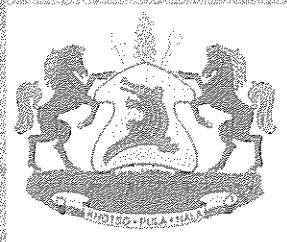


LE OTHO FOOD COMPOSITION ABLE



COMPOSITION OF LESOTHO FOODS
First Edition

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FOREWORD

The Government of Lesotho has long been concerned with the level of food and nutrition insecurity in the country. This problem is most severe in rural areas where the majority of the poor live. In response to this problem the Government of Lesotho introduced reforms that split the Ministry of Agriculture and Land Reclamation into two Ministries; one for Agriculture and Food Security and the other for Forestry and Land Reclamation. The Ministry of Agriculture and Food Security was in particular mandated to ensure food security for all. It has since developed the Food Security Policy and Action Plan that are aimed at addressing the root causes of Food Insecurity.

Whilst the Government of Lesotho and its development partners have implemented a number of food security interventions, the need for broadening the food base with indigenous plants is becoming increasingly evident. Lesotho is experiencing a sharp increase in diet related chronic diseases. This is largely a result of a shift from consuming nutrient-rich indigenous foods towards consumption of more refined and imported foods. The current bias towards production of staple and exotic foods has impaired the conservation, valuation and use of indigenous foods, thus eliminating many options for food security and nutrition among the rural poor. As the variety in the food base of food-insecure communities narrows, there are serious nutritional consequences because the consumption of certain minerals, vitamins and trace elements is adversely affected. Further more the erosion and neglect of indigenous foods and knowledge reduce the capacity of households to improve and diversify their livelihoods. They also limit local capacity and options for addressing the evolving needs and challenges, such as the current HIV/AIDS impact.

The need to promote the use and conservation of indigenous foods and knowledge has long been recognised by the Ministry of Agriculture and Food Security. The major constraint in promoting these foods in Lesotho has always been the lack of nutrition information. There was therefore a need to invest in the production of the local food composition tables. This would enable nutritionists and dieticians to promote the use of these foods on the basis of their nutritional value as opposed to the current guess work. This would also provide nutritional information of specific foods of interest particularly as they relate to meeting the nutrition needs of HIV/AIDS affected individuals/households.

Through the efforts of the Ministry of Agriculture and Food Security, other participating government departments and the financial support of FAO, a number of indigenous leafy vegetables were analysed and a food composition table for Lesotho compiled. The main justification for developing this food composition table is to promote the use of local or traditional foods. The knowledge of the nutritional profile of these foods can enhance their use by the local people as well as tourists. The information contained in this food composition table will be very useful for all nutrition strategies, including nutrition education, assessment of nutrient intake, development of dietary guidelines, etc. The nutrition division of the Ministry of Agriculture and Food Security will now be better placed to provide nutrition information about the indigenous foods and promote their use

and conservation.

To improve the current nutrition status in Southern Africa, there is need for reliable food composition data. The Lesotho food composition table is a good contribution in this regard. We in Lesotho appreciate the collaboration and assistance of the Institutions and individuals who joined hands with us in doing this work. We will endeavour to continue carrying out further analysis of indigenous food crops for the benefit of Basotho and people of the sub-region.

Hon. Dr. Rakoro Daniel Phororo
Minister of Agriculture and Food Security

October 2006

ACKNOWLEDGEMENTS

This Publication is a result of the efforts of a number of individuals and institutions within and outside Lesotho who contributed in the chemical analysis of the indigenous foods and eventual compilation of the food composition table. The Ministry of Agriculture and Food Security (MAFS) is therefore indebted to these individuals and institutions. In particular we wish to thank Food and Agricultural Organization of the United Nations (FAO) for funding the project and providing technical support. This office played a major role in giving a technical assistance towards designing a programme for data compilation.

This product would not have seen the light of the day had it not been for the dedication and determination of staff of the departments of Research, Nutrition, Field Services (DAO), FNCO, Trade and Industry. We would in particular wish to express our appreciation for the efforts of Mr. M. Nthimo (FAO, Maseru office) who assisted through the process, from the initial collection of food items, their analysis and eventual compilation of the food composition table. We would also like to recognize the invaluable inputs provided by Mrs. U.R. Charrondiere (FAO, Rome office) and Mr. G.E. Codjia (FAO, Zimbabwe office) during the development of the food composition table. Special gratitude should also be given to the laboratory technicians of the Department of Agricultural Research for their relentless efforts in ensuring that the analysis meets the established international standards. In particular we would like to mention the name of Mr. Makakole for leading day to day laboratory work of this project. We would also like to thank Mr. Mokhoro (MTICM) and Mrs. Phoofolo (former Chief Nutrition Officer) for the role they played in the conceptualization and initial implementation of this project

This project owes its success to active participation and collaboration of a number of key stakeholders (local) including the nutrition division of the Ministry of Health and Social Welfare, Home Economics divisions of Lesotho Agricultural College and Lesotho College of Education and Chemistry and Health Sciences Departments of the National University of Lesotho. The Ministry of Agriculture and Food Security would therefore like to give special thanks these institutions.

Most of cereal values in this book are based on information received from Lesotho Flour Mills. We give special acknowledgements for this work. We also wish to thank Dr. P. Wolmarans of the Medical Research Council, South Africa, for granting permission to use values from their tables. Agricultural Research Council, South Africa also availed their services for analysis of some nutrient constituents and training of technicians through Dr. L.E. Smit.

Professor Hettie C. Schönfeldt (AFROFOODS Coordinator) assisted in the compilation of this book, and her dedicated efforts contributed significantly to completion of this book. Some of the values in the tables were borrowed from her publications; special values worth mention are milk and milk products values.

LESOTHO FOOD COMPOSITION TABLE

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1 INTRODUCTION

Lesotho is a small country entirely surrounded by South Africa. Most of the food commodities are imported from South Africa. For this reason local nutritionists and dieticians have been using the South African food composition tables since it became available in 1981. However, there are numerous food items that do not appear in these tables or appears but is different for Lesotho conditions, especially as it relates to local recipes. For this reason and many others it is worthwhile developing a national food composition database/table for Lesotho as a way of addressing varying factors that contribute to food composition as a whole. Local food composition tables are necessary as they provide nutritional information of specific foods of interest.

Through the efforts of the Ministry of Agriculture (Agricultural Research and Agricultural Nutrition) and the financial support of Food and Agricultural Organization (FAO), a number of indigenous green leafy vegetables were analyzed and other food items values were compiled. The information in this publication will be useful for all nutrition strategies including; nutrition education, assessment of nutrient intake (especially the micronutrient intakes), development of dietary guidelines etc. This publication includes the most recent nutrient values of indigenous green leafy vegetables and maize meal – fortified and unfortified.

2 Arrangement of the table

This book contains four pages of information for each food item. The first page provides the food number, short food name and major constituent values (energy, water, carbohydrates, nitrogen, proteins and dietary fiber). On the second page ash, fat, cholesterol, fatty acids and sugar are provided and on the third page all the inorganic constituents are also provided. The fourth page provides all the vitamins.

2.1 Food description

Each food item has been given a commonly used name (recognizable), which will appear similar in both the reference database and the printed table. A scientific name is also stated in the reference data file where applicable. The food names are arranged in alphabetic order to simplify search of a food item.

2.2 Food codes and food groups

For easy identification of food items, each food has been assigned a unique six digits code. The code has been designed in such a way that the first two digits represent a food group, third digit represents a sub-group and the last three digits represent a food item. Foods with the same characteristics have been arranged in group to simplify usage of the table. The following is the

classification of foods or food groups as they appear in the database/tables.

Food classification

01 Cereals and cereal products

 011 Grains

 012 Bread

 013 Pasta

 014 Cakes and biscuits

 015 Breakfast cereals

02 Meat, poultry, fish and their products

03 Dairy products

04 Egg and egg products

05 Vegetables and vegetable products

06 Legumes

07 Roots and tubers

08 Fruits, nuts and seeds

09 Fats and oils

10 Soups and sauces

11 Sweets and confectioneries

12 Baby foods

13 Beverages, non alcoholic

14 Beverages, alcoholic

15 Miscellaneous

2.3 Nutrients

The nutrients are represented by their full names as shown on first row of each page. The nutrient values in the table has been analyzed, calculated or copied from other food composition tables. List of sources include South African tables (1991, 1998, 1999), British (GB6), United States of America; 18th version (US18) and Mali database (2004).

Amounts in the table are expressed per 100g edible portion. Edible portion contain amounts consumed after removal of inedible material (for example, seed, bone, skin) for applicable foods. Edible values for each food item are shown in the first column, and the researched ones are marked with an asterisk (*). This are represented as a fraction and they are taken from the same source as the nutrient values.

Meaning of certain acronyms

Blank	this means that the value is not known or has not been analyzed and could not be found in other source database
tr	this means that the nutrient value cannot be detected by the analytical methods (note that there is a table in annex 5 on trace values for different nutrients). This will be very helpful for users in recipe calculations
0	this means that the nutrient is not present in the food

2.4 Composition of recipe

A range of recipes are included in these tables, mainly traditional recipes. Most of the recipes were calculated using standard recipes from different sources as referenced in the database. Yield factors were calculated for researched recipes, and yield factors for other foods were determined by using percentage changes in weight during cooking as documented by McCance and Widdowson's, 2002.

The recipes were given names and codes. Each ingredient was also coded and given weight either per 100g or corrected to 100g before calculations. All the ingredients in a recipe, including salt, were included in calculations. The cooking methods were documented for each recipe. Appropriate retention factors were applied for all the vitamins (McCance and Widdowson's, 2002).

3 Definition and expression of nutrients

Nutrients have been expressed in 100g edible portion. Nutrient values in this tables gives the total amount of nutrients present in the 100g edible portion, including any nutrient added or deducted during processing. These values do not specifically indicate that they are available for the body to use.

3.1 Water

Water contributes to sum of proximate, which makes up the macronutrients of the diet. The amount of water in the food determines the amounts of the other nutrients. Less water indicates higher density of nutrients in the food.

3.2 Energy

In these tables energy values are expressed in kiloJoules (kJ). 1 kilocalorie (kcal) is equivalent to 4.184 kJ. The energy values in the tables have been calculated using amounts for protein, fat, carbohydrates, alcohol and fiber. The metabolisable energy conversion factors used were adopted from Greenfield and Southgate, 2003 and they are shown in table 1;

Table1 Energy value of some constituents of foods^a

Constituent	kcal	kJ/g
Protein	4	17
Fat	9	37
Available carbohydrates (as weight, by difference)	4	17
Ethyl alcohol	7	29
Fiber	2	8

^aGreenfield and Southgate, 2003

3.3 Protein

Protein is a calculated value usually derived from the total nitrogen valued multiplied by nitrogen conversion factor as recommended by Jones (1941). Nitrogen values for analyzed data were measured by Kjeldahl or Dumas method. Food specific factors were applied to calculate for protein where applicable, and they are provided in Table 2 below. The general factor of 6.25 was used to calculate protein where specific factors were not available. Please note that these values do not appear in the printed tables but they are shown in the reference database.

Table 2: Factors for conversion of nitrogen values to protein (per g N)

Foodstuff	Factor
Meat and meat products	6.25
Milk and milk products	6.38
Human milk	6.37
Eggs	
- whole	6.25
- albumin	6.32
- yolk	6.12
Wheat	
- whole	5.83
- bran	6.31
Rice and rice flour	5.95
Maize	6.25
Beans	6.25
Groundnuts	5.46

Source: Greenfield and Southgate, 2003 (taken from FAO/WHO, 1973)

Protein calculated from nitrogen was used to determine available carbohydrates by difference.

3.4 Fat

The total fat refers to the total lipids in a foodstuff, expressed in g/100g edible portion. The total fat contents of foods in the table were determined by Soxhlet method (extraction of fat using ether as a solvent).

The tables include the sub-division of fatty acids as; saturated fatty acids, monounsaturated fatty acids and polyunsaturated fatty acids. Trans fatty acid values are available in the reference database for some of the food items.

3.5 Carbohydrates

Carbohydrates were expressed as available carbohydrates by difference (CHOAVLDF). This is the difference between 100 and the sum of percentages for water, protein, fat, fiber, alcohol (where applicable) and ash. Available carbohydrates were also calculated by deducting fiber values from total carbohydrates, when total carbohydrates (CHOCDF) were provided in the data source. There were also cases where available carbohydrates by monosaccharide equivalent were provided in the data source and the following conversion factors were used, as adapted from McCance and Widdowson's (2002).

Table 3: Conversion of carbohydrate in monosaccharide equivalents to available carbohydrates in difference^a

Carbohydrate	Available carbohydrates	Monosaccharide equivalents (g/100g)
Monosaccharides e.g. glucose, fructose and galactose	No conversion factor necessary	1
Disaccharides	X1.05 ^b	105
Oligosaccharides e.g. raffinose (trisaccharide)	X1.07	107
stachyose (tetrasaccharide)	X1.08	108
verbascose (pentasaccharide)	X1.09	109
Polysaccharides e.g. starch	X1.1 ^b	110

^aadapted from McCance and Widdowson's, 2002

^bthese are the conversion factors used in the table from CHOAVLM to CHOAVLDF

3.6 Dietary fiber

The method used for dietary fiber in the tables is the Prosky method (AOAC, 2000). This method of analysis includes non-starch polysaccharides (NSP), lignin as well as resistant starch. This method has higher values than the Englyst method (NSP) because it measures lignin and resistant starch.

3.7 Alcohol

Most of the foods do not have a significant amount of alcohol, therefore alcohol content has only been shown in alcoholic beverages.

3.8 Inorganic constituents

Manganese (Mn) and Selenium (Se) are given as mcg/100g and the rest of the minerals in the tables are given as mg/100g. Other minerals included are Iron (Fe), Zinc (Zn), Calcium (Ca), Magnesium (Mg), Sodium (Na), Potassium (K), Phosphorus (P) and Copper (Cu).

3.9 Vitamins

Vitamins are the most volatile of all the nutrients. Processing has an adverse effect in most of foodstuff vitamin composition. Food preparation techniques (e.g. depth of peeling), as well as cooking conditions (boiling time and discarding of water after boiling) affects vitamin content in the cooked food.

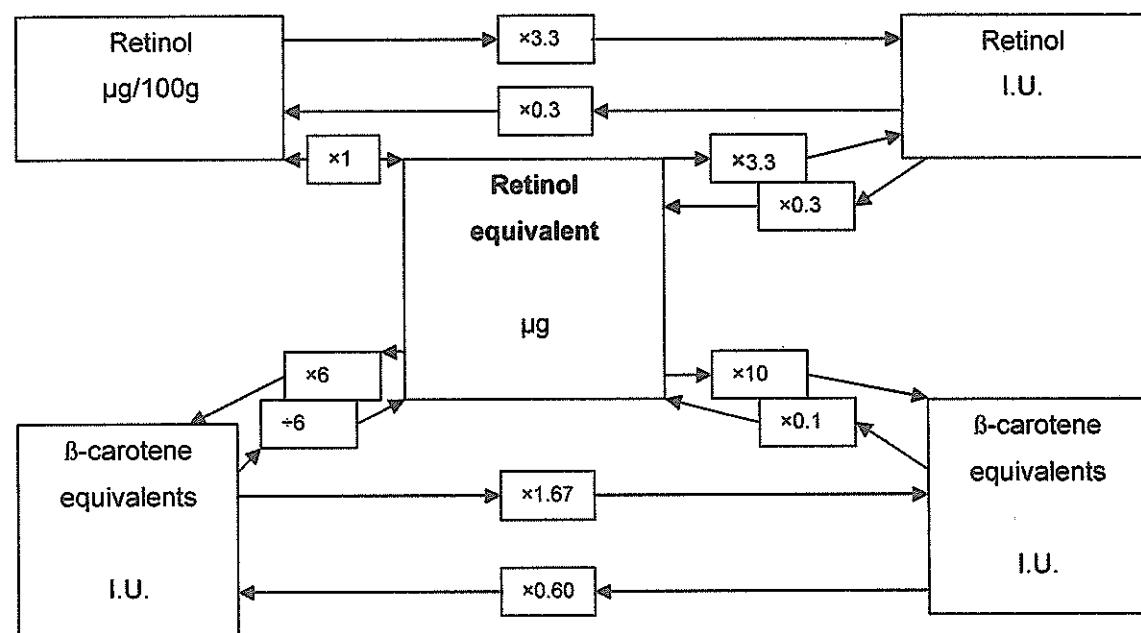
Vitamin A

Vitamin A is not easily destroyed by normal cooking. Vitamin A occurs in most of orange, red and dark green leafy vegetables.

β -carotene

β -carotene is one of the most important carotenoid found in plant products as it falls under the few that have vitamin A activity. The values for vitamin A are usually determined by the sum of retinol and 1/12 of β -carotene expressed as retinol equivalent. Different units are used to express vitamin A and these are shown in table 4 below.

Table 4 Relationship and conversion factors for units used to express retinol and carotene.



Source: McCance and Widdowson's, 2002

Vitamin C

Vitamin C is found in food in two forms; the ascorbic acids and dehydroascorbic acids. No analyses were done for this nutrient in the tables and the values are used as reference source. The titrimetric method was used for vitamin C content in Lephole, M., 2004 (see indigenous vegetables). The results from this source are lower as they only give ascorbic acids values.

4 Additional information

All the additional information is given in annexes. Annex 1 gives information on statistics, annex 2 shows the main data source, annex 3 provides weight measures of the commonly used kitchen utensil as used for some of the recipes, annex 4 shows English, scientific and Sesotho names of traditional foodstuffs used in the tables and annex 5 provides information on trace values.

4.1 Cooking methods

Different cooking methods were used in these tables. The recipes included in these tables and their cooking methods are shown in annex 6.

5 How to use the table

It is worth noting the following important points before using the tables:

- every value in this tables is as per 100g edible portion
- the analyzed items are presented in their wet weight basis
- all the energy values were calculated using metabolisable energy conversion factors as documented by Greenfield and Southgate, 2003 (See section 3.2).
- food items and recipes were prioritized into three priorities/categories; 1st priority, 2nd priority and 3rd priority. This information is shown on the 1st column of the tables. The first category refers to **essential foods** and second category refers to **important foods**. The reference database further classifies these categories into third priority foods, which refers to **nice to have foods**.

The main data source for values in the table is tabulated in annex 2. An elaborate source of values derived from calculation, estimation or literature is shown in a reference database. The following abbreviations have been used;

- C Calculated
- E Estimated
- SAFV South African Fruits and Vegetable table
- SA91 South African Food Composition table, 1991
- SA99 Composition of South African Foods. Milk and Milk Products, Eggs, Meat and Meat Products, 1999.
- MRC Medical Research Council Maize Report,
- GB6 Great Britain Composition of Foods, sixth edition
- US18 United States of America Food Composition Database, 18th edition
- Mali Mali Composition of Foods

The table comprise of four pages per foodstuff. The tables have been arranged in such a way that the first page gives the values for all the proximate constituents (energy, water, nitrogen, protein and carbohydrates). The second page gives the values for ash, dietary fiber, fat, fatty acids and starch. The third gives the values for all the inorganic constituents and fourth pages give data values for vitamin composition of foods.

6 Symbols and abbreviations

Symbols and abbreviations used in the tables are shown in table 5 below. Inorganic constituents are not included in this table because their abbreviations are the same as they appear in the periodic table (also see section 3.8).

Table 5 Symbols and abbreviations used in tables

Abbreviation	Description
EDIBLE	Exclusion of inedible material; e.g. bones
ENERC-kJ	Energy, total metabolisable; calculated from the energy-producing food components in kilojoules
WATER-g	Water in gram
NT-g	Nitrogen in gram
PROTCNT-g	Protein, total; calculated from total nitrogen in gram
PROPLA-g	Protein from plant origin in gram
PROANI-g	Protein from animal origin in gram
CHOL--g	Cholesterol in gram
FAT-g	Total fat by soxhlet method in gram
FASAT-g	Saturated fat in gram
FAMS-g	Mono-unsaturated fat in gram
FAPU-g	Poly-unsaturated fat in gram
CHOAVLDF-g	Available carbohydrates calculated by difference in gram
STARCH-g	Total starch in gram
SUGAR-g	Total sugar in gram
FIBTG-g	Fiber, total dietary; determined gravimetrically by the AOAC total dietary fibre method (Prosky method)
ASH-g	Ash in gram
VITA_6-mcg	Vitamin A in microgram
CARTBEQ-mcg	Beta-carotene in microgram
VITD-mcg	Vitamin D in microgram
VITE-mg	Vitamin E in milligram

THIA-mg	Thiamin in milligram
RIBF-mg	Riboflavin in milligram
NIA-mg	Niacin in milligram
VITB6-mg	Vitamin B6 in microgram
FOL-mcg	Folate in microgram
VITC-mg	Vitamin C in milligram
CA-mg	Calcium in milligram
FE-mg	Iron in milligram
MG-mg	Magnesium in milligram
P-mg	Phosphorus in milligram
K-mg	Potassium in milligram
NA-mg	Sodium in milligram
ZN-mg	Zinc in milligram
CU-mg	Copper in milligram
SE-mg	Selenium in milligram
MN-mg	Manganese in milligram
GB6	Great Britain composition of foods, sixth edition
US18	USDA, 18 th edition
SA91	South Africa, 1991
SAVF	South Africa, Vegetables and Fruits
SA99	South Africa, 1999
MRC05	Medical Research Council, 2005
g	grams
mg	milligram
mcg	microgram

7 Statistics

Statistics on sources of data values is given in annex 2. The following table shows information on 456 foods of which each has values for 37 nutrients.

Table 6 Statistics on Food items in the tables

Category	Total Number
Total Foods	283
Analyzed Foods	6
Borrowed Values	220
Calculated Recipes	57
Traditional Foods	35

8 Recipes

All the recipes in this publication were calculated based on the raw ingredients. Different references were used to compile recipes. Yield factors were also calculated where possible and used to calculate cooked weight. In the reference database it is indicated whether the recipe was out sourced or researched (weight during recipe testing). Some of the recipes were adapted to suit Lesotho cooking methods and this is also indicated in database. Portion size for different kitchen utensils was taken from South African quantity manual. The following is the formula used to calculate nutrient values and water content of cooked or mixed foods;

Nutrient content of cooked dish

$$A \div B \times 100$$

Where; A is total nutrient of raw ingredients

 B is weight of cooked dish

Water content of cooked dish

$$(A - C) \times 100$$

Where;
A is total nutrient of raw ingredients
C is weight change on cooking
B is weight of cooked dish

9 Analytical methods used

The nutrient values in this publication have been analyzed using different analytical methods. The tagnames used as headings on the tables indicates the method used for individual nutrients as per INFOODS updates in June, 2003. The following methods were used for analyzed foods.

Table 7 Analytical methods used in tables

Nutrient	Method
Water	Oven air drying at 110°C
Nitrogen	Kjeldahl procedure
Fat	Ether extraction (Soxhlet)
Total Dietary fibre	Prosky (AOAC, 2000)
Ash	Muffle furnace at 500°C
Minerals	Atomic Absorption Spectrophotometry
Phosphorus	Colorimetry
β-carotene	Simple spectrophotometric method (AOAC method 941.15, 2000); from Lephole, 2004
Vitamin C	2,6 dichlorophenolindophenol method (AOAC, 2000); from Lephole, 2004

1	A	B	C	D	E	F	G	H	I	J	K	L	M
2	Priority	Code	Foodname	Edible conversion factor	Energy kJ	Water g	Carbo-hydrates g	Total Nitrogen g	Protein g	Plant Protein g	Animal Protein g	Dietary Fibre g	Ash g
01 CEREAL AND CEREAL PRODUCTS													
011 GRAINS													
5	1	011001	Maize, sorghum and wheat grains, boiled (Likhobe)	1	435	73.2	19.5	0.47	2.9	2.9	0	2.8	1.84
6	1	011002	Maize meal, super, white, unfortified, raw	1	1471	12.0	74.0	1.23	7.7	7.7	0	4.9	0.50
8	1	011042	Maize meal, super, white, fortified, raw	1	1483	12.1	74.0	1.22	7.6	7.6	0	4.1	0.50
9	1	011003	Maize meal, white, sifted, unfortified, raw	1	1483	11.9	68.0	1.33	8.3	8.3	0	7.3	0.90
12	1	011043	Maize meal, white, sifted, fortified, raw	1	1488	11.8	69.0	1.35	8.4	8.4	0	6.7	0.90
13	1	011004	Maize meal, yellow, refined, raw	1	1488	13.0	81.6	1.42	8.9	8.9	0	3.4	0.60
14	1	011005	Maize meal, special, white, unfortified, raw	1	1494	12.0	71.5	1.24	7.7	7.7	0	5.2	0.80
15	1	011006	Maize meal, special, white, fortified, raw	1	1498	11.6	71.5	1.23	7.6	7.6	0	5.5	0.80
16	1	011007	Maize, whole grain, white, dried, raw	1	1450	13.0	75.3	1.47	9.2	9.2	0	10.6	1.13
22	1	011040	Maize, whole, grain, white, dried, roasted (Machechisa)	1	629	67.4	28.2	0.55	3.4	3.4	0	4.0	0.42
23	1	011010	Maize, whole grain, yellow, dried, raw	1	1450	13.0	75.3	1.47	9.2	9.2	0	10.6	1.13
26	1	011014	Maize samp/rice , white, raw	1	1454	13.0	85.9	1.41	8.8	8.8	0	3.2	0.60
27	1	011015	Maize samp/rice, white, boiled	1	364	78.2	21.5	0.35	2.2	2.2	0	0.8	0.20
28	1	011038	Maize samp with dried beans (Umgodusho)	1	614	62.4	27.2	0.85	5.3	5.3	0	4.6	1.00
29	1	011018	Hard porridge from white maize meal, boiled (Papa)	1	569	66.6	31.2	0.54	3.4	3.4	0	1.3	0.34
30	1	011019	Soft porridge from white maize meal, boiled (Lesheleshlehe)	1	292	82.7	16.3	0.20	1.2	1.2	0	0.5	0.26
31	1	011020	Hard porridge from yellow maize meal, boiled (Papa)	1	569	66.6	31.2	0.54	3.4	3.4	0	1.3	0.34

B	C	N	O	P	Q	R	S	T	U	V	W	
CODE	FOODNAME	Fat	Choles-terol	Satd	Mono-unsatd-g	Fatty Acids	Starch	Total	Sugar	CA-mg	FE-mg	MG-mg
		g	g	g	g	g	g	g	g			
01 CEREAL AND CEREAL PRODUCTS												
4	011 GRAINS											
5	Maize, sorghum and wheat grains, boiled	1.8	0.0	0.24	0.40	0.99	5.8	0.0	25	1.01	34	
6	(Likhobe)											
7	011002 Maize meal, super, white, unfortified, raw	1.4	0.19	0.28	0.42	67.2	6.8	3	0.70	36		
8												
9	011042 Maize meal, super, white, fortified, raw	1.7	0.0	0.20	0.32	0.49	74.6	0.0	5	2.60	38	
10												
11	011003 Maize meal, white, sifted, unfortified, raw	3.3	0.0	0.46	0.90	1.43	68.4	9.9	3	1.50	98	
12												
13	011043 Maize meal, white, sifted, fortified, raw	3.2	0.0	0.42	0.83	1.38	68.5	0.5	12	3.20	98	
14												
15	011004 Maize meal, yellow, refined, raw	2.5	0.0	0.33	0.78	0.95		0.0	4	0.70	75	
16												
17	011005 Maize meal, special, white, unfortified, raw	2.9	0.0	0.39	0.78	1.26	70.3	1.2	9	2.90	88	
18												
19	011006 Maize meal, special, white, fortified, raw	2.9		0.39	0.78	1.26	69.9	1.6	6	1.20	83	
20												
21	011007 Maize, whole grain, white, dried, raw	4.3	0.0	0.53	1.23	1.94		0.0	10	3.00	123	
22												
23	011040 Maize, whole, grain, white, dried, roasted (Machechisa)	1.6	0.0	0.20	0.46	0.72	0.0	0.0	4	1.12	46	
24												
25	011010 Maize, whole grain, yellow, dried, raw	4.3	0.0	0.53	1.23	1.94		0.0	10	3.00	123	
26												
27	011014 Maize samp/rice , white, raw	0.7	0.0	0.09	0.21	0.28		0.0	3	0.60	28	
28												
29	011015 Maize samp/rice, white, boiled	0.2	0.0	0.03	0.05	0.07		0.0	1	0.20	7	
30												
31	011038 Maize samp with dried beans (Umngdusho)	1.6	0.0	0.21	0.30	1.05	0.0	0.0	20	1.34	10	
32												
33	011018 Hard porridge from white maize meal, boiled (Papa)	1.0	0.0	0.13	0.30	0.36	0.0	0.0	4	0.27	30	
34												
35	011019 Soft porridge from white maize meal, boiled (Lesheleshlele)	0.3	0.0	0.05	0.11	0.13	0.0	5.0	8	0.27	12	
36												
37	011020 Hard porridge from yellow maize meal, boiled (Papa)	1.0	0.0	0.13	0.30	0.36	0.0	0.0	4	0.27	30	
38												

