr.	0.1	16
	Brazilian berries. See Barbados-gooseberry																			
	Breadfruit. See Groups 2 and 5.																			
	Bulletwood, elengi; tonjongtree fruit (Mimusops elengi):																			
832	Flesh, raw, E.P.	(0)	(159)	(54.7)	(1.8)	(1.0)	(40.2)	(4.3)	(2.3)	(212)	(30)									

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams. Edible Portion and As Purchased																	
	6. FRUITS -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Buripalm (Corypha utan; C. elata):																			
833	Fruit, raw:																			
	E.P.; pulp or pericarp.....	0	62	81.0	0.7	0.1	17.8	1.3	0.4	14	17	0.2					.01	.02	0.6	11
	Butterfruit. See Persimmon, mabola.																			
	Cactus fruit. See Pricklypear, mission.																			
	Calabao (Uvaria ruva):																			
834	Fruit, raw:																			
a	E.P.....	0	35	90.2	0.7	0.4	8.1	1.5	0.6	23	15	0.6				tr.	.07	.03	0.7	12
b	A.P.; refuse, stems, skins and seeds.	57	15	38.8	0.3	0.2	3.5	0.6	0.2	10	6	0.2				tr.	.03	.01	0.3	5
	Canistel lucuma; egg-fruit; ti-es (Lucuma nervosa):																			
835	Fruit, raw:																			
a	E.P.....	0	154	57.2	2.5	0.6	39.1	7.5	0.6	30	30	1.1				1,235	.02	.04	0.4	43
b	A.P.; refuse, skins and seeds.....	27	112	41.9	1.8	0.4	28.5	5.5	0.4	22	22	0.8				900	.01	.03	0.3	31
	Cantaloupe. See Muskmelon.																			
	Capulasan. See Pulasan.																			
	Carambola; star-fruit (Averrhoa carambola):																			
836	Fruit, raw:																			
a	E.P.....	0	28	92.3	0.3	0.4	6.7	1.0	0.3	5	15	0.9	2	151		160	.05	.04	0.4	38
b	A.P.; refuse, seeds and part of skin.	15	24	78.4	0.2	0.3	5.7	0.8	0.2	7	13	0.8	2	154		135	.04	.03	0.3	32
837	Preserved with sugar, E.P.....	0	230	38.0	1.1	1.1	56.9	0.8	2.9	57?	39	4.0					.05	.06	0.1	0
	Carissa. See Natal-plum.																			
	Cashew, common (Anacardium occidentale):																			
838	Fruit, raw:																			
a	E.P.....	0	53	85.4	0.5	0.4	13.1	0.4	0.3	7	18	0.6	7	124		50	.02	.01	0.5	198
b	A.P.; refuse, nuts.....	12	46	74.3	0.7	0.3	11.4	0.3	0.3	6	16	0.5	6	108		45	.02	.01	0.4	172
	Cat's eyes; mata kuching (Nephelium malaiense):																			
839	Fruit, raw:																			
a	E.P.....	0	60	82.0	0.8	tr.	15.9	(0.3)	1.3	14	(34)	0.4					.05	(.13)	(0.3)	72
b	A.P.; refuse, skins seeds and hard stems.....	86	8	11.5	0.1	tr.	2.2	(tr.)	0.2	2	(5)	tr.					(.01)	(.02)	(tr.)	10

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	6. FRUITS -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Ceylon-gooseberry; ketembilla (Dovyalis hebecarpa):																			
840	Raw:																			
a	E.P.	0	(63)	(82.8)	(1.2)	(0.8)	(14.6)	(1.8)	(0.6)	(13)	(26)	(1.2)				(210)	(.02)	(.04)	(0.3)	(98)
b	A.P.; refuse, calyces	(2)	(62)	(81.1)	(1.2)	(0.8)	(14.3)	(1.8)	(0.6)	(13)	(25)	(1.2)				(205)	(.02)	(.04)	(0.3)	(96)
	Ceylon-raspberry. See Mysore-raspberry.																			
	Cherimoya (Annona cherimola):																			
841a	Fruit, raw, E.P.	0	110	68.7	1.5	0.1	29.0	(2.5)	0.7	9	24	0.2				0	.11	.11	1.0	12
b	A.P.; refuse, skin and seeds.	35	72	44.7	1.0	0.1	18.8		0.4	6	16	0.1				0	.07	.07	0.6	8
	Cherry, sweet (Prunus cerasus):																			
842	Raw:																			
a	E.P.	0	46	87.4	1.1	0.6	10.3	1.0	0.6	19	29	0.9	3	112		110	.03	.03	0.4	11
b	A.P.; refuse, pits and stems	18	37	71.7	0.9	0.5	8.4	0.8	0.5	16	24	0.7	2	92		90	.02	.02	0.3	9
843	Canned, light sirup pack:																			
a	E.P.; total content of can	0	71	80.3	0.7	0.2	18.5	.2	0.3	10	17	1.0	(1)	(140)		(40)	.01	.01	0.2	0
b	A.P.; refuse, pits	5	67	76.3	0.7	0.2	17.5	.2	0.3	10	16	1.0	(1)	(133)		(40)	.01	.01	0.2	0
	China-chestnut. See Pingpong.																			
	Chinalaurel, bignay (Antidesma bunius):																			
844	Berries, raw:																			
a	E.P.	0	36	89.9	0.6	0.6	8.1	0.8	0.8	30	24	0.8				25	.01	.04	0.4	6
b	A.P.; refuse, seeds, caps and stems	33	24	60.3	0.4	0.4	5.4	0.5	0.5	20	16	0.5				15	.01	.03	0.3	4
	Chinese-date. See Jujube, common.																			
	Coconut, mature or immature. See Group 4.																			
	Cocoplum, icaco (Chrysobalanus icaco):																			
845	Raw:																			
a	E.P.	(0)	(47)	(86.3)	(0.4)	(0.1)	(12.4)	(1.0)	(0.8)	(38)	(17)	(0.6)				(tr.)	(.04)	(.03)	(0.3)	(9)
b	A.P., refuse, seeds	(51)	(23)	(42.3)	(0.2)	(tr.)	(6.1)	(0.5)	(0.4)	(19)	(8)	(0.3)				(tr.)	(.02)	(.01)	(0.1)	(4)

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	6. FRUITS -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Crabapple, Chinese flowering (Malus spectabilis):																			
846	Fruit, raw:																			
a	E.P.	0	89	75.0	0.2	0.2	24.1	1.7	0.5	66?	6	1.3				460	.01	.02	0.2	2
b	A.P.; refuse, pits and stems	16	75	63.0	0.2	0.2	20.2	1.4	0.4	55	5	1.1				385	.01	.02	0.2	2
	Cranberry (Vaccinium macrocarpon):																			
847	Raw, E.P.	0	(46)	(87.9)	(0.4)	(0.7)	(10.8)	(1.4)	(0.2)	(14)	(10)	(0.5)	(2)	(82)		25	.03	.02	0.1	11
848	Dried, sugared and sliced, E.P.	0	310	10.9	0.5	0.7	83.9	1.7	4.0	26	16	14.0?		185		0	.01	.03	3.3?	
	Curacao-apple (Syzygium samarengense):																			
849	Fruit, raw:																			
a	E.P.	0	30	91.5	0.4	0.1	7.8	0.8	0.2	17	7	0.3	2	105		0	.03	.01	0.3	13
b	A.P.; refuse, seeds and stems	20	24	73.2	0.3	0.1	6.2	0.6	0.2	14	6	0.2	2	84		0	.02	.01	0.2	10
850	Currants; gooseberry (Ribes spp.), raw, E.P.	0	(21)	(92.4)	(0.7)	(1.0)	(5.6)	(0.7)	(0.3)	(11)	(20)	(1.2)				(30)	(.01)	(.01)	(0.4)	(4)
	Custardapple, bullocks-heart (Annona reticulata):																			
851	Fruit, raw:																			
a	E.P.	0	76	78.3	1.5	0.3	19.0	1.4	0.9	27	32	0.5	6	495		20	.11	.07	0.6	21
b	A.P.; refuse, skin and seeds	47	41	41.4	0.8	0.2	10.1	0.7	0.5	14	17	0.3	3	262		10	.06	.04	0.3	11
	Date (Phoenix dactylifera):																			
	Fruit:																			
852	Raw:																			
a	E.P.	0	(143)	(59.5)	(0.9)	(0.3)	(38.2)	(1.7)	(1.1)	(51)	(30)	(1.3)				(100)	(.07)	(.05)	(0.6)	(6)
b	A.P.; refuse, pits	(13)	(124)	(51.8)	(0.8)	(0.3)	(33.2)	(1.5)	(1.0)	(44)	(26)	(1.1)				(85)	(.06)	(.04)	(0.5)	(5)
853	Semi-dried:																			
a	E.P.	0	241	32.8	2.0	0.5	64.3	0.3	0.7	60	63	1.6				tr.	.04	.02	0.9	2
b	A.P.; refuse, pits	20	193	26.2	1.6	0.4	51.2	0.2	0.6	48	50	1.2				tr.	.03	.02	0.7	2
854	Preserved:																			
a	E.P.	0	292	18.6	1.0	0.1	79.9	1.5	0.4	10	26	0.4	67	178			.01	.23	0.2	
b	A.P.; refuse, pits	20	234	14.9	0.8	0.1	63.9	1.2	0.3	8	21	0.3	54	142			.01	.18	0.2	
	Dillenia, catmon; Philippine dillenia (Dillenia philippinensis):																			
855	Raw:																			
a	E.P.	0	29	91.7	0.3	0.2	7.4	0.9	0.4	28	5	0.1	10	115		25	.02	.04	0.2	2
b	A.P.; refuse, skin and seeds	58	12	38.5	0.1	0.1	3.1	0.4	0.2	12	2	tr.	4	48		10	.01	.02	0.1	1

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	2. FRUITS -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Durian, civet (Durio zibethinus):																			
856	Fruit, raw:																			
a	E.P.	0	124	66.8	2.5	1.6	28.3	1.4	0.8	29	63	0.9	1	601		10	.27	.29	1.2	37
b	A.P.; refuse, skin and seeds	75	31	16.7	0.6	0.4	7.1	0.4	0.2	5	16	0.2	tr.	150		tr.	.07	.07	0.3	9
857	Cake, E.P.	0	288	23.0	3.2	2.8	70.5		0.5	14		0.8				0	.15			0
	Duku. See Langsat, domestic.																			
	Eggfruit. See Canistel, lucuma.																			
	Elephant apple. See Woodapple.																			
	Emblic leafflower; myrobalan; Indian gooseberry (Phyllanthus emblica):																			
	Fruit:																			
858	Raw:																			
a	E.P.	0	58	84.1	0.7	0.5	14.3	2.4	0.4	29	21	0.5	22?	171		60	.03	.04	0.2	276
b	A.P.; refuse, seeds and stems	12	51	74.0	0.6	0.4	12.6	2.1	0.4	26	18	0.4	19?	150		55	.03	.03	0.2	243
859	Preserved with sugar, E.P.	0	222	37.6	0.5	0.6	59.8	1.9	1.5	39	18	1.2				0	.02	.09	0.1	3
	Fig, common (Ficus carica):																			
860	Fruit, raw:																			
a	E.P.	0	59	83.6	1.0	0.4	14.5	1.5	0.5	41	29	0.5	6	177		140	.03	.03	0.4	2
b	A.P.; refuse, hard stems	16	49	70.2	0.8	0.3	12.3	1.3	0.4	34	24	0.4	5	149		120	.03	.02	0.3	2
861	Dried, E.P.	0	278	22.0	4.8	1.4	69.4	7.2	2.4	196	139	2.4	29	850		15	.05	.05	1.0	2
	Gandaria. See Bouea, spp.																			
	Garcinia, sp. (Garcinia dulcis):																			
862	Fruit, raw, E.P.	0	(49)	(86.7)	(0.4)	(0.5)	(12.2)	(1.0)	(0.2)	(5)	(13)	(0.4)				(25)	(.06)	(.04)	(0.3)	(5)
	Genip, mamoncillo; Spanish lime (Melicocca bijuga):																			
863	Fruit, raw:																			
a	E.P.	0	(77)	(78.4)	(1.1)	(0.2)	(19.9)	(1.4)	(0.4)	(12)	(20)	(0.6)				(25)	(.05)	(.02)	(0.7)	(5)
b	A.P.; refuse, shells and seeds	(49)	(39)	(40.0)	(0.6)	(0.1)	(10.1)	(0.7)	(0.2)	(6)	(10)	(0.3)				(15)	(.02)	(.01)	(0.4)	(2)
	Governor's plum. See Ramontchi.																			

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	6. FRUITS -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Granadilla, purple, giant. See Passion-fruit.																			
	Grapes (Vitis vinifera):																			
864	Raw:																			
a	E.P.	0	50	86.0	0.5	0.3	12.5	0.9	0.4	9	20	0.6	6	111		50	.10	.06	0.2	4
b	A.P.; refuse, stems and seeds	22	39	67.1	0.4	0.2	10.0	0.7	0.3	7	16	0.5	5	86		40	.08	.04	0.2	3
865	Juice, canned or bottled, imported, E.P.	0	66	82.0	0.2	tr.	16.6	tr.	0.3	11	12	0.3	2	116			.04	.02	0.2	tr.
866	Dried (raisins)	0	271	23.2	2.0	0.6	71.1	0.5	2.2	60	123	3.1	22	619			.02	.03	0.5	0
	Grape, amur wild grape (Vitis amurensis):																			
867	Raw:																			
	E.P.	0	62	80.5	1.0	0.6	16.0	3.5	1.0	737	10	1.72				0	.05	.03	0.5	8
	Grapefruit (Citrus paradisi):																			
868	Fruit, raw:																			
a	E.P.	0	39	88.6	0.6	0.1	10.1	0.5	0.6	12	22	1.0	2	135		60	.07	.06	0.5	38
b	A.P.; refuse, rinds and seeds	46	24	53.0	0.3	0.1	6.1	0.3	0.4	7	13	0.6	1	81		35	.04	.04	0.3	23
	Juice; canned or bottled, imported, E.P.																			
869	Sweetened	0	41	89.2	0.8	0.1	9.8	tr.	0.4	5	14	0.4	1	162		5	.03	.02	0.2	34
870	Unsweetened	0	53	86.2	0.5	0.1	12.5	tr.	0.4	5	14	0.4	1	162		5	.03	.02	0.2	31
	Great hog-plum. See Ambarella.																			
	Great-kerkup. See Paniala.																			
	Green sapote. See Ambarella.																			
	Groundcherry, sp.; poha (Physalis spp.):																			
871	Raw:																			
a	E.P.	0	48	83.0	1.8	0.1	11.2		3.5	7	55	0.9					.15	.05	1.6	4
b	A.P.; refuse, husks	[illegible]	45	[illegible]	1.7	0.1	10.6		3.[illegible]	[illegible]	52	[illegible]					.14	.05	1.5	4

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	6. FRUITS -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Guamachil; Aztec kuamochill; apes-earring (Pithecellobium dulce):																			
872	Fruit, raw:																			
a	E.P.	0	76	77.5	0.9	0.4	15.2	1.2	0.6	13	42	0.5	19	222		15	.24	.10	0.6	133
b	A.P.; refuse, peels and seeds	55	33	32.7	1.8	0.2	7.6	0.5	0.2	5	18	0.2	5	93		5	.10	.04	0.2	56
	Guava, cattley (Psidium littorale; P. cattleianum):																			
	Fruit, raw:																			
873	Red:																			
a	E.P.	0	59	84.3	0.4	0.3	14.5	5.2	0.5	29	17	0.2				145	.03	.03	0.6	33
b	A.P.; stems and blossom ends	2	55	82.6	0.4	0.3	14.2	5.1	0.5	25	17	0.2				140	.03	.03	0.6	32
874	Yellow:																			
a	E.P.	0	59	80.4	0.4	0.3	15.8	5.5	0.6	31	15	0.2				tr.	.03	.03	0.4	21
b	A.P.; stems and blossom ends	2	55	81.7	0.4	0.3	15.0	5.4	0.6	30	18	0.2				tr.	.03	.03	0.4	20
	Guava, common (Psidium guajava):																			
875	Fruit, raw:																			
a	E.P.	0	62	80.6	1.0	0.4	17.8	5.6	0.7	15	24	0.7	4	291		75	.05	.04	1.1	132
b	A.P.; stems and blossom ends	2	61	78.9	1.0	0.4	17.0	5.5	0.7	15	24	0.7	4	285		75	.05	.04	1.1	129
	Juice, E.P.:																			
876	Fresh	0	76	89.6	0.1	0.1	19.1	0	0.1	1	2	0.7	4	291		0	tr.	.02	0.6	132
877	Canned	0	45	87.5	0.1	0.1	11.9	0.1	0.1	3	4	0.3	11			0	tr.	tr.	0.5	78
	Hawthorn, Chinese (Crataegus pinnatifida):																			
878	Fruit, raw:																			
a	E.P.	0	92	73.9	0.4	1.0	23.9	1.5	0.5	85	25	2.1		327						
b	A.P.; refuse, core	10	83	66.5	0.4	0.9	21.5	1.6	0.7	76	22	1.9		294						
	Hog-plum. See Ambarella.																			
	Horse-mango. See Mango, banchang.																			
	Indian gooseberry. See Emblic leaf-flower.																			
	Indian mango. See Mango, common.																			

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	6. FRUITS -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Jaboticaba (Myrciaria cauliflora; Eugenia polycephaloides):																			
879	Fruit, raw:																			
a	E.P.	0	66	83.5	0.5	1.8	13.8	1.0	0.4	61	17	0.2				0	.01	.02	0.3	17
b	A.P.; refuse, seeds and stem ends	20	53	66.9	0.4	1.4	11.0	0.8	0.3	49	14	0.2				0	.01	.02	0.2	14
	Jackfruit; jakfruit (Artocarpus heterophylla; A. integrifolia; A. integra):																			
880	Fruit, mature; raw:																			
a	E.P.	0	94	72.9	1.7	0.3	23.7	0.9	1.4	27	38	0.6	2	407		235	.09	.11	0.7	9
b	A.P.; refuse, skin and core	20	75	58.3	1.4	0.2	19.0	0.7	1.1	22	30	0.5	2	326		190	.07	.09	0.6	7
c	A.P.; refuse, stem, skin and seeds	61	36	28.5	0.7	0.1	9.2	0.4	0.5	10	15	0.2	1	159		90	.04	.04	0.3	4
881	Fruit, immature, raw:																			
a	E.P.	0	53	84.7	2.1	0.4	11.9	2.8	0.9	48	25	0.3	3	323		10	.10	.04	0.3	16
b	A.P.; refuse, skin and core	20	42	67.8	1.7	0.3	9.5	2.2	0.7	38	20	0.2	2	258		10	.08	.03	0.2	13
c	A.P.; refuse, stem, skin, core and seeds	61	21	33.0	0.8	0.2	4.6	1.1	0.4	19	10	0.1	1	126		5	.04	.02	0.1	6
	Seeds. See Group 4.																			
	Jamaica-cherry (Muntingia calabura):																			
882	Berries, raw:																			
a	E.P.	0	87	75.1	2.0	0.4	21.3	2.0	1.2	64	72	1.2	2	390		tr.	.03	.04	0.4	86
b	A.P.; refuse, seeds and stem ends	16	73	63.1	1.7	0.3	17.9	1.7	1.0	54	60	1.0	2	328		tr.	.02	.04	0.3	72
	Jambolan; jambolanplum (Syzygium cumini; Eugenia cumini):																			
883	Fruit, raw:																			
a	E.P.	0	60	82.7	0.7	0.1	15.8	0.3	0.7	8	13	0.2	9	116		tr.	tr.	.01	0.2	23
b	A.P.; refuse, skin and seeds	34	40	54.6	0.5	0.1	10.3	0.2	0.5	5	8	0.1	6	76		tr.	tr.	tr.	0.1	15
	Jambu fruit. See Waterapple.																			
	Japanese medlar. See Loquat.																			
	Jujube, Chinese or common; Chinese-date (Ziziphus jujuba):																			
884	Fruit, raw:																			
a	E.P.	0	82	76.9	1.6	0.4	20.5	1.1	0.6	37	49	0.8	3	278		40	.03	.03	0.7	46
b	A.P.; refuse, seeds	6	78	72.2	1.5	0.4	19.3	1.0	0.6	35	46	0.8	3	261		40	.03	.03	0.6	43
885	Dried:																			
a	E.P.	0	281	23.2	2.6	2.1	70.7	2.9	1.4	51	67	3.3		489		25	.21	.36	0.5	6
b	A.P.; refuse, seeds	12	247	20.5	2.3	1.8	62.2	2.6	1.2	45	59	2.9		430		20	.18	.32	0.4	5
	Jujube, Indian or Malaya (Ziziphus mauritiana):																			
886	Fruit, raw:																			
a	E.P.	0	47	86.1	1.9	0.1	11.1	0.9	0.8	32	33	0.6		221		60	.02	.02	0.5	62
b	A.P.; refuse, seeds	20	38	68.9	1.5	0.1	8.9	0.7	0.6	26	26	0.5		177		50	.02	.02	0.4	50

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	6. FRUITS -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Kapoelasan. See Pulasan.																			
	Kědondong. See Ambarella.																			
	Kěrkup, great. See Paniala.																			
	King orange. See Orange, king.																			
	Kitembilla. See Ceylon-gooseberry.																			
	Kudangan. See Boues, sp.																			
	Kuini. See Mango, kuwini.																			
	Kumquat (Fortunella margarita):																			
887	Fruit, raw:																			
a	E.P.	0	48	86.7	0.4	0.5	11.9	1.5	0.5	16	65	0.8	111	156		25	.09	.06	0.5	40
b	A.P.; refuse, seeds	2	48	84.9	0.4	0.5	11.7	1.5	0.5	16	64	0.8	109	153		25	.09	.06	0.5	39
888	Peels, candied, E.P.	0	93	75.1	0.5	1.0	23.0	3.0	0.4	110?	14	0.4				300	.09	.04	0.5	200
889	Preserved with syrup, E.P.	0	138	61.7	0.4	0.5	36.9	1.5	0.5	16	65	0.8	111	156		25	.09	.06	0.5	40
	Langsat, domestic; duku (Lansium domesticum):																			
890	Fruit, raw:																			
a	E.P.	0	55	84.2	0.9	0.1	14.2	0.8	0.6	12	24	0.9	1	232		0	.08	.05	1.0	2
b	A.P.; refuse, skins and seeds	35	36	54.7	0.6	0.1	9.2	0.5	0.4	8	16	0.6	1	151		0	.05	.03	0.6	1
	Leafflower, emblic. See Emblic leafflower.																			
	Leafflower, otaheite-gooseberry. See Otaheite gooseberry leafflower.																			
	Lemon (Citrus limon):																			
891	Fruit, raw:																			
a	E.P.	0	28	90.4	0.7	0.8	7.6	0.7	0.5	32	19	0.3	4	137		15	.04	.02	0.1	50
b	A.P.; refuse, finds and seeds	33	18	60.6	0.5	0.5	5.1	0.5	0.3	21	13	0.2	3	92		10	.03	.01	0.1	33
892	Juice, fresh, E.P.	0	26	91.8	0.5	0.8	6.7	0.2	0.2	12	9	0.2	2	105		tr.	.04	.02	0.1	42
893	Peels, raw	0	49	80.9	1.4	0.3	16.8	2.0	0.6	70	16	0.9	14	186		10	.07	.11	0.4	134
	Lesser kěrkup. See Ramontchi.																			

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	6. FRUITS -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Lime (Citrus aurantifolia):																			
894	Fruit, raw:																			
a	E.P.	0	36	91.0	0.5	2.4	5.9	0.3	0.2	13	11	tr.	2	82		10	.03	.02	0.1	46
b	A.P.; refuse, rinds and seeds	23	28	70.1	0.4	1.8	4.5	0.2	0.2	10	8	tr.	2	63		5	.02	.02	0.1	35
895	Juice	0	24	90.9	0.5	tr.	8.3	tr.	0.3	9	8	0.1					.02	.03	0.2	25
896	Rind	0	71	71.4	2.7	0.2	24.3	3.2	1.4	228?	42	1.0	8	348		110	.08	.07	0.8	68
	Litchi; Lychee (Litchi sinensis; Nephelium litchi):																			
	Fruit:																			
897	Raw:																			
a	E.P.	0	65	82.1	0.8	0.4	16.3	0.2	0.4	10	29	0.3	3	170		0	.05	.06	0.6	50
b	A.P.; refuse, thin shells, seeds, stems and leaves	35	42	53.4	0.5	0.3	10.6	0.1	0.3	6	19	0.2	2	110		0	.03	.05	0.4	32
898	Dried:																			
a	E.P.; with shells	0	233	35.9	3.0	1.9	57.6	1.0	1.6	25	58	4.4	49	568		0	.01	.57	3.1	183
b	A.P.; refuse, seeds	39	142	21.9	1.8	1.2	35.1	0.6	1.0	15	35	2.7	30	346		0	.01	.35	1.9	112
	Canned, E.P.:																			
899	Total content of can	0	71	80.3	0.2	0.2	19.1	0.1	0.2	3	10	0.6	34	46		0	tr.	.04	tr.	62
900	Drained solids only	0	74	79.7	0.3	0.4	19.4	0.2	0.2	3	10	0.8	35	68		0	tr.	.05	0.1	62
	Longan (Euphoria longan; Nephelium longana):																			
901	Fruit, raw:																			
a	E.P.	0	71	81.0	1.0	1.4	15.6	0.3	1.0	23	36	0.4					.03	.14	0.3	56
b	A.P.; refuse, shells and seeds	50	36	40.5	0.5	0.7	7.8	0.2	0.5	12	18	0.2					.02	.07	0.2	28
902	Dried:																			
a	E.P.	0	256	26.7	4.3	0.5	65.9	1.7	2.6	32	117	4.4	48	658		0	.02	(.59)	(1.0)	34
b	A.P.; refuse, shells and seeds	62	97	10.1	1.6	0.2	25.0	0.6	1.0	12	44	1.7	18	250		0	.01	(.19)	(0.4)	13
	Canned, E.P.:																			
903	Total content of can	0	63	82.5	0.3	0.2	16.7	0.2	0.3	5	8	0.3	41	110			tr.	.04	0.1	63
904	Drained solids only	0	67	81.4	0.4	0.3	17.5	0.4	0.4	7	8	0.7	53	40		0	tr.	.08	0.1	68
	Loquat; Japanese medlar (Eriobotrya japonica):																			
905	Fruit, raw:																			
a	E.P.	0	40	88.6	0.3	0.2	10.2	0.5	0.5	18	25	0.2	4	315		775	.02	.04	0.2	4
b	A.P.; refuse, skins and seeds	37	25	55.8	0.3	0.1	6.5	0.3	0.3	11	16	0.1	2	198		490	.01	.03	0.1	2
906	Canned, sirup pack	0	84	76.7	0.3	0.1	22.7	0.5	0.2	22	3	0.1				120	.01	0	0.4	0

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	6. FRUITS -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Lychee. See Litchi.																			
	Malay roseapple. See Chia.																			
	Mamey; mammeapple (Mammea americana):																			
907	Fruit, raw:																			
a	E.P.	0	51	86.2	0.5	0.5	12.5	1.0	0.3	11	11	0.7				140	.02	.04	0.4	14
b	A.P.; refuse, skin and seeds	38	32	53.4	0.3	0.3	7.8	0.6	0.2	7	7	0.4				85	.01	.02	0.2	9
	Mango, binjai (Mangifera caesia):																			
908	Fruit, raw:																			
a	E.P.	0	48	86.5	1.0	0.2	11.9		0.4	10	24	0				5	.08			58
b	A.P.; refuse, skins and seeds	35	30	56.3	0.6	0.1	7.7		0.3	6	16	0				5	.05			38
	Mango, common; Indian mango (Mangifera indica):																			
	Fruit, raw:																			
909	Ripe:																			
a	E.P.	0	62	82.6	0.6	0.3	15.9	0.5	0.6	19	15	0.3	3	214		1,880	.06	.05	0.6	36
b	A.P.; refuse, skins and seeds	28	44	59.5	0.4	0.2	11.5	0.4	0.4	7	11	0.2	2	154		1,355	.04	.04	0.4	26
910	Half-ripe:																			
a	E.P.	0	69	81.1	0.4	0.6	17.5	0.2	0.4	10	15	0.3				235	.06	.05	0.6	48
b	A.P.; refuse, skins and seeds	31	48	56.0	0.3	0.4	12.0	0.1	0.3	7	10	0.2				160	.04	.03	0.4	33
911	Unripe:																			
a	E.P.	0	60	82.9	0.6	0.4	15.3	0.4	0.8	10	15	0.2	6	139		110	.06	.05	0.6	62
b	A.P.; refuse, skins and seeds	32	41	56.4	0.4	0.3	10.4	0.3	0.5	7	10	0.1	4	94		75	.04	.03	0.4	42
912	Fruit juice, canned, E.P.	0	44	87.8	0.1	0.2	11.8	0.1	0.1	2	38	1.5	9	18		210	tr.	tr.	0.9	(25)
	Mango, kuwini; kuini (Mangifera odorata):																			
913	Fruit, raw:																			
a	E.P.	0	(70)	(79.9)	(0.9)	(0.1)	(18.5)	(0.8)	(0.6)	(4)	(18)	(0.2)				(360)	(.04)	(.06)	(0.7)	(13)
b	A.P.; refuse, skins and seeds	28	(51)	(57.6)	(0.6)	(0.1)	(13.3)	(0.6)	(0.4)	(3)	(13)	(0.1)				(260)	(.03)	(.04)	(0.5)	(9)
	Mangosteen (Garcinia mangostana):																			
914	Fruit, raw:																			
a	E.P.	0	57	84.3	0.5	0.3	14.7	(5.0)	0.2	10	10	0.5	1	135		0	.03	.02	0.6	4
b	A.P.; refuse, tough rinds and seeds	71	16	24.6	0.1	tr.	4.3	(1.4)	tr.	3	3	0.1	tr.	39		0	.01	tr.	0.2	1

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	6. FRUITS -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Marang (Artocarpus odoratissima):																			
915	Fruit, raw:																			
a	E.P.	0	104	70.6	0.5	0.2	27.9	0.8	0.8	12	33	3.5					.06	.05	0.6	30
b	A.P.; refuse, skins, cores and seeds.	50	52	35.3	0.2	0.1	14.0	0.4	0.4	6	16	1.8					.03	.02	0.3	15
	Margosa; neem (Melia azadirachta; Azadirachta indica):																			
916	Fruit, raw:																			
	E.P.	(0)	(67)	(81.9)	(1.3)	(1.0)	(15.1)		(0.7)	(25)	(41)									
	Marmalade plum. See Sapote.																			
	Melon. See Muskmelon.																			
	Mombin, purple or red; Spanish plum (Spondias purpurea):																			
917	Fruit, raw:																			
a	E.P.	0	86	75.8	1.0	0.3	22.3	0.5	0.6	14	35	0.9	2	270		225	.09	.05	0.4	49
b	A.P.; refuse, seeds and skins	31	59	52.3	0.7	0.2	15.4	0.3	0.4	10	24	0.6	1	186		155	.06	.04	0.3	34
	Mombin, yellow (Spondias mombin):																			
918	Fruit, raw:																			
a	E.P.	(0)	(70)	(82.7)	(0.8)	(2.1)	(13.5)	(1.0)	(0.6)	(26)	(31)	(2.2)				(140)	(.08)	(.06)	(0.5)	(28)
b	A.P.; refuse, seeds and skins	(34)	(46)	(54.6)	(0.5)	(1.4)	(9.1)	(0.7)	(0.4)	(17)	(20)	(1.4)				(90)	(.05)	(.04)	(0.3)	(18)
	Mulberry, black (Morus nigra):																			
	Fruit:																			
919	Raw:																			
	Pulp and seeds, E.P.	0	42	87.9	1.4	0.3	9.8	0.7	0.6	24	26	3.0	30	123		15	.04	.08	0.7	39
920	Juice, canned, E.P.	0	48	87.8	0.1	0.1	11.9	tr.	0.1	4	9	3.1	24	92			tr.	.01	0.8	30
	Mulberry, white (Morus alba):																			
921	Fruit, raw:																			
	Pulp and seeds, E.P.	0	53	85.0	1.7	0.4	12.2	0.9	0.7	30	32	3.7	37	152		10	.03	.06	0.7	5
	Muskmelon (Cucumis melo):																			
	Cantaloupes, Spanish melons:																			
922	Raw:																			
a	E.P.	0	24	93.2	0.3	0.2	5.8	0.4	0.5	8	19	0.3		30		1,705	.04	.02	0.7	38
b	A.P.; refuse, rinds and cavity contents	28	17	67.1	0.2	0.1	4.2	0.3	0.4	6	14	0.2		22		1,230	.03	.01	0.5	27

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	6. FRUITS -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Muskmelon -- continued																			
	Other melons, raw:																			
923	White flesh:																			
a	E.P.	0	26	92.4	1.0	0.3	5.6	0.5	0.7	18	14	0.5	14	207		0	.05	.02	0.4	25
b	A.P.; refuse, rinds and cavity contents	22	20	72.1	0.8	0.2	4.4	0.4	0.5	14	11	0.4	11	161		0	.04	.02	0.3	20
924	Yellow flesh:																			
a	E.P.	0	26	92.4	1.0	0.3	5.6	0.4	0.7	18	14	0.5	14	207		90	.05	.02	0.4	25
b	A.P.; refuse, rinds and cavity contents	22	20	72.1	0.8	0.2	4.4	0.3	0.5	14	11	0.4	11	161		70	.04	.02	0.3	20
	Myrobalan. See Emblic leafflower.																			
	Mysore-raspberry; Ceylon raspberry (Rubus albescens):																			
925	Fruit, raw:																			
a	E.P.	(0)	(57)	(84.4)	(1.2)	(0.6)	(13.2)	(3.9)	(0.6)	(34)	(36)	(2.0)				(20)	(.02)	(.04)	(0.5)	(18)
b	A.P.; refuse, caps.	(4)	(55)	(80.9)	(1.2)	(0.6)	(12.7)	(3.7)	(0.6)	(33)	(34)	(1.9)				(20)	(.02)	(.04)	(0.5)	(17)
	Natal-plum; carissa (Carissa grandiflora):																			
926	Fruit, raw:																			
a	E.P.	0	68	81.9	0.4	0.9	16.4	0.8	0.4	11	7	1.3				25	.04	.06	0.2	56
b	A.P.: refuse, skins and seeds	13	59	71.3	0.3	0.8	14.3	0.7	0.3	10	6	1.1				20	.03	.05	0.2	49
	Neem. See Margosa.																			
	Ohelo-berry (Vaccinium reticulatum):																			
927	Fruit, raw:																			
	E.P.	0	36	90.1	0.4	0.2	9.1	1.3	0.3	7	10	0.1				500	.02	.04	0.3	6
	Ohia; Malaya roseapple (Syzygium malaccense; Eugenia malaccense):																			
928	Fruit, raw:																			
a	E.P.	0	30	91.4	0.5	0.1	7.6	1.0	0.4	18	12	0.4	2	114		0	.03	.02	0.2	17
b	A.P.; refuse, seeds	20	24	73.1	0.4	0.1	6.1	0.8	0.3	14	10	0.3	2	91		0	.02	.02	0.2	14

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	6. FRUITS -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Olive, Ceylon (Canarium album):																			
929	Raw:																			
a	E.P.	0	72	80.2	1.2	1.2	16.2	3.4	1.2	18	29	2.1	47	416	0	330	.02	.11	0.4	20
b	A.P.; refuse, seeds	27	53	58.5	0.9	0.9	11.8	2.5	0.9	13	21	1.5	34	304	0	240	.01	.08	0.3	15
930	Dried:																			
a	E.P.	0	281	18.8	3.3	0.1	74.8	7.2	3.0	9?	51	11.0	108	803			.18	.07	3.2	
b	A.P.; refuse, seeds	58	118	7.9	1.4	tr.	31.4	3.0	1.3	4	21	4.6	45	337			.08	.03	1.3	
931	Semi-dried: Salted:																			
a	E.P.	0	170	45.6	1.8	8.6	25.6	4.8	18.4	105	24	4.9		616		0	.02	.08	1.2?	0
b	A.P.	33	114	30.6	1.2	5.8	17.2	3.2	12.3	70	16	3.3		413		0	.01	.05	0.8	0
932	Sugared:																			
a	E.P.	0	185	47.5	0.5	0.4	49.9	3.0	1.7	66	28	1.4				tr.	.01	.03		0
b	A.P.; refuse, seeds	24	140	36.1	0.4	0.3	37.9	2.3	1.3	50	21	1.1				tr.	.01	.02		0
	Orange, king: temple (Citrus sinensis; C. reticulata):																			
933	Fruit, raw:																			
a	E.P.	0	34	90.4	0.5	0.1	8.7	0.3	0.3	20	16	0.2	3	139		50	.05	.03	0.3	32
b	A.P.; refuse, rinds and seeds	30	24	63.2	0.4	0.1	6.1	0.2	0.2	14	11	0.1	2	97		35	.04	.02	0.2	22
	Orange, mandarin; tangerine (Citrus reticulata):																			
934	Fruit, raw:																			
a	E.P.	0	41	88.6	0.7	0.2	10.2	0.3	0.3	26	14	0.2	1	149		465	.09	.04	0.4	42
b	A.P.; refuse, rinds and seeds	30	28	62.0	0.5	0.1	7.2	0.2	0.2	18	10	0.1	1	104		325	.06	.03	0.3	29
	Orange, sour (Citrus aurantium):																			
935	Fruit, raw:																			
a	E.P.	0	44	87.5	0.7	0.1	11.2	2.0?	0.5	42	20	0.4				70	.07	.03	0.3	43
b	A.P.; refuse, rinds and seeds	37	28	55.1	0.4	0.1	7.1	1.3	0.3	26	13	0.3				50	.04	.02	0.2	27
936	Juice	0	29	92.4	0.4	0.2	6.7	0.2	0.3	12	11	0.2	2	131		tr.	.02	.02	0.2	37
	Orange, sweet (Citrus sinensis):																			
	Fruit:																			
937	Raw:																			
a	E.P.	0	40	88.6	0.8	0.2	9.9	0.4	0.5	1[illegible]	20	0.3	2	162		150	.07	.04	0.4	43
b	A.P.; refuse, rinds and seeds	36	25	56.8	0.5	0.1	6.3	0.2	0.3	13	13	0.2	1	104		95	.04	.02	0.2	28
	Canned, E.P.																			
938	Total content of can	0	52	86.0	0.3	0.5	13.0	0.2	0.2?	7?	3	0.4	11	35		(150)	.03	tr.	(0.2)	(37)
939	Drained solids only	0	54	85.2	0.3	0.3	14.0	0.4	0.2	5?	3	0.4	12	52			.03	tr.	(0.2)	
	Juice:																			
940	Fresh	0	52	86.7	tr.	tr.	13.2	tr.	0.1	3?	1	(0.3)	9	10		(150)	.01	.02	0.2	(43)
	Canned:																			
941	Unsweetened	0	52	86.7	tr.	0.1	13.1	tr.	0.1	1?	2	0.4	12	34		(150)	.03	.02	0.2	(37)

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	6. FRUITS -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Orange, sweet -- continued																			
	Peels, E.P.:																			
942	Raw	0	92	74.7	1.8	0.8	21.9	3.7	0.8	77	17	0.5				260	.07	.10	0.5	150
943	Dried	0	307	11.7	9.2	1.4	73.5	13.7	4.2	349	29	52.0	77	598		0	.08	1.08	7.7	59
	Orange, tankan (Citrus tankan):																			
	Fruit:																			
944	Raw:																			
a	E.P.	0	38	89.4	0.6	0.4	9.1	0.6	0.5	33	20	0.3		323		840	.08	.05	0.5	57
b	A.P.; refuse, rinds and seeds	28	27	64.4	0.4	0.3	6.6	0.4	0.4	24	14	0.2		232		605	.06	.04	0.4	41
	Orange, sp. (Citrus iyo):																			
	Fruit:																			
945	Raw:																			
a	E.P.	0	40	88.6	0.6	0.3	10.0	0.4	0.5	21	17	0.3				30	.09	.06	0.8	30
b	A.P.; refuse, finds and seeds	40	24	53.2	0.4	0.2	6.0	0.2	0.3	13	10	0.2				20	.05	.04	0.5	18
	Orange, sp. (Citrus poonesis):																			
	Fruit:																			
946	Raw:																			
a	E.P.	0	41	88.4	0.8	0.2	10.2	0.4	0.4	21	19	0.3		167		340	.10	.04	0.6	54
b	A.P.; refuse, rinds and seeds	30	29	61.9	0.6	0.1	7.1	0.3	0.3	15	13	0.2		117		240	.07	.03	0.4	38
	Otaheite-apple. See Ambarells.																			
	Otaheite-gooseberry; leafflower (Phyllanthus acidus):																			
947	Fruit, raw:																			
	E.P.	0	34	90.5	0.8	0.4	7.9	1.3	0.4	6	20	1.1	6	151		tr.	.01	.01	0.4	2.
	Palmyrapalm; sugar-palm; African-fan-palm (Borassus flabellifer):																			
948	Fruit, raw:																			
	E.P.	0	39	89.4	0.7	0.6	8.9	0.5	0.4	7	22	0.9	1	46		0	.02	.01	0.4	1
	Pandanus, sp. (Pandanus spp.):																			
949	Fruit, raw, E.P.	0	(150)	(68.5)	(4.9)	(8.2)	(17.9)	(6.8)	(0.5)							(10)	(.09)		(1.4)	(9)
	Paniala; great-kĕrkup (Flacourtia jangomas):																			
950	Fruit, raw, E.P.	0	(78)	(77.7)	(0.5)	(0.1)	(20.9)	(1.0)	(0.8)	(43)	(25)									

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	6. FRUITS -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Papaya (Carica papaya):																			
	Fruit, raw:																			
951	Ripe:																			
a	E.P.	0	45	87.1	0.5	0.1	11.8	0.5	0.5	24	22	0.7	4	221		710	.03	.05	0.4	73
b	A.P.; refuse, rinds and seeds	28	32	62.7	0.4	0.1	8.4	0.4	0.4	17	16	0.5	3	159		510	.02	.04	0.3	52
	Unripe. See Group 5.																			
	Jam. See Group 7.																			
	Juice, E.P.:																			
952	Fresh	0	69	82.7	tr.	0.5	16.6	0.1	0.2	3	1	0.4	31	34	0	340	.01	.02	0.1	(73)
953	Canned	0	68	82.6	tr.	tr.	17.3	0.2	0.1	3	1	0.2	11	18	0	tr.	.01	.02	(0.1)	
954	Preserved with sugar, E.P.	0	273	23.9	0.3	0.1	75.4	0.2	0.3	54	20	2.4	99	96		0		tr.	0.1	
	Parinarium, sp. (Parinari glaberrimum):																			
955	Fruit, raw, E.P.	0	23	92.0	0.8	0.2	5.2		1.8	30	50	4.6?				0				38
	Passionflower, tagua (Passiflora foetida):																			
956	Fruit, raw:																			
a	E.P.	0	64	82.0	1.8	0.4	15.2		0.6	20	48	0.7	3	341		0	.01	.06	1.4	15
b	A.P.; refuse, seeds and shells	40	38	49.2	1.1	0.2	9.1		0.4	12	29	0.4	2	205		0	.01	.04	0.8	9
	Passionfruit, giant; granadilla, giant (Passiflora quadrangularis):																			
957	Fruit, raw:																			
a	E.P.	(0)	(20)	(94.4)	(0.7)	(0.2)	(4.3)	(0.7)	(0.4)	(14)	(17)	(0.8)					(0)	(.03)	(3.8)	(15)
b	A.P.; refuse, seeds, aril and shells	(42)	(11)	(54.8)	(0.4)	(0.1)	(2.5)	(0.4)	(0.2)	(8)	(10)	(0.5)					(0)	(.02)	(2.2)	(9)
958	Juice	(0)	(44)	(87.9)	(0.9)	(0.2)	(10.1)	(0)	(0.9)	(10)	(22)	(0.6)				(50)	(0)	(.11)	(2.7)	(20)
	Passionfruit; granadilla, purple or yellow (Passiflora spp.):																			
959	Fruit, raw:																			
a	E.P.; pulp and seeds	0	94	75.5	2.4	2.2	18.9	4.5	1.0	11	61	1.2					tr.	.10	1.4	17
b	A.P.; refuse, shells and stem ends	39	57	46.1	1.5	1.3	11.5	2.7	0.6	7	37	0.7					tr.	.06	0.8	10
960	Juice, purple (Passiflora edulis):																			
	Fresh, E.P.	0	42	88.8	0.6	tr.	10.1	tr.	0.5	4	14	0.3				375	.02	.11	2.0	20
	Juice, yellow (Passiflora laurifolia), E.P.																			
961	Fresh	0	73	81.0	0.6	0.1	17.9	0.2	0.4	4	14	0.4	18	49		880	tr.	.07	1.4	20
962	Canned, sweetened	0	175	54.9	0.8	tr.	44.0	0.1	0.3	5	15	1.0	78	60		505	tr.	.09	0.4	
	Peach (Prunus persica):																			
	Fruit, raw:																			
963	White flesh variety:																			
a	E.P.	0	39	88.9	0.6	0.2	9.9	1.8	0.4	4	10	1.1	4	245			.01	.01	0.7	
b	A.P.; refuse, pits only	8	36	81.7	0.6	0.2	9.1	1.6	0.4	4	9	1.0	4	225			.01	.01	0.6	
c	A.P.; refuse, pits and skins	20	32	71.1	0.5	0.2	7.9	1.4	0.3	3	8	0.9	3	190			.01	.01	0.6	

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	6. FRUITS -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Peach -- continued																			
	Fruit, raw:																			
964	Yellow flesh variety:																			
a	E.P.	0	43	87.9	0.8	0.3	10.4	1.8	0.6	9	24	1.0	2	322		245	.03	.07	0.4	6
b	A.P.; refuse, pits only	5	39	80.8	0.7	0.3	9.6	1.6	0.6	8	22	0.9	2	296		225	.03	.06	0.4	6
c	A.P.; refuse, pits and skins	20	34	70.3	0.6	0.2	8.4	1.4	0.5	7	19	0.8	2	258		195	.02	.05	0.3	5
965	Canned, total content of can, sirup pack, E.P.	0	86	76.1	0.5	0.1	23.1	0.6	0.2	14	11	1.2				tr.	.03	.04	0.5	2
	Pear (Pyrus communis):																			
966	Fruit, raw:																			
a	E.P.	0	44	87.6	0.4	0.2	11.4	1.0	0.4	10	15	0.6	7	141		tr.	.03	.03	0.1	4
b	A.P.; refuse, skins and cores	24	34	66.6	0.3	0.2	8.6	0.8	0.3	8	11	0.4	5	107		tr.	.02	.02	0.1	3
967	Canned, total content of can, heavy sirup pack, E.P.	0	71	80.1	0.4	0.1	19.2	0.9	0.2	9	8	0.9				tr.	.01	.02	0.3	0
	Persimmon, Indian ebony (Diospyros ebenaster):																			
968	Fruit, raw:																			
a	E.P.	0	113	77.8	0.7	7.5	13.3	0.2	0.7	15	25	0.3				20	tr.	.05	0.3	4
b	A.P.; refuse, seeds and skins	16	95	65.4	0.6	6.3	11.1	0.2	0.6	13	21	0.2				15	tr.	.04	0.2	3
	Persimmon, kaki (Diospyros kaki):																			
	Fruit, raw:																			
	Soft-type:																			
969	Ripe:																			
a	E.P.	0	56	83.7	0.6	0.2	14.6	1.2	0.9	9	24	0.4	2	176		600	.03	.04	0.3	20
b	A.P.; seedless kinds, refuse, skins.	3	55	81.1	0.6	0.2	14.2	1.2	0.9	9	23	0.4	2	171		580	.03	.04	0.3	19
c	A.P.; kind with seeds, refuse, skins and seeds	17	47	69.5	0.5	0.2	12.1	1.0	0.7	7	20	0.3	2	146		500	.02	.03	0.2	17
	Hard-type:																			
970	Ripe:																			
a	E.P.	0	52	85.2	0.5	0.2	13.6	0.9	0.5	12	33	0.4	20	536		510	.02	.04	0.2	20
b	A.P.; refuse, skins and seeds	12	46	75.0	0.4	0.2	12.0	0.8	0.4	10	29	0.4	18	472		450	.02	.04	0.2	20
971a	Dried, E.P.	0	225	36.7	3.4	0.7	57.6	2.6	1.6	29	61	2.8	197	502		1,655	.06	.04	1.1	
b	A.P.; refuse, caps	5	214	34.9	3.2	0.7	54.7	2.5	1.5	28	58	2.7	187	477		1,570	.06	.04	1.0	
	Persimmon, mabola; butter-fruit (Diospyros discolor):																			
972	Fruit, raw:																			
a	E.P.	0	49	86.0	0.6	0.2	12.6	1.6	0.6	38	19	0.8	3	354		15	0	.04	0.3	28
b	A.P.; refuse, seeds and shells	48	26	44.7	0.3	0.1	6.6	0.8	0.3	20	10	0.4	2	184		10	0	.02	0.2	14
	Pheng-phok. See Pingpong.																			
	Philippine dillenia. See Dillenia, catmon.																			

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	6. FRUITS -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Pineapple (Ananas comosus):																			
973	Fruit, raw:																			
a	E.P.	0	47	87.0	0.7	0.3	11.6	0.5	0.4	17	12	0.5	2	125		35	.06	.03	0.3	22
b	A.P.; refuse, crowns, cores, and parings	45	26	47.8	0.4	0.2	6.4	0.3	0.2	9	7	0.3	1	69		20	.03	.02	0.2	12
974	Canned, total content of can, sirup pack	0	92	74.6	0.4	0.4	24.3	0.4	0.3	20	6	0.3				10	.06	.01	0.2	6
	Juice, E.P.:																			
975	Fresh	0	43	88.7	0.2	0	10.8		0.3	13	9	0.1				tr.	.07	.03	0.2	8
976	Canned or bottled	0	50	87.0	0.1	tr.	12.7	tr.	0.2	7	4	0.2	7	70		0	.04	.01	0.2	4
	Pingpong; pheng-phok; China-chestnut (Sterculia monosperma):																			
977	Fruit, raw:																			
a	E.P.	0	146	58.5	4.5	0.9	34.3	1.2	1.8	6	180	1.1	14	770	0	870	.09	.18	1.2	31
b	A.P.; refuse, shells	19	118	47.5	3.6	0.7	27.8	1.0	1.4	5	146	0.9	11	624	0	705	.07	.14	1.0	25
	Pitanga. See Surinam-cherry.																			
	Plantain. See Group 2.																			
	Plum (Prunus spp.):																			
978	Fruit, raw:																			
a	E.P.	0	45	87.4	0.5	0.3	11.4	0.6	0.4	10	14	0.6	6	98	0	90	.02	.05	0.5	8
b	A.P.; refuse, pits only	5	43	82.1	0.5	0.3	10.7	0.6	0.4	9	13	0.6	6	92	0	85	.02	.05	0.5	8
979	Preserved:																			
a	E.P.	0	147	55.2	2.1	1.3	35.9	1.6	5.5	10	23	2.8	244	144			.03	.02		0
b	A.P.; refuse, pits	30	103	38.6	1.5	0.9	25.1	1.1	3.8	7	16	2.0	171	101			.02	.01		0
980	Salted; semi-dried:																			
a	E.P.	0	154	51.4	1.6	1.2	38.4	1.4	7.4	14	26	7.4	430	263			.08	.08		0
b	A.P.; refuse, pits	30	108	36.0	1.1	0.8	26.9	1.0	5.2	10	18	5.2	301	184			.06	.06		0
	Plum, Japanese (Prunus triflora; P. salicina):																			
981	Fruit, raw:																			
a	E.P.	0	53	85.1	0.7	0.2	13.5	(0.7)	0.5	16	32	0.4	3	145		10	.02	.02	0.5	2
b	A.P.; refuse, pits only	5	50	80.8	0.7	0.2	12.8	(0.7)	0.5	15	30	0.4	3	138		10	.02	.02	0.5	2
	Plum, methley (Prunus cerasifera x P. salicina):																			
982	Fruit, raw:																			
a	E.P.	0	40	88.6	0.6	0.1	10.4	0.9	0.3	5	13	0.1				85	.01	.03	0.4	3
b	A.P.; refuse, pits	6	38	83.2	0.6	0.1	9.8	0.8	0.3	5	12	0.1				80	.01	.03	0.4	3
	Poha. See Groundcherry, Peruvian.																			

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	6. FRUITS -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Pomegranate (Punica granatum):																			
983	Fruit, raw:																			
a	E.P. (Pulp or aril)	0	72	80.0	1.0	0.6	17.7	1.1	0.7	13	23	0.7	7	379			.07	.01	0.3	7
b	A.P.; refuse, skins, seeds, and membranes	65	25	28.0	0.4	0.2	6.2	0.4	0.2	4	8	0.2	2	133			.02	tr.	0.1	2
	Pondapple; alligator apple (Annona glabra):																			
984	Fruit, raw:																			
	E.P.	0	(52)	(86.8)	(0.4)	(1.6)	(10.3)	(3.8)	(0.9)	(52)	(24)	(2.3)				(310)	(.04)	(.07)	(0.6)	(21)
	Prickly pear, mission; cactus fruit (Opuntia megacantha):																			
985	Fruit, raw:																			
a	E.P.	0	53	84.5	0.8	0.1	13.8	1.9	0.8	43	9	0.3				tr.	.02	.03	0.4	25
b	A.P.; refuse, skins	29	38	59.9	0.6	0.1	9.8	1.3	0.6	30	6	0.2				tr.	.01	.02	0.3	18
	Pulasan; capulasan; kapoelasan; pulassan (Nephelium mutabile):																			
986	Fruit, raw:																			
a	E.P.	0	55	83.0	0.8	tr.	14.5	1.0	1.7	25	14	3.0				0	tr.	.06	0.4	48
b	A.P.; refuse, hairy shells and seeds	60	22	33.2	0.3	tr.	5.8	0.4	0.7	10	6	1.2				0	tr.	.02	0.2	19
	Pummelo; pomelo; shaddock (Citrus maxima; C. grandis):																			
987	Fruit, raw:																			
a	E.P.	0	39	88.9	0.7	0.3	9.5	0.4	0.6	27	22	0.5	1	235		30	.05	.02	0.3	53
b	A.P.; refuse, skins, seeds and membranes	47	21	47.1	0.4	0.2	5.0	0.2	0.3	14	12	0.3	1	124		15	.03	.01	0.2	28
988	Peels, sugared	0	226	37.0	0.3	0.1	62.4		0.2	75	13	1.6					.01	.02	0.2	
	Quince, common (Cydonia oblonga):																			
989	Fruit, raw:																			
a	E.P.	0	(63)	(82.4)	(0.6)	(0.3)	(16.3)	(2.2)	(0.4)	(6)	(15)	(0.6)				(20)	(.03)	(.03)	(0.4)	(17)
b	A.P.; refuse, parings, cores and seeds	39	(39)	(50.3)	(0.4)	(0.2)	(9.9)	(1.3)	(0.2)	(4)	(9)	(0.4)				(10)	(.02)	(.02)	(0.2)	(10)
	Raisins. See Grape, European, dried.																			
	Rambai (Baccaurea motleyana):																			
990	Fruit, raw:																			
a	E.P.	0	65	79.0	1.7	0.2	16.1		3.0	13	20	0.8				0	0			5
b	A.P.; refuse, skins, seeds and cores.	36	42	50.6	1.1	0.1	10.3		1.9	8	13	0.5				0	0			3

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	6. FRUITS -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Rambutan; rambotan; rambotang (Nephelium lappaceum):																			
991	Fruit, raw:																			
a	E.P.	0	64	82.0	1.0	0.1	16.5	1.1	0.4	20	15	1.9	1	64		0	.01	.06	0.4	53
b	A.P.; refuse, hairy shells and seeds	56	28	36.1	0.4	tr.	7.3	0.5	0.2	9	7	0.8	tr.	28		0	tr.	.03	0.2	23
	Ramontchi; governor's plum; lesser kĕr-kup (Flacourtia indica; F. ramontchi):																			
992	Fruit, raw:																			
a	E.P.	0	94	74.2	0.5	0.6	24.2	1.2	0.5	33	17	0.7	1	171		30	.01	.02	0.4	5
b	A.P.; refuse, seeds	55	42	33.4	0.2	0.3	10.9	0.5	0.2	15	8	0.3	tr.	77		15	tr.	.01	0.2	2
	Raspberry, red (Rubus rosaefolius):																			
993	Fruit, raw:																			
a	E.P.	(0)	(57)	(84.4)	(1.2)	(0.6)	(13.2)	(3.9)	(0.6)	(34)	(36)	(2.0)				(20)	(.02)	(.04)	(0.5)	(18)
b	A.P.; refuse, caps	(4)	(55)	(80.9)	(1.2)	(0.6)	(12.7)	(3.7)	(0.6)	(33)	(34)	(1.9)				(20)	(.02)	(.04)	(0.5)	(17)
	Rattanpalm fruit (Calamus ornatus var. philippinensis):																			
994	Fruit, raw:																			
	E.P.	0	79	79.0	0.6	1.2	18.6	0.5	0.6	19	10	1.7					.06	.01	0.9	5
	Roselle. See Sorrel, red. Group 5.																			
	Salacia, sp. (Salacia edulis):																			
995	Fruit, raw:																			
a	E.P.	0	76	78.0	0.4	0	20.9		0.7	28	18	4.2				0	.04			2
b	A.P.; refuse, skins and seeds	50	38	39.0	0.2	0	10.4		0.4	14	9	2.1				0	.02			1
	Santol (Sandoricum koetjape; S. indicum)																			
996	Fruit, raw:																			
a	E.P.	0	57	84.5	0.4	0.7	13.9	1.0	0.5	9	17	1.2	3	328		5	.05	.03	0.9	14
b	A.P.; refuse, parings and seeds	45	31	46.5	0.2	0.4	7.6	0.6	0.3	5	9	0.7	2	180		tr.	.03	.02	0.5	8
	Sapodilla; sapota; ponderosa (Achras zapota):																			
997	Fruit, raw:																			
a	E.P.	0	76	79.3	0.4	0.7	19.1	2.2	0.5	27	11	0.6	3	181		25	tr.	tr.	0.2	13
b	A.P.; refuse, skins and seeds	20	61	63.4	0.3	0.6	15.3	1.8	0.4	22	9	0.5	2	145		20	tr.	tr.	0.2	10
	Sapote; marmalade plum (Calocarpum sapota):																			
998	Fruit, raw:																			
a	E.P.	0	107	70.2	1.0	0.5	27.6	1.4	0.7	22	14	0.9	6	226		60	.02	.02	1.4	23
b	A.P.; refuse, skins and seed	26	79	52.0	0.7	0.4	20.4	1.0	0.5	16	10	0.7	4	167		45	.01	.01	1.0	17

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	6. FRUITS -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Sêtar. See Bouea, sp.																			
	Shaddock. See Pummelo.																			
	Silverberry (Elaegnus commutata):																			
999	Fruit, raw:																			
a	E.P.	0	51	86.2	1.3	0.9	10.9	0.5	0.7	7	20	0.4				20	.03	.05	0.4	10
b	A.P.; refuse, seeds and caps.	45	28	47.4	0.7	0.5	6.0	0.3	0.4	4	11	0.2				10	.02	.03	0.2	6
	Singharanut (Trapa bispinosa):																			
1000	Fruit, raw:																			
a	E.P.	0	117	66.4	4.1	0.4	27.8	0.8	1.3	54	114	1.2	21	452	0	tr.	.13	.06	2.0	7
b	A.P.; refuse, hard shells.	52	56	31.9	2.0	0.2	13.3	0.4	0.6	26	55	0.6	10	217	0	tr.	.05	.03	1.0	3
1001	Starch.	0	294	12.5	0.2	0.2	80.9	0	0.2	26	45	2.2		22						
	Soursop (Annona muricata):																			
1002	Fruit, raw:																			
a	E.P.	0	59	83.2	1.0	0.2	15.1	0.6	0.5	14	21	0.5	8	2[illegible]		tr.	.08	.10	1.3	24
b	A.P.; refuse, skins and seeds.	27	43	60.7	0.7	0.1	11.1	0.4	0.4	10	15	0.4	6	214		tr.	.06	.07	9.5	18
	Spanish-lime. See Genip.																			
	Spanish plum. See Mombin, purple or red.																			
	Starapple, cainito (Chrysophyllum cainito):																			
1003	Fruit, raw:																			
a	E.P.	0	68	81.5	1.0	0.7	16.4	2.0	0.4	17	16	0.4	5	140		tr.	.01	.02	0.9	8
b	A.P.; refuse, skins and seeds.	42	40	47.2	0.6	0.4	9.6	1.2	0.2	10	9	0.2	3	81		tr.	.01	.01	0.5	5
	Star fruit. See Carambola.																			
	Strawberry (Fragaria spp.):																			
1004	Berries, raw:																			
a	E.P.	0	34	90.6	0.8	0.5	7.6	1.7	0.5	25	30	0.9	1	193		10	.04	.03	0.4	53
b	A.P.; refuse, stem ends and caps.	3	33	87.9	0.8	0.5	7.3	1.6	0.5	24	29	0.9	1	187		10	.04	.03	0.4	51
	Sugarapple; sweetsop (Annona squamosa):																			
1005	Fruit, raw:																			
a	E.P.	0	78	77.5	1.4	0.2	20.0	1.6	0.9	30	36	0.6	5	299		5	.11	.10	0.8	36
b	A.P.; refuse, skins and seeds.	48	41	40.3	0.7	0.1	10.4	0.8	0.5	16	19	0.3	3	155		tr.	.06	.05	0.4	17

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	6. FRUITS -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Sugarcane (Saccharum officinarum):																			
1006	Stalk, peeled, raw:																			
a	E.P.	0	67	81.4	0.2	0.4	17.6	2.3	0.4	8	4	1.3		89			.01	.02		2
b	A.P.; refuse, fiberous stalk	57	29	34.9	0.1	0.2	7.6	1.0	0.2	3	2	0.6		38			tr.	.01		1
	Juice. See Group 13.																			
	Sugarpalm. See Palmyrapalm.																			
	Surinam-cherry; pitanga (Eugenia uniflora; E. micheli):																			
1007	Fruit, raw:																			
a	E.P.	0	38	89.0	0.5	0.1	10.2	0.3	0.2	7	9	0.1				1,120	.02	.05	0.2	19
b	A.P.; refuse, stems and blossom ends	22	31	69.3	0.4	0.1	8.0	0.2	0.2	5	7	0.1				875	.02	.04	0.2	15
	Sweetsop. See Sugarapple.																			
	Tamarind (Tamarindus indica):																			
	Fruit, pulp, raw:																			
1008	Ripe:																			
a	E.P.	0	214	38.7	2.3	0.2	56.7	1.9	2.1	81	86	1.3	3	570		10	.22	.08	1.1	3
b	A.P.; refuse, pods and seeds	62	81	14.7	0.9	0.1	21.5	0.7	0.8	31	33	0.5	1	217		tr.	.08	.03	0.4	1
1009	Unripe:																			
a	E.P.	0	71	79.5	2.4	0.1	17.2	0.8	0.8	58	29	0.7	3	316		10	.15	.05	0.4	12
b	A.P.; refuse, pods and seeds	62	27	30.2	0.9	tr.	6.6	0.3	0.3	22	11	0.3	1	120		tr.	.06	.02	0.2	4
	Tajong-tree fruit. See Bulletwood, elengi.																			
	Tangerine. See Orange, mandarin.																			
	Ti-es. See Canistel lucuma.																			
	Treetomato. See Group 5.																			
	Vi-apple. See Ambarella.																			
	Wampee, Chinese; wampi (Clausena lansium):																			
1010	Fruit, raw:																			
a	E.P.	0	55	84.0	0.9	0.1	14.1	0.8	0.9	15	19	tr.	16	251	0	0	.02	.11	3.3	146?
b	A.P.; refuse, skin and seeds	49	28	42.9	0.5	tr.	7.2	0.4	0.4	8	10	tr.	8	143	0	0	.01	.06	1.7	75?

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorb. Acid
	6. FRUITS -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Waterapple; jambu (Eugenia aqua; Syzygium aqueum):																			
1011	Fruit, raw:																			
a	E.P.	0	46	87.0	0.6	0.2	11.8	0.9	0.4	8	9	1.1				0	0	.03	0.6	5
b	A.P.; refuse, seeds and caps.	10	42	78.3	0.5	0.2	10.6	0.8	0.4	7	8	1.0				0	0	.03	0.5	4
	Watermelon (Citrullus vulgaris):																			
	Fruit, raw:																			
1012	Red pulp variety:																			
a	E.P.	0	21	93.2	0.6	0.2	4.9	0.2	1.1	8	10	0.2	5	102		140	.03	.03	0.2	6
b	A.P.; refuse, rinds and seeds.	37	13	58.7	0.4	0.1	3.1	0.1	0.7	5	6	0.1	3	64		90	.02	.02	0.1	4
1013	Yellow pulp variety:																			
a	E.P.	0	19	94.7	0.5	0.2	4.3	0.2	0.3	12	10	0.5	11	112		10	.04	.02	0.3	
b	A.P.; refuse, rinds and seeds.	36	12	60.6	0.3	0.1	2.8	0.1	0.2	8	6	0.3	7	72		5	.02	.01	0.2	
	Seedless variety:																			
1014	Red pulp:																			
a	E.P.	0	30	91.4	0.8	0.1	7.4	0.1	0.3	4	10	0.7	6	86		(140)	.03	.02	0.4	(6)
b	A.P.; refuse, rinds.	41	18	53.8	0.5	0.1	4.4	0.1	0.2	2	6	0.4	4	51		(85)	.02	.01	0.2	(4)
1015	Rind, raw.	0	18	94.4	1.6	0.1	3.2	0.6	0.7	31	25	0.5				70	.03	.03	0.6	
	Wax jambo; wax gambuor (Eugenia sp.):																			
1016	Fruit, raw:																			
a	E.P.	0	31	91.3	0.5	0.1	7.9	0.6	0.2	11	11	0.4	8	60	0	tr.	.02	.02	0.4	13
b	A.P.; refuse, seeds and cores.	18	26	74.8	0.4	0.1	6.5	0.5	0.2	9	9	0.3	7	49	0	tr.	.02	.02	0.3	11
	West Indian cherry; barbados cherry (Malpighia glabra):																			
1017	Fruit, raw:																			
a	E.P.	0	(39)	(83.2)	(1.8)	(1.0)	(6.8)	(1.2)	(7.2)	(27)	(27)	(1.2)	(4)	(127)		(20)	(.03)	(.04)	(0.5)	21
b	A.P.; refuse, seeds and stem ends.	(25)	(30)	(62.3)	(1.4)	(0.8)	(5.1)	(0.9)	(5.4)	(20)	(20)	(0.9)	(3)	(95)		(15)	(.02)	(.03)	(0.4)	16
	West Indian cherry; barbados cherry (Malpighia punicifolia):																			
1018	Fruit, raw:																			
a	E.P.	0	(36)	(90.3)	(0.4)	(0.4)	(8.7)	(0.4)	(0.2)	(12)	(11)	(0.2)					(.03)	(.05)	(0.6)	(1,790)
b	A.P.; refuse, seeds and stem ends.	(25)	(27)	(67.7)	(0.3)	(0.3)	(6.5)	(0.3)	(0.2)	(9)	(8)	(0.2)					(.02)	(.04)	(0.4)	(1,342)
	Wi-apple. See Ambarella.																			
	Wild grape. See Grape, amur.																			

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	7. SUGARS AND SYRUPS	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	"Ame," starch sweetener (Japan):																			
1019	"Kona-ame"	0	349	3.0	0	0	97.0	0	0	2	1	0.1	1				0	0	0	0
1020	"Mizu-ame"	0	299	17.0	0	0	83.0	0	0	2	1	0.1	1				0	0	0	0
1021	Honey	0	294	20.6	0.3	0	78.9	0	0.2	14	12	0.8	10				.01	.02	0.2	
	Jams, made from:																			
1022	Apple	0	252	29.8	0.4	0.1	69.4	0.6	0.3	16	12	2.1					.02	.03	0.1	
1023	Apricot	0	240	32.9	0.3	0.1	66.3	0.7	0.4	29	12	2.1					.01	.02	1.0	
1024	Grape	0	268	24.8	1.9	0.1	72.6	0.6	0.6	83	30	3.7					.02	0	0.2	
1025	Mango	0	287	27.8	0.9	0.2	70.5	0.5	0.6	47	12	3.1			215		.04	.11	1.3	18
1026	Pineapple		198	0.7	0.1	4	48.6	0.7	0.4	36	5	0.5			20		.09	.05	0.3	13
1027	Strawberry	0	264	26.4	0.4	0.2	72.6	0.6	0.4	38	19	0.6					.01	.01	0.3	16
	Jellies:																			
1028	All kinds	0	(273)	(29.0)	(0.1)	(0.1)	(70.6)	(0)	(0.2)	(21)	(7)	(1.5)	(17)	(75)			(.01)	(.03)	(0.2)	(4)
1029	Tamarind jelly		346	14.1	0	0.4	85.5		tr.	5	2	0.9					tr.	.01	0.2	2
1030	Marmalade, orange	0	244	32.2	0.3	0.2	66.9	0.6	0.4	35	10	2.3					.03	.01	0.3	2
	Molasses, made from:																			
	Sugarcane:																			
1031	Light	0	(252)	(24.0)			(65.0)		(6.3)	(165)	(45)	(4.3)	(15)	(917)			(.07)	(.09)	(0.2)	
1032	Medium	0	(232)	(24.0)			(60.0)		(8.5)	(290)	(69)	(6.0)	(37)	(1,963)				(.12)	(1.2)	
1033	Blackstrap	0	(213)	(24.0)			(55.0)		(10.5)	(684)	(84)	(16.1)	(96)	(2,927)			(.11)	(.13)	(2.0)	
	Sugar:																			
1034	Crude, brown	0	389	5.8	1.1	0.3	90.8	0	2.0	178?	72	5.8	14	324			.03	.10	0.3	0
1035	Granulated	0	351	1.7	0	0	98.3	0	tr.	1	1	0.1	0				0	0	0	0
	Syrups, made from:																			
1036	Sugarcane	0	259	27.0			(67.0)		1.5	60	29	3.6					.13	.06	0.1	
1037	Sorghum	0	259	23.0			(67.0)		2.5	152	24	12.5						.10	0.1	

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	E. MEAT, POULTRY AND GAME	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Bacon. See Pork.																			
	Bee (Vespa singulata):																			
1038	Maggot, canned, E.P.	0	234	42.6	20.3	7.9	19.7	0	9.5	8	210	11.0					.40	.02	6.5	
	Beef (Bos taurus; B. indicus):																			
	Carcass, fresh:																			
1039	Very lean:																			
a	E.P.	0	150	71.8	20.0	7.2	0	0	1.0	9	171	3.0	93	429	15	5	.07	.34	6.7	0
b	A.P.; refuse, bone and trimmings	15	128	61.1	17.0	6.1	0	0	0.8	7	145	2.5	79	416	10	5	.06	.29	5.7	0
1040	Medium fat:																			
a	E.P.	0	273	59.8	17.2	22.1	0	0	0.9	8	130	2.3	83	378	15	10	.06	.36	4.5	0
b	A.P.; refuse, bone and trimmings	20	218	47.8	13.8	17.7	0	0	0.7	6	104	1.8	66	302	10	5	.05	.29	3.6	0
1041	Fat:																			
	E.P.	0	376	49.7	15.1	34.5	0	0	0.7	7	124	1.0		267						
1042	Roasted, E.P.	0	186	62.8	27.9	7.4	0		1.9		270				0	0	.06	.08	5.0	0
1043	Pickled, E.P.	0	195	55.0	35.0	3.6	3.4		3.0	29	194	3.5		529						
1044	Dried, baked, E.P.	0	309	27.6	48.9	8.9	5.2		9.4	31	476	8.1					.03	.34	6.5	0
1045	Dried, flour paste added, E.P.	0	335	25.7	25.6	8.7	38.0	0	2.0	21	152	6.8			10	5	.13	.19	30.3	0
	Canned, E.P.:																			
1046	Braised	0	247	56.8	25.0	13.6	4.6	0	3.6								tr.	.19		
1047	Corned	0	257	54.2	24.8	16.8	0	0	4.2	56	200	4.0					.02	.19	2.7	0
1048	"Teriyaki"	0	150	64.0	17.9	4.0	9.6	0	4.5	44	180	4.5			0	0	.06	.08	4.0	0
1049	"Yamatoni"	0	167	60.2	24.2	4.2	6.6	0	4.8	49	200	5.2	1,200		0	0	.04	.03	4.0	0
1050	Concentrated beef extract (Bovril)	0	171	42.8	34.5	1.4	2.9	0	18.4	44	950	11.3		2,140						
1051	Bone marrow, E.P.	0	866	3.4	0.5	95.8	0	0	0.3	89	tr.						tr.	.01	5.0	0
	Birds' nest. See Swiflet.																			
	Blood:																			
	Cow:																			
1052	Coagulated, uncooked	0	92	77.8	21.1	tr.	0.4	0	0.7	2	10	44.1?	150	170			.02	.10	0.9	0
	Chicken:																			
1053	Coagulated, uncooked	0	88	77.6	20.0	0.1	0.4	0	1.9	11	155	23.9?	337	234			.02	.11	1.2	0
	Duck:																			
1054	Coagulated, cooked	0	22	94.6	5.0	tr.	0.1		0.3	8	48	10.2		93	20	5	0	.13	0.4	0
	Goat:																			
1055	Coagulated, uncooked	0	98	76.3	21.4	0.3	1.0	8	1.0	6	39	5.8	239	149			.01	.05	0.4	
	Hog:																			
1056	Fluid, uncooked	0	27	93.0	6.2?	tr.	0.2	0	0.6	7	7	20.4		29	25	5	0	.10	0.6	0
	Boar, wild (Sus leucomystax):																			
1057	Meat, raw, E.P.	0	147	74.1	16.8	8.3	0	0	0.8	12	120				5	0	.39	.11	4.0	0

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	8. MEAT, POULTRY AND GAME --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Brain, E.P.:																			
1058	Beef	0	136	77.7	10.8	9.7	0.5	0	1.3	11	256	1.8			0	0	.15	.20	3.6	0
1059	Goat	0	150	76.0	11.0	11.4	0	0	1.6	21	358	6.7?			0	0	.08	.28	4.2	0
1060	Hog	0	134	78.2	10.2	9.9	0.4	0	1.3	17	262	2.9		330			.22	.24	3.3	0
	Buffalo, water; Carabao (Bubalus bubalus):																			
1061	Meat, raw, E.P.	0	120	76.5	17.7	4.9	0	tr.	0.9	14	221	3.3	91	273	5	1	.06	155	3.5	0
	Bull frog. See Frog, bull.																			
	Carabao meat. See Buffalo, water.																			
	Chicken (Gallus gallus; D. domesticus):																			
	Raw:																			
1062	Very young birds (Live weight under 3 1/2 lbs.):																			
a	E.P.	0	151	71.8	20.2	7.2	0	0	1.1	14	200	1.5			50	40	.08	.16	(6.1)	
b	A.P.; live; refuse, bones, feathers, head, feet, inedible viscera, blood	51	74	35.1	9.9	3.5	0	0	0.5	7	98	0.7			25	20	.04	.08	5.0	
c	A.P.; dressed; refuse, head, feet, inedible viscera, and bones	45	83	39.3	11.1	4.0	0	0	0.6	8	110	0.8			30	25	.04	.09	5.6	
d	A.P.; ready-to-cook; refuse, bones	25	114	53.6	15.2	5.4	0	0	0.8	10	150	1.1			35	30	.06	.12	7.6	
1063	Young birds (Live weight over 3 1/2 lbs.):																			
a	E.P.	0	200	66.2	20.2	12.6	0	0	1.0	14	200	1.5			85	75	.08	.16	8.0	
b	A.P.; live; refuse, blood, feathers, head, feet, inedible viscera, and bones	46	108	35.8	10.9	6.8	0	0	0.5	8	108	0.8			45	40	.04	.09	4.3	
c	A.P.; dressed, refuse, head, feet, inedible viscera, and bones	39	122	40.4	12.3	7.7	0	0	0.6	9	122	0.9			50	45	.05	.10	4.9	
d	A.P.; ready-to-cook; refuse, bones	23	154	50.9	15.6	9.7	0	0	0.8	11	154	1.2			65	60	.06	.12	6.2	
1064	Mature birds:																			
a	E.P.	0	302	55.9	18.0	25.0	0	0	1.1	14	200	1.5			170	145	.08	.16	8.0	
b	A.P.; live, refuse, blood, feathers, head, feet, inedible viscera, and bones	42	175	32.5	10.4	14.5	0	0	0.6	8	116	0.9			100	85	.05	.09	4.6	
c	A.P.; dressed; refuse, head, feet, inedible viscera, and bones	36	193	35.8	11.5	16.0	0	0	0.7	9	128	1.0			110	95	.05	.10	5.1	
d	A.P.; ready-to-cook; refuse, bones	20	242	44.7	14.4	20.0	0	0	0.9	11	160	1.2			140	120	.06	.13	6.4	

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	E. MEAT, POULTRY AND GAME --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Chicken -- continued																			
	Raw:																			
	Young birds, cut-up pieces:																			
1065	Breast, white meat:																			
a	E.P.	(0)	(110)	(76.0)	(20.8)	(2.4)	(0)	(0)	(0.8)	(11)	(214)	(1.2)			(20)	(15)	(.15)	(.16)	(7.9)	
b	A.P.; refuse, bones	(21)	(87)	(59.1)	(16.4)	(1.9)	(0)	(0)	(0.6)	(9)	(169)	(0.9)			(15)	(10)	(.04)	(.13)	(6.2)	
1066	Leg, dark meat:																			
	Drumstick:																			
a	E.P.	(0)	(115)	(76.5)	(18.8)	(3.9)	(0)	(0)	(0.8)	(13)	(186)	(1.6)			(25)	(20)	(.06)	(.32)	(4.3)	
b	A.P.; refuse, bones	(40)	(69)	(45.9)	(11.3)	(2.3)	(0)	(0)	(0.5)	(8)	(112)	(1.0)			(15)	(10)	(.04)	(.19)	(2.6)	
1067	Thigh:																			
a	E.P.	(0)	(128)	(75.5)	(18.1)	(5.6)	(0)	(0)	(0.8)	(12)	(186)	(1.6)			(40)	(35)	(.06)	(.33)	(5.7)	
b	A.P.; refuse, bones	(25)	(96)	(56.7)	(13.5)	(4.2)	(0)	(0)	(0.6)	(9)	(140)	(1.2)			(30)	(25)	(.04)	(.25)	(4.3)	
1068	Neck:																			
a	E.P.	(0)	(151)	(74.5)	(15.5)	(9.4)	(0)	(0)	(0.6)	(11)	(182)	(1.9)			(65)	(55)	(.05)	(.25)	(3.0)	
b	A.P.; refuse, bones	(52)	(72)	(35.8)	(7.4)	(4.5)	(0)	(0)	(0.3)	(5)	(87)	(0.9)			(30)	(25)	(.02)	(.12)	(1.4)	
1069	Back:																			
a	E.P.	(0)	(157)	(73.3)	(16.5)	(9.6)	(0)	(0)	(0.6)	(12)	(185)	(1.7)			(65)	(55)	(.05)	(.23)	(4.3)	
b	A.P.; refuse, bones	(46)	(85)	(39.6)	(8.9)	(5.2)	(0)	(0)	(0.3)	(6)	(100)	(0.9)			(35)	(30)	(.03)	(.12)	(2.3)	
1070	Wing:																			
a	E.P.	(0)	(146)	(73.5)	(18.3)	(7.4)	(0)	(0)	(0.6)	(10)	(203)	(1.5)			(55)	(40)	(.04)	(.14)	(4.1)	
b	A.P.; refuse, bones	(51)	(71)	(36.0)	(9.1)	(3.6)	(0)	(0)	(0.3)	(5)	(99)	(0.7)			(25)	(20)	(.02)	(.07)	(2.0)	
1071	Canned, roasted, E.P.	0	229	55.2	26.6	10.7	4.0	0	2.7	20	210	2.9			0	0	.04	.13		0
1072	Skin, raw, E.P.	0	230	57.3	31.1	10.8		0	0.8	5	79	1.3			0	0	.06	.09	2.9	0
1073	Soup, made from bones	0	21	98.6	0.5	0			0.9	1	12	1.0			0	0	.06	.06	1.5	0
	Dog (Canis familiaris):																			
1074	Meat, raw, E.P.	0	274	60.8	14.5	23.5	0	0	1.2	26	210	3.6	131	292			.04	.08	1.8	
	Duck, domesticated (Anas boschas domesticus):																			
	Meat:																			
1075	Raw:																			
a	E.P., flesh, skin, giblets and most fat	0	54.4	326	16.0	28.6	0	0	1.0	15	188	1.8					.10	.24	5.6	
b	A.P.; dressed; refuse, bones, head, feet, inedible viscera	26	34.9	209	10.2	18.3	0	0	0.6	10	120	1.2					.06	.15	3.6	
c	A.P.; drawn; refuse, bones	16	45.8	274	13.4	24.0	0	0	0.8	13	158	1.5					.08	.20	4.7	
1076	Roasted:																			
a	E.P.	0	183	65.4	21.9	9.9	0.9	0	1.9	29	191	5.7		265						
b	A.P.; refuse, bones	32	124	44.5	14.9	6.7	0.6	0	1.3	20	130	3.9		180						
1077	Pickled:																			
a	E.P.	0	303	45.0	26.0	19.3	4.5	0	5.2	80	163	4.6		325						
b	A.P.; refuse, bones	30	212	31.5	18.2	13.5	3.2	0	3.6	56	114	3.2		228						
1078	Salted, pressed:																			
a	E.P.	0	815	37.0	9.6	45.0	0	0	8.4	64	149	2.7		458						
b	A.P.; refuse, bones	30	570	5.9	6.7	31.5	0	0	5.9	45	104	1.9		321						

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	8. MEAT, POULTRY AND GAME 3-continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Duck -- continued																			
	Feet:																			
1079	Raw:																			
a	E.P.	0	134	74.0	18.2	6.3	0	tr.	1.5	79	130	2.0	30	21			.05	.07	0.2	
b	A.P.; refuse, bones, nails and tendons	53	64	34.7	8.6	3.0	0	tr.	0.7	37	61	0.9	14	10			.02	.03	0.1	
1080	Dried:																			
a	E.P.	0	401	14.5	59.4	16.3	0	0	9.8	194	515	21.3		513			.08	.12	0.3	
b	A.P.; refuse, bones	58	168	6.2	24.9	6.8	0	0	4.1	81	216	8.9		215			.03	.05	0.1	
	Duck, wild (Anas boschas):																			
1081	Raw:																			
	E.P.	0	126	73.6	23.7	2.7	0	0	1.2	17	290				0	0	.26	.26	5.0	
	Frog (Rana tigerina):																			
1082	Raw:																			
a	E.P.	0	68	83.6	15.3	0.3	0		0.8	23	176	1.3		243	0	0	.06	.14	1.9	3
b	A.P.; refuse, viscera and bones	62	26	31.8	5.8	0.1	0		0.3	9	67	0.5		92	0	0	.02	.05	0.5	1
	Frog, bull (Rana catesbeiana):																			
1083	Raw:																			
a	E.P.	0	88	78.8	19.9	0.3	0	0	1.0	3	140	0.3			5	0	.10	.06	1.2	
b	A.P.; refuse, viscera and bones																			
1084	Leg meat only, E.P.																			
	Gizzard:																			
	Raw;																			
1085a	Chicken, E.P.	0	107	76.1	20.3	2.0	0.6	0	1.0	28	150	6.5		200			.05	.22	5.1	
b	A.P.	33	71	51.0	13.6	1.3	0.4	0	0.7	19	100	4.3		134			.03	.15	3.4	
1086a	Duck, E.P.	0	110	77.7	20.2	2.3	0.8	0	1.0	28	154	5.1					.07	.20	5.6	
b	A.P.	11	98	67.4	18.0	2.0	0.7	0	0.9	25	137	4.5					.06	.18	5.0	
	Dried, E.P.:																			
1087	Duck	0	266	27.5	53.8	2.4	3.9	0	12.4	23	376	15.6		338			.18	.57	16.0	
	Goat (Capra hirsus):																			
	Meat, raw, E.P.:																			
1088	Lean:																			
a	E.P.	0	179	69.7	18.0	11.3	0	0	1.0	10	168	2.6	90		0	0	.18	.18	4.5	
b	A.P.; refuse, bones	14	154	60.0	15.5	9.6	0	0	0.9	9	144	2.2	77		0	0	.15	.15	4.1	
1089	Medium fat:																			
a	E.P.	0	357	51.6	15.2	32.4	0	0	0.8	11	129	2.0					.07	.13	4.9	
b	A.P.; refuse, bone and trimming	19	289	41.9	12.3	26.2	0	0	0.6	9	104	1.6					.06	.10	4.0	
1090	Fat, E.P.	0	542	34.5	9.3	55.7	0	0	0.5	7	90	0.9					.06	.10	4.0	

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	F. MEAT, POULTRY AND GAME --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Goose, domesticated (Anser domesticus):																			
1091	Raw:																			
a	E.P., flesh, skin, and giblets.....	0	167	72.4	15.4	11.2	0	0	1.0	12	191	3.5		253			.16	.22	5.4	
b	A.P., dressed.....	34	110	47.7	10.2	7.4	0	0	0.7	8	126	2.3		167			.10	.14	3.6	
	Ham. See Pork.																			
	Hare. See Rabbit, field or wild.																			
	Head, raw:																			
1092	Hog:																			
a	E.P.....	0	430	44.6	13.4	41.3		0	0.7											
b	A.P.; refuse, bone and skin.....	68	137	14.3	4.3	13.2		0	0.2											
	Heart, raw, E.P.:																			
1093	Beef.....	0	122	78.1	14.4	5.8	1.0	0	0.7	7	147	4.8			40	10	.35	.36	7.0	1
1094	Chicken.....	0	126	75.5	16.0	5.5	2.0	0	1.0	21	185	5.3								
1095	Duck.....	0																		
1096	Goat.....	0	122	80.0	11.1	8.3	0	0	0.6	11	102	4.5			0	0	1.56	2.13	27.7	8
1097	Hog.....	0	123	76.9	15.2	5.9	1.2	0	0.8	26	169	3.0		134	25	5	.36	.11	5.4	1
	Horse (Equus caballus):																			
1098	Meat, raw, E.P.....	0	121	74.6	20.5	3.7	0	0	1.2	4	200	2.0	100		5	0	.10	.10	3.5	
	Intestines, raw, E.P.:																			
1099	Beef.....	0	139	75.8	14.5	8.3	0.6	0	0.8	19	156	3.4			30	5	.20	.20	6.1	5
1100	Chicken.....	0	117	78.4	12.7	6.1	1.9?	0	0.9	12	193	4.6			0	0	.06	.36	4.3	7
1101	Duck.....	0	86	83.0	12.6	3.3	0.5	0	0.6	11	17	3.8			0	0	.09	.33	4.3	1
1102	Hog.....	0	152	78.4	6.4	13.0	1.8	0	0.4	7	48	0.8		83			.09	.08	1.6	0
	Kidney, raw, E.P.:																			
1103	Beef.....	0	91	80.3	15.6	2.5	0.4	0	1.2	14	202	7.5	200				.30	1.58	6.7	9
1104	Goat.....	0	99	79.0	16.3	3.2	0.2	0	1.3	48?	279	11.7?					.49	1.78	8.2	7
1105	Hog.....	0	105	78.9	14.8	4.3	0.8	0	1.2	7	238	6.6		390			.36	1.31	6.7	8
	Lamb. See Mutton.																			
	Liver:																			
	Raw, E.P.:																			
1106	Beef.....	0	128	71.6	19.0	3.1	5.0	0	1.3	7	310	8.7	110	213	11,850	2,635	.32	1.68	12.8	24
1107	Calf.....	0	155	70.4	19.3	7.5	1.4	0	1.4	7	354	5.6	(73)	(281)	6,075	1,350	.20	2.00	11.4	33
1108	Chicken.....	0	144	72.0	17.8	6.6	2.3	0	1.3	10	297	9.7		335	8,695	1,930	.36	1.92	10.0	7
1109	Duck.....	0	168	69.7	16.9	9.7	2.2	0	1.5	14	244	3.9					.36	1.32	10.0	8
1110	Goat.....	0	159	68.9	18.5	7.2	4.0	0	1.4	9	414	6.6			13,635	3,030	.42	3.57	18.9	17
1111	Hog.....	0	131	71.9	19.9	4.1	2.4	0	1.7	8	361	14.4	110	447	3,835	850	.40	2.34	16.6	13
1112	Mutton.....	0	171	66.0	21.7	7.3	3.2		1.8	9	414	6.6		420						
1113	Canned, roasted, chicken liver.....	0	257	51.9	25.6	14.0	5.6	0	2.9	20?	280	7.9					.10	.88		
1114	Paste.....	0	239	57.4	16.3	15.4	7.9	0	3.0	51	290	6.5					.09	.90	8.0	

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	8. MEAT, POULTRY AND GAME --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Lung, raw, E.P.:																			
1115	Beef	0	61	86.4?	11.8	1.2	0	0	0.6	10	157	5.0					.09	.12	3.4	0
1116	Goat	0	112	75.8	20.2?	2.8	0	0	1.2	17	66	9.3					.01	.15	0.4	0
1117	Hog	0	90	81.3	14.7	3.0	0	0	1.0	16	274	2.8					.10	.13	3.1	0
	Mutton; lamb (Ovis aries):																			
1118	Lean:																			
a	E.P.	0	206	67.2	17.1	14.8	0	0	0.9	10	191	2.6					.15	.21	4.9	
b	A.P.; refuse, bones and fat trimmed.	31	142	46.4	11.8	10.2	0	0	0.6	7	132	1.8					.10	.14	3.4	
1119	Medium fat:																			
a	E.P.	0	317	55.8	15.7	27.7	0	0	0.8	9	157	2.4					.14	.20	4.5	
b	A.P.; refuse, bones and fat trimmed.	22	247	43.6	12.2	21.6	0	0	0.6	7	122	1.9					.11	.16	3.5	
	Ouzel, dusky (Merula eunomus):																			
1120	Meat, raw, E.P.	0	92	80.4	13.1	4.0	0	0	2.5	410	500						.30	.21	5.5	
	Ox tail. See Tail, ox.																			
	Pheasant (Phasianus versicolor):																			
1121	Meat, raw:																			
a	E.P.	0	140	70.0	24.8	3.8	0	0	1.4	10	287	0.4					.10	.13	5.0	
b	A.P.; refuse, bones and viscera	70	42	21.1	7.4	1.1			0.4	3	86	0.1					.40	.04	1.5	
	Pigeon. See Squab.																			
	Pork (Sus scrofa):																			
	Carcass, fresh:																			
1122	Lean:																			
a	E.P.	0	376	50.1	14.1	35.0	0	0	0.8	8	151	2.1					.69	.16	3.7	
b	A.P.; refuse, bones	18	311	40.8	11.6	29.0	0	0	0.6	7	124	1.7					.57	.13	3.0	
1123	Medium fat:																			
a	E.P.	0	457	42.5	11.9	45.0	0	0	0.6	7	117	1.8					.58	.14	3.1	
b	A.P.; refuse, bones and some fat trimmed	12	406	37.0	10.5	40.0	0	0	0.5	6	103	1.6					.51	.12	2.7	
1124	Feet, fresh:																			
a	E.P.	0	305	57.1	15.8	26.3	0	0	0.8											
b	A.P.; refuse, bones	74	79	14.9	4.1	6.8	0	0	0.2											
	Skin, E.P.:																			
1125	Fresh	0	314	50.3	26.4	22.7	0	0	0.6											
1126	Dried, fried	0	548	4.6	65.0	30.0	0	0	0.4	17	40	2.0					.29	.05	0	0
1127	Dried, fried, soaked, prepared before cooking	0	81	83.3	13.3	2.7	0	0	0.7	11	8	0.4								
	Spareribs, fresh:																			
1128	Lean:																			
a	E.P.	0	268	57.0	23.8	18.5	0	0	0.9	78	9	14.0								
b	A.P; refuse, bones	27	195	41.7	17.2	13.5	0	0	0.6	57	6	10.2								

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	8. MEAT, POULTRY AND GAME --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Pork -- continued																			
	Spareribs, fresh:																			
1129	Medium fat:																			
a	E.P.																			
b	A.P.; refuse, bones and fat trimmed																			
	Pork, preserved:																			
1130	Dried, crushed	0	372	14.3	55.2	11.8	.8	0	10.3	56	419	12.8		771			.20	.30	8.6	0
1131	Dried, soybean sauce added	0	615	21.8	11.0	62.4	1.4	0	3.4	10	128	0.1					.45	.14	2.1	0
1132	Cured, bacon	0	451	43.0	12.0	44.3	0.1	0	0.7	9	130	1.2	75				.40	.10	4.0	0
	Ham, smoked:																			
1133	Lean:																			
a	E.P.	0	310	49.4	19.5	25.0	0.3	0	5.8	11	234	2.9					.81	.22	4.6	
b	A.P.; refuse, bones and skin	14	271	41.9	16.8	22.0	0.3	0	5.0	9	201	2.5					.70	.19	4.0	
1134	Medium fat:																			
a	E.P.	0	389	42.4	16.9	35.0	0.3	0	5.4	10	136	2.5					.70	.19	4.0	
b	A.P.; refuse, bones and skin	13	334	37.3	14.7	30.0	0.3	0	4.7	9	118	2.2					.61	.17	3.5	
1135	Ham, smoked (China) E.P.	0	528	23.7	17.7	50.2	0	0	8.4	54	158	3.0		673			.31	.13		
1136	Pork, roasted	0	249	54.4	26.2	14.6	1.5	0	3.3	34	177	2.8								
1137	Pork, salted	0	271	52.7	14.4	21.8	3.4	0	7.7	31	109	2.3		421						
1138	Pork, meat, flavored and soybean sauce, paste added	0	615	21.8	11.0	62.4	1.4	0	3.4	10	128	0.1					.45	.14	2.1	0
	Pork, suckling (Sus scrofa):																			
	Carcass, fresh:																			
1139	Medium fat:																			
a	E.P.	0	376	49.5	15.6	34.3	0	tr.	0.6	37	16	2.2	30	21			.65	.07	0.2	
b	A.P.; refuse, bones	24	285	37.8	11.8	26.0	0	tr.	0.4	28	12	1.7	23	16			.04	.05	0.2	
1140	Roasted, salt, various spices and soybean sauce added:																			
a	E.P.	0	431	34.6	19.8	34.0	10.3	tr.	1.3	47	20	2.0	137	179			.04	.07	0.2	
b	A.P.; refuse, bones and skin	30	302	24.2	13.9	23.8	7.2	tr.	0.9	33	14	1.4	96	125			.03	.05	0.1	
	Quail (Coturnix communis):																			
1141	Raw:																			
a	E.P., flesh, skin and giblets	0	118	74.4	21.2	3.1	0	0	1.3	36	308	7.5	149	352	950	30	.46	.32	4.0	0
b	A.P.; refuse, bones	53	55	35.0	10.0	1.4	0	0	0.6	17	145	3.5	70	165	445	15	.22	.15	1.9	0

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	8. MEAT, POULTRY AND GAME --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Rabbit, domesticated (Lepus cuniculus var. domesticus):																			
1142	Meat, raw, E.P.	0	131	72.5	22.2	4.0	0	0	1.3	7	246	4.4			0	0	.30	.10	4.0	0
	Rabbit, field or wild; hare (Lepus culus):																			
1143	Meat, raw, E.P.	0	142	74.3	16.9	7.8	0	0	1.0	7	350				0	0				
	Rice-hopper (Oxya verox):																			
1144	Dried, E.P.	0	296	29.8	64.2	2.4	0.2	0	3.4	52	608	21.8			250	55	.24	5.50	7.0	20
	Sausage, made of:																			
1145	Pork, soybean sauce and spices added (Chinese style)	0	355	39.1	21.3	29.3	6.6	0	3.7	24	216	3.0	880		0	0	.46	.24	4.7	0
1146	Pork, liver, soybean sauce and spices added (Chinese style)	0	366	41.9	26.7	28.0	0	0	3.4	8	400		1,000		0	0	.20	.32	5.0	
	Silkworm (Bombyx mori):																			
1147	Raw, E.P.	0	229	60.7	23.1	14.2	0.5	0	1.5	6	252	1.2								
	Sparrow (Passer montanus), raw:																			
1148	E.P., flesh and bones	0	124	72.5	19.4	4.6	0	0	3.5	470	590				10	10	.30	.25	5.0	
	Squab; pigeon (Columba domesticus),																			
1149	Raw:																			
a	E.P., flesh, skin and giblets	0	175	65.4	20.9	9.5	0	tr.	1.2	45	217	5.4?	90	330			.10	.28	5.3	0
b	A.P.; dressed; refuse, bones, head, feet, inedible viscera	53	82	32.2	9.8	4.5	0	tr.	0.5	21	102	2.5	42	155			.04	.13	2.5	0
	Squirrel (Sciurus lis):																			
1150a	Meat, raw, E.P.	0	116	72.2	26.3	0.4	0	tr.	1.1	23	200	1.9	186	558	280	25	.07	.21	4.0	0
b	A.P.; refuse, bones	40	69	43.3	15.8	0.2	0	tr.	0.7	14	120	1.1	112	335	170	15	.04	.13	2.4	
	Stomach, raw, E.P.:																			
1151	Beef	0	85	82.6	13.7	2.9	0	0	0.8	28	130	2.8			0	0	.10	1.30	6.0	0
1152	Goat	0	100	84.0	8.3	7.2	0	0	0.5	34	98	1.4			0	0	.03	.21	1.8	0
1153	Hog	0	96	80.2	15.3	3.4	0	0	1.1	10	192	2.2		225	0	0	.08	.12	4.4	0
	Suckling-pig. See Pork.																			

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	8. MEAT, POULTRY AND GAME --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Swiflet (Collocalia inexpectata):																			
	Nest:																			
1154	Dried, E.P.	0	345	12.6	53.4	0.4	29.3		4.3	470	18	4.3	210	55	0	0	.05			0
1155	Dried, soaked, drained, E.P.	0	70	83.1	11.9	0.3	4.2		0.5	110	5	1.0	43	20	0	0	.01	.55	tr.	
	Tail, raw, E.P.:																			
1156	Hog	0	716	17.9	4.8	77.1	0	0	0.2											
1157	Ox	0	272	58.7	19.1	21.1	0	0	1.1	8	140	4.6	90		6	0	.03	.03	5.4	0
	Teal (Nettion crecca):																			
1158	Meat, raw, E.P.	0	133	72.7	21.9	4.4	0	0	1.0	15	260				0	0	.30	.20	3.0	
	Tongue, raw, E.P.:																			
1159	Beef	0	215	64.8	19.3	14.7	0.2	0	1.0	6	212	5.0			4	10	.07	.21	5.3	0
1160	Goat	0	186	71.8	12.0	14.5	1.0	0	0.7	19	119	14.4					.08	.28	4.2	0
1161	Hog	0	187	68.9	16.4	12.3	1.4	0	1.0	20	158	2.4		178			.08	.23	4.1	0
	Turkey (Meleagris galloparo):																			
1162	Raw:																			
a	E.P.; flesh, skin, giblets	0	268	58.7	20.1	20.2	0	0	1.0	23	320	3.8					.09	.14	8.0	0
b	A.P.; live	39	163	35.8	12.3	12.3	0	0	0.6	14	195	2.3					.05	.09	4.9	0
c	A.P.; dressed	33	179	39.3	13.5	13.5	0	0	0.7	15	214	2.5					.06	.09	5.4	0
d	A.P.; drawn	19	218	47.5	16.3	16.4	0	0	0.8	19	259	3.1					.07	.11	6.5	0
	Turtle, snapping (Amyda japonica):																			
1163	Flesh, raw, E.P.	0	69	83.0	15.8	0.2	0	0	1.0		220	2.0			5		.22	.47	7.0	
	Turtle, soft shelled (Trionyx chinensis):																			
1164	Flesh, raw:																			
a	E.P.	0	82	80.9	17.5	0.8	0	0	0.8	107	146	1.5		235			.25	.50	2.6	0
b	A.P.; refuse, viscera and shell	69	25	25.2	5.4	0.2	0	0	0.2	33	45	0.5		73			.08	.16	.8	0
	Turtle-dove (Streptoptelia orientalis):																			
1165	Flesh, raw, E.P.	0	112	74.3	23.0	1.5		0	1.2	14	270	6.0					.30	.20	5.0	
	Whale (Balaenoptera borealis; B. musculus)																			
	Meat:																			
	Raw:																			
1166	Lean, E.P.	0	100	79.2	17.4	2.8	0	0	0.6	7	147	3.2	30		35	0	.10	.08	5.0	0
1167	Tail, E.P.	0	264	59.0	21.1	19.3	0	0	0.6	9	64	3.0			150	0	.10	.20	4.5	0
1168	Bacon, E.P.	0	273	58.6	19.3	21.2	0	0	0.9	4	50	1.0	800		5	0	.01	.02	3.0	0
	Cured, E.P.:																			
1169	Blubber	0	111	75.3	21.8	2.0	0	0	0.9	6	160	3.0			0	0	.05	.10	5.0	0
1170	Lean	0	160	59.1	24.4	6.2	0.1	0	10.2	30	160	5.0			0	0	.10	.14	8.0	0
	Ventral grooves:																			
1171	Fat	0	451	36.1	25.5	37.9	0	0	0.5	2	80	4.0			45	0	0	.01	5.0	0
1172	Lean	0	297	55.0	22.0	22.5	0	0	0.5	8	21	2.0			15	0	.09	.08	5.0	0
1173	"Yamatoni," canned (Japan)	0	160	58.2	24.0	6.4	7.6	0	3.8	58	140	9.0	1,200		0	0	.03	.07	4.0	0

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	9. EGGS	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Duck egg:																			
	Raw:																			
1174	Whole:																			
a	E.P.	0	188	70.6	13.2	14.2	0.7	0	1.3	64	220	3.6	191	258	370	185	.16	.40	0.2	0
b	A.P.; refuse, shell	12	166	62.2	11.6	12.5	0.6	0	1.1	56	194	3.2	168	227	325	165	.14	.35	0.2	0
1175	White, E.P.	0	50	87.8	10.7	0.1	0.8	0	0.6	6	8	tr.	228?	158?	0	0	tr.	.20?	0.2	0
1176	Yolk, E.P.	0	368	47.5	13.6	32.3	4.8	0	1.8	146	328	5.6	105	106	1,625	695	.54	.94	0.2	0
1177	Embryonated egg:																			
a	E.P.	0	188	71.0	13.7	14.2	tr.	0	1.1	110	176	2.1			875	435	.12	.25	0.8	3
b	A.P.: refuse, shell	10	169	63.9	12.3	12.8	tr.	0	1.0	104	158	1.9			785	390	.11	.22	0.7	3
1178	Cooked, whole:																			
a	E.P.	0	188	70.6	13.2	14.2	0.7	0	1.3	64	220	3.6	191	258	370	185	(.13)	.34	0.2	0
b	A.P.; refuse, shell	12	166	62.2	11.6	12.5	0.6	0	1.1	56	194	3.2	168	227	325	165	(.11)	.30	0.2	0
	Salted:																			
1179	Raw:																			
a	E.P.	0	202	64.6	14.4	15.1	0.8	0	5.1	95	207	3.3		252	500	230	.23	.37	0.1	0
b	A.P.; refuse, shell	12	178	56.8	12.7	13.3	0.7	0	4.5	84	182	2.9		222	440	205	.20	.33	0.1	0
1180	Cooked:																			
a	E.P.	0	212	61.8	14.4	15.1	3.6	0	5.1	95	207	3.3		252	500	230	.18	.37	0.1	0
b	A.P.; refuse, shell	12	186	54.4	12.7	13.3	3.2	0	4.5	84	182	2.9		222	440	205	.16	.33	0.1	0
	Preserved, limed:																			
1181	Raw, whole:																			
a	E.P.	0	181	66.9	14.0	11.6	4.2	0	3.3	78	188	2.9		512	335	85	.09	.11	0.1	0
b	A.P.; refuse, shell	12	159	58.9	12.3	10.2	3.7	0	2.9	69	165	2.6		450	295	75	.08	.10	0.1	0
	Hen egg:																			
	Raw:																			
1182	Whole:																			
a	E.P.	0	163	73.7	12.9	11.5	0.8	0	1.1	61	222	3.2	158	176	500	170	.10	.40?	0.1	0
b	A.P.; refuse, shell	11	145	64.7	11.5	10.2	0.7	0	1.0	54	198	2.8	141	157	445	150	.09	.36?	0.1	0
1183	White, E.P.	0	52	87.4	10.7	0.2	1.1	0	0.6	10	13	0.4	215?	172	0	0	.01	.32?	0.1	0
1184	Yolk, E.P.	0	336	52.1	16.3	29.0	0.9	0	1.7	154	479	6.3	108?	169	950	515	.24	.47?	tr.	0
1185	Cooked, whole:																			
a	E.P.	0	163	73.7	12.9	11.5	0.8	0	1.1	61	222	3.2	158	176	500	170	.10	.37	0.1	0
b	A.P.; refuse, shell	11	145	64.7	11.5	10.2	0.7	0	1.0	54	198	2.8	141	157	445	150	.09	.33	0.1	0
1186	Dried, whole, imported from USA	0	(592)	4.1	47.0	41.2	4.0	0	3.6	187	800	8.7	427	463	900	770	.33	1.20	0.2	0
	Preserved, limed:																			
1187	Raw, whole:																			
a	E.P.	0	161	71.9	13.1	10.7	2.0	0	2.3	58	200	0.9			195	170	.02	.21	0.1	0
b	A.P.; refuse, shell	11	143	64.1	11.6	9.5	1.8	0	2.0	52	178	0.8			175	150	.02	.19	0.1	0

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	9. EGGS -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Pigeon egg:																			
1188	Raw, whole:																			
a	E.P.	0	116	79.8	10.7	7.0	1.6	0	0.9	62	191	3.5		11	95	80	.13	.65	0.1	0
b	A.P.; refuse, shell	11	102	71.1	9.5	6.2	1.4	0	0.8	55	170	3.1		10	85	70	.12	.58	0.1	0
	Quail egg:																			
1189	Raw, whole:																			
a	E.P.	0	161	73.7	13.1	11.1	1.0	0	1.1	62	224	3.7			70	55	.13	.73?	0.1	0
b	A.P.; refuse, shell	11	143	65.6	11.6	9.9	0.9	0	1.0	55	199	3.3					.12	.65	0.1	0
	Turkey egg:																			
1190	Raw, whole:																			
a	E.P.	0	171	72.2	13.1	12.1	1.2	0	1.4	49	170	4.1					.11	.47	0.1	0
b	A.P.; refuse, shell	12	150	63.7	11.5	10.6	1.0	0	1.2	43	150	3.6					.10	.41	0.1	0
	Turtle egg:																			
1191	Raw, whole:																			
a	E.P.	0	148	75.6	12.0	10.2	1.0	0	1.2	84	193	1.3			445	385	.11	.46	tr.	
b	A.P.; refuse, shell	9	135	68.8	10.9	9.3	0.9	0	1.1	76	176	1.2					.10	.42	tr.	

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Abalone; earshell (Haliotis gigantea):																			
	Edible muscle:																			
1192	Raw:																			
a	E.P.	0	99	75.7	20.1	0.4	2.3	0	1.5	34	169	2.9			5	tr.	.24	.06	1.6	tr.
b	A.P.; refuse, shell and viscera	52	48	36.3	9.6	0.2	1.2	0	0.7	16	81	1.4			tr.	tr.	.12	.03	0.8	tr.
1193	Dried	0	292	27.3	48.5	1.5	17.4	0	5.3	(102)	435	6.6		729	0	0	.50	.06	4.3	0
	Canned:																			
1194	Drained, solids only	0	145	65.1	24.8	2.0	5.2	0	2.9	10	350	8.8	990	110	100	30	.01	.04	0.2	
	Total content of can:																			
1195	Plain	0	101	74.4	16.3	0.2	7.3	0	1.8	27	100	1.8			0	0	.04	.04	1.0	
1196	Seasoned	0	137	63.1	14.7	0.1	17.9	0	4.2	31	130	4.0	900		0	0	.05	.06	1.0	
	Amberjack yellowtail (Seriola quinqueradiata):																			
1197	Raw:																			
a	E.P.	0	129	73.0	21.7	4.0	0	0	1.3	10	207	1.8	86	597	20	0	.11	.12	9.2	1
b	A.P.; refuse, bones, scales, entrails	33	86	48.9	14.5	2.7	0	0	0.9	7	139	1.2	58	400	10	0	.07	.08	6.2	1
1198	Smoked, oiled, canned	0		42.9	27.2	22.4	0	0	7.5	38	200	0.7			0	0	.05	.09	6.6	
	Amberjack; redtail (Seriola spp.):																			
1199	Raw:																			
a	E.P.	0	124	74.4	20.4	4.1	0	0	1.1	32	146	0.7					.10	.12	6.4	0
b	A.P.; refuse, bones, scales, entrails and tail	45	68	41.0	11.2	2.2	0	0	0.6	18	80	0.4					.06	.07	3.5	0
	Anchovy (Engraulis spp.; Stolephorus spp.):																			
1200	Raw:																			
a	E.P.	0	99	76.9	18.5	2.2	0	0	2.4	279	264	1.2	147	447	25		.01	.08	3.5	
	A.P.; refuse, head and entrails	27	72	56.1	13.5	1.6	0	0	1.8	204	193	0.9	107	326	20		.01	.06	2.6	
1201	Boiled, dried, E.P.	0	176	44.8	37.8	1.6	0	0	15.8	530	590	5.3	4,700		0	0	.02	.20	8.5	0
1202	Dried, E.P.	0	327	13.4	68.2	4.0	0	0	14.4	2,062	1,377	20.3	885	1,154			.04	.20	14.2	
	Ark shell; chest shell (Arca spp.; Anadara spp.):																			
1203	Raw:																			
a	E.P.	0	72	82.4	12.2	0.8	3.2	0	1.4	89	123	5.2	120	149	50	20	.11	.18	2.1	5
b	A.P.; refuse, shell and viscera	78	16	18.1	2.7	0.2	0.7	0	0.3	20	27	1.1	26	33	10	5	.02	.04	0.5	tr.
1204	Canned, seasoned	0	121	63.0	18.0	1.3	7.8	0	3.9	60	140	4.0	1,100		5	5	.01	.07	2.0	0
	Atrina, sp. (Atrina kinoshitai):																			
1205	Raw, E.P.	0	54	86.0	11.6	0.1	1.0	0	1.3										1.5	

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH--continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Auxide; frigate mackerel (Auxis thazard):																			
1206	Raw:																			
a	E.P.	0	120	72.7	23.8	2.0	0	0	1.5	39	193	5.9	252	464	15		.10	.39	16.8	
b	A.P.; refuse, bones, scales, entrails and fins	39	73	44.4	14.5	1.2	0	0	0.9	24	118	3.6	154	283	10		.06	.24	10.2	
	Barracuda (Sphyraena argentea; S. panguis; S. obtusata):																			
1207	Raw:																			
a	E.P.	0	101	76.6	20.5	1.5	0	0	1.4	52	200	0.8	132	294	20	0	.07	.07	3.0	0
b	A.P.; refuse, bones, fins, entrails	38	62	47.5	12.7	0.9	0	0	0.9	32	124	0.5	82	182	10	0	.04	.04	1.9	0
	Basing. See Shad, gizzard.																			
	Bass, sea (Psammoperca waigiensis):																			
1208	Raw:																			
a	E.P.	0	95	77.2	20.8	0.7	0	0	1.3	36	185	0.6					.15	.15	1.5	0
b	A.P.; refuse, bones, scales, entrails, fins and tails	50	48	38.6	10.4	0.4	0	0	0.6	18	92	0.3					.08	.08	0.8	0
	Bass, sea, Japanese (Lateolabrax japonicus):																			
1209	Raw:																			
a	E.P.	0	103	77.4	19.0	2.4	0	0	1.2	50	208	2.0	112	308	45		.11	.12	1.6	0
b	A.P.; refuse, bones, scales and entrails	38	64	48.0	11.8	1.5	0	0	0.7	31	129	1.2	69	191	30		.07	.07	1.0	0
	Batfish, spotted; sickle fish (Drepane punctata):																			
1210	Raw:																			
a	E.P.	0	95	78.2	19.0	1.5	0	0	1.3	50	164	0.7	88	373			.03	.14	2.8	0
b	A.P.; refuse, bones, scales, entrails, heads and fins	57	40	33.6	8.2	0.6	0	0	0.6	22	70	0.3	38	160			.01	.06	1.2	0
	Berycoid; beryx (Beryx splendens):																			
1211	Raw:																			
a	E.P.	0	120	76.0	18.5	4.5	0	0	1.0	15	220	1.0	110		15		.15	.20	2.0	
b	A.P.; refuse, bones, scales, entrails and fins	46	64	41.1	10.0	2.4	0	0	0.5	8	119	0.5	59		10		.08	.11	1.6	

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH--continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Big-eye (Scombrops boops):																			
1212	Raw:																			
a	E.P.	0	173	68.9	19.5	10.0	0	0	1.6	10	200	1.0	130		20		.10	.05	6.0	0
b	A.P.; refuse, bones, entrails, scales and fins	45	95	37.9	10.7	5.5	0	0	0.9	6	110	0.6	72		10		.06	.03	3.3	0
	Bonito; pelamid (Sarda sarda; S. orientalis):																			
1213	Raw:																			
a	E.P.																			
b	A.P.																			
	Bream, fresh-water (Sparus berda):																			
1214	Raw:																			
a	E.P.	0	94	76.6	21.1	0.4	0	0	1.9	15	195	0.4	89	475			.02	.03	7.1	
b	A.P.; refuse, bones, fins, scales and entrails	52	45	36.8	10.1	0.2	0	0	0.9	7	94	0.2	43	228			.01	.01	3.4	
1215	Dried, E.P.	0	202	43.8	34.3	6.2	0	0	15.7	187	280	1.9	5,189	669			.01	.03	9.4	
a																				
b	A.P.; refuse, bones	57	87	18.8	14.7	2.7	0	0	6.8	80	120	0.8	2,231	282			tr.	.01	4.0	
	Bream, sea; stumpnose (Sparus spp.; Pagrus spp.; Taius spp.):																			
1216	Raw:																			
a	E.P.	0	144	72.7	18.9	7.0	0	0	1.4	47	132	0.7	86		30	0	.19	.25	7.0	tr.
b	A.P.; refuse, bones, fins, scales, entrails	51	70	35.6	9.3	3.4	0	0	0.7	23	65	0.3	42		15	0	.09	.12	3.4	tr.
	Brill, rough-scales (Pseudorhombus digoden):																			
1217	Raw:																			
a	E.P.	0	9[illegible]	78.1	19.4	0.9	0	0	1.6	30	204	0.5					.04	.04	6.5	
b	A.P.; refuse, scales, bones and entrails	40	5[illegible]	40.9	11.6	0.5	0	0	1.0	18	122	0.3					.02	.02	3.9	
	Butterfish. See Spadefish.																			
	Butterfly fish (Chaetodon spp.):																			
1218	Raw:																			
a	E.P.	0	94	78.0	19.9	1.0	0	0	1.1	57	155	1.1	108	216			.04	.07	4.4	
b	A.P.; refuse, bones, scales, fins and entrails	46	50	42.2	10.7	0.5	0	0	0.6	31	83	0.6	58	117			.02	.04	2.4	

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH--continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Caesio, golden; goldbanded fusilier (Caesio chrysozonus; C. cuning):																			
1219	Raw:																			
a	E.P.	0	87	78.8	19.2	0.6	0	0	1.4	34	174	0.6	59	519			.02	.02	3.2	
b	A.P.; refuse, bones, scales and entrails	35	57	51.2	12.5	0.4	0	0	0.9	22	113	0.4	38	337			.01	.01	2.1	
	Carp (Cyprinus carpio):																			
1220	Raw:																			
a	E.P.	0	118	75.4	19.4	3.9	0	0	1.3	57	189	1.4		397	40		.03	.07	2.6	0
b	A.P.; refuse, bones, scales, fins and entrails	47	62	39.9	10.3	2.1	0	0	0.7	30	100	0.7		210	20		.02	.04	1.4	0
1221	Canned, blackbeans and seasonings added, total content of can	0	253	58.1	15.4	18.8	4.5	2	3.2	183	203	4.6	797	406			.03	.05	1.5	
	Carp, silver (Hypophthalmichthys moritrix):																			
1222	Raw:																			
a	E.P.	0	115	76.1	18.9	3.8	0	0	1.2	34	225	1.1		435			.06	.18	2.6	0
b	A.P.; refuse, bones, scales, fins and entrails	40	69	45.7	11.3	2.3	0	0	0.7	20	135	0.7		261			.04	.11	1.6	0
	Catfish, fresh-water (Clarias batrachus):																			
1223	Raw:																			
a	E.P.	0	98	78.1	18.2	2.2	0	0	1.5	34	116	6.2	63	440	85		.10	.04	2.2	
b	A.P.; refuse, bones and entrails	41	57	46.1	10.7	1.3	0	0	0.9	20	68	0.1	37	260	50		.06	.02	1.3	
	Catfish, sea (Arius spp.):																			
1224	Raw:																			
a	E.P.	0	91	72.5	19.3	1.0	0	0	1.2	37	181	1.5	103	468			.08	.09	1.5	
b	A.P.; refuse, bones, fins and entrails	51	45	38.5	9.4	0.5	0	0	0.6	18	89	0.7	50	228			.04	.04	0.7	
1225	Dried, salted:																			
a	E.P.	0	203	38.1	45.1	1.2	0	0	15.6	140	346	6.4	5,409	509			.14	.04	2.2	
b	A.P.; refuse, bones, fins and entrails	44	114	21.4	25.2	0.7	0	0	8.7	78	194	3.6	3,029	285			.08	.02	1.2	
	Chest shell. See Ark shell.																			

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH-- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Clam (Cardium spp.; Venus spp.; Meretrix spp.):																			
1226	Raw:																			
a	E.P., meat only	0	73	82.0	10.5	1.3	4.0	0	2.2	116	122	7.8	200	197	35	25	.07	.14	1.8	3
b	A.P.; refuse, shell and liquid	73	20	22.1	2.8	0.4	1.1	0	0.6	31	33	2.1	54	53	10	5	.02	.04	0.5	1
1227	Dried, E.P.	0	351	11.6	58.6	3.7	16.4	0	9.7	212	1,204	23.4			0			.27	3.0	0
1228	Seasoned, E.P.																			
1229	Canned, seasoned with soybean sauce, salt added	0	180	52.1	19.3	2.6	19.2	0	6.8	190	260	26.5	1,530	260	385	85	.02	.17	0.6	
1230	Soused (Korea), E.P.	0	110	67.5	14.5	4.3	2.3	0	11.4	378	366	9.5			25		.05	.09		0
1231	"Tsukudani" (Japan)	0	158	53.0	22.9	0.3	13.9	0	9.9	220	280	13.6	2,900		0	0	.03	.16		
	Clam, bean (Donax spp.):																			
1232	Raw:																			
a	E.P., meat only	0	74	82.2	8.8	1.7	5.1	0	2.2	78	115	1.6	562	228		395	tr.	.12	2.3	2
b	A.P.; refuse, shell and liquid	80	14	16.5	1.8	0.3	1.0	0	0.4	16	23	0.3	112	46		80	tr.	.02	0.5	tr.
	Clam, hen (Mactra spp.):																			
1233	Raw:																			
a	E.P., meat only	0	83	80.2	14.4	1.0	2.1	0	2.3	42	325	11.5?			15	10	.02	.13	0.7	3
b	A.P.; refuse, shell and liquid	72	22	22.5	4.0	0.3	0.6	0	0.6	12	91	3.2			5	tr.	tr.	.04	0.2	1
	Clam, razor; solen (Solenidae spp.):																			
1234	Raw:																			
a	E.P., meat only	0	46	89.0	6.9	1.0	1.9	0	1.2	60	198	11.0		143	35	5	.09	.49	1.5	
b	A.P., refuse, shell and liquid	48	24	45.4	3.5	0.5	1.0	0	0.6	31	101	5.6		73	18	tr.	.04	.25	0.8	
	Clam, short-neck (Venerupis semidecussata):																			
1235	Raw:																			
a	E.P., meat only	0	61	84.8	9.9	0.9	2.5	0	1.9	118	114	9.8	200		35	45	.06	.15	1.5	7
b	A.P., refuse, shell and liquid	76	14	20.4	2.4	0.2	0.6	0	0.4	28	27	2.4	48		10	10	.01	.04	0.4	2
	Canned, E.P. (Japan):																			
1236	Plain	0	95	77.9	15.2	2.4	2.1	0	2.4	85	190	8.0	400		10	20		.09	0.8	
1237	Seasoned	0	112	69.9	16.0	0.8	8.8	0	4.5	74	280	8.0	1,200		10	20	.02	.06	1.2	
1238	"Tsukudani"	0	237	30.4	24.8	2.1	29.1	0	13.6	260	570	25.0	2,600		5	15	.04	.11	4.5	
	Cockles, sand (Hemidonax donaciforme):																			
1239	Raw:																			
a	E.P.	0	81	79.2	16.8	1.0	0	0	3.0	217?	78	2.8					tr.	.15	6.2?	
b	A.P., refuse, shell and liquid	88	9	9.5	2.0	0.1	0	0	0.4	26	9	0.3					tr.	.02	0.7	

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH--continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Cod (Gadus spp.):																			
1240	Raw:																			
a	E.P.	0	81	80.7	17.0	0.9	0	0	1.4	15	117	0.5	180	470	15	00	.15	.16	2.5	0
b	A.P.; refuse, bones, scales, fins and entrails	43	46	46.0	9.7	0.5	0	0	0.8	8	67	0.3	103	268	10	00	.08	.09	1.4	0
1241	Salted:																			
a	E.P.	0	95	71.4	20.7	0.7	0	0	7.2	24	150	0.5	2,000		0	0	.10	.08	3.0	0
b	A.P.; refuse, bones	10	85	64.3	18.6	0.6	0	0	6.5	22	135	0.4	1,800		0	0	.09	.07	2.7	0
1242	Dried, salted:																			
a	E.P.	0	248	32.4	54.5	1.7	0	0	11.4	343	617	2.8	5,118	1,284	0	0	.07	.11	8.6	0
b	A.P.; refuse, bones	10	223	29.2	49.0	1.5	0	0	10.3	309	555	2.5	4,606	1,156	0	0	.06	.10	7.7	0
	Cod, coral (Cephalopholis miniatus):																			
1243	Raw:																			
a	E.P.	0	92	78.2	19.4	1.0	0	0	1.4	71	228	0.9			0	0	.02	.04	1.7	0
b	A.P.; refuse, bones, scales, fins, and entrails	54	42	36.0	8.9	0.5	0	0	0.6	33	105	0.4			0	0	.01	.02	0.8	0
	Conger eel. See Eel, Conger.																			
	Crab, fresh-water (Potamon spp.):																			
1244	Raw:																			
a	E.P.	0	92	78.4	12.4	2.9	3.2	0	3.1	120	171	1.4	453	266	210	45	.03	.24	2.4	0
b	A.P.; refuse, shell	62	35	29.8	4.7	1.1	1.2	0	1.2	46	65	0.5	172	101	80	15	.01	.09	0.9	0
1245	Salted, E.P.	0	129	65.6	11.3	7.0	4.3	0	11.8	378	203	2.9		669						
	Crab, king (Paralithodes camtschaticus):																			
1246	Raw:																			
a	E.P.	0	96	76.0	20.9	0.5	1.5	0	2.0	55	160	2.0	70		5	0	.01	.02	2.5	0
b	A.P.; refuse, shell	70	29	22.8	6.0	0.2	0.4	0	0.6	16	48	0.6	21		tr.	0	tr.	.01	0.8	0
1247	Canned	0	93	75.3	18.4	0.5	2.5	0	3.3	54	210	1.3	250		0	0	.01	.01	2.0	0
	Crab, sea, blue (Neptunes spp.; Scylla spp.):																			
1248	Raw:																			
a	E.P.	0	100	76.8	17.9	2.0	1.3	0	2.0	107	192	1.8	316	322	35	5	.05	.08	3.0	1
b	A.P.; refuse, shell	68	31	24.7	5.7	0.6	0.4	0	0.6	34	61	0.6	101	103	10	tr.	.02	.02	1.0	tr.
1249	Salted:																			
a	E.P.	0	122	60.2	18.3	4.3	1.2	0	16.0	220	277	2.6	11,500	437	5	10	.08	.03	2.2	0
b	A.P.; refuse, shell	64	43	21.7	6.6	1.5	0.4	0	5.8	79	100	0.9	4,140	157	tr.	5	.03	.01	0.8	0
1250	Canned, E.P.	0	114	75.3	16.0	3.3	3.8	0	1.6	106	223	(1.6)			0	0	.02	.04		0
1251	Roe, salted, E.P.	0	245	38.3	31.4	6.4	14.5	0	9.4	50	500	4.0			420	1,260	.20	.50	0.5	0

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Crevalle (Caranx spp.):																			
1252	Raw:																			
a	E.P.	0	109	76.2	19.9	2.7	0	0	1.2	47	193	0.7	89	415			.19	.10	5.6	
b	A.P.; refuse, bones, scales, fins and entrails	48	57	39.7	10.3	1.4	0	0	0.6	24	100	0.4	46	216			.10	.05	2.9	
	Croaker, jewfish (Sciaena spp.; Pseudosciaena spp.):																			
1253	Raw:																			
a	E.P.	0	102	77.3	19.2	2.2	0	0	1.3	41	162	1.0	97	336	20	5	.04	.15	3.7	0
b	A.P.; refuse, bones, entrails, scales and fins	51	50	37.9	9.4	1.1	0	0	0.6	20	79	0.5	48	164	10	tr.	.02	.07	1.8	0
1254	Dried, salted:																			
a	E.P.	0	295	14.5	46.2	5.8	11.7	0	21.8	274	244	4.3		758	0	0	.06	.28		0
b	A.P.; refuse, bones	38	182	9.1	28.6	3.6	7.2	0	13.5	170	151	2.7		470	0	0	.04	.17		0
1255	Soused (Korea), E.P.	0	82	61.3	15.9	0.6	2.0	0	20.2	71	123	4.2			25	5	.12	.44	6.7?	0
	Croaker, sp.; mien fish (Argyrosomus spp.):																			
1256	Raw:																			
a	E.P.	0	96	72.3	18.6	1.8	0	0	1.3	32	162	1.7					.06	.08	1.7	0
b	A.P.; refuse, scales, bones and entrails	40	58	46.9	11.2	1.1	0	0	0.8	19	97	1.0					.04	.05	1.0	0
1257	Canned, with oil, solids only, E.P.	0	261	34.5	30.9	12.3	4.6	0	17.7	470	310	3.8	5,200	290	150	10	.01	.11	0.8	
	Crucian-carp (Carassius carassius):																			
1258	Raw:																			
a	E.P.	0	91	79.6	16.3	2.4	0	0	1.7	146	176	1.7			15	0	.23	.15	2.5	32
b	A.P.; refuse, bones, scales, fins entrails	57	39	34.3	7.0	1.0	0	0	0.7	63	76	0.7			5	0	.10	.06	1.1	14
1259	Canned, packed in oil, solids only, E.P.	0	291	24.8	20.4	4.1	40.6	0	10.1	1,900	1,000	30.0			30	0	.04	.12	3.0	0
1260	"Kanroni" (Japan)	0	453	30.7	23.8	39.0	0	0	6.5	750	490	6.7	1,000	490	600	10	.01	.30	2.1	
	Cuttlefish (Sepia spp.):																			
1261	Raw:																			
a	E.P.	0	81	81.0	16.1	0.9	1.0	0	1.0	27	143	0.8		273	0	0	.07	.05	2.6	0
b	A.P.; refuse, soft bones and entrails	21	64	64.0	12.7	0.7	0.8	0	0.8	21	113	0.6		216	0	0	.06	.04	2.0	0
1262	Dried, E.P.	0	338	18.1	67.5	4.4	2.5	0	7.5	125	801	3.4			0	0	.08	.36	4.2	0
1263	Soused (Korea), E.P.	0	69	76.8	13.8	0.8	0.7	0.2	7.9	9	139	6.8			tr.	tr.	.09	.10	6.0	0
1264	Canned, salted and seasoned, solids only, E.P.	0	137	63.6	20.8	2.8	5.6	0	2.2	10	180	1.6	750	94	100?	10	.02	.07	0.4	
	Cutlass fish. See Hairtail.																			
	Dentex. See Dog's teeth.																			