B	C	X	Y	Z	AA	AB	AC	AD	AE	AF	AG	
1	CODE	FOODNAME	P-mg	K-mg	Na-mg	Zn-mg	CU-mg	SE-mcg	MN-mcg	Vitamin A ₆ mcg	Carotene mcg	Vitamin D mcg
01 CEREAL AND CEREAL PRODUCTS												
011 GRAINS												
5	011001	Maize, sorghum and wheat grains, boiled (Likhobe)	97	104	208	0.47	0.13	0.00	66.96	0	0	0
6	011002	Maize meal, super, white, unfortified, raw	60	108	3	0.58	0.10		170.00	10		0
8	011042	Maize meal, super, white, fortified, raw	60	98	3	2.07	0.10		190.00	184		
10												
11	011003	Maize meal, white, sifted, unfortified, raw	190	196	3	1.67	0.16		360.00	12		
12												
13	011043	Maize meal, white, sifted, fortified, raw	90	197	4	2.98	0.16		330.00	196		
14												
15	011004	Maize meal, yellow, refined, raw	174	251	7	0.90	0.09	0.00	300.00	49		0
16												
17	011005	Maize meal, special, white, unfortified, raw	175	186	4	2.91	0.14		290.00	235		
18												
19	011006	Maize meal, special, white, fortified, raw	105	180	7	1.53	0.22	0.00	540.00	23		0
20												
21	011007	Maize, whole grain, white, dried, raw	241	346	11	2.30	0.20	0.00	700.00	0		0
22												
23	011040	Maize, whole, grain, white, dried, roasted (Machechisa)	90	129	4	0.86	0.07	0.00	261.17	0	0	0
24												
25	011010	Maize, whole grain, yellow, dried, raw	241	346	11	2.30	0.20	0.00	700.00	49		0
26												
27	011014	Maize samp/rice , white, raw	60	110	3	0.50	0.07	0.00	100.00	0		0
28												
29	011015	Maize samp/rice, white, boiled	15	28	1	0.13	0.02	0.00	30.00	0		0
30												
31	011038	Maize samp with dried beans (Umngdusho)	46	257	171	0.63	0.20	0.00	Ir	0		0
32												
33	011018	Hard porridge from white maize meal, boiled (Papa)	67	96	5	0.34	0.04	0.00	114.68	0		0
34												
35	011019	Soft porridge from white maize meal, boiled (Lesheleshele)	25	53	5	0.12	0.02	0.00	41.52	0		0
36												
37	011020	Hard porridge from yellow maize meal, boiled (Papa)	67	96	5	0.34	0.04	0.00	114.68	19		0
38												

1	2	3	B	C	AH	AI	AJ	AK	AL	AM	AN
	CODE	FOODNAME			Vitamin E mg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B6 mg	Folate mcg	Vitamin C mg
01 CEREAL AND CEREAL PRODUCTS											
4	011001	Maize, sorghum and wheat grains, boiled (Likhobe)			0.59	0.06	0.02	0.6	0.03	4	0
5	011002	Maize meal, super, white, unfortified, raw			0.34	0.13	0.02	0.8	0.17	8	0.12
6	011042	Maize meal, super, white, fortified, raw			0.36	0.43	0.19	3.5	0.63	210	0.12
7	011003	Maize meal, white, sifted, unfortified, raw			0.56	0.38	0.05	1.7	0.31	29	128
8	011043	Maize meal, white, sifted, fortified, raw			0.62	0.68	0.23	4.6	0.75	225	125
9	011004	Maize meal, yellow, refined, raw			0.64	0.32	0.04	0.9	0.06	16	0
10	011005	Maize meal, special, white, unfortified, raw			0.62	0.77	0.21	4.6	0.72	265	131
11	011006	Maize meal, special, white, fortified, raw			0.49	0.38	0.05	1.6	0.37	42	126
12	011007	Maize, whole grain, white, dried, raw			1.30	1	0.12	2.2	0.3	33	0
13	011040	Maize, whole, grain, white, dried, roasted (Machechisa)			0.49	0.16	0.04	0.8	0.08	6	0
14	011010	Maize, whole grain, yellow, dried, raw			1.30	0.5	0.12	2.2	0.30	33	0
15	011014	Maize samp/rice , white, raw			0.18	0.13	0.01	0.5	0.03	10	0
16	011015	Maize samp/rice, white, boiled			0.05	0.03	0.00	0.1	0.01	3	0
17	011038	Maize samp with dried beans (Umgundusho)			0.59	0.07	0.02	0.4	0.06	39	0.62
18	011018	Hard porridge from white maize meal, boiled (Papa)			0.24	0.07	0.01	0.2	0.01	3	0
19	011019	Soft porridge from white maize meal, boiled (Lesheleshele)			0.09	0.03	0.00	0.1	0.00	1	0
20	011020	Hard porridge from yellow maize meal, boiled (Papa)			0.24	0.07	0.01	0.2	0.01	3	0

1 Priority	2 CODE	FOODNAME	C	D	E	F	G	H	I	J	K	L	M
				Edible conversion factor	Energy kJ	Water g	Carbohydrates g	Total Nitrogen g	Protein g	Plant Protein g	Animal Protein g	Dietary Fibre g	Ash g
39	2	011021	Popped corn, plain, salted	1	2507	0.9	44.3	0.99	6.2	6.2	0		2.00
40													
41	1	011022	Rice, white, raw	1	1450	13.3	76.4	1.09	6.5	6.5	0	2.8	0.54
42													
43	1	011023	Rice, white, boiled	1	526	68.5	27.7	0.40	2.4	2.4	0	1.0	0.20
44													
45	1	011024	Mealie meal and wheat bread (Mochahlama)	1	441	73.6	20.7	0.48	2.9	2.7	0	1.0	0.55
46													
47	1	011030	Sorghum, whole grain, raw	1	1526	9.2	68.3	1.81	11.3	11.3	0	6.3	1.57
48													
49	1	011025	Sorghum flour	1	1478	11.0	72.2	1.66	10.4	10.4	0	4.7	1.57
50													
51	1	011026	Sorghum porridge, hard (Papa)	1	568	65.7	27.7	0.64	4.0	4.0	0	1.8	0.71
52													
53	1	011027	Sorghum porridge, soft (Lesheleshele)	1	302	82.4	14.0	0.29	1.8	1.3	0.6	0.6	0.47
54													
55	1	011037	Wheat, whole grain, raw	1	1383	12.2	61.7	1.78	10.4	10.4	0	12.5	1.68
56													
57	2	011031	Wheat flour, for brown bread	1	1494	14.0	62.3	2.20	12.6	12.6	0		0.47
58													
59	2	011032	Wheat flour, for white bread	1	1482	14.0	68.5	2.02	11.5	11.5	0		0.47
60													
61	1	011033	Wheat flour, white, self raising flour	1	1442	10.6	71.5	1.58	9.9	9.9	0	2.7	4.33
62													
63	2	011034	Wheat flour, white, for cake, sifted	1	1479	14.0	68.7	1.56	8.9	8.9	0		0.39
64													
65	2	011035	Wheat flour, whole-wheat meal	1	1479	14.0	58.1	2.18	12.7	12.7	0		1.60
66													
67	1	011036	Wheat, bran, crude	1	1133	9.9	21.7	2.46	15.6	15.6	0	42.8	5.79
68													
69	1	011041	Wheat, sorghum, dried beans, boiled (Likhobe)	1	404	73.2	16.8	0.59	3.7	3.7	0	3.6	1.91
70													
71													
72	2	012001	Bread, brown coated	1	1445	22.6	16.1	1.66	10.3	3.0	7.3	2.3	3.54
73													
74	1	012002	Bread, brown, baked	1	1026	36.5	44.1	1.40	8.6	8.6	0	6.6	2.00
75													

1	B	C	N	O	P	Q	R	S	T	U	V	W
2	CODE	FOODNAME	Fat	Choles- terol			Fatty Acids					
			g	g	Satd	Mono- unsatd-g	Poly- unsatd-g	Starch	Total Sugar g	CA-mg	FE-mg	MG-mg
39	011021	Popped corn, plain, salted	42.8	0.0	4.30	14.50	19.70	43.3	1.0	10	1.10	81
40	41	011022 Rice, white, raw	0.5	0.0	0.14	0.16	0.14			3	4.23	23
42	43	011023 Rice, white, boiled	0.2	0.0	0.05	0.06	0.05			1	1.46	8
44	45	Mealie meal and wheat bread (Mochahama)	0.5	0.0	0.07	0.08	0.17	18.7	1.9	16	0.55	16
46	47	011030 Sorghum, whole grain, raw	3.3	0.0	0.46	0.99	1.37			28	4.40	
48	49	011025 Sorghum flour	1.7	0.0				71.4	0.4	12	5.80	
50	51	011026 Sorghum porridge, hard (Papa)	0.7	0.0	0.00	0.00	0	27.4	0.1	7	2.23	1
52	53	011027 Sorghum porridge, soft (Lesheteshle)	0.8	0.0	0.35	0.16	0.02	8.7	5.3	29	0.88	4
54	55	011037 Wheat, whole grain, raw	1.6	0.0	0.29	0.18	0.66	61.3	0.41	27	3.21	126
56	57	011031 Wheat flour, for brown bread	2.0	0.0	0.30	0.20	0.90	60.7	1.6	130	3.20	80
58	59	011032 Wheat flour, for white bread	1.4	0.0	0.20	0.10	0.60	67.2	1.3	140	2.10	31
60	61	011033 Wheat flour, white, self raising flour	1.0	0.0	0.15	0.09	0.41			338	1.60	19
62	63	011034 Wheat flour, white, for cake, sifted	1.2	0.0	0.20	0.10	0.50	67.5	1.2	350	2.00	20
64	65	011035 Wheat flour, whole-wheat meal	2.2	0.0	0.30	0.30	1.00			38	3.90	120
66	67	011036 Wheat, bran, crude	4.3	0.0	0.63	0.64	2.21		0.41	73	10.57	611
68	69	011041 Wheat, sorghum, dried beans, boiled (Likhobe)	0.7	0.0	0.10	0.14	0.35	5.8	0.0	32	1.29	23
70	71	012 BREADS	10.5	0.2	2.38	3.11	3.54	0.0	0.7	42	1.58	33
72	73	012001 Bread, brown coated	2.0	0.0	0.38	0.18	0.83			55	1.50	74
74	75	012002 Bread, brown, baked										

1	B	C	X	Y	Z	AA	AB	AC	AD	AE	AF	AG
1	CODE	FOODNAME	P-mg	K-mg	NA-mg	ZN-mg	CU-mg	SE-mcg	MN-mcg	Vitamin A ₆ mcg	Carotene mcg	Vitamin D mcg
39	011021	Popped corn, plain, salted	170	220	4	1.70			0.01			230
40												
41	011022	Rice, white, raw	95	76	1	1.10	0.21	15.10	1.04			0
42												
43	011023	Rice, white, boiled	33	26	0	0.40	0.07	7.50	0.36			0
44												
45	011024	Mealie meal and wheat bread (Mochahlama)	41	57	125	0.33	0.06	0.52	0.00	2	0	0
46												
47	011030	Sorghum, whole grain, raw	287	350	6							0
48												
49	011025	Sorghum flour			44	2.14					1	0
50												
51	011026	Sorghum porridge, hard (Pappa)	0	0	19	0.82	0.01	0.00	0.00			0
52												
53	011027	Sorghum porridge, soft (Leshleleshle)	17	42	18	0.33	0.01	0.36	0.73	7	4	0.005
54												
55	011037	Wheat, whole grain, raw	493	397	2	2.63	0.45					0
56												
57	011031	Wheat flour, for brown bread	230	250	4	1.90	0.32	4.00	1.90		0	
58												
59	011032	Wheat flour, for white bread	120	130	3	0.90	0.18	3.00	0.70		0	
60												
61	011033	Wheat flour, white, self raising flour	595	124	1270	0.62	0.11		1.00	0		0
62												
63	011034	Wheat flour, white, for cake, sifted	450	150	360	0.60	0.17	2.00	6.00		0	
64												
65	011035	Wheat flour, whole-wheat meal	320	340	3	2.90	0.45	6.00	3.10		0	
66												
67	011036	Wheat, bran, crude	1013	1182	2	7.27	1.00	77.60	11.50		0	0
68												
69	011041	Wheat, sorghum, dried beans, boiled (Likhobe)	90	180	210	0.49	0.19	0.00	124.94	0	0	0
70												
71	012 BREADS											
72	012001	Bread, brown coated	172	136	1145	1.16	0.14	19.30	35.32	38	0	4.62
73												
74	012002	Bread, brown, baked	174	222	451	1.40	0.19	4.00	1.26	0	0	0
75												

1	2	B	C	AH	AI	AJ	AK	AL	AM	AN
		CODE	FOODNAME	Vitamin E	Thiamin	Riboflavin	Niacin	Vitamin B6	Folate	Vitamin C
				mg	mg	mg	mg	mg	mcg	mg
39	011021	Popped corn, plain, salted		11.03	0.18	0.11	1.0	0.20	9	0
40										
41	011022	Rice, white, raw		0.1	0.57	0.05	4.1	0.17	6	0
42										
43	011023	Rice, white, boiled	tr		0.16	0.02	1.5	0.06	2	0
44										
45	011024	Mealie meal and wheat bread (Mochahlama)		0.12	0.04	0.02	0.4	0.04	9	0
46										
47	011030	Sorghum, whole grain, raw	tr		0.24	0.14	2.9			0
48										
49	011025	Sorghum flour	tr		0.18	0.12	0.9			0
50										
51	011026	Sorghum porridge, hard (Papa)		0	0.04	0.03	0.2	0.00	0	0
52										
53	011027	Sorghum porridge, soft (Leshelele)		0.03	0.02	0.02	0.1	0.00	0	0
54										
55	011037	Wheat, whole grain, raw		1.01	0.39	0.10	4.8	0.27	41	0
56										
57	011031	Wheat flour, for brown bread		0.60	0.39	0.07	4	0.30	51	0
58										
59	011032	Wheat flour, for white bread		0.30	0.32	0.03	2	0.15	31	0
60										
61	011033	Wheat flour, white, self raising flour		0.00	0.10	0.03	0.7	0.05	42	0
62										
63	011034	Wheat flour, white, for cake, sifted		0.30	0.30	0.30	1.5	0.15	19	0
64										
65	011035	Wheat flour, whole-wheat meal		1.40	0.47	0.09	5.7	0.5	57	0
66										
67	011036	Wheat, bran, crude		1.49	0.52	0.58	13.6	1.30	79	0
68										
69	011041	Wheat, sorghum, dried beans, boiled (Likhobe)		0.17	0.06	0.02	0.6	0.04	20	0
70										
71	012	BREADS								
72	012001	Bread, brown coated		3.53	0.08	0.17	0.6	0.04	21	0
73										
74	012002	Bread, brown, baked		0.00	0.16	0.06	2.6	0.14	42	0
75										

A	B	C	D	E	F	G	H	I	J	K	L	M
Priority	CODE	FOODNAME	Edible conversion factor	kJ	Water g	Carbo-hydrates g	Total Nitrogen g	Protein g	Plant Protein g	Animal Protein g	Dietary Fibre g	Ash g
1	2											
76	1	012003 Bread, brown, steamed	1	825	51.8	34.4	1.22	7.0	6.9	0	0.1	0.96
77												
78	1	012004 Bread, white, baked	1	1071	35.4	49.3	1.40	8.5	8.5	0	3.1	2.10
79												
80	1	012005 Bread, white, steamed	1	818	51.8	37.8	1.12	6.4	6.3	0	0.1	0.96
81												
82		013 PASTA										
83	1	013003 Macaroni, raw	1	1527	9.7	68.9	2.11	12.0	12.0	0	3.2	0.88
84												
85	1	013002 Macaroni, boiled	1	362	78.1	16.8	2.11	12.0	12.0	0	1.8	0.27
86												
87	2	013004 Noodles, egg, raw	1	1690	9.1	65.2	2.12	12.1	12.1	0		1.12
88												
89	2	013005 Noodles, egg, boiled	1	150	91.5	5.8	0.19	1.1	1.1	0	0.0	0.52
90												
91	1	013007 Spaghetti, white, raw	1	1526	9.8	67.4	2.11	12.0	12.0	0	3.2	0.88
92												
93	1	013008 Spaghetti, white, boiled	1	439	73.8	20.2	0.63	3.6	3.6	0	1.8	0.27
94												
95	2	013006 Spaghetti bolognaisse	1	284	85.6	6.8	0.52	3.1	1.2	1.9	0.4	0.66
96												
97		014 CAKES AND BISCUITS										
98	2	014004 Cake, madeira	1	1638	20.2	53.1	0.94	5.4	5.4	0		1.20
99												
100	2	014005 Cake, sponge	1	1558	15.2	48.2	1.05	6.3	6.3	0		1.30
101												
102	2	014006 Fat cakes, homemade, brown	1	2540	17.8	18.0	0.64	3.6	3.6	0	0.0	0.50
103												
104	1	014007 Fat cakes, homemade, white	1	2537	17.8	19.8	0.58	3.3	3.3	0	0.0	0.50
105												
106	2	014009 Scones, plain	1	1328	32.7	43.0	0.17	6.5	5.4	1.1	1.5	3.56
107												
108		015 BREAKFAST CEREALS										
109	1	015001 Breakfast cereal, all bran flakes	1	1402	3.0	57.5	2.06	12.7	12.7	0	19.0	6.00
110												
111	1	015002 Breakfast cereal, plain corn flakes	1	1590	3.0	82.9	1.26	7.7	7.7	0	3.3	1.93
112												

B	C	N	O	P	Q	R	S	T	U	V	W
1	CODE	FOODNAME	Fat	Choles-terol	Fatty Acids		Starch	Total Sugar	CA-mg	FE-mg	MG-mg
2			g	g	Satd g	Mono- unsatd-g	g	g			
76	012003	Bread, brown, steamed	1.1	0.0	0.17	0.12	0.49	33.1	1.3	72	1.81
77	012004	Bread, white, baked	1.8	0.0	0.32	0.15	0.72		0.0	56	1.20
78	012005	Bread, white, steamed	0.8	0.0	0.11	0.06	0.33	36.6	1.1	78	1.21
80	013 PASTA										
82	013003	Macaroni, raw	1.8	0.0	0.30	0.10	0.80	66.9	2.1	25	1.60
84	013002	Macaroni, boiled	0.5	0.0	0.10 tr		0.20	16.5	0.3	6	0.50
86	013004	Noodles, egg, raw	8.2	0.0	2.30	3.50	0.90	53.5	1.8	28	1.50
88	013005	Noodles, egg, boiled	0.7	2.7	0.20	0.31	0.08	5.6	0.2	4	0.13
90	013007	Spaghetti, white, raw	1.8	0.0	0.20	0.20	0.80	64.4	3.1	25	2.10
92	013008	Spaghetti, white, boiled	0.7	0.0	0.10	0.10	0.30	19.7	0.5	7	0.50
94	013006	Spaghetti bolognaisse	2.8	0.0	0.82	0.88	0.76	6.3	0.5	6	0.36
96	014 CAKES AND BISCUITS										9
97	014004	Cake, madeira	15.1		8.40	3.80	1.60	19.9	34.8	42	1.10
98	014005	Cake, sponge	6.9	0.1	5.80	8.90	10.90			69	1.30
100	014006	Fat cakes, homemade, brown	57.6	0.0	7.30	10.64	36.86	17.3	0.7	38	0.94
101	014007	Fat cakes, homemade, white	57.4	0.0	7.27	10.62	36.77	19.1	0.6	41	0.63
105	014009	Scones, plain	12.8	0.0	3.30	6.04	2.61	0.0	4.2	226	1.00
107	015 BREAKFAST CEREALS										15
109	015001	Breakfast cereal, all bran flakes	1.3	0.0	0.22	0.17	0.68	46.9	10.6	50	14.00
110	015002	Breakfast cereal, plain corn flakes	0.2	0.0	0.03	0.06	0.10	76.6	6.3	11	12.00
111											13
112											

1	B	C	X	Y	Z	AA	AB	AC	AD	AE	AF	AG
1	CODE	FOODNAME	P-mg	K-mg	NA-mg	ZN-mg	CU-mg	SE-mcg	MN-mcg	Vitamin A_6 mcg	Carotene mcg	Vitamin D mcg
2												
76	012003	Bread, brown, steamed	129	144	260	1.05	0.18	2.24	1034.97	0	0	0
77												
78	012004	Bread, white, baked	103	138	490	1.00	0.30	6.00	0.46	0	0	0
79												
80	012005	Bread, white, steamed	69	78	259	0.51	0.10	1.70	381.31	0	0	0
81												
82		013 PASTA										
83	013003	Macaroni, raw	180	230	11	1.50	0.30	20.00	0.90	0	0	0
84												
85	013002	Macaroni, boiled	42	25	1	0.50	0.09	5.00	0.30	0	0	0
86												
87	013004	Noodles, egg, raw	200	260	180	1.30	0.24		800.00	0	0	0
88												
89	013005	Noodles, egg, boiled	18	23	156	0.12	0.03	0.00	70.80	0	0	0
90												
91	013007	Spaghetti, white, raw	190	250	3	1.50	0.32	17.00	0.90	0	0	0
92												
93	013008	Spaghetti, white, boiled	44	45	1	0.50	0.10	5.00	0.30	0	0	0
94												
95	013006	Spaghetti bolognaisse	35	58	164	0.54	0.04	2.37	5.58	1	5	0
96												
97		014 CAKES AND BISCUITS										
98	014004	Cake, madeira	120	120	380	0.50	0.10					
99												
100	014005	Cake, sponge	156	83	326	0.60	0.11	4.00	200.00	100		
101												
102	014006	Fat cakes, homemade, brown	67	74	136	0.55	0.09	1.17	541.47	2	0	0
103												
104	014007	Fat cakes, homemade, white	36	41	136	0.27	0.05	0.89	199.49	2	0	0
105												
106	014009	Scones, plain	352	128	1179	0.47	0.07	0.68	543.36	115	6	0.69
107												
108		015 BREAKFAST CEREALS										
109	015001	Breakfast cereal, all bran flakes	480	498	804	4.00	1.00	4.00		0	0	2.8
110												
111	015002	Breakfast cereal, plain corn flakes	51	106	1211	0.20	0.03	5.00	0.08	0	0	2.8
112												

B	C	AH	AI	Riboflavin	Niacin	AL	AM	AN
1 CODE	2 FOODNAME	Vitamin E mg	Vitamin E mg	mg	mg	Vitamin B6 mg	Folate mcg	Vitamin C mg
76 012003	Bread, brown, steamed	0.33	0.13	0.04	1.4	0.10		17
77 012004	Bread, white, baked	0.00	0.15	0.04	1.2	0.07	30	0
79 012005	Bread, white, steamed	0.16	0.11	0.02	0.7	0.05	12	0
81 013 PASTA								
83 013003	Macaroni, raw	tr	0.18	0.05	2.9	0.10	23	0
84 013002	Macaroni, boiled	tr	0.03	tr	0.5	0.01	3	0
86 013004	Noodles, egg, raw	0.37	0.26	0.10	2.2	0.1	29	0
88 013005	Noodles, egg, boiled	0.03	0.01	0.01	0.1	0.01	1	0
90 013007	Spaghetti, white, raw	tr	0.22	0.03	3.1	0.17	23	0
92 013008	Spaghetti, white, boiled	tr	0.01	0.01	0.5	0.02	7	0
94 013006	Spaghetti bolognase	0.42	0.02	0.01	0.5	0.03	2	1
96 014 CAKES AND BISCUITS								
97 014004	Cake, madeira	0.86	0.06	0.11	0.5			0
98 014005	Cake, sponge	9.70	0.09	0.12	0.5	0.06	10	0
100 014006	Fat cakes, homemade, brown	22.52	0.07	0.02	0.7	0.05	9	0
101 014007	Fat cakes, homemade, white	22.44	0.06	0.01	0.4	0.03	6	0
105 014009	Scones, plain	2.08	0.05	0.06	0.4	0.03	12	0
107 015 BREAKFAST CEREALS								
108 015001	Breakfast cereal, all bran flakes	2.20	1.33	1.59	17.7	1.80	250	0
110 015002	Breakfast cereal, plain corn flakes	0.40	1.33	1.59	17.7	1.80	250	0
112								

A Priority	B CODE	C FOODNAME	D Edible conversion factor	E Energy kJ	F Water g	G Carbo-hydrates g	H Total Nitrogen g	I Protein g	J Plant Protein g	K Animal Protein g	L Dietary Fibre g	M Ash g
1	2											
113	1	015003 Breakfast cereal, rice crispies		1	1602	3.0	86.8	1.03	6.6	6.6	0	0.5
114												2.72
115	1	015004 Breakfast cereal, weetbix		1	1378	9.0	63.2	1.80	11.6	11.6	0	12.1
116												6.00
117		02 MEAT, POULTRY, FISH AND THEIR PRODUCTS										
118	1	020010 Beef, fatty, raw		1	857	65.4	0.0	3.08	19.2	0	19.2	0.0
119												0.90
120	1	020011 Beef, fatty, boiled		1	1189	50.3	0.0	4.37	27.3	0	27.3	0.0
121												2.80
122	2	020002 Beef and pork, sausage/boerwors, grilled/braai (Mmeso)		1	1159	57.0	0.0	2.77	17.3	0	17.3	0.0
123												2.10
124	1	020024 Beef, liver, raw		1	583	69.0	5.8	3.20	20.0	0	20	0.0
125												1.30
126	1	020003 Beef, liver, boiled		1	479	76.5	0.0	2.71	16.9	0	16.9	0.0
127												1.06
128	1	020040 Beef, liver, fried		1	883	55.7	7.9	4.28	26.7	0	26.7	0.0
129												1.80
130	2	020007 Beef, meat, roasted		1	888	64.0	0.0	3.11	19.4	0	19.4	0.0
131												1.41
132	2	020008 Beef, sausage, grilled/braai (Mmeso)		1	861	64.6	0.0	3.04	19.0	0	18.9	0.0
133												1.71
134	1	020016 Beef, mince savoury onion, tomato, green sweet pepper		1	687	70.3	1.5	2.18	13.7	0.3	13.4	0.4
135												2.17
136	1	020014 Beef, mince, fatty, raw		1	955	62.0	0.0	3.15	19.7	0	19.7	0.0
137												0.90
138	1	020015 Beef, mince, fatty, boiled		1	860	64.4	0.0	3.49	21.8	0	21.8	0.0
139												0.90
140	1	020021 Beef, meat, very fat, boiled		1	2170	33.6	0.0	2.48	15.5	0	15.5	0.0
141												0.28
142	2	020022 Beef, meat, stewed with vegetables		1	727	69.6	1.2	2.42	15.1	0.2	14.9	0.3
143												1.59
144	1	020106 Beef, heart, raw		1	449	77.1	0.1	2.84	17.7	0	17.7	0.10
145												
146	1	020025 Beef, heart, boiled		1	704	64.1	0.0	4.61	28.8	0	28.8	0.0
147												1.10
148	1	020023 Beef, kidney, raw		1	434	77.0	0.0	2.65	16.6	0	16.6	0.0
149												1.10