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH-- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Dogfish (Squalus spp.):																			
1265	Raw:																			
a	E.P.	0	129	74.6	18.8	5.4	0	0	1.2	16	176	1.5	100	174	210	0	.04	.08	1.0	0
b	A.P.; refuse, bones, fins, tails, scales and entrails	53	60	35.1	8.8	2.5	0	0	0.6	8	83	0.7	47	82	100	0	.02	.04	0.5	0
1266	Roe, E.P.	0	320	50.0	25.0	23.5	0.5	0	1.0		500				360	0				0
	Dog's teeth; dentex (Dentex spp.):																			
1267	Raw:																			
a	E.P.	0	111	75.3	20.9	2.4	0	0	1.4	47	288	1.1			20	5	.19	.16	1.5	0
b	A.P.; refuse, bones, fins, scales, and entrails	50	55	37.7	10.4	1.2	0	0	0.7	24	144	0.6			10	tr.	.10	.08	0.8	0
1268	Dolphin (Coryphaena hippurus):																			
	Raw, E.P.	0	88	78.4	20.1	0.2	0	0	1.3	15	143	1.7	242	370	20	100	.02	.07	6.1	
	Dorab; wolf herring; silverbar-fish (Chirocentrus dorab):																			
1269	Raw:																			
a	E.P.	0	95	76.5	21.0	0.6	0	0	1.9	97	278	1.1	128	235			.04	.06	6.6	
b	A.P.; refuse, bones and entrails	26	70	56.7	15.5	0.4	0	0	1.4	72	206	0.8	95	174			.03	.04	4.9	
	Ear shell. See Abalone.																			
1270	Eel, conger (Conger myriaster), raw:																			
a	E.P.	0	153	72.0	19.0	8.0	0	0	1.0	150	180	4.0			150		.06	.04	5.0	0
b	A.P.; refuse, bones	20	123	57.6	15.2	6.4	0	0	0.8	120	144	3.2			120		.05	.03	4.0	0
	Eel, field (Fluta alba):																			
1271	Raw:																			
a	E.P.	0	77	82.0	16.5	0.7	0	0	0.8	30	93	3.3	116	172			.04	.22	1.8	0
b	A.P.; refuse, bones, head and entrails	37	48	51.7	10.4	0.4	0	0	0.5	19	58	2.1	73	108			.02	.14	1.1	0
	Eel, river (Anguilla japonica):																			
1272	Raw:																			
a	E.P.	0	184	69.6	16.8	12.4	0	0	1.2	118	196	1.4		712	880	130	.19	.19	2.8	2
b	A.P.; refuse, bones, head and entrails	33	123	46.7	11.2	8.3	0	0	0.8	79	131	0.9		477	590	85	.13	.13	1.9	1
1273	Broiled, seasoned, "Kabayaki" (Japan)	0	297	49.1	21.4	20.0	6.6	0	2.9	140	280	1.0			900	0	.07	.02	3.5	0
1274	Viscera, raw, E.P.	0	109	78.2	15.6	4.5	0.5	0	1.2	5	550	6.0			6,000	0	.50	.60	4.0	10

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH-- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Eel, silver-pike (Muraenesox cinereus):																			
1275	Raw:																			
a	E.P.	0	126	75.1	18.2	5.4	0	0	1.3	112	205	1.4	88	490	600	0	.06	.09	2.7	0
b	A.P.; refuse, bones, head and entrails	26	94	55.5	13.5	4.0	0	0	1.0	83	152	1.0	65	363	444	0	.04	.07	2.0	0
	Feather-back (Notopterus chitala):																			
1276	Raw:																			
a	E.P.	0	89	79.9	17.5	1.6	0	0	1.0	45	172	1.2			55	10	.04	.07	8.5?	
b	A.P.; refuse, bones, scales, fins and entrails	(50)	45	39.9	8.8	0.8	0	0	0.5	22	86	0.6			20	5	.02	.04	4.2	
	Fiddlefish. See Shark, sand.																			
	Fish, unclassified:																			
	Large fish, flesh, E.P.:																			
	Raw:																			
1277	High fat	0	166	69.0	15.9	10.9	0	0	4.2	20		0.7			40	10	.05	.13	3.2	0
1278	Low fat	0	75	82.0	16.6	0.5	0	0	0.9	20		0.7			0	0	.15	.10	3.2	0
1279	Salted, dried	0	193	40.0	40.2	1.8	1.4	0	16.6	190		0.9					.08	.31	4.6	0
	Small fish, whole, E.P.:																			
1280	Raw	0	93	73.2	20.0	0.8	0	0	6.0	689	660	1.5					.02	.15	3.2	0
1281	Dried	0	335	21.1	58.6	9.4	0	0	10.9	1,700	1,300	2.5					.10	.27	8.1	0
1282	Steamed	0	97	73.7	20.0	1.3	0	0	5.0	349	353	0.8					.05	.12	0.5	0
	Fish jelly products (Japan), E.P.:																			
	"Kamaboko":																			
1283	Steamed	0	87	77.0	13.0	0.8	6.2	0	3.0	25	60	1.0	1,000		5	0	0	.01	0.5	0
1284	Baked	0	76	79.0	15.0	0.5	2.0	0	3.5	25	60	1.0	1,200		5	0	0	.01	0.6	0
1285	Rolled with tangle	0	84	76.0	10.0	0.2	11.0	0.3	2.8	90	90	1.5	950		5	0	.01	.03	0.7	0
1286	Rolled with straw	0	87	76.0	12.0	0.5	8.7	0	2.8	25	60	1.0	1,000		5	0	.01	.03	0.7	0
1287	"Narutomaki," boiled fish jelly	0	92	75.0	9.0	0.1	13.5	0	2.4	40	50	0.8	1,000		tr.	0	.02	.03	0.5	
1288	"Tsumire," boiled fish jelly	0	113	74.0	14.0	4.0	4.5	0	3.5	60	120	2.0	1,000		45	0		.20	0.7	0
1289	"Umeyaki," baked fish cake with yolk	0	248	52.0	15.6	12.0	19.0	0	1.4	25	120	1.0	370		115	180	.20	.20	0.2	0
	Fish sauces:																			
	Nuoc-mam (Vietnam):																			
1290	High quality	0	268	46.0	17.5	12.0	20.8	0	3.4								.09	.86		
1291	Low or common quality	0	117	75.7	6.8	5.4	9.5	0	2.6								.03	.27		
1292	Patis (Philippines)	0	52	66.3	10.6	0.3	0.9	0	21.9	42	32	9.3					tr.	.08	4.1	
1293	Fish sauce (Thailand)	0	17	71.3	0.6	0.4	2.6	0	25.1			0.2					tr.		0.4	
1294	Fish sauce (Hong Kong)	0	51	65.0	10.7	0.1	1.1	0	23.1	10	46	1.2	6,800	290	100	10	.01	.10	2.1	

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH-- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Fish, unclassified -- continued																			
	Fish paste:																			
1295	Kapi (Thailand)	0	113	40.7	19.5	1.8	3.4	1.1	34.6	926	661	38.1			140	30	0	.08	0.8	
	Fish fermented (Thailand):																			
1296	"Pla-chaw"	0	120	66.9	12.2	5.6	4.5	0.2	10.8	326	171	7.0			70	15	.01	.84	3.4	
1297	"Pla-ra"	0	152	52.5	15.3	8.0	3.9	0.5	20.3	22	20	3.4			50	10	.02	.16	0.8	
1298	Fish ham	0	186	63.5	17.0	10.0	6.0	0	3.5	45	50	1.0	1,100		5	0	.20	.60	5.0	0
1299	Fish flour, bones included	0	394	10.5	62.6	4.4	21.2		1.3	505	207	50.0					.03	.38		
1300	Fish sausage	0	147	68.5	15.0	6.0	7.5	0	3.0	100	60	1.0	1,000		5	0	.01	.01	1.4	
	Fish cakes (Japan):																			
1301	"Chikuwa" rolled fish cake	0	122	69.5	15.5	2.2	9.2	0	3.6	25	128	1.4	950		30	0	.01	.02	0.5	0
1302	"Yaki-chikuwa"	0	127	67.0	14.3	1.7	13.2	0	3.8	30	130	2.0	1,000		30	0	.05	.08	0.7	0
1303	"Datemaki," baked fish cake with egg yolk	0	244	53.5	14.6	12.4	18.0	0	1.5	25	120	1.0	370		1.5	180	.20	.20	2.0	0
1304	"Satsuma-age," fried fish cake	0	138	70.0	12.0	6.0	8.5	0	3.5	120	130	1.5	1,000		55	0	.05	.10	0.5	0
1305	"Denbu"	0	342	8.0	8.4	0.1	79.0	0	4.5	480	307	5.0	1,800		0	0	.04	.08	2.0	0
1306	"Hanpan"	0	88	76.0	12.0	0.1	9.4	0	2.5	7	120	1.0	800		5	0	0	.02	0.7	0
	Fish roe:																			
1307	Raw, E.P.	0	125	71.0	20.1	3.3	2.5	0	3.1	35		1.1			0	0	.20	.10	3.2	0
1308	Salted, dried, E.P.	0		31.0	21.1	3.9	4.2			95		2.9			135	30	.17			
1309	Fish, viscera, salted (Japan) "Uruka", E.P.	0	128	57.3	11.4	8.5	0.8	0	22.0	170	220	13.0	8,000		50	0	.15	.26	10.0	0
	Flatfish (Limanda herzensteini):																			
1310	Raw:																			
a	E.P.	0	110	75.3	21.3	2.2	0	0	1.2	36	116	0.8	130		30	0	.11	.10	3.5	2
b	A.P.; refuse, bones, fins, scales and entrails	43	62	43.0	12.1	1.2	0	0	0.7	20	66	0.4	74		20	0	.06	.06	2.0	1
	Flathead, Indian (Platycephalus indicus):																			
1311	Raw:																			
a	E.P.	0	96	77.4	20.0	1.2	0	0	1.4	47	177	1.3	91	392	20	0	.02	.09	4.3	0
b	A.P.; refuse, bones, fins, scales and entrails	46	52	41.8	10.8	0.6	0	0	0.8	25	96	0.7	49	212	11	0	.01	.05	2.3	0
	Flounder (Paralichthys olivaceus; Pleuronichthys spp.):																			
1312	Raw:																			
a	E.P.	0	93	78.7	18.6	1.5	0	0	1.2	63	185	0.6	160		35	0	.10	.10	5.7?	2
b	A.P.; refuse, bones, scales, entrails and fins	47	49	41.7	9.9	0.8	0	0	0.6	33	98	0.3	85		20	0	.05	.06	3.0	1

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH--continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Flying fish (Cypselurus spp.):																			
1313	Raw:																			
a	E.P.	0	92	77.5	21.0	0.3	0	0	1.2	44	206	1.0	73	516	5	0	.02	.08	4.0	0
b	A.P.; refuse, bones, scales, fins and entrails	42	54	44.9	12.2	0.2	0	0	0.7	26	119	0.6	42	299	tr.	0	.01	.05	2.3	0
	Frigate mackerel. See Auxide.																			
	Fusilier, gold-banded. See Caesio, golden.																			
	Gerres, sp.; silver-biddy; spotted mojarra (Gerres filamentosus):																			
1314	Raw:																			
a	E.P.	0	91	78.4	18.6	1.3	0	0	1.7	66	191	0.4	107	404			.03	.08	5.3	
b	A.P.; refuse, bones, fins, entrails and scales	49	47	39.9	9.5	0.7	0	0	0.9	34	97	0.2	54	206			.02	.04	2.7	
	Gizzard shad (Clupanodon punctatus):																			
1315	Raw:																			
a	E.P.	0	123	73.2	21.2	3.6	0	0	2.0	90	244	4.0			30	0	.13	.15	5.0	0
b	A.P.; refuse, bones, scales and entrails	38	76	45.5	13.1	2.2	0	0	1.2	56	151	2.5			20	0	.08	.09	3.1	0
	Globe fish. See Puffer.																			
	Goat fish; red mullet (Upeneus spp.):																			
1316	Raw:																			
a	E.P.	0	106	77.4	18.3	3.1	0	0	1.2	76	180	1.0					.04	.08	1.6	0
b	A.P.; refuse, bones, head, scales, fins and entrails	59	44	31.7	7.5	1.3	0	0	0.5	31	74	0.4					.02	.03	0.6	0
	Goby, flat-headed (Glossogobius giurus):																			
1317	Raw:																			
a	E.P.	0	83	79.7	18.8	0.3	0	0	1.2	84	101	0.3	79	454			.02	.04	3.2	
b	A.P.; refuse, bones, head, scales, fins, entrails and tail	63	31	29.5	7.0	0.1	0	0	0.4	31	37	0.1	29	166			.01	.01	1.2	
	Goby, long-finned (Oxyurichthys microlepis):																			
1318	Raw:																			
	E.P., whole fish	0	95	78.1	18.6	2.7	0	0	2.6	121	302	2.5	101	339			.07	.27	1.3	

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH--continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Goby, sp, (Acanthogobius spp.):																			
1319	Raw:																			
a	E.P.	0	90	78.5	18.7	1.1	0	0	1.7	15	260	2.0	150		15	0	.10	.05	2.0	0
b	A.P.; refuse, bones, scales, fins and entrails	40	54	47.1	11.2	0.7	0	0	1.0	9	156	1.2	90		10	0	.06	.03	1.2	0
	Processed (Japan):																			
1320	"Kanroni"	0	281	27.5	14.8	1.3	50.2	0	6.2	1,000	570	8.0	1,200		10	0	.04	.08		0
1321	"Tsukudani"	0	259	28.6	28.3	2.1	23.0	0	12.0	1,800	980	7.0	3,000		tr.	0	.10	.11	2.5	0
	Golden thread (Enthopteroma virgatum):																			
1322	Raw:																			
a	E.P.	0	113	73.5	23.2	1.6	0	0	1.7	42	260	1.5	140	360			.03	.08	2.1	0
b	A.P.; refuse, head, bones and fins	55	51	33.1	10.4	0.7	0	0	0.8	19	117	0.7	63	162			.01	.04	0.9	0
	Goldfish (Carassius auratus):																			
1323	Raw:																			
a	E.P.	0	78	82.8	14.5	1.8	0	0	0.9	42	203	1.9		335			.05	.07	2.4	
b	A.P.; refuse, bones scales, head and entrails	60	31	33.1	5.8	0.7	0	0	0.4	17	81	0.8		134			.02	.03	1.0	
	Goosefish (Lophiomus setigerus):																			
1324	Raw:																			
a	E.P.	0	87	79.3	18.7	0.8	0	0	1.2	7	180	1.0			30	0	.03	.06	5.0?	0
b	A.P.; refuse, bones, scales, fins and entrails	65	30	27.8	6.5	0.3	0	0	0.4	2	63	0.4			10	0	.01	.02	1.8	0
	Gouramy (Trichogaster pectoralis):																			
1325	Raw:																			
	E.P.	0	81	80.9	17.2	0.8	0	0	1.1	70	177	2.3			295	65	1.00?	.19	2.0	
	Grouper, spotted (Epinephelus corallicola):																			
1326	Raw:																			
a	E.P.	0	85	79.0	19.4	0.4	0	0	1.2	55	173	0.8	87	413			.04	.04	4.3	
b	A.P.; refuse, bones, scales, entrails and fins	54	40	36.3	8.9	0.2	0	0	0.6	25	80	0.4	40	190			.02	.02	2.0	
	Gurnard (Chelidonichthys kumu):																			
1327	Raw:																			
a	E.P.	0	93	79.2	17.6	2.0	0	0	1.2	95	186	1.8		304			.01	.07	2.1	
b	A.P., refuse, bones scales, fins and entrails	50	46	39.6	8.8	1.0	0	0	0.6	48	93	0.9		152			tr.	.04	1.0	

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH--continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Hairtail; ribbonfish; cutlass fish (Trichiurus spp.):																			
1328	Raw:																			
a	E.P.	0	116	76.7	17.4	4.6	0	0	1.3	42	160	1.1	94	330	15	5	.09	.14	2.9	0
b	A.P.; refuse, bones, scales, fins and entrails	45	64	42.2	9.6	2.5	0	0	0.7	23	88	0.6	52	182	10	tr.	.05	.08	1.6	0
1329	Salted:																			
a	E.P.	0	168	61.2	21.7	7.7	1.6	0	7.8	151	184	2.4		307			.18	.29	1.9	0
b	A.P.; refuse, bones	31	116	42.2	15.0	5.3	1.1	0	5.4	104	127	1.6		212			.12	.20	1.3	0
	Halfbeak (Hemirhamphus spp.):																			
1330	Raw:																			
a	E.P.	0	94	78.9	18.6	1.6	0	0	0.9	121	139	1.2	112	456	15	5	tr.	.04	3.0	0
b	A.P.; refuse, bones, scales and entrails	37	59	49.7	11.7	1.0	0	0	0.6	76	88	0.8	70	287	10	tr.	tr.	.02	1.9	0
	Halibut, Pacific (Hippoglossus stenolepis):																			
1331	Raw:																			
a	E.P.	0	155	69.1	23.6	6.0	0	0	1.3	17	167	1.2			5	tr.	(.09)	.15	4.0	0
b	A.P.; refuse, bones, scales, fins and entrails	32	105	47.0	16.0	4.1	0	0	0.9	12	114	0.8			tr.	tr.	(.06)	.10	2.7	0
	Harder, See Mullet.																			
	Hardtail; torpedo (Megalaspis cordyla):																			
1332	Raw:																			
a	E.P.	0	99	77.4	18.8	1.6	0	0	1.2	45	140	0.6	102	390			.07	.13	6.0	
b	A.P.; refuse, bones, fins, scales, and entrails	54	45	35.6	9.1	0.7	0	0	0.6	21	64	0.3	47	179			.03	.06	2.8	
	Herring (Clupea pallasi):																			
1333	Raw:																			
a	E.P.	0	171	70.5	17.7	10.6	0	0	1.2	64	174	2.8	160		20	0	.02	.18	5.0	0
b	A.P.; refuse, bones, scales, and and entrails	35	111	45.8	11.5	6.9	0	0	0.8	42	113	1.8	104		15	0	.01	.12	3.2	0
1334	Dried, meat only, E.P.	0	406	25.0	44.5	24.0	0	0	6.5	98	720	5.2			10	0	.01	.05	4.0	0
1335	Salted:																			
a	E.P.	0	155	66.8	17.4	9.0	0	0	6.8	84	306	2.0			0	0	.02	.09	3.4	0
b	A.P.; refuse, bones	16	130	56.1	14.6	7.6	0	0	5.7	70	257	1.7			0	0	.02	.08	2.8	0
1336	Smoked, E.P.	0	311	40.0	32.8	18.5	1.6	0	7.7	78	580	5.0			0	0	.01	.31	9.0	0
	Roe, E.P.:																			
1337	Raw	0	146	69.0	25.2	4.1	0.4	0	1.3	50	140	2.0			15	0	.15	.22		0
1338	Dried	0	386	18.0	67.5	10.7	0.4	0	3.4	40	60	1.0			tr.	0	.17	.06	2.3	20
	Horse mussel. See Mussel, sea.																			

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH--continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Jack, Philippines (Hynnis momsa):																			
1339	Raw:																			
a	E.P.	0	100	76.3	21.3	1.0	0	0	1.4	22	226	0.7	60	550		0	.05	.02	5.5	
b	A.P.; refuse, bones, scales, entrails and fins	40	60	45.8	12.8	0.6	0	0	0.8	13	136	0.4	36	330		0	.03	.01	3.3	
	Jellyfish; medusa (Rhopilema esculenta):																			
1340	Raw, E.P.	0	30	85.2	4.0	0.2	2.9	0	7.8	26	27	0.8		85	0	0	.06	.01	tr.	0
1341	Salted, E.P.	0	33	72.4	5.5	0.1	2.2	0	19.8	58	270	6.4	3,212	185	0	0	tr.	tr.	0	0
	Jewfish. See Croaker.																			
	King crab. See Crab, king.																			
	Kingfish. See Mackerel, Spanish.																			
	Ladyfish. See Tarpon.																			
	Lamprey; lamprete (Entosphenus japonicus):																			
1342	Raw:																			
a	E.P.	0	252	60.3	21.0	18.0	0	0	0.7	10	180	9.0			7,500	0	.85	6.0	4.7	0
b	A.P.; refuse, bones and skin	20	202	48.2	16.8	14.4	0	0	0.6	8	144	7.2			6,000	0	.68	4.8	3.8	
1343	Dried, E.P.	0	404	36.5	33.3	29.0	0	0	1.2	16	240	14.0			45,000	0	1.00	6.0	7.0	0
	Fish bits, canned, corn starch, egg white and salt added:																			
1344	Drained solids, only, E.P.	0	69	81.6	9.4	0.1	7.7	0.1	1.2	3	57	4.1	377	45	tr.	tr.	.01	.04	0.9	0
1345	Liquid only, E.P.	0	10	95.3	0.8	0.2	1.3	tr.	2.4	1	20	1.7	675	143	tr.	tr.	.01	.01	0.6	0
	Lampshell; tongue clam (Lingula unguis):																			
1346	Raw:																			
a	E.P.	0	102	78.6	12.4	3.4	4.4	0	1.2	49	130	8.1					.01	.24	1.8	
b	A.P.; refuse, shell and viscera	57	44	33.8	5.3	1.5	1.9	0	0.5	21	56	3.5					tr.	.10	0.8	
1347	Tail only, raw, E.P.	0	50	88.0	8.0	0.4	3.1	0	0.5	13	74	0.7	43	187			tr.	.04	1.1	
	Leatherjacket (Scomberoides lysan):																			
1348	Raw:																			
a	E.P.	0	108	76.1	19.6	2.7	0	0	1.6	76	196	tr.					.02	.08	3.6	
b	A.P.; refuse, bones, skin and entrails	40	65	45.6	11.8	1.6	0	0	1.0	46	118	tr.					.01	.05	2.2	
	Limpet, Hawaiian. See Opihi.																			

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiami.-	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH-- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Lizzard-fish (Saurida spp.):																			
1349	Raw:																			
a	E.P.	0	93	78.1	19.3	1.2	0	0	1.4	42	214	0.6	70	513			.08	.05	2.4	3
b	A.P.; refuse, bones, scales, fins and entrails	44	52	43.7	10.8	0.7	0	0	0.8	24	120	0.3	39	287			.04	.03	1.3	2
	Loach (Misgurnus anguillicaudatus):																			
1350	Raw:																			
a	E.P.	0	88	79.9	15.0	2.7	0	0	2.4	28	402	5.8		496	30	0				0
b	A.P.; refuse, bones, entrails and fins	52	42	38.3	7.2	1.3	0	0	1.2	15	193	2.8		238	15	0				0
	Lobster (Panulirus spp.; Palinurus spp.):																			
1351	Raw:																			
a	E.P.	0	94	78.3	17.9	1.4	1.2	0	1.2	58	230	1.0	182	500	25	5	.01	.08	3.0	2
b	A.P.; refuse, shell	53	44	36.8	8.4	0.6	0.6	0	0.6	27	108	0.5	86	235	10	tr.	tr.	.04	1.4	1
	Mackerel (Pneumatophorus japonica):																			
1352	Raw:																			
a	E.P.	0	113	76.3	18.0	4.0	0	0	1.7	7	190	1.5	80		15	0	.15	.20	8.0	3
b	A.P.; refuse, bones, skin and entrails	45	62	42.0	9.9	2.2	0	0	0.9	4	104	0.8	44		10	0	.08	.11	4.4	2
1353	Dried, strips, E.P.	0	376	16.5	72.4	7.4	0	0	3.7	17	650	7.0			0	0	.03	.05	25.0	0
1354	Canned	0	152	69.5	18.7	8.3	0	0	3.5	50?	260	1.6	860		tr.	0	.02	.10	6.5	0
1355	Salted:																			
a	E.P.	0	152	65.2	25.2	4.9	0	0	4.7	25	240	7.0	1,600		tr.	0	.03	.05	10.0	0
b	A.P.; refuse, bones	25	114	48.9	18.9	3.7	0	0	3.5	19	180	5.2	1,200		tr.	0	.02	.04	7.5	0
	Mackerel, aka (Pleurogrammus azonus):																			
1356	Raw:																			
a	E.P.	0	113	77.3	17.0	4.5	0	0	1.2	12	180	1.0			25	0	.09	.04		0
b	A.P.; refuse, entrails, scales, fins and bones	55	50	34.9	7.6	2.0	0	0	0.5	5	81	0.4			10	0	.04	.02		0
	Mackerel, horse or jack (Trachiurus japonicus):																			
1357	Raw:																			
a	E.P.	0	114	75.6	20.0	3.2	0	0	1.2	12	222	0.7	94		15	0	.16	.14	6.5	2
b	A.P.; refuse, bones, fins and entrails	34	75	49.9	13.2	2.1	0	0	0.8	8	146	0.5	62		10	0	.10	.09	4.3	1
1358	Salted, dried:																			
a	E.P.	0	259	38.7	46.0	6.9	0	0	8.4	70	450	1.5	1,200		0	0	.03	.15	7.0	0
b	A.P.; refuse, bones	20	207	31.0	36.8	5.5	0	0	6.7	56	360	1.2	960		0	0	.02	.12	5.6	0
1359	Canned, seasoned, E.P.	0	144	67.0	23.2	3.8	2.5	0	3.5	45	300	3.0	800		0	0	.05	.09	0.2	0

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH--continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Mackerel, rake-gilled; striped mackerel (Rastrelliger spp.):																			
1360	Raw:																			
a	E.P.	0	98	78.0	18.5	2.1	0	0	1.4	94	153	1.2	110	456	35	10	.05	.09	7.9	
b	A.P.; refuse, bones, fins and entrails.	43	56	44.5	10.5	1.2	0	0	0.8	54	87	0.7	63	277	20	5	.03	.05	4.5	
1361	Dried and salted:																			
a	E.P.	0	230	37.7	42.0	5.2	0	0	14.2	153	351	2.9	5,043	881			.01	.07	14.5	
b	A.P.; refuse, bones, fins and entrails	44	129	21.1	24.0	2.9	0	0	8.0	102	196	1.6	2,824	493			tr.	.04	8.1	
1362	Smoked:																			
a	E.P.	0	145	62.1	30.4	1.7	0	0	5.8	52	239	1.2	1,599	537			.02	.08	9.8	
b	A.P.; refuse, bones, fins and entrails	45	79	34.2	16.7	0.9	0	0	3.2	29	131	0.7	879	295			.01	.04	5.4	
	Mackerel, spotted (Scomber japonicus):																			
1363	Raw:																			
a	E.P.	0	210	61.8	25.3	11.3	0	0	1.6	39	160	5.1	117	469	240	80	.11	.81	15.9	
b	A.P.; refuse, heads, bones and fins.	34																		
	Mackerel, Spanish; kingfish (Scomberomorus commerson; S. niphonicus; Symbium commersoni):																			
1364	Raw:																			
a	E.P.	0	103	77.4	18.5	2.7	0	0	1.4	20	224	1.3	70	471	10	0	.07	.17	6.6	0
b	A.P.; refuse, bones, scales, fins and entrails	35	67	50.3	12.0	1.8	0	0	0.9	10	146	0.8	46	306	6	0	.04	.11	4.3	0
1365	Dried:																			
a	E.P.	0	188	45.8	35.1	4.0	0.4	0	14.7	77	225	1.7	2,174	597			.05	.02	9.7	0
b	A.P.; refuse, bones	24	143	34.8	26.7	3.0	0.3	0	11.2	58	171	1.3	1,652	393			.04	.02	7.4	0
	Marlin (Istiophorus spp.):																			
1366	Raw:																			
a	E.P.	0	129	72.4	23.4	3.2	0	0	1.0	9	190	0.8	72		5	0	.10	.06	4.5	1
b	A.P.; refuse, bones, fins, scales and entrails	35	84	47.1	15.2	2.1	0	0	0.6	6	124	0.5	46		tr.	0	.06	.04	2.9	1
	Medusa. See Jelly fish.																			
	Mien-fish. See Croaker, sp.																			
	Milk-fish (Chanos chanos):																			
1367	Raw:																			
a	E.P.	0	138	72.6	20.6	5.5	0	0	1.3	42	153	1.1	80	381	65	120	.10	.10	5.8	0
b	A.P.; refuse, bones, scales, fins and entrails	31	95	50.1	14.2	3.8	0	0	0.9	29	106	0.8	55	263	45	85	.07	.07	4.0	0
1368	Smoked, E.P.	0	200	60.5	29.3	8.3	0	0	1.9	76	181	1.1	1,136	837			.02	.03	8.0	
	Mojarra, spotted. See Cerres, sp.																			

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH --	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Moonfish, spotted (Mene maculata):																			
1369	Raw:																			
a	E.P.	0	122	72.3	24.4?	2.0	0	0	1.3	22	227	1.2	73	437			.04	.09	10.7?	
b	A.P.; refuse, bones, fins, scales and entrails	52	59	34.7	11.7	1.0	0	0	0.6	10	109	0.6	35	210			.02	.04	5.1	
	Mullet, harder (Mugil spp.):																			
1370	Raw:																			
a	E.P.	0	124	74.1	20.7	3.9	0	0	1.3	56	203	1.4	69	485	45	0	.07	.15	4.6	0
b	A.P.; refuse, scales, fins, bones and entrails	48	64	38.5	10.8	2.0	0	0	0.7	29	106	0.7	36	252	25	0	.04	.08	2.4	0
1371	Canned, fried with oil, solids only	0	538	19.2	26.9	46.7	0.5	0	6.7	840	520	2.8	1,100	510	100	10	.01	.03	16.5	0
1372	Roe, salted, and smoked	0	422	23.0	40.0	26.0	4.6	0	6.4	56	380	6.0	1,700		60	0	.50	.70		0
	Murrel. See Snakehead.																			
	Mussel, fresh-water (Corbicula spp.; Anadonta spp.):																			
1373	Raw:																			
a	E.P.	0	82	81.0	9.3	1.4	7.2	0	1.1	164	102	11.1?	140	48	5	10	.02	.18	1.2	9
b	A.P.; refuse, shell	64	29	29.2	3.3	0.5	2.6	0	0.4	59	37	4.0	50	17	tr.	5	.01	.06	0.4	3
	Mussel, horse or sea (Mytilus spp.; Modiola spp.):																			
1374	Raw, E.P.	0	56	87.9	7.6	1.2	1.6	0	1.7	52	160	12.7?			430		.02	.12	2.0	
1375	Dried, E.P.	0	366	13.8	(51.9)	7.2	19.3	0	7.8	308	736	36.4		458				.46	3.1	
	Needlefish (Tylosurus crocodilus):																			
1376	Raw:																			
a	E.P.	0	122	70.8	26.6	0.9	0	0	1.7	98	260	1.0	79	563			tr.	.04	0.9	
b	A.P., refuse, fins, bones and entrails	36	78	45.3	17.0	0.6	0	0	1.1	63	166	0.6	50	360			tr.	.02	0.6	
	Nemipterid, ribbon-finned (Nemipterus taeniterus):																			
1377	Raw:																			
a	E.P.	0	88	79.2	18.4	1.0	0	0	1.4	39	210	0.3	88	500	15	5	.03	.02	2.7	
b	A.P.; refuse, bones, fins and entrails	54	41	36.4	8.5	0.5	0	0	0.6	18	97	0.1	40	230	5	tr.	.01	.01	1.2	
1378	Semi-dried, E.P.	0	174	43.9	34.6	2.9	0	0	18.0	248	254	0.7	5,257	654			.02	.01	6.5	
	Octopus, common (Octopus vulgaris):																			
1379	Raw:																			
a	E.P.	0	68	83.9	13.5	1.1	0	0	1.5	12	151	0.9			5	0	.12	.11	5.3	0
b	A.P.; refuse, bone and viscera	12	56	68.8	11.1	0.9	0	0	1.2	10	124	0.7			5	0	.10	.09	4.3	0
1380	Dried, E.P.	0	399	12.0	50.3	14.3	14.3	0	9.1	142	150	3.1			0	0	.18	.35		0
1381	Soused (Korea), E.P.	0	90	69.8	18.1	1.3	0.4	0	10.4	373	393	1.4			0	0	.04	.15	4.0	0
	Octopus, large (Octopus spp.):																			
1382	Raw:																			
a	E.P.	0	64	84.9	13.7	0.6	0	0	0.8	34	66	1.0	363	232	0	0	.14	.10	3.0	0
b	A.P.; refuse, bone and viscera	12	56	74.8	12.0	0.5	0	0	0.7	30	58	0.9	319	204	0	0	.12	.09	2.6	0

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	10. FISH AND SHELLFISH--continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Opihi; Hawaiian limpet (Helcioniscus exaratus):																			
1383	Raw:																			
	Whole, E.P.	0	91	78.5	16.9	1.6	1.0	0	2.0	225	143	3.9			495	110	.02	.38	1.8	0
1384	Foot and mantle, E.P.			78.9	18.5				1.5	51	120	2.0					.03	.10	1.4	
1385	Viscera, E.P.			77.6	12.6				3.8	659	139	42.9					tr.	1.18	2.7	
	Opossum shrimp (Neomysis japonica):																			
1386	Raw, E.P.	0	98	78.0	15.0	3.3	0.9	0	2.8	550	340	4.0			5	0	.10	.15	1.8	0
1387	Dried, E.P.	0	280	27.8	49.1	6.8	2.2	0	14.1	1,800	1,100	14.0			5	0	.10	.30	5.0	0
	Processed (Japan):																			
1388	"Shiokara"	0	57	55.5	17.0	0.5	0.3	0	31.7	510	270	3.0	11,500		5	0	.01	.10	1.0	0
1389	"Tsukudani"	0	206	35.0	23.7	1.7	23.0	0	16.6	1,400	800	20.0	3,200		0	0	.12	.11		
	Oyster (Ostrea spp.):																			
1390	Raw:																			
a	E.P.	0	71	82.7	8.3	1.2	6.1	0	1.7	98	109	7.2	380	223	50	15	.22	.22	1.9	3
b	A.P.; refuse, shell and liquid	82	13	14.9	1.5	0.2	1.1	0	0.3	18	20	1.3	68	40	10	5	.04	.04	0.3	tr.
1391	Dried, E.P.	0	334	18.8	35.4	5.1	33.4	0	7.3	236	517	33.2		457			.43	.65	3.1	0
	Canned, E.P.:																			
1392	Plain	0	100	78.5	12.4	3.9	2.8	0	2.4		180	10.0			5	20	.02	.15		
1393	Smoked, oil added	0	228	58.5	15.1	13.2	10.7	0	2.5	37	250	4.5			5	20	.05	.09		
1394	Soused (Korea), E.P.	0	110	70.8	15.9	3.6	2.4	0	7.3	491	211	20.2					.06	.05	1.0	0
1395	Oyster sauce, bottled, salt added	0	113	59.8	10.3	0.1	17.5	0	12.3	30	110	3.3	4,200	690	100	10	.01	.10	8.2	
	Oyster, sp. (Crassostrea gigas):																			
1396	Raw, E.P.	0	98	78.7	10.9	2.9	6.2		1.3	39	231	3.1			25	5	.30	.20	1.2	5
	Parapristipoma, sp. (Parapristipoma trilineatum):																			
1397	Raw:																			
a	E.P.	0	120	76.3	17.0	5.3	0	0	1.4	45	180	1.0			45	0	.20	.20	3.0	0
b	A.P.; refuse, bones, scales, fins and entrails	45	66	41.9	9.4	2.9	0	0	0.8	99	25	0.6			25	0	.11	.11	1.6	0
	Parrot-fish (Scarus nuchipunctatus):																			
1398	Raw:																			
a	E.P.	0	86	79.2	19.3	0.4	0	0	1.1	36	144	0.5					tr.	.05	1.4	
b	A.P.; refuse, bones, head, scales, fins and entrails	65	30	27.7	6.8	0.1	0	0	0.4	13	50	0.2					tr.	.02	0.5	
	Pelamid. See Bonito.																			

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH--continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Perch, climbing (Ctenopoma spp.; Anabas spp.):																			
1399	Raw:																			
a	E.P.	0	137	74.7	17.2	7.1	0	0	1.0	98	160	1.6	36	438	335		.02	.27	3.2	
b	A.P.; refuse, bones, scales, fins and entrails	51	67	36.6	8.4	3.5	0	0	0.5	48	78	0.8	18	215	164		.01	.13	1.6	
	Perch, sea (Lates calcarices):																			
1400	Raw:																			
a	E.P.	0	81	80.2	18.2	0.4	0	0	1.1	46	150	0.3	69	477			.05	.06	3.1	
b	A.P.; refuse, bones, scales, entrails	46	44	43.4	9.8	0.2	0	0	0.6	25	81	0.2	37	258			.03	.03	1.7	
	Pilchard. See Sardine.																			
	Pollack (Polachius spp.; Theragra spp.):																			
1401	Raw:																			
a	E.P.	0	89	80.1	15.6	2.5	0	0	1.8	15	223	0.4			20		.16	.10	4.2	0
b	A.P.; refuse, bones, scales, entrails.	48	46	41.7	8.1	1.3	0	0	0.9	8	116	0.2			10		.08	.05	2.2	0
1402	Dried, E.P.	0	257	34.3	56.0	2.0	0	0	7.7	30	540	1.3	780		0		.10	.15	11.0	0
1403	Roe, raw, E.P.	0	124	64.0	26.0	1.0	1.0	0	8.0	20	200	1.5	2,600		60		.50	.40	0.9	0
1404	Intestine, soused (Korea), E.P.	0	70	80.9	11.5	2.2	0.2	0	5.2	8	105	0.7					.12	.02	5.1	0
	Pomfret, black (Stromateus niger; Apolectus niger):																			
1405	Raw:																			
a	E.P.	0	94	80.6	15.3	3.2	0	0	0.9	32	184	1.5	106	434			.02	.09	2.1	0
b	A.P.; refuse, bones, scales, fins and entrails	42	54	46.8	8.9	1.8	0	0	0.5	18	107	0.9	61	252			.07	.05	1.2	0
	Pomfret, white (Pampus argenteus):																			
1406	Raw:																			
a	E.P.	0	119	76.8	16.8	5.2	0	0	1.2	23	163	0.3		517			.19	.08	0.4	0
b	A.P.; refuse, bones, scales and entrails	31	82	53.0	11.6	3.6	0	0	0.8	16	112	0.2		357			.13	.06	0.3	0
	Porgy; scavenger (Lethrinus opercularis):																			
1407	Raw:																			
a	E.P.	0	91	77.8	20.8	0.2	0	0	1.2	48	203	0.4	61	488			.01	.02	7.4	
b	A.P.; refuse, scales, bones, entrails, fins and head	55	41	35.0	9.4	0.1	0	0	0.5	22	91	0.2	27	220			tr.	.01	3.3	
	Porgy, big-eyed (Monotaxis grandoculis):																			
1408	Raw:																			
a	E.P.	0	96	77.7	20.0	1.2	0	0	1.1	50	175	1.1	93	468			.04	.11	4.6	
b	A.P.; refuse, scales, bones, entrails and fins	49	49	39.6	10.2	0.6	0	0	0.6	26	91	0.6	47	239			.02	.06	2.3	

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH--continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Prawn, marine; shrimp (Penaeus spp.; Palaemon spp.):																			
1409	Raw:																			
a	E.P.	0	87	79.2	17.6	0.9	0.9	0	1.4	79	184	1.6	185	333	20	5	.04	.08	2.3	1
b	A.P.; medium, with shells and heads	54	40	36.5	8.1	0.4	0.4	0	0.6	36	85	0.7	85	158	10	tr.	.02	.04	1.0	tr.
	A.P.; jumbo, with shell and heads	43	49	45.2	10.0	0.5	0.5	0	0.8	45	105	0.9	105	190	10	5	.02	.04	1.3	tr.
1410	Dried:																			
a	E.P.	0	362	13.7	62.4	3.5	15.6	0	4.8	236	995	4.6			0	0	.16	.34	(9.5)	0
b	A.P.; refuse, shell and head	47	192	7.3	33.1	1.8	8.3	0	2.5	125	527	2.4			0	0	.08	.18	(5.3)	0
1411	Salted and fermented, E.P.	0	66	68.7	11.7	1.0	1.8	0	16.8	476	228	6.2	7,484	283	0	0	.01	.10	1.6	0
1412	Paste, E.P.	0	165	34.5	29.8	1.2	6.5	0	28.0	950		14.8			0	0	.09			0
1413	Sauce, bottled	0	93	51.4	16.2	1.9	1.6	0	28.9	710	320	9.2	7,000	220	115	20	.01	.05	1.0	
	"Shiba-ebi" (Japan):																			
1414	Raw:																			
a	E.P.	0	66	83.5	12.9	0.8	1.0	0	1.8	120	150	2.0			10	0	.01	.11	2.2	2
b	A.P.	40	40	50.1	7.7	0.5	0.6	0	1.1	72	90	1.2			6	0	.01	.07	1.3	1
1415	Canned	0	100	74.0	21.5	0.7	0.6	0	3.2	63	210	1.5			0	0	.04	.04	2.0	0
	Prawn, river; shrimp, common (Atya spp.; Leander spp.):																			
1416	Raw:																			
	E.P., small, whole	0	82	79.0	16.2	1.3	0.4		3.1	(161)	292	2.2	418	316			.04	.13	2.0	
1417	Dried, salted, E.P.	0	285	23.0	59.8	3.0	0.7	0	13.5	591	716	7.9	1,000	943	tr.	tr.	.08	.27	5.7	0
1418	Dried, salted, soaked, drained, E.P.	0	87	76.6	18.2	0.9	0.2	0	4.1	178	215	2.4	300	284	tr.	tr.	.02	.08	1.7	0
1419	Prawn paste	0	113	40.7	19.5	1.8	3.4	0	34.6	926	661	38.1			140	30	0	.08	0.8	
1420	Prawn eggs, raw, E.P.	0	300	16.8	45.0	2.1	24.1	0	12.0	244	801	69.8		283						
	Puffer; globefish (Sphaeroides spp.; Tetraodon spp.):																			
1421	Raw:																			
a	E.P.	0	92	78.3	20.2	0.7	0	0	0.8	18	138	0.6		347	5	0				
b	A.P.; refuse, bones, scales, fins and entrails	48	48	40.7	10.5	0.4	0	0	0.4	9	72	0.3		180	tr.	0				
	Rayed shell (Soletellina spp.; Psammotaea spp.):																			
1422	Raw:																			
a	E.P.	0	50	87.5	8.7	0.8	1.4	0	1.6	121	83	8.6	262	164			.01	.02	2.2	
b	A.P.; refuse, shell	39	30	53.4	5.3	0.5	0.8	0	1.0	74	51	5.2	160	100			.01	.01	1.3	
	Red mullet. See Goat fish.																			
	Redtail. See Amber jack.																			
	Ribbonfish. See Hairtail.																			
	Rockfish, red (Sebastodes matsubarae):																			
1423	Raw:																			
a	E.P.	0	124	76.3	16.4	6.0	0	0	1.3	15	160	0.5	94		55		.15	.15	3.0	0
b	A.P.; refuse, bones, fins, scales and entrails	45	68	42.0	9.0	3.3	0	0	0.7	8	88	0.3	52		30		.08	.08	1.6	0

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH-- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Runner, rainbow (Elagatis bipinnulatus):																			
1424	Raw:																			
a	E.P.	0	89	78.6	19.6	0.6	0	0	1.2	30	188	2.4	54	417	tr.		.05	.06	6.0	
b	A.P.; refuse, bones, entrails, fins and scales	56	39	34.6	8.6	0.3	0	0	0.5	13	83	1.0	24	183	tr.		.02	.03	2.6	
	Salmon, humpback; pink salmon or cherry salmon (Oncorhynchus gorbuscha and O. masou):																			
1425	Raw:																			
a	E.P.	0	142	71.3	22.0	5.3	0	0	1.4	13	230	1.1	110		30	0	.22	.07	7.0	0
b	A.P.; refuse, scales, bones, fins and entrails	40	85	42.8	13.2	3.2	0	0	0.8	8	138	0.7	66		20	0	.13	.04	4.2	0
1426	Salted:																			
a	E.P.	0	231	46.6	36.4	8.4	0	0	8.6	10	360	7.0	3,200		0	0	.15	.15	9.0	0
b	A.P.; refuse, bones	25	173	35.0	27.3	6.3	0	0	6.4	8	270	5.2	2,400		0	0	.11	.11	6.8	0
1427	Canned, E.P.	0	128	73.2	19.5	5.0	0	0	2.3	110	320	1.5	700		0	0	.05	.13	6.0	
	Salmon, silver or king salmon (Oncorhynchus kisutch and O. keta):																			
1428	Raw:																			
a	E.P.	0	140	72.6	19.9	6.1	0	0	1.4	28	212	1.8			30	0	.26	.22	7.0	0
b	A.P.; refuse, scales, bones, fins and entrails	34	92	48.0	13.1	4.0	0	0	0.9	18	140	1.2			20	0	.17	.14	4.6	0
1429	Salted:																			
a	E.P.	0	146	61.4	23.2	5.1	0.3	0	10.0	30	250	0.7	3,200		0	0	.06	.10	8.0	0
b	A.P.; refuse, bones	25	109	46.1	17.4	3.8	0.2	0	7.5	22	188	0.5	2,400		0	0	.04	.08	6.0	0
1430	Smoked and salted:																			
a	E.P.	0	242	40.5	35.5	9.7	0.8	0	13.5	43	340	1.7	2,900		0	0	.10	.15	10.0	0
b	A.P.; refuse, bones	20	194	32.4	28.4	7.8	0.6	0	10.8	34	272	1.4	2,320		0	0	.08	.12	8.0	0
1431	Slightly cured:																			
a	E.P.	0	142	64.4	21.8	5.3	0.3	0	8.2	50	250	1.0	2,500		5	0	.10	.15	6.0	0
b	A.P.; refuse, bones and skin	30	99	45.1	15.3	3.7	0.2	0	5.7	35	175	0.7	1,750		5	0	.07	.10	4.2	0
	Salmon, sockeye; red salmon (Oncorhynchus nerka):																			
1432	Canned, E.P.	0	136	71.5	20.5	5.4	0	0	2.6	170	320	1.2	500		5	0	.02	.12	7.0	0
1433	Roe, salted, E.P.	0	245	53.0	25.0	15.0	0.8	0	3.2	100	500	4.0	1,900		150	0	.50	.40		0

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH--continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Sandfish (Arctoscopus japonicus):																			
1434	Raw:																			
a	E.P.	0	98	80.6	14.0	4.3	0	0	1.1	61	184	1.5			15	5	.10	.05		0
b	A.P.; refuse, bones, entrails, fins and scales	45	54	44.3	7.7	2.4	0	0	0.6	34	101	0.8			8	tr.	.06	.03		0
1435	Dried, salted, E.P.	0	280	30.3	44.8	9.8	0	0	15.1	28?	250	10.0			0	0	.04	.08		
	Sardine, fimbriated (Sardinella fimbriata):																			
1436	Raw:																			
a	E.P.	0	100	76.3	20.5	1.4	0	0	1.8	191	228	1.4	99	325			.01	.07	7.6	
b	A.P.; refuse, bones, heads, scales, and entrails	34	66	50.4	13.5	0.9	0	0	1.2	126	150	0.9	65	214			.01	.05	5.0	
1437	Dried:																			
a	E.P.	0	184	45.8	38.0	2.4	0	0	13.8	200	366	2.6	5,175	1,060			.01	.24	7.1	
b	A.P.; refuse, bones, heads, scales and entrails	36	117	29.4	24.3	1.5	0	0	8.8	128	234	1.7	3,312	678			.01	.15	4.5	
	Sardine, Indian (Sardinella longiceps):																			
1438	Raw:																			
a	E.P.	0	112	76.0	19.4	3.2	0	0	1.4	96	220	1.4	61	420			.01	.07	7.9	
b	A.P.; refuse, bones, heads, scales and entrails	45	62	41.7	10.7	1.8	0	0	0.8	53	121	0.8	34	231			.01	.04	4.3	
1439	Dried:																			
a	E.P.	0	170	45.5	37.4	1.1	0	0	16.0	288	315	3.6					.01	.10	14.5	
b	A.P.; refuse, bones and heads	57	73	19.5	16.1	0.5	0	0	6.9	124	135	1.5					tr.	.04	6.2	
1440	Smoked:																			
a	E.P.	0	174	58.1	33.2	3.6	0	0	5.1	203	175	0.8	5,189	723			.01	.09	5.0	
b	A.P.; refuse, bones and heads	39	106	35.5	20.2	2.2	0	0	3.1	124	107	0.5	3,165	441			.01	.05	3.0	
	Sardine, short-bodied (Sardinella perforata):																			
1441	Raw:																			
a	E.P.	0	124	73.8	19.3	4.6	0	0	2.3	157	290	1.5	131	501	10	tr.	.01	.03	2.4	0
b	A.P.; refuse, bones, heads, scales and entrails	46	67	39.9	10.4	2.5	0	0	1.2	85	157	0.8	71	270	5	tr.	tr.	.02	1.3	0
	Sardine, sp.; pilchard (Sardinops melanosticta):																			
1442	Raw:																			
a	E.P.	0	129	75.3	17.5	6.0	0	0	1.2	80	240	3.0	100		20	0	.02	.15	10.0?	1
b	A.P., refuse, bones, heads	45	71	41.4	9.6	3.3	0	0	0.7	44	132	1.6	55		11	0	.01	.08	5.5	1

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	10. FISH AND SHELLFISH-- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Sardine, sp. -- continued																			
1443	Dried, whole fish with bone, E.P.	0	360	18.2	55.2	13.8	0	0	12.8	1,276	1,657	7.2	2,100		30	5[illegible]	.09	.30	13.0	0
1444	Salted, E.P.	0	151	63.8	23.3	5.7	0	0	7.2	85	350	3.0	2,400		0	0	.03	.20	10.1	0
1445	Salted, dried, "Mezashi," (Japan)	0	185	58.2	29.6	6.5	0	0	5.7	855	692	8.0	1,300		60	0	.03	.03	28.0	0
	Canned:																			
1446	Plain	0	126	72.4	19.3	4.8	0	0	3.5	270	360	4.0	800		0	0	.04	.13	9.0	0
1447	Seasoned	0	149	67.0	20.6	5.8	2.3	0	4.3	270	360	4.0	800		0	0	.04	.13	9.0	0
1448	In oil	0	274	54.8	21.7	20.0	0.3	0	3.2	450	430	3.0	770		5	0	.05	.08	7.0	0
1449	In tomato sauce	0	149	68.0	22.2	5.4	1.5	0	2.9	330	360	4.5	1,100		0?	0	.03	.06	8.0	0
	Saury, Pacific (Cololabis saira):																			
1450	Raw:																			
a	E.P.	0	161	70.3	20.0	8.4	0	0	1.3	22	190	3.0	60		35	0	.05	.10	6.0	2
b	A.P., refuse, bones, scales, fins and entrails	30	113	49.2	14.0	5.9	0	0	0.9	15	133	2.1	42		25	0	.04	.07	4.2	1
1451	Salted:																			
a	E.P.	0	175	61.4	20.1	9.8	0.2	0	8.5	30	220	4.0	1,800		0	0	.04	.11	7.0	0
b	A.P.; refuse, bones	20	140	49.1	16.1	7.8	0.2	0	6.8	24	176	3.2	1,440		0	0	.03	.09	5.6	0
1452	Dried, seasoned:																			
a	E.P.	0	290	42.0	35.1	14.3	3.0	0	5.6	120	250	4.0	1,600		0	0	.04	.15	8.0	0
b	A.P.; refuse, inedible parts	10	262	37.8	31.6	12.9	2.[illegible]	0	5.0	108	225	3.6	1,440		0	0	.04	.14	7.2	0
	Canned:																			
1453	With seasonings	0	203	59.2	20.6	10.2	5.9	0	4.1	290	350	1.9	1,000		0	0	.06	.10	7.0	0
1454	With tomato	0	183	65.8	19.0	10.3	2.4	0.1	2.5	320	330	4.0	500		tr.	0	.09	.14	9.0	0
	Scad, big-eyed (Selar crumenophalmus):																			
1455	Raw:																			
a	E.P.	0	76	80.6	17.5	0.1	0	0	1.8	50	115	0.4	61	614			.03	.08	3.2	
b	A.P.; refuse, bones, scales, fins and entrails	50	38	40.3	8.8	tr.	0	0	0.9	25	58	0.2	30	307			.02	.04	1.6	
1456	Dried, salted:																			
a	E.P.	0	175	43.3	37.8	1.5	0	0	17.4	332	817	5.1					.02	.05	13.5?	
b	A.P.; refuse, bones and entrails	42	102	25.1	21.9	0.9	0	0	10.1	192	474	3.0					.01	.03	7.8	
	Scad, round (Decapterus macrosoma):																			
1457	Raw:																			
a	E.P.	0	100	76.7	20.6	1.3	0	0	1.4	71	214	0.7	81	404			.17	.19	9.5	
b	A.P.; refuse, bones, scales, entrails and fins	44	55	43.0	11.5	0.7	0	0	0.8	40	120	0.4	45	226			.10	.11	5.3	
1458	Dried, salted:																			
a	E.P.	0	251	34.2	48.6	4.8	0	0	12.4	614	917	4.8	3,162	700	0	0	.02	.05	16.2	
b	A.P.; refuse, bones	29	178	24.3	34.5	3.4	0	0	8.8	436	651	3.4	2,245	497	0	0	.01	.04	11.5	

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH--continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Scallop (Pecten yessoensis):																			
1459	Raw, edible muscle, E.P.	0	82	79.6	16.3	0.4	2.2	0	1.5	12	112	1.2			tr.	15	.07	.19	1.3	2
1460	Dried, edible muscle, E.P.	0	340	16.2	66.2	2.5	8.4	0	6.7	32	672	3.7		1,579	0	0	.01	.28	4.0	0
	Canned:																			
1461	Plain	0	113	71.8	22.6	0.3	3.4	0	1.9	50	170	0.7	500		0	0	.02	.15	1.8	
1462	Seasoned	0	132	64.4	20.1	0.1	11.8	0	3.6	50	190	3.0	1,100		0	0	.02	.04	2.3	
	Scavenger. See Porgy.																			
	Sea-slug; sea-cucumber (Stichopus japonica):																			
1463	Raw, edible muscle, E.P.	0	21	92.6	4.3	0.2	0.2	0	2.7	67	14	1.0			tr.	0	.07	.09	0.5	0
1464	Dried, edible muscle, E.P.	0	355	8.9	82.0	1.7	4.8	0	2.6	308	23	41.7	770	91	455	45	.04	.07	0.4	0
1465	Dried, edible muscle, soaked, E.P.	0	89	79.0	18.9	0.4	1.1	0	0.6	68	5	9.2	170	20	100	10	.01	.02	0.1	
	Sea squirt (Halocynthis roretzi):																			
1466	Salted, E.P.	0	90	68.7	10.0	2.7	5.9	0	12.7	57	120	3.0	4,400		15	25	.20	.25		0
	Sergeant fish (Rachycentron canadum):																			
1467	Raw:																			
a	E.P.	0	115	76.3	18.4	4.0	0	0	1.3											
b	A.P.; refuse, bones, scales, fins and entrails	37	72	48.1	11.6	2.5	0	0	0.8											
	Shad, gizzard; basing (Anodontostoma chacunda):																			
1468	Raw:																			
a	E.P.	0	90	78.4	18.1	1.4	0	0	2.1	125	194	0.5	98	417			.01	.04	2.5	
b	A.P.; refuse, bones, scales, fins, head and entrails	60	36	31.4	7.2	0.6	0	0	0.8	50	78	0.2	39	167			tr.	.02	1.0	
1469	Dried, salted, E.P.	0	150	51.5	23.7	5.4	0	0	13.4	500	483	2.8	6,671	775			.01	.15	3.8	
	Shad, slender (Ilisha elongata):																			
1470	Raw:																			
a	E.P.	0	131	76.4	14.6	7.6	0	0	1.4	39	231	1.5					tr.	.12	5.2	0
b	A.P.; refuse, bones, entrails and scales	45	72	42.0	8.0	4.2	0	0	0.8	21	127	0.8					tr.	.07	2.9	0
	Shark, blue (Prionace glauca):																			
1471	Raw:																			
a	E.P.	0	63	86.3	10.5	2.0	0	0	1.2	52	150	0.4			10	0	.112	.11	0.9	0
b	A.P.; refuse, scales, fins, bones, and entrails	55	28	38.9	4.7	0.9	0	0	0.5	2	68	0.2			5	0	.05	.05	0.4	0

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH--continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Shark, sand; fiddlefish (Rhinobatos hynnicephalus):																			
1472	Raw:																			
a	E.P.	0	127	76.2	16.2	6.4	0	0	1.2	97	257	1.6					.07	.08	1.7	0
b	A.P.; refuse, bones, fins, and entrails	56	56	33.6	7.1	2.8	0	0	0.5	4	113	0.7					.03	.04	0.7	0
	Shark, sp. (Carcharias spp.; Scoliodon spp.):																			
1473	Raw:																			
a	E.P.	0	100	77.0	20.6	1.3	0	0	1.1	32	192	1.4	79	549	0	0	.02	.03	4.4	
b	A.P.; refuse, bones	24	76	58.6	15.6	1.0	0	0	0.8	24	146	1.1	60	417	0	0	.02	.02	3.3	
	Fins:																			
1474	Dried, E.P.	0	366	12.8	84.9	0.3	0.1	0	1.9	155	169	11.6	155	132	0	0	.05	.04	0	0
1475	Dried, soaked, and drained	0	113	73.3	25.8	0.3	0	0	0.6	170	160	4.8	18	55			.01	.12	tr.	
1476	Skin, raw, E.P.	0	73	82.8	17.0	0.1	0	0	0.1	23	38	2.2			0		.02	.04	0.1	0
	Sheat-fish (Krytopterus krytopterus):																			
1477	Raw, E.P.	0	84	80.7	17.3	1.1	0	0	0.9	49	152	1.0			90	20	.01	.04	1.4	
	Shrimp. See Prawn.																			
	Sickle fish. See Batfish, spotted.																			
	Siganid, Javan (Siganus javus):																			
1478	Raw:																			
a	E.P.	0	91	78.7	19.3	1.0	0	0	1.0	41	122	0.5	76	450			.16	.13	4.4	
b	A.P.; refuse, bones, scales, fins and entrails	52	44	37.7	9.3	0.5	0	0	0.5	20	58	0.2	36	216			.08	.06	2.4	
	Silver-bar fish. See Dorab.																			
	Silver-biddy. See Gerres, sp.																			
	Silverfish (Atherina forskali):																			
1479	Dried, rinsed, and drained, E.P.	0	320	28.9	57.1	7.9	1.3	0	4.8	540	160	7.3	100	620	100	10	.16	.04	3.2	
1480	Skate, thorn-back (Raja kenojei):																			
	Raw:																			
a	E.P.	0	90	78.9	19.2	0.9	0	0	1.0	64	131	1.4			0		.237	.08	1.3	0
b	A.P.; refuse, bones and entrales	28	65	56.8	13.9	0.6	0	0	0.7	46	94	1.0			0		.162	.06	0.9	0
	Skipjack (Euthynnus pelamys; Katsuwonus pelamys):																			
1481	Raw:																			
a	E.P.	0	131	70.4	26.2	2.1	0	0	1.3	8	220	4.0	52	407	10	0	.03	.15	18.0	2
b	A.P.; refuse, bones, scales, fins and entrails	35	85	45.8	17.0	1.4	0	0	0.8	5	143	2.6	34	264	5	0	.02	.10	11.7	1

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH-- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Skipjack -- continued																			
	Strips:																			
1482	Semi-dried	0	276	39.6	51.5	6.2	0	0	2.7	13	350	10.0			tr.	0	.03	.20	35.0	0
1483	Dried	0	369	15.3	75.6	5.1	0	0	4.0	17	540	5.0	280		0	0	.03	.35	45.0	0
	Canned:																			
1484	Plain	0	145	66.7	27.8	2.8	0.3	0	2.4	17	240	3.0	700		0	0	.02	.15	16.0	
1485	In oil	0	168	62.9	29.0	4.8	0.3	0	3.0	24	250	4.0			0	0	.02	.06	11.0	0
1486	Flakes, seasoned, canned	0	153	63.1	24.0	3.6	4.7	0	4.6	140	280	8.0	1,300		0	0	.05	.14	10.0	0
	Slipmouth, black-finned; slimy; soapy (Leiognathus daura):																			
1487	Raw:																			
a	E.P.	0	93	78.2	19.6	1.0	0	0	1.2	52	159	0.7	130	378			.02	.04	1.9	
b	A.P.; refuse, bones, entrails, scales, fins and head	64	33	28.2	7.0	0.4	0	0	0.4	19	57	0.2	47	136			.01	.01	0.7	
	Slipmouth, common; slimy; soapy (Leiognathus equulus):																			
1488	Raw:																			
a	E.P.	0	93	78.9	17.9	1.8	0	0	1.4	46	162	1.0	162	437	50	10	.07	.04	2.5	
b	A.P.; refuse, bones, scales, entrails, fins and head	59	37	32.4	7.3	0.7	0	0	0.6	19	66	0.4	66	179	20	5	.03	.02	1.0	
	Smelt; whiting (Sillago sihama):																			
1489	Raw:																			
a	E.P.	0	97	76.7	20.4	1.1	0	0	1.8	42	184	1.0	118	457	10	0	.05	.10	5.4	0
b	A.P.; refuse, bones and entrails	46	52	41.4	11.0	0.6	0	0	1.0	23	99	0.5	64	247	5	0	.03	.05	2.9	0
	Smelt, pond (Hypomesus olidus):																			
1490	Raw, whole fish, E.P.	0	99	75.0	17.1	2.9	0	0	5.0	750	680	5.0			30	0	.13	.36	2.0	0
	Smelt, sweet (Plecoglossus altivelis):																			
1491	Raw:																			
a	E.P.	0	100	78.6	17.0	3.0	0	0	1.4	50	190	2.0	80		35	0	.04	.10	3.0	0
b	A.P.; refuse, bones and entrails	25	74	59.0	12.8	2.2	0	0	1.0	38	142	1.5	60		26	0	.03	.08	2.2	0
	Snail, river or pond (Viviparus spp.):																			
1492	Raw:																			
a	E.P.	0	77	79.5	11.6	0.9	4.8	0	3.2	1,163	118	8.6	77	179	105	25	.11	.28	1.6	0
b	A.P.; refuse, shell and viscera	46	42	42.9	6.3	0.5	2.6	0	1.7	628	64	4.6	42	97	55	15	.06	.15	0.9	0

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH-- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Snakehead; murrel (Ophiocephalus striatus):																			
1493	Raw:																			
a	E.P.	0	93	78.6	19.1	1.3	0	0	1.0	96	163	1.9	86	401	25	5	.04	.12	2.3	0
b	A.P.; refuse, bones, scales, fins and entrails	43	53	44.8	10.9	0.7	0	0	0.6	55	93	1.1	49	228	14	tr.	.02	.07	1.3	0
	Snapper, red, Malabar (Lutjanus spp.):																			
1494	Raw:																			
a	E.P.	0	99	77.9	18.7	2.1	0	0	1.3	34	184	1.0	120	373			.06	.11	4.7	
b	A.P.; refuse, bones, scales, fins and entrails	45	55	42.8	10.3	1.2	0	0	0.7	19	79	0.6	66	205			.03	.06	2.6	
	Soapy. See Slipmouth, black-finned.																			
	Spadefish; butterfish (Scatophagus argus):																			
1495	Raw:																			
a	E.P.	0	99	77.4	19.8	1.6	0	0	1.2	74	211	0.7	98	292			.02	.15	5.3	
b	A.P.; refuse, bones, scales, entrails and fins	57	43	33.3	8.5	0.7	0	0	0.5	32	91	0.3	42	126			.01	.06	2.3	
	Sprat; round herring (Dussumeria spp.; Etrumeus spp.):																			
1496	Raw:																			
a	E.P.	0	100	76.8	19.6	1.8	0	0	1.8	39	185	3.2	190	512	20	0	.04	.31	7.5	0
b	A.P.; refuse, bones and entrails	28	72	55.3	14.1	1.3	0	0	1.3	28	133	2.3	137	369	15	0	.03	.22	5.4	0
	Squid (Loligo spp.; Ommastrephes spp.):																			
1497	Raw:																			
a	E.P.	0	75	82.0	15.3	0.8	0.7	0	1.2	15	194	1.0	176	266	15	0	.03	.08	3.2	0
b	A.P. refuse, soft bones and viscera	7	69	76.4	14.2	0.7	0.6	0	1.1	14	180	0.9	164	247	15	0	.03	.07	3.0	0
1498	Dried, E.P.	0	328	21.8	63.3	4.6	3.9	0	6.4	55	616	4.0	944	604			.13	.17	6.8	0
1499	Dried, soaked and drained, E.P.	0	162	65.2	29.3	3.6	1.0	0	0.9	10	200	2.1	100	94	100	10	.01	.07	0.8	
1500	Cooked, E.P.	0	115	73.3	24.2	1.2	0.2		1.1	(22)	246	1.4					.01	.03	1.7	
1501	Soused (Korea), E.P.	0	245	38.5	35.2	2.5	17.6	0	6.2	11	400	2.0			0		.10	.15	12.0	0
	Processed (Japan)																			
1502	"Surume"	0	338	19.0	67.5	4.7	1.9	0	6.9	43	1,000	3.5			0		.12	.25		
1503	"Tsukudani of strips"	0	298	28.0	22.0	3.0	43.0	0	4.0	30	460	0.6			0		.09	.09	14.0	0
1504	Vicera, salted	0	102	65.5	16.0	1.5	5.0	0	12.0	80	250	2.5	4,000		30		.10	.20	5.0	0

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH--continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Squid, toyama (Watasemia scintillans):																			
1505	Raw:																			
a	E.P.	0	104	77.5	17.4	3.0	0.6	0	1.5	10	420	2.5			15		.15	.20	4.0	
b	A.P., refuse, soft bones and viscera	10	93	69.7	15.7	2.7	0.5	0	1.4	9	378	2.2			15		.14	.18	3.6	
	Squill (Cratosquilla oratoria):																			
1506	Cooked, E.P.	0	92	80.8	15.1	3.0	0	0	1.1	50	190	1.5			5	0	0		2.0	0
	Stingray, blue-spotted (Dasyatis kuhlii):																			
1507	Raw:																			
a	E.P.	0	79	80.1	18.3	0.1	0	0	1.5	25	99	tr.					.04	.05	2.5	
b	A.P.; refuse, bones, scales, entrails, head, and fins	59	32	34.9	7.5	tr.	0	0	0.6	10	40	tr.					.02	.02	1.0	
	Stingray, marbled (Dasyatis uarnak; D. akajei):																			
1508	Raw:																			
a	E.P.	0	71	82.6	15.7	0.4	0	0	1.3	25	170	1.2	179	236	25	0	.08	.03	4.6	0
b	A.P.; refuse, bones, scales, entrails, head and fins	60	28	33.0	6.3	0.2	0	0	0.5	10	68	0.5	72	94	10	0	.03	.01	1.8	0
	Stumpnose. See Bream, sea.																			
	Surgeonfish (Acanthurus bleekeri):																			
1509	Raw:																			
a	E.P.	0	84	79.8	18.5	0.5	0	0	1.2	45	169	0.5	60	546			.03	.03	3.8	
b	A.P.; refuse, bones, scales, entrails and fins	51	41	39.1	9.1	0.2	0	0	0.6	22	83	0.2	29	268		15	.01	.01	1.9	
	Swamp-eel (Synbrachus bengalensis):																			
1510	Raw:																			
a	E.P.	0	86	80.5	17.5	1.2	0	0	0.8	50	158	2.2			70	13	.13	.05	2.5	
b	A.P.; refuse, head, entrails and bones	44	48	45.1	9.8	0.7	0	0	0.4	28	88	1.2			40	10	.07	.03	1.4	

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	10. FISH AND SHELLFISH--continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Swordfish (Xiphias gladius):																			
1511	Raw:																			
a	E.P.	0	116	74.8	21.2	2.8	0	0	1.2	13	228	1.1	102	342	20	0	.07	.11	7.7	2
b	A.P.; refuse, bones, entrails and fins.	35	75	48.6	13.8	1.8	0	0	0.8	8	148	0.7	66	222	15	0	.04	.07	5.0	1
	Tarpon; ladyfish (Megalops cyprinoides):																			
1512	Raw:																			
a	E.P.	0	102	77.3	19.6	2.0	0	0	1.1	54	263	0.7	82	360			.02	.06	5.1	
b	A.P.; refuse, bones, entrails, fins and scales.	52	49	37.1	9.4	1.0	0	0	0.5	26	126	0.3	39	173			.01	.03	2.4	
	Ten-pounder (Elops hawaiiensis):																			
1513	Raw:																			
a	E.P.	0	110	76.7	18.7	3.3	0	0	1.3	92	192	1.0	82	491	20		.09	.05	4.0	0
b	A.P.; refuse, bones, entrails, scales and fins.	44	61	43.0	10.5	1.8	0	0	0.7	52	108	0.6	46	275	10		.05	.03	2.2	0
	Threadfin, four-fingered (Eleutheronema tetradactyla):																			
1514	Raw:																			
a	E.P.	0	77	80.7	17.9	0.1	0	0	1.3	66	165	tr.					.02	.05	1.8	
b	A.P.; refuse, bones, scales, head and entrails.	60	31	32.3	7.2	tr.	0	0	0.5	26	66	tr.					.01	.02	0.7	
	Threadfin, sp. (Polynemus spp.):																			
1515	Raw:																			
a	E.P.	0	92	77.9	20.3	0.6	0	0	1.2	50	174	0.3	96	436			.02	.08	3.2	
b	A.P.; refuse, bones, scales, head and entrails.	59	37	32.0	8.3	0.2	0	0	0.5	20	71	0.1	39	179			.01	.03	1.3	
1516	Fried and salted, E.P.	0	188	46.4	40.2	1.8	0	0	11.6	190	(422)	0.9			0	0	.08	.31	4.6	0
	Tigerfish; theraponid (Therapon spp.):																			
1517	Raw:																			
a	E.P.	0	92	77.6	20.6	0.4	0	0	1.4	50	203	0.8	83	474			.02	.07	4.5	
b	A.P.; refuse, bones, scales, entrails and fins.	59	38	31.8	8.4	0.2	0	0	0.6	20	83	0.3	34	194			.01	.03	1.8	
	Tilapia (Tilapia mossambica):																			
1518	Raw:																			
a	E.P.	0	106	77.4	18.8	2.8	0	0	1.0	54	172	0.4	52	454	25	5	.03	.12	3.1	0
b	A.P.; refuse, bones, scales, entrails head and fins.	62	40	29.4	7.1	1.1	0	0	0.4	20	65	0.2	20	172	10	tr.	.01	.04	1.2	0

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Composition of Foods, 100 grams, Edible Portion and As Purchased																	
	10. FISH AND SHELLFISH--continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Tile-fish (Branchiostegus spp.):																			
1519	Raw:																			
a	E.P.	0	100	77.9	18.7	2.2	0	0	1.2	40	217	1.4			30	5	.08	.11	2.8	0
b	A.P.; refuse, bones, entrails and scales	34	65	51.5	12.3	1.4	0	0	0.8	61	143	0.9			20	5	.05	.07	1.7	0
	Tongue-clam. See Lampshell.																			
	Tongue-sole (Cynoglossus spp.):																			
1520	Raw:																			
a	E.P.	0	90	79.6	17.2	1.9	0	0	1.3	29	164	1.2		489	15		.05	.15	3.3	0
b	A.P.; refuse, bones, scales, entrails and fins	43	52	45.4	9.8	1.1	0	0	0.7	16	93	0.7		279	9		.03	.08	1.9	0
	Top shell (Turbo cornutus):																			
1521	Raw:																			
a	E.P.	0	106	74.1	20.0	0.5	4.0	0	1.4	46	120	9.0?			35	70	.06	.06	3.0	2
b	A.P.; refuse, shell and viscera	84	17	11.9	3.2	0.1	0.6	0	0.2	7	19	1.4			5	10	.01	.01	0.5	tr.
1522	Canned and seasoned	0	131	65.5	20.1	0.6	9.6	0	4.2	47	142	3.2	1,300	68	100	10	.02	.04	4.0	0
	Torpedo. See Hardtail.																			
	Tribolodon (Tribolodon hakonensis):																			
1523	Raw:																			
a	E.P.	0	99	78.3	18.0	2.5	0	0	1.2	18	170	1.4			20		.30?	.10	2.0	0
b	A.P.; refuse, bones, entrails, scales and fins	45	55	43.0	9.9	1.4	0	0	0.7	10	94	0.8			10		.16	.06	1.1	0
	Trout (Salmo spp.):																			
1524	Raw:																			
a	E.P.	0	154	70.9	20.6	7.3	0	0	1.2	38	170	3.0			15	0	.14	.15	5.0	0
b	A.P.; refuse, bones, entrails, scales and fins	30	107	49.7	14.4	5.1	0	0	0.8	27	119	2.1			10	0	.10	.10	3.5	0
1525	Canned, salted, E.P.	0	200	63.2	22.7	11.4	0	0	2.7	427?	315	0.6			10	0	.01	.01	7.8	0
	Tuna, bluefin (Thunnus thynnus orientalis):																			
	Raw, E.P.:																			
1526	Lean	0	121	73.5	22.6	2.7	0	0	1.2	8	190	2.7	90		10	0	.10	.06	10.0	0
1527	Fat	0	317	52.7	21.4	25.0	0	0	0.9	11	220	1.0			30	0	.10	.08	5.0	2

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	10. FISH AND SHELLFISH--continued																			
	Tuna, yellowfin (Thunnus albacares; Neothunnus albacora; N. macropterus):																			
1528	Raw:																			
a	E.P.	0	105	74.5	24.1	0.2	0	0	1.2	9	220	1.1	78	518	5	0	.10	.10	12.2	1
b	A.P.; refuse, bones and skin	29	74	53.0	17.1	0.1			0.8	6	156	0.8	55	368	5	0	.07	.07	8.7	1
1529	Canned in oil	0	151	65.3	29.0	3.0	0	0	2.7	3	270	1.8			0	0	.05	.13	12.0	0
	Flake, canned:																			
1530	Plain	0	111	73.1	21.6	2.1	0	0	3.2	70	200	4.0	950		0	0	.08	.15	11.0	0
1531	Seasoned	0	165	63.8	23.5	5.8	3.2	0	3.7	120	220	4.0	1,000		0	0	.07	.03	8.0	0
	Whelk (Eburna japonica):																			
1532	Raw:																			
a	E.P.	0	69	83.6	11.6	0.6	3.4	0	0.8	34	58	2.2		38			.04	.09	3.1	0
b	A.P.; refuse, shell and viscera	56	31	36.7	5.1	0.3	1.5	0	0.4	15	26	1.0		17			.02	.04	1.4	0
	Whitebait (Salanx microdon):																			
1533	Raw, whole fish, E.P.	0	58	86.1	11.5	1.0	0	0	1.4	184	134	1.2	120	25	10		.17	.09	2.0	0
1534	Dried, whole fish, salted, E.P.	0	302	23.7	51.0	5.6	8.2		11.5	1,056	642	7.2			0		.25	.30	3.2	0
	Whiting. See Smelt.																			
	Wolfherring. See Dorab.																			
	Yellowtail. See Amberfish.																			
	Zacco, sp. (Zacco platypus):																			
1535	Raw:																			
a	E.P.	0	76	82.9	13.5	2.1	0	0	1.5	140	180	0.5			20	0	.03	.10	3.6	0
b	A.P.; refuse, bones, entrails, scales and fins	50	38	41.4	6.8	1.0	0	0	0.8	70	90	0.2			10	0	.02	.05	1.8	0

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	11. MILK AND MILK PRODUCTS	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	Butter. See Oils and Fats.																			
	Cheese:																			
1536	Blue	0	398	38.0	22.6	34.1	0	0	5.3	900?	700	0.7			230	200	.04	.50	0.4	0
1537	Cheddar	0	400	35.3	27.9	31.5	0.9	0	4.4	720	610	0.6	1,200		210	180	.04	.50	0.4	0
	Cottage:																			
1538	Creamed	0	134	73.0	24.0	5.5	0	0	1.5	104	210	0.2			30	25	.03	.35	0.5	0
1539	Uncreamed	0	92	77.0	15.4	0.8	4.9	0	1.9	89	142	0.2					.07	.18	0.7	
1540	Edam	0	389	33.8	31.7	28.4	1.0	0	5.1	850	640	0.6	1,300		190	160	.04	.50	0.3	0
1541	Gouda	0	392	35.8	28.3	30.6	0.6	0	4.7	840	630	0.6	1,300		210	180	.04	.50	0.4	0
1542	Processed	0	361	39.8	25.2	27.2	3.6	0	4.2	630	800	0.2	1,600		85	75	.03	.45	0.2	0
	Ice cream:																			
1543	Regular	0	140	68.0	4.0	3.5	23.8	0	0.7	120	110	0.1			15	15	.05	.20	0.1	0
1544	Rich	0	176	65.0	4.0	8.5	21.8	0	0.7	120	110	0.1	50		40	35	.05	.20	0.1	0
1545	Ice cream, mix powder	0	461	2.0	13.8	18.0	63.1	0	3.1	450	400	0.4			50	40	.10	.50	0.2	2
1546	Milk, buffalo or carabao, fluid, whole.	0	115	81.0	5.2	8.7	4.3	0	0.8	210?	101	0.1			35	30	.04	.16	0.1	1
1547	Milk beverage, soured and sweetened, jarred (Japan)	0	207	46.4	1.7	0.1	51.5	0	0.3	50	50				0	0	.02	.08		0
	Milk, cow:																			
	Fluid:																			
1548	3.5% fat	0	63	87.7	3.1	3.5	5.0	0	0.7	114	102	0.1	36	149	35	20	.04	.14	0.2	1
1549	3.0% fat	0	61	87.7	3.6	3.0	4.9	0	0.8	123	96	0.1			30	20	.04	.18	0.1	1
1550	Non-fat (skim)	0	34	91.0	3.4	0.1	4.8	0	0.7	110	92	0.1	38		0	0	.04	.16	0.1	2
1551	Buttermilk, cultured (made from almost completely skimmed milk)	0	34	91.0	3.4	0.1	4.8	0	0.7	110	92	0.1					.04	.16	0.1	
	Dried (Local):																			
1552	Whole	0	490	3.8	26.0	26.6	37.6	0	6.0	895	740	0.9	380		210	180	.20	1.00	0.8	2
1553	Nonfat milk solids (skim), regular	0	359	4.2	34.8	1.0	52.2	0	7.8	1,200	980	1.0	470		5		.30	1.60	1.1	5
	Dried, imported from USA:																			
1554	Whole	0	477	2.5	22.1	22.5	38.2	0	5.9	909	708	0.5	405	1,330	237	205	.29	1.46	0.7	8
	Nonfat milk solids (skim):																			
1555	Regular	0	363	3.0	35.9	0.8	52.3	0	8.0	1,308	1,016	0.6	532	1,745	5	5	.35	1.80	0.9	7
1556	Instant	0	352	4.0	35.8	0.7	51.6	0	7.9	1,293	1,005	0.6	526	1,725	5	5	.35	1.78	0.9	7
	Canned:																			
1557	Evaporated, unsweetened	0	136	74.0	6.9	8.0	9.5	0	1.6	255	202	0.2	140	(303)	60	50	(.04)	.32	0.2	1
	Condensed, sweetened:																			
1558	Whole	0	325	25.5	7.9	8.4	56.3	0	1.9	300?	240	0.3	150	(320)	40	32	.08	.40	0.2	2
1559	Nonfat (skim)	0	270	29.0	10.3	0.2	58.0	0	2.5	500	300	0.5	180		0	0	.16	.50	0.2	2

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	11. MILK AND MILK PRODUCTS --continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
1560	Milk, goat, fluid, whole	0	65	87.5	3.4	3.8	4.5	0	0.8	142	118	0.1	35	(160)	25	20	.04	.13	0.3	1
1561	Milk, horse, fluid, whole	0	40	91.0	2.1	1.1	5.4	0	0.4											
1562	Milk, human, fluid, whole	0	62	88.1	1.5	3.2	7.0	0	0.2	34?	20	0.2	15	(41)	40	30	.02	.07	0.2	4?
	Milk, soybean. See Soybean, Group 3.																			
1564	Sherbet	0	123	68.1	1.5	0	30.0		0.4	50	40	0			0	0	.02	.08	tr.	0
	Yoghurt, made from:																			
1565	Skimmed milk	0	76	80.0	3.5	0.1	15.5	0	0.9	120	100	0.1	40		0	0	.03	.15	0.1	0
1566	Partially skimmed milk	0	90	77.0	3.6	0.8	17.6	0	1.0	140	130	0.1	40	(299)	10		.03	.15	0.1	0
	12. OILS AND FATS																			
	Butter (imported from U.S.A.):																			
1567	Salted	0	729	14.7	0.9	82.4	0.2	0	1.8	12	18	0.2	780		620	190	.01	.02	0.1	0
1568	Unsalted	0	729	14.7	0.9	82.4	0.2	0	1.0	12	18	0.2			620	190	.01	.02	0.1	0
1569	Lard	0	902	0.0	0.0	100.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1570	Margarine, fortified (Japan)	0	723	15.1	0.5	81.5	0.2	0	2.7	6	16	0.2	950		0	2,700?	.01	.03	0	0
1571	Oils, pure, cooking		884	0	0	100.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
1572	Coconut oil	0	883	tr.	tr.	99.9	0		0.1	2	3	tr.					tr.	tr.	tr.	
1573	Peanut oil	0	884	tr.	tr.	99.9?	0	0	0											
1574	Sesame oil	0	881	0.1	0.2	99.7	0.1	tr.	tr.	10	5	0.1	2	20	0	0	.01	.07	0.1	0
1575	Soybean oil	0	883	0.1	0	99.9	0	0	0	0	0	0			0	0	0	0	0	0
1576	Tallow	0	875	0	0.3	99.7	0	0	0	6	7	0.4	20		180	0	.07	.05	0	0
1577	Vegetable oil; shortening	0	884	0	0	110.0	0	0	0	0	0	0				tr.	0	0	0	0

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	13. BEVERAGES	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
1578	Beer (3.9% alcohol by weight)	0	43	92.1	0.5	0	3.4	0	0.1	10	10	0.1			0	0	.01	.02	0.2	0
1579	Carbonated beverages, sweetened	0	30	92.1	0	0	7.8	0	0.1	2	1	0			0	0	0	0	0	0
	Coconut (Cocos nucifera):																			
	Cream:																			
1580	Prepared without water	0	330	53.8	4.3	34.7	6.0	0	1.2	11	122	2.3			0	0	.03	tr.	0.9	3
1581	Prepared with water	0	241	65.7	3.2	24.9	5.2	0	1.0	16	100	1.6			0	0	.03	tr.	0.8	3
1582	Milk (liquid expressed from mixture of grated coconut meat and water)	0	259	64.2	4.6	28.2	1.7	0	1.5	11	132	1.4	4	324	0	0	.05	.02	0.4	1
1583	Water (liquid from immature coconut)	0	22	94.4	0.2	0.4	4.5	0	0.5	24	18	0.3	5	130	0	0	tr.	tr.	tr.	3
	Coffee (Coffea spp.):																			
1584	Instant, dry powder, imported from USA	0	129	2.6	tr.	tr.	35.0	tr.	9.7	179	383	5.6	72	3,256	0	0	0	.21	30.6	0
1585	Infusion	0	4	98.7	0.7	0.3	0.2	0	0.1	5	8	0.2	1	(35)	0	0	0	0	(0.3)	0
	Mirin:																			
1586	Wine (13.5% alcohol by weight)	0	226	54.4	0.5	0	31.5	0	0.1	8	7	0.1			0	0	0	0	0	0
1587	Cake (3.6% alcohol by weight)	0	290	30.0	12.4	1.2	52.6	0.8	0.2	14	17	0.4			0	0	0	0	0	0
	Peanut, milk. See Group 3.																			
	Rice wine:																			
1588	Chinese (16.8% alcohol by weight)	0	132	79.1	0	0	3.8	tr.	0.3	29	49	tr.		70						
1589	Japanese (8.5% alcohol by weight)	0	245	43.3	3.0	0	45.0	0	0.2	3	14	1.4			0	0	0	0	0.5	0
1590	Sweetened (non alcoholic)	0	107	74.0	2.4	0.1	23.3	0.6	0.2	74	25	0.4			0	0	.08	.06	0.8	0
	Sake:																			
1591	Wine (16.1% alcohol by weight)	0	134	78.4	0.5	0	5.0	0	0	5	6	0.1			0	0	0	0	0	0
1592	Cake (8.0% alcohol by weight)	0	219	52.5	15.5	1.5	22.0	3.0	0.5	8	8	0.8					.03	.03	2.0	0
	Soybean milk. See Group 3.																			
	Sugar cane (Saccharum officinarum):																			
1593	Juice	0	56	84.3	0.2	0.2	15.0	0	0.3	13	8	0.5	2	102		tr.	.01	tr.	0.1	tr.
	Tea (Camellia sinensis; Thea sinensis):																			
	Black tea:																			
1594	Leaves, dried	0	293	8.0	24.5	2.8	58.8	8.7	5.9	327	313	24.3	50			2,700	.07	.80	7.6	9
1595	Infusion	0	1	99.7	0.1	0	0.1	0	0.1	2	3	0				0	0	0	0	0
	Green tea:																			
1596	Leaves, dried	0	300	7.7	28.3	4.8	53.6	9.6	5.6	245	415	18.9	60			8,400	.38	1.24	4.6	230
1597	Infusion	0	1	99.6	0.1	0	0.2	0	0.1	2	1	0.1				0	0	0	0	0
	Jasmine tea:																			
1598	Leaves, dried	0	299	8.1	24.1	3.5	59.0	9.7	5.3	320	185	31.6				8,400	.07	.79	7.3	85
1599	Infusion	0	1	99.6	0.1	0	0.2	0	0.1	2	1	0.1				0	0	0	0	0

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	13. BEVERAGES -- continued	Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
	Wine (Japan):																			
1600	White (13% alcohol by wt. Sg. 0.998)	0	85	84.6	0.2	0	2.0	0	0.2	9	4	0.8				0	0	0	0	0
1601	Red (13% alcohol by wt. Sg. 1.033)	0	95	85.8	0.3	0	0.7	0	0.2	15	4	0.8				0	0	0	0	0
1602	Portwine (13% alcohol by wt. Sg. 1.033)	0	141	73.8	0.1	0	13.0	0	0.1	6	4	0.8				0	0	0	0	0
1603	Plumwine (12% alcohol by wt. Sg. 1.033)	0	154	70.1	0.1	0.2	17.6	0	0	1	3	0.3				0	0	0	0	0
	14. MISCELLANEOUS																			
	Chocolate, E.P. (imported from U.S.A.)																			
1604	Bitter or baking	0	505	2.3	10.7	53.0	28.9	2.5	3.1	78	384	6.7	4	830	0	18	.05	.24	1.5	0
1605	Bittersweet	0	477	1.8	7.9	39.7	46.8	1.8	2.3	58	284	5.0	3	615	0	12	.03	.17	1.0	0
1606	Semisweet	0	507	1.1	4.2	35.7	57.0	1.0	1.2	30	150	2.6	2	325	0	6	.01	.08	0.5	0
1607	Sweet	0	528	0.9	4.4	35.1	57.9	0.5	1.2	94	142	1.4	33	269	0	3	.02	.14	0.3	tr.
	Cocoa powder (imported from U.S.A.):																			
1608	Cocoa powder with nonfat dry milk	0	359	1.9	18.6	2.9	70.8	0.5	5.4	589	545	1.8	525	800	4	4	.13	.73	0.7	3
1609	Cocoa powder without milk	0	347	1.3	4.0	2.0	89.4	1.0	2.5	30	171	2.1	268	500			.02	.09	0.5	0
1610	Mix for hot chocolate	0	392	3.1	9.4	10.6	73.9	0.8	2.6	275	290	1.4	382	605	0	3	.08	.41	0.5	1
	Condiments:																			
1611	Anise (Pimpinella anisum), seeds, dried	0	415	11.0	19.0	24.7	45.3			698		34.8								0
1612	Bitterorange, Maurutus; leech leaf (Citrus hystrix), leaves, semi-dried	0	146	57.1	6.8	3.1	29.0	8.2	4.0	1,672	20	3.8			0	1,815	.20	.35	1.0	20
1613	Chinese wingleaf, pricklyash; Chinese pepper (Zanthoxylum piperitum), seeds, dried	0	276	12.5	25.7	7.1	43.1	8.0	11.6	536	292	4.3		1,146						
1614	Cumin (Cuminum cuminum), seeds, white dried	0	332	12.0	16.6	13.4	50.2		7.8	1,365		24.3				520				0
	Curryleaves (Murraya koenigii) leaves:																			
1415	Dried, powder	0	301	13.1	14.2	10.9	49.0	9.4	12.8	86	250	44.1	180	619	0	5,400	.10	.32	5.0	0
1416	Roux, paste, dried	0	418	5.2	8.9	29.4	42.1	0.3	14.4	90	140	7.5	4,200	0	0	0	0	0	4.0	0
1617	Ginger (Zingiber officinale), root, dried	0	301	10.2	7.6	2.9	72.4		6.9	180						120	.16	.27	8.4	0

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion																	
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	Micrograms	Micrograms	Milligrams	Milligrams	Milligrams	Milligrams
	14. MISCELLANEOUS --continued																			
	Condiments--continued																			
1618	Mustard (Sinapsis alba; Brassica alba), seeds, white, dried, powdered	0	469	5.0	26.4	36.3	28.2	5.2	4.1	410	613	20.9				630	.40	.31	7.3	0
1619	Pepper, black (Piper nigrum), seeds, dried, powdered	0	325	12.0	12.2	8.2	63.6		4.0											
1620	Turmeric (Curcuma longa), rhizome, dried	0	337	13.0	6.3	5.1	72.1		3.5							10				
1621	Vinegar, E.P.	0	10	94.8	tr.	tr.	4.3	tr.	0.9	9	80	1.2	5	74	0	0	.03	.03	0.9	0
	Salad dressings:																			
1622	French	0	(410)	(38.8)	(0.6)	(38.9)	(17.5)	(0.3)	(4.2)	(11)	(14)	(0.4)	(1,370)	(79)						
1623	Italian	0	(552)	(27.5)	(0.2)	(60.0)	(6.9)	(tr.)	(5.4)	(10)	(4)	(0.2)	(2,092)	(15)		(tr.)	(tr.)	(tr.)	(tr.)	
1624	Mayonnaise	0	(718)	(15.1)	(1.1)	(79.9)	(2.2)	(tr.)	(1.6)	(18)	(28)	(0.5)	(597)	(34)	(59)	(50)	(.02)	(.04)	(tr.)	
	Salt:																			
1625	Crude	0		7.0	0	0	0		93.0	320	tr.	5.1								
1626	Table	0	(0.2)	(0)	(0)	(0)	(0)	(0)	(99.8)	(253)		(0.1)	(38,758)	(4)	(0)	(0)	(0)	(0)	(0)	(0)
	Yeast (imported from U.S.A.):																			
	Baker's:																			
1627	Compressed	0	86	71.0	12.1	0.4	11.0		2.4	13	394	4.9	16	610		tr.	.71	1.65	11.2	tr.
1628	Dry (active)	0	282	5.0	36.9	1.6	38.9		8.3	44	1,291	16.1	52	1,998		tr.	2.33	5.41	36.7	tr.
1629	Brewer's, debittered	0	283	5.0	38.8	1.0	38.4	1.7	7.1	210	1,753	17.3	121	1,894		tr.	15.61	4.28	37.9	tr.

APPENDIX 1

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

Foods or Food Groups	Protein	Fat	Total carbohydrate by difference
	Cal/gm	Cal/gm	Cal/gm
Cereals and grain products:			
Maize; corn, whole ground	2.73	8.37	4.03
Maize; corn, degermed	3.46	8.37	4.16
Oats	3.46	8.37	4.12
Rice, brown	3.41	8.37	4.12
Rice, polished	3.82	8.37	4.16
Wheat:			
Bran	1.82	8.37	2.35
Whole meal: 97-100% extraction	3.59	8.37	3.75
Flour: 85-93% extraction	3.75	8.37	3.95
Flour: 70-74% extraction	4.05	8.37	4.12
Rye:			
Whole-grain	3.05	8.37	3.86
Flour, medium	3.23	8.37	3.99
Other cereals, whole-grain[1]	3.50	8.37	3.75
Other cereals, refined	3.87	8.37	4.12
Starchy roots, tubers and fruits:			
Starchy roots and tubers	2.75	8.37	4.03
Starchy fruits	3.36	8.37	3.60
Legumes; Nuts; Seeds:	3.47	8.37	4.07
Vegetables:			
All vegetables, except underground crops	2.44	8.37	3.57
Underground crops[2]	2.75	8.37	3.54
Mushrooms	2.62	8.37	3.45

Foods or Food Groups	Protein	Fat	Total carbohydrate by difference
	Cal/gm	Cal/gm	Cal/gm
Fruits:			
All fruits except lemons, limes	3.36	8.37	3.60
Lemons, limes	3.36	8.37	2.48
All fruit juice, except lemon juice and lime juice, unsweetened	3.36	8.37	3.92
Lemon juice, lime juice, unsweetened	3.36	8.37	2.70
Sugars and syrups:			
Cane or beet sugar (sucrose)	--	--	3.87
Meats, poultry, and insects:			
Fish and shellfish:	4.27	9.02	--[3]
Eggs:	4.36	9.02	3.68
Milk and milk products:	4.27	8.79	3.87
Oils and fats:			
Butter	4.27	8.79	3.87
Other animal fats	--	9.02	--
Margarine, vegetable	4.27	8.84	3.87
Other vegetable fats and oils	--	8.84	--
Miscellaneous foods:			
Alcohol	--	--	--[4]
Chocolate, cocoa	1.83	8.37	1.33
Vinegar	--	--	2.40
Yeast	3.00	8.37	3.35

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

1 For other whole grains for which no energy factors have been developed, those of whole wheat have been used.
2 Underground crops refer to beets, carrots, onions, parsnips, radishes, etc.
3 Carbohydrate factors: 3.87 for brain, heart, kidney, liver; 4.11 for tongue and shellfish.
4 Factor to apply to ingested alcohol, 7.08 Cal/gm.

Note:
Factors used for Converting "Calories" to "Joules"

Kilocalorie into joule:
1 kilocalorie (Kcal) = 4.184 kilo joules (KJ)
1,000 kilocalories (Kcal) = 4,184 kilo joules (KJ)
1,000 kilocalories (Kcal) = 4.184 mega joules (MJ)

Kilo joule into Kilocalorie:
1 kilo joule = 0.2390 kilocalorie (Kcal)
1,000 kilo joules = 239 kilocalories (Kcal)
1 mega joule = 239 kilocalories (Kcal)

APPENDIX 2

CONVERSION FACTORS FOR WEIGHT UNITS USED IN EAST ASIA WITH METRIC AND AVOIRDUPOIS EQUIVALENTS

PART 1

Unit	Domestic Weight Units	Metric Equivalents Grams	Metric Equivalents Kilograms	Avoirdupois Equivalents Ounces	Avoirdupois Equivalents Pounds	Areas Applied
1	Catty, shih, new	500.	.50	17.6	1.10	Taiwan, Hong Kong, Mainland China
1	Liang, new	100.		3.5	.22	
1	Catty, old (16 liangs)	604.8	.60	21.3	1.33	
		100.		3.5	.22	
1	Liang, old	37.8	.04	1.3	.08	
1	Catty	600.	.60	21.2	1.32	Taiwan, Thailand
		100.		3.5	.22	
1	Catty	632.	.63	22.3	1.39	Philippines
		100.		3.5	.22	
1	Kati (catty)	617.6	.62	21.8	1.36	Indonesia, Singapore, Malaysia
		100.		3.5	.22	
1	Kin	600.	.60	21.2	1.32	Japan
		100.		3.5	.22	
1	Kun	600.	.60	21.2	1.32	Korea
		100.		3.5	.22	
1	Kwan (Kan) (1,000 momme)	3,750.	3.75	132.3	8.27	Japan, Korea
1	Momme	3.8		.13		Japan, Korea
	Shih catty. See Catty, shih.					

Unit	Domestic Weight Units	Metric Equivalents Kilograms	Avoirdupois Equivalents Pounds	Areas Applied
1	Arroba	11.50	25.35	Philippines
1	Picul	63.25	139.44	Philippines
1	Picul, old (100 catties)	60.48	133.33	Hong Kong, Mainland China
1	Picul, shih, new	50.00	110.23	Hong Kong, Mainland China
1	Pikul (Picul)	61.76	136.16	Indonesia
1	Picul	60.00	132.28	Thailand, Japan
1	Picul (hap)	60.00-68.00	132.3-149.9	Cambodia
1	Pyi	2.13	4.70	Burma
1	Quintal, metric	100.00	220.46	Vietnam, Laos, Cambodia
1	Quintal, old Spanish (4 arrobas)	46.00	101.41	Philippines
1	Stone	6.35	14.00	Burma, Malaysia
1	Ta(Picul)	60.45	133.27	North Vietnam
1	Ta (Patty)	68.00	149.91	South Vietnam
1	Tao	11.00-15.00	24.25-33.07	Cambodia
1	Ton, metric	1,000.00	2,204.6	Commonly used in most of the East Asian countries
1	Ton, long	1,016.05	2,240.00	Burma, Malaysia
1	Ton, short	907.18	2,000.00	Burma, Malaysia
1	Tong	22.00-30.00	48.50-66.14	Cambodia
1	Viss (100 ticals)	1.63	3.59	Burma

APPENDIX 3

INDEX OF SCIENTIFIC NAMES OF EAST ASIAN EDIBLE PLANTS USED IN THE FOOD COMPOSITION TABLE

PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Acacia spp.	Acacia, sp.	
	Leaves, raw	350
Achras zapota	Sapodilla; sapota; ponderosa	
	Fruit, raw	997
Achyranthes aspera	Prickly-chaff	
	Flowers, raw	670
Aegle marmelos	Baelfruit	
	Fruit, raw	922
Aesculus turbinata	Horse chestnut, Japanese	
	Whole, raw	317
Agaricus bretscheideri	Mushroom, Chinese	
	Dried	610
	Dried, soaked, drained	611
Agaricus campestris	Mushroom, cultivated	
	Raw	612
	Canned	613
	Dried	614
Aleurites moluccana	Candlenuttree	
	Seeds, dried	[illegible]
Allaenthus luzonicus	Himbabao	
	Flowers, raw	542
	Leaves, raw	543
Allium ampeloprasum	Garlic, great round-headed	
	Bulbs, raw	[illegible]
Allium ascalonicum	Shallot	
	Bulbs:	
	Raw	795
	Pickled	796
	"Hana-rakkyo"	797
Allium cepa	Onion, common, garden	
	Mature:	
	Raw	638
	Cooked	639
	Immature bulbs and tops:	
	Raw	640
Allium fistulosum	Onion, Welsh	
	Raw	642
Allium odorum	Onion, fragrant; Chinese leek	
	Raw	641
Allium porrum	Leek	
	Raw:	
	Unbleached	580
	Bleached	581
	Flowers, raw	582
Allium sativum	Garlic	
	Bulbs:	
	Raw	516
	Salted	517
	Leaves and stems, raw	518
	Shoots, raw	519
	Flowers, raw	520
Allium sp.	Garlic, wild	
	Bulbs, raw	522
Allium schoenoprasum	Chives	
	Raw	457
Alocasia macrorhiza	Alocasia, giant	
	Corms, raw	352
Alpinia galanga; Languas galanga	Galangal	
	Rhizomes, raw	515
Alternanthera spp.	Alternanthera, sp.	
	Leaves, raw	354
Alternanthera versicolor; Telanthera versicolor	Alternanthera, copper	
	Tops and tender cuttings	353
Amaranthus mangostanus	Amaranth, sp.	
	Leaves and stems, raw	
	Green	357
	Red	358
	White	359
Amaranthus spinosus	Amaranth, spiny	
	Leaves and stems, raw	360
Amaranthus sp.	Amaranth, sp.; Chinese spinach	
	Leaves and stems:	
	Raw	355
	Boiled	356
Amaranthus viridis	Amaranth, spineless	
	Leaves and stems, raw	361
Ammania baccifera	Ammania, sp.	
	Leaves, raw	362
Amorphophallus campanulatus	Giantarum, whitespot	
	Corms, raw	138
Amorphophallus conjac	Giantarum, sp.; elephant foot	
	Leaves, raw	523
Anacolosa luzoniensis	Galo nut	
	Pulp, raw	308
	Seeds, boiled	309
	Pulp and seeds, raw	310
Ananas comosus; A. sativus	Pineapple	
	Fruit:	
	Raw	973
	Canned, total content of can, sirup pack	974
	Juice:	
	Fresh	975
	Canned or bottled	976
	Jam	1026

APPENDIX 3

INDEX OF SCIENTIFIC NAMES OF EAST ASIAN EDIBLE PLANTS USED IN THE FOOD COMPOSITION TABLE

--Continued--

PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Anacardium occidentale	Cashew, common	
	Fruit, raw	732
	Leaves, raw	448
	Nuts:	
	Dried	229
	Roasted, with oil	230
Annona cherimola	Cherimoya	
	Fruit, raw	541
Annona glabra	Pondapple; alligator apple	
	Fruit, raw	954
Annona muricata	Soursop	
	Fruit, raw	1002
Annona reticulata	Custard-apple; bullocks-heart	
	Fruit, raw	551
Annona squamosa	Sugarapple, sweetsop	
	Fruit, raw	1005
Antidesma bunius	Chinalaurel, bignay	
	Berries, raw	544
Apium graveolens	Celery, Chinese	
	Unbleached, raw	449
	Bleached, raw	450
Arachis hypogaea	Peanut; groundnut	
	Raw	200
	Boiled	201
	Dried	202
	Roasted with shell	203
	Roasted without shell	204
	Roasted, salted	205
	Parched	206
	Parched, seasoned	207
	Fried, without skin	208
	Peanut products:	
	Flour, defatted	209
	Peanut butter, salt added	210
	Milk	211
	Cake, defatted	212
	Cake, defatted, fermented	213
	Oil	1573
Aralia cordata; A. edulis	Udo	
	Stalks, raw	758
Aralia elata canescens	Aralia, Japanese hoary	
	Leaves, raw	304
Arctium lappa	Burdock, great; gobo	
	Root:	
	Raw	125
	Boiled	126
Areca catechu; A. cathecu	Betel-nut palm; arecanut	
	Buds (palm heart), raw	411
	Nuts, dried	254
Arenga pinnata	Sugarpalm, gomuti	
	Shoots, raw	754
Armoracia lapathifolia	Horseradish	
	Root, raw	545
Artemisia lactiflora	Wormwood, ghostplant	
	Leaves, raw	804
Artemisia vulgaris	Wormwood, mugwort	
	Leaves, raw	805
Artocarpus altilis; A. communis	Breadfruit	
	Fruit:	
	Mature:	
	Yellowish brown	
	Raw	122
	Boiled	123
	Green, raw	124
	Immature:	
	Flesh and seeds, raw	418
	Leaves, raw	419
	Seeds:	
	Raw, dried	286
	Boiled	287
Artocarpus heterophylla; A. intergrifolia; A. integra	Jackfruit; jakfruit	
	Fruit	
	Mature, raw	880
	Immature, raw	881
Artocarpus heterophylla ----- (continued)	Jackfruit ----- (continued)	
	Seeds:	
	Raw	318
	Boiled	319
	Leaves, raw	555
Artocarpus odoratissima	Marang	
	Fruit, raw	915
	Seeds, boiled	327
Asparagus officinalis	Asparagus	
	Green:	
	Raw	367
	Canned, drained solids	368
	Dried, crude salt added	369
	White:	
	Raw	370
	Juice, canned	371
Aster amellus; A. trinervius	Aster	
	Leaves and tips, raw	372
Asystasia gangetica; A. coromandeliana	Asystasia, sp.	
	Tender leaves and stems, raw	373
Athyrium esculentum	Fern, sp.	
	Leaves and stems, raw	502
Auricularia polytricha	Jew's ear; Juda's ear; woodear	
	Tender variety:	
	Raw	557
	Dried, soaked, drained	558
	Dried	559
	Tough variety:	
	Dried	560
	Dried, soaked, drained	561
Auricularia sp.	Jew's ear	
	White	
	Dried	562
Avena sativa	Oats	
	Whole grain	36
	Oatmeal or rolled oats	37
Averrhoa bilimbi	Bilimbi	
	Fruit, raw	827

APPENDIX 3

INDEX OF SCIENTIFIC NAMES OF EAST ASIAN EDIBLE PLANTS USED IN THE FOOD COMPOSITION TABLE

--Continued--

PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Averrhoa carambola	Carambola; star-fruit	
	Fruit, raw	586
	Preserved with sugar	587
Baccaurea motleyana	Rambai	
	Fruit, raw	999
Bambusa spp.; B. spinosa; Phyllostachys spp.; Dendrocalamus spp.	Bamboo shoots, unspecified	
	Raw	377
	Partly boiled	378
	Dried	379
	Canned	380
	Pickled, canned	381
	Salted	382
	Steeped in hot oil	383
Bambusa spp.	Bamboo shoots, hairy	
	Raw	384
	Dried, soaked	385
Bambusa spp.	Bamboo shoots, spring variety	
	Raw	386
Bambusa spp.	Bamboo shoots, winter variety	
	Raw	387
Barringtonia acutangula	Barringtonia, onee	
	Leaves, raw	300
Basella alba; B. rubra	Vinespinach; Ceylon spinach; Malabar nightshade	
	Leaves	
	Raw	756
	Cooked	757
Bauhinia malabarica	Bauhinia, sp.	
	Leaves and tops, raw	398
Benincasa hispida; B. cerifera	Waxgourd, Chinese; ashgourd; winter melon	
	Fruit:	
	Raw	500
	Sugared	501
Bertholletia excelsa	Brazil-nut	
	Nuts, dried	265
Beta vulgaris	Beet	
	Root, raw	408
	Beet greens, raw	409
Beta vulgaris var. cicla	Chard, Swiss	
	Leaves and stalks, raw	452
Borassus flabellifer	Palmyrapalm; sugar-palm; African-fab-palm	
	Fruit, raw	948
	Young shoots, germinating radicles	643
Bouea spp.	Bouea sp.; gandaria; kudangan; setar	
	Fruit, raw:	
	Raw	828
	Unripe	829
	Leaves, raw	414
Brasenia schreberi	Watershield, schreber	
	Young leaves, soaked in vinegar	799
Brassica campestris	Rape, bird	
	Leaves and stems, raw	693
Brassica chinensis; B. alba	Cabbage, Chinese; Chinese pai-tsai	
	Leafy type:	
	Raw	426
	Cooked	427
	Salted	428
	Petiole type, raw	429
	Flowering type, raw	430
Brassica japonica	Mustard, Japanese	
	Leaves, raw	631
Brassica juncea	Mustard greens, Indian	
	Leaves and stems	
	Raw	620
	Cooked	621
	Dried and salted	622
	Semi-dried, salted and pickled	623
	Salted	624
	Soured, salted	625
	Salted, rice bran added	626
	Stems, raw	627
	Roots:	
	Raw	628
	Pickled	629
	Spiced	630
Brassica juncea var. oleifera	Colza	
	Leaf and flower tops, raw	462
	Shoots, raw	463
Brassica napobrassica	Rutabaga	
	Root, raw	699
Brassica narinosa	Cabbage, flat	
	Raw	437
Brassica oleracea var. acephala	Collard; kale	
	Raw	461
Brassica oleracea var. botrytis	Cauliflower	
	Raw	445
	Cooked	446
Brassica oleracea var. italica	Broccoli	
	Raw	419
Brassica oleracea var. capitata	Cabbage, common	
	White:	
	Raw	433
	Boiled	434
	Dried	435
	Red, raw	436

APPENDIX 3

INDEX OF SCIENTIFIC NAMES OF EAST ASIAN EDIBLE PLANTS USED IN THE FOOD COMPOSITION TABLE

--Continued--

PART 1

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Brassica oleracea var. gemmifera	Brussels sprouts	
	Raw	420
Brassica oleracea var. gongylodes	Kohlrabi	
	Raw	577
Brassica pekinensis	Cabbage, celery; pekinese cabbage	
	Raw	423
	Cooked	424
	Salted	425
Brassica spp.	Cabbage, Chinese, unspecified	
	Raw	431
	Salted	432
Brassica rapa	Turnip	
	Roots:	
	Raw	775
	Salted	776
	Pickled	777
	Salted, soaked with rice-bran	778
	Turnip greens:	
	Raw	779
	Salted and soaked with rice-bran	780
	Pickled	781
Cajanus cajan; C. indicus	Pigeonpea; catjang pea	
	Immature pods and seeds, raw	663
	Immature seeds, raw	664
	Whole seed, dried	217
Calanus ornatus var. philippinensis	Rattanpalm fruit	
	Fruit, raw	994
Calocarpum sapota	Sapote; marmalade plum	
	Fruit, raw	998
Camellia sinensis; Thea sinensis	Tea	
	Black tea:	
	Leaves, dried	1594
	Infusion	1595
	Green tea:	
	Leaves, dried	1596
	Infusion	1597
	Jasmine tea:	
	Leaves, dried	1598
	Infusion	1599
Canarium album	Olive, Ceylon	
	Raw	929
	Dried	930
	Semi-dried:	
	Salted	931
	Sugared	932
Canarium ovatum	Pilinut-canarytree	
	Nuts, dried	333
Canavalia ensiformis	Jakbean, common	
	Whole seed, dried	184
	Immature pods, raw	554
Cannabis sativa	Hemp seed	
	Whole	316
Capsala bursapastoris	Shepherdspurse	
	Raw	738
Capsicum annuum	Pepper, sweet	
	Fruit, green:	
	Raw	656
	Cooked	657
	Fruit, red, raw	758
Capsicum frutescens	Pepper, red; chili pepper; tobasco	
	Fruit:	
	Raw	653
	Dried	654
	Paste; chili paste	655
Capsicum spp.	Peppers, all varieties	
	Leaves, raw	659
Carica papaya	Papaya	
	Fruit:	
	Raw:	
	Ripe	951
	Unripe	645
	Preserved with sugar	954
	Juice:	
	Fresh	952
	Canned	953
	Young leaves, raw	614
Carissa grandiflora	Natal-plum; carissa	
	Fruit, raw	926
Carthamus tinctorius	Safflower	
	Whole seeds, dried	337
Carya illinoinensis; C. olivaeformis	Pecan	
	Nuts	329
Cassia obtusifolia; C. tora	Senna, sickle; foetid senna	
	Leaves, raw	728
Cassia siamea	Senna, Siamese	
	Leaves, raw	727
Castanea crenata	Chestnut, Japanese	
	Whole, raw	297
Castanea mollissima	Chestnut, Chinese	
	Whole:	
	Raw	295
	Roasted	296
Castanea sativa	Chestnut, European	
	Whole:	
	Raw	291
	Dried	292
	Roasted	293
	Boiled	294
Cedrela sinensis	Cedar	
	Shoots:	
	Raw	447
	Salted	448

APPENDIX 3

INDEX OF SCIENTIFIC NAMES OF EAST ASIAN EDIBLE PLANTS USED IN THE FOOD COMPOSITION TABLE

--Continued--

PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Centella asiatica	Wort, Indian penny	
	Leaves, raw	506
Chenopodium album	Goosefoot, lambs-quarters	
	Leaves, raw	533
Chrysanthemum coronarium	Chrysanthemum, crowndaisy	
	Leaves, raw	458
Chrysobalanus icaco	Cocoplum, icaco	
	Raw	545
Chrysophyllum cainito	Starapple, cainito	
	Fruit, raw	1003
Cicer arietinum	Chickpea; Bengal gram	
	Whole seeds, dried	177
	Flour	178
Cichorium endiva	Endive; escarole	
	Leaves, raw	498
Cirsium dipsacolepsis	Thistle, sp.	
	Leaves, soaked in miso	765
Citrullus lanatus; C. vulgaris	Watermelon; watermelon seeds	
	Fruit:	
	Raw:	
	Red pulp variety	1012
	Yellow pulp variety	1013
	Seedless variety, red pulp	1014
	Rind, raw	1015
	Seeds, whole:	
	Dried	347
	Sugared	348
	Pickled in soya sauce	349
Citrus aurantifolia	Lime	
	Fruit:	
	Raw	894
	Juice	895
	Rind	896
Citrus aurantium	Orange, sour	
	Fruit:	
	Raw	935
	Juice	936
Citrus iyo	Orange, sp.	
	Fruit, raw	945
Citrus hystrix	Bitterorange, Mauritius;	
	Fruit, raw	830
	Leaves, semi-dried	1612
Citrus limon	Lemon	
	Fruit:	
	Raw	891
	Juice, fresh	892
	Peels, raw	893
Citrus maxima; C. grandis	Pummelo; pomelo; shaddock	
	Fruit:	
	Raw	987
	Peels, sugared	988
Citrus medica	Citron	
	Leaves, raw	459
Citrus microcarpa	Bitterorange, smallfruit	
	Fruit, raw	831
Citrus paradisi	Grapefruit	
	Fruit:	
	Raw	868
	Juice; canned or bottled, imported:	
	Sweetened	869
	Unsweetened	870
Citrus poonensis	Orange, sp.	
	Fruit, raw	946
Citrus reticulata	Orange, mandarin; tangerine	
	Fruit, raw	934
Citrus sinensis	Orange, sweet	
	Fruit:	
	Raw	937
	Canned:	
	Total content of can	938
	Drained solids only	939
	Juice:	
	Fresh	940
	Canned, unsweetened	941
	Peels:	
	Raw	942
	Dried	943
	Marmalade	1030
Citrus sinensis; C. reticulata	Orange, king; temple	
	Fruit, raw	933
Citrus tankan	Orange, tankan	
	Fruit, raw	944
Clausena lansium	Wampee, Chinese; wampi	
	Fruit, raw	1019
Clitoria ternatea	Pigeonwings, Asian; blue pea	
	Pods and seeds, raw	665
Coccinia cordifolia; C. indica; Cephalandra indica	Ivygound, India	
	Gourd, raw	552
	Leaves, raw	553
Cocos nucifera	Coconut; coconut-palm	
	Cotyledon, raw	460
	Kernel:	
	Mature	298
	Immature	299
	Dried, powdered, sweetened	300
	Presscake (Indonesia)	301
	Presscake, molded (Indonesia)	302
	Cream:	
	Prepared without water	1580
	Prepared with water	1581
	Oil	1572
	Milk	1582
	Water	1583
Codonopsis lanceolata	Asiabell, lance	
	Leaves, raw	366
Coffea spp.	Coffee	
	Instant	1584
	Infusion	1585
Coix lacryma-jobi	Job's tears	
	Whole seed, hulled	12
	Flour	13
Cola acuminata; C. nitida	Cola-nut	
	Nut:	
	Raw	303
	Dried	304
Colocasia antiquorum; C. esculenta	Taro; dasheen	
	Leafstalk:	
	Raw	759
	Cooked	760
	Semi-dried	761
	Leaves:	
	Raw	762
	Cooked	763
	Tubers and corms:	
	Raw	158
	Boiled	159
	Dried	160
	Poi, 2-finger, 17% solid	161
Corchorus olitorius	Jute, potherb	
	Leaves:	
	Raw	565
	Cooked	566

APPENDIX C

INDEX OF SCIENTIFIC NAMES OF EAST ASIAN EDIBLE PLANTS USED IN THE FOOD COMPOSITION TABLE

--Continued--

PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Cordia myxa	Cordia, sebastanplum	
	Leaves, raw	465
Coriandrum sativum	Coriander	
	Leaves and stems, raw	4[illegible]
Corylus avellana	Hazel; filbert	
	Nut, dried	315
Corypha utan; C. elata	Buripalm	
	Fruit, raw	968
Crataegus pinnatifida	Hawthorn, Chinese	
	Fruit, raw	975
Crataeva roxburghii	Crataeva, sp.	
	Leaves, raw	450
Cryptotaenia japonica	Honeywort, Japanese	
	Greens, raw	544
Cucumis conomon	Melon, pickling, oriental	
	Fruit:	
	Raw	601
	Soaked in sake-cake	602
	Pickled	603
Cucumis melo	Muskmelon	
	Cantaloupes, Spanish melons:	
	Raw	922
	Other melons:	
	Raw:	
	White flesh	923
	Yellow flesh	924
Cucumis sativus	Cucumber	
	Raw	453
	Pickled	454
	Salted	455
	Soaked in rice-bran	456
Cucumis sp.	Cucumber, hairy	
	Raw	457
Cucurbita maxima	Squash, winter	
	Fruit, raw	748
	Young leaves	449
	Flowers	750
Cucurbita moschata	Cushaw	
	Fruit, raw	489
	Leaves, raw	490
Cucurbita pepo	Pumpkin	
	Fruit, raw	672
	Leaves, raw	673
	Seeds:	
	Dried	335
	Dried and salted	336
Cuminum cuminum	Cumin	
	Seeds, white, dried	1614
Curcuma longa	Turmeric, common	
	Roots, raw	774
	Rhizome, dried	1620
Cydonia oblonga	Quince, common	
	Fruit, raw	959
Cymbopogon citratus	Lemon-grass	
	Leaves, raw	553
Cynara scolymus	Artichoke, globe or French	
	Raw	365
Cyphomandra betacea	Tree tomato	
	Fruit, raw	772
Dalbergia cultrata	Rosewood, sp.	
	Leaves, raw	696
Daucus carota	Carrot	
	Raw	442
Delonix regia; Poinciana regia	Flamboyanttree	
	Seeds:	
	Raw	313
	Dried, boiled	314
Digenea simplex	Seaweed, sp.; gulamang dagot (Philippine)	
	Raw	714
Dillenia philippinensis	Dillenia, catmon; Philippine dillenia	
	Raw	555
Dioscorea aculeata	Yam, Goa	
	Tuber, raw	163
Dioscorea alata	Yam, winged	
	Tuber:	
	Raw	166
	Dried	167
Dioscorea esculenta	Yam, Chinese; spiny yam	
	Tuber, raw	162
Dioscorea luzonensis	Yam, Luzon	
	Tuber, raw	164
Dioscorea spp.	Yam, sp.	
	Leaves, raw	597
	Tuber, raw	165
Diospyros discolor	Persimmon, mabola; butterfruit; velvet apple	
	Fruit, raw	972
Diospyros ebenaster	Persimmon, Indian ebony	
	Fruit, raw	968
Diospyros kaki	Persimmon, kaki	
	Fruit:	
	Raw:	
	Soft-type, ripe	969
	Hard-type, ripe	970
	Dried	971
Dolichos lignosus	Dolichos, Australia pea	
	Seeds, dried	180
Dolichos uniflorus; D. biflorus	Horsegrain; horse gram; Madras gram	
	Seeds, dried	182
Dovyalis hebecarpa	Ceylon-gooseberry; ketembilla	
	Raw	840
Durio zibethinus	Durian, civet	
	Fruit:	
	Raw	856
	Cake	857
	Seeds:	
	Raw	305
	Cooked	306
Echinochloa crusgalli var. frumentacea	Japanese barnyard millet; sanwa millet	
	Whole grain	29
	Milled	30
	Flour	31
Ecklonia stolonifera	Seaweed, sp. (Korea)	
	Dried	715
Eichhornia crassipes	Waterhyacinth, common	
	Raw	796
Eisenia bicyclis	Seaweed, sp. (Japan)	
	Dried	716
Elaeagnus conimutata	Silverberry	
	Fruit, raw	999
Eleocharis tuberosa; E. dulcis	Matai; waterout; water chestnut	
	Corms:	
	Raw	598
	Canned:	
	Drained solids only	599
	Total contents of can	600
Eleusine coracana	Ragimillet; fingermillet; coracanmillet	
	Whole grain	35
Equisetum arvense	Horsetail, field	
	Leaves, raw	550

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INDEX OF SCIENTIFIC NAMES OF EAST ASIAN EDIBLE PLANTS USED IN THE FOOD COMPOSITION TABLE

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PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Eriobotrya japonica	Loquat; Japanese medlar	
	Fruit:	
	Raw	905
	Canned, syrup pack	906
Erythrina fusa	Coral bean	
	Leaves, raw	464
Eugenia aqua; Syzygium aqueum	Waterapple; jambu	
	Fruit, raw	1011
Eugenia sp.	Wax jambo; wax gambuor	
	Fruit, raw	1016
Eugenia uniflora; E. micheli	Surinam-cherry; pitanga	
	Fruit, raw	1007
Euphoria longan; Nephelium longana	Longan	
	Fruit:	
	Raw	901
	Dried	902
	Canned:	
	Total content of can	903
	Drained solids only	904
Euryale ferox	Euryale, gordon; foxnut	
	Seeds, dried	307
Fagopyrum sagittatum; F. esculentum	Buckwheat	
	Whole grain	6
	Flour:	
	Undermilled (dark)	7
	Milled (light)	8
	Noodles:	
	Dried	9
	Boiled	10
	Prepared food "Mook" (Korean)	11
Fiscus carica	Fig, common	
	Fruit:	
	Raw	860
	Dried	861
Flacourtia indica; F. remontchi	Ramontchi; governor's plum; lesser-kerkup	
	Fruit, raw	992
Flacourtia jangomas	Paniala; great-kerkup	
	Fruit, raw	950
Flammulina velutipes	Fungi, sp.	
	Raw	504
Foeniculum vulgare	Fennel, common	
	Leaves, raw	501
Fortunella margarita	Kumquat	
	Fruit, raw	957
	Peels, candied	958
	Fruit, preserved with syrup	959
Fragaria spp.	Strawberry	
	Berries, raw	1004
	Jam	1027
Garcinia dulcis	Garcinia, sp.	
	Fruit, raw	862
Garcinia mangostana	Mangosteen	
	Fruit, raw	914
Gelidium spp.; Eucheuma spp.; Gracilarva spp.	Agar	
	Dried	701
	Dried, soaked, drained	702
Ginkgo biloba	Ginkgo seed	
	Whole:	
	Raw, dried	311
	Canned, packed in water, solids only	312
Gliricidia sepium	Gliricidia, sp.; kawati;	
	Leaves, raw	529
Glycine max; G. soja; G. hispida	Soybean	
	Immature seeds, raw	742
	Whole mature seeds dried:	
	Yellow	219
	Black	220
	Whole immature seeds, dried	221
	Whole seeds:	
	Salted:	
	Black	222
	Green	223
	Green, soaked	224
	Fried	225
	Fermented	226
	Pickled	227
	Roasted	228
	Flour, made from roasted soybeans	229
	Defatted soybeans, whole seeds	230
	Soybean products:	
	Curd, unpressed	231
	Curd, tofu, raw:	
	Plain	232
	"Kinu oshi," Japanese preparation	233
	"Fukuri," Japanese preparation	234
Glycine max--continued	Soybean--continued	
	Curd, tofu, fried:	
	Moist type	235
	Dried type, reg. size	236
	Dried type, small size	237
	Canned	238
	"Abura age," Japanese preparation	239
	Curd, roasted	240
	Curd, tofu, fermented:	
	Home-prepared	241
	Jarred	242
	Curd, tofu:	
	Dried, spongy square	243
	Preserved	244
	Dried, rope-like	245
	Commercial (fermented with chili pepper), jarred	246
	Curd cheese	247
	Curd sheet (Milk clot sheet):	
	Moist type	248
	Dried type	249
	Pickled (in soysauce)	250
	Curd cake, pressed, raw:	
	Plain	251
	Fermented	252
	Spiced	253
	Strips, semi-dry	254
	Miso (Japan):	
	Plain	255
	Sweet	256
	Salty, light	257
	Salty, dark	258
	"Mame-miso"	259
	Powdered	260
	Paste:	
	Plain	261
	Fermented	262
	Red pepper added	263
	Sweet	264
	Malt	265
	Soybean milk:	
	Unenriched, unsweetened	266
	Soymilk, "Kaset" (Thailand):	
	Canned, concentrated	267
	Fluid	268

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PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Glycine max--continued	Soybean--continued	
	Soybean products:--continued	
	Saridele	269
	Soybean sauce:	
	Dark, thick	270
	Light, thin	271
	Unspecified	272
	"Tempeh," fermented soybean product (Indonesia)	273
	"Budo-mame," cooked (Japan)	274
	Soybean residue:	
	Liquid	275
	Powder	276
	Immature seeds, raw	742
	Sprouts:	
	Raw	743
	Cooked	744
Gnetum gnemon	Jointfir spinach; relindjo-leaves	
	Leaves, raw	563
	Fruit, raw	564
	Nuts, dried, flattened	320
Gracilaria confervoidex	Seaweed, sp. (Japan)	
	Raw	717
Gyrophora esculenta	Fungi, sp.	
	Dried	505
Helianthus annuus	Sunflower seed	
	Seeds, dried	342
Helianthus tuberosus	Jerusalem-artichoke	
	Tuber, raw	556
Heliconia brevispatha	Heliconia, sp.; false-bird-of-paradise	
	Leaves, raw	539
Hemerocallis flava	Daylily, lemon	
	Flowers:	
	Raw	492
	Dried	493
Heterochordaria abietina	Seaweed, sp. (Japan)	
	Dried	718
Hibiscus cannabinus	Hibiscus, kenaf	
	Leaves, raw	541
Hibiscus esculentus	Okra; lady's finger	
	Raw	636
	Cooked	637
Hibiscus rosa-chinensis	Hibiscus, Chinese	
	Flowers, raw	540
Hibiscus sabdariffa	Sorrel, red; Indian sorrel	
	Leaves, raw	740
	Fruit, raw	741
Hijikia fusiformis	Seaweed, sp. (Japan)	
	Dried	719
Hygrophila spinosa; Asteracantha longifolia	Starthorn	
	Leaves, raw	751
Hordeum vulgare	Barley	
	Whole grain	1
	Malted	2
	Milled, pressed	3
	Pearled, light, imported	4
	Meal roasted	5
Hydrosme rivieri; Amorphophallus rivieri	Devilstongue	
	Tuber, raw	137
Inocarpus edulis; I. fagiferus; Bezea edulis	Tahiti-chestnut; Polynesian chestnut	
	Seeds, raw	343
Ipomoea aquatica; I. reptans	Water convulvolus; swamp-cabbage; water spinach	
	Leaves and stems:	
	Raw	791
	Cooked	792
Ipomoea batatas	Sweetpotato	
	Leaves and tender tips:	
	Raw	755
	Cooked	756
	Roots:	
	Raw:	
	Pale variety	150
	Yellow variety	151
	Boiled, yellow	152
	Dried:	
	Pale variety	153
	Yellow variety	154
	Flour	155
	Starch	156
	Steamed, dried	157
Juglans regia	Walnut, Persian or English	
	Dried	346
Jussiaea repens	Waterprimrose, creeping; sunrose, willow	
	Leaves, raw	798
Kaempferia candida and K. pandurata	Resurrectionlily, sp.	
	Rhizomes	
	Raw	694
Kalimeris yomena	Kalimeris, sp.	
	Leaves, raw	567
Kodium tenne	Seaweed, sp.; popkolo (Philippine)	
	Raw	720
Lablab niger; Doliches lablab	Hyacinth bean; Indian butterbean	
	Whole seeds, dried	183
	Young pods and immature beans:	
	Raw	397
	Cooked	398
	Leaves, raw	399
	Runners, raw	400
Lactarius hatsudake	Fungi, sp.	
	Raw	506
Lactuca sativa	Lettuce, garden	
	Raw:	
	Unheaded	584
	Headed	585
Lactuca sativa var.	Celtuce	
	Raw	451
Lactuca sativa var. asparagina	Lettuce, garden, asparagus	
	Raw	586
Lactuca scariola; L. serriola	Lettuce, prickly; Chinese	
	Leaves, raw	587
	Stems:	
	Raw	588
	Pickled and fermented, paste added	589
Lagenaria siceraria; L. vulgaris; L. leucantha	Calabash; bottlegourd	
	Fruit:	
	Raw	438
	Pickled	439
	Semi-dried	440
	Leaves, raw	441

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INDEX OF SCIENTIFIC NAMES OF EAST ASIAN EDIBLE PLANTS USED IN THE FOOD COMPOSITION TABLE

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SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Laminaria spp.	Seagirdle	
	"	707
	Dried	708
	Dried, soaked, drained	709
	Dried, oiled	710
Lansium domesticum	Langsat, domestic; duku	
	Fruit, raw	890
Larix sp.	Larch	
	Seeds, dried	821
Laurencia seticulosa	Seaweed, sp.; kulot (Philippine)	
	Raw	721
Lensculinaris; L. esculenta; Ervum lens	Lentil; dhal; split pea	
	Whole seeds, dried	187
Lertinus edodes	Fungi, sp.	
	Raw	507
	Dried	508
Lepidium sativum	Cress, garden	
	Raw	481
	Cooked in small amount of water	482
Leucaena glauca; L. Leucocephala	Lead-tree, whitepopinac; wild-tamarind	
	Tender tops and pods, raw	579
Lilium lansifolium	Lily, sp.	
	Root, raw	580
Lilium tigrinum	Lily, tiger	
	Bulb, dried	581
Limnocharis flava	Velvetleaf, yellow	
	Leaves, raw	784
Limnophila spp.	Marshweed	
	Leaves, raw	597
Litchi chinensis (sinensis); Nephelium litchi	Litchi; lychee	
	Fruit:	
	Raw	897
	Dried	898
	Canned:	
	Total content of can	899
	Drained solids only	900
Lucuma nervosa	Canistel lucuma; egg fruit; ti-es	
	Fruit, raw	835
Luffa cylindrica; L. aegyptiaca	Gourd, rag, cylinder-type; smooth loofah; vegetable sponge; sponge gourd	
	Fruit, raw	536
	Leaves, raw	537
Luffa acutangula; Cucumis acutangulus	Gourd, rag, angled-type towelgourd; dishclothgourd	
	Fruit, raw	534
	Leaves, raw	535
Lycium chinense	Wolfberry, Chinese; matrimony-vine	
	Fruit, pulp and seeds, dried	802
	Leaves, raw	803
Macadamia ternifolia	Macadamia; queensland nut	
	Nut:	
	Dried	825
	Roasted	826
Malpighia glabra; M. punicifolia	West Indian cherry; barbados cherry	
	Fruit, raw	1017
	and	1018
Malus spectabilis	Crabapple, Chinese flowering	
	Fruit, raw	846
Malus sylvestris; M. pumila; Pyrus malus	Apple, common	
	Fruit:	
	Raw	812
	Canned, unsweetened	813
	Juice, canned or bottled	814
	Jam	1022
Malva sylvestris	Mallow, high or Chinese	
	Leaves, raw	595
Mammea americana	Mamey; mamme-apple	
	Fruit, raw	897
Mangifera caesia	Mango, binjai	
	Fruit, raw	898
Mangifera indica	Mango, common; Indian mango	
	Fruit:	
	Raw:	
	Ripe	909
	Half-ripe	910
	Unripe	911
	Juice, canned	912
	Young leaves, raw	596
	Jam	1025
Mangifera odorata	Mango, kuwini; kuini	
	Fruit, raw	913
Manihot dulcis	Cassava, sweet	
	Root	
	Raw	135
	Dried	136
Manihot esculenta; M. utilissima	Cassava, common, bitter	
	Leaves, raw	444
	Root:	
	Raw	127
	Dried	128
	Fermented	129
	Flour or meal	130
	Starch	131
	Grits	132
	Tapioca	133
	Chips	134
Maranta arundinacea	Arrowroot, Bermuda	
	Roots or rhizomes:	
	Raw	119
	Dried	120
	Starch	121
Marsilea crenata	Waterfern	
	Leaves, raw	795
Medicago denticulata	Burclover, toothed	
	Leaves, raw	421
Melia azadirachta; Azadirachta indica	Margosa; neem	
	Fruit, raw	916
Melicocca bijuga	Genip; mamoncillo; Spanish lime	
	Fruit, raw	863
Mentha spp.	Mint leaves	
	Raw	604
Metroxylon spp.	Sagopalm	
	Meal	148
	Noodles	149
Mimosa pudica	Sensitiveplant	
	Leaves, raw	729
Mimusops elengi	Bulletwood, elengi; tanjong-tree fruit	
	Flesh, raw	832
Momordica charantia	Balsampear; balsam-apple; bitter melon; bitter gourd	
	Fruit, raw	375
	Leaves, raw	376
Monocheria vaginalis	Monochoria, sp.	
	Leaves, raw	607
Morinda citrifolia	Indianmulberry	
	Leaves, raw	551
Moringa denticulata	Burclover, toothed	
	Leaves raw	421

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SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Moringa oleifera	Horseradish; dish-tree; drumstick leaves	
	Leaves:	
	Raw	546
	Cooked	547
	Pods and tender leaves, raw	548
	Pods, raw	549
Morus alba	Mulberry, white	
	Fruit, raw, pulp and seeds	921
Morus nigra	Mulberry, black	
	Fruit:	
	Raw	919
	Juice, canned	920
Mucuna utilis; Stizolobium utilis	Velvetbean, sp.	
	Seeds:	
	Dried	277
	Mold-treated	278
Muntingia calabura	Jamaica-cherry	
	Berries, raw	882
Murraya koenigi	Curry leaves	
	Leaves:	
	Raw	488
	Dried, powder	1615
	Roux, paste, dried	1616
Musa nana; M. cavendishii; M. sinensis	Banana, dwarf; Chinese banana	
	Fruit, raw	325
Musa paradisiaca	Plantain	
	Fruit:	
	Raw, ripe	141
	Boiled	142
Musa sapientum	Banana, common	
	Buds and flowers:	
	Raw	388
	Dried	389
	Fruit	
	Raw:	
	Ripe	823
	Unripe	824
Myrciaria cauliflora; Eugenia polycephaloides	Jaboticaba	
	Fruit, raw	879
Nastoc commune	Seahair	
	Dried	711
	Dried, soaked, drained	712
Nelumbo nucifera	Lotus, Hindu	
	Seeds:	
	Raw	322
	Dried	323
	Preserved	324
Nelumbo nucifera--continued	Lotus, Hindu--continued	
	Tuber:	
	Raw	592
	Canned, total content of can	593
	Flour	594
Nemacystus decipiens	Seaweed, sp. (Japan)	
	Raw	722
Nephelium lappaceum	Rambutan; rambotan; rambotang	
	Fruit, raw	991
Nephelium malaiense	Cat's eyes; mata kuching	
	Fruit, raw	839
Nephelium mutabile	Pulasan; capulasan; kapoelasan; pulassan	
	Fruit, raw	986
Neptunia oleracea	Watermimosa	
	Leaves, raw	797
Nothopanax scutellarium	Falsepanax, sp.	
	Leaves, raw	499
Ocimum basilicum	Basil, sweet	
	Leaves, raw	391
Ocimum canum	Basil, hoary or holy	
	Leaves, raw	392
Oenanthe stolonifera	Waterdropwort	
	Leaves, raw	794
Operculina turpethum	Turpeth root; Indian jalap	
	Young leaves and tender stems, raw	782
Opuntia megacantha	Prickly pear, mission; cactus-fruit	
	Fruit, raw	985
Oryza glutinosa	Rice, glutinous:	
	Brown or hulled	
	Milled	60
	Roasted and pounded	61
	Fermented	62
	Flour	63
	Noodles	64
	Pudding, canned, sweet	65
	Pudding, canned, preserves added	66
Oryza sativa	Rice	
	Paddy; unhulled; rough	38
	Brown or hulled	39
	Undermilled or home-pounded	40
	Milled, polished	41
	Germ-rice (Taiwan):	
	Indica type	42
	Japonica type	43
	Parboiled	44
	Flour	45
	Rice, cooked:	
	Milled	46
	Undermilled	47
	Fried	48
	Rice products:	
	Noodles:	
	Freshly made	49
	Dried	50
	Soaked	51
	Cooked	52
	Baby cereal	53
	Rice cake, plain	54
	Rice cake, fermented	55
	Rice soup, congee	56
	Rice bran	57
	Rice polish	58
	Fermented rice, dried	59
	Black:	
	Whole grain:	
	Non-glutinous	67
	Glutinous	68
	Red	
	Whole grain, hulled	69
Osmunda japonica; O. regalis	Royalfern	
	Tender cuttings	
	Raw	697
	Dried	698
Pachira macrocarpa	Pachira, sp.; Malabar chestnut	
	Nut:	
	Raw, dried	328
Pachyrhizus angulatus	Yambean, wayaka; Indian potato	
	Tubers, raw	810
Pachyrizus erosus; Dolichos bulbasus	Yambean-tuber	
	Tubers:	
	Raw	808
	Cooked	809