1	B	C	N	O	P	Q	R	S	T	U	V	W
2	CODE	FOODNAME	Fat	Choles- terol g		Fatty Acids		Starch	Total Sugar g	CA-mg	FE-mg	MG-mg
					Satd g	Mono- unsatd-g	Poly- unsatd-g					
113	015003	Breakfast cereal, rice crisps	0.2	0.0	0.05	0.04	0.04	78.3	8.5	11	11.00	37
114	015004	Breakfast cereal, weetbix	2.1	0.0	0.27	0.31	0.94	57.0	6.2	34	5.80	116
117	02	MEAT, POULTRY, FISH AND THEIR P										
118	020010	Beef, fatty, raw	14.2	0.1	5.95	5.29	0.64	0.0	0.0	13	0.70	19
119	020011	Beef, fatty, boiled	19.6	0.1	9.11	8.60	0.24	0.0	0.0	15	2.80	23
120	020002	Beef and pork, sausage/boerewors, grilled/braai (Mimeso)	23.2	0.1	8.74	9.95	2.04	0.0	0.0	15	0.74	18
121	020024	Beef, liver, raw	3.9	0.4	1.50	0.51	0.84	5.8	0.0	6	6.80	19
122	020003	Beef, liver, boiled	4.83	0.3	1.56	1.25	0.82	0.0	0.0	8	8.99	19
123	020040	Beef, liver, fried	8.0	0.5	2.67	1.62	1.71	7.9	0.0	11	6.30	23
124	020007	Beef, meat, roasted	15.0	0.1	6.08	5.45	1.05	0.0	0.0	13	0.71	20
125	020008	Beef, sausage, grilled/braai (Mimeso)	14.4	0.1	5.92	5.30	0.90	0.0	0.0	13	0.70	20
126	020016	Beef, mince savoury onion, tomato, green sweet pepper	11.1	0.0	4.71	4.71	0.37	0.0	1.3	11	1.05	17
127	020014	Beef, mince, fatty, raw	16.2	0.1	6.90	6.90	0.50	0.0	0.0	9	1.40	17
128	020015	Beef, mince, fatty, boiled	13.5	0.1	5.70	5.70	0.60	0.0	0.0	20	2.70	15
129	020022	Beef, meat, stewed with vegetables	12.0	0.1	4.74	4.29	1.13	0.0	1.0	14	0.63	18
130	020106	Beef, heart, raw	3.9	0.1	1.383	1.137	0.546	0.1	0.0	7	4.31	21
131	020025	Beef, heart, boiled	5.6	0.2	1.68	1.25	1.37	0.0	0.0	6	7.50	25
132	020023	Beef, kidney, raw	3.1	0.3	0.97	0.66	0.67	0.0	0.0	6	7.40	17
133	149											

1	2	B	C	X	Y	Z	AA	AB	AC	AD	AE	AF	AG
		CODE	FOODNAME	P-mg	K-mg	NA-mg	ZN-mg	CU-mg	SE-mcg	MN-mcg	Vitamin A_6 mcg	Carotene mcg	Vitamin D mcg
113	015003	Breakfast cereal, rice crispies		141	100	1323	2.00	0.25	2.00	0.99	0	0	2.8
114	015004	Breakfast cereal, weetbix		280	357	165	1.93	0.52	2.00	0	0	0	0
116	02 MEAT, POULTRY, FISH AND THEIR P												
118	020010	Beef, fatty, raw	164	274	85	3.42	0.32	8.60	17.00	0	0	0	0.62
119	020011	Beef, fatty, boiled	165	277	93	4.90	0.15	3.00	23.00	0	0	0	
120	020002	Beef and pork, sausage/boerwors, grilled/braai (Mmeso)	165	272	538	2.65	0.21	16.49	15.68	1	0	0	0.72
123	020024	Beef, liver, raw	318	323	73	3.92	3.34	41.30	264.00	10503	1119	1.1	
125	020003	Beef, liver, boiled	297	230	71	2.67	0.49	54.60	0.26				
127	020040	Beef, liver, fried	461	364	106	5.54	4.47	57.00	423.00	10729	1143	1.6	
129	020007	Beef, meat, roasted	165	277	284	3.45	0.32	8.68	17.15	0.02	0	0	0.6
131	020008	Beef, sausage, grilled/braai (Mmeso)	162	272	407	3.38	0.32	8.50	16.86	0.01	0	0	0.6
133	020016	Beef, mince savoury onion, tomato, green sweet pepper	119	256	593	2.73	0.03	4.93	34.33	11	63	0	
135	020014	Beef, mince, fatty, raw	160	260	80	3.90	tr	7.00	tr				
137	020015	Beef, mince, fatty, boiled	150	210	73	5.00	0.10	7.00	0.02		25		
139	020022	Beef, meat, stewed with vegetables	110	200	35	1.50	0.01	3.00	10.00	0	tr		
141	020021	Beef, meat, very fat, boiled	133	255	374	2.71	0.26	6.80	39.12	204	1225	0	
142	020106	Beef, heart, raw	212	282	98	1.70	0.40	21.80	0.04			0	
143	020025	Beef, heart, boiled	250	233	63	3.13	0.74	3.00	59.00	0	0		
145	020023	Beef, kidney, raw	210	257	179	1.85	0.47	148.80	102.00	264	624		
149													

1	B	C	AH	AI	AJ	AK	AL	AM	AN
2	CODE	FOODNAME	Vitamin E mg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B6 mg	Folate mcg	Vitamin C mg
113	015003	Breakfast cereal, rice crispies	0.60	1.33	1.59	17.7	1.80	250	0
114	015004	Breakfast cereal, weetbix	1.00	0.68	0.97	9.7	0.21	48	0
117	02 MEAT, POULTRY, FISH AND THEIR P								
118	020010	Beef, fatty, raw	0.160	0.13	0.08	5.4	0.21	10	0
119	020011	Beef, fatty, boiled	0.080	0.09	0.12	4.2	0.38	14	0
120	020002	Beef and pork, sausage/boerwors, grilled/braai (Mmeso)	0.18	0.26	0.12	3.8	0.19	7	0
121	020003	Beef, liver, raw	0.67	0.26	2.78	12.8	0.94	248	22
124	020024	Beef, liver, boiled	0.7	0.305	1.778	9.728	0.853	588	17.9
125	020003	Beef, liver, boiled	0.64	0.21	4.14	14.4	1.43	220	23
128	020040	Beef, liver, fried	0.33	0.10	0.07	4.4	0.17	10	0
129	020007	Beef, meat, roasted	0.26	0.10	0.07	4.3	0.17	10	0
130	020008	Beef, sausage, grilled/braai (Mmeso)	0.28	0.04	0.08	3.4	0.23	15	6
131	020016	Beef, mince savoury onion, tomato, green sweet pepper	0.17	0.06	0.13	5.8	0.37	14	0
136	020014	Beef, mince, fatty, raw	0.34	0.03	0.19	4.6	0.28	17	0
137	020015	Beef, mince, fatty, boiled	0.08	0.05	0.18	1.6	0.23	26	0
138	020021	Beef, meat, very fat, boiled	0.58	0.06	0.05	2.6	0.11	5	2
140	020022	Beef, meat, stewed with vegetables	0.22	0.238	0.906	7.5	0.28	3	2
143	020106	Beef, heart, raw	0.72	0.14	1.54	4.1	0.21	2	2
146	020025	Beef, heart, boiled	0.20	0.38	2.55	8.0	0.51	80	9
147	020023	Beef, kidney, raw							
149									

1	A	B	C	D	E	F	G	H	I	J	K	L	M
2	Priority	CODE	FOODNAME	Edible conversion factor	Energy kJ	Water g	Carbo-hydrates g	Total Nitrogen g	Protein g	Plant Protein g	Animal Protein g	Dietary Fibre g	Ash g
150	1	020026	Beef, kidney, boiled	1	576	68.8	0.0	4.08	25.5	0	25.5	0.0	1.30
151	1	020043	Beef, tripe, raw	1	389	81.4	0.0	2.33	14.6	0	14.6	0.0	0.40
152	1	020030	Beef, tripe, boiled	1	125	92.3	0.0	0.75	4.7	0	4.7	0.0	1.81
153	1	020031	Blood, pork, boiled with fat	1	329	79.8	0.1	2.88	18.0	0	18.0		1.16
154	1	020034	Chicken, meat and skin, raw	1	462	74.9	0.0	3.68	23.0	0	23.0	0.0	1.10
155	1	020050	Chicken, meat and skin, boiled	1	922	59.6	0.0	4.29	26.8	0	26.8	0.0	1.00
156	1	020046	Chicken, meat and skin, stewed with vegetable	1	685	68.9	0.6	3.14	19.6	0.1	19.5	0.2	1.54
157	2	020037	Chicken, white meat, raw	1	462	74.9	0.0	3.68	23.0	0	23.0	0.0	1.10
158	2	020051	Chicken, white meat, boiled	1	614	67.6	0.0	4.57	28.6			0.0	1.10
159	2	020035	Chicken curry, boiled	1	433	77.5	0.8	2.73	17.2	0.2	17.0	0.2	1.64
160	2	020028	Chicken, drumsticks, fried in sunflower oil	0.63	795	63.0	0.0	4.14	25.8	0	25.8		0.96
161	2	020028	Chicken, feet, raw	*0.65	844	55.7	0.0	3.25	20.3	0	20.3	0.9	9.80
162	2	020038	Chicken, feet, boiled	*0.65	273	84.6	0.0	1.05	6.6	0	6.6	0.3	4.22
163	1	020108	Chicken, giblets, raw	1	500	74.9	1.8	2.86	17.9	0	17.8	0.0	0.99
164	1	020039	Chicken, giblets, boiled	1	632	67.6	0.0	4.14	25.9	0	25.9	0.0	0.90
165	2	020041	Chicken, heads, raw	1	523	73.1	0.0	2.16	13.5	0	13.5	2.4	3.60
166	2	020042	Chicken, heads, boiled	*0.6	169	90.3	0.0	0.70	4.4	0	4.4	0.8	2.21
167	2	020029	Chicken, heads and feet, boiled	*0.6	221	87.6	0.0	0.88	5.5	0	5.5	0.5	3.06
168	1	020044	Chicken, liver, raw	1	479	76.5	0.0	2.71	16.9			0.0	1.06
169													
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1	2	B	C	N	O	P	Q	R	S	T	U	V	W
		FOODNAME		Fat	Choles-terol	Fatty Acids			Starch	Total Sugar	CA-mg	FE-mg	MG-mg
				g	g	Satd	Mono-unsatd-g	Poly-unsatd-g	g	g			
150	020026	Beef, kidney, boiled		3.4	0.4	1.09	0.74	0.74	0.0	0.0	17	7.30	18
151				4.0	0.1	2.03	1.31	0.07	0.0	0.0	9	2.00	8
152	020043	Beef, tripe, raw		1.3	0.0	0.65	0.42	0.02	0.0	0.0	5	0.65	5
153				0.2	0.0						6	30.65	10
154	020030	Beef, tripe, boiled											
155													
156	020031	Blood, pork, boiled with fat		2.7	0.0	0.75	1.05	0.68	0.0	0.0	14	1.10	28
157				12.6	0.1	3.52	5.47	2.92	0.0	0.0	11	0.80	23
158	020034	Chicken, meat and skin, raw		9.2	0.1	2.57	3.99	2.13	0.0	0.5	10	0.63	19
159				2.7	0.0	0.75	1.05	0.68	0.0	0.0	14	1.10	28
160	020050	Chicken, meat and skin, boiled		4.1	0.1	1.20	1.67	0.94	0.0	0.0	8	0.50	26
161				4.0	0.0	0.80	1.16	1.74	0.0	0.3	17	1.12	25
162	020046	Chicken, meat and skin, stewed with vegetable		9.1	0.1	0.30	0.3	0.2			15	1.00	25
163				13.3		3.98	5.95	2.79	0.0	0.0			
164	020037	Chicken, white meat, raw		4.3	0.0	1.29	1.92	0.90	0.0	0.0	2	0.00	2
165				4.5	0.3	1.36	1.12	1.09	1.8	0.0	10	5.86	18
166	020051	Chicken, white meat, boiled		4.8	0.4	1.49	1.19	1.08	0.0	0.0	12	6.40	20
167				7.4		2.21	3.31	1.55	0.0	0.0			
168	020035	Chicken curry, boiled											
169													
170	20036	Chicken, drumsticks, fried in sunflower oil											
171													
172	020028	Chicken, feet, raw											
173													
174	020038	Chicken, feet, boiled											
175													
176	020108	Chicken, giblets, raw											
177													
178	020039	Chicken, giblets, boiled											
179													
180	020041	Chicken, heads, raw											
181													
182	020042	Chicken, heads, boiled											
183													
184	020029	Chicken, heads and feet, boiled											
185													
186	020044	Chicken, liver, raw											
187													

	B	C	X	Y	Z	AA	AB	AC	AD	AE	AF	AG
1	CODE	FOODNAME	P-mg	K-mg	NA-mg	ZN-mg	CU-mg	SE-mcg	MN-mcg	Vitamin A ₆ mcg	Carotene mcg	Vitamin D mcg
150	020026	Beef, kidney, boiled	306	179	134	4.22	0.68	210.00	185.00	373	883	
151	020043	Beef, tripe, raw	79	270	46	2.47	0.09		10.00	0	0	tr
152	020030	Beef, tripe, boiled	25	88	648	0.80	0.04	0.00	3.22	0	0	0
153	020031	Blood, pork, boiled with fat	51	175	205	0.36	0.12	0.01	0.06	27		0.1
154	020034	Chicken, meat and skin, raw	224	309	43	0.74	0.06	12.00	90.00	8 tr		0.2
155	020050	Chicken, meat and skin, boiled	184	234	56	1.78	0.09	14.60	18.00	12 tr		0.5
156	020046	Chicken, meat and skin, stewed with vegetable	137	193	329	1.33	0.07	10.72	24.51	152	860	0.3
157	020037	Chicken, white meat, raw	224	309	43	0.74	0.06	12.00	90.00	8 tr		0.2
158	020051	Chicken, white meat, boiled	207	259	46	0.88	0.06	13.00	10.00	8 tr		0.1
159	020035	Chicken curry, boiled	171	253	324	0.60	0.06	8.92	116.14	6	0	0.1
160	020035	Chicken, drumsticks, fried in sunflower oil	210	280	130	2.30	0.09	17.00	20.00	tr		
161	020028	Chicken, feet, raw	0	1	383	0.00	0.01	0.00	0.00	0	0	0
162	020038	Chicken, feet, boiled	197	228	77	3.32	0.24	0.15	55.20			
163	020108	Chicken, giblets, raw	229	158	58	4.57	0.26		170.00	2229		
164	020041	Chicken, giblets, boiled										
165	020042	Chicken, heads, boiled	0	1	383	0.00	0.01	0.00	0.00	0	0	0
166	020029	Chicken, heads and feet, boiled	0	1	320	0.00	0.01	0.00	0.00	0	0	0
167	020044	Chicken, liver, raw	297	230	71	2.67	0.49	54.60	0.26			

1	B	C	FOODNAME	AH Vitamin E	AI mg	AJ mg	AK mg	AL Vitamin B6 mg	AM Folate mcg	Vitamin C mg	AN
2	CODE										
150	020026	Beef, kidney, boiled		0.18	0.19	4.06	6.0	0.52	98	1	
151											
152	020043	Beef, tripe, raw		0.08	0.01	0.17	0.1	0.04	2	3	
153											
154	020030	Beef, tripe, boiled		0.03	0.00	0.04	0.0	0.01	0	1	
155											
156	020031	Blood, pork, boiled with fat				0.03	1.5	0.01		0.1	
157											
158	020034	Chicken, meat and skin, raw		0.13	0.13	0.08	5.7	0.06	1	1	
159											
160	020050	Chicken, meat and skin, boiled		0.42	0.08	0.15	10.3	0.17	6	0	
161											
162	020046	Chicken, meat and skin, stewed with vegetable		0.35	0.04	0.07	4.5	0.08	3	1	
163											
164	020037	Chicken, white meat, raw		0.13	0.13	0.08	5.7	0.61	1	1	
165											
166	020051	Chicken, white meat, boiled		0.27	0.06	0.10	5.7	0.16	2	0	
167											
168	020035	Chicken curry, boiled		0.82	0.06	0.04	2.6	0.03	0	1	
169											
170	020036	Chicken, drumsticks, fried in sunflower oil		0.21	0.09	0.09	5.5	0.19	12	0	
171											
172	020028	Chicken, feet, raw									
173											
174	020038	Chicken, feet, boiled		0.00	0.00	0.01	0.0	0.00	0	0	
175											
176	020108	Chicken, giblets, raw			0.09	0.99	6.7	0.42	345	16	
177											
178	020039	Chicken, giblets, boiled		1.30	0.09	0.95	4.1	0.34	376	8	
179											
180	020041	Chicken, heads, raw									
181											
182	020042	Chicken, heads, boiled		0.00	0.00	0.01	0.0	0.00	0	0	
183											
184	020029	Chicken, heads and feet, boiled		0.00	0.00	0.00	0.0	0.00	0	0	
185											
186	020044	Chicken, liver, raw		0.70	0.31	1.78	9.7	0.85	588	18	
187											

A	B	C	D	E	F	G	H	I	J	K	L	M
Priority	CODE	FOODNAME	Edible conversion factor	Energy kJ	Water g	Carbohydrates g	Total Nitrogen g	Protein g	Plant Protein g	Animal Protein g	Dietary Fibre g	Ash g
1 2	020045	Chicken, liver, boiled	1	632	68.3	0.9	3.90	24.4	0	24.4	0.0	1.00
188 189	1 2	020048 Chicken, wings, fried in sunflower oil	1	1304	48.6	2.3	4.18	26.1	0	26.1	0.1	0.72
190 191	2 2	020053 Goat, meat, raw	1	439	75.8	0.0	3.30	20.6	0	20.6	0.0	1.10
193												
194 195	2 2	020059 Goat, meat, roasted	1	575	68.2	0.0	4.34	27.1			0.0	1.50
196 197	2 2	020070 Mutton, meat, raw	1	1085	60.7	0.0	2.70	16.9	0	16.9	0.0	0.90
198 199	2 2	020066 Mutton curry	1	748	72.2	0.8	1.62	10.3	0.2	10.1	0.2	1.45
200 201	2 2	020069 Mutton, mince, boiled	1	1139	55.1	0.0	3.96	24.8	0	24.8	0.0	1.10
202 203	2 2	020075 Mutton, stewed with vegetables	1	637	85.0	1.5	1.44	9.0	0.1	8.8	0.2	1.25
204 205	1 1	020090 Offals, chicken, raw (liver, giblets)	1	555	72.0	0.0	2.07	21.4	0	13.0	0.0	0.98
206 207	1 1	020091 Offals, beef, raw (heart, kidney, liver and tripe)	1	473	75.7	2.1	2.35	17.3	0	17.3	0.0	0.92
208 209	1 2	020092 Offals, beef, boiled	1	211	87.9	1.0	1.10	8.1	0	8.1	0.0	1.76
210 211	2 2	020083 Offals, chicken, boiled (giblets and liver)	1	546	74.2	1.0	1.42	15.4	0	15.3	0.0	2.21
212 213	1 1	020079 Offals, sheep, raw (kidney, lung, liver)	1	457	76.2	0.8	1.78	18.1	0	18.1	0.0	1.26
214 215	1 1	020078 Offals, sheep, boiled	1	184	89.1	0.3	0.76	7.7	0	7.7	0.0	1.95
216 217	1 1	020085 Polony, cooked, retail	1	1292	54.3	2.8	1.87	11.7	0	11.7	0.0	3.00
218 219	2 2	020094 Pork, bacon, fatty, pan-fried	1	2349	12.9	0.0	4.87	30.5	0	30.5	0.0	6.80
220 221	1 1	020096 Pork, fatty, raw	1	1544	49.8	0.0	2.23	13.9	0	13.9	0.0	0.70
222 223	1 1	020097 Pork, fatty, boiled	1	2130	33.1	0.0	2.27	14.2	0	14.2	0.0	1.47

1	B	C	N	O	P	Q	R	S	T	U	V	W
2	CODE	FOODNAME	Fat	Choles-terol	Fatty Acids			Starch	Total Sugar	CA-mg	FE-mg	MG-mg
			g	g	Satd	Mono-unsatd-g	Poly-unsatd-g	g	g	0.0	14	8.50
188	020045	Chicken, liver, boiled	5.5	0.6	1.84	1.34	0.9	0.9	0.0	0.0	14	8.50
189	020048	Chicken, wings, fried in sunflower oil	22.2	0.1	6.06	8.89	4.95			15	1.25	19
190	020058	Goat, meat, raw	2.3	0.1	0.71	1.03	0.17	0.0	0.0	0.0	13	2.80
191	020059	Goat, meat, roasted	3.0	0.1	0.93	1.36	0.23	0.0	0.0	0.0	17	3.70
192	020070	Mutton, meat, raw	21.6	0.1	9.47	8.86	1.7	0.0	0.0	0.0	12	1.60
193	020066	Mutton curry	15.1	0.0	5.94	5.72	2.35	0.0	0.0	0.0	12	1.60
194	020069	Mutton, mince, boiled	19.7	0.1	8.12	8.32	1.4	0.0	0.0	0.0	14	1.29
195	020075	Mutton, stewed with vegetables	13.0	0.0	5.17	4.94	2.02	1.1	0.3	0.0	22	1.80
196	020090	Offals, chicken, raw (liver, giblets)	4.8	0.4	1.53	1.22	0.95	0.0	0.0	0.0	11	0.93
197	020091	Offals, beef, raw (heart, kidney, liver and tripe)	3.8	0.2	1.60	0.91	0.50	2.1	0.0	0.0	7	4.82
198	020092	Offals, beef, boiled	1.8	0.1	0.75	0.42	0.23	1.0	0.0	0.0	17	2.25
199	020083	Offals, chicken, boiled (giblets and liver)	7.26	0.3	1.62	1.57	3.06	1.0	0.0	0.0	10	5.22
200	020079	Offals, sheep, raw (kidney, lung, liver)	3.7	0.2	1.35	0.82	0.55	0.8	0.0	0.0	9	6.82
201	020078	Offals, sheep, boiled	1.6	0.1	0.57	0.35	0.23	0.3	0.0	0.0	18	2.90
202	020085	Polony, cooked, retail	28.3	0.1	10.7	13.39	2.40	2.8 tr			12	1.50
203	020096	Pork, fatty, raw	35.1	0.1	12.44	15.93	3.80	0.0	0.0	0.0	19	0.70
204	020094	Pork, bacon, fatty, pan-fried	49.2	0.1	17.42	23.69	5.81	0.0	0.0	0.0	12	1.60
205	020097	Pork, fatty, boiled	50.9	0.1	17.9	21.5	8.90	0.0	0.0	0.0	10	0.60
206												14

1	B	C	X	Y	Z	AA	AB	AC	AD	AE	AF	Carotene	Vitamin A ₆	Vitamin D	AG
2	CODE	FOODNAME	P-mg	K-mg	NA-mg	ZN-mg	CU-mg	SE-mcg	MN-mcg	Vitamin A ₆	mcg	mcg	mcg	mcg	
188	020045	Chicken, liver, boiled	312	140	51	4.34	0.37	36.90	297.00	4913	tr				1.79
189															
190	020048	Chicken, wings, fried in sunflower oil	150	177	77	1.76	0.06	0.03	21.30						
191															
192	020058	Goat, meat, raw	180	385	82	4.00	0.26		38.00	0					
193															
194	020059	Goat, meat, roasted	201	405	86	5.27	0.30		42.00	0					
195															
196	020070	Mutton, meat, raw	160	230	58	3.33	0.10	2.70	19.00	0					0.53
197															
198	020066	Mutton curry	102	164	351	2.05	0.08	1.67	64.93	0					0.32
199															
200	020069	Mutton, mince, boiled	201	339	81	4.67	0.13	3.60	24	0					0.60
201															
202	020075	Mutton, stewed with vegetables	89	165	307	1.78	0.07	1.54	37.66	0.1					0.28
203															
204	020090	Offals, chicken, raw (liver, giblets)	263	194	65	3.62	0.38	27.30	85.13	1115	0				0.00
205															
206	020091	Offals, beef, raw (heart, kidney, liver and (tripe)	202	289	82	2.79	1.35	39.12	112.43	3789	489	0.39			
207															
208	020092	Offals, beef, boiled	94	136	314	1.30	0.68	18.28	52.54	1770	228	0.18			
209															
210	020083	Offals, chicken, boiled (giblets and liver)	185	135	619	2.79	0.23	13.47	128.03	1786	0	0.65			
211															
212	020079	Offals, sheep, raw (kidney, lung, liver)	284	276	121	3.07	3.09	62.86	96.34	3095	10	0.20			
213															
214	020078	Offals, sheep, boiled	121	118	344	1.30	1.36	26.74	40.98	1317	4	0.08			
215															
216	020085	Polony, cooked, retail	91	180	1019	1.94	0.08	11.30	39.00	0	0	0			
217															
218	020094	Pork, bacon, fatty, pan-fried	336	486	1596	3.26	0.17	24.70	41.00	0	0				
219															
220	020096	Pork, fatty , raw	155	253	42	1.59	0.06	28.40	11.00	3 tr	1				
221															
222	020097	Pork, fatty, boiled	140	240	69	0.90	0.05	9.00	tr						
223															

1	2	B	C	AH	AI	AJ	AK	AL	AM	Folate	Vitamin C	AN
		CODE	FOODNAME	Vitamin E	Thiamin	Riboflavin	Niacin	Vitamin B6	mg	mcg	mg	
188	189	020045	Chicken, liver, boiled	1.44	0.15	1.75	4.5	0.58	770	16		
190	191	020048	Chicken, wings, fried in sunflower oil		0.06	0.14	6.7					0
192	193	020058	Goat, meat, raw	0.04	0.11	0.49	3.8	0	5	0		
194	195	020059	Goat, meat, roasted	0.05	0.09	0.61	4	0	5	0		
196	197	020070	Mutton, meat, raw	0.21	0.12	0.22	6.1	0.13	18	0		
198	199	020066	Mutton curry	0.91	0.05	0.09	2.2	0.05	5	0		
200	201	020069	Mutton, mince, boiled	0.25	0.1	0.25	6.7	0.14	19	0		
202	203	020075	Mutton, stewed with vegetables	0.84	0.05	0.07	2.0	0.06	5	3		
204	205	020090	Offals, chicken, raw (liver, giblets)	1.0	0.12	0.82	4.1	0.36	241	13		
206	207	020091	Offals, beef, raw (heart, kidney, liver and tripe)	0.33	0.11	0.93	4.1	0.28	51	11		
208	209	020092	Offals, beef, boiled	0.15	0.05	0.44	1.9	0.13	24	5		
210	211	020083	Offals, chicken, boiled (giblets and liver)	1.95	0.05	0.61	2.4	0.22	203	12		
212	213	020079	Offals, sheep, raw (kidney, lung, liver)	0.36	0.16	1.19	5.8	0.27	53	20		
214	215	020078	Offals, sheep, boiled	0.15	0.07	0.51	2.5	0.12	22	9		
216	217	020085	Polony, cooked, retail	0.22	0.17	0.14	2.6	0.18	5	0		
218	219	020094	Pork, bacon, fatty, pan-fried	0.54	0.69	0.29	7.3	0.27	5	0		
220	221	020096	Pork, fatty, raw	0.29	0.60	0.21	3.8	0.28	4 tr			
222	223	020097	Pork, fatty, boiled	0.05	0.37	0.16	3.8	0.16	2	0		

1 Priority	A CODE	B FOODNAME	C	D Edible conversion factor	E Energy kJ	F Water g	G Carbo-hydrates g	H Total Nitrogen g	I Protein g	J Plant Protein g	K Animal Protein g	L Dietary Fibre g	M Ash g
2													
224	2	020099	Pork, ham, sliced, regular	1	530	70.5	1.0	3.10	9.4	0	19.4	0.0	4.20
225													
226	2	020104	Pork, sausage, grilled	1	1505	44.6	1.0	3.14	9.7	0	19.7	0.0	3.60
227													
228	1	020076	Sheep, kidney, raw	1	392	79.2	0.0	2.52	15.7	0	15.7	0.0	1.30
229													
230	1	020107	Sheep, lung, raw	1	378	79.7	0.0	2.67	16.7	0	16.7	0.0	1.10
231													
232	1	020077	Sheep, lung, roasted	1	451	75.8	0.0	3.18	19.9	0	19.9	0.0	1.30
233													
234	1	020089	Sheep, liver, raw	1	562	71.4	1.8	3.26	20.4	0	20.4	0.0	1.40
235													
236			03 DAIRY PRODUCTS										
237	2	030001	Cheese spread, full fat	1	1211	47.7	8.7	2.57	16.4	0	16.4	0.0	6.00
238													
239	2	030002	Cheese, cheddar	1	1646	37.4	1.8	3.87	24.7	0	24.7	0.0	3.80
240													
241	2	030003	Cheese, gouda	1	1577	40.6	0.3	3.75	20.8	0	20.8	0	3.70
242													
243	2	030004	Cheese, processed, full fat	1	1368	45.7	0.9	3.26	20.8	0	20.8	0.0	5.60
244													
245	2	030009	Creamer/non dairy powder, for coffee & tea	1	2328	2.2	54.9	0.75	4.8	0	4.8	0.0	2.60
246													
247	1	030011	Human milk, colostrum	1	237	88.2	6.3	0.31	2.0	0	2.0	0.0	0.90
248													
249	1	030012	Human milk, mature	1	297	87.5	6.9	0.16	1.0	0	1.0	0.0	0.20
250													
251	2	030010	Milk, goat, pasturized	1	289	87.0	4.4	0.56	3.6	0	3.6	0.0	0.80
252													
253	1	030007	Milk, cow, fresh, as from the cow (untreated)	1	270	87.7	4.7	0.51	3.3	0	3.3	0.0	0.72
254													
255	2	030015	Milk powder, full fat	1	2112	3.0	37.4	4.03	25.7	0	25.7	0.0	5.70
256													
257	2	030016	Milk powder, full fat, reconstituted	1	262	88.0	4.6	0.50	3.2	0	3.2	0.0	0.70
258													
259	2	030017	Milk powder, skimmed	1	1661	3.0	48.1	5.70	36.1	0	36.1	0.0	8.01
260													