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PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Pandanus spp.	Pandanus, sp.	
	Fruit, raw	949
Panicum miliaceum;	Prosomillet	
P. miliare	Whole grain	33
	Milled	[illegible]
Parinari glaberrimum	Parinarium, sp.	
	Fruit, raw	955
Parkia speciosa	Nittatree, sp.; sa-to	
	Pods, raw	635
Passiflora foetida	Passionflower, tagua	
	Fruit, raw	956
Passiflora quadrangularis	Passionfruit, giant; granadilla, giant	
	Fruit:	
	Raw	957
	Juice	958
Passiflora spp.	Passionfruit; granadilla, purple or yellow	
	Fruit:	
	Raw	959
	Juice, purple fresh	960
	Juice, yellow:	
	Fresh	961
	Canned, sweetened	962
Pastinaca sativa	Parsnip, garden	
	Raw	647
Pennisetum glaucum;	Pearlmillet; cattailmillet	
P. nigritatum	Whole grain	32
Peperomia pellucida	Peperomia, shiny	
	Leaves, raw	652
Pereskia aculeata	Barbados-gooseberry; Brazilian berries	
	Berries, raw	926
Perilla frutescens	Perilla, common, purple; Shantung greens	
	Greens, raw	661
	Seeds, raw	662
	Seeds, dried	332
Persea americana;	Avocado, American	
P. gratissima	Fruit, raw	921
Petasites japonicus	Butterbur, Japanese	
	Leaves	422
Petroselinum crispum	Parsley, curley	
	Raw	646

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Phaseolus angularis	Adzukibean	
	Immature seeds, raw	351
	Seeds:	
	Dried	168
	Processed, "Azuki-an (Japan)	169
	Boiled, sweetened	170
Phaseolus aureus; Vigna radiata	Mung bean; Indian bean; golden gram; red bean; green gram; tiensin green bean	
	Whole seeds, dried	189
	Strip or noodle (long rice):	
	Dried	190
	Dried, soaked, drained	191
	Boiled	192
	Starch, dried	193
	Prepared foods:	
	Molded "Mook" (Korean product)	194
	Starch jelly	195
	Powdered, instant products, sugar and flour added:	
	Green bean	196
	Red bean	197
	Sprouts:	
	Raw	605
	Cooked	606
Phaseolus calcaratus; Vigna calcarata	Rice bean	
	Seeds, dried	218
Phaseolus lunatus; P. limensis	Lima bean; butter bean; Burma bean	
	Whole seeds, dried	188
	Immature seeds	
	Raw	402
	Cooked	403
	Leaves, raw	404
	Sprouts, raw	405
Phaseolus mungo; Vigna mungo	Mungo bean; black gram; urd	
	Whole seeds, dried	198
	Starch	199
Phaseolus vulgaris	Snap bean; kidney bean; pinto bean; navy bean	
	Whole seeds, dried	185
	"Usura-mame, "cooked	186
	Lima beans with pod, immature	
	Raw	401
	Snap or stringbean:	
	Green variety, raw	406
	White variety, raw	407

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Phoenix dactylifera	Date	
	Fruit	
	Raw	852
	Semi-dried	853
	Preserved	854
Pholiota nameko	Fungi, sp.	
	Raw	509
	Canned	510
Phyllanthus acidus	Otaheite-gooseberry; leafflower	
	Fruit, raw	947
Phyllanthus emblica	Emblic leafflower; myrobalan; Indian gooseberry	
	Fruit:	
	Raw	858
	Preserved with sugar	859
Physalis spp.	Groundcherry, sp.; poha	
	Raw	871
Pimpinella anisum	Anise	
	Seed, dried	1611
Pinus sp.	Pine nut	
	Nuts	334
Piper betle	Betel	
	Leaves, raw	410
Piper nigrum	Black pepper	
	Seeds	
	Dried, powdered	1619
Piper sarmentosum	Pepper, sp.	
	Leaves, raw	660
Pisum sativum	Peas, garden	
	Raw	650
	Canned, drained solids	651
	Whole seed, dried	214
	Parched, salted	215
	"Ugiusu-mame" (Japan) cooked	216
Pisum sativum var. macrocarpon	Peas, edible-podded or sugar-peas	
	Raw, young pods	648
	Cooked	649
Pithecellobium dulce	Guamachil; Aztec kuamochill; apreearring	
	Fruit, raw	372
Pithecellobium jiringa	Apes-earring, sp.; djonkol; stink bean	
	Fruit, raw	363
Plantago major	Plantain, ripplesseed	
	Leaves, raw	666
Platycodon grandiflorum	Balloonflower; ballflower	
	Root, dried	374

APPENDIX 3

INDEX OF SCIENTIFIC NAMES OF EAST ASIAN EDIBLE PLANTS USED IN THE FOOD COMPOSITION TABLE

--Continued--

PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Pleurotus ostreatus	Fungi, sp.	
	Raw	511
Pluchea indica	Pluchea, sp.	
	Leaves, raw	668
Plumeria acuminata	Frangipani, Mexican	
	Leaves, raw	503
Polyalthia longifolia	Greenstar, India	
	Leaves, raw	538
Porphyra spp.	Laver	
	Dried	703
	Dried, soaked, drained	704
	Flavored:	
	Dried	705
	Dried, soaked, drained	706
Portulaca oleracea	Purslane, common	
	Leaves and stems, raw	674
Prasiola japonica	Seaweed, sp. (Japan)	
	Dried	723
Premna odorata	Premna, fragrant	
	Leaves, raw	668
Prunus amygdalus;	Almond	
P. communis	Unbleached	280
	Roasted and salted	281
	Meal, partially defatted	282
Prunus armeniaca	Apricot	
	Fruit:	
	Raw	815
	Canned, heavy sirup pack	816
	Dried, unsulfured	817
	Kernel, dried	283
	Jam	1023
Prunus cerasiferax x	Plum, methley	
P. salicina	Fruit, raw	982
Prunus cerasus	Cherry	
	Raw	842
	Canned, light sirup pack	843
Prunus mume	Apricot, ume; Japanese apricot	
	Fruit:	
	Raw	818
	Preserved in brine	819
	Semi-dried, salted	820
Prunus persica	Peach	
	Fruit:	
	Raw:	
	White flesh variety	963
	Yellow flesh variety	964
	Canned, total content of can, sirup pack	965
Prunus spp.	Plum	
	Fruit:	
	Raw	978
	Preserved	979
	Salted, semi-dried	980
Prunus triflora;	Plum, Japanese	
P. salicina	Fruit, raw	981
Pseuderanthemum reticulatum	Pseuderanthemum, yellowvein	
	Leaves, raw	671
Psidium guajava	Guava, common	
	Fruit, raw	875
	Juice:	
	Fresh	876
	Canned	877
Psidium littorale;	Guava, cattley	
P. cattleianum	Fruit, raw:	
	Red	873
	Yellow	874
Psophocarpus tetragonolobus	Goabean, Indies; asparagus pea; winged bean	
	Immature beans and young pods:	
	Raw	530
	Boiled	531
	Leaves, raw	532
	Seeds, dried	181
Pteridium aquilinum	Bracken	
	Fern fronds, tender:	
	Raw	415
	Dried	416
Pueraria thunbergiana	Kudzu bean; thunberg	
	Leaves, cooked	578
	Roots	
	Raw	139
	Starch	140
Punica granatum	Pomegranate	
	Fruit, raw	983
Pyrus communis	Pear	
	Fruit, raw	966
	Canned, total content of can, heavy sirup pack	967
Quercus spp.	Acorn	
	"Mook" (Korean preparation)	279
Quisqualis indica	Rangoon creeper	
	Leaves, raw	692
Raphanus sativus	Radish, garden	
	Roots:	
	Raw	675
	Cooked	676
	Dried and salted	677
	Pickled	678
	Pods, raw	679
Raphanus sativus var.	Radish, oriental, Japanese or Chinese; daikon	
	Roots:	
	Raw	680
	Salted:	
	Semi-dried, chopped	681
	Soaked in miso	682
	Soaked in rice bran	683
	Soaked in sake cake	684
	Prepared products (Japan):	
	"Bettara-zuke"	685
	"Moriguchi-zuke"	686
	"Takuan-zuke"	687
	Greens	
	Raw	688
	Cooked	689
	Soaked in rice bran	690
	Seedlings, raw	691
Rheum rhaponticum	Rhubarb, garden	
	Stalks, raw	695
Ribes spp.	Currant; gooseberry	
	Raw	850
Rorippa naturtium-aquaticum;	Watercress	
Nasturtium officinale	Leaves and stems, raw	793
Rubus albescens	Mysore-raspberry; Ceylon raspberry	
	Fruit, raw	925
Rubus rosaefloius	Raspberry, red	
	Fruit, raw	993
Saccharum officinarum	Sugarcane	
	Stalk, peeled, raw	1006
	Inflorescences, raw	753
	Juice	1593
	Syrup	1036
Sagittaria sagittifolia;	Arrowhead, oldworld	
S. japonica; S. sinensis	Corms, raw	118
Salacia edulis	Salacia, sp.	
	Fruit, raw	995

APPENDIX 3

INDEX OF SCIENTIFIC NAMES OF EAST ASIAN EDIBLE PLANTS USED IN THE FOOD COMPOSITION TABLE

--Continued--

PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Sandoricum koetjape; S. indicum	Santol	
	Fruit, raw	996
Sargassum siliquastrum	Seaweed, sp. (China)	
	Dried	724
Sauropus androgynus	Sauropus, sp.	
	Leaves, raw	700
Secale cereale	Rye	
	Whole grain or meal	70
	Flour:	
	Light	71
	Medium	72
	Dark	73
Sechium edule	Chayote	
	Fruit, raw	453
	Tops and young leaves, raw	454
Sedum makinoi	Stonecrop, sp.	
	Raw	752
Sesamum indicum; S. orientale	Sesame, oriental; gingelly	
	Leaves, raw	
	Seeds, whole, dried, black or white	338
	Seeds, salted	339
	Paste	340
	Meal, defatted	341
	Oil	1574
Sesbania grandiflora	Sesbania, agati	
	Leaves, raw	731
	Flowers, raw	732
Sesbania roxburghii	Sesbania, sp.	
	Leaves, raw	733
Sesuvium portulacastrum	Sesuvium, purslane	
	Leaves, raw	734
Setaria italica	Foxtail millet	
	Whole grain	26
	Milled	27
	Flour	28
Sinarudinaria sp.	Chinacane, sp.	
	Shoots:	
	Raw	455
	Canned	456
Sinapsis alba; Brassica alba	Mustard seed, white seed	
	Dried, powdered	1618
Siphonanthus indicus; Clerodendron siphonanthus	Tubeflower, India	
	Leaves, raw	773
Solanum lycopersicum; Lycopersicon esculentum	Tomato	
	Raw:	
	Ripe	766
	Unripe	767
Solanum lycopersicum--continued	Tomato--continued	
	Canned	768
	Catsup, bottled	769
	Juice:	
	Fresh	770
	Canned	771
Solanum melongena	Eggplant, garden; brinjal	
	Raw:	
	Purple varieties and white varieties	494
	Cooked	495
	Soaked in rice bran and salted	496
	Salted	497
Solanum nigrum	Nightshade, black	
	Leaves, raw	633
Solanum spp.	Nightshade, sp.	
	Fruit, raw	634
Solanum torvum	Plate brush	
	Fruit, raw	607
Solanum tuberosum	Potato, white	
	Tuber:	
	Raw	143
	Boiled, without skin	144
	Flakes, mashed and dried	145
	Chips, fried	146
	Starch	147
Sophora japonica	Pagodatree, Japanese	
	Seeds, dried	339
Sorghum vulgare	Sorghum	
	Whole-grain	74
	Milled	75
	Flour	76
Sorghum vulgare var.	Kaoliang	
	Whole grain	14
Spilanthes acmella	Spotflower, paracress	
	Leaves, raw	749
Spinacia oleracea	Spinach	
	Leaves and stems, raw	745
Spondias cytherea; S. dulcis	Ambarella; otaheite-apple; vi-apple; wi-apple; great hog-plum; kedondong	
	Fruit, raw	811
Spondias mombin	Mombin, yellow	
	Fruit, raw	812
Spondias purpurea	Mombin, purple or red; Spanish plum	
	Fruit, raw	917
	Shoots and tender stems, raw	605
	Leaves, raw	606
Stachys sieboldi	Betony artichoke; Chinese artichoke; Japanese artichoke	
	Pickled	412
Sterculia platanifolia; Firmiana simplex	Parasoltree, Chinese	
	Seeds, dried	331
Sterculia monosperma	Pingpong; pheng phok; China-chestnut	
	Fruit, raw	977
Strelitzia reginae	Bird-of-paradise-flower, Queens	
	Roots, raw	413
Syzygium cumini; Eugenia cumini	Jambolan; jambolanplum	
	Fruit, raw	883
Syzygium malaccense; Eugenia malaccense	Ohia; Malaya roseapple	
	Fruit, raw	928
Syzygium samarengense	Curacao-apple	
	Fruit, raw	849
Talinum triangulare	Fameflower, potherb; waterleaf; Philippine spinach	
	Leaves, raw	500
Tamarindus indica	Tamarind	
	Fruit, pulp, raw:	
	Ripe	1008
	Unripe	1009
	Young leaves, raw	757
	Flowers, raw	758
	Jelly	1029
Taraxacum spp.	Dandelion greens	
	Raw	491
Telosma minor	Cowslip; creeper	
	Leaves and flowers, raw	479
Terminalia catappa	Tropical-almond; terminalia; Indian almond	
	Nuts, dried	345
Terminalia chebula	Terminalia, chebula; myrobalan	
	Leaves, raw	764
Tetragonia tetragonoides; T. expansa	New-Zealand spinach	
	Leaves, raw	632
Torreya nucifera	Torreya, Japanese	
	Seeds, dried	344

APPENDIX 3

INDEX OF SCIENTIFIC NAMES OF EAST ASIAN EDIBLE PLANTS USED IN THE FOOD COMPOSITION TABLE

--Continued--

PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Trapa bisponosa	Singharanut	
	Fruit, raw	1000
	Starch	1001
Tremella fuciformis	Fungi, sp.	
	Dried	512
Tricholoma spp.	Fungi, sp.	
	Raw	513
	Canned	514
Trichosanthes cucumerina;	Snakegourd	
T. anguina	Fruit, raw	739
Triticum aestivum;	Wheat	
T. vulgare	Whole grain or meal:	
	Hard, red winter	77
	Soft, red winter	78
	White wheat	79
	Durum	80
	Imported:	
	Hard	81
	Soft	82
	Flour	
	White, nearly whole grain, 93% extraction	83
	80% extraction:	
	Hard, red winter	84
	White wheat	85
	Straight grade (approx. 70% extraction):	
	Hard, red wheat	86
	Soft, red wheat	87
	White wheat	88
	Imported from USA:	
	Enriched	89
	Unenriched	90
	Cake or pastry	91
	Self-rising flour, enriched, imported from USA	92
	Wheat germ	93
	Wheat bran	94
	Parboiled wheat (bulgur, dried) imported from USA, made from:	
	Club wheat	95
	Hard, red winter wheat	96
	White wheat	97
Triticum aestivum--continued	Wheat--continued	
	Wheat products:	
	Biscuits, plain	98
	Breads:	
	Whole meal	99
	White	100
	Raisin	101
	Steamed	102
	Cake, sponge	103
	Bread crumbs	104
	Doughnuts	105
	Gluten products:	
	Wet	106
	Mixed with wheat flour, fried	107
	Macaroni; spaghetti:	
	Dried:	
	Enriched	108
	Unenriched	109
	Freshly made	110
	Noodles:	
	Dried	111
	Cooked	112
	Cooked, seasoned, fried	113
	Instant:	
	Dried	114
	Dried, soaked	115
	String	116
	Strip, fried	117
Ulva lactuca	Seaweed, sp. (Japan)	
	Dried	726
Undaria pinnatifida	Seaweed, sp. (Japan)	
	Dried	725
Uvaria rufa	Calabao	
	Fruit, raw	834
Vaccinium macrocarpon	Cranberry	
	Raw	847
	Dried, sugared and sliced	848
Vaccinium reticulatum	Chelo-berry	
	Fruit, raw	9[illegible]
Vicia faba; Faba vulgaris	Broadbean; horse bean	
	Whole seeds, dried	172
	Flour	173
	Fried and salted	174
Vicia faba--continued	Broadbean--continued	
	Broadbean products:	
	"Fuki-mame," cooked (Japan)	175
	"Otafuku-mame," cooked (Japan)	176
	Seeds:	
	Raw	394
	Sprouted	395
	Salted, fried	296
Vigna unguiculata subsp. sesquipedalis	Cowpea, yardlong; asparagus bean	
	Young green pods:	
	Raw	476
	Cooked	477
	Leaves, raw	478
Vigna unguiculata subsp. unguiculata	Cowpeas, common	
	Young green pods, raw	473
	Tender tips:	
	Raw	474
	Cooked	475
Vigna spp.	Cowpea, all varieties	
	Whole seeds, dried	179
Vitis vinifera	Grape, European	
	Raw	864
	Juice, canned or bottled, imported	865
	Dried (raisins)	866
	Jam	1024
Vitis amurensis	Grape, amur; wildgrape	
	Raw	867
Voandzeia subterranea	Bambara groundnut; jugo bean	
	Whole seed, dried	171
Volvaris volvacea; V. esculenta	Mushroom, straw	
	Raw	615
	Dried	616
	Dried, soaked, drained	617
	Canned:	
	Drained solids only	618
	Total content of can	619
Wasebia japonica	Wasabi	
	Root:	
	Raw	788
	Soaked in sake cake	789
Zanthoxylum piperitum	Chinese wingleaf, pricklyash; Chinese pepper	
	Seeds, dried	1613

APPENDIX 3

INDEX OF SCIENTIFIC NAMES OF EAST ASIAN EDIBLE PLANTS USED IN THE FOOD COMPOSITION TABLE

--Continued--

PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Zea mays	Maize; corn	
	Whole-kernel, dried:	
	White	15
	Yellow	16
	Meal:	
	Whole ground:	
	White	17
	Yellow	18
	Nearly whole ground, yellow	19
	Degermed, dried, imported from USA:	
	Enriched	20
	Unenriched	21
	Flakes:	
	Enriched, imported from USA	22
	Unenriched (Japan)	23
	Popcorn, popped, oil added	24
	Starch	25
	Immature ear	
	Yellow:	
	Raw	467
	Cooked	468
	White:	
	Raw	469
	Cooked	470
	Immature ear, small variety; babycorn	
	Whole:	
	Raw	471
	Canned	472
Zingiber mioga	Ginger, mioga	
	Bracts, raw	523
Zingiber officinale	Ginger	
	Roots:	
	Raw	524
	Salted	525
	Sugared	526
	Shoots, raw	527
	Root, dried	1617
Zizania palustris	Water bamboo; wildrice, annual; Indian rice	
	Shoots, raw	790
Ziziphus jujuba	Jujube, common or Chinese; Chinese date	
	Fruit:	
	Raw	884
	Dried	885
Ziziphus mauritania	Jujube, Indian or Malaya	
	Fruit, raw	886

APPENDIX 4

INDEX OF SCIENTIFIC NAMES OF EAST ASIAN FISH AND SHELLFISH USED IN THE FOOD COMPOSITION TABLE

PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Acanthogobius spp.	Goby, sp.	
	Raw	1319
	Processed (Japan):	
	"Kamroni"	1320
	"Tsukudani"	1321
Acanthurus bleekeri	Surgeonfish	
	Raw	1509
Anabas spp. See Ctenopoma spp.		
Anguilla japonica	Eel, river	
	Raw	1272
	Broiled, seasoned. "Kabayaki" (Japan)	1273
	Viscera, raw	1274
Anodontostoma chacunda	Shad, gizzard; basing	
	Raw	1468
	Dried, salted	1469
Apolectus niger. See Stromateus niger.		
Arca spp.; Anadara spp.	Ark shell; chest shell	
	Raw	1203
	Canned, seasoned	1204
Arctoscopus japonicus	Sandfish	
	Raw	1434
	Dried, salted	1435
Argyrosomus spp.	Croaker, sp.; mien fish	
	Raw	1256
	Canned, with oil, solids only	1257
Arius spp.	Catfish, sea	
	Raw	1224
	Dried, salted	1225
Atherina forskali	Silverfish	
	Dried, rinsed and drained	1479
Atrina kineshitai	Atrina, sp.	
	Raw	1205
Atya spp.; Leander spp.	Prawn, river; shrimp, common	
	Raw	1416
	Dried, salted	1417
	Dried, salted, soaked, drained	1418
	Paste	1419
	Eggs, raw	1420
Auxis thazard	Auxide; frigate mackerel	
	Raw	1206
Beryx splendens	Berycoid; beryx	
	Raw	1211
Brachiostegus spp.	Tile-fish	
	Raw	1519
Caesio chrysozonus; C. cuning	Caesio, golden; gold-banded fusilier	
	Raw	1219
Caranx spp.	Crevalle	
	Raw	1252
Carassius auratus	Goldfish	
	Raw	1323
Carassius carassius	Crucian-carp	
	Raw	1258
	Canned, packed in oil, solids only	1259
	"Kamroni" (Japan)	1260
Carcharias spp.; Scoliodon spp.	Shark, sp.	
	Raw	1473
	Fins:	
	Dried	1474
	Dried, soaked, and drained	1475
	Skin, raw	1476
Cardium spp.; Venus spp.; Meretrix spp.	Clam	
	Raw	1226
	Dried	1227
	Seasoned	1228
	Canned, seasoned with soybean sauce, salt added	1229
	Soused (Korea)	1230
	"Tsukudani" (Japan)	1231
Cephalopholis miniatus	Cod, coral	
	Raw	1243
Chaetodon spp.	Butterfly fish	
	Raw	1218
Chanos chanos	Milk-fish	
	Raw	1367
	Smoked	1368
Chelidonichthys kumu	Gurnard	
	Raw	1327
Chirocentrus dorab	Dorab; wolf herring; silverbar fish	
	Raw	1269
Clarias batrachus	Catfish, fresh-water	
	Raw	1223
Clupanodon punctatus	Gizzard shad	
	Raw	1315
Clupea pallasi	Herring	
	Raw	1333
	Dried	1334
	Salted	1335
	Smoked	1336
	Roe	
	Raw	1337
	Dried	1338

APPENDIX 4

INDEX OF SCIENTIFIC NAMES OF EAST ASIAN FISH AND SHELLFISH USED IN THE FOOD COMPOSITION TABLE

--Continued--

PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Cololabis saira	Saury, Pacific	
	Raw	1450
	Salted	1451
	Dried, seasoned	1452
	Canned:	
	With seasonings	1453
	With tomato	1454
Conger myriaster	Eel, conger	
	Raw	1270
Corbicula spp.; Anodonta spp.	Mussel, fresh-water	
	Raw	1373
Coryphaena hippurus	Dolphin	
	Meat, raw	1268
Crassostrea gigas	Oyster, sp.	
	Raw	1396
Ctenopoma spp.; Anabas spp.	Perch, climbing	
	Raw	1299
Cybium commersoni. See Scomberomorus commerson.		
Cynoglossus spp.	Tongue-sole	
	Raw	1520
Cyprinus carpio	Carp	
	Raw	1220
	Canned, black beans and seasonings added, total content of can	1221
Cypselurus spp.	Flying fish	
	Raw	1313
Dasyatis kuhlii	Stingray, blue-spotted	
	Raw	1507
Dasyatis uarnak; D. akajei	Stingray, marbled	
	Raw	1508
Decapterus macrosoma	Scad, round	
	Raw	1451
	Dried	1452
Dentex spp.	Dog's teeth; dentex	
	Raw	1267
Donax spp.	Clam, bean	
	Raw	1232
Drepane punctata	Batfish, spotted; sickle fish	
	Raw	1210
Dussumeria spp.; Etrumeus spp.	Sprat; round herring	
	Raw	1496
Eburna japonica	Whelk	
	Raw	1532
Elagatis bipinnulatus	Runner, rainbow	
	Raw	1424
Eleutheronema tetradactyla	Threadfin, four-fingered	
	Raw	1514
Elops hawaiiensis	Ten-pounder	
	Raw	1513
Engraulis spp.; Stolephorus spp.	Anchovy	
	Raw	1200
	Boiled, dried	1201
	Dried	1202
Enthopteroma virgatum	Golden-thread	
	Raw	1322
Entosphenus japonicus	Lamprey; lamprete	
	Raw	1342
	Dried	1343
	Fish bits, canned, corn starch, egg white and salt added:	
	Drained solids	1344
	Liquid only	1345
Epinephelus corallicola	Grouper, spotted	
	Raw	1326
Etrumeus spp. See Dussumeria spp.		
Euthynnus pelamis; Katsuwonus pelamis	Skipjack	
	Raw	1481
	Strips:	
	Semi-dried	1482
	Dried	1483
	Canned:	
	Plain	1484
	In oil	1485
	Flakes, seasoned, canned	1486
Fluta alba	Eel, field	
	Raw	1271
Gadus spp.	Cod	
	Raw	1240
	Salted	1241
	Dried, salted	1242
Gerres filamentosus	Gerres, sp.; silver biddy; spotted mojarra	
	Raw	1314
Glossogobius giurus	Goby, flat-headed	
	Raw	1317
Haliotis gigantea	Abalone; earshell	
	Edible muscle:	
	Raw	1192
	Dried	1193
	Canned:	
	Drained solids only	1194
	Total content of can:	
	Plain	1195
	Seasoned	1196
Halocynthis roretzi	Sea squirt	
	Salted	1466
Helcioniscus exaratus	Opihi; Hawaiian limpet	
	Raw:	
	Whole	1383
	Foot and mantle	1384
	Viscera	1385

APPENDIX 4

INDEX OF SCIENTIFIC NAMES OF EAST ASIAN FISH AND SHELLFISH USED IN THE FOOD COMPOSITION TABLE

--Continued--

PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Hemidonax donaciforme	Cockles, sand	
	Raw	1239
Hemirhampus sp.	Halfbeak	
	Raw	1330
Hippoglossus stenolepis	Halibut, Pacific	
	Raw	1331
Hynnis momsa	Jack, Philippines	
	Raw	1339
Hypomesus olidus	Smelt, pond	
	Raw	1430
Hypopathalmichthys moritrix	Carp, silver	
	Raw	1222
Ilisha elongata	Shad, slender	
	Raw	1470
Istiophorus spp.	Marlin	
	Raw	1366
Katsuwonus pelamis. See Euthynnus pelamis.		
Kryptopterus kryptoperus	Sheat-fish	
	Raw	1477
Lateolabrax japonicus	Bass, sea, Japanese	
	Raw	1209
Lates calcarices	Perch. sea	
	Raw	1400
Leander spp. See Atya spp.		
Leiognathus daura	Slipmouth, black-finned slimy; soapy	
	Raw	1481
Leiognathus equulus	Slipmouth, common; slimy; soapy	
	Raw	1488
Lethrinus opercularis	Porgy; scavenger	
	Raw	1407
Limanda herrensteini	Flatfish	
	Raw	1310
Lingula unguis	Lampshell; tongue-clam	
	Raw	1346
	Tail only, raw	1347
Loligo spp.; Ommastrephes spp.	Squid	
	Raw	1497
	Dried	1498
	Dried, soaked and drained	1499
	Cooked	1500
	Soused (Korea)	1501
	Processed (Japan):	
	"Surume"	1502
	"Tsukudani of strips"	1503
	Viscera, salted	1504
Lophiomus setigerus	Goosefish	
	Raw	1324
Lutjanus spp.	Snapper, red, Malabar	
	Raw	1494
Mactra spp.	Clam, hen	
	Raw	1233
Megalaspis cordyla	Hardtail; torpedo	
	Raw	1332
Megalops cyprinoides	Tarpon; ladyfish	
	Raw	1512
Mene maculata	Moonfish, spotted	
	Raw	1369
Meretrix spp. See Cardium spp.		
Misgurnus anguillicaudatus	Loach	
	Raw	1350
Modiola spp. See Mytilus spp.		
Monotaxis grandoculis	Porgy, big-eyed	
	Raw	1408
Mugil spp.	Mullet, harder	
	Raw	1370
	Canned, fried, with oil	1371
	Roe, salted, smoked	1372
Muraenesox cinerus	Eel, silver-pike	
	Raw	1275
Mytilus spp.; Modiola spp.	Mussel, horse or sea	
	Raw	1374
	Dried	1375
Nemipterus taeniterus	Nemipterid, ribbon-finned	
	Raw	1377
	Semi-dried	1378
Neomysis japonica	Oppossum shrimp	
	Raw	1386
	Dried	1387
	Processed (Japan)	
	"Shiokara"	1388
	"Tsukudani"	1389
Neptunes spp. Scylla spp.	Crab, sea blue	
	Raw	1248
	Salted	1249
	Canned	1250
	Roe, salted	1251
Notopterus chitala	Feather-back	
	Raw	1276
Octopus spp.	Octopus, large	
	Raw	1382
Octopus vulgaris	Octopus, common	
	Raw	1379
	Dried	1380
	Soused (Korea)	1381
Ommastrephes spp. See Loligo spp.		

APPENDIX 4

INDEX OF SCIENTIFIC NAMES OF EAST ASIAN FISH AND SHELLFISH USED IN THE FOOD COMPOSITION TABLE

--Continued--

PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Oncorhynchus gorbuscha and O. masou	Salmon, humpback; pink salmon or cherry salmon	
	Raw	1425
	Salted	1426
	Canned	1427
Oncorhynchus kisutch and O. keta	Salmon, silver or king salmon	
	Raw	1428
	Salted	1429
	Smoked and salted	1430
	Slightly cured	1431
Oncorhynchus nerka	Salmon, sockeye; red salmon	
	Canned	1432
	Roe, salted	1433
Ophiocephalus striatus	Snakehead; murrel	
	Raw	1493
Oratosquilla oratoria	Squill	
	Cooked	1507
Ostrea spp.	Oyster	
	Raw	1389
	Dried	1391
	Canned:	
	Plain	1392
	Smoked, oil added	1393
	Soused (Korea)	1394
	Sauce, salt added, bottled	1395
Oxyurichthys microlepis	Goby, long-finned	
	Raw	1315
Pagrus spp. See Sparus spp.		
Palaemon spp. See Penaeus spp.		
Pampus argenteus	Pomfret, white	
	Raw	1406
Panulirus spp.; Palinurus spp.	Lobster	
	Raw	1351
Paralichthys olivaceus; Pleuronichthys spp.	Flounder	
	Raw	1312
Paralithodes camtschaticus	Crab, king	
	Raw	1246
	Canned	1247
Parapristipoma trilineatum	Parapristipoma, sp.	
	Raw	1397
Pecten yessoensis	Scallop	
	Raw	1459
	Dried	1460
	Canned:	
	Plain	1461
	Seasoned	1462
Penaeus spp.; Palaemon spp.	Prawn, marine; shrimp	
	Raw	1409
	Dried	1410
	Salted and fermented	1411
	Paste	1412
	Sauce	1413
	"shiba-eb" (Japan)	
	Raw	1414
	Canned	1415
Platycephalus indicus	Flathead, Indian	
	Raw	1311
Plecoglossus altivelis	Smelt, sweet	
	Raw	1491
Pleurogrammus azonus	Mackerel, atka	
	Raw	1356
Pleuronichthys spp. See Paralichthys olivaceus.		
Pneumatophorus japonica	Mackerel	
	Raw	1352
	Dried strips	1353
	Canned	1354
	Salted	1355
Polachius spp.; Theragra spp.	Pollack	
	Raw	1401
	Dried	1402
	Roe	1403
	Intestine, soused (Korea)	1404
Polynemus spp.	Threadfin, sp.	
	Raw	1515
	Dried	1516
Potamon, spp.	Crab, fresh-water	
	Raw	1244
	Salted	1245
Prionace glauca	Shark, blue	
	Raw	1471
Psammotaea spp. See Soletellina spp.		
Psammoperca waigiensis	Bass, sea	
	Raw	1205
Pseudorhombus digodon	Brill, rough-scaled	
	Raw	1217
Pseudosciaena spp. See Sciaena spp.		
Rachycentron canadum	Sergeant fish	
	Raw	1467
Raja kenojei	Skate, thorn-back	
	Raw	1480
Rastrelliger spp.	Mackerel, rake-grilled; striped mackerel	
	Raw	1360
	Dried and salted	1361
	Smoked	1362
Rhinobatos hynnicephalus	Shark, sand; fiddlefish	
	Raw	1472
Rhopilema esculenta	Jellyfish; medusa	
	Raw	1340
	Salted	1341

APPENDIX 4

INDEX OF SCIENTIFIC NAMES OF EAST ASIAN FISH AND SHELLFISH USED IN THE FOOD COMPOSITION TABLE

--Continued--

PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Salanx microdon	Whitebait	
	Raw, whole fish	1533
	Dried, whole fish, salted	1534
Salmo spp.	Trout	
	Raw	1524
	Canned, salted	1525
Sarda sarda; S. orientalis	Bonito; pelamid	
	Raw	1213
Sardinella fimbriata	Sardine, fimbriated	
	Raw	1436
	Dried	1437
Sardinella longiceps	Sardine, Indian	
	Raw	1438
	Dried	1439
	Smoked	1440
Sardinella perforata	Sardine, short-bodied	
	Raw	1441
Sardinops melanosticta	Sardine, sp.; pilchard	
	Raw	1442
	Dried, whole fish with bone	1443
	Salted	1444
	Salted, dried, "Mezashi" (Japan)	1445
	Canned:	
	Plain	1446
	Seasoned	1447
	In oil	1448
	In tomato sauce	1449
Saurida spp.	Lizzard-fish	
	Raw	1349
Scarus nuchipunctatus	Parrot-fish	
	Raw	1398
Scatophagus argus	Spadefish; butterfish	
	Raw	1495
Sciaena spp.; Pseudosciaena spp.	Croaker; jewfish	
	Raw	1253
	Dried, salted	1254
	Soused (Korea)	1255
Scoliodon spp. See Carcharias spp.		
Scomber japonicus	Mackerel, spotted	
	Raw	1363
Scomberoides lysan	Leatherjacket	
	Raw	1348
Scomberomorus commerson; S. niphonicus; Cybium commersoni	Mackerel, Spanish; kingfish	
	Raw	1364
	Dried	1365
Scombrops boops	Big-eye	
	Raw	1212
Scylla spp. See Neptunes spp.		
Sebastodes matsubarae	Rockfish, red	
	Raw	1423
Selar crumenophalmus	Scad, big-eyed	
	Raw	1455
	Dried	1456
Sepia spp.	Cuttlefish	
	Raw	1261
	Dried	1262
	Soused (Korea)	1263
	Canned, salted and seasoned, solids only	1264
Seriola quinqueradiata	Amberjack; yellowtail	
	Raw	1197
	Smoked, oiled, canned	1198
Seriola spp.	Amberjack; redtail	
	Raw	1199
Siganus javus	Siganid, javan	
	Raw	1478
Sillago sihama	Smelt; whiting	
	Raw	1489
Solenidae spp.	Clam, razor; solen	
	Raw	1234
Soletellina spp.; Psammotaea spp.	Rayed shell	
	Raw	1422
Sparus berda	Bream, fresh-water	
	Raw	1214
	Dried	1215
Sparus spp.; Pagrus spp.; Taius spp.	Bream, sea; stumpnose	
	Raw	1216
Sphaeroides spp.; Tetraodon spp.	Puffer; globefish	
	Raw	1421
Sphyraena argentea; S. pinguis; S. obtusata	Barracuda	
	Raw	1207
Squalus spp.	Dogfish	
	Raw	1265
	Roe	1266
Stichopus japonica	Sea-slug; sea-cucumber	
	Edible muscle:	
	Raw	1463
	Dried	1464
	Dried, soaked	1465
Stolephorus spp. See Engraulis spp.		
Stromateus niger; Apolectus niger	Pomfret, black	
	Raw	1405
Synbrachus bengalensis	Swamp-eel	
	Raw	1510
Taius spp. See Sparus spp.		
Tetraodon spp. See Sphaeroides spp.		

APPENDIX 4

INDEX OF SCIENTIFIC NAMES OF EAST ASIAN FISH AND SHELLFISH USED IN THE FOOD COMPOSITION TABLE

--Continued--

PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Theragra spp. See Polachius spp.		
Therapon spp.	Tigerfish; theraponid	
	Raw	1517
Thunnus albacares; Neothunnus macropterus; N. albacora	Tuna, yellowfin	
	Raw	1528
	Canned, in oil	1529
	Flake, canned:	
	Plain	1530
	Seasoned	1531
Thunnus thynnus orientalis	Tuna, bluefin	
	Raw	
	Lean	1526
	Fat	1527
Tilapia mossambica	Tilapia	
	Raw	1518
Trachurus japonicus	Mackerel, horse or jack	
	Raw	1357
	Dried, salted	1358
	Canned, seasoned	1359
Trichiurus spp.	Hairtail; ribbonfish; cutlass fish	
	Raw	1328
	Salted	1329
Trichogaster pectoralis	Gouramy	
	Raw	1325
Tribolodon hakonensis	Tribolodon	
	Raw	1523
Turbo cornutus	Top-shell	
	Raw	1521
	Seasoned, canned	1522
Tylosurus crocodilus	Needlefish	
	Raw	1376
Upeneus spp.	Goatfish; red mullet	
	Raw	1316
Venerupis semidecussata	Clam, short-neck	
	Raw	1235
	Canned (Japan):	
	Plain	1236
	Seasoned	1237
	"Tsukudani"	1238
Venus spp. See Cardium spp.		
Viviparus spp.	Snail, river or pond	
	Raw	1492
Watasemia scintillans	Squid, toyama	
	Raw	1505
Xiphias gladius	Swordfish	
	Raw	1511
Zacco platypus	Zacco, sp.	
	Raw	1535

APPENDIX 5

INDEX OF SCIENTIFIC NAMES OF EAST ASIAN ANIMALS AND INSECTS USED IN THE FOOD COMPOSITION TABLE

PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Amyda japonica	Turtle, snapping	
	Flesh, raw	1163
Anas boschas	Duck, wild	
	Meat, raw	1081
Anas boschas domesticus	Duck, domesticated	
	Meat	
	Raw	1075
	Roasted	1076
	Pickled	1077
	Salted, pressed	1078
	Feet	
	Raw	1079
	Dried	1080
	Blood	
	Coagulated, cooked	1054
	Gizzard	
	Raw	1086
	Dried	1087
	Heart	1095
	Intestines	1101
	Liver	1109
Anser domesticus	Goose	
	Raw	1091
Balaenopterus borealis; B. musculus	Whale	
	Meat, raw	
	Lean	1166
	Tail	1167
	Bacon	1168
	Meat, cured	
	Blubber	1169
	Lean	1170
	Ventral grooves	
	Fat	1171
	Lean	1172
	"Yamatoui", canned (Japan)	1173
Bombyx mori	Silkworm	
	Raw	1147
Bos taurus; B. indicus	Beef	
	Carcass, fresh	
	Very lean	1039
	Medium fat	1040
	Fat	1041
	Roasted	1042
	Pickled	1043
	Dried, baked	1044
	Dried, flour paste added	1045
	Canned	
	Braised	1046
	Corned	1047
	"Teriyaki"	1048
	"Yamatoni"	1049
	Concentrated beef extract (Bovril)	1050
	Bone marrow	1051
	Blood, coagulated, uncooked	1052
	Brain	1058
	Heart	1093
	Intestines	1099
	Kidney	1103
	Liver	
	Beef	1106
	Calf	1107
	Lung	1115
	Stomach	1151
	Tail, ox	1157
	Tongue	1159
Bubalus buffelus	Buffalo, water	
	Meat, raw	1061
Canis familiaris	Dog	
	Meat, raw	1074
Capra hirsus	Goat	
	Carcass, fresh	
	Lean	1088
	Medium fat	1089
	Fat	1090
	Blood, coagulated, uncooked	1055
	Brain	1059
	Heart	1096
Capra hirsus (continued)	Kidney	1104
	Liver	1110
	Lung	1116
	Stomach	1152
	Tongue	1160
Collocalia inexpectata	Swiflet	
	Nest	
	Dried	1154
	Dried, soaked, drained	1155
Columba domesticus	Squab; pigeon	
	Raw	1149
Coturnix communis	Quail	
	Raw	1141
Equus caballus	Horse	
	Meat, raw	1098
Gallus gallus; G. domesticus	Chicken	
	Raw	
	Very young birds	1062
	Young birds	1063
	Mature birds	1064
	Young birds, cut-up pieces	
	Breast, white meat	1065
	Leg, dark meat:	
	Drumstick	1066
	Thigh	1067
	Neck	1068
	Back	1069
	Wing	1070
	Canned, roasted	1071
	Blood, coagulated uncooked	1053
	Gizzard	1085
	Heart	1094
	Intestines	1100
	Liver	
	Raw	1108
	Canned, roasted	1113
	Paste	1114
	Skin, raw	1072
	Soup, made from bones	1073

APPENDIX 5

INDEX OF SCIENTIFIC NAMES OF EAST ASIAN ANIMALS AND INSECTS USED IN THE FOOD COMPOSITION TABLE

--Continued--

PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Lepus cuniculus var. domesticus	Rabbit, domesticated	
	Meat, raw	H42
Lepus cuniculus	Rabbit, field or wild; hare	
	Meat, raw	H43
Meleagris galloparo	Turkey	
	Raw	H62
Merula eunomus	Ouzel, dusky	
	Meat, raw	H20
Nettion crecca	Teal	
	Meat, raw	H5[illegible]
Ovis aries	Mutton; lamb	
	Carcass, fresh:	
	Lean	H1[illegible]
	Medium fat	H1[illegible]
	Kidney	H[illegible]
	Liver	H12
Oxya verox	Rice hopper	
	Dried	H44
Passer montanus	Sparrow	
	Raw	H4[illegible]
Phasianus versicolor	Pheasant	
	Meat, raw	H2[illegible]
Rana catesbeiana	Frog, bull	
	Raw	H[illegible]
	Leg meat only	H[illegible]
Rana tigerina	Frog	
	Raw	H[illegible]
Sciurus lis	Squirrel	
	Meat, raw	H5[illegible]
Streptopelia orientalis	Turtle-dove	
	Raw	H[illegible]
Sus leucomystax	Boar, wild	
	Meat, raw	H57
Sus scrofa	Pork	
	Carcass, fresh	
	Lean	H22
	Medium fat	H23
	Blood	
	Fluid, uncooked	H5[illegible]
	Brain	H[illegible]
	Head	H[illegible]
	Heart	H[illegible]
	Intestines	H[illegible]
	Kidney	H95
	Liver	H11
	Lung	H17
	Stomach	H53
	Tail	H5[illegible]
	Tongue	H[illegible]
	Feet	
	Fresh	H24
	Skin	
	Fresh	H25
	Dried, fried	H2[illegible]
	Dried, fried, soaked, prepared before cooking	H27
	Spareribs	
	Fresh	
	Lean	H2[illegible]
	Medium fat	H2[illegible]
	Pork, suckling	
	Carcass, fresh, medium fat	H3[illegible]
	Roasted, salt, various spices and soybean sauce added	H3[illegible]
	Sausage made of:	
	Pork, soybean sauce and spices added (Chinese style)	H45
	Pork, liver, soybean sauce and spices added (Chinese style)	H4[illegible]
	Pork, preserved	
	Dried, crushed	H[illegible]
	Dried, soybean sauce added	H[illegible]
	Cured, bacon	H[illegible]
	Ham, smoked	
	Lean	H[illegible]
	Medium fat	H[illegible]
	Ham, smoked, (China)	H35
	Roasted	H[illegible]
Sus scrofa (continued)	Salted	H37
	Meat, flavored; soybean sauce and paste added	H3[illegible]
Trionyx chinensis	Turtle, soft shelled	
	Flesh, raw	H64
Vespa singulata	Bee	
	Maggot, canned	H3[illegible]

APPENDIX 6

A SELECTED BIBLIOGRAPHY ON COMPILATION OF EAST ASIAN FOOD COMPOSITION TABLE

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FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

PART II

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Section B. . Pyridoxine, Pantothenic Acid, Vitamin B_{12} and Folic Acid Content of Some East Asian Foods.

Section C. . Trace Mineral Content of Some East Asian Foods.

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NOTES ON FOOD COMPOSITION TABLE

With the establishment of the importance of amino acids, minor vitamins, trace elements and fatty acids in human nutrition, more and more interest is being evinced in compiling of Food Composition Tables, with data on the above nutrients included.

Part II of the Food Composition Tables for use in East Asia is divided into four different sections as follows:

Section A: Amino acid content of some East Asian foods
Section B: Pyridoxine, Pantothenic acid, Vitamin B_{12} and Folic acid content of some East Asian foods.
Section C: Trace mineral content of some East Asian foods.
Section D: Fatty acid content of some East Asian foods.

Sources of Data: the local published and unpublished data available on the Composition of East Asian Foods was critically evaluated. In cases where data was not available, imputed values of the same food, from other regions, with the identical scientific names were included. Such data has been indicated by parenthesis. Published data was also collected on choline, inositol, biotin, Vitamin D and Vitamin E content of East Asian Foods, but since the data on the subject were very meagre, these have been excluded from the table. Values in doubt are indicated by a question mark. A nutrient column left blank, indicates no available analytical data.

Nomenclature used and Food groups. The nomenclature used and classification of foods into different groups is the same as followed in Part I of the Tables.

Section A: Amino acid content of some East Asian Foods
In this section, are shown the mean values of the content of amino acids, expressed in milligrams per gram of nitrogen (A). Values obtained by column chromatographic and microbiological methods have been considered. Preference, however, has been given to values obtained by column chromatographic method. For any food, averages obtained by only one method of analysis are given. The values for cystine and tryptophan obtained by the methods of Schram et al and by Spies and Chambers respectively have been included in a few cases. Values for tyrosine obtained by the chemical method using 1-Nitroso-2-Naphthol have also been considered. Amino acid values are also expressed in milligrams per 100 grams of food (B).

Protein and moisture values of foods given in Part I of the Tables or obtained from original papers have been used for calculations of amino acid content per 100 grammes of food. In cases, where such values are not available, the protein values were taken from other sources.

The eight amino acids considered essential for the adult are given in alphabetical order in columns 4 to 13. Owing to their sparing effects on methionine and phenylalanine respectively, cystine and tyrosine are considered semi essential and are included in this list making ten in all. These are followed by arginine and histidine (columns 14 and 15) and then by six non essential amino acids, which most commonly occur in foods listed alphabetically. Decimal values for individual amino acids against B, have also been taken into consideration while making the totals in columns 22 and 23.

Calculations of the Chemical score are based on the reference protein pattern given below suggested by the Joint FAO/WHO Expert Committee on Energy and Protein Requirements (FAO/WHO, 1972):

Provisional Amino acid scoring pattern

Amino acid	Suggested level	
	mg per g protein	mg per g nitrogen
Isoleucine	40	250
Leucine	70	440
Lysine	55	340
Methionine+ Cystine	35	220
Phenylalanine+ Tyrosine	60	380
Threonine	40	250
Tryptophan	10	65
Valine	50	310
Total	360	2255

The first and second limiting amino acids have also been detailed. The limiting amino acids are indicated by the

following abbreviations:

Isoleucine	: Is
Leucine	: Le
Lysine	: Ly
Total S-Containing a-a	: S-c
Total aromatic a-a	: Ar
Threonine	: Th
Tryptophan	: Tr
Valine	: Va

Chemical score is equal to the quantity of the most limiting amino acid in the food protein expressed as a percentage of the same amino acid present in the Amino acid scoring pattern.

Section B: Pyridoxine, Pantothenic acid, Vitamin B_{12} and Folic acid content of some East Asian Foods

Interest on these vitamins is growing steadily as more and more information is gathered on the specific physiological role of these vitamins. Different national and international bodies have recommended daily dietary allowances for humans for pyridoxine, folic acid and vitamin B_{12}.

The total pyridoxine activity of foods is contributed by pyridoxine, pyridoxal and pyridoxamine and other conjugated forms and is determined microbiologically using generally the organism Saccharomyces carlsbergensis. Figures for pyridoxine are expressed as mg per 100 grams.

Pantothenic acid is estimated microbiologically using the organism Lactobacillus arabinosus. Figures for pantothenic acid are expressed as mg per 100 grams.

Vitamin B_{12} activity of foods is determined microbiologically using the organism Lactobacillus leichmannii. Figures for vitamin B_{12} are expressed as micrograms per 100 grams.

Folic acid occurs naturally in bound form and preliminary extraction from the tissue is necessary. The vitamin is estimated microbiologically using the organism Streptococcus faecalis. Figures for folic acid are expressed as micrograms per 100 grams.

Section C: Trace mineral content of some East Asian Foods

In this Section, the magnesium, manganese, cobalt, copper, molybdenum, selenium, fluorine and iodine content of foods is given. The role of these trace minerals in nutrition is established. Fixing of the daily dietary allowances for humans for these trace minerals is now under consideration by many national and international bodies. For determination of most of the trace minerals, atomic absorption spectrophotometry is the method of choice. However, all values for the minerals obtained by volumetric, gravimetric and spectrophotometric methods adopted by AOAC have been considered for arriving at a representative value.

The trace mineral content of foods of vegetable origin can vary very significantly dependent on the nature of the soil in which they have been grown and the fertilizer treatment it has received. This makes it very difficult to arrive at a representative value. Likewise the trace mineral content of fish and algae varies significantly with the nature and extent of contamination of water.

Section D: Fatty acid content of some East Asian Foods

The nature and quantity of fatty acids present in foods is receiving major attention from nutritionists and related workers, mainly because of the reported association observed in experimental animals and humans, between dietary fat and serum cholesterol levels, which have been shown to be closely associated with the incidence of atherosclerosis and coronary heart disease.

The technical tables on the fatty acid composition of foods will be useful for use in planning diets and to aid workers in nutrition, food technology and related fields. The fatty acid composition of only foods that mainly contribute to the intake of dietary fat has been presented. The foods have been classified into i) Animal products and ii) Plant products.

Values of the fatty acid content of foods, obtained only by gas liquid chromatography have been considered.

SECTION A

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	1. CEREALS AND GRAIN PRODUCTS																												
1	Barley (Hordeum vulgare): Whole grain																												
	(M)				A	230	430	212	69	123	212	273	169	442	200	65	294	207	12.2	261	329	1433	217	706	334	2105	5715	62	Ly
	No. of samples					14	14	14	14	12		14	1		14	16	14	12	12	14	12	12	12	12	12			60	Th
		13.7	1.60	10.5	B	414	774	382	160	221	381	491	304	795	360	153	529	373	221	470	594	2579	391	1271	601	3789	10287		
2	Milled, pressed																												
	(M)				A	217	414	202	95	124	219	255	78	333	184	79	242	160	166	238	314	1506	196	740	329	1890	5561	59	Ly
	No. of samples					6	6	6	6	5		6	6		6	6	6	6	6	5	5	5	5	5	5			74	Th
		13.6	1.53	9.9	B	332	633	309	145	190	335	390	119	509	282	121	370	275	257	364	480	2304	300	1132	503	2892	8506		
	Breads - see individual cereal or grain																												
	Buckwheat (Fagopyrum sagittatum; F. esculentum):																												
3	Whole grain																												
	(M)				A	466	426	395	110			250			312	82	420	630											
	No. of samples					7	7	7	7			7			7	7	7	7											
		11.3	1.64	10.3	B	764	699	648	180			410			512	134	689	1033											
4	Flour (65-70% extraction)																												
	(M)				A	230	390	390	100	100	200	260	C 100	360	230	93	320	650	140	260	560	1000	330	340	290	2213	5833	69	Le
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			91	S-c
		13.0	1.02	(6.4)	B	235	398	398	102	102	204	265	102	367	235	95	326	694	143	265	594	1020	337	347	296	2257	5949		

C: Chemical method.
CC: Column chromatographic method.
M: Microbiological method.
*: Excluding tryptophan.
**: Chemical score equal or more than 100.
A: Milligrams/gram of total N.
B: Milligrams/100 grams of food, edible portion.

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	1. CEREALS AND GRAIN PRODUCTS (Cont.ed)																												
	Corn and corn products - see Maize																												
	Foxtailmillet - see Millets																												
5	Job's tears (Coix lacryma-jobi):																												
	Whole seed, hulled (M)				A	306	569	138	125	63	188	269	144	413	161	63	413	225	131	569	381	1519	200	906	275	2571	6777	41	Ly
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			72	Th
		15.0	1.92	12.0	B	588	1069	265	240	121	361	517	277	794	348	121	793	432	252	1093	732	2917	384	1740	528	4936	13014		
	Maize; corn (Zea mays):																												
6	Whole kernel, dried (M)				A	315	777	213	137	55	195	324	150	417	263	44	347	330	224	469	381	1131	238	724	325	2632	6474	63	Ly
	No. of samples					6	6	1	6	6		6	1		1	1	6	6	6	1	1	1	1	1	1			68	Tr
		13.6	1.45	9.1	B	466	1134	311	200	85	285	473	219	609	384	64	307	482	327	685	556	1651	348	1086	474	3843	9452		
7	Flakes (CC)				A	230	960		120	[C]130	250	330	120	450	210	[M]37	300	110	170	550	350	1400	190	740	310				
	No. of samples					1	1		1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		6.0	1.44	9.0	B	331	1362		173	187	360	475	173	648	302	53	432	156	245	792	504	2016	274	1066	445				
	Millets:																												
8	Foxtailmillet (Setaria italica):																												
	Whole grain (M)				A	258	761	115	158	92	250	310	190	500	261	110	313	171	114	571	401	1099	193	650	363	2588	6150	34	Ly
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		11.3	1.52	9.5	B	392	1167	175	240	140	380	471	289	760	397	167	476	260	173	868	610	1670	293	988	552	3934	9348		

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AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S-amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7+8	9	10	9+10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	1. CEREALS AND GRAIN PRODUCTS (Cont.ed)																												
	Millets (Cont.ed)																												
9	Japanese barnyard millet; sanwa millet (Echinochloa crusgalli var. frumentacea): Whole grain																												
	(M)				A	344	720	140	139	123	262	366	209	577	254	74	411	280	133	641	422	1457	172	630	356	2782	6873	41	Ly
	No. of samples					2	2	2	2	2		2	2		2	2	2	2	2	2	2	2	2	2	2				
		11.1	1.56	9.8	B	537	1123	218	217	192	409	574	326	900	396	115	641	437	208	1000	658	2273	268	983	555	4340	10722		
10	Proso millet (Panicum miliaceum; P. miliare): Whole grain																												
	(M)				A	256	756	130	175	113	288	306	163	469	250	81	325	200	131	756	394	1388	156	650	438	2563	6676	41	Ly
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		13.5	2.03	12.7	B	520	1535	260	355	229	584	621	331	952	508	164	660	406	266	1535	800	2818	317	1320	889	5203	13554		
11	Ragimillet; fingermillet; coracanmillet (Eleusine coracana): Whole grain																												
	(M)				A	263	613	219	169	44	213	350	125	475	294	63	369	238	144	506	438	1175	356	631	363	2509	6360	64	Ly
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			97	S-c
		11.7	0.99	6.2	B	261	607	217	167	44	211	347	124	471	291	62	365	236	143	501	434	1163	352	625	359	2483	6296		
12	Spiked millet (Pennisetum spicatum; P. americanum; P. typhoideum L.C. Rich.): Whole grain																												
	(M)				A	350	830	180	113	44	157	231	166	397	300	88	400	287	113	451	444	1288	419	888	263	2451	6428	53	Ly
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			71	S-c
		11.3	1.66	10.4	B	501	1059	300	188	73	261	383	178	559	498	148	664	498	188	798	737	2138	394	1474	437	[illegible]	10670		

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AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	1. CEREALS AND GRAIN PRODUCTS (Cont.ed)																												
	Noodles – see individual cereal or grain																												
13	Oats (Avena sativa): Whole grain																												
	(CC)				A	251	488	300	125	94	219	349	169	494	250	51	375	388	131	261	506	1331	294	488	350	2444	6213	90	Ly
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			92	Is
		11.0	2.04	13.1	B	317	1493	885	280	211	491	728	379	1107	560	181	840	869	293	629	1133	2961	659	1093	784	5475	13917		
14	Oatmeal or rolled oats																												
	(CC)				A	240	480	700	110	[C]160	270	360	250	610	220	[N]71	330	310	130	320	580	1300	320	340	270	2421	5981	59	Ly
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			66	Th
		11.3	2.34	13.5	B	557	1114	464	255	371	626	835	580	1415	510	165	766	719	302	719	1346	3016	742	769	626	5617	13876		
15	Rice (Oryza sativa): Brown or hulled																												
	(CC)				A	285	556	445	141	104	245	344	295	639	243	[N]78	403	528	150	356	607	1175	298	292	335	2677	6448	73	Ly
	No. of samples					8	8	8	3	3		8	8		8	9	8	8	8	8	8	8	8	8	8			97	Th
		13.5	1.27	7.8	B	382	881	315	179	132	311	437	375	812	309	99	512	671	191	490	771	1492	379	371	425	3399	8187		
16	Milled, polished																												
	(CC)				A	277	521	283	146	67	213	330	172	510	236	[N]72	350	457	155	369	605	1251	296	334	324	2442	6273	77	Ly
	No. of samples					6	6	6	6	6		6	6		6	4	6	6	6	6	6	6	6	6	6			94	Th
		11.5	1.07	6.4	B	296	558	201	156	72	228	362	164	546	293	77	375	532	166	395	647	1339	317	357	347	2613	6712		
17	Rice products: Noodles, uncooked																												
	(CC)				A	261	532	203	231	103	334	301	141	442	171	217	361	462	121	412	583	1195	201	311	261	2521	6067	60	Ly
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			68	Th
		13.0	0.82	4.9	B	214	436	166	189	84	273	247	116	363	140	178	296	379	99	338	478	980	165	255	214	2067	4975		
18	Rice, glutinous (Oryza glutinosa): Brown or hulled																												
	(CC)				A	238	533	204	162	109	271	298	144	400	166	[N]107	346	433	126	376	538	1176	216	286	225	2265	5643	60	Ly
	No. of samples					2	2	1	2	1		2	2		2	9	2	1	1	2	2	2	2	2	2			66	Th
		14.1	1.24	7.4	B	295	580	253	201	135	336	317	179	496	206	133	429	534	159	466	667	1458	268	355	279	2809	6998		

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AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	1. CEREALS AND GRAIN PRODUCTS (Cont.ed)																												
19	Rice, glutinous (Ct.d) Undermilled or Home pounded (M)				A	186	450	175	96	81	157	194	94	288	150		269	369	113	294	575	1025	236	319	262	1657*	4652*	51*	Ly
	No. of samples					7	7	7	7	7		7	7		7		7	7	7	7	7	7	7	7	7			60*	Th
		12.0	1.18	7.0	B	222	531	207	86	96	182	229	111	340	177		317	435	133	347	443	1210	281	376	309	1955*	5489*		
20	Rice: high protein varieties (Oryza sp.): Brown or hulled (CC)				A	261	549	225	143	73	216	362	257	619	232	92	362	536	152	359	593	1268	303	37[illegible]	344	2526	6403	66	Ly
	No. of samples					19	19	19	19	19		19	19		19	3	19	19	19	19	19	19	19	19	19			93	Th
		12.0	1.71	10.2	B	446	939	389	245	125	370	619	440	1059	397	108	619	917	260	614	1014	2168	518	551	588	4319	10949		
21	Milled, polished (CC)				A	269	530	223	112	54	176	351	245	596	228	c74	370	507	145	371	624	1360	256	313	363	2434	6222	66	Ly
	No. of samples					7	7	7	7	7		7	7		7	4	7	7	7	7	7	7	7	7	7			50	S-c
		12.0	1.70	10.6	B	479	943	397	199	114	313	625	401	1026	402	132	939	903	[illegible]	660	1110	2432	509	557	646	4350	11431		
22	Parboiled (CC)				A	252	509	211	131	79	210	311	239	550	221	c92	340	492	140	337	599	1131	275	252	339	2393	5950	62	Ly
	No. of samples					7	7	7	7	7		7	7		7	7	7	7	7	7	7	7	7	7	7			50	Th
		12.0	1.49	8.9	B	376	758	314	195	115	313	463	356	819	329	137	519	733	209	502	846	1685	410	420	505	3565	8877		
23	Rice: IR8 (Oryza sp.): Brown or hulled (CC)				A	276	510	235	146	82	228	354	245	599	245	69	404	516	145	356	616	1208	298	304	344	2550	6368	69	Ly
	No. of samples					2	2	2	2	1		2	2		2	1	2	2	2	2	2	2	2	2	2			99	Th
		12.0	1.63	9.7	B	450	831	383	238	134	372	544	401	945	402	113	659	841	238	829	1004	1969	486	496	561	4157	10380		
24	Polished, milled (CC)				A	265	491	222	168	93	263	364	298	622	232	64	369	514	145	339	571	1133	280	283	320	2548	6150	65	Ly
	No. of samples					5	5	5	5	5		5	5		5	2	5	5	5	5	5	5	5	5	5			93	Th
		12.0	1.49	8.9	B	395	732	331	250	142	392	483	444	927	346	95	550	766	216	549	851	1688	417	423	477	3796	9163		

0371B-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 +10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	1. CEREALS AND GRAIN PRODUCTS (Cont.ed)																												
25	Rye (Secale cereale): Whole grain or meal (M)				A	219	369	200	94	85	182	300	94	394	206	69	306	319	81	275	331	1456	231	944	231	2033	5931	52	Th
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			83	S-c
		12.5	2.19	12.6	B	480	800	631	206	193	399	657	206	863	451	151	670	699	177	602	725	3254	506	2067	506	4452	12969		
26	Sorghum sp. (Sorghum bicolor Moench): Whole seed (M)				A	263	838	125	106	69	175	281	169	450	244	125	331	225	125	669	400	1456	175	813	344	2551	6758	37	Ly
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			80	S-c
27	Sorghum sp. (Sorghum sudanese, Piper Stapf): Whole seed (M)				A	369	856	163	131	63	194	275	156	431	275	69	369	238	138	556	450	1444	269	975	263	2726	7059	46	Ly
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			86	S-c
	Wheat (Triticum aestivum, T. vulgare):																												
28	Whole grain or meal (M)				A	244	388	134	113	81	194	275	125	400	213	81	269	331	125	194	306	1856	256	775	331	1983	6157	57	Ly
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			85	Th
		12.0	2.09	(12.2)	B	510	811	405	236	169	405	575	261	836	445	169	562	692	261	405	640	3879	535	1620	692	4143	12867		
29	Flour (80-90% extraction) (M)				A	220	361	170	96			266			204	72	260												
	No. of samples					7	7	7	7			7			7	5	7												
		12.0	2.05	(11.7)	B	451	740	349	197			545			413	148	549												
30	Flour (60-70% extraction) (M)				A	247	440	139	97	113	210	287	[c]190	477	165	70	277	42	113	147	270	1933	223	763	297	2025	6014	41	Ly
	No. of samples					3	3	4	3	3		4	3		4	3	3	3	3	3	3	3	3	3	3			66	Th
		12.0	1.61	(9.2)	B	398	708	224	156	182	338	462	306	768	266	113	446	391	182	237	435	3112	359	1228	478	3260	9663		

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 +10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	1. CEREALS AND GRAIN PRODUCTS (Cont.ed)																												
	Wheat (Cont.ed)																												
31	Gluten, dried (M)				A	260	450	110	110	120	230	290	[c]180	470	170	60	280	180	100	130	190	2100	200	800	300	2030	6030	32	Ly
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			68	Th
		4.5	14.47	(62.5)	B	3762	6512	1592	1592	1736	3328	4196	2606	6802	2460	868	4052	2605	1447	1881	2749	30387	2894	11576	4341	29734	87254		
	Wheat products																												
32	Bread, white (OC)				A	220	390	120	72	[c]110	182	270	220	490	160	[M]67	260	170	120	170	270	2200	200	670	270	1889	5959	35	Ly
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			64	Th
		31.6	1.54	8.6	B	339	601	185	111	169	280	416	339	755	246	103	400	262	185	262	415	3388	308	1032	416	2909	9177		
33	Noodles, "Udon" (M)				A	250	440	150	100	110	210	280	190	470	170	70	270	270	130	140	270	1900	230	750	280	2040	6010	44	Ly
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			68	Th
		72.0	0.46	(2.6)	B	120	202	69	45	51	97	129	87	216	75	32	124	124	60	64	124	874	106	345	129	938	2765		
34	Wild rice (Zizania latifolia):																												
34	Whole seed (M)				A	281	506	194	151	44	175	283	94	377	244	106	413	335	175	375	600	1056	288	388	356	2376	5952	80	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			87	Ly
		6.6	2.11	(13.2)	B	621	1113	390	290	97	387	581	208	789	539	234	913	747	387	829	1326	2334	636	857	787	5251	13154		

D371B-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S-amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7+8	9	10	9+10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	2. STARCHY ROOTS, TUBERS and FRUITS																												
35	Burdock, great; goba (Arctium lappa): Root, raw																												
	(CC)				A	100	140	300	45	C 27	72	130	C 100	230	110	M 25	140	590	69	110	1100	980	110	240	110	1117	4426	32	Le
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			33	S-c
		76.5	0.40	2.5	B	40	56	120	18	11	29	52	40	92	44	10	56	236	28	44	440	392	44	96	44	447	1751		
	Cassava, bitter, common (Manihot esculenta; M. utilissima): Root:																												
36	Raw (M)				A	247	338	544			112	202	60	262	225		262	324	136							1990*		51*	S-c
	No. of samples					1	1	1				1	1		1		1	1	1									69*	Ar
		65.5	0.16	1.0	B	40	54	87			16	32	10	42	36		42	52	22							319*			
37	Grits (M)				A	198	283	395			128	169	54	223	203		224	359	108							1654*		58*	S-c
	No. of samples					1	1	1				1	1		1		1	1	1									59*	Ar
		9.2	0.29	1.8	B	57	82	115			37	49	16	65	59		65	104	31							480*			
	Dasheen – see Taro																												
	Goba – see Burdock, great																												
	Lotus – see Group 5																												
38	Potato, white (Solanum tuberosum): Tuber, raw																												
	(CC)				A	240	390	330	70	C 59	129	210	170	380	240	M 65	360	330	110	250	820	1100	220	240	220	2134	5424	59	S-c
	No. of samples					1	1	1	1	1		1	1		1	2	1	1	1	1	1	1	1	1	1			89	Le
		78.3	0.32	2.0	B	77	125	106	22	19	41	67	54	122	77	21	115	105	35	80	262	352	70	77	70	683	1734		

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7+8	9	10	9+10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	2. STARCHY ROOTS, TUBERS and FRUITS (Cont.ed)																												
39	Sweetpotato (Ipomoea batatas): Root, raw																												
	(CC)				A	250	400	260	67	C 76	143	260	300	560	310	K 79	380	220	120	360	1100	670	260	210	310	2382	5832	65	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			76	Le
		72.3	0.16	1.0	B	40	64	42	11	12	23	42	45	90	50	12	61	35	19	58	176	139	42	34	50	381	933		
40	Taro; dasheen (Colocasia antiquorum; C. esculenta): Tuber, raw																												
	(K)				A	271	456	366	166	61	227	438	164	622	369	66	403	339	119	140	620	270	230	210	390	2782	5100	**	
	No. of samples					2	2	2	2	2		2	2		2	1	2	2	2	1	1	1	1	1	1				
		75.4	0.35	2.2	B	95	160	128	58	21	79	153	64	217	129	24	141	119	42	49	217	95	81	74	137	973	1785		
41	Yam (Dioscorea alata): Tuber, raw																												
	(K)				A	280	379	376			160	322	68	390	211		299	456	136							2115*		81*	S-c
	No. of samples					1	1	1				1	1		1		1	1	1									54*	Th
		71.8	0.32	2.0	B	90	121	120			58	103	22	125	67		96	145	44							677*			

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	3. GRAIN LEGUMES and LEGUME PRODUCTS																												
42	Azuki bean; red bean (Phaseolus angularis): Whole seed, dried (CC)				A	246	446	455	83	58	141	335	214	549	212	108	276	392	206	253	610	1078	213	296	270	2435	5753	64	S-c
	No. of samples					3	3	3	2	1		3	3		3	1	3	3	2	3	3	3	3	3	3			84	Va
		3.1	1.10	6.9	B	270	493	501	91	64	155	369	235	604	233	119	304	431	227	276	671	1186	234	326	297	2678	6328		
43	Broadbean; horsebean (Vicia faba; Faba vulgaris): Whole seed, dried (M)				A	327	456	458	30	63	93	270	210	480	230	54	266	360	200	270	730	930	260	430	300	2364	5844	42	S-c
	No. of samples					5	5	5	5	1		5	1		5	5	5	1	1	1	1	1	1	1	1			83	Tr
		13.8	4.00	25.0	B	1308	1824	1832	120	252	372	1080	840	1900	920	216	1064	1440	800	1080	2920	3720	1040	1720	1200	9456	23376		
	Catjang pea - see Pigeonpea																												
	Cowpea, catjang - see Cowpea, all varieties																												
44	Cowpea, all varieties (Vigna spp.): Whole seed, dried (M)				A	417	532	414	86	34	120	324	163	487	251	89	428	544	314	250	800	990	240	410	330	2738	6616	55	S-c
	No. of samples					10	10	10	5	10		10	8		10	3	10	10	10	1	1	1	1	1	1				
		11.5	3.63	22.7	B	1514	1931	1503	312	123	436	1176	592	1768	911	323	1554	1975	1140	908	2904	3594	871	1488	1198	9938	24016		
	Cowpea, yardlong - see Cowpea all varieties																												
	French bean - see Kidney bean																												
	Golden gram - see Mung bean																												

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	5. GRAIN LEGUMES and LEGUME PRODUCTS (Cont.ed)																												
	Green gram - see Mung bean																												
	Haricot bean - see Kidney bean																												
	Horse bean - see Broadbean																												
	Indian bean - see Mung bean																												
45	Kidney bean; French bean; haricot bean; navy bean; pinto bean; snap-bean; string bean (Phaseolus vulgaris):																												
	Whole seed, dried (M)				A	339	494	500	60	41	101	343	164	507	263	74	382	350	303	170	610	1100	210	240	330	2660	6003	46	S-c
	No. of samples					12	12	12	8	8		12	3		12	9	12	5	6	1	1	1	1	1	1				
		12.1	3.24	20.3	B	1096	1600	1620	194	133	327	1111	531	1642	852	240	1238	1231	982	551	1976	3564	680	778	1069	8616	19450		
46	Mung bean; Indian bean; green gram; golden gram (Phaseolus aureus; Vigna radiata):																												
	Whole seed, dried (CC)				A	457	439	365	135	31	156	344	152	496	302	115	389	393	161	301	619	919	307	319	319	3523	5513	71	S-c
	No. of samples					3	3	3	3	2		3	3		3	1	3	3	-	2	2	2	2	2	2			61	Th
		10.6	3.66	22.9	B	941	1607	1145	456	113	571	1259	556	1815	726	432	989	1433	853	302	2449	3142	758	802	906	9234	20177		
	Navy bean - see Kidney bean																												

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	5. GRAIN LEGUMES and LEGUME PRODUCTS (Contd.)																												
47	Pea (Pisum sativum): Whole seed, dried (M)				A	277	416	492	58	92	90	188	140	412	249	57	328	580	150	180	610	1000	260	350	320	2271	5821	48	S-c
	No. of samples					5	5	5	5	1		5	1		5	5	5	1	1	1	1	1	1	1	1			87	Tr
		11.0	5.90	(36.5)	B	957	1498	1687	157	187	344	1015	504	1519	824	205	1161	2088	540	1008	2196	3600	936	1260	1152	8176	20955		
48	Peanut; groundnut (Arachis hypogaea): Dried (M)				A	401	350	410	58	58	116	261	156	417	188	69	314	733	157	156	688	1158	300	288	363	1665	5718	52	S-c
	No. of samples					2	2	2	2	1		2	1		2	1	2	2	2	1	1	1	1	1	1			61	Ly
		7.3	4.69	23.4	B	882	1502	901	249	249	498	1120	669	1789	807	298	1347	3145	588	669	2952	5097	1287	1236	1537	8001	24530		
49	Defatted Raw (M)				A	515	460			51		379	249	628	212		351	1128	227										
	No. of samples					2	2			2		2	2		2		2	2	2										
		9.8	7.16	39.1	B	2295	3694			383		2714	1640	4354	1518		2513	6076	1625										
50	Roasted (M)				A	335	492			45		281	219	700	208		428	1008	212										
	No. of samples					2	2			2		2	2		2		2	2	2										
		7.6	5.50	35.3	B	2197	3943			293		3127	1463	4590	1339		2762	6552	1378										
51	Low-salted fermented (M)				A	244	363	188	46	63	106	363	181	544	200	69	363	688	138	163	688	1188	300	263	363	2080	5871	48	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			55	Ly
52	Pigeonpea; catjang pea (Cajanus cajan; C. indicus): Whole seed, dried (CC)				A	419	588	650	169	44	213	419	225	644	263	55	400	556	363							3212		54	Tr
	No. of samples					1	1	1	1	1		1	1		1	4	1	1	1									97	S-c
		11.5	3.26	20.4	B	1366	1917	2119	551	143	694	1366	734	2100	857	114	1304	1813	1183							10471			

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	3. GRAIN LEGUMES and LEGUME PRODUCTS (Cont.ed)																												
	Pinto bean - see Kidney bean																												
	Red bean - see Adzuki bean																												
53	Rice bean (Phaseolus calcaratus; Vigna calcarata):																												
	Whole seed, dried (CC)				A	388	605	769	M 155	44	199	325	263	588	294	M 60	394	463	361							3298		90	S-c
	No. of samples					1	1	1	2	1		1	1		1	1	1	1	1									92	Tr
		14.0	2.96	18.5	E	1149	1794	2276	459	130	589	962	779	1741	870	178	1166	1371	1128							9762			
	Snap bean - see Kidney bean																												
	Soybean (Glycine max; G. hispida; G. soja):																												
	Whole immature seed, raw - see Group 5																												
54	Whole seed, dried (CC)				A	290	494	391	64	51	165	341	165	506	247	M 76	291	M 428	M 168	279	728	1185	259	332	309	2460	6148	75	S-c
	No. of samples					4	4	4	7	5		4	4		6	6	6	6	6	6	6	6	6	6	6			94	Va
		11.3	5.99	34.2	E	1737	2959	2342	503	465	968	2043	966	3031	1460	455	1743	2564	1006	1671	4361	7098	1551	1989	1651	14735	36827		
	Defatted soybean																												
55	Whole seed (M)				A	405	526	406	59	68	127	330	212	542	244		410	648	209							2664*		58*	S-c
	No. of samples					1	1	5	1	3		2	1		2		1	2	2									60*	Tr
		6.0	6.58	49.0	E	3509	4513	3463	506	563	1069	2631	1819	4650	2094		3518	5560	1793							22857*			
56	Flakes (M)				A	321	542	380	56	67	123	330	204	534	275	73	344	437	157	279	765	1248	255	371	392	2572	6476	56	S-c
	No. of samples					35	35	35	35	35		35	35		35	35	35	35	35	35	35	35	35	35	35				
			7.49	42.8	E	2404	3910	2646	419	502	921	2472	1526	4000	2060	547	2577	3273	1176	2090	5730	9348	1910	2779	2936	19264	46505		

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S-amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	5. GRAIN LEGUMES and LEGUME PRODUCTS (Cont.ed)																												
	Soybean (Cont.ed)																												
	Soybean products:																												
57	Curd, tofu, raw (W)				A	261	448	333	78	70	156	321	169	490	170	96	264	342	191	189	612	1113	212	297	266	2218	5420	68	Th
	No. of samples					2	2	2	2	1		2	2		2	2	2	2	2	2	2	2	2	2	2			70	S-c
		86.7	1.38	7.9	B	380	618	480	108	108	216	443	233	676	235	133	364	472	264	261	845	1536	293	410	367	3060	7507		
58	Curd, tofu, freeze dried (W)				A	300	470	410	70	71	141	310	C190	500	260	83	290	440	150	250	710	1100	250	390	310	2454	6054	64	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			93	Va
		10.4	5.35	(33.4)	B	2605	4395	3834	655	664	1319	2899	1777	4676	2431	776	2711	4114	1403	2338	6639	10285	2338	3647	2899	22944	56605		
59	Miso (W)				A	279	449	323	74	69	143	272	226	498	210	54	270	340	150	297	667	1053	260	427	350	2226	5770	65	S-c
	No. of samples					32	32	32	32	32		32	32		32	32	32	3	3	3	3	3	3	3	3			83	Tr
		44.4	2.18	12.5	B	608	979	704	161	150	311	593	493	1086	458	118	589	741	327	648	1454	2295	567	931	763	4852	12578		
60	Natto (W)				A	32[illegible]	470	352	68	80	148	292	179	471	255	75	324	293	165	257	630	1075	208	452	361	2415	5856	64	S-c
	No. of samples					4	4	4	4	4		4	3		4	4	4	3	3	3	3	3	3	3	3				
		58.5	2.89	(16.5)	B	931	1358	1017	191	231	422	844	517	1361	737	217	936	847	477	743	1821	3107	601	1306	1043	6979	16924		
61	"Okara", soybean curd refuse (W)				A	290	480	400	64	63	127	350	C200	550	290	83	320	410	150	250	630	1100	260	470	360	2520	6150	58	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		84.5	0.51	(3.5)	B	177	281	244	39	38	77	214	122	336	177	51	195	250	92	153	384	671	159	287	220	1537	3751		
62	Soybean milk (W)				A	330	470	330	66	46	132	330	C220	550	310	85	360	400	140	280	710	1100	310	470	350	2567	6327	60	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			97	Is
		91.4	0.49	2.0	B	162	230	162	42	23	65	162	108	270	152	42	178	196	69	137	348	539	152	230	172	1258	3100		

03718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 +10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	3. GRAIN LEGUMES and LEGUME PRODUCTS (Cont.ed)																												
	Soybean (Cont.ed)																												
	Soybean products (Cont.ed)																												
63	Soybean sauce (M)				A	270	450	350	49	57	106	210	59	269	190	30	290	110	54	290	480	1200	200	520	410	1935	5199	46	Tr
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			48	S-c
		75.5	0.92	5.3	B	246	396	322	45	52	97	193	54	247	175	28	267	101	50	267	442	1104	184	478	377	1780	4783		
64	Soybean sauce cake (CC)				A	359	627	274	99	89	188	414	271	685	307		422	451	154	385	776	896	298	285	380	2862*	6489*	80*	Ly
	No. of samples					1	1	1	1	1		1	1		1		1	1	1	1	1	1	1	1	1			85*	S-c
			10.50	59.9	B	3770	6584	2677	1040	935	1975	4347	2846	7193	3224		4431	4736	1617	4043	8169	9406	3129	2993	3990	30051*	68135*		
	Sprouts - see Group 5																												
65	"Tempeh" (fermented soybean product), dried (CC)				A	333	529	370	M 71	100	171	305	170	475	245	M 77	332	407	169	283	715	987	266	308	271	2532	5938	78	S-c
	No. of samples					2	2	2	2	2		2	2		2	2	2	2	2	2	2	2	2	2	2			96	Th
		5.4	6.52	40.7	B	2037	4507	3152	665	852	1457	2599	1448	4047	2087	656	2829	3468	1440	2411	6092	8409	2266	2624	2309	21573	50592		
	String bean - see Kidney bean																												

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 +10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	4. NUTS AND SEEDS																												
66	Almond (Prunus amygdalus; P. communis): Unblanched (M)				A	275	419	213	69	31	100	245	131	376	206	69	281	575	138	300	606	1594	344	556	200	1919	6232	45	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			63	Ly
		4.5	4.05	21.0	B	1114	1697	863	279	126	405	911	531	1442	834	279	1136	2329	559	1215	2454	6456	1393	2252	810	7772	25240		
67	Cashew, common (Anacardium occidentale): Nut, dried (M)				A	250	400	306	56	69	125	256	125	381	250	100	369	463	131	225	519	1094	294	306	350	2181	5563	57	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			90	Ly
		4.0	3.47	18.4	B	868	1380	1062	194	239	433	865	434	1322	868	347	1260	1607	455	761	1501	3796	1020	1062	1214	7568	19304		
68	Chestnut, Japanese (Castanea crenata): Whole, raw (M)				A	238	399	350	39	23	62	202	64	266	210	64	313	354	146	470	1033	846	267	373	280	1917	5686	28	S-c
	No. of samples					3	3	3	3	3		3	3		3	3	3	3	3	3	3	3	3	3	3			70	Ar
		57.4	0.57	3.0	B	136	205	217	22	13	35	115	36	151	120	46	161	202	63	266	589	462	152	213	16	1093	3241		
	Coconut (Cocos nucifera): Flesh																												
69	(stage of maturation 6 months) (CC)				A			368									387	376	354										
	No. of samples							1									1	1	1										
70	(stage of maturation 8 months) (CC)				A			253									77	535	251										
	No. of samples							1									1	1	1										
71	(stage of maturation 10 months) (CC)				A			300									497	985	413										
	No. of samples							1									1	1	1										

D371B-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S-amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	4. NUTS AND SEEDS (Cont.ed)																												
	Coconut (Cont.ed)																												
72	Flesh (Cont.ed) (stage of maturation 12 months)																												
	(CC)				A			416									255	604	516										
	No. of samples							1									1	1	1										
73	Flour, defatted																												
	(K)				A	259	405	254	156	25	181	221	62	303	188		313	764	126							1903*		75*	Ly
	No. of samples					4	4	4	4	4	4	4	4	4	4		4	4	4									75	Th
		3.5	2.66	14.2	B	694	1085	681	418	67	485	592	220	812	504		839	2101	338							5100*			
74	Cushaw (Cucurbita moschata): Whole seed																												
	(K)				A	300	481	256	125	63	188	250	181	431	219	125	331	913	131	300	525	1163	350	419	238	2331	6370	75	Ly
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			85	S-c
	Gingelly – see Sesame, oriental																												
75	Ginkgo (Ginkgo biloba): Whole seed, raw																												
	(K)				A	256	388	254	69	28	97	210	76	286	329	88	347	516	125	304	686	1025	285	455	356	2045	5777	44	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			75	Ly
		54.1	0.94	5.0	B	241	365	239	65	26	91	197	71	269	309	83	326	485	115	286	626	964	268	428	335	1922	5430		
76	Hemp (Cannabis sativa): Whole seed																												
	(K)				A	294	425	256	119	81	200	306	194	500	238	75	319	788	156	275	650	1019	275	338	219	2307	6027	75	Ly
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			91	S-c
		13.5	5.11	27.1	B	1502	2172	1308	608	414	1022	1564	991	2555	1216	383	1630	4027	797	1405	3322	5207	1405	1727	1119	11758	30797		

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S-amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7+8	9	10	9+10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	4. NUTS AND SEEDS (Cont.ed)																												
77	Pecan (Carya illinoinensis; C. olivaeformis): Nut																												
	(M)				A	250	369	225	44	63	107	250	156	406	200	88	325	638	144	319	556	1125	313	313	331	1970	5709	49	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			66	Ly
		3.2	1.75	9.3	B	438	646	394	77	110	187	438	273	711	350	154	569	1117	252	558	973	1969	548	548	579	3449	9991		
78	Perilla, common (Perilla frutescens): Seed, dried																												
	(M)				A	275	481	306	75	100	175	319	156	475	256	81	331	694	200	350	588	1194	331	325	225	2380	6267	80	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			90	Ly
		17.8	2.96	15.7	B	814	1424	906	222	296	518	944	462	1406	758	240	980	2054	592	1036	1740	3534	980	962	666	7046	18610		
79	Pine nut (Pinus sp.): Nut																												
	(M)				A	263	463	256	81	81	162	219	194	413	225	88	313	988	138	335	538	1138	288	388	200	2183	6205	24	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			75	Ly
		3.5	2.60	13.6	B	604	1204	666	211	211	422	569	504	1073	585	229	814	2569	359	879	1399	2959	749	1009	536	5677	16133		
80	Poppy (Papaver opiiferum; P. somniferum): Seed																												
	(M)				A	288	450	325	100	119	219	256	94	350	281	88	388	663	169	325	638	1350	338	338	244	2389	6454	92	Ar
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			96	Ly
		4.5	4.28	22.7	B	1233	1926	1391	425	509	937	1096	402	1498	1203	377	1561	2838	723	1391	2731	5778	1447	1447	1044	10225	27523		
81	Rubber (Hevea brasiliensis): Seed																												
	(CC)				A	194	419	336	44	75	119	238	163	401	175	81	400									2127		54	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1											70	Th
		3.6	4.16	22.1	B	807	1743	1406	183	312	495	990	678	1668	728	337	1664									8848			

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S-amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7+8	9	10	9+10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	4. NUTS AND SEEDS (Cont.ed)																												
	Sesame, oriental; gingelly (Sesamum indicum; S. orientale)																												
82	Seed, whole, dried, black, white or gold																												
	(M)				A	293	487	196	204	62	266	338	219	557	295	67	354	715	166	333	349	1276	383	383	302	2535	6446	58	Ly
	No. of samples					7	7	7	7	6		7	3		7	7	7	5	5	4	4	4	4	4	4				
		5.6	3.25	17.2	B	952	1583	637	663	202	865	1099	712	1811	959	283	1151	2324	546	1082	1134	4154	1245	1245	982	8241	20953		
83	Meal, defatted																												
	(M)				A	274	444	191	258	69	327	298			305	77	342												
	No. of samples					2	2	2	2	2		2			2	2	2												
		6.4	7.21	(38.2)	B	1975	3201	1377	1860	497	1910	2149			2199	555	2466												
84	Squash, winter (Cucurbita maxima): Seed																												
	(M)				A	325	475	275	106	63	169	238	188	426	238	100	331	888	144	294	556	1063	350	388	244	2339	6266	77	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			81	Ly
		3.7	5.54	29.4	B	1801	2832	1524	987	349	936	1319	1042	2361	1319	554	1834	4930	798	1629	3080	5889	1939	2150	1352	12959	34714		
85	Walnut, Persian or English (Juglans regia), dried																												
	(M)				A	238	419	194	37	63	100	244	163	407	213	88	319	638	142	263	619	1156	300	331	331	1978	5760	45	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			57	Ly
		3.6	3.43	15.2	B	816	1437	885	127	216	343	837	559	1396	731	302	1094	2166	494	902	2123	3965	1029	1135	1135	6764	19755		
86	Watermelon (Citrullus vulgaris; C. lunatus): Whole seed, dried																												
	(M)				A	338	469	219	163	69	232	256	188	444	281	100	338	1044	175	338	525	1244	350	325	256	2421	6678	64	Ly
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		4.6	4.28	22.7	B	1447	2007	937	698	295	993	1096	805	1901	1203	428	1447	4466	749	1447	2247	5324	1498	1391	1096	10363	28583		

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	5. VEGETABLES AND VEGETABLE PRODUCTS																												
	Bamboo shoot, unspecified (Bambusa spp; Phyllostachis spp. and Dendrocalamus spp.):																												
87	Raw																												
	(CC)				A	210	340	320	71	C 52	123	220	? 1000	1220	210	M 64	260	230	100	300	1000	600	210	330	310	2747	6027	56	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			77	Le
		91.0	0.40	2.5	B	84	136	128	28	21	49	88	400	488	84	26	104	92	40	120	400	240	84	212	124	1099	2411		
88	Boiled and canned																												
	(M)				A	170	210	210	25	150	175	140	140	280	75	56	210	520	93	190	250	950	300	200	210	1386	4098	30	Th
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			46	Le
		93.2	0.34	(2.1)	B	58	71	71	9	51	60	48	48	96	26	19	71	177	31	65	85	323	102	68	71	471	1393		
89	Bean, broad; horse-bean (Vicia faba; F. vulgaris):																												
	Raw																												
	(CC)				A	350	560	490	38	M 110	148	260	C 250	510	280	M 59	390	450	160	240	810	1000	290	330	270	2787	6337	67	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			91	Tr
		75.6	1.30	8.2	B	455	728	637	49	143	192	338	325	663	364	77	507	585	208	312	1053	1300	377	429	351	3623	8238		
90	Bean, kidney (Phaseolus vulgaris): Bean with pod, immature, raw																												
	(M)				A	160	279	256	57	73	130	173	C 210	383	154	45	225	180	79	250	630	510	290	140	270	1692	4041	59	S-c
	No. of samples					2	2	2	2	1		2	1		2	2	2	1	1	1	1	1	1	1	1			63	Le
		90.6	0.34	2.1	B	61	95	87	19	25	44	59	71	130	66	15	77	61	27	85	214	173	99	48	92	575	1374		
91	Beet (Beta vulgaris): Greens, raw																												
	(M)				A	250	216	270	57	(59)	116	133	(147)	280	171	39	193									1537		50	Le
	No. of samples					1	1	1	1	1		1	1		1	1	1											53	S-c
		89.6	0.38	2.4	B	95	83	103	22	22	44	51	56	107	65	15	73									584			

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S-amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	5. VEGETABLES AND VEGETABLE PRODUCTS (Cont.ed)																												
	Brinjal - see Eggplant, garden																												
	Burdock - see Group 2																												
92	Cabbage, celery; pekinese cabbage (Brassica pekinensis): Raw																												
	(CC)				A	170	230	230	35	[C]69	105	130	[C]120	250	160	[M]39	220	250	60	360	450	1500	180	130	200	1404	4554	46	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			52	Le
		95.0	0.22	1.4	B	37	51	51	6	15	23	29	26	55	35	9	48	55	18	79	99	330	40	29	44	309	1002		
	Cabbage, Chinese, unspecified (Brassica spp.):																												
93	Raw																												
	(M)				A	[illegible]	290	145	35			58			54	27	76												
	No. of samples					1	1	1	1			1			1	1	1												
		87.8	0.43	2.7	B	104	127	64	15			25			23	12	33												
94	Salted																												
	(M)				A	200	160	270	44	72	116	210	[C]59	269	95	13	150	150	67	440	440	1200	240	350	210	1276	4393	36	Le
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			39	Th.
		83.6	0.40	2.5	B	80	64	108	18	29	47	84	24	108	39	5	60	60	35	176	176	480	96	140	84	510	1757		
95	Cabbage, common (Brassica oleracea var. capitata): White, raw																												
	(CC)				A	190	250	260	54	65	154	170	130	300	210	[M]35	230	210	110	250	650	1600	180	200	250	1632	5122	57	Le
	No. of samples					1	1	1	1	1		1	1		1	2	1	1	1	1	1	1	1	1	1			56	Tr
		93.0	0.26	1.6	B	49	65	68	23	17	40	44	110	254	55	10	60	52	29	65	177	416	47	52	68	425	1334		

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	5. VEGETABLES AND VEGETABLE PRODUCTS (Cont.ed)																												
96	Carrot (Daucus carota): Raw																												
	(CC)				A	130	200	150	38	C 30	68	130	82	212	150	M 46	190	320	81	240	770	1400	140	150	160	1186	4447	31	S-c
	No. of samples					1	1	1	1	1		1	1		1	2	1	1	1	1	1	1	1	1	1			45	Le
		89.6	0.18	1.1	B	23	36	34	7	5	12	23	15	38	27	8	34	58	15	43	139	252	25	27	29	213	800		
97	Cassava, common, bitter (Manihot esculenta): Leaves, raw																												
	(CC)				A	325	656	444	63	(69)	132	225	206	431	319	M 91	425									2823		60	S-c
	No. of samples					1	1	1	1	1		1	1		1	2	1												
		81.0	1.10	6.9	B	358	722	488	69	76	145	248	227	475	351	100	468									3107			
98	Chrysanthemum, crown-daisy (Chrysanthemum coronarium): Leaves, raw																												
	(M)				A	257	440	434	96			133			127	41	108												
	No. of samples					1	1	2	1			1			1	1	1												
		93.5	0.29	1.8	B	75	122	126	28			39			37	12	31												
99	Corn; maize (Zea mays): Immature, raw																												
	(CC)				A	240	780	170	110	C 150	260	310	C 140	450	240	M 46	340	220	150	490	510	1200	250	620	310	2526	6276	50	Ly
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			71	Tr
		69.6	0.60	(3.8)	B	144	468	102	66	90	156	186	84	270	144	28	204	132	90	294	306	720	150	372	186	1516	3766		
100	Cucumber (Cucumis sativus): Raw																												
	(CC)				A	240	390	310	67	M 26	93	250	C 210	460	240	M 58	340	260	120	260	530	1400	260	170	270	2131	5441	42	S-c
	No. of samples					1	1	1	1	1		1	1		1	2	1	1	1	1	1	1	1	1	1			89	Le-Tr
		96.2	0.10	0.6	B	24	39	31	7	3	10	25	21	46	24	6	34	28	12	26	53	140	28	17	27	214	545		

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	5. VEGETABLES AND VEGETABLE PRODUCTS (Cont.ed)																												
101	Cushaw (Cucurbita moschata): Fruit, raw																												
	(CC)				A	200	320	240	71	C 50	121	200	260	460	130	M 66	230	450	98	180	640	1100	170	160	270	1787	4855	52	Th
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			55	S-c
		91.4	0.18	1.1	B	36	58	43	13	9	22	35	47	83	23	15	41	81	18	32	115	195	31	29	49	321	674		
	Daikon - see Radish, oriental																												
102	Eggplant, garden; brinjal (Solanum melongena): Raw																												
	(CC)				A	270	380	330	71	M 33	104	26	C 240	500	230	M 51	320	310	130	300	780	860	230	260	230	2185	5285	47	S-c
	No. of samples					1	1	1	1	1		1	1		1	2	1	1	1	1	1	1	1	1	1			78	Tr
		92.0	0.26	1.6	B	70	99	86	18	9	27	68	62	130	60	13	83	81	34	78	203	224	60	68	60	568	1374		
	Garland-chrysanthemum - see Chrysanthemum																												
	Ginkgo seed - see Group 4																												
103	Honeywort, Japanese (Cryptotaenia japonica): Greens, raw																												
	(M)				A	241	463	640	161			339			350	89	426												
	No. of samples					1	1	1	1			1			1	1	1												
		93.5	0.32	2.0	B	77	148	205	52			108			112	28	136												
	Horsebean - see Bean, broad																												

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	5. VEGETABLES AND VEGETABLE PRODUCTS (Contd)																												
	Lettuce, garden (Lactuca sativa): Raw																												
	(M)				A	165	296	722	280			352			376	76	383												
	No. of samples					1	1	1	1			1			1	1	1												
104	Unheaded	93.8	0.22	1.4	B	36	65	159	62			77			83	17	84												
105	Headed	95.8	0.16	1.0	B	26	47	116	45			56			60	13	61												
106	Lotus, Hindu (Nelumbo nucifera): Tuber, raw																												
	(M)				A	77	130	178	53	21	74	74	C 14	88	105	39	100	120	56	140	710	280	600	320	73	791	3090	23	Ar
	No. of samples					2	2	2	2	1	1	2	1		2	2	2	1	1	1	1	1	1	1	1			30	Le
		85.1	0.34	2.1	B	26	44	61	18	7	25	25	5	30	36	13	34	41	19	48	241	95	204	109	25	269	1050		
	Maize - see Corn																												
107	Mungbean; green gram; tiensin green bean (Phaseolus aureus; Vigna radiata): Sprouts, raw																												
	(CC)				A	256	369	500	M 106			288	281	569	300	144	375	469	144	225	1094	369	144		75				
	No. of samples					1	1	1	1			1	1		1	1	1	1	1	1	1	1	1		1				
		90.1	0.67	4.2	B	171	247	335	71			193	188	381	201	96	251	314	96	151	733	247	96		50				
108	Mushroom, common (Agaricus bisporus): Raw																												
	(CC)				A	140	230	280	29	C 33	62	130	120	250	170	M 64	160	370	84	290	280	440	160	320	170	1356	3470	28	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			52	Va
		91.5	0.59	(3.7)	B	83	136	165	17	19	36	77	71	148	100	38	94	218	50	171	165	260	94	189	100	800	2047		

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S-amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	5. VEGETABLES AND VEGETABLE PRODUCTS (Cont.ed)																												
109	Onion, common, garden (Allium cepa): Mature, raw																												
	(%)				A	327	296	266	31			143			69	41	153												
	No. of samples					1	1	1	1			1			1	1	1												
		88.6	0.25	1.6	B	82	74	67	8			36			22	10	38												
110	Onion, Welsh (Allium fistulosum): Raw																												
	(%)				A	148	247	485	140	94	254	184	86	270	155	58	122	460	77	310	330	1200	260	160	160	1719	4716	39	Va
	No. of samples					2	2	2	1	1		2	1		2	2	2	1	1	1	1	1	1	1	1			56	Le
		91.4	0.25	1.6	B	37	62	121	35	24	59	46	22	68	39	15	31	115	19	78	83	300	70	45	40	432	1182		
111	Pea, garden (Pisum sativum), with pod: Immature, raw																												
	(%)				A	360	510	450	25	71	96	200	C 220	420	220	61	610	300	39	130	510	1000	160	140	280	2727	5286	44	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			88	Th
		85.7	0.57	(3.6)	B	205	291	257	14	40	54	114	125	239	125	35	348	171	22	74	291	570	91	80	160	5286	3013		
	Pekinese cabbage – see Cabbage, celery																												
112	Pepper, sweet (Capsicum annuum): Fruit, green, raw																												
	(%)				A	225	327	509	127			151			164	43	91												
	No. of samples					1	1	1	1			1			1	1	1												
		92.0	0.21	1.3	B	47	69	107	27			32			34	9	19												
113	Pumpkin (Cucurbita pepo): Fruit, raw																												
	(%)				A	150	213	435	145			184			242	67	125												
	No. of samples					1	1	1	1			1			1	1	1												
		91.9	0.11	0.7	B	17	23	46	16			20			27	7	14												

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	5. VEGETABLES AND VEGETABLE PRODUCTS (Cont.ed,																												
	Radish, Japanese (Raphanus sativus var Longipinnatus):																												
	Root:																												
114	Raw																												
	(CC)				A	150	200	220	76	C 71	147	210	C 110	320	170	M 26	240	160	49	210	450	1500	170	160	160	1473	4332	40	Tr
	No. of samples					1	1	1	1	1		1	1		1	2	1	1	1	1	1	1	1	1	1			45	Le
		93.0	0.16	1.0	B	24	32	35	12	11	23	34	18	52	27	4	38	26	8	34	72	240	27	26	26	236	693		
115	Salted																												
	(M)				A	160	240	140	63	13	76	140	81	221	180	30	180	190	40	260	180	1800	320	220	120	1227	4357	35	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			41	Ly
		78.1	0.27	(1.7)	B	43	65	38	17	4	21	38	22	60	45	8	49	51	11	70	49	486	86	59	32	331	1176		
	Seaweeds:																												
116	Chlorella (Chlorella spp.):																												
	Dried powder																												
	(M)				A	202	496	329	88	CC (75)	163	259	CC (248)	537	251	92	319	382	83							2389		74	S-c
	No. of samples					4	4	6	4	1		5	2		5	4	4	4	4									81	Is
			9.65	60.3	B	1949	4786	3175	849	724	1573	2789	2393	5182	2422	888	3078	3686	801							23054			
117	Purple laver (Porphyra tenera):																												
	Air dried																												
	(M)				A	245	425	225	136	53	189	285	165	450	290	80	550	530	77	480	615	605	395	270	425	2454	5851	66	Ly
	No. of samples					2	2	2	2	2		2	2		2	2	2	2	2	2	2	2	2	2	2			86	S-c
		8.6	4.64	29.0	B	1137	1972	1044	631	246	877	1322	766	2088	1346	371	2552	2459	357	2227	2854	2807	1833	1253	1972	11387	27149		
118	Seaweed sp. (Hijikia fusiformis):																												
	Dried																												
	(M)				A	390	450	180	200	79	279	360	190	550	200	47	630	310	53	400	620	740	360	300	240	2726	5749	53	Ly
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			72	Tr
		16.8	0.69	(5.6)	B	347	401	160	178	70	148	320	169	489	178	42	561	276	47	356	552	659	320	267	214	2426	5116		

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	5. VEGETABLES AND VEGETABLE PRODUCTS (Cont.ed)																												
119	Seaweeds (Cont.ed): Seaweed sp. (Undaria pinnatifida): Air dried																												
	(K)				A	180	530	230	130	58	188	230	100	330	340	73	430	190	31	280	370	410	230	190	160	2301	4162	63	Ly
	No of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			72	Is
		8.29	1.42	8.9	B	256	753	327	185	63	268	327	142	469	483	104	611	270	44	395	525	562	327	270	227	3267	5910		
120	Tangle (Laminaria japonica): Air dried																												
	(K)				A	230	370	160	110	100	210	280	230	510	160	110	490	230	47	430	750	1500	250	330	200	2280	6017	53	Ly
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			72	Th
		9.62	0.70	4.4	B	161	259	126	77	70	147	196	161	357	126	77	343	161	33	301	525	1050	175	231	140	1596	4211		
121	Soybean (Glycine max): Immature seed, raw																												
	(CC)				A	413	444	531	50			313	175	488	119	63	350	481	313	275	556	1350	300		350				
	No. of samples					1	1	1	1			1	1		1	1	1	1	1	1	1	1	1		1				
		68.2	20.8	13.0	B	659	924	1104	104			651	364	1015	248	131	728	1000	664	572	1156	2808	624		728				
122	Sprouts, raw																												
	(CC)				A	313	525	438	63	25	88	250	206	456	363	144	350	300	169	294	906	888	244		469	2677		40	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1		1				
		81.5	1.23	7.7	B	385	645	539	77	31	108	308	253	561	446	177	431	369	208	362	1114	1092	300		577	3293			
123	Spinach (Spinacia oleracea): Leaves and stems, raw																												
	(CC)				A	180	380	320	34	C 27	61	240	200	440	220	M 72	240	320	120	280	620	1000	260	230	210	1913	4953	28	S-c
	No. of samples					1	1	1	1	1		1	1		1	2	1	1	1	1	1	1	1	1	1			72	Is
		93.0	0.38	2.4	B	65	142	122	13	10	23	91	76	167	84	27	91	122	46	106	236	380	99	87	80	726	1882		

03718-c

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 +10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	5. VEGETABLES AND VEGETABLE PRODUCTS (Cont.ed)																												
	Tiensin green bean - see Mungbean																												
	Tomato (Solanum lycopersicum; Lycopersicon esculentum):																												
	Raw																												
124	Ripe (CC)				A	61	160	190	31	^{C}8	39	150	190	340	120	^{M}31	87	83	86	140	770	3000	110	100	130	1048	5467	18	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			28	Va
		93.8	0.19	1.2	B	15	30	36	6	2	8	29	36	65	23	6	17	16	16	27	146	570	21	19	25	200	1040		
125	Unripe	94.8	0.08	0.6	B	7	14	17	3	1	4	14	17	31	11	3	8	8	8	13	69	270	10	9	12	94	492		
126	Turnip (Brassica rapa):																												
	Root, raw (CC)				A	190	250	280	66	^{C}110	176	150	100	250	230	^{M}20	280	130	130	250	660	1900	240	150	200	1676	5336	31	Tr
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			57	Le
		92.6	0.16	1.0	B	30	40	45	11	16	29	24	16	40	37	3	45	21	21	40	106	304	38	24	32	269	655		

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	6. FRUITS																												
127	Apple, common (Malus sylvestris; M. pumila; Pyrus malus): Fruit, raw																												
	(CC)				A	220	390	370	49	C 54	133	160	94	254	230	M 58	250	170	120	280	1300	700	240	220	270	1905	5205	60	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			67	Ar
		85.6	0.06	0.4	B	13	23	22	3	5	8	10	6	16	14	3	15	10	7	17	76	42	14	13	16	114	311		
128	Banana, common (Musa sapientum): Fruit, raw																												
	(CC)				A	110	290	230	36	C 42	78	140	72	212	150	M 72	170	210	420	220	800	1000	200	190	200	1322	4562	35	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			44	Is
		71.6	0.19	1.2	B	21	55	44	7	6	15	27	14	41	30	14	32	40	80	42	152	190	38	36	38	254	668		
129	Fig, common (Ficus carica): Fruit, raw																												
	(CC)				A	190	270	250	52	C 100	152	150	270	420	200	M 53	240	140	85	380	1500	800	210	410	310	1775	5413	61	Le
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			69	S-c
		83.6	0.16	1.0	B	30	43	40	8	16	24	24	43	67	32	8	38	22	12	61	240	96	34	66	50	282	865		
130	Grapes (Vitis vinifera): Fruit, raw																												
	(M)				A	50	130	140	210	100	310	130	C 110	240	170	25	170	460	230	260	760	1300	190	210	300	1235	4945	20	Is
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			30	Le
		86.0	0.06	0.5	B	4	10	11	17	8	25	10	7	17	14	2	14	37	18	21	61	104	15	17	24	99	396		
	Japanese medlar - see Loquat																												

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 +10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	6. FRUITS (Cont.ed)																												
131	Loquat: Japanese medlar (Eriobotrya japonica): Fruit, raw																												
	(CC)				A	200	350	330	31	C 56	117	200	220	420	210	M 73	260	200	130	320	1000	800	240	230	240	1960	5120	53	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			80	Le
		88.6	0.06	0.5	B	16	28	25	2	7	9	15	18	34	17	5	21	16	10	26	80	64	19	18	19	157	409		
132	Orange, satsuma (Citrus unshiu): Fruit, raw																												
	(M)				A	160	140	300	170	56	226	180	C 81	261	110	75	290	470	140	280	640	500	620	270	250	1562	4732	32	Le
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			44	Th
		88.9	0.13	(0.8)	B	21	15	39	22	7	29	23	11	34	14	10	38	61	18	36	83	65	81	35	33	203	615		
133	Orange, summer (Citrus spp.): Fruit, raw																												
	(M)				A	180	170	330	94	75	169	230	130	360	94	44	240	400	94	390	880	780	640	350	180	1587	5281	38	Th
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			39	Le
		88.9	0.13	(0.5)	B	23	22	43	12	10	22	30	17	47	12	6	31	52	12	51	114	99	83	46	23	206	687		
134	Peach (Prunus persica): Fruit, raw																												
	(M)				A	100	220	230	240	69	309	140	C 160	300	210	29	310	130	130	310	710	1100	120	210	260	1708	4678	40	Is
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			45	Tr
		89.4	0.10	(0.6)	B	10	22	23	24	7	31	14	16	30	21	3	31	13	13	31	71	110	12	21	26	171	468		
135	Pear, Japanese (Pyrus serotina): Fruit, raw																												
	(CC)				A	150	250	170	64	C 54	118	150	240	390	160	M 51	250	76	66	270	2800	540	150	140	310	1569	5921	50	Ly
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			54	S-c
		89.1	0.05	(0.3)	B	9	13	9	3	3	6	8	12	20	8	3	13	4	3	14	140	27	8	7	16	78	296		

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 +10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	6. FRUITS (Cont.ed)																												
136	Persimmon, kaki (Diospyros kaki): Fruit raw, soft type: Ripe																												
	(CC)				A	200	400	300	61	C140	201	290	150	440	380	M110	290	380	130	220	520	1130	210	190	220	2421	5371	91	Le
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			91	S-c
		83.7	0.10	0.6	B	18	40	30	5	12	20	29	19	48	35	11	29	36	13	22	52	110	21	19	22	242	537		
137	Strawberry (Fragaria grandiflora): Fruit, raw																												
	(CC)				A	140	320	250	11	C54	65	190	210	390	130	M72	150	270	120	320	1400	920	250	200	240	1607	5327	30	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			56	Is
		90.6	0.13	0.5	B	18	42	33	1	7	8	23	27	50	25	9	23	35	16	42	182	120	33	26	31	208	693		
138	Watermelon (Citrullus vulgaris): Fruit, raw																												
	(CC)				A	200	160	520	54	M30	84	160	C120	280	280	M57	160	600	54	170	400	850	100	250	160	1891	4285	38	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			41	Le
		93.2	0.10	0.6	B	20	15	54	5	2	5	15	12	28	28	7	15	60	6	17	40	65	10	25	16	189	429		
	7. SUGARS AND SYRUPS																												
139	Sugar, crude, brown																												
	(CC)				A	120	130	55	39	M6	45	100	C310	410	130	M52	170	100	42	190	1900	530	160	110	130	1193	4355	20	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			25	Ly
		5.8	0.15	1.1	B	72	32	15	7	1	8	15	55	74	23	7	31	15	5	34	342	95	29	20	23	215	764		

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S-amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7+8	9	10	9+10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	B. MEAT, POULTRY AND GAME																												
	Bacon – see Pork																												
140	Beef (Bos taurus; B. indicus): Carcass, fresh: medium fat (CC)				A	300	550	570	140	C 75	215	280	220	500	280	K 69	340	390	220	400	580	1100	280	260	210	2824	6264	98	S-c
	No. of samples					1	1	1	1	1		1	1		1	5	1	1	1	1	1	1	1	1	1				
		59.8	2.75	17.2	B	825	1513	1566	385	206	591	770	605	1375	770	190	935	1073	605	1100	1595	3025	770	715	578	7766	17226		
	Birds' nest – see Swiflet																												
	Blood: Cow: Coagulated, uncooked (M)				A	115	800	934	224	50	274	411	221	632	366		607	356	552							4636*		46*	Is
141	No. of samples					1	1	1	1	1		1	1		1		1	1	1										
		77.2	3.50	(21.9)	B	403	2800	3269	784	175	959	1438	774	2212	1261		2125	1246	1932							15226*			
142	Hog: Fluid, uncooked (M)				A	175	478	808	135	51	186	416	178	594	271		614	367	599							3126*		70*	Is
	No. of samples					1	1	1	1	1		1	1		1		1	1	1									85*	S-c
		93.0	0.99	6.2	B	173	473	800	134	50	184	410	176	586	268		608	383	593							3093*			
	Brain: Beef (M)				A	561	515	488	280	77	357	409	300	709	394		344	456	186							3369*		**	
143	No. of samples					1	1	1	1	1		1	1		1		1	1	1										
		77.7	1.72	10.8	B	965	888	839	482	132	614	703	515	1219	675		592	764	320							5794*			
144	Hog (M)				A	371	473	459	217	101	318	432	194	626	236		326	437	150							2809*		94*	Th
	No. of samples					1	1	1	1	1		1	1		1		1	1	1										
		76.2	1.63	10.2	B	605	771	748	354	165	519	704	315	1020	385		531	712	245							4578*			

D3718-c

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	8. MEAT, POULTRY AND GAME (Cont.ed)																												
	Chicken (Gallus gallus; G. domesticus):																												
145	Flesh, raw																												
	(M)				A	404	508	581	204	90	294	224	166	410	246	77	304	372	135	340	614	690	249	289	293	2824	6006	98	Va
	No. of samples					3	3	3	3	3		3	3		3	3	3	3	3	2	2	2	2	2	2			98	Th
		66.0	3.20	(20.0)	B	1293	1626	1859	653	288	941	717	595	1312	787	246	972	1190	432	1086	1965	2846	797	925	938	9037	19219		
	Heart, raw:																												
146	Beef																												
	(M)				A	464	581	622	220	79	299	273	217	490	272	63	326	395	179	350	575	613	288	263	275	3117	6056	97	Tr
	No. of samples					2	2	2	2	2		2	2		2	1	2	2	2	1	1	1	1	1	1				
		76.1	2.30	14.4	B	1067	1336	1431	506	182	688	628	499	1127	626	145	750	911	412	805	1323	1410	662	605	633	7159	13929		
147	Hog																												
	(M)				A	488	498	615	244	90	334	291	228	519	293	63	350	525	182	425	500	681	363	263	281	3160	6581	97	Tr
	No. of samples					2	2	2	2	2		2	2		2	1	2	2	2	2	2	2	2	2	2				
		76.9	2.43	15.2	B	1186	1210	1494	593	219	812	707	554	1261	712	153	851	1278	442	1033	1215	2141	852	639	683	7679	15992		
148	Horse (Equus caballus)																												
	Meat, raw																												
	(M)				A	358	497	626	178	61	259	239	213	452	242	72	312	450	193	339	520	866	270	250	262	2820	5970	97	Th
	No. of samples					2	2	2	2	2		2	1		2	2	2	2	2	2	2	2	2	2	2				
		74.6	3.26	20.5	B	1174	1630	2060	584	266	850	784	699	1483	794	236	1023	1476	633	1112	1706	2840	886	820	859	9249	19582		
	Intestines, raw:																												
149	Beef																												
	(M)				A	413	434	608	285	52	337	228	212	440	270		302	531	159							3331*		99*	Le
	No. of samples					2	2	2	2	2		2	2		2		2	2	2										
		75.8	2.32	14.5	B	959	1007	1411	661	121	782	529	492	1021	626		701	1232	369							7728*			
150	Chicken																												
	(M)				A	350	590	510	180	79	259	330	C210	540	270	88	450	380	150	380	540	730	360	280	220	3057	6127	**	
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		78.4	2.03	12.7	B	711	1196	1035	365	160	525	670	426	1096	548	179	914	771	365	771	1096	1482	731	568	447	6206	12436		

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S-amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	5. MEAT, POULTRY AND GAME (Cont.ed)																												
	Kidney, raw:																												
151	Beef																												
	(M)				A	406	608	457	151	119	290	249	231	506	288	89	389	390	179	331	475	900	444	313	294	3029	6355	**	
	No. of samples					2	2	2	2	2		2	2		1	1	2	2	2	2	2	2	2	2	2				
		80.3	2.49	15.6	B	1011	1514	1136	451	288	737	609	575	1184	557	172	919	971	446	822	1153	2241	1106	779	732	7542	15824		
152	Hog																												
	(M)				A	503	457	540	237	109	346	319	243	562	197	71	374	453	175	394	556	731	394	388	331	3180	6603	**	
	No. of samples					2	2	2	2	2		2	2		2	1	2	2	2	2	2	2	2	2	2				
		78.9	2.38	14.0	B	1187	1149	1274	559	257	816	753	573	1326	701	188	883	1069	413	930	1312	1725	930	916	781	7504	15583		
	Liver, raw																												
153	Beef																												
	(M)				A	383	598	561	211	80	291	369	227	596	246	92	440	422	185	361	573	800	388	312	261	3134	6516	99	Th
	No. of samples					3	3	3	3	3		3	2		3	2	3	3	3	2	2	2	2	2	2				
		71.6	3.04	19.0	B	1119	1818	1523	641	243	884	1122	690	1812	754	280	1338	1283	563	1097	1742	2675	1180	948	793	9527	19809		
154	Chicken																												
	(M)				A	456	579	438	163	75	238	289	188	457	238	63	313	338	119	331	506	650	281	263	250	2778	5716	95	Th
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			97	Tr
		74.0	2.84	17.8	B	1495	1833	1444	463	213	676	754	534	1288	676	179	889	960	338	940	1437	2414	798	747	710	7890	16233		
155	Hog																												
	(M)				A	445	553	492	199	99	298	280	212	500	250	77	356	407	166	325	475	581	313	344	269	3004	5884	**	
	No. of samples					2	2	2	2	3		2	2		2	2	2	2	2	1	1	1	1	1	1				
		71.9	3.18	19.9	B	1445	1854	1569	633	315	948	916	674	1590	795	245	1132	1294	528	1034	1511	1846	995	1094	855	9553	18712		
	Lung, raw:																												
156	Beef																												
	(M)				A	401	538	505	215	64	280	280	205	485	308		389	488	209							3002*		**	
	No. of samples					1	1	1	1	1		1	1		1		1	1	1										
		86.4	1.80	11.0	B	754	1008	1137	406	120	526	526	385	911	575		731	880	393							5642*			
157	Hog																												
	(M)				A	475	519	591	250	90	340	278	190	468	255		371	506	199							2966*		**	
	No. of samples					1	1	1	1	1		1	1		1		1	1	1										
		81.3	2.35	14.7	B	1119	1210	1389	541	141	682	633	447	1100	599		872	1169	468							6970*			

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	8. MEAT, POULTRY AND GAME (Cont.ed)																												
158	Mutton; lamb (Ovis aries): Carcass, fresh; Lean																												
	(M)				A	343	513	581	162	113	275	220	138	358	281	78	320	478	157	376	539	653	292	220	283	2749	5959	94	Ar
	No. of samples					2	2	2	2	2		2	1		2	2	2	2	2	2	2	2	2	2	2				
		71.6	2.72	17.0	B	933	1395	1580	441	307	748	598	375	973	764	212	870	1300	454	1028	1466	2320	794	598	770	7477	16208		
159	Pork (Sus scrofa): Carcass, fresh; Lean																												
	(M)				A	507	464	564	220	74	294	248	234	482	339	61	400	415	305	331	575	869	238	263	244	3151	6391	94	Tr
	No. of samples					3	3	3	3	2		3	2		3	3	3	3	3	1	1	1	1	1	1				
		53.9	2.60	16.3	B	1318	1258	1518	572	192	764	645	608	1253	881	159	1040	1079	793	861	1495	2259	619	634	634	8193	16616		
	Pork, preserved:																												
160	Bacon, smoked																												
	(CC)				A	240	440	440	150	C 65	215	200	210	410	260	M 66	290	400	150	340	530	920	400	360	230	2361	5691	94	Va
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			96	Is
		43.0	1.92	12.0	B	461	845	845	288	125	413	384	403	787	499	127	557	768	288	653	1018	1766	768	691	442	4533	10927		
161	Ham																												
	(CC)				A	290	495	550	165	C 72	237	245	220	465	275	53	300	410	230	370	580	920	325	275	235	2695	6040	97	Va
	No. of samples					2	2	2	2	2		2	2		2	2	2	2	2	2	2	2	2	2	2				
		23.7	2.83	17.7	B	821	1401	1557	467	204	671	693	623	1316	778	235	849	1150	651	1047	1641	2604	920	778	665	7627	17093		
162	Rabbit, domesticated (Lepus cuniculus var. domesticus): Meat, raw																												
	(M)				A	340	410	510	190	77	267	220	210	430	320	95	400	350	160	370	620	1000	320	310	380	2772	6282	93	Le
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		72.5	3.55	22.2	B	1207	1456	1811	675	273	948	781	746	1527	1136	337	1420	1243	568	1314	2201	3550	1136	1101	1349	9841	22301		

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	6. MEAT, POULTRY AND GAME (Contd)																												
	Sausage:																												
163	made of pork and beef																												
	(M)				A	526	408	671	240	46	286	221	166	387	270		313	590	161							2861*		93*	Le
	No. of samples					1	1	1	1	1		1	1		1		1	1	1										
164	made of pork																												
	(M)				A	457	415	628	231	46	277	210	168	378	295		316	513	158							2772*		95*	Le
	No. of samples					1	1	1	1	1		1	1		1		1	1	1									99*	Ar
		56.2	1.95	(12.4)	B	905	826	1243	457	91	548	416	333	749	590		626	1016	333							5488*			
165	Frankfurter																												
	(M)				A	642	476	800	304	39	343	263	205	468	284		325	566	208							3338*		**	
	No. of samples					1	1	1	1	1		1	1		1		1	1	1										
166	Vienna																												
	(CC)				A	250	440	450	150	C 55	205	230	210	440	240	M 70	290	370	240	410	540	1200	410	370	250	2365	6175	93	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			94	Va
		56.8	2.67	(16.7)	B	668	1175	1202	401	147	548	614	561	1175	641	187	774	988	641	1095	1442	3204	1095	988	668	6368	16487		
167	Spleen:																												
	Hog																												
	(M)				A	488	546	705	278	62	340	285	243	528	312		414	567	259							3333*		**	
	No. of samples					1	1	1	1	1		1	1		1		1	1	1										
		78.6	2.64	16.5	B	1288	1441	1861	734	164	898	752	642	1394	824		1093	1497	684							8799*			
168	Swiflet (Collacalia inexpectata):																												
	Nest, cried																												
	(M)				A	225	447	263	31			425			425	31	435	357	165										
	No. of samples					2	2	2	2			2			2	2	2	2	2										
		12.9	8.54	53.4	B	1922	3817	2246	265			3630			3630	265	3715	3049	1580										
169	Tongue, raw:																												
	Hog																												
	(M)				A	533	283	709	285	68	353	284	238	522	331		336	415	206							3067*		64*	Le
	No. of samples					1	1	1	1	1		1	1		1		1	1	1										
			2.62	16.4	B	1396	741	1858	747	178	925	744	624	1368	867		880	1087	540							8036*			

03718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	9. EGGS																												
	Duck egg:																												
	Raw:																												
170	Whole																												
	(M)				A	403	568	506	450	79	529	343	269	612	271		464	400	134							3353*		**	
	No. of samples					1	1	1	1	1		1	1		1		1	1	1										
		70.6	2.11	13.2	B	850	1196	1068	950	167	1117	724	568	1292	572		979	844	283							7076*			
171	White																												
	(M)				A	313	600	444	406	119	525	456	344	800	469	88	494	250	156	258	625	956	236	456	581	3733	7283	**	
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		87.8	1.71	10.7	B	535	1026	759	694	203	897	780	588	1368	802	150	845	428	267	493	1069	1635	407	780	994	6383	12454		
172	Yolk																												
	(M)				A	381	606	544	200	88	288	313	325	638	400	94	444	369	206	325	644	800	213	488	556	3395	6996	**	
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		47.5	2.17	13.6	B	827	1315	1180	434	191	625	679	705	1384	868	204	963	801	447	705	1398	1736	462	1059	1207	7367	15181		
	Preserved, limed:																												
173	White																												
	(M)				A	319	644	413	413	31	444	456	313	769	406	100	506	213	156	325	663	1038	250	463	494	3601	7203	**	
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
174	Yolk																												
	(M)				A	350	575	413	219	38	257	313	319	632	394	88	431	313	161	313	567	806	200	444	350	3140	6334	**	
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
175	Salted:																												
	Whole																												
	(M)				A	453	517	484	589	63	652	423	343	766	385		460	405	222							3737*		**	
	No. of samples					1	1	1	1	1		1	1		1		1	1	1										
		64.6	2.30	14.4	B	1042	1189	1113	1355	145	1500	973	789	1762	886		1104	932	511							8596*			
	Hen egg:																												
	Raw:																												
176	Whole																												
	(CC)				A	376	547	417	192	c 150	342	348	240	588	302	106	437	400	150	350	570	790	200	250	450	3117	6287	**	
	No. of samples					2	2	2	2	1		2	1		2	1	2	1	1	1	1	1	1	1	1				
		73.7	2.06	12.9	B	779	1127	859	396	309	705	717	494	1211	622	215	900	824	330	721	1174	1627	412	515	927	6421	12951		

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	9. EGGS (Cont.ed)																												
	Hen eggs (Cont.ed)																												
177	White (CC)				A	330	530	420	130	[C]190	320	390	160	570	270	[M]100	430	350	160	370	590	830	220	240	390	3070	6230	**	
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		87.4	1.71	10.7	B	564	905	715	393	345	715	467	308	975	452	171	735	599	274	933	1009	1436	376	410	667	5249	10653		
178	Yolk (CC)				A	340	540	480	150	[C]110	260	480	290	510	300	[M]95	340	450	150	310	540	750	150	260	460	2825	5925	**	
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		50.1	2.61	16.3	B	635	1409	1253	335	287	626	679	653	1332	783	245	857	1175	393	809	1409	1956	470	679	1200	7373	15464		

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S-amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	10. FISH AND SHELLFISH																												
179	Abalone, earshell (Haliotis gigantea): Raw																												
	(CC)				A	221	433	323	137	81	218	207	229	436	267	44	235	503	89	381	607	874	463	294	305	2177	5696	68	Tr
	No. of samples					2	2	2	2	1		2	1		2	1	2	2	2	2	2	2	2	2	2			76	Va
		75.7	3.21	20.1	B	709	1390	1037	440	260	700	665	735	1400	857	141	754	1615	286	1223	1949	2806	1486	944	989	6988	18264		
180	Abalone, Japanese (Haliotis japonica): Raw																												
	(CC)				A	261	506	402	158	74	232	253	210	453	317	59	273	593	94	411	638	950	289	326	321	2499	6331	65	Tr
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			88	Va
		79.0	2.19	13.7	B	572	1108	880	346	162	508	510	482	992	694	121	597	1299	206	900	1397	2081	1071	714	725	5472	13864		
181	Amberfish; yellowtail (Seriola quinqueradiata): Raw																												
	(CC)				A	338	455	333	138	138	334	215	240	455	246	71	399	438	166	438	713	885	344	307	307	2866	6364	**	
	No. of samples					4	4	4	3	1		3	3		4	5	4	2	2	2	2	2	2	2	2				
		70.5	3.52	22.0	B	1182	1602	1964	690	486	1176	757	845	1602	908	250	1404	1542	564	1542	2510	3115	1211	729	1001	10066	22401		
182	Anchovy (Engraulis spp.; Stolephorus spp.): Raw																												
	(CC)				A	338	393	398	229	82	291	261	291	552	341	83	388	398	166	418	722	950	343	254	299	3094	6622	**	
	No. of samples					2	2	2	2	2		2	2		2	2	2	2	2	2	2	2	2	2	2				
		76.9	2.96	18.5	B	1000	1666	1770	673	154	862	632	743	1375	950	246	1083	1175	497	1237	2137	2812	996	745	885	9152	19661		
183	Ark shell (Anadara broughtonii): Raw																												
	(CC)				A	308	556	555	166	91	257	266	257	523	288	77	330	430	143	383	665	964	357	328	315	2694	6402	**	
	No. of samples					2	2	2	2	1		2	1		2	1	2	2	2	2	2	2	2	2	2				
		83.4	1.95	12.2	B	800	1084	1082	324	177	501	558	462	1020	562	150	644	839	279	747	1336	1880	696	445	620	5543	12484		

03718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S-amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	10. FISH AND SHELLFISH (Cont.ed)																												
184	Barracuda (Sphyraena sp.): Raw																												
	(M)				A	238	394	469	163			244			244	39	244												
	No. of samples					1	1	1	1			1			1	1	1												
		76.6	3.28	20.5	B	781	1292	1538	535			800			800	128	800												
185	Bonito (Katsuwonus pelamis): Raw																												
	(M)				A	288	394	488	200			259			241	44	600	269	213		600	1050	281	356	194				
	No. of samples					1	1	2	1			2			2	1	1	1	1		1	1	1	1	1				
			3.60	22.5	B	1037	1418	1757	720			932			868	158	2160	968	767		2160	3780	1012	1282	698				
186	Carp (Cyprinus carpio): Raw																												
	(CC)				A	320	530	620	200	C 60	260	280	240	520	300	M 69	350	390	200	390	690	980	280	240	260	2969	6399	**	
	No. of samples					1	1	1	1	1		1	1		1	3	1	1	1	1	1	1	1	1	1				
		75.4	3.10	19.4	B	992	1643	1922	620	186	806	868	744	1612	930	213	1085	1209	620	1209	2139	3038	868	744	806	9203	19836		
187	Clam (Meretrix lusoria): Raw																												
	(CC)				A	293	539	493	158	93	251	260	281	541	302	98	301	471	129	392	694	985	304	236	292	2818	6321	97	Va
	No. of samples					3	3	3	3	2		3	2		3	2	3	3	3	3	3	3	3	3	3				
		83.1	1.98	12.4	B	580	1067	976	313	164	497	515	556	1071	598	194	595	933	255	776	1374	1950	602	467	578	5580	12516		
188	Clam, baby (Tapes japonica; T. philippinarum; Amygdala japonica): Raw																												
	(CC)				A	310	525	511	180	106	286	273	261	534	298	84	336	432	139	366	697	887	324	259	318	2884	6306	**	
	No. of samples					3	3	3	3	2		3	2		3	1	3	3	3	3	3	3	3	3	3				
		82.6	1.82	11.4	B	564	956	930	328	193	521	497	475	972	542	153	612	786	253	666	1269	1614	590	471	579	5248	11476		

D371B-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	10. FISH AND SHELLFISH (Cont.ed)																												
	Clam, freshwater - see Corb shell																												
189	Clam, hen (Mactra sinensis): Raw																												
	(M)				A	270	430	460	150	83	233	270	C 210	480	230	52	210	650	63	370	610	860	340	250	280	2368	5791	68	Va
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			85	Tr
		80.2	2.30	14.4	B	621	989	1058	345	191	536	621	483	1104	529	127	483	1495	145	851	1403	1978	782	575	644	5447	13020		
190	Clam, short neck (Venerupis semidecussata): Raw																												
	(M)				A	391	475	452	135	129	264	197	288	485	241	52	263	447	82	231	450	606	356	175	238	2623	5206	80	Tr
	No. of samples					2	2	3	2	2		2	2		2	2	2	2	2	2	1	1	1	1	1			85	Va
		84.8	1.58	9.9	B	618	751	714	213	204	417	311	455	766	381	82	416	706	130	365	711	958	563	277	376	4144	8229		
	Cod, Pacific - see Pollack, Alaska																												
	Conger eel - see Eel, conger																												
191	Corb shell; freshwater clam (Corbicula spp.): Raw																												
	(CC)				A	314	526	515	173	100	273	279	278	557	331	112	408	404	155	357	727	822	299	256	311	3036	6397	**	
	No. of samples					2	2	2	2	1		2	2		2	1	2	2	2	2	2	2	2	2	2				
		60.0	1.78	11.1	B	559	936	917	308	178	486	497	495	992	589	199	726	719	276	635	1294	1465	532	509	554	5404	11386		
192	Crab, king (Paralithodes camtschaticus): Raw																												
	(CC)				A	260	430	470	140	C 68	208	240	220	460	250	K 65	270	620	140	350	560	820	430	260	240	2413	5853	87	Va
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			95	S-c
		76.0	3.20	20.0	B	832	1376	1504	446	218	666	768	704	1472	800	208	864	1984	448	1120	1856	2624	1376	832	768	7721	18729		

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	10. FISH AND SHELLFISH (Cont.ed)																												
193	Crab, sea, blue (Neptunus trituberculatus): Raw																												
	(CC)				A	291	560	555	186	103	291	295	293	591	323	101	310	394	148	357	747	1011	295	281	305	3022	6560	**	
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		80.2	2.75	17.2	B	800	1540	1526	517	283	800	820	806	1626	888	278	853	1084	407	982	2054	2780	811	773	839	8310	18040		
194	Crucian-carp (Carassius carassius): Raw																												
	(M)				A	270	660	631	262	70	332	185	C 220	405	257	86	348	360	150	400	650	930	350	200	290	2991	6321	**	
	No. of samples					1	1	2	2	1		2	1		2	2	2	1	1	1	1	1	1	1	1				
		79.6	2.60	16.3	B	702	1716	1641	651	182	863	481	572	1053	668	229	905	936	390	1040	1690	2418	910	520	754	7776	16434		
	Cuttlefish sp. - see Squid sp.																												
195	Dogfish, smooth (Mustelus manazo): Raw																												
	(M)				A	461	497	647	204			263	216	479	371	78	365	419	174	365	371	910	282	222	323				
	No. of samples					1	1	1	1			1	1		1	1	1	1	1	1	1	1	1	1	1				
		82.3	2.96	18.5	B	1365	1471	1915	604			779	639	1418	1098	231	1080	1240	515	1080	1098	2694	835	657	956				
196	Dolphin, common (Coryphaena hippurus): Flesh, raw																												
	(CC)				A	253	250	526	148			175			174	71	583		169	186		758	136	158					
	No. of samples					1	1	1	1			1			1	1	1		1	1		1	1	1					
		77.9	3.21	20.1	B	812	803	1658	475			562			559	228	1871		542	597		2433	437	507					
	Earshell - see Abalone																												

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AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	10. FISH AND SHELLFISH (Cont.d)																												
197	Eel, conger (Conger myriaster): Raw																												
	(CC)				A	260	500	560	160	M 79	239	240	C 230	470	260	M 67	300	390	130	400	710	960	380	260	250	2656	6136	97	Va
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		72.0	3.04	19.0	B	790	1520	1702	486	240	726	730	699	1429	790	204	912	1186	395	1216	2158	2918	1155	790	760	6074	18653		
198	Eel, river (Anguilla japonica): Raw																												
	(CC)				A	280	510	560	170	M 59	229	230	C 260	490	300	L 58	360	320	130	400	770	960	350	240	240	2607	6037	89	Tr
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		69.6	2.68	16.8	B	750	1367	1018	456	158	614	615	697	1313	804	155	965	858	345	1072	2064	2626	938	643	643	6987	16179		
199	Eel, silver-pike (Muraenesox cinereus) Raw																												
	(M)				A	445	506	659	213			280	231	511	360	73	354	409	170	317	402	976	280	226	329				
	No. of samples					1	1	1	1			1	1		1	1	1	1	1	1	1	1	1	1	1				
		75.1	2.91	18.2	B	1295	1472	2005	620			815	672	1487	1408	212	1030	1190	495	922	1170	2840	815	658	957				
	Fish jelly products (Japan):																												
200	"Hampen", boiled																												
	(CC)				A	310	470	560	170	C 61	231	230	C 170	400	360	M 55	280	380	200	340	530	1100	400	210	220	2569	5949	89	Tr
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			90	Va
		76.0	1.92	12.0	B	595	902	1075	326	117	443	442	326	768	499	111	538	730	354	653	1018	2112	756	403	422	4932	11422		
201	"Kamatoko", steamed, baked																												
	(CC)				A	320	500	510	190	C 75	265	260	C 260	520	320	M 69	300	340	120	370	690	1200	240	230	290	2804	6284	97	Va
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		77.0	2.08	(13.0)	B	666	1040	1051	395	158	551	541	541	1082	666	142	622	707	250	770	1435	2496	499	478	603	5832	13071		
202	"Satsuma age", fat fried																												
	(CC)				A	280	430	530	160	C 63	223	220	C 190	410	250	M 49	210	380	160	320	700	910	230	210	200	2382	5572	68	Va
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			75	Tr
		70.0	1.92	12.0	B	538	826	1018	307	121	428	422	365	787	480	94	403	730	307	614	1498	1747	442	403	384	4573	10698		