1	B CODE	C FOODNAME	N Fat	O Choles- terol g	P Fatty Acids	Q Satd g	R Mono- unsatd g	S Starch g	T Total Sugar g	U CA-mg	V FE-mg	W MG-mg
2												
224	020099	Pork, ham, sliced, regular	5.0	0.0	1.62	2.35	0.48	0.0	1.0	7	0.80	17
225												
226	020104	Pork, sausage, grilled	31.2	0.1	10.81	13.9	3.81	0.8	0.2	32	1.30	17
227												
228	020076	Sheep, kidney, raw	3.0	0.3	1.00	0.63	0.55	0.0	0.0	13	6.40	17
229												
230	020107	Sheep, lung, raw	2.6		0.89	0.67	0.35	0.0	0.0	10	6.40	14
231												
232	020077	Sheep, lung, roasted	3.1	0.3	1.06	0.80	0.43	0.0	0.0	12	4.60	11
233												
234	020089	Sheep, liver, raw	5.0	0.4	1.94	1.05	0.75	1.8	0.0	7	7.40	19
235												
236	03 DAIRY PRODUCTS											
237	030001	Cheese spread, full fat	21.2	0.1	13.33	6.22	0.62	0.0	8.7	562	0.30	29
238												
239	030002	Cheese, cheddar	32.3	0.1	18.43	8.11	0.75	0.0	1.8	788	0.70	30
240												
241	030003	Cheese, gouda	31.5	0.1	18.79	7.94	0.75	0	0.3	806	0.80	31
242												
243	030004	Cheese, processed, full fat	27.0	0.1	17.02	7.73	0.86	0.0	0.9	600	0.50	22
244												
245	030009	Creamer/non dairy powder, for coffee & tea	35.5	0.0	32.53	0.97	0.01 tr		9.8	22	1.20	4
246												
247	030011	Human milk, colostrum	2.6	0.0	1.10	1.10	0.30	0.0	6.3	28	0.10	3
248												
249	030012	Human milk, mature	4.4	0.0	2.00	1.66	0.50	0.0	6.9	32 tr		3
250												
251	030010	Milk, goat, pasturized	4.1	0.0	2.67	1.11	0.15	0.0	4.4	134	0.10	14
252												
253	030007	Milk, cow, fresh, as from the cow (untreated)	3.7	0.0	2.28	1.06	0.14		119	0.05	13	
254												
255	030015	Milk powder, full fat	28.0	0.1	17.55	8.31	0.7	0.0	37.4	930	6.00	85
256												
257	030016	Milk powder, full fat, reconstituted	3.5	0.0	2.17	1.03	0.09	0.0	4.6	115	0.70	11
258												
259	030017	Milk powder, skimmed	0.6	0.0	0.4	0.2 tr	0.0	50.4	1280	0.27	130	
260												

B	C	X	Y	Z	AA	AB	AC	AD	AE	Carotene meg	AF	AG
1 CODE	2	FOODNAME	P-mg	K-mg	NA-mg	ZN-mg	CU-mg	SE-mg	MN-mcg	Vitamin A ₆ mcg		
224	020099	Pork, ham, sliced, regular	218	350	1429	1.93	0.07	16.20	33.00	0	0	0
225	020104	Pork, sausage, grilled	184	361	1294	2.50	0.14	18.20	71.00	0	0	1.13
226	020076	Sheep, kidney, raw	246	277	156	2.24	0.45	126.90	118.00	95	tr	
227	020107	Sheep, lung, raw	219	238	157	1.80	0.25	17.70	0.02			
228	020077	Sheep, lung, roasted	188	127	84	1.93	0.23	32.30	16.00	32	tr	tr
229	020089	Sheep, liver, raw	364	313	70	4.66	6.98	82.40	184.00	7390	24	0.47
230	03 DAIRY PRODUCTS											
231	030001	Cheese spread, full fat	712	242	1345	2.59	0.03	11.30	20.00	189	68	0.19
232	030002	Cheese, cheddar	532	82	487	3.93	0.07	13.90	70.00	390	277	0.26
233	030003	Cheese, gouda	565	71	511	3.74	0.06	14.5	80	423	338	0.24
234	030004	Cheese, processed, full fat	800	130	1320	3.20	0.17	10.00	tr	286	95	0.21
235	030009	Creamer/non dairy powder, for coffee & tea	422	812	181	0.51	0.12	0.600	220.000	20	120	0
236	030011	Human milk, colostrum	14	70	47	0.60	0.05	tr	178	135		
237	030012	Human milk, mature	14	51	17	0.17	0.05	1.80	26.00	64	25	0.04
238	030010	Milk, goat, pasteurized	111	204	50	0.30	0.05	1.40	18.00	56	tr	0.13
239	030007	Milk, cow, fresh, as from the cow (untreated)	93	151	49	0.38	0.01	2.00	0.004			
240	030015	Milk powder, full fat	750	1200	350	3.34	0.08	16.30	40.00	450	241	10
241	030016	Milk powder, full fat, reconstituted	93	148	43	0.41	0.01	2.00	5.00	56	30	1.2
242	030017	Milk powder, skimmed	970	1590	550	4.00	tr	11.00	tr			5
243												
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1	B	C	AH	AI	AJ	AK	AL	AM	AN
2	CODE	FOODNAME	Vitamin E mg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B6 mg	Folate mcg	Vitamin C mg
224	020099	Pork, ham, sliced, regular	0.29	0.93	0.22	4.8	0.46	4	0
225									
226	020104	Pork, sausage, grilled	0.16	0.74	0.25	4.5	0.33	2	2
227									
228	020076	Sheep, kidney, raw	0.37	0.62	2.24	7.5	0.22	28	11
229									
230	020107	Sheep, lung, raw		0.05	0.24	4.1	0.11	12	31
231									
232	020077	Sheep, lung, roasted		0.03	0.14	2.4	0.06	8	28
233									
234	020089	Sheep, liver, raw	0.72	0.34	3.63	16.1	0.90	230	13
235									
236	03	DAIRY PRODUCTS							
237	030001	Cheese spread, full fat	0.71	0.05	0.43	0.1	0.12	7	0
238									
239	030002	Cheese, cheddar	1.15	0.04	0.36	0.1	0.07	18	0
240									
241	030003	Cheese, gouda	1.23	0.04	0.34	0.1	0.08	21	0
242									
243	030004	Cheese, processed, full fat	0.55	0.03	0.28	0.1	0.08	18 tr	
244									
245	030009	Creamer/non dairy powder, for coffee & tea	0.27	0.00	0.17	0.0	0.00	0	0
246									
247	030011	Human milk, colostrum	1.30	tr	0.03	0.1 tr		2	7
248									
249	030012	Human milk, mature	0.90	0.01	0.04	0.2	0.01	5	5
250									
251	030010	Milk, goat, pasturized	0.09	0.05	0.14	0.3	0.05	1	1
252									
253	030007	Milk, cow, fresh, as from the cow (untreated)		0.04	0.16	0.1	0.04	5	2
254									
255	030015	Milk powder, full fat	1.08	0.23	1.4	0.6	0.30	37	9
256									
257	030016	Milk powder, full fat, reconstituted	0.13	0.03	0.17	0.1	0.04	5	1
258									
259	030017	Milk powder, skimmed	0.27	0.38	1.63	1.0	0.6	51	13
260									

1	A	B	C	D	E	F	G	H	I	J	K	L	M
Priority	CODE	FOODNAME		Edible conversion factor	Energy kJ	Water g	Carbo-hydrates g	Total Nitrogen g	Protein g	Plant Protein g	Animal Protein g	Dietary Fibre g	Ash g
2													
261	2	030018	Milk powder, skimmed, reconstituted	1	107	90.8	5.0	0.53	3.4	0	3.4	0.0	3.00
262	2	030019	Milk, as from the cow, sterilized	1	277	87.6	4.1	0.55	3.5	0	3.5		0.69
263	1	030023	Milk, full fat, 3.4 %fat, UHT	1	260	88.0	4.8	0.50	3.2	0	3.2	0.0	0.70
264	2	030024	Milk, low fat, 2% fat, UHT	1	210	89.3	4.9	0.52	3.3	0	3.3	0.0	0.70
265	1	030025	Milk, skimmed, fresh	1	147	90.8	4.9	0.53	3.4	0	3.4		0.80
266	2	030026	Milk, soy	1	135	93.3	0.5	0.49	2.8	0	2.8	1.3	0.30
267	1	030014	Sour milk, packaged (Maf)	1	270	87.8	4.5	0.52	3.3	0	3.3	0.0	0.70
268	2	030029	Yoghurt, drinking, low fat, 1.5% fat	1	274	84.4	12.7	0.49	3.1	0	3.1	0.0	1.00
269	2	030030	Yoghurt, fruit, full fat, sweetened	1	451	76.0	16.1	0.63	4.0	0	4		1.00
270	2	030032	Yoghurt, fruit, low fat, sweetened	1	355	80.1	15.0	0.60	3.8	0	3.8	0.0	0.80
281			04 EGG AND EGG PRODUCTS										
282	1	040002	Egg, chicken, whole, raw	1	616	75.0	1.2	2.02	12.6	0	12.6	0.0	0.90
283	2	040009	Egg, chicken, white, raw	1	215	86.8	1.1	1.81	11.3	0	11.3	0.0	0.70
284	2	040010	Egg, chicken, yolk, raw	1	1434	49.1	3.6	2.61	16.3	0	16.3	0.0	1.40
285	2	040001	Egg, chicken, scrambled with milk	1	993	63.6	1.6	1.66	10.4	0	10.4	0.0	3.08
286	2	040003	Egg, chicken, whole, boiled/poached	1	616	75.0	1.2	2.02	12.6	0	12.6	0.0	0.90
287	1	040004	Egg, duck, whole, raw	1	754	70.8	1.5	2.05	12.8	0	12.8	0.0	1.10
288	2	040005	Egg, fried in sunflower oil	1	763	71.4	1.1	1.92	12.0	0	12.0	0.0	0.90
289	2	040006	Egg, turkey, whole, raw	1	692	72.5	1.2	2.19	13.7	0	13.7	0.0	0.80
290													

1	B	C	FOODNAME	N	O	P	Q	R	S	T	U	V	W
2	CODE			Fat	Choles- terol g		Fatty Acids		Starch	Total Sugar g	CA-mg	FE-mg	MG-mg
						Said g	Mono- unsatd-g	Poly- unsatd-g					
261	030018	Milk powder, skimmed, reconstituted		0.1	0.0	0.06	0.02	tr	0.0	5.0	125	tr	10
262	030019	Milk, as from the cow, sterilized		3.9	0.0				0.0	4.3	120	0.18	13
264	030023	Milk, full fat, 3.4 %fat, UHT		3.4	0.0	1.94	0.90	0.11	0.0	4.8	117	0.10	12
266	030024	Milk, low fat, 2% fat, UHT		2.0	0.0	1.28	0.59	0.06	0.0	4.9	122	0.10	12
269	030025	Milk, skimmed, fresh		0.2	0.0	0.11	0.05	0.01	0.0	4.9	122	0.10	12
270	030026	Milk, soy		1.9	0.0	0.21	0.33	0.83	0.0	0.5	4	0.60	85
271	030014	Sour milk, packaged (Maf)		3.7	0.0	2.35	1.09	0.08	0.0	4.5	123	tr	11
272	030029	Yoghurt, drinking, low fat, 1.5% fat		1.3	tr	0.81	0.34	0.04	0.0	12.7	100	0.10	11
276	030030	Yoghurt, fruit, full fat, sweetened		3.0	0.0	2.00	0.70	0.10	1.0	15.8	122	0.10	13
278	030032	Yoghurt, fruit, low fat, sweetened		1.5	0.0	0.94	0.3	0.08	0.0	15.0	145	tr	15
280	04 EGG AND EGG PRODUCTS												
281	040002	Egg, chicken, whole, raw		10.3	0.4	3.03	4.01	1.36	0.0	1.2	39	1.80	9
283	040009	Egg, chicken, white, raw		0.1	0.0	0	0	0	0.0	1.1	4	0.10	7
284	040010	Egg, chicken, yolk, raw		29.6	1.2	8.7	11.41	4.02	0.0	3.6	104	4.80	10
285	040001	Egg, chicken, scrambled with milk		21.4	0.3	5.53	9.87	3.82	0.0	1.5	46	1.44	10
286	040003	Egg, chicken, whole, boiled/poached		10.3	0.4	3.01	4	1.36	0.0	1.2	39	1.80	9
287	040004	Egg, duck, whole, raw		13.8	0.9	3.68	6.53	1.22	0.0	1.5	64	3.90	17
288	040005	Egg, fried in sunflower oil		14.6	0.4	3.47	4.7	4.38	0.0	1.1	37	1.70	9
289	040006	Egg, turkey, whole, raw		11.9	0.9	3.63	4.57	1.66	0.0	1.2	99	4.10	13

1	B	C	X	Y	Z	AA	AB	AC	AD	AE	AF	AG
2	CODE	FOODNAME	P-mg	K-mg	NA-mg	ZN-mg	CU-mg	SE-mcg	MN-mcg	Vitamin A_6 mcg	Carotene mcg	Vitamin D mcg
261	030018	Milk powder, skimmed, reconstituted	96	170	51	0.39	2.60	2.60	2.00	58	20	0.72
262												
263	030019	Milk, as from the cow, sterilized	91	140	57	0.30	tr	1.00	tr			21
264												
265	030023	Milk, full fat, 3.4 %fat, UHT	87	147	49	0.38	0.01	2.00	4.00	40	19	0.03
266												
267	030024	Milk, low fat, 2% fat, UHT	89	152	46	0.39	0.01	2.20	2.00	24	16	0.01
268												
269	030025	Milk, skimmed, fresh	101	166	52	0.40	0.01	2.10	2.00	1 tr	tr	
270												
271	030026	Milk, soy	49	141	12	0.23	0.12	1.30	170.00	3 tr		0
272												
273	030014	Sour milk, packaged (Maf)	93	190	71	0.59	0.01	2.20	4.00	40	20	0.03
274												
275	030029	Yoghurt, drinking, low fat, 1.5% fat	81	130	47	0.30	0.01	1.00	tr	tr	tr	
276												
277	030030	Yoghurt, fruit, full fat, sweetened	96	170	58	0.40	tr	2.00	tr			
278												
279	030032	Yoghurt, fruit, low fat, sweetened	106	197	74	0.54	0.06	2.30	52.00	25	29	0.01
280												
281	04	EGG AND EGG PRODUCTS										
282	040002	Egg, chicken, whole, raw	192	98	126	1.15	0.12	30.80	60.00	66 tr		7.94
283												
284	040009	Egg, chicken, white, raw	27	79	131	0.06	0.05	19.00	20.00	0	0	0
285												
286	040010	Egg, chicken, yolk, raw	388	81	45	2.76	0.19	45.20	140.00	255 tr		18.71
287												
288	040001	Egg, chicken, scrambled with milk	162	99	1123	0.96	0.10	24.59	47.63	173	2	7.06
289												
290	040003	Egg, chicken, whole, boiled/poached	192	98	126	1.15	0.12	30.80	60.00	66 tr		7.94
291												
292	040004	Egg, duck, whole, raw	220	222	146	1.41	0.06	36.40	80.00	399	86	5
293												
294	040005	Egg, fried in sunflower oil	183	93	120	1.09	0.11	29.30	57.00	63	1	7.56
295												
296	040006	Egg, turkey, whole, raw	170	142	151	1.58	0.06	34.00	38.00	166		
297												

B	C	AH	AI	AJ	AK	AL	AM	Vitamin C mg	AN
1	CODE	FOODNAME	Vitamin E mg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B6 mg	Folate mcg	Vitamin C mg
2			tr	0.03	0.17	0.1	0.02	5	1
261	030018	Milk powder, skimmed, reconstituted							
262									
263	030019	Milk, as from the cow, sterilized	0.12	0.03	0.14	0.1	0.04	tr	
264									
265	030023	Milk, full fat, 3.4 %fat, UHT	0.14	0.02	0.14	0.1	0.03	5	1
266									
267	030024	Milk, low fat, 2% fat, UHT	0.07	0.02	0.16	0.1	0.03	5	1
268									
269	030025	Milk, skinned, fresh	0.04	0.04	0.14	0.1	0.04	5	1
270									
271	030026	Milk, soy	0.01	0.16	0.07	0.1	0.04	2	0
272									
273	030014	Sour milk, packaged (Maf)	0.13	0.02	0.15	0.1	0.02	7	1
274									
275	030029	Yoghurt, drinking, low fat, 1.5% fat	tr	0.03	0.16	0.1	0.05	12	0
276									
277	030030	Yoghurt, fruit, full fat, sweetened	0.05	0.06	0.27	0.2	0.1	18	1
278									
279	030032	Yoghurt, fruit, low fat, sweetened		0.02	0.15	0.1	0.06	7	tr
280									
281		04 EGG AND EGG PRODUCTS							
282	040002	Egg, chicken, whole, raw	3.48	0.13	0.4	0.1	0.04	46	0
283									
284	040009	Egg, chicken, white, raw	0.00	0.06	0.38	0.1	0.00	tr	0
285									
286	040010	Egg, chicken, yolk, raw	8.15	0.29	0.44	tr	0.16	152	0
287									
288	040001	Egg, chicken, scrambled with milk	5.13	0.10	0.28	0.1	0.03	26	0
289									
290	040003	Egg, chicken, whole, boiled/poached	3.48	0.11	0.38	0.1	0.04	35	0
291									
292	040004	Egg, duck, whole, raw	0.74	0.16	0.4	0.2	0.25	80	0
293									
294	040005	Egg, fried in sunflower oil	6.08	0.1	0.36	0.1	0.04	33	0
295									
296	040006	Egg, turkey, whole, raw		0.11	0.47	tr	0.13	71	0
297									

1	A	B	C	D	E	F	G	H	I	J	K	L	M
2	Priority	CODE	FOODNAME	Edible conversion factor	Energy kJ	Water g	Carbo-hydrates g	Total Nitrogen g	Protein g	Plant Protein g	Animal Protein g	Dietary Fibre g	Ash g
298	1	040008	Omelette, plain		1	633	75.5	2.0	1.61	10.0		10.0	0.0
299													0.90
300													
301	2	050001	Asparagus, green, raw	0.75	148	91.4	1.8	0.47	2.9	2.9	0		0.58
302													
303	2	050003	Asparagus, white, canned		1	118	90.0	2.9	0.35	2.2	2.2	0	2.1
304													2.40
305	1	050005	Baby marrow, whitish green flesh, raw		1	84	93.6	2.2	0.30	1.9	1.9	0	1.3
306													1.00
307	1	050004	Baby marrow, whitish green flesh, boiled		1	54	95.4	1.2	0.24	1.5	1.5	0	1.4
308													0.80
309	1	050009	Beetroot, flesh and skin, raw		1	145	89.2	5.8	0.26	1.6	1.6	0	2.4
310													1.10
311	2	050007	Beetroot, flesh and skin, boiled		1	187	86.5	8.0	0.30	1.9	1.9	0	2.8
312													1.00
313	1	050097	Beetroot, flesh only, raw		0.8	181	87.1	6.9	0.27	1.7	1.7	0	2.4
314													1.10
315	1	050008	Beetroot, flesh only, boiled in salted water		0.8	259	82.4	8.6	0.37	2.3	2.3	0	2.8
316													1.00
317	1	050016	Cabbage, white, raw		1	112	91.9	4.3	0.24	1.5	1.5	0	2.0
318													0.60
319	1	050015	Cabbage, white, boiled		1	96	93.4	3.2	0.16	1.0	1.0	0	1.9
320													0.40
321	1	050014	Cabbage, sun dried, raw		1	1213	5.0	38.9	2.10	13.1	13.1	0	28.6
322													10.50
323	2	050011	Cabbage chinese, raw		1	71	94.5	2.2	0.14	0.9	0.9	0	1.8
324													0.50
325	2	050010	Cabbage chinese, boiled		1	57	95.6	1.8	0.11	0.7	0.7	0	1.4
326													0.40
327	1	050021	Carrot, flesh and skin, raw		1	146	89.2	6.4	0.14	0.9	0.9	0	2.7
328													0.80
329	1	050096	Carrot, flesh only, raw		0.7	138	89.8	7.2	0.10	0.6	0.6	0	2.8
330													0.97
331	1	050017	Carrot, flesh only, boiled		1	131	90.5	4.5	0.10	0.6	0.6	0	3.0
332													0.67
333	1	050019	Carrot, flesh and skin, boiled		1	141	89.7	5.3	0.14	0.9	0.9	0	3.1
334													0.50

1	B	C	N	O	P	Q	R	S	T	U	V	W
2	CODE	FOODNAME	Fat	Choles- terol g		Fatty Acids		Starch	Total Sugar g	CA-mg	FE-mg	MG-mg
					Stabd g	Mono- unsabd-g	Poly- unsabd-g					
298	040008	Omelette, plain	11.6	0.3	2.98	4.57	2.08	0.0	2.0	56	1.40	9
299		05 VEGETABLE AND VEGETABLES PR										
301	050001	Asparagus, green, raw	0.6	0.0	0.1	0.1	0.2	0.1	1.8	27	0.70	13
302												
303	050003	Asparagus, white, canned	0.4	0.0	0.10	0.01	0.19	0.8	2.1	26	0.20	16
304												
305	050005	Baby marrow, whitish green flesh, raw	0.2	0.0	0.04	0.02	0.08	0.1	2.1	16	0.80	28
306												
307	050004	Baby marrow, whitish green flesh, boiled	0.1	0.0	0.02	0.01	0.04	0.1	1.1	18	0.80	24
308												
309	050009	Beetroot, flesh and skin, raw	0.1	0.0	0.02	0.02	0.04	0.4	5.4	17	0.80	26
310												
311	050007	Beetroot, flesh and skin, boiled	0	0.0	tr	0.01	0.01	0.6	7.4	15	0.80	35
312												
313	050097	Beetroot, flesh only, raw	0.1	0.0	tr	tr	0.10	0.5	6.7	20	1.00	11
314												
315	050008	Beetroot, flesh only, boiled in salted water	0.1	0.0	tr	tr	0.10	0.6	8.4	29	0.80	16
316												
317	050016	Cabbage, white, raw	0.1	0.0	0.01	0.01	0.05	0.1	4.2	31	0.30	13
318												
319	050015	Cabbage, white, boiled	0.4	0.0	0.01	tr	0.02	0.2	3.0	29	0.40	9
320												
321	050014	Cabbage, sun dried, raw	1.7	0.0	0.21	0.12	0.77	0.9	38.0	422	3.70	182
322												
323	050011	Cabbage chinese, raw	0.1	0.0	0.02	0.01	0.04	tr	2.2	40	0.40	7
324												
325	050010	Cabbage chinese, boiled	0.1	0.0	0.01	0.01	0.05	tr	1.8	30	0.30	5
326												
327	050021	Carrot, flesh and skin, raw	0	0.0	tr	tr	tr	0.2	6.0	24	0.60	10
328												
329	050096	Carrot, flesh only, raw	0.3	0.0	0.10	tr	0.20	0.3	7.0	25	0.30	3
330												
331	050017	Carrot, flesh only, boiled	0.4	0.0	0.10	tr	0.20	0.2	4.4	24	0.40	3
332												
333	050019	Carrot, flesh and skin, boiled	0.1	0.0	0.02	tr	0.05	0.2	5.0	31	0.60	11
334												

1	2	B	C	X	Y	Z	AA	AB	AC	AD	AE	AF	AG
	CODE	FOODNAME		P-mg	K-mg	NA-mg	ZN-mg	CU-mg	SE-mcg	MN-mcg	Vitamin A_6 mcg	Carotene mcg	Vitamin D mcg
298	040008	Omelette, plain		162	107	136	0.93	0.09	23.20	45.00	87	170	6.12
299													
300		05 VEGETABLE AND VEGETABLES PRC											
301	050001	Asparagus, green, raw		72	260	1	0.70	0.08	1.00	0.20			315
302													
303	050003	Asparagus, white, canned		67	302	601	0.82	0.19	2.80	267.00	53	320	0
304													
305	050005	Baby marrow, whitish green flesh, raw		63	389	3	0.55	0.12	1.00	190.00	22	133	0
306													
307	050004	Baby marrow, whitish green flesh, boiled		47	272	1	0.48	0.13	1.00	210.00	14	87	0
308													
309	050009	Beetroot, flesh and skin, raw		29	381	105	0.29	0.08	tr	410.00	3	17	0
310													
311	050007	Beetroot, flesh and skin, boiled		36	290	60	0.42	0.15	tr	385.00	5	27	0
312													
313	050097	Beetroot, flesh only, raw		51	380	66	0.40	0.03	tr	700.00		20	
314													
315	050008	Beetroot, flesh only, boiled in salted water		87	510	110	0.50	0.04	tr	900.00		27	
316													
317	050016	Cabbage, white, raw		32	173	29	0.15	0.02	0.90	150.00	7	40	0
318													
319	050015	Cabbage, white, boiled		24	115	20	0.17	0.01	0.60	120.00	2	10	0
320													
321	050014	Cabbage, sun dried, raw		335	2312	202	2.18	0.78	10.90	1924.00	136	815	0
322													
323	050011	Cabbage chinese, raw		30	193	13	0.14	tr		160.00	9	51	0
324													
325	050010	Cabbage chinese, boiled		22	139	10	0.11	tr	0.40	122.00	7	39	0
326													
327	050021	Carrot, flesh and skin, raw		23	242	24	0.35	0.02	1.00	110.00	3250	19500	0
328													
329	050096	Carrot, flesh only, raw		15	170	25	0.10	0.02	1.00	100.00		12472	0
330													
331	050017	Carrot, flesh only, boiled		17	120	50	0.10	0.01	1.00	100.00		13402	
332													
333	050019	Carrot, flesh and skin, boiled		29	156	29	0.39	0.03	0.70	150.00	2880	17280	0
334													

B	C	FOODNAME	AH mg	AI mg	AJ mg	AK mg	AL mg	AM mcg	Vitamin C mg
1	CODE		Vitamin E mg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B6 mg	Folate mcg	AN
2		Omelette, plain	2.80	0.09	0.32	0.1	0.04	27	tr
298	040008								
299									
300		05 VEGETABLE AND VEGETABLES PR							
301	050001	Asparagus, green, raw	1.16	0.16	0.06	1.0	0.09	175	12
302									
303	050003	Asparagus, white, canned	3.78	0.09	0.16	1.5	0.17	150	29
304									
305	050005	Baby marrow, whitish green flesh, raw	0.27	0.09	0.05	0.1	0.12	16	17
306									
307	050004	Baby marrow, whitish green flesh, boiled	0.25	0.05	0.04	0.6	0.09	3	12
308									
309	050009	Beetroot, flesh and skin, raw	tr	0.01	0.02	0.4	0.03	20	3
310									
311	050007	Beetroot, flesh and skin, boiled	tr	0.01	0.01	0.2	0.02	17	3
312									
313	050097	Beetroot, flesh only, raw	tr	0.01	0.01	0.1	0.03	150	5
314									
315	050008	Beetroot, flesh only, boiled in salted water	tr	0.01	0.01	0.1	0.04	110	5
316									
317	050016	Cabbage, white, raw	0.25	0.04	0.02	0.3	0.08	16	30
318									
319	050015	Cabbage, white, boiled	0.20	0.02	0.01	0.2	0.05	11	20
320									
321	050014	Cabbage, sun dried, raw	1.27	0.51	0.37	2.8	1.05	364	261
322									
323	050011	Cabbage chinese, raw	0.00	0.03	0.02	0.6	0.06	22	68
324									
325	050010	Cabbage chinese, boiled	0.00	0.02	0.02	0.4	0.04	11	33
326									
327	050021	Carrot, flesh and skin, raw	0.39	0.03	0.12	0.6	0.06	10	4
328									
329	050096	Carrot, flesh only, raw	0.56	0.1	0.01	0.2	0.14	12	6
330									
331	050017	Carrot, flesh only, boiled	0.56	0.09	tr	0.1	16	2	
332									
333	050019	Carrot, flesh and skin, boiled	0.42	0.03	0.02	0.4	0.05	6	4
334									