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	10. FISH AND SHELLFISH (Cont.ed)																												
203	Fish cakes (Japan): "Chikuwa", rolled fish cake																												
	(CC)				A	280	530	410	180	^{C}86	266	260	280	540	300	^{M}66	300	370	130	390	680	1100	330	270	300	2692	6262	97	Va
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		69.5	2.48	15.5	B	694	1314	1017	446	213	659	645	694	1332	744	164	744	918	322	967	1686	2728	818	670	744	6676	15530		
204	Fish sauce, fermented: "Nuoc-mam"																												
	(M)				A	216	266	1156	225			138			525	^{C}29	334												
	No. of samples					1	1	1	1			1			1	1	1												
		65.0	1.73	10.8	B	374	460	2000	389			239			908	50	578												
205	Fish sausage																												
	(CC)				A	250	490	490	130	^{C}74	204	250	^{C}210	460	290	^{M}64	280	390	180	390	580	1100	420	320	270	2528	6178	90	Va
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			93	S-c
		68.5	2.40	15.0	B	600	1176	1176	312	178	490	600	504	1104	696	154	672	936	432	936	1392	2640	1008	768	648	6067	14827		
206	Flatfish (Limanda herzensteini): Raw																												
	(M)				A	238	425	494	144			213			256	49	213												
	No. of samples					1	1	1	1			1			1	1	1												
		75.3	3.41	21.3	B	612	1449	1685	491			726			873	167	726												
207	Flounder (Paralichtys olivaceus; Pleuronichtys spp.): Raw																												
	(CC)				A	310	515	620	125	^{C}34	159	230	240	470	290	^{M}50	350	390	155	365	675	1050	265	190	265	2764	6119	72	S-c
	No. of samples					2	2	2	2	2		2	2		2	6	2	2	2	2	2	2	2	2	2			76	Tr
		78.7	2.97	18.6	B	921	1530	1841	371	101	472	653	713	1396	861	149	1040	1158	460	1084	2005	3119	787	564	787	8209	18173		

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AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	10. FISH AND SHELLFISH (Cont.ed)																												
208	Flying fish (Exocoetus volitans): Raw																												
	(CC)				A	300	520	620	150	M 84	234	240	C 240	480	300	M 73	310	350	210	410	740	1000	280	200	270	2837	6297	**	
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		77.0	3.36	(21.0)	B	1008	1747	2083	504	282	786	806	806	1612	1008	245	1042	1176	706	1378	2486	3360	941	672	907	9532	21158		
209	Gaper (Schizothaerus sp.): Raw																												
	(CC)				A	324	529	525	193	78	271	263	260	523	296	60	314	617	121	424	719	988	296	219	325	2862	6771	**	
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		76.6	3.04	19.0	B	985	1608	1596	587	237	824	800	790	1590	900	243	955	2484	368	1289	2186	3004	900	666	986	8701	20584		
210	Gizzard shad (Clupanodon punctatus): Raw																												
	(H)				A	213	406	686	144			213			250	65	319												
	No. of samples					1	1	1	1			1			1	1	1												
		73.2	3.39	21.2	B	722	1376	2332	488			722			848	224	1081												
211	Goby sp. (Gobidae sp.): Raw																												
	(CC)				A	300	520	650	200	M 67	267	240	C 240	480	310	M 59	330	320	140	360	750	930	260	240	240	2936	6176	91	Tr
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		75.2	2.99	(18.7)	B	897	1555	1944	598	260	858	718	718	1436	927	176	987	957	419	1076	2243	2781	777	718	718	8779	18466		
212	Herring (Clupea pallasi): Raw																												
	(CC)				A	290	560	620	220	M 70	290	230	C 230	460	320	M 61	370	390	170	420	750	1100	310	240	300	2971	6651	94	Tr
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		70.5	2.83	17.7	B	821	1585	1755	623	198	821	651	651	1302	906	173	1047	1104	481	1189	2123	3113	877	679	849	8407	18822		

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	10. FISH AND SHELLFISH (Cont.d)																												
213	Herring (Cont.d) Raw, raw (CC)				A	414	646	560	195	[c]73	268	313	455	578	370	[c]54	485	363	126	591	565	777	289	469	296	375	6851	83	Tr
	No. of samples					3	1	3	3	3		3	3		3	1	3	3	3	3	3	3	3	3	3				
		69.0	4.03	25.4	B	1658	2603	2257	789	294	1083	1261	1066	2329	1491	210	1955	1463	505	2352	2277	3131	1165	1890	1193	13601	27609		
214	Ivory-shell (Buccinum japonica): Raw (CC)				A	254	504	342	191	68	259	328	402	730	271	46	273	550	108	443	638	963	523	332	307	2386	6250	71	Tr
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			58	Va
		71.4	3.47	21.7	B	881	1749	1211	663	236	899	791	701	1492	940	160	947	1909	375	1537	2214	3342	1615	1152	1065	6279	21606		
	King crab - see Crab, King																												
	Kingfish - see Mackerel, Spanish																												
215	Loach (Misgurnus anguillicaudatus): Raw (M)				A	230	376	459	211	60	271	191	[c]170	361	175	72	334	430	120	390	480	560	310	370	370	2274	5304	70	Th
	No. of samples					2	2	2	2	1		2	1		2	2	2	1	1	1	1	1	1	1	1			85	Le
		79.9	2.40	15.0	B	954	902	1092	506	144	650	458	408	866	420	173	802	1032	288	936	1152	1344	744	868	866	5458	12729		
216	Lobster, spiny, Japanese (Panulirus japonicus): Raw (CC)				A	455	558	595	201	84	285	195	257	452	273	59	279	462	135	370	771	1059	290	214	307	2836	6444	90	Va
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			91	Tr
		75.5	2.86	17.9	B	730	1539	1701	575	240	815	844	755	1579	791	169	796	1321	355	1055	2705	3029	829	612	678	6110	18429		

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 +10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	10. FISH AND SHELLFISH (Cont.ed)																												
217	Mackerel: M., chub (Scomber japonicus): Raw																												
	(M)				A	463	488	560	200	[c]47	247	285	241	526	322	65	402	394	188	[cc]350	656	779	254	222	307	3193	6343	**	
	No. of samples					2	2	3	2	1		2	2		2	6	2	2	2	1	2	2	2	2	2				
		74.0	3.01	19.3	B	1394	1469	1746	602	141	743	656	725	1383	969	256	1451	1136	566	1054	1975	2345	765	668	924	9610	9092		
218	Mackerel, horse or jack (Trachurus japonicus): Raw																												
	(CC)				A	280	450	560	170	[c]70	240	[illegible]	180	[illegible]	260	[illegible]4	310	320	220	340	580	880	260	190	220	2564	5574	**	
	No. of samples					1	1	1	1	1		1	1		1	3	1	1	1	1	1	1	1	1	1				
		75.6	3.20	20.0	B	896	1440	1760	544	224	768	704	576	1280	832	256	992	1024	704	1088	1856	2816	832	608	704	8204	17837		
219	Mackerel, Spanish; kingfish (Scomberomorus commerson; S. niphonius; Cymbium commersoni): Raw																												
	(M)				A	313	444	719	194			180			355	53	335												
	No. of samples					1	1	1	1			1			1	1	1												
		77.4	2.96	18.5	B	[illegible]	1314	2128	574			599			1054	157	1000												
220	Marlin, sailfish (Istiophorus spp.; Makaira spp.): Raw																												
	(CC)				A	320	500	570	150	[c]90	240	250	[c]250	500	330	[illegible]64	420	270	520	400	530	1000	250	210	220	2984	6384	**	
	No. of samples					1	1	1	1	1		1	1		1	[illegible]	1	1	1	1	1	1	1	1	1				
		72.4	3.74	23.4	B	1197	1944	2132	561	337	898	935	935	1870	1234	312	1571	1009	1944	1496	1982	3740	935	785	823	11160	23876		

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	10. FISH AND SHELLFISH (Cont.ed)																												
221	Mullet, h rder (Mugil cephalus): Raw																												
	(CC)				A	310	550	570	200	K65	265	260	C240	500	250	K61	320	400	200	200	760	1000	290	220	260	2996	6526	**	
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		74.1	3.31	20.7	B	1026	1021	2218	652	251	943	561	794	1355	927	265	1059	1324	653	1323	2515	3310	960	728	861	9917	21601		
	Mysid - see Opossum shrimp																												
222	Octopus, common (Polypus vulgaris): Raw																												
	(CC)				A	290	470	460	130	C54	184	210	210	420	240	K72	260	510	150	320	620	870	340	160	270	2426	5666	88	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			90	Va
		65.9	2.16	13.5	B	826	1015	994	261	138	419	454	454	908	518	156	605	1102	325	691	1339	1679	734	346	583	5240	12239		
223	Octopus sp. (Polypus maronomatus)																												
	(CC)				A	228	471	533	152			163			193	67	530		219	209		740	161	151					
	No. of samples					1	1	1	1			1			1	1	1		1	1		1	1	1					
224	Opossum shrimp, mysid (Neomysis sp.): Raw																												
	(CC)				A	320	490	490	200	C64	264	410	260	670	300	K95	320	370	140	350	660	920	330	220	300	2972	6462	**	
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		78.0	2.40	15.0	B	765	1176	1175	480	202	682	984	624	1608	720	235	768	888	336	840	2064	2208	792	528	720	7132	15508		
225	Oyster sp. (Ostrea gigas): Raw																												
	(X)				A	435	479	415	141	55	226	244	131	375	241	50	276	441	88	300	475	856	263	363	244	2502	5532	77	Tr
	No. of samples					2	2	3	2	2		2	2		2	2	2	2	2	1	1	1	1	1	1			90	Va
		78.7	1.74	10.9	B	762	833	722	245	145	393	425	228	653	419	87	484	767	153	522	827	1489	458	632	425	4353	9626		

03718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	10. FISH AND SHELLFISH (Cont.d)																												
	Pilchard – see Sardine																												
	Pollack, Alaska; cod, Pacific (Theragra chalcogramma; Gadus macrocephalus):																												
226	Raw																												
	(CC)				A	310	520	600	220	C49	269	260	240	500	280	X76	310	410	150	380	670	1000	250	240	280	2865	6275	**	
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		80.7	2.72	17.0	B	343	1414	1632	595	133	731	707	653	1360	762	207	843	1115	408	1034	1628	2720	762	653	761	7792	17068		
	Roe:																												
227	Raw																												
	(CC)				A	384	610	543	151	C98	249	275	269	542	358	C92	435	346	157	521	565	856	237	374	448	3160	6665	95	Tr
	No. of samples					4	4	4	4	4		4	4		4	4	4	4	4	4	4	4	4	4	4				
			3.79	23.7	B	1455	2312	2058	572	371	943	1035	1020	2055	1270	235	1649	1311	595	1975	2145	3242	898	1417	1695	11976	25250		
228	Salted																												
	(CC)				A	290	590	420	62	C110	172	270	C300	570	320	X77	450	430	110	380	570	560	110	430	350	2939	6169	78	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
	Porgy, red – see Sea bream, red																												
229	Prawn, marine; shrimp (Penaeus spp.; Palaemon spp.):																												
	Raw																												
	(CC)				A	445	455	500	195	71	430	415	198	481	438	93	387	583	110	342	608	1010	409	439	441	2999	6199	95	Tr
	No. of samples					4	4	4	4	1		1	1		1	1	1	1	1	1	4	4	4	4	4			97	Tr
		79.2	2.81	17.6	B	669	1383	1405	447	100	847	711	315	1026	369	131	1087	1016	309	957	1572	2342	1141	633	677	3303	17416		
	Roe – see individual fish																												

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 +10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	10. FISH AND SHELLFISH (Cont.ed)																												
	Sailfish - see Marlin																												
230	Salmon, humpback; pink salmon (Oncorhynchus gorbuscha):																												
	Raw																												
	(CC)				A	250	410	490	150	C 90	270	240	180	420	270	X 77	290	370	170	360	550	740	380	270	240	2477	5557	94	Va
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			93	Le
		71.3	3.52	22.0	B	880	1443	1724	534	317	851	845	634	1479	950	271	1021	1302	598	1267	1936	2604	1338	950	845	8719	19561		
	Salmon, silver; king salmon (Oncorhynchus keta):																												
231	Raw																												
	(CC)				A	340	450	670	150	C 51	231	190	C 210	400	290	X 60	400	310	200	450	560	970	340	240	250	2861	6181	**	
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		72.6	3.15	19.9	B	1081	1431	2131	572	162	734	604	668	1272	922	254	1272	986	635	1431	1761	3085	1081	763	795	9097	19656		
232	Roe, raw																												
	(CC)				A	337	519	938	125	C 92	217	275	214	489	266	C 72	413	341	187	444	492	645	153	360	321	2921	5894	99	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
			2.94	18.4	B	991	1526	1729	366	270	636	809	629	1438	841	212	1214	1002	551	1305	1446	1896	538	1058	944	8588	17328		
233	Salmon, sockeye; red salmon (Oncorhynchus nerka):																												
	Frozen																												
	(M)				A	325	599	863	213			300	256	556	575	81	463	363	181	413	675	925	219	231	306				
	No. of samples					1	1	1	1			1	1		1	1	1	1	1	1	1	1	1	1	1				

D371B-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 +10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	10. FISH AND SHELLFISH (Cont.ed)																												
234	Sardine sp.; pilchard (Sardinops melanosticta): Raw																												
	(M)				A	571	975	880	223	67	290	493	472	963	346	80	455	427	155	451	693	909	346	247	315	3363	6906	**	
	No. of samples					1	1	1	1	1		1	1		1	5	1	1	1	1	1	1	1	1	1				
		75.3	2.80	17.5	B	1039	1610	1904	824	188	512	615	762	1377	969	224	1262	1196	434	1263	1940	2545	969	692	882	9416	19337		
235	Saury, Pacific (Cololabis saira): Raw																												
	(CC)				A	260	400	610	180	C 120	300	190	C 190	380	310	M 65	320	360	390	420	600	870	330	230	240	2645	6085	91	Le
	No. of samples					1	1	1	1	1		1	1		1	4	1	1	1	1	1	1	1	1	1				
		70.3	3.20	20.0	B	832	1280	1952	575	384	960	608	608	1216	992	208	1024	1152	1248	1344	1920	2784	1056	736	768	8464	19472		
236	Sea bream, red; porgy, red (Pagrus major): Raw																												
	(CC)				A	310	520	800	170	C 65	235	280	200	480	290	M 80	350	370	180	200	670	970	320	230	240	2865	6245	**	
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		77.8	2.88	(18.0)	B	893	1496	1728	490	187	677	808	576	1382	835	230	1065	1066	518	1152	1930	2794	922	662	691	8251	17965		
237	Sea bream sp. (Nemipterus virugatus): Raw																												
	(M)				A	288	431	413	139			313			231	80	294												
	No. of samples					1	1	1	1			1			1	1	1												
238	Sea-slug; sea-cucumber (Stichopus japonica): Raw																												
	(CC)				A	210	320	280	95	M 90	185	150	C 160	310	320	M 38	270	390	61	430	600	930	940	450	300	1914	5955	55	Tr
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			73	Le
		92.6	0.88	4.3	B	143	218	177	67	61	128	102	109	211	218	25	184	265	42	294	408	613	639	306	204	1301	4063		

03718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	10. FISH AND SHELLFISH (Cont.ed)																												
239	Sea urchin (Heliocidaris crassispina): Gonads, raw																												
	(CC)				A	260	500	360	160	[M]160	320	240	[C]310	550	270	[M]76	380	260	140	270	510	800	390	350	260	2716	5796	**	
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		71.5	2.53	(15.8)	B	658	1265	911	405	405	810	607	784	1391	653	192	961	658	354	663	1543	2024	987	886	658	6871	14664		
	Shrimp - see Prawn, marine																												
	Silver conger eel - see Conger eel, silver																												
	Skipjack (Euthynnus pelamys): Raw																												
240	(CC)				A	252	362	528	147	[C]51	198	175	240	415	210	71	460	320	342	263	520	699	208	167	200	2499	5218	82	Le
	No. of samples					2	2	2	2	2		2	1		2	1	2	1	1	2	1	2	2	2	2			84	Th
		70.4	2.19	26.2	B	1055	1517	2212	616	214	830	746	1006	1752	880	295	1927	1341	1433	1103	2179	2929	872	700	838	10472	21863		
241	Strips, dried																												
	(CC)				A	290	510	460	160	[M]65	225	220	[C]230	450	260	[M]76	320	320	410	370	630	760	280	210	210	2591	5781	**	
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		15.3	12.1	75.6	B	3506	6166	5561	1934	786	2720	2660	2781	5441	3143	919	3869	3869	4957	4473	7617	9186	3565	2539	2539	31325	69592		
242	Squid (Loligo spp.; Ommastrephes spp.): Raw																												
	(M)				A	314	435	491	152			229	222	451	205	52	399	352	103	336	634	812	294	338	252				
	No. of samples					5	5	5	5			5	3		5	4	5	3	3	1	3	3	3	3	3				
		82.0	2.44	15.3	B	756	1061	1195	371			559	542	1101	500	127	974	932	251	820	1547	1981	717	825	615				
243	Squid sp.; cuttlefish sp. (Decapod mollusks): Raw																												
	(M)				A	300	530	560	170	69	239	260	150	410	280	77	290	540	130	370	660	1000	300	310	260	2716	6286	93	Va
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
			2.72	17.0	B	816	1442	1523	462	188	650	707	490	1197	762	209	789	1469	354	1006	1795	2720	816	843	707	7388	17098		

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	10. FISH AND SHELLFISH (Cont.ed)																												
244	Top shell; spiny top shell (Turbo cornutus; Batillus C.): Raw																												
	(CC)				A	236	453	396	147	79	226	201	179	380	260	53	249	571	90	386	612	922	526	298	264	2253	5942	80	Va
	No. of samples					2	2	2	2	1		2	2		2	1	2	2	2	2	2	2	2	2	2			82	Tr
		74.1	3.20	20.0	B	755	1449	1267	470	253	723	643	573	1216	832	170	797	1827	288	1235	1958	2950	1683	954	909	7209	19014		
245	Trout, rainbow (Salmo gairdenerii iridens): Raw																												
	(CC)				A	260	450	510	130	G 47	177	270	180	450	260	M 71	310	380	200	360	580	770	370	230	240	2486	5618	80	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		70.9	3.49	20.6	B	855	1461	1678	428	155	583	888	592	1480	855	234	1020	1250	658	1154	1908	2533	1217	757	790	8186	18483		
246	Tuna, big eye (Thunnus obesus): Raw																												
	(M)				A	384	494	597	155	81	236	257	144	401	297	78	400	383	200	422	656	881	283	256	275	3015	6353	**	
	No. of samples					2	2	2	2	2		2	1		2	4	2	1	2	2	2	2	2	2	2				
		73.3	3.71	23.2	B	1417	1833	2215	666	301	967	953	905	1858	1102	289	1404	1347	742	1647	2434	3269	976	950	1020	11186	23570		
	Tuna, bluefin (Thunnus thynnus): Raw:																												
247	Lean (CC)				A	320	570	580	180	L 50	230	280	G 260	540	300	M 61	370	350	310	380	750	930	270	240	240	3001	6471	**	
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		73.5	3.61	22.6	B	1155	2058	2094	575	289	867	1011	939	1950	1083	292	1338	1282	1119	1372	2708	3357	975	865	866	10834	23360		
248	Fat (CC)				A	310	550	510	170	M 51	251	280	G 270	550	300	M 61	370	340	280	390	750	930	270	220	260	3012	6452	**	
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		52.7	3.42	21.4	B	1060	1881	2120	581	277	858	958	923	1881	1026	277	1197	1163	958	1332	2565	3181	923	752	889	10301	22066		

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	10. FISH AND SHELLFISH (Cont.ed)																												
249	Tuna, yellowfin (Thunnus albacares; Neothunnus albacora; N. macropterus): Raw																												
	(CC)				A	273	419	555	160	[K]76	236	211	[C]330	541	[illegible]	107	475	360	224	287	720	920	211	210	280	2830	6042	90	Th
	No. of samples					2	2	2	2	1		2	1		2	1	2	2	2	2	2	2	2	2	2			95	Le
		74.5	3.65	24.1	B	1051	1613	2137	616	293	909	812	1271	2083	562	412	1829	1386	862	1105	2772	3542	812	809	1078	10895	23261		
250	Whale (Balaenoptera borealis; B. musculus; B. physalus): Raw																												
	(M)				A	360	265	510	150	119	269	313	206	519	279	62	294	285	156	263	550	681	269	250	288	2578	5323	65	Le
	No. of samples					2	2	2	2	1		2	1		2	2	2	1	1	1	1	1	1	1	1			95	Va
		61.8	3.26	20.4	B	1174	929	1663	469	355	677	1020	672	1692	910	202	958	939	509	557	1793	2220	677	815	939	8404	17352		
251	Lean meat, cured																												
	(CC)				A	300	560	570	120	[C]76	196	260	200	460	260	[M]87	310	380	260	370	460	950	250	260	240	2745	5935	90	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		59.1	3.90	(24.4)	B	1170	2154	2223	468	304	772	1014	750	1794	1014	339	1209	1482	1014	1443	1872	3705	975	1014	936	10706	23147		
	Yellowtail - see Amberfish																												

03718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	11. MILK AND MILK PRODUCTS																												
252	Cheese, processed																												
	(CC)				A	300	550	600	190	C 34	224	340	C 350	690	(257)	M 90	360	270	240	140	300	980	100	560	230	3091	5911	**	
	No. of samples					1	1	1	1	1		1	1		4	1	1	1	1	1	1	1	1	1	1				
		39.6	3.95	25.2	B	1185	2173	2370	751	134	885	1343	1383	2726	1015	356	1501	1067	948	553	1185	3871	395	2212	909	12209	23348		
253	Cream, raw																												
	(CC)				A	350	700	530	120	C 87	207	330	C 300	630	300	M 91	360	270	170	210	480	1000	140	490	320	3188	6268	94	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		67.1	0.75	(4.8)	B	263	525	398	90	65	155	248	225	473	225	68	285	203	128	158	360	750	105	368	240	2392	4704		
254	Milk, cow: Fluid																												
	(M)				A	320	590	480	150	C 50	200	250	350	630	270	M 92	410	160	160	210	520	1400	120	590	340	2992	6512	91	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
	3.5% fat	87.7	0.49	3.1	B	157	289	235	74	25	99	137	172	309	132	45	201	85	78	103	255	686	59	289	167	1466	3191		
	3.0% fat	87.7	0.56	3.6	B	179	330	269	84	28	112	157	196	353	151	52	230	101	90	118	291	784	67	330	190	1676	3647		
255	Dried Whole																												
	(M)				A	398	581	550	275	20	295	313	299	612	(263)	104	445	230	191							3248		**	
	No. of samples					1	1	1	1	1		1	1		10	1	1	1	1										
		3.8	4.06	26.0	B	1624	2370	2244	1122	82	1204	1277	1220	2497	1073	424	1816	938	779							13252			
256	Non fat milk solids (skim)																												
	(M)				A	410	583	559	226	24	252	312	286	598	283	81	424	188	161							3198		**	
	No. of samples					1	1	2	1	1		2	1		2	1	1	1	1										
		4.2	5.45	34.0	B	2278	3177	3047	1243	131	1374	1700	1559	3259	1542	441	2310	1025	877							17428			
257	Casein, dried																												
	(M)				A	519	831	504	206			337			244		488												
	No. of samples					1	1	2	1			2			2		1												
		4.0	13.00	(83.0)	B	6747	8203	6552	2676			4381			3172		6344												

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S-amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	11. MILK AND MILK PRODUCTS (Cont.ed)																												
258	Milk, goat, fluid, whole																												
	(CC)				A	300	590	470	150	C160	310	360	C400	760	310	K80	390	190	160	200	460	1200	110	660	320	3210	6510	**	
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		87.5	0.55	3.4	B	159	313	249	80	85	165	191	212	403	164	42	207	101	85	106	244	636	58	350	170	1701	3450		
259	Milk, human Fluid, whole																												
	(CC)				A	320	610	410	110	C110	220	240	C340	580	270	K100	370	220	140	220	540	1100	140	570	250	2890	6090	**	
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
		88.1	0.24	1.5	B	77	146	101	26	26	52	55	85	140	65	24	89	53	34	58	130	264	34	137	60	694	1464		
	Milk soybean - see Soybean, Group 3																												
	13. BEVERAGES																												
260	Beer																												
	(CC)				A	130	150	170	28	C70	98	150	C370	520	110	C79	210	220	130	260	300	760	230	720	110	1467	4197	34	Le
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			44	Th
		92.1	0.08	0.5	B	10	12	14	2	6	8	12	30	42	9	6	17	18	10	21	24	61	18	58	9	117	336		
261	Sake: Wine																												
	(CC)				A	120	170	120	5	C45	50	110	C230	340	87	K14	180	260	85	230	250	370	170	160	110	1061	2716	22	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			23	Tr
		78.4	0.08	0.5	B	10	14	10	-	4	4	9	18	27	7	1	14	21	7	18	20	30	14	13	9	86	217		
	Soybean milk - see Group 3																												

D3718-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S-amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	14. MISCELLANEOUS																												
	Condiments:																												
262	Mustard (Brassica juncea), brown: Seed																												
	(M)				A	350	506	431	75	75	150	250	175	425	394	88	356	413	181	369	531	1219	288	513	363	2700	6477	68	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1				
263	Pepper (Xanthoxylum piperitum): Seed																												
	(M)				A	381	525	294	75	81	156	219	200	419	356	81	394	763	150	363	701	1463	406	350	213	2406	6615	71	S-c
	No. of samples					1	1	1	1	1		1	1		1	1	1	1	1	1	1	1	1	1	1			86	Ly
	Yeast:																												
264	Strawberry's (Rhodotorula pilimanae)																												
	(M)				A	253	416	317	149	14	163	201	160	361	317		318	444	155							2345*		74*	S-c
	No. of samples					1	1	1	1	1		1	1		1		1	1	1									95*	Le
		2.9	7.96	49.5	B	2014	3311	4115	1166	111	1297	1600	1274	2874	2523		2531	3534	1256							18666*			
265	Torulopsis utilis																												
	(M)				A	437	323	966	149	27	176	275	113	388	389		332	307	130							2531*		73*	Le
	No. of samples					2	2	2	2	2		2	2		2		2	2	2									80*	S-c
		7.0	7.53	47.1	B	3290	2432	4262	1122	203	1325	2071	851	2922	2327		2500	2312	979							19050*			

03318-c

PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B_{12} AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine	Pantothenic acid	Vitamin B_{12}	Folic acid
		Milligrams	*Milligrams*	*Micrograms*	*Micrograms*
	1. CEREAL AND GRAIN PRODUCTS				
1	Barley (Hordeum vulgare):				
	Whole grain	.56	.68	0	50.0
2	Maize; Corn (Zea mays):				
	Whole-Kernel, dried:				
	Yellow	.40	(.64)	0	26.5
3	Oats (Avena sativa):				
	Whole grain	.21	(1.5)	0	33.0
	Rice (Oryza sativa):				
4	Brown or hulled	.62	(1.5)	0	20.0
5	Milled or polished	.11	.22	0	3.6
	Rice products:				
6	Bran	(2.5)	(2.8)	0	146.0
7	Germ	(1.6)	(3.0)	0	430.0
8	Polish	(2.0)	(3.3)	0	192.0
9	Wheat (Triticum aestivum; T. vulgare):				
	Whole grain or meal	.44	1.2	0	49.0
	Wheat products:				
10	Bread, brown		.41	0	30.0
	2. STARCHY ROOTS, TUBERS AND FRUITS				
11	Cassava, bitter, common (Manihot esculenta; M. utilissima):				
	Root, raw		(0.52)	0	24.2
	Potato, white (Solanum tuberosum):				
	Tuber, raw - see Group 5				
12	Sweetpotato (Ipomoea batatas):				
	White, root, raw	.27	.80	0	52.0
13	Taro; dasheen (Colocasia antiquorum; C. esculenta):				
	Tuber, raw	.08		0	
14	Yam, Chinese; spiny yam (Dioscorea esculenta):				
	Tuber, raw		0.13	0	

D3718-c

PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B_{12} AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine	Pantothenic acid	Vitamin B_{12}	Folic acid
		Milligrams	*Milligrams*	*Micrograms*	*Micrograms*
	3. GRAIN LEGUME AND LEGUME PRODUCTS				
	Bengalgram - see Chickpea				
	Burma bean - see Lima bean				
	Catjang bean - see Pigeon pea				
15	Chickpea; Bengalgram (Cicer arietinum): Whole seeds; dried.....	(.54)	(1.3)	0	163.0
16	Cowpea, all varieties (Vigna spp.): Whole seeds; dried.....	.42	1.2	0	(439.0)
	Dhal - see Lentil				
17	Goabean, Indies, asparagus pea; Winged bean (Psophocarpus tetragonolobus): Seeds dried.....	.11		0	25.6
	Golden gram - see Mung bean				
	Greengram - see Mung bean				
	Haricot bean - see Kidney bean				
18	Hyacinth bean; Indian butter bean (Lablab niger; Dolichos lab): Whole seeds, dried.....	.15	(1.2)	0	21.8
	Indian bean - see Mung bean				
	Indian butter bean - see Hyacinth bean				
19	Kidneybean; French bean; Navy bean; pinto bean; snap bean; string bean (Phaseolus vulgaris): Whole seeds, dried.....		(.65)	0	(160.0)
20	Lentil; dhal; split pea (Lens culinaris, Ervum lens): Whole seeds, dried.....	(.45)	(1.5)	0	110.0

D3718 c

PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B_{12} AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine	Pantothenic acid	Vitamin B_{12}	Folic acid
	5. GRAIN LEGUME AND LEGUME PRODUCTS (Cont.ed)	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*
21	Lima bean; butterbean; Burma bean (Phaseolus lunatus; P. limensis): Whole seeds, dried.....	.50	1.2	0	125.0
22	Mungbean, Indianbean; green gram; golden gram (Phaseolus aureus; Vigna radiata): Whole seeds, dried.....	.47	(2.5)	0	121.0
	Navy bean – see Kidney bean				
23	Peanut; groundnut (Arachis hypogaea): Raw.....		(2.8)	0	124.0
24	Peas, garden and field (Pisum sativum): Whole seeds, dried.....	.13	(2.2)	0	59.3
25	Pigeon pea; Cajang pea (Cajanus Cajan; C. indicus): Whole seeds, dried.....	.25	(1.5)	0	193.0
	Pinto bean – see Kidney bean				
26	Soybean (Glycine max; G. hispida; G. soja): Whole mature seeds, dried.....	.82	1.6	0	210.0
27	Yambean, turnip bean; (Pachyrrhizus erosus): Whole seeds, dried.....	.04		0	5.1

D3718-c

PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B_{12} AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine	Pantothenic acid	Vitamin B_{12}	Folic acid
	4. NUTS AND SEEDS	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*
28	Almonds (Prunus amygdalus; P. communis) Shelled, raw.....	(.10)	(.58)	0	(25.0)
29	Brazilnuts (Bertholletia excelsa): Shelled, raw.....	(.17)	(.23)	0	(4.5)
30	Bread fruit (Artocarpus altilis): Seed, Kernel, raw.....		1.6	0	
31	Cashew, Common (Anacardium occidentale) Nuts, raw.....		(1.6)	0	
32	Coconuts (Cocos nucifera): Mature Kernel, raw.....	.07	(.33)	0	(27.6)
	Gingelly - see Sesame, oriental				
33	Pecans (Carya illinoinensis; C. olivaeformis): Shelled, raw.....		(1.7)	0	(27.0)
34	Sesame, Oriental; gingelly (Sesamum indicum; S. orientale): Seeds, whole dried.....		(.38)	0	
35	Walnuts (Juglans regia): Shelled, raw.....	(.96)	(.97)	0	(77.0)

D3718c

PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B_{12} AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine	Pantothenic acid	Vitamin B_{12}	Folic acid
	5. VEGETABLES AND VEGETABLE PRODUCTS	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*
36	Amaranth, spineless; (Amaranthus sp.): Leaves and stems, raw.....			0	85.3
37	Asparagus (Asparagus officinalis): Green, raw.....	(.14)	(.62)	0	(109.0)
	Balsampear; balsam - apple; bitter melon; bitter gourd (Momordica charantia):				
38	Fruit, raw.....				72.0
39	Leaves, raw.....	.76		0	87.6
40	Bamboo shoots, unspecified; (Bambo spp.; Phyllostachys spp.; and Dendrocalamus spp.): Raw.....	.24		0	7.1
41	Banana, Common (Musa sapientum): Buds and flowers.....	.12		0	
42	Beans, lima (Phaseolus lunatus): Immature seeds, raw.....	.17	(.45)	0	36.0
43	Beans, snap or string (Phaseolus vulgaris): Raw.....	.15	(.20)	0	(27.5)
	Beans, yard long - see Cowpea, yardlong				
	Bitter melon; bitter gourd - see Balsampear				
	Bottle gourd - see Calabash				
	Brinjal - see Egg plant, garden				
44	Cabbage (Brassica spp.): Leafy type, raw.....	.15	.21	0	46.1
45	Calabash; bottle gourd (Lagenaria siceraria; L. vulgaris; L. leucantha): Fruit, raw.....	.04	(.16)	0	5.9

D3718c

PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B_{12} AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine	Pantothenic acid	Vitamin B_{12}	Folic acid
	5. VEGETABLES AND VEGETABLE PRODUCTS (Cont.ed)	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*
46	Carrot (Daucus carota): Raw	.25	.18	0	(8.0)
47	Cauliflower (Brassica oleracea var botrytis): Raw	.27	(1.0)	0	(22.2)
48	Celery, chinese (Apium graveolens): Raw	.16	(.43)	0	(7.0)
49	Coriander (Coriandrum sativum): Leaves, raw	.18		0	17.8
50	Corn, maize (Zea mays): Yellow, raw	(.22)	(.89)	0	43.4
	Cow pea, yard long; chinese long bean; asparagus bean (Vigna unguiculata):				
51	Young green pods, raw	.14		0	
52	Leaves, raw	.19		0	109.0
53	Cucumber (Cucumis sativus): Raw	.04	(.24)	0	6.0
	Dasheen – see Taro				
54	Dill (Anethum graveolens): Leaves, raw	.27		0	
	Drum stick leaves – see Horse radish tree				
55	Egg plant, garden; brinjal (Solanum melongena): Raw, purple and white varieties	.09	(.23)	0	15.7
56	Fameflower, potherb; water-leaf; Philippine spinach (Talinum triangulare): Leaves, raw	.10		0	136.0
57	Fern sp. (Athyrum esculentum): Leaves and stems			0	34.4

03718c

PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B_{12} AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine	Pantothenic acid	Vitamin B_{12}	Folic acid
	5. VEGETABLES AND VEGETABLE PRODUCTS (Continued)	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*
	Garlic (Allium sativum):				
58	Bulbs, raw	.96		0	6.2
59	Young leaves, raw	.20		0	123.0
60	Ginger (Zingiber officinale): Roots, raw	.16	(.20)	0	
61	Gourd, sponge (Luffa cylindrica): Fruit, raw	.04		0	6.2
62	Horseradish; ben tree; drum stick leaves (Moringa oleifera): Leaves, raw	1.2		0	370.0
63	Jute, potherb (Corchorus olitorius): Leaves, raw	.60		0	123.0
64	Leek (Allium porrum): Raw	.15	(.12)	0	57.8
65	Lettuce, garden (Lactuca sativa): Leaves, raw	.20	(.36)	0	68.8
	Maize – see Corn				
	Malabar nightshade – see Vinespinach				
66	Matai; Waternut; water chestnut (Eleocharis tuberosa; E. dulcis): Corms, raw	.10		0	
67	Mushroom (Agaricus spp.): Raw	.53	(2.1)	0	(30.0)
68	Mustard greens, Indian (Brassica juncea) Leaves, raw	.16	(.21)	0	167.0
69	New-Zealand spinach (Tetragonia tetragonioides; T. expansa): Leaves, raw	.43	(.31)	0	20.9

D3718c

PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B_{12} AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine	Pantothenic acid	Vitamin B_{12}	Folic acid
	5. VEGETABLES AND VEGETABLE PRODUCTS (Cont.ed)	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*
70	Okra; ladys finger (Hibiscus esculentus) Raw.....	.22	(.29)	0	22.7
71	Onion, Common, garden (Allium cepa): Bulbs, mature, raw.....	.22	(.17)	0	20.7
72	Papaya (Carica papaya): Fruit, unripe, raw.....		.22	0	
73	Peas, garden (Pisum sativum): Raw.....	(.15)	(.82)	0	(25.0)
74	Peppers, all varieties (Capsicum annuum): Fruit, green, raw.....	.27	(.23)	0	15.8
75	Potato (Solanum tuberosum): Tubers, raw.....	.19	.45	0	7.2
76	Pumpkin (Cucurbita pepo): Fruit, raw.....	.11		0	9.3
77	Purslane, common (Portulaca oleracea): Leaves and stems, raw.....	.15		0	
	Radish, oriental, Japanese or chinese; daikon (Raphanus sativus var):				
78	Roots, raw.....	(.06)	(. .	0	
79	Pods, raw.....	.09		0	7.9
	Seaweeds, common varieties:				
80	Seaweed, sp (Japan) (Amphiroa spp.): Dried.....	.03			
81	Seaweed, sp.(Japan) (Cumtarns clarkii): Raw, whole.....			6.7	
82	Seaweed sp.(Japan) (Carpopeltis affinis) Dried.....	.18			
83	Seaweed sp.(Japan) (Caulerpa racemosa): Dried.....		.55	14.9	61.2

D3718c

PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B_{12} AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine	Pantothenic acid	Vitamin B_{12}	Folic acid
	5. VEGETABLES AND VEGETABLE PRODUCTS (Cont.ed.)	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*
84	Seaweed sp.(Japan) (Chaetomorpha crassa) Dried	.12			
85	Seaweed sp.(Japan) (Champia parvula): Dried	.19			
86	Seaweed sp.(Japan) (Chlorella ellipsoidea): Dried	.25	.85		4700?
87	Seaweed sp.(Japan) (Chondrococcus japonicus): Dried	.13			
88	Seaweed sp.(Japan) (Chondrus ocellatus): Dried	.09			
89	Seaweed sp.(Japan) (Codium sp.): Dried	.26			
90	Seaweed sp.(Japan) (Dictyopterus prolifera): Dried	.04			
91	Seaweed sp.(Japan) (Ecklonia cava): Dried	.02			
92	Seaweed sp.(Japan) (Ectocarpus sp.): Dried	.48			
93	Seaweed sp.(Japan) (Eisenia bicyclis): Dried	.06			
94	Seaweed sp.(Japan) (Endarchne binghamiae): Dried	.02			
95	Seaweed sp.(Japan) (Engraulis japonica) Dried			1.5	
96	Seaweed sp.(Japan) (Enteromorpha sp.): Dried	.87			

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PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B_{12} AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine	Pantothenic acid	Vitamin B_{12}	Folic acid
	5. VEGETABLES AND VEGETABLE PRODUCTS (Cont.ed)	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*
97	Seaweed sp.(Japan) (Euphausia sp.): Dried			17.8	
98	Seaweed sp.(Japan) (Gelidium sp.): Dried	.45			
99	Seaweed sp.(Japan) (Gracilaria sp.): Dried	.89			
100	Seaweed sp.(Japan) (Grateloupia sp.): Dried	.11			
101	Seaweed sp.(Japan) (Hypnea seticulosa): Dried	.34			
102	Seaweed sp.(Japan) (Halimeda cuneata): Dried	.13			
103	Seaweed sp.(Japan) (Laminaria japonica): Dried	.01			
104	Seaweed sp.(Japan) (Laurencia okamurai): Dried	.25			
105	Seaweed sp.(Japan) (Metapenaeus sp.): Raw			1.4	
106	Seaweed sp.(Japan) (Monostrima nitidum): Dried	.96			
107	Seaweed sp.(Japan) (Myelophycus caespitosus): Dried	.21			
108	Seaweed sp.(Japan) (Neomycis intermedia) Frozen whole			13.9	
109	Seaweed sp.(Japan) (Pandalus sp.): Raw			2.7	
110	Seaweed sp.(Japan) (Paneus sp.): Raw			1.4	

D3718c

PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B_{12} AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine	Pantothenic acid	Vitamin B_{12}	Folic acid
	5. VEGETABLES AND VEGETABLE PRODUCTS (Cont.ed)	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*
111	Seaweed sp.(Japan) (Porphyra tenera): Dried	.07			
112	Seaweed sp.(Japan) (Sargassum sp.): Dried	.11			
113	Seaweed sp.(Japan) (Sergestes lucens): Dried			10.1	
114	Seaweed sp.(Japan) (Ulva pertusa): Dried	.87			
115	Seaweed sp.(Japan) (Undaria pinnatifida): Dried	.01			
116	Spinach (Spinacia oleracea): Leaves and stems, raw	(.20)	(.31)	0	
	Spinach, New-Zealand - see New-Zealand spinach				
	Squash (Cucurbita sp.):				
117	Fruit, raw		(.31)	0	47.9
118	Tops, raw	.32			56.0
119	Sweetpotato (Ipomoea batatas): Leaves and tender tips, raw	.21		0	88.4
120	Tamarind (Tamarindus indicus): Young leaves, raw			0	42.4
121	Taro; dasheen (Colocasia spp.): Leaf stalk, raw	.19		0	163.0
	Tomato (Solanum lycopersicum; Lycopersicon esculentum):				
122	Unripe, raw	.06		0	6.5
123	Ripe, raw	.05	(.31)	0	6.3
124	Turmeric, common (Curcuma longa): Roots, raw			0	9.3

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PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B_{12} AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine	Pantothenic acid	Vitamin B_{12}	Folic acid
	5. VEGETABLES AND VEGETABLE PRODUCTS (Cont.ed)	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*
125	Vinespinach; Ceylon spinach; Malabar nightshade (Basella alba; B. rubra): Leaves, raw.....	.23		0	134.0
126	Water-Convulvolus; swamp cabbage; water spinach (Ipomoea aquatica; I. reptanus): Raw.....			0	122.0

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PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B_{12} AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine	Pantothenic acid	Vitamin B_{12}	Folic acid
	6. FRUITS	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*
127	Apple, common (Malus sylvestris; M. pumila; Pyrus malus): Fruit, raw.....	(.03)	(.10)	0	(2.0)
128	Avocado, American (Persea americana; P. gratissima): Fruit, raw.....		(1.1)	0	22.3
	Aztec kuamochil - see Guamachil				
129	Banana, common varieties (Musa sapientum): Fruit, raw.....	(.32)	(.31)	0	(9.7)
130	Bilimbi (Averrhoa bilimbi): Fruit, raw.....	.01		0	
131	Custard apple, bullocks-heart (Anona reticulata): Fruit, raw.....	.22	.13	0	
	Duku - see Langsat, domestic				
132	Grapes (Vitis vinifera): Fruit, raw.....	(.09)	(.05)	0	(5.2)
133	Guamachil; Aztec kuamochil; (Pithecolobium dulce): Fruit, raw.....	.21		0	
134	Guava, common (Psidium guajava): Fruit, raw.....	.14	(.17)	0	6.8
	Indian mango - see Mango common				
135	Langsat, domestic; duku (Lansium domesticum): Fruit, raw.....	.04		0	
136	Mango, common; Indian mango (Mangifera inuica): Fruit, raw.....	.13	(.16)	0	6.5

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PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B_{12} AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine	Pantothenic acid	Vitamin B_{12}	Folic acid
	6. FRUITS (Cont.ed)	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*
137	Mombin, purple or red; Spanish plum (Spondias purpurea): Fruit, raw.....	.04		0	21.3
138	Orange, mandarin; tangerine (Citrus reticulata): Fruit, raw.....	(.03)	(.22)	0	(5.1)
139	Orange, sweet (Citrus sinensis): Fruit, raw.....	.04		0	
140	Papaya (Carica papaya): Fruit, raw.....	.04	(.22)	0	1.1
141	Passionfruit, giant; grandilla, giant (Passiflora quadrangularis): Fruit, raw.....		1.6	0	
142	Pineapple (Ananas comosus): Fruit, raw.....	.09	(.15)	0	(6.0)
143	Pomegranate (Punica granatum): Fruit, raw.....	.51	.54	0	
144	Pomelo (Citrus grandis): Fruit, raw.....	.04		0	
145	Rambutan; rambotan; rambotang (Nephelium lappaceum): Fruit, raw.....	15.3?		0	
146	Santol (Sandoricum koetjape; S. indicum) Fruit, raw.....	.03		0	21.3
147	Sapodilla; sapota; ponderosa (Achras zapota): Fruit, raw.....	.04	.24	0	
148	Soursop (Annona muricata): Fruit, raw.....	.06	(.25)	0	
149	Spanish melon (Cucumis melo): Fruit, raw.....	.05		0	

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PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B_{12} AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine	Pantothenic acid	Vitamin B_{12}	Folic acid
	6. FRUITS (Cont.ed)	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*
150	Squash, winter (Cucurbita maxima): Fruit, raw	.06	.32	0	
151	Starapple, cainito (Chrysophylum cainito): Fruit, raw	.04	(.44)	0	
152	Sugarapple; sweetsop (Annona squamosa): Fruit, raw	.20	(.23)	0	20.2
153	Tamarind (Tamarindus indica): Fruit, pulp, raw	.09	.16	0	
154	Watermelon (Citrullus vulgaris): Fruit, raw	.05	(.30)	0	.6

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PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B_{12} AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine	Pantothenic acid	Vitamin B_{12}	Folic acid
	8. MEAT, POULTRY AND GAME	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*
	Bacon - see Pork				
155	Beef (Bos taurus; B. indicus):				
	Carcass fresh, medium fat.....	.42	(.47)	1.4	(6.9)
	Brain, raw:				
156	Beef.....	.18		4.4	21.8
157	Buffalo, Carabao.....	.29		7.0	11.6
158	Hog.....	.19		1.8	19.8
159	Buffalo, water (Bubalus buffelus):				
	Meat, raw.....	.18			
160	Chicken (Gallus gallus; G. domesticus):				
	Raw, young bird.....	(.22)	(1.0)	(.4)	
161	Frog (Rana vitigera):				
	Meat, raw.....			2.0	
162	Gizzard, chicken:				
	Raw.....	.15	(.75)	1.9	
	Heart, raw:				
163	Beef.....	.36	(2.5)	13.3	.3
164	Buffalo.....	.22		7.5	1.3
165	Chicken.....	.26	(2.6)	10.8	
166	Hog.....	.36	(2.5)	3.3	11.9
	Intestines, large, raw:				
167	Beef.....	.10		6.2	29.4
168	Buffalo.....	.03		1.2	21.2
169	Hog.....	.01		.8	
	Intestines, small, raw:				
170	Beef.....	.30		4.1	14.3
171	Buffalo.....	.02		4.2	14.2
172	Hog.....	.01		.8	
	Kidney, raw:				
173	Beef.....	.39	(3.9)	16.3	45.3
174	Buffalo.....	.19		27.2	14.7
175	Hog.....	.40	(3.2)	12.2	19.4

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PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B_{12} AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine	Pantothenic acid	Vitamin B_{12}	Folic acid
	6. MEAT, POULTRY AND GAME (Cont.ed)	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*
	Lamb - see Mutton				
	Liver, raw:				
176	Beef	.62	(7.7)	52.7	250.0
177	Buffalo	.68		28.6	106.0
178	Chicken	.72	(6.0)	27.9	1128.0
179	Hog	.62	(6.4)	65.2	259.0
	Lung, raw:				
180	Beef	.01		4.7	10.9
181	Buffalo	.06		5.4	13.1
182	Hog	.01		.7	21.3
	Mammary, raw:				
183	Beef	.05		1.3	
184	Buffalo	.03		.8	
185	Hog	.06		.4	
186	Mutton; lamb (Ovis aries), raw	.33	(.59)	2.2	
	Omasum, raw:				
187	Beef	.04		.7	6.3
188	Buffalo	.02		1.0	17.0
189	Pork (Sus scrofa): Carcass fresh, lean	.38	.86	(5.5)	40.0
	Reticulum, raw:				
190	Beef	.03		3.5	46.6
191	Buffalo	.02		4.8	47.4
	Spleen, raw:				
192	Beef	.07		6.9	18.0
193	Buffalo	.03		3.6	14.8
194	Hog	.06		5.6	5.6
	Stomach, raw:				
195	Beef	.03			3.5
196	Buffalo	.13		1.9	6.4
197	Hog	.04		1.0	

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PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B_{12} AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine	Pantothenic acid	Vitamin B_{12}	Folic acid
	9. EGGS	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*
198	Duck egg: whole, raw.....	.19		4.5	16.6
	Hen egg:				
199	Whole, raw.....	(.10)	(1.7)	(2.0)	4.3
200	Yolk, raw.....	(.31)	(4.2)	(6.0)	(12.9)
201	White, raw.....	(.002)	(.2)	(.1)	(.6)
202	Quail egg: whole, raw.....	.15			

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PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B_{12} AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine	Pantothenic acid	Vitamin B_{12}	Folic acid
	1C. FISH AND SHELLFISH	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*
203	Abalone; earshell (Haliotis gigantea): Edible muscle, raw				5.0
204	Albacore, long finned (Tonbo maguro): Edible muscle, raw	.50	.45	.2	
205	Amberfish; yellowtail (Seriola quinqueradiata): Raw		.60	5.6	3.2
206	Anchovy (Engraulis spp.; Stolephorus spp.): Raw	.26		6.3	12.3
207	Arkshell: chestshell (Arca spp: Anadara spp.): Raw	.04			
208	Barracuda (Sphyraena argentea; S. pinglus; S. obtusata): Raw	.15		1.8	11.9
209	Bonito; pelamis (Katsuwonus pelamis): orientalis): Raw			94.4?	370.0?
210	Brill, rough scaled (Pseudorhombus digodon): Raw	.12			
211	Caesio, golden; golubanded fusilier (Caesio chrysozonus; C. cuning): Raw	.28		3.1	7.8
212	Carp (Cyprinus carpio): Raw	.19	(.15)	1.5	
213	Catlufa (Priacanthus tayenus): Raw	.31			
214	Catfish, freshwater (Clarias batrachus): Raw	.17	.46	3.4	15.3

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PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B_{12} AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine	Pantothenic acid	Vitamin B_{12}	Folic acid
	1C. FISH AND SHELLFISH (Cont.ed)	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*
215	Catfish, sea (Arius spp.): Raw	.37		2.5	15.0
216	Cavalla, banded (Caranx spp.): Raw	.65		9.1	2.9
217	Clam (Cardium spp.; Venus spp.; Meretrix spp.): Raw	.40	.51	(98.0)	11.0
218	Clam, baby (Venerupis spp.): Raw	.35			
219	Cod (Gadus spp.): Raw	(.20)	.14	(.5)	6.7
220	Crab, sea, blue (Neptunus spp.; scylla spp.): Raw	.17		5.6	13.8
221	Crab, small (Potamon grapsoides): Raw	.12			53.3
222	Crab (Scylla serrata): Raw	.13		2.2	56.6
223	Croaker (Pseudosciaena aneus): Raw	.20		2.5	
224	Dogfish (Squalus spp.): Raw		.86	(1.8)	3.2
	Earshell - see Abalone				
225	Eel, river (Anguilla japonica): Raw	(.23)	.14	(1.0)	13.1
226	Flathead, Indian (Platycephalus indicus): Raw	.24			
227	Flatfish (Limanda hermensteini): Raw		1.7		5.0

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PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B_{12} AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine	Pantothenic acid	Vitamin B_{12}	Folic acid
	1C. FISH AND SHELLFISH (Cont.ed)	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*
228	Flounder sp. (Hippoglossoides elassodon): Raw	.16	(.90)	(1.3)	3.0
229	Flying fish (Cypselurus spp.): Raw				2.8
230	Garfish, common (Tylosurus giganteus): Raw	.57		1.9	
231	Gizzard shad (Clupanodon punctatus): Raw	.27		3.8	1.7
232	Goby, flat-headed (Glossogobius giurus): Raw	.04	.20	4.1	0.1
233	Gouramy (Trichogaster pectoralis): Raw				1.0
234	Grouper, spotted (Epinephelus coralli-cola): Raw	.30		9.1	8.8
235	Hairtail; ribbonfish; cutlass fish (Trichiurus spp.): Raw	.24		1.1	6.3
236	Halfbeak (Hemirhamphus spp.): Raw			1.3	
237	Halibut, arrow toothed (Reinhardtius matsuurae): Raw	(.40)	.59	(.7)	2.9
238	Hardtail; torpedo (Megalaspis cordyla): Raw	.60			
239	Herring (Clupea pallasi): Raw	.22	.93	(10.0)	
240	Hornshell (Terebralia sulcatus): Raw	.06		12.6	21.1

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PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B_{12} AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine	Pantothenic acid	Vitamin B_{12}	Folic acid
	10. FISH AND SHELLFISH (Cont.ed)	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*
241	Lamprey; lamprete (Entosphenus japonicus): Raw		.35		24.0
242	Lampshell; tongue-clam (Lingula unguis): Raw	.07			11.8
243	Leatherjacket (Scomberoides lysan): Raw				5.7
244	Mackeral, atka (Pleurogrammus azonus): Raw	.54	.19		7.4
245	Mackeral, horse or jack (Trachurus japonica): Raw		.30		1.9
246	Mackeral, common (Scomber japonicus): Raw	.27	.16		5.8
247	Mackeral, spanish (Cymbium commersoni): Raw	.28		2.4	36.5
248	Milk-fish (Chanos chanos): Raw	.42		3.4	15.9
249	Mojarra, spotted (Gerres filamentosus): Raw	.36		1.9	21.4
250	Moonfish, spotted (Mene maculata): Raw	.97			
251	Mullet, harder (Mugil spp.): Raw	.38	.72	6.6	13.0
252	Mussel, horse or sea (Mytilus spp.): Raw	.19		10.2	41.8
253	Nemipterid, ribbon-finned (Nemipterus taeniterus): Raw	.27		2.8	7.6

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PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B_{12} AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine	Pantothenic acid	Vitamin B_{12}	Folic acid
	10. FISH AND SHELLFISH (Cont.ed)	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*
254	Oyster (Ostrea spp.): Raw	.06	.35	20.9	9.6
255	Parapristipoma, sp. (Parapristipoma trilineatum): Raw		.27		10.4
256	Parrotfish sp. (Leptoscatus japonicus): Raw	.18			
257	Perch, climbing (Ctenopoma spp.; Anabas spp.): Raw	.20			
258	Pomfret, black (Stromateus niger; Apolectus niger): Raw	.45		2.3	
259	Porgy, scavenger (Lethrinus opercularis) Raw	.46	.22	1.6	.4
260	Prawn, marine; shrimp (Penaeus spp.; Palaemon spp.): Raw	.17	(.21)	(1.0)	(1.8)
261	Rainbow trout (Salmoirideus spp.): Raw		1.63	1.0	
262	Rayed shell (Soletellina spp.; Psammatea spp.): Raw	.07			10.9
263	Rockfish, red (Sebastodes matsubarae): Raw	.06	.09	(3.2)	.9
264	Runner, rainbow (Elagatis bipinnulatus): Raw	.67			
265	Salmon, humpback; pink salmon (Oncorhynchus gorbuscha): Raw	.34	(1.0)	(3.5)	(0.5)

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PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B_{12} AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine	Pantothenic acid	Vitamin B_{12}	Folic acid
	10. FISH AND SHELLFISH (Cont.ed)	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*
266	Sandfish (Arctoscopus japonica): Raw		.63		7.8
267	Sardine sp. (Sardinopus melanosticta): Raw	.67	1.0	(14.0)	2.0
268	Saury, Pacific (Cololabis saira): Raw		.85		6.4
269	Scad, big eyed (Caranx crumenopthalmus): Raw	.45		4.5	
270	Scad, round (Decapterus macrosoma): Raw	.70		8.6	6.6
271	Seabream (Pagrosmus major): Raw				4.0
272	Shark sp. (Scymnodon aquamulossus): Raw	.25	.21		2.5
	Shrimp - see Prawn				
273	Siganid, Javan (Teathis javus): Raw	.14			
274	Skipjack (Euthynnus pelamys): Raw	.19	.28	1.9	3.1
275	Slipmouth, common; slimy; soapy (Leiognathus daura): Raw	.17		3.6	23.6
276	Smelt, sweet (Plecoglassus altivelis): Raw		1.0	(3.4)	6.8
277	Snail sp. (Pila luzonica): Raw	.12		12.8	31.8
278	Snapper, red, Malabar (Lutjanus spp.): Raw	.20			

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PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B_{12} AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine	Pantothenic acid	Vitamin B_{12}	Folic acid
	10. FISH AND SHELLFISH (Cont.ed)	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*
279	Spadefish; butterfish (Scatophagus argus):				
	Raw.....			2.6	
280	Squid (Loligo spp.; Ommastrephes spp.):				
	Raw.....	.07	.68	1.3	12.5
281	Slimeflounder (Microstomus stelleri):				
	Raw.....		.40		4.0
282	Surgeonfish (Acanthurus bleekeri):				
	Raw.....	.32		.6	10.0
283	Swordfish (Xiphias gladius):				
	Raw.....		.19	.6	
284	Tigerfish; theraponid (Therapon sp.):				
	Raw.....	.60		2.7	
285	Tilapia (Tilapia mossambica):				
	Raw.....	.32		2.1	
286	Topshell (Turbo cornutus):				
	Raw.....	.17	.35		7.3
287	Tuna, bluefin (Thunnus orientalis; Parathunnus sibi):				
	Raw.....			1.5	
288	Tuna, yellow fin (Neothunnus macropterus):				
	Raw.....	.92	(.65)	(3.0)	3.2

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PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B_{12} AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine	Pantothenic acid	Vitamin B_{12}	Folic acid
	11. MILK AND MILK PRODUCTS	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*
289	Cheese, cottage.....	(.07)	(.28)	(1.0)	(31.0)
290	Milk, buffalo and carabao:				
	Fluid, whole.....	(.01)	(.37)	(.4)	
	Milk, Cow				
291	Fluid, whole.....	.04	(.30)	(.4)	(.6)
292	Fluid, skimmed.....	(.04)	(.37)	(.4)	
293	Milk, goat				
	Fluid, whole.....	(.05)	(.30)	(.1)	
294	Milk, human				
	Fluid, whole.....	(.01)	(.21)	(.03)	(.2)

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SECTION C

TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion								
		Magnesium	Manganese	Zinc	Cobalt	Copper	Molybdenum	Selinium	Fluorine	Iodine
	1. CEREALS AND GRAIN PRODUCTS	*Milligrams*	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*
1	Barley (Hordeum vulgare): Whole grain.....	91	1.7	2.3	20.0	(255)		(66.0)		(7.0)
2	Buckwheat (Fagopyrum sagittatum F. esculentum): Whole grain.....	85								
	Corn and corn products - see Maize									
3	Maize; corn (Zea mays): Whole-kernel, dried: Yellow.....	85	.5	1.4	22.4	(160)	35	(30.0)	509	(2.9)
	Millets:									
4	Ragi millet; finger millet; coracan-millet (Eleusine coracana): Whole grain.....	430	1.7	1.5	26.6	(440)	(176)			9.9
5	Spiked millet (Pennisetum spp): Whole grain.....	110								
6	Oats (Avena sativa): Whole grain.....	(129)	.6		1.9	(230)			(95)	(6.0)
	Rice (Oryza sativa):									
7	Brown or hulled.....	52	(1.5)	1.9	4.2	(360)	49	(38.8)		(2.2)
8	Milled, polished.....	14	.9	1.5	.9	230		(31.8)	19	2.0
	Rice, glutinous (Oryza glutinosa):									
9	Milled.....	17	1.1	2.2		280				
10	Home pounded.....	19	.9	2.3		440				
	Rice products:									
11	Germ.....	602	12.5							
12	Polish.....			1.9	5.3					
13	Rye (Secale cereale): Whole grain or meal.....	(140)	(2.4)	(1.3)	(11.0)				(150)	(7.2)

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TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion								
		Magnesium	Manganese	Zinc	Cobalt	Copper	Molybdenum	Selinium	Fluorine	Iodine
	1. CEREALS AND GRAIN PRODUCTS (Cont.ed)	*Milligrams*	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*
14	Wheat (Triticum aestivum; T. vulgare): Whole grain or meal.....	(173)	2.0	2.5	11.0	210	(56)	(28.0)	53	1.4
15	Wheat products: Bread, brown.....			.4	6.3					
	2. STARCHY ROOTS, TUBERS AND FRUITS									
16	Burdock, great; gobo (Arctium lappa): Root, Raw.....		34.0							
17	Cassava, bitter, common (Manihot esculenta; M. utilissima): Root, Raw.....	4			.9					
	Matai - see Group 5									
	Potato, white (Solanum tuberosum): Tuber, raw - see Group 5									
18	Sago (Metroxylon spp.): Flour	18		.2	11.0	100	13	4.0	444	
19	Sweetpotato (Ipomoea batatas): White, Root, Raw.....	201	367.0	2.0	21.5	260	57	7.1	862	
20	Taro; dasheen (Colocasia antiquorum; C. esculenta): Tuber, Raw.....	33	263.0							
21	Taro, chinese.....	212		5.2	24.8	795	118	5.4	47	
22	Yam, winged (Dioscorea alata): Tuber, Raw.....	20		1.1	3.0					

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TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion								
		Magnesium	Manganese	Zinc	Cobalt	Copper	Molybdenum	Selinium	Fluorine	Iodine
	3. GRAIN LEGUME AND LEGUME PRODUCTS	*Milligrams*	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*
	Bengalgram - see Chickpea									
	Burmabean - see Limabean									
	Catjangbean - see Pigeonpea									
23	Chickpea; bengalgram, (Cicer arietinum):									
	Whole seeds; dried.....	(108)				(990)				
24	Cowpea, all varieties (Vigna sp.):									
	Whole seeds; dried.....	53			16.8			1.5		
	Dhal - see Lentil									
25	Goabean, Indies; asparagus pea; winged bean (Psophocarpus tetragonolobus):									
	Seeds, dried.....	109								
	Golden gram - see Mung bean									
	Green gram - see Mung bean									
	Haricot bean - see Kidney bean									
26	Hyacinth bean; Indian butter bean (Lablab niger; Dolichos lablab):									
	Whole seeds, dried.....	87								
	Indian bean - see Mung bean									
	Indian butter bean - see Hyacinth bean									
27	Kidney bean; French bean; navy bean; pinto bean; snap bean; string bean (Phaseolus vulgaris):									
	Whole seeds, dried.....	215		4.3	6.8					

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TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion								
		Magnesium	Manganese	Zinc	Cobalt	Copper	Molybdenum	Selinium	Fluorine	Iodine
	3. GRAIN LEGUME AND LEGUME PRODUCTS (Cont.ed)	*Milligrams*	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*
28	Lentil, dhal; split pea (Lens culinaris, Ervum lens):									
	Whole seeds, dried.....	107		2.2	17.9	(660)			(26)	1.9
29	Lima bean; butter bean; burma bean (Phaseolus lunatus; P. limensis):									
	Whole seeds, dried.....	184		3.1	7.8					
30	Mung bean; Indian bean; green gram; golden gram (Phaseolus aureus; Vigna radiata):									
	Whole seeds, dried.....					(760)	840?			
31	Mungo bean; blackgram; urd (Phaseolus mungo; vigna mungo):									
	Whole seeds, dried.....	270		1.1	16.5	(860)				2.8
	Navy bean - see Kidney bean									
32	Peanut; groundnut (Arachis hypogaea):									
	Raw.....	185	(1.6)	1.9	37.5	(420)				6.8
33	Peas, garden and field (Pisum sativum):									
	Whole seeds, dried.....	145		4.0	(3.5)	(930)	(60)	.4		
34	Pigeonpea; cajan pea (Cajanus cajan; C. indicus):									
	Whole seed, dried.....					(710)				
	Pinto bean - see Kidney bean									
35	Soybean (Glycine max; G. hispida; G. soya):									
	Whole mature seeds, dried.	236	1.2	3.8	19.5	(300)		1.5	1470	
	Soybean products:									
36	Curd.....	27		.6				.3		3.3
37	Natto.....			1.5	5.0	(1220)				

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TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion								
		Magnesium	Manganese	Zinc	Cobalt	Copper	Molybdenum	Selinium	Fluorine	Iodine
	4. NUTS AND SEEDS	*Milligrams*	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*
38	Coconut (Cocos nucifera): Mature kernel, raw.....	160	1.3	5.0	3.9	(50)				2.1
39	Euryale, Gordon; fox nut (Euryale ferox): Seeds, dried.....	14								
	Gingelly - see Sesame, Oriental									
40	Ginkgo seeds (Ginkgo biloba): Whole, dried.....							1.1		
41	Jakfruit; jackfruit (Artocarpus heterophyllus): Seeds, raw.....	46		.6	.7					3.9
42	Karoka nuts (Pandanus spp.): Raw.....	246								
43	Mustard seeds (Brassica spp.): Whole seeds, dried.....	260				(310)				4.0
44	Sesame, oriental; gingelly (Sesamum indicum; S. orientale): Whole seeds dried; black or white.....							.8		
45	Sunflower (Helianthus annuus): Seeds, dried.....	470								

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TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion								
		Magnesium	Manganese	Zinc	Cobalt	Copper	Molybdenum	Selinium	Fluorine	Iodine
	5. VEGETABLES AND VEGETABLE PRODUCTS	*Milligrams*	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*
46	Amaranth, sp. (Amaranthus mangostanus): Leaves and stems, raw: green.....	160				(370)				
47	Amaranth, spiny (Amaranthus spinosus): Leaves and stems, raw.....	164								
48	Amaranth, spineless (Amaranthus viridis): Leaves and stems, raw.....	52								
49	Asparagus (Asparagus officinalis): Green.....	19	.3			(150)			48	(11.1)
50	Balsampear: balsam-apple; bitter melon; bitter gourd (Momordica charantia): Fruit, raw.....	70		.6						.6
51	Bamboo shoots, unspecified (Bambusa spp.; Phyllostachys spp.; and Dendrocalamus spp.): Raw.....	68		1.1	.3	(190)				2.8
52	Banana, common (Musa sapientum): Buds and flowers.....					(145)				
53	Basil, sweet (Ocimum basilicum): Leaves, raw.....	11								
54	Beans, kidney (Phaseolus vulgaris): Beans with pod, immature, raw	(26)	(.5)	.01	3.3	(70)			12	
55	Beans, snap or string (Phaseolus vulgaris): Raw.....					(130)				1.0

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TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion								
		Magnesium	Manganese	Zinc	Cobalt	Copper	Molybdenum	Selinium	Fluorine	Iodine
	5. VEGETABLES AND VEGETABLE PRODUCTS (Continued)	*Milligrams*	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*
	Beans, yardlong - see Cowpea, yeardlong									
	Bitter melon; bitter gourd - see Balsampear									
	Bottle gourd - see Calabash									
	Brinjal - see Eggplant, garden									
56	Butterbur, Japanese (Petasites japonicus):									
	Leaves, raw.....							20.0		
57	Cabbage (Brassica spp.):									
	Leafy type, raw.....	(17)		.5		(160)	(24)	2.2	61	(2.0)
58	Calabash; bottle gourd (Lagenaria siceraria; L. vulgaris; L. leucantha):									
	Fruit, raw.....	14		.7	.1					
59	Carrot (Daucus carota):									
	Raw.....	15	(.2)	.15	2.0	(80)		(2.2)	69	7.0
60	Cauliflower (Brassica oleracea var botrytis):									
	Raw.....	22	(.2)	(.2)		(140)	31	(.6)	(12)	12.0
61	Cedar (Cedrela sinensis):									
	Shoots, raw.....	45								
62	Celery, chinese (Apium graveolens):									
	Raw.....	18	(.2)	(.3)		(90)			12	2.8
63	Colza (Brassica juncea var oleifera):									
	Shoots, raw.....									21.0

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TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion								
		Magnesium	Manganese	Zinc	Cobalt	Copper	Molybdenum	Selinium	Fluorine	Iodine
	5. VEGETABLES AND VEGETABLE PRODUCTS (Cont.ed)	*Milligrams*	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*
64	Coriander (Coriandrum sativum): Leaves, raw.....	100				(180)				
65	Corn, maize (Zea mays): Yellow, raw.....	34						.4		
66	Cucumber (Cucumis sativus): Raw.....	15	(.2)	(.2)		(90)		.3	20	.5
67	Daylily, lemon (Hemerocallis flavs): Flowers, raw.....	49								
68	Eggplant, garden; brinjal (Solanum melongena): Raw-purple and white varieties	18	(.2)	.3	.5	90		5.7		.5
69	Fennel, common (Foeniculum vulgare): Leaves, raw.....	49								
70	Garlic (Allium sativum): Bulbs, raw.....	8	(1.3)	.9	.9			77.1	22	(94.0)
71	Ginger (Zingiber officinale): Roots, raw.....				1.9				33	
72	Horseradish (Armoracia lapathifolia): Roots, raw.....	28				(140)				
73	Horseradish; dish tree; drumstick leaves (Moringa oleifera): Leaves, raw.....	33			.9	(110)				
74	Indian mulberry (Morinda citrifolia): Leaves, raw.....	35								
75	Leek (Allium porrum): Raw.....	18	.3	.2	.1	(100)			43	

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TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion								
		Magnesium	Manganese	Zinc	Cobalt	Copper	Molybdenum	Selirium	Fluorine	Iodine
	5. VEGETABLES AND VEGETABLE PRODUCTS (Cont.ea)	*Milligrams*	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*
76	Lettuce, garden (Lactuca sativa) Leaves, raw.....	18	.8	.4	14.0	(180)		.8		
	Lettuce, prickly; chinese lettuce (Lactuca scariola; L. serriola):									
77	Leaves, raw.....	9				(60)		(64.0)	(32)	
78	Stem, raw.....								12	
	Maize - see Corn									
79	Matai; waternut; water chestnut (Eleocharis tuberosa; E. dulcis) Corms, raw.....	6								
80	Mushroom (Agaricus spp.): Raw.....	14	(.1)	.3		(1790)	(32)	13.0	31	18.0
81	Mustard green, Indian (Brassica juncea): Leaves, raw.....	(27)				(230)				
82	Okra; lady's finger (Hibiscus esculentus): Raw.....	13	(.6)	.5	.6	(90)				.5
83	Onion, common, garden (Allium cepa): Bulbs, mature, raw.....	23		.9	13.0	(50)		1.5	120	.8
84	Papaya (Carica papaya): Fruit, unripe, raw.....	56				(101)				
85	Parsnip, garden (Pastinaca sativa): Raw.....	22			1.2	(110)				
86	Peas, garden (Pisum sativum): Raw.....	(33)	(.7)		3.0	(240)	(74)		87	4.2

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Item No.	Food and Description	Composition of Foods 100 grams, Edible portion								
		Magnesium	Manganese	Zinc	Cobalt	Copper	Molybdenum	Selinium	Fluorine	Iodine
	5. VEGETABLES AND VEGETABLE PRODUCTS (Cont.ed)	*Milligrams*	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*
87	Peppers, all varieties (Capsicum annuum):									
	Fruit, green, raw.....	19	(.1)	.3	.7	(100)		.7		
88	Potato (Solanum tuberosum):									
	Tubers, raw.....	32	.2	(.03)	(6.0)	(230)	(21)	.5	50	4.5
89	Pumpkin (Cucurbita pepo):									
	Fruit, raw.....	10	16.0	.1	.2	(210)				1.1
90	Purslane, common (Portulaca oleracea):									
	Leaves and stems, raw.....	87								
91	Radish, oriental, Japanese or Chinese; daikon (Raphanus sativus):									
	Roots, raw.....	15	(.05)	.2		(150)		3.9		8.0
92	Rape, bird (Brassica campestris)									
	Leaves, raw.....	61								
	Seaweeds, common varieties:									
93	Laminaria sp. dried.....									228+
94	Seaweed sp.(Japan)(Allaria crassifolia):									
	Dried.....									38+
95	Seaweed sp.(Japan)(Coccophora langsdorfii):									
	Dried.....									47+
96	Seaweed sp(Japan)(Costaria costata):									
	Dried.....									146+
97	Seaweed sp.(Japan)(Cystophyllum hakodatense):									
	Dried.....									50+

+ Expressed in mg.