1 Priority	A CODE	B	C FOODNAME	D Edible conversion factor	E Energy kJ	F Water g	G Carbo-hydrates g	H Total Nitrogen g	I Protein g	J Plant Protein g	K Animal Protein g	L Dietary Fibre g	M Ash g	
2														
335	2	050026	Carrot, sun dried, raw		1 182	86.6	7.9	0.16	1.0	1.0	0	3.6	1.00	
336														
337	1	050018	Carrot salad, coleslaw, raw		1 526	79.9	6.3	0.17	1.1	0.8	0.2	1.9	1.01	
338														
339	1	050028	Garlic, raw		0.79	575	64.3	14.8	1.27	7.9	7.9	0.0	2.1	
340														
341	1	050033	Green beans, raw		1 133	89.7	3.8	0.34	2.1	2.1	0	3.4	0.80	
342														
343	1	050029	Green beans, boiled		1 103	91.8	2.6	0.29	1.8	1.8	0	3.2	0.70	
344														
345	2	050030	Green beans, sun dried, raw		1 184	86.4	5.2	0.30	1.9	1.9	0	3.6	1.00	
346														
347	2	050032	Green beans, with vegetables, boiled		1 184	86.4	5.2	0.30	1.9	1.9	0	3.6	1.00	
348														
349	1	050035	Green peas, fresh, raw		1 318	78.2	8.3	0.88	5.5	5.5	0	6.3	0.70	
350														
351	1	050034	Green peas, fresh, boiled		1 312	78.4	7.9	0.86	5.4	5.4	0	6.6	0.60	
352														
353	2	050037	Kale, leaves and stems, raw		1 234	84.5	8.0	0.53	3.3	3.3	0	2.0	1.50	
354														
355	2	050036	Kale, leaves boiled, with sunflower oil, boiled		1 124	91.2	3.6	0.30	1.9	1.9	0	2.0	0.90	
356														
357	1	050039	Leaves, african spinach, raw (Theepe)		*0.9	186	85.4	4.4	0.63	3.9	3.9	0	4.4	1.70
358														
359	1	050038	Leaves, african spinach, boiled (Theepe)		1 82	92.6	1.2	0.30	1.9	1.9	0	3.0	1.20	
360														
361	1	050040	Leaves, goosefoot, raw (Seruoe)		*0.9	183	85.7	4.1	0.67	4.2	4.2	0	4.3	1.50
362														
363	1	050041	Leaves, goosefoot, boiled (Seruoe)		1 216	85.2	3.5	0.57	3.6	3.6	0	3.7	2.40	
364														
365	1	050042	Leaves, harebell, raw (Tenane)		*0.72	137	88.9	3.0	0.52	3.2	3.2	0	3.5	1.30
366														
367	1	050043	Leaves, harebell, boiled (Tenane)		1 170	88.3	2.5	0.43	2.6	2.6	0	2.9	2.14	
368														
369	1	050044	Leaves, papasane, raw (Papasane)		*0.72	164	86.7	4.4	0.47	2.9	2.9	0	4.3	1.60
370														

1	B	C	N	O	P	Q	R	S	T	U	V	W
2	CODE	FOODNAME	Fat	Choles-terol	Fatty Acids			Starch	Total Sugar	CA-mg	FE-mg	MG-mg
			g	g	Satd	Mono-unsatd-g	Poly-unsatd-g	g	g			
335	050026	Carrot, sun dried, raw	0.2	0.0	0.04	0.01	0.10	0.3	7.5	36	0.80	13
336												
337	050018	Carrot salad, coleslaw, raw	11.0	0.0	1.41	2.01	7.04	0.1	6.0	24	0.28	7
338												
339	050028	Garlic, raw	0.6	0.0	0			13.4	1.5	19	1.90	25
340												
341	050033	Green beans, raw	0.1	0.0	0.02	tr	0.05	1.0	2.8	51	1.30	24
342												
343	050029	Green beans, boiled	0.2	0.0	0.05	0.01	0.1	0.7	1.9	49	0.90	23
344												
345	050030	Green beans, sun dried, raw	0.1	0.0	0.02	tr	0.05	1.3	3.9	58	0.90	31
346												
347	050032	Green beans, with vegetables, boiled	0.1	0.0	0.02	tr	0.05	1.3	3.9	58	0.90	31
348												
349	050035	Green peas, fresh, raw	0.8	0.0	0.14	0.07	0.38	5.1	1.8	20	1.70	28
350												
351	050034	Green peas, fresh, boiled	0.7	0.0	0.13	0.06	0.33	5.9	1.0	17	1.50	19
352												
353	050037	Kale, leaves and stems, raw	0.7	0.0	0.09	0.05	0.34	0.5	7.4	135	1.70	34
354												
355	050036	Kale, leaves boiled, with sunflower oil, boiled	0.4	0.0	0.05	0.03	tr	0.3	3.3	72	0.90	18
356												
357	050039	Leaves, african spinach, raw (Theepe)	0.3	0.0	0.06	0.05	0.09	0.5	1.1	255	5.30	52
358												
359	050038	Leaves, african spinach, boiled (Theepe)	0.2		0.06	0.05	0.09	0.4	0.8	187	4.60	37
360												
361	050040	Leaves, goosefoot, raw (Serue)	0.2							234	5.10	71
362												
363	050041	Leaves, goosefoot, boiled (Serue)	1.9		0.22	0.32	1.10			206	4.37	64
364												
365	050042	Leaves, harebell, raw (Tenane)	0.1							204	3.00	46
366												
367	050043	Leaves, harebell, boiled (Tenane)	1.7		0.21	0.31	1.06			173	2.48	41
368												
369	050044	Leaves, papasane, raw (Papasane)	0.2							254	4.70	72
370												

1	B	C	X	Y	Z	AA	AB	AC	AD	AE	AF	AG
2	CODE	FOODNAME	P-mg	K-mg	NA-mg	ZN-mg	CU-mg	SE-mcg	MN-mcg	Vitamin A ₆ mcg	Carotene mcg	Vitamin D mcg
335	050026	Carrot, sun dried, raw		33	274	38	0.30	0.13	0.80	752.00	1410	8460
336	050018	Carrot salad, coleslaw, raw	23	140	92	0.12	0.02	0.76	100.00	19	5005	0
337	050028	Garlic, raw		170	300	4	1.00	0.06	2.00	500.00	tr	
338	050033	Green beans, raw	45	265	5	0.36	0.11	0.60	250.00	36	213	0
340	050029	Green beans, boiled		37	259	4	0.30	0.10	0.30	230.00	25	150
341	050030	Green beans, sun dried, raw	39	205	38	0.45	0.13	0.50	370.00	29	175	0
342	050032	Green beans, with vegetables, boiled	39	205	38	0.45	0.13	0.50	370.00	29	175	0
343	050035	Green peas, fresh, raw	83	265	14	0.87	0.17	0.80	330.00	26	153	0
344	050034	Green peas, fresh, boiled	62	207	13	0.69	0.12	0.90	250.00	23	135	0
345	050037	Kale, leaves and stems, raw	56	447	43	0.44	0.29	3.00	774.00	890	5340	0
346	050036	Kale, leaves boiled, with sunflower oil, boiled	28	228	23	0.24	0.16	2.00	416.00	740	4446	0
347	050039	Leaves, african spinach, raw (Theepe)	74	381	9	0.80	0.20	0.50	107.00	326	1956	0
348	050038	Leaves, african spinach, boiled (Theepe)	38	246	3	0.81	0.15	0.30	2480.00	399	2394	0
349	050040	Leaves, goosefoot, raw (Seruo)	75	390	8	1.10			121.00		1360	
350	050041	Leaves, goosefoot, boiled (Seruo)	64	335	349	0.94	0.02	0.00	103.00	0.1	0	
351	050042	Leaves, harebell, raw (Tenane)	57	314	4	0.51			121.00		1300	0
352	050043	Leaves, harebell, boiled (Tenane)	47	260	333	0.42	0.02	0.00	99.83	0.0	0	
353	050044	Leaves, papasane, raw (Papasane)	58	398	8	0.91			104.00		1888	0
354												
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1	B	C	FOODNAME	AH	Vitamin E	Thiamin	Riboflavin	Niacin	Vitamin B6	AL	AM	AN
2	CODE			mg	mg	mg	mg	mg	mg	mcg	mcg	Vitamin C mg
335	050026	Carrot, sun dried, raw		0.42	0.04	0.04	0.4	0.25	0.25	14	14	2
336												
337	050018	Carrot salad, coleslaw, raw		3.30	0.06	0.024	0.2	0.09	0.09	12	12	14
338												
339	050028	Garlic, raw		0.01	0.13	0.03	0.3	0.38	0.38	5	5	17
340												
341	050033	Green beans, raw	tr	0.07	0.06	0.06	0.8	0.07	0.07	23	23	9
342												
343	050029	Green beans, boiled		0.08	0.06	0.04	0.5	0.05	0.05	6	6	5
344												
345	050030	Green beans, sun dried, raw		0.18	0.16	0.10	1.0	0.07	0.07	42	42	5
346												
347	050032	Green beans, with vegetables, boiled		0.18	0.16	0.10	1.0	0.07	0.07	42	42	5
348												
349	050035	Green peas, fresh, raw		0.04	0.28	0.08	2.5	0.10	0.10	82	82	27
350												
351	050034	Green peas, fresh, boiled		0.12	0.20	0.04	1.6	0.04	0.04	44	44	13
352												
353	050037	Kale, leaves and stems, raw		0.80	0.11	0.13	1.0	0.27	0.27	29	29	120
354												
355	050036	Kale, leaves boiled, with sunflower oil, boiled		0.85	0.05	0.07	0.5	0.14	0.14	13	13	41
356												
357	050039	Leaves, african spinach, raw (Theepe)		0.17	0.01	0.10	1.0	0.18	0.18	64	64	46
358												
359	050038	Leaves, african spinach, boiled (Theepe)		0.26 tr	0.04	0.3	0.05	5	5	1	1	
360												
361	050040	Leaves, goosefoot, raw (Seruoë)										
362												
363	050041	Leaves, goosefoot, boiled (Seruoë)		0.67								
364												
365	050042	Leaves, harebell, raw (Tenane)		0.65								22
366												
367	050043	Leaves, harebell, boiled (Tenane)										
368												
369	050044	Leaves, papasane, raw (Papasane)										20
370												

A	B	C	D	E	F	G	H	I	J	K	L	M	
Priority	CODE	FOODNAME	Edible conversion factor	Energy kJ	Water g	Carbo-hydrates g	Total Nitrogen g	Protein g	Plant Protein g	Animal Protein g	Dietary Fibre g	Ash g	
1 2													
371 1	050045	Leaves, papasane, boiled (Papasane)	1	213	85.4	4.1	0.49	3.1	3.1	0	3.5	2.27	
372 1	050046	Leaves, stinging nettle, raw (Bobatsi)	*0.9	157	87.9	4.0	0.54	3.4	3.4	0	3.2	1.40	
373 1	050047	Leaves, stinging nettle, boiled (Bobatsi)	1	194	87.0	3.4	0.46	2.9	2.9	0	2.7	2.31	
374 1	050048	Leaves, wild mustard, raw (Sepaile)	*0.9	193	85.1	5.1	0.60	3.8	3.8	0	4.3	1.50	
375 1	050049	Leaves, wild mustard, boiled (Sepaile)	1	225	84.6	4.4	0.51	3.3	3.3	0	3.7	2.40	
376 1	050050	Leaves, watercress, raw (Semetsing)	*0.9	225	85.7	5.8	0.71	4.5	4.5	0	2.7	0.60	
380 1	050096	Leaves, wild mustard, raw (tlhako ea khomo)	*0.9	143	88.9	1.4	0.53	3.3	3.3	0	5.6	0.33	
382 1	050098	Leaves, ground thistle, raw (Leshoabe)	*0.72	179	88.9	2.6	0.40	2.4	2.4	0	3.5	4.60	
383 1	050097	Leaves, scatter plant, raw (Uharasoana)	*0.72	166	88.9	3.0	0.40	2.3	2.3	0	3.0	4.00	
384 1	050100	Leaves, peppercress, raw (Qheta)	*0.72	170	88.8	3.6	0.64	4.0	4.0	0	2.3	0.69	
389 1	050100	Leaves, peppercress, raw (Qheta)		1	91	92.9	0.4	0.51	3.2	3.2	0	1.9	1.20
390 1	050094	Leaves, pumpkin, raw											
391 1	050052	Leaves, pumpkin, boiled		1	87	92.5	0.7	0.43	2.7	2.7	0	2.7	1.20
392 1	050053	Leaves, pumpkin, with baby marrow, boiled (Lepu)		1	141	91.4	0.5	0.42	2.6	2.6	0	1.6	1.89
393 2	050054	Lettuce, raw		1	52	96.0	1.7	0.14	0.9	0.9	0	1.1	0.50
398 1	050056	Maize, white, on the cob immature, salted, boiled	*0.55	435	73.2	19.5	0.50	3.1	3.1	0	2.8	0.62	
399 1	050059	Maize, yellow, on the cob immature, raw	0.55	459	71.8	20.7	0.51	3.3	3.3	0	2.8	0.65	
400 1	050058	Maize, yellow, on the cob immature, salted, boiled	0.55	837	47.4	37.7	0.93	6.0	6.0	0	5.1	2.36	
401 1	050057	Maize, yellow, on the cob immature, salted, roasted											
402 1	050059	Maize, yellow, on the cob immature,	0.55	435	73.2	19.5	0.51	3.1	3.1	0	2.8	0.62	
403 2	050059	salted, boiled											
404 1	050057	Maize, yellow, on the cob immature,	0.55	837	47.4	37.7	0.93	6.0	6.0	0	5.1	2.36	
406 1	050057	salted, roasted											

1 CODE	2	B	C	N	O	P	Q	R	S	T	U	V	W
		FOODNAME		Fat	Choles- terol	Fatty Acids			Starch	Total Sugar g	CA-mg	FE-mg	MG-mg
				g	g	Said	Mono- unsaid-g	Poly- unsaid-g	g	g			
371	050045	Leaves, papasane, boiled (Papasane)		1.8		0.21	0.30	1.04			214	4.39	64
372		Leaves, stinging nettle, raw (Bobatsi)		0.2							228	3.80	57
373	050046	Leaves, stinging nettle, raw (Bobatsi)											
374		Leaves, stinging nettle, boiled (Bobatsi)		1.9		0.2	0.32	1.10			201	3.26	52
375	050047	Leaves, stinging nettle, boiled (Bobatsi)											
376													
377	050048	Leaves, wild mustard, raw (Sepaile)		0.2							257	5.40	75
378		Leaves, wild mustard, boiled (Sepaile)											
379	050049	Leaves, wild mustard, raw (Sepaile)		1.9		0.22	0.32	1.10			225	4.63	67
380													
381	050096	Leaves, watercress, raw (Semetsing)		0.8							160	3.50	28
382		Leaves, wild mustard, raw (ithako ea khomo)		0.5									
383	050097	Leaves, wild mustard, raw (ithako ea khomo)									162	2.47	45
384													
385	050098	Leaves, ground thistle, raw (Leshoabe)		2.0							149	4.70	34
386													
387	050099	Leaves, scatter plant, raw (Leharasoana)		1.4							166	4.24	56
388													
389	050100	Leaves, peppercress, raw (Qheila)		0.6							186	3.10	48
390													
391	050094	Leaves, pumpkin, raw		0.4	0.0	0.21	0.05	0.02	tr	0.4	39	2.20	38
392													
393	050052	Leaves, pumpkin, boiled		0.2	0.0	0.11	0.03	0.01	tr	0.7	43	3.20	38
394													
395	050053	Leaves, pumpkin, with baby marrow, boiled (Lepu)		2.0	0.0	0.38	0.36	1.12	0.0	0.5	32	1.77	33
396													
397	050054	Lettuce, raw		0.1	0.0	0.01	tr	0.06	tr	1.6	16	0.50	8
398													
399	050056	Maize, white, on the cob immature, salted, boiled		0.7	0.0	0.11	0.22	0.35		3	0.61	29	
400													
401	050058	Maize, yellow, on the cob immature, raw		0.8	0.0	0.12	0.23	0.37	3.8	4	0.68	32	
402													
403	050059	Maize, yellow, on the cob immature, salted, boiled		0.7	0.0	0.11	0.22	0.35	15.9	3.59	3	0.61	29
404													
405	050057	Maize, yellow, on the cob immature, salted, roasted		1.4	0.0	0.22	0.42	0.67	6.9	0.0	7	1.24	59
406													

1	B	C	FOODNAME	X	Y	Z	AA	AB	AC	AD	AE	AF	AG
2	CODE		P-mg	K-mg	NA-mg	ZN-mg	CU-mg	SE-mcg	MN-mcg	Vitamin A ₆ mcg	Carotene mcg	Vitamin D mcg	
371	050045	Leaves, papasane, boiled (Papasane)	56	345	329	0.71	0.02	0.00	100.77	0.0	0	0	
372													
373	050046	Leaves, stinging nettle, raw (Bobatsi)	68	322	5	0.78			109.00			0	
374													
375	050047	Leaves, stinging nettle, boiled (Bobatsi)	58	277	346	0.67	0.02	0.00	93.36	0.1	157.0	0	
376													
377	050048	Leaves, wild mustard, raw (Sepaile)	69	424	6	0.87			124.00		1400	0	
378													
379	050049	Leaves, wild mustard, boiled (Sepaile)	59	364	347	0.75	0.02	0.00	106.20	0.1	0	0	
380													
391	050096	Leaves, watercress, raw (Semetsing)			235	68	6.23						
382													
383	050097	Leaves, wild mustard, raw (tlhako ea khomo)			246	42	3.90						
384													
385	050098	Leaves, ground thistle, raw (Leshoabe)			290	45	6.80						
386													
387	050099	Leaves, scatter plant, raw (Leharasoana)			291	38	7.03						
388													
389	050100	Leaves, peppercress, raw (Qhela)			378	56	8.47						
390													
391	050094	Leaves, pumpkin, raw	104	436	11	0.20	0.13	0.00	355.00	194	1164	0	
392													
393	050052	Leaves, pumpkin, boiled	79	438	8	0.20	0.13	0.00	355.00	249	1494	0	
394													
395	050053	Leaves, pumpkin, with baby marrow, boiled (Lepu)	86	370	346	0.20	0.11	0.09	289.92	151	909	0	
396													
397	050054	Lettuce, raw	28	169	8	0.28	0.06	0.20	230.00	15	90	0	
398													
399	050056	Maize, white, on the cob immature, salted, boiled	75	251	240	0.63	0.05	0.70	0.14			0	
400													
401	050058	Maize, yellow, on the cob immature, raw	87	294	5	0.70	0.05	0.80	0.16				
402													
403	050059	Maize, yellow, on the cob immature,	75	251	4	0.63	0.05	0.70	0.14				
404		salted, boiled											
405	050057	Maize, yellow, on the cob immature, salted, roasted	159	537	471	1.28	0.09	1.46	0.29	0	0	0	
406													

1	B	C	AH	AI	AJ	AK	AL	AM	AN
2	CODE	FOODNAME	Vitamin E mg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B6 mg	Folate mcg	Vitamin C mg
371	050045	Leaves, papasane, boiled (Papasane)	0.64						0
372									
373	050046	Leaves, stinging nettle, raw (Bobatsi)							16
374									
375	050047	Leaves, stinging nettle, boiled (Bobatsi)	0.67						0
376									
377	050048	Leaves, wild mustard, raw (Sepaile)							90
378									
379	050049	Leaves, wild mustard, boiled (Sepaile)	0.67						
380									
381	050096	Leaves, watercress, raw (Semetsing)							38
382									
383	050097	Leaves, wild mustard, raw (tlhako ea khomo)							40
384									
385	050098	Leaves, ground thistle, raw (Leshoabe)							46
386									
387	050099	Leaves, scatter plant, raw (Leharasoana)							64
388									
389	050100	Leaves, peppercress, raw (Qhela)							22
390									
391	050094	Leaves, pumpkin, raw	0.96	0.09	0.13	0.9	0.21	36	11
392									
393	050052	Leaves, pumpkin, boiled	0.96	0.07	0.14	0.9	0.20	25	1
394									
395	050053	Leaves, pumpkin, with baby marrow, boiled (Lepu)	1.43	0.05	0.09	0.5	0.10	17	5
396									
397	050054	Lettuce, raw	0.05	0.05	0.02	0.3	0.04	19	3
398									
399	050056	Maize, white, on the cob immature, salted, boiled	0.09	0.50	0.07	1.5	0.22	31	5
400									
401	050058	Maize, yellow, on the cob immature, raw	0.09	0.17	0.09	1.7	0.18	40	7
402									
403	050059	Maize, yellow, on the cob immature, salted, boiled	0.08	0.17	0.07	1.5	0.22	31	5
404									
405	050057	Maize, yellow, on the cob immature, salted, roasted	0.16	0.24	0.13	2.9	0.24	36	13
406									

1	A	B	C	D	E	F	G	H	I	J	K	L	M
2	Priority	CODE	FOODNAME	Edible conversion factor	Energy kJ	Water g	Carbo-hydrates g	Total Nitrogen g	Protein g	Plant Protein g	Animal Protein g	Dietary Fibre g	Ash g
407	1	050064	Onion, raw	1	176	88.6	8.7	0.14	0.9	0.9	0	0	1.5
408													0.40
409	1	050062	Onion, boiled	1	187	87.9	8.7	0.14	0.9	0.9	0	0	1.5
410													0.40
411	1	050063	Onion, with sunflower oil, fried	1	885	65.7	12.9	0.21	1.3	1.3	0	0	2.2
412													0.60
413	2	050065	Peas, raw	1	318	78.2	8.3	0.88	5.5	5.5	0	0	6.3
414													0.70
415	2	050066	Peas, boiled	1	312	78.4	7.9	0.86	5.4	5.4	0	0	6.6
416													0.60
417	1	050072	Pumpkin, raw	1	113	91.9	4.7	0.13	0.8	0.8	0	0	1.7
418													0.70
419	1	050071	Pumpkin, without skin, boiled	1	74	94.5	2.9	0.11	0.7	0.7	0	0	1.6
420													0.40
421	1	050074	Runner beans, raw		0.86	116	91.2	2.9	0.26	1.6	1.6	0	3.4
422													0.66
423	1	050073	Runner beans, ends trimmed, boiled	1	91	92.8	2.1	0.19	1.2	1.2	0	0	3.2
424													0.73
425	2	050076	Spinach, swiss chard, raw	1	116	89.9	1.6	0.43	2.7	2.7	0	0	2.9
426													2.00
427	2	050075	Spinach, swiss chard, boiled	1	216	86.9	1.5	0.41	2.6	2.6	0	0	2.8
428													2.49
429	1	050079	Spinach, small leaved, raw	1	98	91.6	0.8	0.46	2.9	2.9	0	0	2.7
430													1.70
431	1	050077	Spinach, small leaved, boiled	1	103	91.2	1.4	0.48	3.0	3.0	0	0	2.4
432													1.80
433	2	050080	Spring onion, leaves, raw	0.69	129	92.2	2.7	0.32	2.0	2.0	0	0	0.81
434													
435	1	050084	Sweet green pepper, raw	1	71	94.6	3.1	0.14	0.9	0.9	0	0	1.8
436													0.40
437	1	050083	Sweet green pepper, unsalted, boiled	1	107	91.9	4.7	0.22	1.4	1.4	0	0	2.7
438													0.60
439	1	050093	Tomato, flesh and skin, raw	1	81	94.3	2.9	0.14	0.9	0.9	0	0	1.1
440													0.60
441	1	050092	Tomato, flesh and skin, boiled	1	112	92.2	4.0	0.19	1.2	1.2	0	0	1.5
442													0.80

1	B	C	N	O	P	Q	R	S	T	U	V	W
2	CODE	FOODNAME	Fat	Choles- terol g	Fatty Acids			Starch	Total Sugar g	CA-mg	FE-mg	MG-mg
				Satd g	Mon- o unsatd-g	Poly- unsatd-g	0.01	0.04 tr	6.1	30	0.50	12
407	050064	Onion, raw		0.1	0.0	0.02						
408	050062	Onion, boiled		0.1	0.0	0.02	0.02	0.04 tr				
409	050063	Onion, with sunflower oil, fried		16.6	0.0	2.11	3.08	10.6 tr				
410	050065	Peas, raw		0.8	0.0	0.14	0.07	0.38	5.1	1.8	20	1.70
411	050066	Peas, boiled		0.7	0.0	0.13	0.06	0.33	5.9	1.0	17	1.50
412	050072	Pumpkin, raw		0.1	0.0	0.05	0.01	0.01	0.7	4.1	18	0.40
413	050071	Pumpkin, without skin, boiled		0.1	0.0	0.05	0.01	0.01	0.1	2.5	11	0.30
414	050074	Runner beans, raw		0.4	0.0	0.10 tr		0.20	0.4	2.7	33	1.20
422	050073	Runner beans, ends trimmed, boiled		0.5	0.0	0.10 tr		0.30	0.3	1.9	22	1.00
423	050076	Spinach, swiss chard, raw		0.2	0.0	0.03	0.04	0.07	1.2	0.4	117	4.40
424	050075	Spinach, swiss chard, boiled		3.0	0.0	0.39	0.57	1.90	1.1	0.4	112	4.19
425	050079	Spinach, small leaved, raw		0.4	0.0	0.06	0.01	0.15 tr		0.7	99	2.70
426	050080	Spring onion, leaves, raw		0.5	0.0	0.10	0.10	0.20	0.2	2.7	39	
427	050077	Spinach, small leaved, boiled		0.3	0.0	0.04	0.01	0.11 tr		1.4	136	3.60
428	050084	Sweet green pepper, raw		0.1	0.0	0.01	0.01	0.05	0.1	2.9	7	0.90
429	050083	Sweet green pepper, unsalted, boiled		0.2	0.0	0.03	0.01	0.11	0.3	4.2	10	1.30
430	050093	Tomato, flesh and skin, raw		0.2	0.0	0.03	0.03	0.08 tr		2.9	8	0.20
431	050091	Tomato, flesh and skin, boiled		0.3	0.0	0.04	0.05	0.12 tr		4.0	11	0.30
432	050092											15
433												
434												
435												
436												
437												
438												
439												
440												
441												
442												

B	C	X	Y	Z	AA	AB	AC	AD	AE	AF	AG
1	CODE	FOODNAME	P-mg	K-mg	NA-mg	ZN-mg	CU-mg	SE-mcg	MN-mcg	Vitamin A_6 mcg	Carotene mcg
2											
407	050064	Onion, raw	33	180	15	0.31	0.14	0.60	220.00	0	0
408											
409	050062	Onion, boiled	30	162	14	0.30	0.13	0.60	209.00	0	0
410											
411	050063	Onion, with sunflower oil, fried	44	239	21	0.44	0.19	0.90	309.00	tr	3
412											0
413	050065	Peas, raw	83	265	14	0.87	0.17	0.80	330.00	26	153
414											0
415	050066	Peas, boiled	62	207	13	0.69	0.12	0.90	250.00	23	135
416											0
417	050072	Pumpkin, raw	19	237	6	0.24	0.09	0.10	110.00	156	934
418											0
419	050071	Pumpkin, without skin, boiled	17	157	2	0.12	0.08	0.10	50.00	213	1279
420											0
421	050074	Runner beans, raw	34	220	tr	0.20	0.02		200.00		145
422											0
423	050073	Runner beans, ends trimmed, boiled	21	130	1	0.20	0.01		200.00		120
424											
425	050076	Spinach, swiss chard, raw	50	348	892	0.73	0.17	1.20	1680.00	468	2807
426											0
427	050075	Spinach, swiss chard, boiled	48	332	1074	0.70	0.16	1.14	1600.12	446	2674
428											0
429	050079	Spinach, small leaved, raw	49	558	79	0.53	0.13	1.00	897.00	672	4032
430											0
431	050077	Spinach, small leaved, boiled	56	466	70	0.76	0.17	15.00	935.00	819	4914
432											0
433	050080	Spring onion, leaves, raw	29	260	7	0.40	0.06		0.20	620	0
434											
435	050084	Sweet green pepper, raw	23	177	6	0.24	0.17	tr	120.00	36	214
436											0
437	050083	Sweet green pepper, unsalted, boiled	31	239	9	0.34	0.24	tr	171.00	40	240
438											0
439	050093	Tomato, flesh and skin, raw	25	231	5	0.16	0.07	0.40	60.00	39	231
440											0
441	050092	Tomato, flesh and skin, boiled	34	316	7	0.22	0.10	0.50	82.00	50	301
442											0

1	2	B	C	AH	AI	AJ	AK	Niacin	Vitamin B6	AL	AM	Vitamin C	AN
		CODE	FOODNAME	Vitamin E	mg	mg	mg	mg	mg	mcg	mcg	mg	
407	050064	Onion, raw		0.00	0.03	0.01	0.1	0.12	0.12	2	6		
408													
409	050062	Onion, boiled		0.00	0.04	0.02	0.1	0.12	0.12	11	9		
410	050063	Onion, with sunflower oil, fried		9.59	0.06	0.03	0.1	0.17	0.17	16	13		
411													
412	050065	Peas, raw		0.04	0.28	0.08	2.5	0.10	82	27			
413	050066	Peas, boiled		0.12	0.20	0.04	1.6	0.04	44	13	9		
414													
415													
416	050072	Pumpkin, raw		0.08	0.02	0.02	0.6	0.10	4	8			
417													
418	050071	Pumpkin, without skin, boiled		0.70	0.02	0.01	0.4	0.06	3	5			
419													
420	050074	Runner beans, raw		0.23	0.06	0.03	tr	0.08	60	18			
421													
422	050073	Runner beans, ends trimmed, boiled		0.23	0.05	0.02	tr	0.04	42	10			
423													
424	050076	Spinach, swiss chard, raw		0.30	0.03	0.10	0.6	0.08	52	24			
425													
426	050075	Spinach, swiss chard, boiled		1.41	0.02	0.08	0.4	0.05	30	13			
427													
428	050079	Spinach, small leaved, raw		1.89	0.08	0.19	0.7	0.20	194	28			
429													
430	050077	Spinach, small leaved, boiled		0.96	0.1	0.24	0.5	0.24	146	10			
431													
432	050080	Spring onion, leaves, raw			0.05	0.03	0.5	0.13	54	26			
433													
434	050084	Sweet green pepper, raw		0.04	0.04	0.02	0.6	0.17	5	77			
435													
436	050083	Sweet green pepper, unsalted, boiled		0.06	0.08	0.04	0.6	0.23	17	89			
437													
438	050093	Tomato, flesh and skin, raw		0.84	0.04	0.01	0.9	0.09	18	20			
439													
440	050092	Tomato, flesh and skin, boiled		1.14	0.05	0.01	1.2	0.12	17	26			
441													
442													

1	A	B	C	D	E	F	G	H	I	J	K	L	M
Priority	CODE	FOODNAME		Edible conversion factor	Energy kJ	Water g	Carbo-hydrates g	Total Nitrogen g	Protein g	Plant Protein g	Animal Protein g	Dietary Fibre g	Ash g
2	443	Tomato, sun dried, raw		1	1187	14.6	43.5	2.26	14.1	14.1	0	12.3	12.60
444	2	Tomato and onion, with sugar and sunflower oil, stewed		1	685	72.3	9.5	0.13	0.8	0.8	0	1.2	2.71
445	2	450088											
446													
447		06 LEGUMES											
448	2	060001	Baked beans, in tomato sauce, canned	1	67	94.3	2.0	0.13	0.8	0.8	0	1.5	1.18
449													
450	1	060005	Beans, sugar, dried, raw	1	1308	12.4	46.2	2.70	16.9	16.9	0	19.4	1.89
451													
452	1	060003	Beans, sugar, dried, boiled	1	532	63.0	19.5	1.14	7.1	7.1	0	8.2	2.06
453													
454	1	060004	Beans, sugar, dried, with sugar and vinegar, boiled	1	408	74.0	12.6	0.00	4.4	4.4	0	5.1	1.59
455													
456	1	060010	Peas, split, dried, raw	1	1359	11.3	43.3	3.94	24.6	24.6	0	17.1	1.14
457													
458	1	060009	Peas, split, dried, unsalted, boiled	1	457	69.5	15.2	1.33	8.3	8.3	0	5.9	0.99
459													
460	2	060008	Peas, split, dried, with sunflower oil, boiled	1	152	90.4	4.1	0.37	2.3	2.3	0	1.6	0.60
461													
462	1	060011	Soy bean, dried, whole, raw	1	1543	8.5	14.4	5.74	35.9	36.5	0	1.6	1.59
463													
464		07 ROOTS AND TUBERS											
465	1	070008	Potato, flesh and skin, raw	1	310	80.2	15.9	0.24	1.5	1.5	0	1.5	0.90
466													
467	1	070001	Potato, without skin, raw	1	334	79.0	16.6	0.26	1.6	1.6	0	1.6	0.60
468													
469	2	070003	Potato, without skin, boiled	1	312	80.4	15.5	0.24	1.5	1.5	0	1.5	0.60
470													
471	1	070002	Potato chips/french fries, homemade, unsalted	1	828	56.6	27.4	0.63	3.9	3.2	0	3.2	0.90
472													
473	2	070009	Sweet potato, red skinned, raw	1	303	80.4	15.6	0.18	1.1	1.1	0	2.1	0.80
474													
475	2	070010	Sweet potato, without skin, with sugar, boiled	1	287	81.8	15.1	0.16	1.0	1.0	0	2.0	0.40
476													

1	B	C	N	O	P	Q	R	S	T	U	V	W	
2	CODE	FOODNAME	Fat	Choles-terol	Fatty Acids			Starch	Total Sugar	CA-mg	FE-mg	MG-mg	
			g	g	Satd g	Mono-unsatd g	Poly-unsatd g	g	g				
443	050087	Tomato, sun dried, raw	3.0	0.0	0.43	0.49	1.12 tr		43.5	110	9.10	194	
444	050088	Tomato and onion, with sugar and sunflower oil, stewed	13.5	0.0	1.72	2.51	8.67	0.0	8.5	17	0.32	12	
445		06 LEGUMES											
448	060001	Baked beans, in tomato sauce, canned	0.2	0.0	0.05	0.01	0.10			22	0.47	13	
449	060005	Beans, sugar, dried, raw	1.3	0.0	0.19	0.14	0.98			0.0	85	5.90	17
451	060003	Beans, sugar, dried, boiled	0.6	0.0	0.08	0.06	0.41			0.0	32	2.10	55
452	060004	Beans, sugar, dried, with sugar and vinegar, boiled	1.9	0.0	0.25	0.33	1.26	0.0	0.5	23	1.55	6	
453	060010	Peas, split, dried, raw	1.2	0.0	0.16	0.24	0.5			0.0	55	4.40	115
457	060009	Peas, split, dried, unsalted, boiled	0.4	0.0	0.05	0.08	0.17			0.0	14	1.30	36
458	060008	Peas, split, dried, with sunflower oil, boiled	0.7	0.0	0.09	0.14	0.45	0.0	0.0	7	0.42	12	
459	060011	Soy bean, dried, whole, raw	18.6	0.0	2.30	3.50	9.10	4.4	5.2	5	9.70	250	
462	07 ROOTS AND TUBERS		0.1	0.0	0.03 tr	0.04	15.3	0.7		6	1.20	15	
464	070008	Potato, flesh and skin, raw											
466	070001	Potato, without skin, raw	0.1	0.0	0.03 tr	0.04	16.0	0.6		6	0.70	14	
467	070003	Potato, without skin, boiled	0.1	0.0	0.03 tr	0.04	14.8	0.7		6	0.60	12	
468	070002	Potato chips/french fries, homemade, unsalted	6.7	0.0	0.60	3.30	2.40	26.8	0.6	11	0.80	31	
469	070009	Sweet potato, red skinned, raw	0.1	0.0	0.02 tr	0.04	11.2	4.4		12	0.30	13	
471	070010	Sweet potato, without skin, with sugar, boiled	0.1	0.0	0.02 tr	0.04	6.3	8.8	9	0.30	13		
476													

1	B	C	FOODNAME	P-mg	K-mg	NA-mg	ZN-mg	CU-mg	SE-mcg	MN-mcg	Vitamin A_6 mcg	Carotene mcg	AF	AG
2	CODE													
443	050087	Tomato, sun dried, raw		356	3427	2095	1.99	1.42	5.50	1846.00	87	522	0	
444	050088	Tomato and onion, with sugar and sunflower oil, stewed		27	198	887	0.21	0.10	0.46	120.61	21	124	0	
447		06 LEGUMES												
448	060001	Baked beans, in tomato sauce, canned		16	93	373	0.14	0.06	0.31	0.20				
449														
450	060005	Beans, sugar, dried, raw		164	1140	35	2.54	0.88		1310.00	0	0	0	
451														
452	060003	Beans, sugar, dried, boiled		122	368	14	1.06	0.30		560.00	0			
453														
454	060004	Beans, sugar, dried, with sugar and vinegar, boiled		43	299	420	0.66	0.23	0.00	341.68	0	0	0	
455														
456	060010	Peas, split, dried, raw		366	981	15	3.01	0.87		1390.00	15	0	0	
457														
458	060009	Peas, split, dried, unsalted, boiled		99	362	2	1.00	0.18		400.00	1	0	0	
459														
460	060008	Peas, split, dried, with sunflower oil, boiled		35	94	166	0.29	0.09	0.00	132.22	1	0	0	
461														
462	060011	Soy bean, dried, whole, raw		660	1730	5	4.30	1.55	14.00	2600.00		12		
463														
464		07 ROOTS AND TUBERS												
465	070008	Potato, flesh and skin, raw		45	398	2	0.29	0.09	0.60	140.00	0	0	0	
466														
467	070001	Potato, without skin, raw		43	332	2	0.29	0.12	0.30	147.00	tr	0	0	
468														
469	070003	Potato, without skin, boiled		38	279	2	0.26	0.11	0.30	130.00	tr	0	0	
470														
471	070002	Potato chips/french fries, homemade, unsalted		62	660	12	0.60	0.14	2.00	200.00	0	tr	0	
472														
473	070009	Sweet potato, red skinned, raw		34	285	12	0.18	0.11	0.40	100.00	3	20	0	
474														
475	070010	Sweet potato, without skin, with sugar, boiled		22	189	11	0.12	0.08	0.50	60.00	3	20	0	
476														

1. CODE 2.	B	C	AH	AI	AJ	AK	AL	AM	AN
		FOODNAME	Vitamin E	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B6 mg	Folate mcg	Vitamin C mg
443	050087	Tomato, sun dried, raw		0.01	0.53	0.49	9.1	0.33	68
444		Tomato and onion, with sugar and sunflower oil, stewed		5.71	0.02	0.03	0.4	0.06	6
445	050088								7
446									
447		06 LEGUMES							
448	060001	Baked beans, in tomato sauce, canned		0.03	0.049	0.2	0.04	18	3
449									
450	060005	Beans, sugar, dried, raw		0.34	0.45	0.13	2.5	0.44	370
451									3
452	060003	Beans, sugar, dried, boiled		0.14	0.12	0.04	0.7	0.16	140
453									1
454	060004	Beans, sugar, dried, with sugar and vinegar, boiled		0.70	0.08	0.04	0.5	0.07	58
455									0
456	060010	Peas, split, dried, raw		0.09	0.73	0.22	2.9	0.17	274
457									2
458	060009	Peas, split, dried, unsalted, boiled		0	0.19	0.06	0.9	0.05	65
459									0
460	060008	Peas, split, dried, with sunflower oil, boiled		0.25	0.04	0.02	0.2	0.01	13
461									0
462	060011	Soy bean, dried, whole, raw		2.90	0.16	0.27	2.2	0.38	370 tr
463									
464		07 ROOTS AND TUBERS							
465	070008	Potato, flesh and skin, raw		0.06	0.14	0.02	1.8	0.21	10
466									27
467	070001	Potato, without skin, raw		0.06	0.16	0.01	1.4	0.21	3
468									29
469	070003	Potato, without skin, boiled		0.06	0.12	0.01	1.2	0.19	2
470									20
471	070002	Potato chips/french fries, homemade, unsalted		0.19	0.24	0.02	0.7	0.32	43
472									9
473	070009	Sweet potato, red skinned, raw		0.14	0.07	0.01	0.6	0.08	8
474									22
475	070010	Sweet potato, without skin, with sugar, boiled		0.22	0.05	0.01	0.5	0.07	6
476									7

1	A	B	C	D	E	F	G	H	I	J	K	L	M
2	Priority	CODE	FOODNAME	Edible conversion factor	Energy kJ	Water g	Carbo-hydrates g	Total Nitrogen g	Protein g	Plant Protein g	Animal Protein g	Dietary Fibre g	Ash g
08 FRUITS, NUTS AND SEEDS													
477	1	080013	Apricot, flesh and skin, raw		1	197	86.7	6.5	0.13	0.8	0.8	0	1.8
478	1	080008	Apricot jam		1	1111	34.5	64.1	0.11	0.7	0.7	0	0.3
479	2	080012	Apricot, dried, raw		1	1048	31.1	52.8	0.59	3.7	3.7	0	0.3
480	1	080002	Apple, without skin, raw		1	249	84.5	12.9	0.03	0.2	0.2	0	0.2
481	1	080005	Apple, skin and core removed, raw		1	250	83.9	13.0	0.03	0.2	0.2	0	0.2
482	2	080006	Apple, dried, raw		1	1068	31.8	57.2	0.14	0.9	0.9	0	0.2
483	2	080007	Apple, golden delicious, raw		1	253	83.5	13.5	0.03	0.2	0.2	0	0.3
484	1	080015	Banana, raw		1	404	74.9	18.8	0.21	1.3	1.3	0	0.8
485	2	080016	Banana, sliced, sun dried		1	1545	3.0	78.4	0.62	3.9	3.9	0	0.9
486	2	080018	Fruit salad, raw		1	209	86.3	10.3	0.10	0.7	0.7	0	0.2
487	2	080021	Grape, seeds and skin, raw		1	283	81.8	14.7	0.11	0.7	0.7	0	0.6
488	2	080023	Guava, without skin, raw		1	219	82.7	7.7	0.13	0.8	0.8	0	0.6
489	2	080024	Guava, seeds and skin, raw		1	283	81.8	14.7	0.11	0.7	0.7	0	0.6
490	1	080026	Mango and orange juice		1	232	86.2	13.1	0.05	0.3	0.3	0	0.1
491	2	080033	Orange juice		1	194	88.3	10.2	0.11	0.7	0.7	0	0.2
492	1	080040	Peach, flesh and skin, raw		1	185	87.8	8.6	0.11	0.7	0.7	0	0.4
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1	B	C	N	O	P	Q	R	S	T	U	V	W
2	CODE	FOODNAME	Fat	Choles- terol g			Fatty Acids					
					Satd g	Mono- unsatd-g	Poly- unsatd-g	Starch g	Total Sugar g	CA-mg	FE-mg	MG-mg
477		08 FRUITS, NUTS AND SEEDS										
478	080013	Apricot, flesh and skin, raw	0.1	0.0	0.01	0.04	0.02	0.0	6.5	15	0.50	11
479	080008	Apricot jam	0.2		0.01	0.11	0		36.7	20	0.49	4
480	080012	Apricot, dried, raw	0.5	0.0	0.03	0.20	0.09	0.0	52.8	45	4.70	47
481	080002	Apple, without skin, raw	0.3	0.0	0.05	0.01	0.09	0.0	12.9	4	0.10	3
482	080005	Apple, skin and core removed, raw	0.1	0.0	0.02	tr	0.03	tr	13.0	2	0.30	3
483	080006	Apple, dried, raw	0.3	0.0	0.05	0.01	0.09	tr	57.2	14	1.40	16
484	080007	Apple, golden delicious, raw	0	0.0	0.01	tr	0.01	tr	13.5	2	0.30	3
485	080015	Banana, raw	0.3	0.0	0.12	0.03	0.06	6.4	12.4	2	0.60	21
486	080016	Banana, sliced, sun dried	1.8	0.0	0.70	0.15	0.34		47.3	22	1.15	108
487	080018	Fruit salad, raw	0.1	0.0	0.01	0.01	0.02	0.0	10.3	9	0.26	7
488	080021	Grape, seeds and skin, raw	0.1	0.0	0.03	tr	0.03	0.0	14.7	6	0.30	7
489	080023	Guava, without skin, raw	0.3	0.0	0.09	0.03	0.13	0.1	7.6	8	0.40	10
490	080024	Guava, seeds and skin, raw	0.1	0.0	0.03	tr	0.03	0.0	14.7	6	0.30	7
491	080026	Mango and orange juice	0.1	0.0	0	0			0.0	5	0.40	7
492	080032	Orange juice	0.2	0.0	0.02	0.02	0.0	9.2	30	0.30	8	
493	080033	Peach, flesh and skin, raw	0.1	0.0	0.01	tr	0.01	0.0	8.6	4	0.30	8
494	511											

1	B	C	X	Y	Z	AA	AB	AC	AD	AE	AF	AG
2	CODE	FOODNAME	P-mg	K-mg	NA-mg	ZN-mg	CU-mg	SE-mcg	MN-mcg	Vitamin A_6 mcg	Carotene mcg	Vitamin D mcg
08 FRUITS, NUTS AND SEEDS												
477	080013	Apricot, flesh and skin, raw	25	320	4	0.16	0.08	0.20	77.00	68	405	0
478	080008	Apricot jam	11	77	40	0.06	0.10	0.60	0.04			
480	080012	Apricot, dried, raw	117	1378	10	0.74	0.43	0.70	275.00	87	521	0
481	080002	Apple, without skin, raw	7	113	0	0.04	0.03	0.30	23.00	4	24	0
482	080005	Apple, skin and core removed, raw	7	99	4	0.09	0.07	0.30	80.00	3	18	0
483	080006	Apple, dried, raw	38	450	87	0.20	0.19	1.30	90.00	13	79	0
484	080007	Apple, golden delicious, raw	7	104	6	0.19	0.08	0.30	90.00	3	17	0
485	080015	Banana, raw	20	241	1	23.00	0.05	1.10	310.00	16	95	0
486	080016	Banana, sliced, sun dried	74	1491	3	0.61	0.39	0.57	3.90			
487	080018	Fruit salad, raw	14	166	3	0.11	0.08	0.30	56.42	5	32	0
488	080021	Grape, seeds and skin, raw	19	215	2	0.06	0.08	0.20	40.00	3	17	0
489	080023	Guava, without skin, raw	23	264	1	0.15	0.15	180.00		10	57	0
490	080024	Guava, seeds and skin, raw	19	215	2	0.06	0.08	0.20	40.00	3	17	0
491	080026	Mango and orange juice	12	75	2	0.33	0.01		0.24			
492	080033	Orange, raw	19	176	1	0.22	0.10	0.50	85.00	4	23	0
493	080032	Orange juice	17	200	1	0.05	0.04	0.20	14.00	3	17	0
494	080040	Peach, flesh and skin, raw	17	201	4	0.09	0.08	0.40	50.00	6	39	0
495												
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1	B	C	AH	AI	AJ	AK	AL	AM	AN
2	CODE	FOODNAME	Vitamin E mg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B6 mg	Folate mcg	Vitamin C mg
08 FRUITS, NUTS AND SEEDS									
477	080013	Apricot, flesh and skin, raw	0.89	0.01	0.02	0.5	0.04	tr	4
478	080008	Apricot jam	0.13	0.00	0.022	0.0			9
480	080012	Apricot, dried, raw	1.50	0.01	0.15	3	0.16	10	2
483	080002	Apple, without skin, raw	0.08	0.02	0.01	0.1	0.05	tr	4
484	080005	Apple, skin and core removed, raw	0.16	0.02	0.06	0.2	0.03	1	5
487	080006	Apple, dried, raw	0.55	0.00	0.16	0.9	0.13	0	4
488	080007	Apple, golden delicious, raw	0.00	0.03	0.01	0.2	0.04	1	7
490	080015	Banana, raw	0.27	0.03	0.02	0.7	0.30	19	12
493	080016	Banana, sliced, sun dried	0.39	0.18	0.24	2.8			7
495	080018	Fruit salad, raw	0.38	0.04	0.02	0.3	0.03	8	15
496	080021	Grape, seeds and skin, raw	0.66	0.06	0.01	0.2	0.06	4	3
497	080023	Guava, without skin, raw	0.14	0.05	0.02	1.2	0.08	19	347
499	080024	Guava, seeds and skin, raw	0.66	0.06	0.01	0.2	0.06	4	3
500	080026	Mango and orange juice	0.19	0.08	0.02	0.3	0.04	30	53
505	080033	Orange, raw	0.09	0.09	0.03	0.4	0.04	30	50
508	080032	Orange juice	0.7	0.02	0.02	0.6	0.01	2	8
510	080040	Peach, flesh and skin, raw							
511									

1	A	B	C	FOODNAME	D	E	F	G	H	I	J	K	L	M
2	Priority	CODE			Edible conversion factor	Energy kJ	Water g	Carbo-hydrates g	Total Nitrogen g	Protein g	Plant Protein g	Animal Protein g	Dietary Fibre g	Ash g
512	2	080037	Peach, dried, raw		1	1059	31.8	53.1	0.58	3.6	3.6	0	8.2	2.50
513														
514	2	080042	Peanut butter		1	2569	1.4	14.7	3.94	24.6	24.6	0	6.0	3.15
515														
516	1	080046	Pear, core and skin removed, raw		1	254	83.4	14.4	0.05	0	0.3	0	3.0	0.20
517														
518	2	080049	Pineapple, core and skin removed, raw		1	229	85.3	12.1	0.06	0.4	0.4	0	1.8	0.40
519														
520	1	080052	Pumpkin seeds, raw		1	2392	6.3	13.9	3.93	24.5	24.5	0	3.9	4.88
521														
522	1	080053	Pumpkin seeds, roasted		1	1614	4.5	17.9	2.98	18.6	18.6	0	35.9	4.37
523														
524	2	080054	Quinces, raw		1	254	83.8	13.4	0.06	0.4	0.4	0	1.9	0.40
525														
526	2	080059	Strawberry, raw		1	139	90.7	6.0	0.11	0.7	0.7	0	1.9	0.50
527														
528	2	080061	Watermelon, raw		1	126	91.8	5.9	0.14	0.9	0.9	0	1.1	0.30
529														
530				09 FATS AND OILS										
531	2	090001	Animal fat, chicken		1	3693	0.2	0.0	0.00	0	0	0	0.0	0.00
532														
533	2	090004	Hard margarine		1	3052	15.2	0.4	0.05	0.3	0	0.3	0.0	2.00
534														
535	2	090006	Mayonnaise, salad dressing, retail		1	2132	36.2	8.7	0.18	1.1	0	1.1	0.0	1.90
536														
537	1	090007	Sunflower oil		1	3700	0	0.0	tr	0	0	0	0.0	0.00
538														
539				10 SOUPS AND SAUCES										
540	2	100001	Atchar, mango		1	1312	34.8	49.5	0.06	0.4	0.4	0	1.6	0.00
541														
542	2	100003	Chutney, tomato		1	696	58.2	39.7	0.18	1.1	1.1	0	1.9	0.00
543														
544	1	100004	Gravy, tomato, onion, with sunflower oil, stewed		1	964	66.2	3.9	0.12	0.8	0.8	0	1.0	4.39
545														
546	1	100009	Tomato sauce/Ketchup style		1	505	67.7	24.6	0.19	1.2	1.2	0	1.8	2.00
547														

1	B	C	N	O	P	Q	R	S	T	U	V	W
2	CODE	FOODNAME	Fat	Choles-terol	Fatty Acids			Total Sugar	CA-mg	FE-mg	MG-mg	
512	080037	Peach, dried, raw	0.8	0.0	0.08	0.28	0.37	0.0	53.1	28	4.10	
513			50	0.0	10.12	20.42	17.01					
514	080042	Peanut butter	0.1	0.0	0.01	0.02	0.02	0.0	14.4	5	0.40	
515			0.1	0.0	0.01	0.01	0.01	0.0			4	
516	080046	Pear, core and skin removed, raw	0.1	0.0	0.01	0.01	0.01	0.0				
517			0.1	0.0	0.01	0.01	0.01	0.0				
518	080049	Pineapple, core and skin removed, raw	45.9	0.0	8.67	14.26	20.90		1.0	43	14.97	
519			19.4	0.0	3.67	6.03	8.84		0.0	55	535	
520	080052	Pumpkin seeds, raw	0.1	0.0	0.01	0.04	0.05	0.0				
521			0.3	0.0	0.02	0.04	0.15	0.0				
522	080053	Pumpkin seeds, roasted	0.1	0.0	0.01	0.04	0.05	0.0				
523			0.3	0.0	0.02	0.04	0.15	0.0				
524	080054	Quinces, raw	0.1	0.0	0.01	0.04	0.05	0.0				
525			0.3	0.0	0.02	0.04	0.15	0.0				
526	080059	Strawberry, raw	0.1	0.0	0.01	0.02	0.03	0.0	5.9	3	0.10	
527			0.1	0.0	0.01	0.02	0.03	0.0			10	
528	080061	Watermelon, raw	99.8	0.1	29.80	44.70	20.90	0.0				
529			82.2	0.0	18.92	42.00	17.34					
530		09 FATS AND OILS										
531	090001	Animal fat, chicken	54.0	0.1	6.83	10.03	34.68		7.3	6	0.20	
532			100.0	0.0	12.65	18.57	64.22	0.0	0	0.00	0	
533	090004	Hard margarine	10.9	0.0				0.0	6	0.00	1	
534			0.1	0.0	0	0						
535	090006	Mayonnaise, salad dressing, retail	23.7	0.0	3.00	4.40	15.20	0.0	3.3	12	0.26	
536			0.3	0.0	0.05	0.05	0.14		4.25	18	0.70	
537	090007	Sunflower oil									21	
538												
539		10 SOUPS AND SAUCES						0.0	0.0	23	2.30	
540	100001	Atchar, mango									27	
541												
542	100003	Chutney, tomato										
543	100004	Gravy, tomato, onion, with sunflower oil, stewed										
544												
545												
546	100009	Tomato sauce/Ketchup style										
547												

1 CODE	2	FOODNAME	P-mg	K-mg	NA-mg	ZN-mg	CU-mg	SE-mcg	MN-mcg	Vitamin A_6 mcg	Carotene mcg	AE	AF	AG
B	C	X	Y	Z	AA	AB	AC	AD	AE	Vitamin D mcg	Vitamin D mcg			
512	080037	Peach, dried, raw	119	996	7	0.57	0.36	6.50	305.00	60	359	0		
513			328	721	478	2.51	0.56			1.54	0	0		
514	080042	Peanut butter												
515					9	85	3	0.14	0.10	1.00	95.00	3	18	0
516	080046	Pear, core and skin removed, raw			6	159	1	0.03	0.04	0.70	440.00	5	31	0
517					1174	807	18	7.46	1.39	5.60	3.02			
518	080049	Pineapple, core and skin removed, raw												
519														
520	080052	Pumpkin seeds, raw												
521														
522	080053	Pumpkin seeds, roasted												
523														
524	080054	Quinces, raw												
525														
526	080059	Strawberry, raw												
527														
528	080061	Watermelon, raw												
529														
530		09 FATS AND OILS												
531	090001	Animal fat, chicken												
532														
533	090004	Hard margarine	0	9	1530	0.00	0.00			750		5		
534														
535	090006	Mayonnaise, salad dressing, retail	21	13	354	0.08	0.02	0.00	0.00	81		0.26		
536														
537	090007	Sunflower oil		0	0	0.00	0.00			3				
538														
539		10 SOUPS AND SAUCES												
540	100001	Atchar, mango	0	57	1090	0.10	0.10	0.00	0.00	21		0		
541														
542	100003	Chutney, tomato	39	310	130	0.20	0.14	0.00		60		0		
543														
544	100004	Gravy, tomato, onion, with sunflower oil, stewed	24	191	1550	0.18	0.08	0.39	89.56	25	145	0		
545														
546	100009	Tomato sauce/Ketchup style	38	465	582	0.22	0.20		130.00	99				
547														