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TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion								
		Magnesium	Manganese	Zinc	Cobalt	Copper	Molybdenum	Selinium	Fluorine	Iodine
	5. VEGETABLES AND VEGETABLE PRODUCTS (Cont.ed)	*Milligrams*	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*
98	Seaweed sp.(Japan)(Fuscs evanescens): Dried.....									12+
99	Seaweed sp.(Japan)(Hijika fusiforme): Dried.....									41+
100	Seaweed sp.(Japan)(Laminaria japonica): Dried.....							2.0		240+
101	Seaweed sp.(Japan)(L. angustata) Dried.....									118+
102	Seaweed sp.(Japan)(L.ochotensis) Dried.....									195+
103	Seaweed sp.(Japan)(L.religiosa) Dried.....									430+
104	Seaweed sp.(Japan)(Pelvetia wrightii): Dried.....									72+
105	Seaweed sp.(Japan)(Sargassum confusum): Dried.....									46+
106	Seaweed sp.(Japan)(Undaria pinnatifida): Dried.....							1.3		12+
107	Soybean (Glycine max): Sprouts, raw.....	56								
108	Spinach (Spinacia cleracea): Leaves and stems, raw....	42			2.6	(160)			(28)	650.0
109	Squash (Cucurbita sp.): Fruit, raw.....	6								

+ Expressed in mg.

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Item No.	Food and Description	Composition of Foods 100 grams, Edible portion								
		Magnesium	Manganese	Zinc	Cobalt	Copper	Molybdenum	Selinium	Fluorine	Iodine
	5. VEGETABLES AND VEGETABLE PRODUCTS (Cont.ed)	*Milligrams*	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*
110	Sweetpotato (Ipomoea batatas): Leaves and tops, raw.....	75								
111	Taro; dasheen (Colocasia spp.): Leaf stalk, raw.....							.2		
112	Tomato (Solanum lycopersicum; Lycopersicum esculentum): Raw, fresh.....	15	(.2)	.2	9.0	190		(.5)	24	1.7
113	Turnip (Brassica rapa): Leaves, raw.....	10				(70)		(.7)		
114	Watercress (Rorippa nasturtium-aquaticum): Leaves and stems, raw.....	10				(140)	280			

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TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion								
		Magnesium	Manganese	Zinc	Cobalt	Copper	Molybdenum	Selinium	Fluorine	Iodine
	6. FRUITS	*Milligrams*	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*
115	Apple, common (Malus sylvestris; M. pumila; Pyrus malus): Fruit, raw.....	3	.02	.03	.4	90	(89)	.2	8	1.6
116	Avocado, American (Persea americana; P. gratissima): Fruit, raw.....	36	.1			316				
117	Banana, common varieties (Musa sapientum): Fruit, raw.....	41	.1	.2	.6	200		.9	23	
118	Bilimbi (Averrhoa bilimbi): Fruit, raw.....				.2					
119	Caramboia; star-fruit (Averrhoa carambola): Fruit, raw.....				.2					
120	Custard apple, bullocks-heart (Anona reticulata): Fruit, raw.....	24			.2	150				
121	Durian, civet (Durio zibethinus): Fruit, raw.....	33			.4					
	Duku - see Langsat, domestic									
122	Grapes (Vitis vinifera): Fruit, raw.....	(15)	(.1)	(.1)		(70)			(16)	.7
123	Guava common (Psidium guajava): Fruit, raw.....			2.4	.24	(20)				
	Indian mango - see Mango common									
124	Langsat, domestic; duku (Lansium domesticum): Fruit, raw.....				.2					

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Item No.	Food and Description	Composition of Foods 100 grams, Edible portion								
		Magnesium	Manganese	Zinc	Cobalt	Copper	Molybdenum	Selinium	Fluorine	Iodine
	6. FRUITS (Cont.ed)	*Milligrams*	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*
125	Mango, common; Indian mango (Mangifera indica): Fruit, raw.....	9	.03	.1	.3	(117)				
126	Orange, mandarin; tangerine (Citrus reticulata): Fruit, raw.....	(10)	.03	.6	.3	56		.4	22	
127	Papaya (Carica papaya): Fruit, raw.....	8	.01	.4	.4	(14)				
128	Passionfruit, giant; granadilla, giant (Passiflora quadrangularis): Fruit, raw.....	22			.7	(50)				
129	Pineapple (Ananas comosus): Fruit, raw.....	22	.11	(.26)	.16	380		.5	14	
130	Pomelo (Citrus grandis): Fruit, raw.....			(.32)	1.1				25	
131	Watermelon (Citrullus vulgaris): Fruit, raw.....	15	(.03)		.1	(70)			11	1.0

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TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion								
		Magnesium	Manganese	Zinc	Cobalt	Copper	Molybdenum	Selinium	Fluorine	Iodine
	8. MEAT, POULTRY AND GAME	*Milligrams*	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*
	Bacon - see Pork									
132	Beef (Bos taurus; B. indicus): carcass, fresh, medium fat	28		2.2		(160)				
	Birds nest - see Swiflet									
	Brain, raw:									
133	Beef.....	12				200				
134	Hog.....	11				300				
135	Chicken (Gallus gallus; G. domesticus): Raw, young bird.....	29		1.5	8.4		(14)			
136	Gizzard, chicken: Raw.....	13	.5			(75)				
	Heart, raw:									
137	Beef.....	19				(280)				
138	Hog.....	(13)				(285)				
	Kidney, raw:									
139	Beef.....	(13)	(.1)			(323)				
140	Hog.....	(17)	(.1)			(445)				
	Liver, raw:									
141	Beef.....	(13)	(.3)			(1500)	(300)			
142	Chicken.....	(17)	(.2)			(300)	360			
143	Hog.....	(17)	(.3)			(510)				
144	Mutton; lamb (Ovis aries): carcass, fresh, medium fat	(27)	(.04)	2.9	.2	(160)		(17.8)		
145	Pork (Sus scrofa): carcass, fresh, lean	(32)		2.5	1.1	(190)		(23.9)		
146	Swiflet (Collacalia inexpectata) Nest, dried.....			.1	5.1					

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Item No.	Food and Description	Composition of Foods 100 grams, Edible portion								
		Magnesium	Manganese	Zinc	Cobalt	Copper	Molybdenum	Selinium	Fluorine	Iodine
	9. EGGS	*Milligrams*	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*
147	Duck egg:									
	Whole, raw.....			.8	2.6					
	Hen egg:									
148	Whole, raw.....	(11)		.9	10.2	(55)				
149	Yolk, raw.....	(14)		3.7	22.5	(125)		(18.3)		
150	White, raw.....	(7)		.2	.4	25		6.8		

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TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion								
		Magnesium	Manganese	Zinc	Cobalt	Copper	Molybdenum	Selinium	Fluorine	Iodine
	10. FISH AND SHELLFISH	*Milligrams*	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*
151	Abalone; earshell (Haliotis gigantea): Edible muscle.....		.05	2.1	.9					
152	Amber fish; Yellow tail (Seriola quinqueradiata): Raw.....		.04		2.2					
153	Ark shell; Chest shell (Arca spp.; Anadara spp.): Raw.....		.05					.2		
154	Barracuda (Sphyraena argentea; S. pinguis; S. obtusata): Raw.....	35								
155	Carp (Cyprinus carpio): Raw.....	30								(4.0)
156	Catfish, sea (Arius spp.): Raw.....	(27)								
157	Clam (Meretrix spp.): Raw.....		.20		40.9					
158	Clam, hen (Mactra spp.): Raw.....		.02							
159	Clam, short neck (Venerupis semidecussata): Raw.....		.03							
160	Cod (Gadus spp.): Raw.....	21				100		42.7	700	
161	Corbshell (Corbicula leana): Raw.....		1.0							
162	Crab, sea, blue (Neptunus spp.) Raw.....	48		1.4	.7		(60)			

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TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion								
		Magnesium	Manganese	Zinc	Cobalt	Copper	Molybdenum	Selinium	Fluorine	Iodine
	10. FISH AND SHELLFISH (Cont.ed)	*Milligrams*	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*
163	Cuttle fish (Sepia spp.): Raw.....			.7	1.3					
164	Dog fish (Squalus spp.): Raw.....	20					(110)			
165	Eel, river (Anguilla japonica): Raw.....		.03							
166	Flatfish (Limanda herzensteini): Raw.....	24	.04					(33.7)		
167	Flathead, Indian (Platycephalus indicus): Raw.....		.04							
168	Flounder sp. (Hippoglossoides elassodon): Raw.....	(25)								
169	Flying fish (Cypselurus spp.): Raw.....		.01							
170	Halibut, arrow toothed (Reinhardtius matsuurae): Raw.....	(23)				(70)				
171	Herring (Clupea pallasi): Raw.....	(32)	(.02)			300			160	52.0
172	Mackeral, horse or jack (Trachurus japonica): Raw.....	28	.02		4.2					
173	Mackeral, Spanish, Kingfish (Scomber spp.): Raw.....	35				200			150	45.0
174	Mullet, harder (Mugil spp.): Raw.....	33								

D3718c

TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion								
		Magnesium	Manganese	Zinc	Cobalt	Copper	Molybdenum	Selinium	Fluorine	Iodine
	10. FISH AND SHELLFISH (Cont.ed)	*Milligrams*	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*
175	Octopus (Common), (Polypus vulgaris): Raw.....		.01		10.6					
176	Oyster (Ostrea spp.): Raw.....	42	.6	13.4	5.1					
177	Pollack (Polachius spp.): Raw.....	(33)								
178	Prawn, marine; shrimp (Penaeus spp.; Palaemon spp.): Raw.....	(42)			3.4			58.8		
179	Rock fish (Sebastodes iracundus) Raw.....		.01							
180	Salmon, silver; king salmon (Oncorhynchus spp.): Raw.....	29	.02							
181	Sardine, sp.; pilchard (Sardinops melanosticta): Raw.....	(41)			2.1	40		.9		(13.0)
182	Saury, Pacific (Cololabis saira) Raw.....		.05		12.5					
183	Scallop (Pecten yessoensis): Raw.....				37.2					
184	Seabass (Lateolabrax japonicus): Raw.....		.01		4.6					
185	Sea-slug; sea-cucumber (Stichopus japonica): Raw.....		.4							
186	Shark sp. (Carcharias spp.; Scoliodon spp.): Raw.....		.02							

D3718c

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion								
		Magnesium	Manganese	Zinc	Cobalt	Copper	Molybdenum	Selinium	Fluorine	Iodine
	10. FISH AND SHELLFISH (Cont.ed)	*Milligrams*	*Milligrams*	*Milligrams*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*	*Micrograms*
	Shrimp - see Prawn									
187	Squid (Loligo spp.; Ommastrephes spp.): Raw.....		.02		12.4		(30)			
188	Swordfish (Xiphias gladius): Raw.....				.9					
189	Tuna, bluefin (Thunnus orientalis; Parathunnus sibi): Raw.....		.01							
	11. MILK AND MILK PRODUCTS									
190	Cheese, cottage.....			.9	7.9					
191	Milk, Cow, fluid, whole....	16	(.003)	.4	.4	20	(3.2)	1.2	20	9.9
192	Milk, Goat, fluid, whole...	13				20				
193	Milk, Human, fluid, whole..	2	.01	.4		14			(25)	5.9

D3718c

SECTION D

FATTY ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods, 100 grams, Edible portion									Unsaponifiable matter per 100 g of Fat	Iodine value of Fat
		Fat	Saturated Fatty Acids			Unsaturated Fatty Acids						
			Total	Palmitic	Stearic	Total	Oleic	Linoleic	Linolenic	Other		
	ANIMAL PRODUCTS	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Grams	
	Meats:											
1	Beef (Bos taurus) carcass, medium fat	22.1	8.1	4.8	2.2	13.1	11.1	.9	0	1.1		47
2	Beef, fore, shank	5.5	2.3	1.5	.5	3.0	2.6	.1	Trace	.3		
3	Beef, hind shank	6.0	2.6	1.7	.5	3.2	2.7	.1	Trace	.4		
4	Beef, kidney	2.5	1.1	.6	.4	1.3	1.1	.1	Trace	.1		
5	Beef, loin	25.0	11.6	7.2	3.2	12.3	10.9	.4	Trace	1.0		
6	Mutton; lamb (Ovis aries), lean meat	10.2	4.0	2.0	1.5	5.8	4.5	.7	.2	.4		40
7	Mutton; lamb: kidney	3.0	1.6	.6	.8	1.3	1.1	.1	Trace	.1		
8	Pork, lean meat	28.9	9.4	6.3	2.5	18.1	13.4	3.1	.2	1.4		67
9	Pork, kidney	4.3	1.4	.9	.4	2.7	1.8	.8	Trace	.1		
10	Sausage, chinese	50.2	18.7	12.7	5.3	29.1	23.2	4.5	Trace	1.4		
11	Sausage, portugese	34.6	12.5	8.2	3.9	20.5	16.2	3.2	.2	.9		
	Milk Fat:											
12	Carabao (Bubalus buffelus) milk	8.7	5.4	2.5	1.3	2.9	2.3	.1	0	.5	.3	30
13	Cow milk	3.5	1.8	.9	.4	1.4	1.1	Trace	Trace	.3	.5	33
14	Goat milk	3.8	2.4	1.0	.3	1.3	1.0	.2	0	.1	.4	37
15	Human milk	3.2	1.5	1.1	.2	1.5	1.0	.3	Trace	.2	.3	
	Poultry and Eggs:											
16	Chicken (Gallus gallus)	15.1	6.0	3.7	1.4	8.7	6.4	1.8	Trace	.5		92
17	Turkey (Melagris spp.)	20.2	5.9	4.4	1.2	13.5	8.7	4.2	.2	.4		84
18	Hens egg	11.5	3.7	2.9	.8	7.0	5.1	.8	.1	1.0	3.0	84
	Fish and Shellfish:											
19	Carp (Cyprinus carpio)	3.9	.9	.6	.2	2.7	1.0	.5	.1	1.1	3.5	123
20	Dogfish (Squalus sucklii)	5.4	1.1	.8	.2	4.1	1.3	.1	0	2.7		135

D3718-c

FATTY ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods, 100 grams, Edible portion									Unsaponifiable matter per 100 g of Fat	Iodine value of Fat
		Fat	Saturated Fatty Acids			Unsaturated Fatty Acids						
			Total	Palmitic	Stearic	Total	Oleic	Linoleic	Linolenic	Other		
	ANIMAL PRODUCTS (Cont.ed)	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Grams	
	Fish and Shellfish: (Cont.ed)											
21	Halibut (Hippoglossus stenolepsis)	6.0	1.3	.9	.2	4.4	1.5	.1	Trace	2.8		
22	Herring (Clupea pallasi).....	10.5	3.2	2.5	.4	6.8	1.4	0	0	5.4	1.1	140
23	Mackeral sp.(Caranx sp.).....	4.3	.9	.5	.2	2.9	.6	.2	0	2.1		157
24	Oyster (Ostrea spp.).....	1.2	.3	.2	.1	.8	.1	Trace	0	.7		
25	Rockfish (Sebbastodes pinniger)...	6.0	1.7	.9	.3	4.0	1.2	.1	.1	2.6		
26	Sablefish (Anoplopoma finibria)...	6.4	1.7	1.1	.2	4.3	1.3	.1	Trace	2.9	.7	100
27	Salmon (Oncorhynchus gorbuscha)...	5.3	1.2	.8	.2	3.7	1.1	.1	.1	2.4	1.7	143
28	Sardine sp. (Sardinops melanosticta)	6.0	1.0	.6	.1	4.7	1.4	Trace	0	3.3	1.9	175
29	Saury, Pacific (Cololabis saira)..	8.4	2.4	1.5	.3	5.7	.6	.2	0	4.9		142
30	Shrimp (Penaeus spp.).....	.9	.4	.2	.1	.5	.2	Trace	0	.3		
31	Squilla (Squilla oratoria).....	3.0	.9	.4	.1	2.0	.5	.1	Trace	1.4		
32	Smeetsmelt (Plecoglossus altielis)	2.8	1.0	.7	.1	1.5	.3	.1	0	1.1	17.6	127
33	Tuna (Thunnus orientalis).....	2.7	.7	.4	.2	1.9	.6	.1	0	1.2	1.0	180
	Seperated fats and oils:											
34	Butter.....	82.4	44.6	20.9	9.5	32.9	23.6	2.2	.7	6.4	.5	33
35	Lard.....	100	28.4	19.7	4.9	66.0	40.5	19.1	.4	5.6	.3	61
36	Tallow.....	99.7	55.7	25.8	25.7	37.3	30.7	3.2	0	3.5	2.5	39

D3718-c

FATTY ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods, 100 grams, Edible portion									Unsaponifiable matter per 100 g of Fat	Iodine value of Fat
		Fat	Saturated Fatty Acids			Unsaturated Fatty Acids						
			Total	Palmitic	Stearic	Total	Oleic	Linoleic	Linolenic	Other		
	PLANT PRODUCTS	*Grams*	*Grams*	*Grams*	*Grams*	*Grams*	*Grams*	*Grams*	*Grams*	*Grams*	*Grams*	
	Cereals and Grains:											
37	Maize, corn (Zea mays).....	4.2	.4	.4	Trace	3.4	1.1	2.3	Trace	0	1.6	123
38	Oats (Avena sativa), rolled.....	6.1	1.3	.8	.2	4.3	1.9	2.4	Trace	Trace		
39	Rice (Oryza sativa), brown.....	1.8	.5	.5	Trace	1.1	.6	.4	.1	Trace	5.0	100
40	Wheat (Triticum aestivum).....	2.1	.3	.2	.1	1.6	.6	.9	.1	0	6.0	120
	Nuts and Seeds:											
41	Brazilnut (Bertholletia excelsa).	65.0	14.8	9.1	5.7	46.7	21.8	24.9	0	0	.5	97
42	Cashewnut (Anacardium occidentale)	46.3	5.2	5.2	Trace	36.6	30.1	8.1	0	.4	.5	82
43	Coconut (Cocos nucifera): mature kernel.....	28.2	22.9	3.6	.7	3.8	2.9	.9	0	0	.2	9
44	Hazel, filbertnut (Corylus avellana)	54.2	3.1	3.1	0	48.2	45.4	2.8	0	0	.5	86
45	Peanut (Arachis hypogaea).....	19.4	4.3	2.4	.9	14.1	7.5	6.3	.3	0	.7	91
46	Pilinut (Canarium ovatum).....	68.5	26.6	18.8	7.8	38.3	31.8	6.5	0	0	.5	57
47	Sesame (Sesamum indicum).....	52.8	11.8	6.8	2.4	38.0	20.4	16.7	.9	0	1.0	104
48	Soybean (Glycine max).....	17.7	2.3	1.5	.7	14.4	5.1	9.0	.3	0	1.2	133
49	Walnut (Juglans regia).....	63.6	4.2	3.0	1.2	53.7	9.0	37.5	4.8	2.4	.8	141
50	Watermelon seeds (Citrullus lunatus)	41.2	8.4	4.0	4.4	30.6	6.1	24.5	0	0	1.0	128
	Separated Fats and Oils:											
51	Coconut oil.....	100	81.9	12.8	2.6	13.5	10.2	3.3	0	0	.2	9
52	Cornoil.....	100	9.4	9.4	Trace	80.9	25.4	54.6	.9	0	1.6	123
53	Cottonseed oil.....	100	32.7	25.9	4.2	62.0	21.6	40.4	0	0	.9	112
54	Margarine.....	81.5	21.2	17.1	2.5	57.0	46.4	7.3	Trace	3.3		72

D371B-c

FATTY ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods, 100 grams, Edible portion									Unsaponifiable matter per 100 g of Fat	Iodine value of Fat
		Fat	Saturated Fatty Acids			Unsaturated Fatty Acids						
			Total	Palmitic	Stearic	Total	Oleic	Linoleic	Linolenic	Other		
	PLANT PRODUCTS (Cont.ed)	*Grams*	*Grams*	*Grams*	*Grams*	*Grams*	*Grams*	*Grams*	*Grams*	*Grams*	*Grams*	
	Separated Fats and Oils: (Cont.ed)											
55	Olive oil.....	100	19.1	14.0	3.6	75.7	56.8	16.9	0	0	.8	85
56	Palmkernel oil.....	100	79.8	7.4	1.9	14.8	13.5	1.1	0	.2	.4	17
57	Peanut oil.....	100	21.9	12.5	4.6	72.0	38.4	32.3	1.3	0	.7	91
58	Rice bran oil.....	100	18.9	16.7	1.4	71.9	37.2	33.5	1.0	.2	5.0	99
59	Safflower oil.....	100	9.8	7.0	2.8	84.6	11.7	72.9	0	0	.8	140
60	Sesame oil.....	99.7	22.2	12.8	4.5	71.6	38.4	31.5	1.7	0	1.0	104
61	Soybean oil.....	99.9	12.8	8.5	3.7	81.7	28.9	51.0	1.9	0	1.2	133

D3718-c

INDEX OF SCIENTIFIC NAMES OF EAST ASIAN FOODS USED IN THE FOOD COMPOSITION TABLE

PART II

SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION
Acanthurus bleekeri	Surgeonfish		
	Raw	282	B
Achras zapota	Sapodilla; sapota; ponderosa		
	Fruit, raw	147	B
Agaricus bisporus	Mushroom		
Agaricus spp.	Raw	108	A
		67	B
		80	C
Allaria crassifolia	Seaweed sp.		
	Dried	94	C
Allium cepa	Onion, common, garden		
	Mature, raw	109	A
		71	B
		83	C
Allium fistulosum	Onion, Welsh		
	Raw	110	A
Allium porrum	Leek		
	Raw	64	A
		75	C
Allium sativum	Garlic		
	Bulbs, raw	58	B
		70	C
	Young, leaves, raw	59	B
Amaranthus sp.	Amaranthus		
	Leaves and stems, raw	36	B
		46	C
Amaranthus spinosus	Amaranth, spiny		
	Leaves and stems, raw	47	C
Amaranthus virides	Amaranth, spineless		
	Leaves and stems, raw	48	C
Amphiroa spp.	Seaweed sp.		
	Dried	80	B
Amygdala japonica – see Tapes japonica			
Anabas spp. – see Ctenopoma spp.			
Anacardium occidentale	Cashew, common		
	Nuts, dried	67	A
		31	B
		42	D
Anadara broughtonii; Anadara spp.	Ark shell; chest shell		
	Raw	183	A
		207	B
		153	C
Ananas comosus	Pineapple		
	Fruit, raw	142	B
		129	C
Anethum graveolens	Dill		
	Leaves, raw	54	B
Anguilla japonica	Eel, river		
	Raw	198	A
		225	B
		165	C
Annona muricata	Soursop		
	Fruit, raw	148	B
Annona reticulata	Custard apple; bullocks heart		
	Fruit, raw	131	B
		120	C
Annona squamosa	Sugar apple; sweet sop		
	Fruit, raw	152	B
Anoplopoma finibria	Sable fish		
	Raw	26	D
Apium graveolens	Celery, Chinese		
	Raw	48	B
		62	C
Apolectus niger – see Stromateus niger			
Arachis hypogaea	Peanut; groundnut		
	Dried	48	A
		23	B
		32	C
		45	D

INDEX OF SCIENTIFIC NAMES OF EAST ASIAN FOODS USED IN THE FOOD COMPOSITION TABLE

PART II

SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION
Arachis hypogaea	Peanut; groundnut (Cont.ed)		
	Defatted		
	Raw	49	A
	Roasted	50	A
	Low-salted fermented	51	A
	Oil	57	D
Arca spp. - see Anadara spp.			
Arctium lappa	Burdock, great; gobo		
	Root, raw	35	A
		16	C
Arius spp.	Catfish, sea		
	Raw	215	B
		156	C
Armoracia lapathifolia	Horseradish		
	Roots, raw	72	C
Artocarpus altilis	Breadfruit, Seed Kernel		
	Raw	30	B
Artocarpus heterophyllus	Jakfruit, Jackfruit		
	Seeds, raw	41	C
Artoscopus japonica	Sand fish		
	Raw	266	B
Asparagus officinalis	Asparagus		
	Green, raw	37	B
		49	C
Athyrum esculentum	Fern sp.		
	Leaves and stems	57	B
Avena sativa	Oats		
	Whole grain	13	A
		3	B
		6	C
		38	D
	Oatmeal or rolled oats	14	A
Averrhoa bilimbi	Bilimbi		
	Fruit, raw	130	B
		118	C
Averrhoa carambola	Carambola, star fruit		
	Fruit, raw	119	C
Babylonia japonica	Ivory-shell		
	Raw	214	A
Balaenoptera borealis; B. musculus; B. physalus	Whale		
	Raw	250	A
	Lean meat, cured	251	A
Bambusa spp.	Bamboo shoot, unspecified		
	Raw	87	A
		40	B
		51	C
	Boiled and canned	88	A
Basella alba; B. rubra	Vinespinach, Ceylon spinach; Malabar nightshade		
	Leaves, raw	125	B
Batillus cornutus - see Turbo cornutus			
Bertholletia excelsa	Brazilnuts		
	Shelled, raw	29	B
		41	D
Beta vulgaris	Beet		
	Greens, raw	91	A
Bos taurus	Beef		
	Carcass fresh, medium fat	140	A
		155	B
		132	C
		1	D
	Blood, coagulated, uncooked	141	A
	Brain	143	A
		156	B
		133	C
	Foreshank	2	D
	Heart	145	A
		163	B
		137	C
	Hindshank	3	D
	Kidney	151	A
		173	B
		139	C
		4	D

INDEX OF SCIENTIFIC NAMES OF EAST ASIAN FOODS USED IN THE FOOD COMPOSITION TABLE

PART II

SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION
Bos taurus	Beef (Cont.ed)		
	Intestines, raw	149	A
	Intestines, large, raw	167	B
	Intestines, small, raw	170	B
	Liver	153	A
		176	B
		141	C
	Loin	5	D
	Lung	156	A
		180	B
	Mammary, raw	183	B
	Omasum, raw	187	B
	Reticulam, raw	190	B
	Spleen, raw	192	B
	Stomach, raw	195	B
	Tallow	36	D
	Sausage	163	A
Brassica campestris	Rape, bird		
	Leaves, raw	92	C
Brassica juncea	Mustard, Indian, brown		
	Seed	262	A
	Leaves, raw	68	B
		81	C
	Shoots, raw	63	C
Brassica oleracea var botrytis	Cauliflower		
	Raw	47	B
		60	C
Brassica oleracea var. capitata	Cabbage, common		
	White, raw	95	A
Brassica pekinensis	Cabbage, celery, pekinese cabbage		
	Raw	92	A
Brassica rapa	Turnip		
	Root, raw	126	A
	Leaves,and stems, raw	113	C
Brassica spp.	Cabbage, unspecified		
	Leafy type, raw	93	A
		44	B
		57	C
	Salted	94	A

SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION
Bubalus buffelus	Buffalo, water Carabao		
	Meat, raw	159	B
	Brain, raw	157	B
	Heart, raw	164	B
	Large intestines, raw	168	B
	Small intestines, raw	171	B
	Kidney, raw	174	B
	Liver, raw	177	B
	Lung, raw	181	B
	Mammary, raw	184	B
	Omassum, raw	188	B
	Reticulam, raw	191	B
	Spleen, raw	193	B
	Stomach, raw	196	B
	Milk	12	D
Caesio chrysozonus C. cunning	Caesio, golden; gold banded fusilier		
	Raw	211	B
Cajanus indicus; C. cajan	Pigeon pea; catjang pea		
	Whole seed, dried	52	A
		25	B
		34	C
Cambarns clarkii	Seaweed sp.		
	Whole, raw	81	B
Canarium ovatum	Pilinut		
	Raw	46	D
Cannabis sativa	Hemp		
	Whole seed	76	A
Capsicum annum	Pepper, sweet		
	Fruit, green, raw	112	A
		74	B
		87	C
Caranx crumenopthalmus	Scad, big eyed		
	Raw	269	B
Caranx spp.	Cavalla, banded		
	Raw	216	B
Carassius carassius	Crucian-carp		
	Raw	194	A

INDEX OF SCIENTIFIC NAMES OF EAST ASIAN FOODS USED IN THE FOOD COMPOSITION TABLE

PART II

SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION
Carcharias spp.	Shark sp.		
	Raw	186	C
Carica papaya	Papaya fruit		
	Unripe, raw	72	B
		84	C
	Ripe, raw	140	B
		127	C
Carpopeltis affinis	Seaweed sp.		
	Dried	82	B
Carthamus tinctorius	Safflower		
	Seed oil	59	D
Carya illinoinensis;	Pecan		
C. olivaeformis	Nut	77	A
	Shelled, raw	33	B
Castanea crenata	Chestnut, Japanese		
	Whole, raw	68	A
Caulerpa racemosa	Seaweed sp.		
	Dried	83	B
Cedrela sinensis	Cedar		
	Shoots, raw	61	C
Chaetomorpha crassa	Seaweed sp.		
	Dried	84	B
Champia parvura	Seaweed sp.		
	Dried	85	B
Chanos chanos	Milk-fish		
	Raw	248	B
Chlorella ellipsoidea	Seaweed sp.		
	Dried	86	B
Chlorella spp.	Chlorella		
	Dried powder	116	A
Chondrococus japonicus	Seaweed sp.		
	Dried	87	B
Chondrus ocellatus	Seaweed sp.		
	Dried		
Chrysanthemum coronarium	Chrysanthemum, crowndaisy		
	Leaves, raw	98	A
Chrysophylum cainito	Starapple, cainito		
	Fruit, raw	151	B
Cicer arietinum	Chickpea, Bengal gram		
	Whole seeds, dried	15	B
		23	C
Citrullus vulgaris	Watermelon		
C. lunatus	Fruit, raw	138	A
		154	B
		131	C
	Whole seeds, dried	86	A
		50	D
Citrus grandis	Pomelo		
	Fruit, raw	144	B
		130	C
Citrus reticulata	Orange, mandarin, tangerine		
	Fruit, raw	138	B
		126	C
Citrus spp.	Orange, summer		
Citrus sinensis	Fruit, raw	133	A
		139	B
Citrus unshiu	Orange, satsuma		
	Fruit, raw	132	A
Clarias batrachus	Catfish, freshwater	214	B
Clupanodon punctatus	Gizzard shad	210	A
		231	B
Clupea pallasi	Herring		
	Raw	212	A
		239	B
		171	C
		22	D
	Roe, raw	213	A
Coccophora langsdorfii	Seaweed sp.		
	Dried	95	C

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SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION
Cocos nucifera	Coconut		
	Mature kernel, raw	32	B
		38	C
		43	D
	Flesh		
	Stage of maturation, 6 months	69	A
	Stage of maturation, 8 months	70	A
	Stage of maturation, 10 months	71	A
	Stage of maturation, 12 months	72	A
	Flour, defatted	73	A
	Oil	51	D
Codium sp.	Seaweed sp.		
	Dried	89	B
Coix lacryma jobi	Job's tears		
	Whole seed, hulled	5	A
Collacalia inexpectata	Swiflet		
	Nest, dried	168	A
		146	C
Colocasia antiquorum; C. esculenta	Taro, dasheen		
	Tuber, raw	40	A
		13	B
		20	C
	Leaf stalk, raw	121	B
		111	C
Cololabis saira	Saury, Pacific		
	Raw	235	A
		268	B
		182	C
		29	D
Conger myriaster	Eel, conger		
	Raw	197	A
Corbicula spp. C. leana	Corb shell, freshwater clam		
	Raw	191	A
		161	C
Corchorus olitorius	Jute, potherb		
	Leaves, raw	63	B
Coriandrum sativum	Coriander		
	Leaves, raw	49	B
		64	C

SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION
Corylus avellana	Hazel, filbertnut		
	Raw	44	D
Coryphaena hippurus	Dolphin, common		
	Flesh, raw	196	A
Costaria costata	Seaweed sp.		
	Dried	96	C
Cryptotaenia japonica	Honeywort, Japanese		
	Greens, raw	103	A
Ctenopoma spp.	Perch, climbing		
	Raw	257	B
Cucumis melo	Spanish melo		
	Fruit, raw	149	B
Cucumis sativus	Cucumber		
	Raw	100	A
		53	B
		66	C
Cucurbita maxima Cucurbita spp.	Squash, winter		
	Seed	84	A
	Fruit, raw	117	B
		109	C
	Tops, raw	118	B
Cucurbita moschata	Cushaw		
	Whole seed	74	A
	Fruit, raw	101	A
Cucurbita pepo	Pumpkin		
	Fruit, raw	113	A
		76	B
		80	C
Curcuma longa	Turmeric, common		
	Roots, raw	124	B
Cymbium commersoni – see Scomberomorus commerson			
Cyprinus carpio	Carp		
	Raw	186	A
		212	B
		155	C
		19	D

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SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION
Cypselurus spp.	Flyingfish Raw	229 169	B C
Cystophyllum hakodatense	Seaweed sp. Dried	97	C
Daucus carota	Carrot Raw	96 46 59	A B C
Decapod mollusca	Squid sp.; cuttlefish sp. Raw	243	A
Decapterus macrosoma	Scad, round Raw	270	B
Dendrocalamus spp. – see Bambusa spp.			
Dictyopterus prolifera	Seaweed sp. Dried	90	B
Dioscorea alata	Yam Tuber, raw	41	A
Dioscorea esculenta	Yam, Chinese, spiny yam Tuber, raw	14 22	B C
Diospyros kaki	Persimmon kaki Fruit, raw, soft type, ripe	136	A
Dolichos lablab	Hyacinth bean; Indian butter bean Whole seeds, dried	18 26	B C
Durio zibethinus	Durian, civet Fruit, raw	121	C
Echinochloa crusgalli var. frumentacea	Japanese barnyard millet Whole grain	9	A
Ecklonia cava	Seaweed sp. Dried	91	B
Ectocarpus sp.	Seaweed sp. Dried	92	B
Eisenia bicyclis	Seaweed sp. Dried	93	B
Elagatis bipinnulatus	Runner, rainbow Raw	264	B
Eleocharis tuberosa, E. dulcis	Matai; Waternut, water chestnut Corm, raw	66 79	B C
Eleusine coracana	Ragimillet; fingermillet; coracanmillet Whole grain	11 4	A C
Endarchne binghamiae	Seaweed sp. Dried	94	B
Engraulis japonica	Seaweed sp. Dried	95	B
Engraulis spp.	Anchovy Raw	182 206	A B
Enteromorpha sp.	Seaweed sp. Dried	96	B
Entosphenus japonicus	Lamprey; lamprete Raw	241	B
Epinephelus coralli-cola	Grouper, spotted Raw	234	B
Equus caballus	Horse Meat, raw	148	A
Eriobotrya japonica	Loquat; Japanese medlar Fruit, raw	131	A
Ervum lens – see Lens culinaris			
Euphausia sp.	Seaweed sp. Dried	97	B
Euryale ferox	Euryale, Gorgon; fox nut Seeds, dried	39	C

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SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION
Euthynnus pelamys	Skipjack		
	Raw	240	A
		274	B
	Strips, dried	241	A
Exocoetus volitans	Flying fish		
	Raw	208	A
Faba vulgaris – see Vicia faba			
Fagopyrum sagittatum; F. esculentum	Buckwheat		
	Flour (65-70% extraction)	4	A
	Whole grain	3	A
		2	C
Ficus carica	Fig, common		
	Fruit, raw	129	A
Foeniculum vulgare	Fennel, common		
	Leaves, raw	69	C
Fragaria grandiflora	Strawberry		
	Fruit, raw	137	A
Fucus evanescens	Seaweed sp.		
	Dried	98	C
Gadus macrocephalus – see Theragra chalcogramma			
Gadus spp.	Cod		
	Raw	219	B
		160	C
Gallus gallus; G. domesticus	Chicken		
	Egg white	177	A
		201	B
		150	C
	Egg yolk	178	A
		200	B
		149	C
	Flesh	145	A
		160	B
		135	C
		16	D
	Gizzard	162	B
		136	C
Gallus gallus; G. domesticus	Chiken (Cont.ed)		
	Heart	165	B
	Intestines	150	A
	Liver	154	A
		178	B
		142	C
	Whole egg	176	A
		199	B
		148	C
		18	D
Gelidium sp.	Seaweed sp.		
	Dried	98	B
Gerres filamentosus	Mojarra, spotted		
	Raw	249	B
Ginkgo biloba	Ginkgo		
	Whole seed, raw	75	A
		40	C
Glossobius giurus	Goby, flat headed		
	Raw	232	B
Glycine max G. soya G. hispida	Soybean		
	Whole seed, dried	54	A
		26	B
		35	C
		48	D
	Immature seed, raw	121	A
	Defatted soybean		
	Whole seed	55	A
	Flakes	56	A
	Soybean products		
	Curd, tofu, raw	57	A
		36	C
	Curd, tofu, freeze dried	58	A
	Miso	59	A
	Natto	60	A
		37	C
	"Okara" soybean curd refuse	61	A
	Soybean milk	62	A
	Soybean sauce	63	A
	Soybean sauce cake	64	A
	Soybean sprouts, raw	122	A
		107	C
	Tempeh (fermented soybean product), dried	65	A

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SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION
Gobidae spp.	Goby sp.		
	Raw	211	A
Gracilaria sp.	Seaweed sp.		
	Dried	99	B
Grateloupia sp.	Seaweed sp.		
	Dried	100	B
Halimeda cuneata	Seaweed sp.		
	Dried	102	B
Haliotis gigantea	Abalone, earshell		
	Raw	179	A
		203	B
		151	C
Halictis japonica	Abalone, Japanese		
	Raw	180	A
Helianthus annuus	Sunflower		
	Seeds, dried	45	C
Heliocidaris crassispina	Sea urchin		
	Gonads, raw	239	A
Hemirhamphus spp.	Half beak		
	Raw	236	B
Hemerocallis flavs	Day lily, lemon		
	Flowers, raw	67	C
Hevea brasiliensis	Rubber		
	Seed	81	A
Hibiscus esculentus	Okra, ladys finger		
	Raw	70	B
		82	C
Hijika fusiformis	Seaweed sp.		
	Dried	118	A
		99	C
Hippoglossoides elassodon	Flounder sp.		
	Raw	228	B
		168	C
Hippoglossus stenolepsis	Halibut		
	Raw	21	D
Hordeum vulgare	Barley		
	Milled, pressed	2	A
	Whole grain	1	A
		1	B
		1	C
Hypnea seticulosa	Seaweed sp.		
	Dried	101	B
Ipomoea aquatica	Water convulvolus		
I. reptanus	Swamp cabbage; water-spinach		
	Raw	126	B
Ipomoea batatas	Sweetpotato		
	Root, raw	39	A
	White; root, raw	12	B
		19	C
	Leaves and tender tips, raw	119	B
		110	C
Isticphorus sp.	Marlin, sail fish		
	Raw	220	A
Juglans regia	Walnut, Persian or English		
	Dried	85	A
	Shelled, raw	35	B
		49	D
Katsuwonus pelamys	Bonito		
	Raw	185	A
Lablab niger – see Dolichos lab lab			
Lactuca sativa	Lettuce garden		
	Leaves, raw	65	B
		76	C
	Unheaded, raw	104	A
	Headed, raw	105	A

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SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION
Lactuca scariola L. serriola	Lettuce, prickly; Chinese lettuce		
	Leaves, raw	77	C
	Stems, raw	78	C
Lagenaria siceraria L. vulgaris	Calabash; bottle gourd Fruit, raw	45	B
L. leucantha		58	C
Laminaria angustata	Seaweed sp. Dried	101	C
Laminaria japonica	Tangle Air dried	120	A
		103	B
		100	C
Laminaria ochotensis	Seaweed sp. Dried	102	C
Laminaria religiosa	Seaweed sp. Dried	103	C
Laminaria sp.	Seaweed sp. Dried	93	C
Lansium domesticum	Langsat, domestic; duku Fruit, raw	135	B
		124	C
Lateolabrax japonicus	Sea bass Raw	183	C
Laurencia okamurai	Seaweed sp. Dried	104	B
Leiognathus daura	Slipmouth, common; slimy; scapy Raw	275	B
Lens culinaris	Lentil; dhal; split pea Whole seeds, dried	20	B
		28	C
Leptoscatus japonicus	Parrot fish sp. Raw	256	B
Lepus cuniculus var. domesticus	Rabbit, domesticated Meat, raw	162	A
Lethrinus opercularis	Porgy, scavenger Raw	259	B
Limanda herzensteini	Flat fish Raw	206	A
		227	B
		166	C
Linguila unguis	Lampshell; Tongue clam Raw	242	B
Loligo spp.	Squid Raw	242	A
		180	B
		187	C
Luffa cylindrica	Gourd, sponge Fruit, raw	61	B
Lutjanus spp.	Snapper, red, Malabar Raw	278	B
Lycopersicon esculentum – see Solanum lycopersicum			
Mactra sinensis	Clam hen Raw	189	A
		158	C
Makaira spp. – see Istiophorus spp.			
Malus sylvestris; M. pumila	Apple, common Fruit, raw	127	A
		127	B
		115	C
Mangifera indica	Mango, common, Indian mango Fruit, raw	136	B
		125	C

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SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION
Manihot esculenta; M. utilissima	Cassava, bitter, common		
	Root, raw	36	A
		11	B
		17	C
	Grits	37	A
	Leaves, raw	97	A
Megalaspis cordyla	Hard tail; torpedo		
	Raw	238	B
Melagris spp.	Turkey		
	Bird, raw	17	D
Momordica charantia	Balsampear, balsam apple, bitter melon, bitter gourd		
	Fruit, raw	38	B
		50	C
	Leaves, raw	39	B
Mene maculata	Moonfish, spotted		
	Raw	250	B
Meretrix lusoria	Clam		
	Raw	187	A
		217	B
		157	C
Metapenaeus sp.	Seaweed sp.		
	Raw	105	B
Metroxylon spp.	Sago		
	Flour	18	C
Microstomus stelleri	Slime flounder		
	Raw	261	B
Misgurnus anguillicaudatus	Loach		
	Raw	215	A
Monostroma nitidum	Seaweed sp.		
	Dried	106	B
Morinda citrifolia	Indian mulberry		
	Leaves, raw	74	C
Moringa oleifera	Horse radish; dish tree; drum stick		
	Leaves, raw	62	B
		73	C

SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION
Mugil cephalus	Mullet, harder		
	Raw	221	A
		251	B
		174	C
Muraenesox cinereus	Eel, silver-pike		
	Raw	199	A
Musa sapientum	Banana, common		
	Buds and flowers	41	B
		52	C
	Fruit, raw	128	A
		129	B
		117	C
Mustelus manazo	Dogfish, smooth		
	Raw	195	A
Myelophycus caespitosus	Seaweed sp.		
	Dried	107	B
Mytilus spp.	Mussel, horse or sea		
	Raw	252	B
Nephelium lappaceum	Rambutan; rambotan; rambotang		
	Fruit, raw	145	B
Nelumbo nucifera	Lotus, Hindu		
	Tuber, raw	106	A
Nemipterus taeniterus	Nemipterid, ribbon finned		
	Fish, raw	253	B
Nemipterus virugatus	Sea bream sp.		
	Raw	237	A
Neomycis intermedia	Seaweed sp.		
	Frozen, whole	108	B
Neomysis sp.	Opossum shrimp, mysid		
	Raw	224	A
Neothunnus albacora; N. macropterus – see Thunnus alalunga			

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SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION
Neptunus trituberculatus	Crab, sea blue		
	Raw	193	A
		220	B
		162	C
Ocimum [illegible]ilicum	Basil, sweet		
	Leaves, raw	53	C
Ommastrephes spp. – see Loligo spp.			
Oncorhynchus gorbuscha; O. masou	Salmon, hump back; pink salmon		
	Raw	230	A
		265	B
		27	D
Oncorhynchus keta O. kistuch	Salmon, silver; king salmon		
	Raw	231	A
		180	C
	Roe, raw	232	A
Oncorhynchus nerka	Salmon, sockeye: red salmon		
	Frozen	233	A
Oryza glutinosa	Rice, glutinous		
	Brown or hulled	18	A
	Undermilled or home pounded	19	A
		10	C
	Milled	9	C
Oryza sativa	Rice		
	Brown or hulled	15	A
		4	B
		7	C
		39	D
	Milled, polished	16	A
		5	B
		8	C
	Rice products		
	Bran	6	B
	Bran oil	58	D
	Germ	7	B
		11	C
	Polish	8	B
		12	C
	Noodles, dried	17	A
Oryza spp.	Rice: high protein varieties		
	Brown or hulled	20	A
	Milled, polished	21	A
	Parboiled	22	A
	Rice: IR8		
	Brown or hulled	23	A
	Polished milled	24	A
Ostrea gigas	Oyster sp.	225	A
		254	B
		176	C
		24	D
Ovis aries	Mutton: lamb		
	Carcass, fresh lean	158	A
		186	B
		6	D
	Carcass, fresh, medium fat	144	C
	Mutton kidney	7	D
Pachyrrhizus erosus	Yam bean; turnipbean		
	Whole seeds, dried	27	B
Pagrus major	Sea bream, red; porgy, red	236	A
		271	B
Palaemon spp. – see Penaeus spp.			
Pandalus sp.	Seaweed sp.		
	Raw	109	B
Pandanus spp.	Karoka nuts		
	Raw	42	C
Paneus sp.	Seaweed sp.		
	Raw	110	B
Panicum miliaceum; P. miliare	Prosomillet		
	Whole grain	10	A
Panulirus japonicus	Lobster, spiny, Japanese		
	Raw	216	A
Papaver opiiferum; P. somniferum	Poppy		
	Seed	80	A

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SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION
Paralichtys olivaceus	Flounder		
	Raw	207	A
Paralithodes comtschaticus	Crab, king		
	Raw	192	A
Parapristipoma trilineatum	Parapistipoma, sp.		
	Raw	255	B
Parathunnus sibi – see Thunnus thynnus			
Passiflora quadrangularis	Passion fruit, giant; granadilla, giant		
	Fruit, raw	141	B
		128	C
Pastinaca sativa	Parsnip, garden		
	Raw	85	C
Pecten yessoensis	Scallop		
	Raw	183	C
Pelvetia wrightii	Seaweed sp.		
	Dried	104	C
Penaeus spp.	Prawn, marine shrimp		
	Raw	229	A
		260	B
		178	C
		30	D
Pennisetum spicatum; P. americanum; P. typhoideum L.C. Rich	Spiked millet		
	Whole grain	12	A
		5	C
Perilla frutescens	Perilla, common		
	Seed, dried	78	A
Persea americana P. gratissima	Avocado, American		
	Fruit, raw	128	B
		116	C
Petasites japonicus	Butterbur, Japanese		
	Leaves, raw	56	C
Phaseolus angularis	Adzuki bean; red bean		
	Whole seed, dried	42	A
Phaseolus aureus	Mungbean; Indian bean, green gram; golden gram		
	Whole seed, dried	46	A
		22	B
		30	C
	Sprouts, raw	107	A
Phaseolus calcaratus	Rice bean		
	Whole seed, dried	53	A
Phaseolus lunatus, P. limensis	Limabean; Burmabean; butterbean		
	Whole seeds, dried	21	B
		29	C
	Immature seeds, raw	42	B
Phaseolus vulgaris	Kidney bean; French beank Navy bean; Pinto bean; Snap bean; string bean		
	Raw	55	C
	Whole seed, dried	45	A
		19	B
		27	C
	Bean with pod, immature, raw	90	A
		54	C
		43	B
Phyllostachys spp. – see Bambusa spp.			
Pila luzonica	Snail sp.		
	Raw	277	B
Pinus sp.	Pine nut		
	Nut	79	A
Pisum sativum	Pea, garden and field		
	Raw	73	B
		66	C
	Whole seed, dried	47	A
		24	B
		33	C
	With pod, immature, raw	111	A

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SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION
Pithecolobium dulce	Guamachil, Aztec Guamachil Fruit, raw	133	B
Platycephalus indicus	Flat head, Indian Raw	226 167	B C
Plecoglossus altivelis	Smelt, sweet Raw	276 32	B D
Pleurogrammus azonus	Mackerel, atka Raw	244	B
Pleuronichtys spp. – see Paralichtys olivaceus			
Polachius spp.	Pollack Raw	177	C
Polypus maromoratus	Octopus sp. Raw	223	A
Polypus vulgaris	Octopus common Raw	222 175	A C
Porphyra tenera	Purple laver Air dried	117 111	A B
Portulaca oleracea	Purslane, common Leaves and stems, raw	77 90	B C
Potamon grapsoides	Crab, small Raw	221	B
Priacanthus tayenus	Catlufa Raw	213	B
Prunus amygdalus; P. communis	Almond Unblanched	66 28	A B
Prunus persica	Peach Fruit, raw	134	A
Psammata spp. – see Soletellina spp.			
Pseudorhombus dignon	Brill, rough scaled Raw	210	B
Pseudosciaena aneus	Croaker Raw	223	B
Psidium guajava	Guava, common Fruit, raw	134 123	B C
Psophocarpus tetragonolobus	Goabean, Inuies; Asparagus pea; Winged bean Seeds, dried	17 25	B C
Punica granatum	Pomegranate Fruit, raw	143	B
Pyrus malus – see Malus sylvestris			
Pyrus serotina	Pear, Japanese Fruit, raw	135	A
Rana vitigera	Frog Meat, raw	161	B
Raphanus sativus	Radish, oriental, Japanese or Chinese; daikon Pod, raw Root, raw Root, salted	79 114 78 91 115	B A B C A
Reinhardtius matsuurae	Halibut, arrow toothed Raw	237 170	B C
Rhodotorula pilimanae	Strawberry Yeast	264	A
Salmo gairnerii S. irideus	Trout, rainbow Raw	245 261	A B

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SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION
Sandoricum koetjape	Santol		
S. indicum	Fruit, raw	146	B
Sardinopus melanosticta	Sardine sp.; pilchard		
	Raw	234	A
		267	B
		181	C
		28	D
Sargassum confusum	Seaweed sp.		
	Dried	105	C
Sargassum sp.	Seaweed sp.		
	Dried	112	B
Scatophagus argus	Spade fish: butter fish	279	B
Schizothaerus spp.	Gaper		
	Raw	209	A
Scoliodon spp. – see Carcharias spp.			
Scomber japonicus	Mackerel; M., shub		
	Raw	217	A
		246	B
Scomberoides lysan	Leatherjacket		
	Raw	243	B
Scomberomorus commerson; S. niphonicus	Mackerel, Spanish: King fish		
	Raw	219	A
		247	B
		173	C
Scylla serrata	Crab		
	Raw	222	B
Scymnodon squamulossus	Shark sp.		
	Raw	272	B
Sebastodes matsubarae	Rockfish, red		
S. iracundus	Raw	263	B
S. pinniger		179	C
		25	D
Secale cereale	Rye		
	Whole grain or meal	25	A
		13	C

SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION
Sepia spp.	Cuttle fish		
	Raw	163	C
Sergestes lucens	Seaweed sp.		
	Dried	113	B
Seriola quinqueradiata	Amberfish: yellotail		
	Raw	181	A
		205	B
		152	C
Sesamum indicum; S. orientale	Sesame, oriental; gingelly		
	Whole seed, dried, black, white or gold	82	A
		34	B
		44	C
		47	D
	Meal defatted	83	A
	Oil	60	D
Setaria italica	Foxtailmillet		
	Whole grain	8	A
Solanum lycopersicum	Tomato		
	Ripe, raw	124	A
		123	B
	Unripe, raw	125	A
		122	B
		112	C
Solanum melongena	Eggplant, garden: brinjal		
	Raw, purple and white varieties	102	A
		55	B
		68	C
Solanum tuberosum	Potato, white		
	Tuber, raw	38	A
		75	B
		88	C
Soletellina spp.	Hayed shell		
	Raw	262	B
Sorghum bicolor Moench	Sorghum sp.		
	Whole seed	26	A
Sorghum sudanese Piper Stapf	Sorghum sp.		
	Whole seed	27	A

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SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION
Sphyraena argentea;	Barracuda		
S. pinguis;	Raw	184	A
S. obtusata		208	B
Sphyraena sp.		154	C
Spinacia oleracea	Spinach		
	Leaves and stems, raw	123	A
		116	B
		108	C
Spondias purpurea	Mombin, purple or red; Spanish plum		
	Fruit, raw	137	B
Squalus spp.	Dog fish		
	Raw	224	B
		164	C
		20	D
Squilla oratoria	Squilla		
	Raw	31	D
Stichopus japonica	Sea-slug; sea-cucumber		
	Raw	236	A
		185	C
Stolephorus spp. – see Engraulis spp.			
Stromateus niger	Pomfret, black		
	Raw	258	B
Sus scrofa	Pork		
	Carcass fresh, lean	159	A
		189	B
		145	C
		8	D
	Bacon, smoked	160	A
	Ham	161	A
	Hog		
	Blood, uncooked	141	A
	Brain, raw	144	A
		158	B
		134	C
	Heart, raw	147	A
		166	B
		138	C
	Intestines, raw		
	Large	169	B
	Small	172	B
	Kidney, raw	152	A
		175	B

SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION
Sus scrofa	Pork (Cont.ed)		
	Hog (Cont.ed)		
	Kidney, raw (Cont.ed)	140	C
		9	D
	Liver, raw	155	A
		179	B
		143	C
	Lung, raw	157	A
		182	B
	Mammary, raw	185	B
	Spleen, raw	167	A
		194	B
	Stomach, raw	197	B
	Tongue, raw	169	A
	Lard	35	D
	Sausage	163	A
		164	A
Talinum triangulare	Fame flower, potherb; water leaf; Philippine spinach		
	Leaves, raw	56	B
Tamarindus indicus	Tamarind		
	Young leaves, raw	120	B
	Fruit pulp, raw	153	B
Tapes japonica	Clam, baby		
T. philippinarum	Raw	188	A
Teuthis javus	Siganid, javan		
	Raw	273	B
Terebralia sulcatua	Horn shell		
	Raw	240	B
Tetragonia tetragonoides	New-Zealand spinach		
T. expansa	Leaves, raw	69	B
Theragra chalcogramma	Pollack, Alaska; cod, Pacific		
	Raw	226	A
	Roe, raw	227	A
	Roe, salted	228	A
Therapon sp.	Tiger fish; theraponid		
	Raw	284	B

INDEX OF SCIENTIFIC NAMES OF EAST ASIAN FOODS USED IN THE FOOD COMPOSITION TABLE

PART II

SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION
Thunnus alalunga	Tuna, yellowfin		
	Raw	249	A
		288	B
Thunnus obesus	Tuna, big eye		
	Raw	246	A
Thunnus thynnus;	Tuna, bluefin		
T. orientalis	Raw, lean	247	A
		287	B
		189	C
		33	D
	Raw, fat	248	A
Tilapia mossambica	Tilapia		
	Raw	285	B
Tonbo maguro	Albacore, long finned		
	Edible muscle, raw	204	B
Torulopsis utilis	Yeast	265	A
Trachurus japonicus	Mackerel, horse or jack		
	Raw	218	A
		245	B
		172	C
Trichiurus spp.	Hairtail; ribbon fish; Cutlass fish		
	Raw	235	B
Trichogaster pectoralis	Gouramy		
	Raw	233	B
Triticum aestivum;	Wheat		
T. vulgare	Whole grain or meal	28	A
		9	B
		14	C
		40	D
	Flour, 80-90% extraction	29	A
	Flour, 60-70% extraction	30	A
	Gluten, dried	31	A
	Wheat products		
	Bread, brown	10	B
		15	C
	Bread, white	32	A
	Noodles	33	A
Turbo cornutus	Topshell; spiny topshell		
	Raw	244	A
		286	B
Tylosurus giganteus	Garfish, common		
	Raw	230	B
Ulva pertusa	Seaweed sp.		
	Dried	114	B
Undaria pinnatifida	Seaweed sp.		
	Air dried	119	A
		115	B
		106	C
Venerupis semidecussata	Clam, short neck		
	Raw	190	A
		159	C
Venerupis spp.	Clam, baby		
	Raw	216	B
Vicia faba	Broad bean; horse bean		
	Whole seed, dried	43	A
	Whole seed, raw	89	A
Vigna calcarata – see Phaseolus calcaratus			
Vigna radiata – see Phaseolus aureus			
Vigna unguiculata	Cow pea, yard long; Chinese long bean; asparagus bean		
	Leaves, raw	52	B
	Whole seed, dried	16	B
		24	C
	Young green pods, raw	51	B
Vigna spp.	Cow pea, all varieties		
	Seed, dried	44	A
Vitis vinifera	Grapes		
	Fruit, raw	130	A
		132	B
		122	C

INDEX OF SCIENTIFIC NAMES OF EAST ASIAN FOODS USED IN THE FOOD COMPOSITION TABLE

PART II

SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION
Xanthoxylum piperitum	Pepper		
	Seed, raw	263	A
Xiphias gladius	Swordfish		
	Raw	283	B
		188	C
Zea mays	Maize; corn		
	Flakes	7	A
	Whole kernel, dried	6	A
		2	B
		3	C
		37	D
	Yellow, raw	50	B
		65	C
	Immature, raw	99	A
	Oil	52	D
Zingiber officinale	Ginger		
	Roots, raw	60	B
		71	C
Zizania latifolia	Wild rice		
	Whole seed	34	A

SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION

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Appendix 1

RECOMMENDED DAILY INTAKES FOR POPULATIONS IN EAST ASIA

Age (years)	Body weight	Energy 1/		Protein 1/ 8/	Vitamin A 2/ 5/	Vitamin D 3/ 6/	Thiamine 2/	Riboflavin 2/	Niacin 2/	Folic acid 3/	Vitamin B_{12} 3/	Ascorbic acid 3/	Calcium 4/	Iron 3/7/
	kilo-grams	kilo Calories	Mega Joules	grams	micrograms	micrograms	milli-grams	milligrams	milli-grams	micro-grams	micrograms	milli-grams	grams	milli-grams
Children 9/														
<1	7.3	820	3.4	14.0	300	10.0	0.3	0.5	5.4	60	0.3	20	0.5–0.6	10
1–3	13.4	1360	5.7	16.0	250	10.0	0.5	0.8	9.0	100	0.9	20	0.4–0.5	10
4–6	20.2	1830	7.6	20.0	300	10.0	0.7	1.1	12.1	100	1.5	20	0.4–0.5	10
7–9	28.1	2190	9.2	25.0	400	2.5	0.9	1.3	14.5	100	1.5	20	0.6–0.7	10
Male adolescents 9/														
10–12	36.9	2600	10.9	30.0	575	2.5	1.0	1.6	17.2	100	2.0	20	0.6–0.7	10
13–15	51.3	2900	12.1	37.0	725	2.5	1.2	1.7	19.1	200	2.0	30	0.6–0.7	18
16–19	62.9	3070	12.8	38.0	750	2.5	1.2	1.8	20.3	200	2.0	30	0.5–0.6	9
Female adolescents 9/														
10–12	38.0	2350	9.8	29.0	575	2.5	0.9	1.4	15.5	200	2.0	20	0.6–0.7	10
13–15	49.9	2490	10.4	31.0	725	2.5	1.0	1.5	16.4	200	2.0	30	0.6–0.7	24
16–19	54.4	2310	9.7	30.0	750	2.5	0.9	1.4	15.2	200	2.0	30	0.5–0.6	28
Adult man (moderately active)	55.0 10/	2530	10.5	32.0	750	2.5	1.0	1.5	16.7	200	2.0	30	0.4–0.5	9
Adult woman (moderately active)	48.0 10/	1920	8.2	25.0	750	2.5	0.8	1.2	12.7	200	2.0	30	0.4–0.5	28
Pregnancy (later half of pregnancy)		+350	+1.5	34.0	750	10.0	0.9	1.4	15.0	400	3.0	50	1.0–1.2	28
Lactation (first 6 months)		+550	+2.3	42.0	1200	10.0	1.0	1.5	16.3	300	2.5	50	1.0–1.2	28

1/ Energy and Protein Requirements. Report of a Joint FAO/WHO Expert Group, FAO, Rome, 1972.
2/ Requirements of Vitamin A, Thiamine, Riboflavin and Niacin. Report of a Joint FAO/WHO Expert Group, FAO, Rome, 1965.
3/ Requirements of Ascorbic Acid, Vitamin D, Vitamin B_{12}, Folate and Iron. Report of a Joint FAO/WHO Expert Group, FAO, Rome, 1970.
4/ Calcium Requirements. Report of a FAO/WHO Expert Group, FAO, Rome, 1961.
5/ As Retinol.
6/ As Cholecalciferol.
7/ Requirements are less when the diet contains more of animal foods.
8/ As Egg or Milk Protein.
9/ The weights are those of a sample population of seemingly well nourished children and adolescents.
10/ Weighted average of an adult man and woman in East Asia.