1	B CODE	C FOODNAME	AH Vitamin E mg	AI Thiamin mg	AJ Riboflavin mg	AK Niacin mg	AL Vitamin B6 mg	AM Folate mcg	AN Vitamin C mg
2			0.00	tr	0.21	4.4	0.07	tr	5
512	080037	Peach, dried, raw							
513	080042	Peanut butter	4.70	0.14	0.10	13.1	0.38	78	0
514	080046	Pear, core and skin removed, raw	0.18	0.02	0.01	0.3	0.01	1	4
515	080049	Pineapple, core and skin removed, raw	0.00	0.08	0.02	0.3	0.06	16	43
516	080052	Pumpkin seeds, raw	0.00	0.21	0.32	1.7	0.22	58	2
517	080053	Pumpkin seeds, roasted							
518	080054	Quinces, raw	0.55	0.02	0.03	0.2	0.04	3	15
519	080059	Strawberry, raw	0.12	0.03	0.02	0.3	0.04	37	58
520	080061	Watermelon, raw	0.15	0.03	0.01	0.0	-0.03	4	6
521									
522									
523									
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525									
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527									
528									
529									
530		09 FATS AND OILS							
531	090001	Animal fat, chicken	2.70						
532									
533	090004	Hard margarine	15.00	0.00	0.00	0.0	0	0	0
534	090006	Mayonnaise, salad dressing, retail	14.88	0.02	0.06	0.0	0.01	3	
535									
536									
537	090007	Sunflower oil	39.22	0.00	0.00	0.0	0	0	
538									
539		10 SOUPS AND SAUCES							
540	100001	Atchar, mango	0.00	0.02	0.03	0.1	0	0	1
541	100003	Chutney, tomato	0.80	0.04	0.05	0.5	0.09	11	8
542	100004	Gravy, tomato, onion, with sunflower oil, stewed	9.77	0.03	0.05	0.6	0.06	5	10
543									
544									
545									
546	100009	Tomato sauce/Ketchup style							
547									

A	B	C	D	E	F	G	H	I	J	K	L	M
Priority	CODE	FOODNAME	Edible conversion factor	Energy kJ	Water g	Carbo-hydrates g	Total Nitrogen g	Protein g	Plant Protein g	Animal Protein g	Dietary Fibre g	Ash g
2												
548	2	110011 Chocolate, kit kat	1	2188	1.3	60.5	1.31	8.2	1.0	7.2		1.28
549	2	110012 Chocolate, kit kat	1	2188	1.3	60.5	1.31	8.2	1.0	7.2		
550	2	110014 Ice cream, regular, 10% fat	1	868	61.0	23.6	0.55	3.5	3.5	0	0.0	0.90
551	2	110015 Ice cream, rich, 16% fat	1	1038	57.2	22.4	0.55	3.5	3.5	0	0.0	0.80
552	2	110017 Ice cream, sorbet/non dairy, 8% fat	1	747	65.3	21.8	0.50	3.2	3.2	0	0.0	1.00
553	2	110018 Jelly, powder	1	1176	29.9	62.5	0.98	6.1	0	6.1	0.0	0.90
554	1	110019 Jelly dessert, prepared with water	1	162	90.2	8.6	0.13	0.8	0	0.8	0.0	0.21
555	2	110020 Sugar, granulated, brown	1	1649	2.1	96.4	0.00	0	0	0	0.0	0.90
556	1	110021 Sugar, granulated, white	1	1692	0.5	99.5	0	0	0	0	0.0	0.00
557	2	110022 Sweets, mashmellow	1	1401	17.3	80.4	0.32	2.0	0	2.0	0.0	0.30
3												
12 BABY FOODS												
558	1	120001 Baby cereal, containing milk dry cereac	1	1780	2.5	69.0	2.48	15.5	15.5	0	1.5	2.60
559	1	120005 Baby cereal, wheat dry nestum-1	1	1595	3.0	80.0	1.60	10.0	10.0	0	4.0	2.60
560	1	120017 Baby formula, soy-based, isomil, powder	1	2090	2.0	52.4	2.19	13.7	13.7	0	0.0	8.01
561	1	120018 Baby formula, whey predominant, ran	1	2035	3.0	57.9	1.82	11.4	0	11.4		7.67
562	1	120019 Wheat bran, with fresh milk, boiled (Nepe)	1	276	78.3	5.6	0.07	4.0	3.5	0.5	9.7	1.53
13 BEVERAGES, NON-ALCOHOLIC												
563	2	130001 Five roses tea, brewed	1	5	99.7	0.3	0.00	0	0	0	0.0	0.00
564	1	130002 Fermented thin porridge (Mahieu)	1	128	78.7	6.8	0.10	0.6	0.6	0	0.2	0.49
565	1											
566	1											
567	1											
568	1											
569	1											
570	1											
571	1											
572	1											
573	1											
574	1											
575	1											
576	1											
577	1											
578	1											
579	2											
580	1											
581	1											
582	1											

1 CODE	2 FOODNAME	3 C	4 N Fat	5 O Choles- terol g	6 P Fatty Acids	7 Q Satd g	8 R Mono- unsatd-g	9 S Starch g	10 T Total Sugar g	11 U CA-mg	12 V FE-mg	13 W MG-mg
11 SWEETS AND CONFECTIONERIES												
548 549 550	Chocolate, kit kat		26.6	13.80	9.70	1.60			54.5	200	1.50	52
551 552	Ice cream, regular, 10% fat		11.0	0.0	6.79	3.17	0.41 tr		21.5	128	0.10	14
553 554	Ice cream, rich, 16% fat		16.2	0.1	9.97	4.66	0.60 tr		20.4	117	0.10	11
555 556	Ice cream, sorbet/non dairy, 8% fat		8.7	0.0	4.40	3.20	0.80 tr		18.2	120	0.10	13
557 558	Jelly, powder		0	0.0	0	0	0	0	62.5	32	1.70	4
559 560	Jelly dessert, prepared with water		0	0.0	0	0	0	0	8.6	6	0.23	1
561 562	Sugar, granulated, brown		0	0.0	0	0	0	0	96.4	85	3.40	15
563 564	Sugar, granulated, white		0	0.0	0	0	0	0	99.5	0	0.10	0
565 566	Sweets, mashmellow		0	0.0	0.02	0	0	0	80.4	18	1.60	
12 BABY FOODS												
568 569	Baby cereal, containing milk dry cerelac		9.0						14.0	448	7.50	
570 571	Baby cereal, wheat dry nestum-1		1.3	0.0	0.19	0.11	0.57	0.0	130	15.00	85	
572 573	Baby formula, soy-based, isomil, powder		28.0	0.0	12.31	6.63	7.60		20.8	538	9.20	14
574 575	Baby formula, whey predominant, nan powder		25.8		9.80			0.0	230	6.10	34	
576 577	Wheat bran, with fresh milk, boiled (Nepe)		1.0	0.0	0.16	0.15	0.50	0.0	0.8	35	2.39	141
13 BEVERAGES, NON-ALCOHOLIC												
579 580	Five roses tea, brewed		0	0.0	0	0	0	0.0	0	0.00	0	3
581 582	Fermented thin porridge (Mahleu)		0.2	0.0	0.00	0.01			8	1.33	2	

1	B	C	X	Y	Z	AA	AB	AC	AD	AE	Vitamin A ₆ mcg	Carotene mcg	AF	AG
2	CODE	FOODNAME	P-mg	K-mg	NA-mg	ZN-mg	CU-mg	SE-mcg	MN-mcg					
548 11 SWEETS AND CONFECTIONERIES														
549	110011	Chocolate, kit kat	190	330	110	1.10	0.28			0.30		8		0
550	110004	Ice cream, regular, 10% fat	105	199	80	0.69	0.02	2.60		8.00	117	154	0.12	
552	110005	Ice cream, rich, 16% fat	95	159	56	124.00	0.03	2.60		8.00	184	243	0.13	
553	110007	Ice cream, sorbet/non dairy, 8% fat	100	170	76	0.30	tr			tr		2	6 tr	
554	110012	Jelly, powder	7	25	25	0.16								
555	110002	Jelly dessert, prepared with water	1	3	5	0.00	0.03	0.00	0.00	0.00	0	0		0
556	110008	Sugar, granulated, brown	19	344	30		0.06							
557	110009	Sugar, granulated, white	0	3	1		0.02							
558	110010	Sweets, mashmellow	6	6	39									
559	12 BABY FOODS													
560	120001	Baby cereal, containing milk dry cerelac	374	497	255					300		5.00		
561	120005	Baby cereal, wheat dry nestum-1	114	130	69	2.73	0.51			1520.00	210		6.25	
562	120017	Baby formula, soy-based, isomil, powder	0	28	12	6.63	7.60							
563	120018	Baby formula, whey predominant, nan powder	160	500	120	3.80	0.30			40.00	460		7.50	
564	120012	Wheat bran, with fresh milk, boiled (Nepe)	243	290	10	1.70	0.23	17.82		2.87	0	0	0	
565	13 BEVERAGES, NON-ALCOHOLIC													
566	130001	Five roses tea, brewed	1	37	3	0.02	0.01							
567	130002	Fermented thin porridge (Mahleu)	5	18	4	0.45	0.01	0.09	0.00	0	0	0	0	

B	C	AH	AI	AJ	AK	AL	AM	AN
CODE	FOODNAME	Vitamin E mg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B6 mg	Folate mcg	Vitamin C mg
11 SWEETS AND CONFECTIONERIES								
549 110011	Chocolate, kit kat	1.03	0.11	0.44	0.5	0.06		0
550								
551 110004	Ice cream, regular, 10% fat	0.00	0.04	0.24	0.1	0.05	5	1
552								
553 110005	Ice cream, rich, 16% fat	0.00	0.04	0.16	0.1	0.04	5	1
554								
555 110007	Ice cream, sorbet/non dairy, 8% fat	0.84	0.04	0.24	0.1	0.07	8	1
556								
557 110012	Jelly, powder	0.00	0.00	0.00	0.0	0.00	0	0
558								
559 110002	Jelly dessert, prepared with water	0.00	0.00	0.00	0.0	0.00	0	0
560								
561 110008	Sugar, granulated, brown	0.00	0.01	0.03	0.2	0.00	0	0
562								
563 110009	Sugar, granulated, white	0.00	0.00	0.00	0.0	0.00	0	0
564								
565 110010	Sweets, mashmellow	0.00	0.00	0.0	0.0	0.00	0	0
566								
567	12 BABY FOODS							
568 120001	Baby cereal, containing milk dry cerelac	2.00	0.80	0.30	4.0	3.00	22	35
569								
570 120005	Baby cereal, wheat dry nestum-1	3.33	0.55		8.0	0.41	19	65
571								
572 120017	Baby formula, soy-based, isomil, powder	8.76	0.31	0.46	6.9	0.31	77	42
573								
574 120018	Baby formula, whey predominant, nan powder	4.07	0.30	0.70	3.8	0.40	46	41
575								
576 120012	Wheat bran, with fresh milk, boiled (Nepe)	0.34	0.07	0.09	1.8	0.18	9	0
577								
578	13 BEVERAGES, NON-ALCOHOLIC							
579 130001	Five roses tea, brewed	0.00	0.10	0	0.00	5	0	0
580								
581 130002	Fermented thin porridge (Mahleu)	0.00	0.05	0.05	0.3	0.01	9	0
582								

1	A	B	C	D	E	F	G	H	I	J	K	L	M
2	Priority	CODE	FOODNAME	Edible conversion factor	Energy kJ	Water g	Carbo-hydrates g	Total Nitrogen g	Protein g	Plant Protein g	Animal Protein g	Dietary Fibre g	Ash g
583	1	130004	Ginger, powdered, brewed (Khemere)	*0.89	195	88.4	11.3	0.01	0.1	0	0	0.1	0.14
584	1												
585	2	130003	Mint, herbal tea	1	5	99.7	0.2	0.00	0	0	0	0.0	0.00
586	2	130005	Roibos tea, brewed	1	5	99.7	0.2	0.00	0	0	0	0.0	0.00
588	1	130006	Sorghum beverage, soured, (motoho)	1	352	78.7	17.5	0.02	2.2	2.1	0	1.0	0.49
589	1	130007	Water, tab	1	0	99.9	0.0	0.00	0	0	0	0.0	0.10
593			14 BEVERAGES, ALCOHOLIC										
594	1	140001	Beer, 5% alcohol	1	194	92.0	3.6	0.07	0.5	0.6	0.0	0.0	0.16
595	2	140004	Cider, 5.5% alcohol	1	216	91.2	3.9	0.59	3.7	3.7	0		
596	2												
597													
598			15 MISCELLANEOUS										
599	1	150002	Curry powder	1	1573	9.5	41.8	2.03	12.7	12.7	0	16.3	5.57
600	1	150003	Ginger powder	1	1466	9.4	58.3	1.46	9.1	3.2	0	12.5	4.77
601	1	150009	Maize, roasted, milled (Lipabi), mixed with sugar and salted	1	736	0.5	35.1	0.51	3.2	3.2	0	3.7	2.25
602	1	150005	Salt, iodated	1	0	0.2	0.0	0	0	0	0		99.80
603	2	150007	Vinegar	1	29	98.0	0.6	0.07	0.4	0.4	0	0.0	0.30
604	1	150008	Yeast, dried	1	1355	7.6	17.3	6.13	38.3	38.3	0	21.0	7.00
605	1												
606	2												
607	2												
608	1												
609	1												
610	1												

B	C	N	O	P	Q	R	S	T	U	V	W
1 CODE	FOODNAME	Fat	Choles-terol	Fatty Acids			Starch	Total Sugar	CA-mg	FE-mg	MG-mg
2		g	g	Satd	Mono-unsatd-g	Poly-unsatd-g	g	g			
583 130004	Ginger, powdered, brewed (Khemere)	0.0	0.01	0.01	0.01	0.01	0	0	2.85	0.07	2
584 585 130003	Mint, herbal tea	0	0.0	0	0	0	0	0	1	0.00	1
586 587 130005	Roibos tea, brewed	0	0.0	0	0	0.01	0	0.0	1	0.00	1
588 589 130006	Sorghum beverage, soured, (motoho)	0.4	0.0	0.00	0.01	0.01	14.4	3.0	8	1.33	2
590 591 130007	Water, tab	0	0.0	0	0	0	0.0	0.0	2	0.00	1
592 593 14 BEVERAGES, ALCOHOLIC		0	0.0	0	0	0	0.0	0.0	4	0.02	6
594 595 140001	Beer, 5% alcohol	0	0.0	0	0	0	0.0	4.1	8	0.50	3
596 597 140004	Cider, 5.5% alcohol	0	0.0	0	0	0	0.0	0.0	0	0.00	1
598 599 15 MISCELLANEOUS		13.8	0.0	1.15	4.81	5.07	0.0	47.8	29.60	254	
600 601 150003	Curry powder										
602 603 150009	Ginger powder	6.0	0.0	1.94	1.0	1.31		3.4	116	11.52	184
604 605 150005	Maize, roasted, milled (Lipabi), mixed with sugar and salted	1.5	0.0	0.18	0.43	0.68	0.0	8.9	3.7	1.1	44
606 607 150007	Salt, iodated	0	0.0	0	0	0	0	0	10	0.30	76
608 609 150008	Vinegar	4.6	0.0	0.60	2.56	0.01	0.0	0.0	64	16.60	98
610	Yeast, dried										

1	B	C	X	Y	Z	AA	AB	AC	AD	AE	AF	AG
1	CODE	FOODNAME	P-mg	K-mg	Na-mg	Zn-mg	CU-mg	SE-mg	MN-mg	Vitamin A ₆ mcg	Carotene mcg	Vitamin D mcg
583	130004	Ginger, powdered, brewed (Khemere)	1	8	2	0.03	0.01	0.18	0.15	0	0	0
584												
585	130003	Mint, herbal tea		4	3	0.02	0.04			0.02		
586												
587	130005	Raibos tea, brewed		4	3	0.02	0.04			0.02		
588												
589	130006	Sorghum beverage, soured, (motoho)	5	18	12	0.45	0.01	0.09	0.00	0	0	0
590												
591	130007	Water, tab	0	0	2	0.00	0.01	0.00	0.00	0	0	0
592												
		14 BEVERAGES, ALCOHOLIC										
593												
594	140001	Beer, 5% alcohol	14	27	4	0.01	0.01	0.60	0.01	0	0	0
595												
596	140004	Cider, 5.5% alcohol	3	72	7 tr		0.04 tr	tr	tr	tr	tr	0
597												
		15 MISCELLANEOUS										
598												
599	150002	Curry powder	349	1543	52	4.05	0.82			4290.00		0
600												
601	150003	Ginger powder	148	1343	32	4.72	0.48	32.50	26.50			0
602												
603	150009	Maize, roasted, milled (Lipabi), mixed with sugar and salted	84	122	734	0.80	0.07	0.00	243.65	0	0	0
604												
605	150005	Salt, iodated	1	89	39300	0.10	0.08		tr			0
606												
607	150007	Vinegar	10	34	5	0.10	0.01	1.00	10.00			0
608												
609	160008	Yeast, dried	1290	2000	50	6.40	0.50	24.10	0.55			
610												

1	B	C	AH	AI	AJ	AK	AL	AM	AN
2	CODE	FOODNAME	Vitamin E mg	Thiamin mg	Riboflavin mg	Niacin mg	Vitamin B6 mg	Folate mcg	Vitamin C mg
583	130004	Ginger, powdered, brewed (Khemere)	0.10	0.00	0.00	0.0	0.00	0	0
584	130003	Mint, herbal tea							
587	130005	Roibos tea, brewed							
588	130006	Sorghum beverage, soured, (motoho)	0.00	0.05	0.05	0.3	0.01	9	0
590	130007	Water, tab	0.00	0.00	0.00	0	0	0	0
592		14 BEVERAGES, ALCOHOLIC							
594	140001	Beer, 5% alcohol	0.00	0.01	0.03	0.0	0.05	6	0
595	140004	Cider, 5.5% alcohol	tr	tr	0	0.01			0
597		15 MISCELLANEOUS							
599	150002	Curry powder		0.25	0.28	3.5		0	11
600	150003	Ginger powder	18.02	0.05	0.19	5.2	0.84	39	7
602	150009	Maize, roasted, milled (Lipabi), mixed with sugar and salted	0.45	0.13	0.05	0.7	0.06	3	0
604	150005	Salt, iodated	0.00	0.00	1.00	0	0	0	0
606	150007	Vinegar	0.00	0.00	0.00	0	0	0	0
608	150008	Yeast, dried	0.00	2.36	5.47	39.8	1.55	2340	0
610									

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Annex 1

Different data sources were used to compile these tables. The tables below shows statistics on how many food values were borrowed from each source. A reference number was given to each source.

Statistics on main data source and their reference numbers used in the data base

Sources	Reference number for the source	Total number of food items
Analyzed	100	12
M. Lephole, 2004	101	05
Recipe (calculated)	102	54
GB	103	38
SA91	104	37
SAVF98	105	43
SA99	106	38
MRC05	107	06
Food Finder	108	03
US18	109	56
Mali	110	01
SK	111	01

Annex 2

The following table portrays number of nutrient values borrowed per food group. Please note that the source noted below means the first hand source where information was obtained.

Main data source of foods in food groups

Food group	Source	Reference number	Total number of food
01 Cereal and cereal products			
011 Grains	Recipe GB6 SA91 MRC05 US18 Mali	102 103 104 107 109 110	10 05 06 06 05 01
012 Bread	Recipe SA91	102 104	03 02
013 Pasta	Recipe GB6	102 103	01 06
014 Cakes and Biscuits	Recipe GB6	102 103	03 02
015 Breakfast Cereals	SA91	104	04
02 Meat, Poultry, Fish and their products	Recipe GB6 SA99 US18 SK	102 103 106 109 111	18 05 20 16 01
03 Dairy products	GB6 SA99 US18	103 106 109	04 09 06
04 Egg and egg products	Recipe SA99	102 106	01 07
05 Vegetables and vegetable products	Analyzed ML Thesis Recipe GB6	100 101 102 103	12 05 08 09

	SA91	104	05
	SAVF91	105	31
	US18	109	09
06 Legumes	Recipe	102	02
	GB6	103	01
	SA91	104	05
	US18	109	01
07 Roots and tubers	GB6	103	01
	SAVF98	105	04
08 Fruits, nuts and seeds	Recipe	102	01
	SA91	104	03
	SAVF98	105	08
	US18	109	12
09 Fats and oils	SA91	104	04
10 Soups and sauces	Recipe	102	01
	SA91	104	03
11 Sweets and confectioneries	GB6	103	03
	SA99	106	02
	US18	109	04
12 Baby foods	Recipe	102	01
	SA91	104	04
13 Beverages, non-alcoholic	Recipe	102	02
	SA91	104	03
	US18	109	01
14 Beverages, alcoholic	Recipe	102	01
	GB6	103	01
15 Miscellaneous	Recipe	102	01
	GB6	103	01
	SA91	104	02
	US18	109	02

Annex 3

One of the main justifications given to develop a national food composition table is to promote the local or traditional foods. The knowledge of the nutritional profile of these foods can enhance their use by the local people as well as tourists in this country. The table below then gives information on traditional foods included in these tables.

Traditional foods included in the tables

Codes	Sesotho names	English names	Scientific name
05 Vegetable and vegetables products			
Indigenous vegetables			
050039	Theepe	Leaves, African spinach, raw	<i>Amaranthus hybridus</i>
050038	Theepe	Leaves, African spinach, boiled	<i>Amaranthus hybridus</i>
050040	Seruoe	Leaves, goosefoot, raw	<i>Chenopodium album</i>
050041	Seruoe	Leaves, goosefoot, boiled	<i>Chenopodium album</i>
050042	Tenane	Leaves, harebell, boiled	<i>Wahlbergia androsacea</i>
050043	Tenane	Leaves, harebell, boiled	<i>Wahlbergia androsacea</i>
050044	Papasane	Leaves, papasane, raw	<i>Roripa nudiscula</i>
050045	Papasane	Leaves, papasane, boiled	<i>Roripa nudiscula</i>
050046	Bobatsi	Leaves, stinging nettle, raw	<i>Urtica dioica</i>

050047	Bobatsi	Leaves, stinging nettle, boiled	<i>Urtica dioica</i>
050048	Sepaile	Leaves, wild mustard, raw	<i>Sisymbrium capense</i>
050049	Sepaile	Leaves, wild mustard, boiled	<i>Sisymbrium capense</i>
050096	Semetsing	Leaves, Watercress, raw	<i>Nasturtium officinale</i>
050097	Tlhako ea khomo	Leaves, Wild mustard	<i>Sisymbrium Capense</i>
050098	Leshoabe	Leaves, Ground thistle	<i>Sonchus hanus</i>
050099	Leharasoana	Leaves, Scatter plant	<i>Sonchus dregeanus</i>
050100	Qhela	Leaves, peppercress	<i>Lippia Capense</i>
050069	Likheto	Pumpkin, with skin, boiled	<i>Cucurbita maxima</i>
01 Cereal and cereal products: Grains			
011001	Likhobe	Maize, sorghum and wheat grains, boiled	<i>Zea mays</i> , <i>Sorghum bicolor</i> , <i>Triticum aestivum</i>
011040	Machechisa	Maize, whole, grain, white, dried, roasted	<i>Zea mays</i>
011038	Umngdusho	Maize samp with dried beans	<i>Zea mays</i>
011018	Papa	Hard porridge from white maize meal,	<i>Zea mays</i>

		boiled	
011019	Lesheleshele	Soft porridge from white maize meal, boiled	<i>Zea mays</i>
011020	Papa	Sorghum porridge, hard	<i>Sorghum bicolor</i>
011024	Mochahlama	Mealie meal and wheat bread	<i>Zea mays,</i> <i>Triticum aestivum</i>
011026	Papa	Sorghum porridge, hard	<i>Sorghum bicolor</i>
011027	Lesheleshele	Sorghum porridge, soft	<i>Sorghum bicolor</i>
011041	Likhobe	Wheat, sorghum, dried beans, boiled	<i>Triticum aestivum,</i> <i>Phaseolus vulgaris</i>
02 Meat, poultry, fish and their products			
020002	Mmeso	Beef and pork, sausage/boerwors, grilled/braai	<i>Bos bovis,</i> <i>Suidae</i> <i>domesticus</i>
03 Dairy products			
030014	Mafi	Sour milk, packaged	
12 Baby foods			
120012	Nepe	Wheat bran, with fresh milk, boiled	
13 Beverages, non-alcoholic			
130002	Mahleu	Fermented thin porridge	
130004	Khemere	Ginger, powdered,	

		brewed	
130006	Motoho	Sorghum beverage, soured	<i>Sorghum bicolor</i>
15 Miscellaneous			
150009	Lipabi	Maize, roasted, milled, mixed with sugar and salted	<i>Zea mays</i>

Annex 4

There are foodstuffs in these tables that have trace values for some food constituents. The following table gives information on international agreement limits for trace values and these are constituent based.

Trace values for nutrient constituents per 100g edible portion of food

Constituent	Unit	Trace = less than
Energy	kJ/kcal	0.6
Proximate values (Water, protein, fat, carbohydrates, dietary fiber, alcohol)	g	0.06
Fatty acids	g	0.06
Cholesterol	mg	0.6
Inorganic constituents	mg mcg	0.06 6
Vitamin A		
Retinol	mcg	0.6
Carotenes	mcg	0.6
Vitamin D	mcg	0.06
Group B vitamins	mg	0.006
Vitamin B12	mcg	0.006
Folates	mcg	0.06
Vitamin C	mg	0.06

Source: Greenfield and Southgate, 2003

South African quantity manual was used for most of the portion sizes to determine raw weight for recipe calculations. All the foodstuffs included in the tables below were researched during recipe testing.

Annex 5 Weight measures for some of foodstuffs used in recipes

Foodstuff	Portion size description	Weight in gram
Maize meal, special, white	½ cup (125ml), leveled	65
Maize meal, special, yellow	½ cup (125ml), leveled	65
Wheat flour	½ cup (125ml), leveled	80
Bread:		
Brown	Slice (93x100x5mm)	30
White	Slice (93x100x5mm)	20
Potato, mashed	Whole (64x53x26mm) and mashed without fat	90
Sunflower oil	1 tablespoon (tbsp)	11
Salt	1 teaspoon (tsp)	5
Yeast	5 milliliters (ml)	3
Sugar	1 teaspoon (tsp)	4
Milk, fresh	½ cup (125ml)	125
Egg	Whole, medium	50
Egg yolk	Medium egg	18
Egg white	Medium egg	30
Amaranth (Theepe) leaves	1 cup (250ml), shredded	70

Annex 6 Recipes and methods

Recipe values were calculated and they are given below with methods of preparation in the same order as they appear in the tables.

CODES	QUANTITY (g)	INGREDIENTS
01 CEREAL AND CEREAL PRODUCTS		
011001	gram	Maize, sorghum and wheat grains, boiled (Likhobe)
130011	1000	Water, tab
011007	100	Maize, white, grain, dried, raw
011037	100	Wheat, whole grain, raw
011030	100	Sorghum, whole grain, raw
090007	10	Sunflower oil
150005	5	Salt, iodated

Method

Wash maize, sorghum and wheat grains. Boil maize in 500g water for 1 hour. Add sorghum, wheat and remaining water, simmer for 30 minutes, add salt and sunflower oil let it simmer for 30 minutes.

011018	gram	Hard porridge from white maize meal, boiled (Papa)
011006	721	Maize meal, special, white, fortified, raw
130007	250	Water, tab

Method

Add maize meal to boiling water, do not stir. Cover the saucepan for 10 minutes. Stir with cutting movement to mix the dry maize meal with water. Replace the lid and allow cooking further over low heat for approximately 30 minutes.

011019	gram	Soft porridge from white maize meal, boiled (Lesheleshele)
011006	376	Maize meal, special, white, refined, raw
130007	40	Water, tab
	15	Sugar, granulated, brown

Method

Measure 282g of water and bring to boil in a saucepan. Moisten the maize meal with the remaining 94g of water, and then add gradually to the boiling water, stirring until it boils again. Cover the saucepan and let it simmer for 20 minutes. Serve with milk and sugar.

011020	gram	Hard porridge from yellow maize meal, boiled (Papa)
011004		115 Maize meal, yellow, refined, raw
130007		250 Water, tab

Method Add maize meal to boiling water, do not stir. Cover the saucepan for 10 minutes. Stir with cutting movement to mix the dry maize meal with water. Replace the lid and allow cooking further over low heat for approximately 30 minutes.

011024	gram	Mealie meal and wheat bread (Mochahlama)
130007		750 Water, tab
011002		240 Maize meal, super, white, unfortified, raw
011031		130 Wheat flour, for brown bread
110008		6 Sugar, granulated, brown
150008		6 Yeast, dried
150005		4 Salt, iodated

Method In a mixing bowl, mix mealie meal and boiling water. Stir thoroughly. Let the mixture to cool down. In a small bowl, mix yeast and lukewarm water. Stir to dissolve. Let stand for 5 minutes. Add to the corn meal mixture. Add flour, mixing thoroughly. Let rise and make into balls. Steam in pot for 30 minutes

011026	gram	Sorghum porridge, hard (Papa)
130007		115 Water, tab
011025		250 Sorghum flour

Method Add maize meal to boiling water, do not stir. Cover the saucepan for 10 minutes. Stir with cutting movement to mix the dry maize meal with water. Replace the lid and allow cooking further over low heat for approximately 30 minutes.

011027	gram	Sorghum porridge, soft (Lesheleshele)
130007		250 Water, tab
011025		40 Sorghum flour
030023		60 Milk, full fat, 3.4 %fat, UHT
110008		15 Sugar, granulated, brown

Method Measure 187.5g of water and bring to boil in a saucepan. Moisten the maize

meal with the remaining 62.5g of water, and then add gradually to the boiling water, stirring until it boils again. Cover the saucepan and let it simmer for 20 minutes. Serve with milk and sugar.

011038 gram Maize samp with dried beans (Umngqusho)

130007	1000	Water, tab
011014	250	Maize samp/rice , white, raw
060005	250	Beans, sugar, dried, raw
090007	15	Sunflower oil
150005	5	Salt, iodated

Method Wash beans and samp. Add both to boiling water in a saucepan. Simmer for 1 hour 30 minutes, replenishing water if necessary, to obtain a soft but not watery consistency. Add salt and sunflower oil; let it simmer for 30 minutes.

011040 gram Maize, whole, grain, white, dried, roasted (Machechissa)

011007		Maize, whole grain, white, dried, raw
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Method

Roast maize, turning sides, till golden brown

011041 gram Wheat, sorghum, dried beans, boiled (Likhobe)

130011	1000	Water, tab
011037	100	Wheat, whole grain, raw
011030	100	Sorghum, whole grain, raw
060005	100	Beans, sugar, dried, raw
090007	10	Sunflower oil
150005	5	Salt, iodated

Method

Wash wheat, sorghum and dry beans. Add 1000g of water in a saucepan with grains. Simmer for 1 hour 30 minutes. Add salt and sunflower oil; let it simmer for 30 minutes.

012001 gram Bread, brown, coated

		Bread, brown,
012002	30	baked
040002	50	Egg, chicken, whole, raw

090007	33	Sunflower oil
150005	2	Salt, iodated

Method

Beat the egg, add salt. Dip the bread in egg. Sauté' bread in hot sunflower oil. Serve warm.

012003	gram	Bread, brown, steamed
130007	150	Water, tab
011031	250	Wheat flour, for brown bread
110008	2	Sugar, granulated, brown
150008	1.25	Yeast, dried
150005	3	Salt, iodated

Method

Soak the yeast for about 5 minutes in 20g lukewarm water to which sugar is add. Add the rest of the ingredients and sufficient flour to make easily manageable dough. Knead until the dough is smooth and elastic and no longer sticks to the hands. Brush over with a little shortening, cover warmly and allow rising to double its bulk in a warmish place for about 6 to 8 hours. Punch down the dough lightly and divide it into balls, flour them and place on a rack over boiling water. Steam for 1hour 30 minutes.

012005	gram	Bread, white, steamed
130007	150	Water, tab
011032	250	Wheat flour, for brown bread
110008	2	Sugar, granulated, brown
150008	1.25	Yeast, dried
150005	3	Salt, iodated

Method

Soak the yeast for about 5 minutes in 20g lukewarm water to which sugar is add. Add the rest of the ingredients and sufficient flour to make easily manageable dough. Knead until the dough is smooth and elastic and no longer sticks to the hands. Brush over with a little shortening, cover warmly and allow rising to double its bulk in a warmish place for about 6 to 8 hours. Punch down the dough lightly and divide it into balls, flour them and place on a rack over boiling water. Steam for 1hour 30 minutes.

013005	gram	Noodles, egg, boiled

130007	2000	Water, tab
013004	250	Noodles, egg, raw
150005	5	Salt, iodated

Method Put noodles and hot water in a pot. Add salt and boil for 10 minutes. Drain out water.

013006 gram Spaghetti bolognase

130007	2000	Water, tab
013007	250	Spaghetti, white, raw
020014	250	Beef, mince, fatty, raw
050064	30	Onion
050093	40	Tomato
090007	12.5	Sunflower oil
150005	5	Salt, iodated

Method

Boil spaghetti in water (refer to recipe 013005). Clean tomato and onion, chop them and put them in a pot with sunflower oil. Add mince and stew for 20 minutes, stirring every 5 minutes. Add boiled spaghetti and mix.

014007 gram Fat cakes, homemade, white

130007	150	Water, tab
090007	500	Sunflower oil
110008	2	Sugar, granulated, brown
150008	1.25	Yeast, dried
150005	3	Salt, iodated

Method

We shape bread dough into small balls (see recipe 012003). Roll into long shapes, and press out to a 10 mm. Allow to rise for 5 to 10 minutes in a fairly warm place. Brown on both sides in hot sunflower oil, drain on the absorbent paper and serve hot with butter for breakfast.

014009 gram Scones, plain

011033	200	Wheat flour, white, self raising flour
030023	125	Milk, full fat, 3.4 %fat, UHT
090004	50	Hard margarine
150005	2.5	Salt, iodated
110008	10	Sugar, granulated, brown

Method

Sift flour and sugar and rub in margarine. Mix in the milk. Roll out and cut into rounds. Bake in a hot oven at 220°C for about 10 minutes.

02 MEATS, POULTRY, FISH AND THEIR PRODUCTS

020002 gram Beef and pork, sausage/boerwors, grilled/braai (Mmeso)

020010	3000	Beef, fatty, raw
020096	2000	Pork, fatty , raw
020094	250	Pork, bacon, fatty, pan-fried
150007	125	Vinegar
150005	55	Salt, iodated

Method Ground meat products. Mix all the ingredients and stuff into casing. Grill on fire.

020007 gram Beef, meat, roasted

020010	500	Beef, fatty, raw
090007	3	Sunflower oil
150005	2.5	Salt, iodated

Method Pre-heat oven to 140 °C .Salt the meat, place it on a roasting pan and dot with oil. Roast slowly in an oven. Baste occasionally. Roast for 30 minutes for 500g meat.

020008 gram Beef, sausage, grilled/braai (Mmeso)

020010	500	Beef, fatty, raw
	83	Animal fat
150007	4	Vinegar
150005	4	Salt, iodated

Method

Ground meat. Mix with other ingredients. Stuff in casing, then grill on fire.

020016 gram Beef, mince savory onion, tomato, green sweet pepper

020014	250	Beef, mince, fatty, raw
050064	30	Onion, raw
050093	40	Tomato, flesh and skin, raw
050084	60	Sweet green pepper, raw

150005 5 Salt, iodated

Method Sauté' the onion and green pepper in oil. Add beef mince and tomato. Simmer for 10 minutes. Add salt and simmer another 10 minutes.

020022 gram Beef, meat, stewed with vegetables

130007	50	Water, tab
020014	1000	Beef, fatty, raw
050064	90	Onion
050021	80	Carrot, flesh only, raw
050093	80	Tomato, flesh and skin, raw
090007	12.5	Sunflower oil
150005	10	Salt, iodated

Method Boil beef until a bit tender. Add lightly fried vegetables and salt into the meat and let simmer for 20 minutes.

020029 gram Chicken, heads and feet, boiled

130007	500	Water, tab
020028	100	Chicken, feet, raw
020041	100	Chicken, heads, raw
150005	5	Salt, iodated

Method Dress the feet and heads. Cook for 20 minutes. Add salt and simmer for 10-15 minutes.

020030 gram Beef, tripe, boiled

130007	350	Water, tab
020043	250	Beef, tripe, raw
150005	5	Salt, iodated

Method

Wash the tripe. Cook for 1hour. Add salt simmer for 15 minutes.

020035 gram Chicken curry, boiled

130007	250	Water, tab
020034	1000	Chicken, meat and skin, raw
050064	60	Onion

150007	25	Vinegar
150002	12.5	Curry powder
090007	25	Sunflower oil
150005	10	Salt, iodated

Method Cook chicken for 30 minutes. Add chopped onion, vinegar, oil, curry powder and salt. Simmer for 30 minutes.

020038	gram	Chicken, feet, boiled
130007	250	Water, tab
020028	100	Chicken, feet, raw
150005	3	Salt, iodated

Method Undress the feet and clean them. Cook for 20 minutes. Add salt and simmer fro 10-15 minutes.

020042	gram	Chicken, heads, boiled
130007	250	Water, tab
020041	100	Chicken, heads, raw
150005	3	Salt, iodated

Method Clean the heads. Cook for 20 minutes. Add salt and simmer fro 10-15 minutes.

020046	gram	Chicken, meat and skin, stewed with vegetable
130007	250	Water, tab
020050	1000	Chicken, meat and skin, boiled
050064	30	Onion, raw
050021	60	Carrot, flesh and skin, raw
050093	40	Tomato, flesh and skin, raw
150005	10	Salt, iodated

Method Cut the chicken into small pieces. Add water and carrots, simmer for 15 minutes. Add onion, tomato and salt. Simmer for 30 minutes or until the chicken is tender. Add a little more boiling water if the chicken boils dry.

020066	gram	Mutton curry
130007	400	Water, tab

020070	750	Mutton, meat, raw
050064	60	Onion
150007	25	Vinegar
150002	12.5	Curry powder
090007	25	Sunflower oil
150005	10	Salt, iodated

Method Cook mutton for 1 hour. Add chopped onion, vinegar, oil, curry powder and salt. Simmer for 30 minutes.

020075	gram	Mutton, stewed with vegetables
130007	400	Water, tab
020070	750	Mutton, meat, raw
050064	60	Onion
050096	120	Carrot, flesh only, raw
070001	100	Potato, without skin, raw
090007	25	Sunflower oil
150005	10	Salt, iodated

Method Cook mutton for 1 hour. Add chopped vegetables, oil and salt. Simmer for 30 minutes.

020078	gram	Offals, sheep, boiled
130007	1000	Water, tab
020076	100	Sheep, kidney, raw
020107	250	Sheep, lung, raw
020089	250	Sheep, liver, raw
150005	10	Salt, iodated

Method Wash the lungs, kidney and liver. Cook on medium temperature for 45 minutes. Add salt, simmer for another 15 minutes.

020079	gram	Offals, sheep, raw (Kidney, lung, liver)
020076	100	Sheep, kidney, raw
020107	250	Sheep, lung, raw
020089	250	Sheep, liver, raw

Method Wash the lungs, kidney and liver.

020083	gram	Offals, chicken, boiled (giblets and liver)
130007	250	Water, tab
020108	250	Chicken, giblets, raw
020045	250	Chicken, liver, boiled
090007	25	Sunflower oil
150005	10	Salt, iodated

Method Undress offal's immediately after slaughtering. Wash them with lukewarm water. Cook on medium temperature for 30 minutes. Add salt and oil. Let it simmer for another 10 minutes.

020090	gram	Offals chicken, raw (liver, giblets)
130007	250	Water, tab
020039	250	Chicken, giblets, boiled
020044	250	Chicken, liver, raw
150005	5	Salt, iodated

Method Undress offal's immediately after slaughtering. Wash them with lukewarm water.

020091	gram	Offals, beef, raw (heart, kidney, liver and tripe)
020106	100	Beef, heart, raw
020023	100	Beef, kidney, raw
020024	250	Beef, liver, raw
020043	250	Beef, tripe, raw

Method Undress offal's immediately after slaughtering. Wash them with lukewarm water.

020092	gram	Offals, beef, boiled
130007	1000	Water, tab
020106	100	Beef, heart, raw
020023	100	Beef, kidney, raw
020024	250	Beef, liver, raw
020043	250	Beef, tripe, raw
150005	10	Salt, iodated

Method Undress offal's immediately after slaughtering. Wash them with lukewarm

water. Cook on medium temperature for 2 minutes. Add salt and oil. Let it simmer for another 30 minutes.

04 EGG AND EGG PRODUCTS

040001	gram	Egg, chicken, scrambled with milk
040002	100	Egg, chicken, whole, raw
030024	15	Milk, low fat, 2% fat, UHT
090004	20	Hard margarine
150005	2.5	Salt, iodated

Method Melt margarine in pan, stir in beaten egg, milk and salt. Cook over gentle heat until mixture thickens.

05 VEGETABLE AND VEGETABLES PRODUCTS

050002	gram	Asparagus, green, boiled
130007	250	Water, tab
		Asparagus,
050001	439	green, raw
150005	5	Salt, iodated

Method Clean asparagus. Cut and boil for 10 minutes. Add salt and boil for 5 minutes.

050006	gram	Beetroot salad
130007	50	Water, tab
050008	540	Beetroot, flesh only, boiled
050064	30	Onion
150007	50	Vinegar
110009	40	Sugar, granulated, white
150005	2	Salt, iodated

Method Boil beetroot for 20 minutes. Peel and grate beetroot. Add vinegar, sugar and salt and mix.

050018	gram	Carrot salad, coleslaw, raw
050016	75	Cabbage, white, raw

050017	40	Carrot, flesh and skin, raw
090006	30	Mayonnaise, salad dressing, retail

Method Scrape the carrots and grate. Cut off the broken and hard outer leaves of the cabbage. Rinse under running water. Cut it into thin strips. Mix the carrots and cabbage in a mixing bowl, add mayonnaise and mix well. Keep chilled until served.

050041	gram	Leaves, goosefoot, boiled (Seruoe)
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130007	150	Water, tab
050040	500	Leaves, goosefoot, raw
150005	5	Salt, iodated
090007	10	Sunflower oil

Method Clean the leaves. Chop the leaves. Add water and cook over medium heat for 15 minutes. Add salt and oil, simmer for 5 minutes.

050043	gram	Leaves, harebell, boiled (Tenane)
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130007	150	Water, tab
050042	500	Leaves, harebell, raw
150005	5	Salt, iodated
090007	10	Sunflower oil

Method Clean the leaves. Chop the leaves. Add water and cook over medium heat for 15 minutes. Add salt and oil, simmer for 5 minutes.

050045	gram	Leaves, papasane, boiled (Papasane)
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130007	150	Water, tab
050044	500	Leaves, papasane, raw
150005	5	Salt, iodated
090007	10	Sunflower oil

Method Clean the leaves. Chop the leaves. Add water and cook over medium heat for 15 minutes. Add salt and oil, simmer for 5 minutes.

050047	gram	Leaves, stinging nettle, boiled (Seruoe)
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130007	150	Water, tab
050046	500	Leaves, stinging nettle, raw

150005	5	Salt, iodated
090007	10	Sunflower oil

Method Clean the leaves. Chop the leaves. Add water and cook over medium heat for 15 minutes. Add salt and oil, simmer for 5 minutes.

050049	gram	Leaves, wild mustard, boiled (Sepaile)
130007	150	Water, tab
050048	500	Leaves, wild mustard, raw
150005	5	Salt, iodated
090007	10	Sunflower oil

Method Clean the leaves. Chop the leaves. Add water and cook over medium heat for 15 minutes. Add salt and oil, simmer for 5 minutes.

050053	gram	Leaves, pumpkin, with baby marrow, boiled (Lepu)
130007	150	Water, tab
050094	450	Leaves, pumpkin, raw
050005	50	Baby marrow, whitish green flesh, raw
090007	10	Sunflower oil
150005	5	Salt, iodated

Method Clean the leaves and baby marrow. Chop the leaves and cube baby marrow. Add water and cook over medium heat for 15 minutes. Add salt and oil, simmer for another 10 minutes.

050057	gram	Maize, yellow, on the cob immature, salted, roasted
050058	310	Maize, yellow, on the cob immature, raw
150005	2	Salt, iodated

Method Peel off the maize. Roast it on open fire until brown.

050075	gram	Spinach, Swiss chard, boiled
130007	80	Water, tab
050076	500	Spinach, Swiss chard, raw
150005	3	Salt, iodated
090007	15	Sunflower oil

Method Clean spinach and boil in water for 10 minutes. Add sunflower oil and salt then let simmer for another 10 minutes.

050088	gram	Tomato and onion, with sugar and sunflower oil, stewed
050093	120	Tomato, flesh and skin, raw
050064	90	Onion, raw
090007	30	Sunflower oil
110009	10	Sugar, granulated, white
150005	5	Salt, iodated

Method Clean tomato and onion. Chop them and stew in sunflower. Add sugar and salt then simmer for 15 minutes.

06 LEGUMES

060004	gram	Beans, sugar, dried, with sugar and vinegar, boiled
130007	517.5	Water, tab
060005	250	Beans, sugar, dried, raw
110009	5	Sugar, granulated, white
150007	5	Vinegar
090007	15	Sunflower oil
150005	10	Salt, iodated

Method Wash the beans. Add to them boiling water in a saucepan and simmer for 1 hour. Add vinegar, sugar, salt and oil. Simmer for 30 minutes.

060008	gram	Peas, split, dried, with sunflower oil, boiled
130007	2000	Water, tab
060010	230	Peas, split, dried, raw
090007	15	Sunflower oil
150005	10	Salt, iodated

Method Clean peas and boil in pot for 30 minutes. Add sunflower oil and salt, let to simmer for another 15 minutes.

08 FRUITS, NUTS AND SEEDS

080018	gram	Fruit salad, raw
080005	150	Apple, skin and core removed, raw

080021	150	Grape, seeds and skin, raw
080061	140	Watermelon, raw
080040	150	Peach, flesh and skin, raw
080033	150	Orange, raw

Method Clean and cut fruits into small pieces. Mix in a bowl with their juices. Serve chilled.

10 SOUPS AND SAUCES

100004	gram	Gravy, tomato, onion, with sunflower oil, stewed
050093	80	Tomato, flesh and skin, raw
050064	30	Onion, raw
090007	30	Sunflower oil
150005	5	Salt, iodated

Method Chop the onion. Wash the tomatoes and also chop. Sauté' the onion until tender, add tomato and salt. Serve warm.

11 SWEETS AND CONFECTIONERIES

110002	gram	Jelly dessert, prepared with water
130007	500	Water, tab
110012	80	Jelly, powder

Method Dissolve contents of packet into 250g boiling water, and then add cold water and stir. Let it set in a cool place.

13 BEVERAGES, NON-ALCOHOLIC

130004	gram	Ginger, powdered, brewed (Khemere)
130007	500	Water, tab
150003	25	Ginger powder
110009	500	Sugar, granulated, white

Method Make a paste of ginger powder with cold water. Add the paste and sugar to boiling water in a deep pot. Let boil for 20 minutes. Serve cool.

130006	gram	Sorghum beverage, soured, (motoho)
130007	500	Water, tab
011025	80	Sorghum flour

150008	1.5	Yeast, dried
110009	12	Sugar, granulated, white

Method Add yeast, 10g of sorghum flour to 50g of warm water. Stir and leave over night to ferment. Boil the remaining water and add the fermented product gradually stirring. Let it simmer 40 minutes.

15

MISCELLANEOUS

150009	gram	Maize, roasted, milled (Lipabi)
011040	250	Maize, whole, grain, white, dried, roasted
110009	24	Sugar, granulated, white
150005	5	Salt, iodated

Method Ground the roasted maize until very fine. Add sugar and salt and serve.

11 FOOD INDEX

Food code	Food name	Original Source	Page number
01 CEREAL AND CEREAL PRODUCTS			
011 Grains			
011001	Maize, sorghum and wheat grains, boiled (Likhobe)	Recipe	12
011002	Maize meal, super, white, unfortified, raw	MRC05	12
011042	Maize meal, super, white, fortified, raw	MRC05	12
011003	Maize meal, white, sifted, unfortified, raw	MRC05	12
011043	Maize meal, white, sifted, fortified, raw	MRC05	12
011004	Maize meal, yellow, refined, raw	SA91	12
011005	Maize meal, special, white, unfortified, raw	MRC05	12
011006	Maize meal, special, white, fortified, raw	MRC05	12
011007	Maize, whole grain, white, dried, raw	SA91	12
011040	Maize, whole, grain, white, dried, roasted (Machechisa)	Recipe	12
011010	Maize, whole grain, yellow, dried, raw	SA91	12
011014	Maize samp/rice , white, raw	SA91	12
011015	Maize samp/rice, white, boiled (see recipe no. x)	SA91	12
011038	Maize samp with dried beans (Umngdusho)	Recipe	12
011018	Hard porridge from white maize meal, boiled (Papa)	Recipe	12
011019	Soft porridge from white maize meal, boiled (Lesheleshele)	Recipe	12
011020	Hard porridge from yellow maize meal, boiled (Papa)	Recipe	12
011021	Popped corn, plain, salted	GB6	12
011022	Rice, white, raw	US18	15
011023	Rice, white, boiled	US18	15
011024	Mealie meal and wheat bread (Mochahlama)	Recipe	15
011030	Sorghum, whole grain, raw	US18	15

Food code	Food name	Original Source	Page number
011025	Sorghum flour	MALI	15
011026	Sorghum porridge, hard (Papa)	Recipe	15
011027	Sorghum porridge, soft (Lesheleshele)	Recipe	15
011037	Wheat, whole grain, raw	US18	15
011031	Wheat flour, for brown bread	GB6	15
011032	Wheat flour, for white bread	GB6	15
011033	Wheat flour, white, self raising flour	SA91	15
011034	Wheat flour, white, for cake, sifted	GB6	15
011035	Wheat flour, whole-wheat meal	GB6	15
011036	Wheat, bran, crude	US18	15
011041	Wheat, sorghum, dried beans, boiled (Likhobe)	Recipe	15
012 BREADS			
012001	Bread, brown coated	Recipe	15
012002	Bread, brown, baked	SA91	15
012003	Bread, brown, steamed	Recipe	15
012004	Bread, white, baked	SA91	15
012005	Bread, white, steamed	Recipe	18
013 PASTA			
013003	Macaroni, raw	GB6	18
013002	Macaroni, boiled	GB6	18
013004	Noodles, egg, raw	GB6	18
013005	Noodles, egg, boiled	GB6	18
013007	Spaghetti, white, raw	GB6	18
013008	Spaghetti, white, boiled	GB6	18
013006	Spaghetti bolognaise	Recipe	18
014 CAKES AND BISCUITS			

Food code	Food name	Original Source	Page number
014004	Cake, Madeira	GB6	18
014005	Cake, sponge	GB6	18
014006	Fat cakes, homemade, brown	Recipe	18
014007	Fat cakes, homemade, white	Recipe	18
014009	Scones, plain	Recipe	18
015 BREAKFAST CEREALS			
015001	Breakfast cereal, all bran flakes	SA91	18
015002	Breakfast cereal, plain corn flakes	SA91	18
015003	Breakfast cereal, rice crispies	SA91	18
015004	Breakfast cereal, weetbix	SA91	18
02 MEAT, POULTRY, FISH AND THEIR PRODUCTS			
020010	Beef, fatty, raw	SA99	21
020011	Beef, fatty, boiled	SA99	21
020002	Beef and pork, sausage/boerwors, grilled/braai (Mmeso)	SA99	21
020024	Beef, liver, raw	US18	21
020003	Beef, liver, boiled	Recipe	21
020040	Beef, liver, fried	SA99	21
020007	Beef, meat, roasted	Recipe	21
020008	Beef, sausage, grilled/braai (Mmeso)	SA99	21
020016	Beef, mince savoury onion, tomato, green sweet pepper	Recipe	21
020014	Beef, mince, fatty, raw	GB6	21
020015	Beef, mince, fatty, boiled	GB6	21
020021	Beef, meat, very fat, boiled	GB6	21
020022	Beef, meat, stewed with vegetables	Recipe	21
020106	Beef, heart, raw	US18	21
020025	Beef, heart, boiled	US18	21

Food code	Food name	Original Source	Page number
020023	Beef, kidney, raw	US18	21
020026	Beef, kidney, boiled	US18	21
020043	Beef, tripe, raw	US18	21
020030	Beef, tripe, boiled	Recipe	24
020031	Blood, pork, boiled with fat	SK	24
020034	Chicken, meat and skin, raw	SA99	24
020050	Chicken, meat and skin, boiled	SA99	24
020046	Chicken, meat and skin, stewed with vegetable	Recipe	24
020037	Chicken, white meat, raw	SA99	24
020051	Chicken, white meat, boiled	SA99	24
020035	Chicken curry, boiled	Recipe	24
020036	Chicken, drumsticks, fried in sunflower oil	GB6	24
020028	Chicken, feet, raw	SA99	24
020038	Chicken, feet, boiled	Recipe	24
020108	Chicken, giblets, raw	US18	24
020039	Chicken, giblets, boiled	US18	24
020041	Chicken, heads, raw	SA99	24
020042	Chicken, heads, boiled	Recipe	24
020029	Chicken, heads and feet, boiled	Recipe	24
020044	Chicken, liver, raw	US18	24
020045	Chicken, liver, boiled	SA99	24
020048	Chicken, wings, fried in sunflower oil	US18	24
020058	Goat, meat, raw	SA99	27
020059	Goat, meat, roasted	SA99	27
020070	Mutton, raw	SA99	27

Food code	Food name	Original Source	Page number
020066	Mutton curry	Recipe	27
020069	Mutton, mince, boiled	SA99	27
020075	Mutton, stewed with vegetables	Recipe	27
020090	Offal's, chicken, raw (liver, giblets)	Recipe	27
020091	Offal's, beef, raw (heart, kidney, liver and tripe)	Recipe	27
020092	Offal's, beef, boiled	Recipe	27
020083	Offal's, chicken, boiled (giblets and liver)	Recipe	27
020079	Offal's, sheep, raw (kidney, lung, liver)	Recipe	27
020078	Offal's, sheep, boiled	Recipe	27
020085	Polony, cooked, retail	US18	27
020094	Pork, bacon, fatty, pan-fried	SA99	27
020094	Pork, bacon, fatty, pan-fried	SA99	27
020096	Pork, fatty , raw	SA99	27
020097	Pork, fatty, boiled	GB6	27
020099	Pork, ham, sliced, regular	SA99	27
020104	Pork, sausage, grilled	US18	27
020076	Sheep, kidney, raw	US18	27
020107	Sheep, lung, raw	US18	30
020077	Sheep, lung, roasted	US18	30
020089	Sheep, liver, raw	US18	30
03 DAIRY PRODUCTS			
030001	Cheese spread, full fat	US18	30
030002	Cheese, cheddar	SA99	30
030004	Cheese, processed, full fat	GB6	30
030009	Creamer/non dairy powder, for coffee & tea	US18	30

Food code	Food name	Original Source	Page number
030011	Human milk, colostrum	GB6	30
030012	Human milk, mature	US18	30
030010	Milk, goat, pasteurized	US18	30
030007	Milk, cow, fresh, as from the cow (untreated)	US18	30
030015	Milk powder, full fat	SA99	30
030016	Milk powder, full fat, reconstituted	SA99	30
030017	Milk powder, skimmed	SA99	30
030018	Milk powder, skimmed, reconstituted	SA99	30
030019	Milk, as from the cow, sterilized	GB6	30
030023	Milk, full fat, 3.4 %fat, UHT	SA99	30
030024	Milk, low fat, 2% fat, UHT	SA99	30
030025	Milk, skimmed, fresh	US18	30
030026	Milk, soy	US18	33
030014	Sour milk, packaged (Mafi)	SA99	33
030029	Yoghurt, drinking, low fat, 1.5% fat	SA99	33
030030	Yoghurt, fruit, full fat, sweetened	GB6	33
030032	Yoghurt, fruit, low fat, sweetened	SA99	33
04 EGG AND EGG PRODUCTS			
040002	Egg, chicken, whole, raw	SA99	33
040009	Egg, chicken, white, raw	SA99	33
040010	Egg, chicken, yolk, raw	SA99	33
040001	Egg, chicken, scrambled with milk	Recipe	33
040003	Egg, chicken, whole, boiled/poached	SA99	33
040004	Egg, duck, whole, raw	SA99	33
040005	Egg, fried in sunflower oil	SA99	33
040006	Egg, turkey, whole, raw	US18	33

Food code	Food name	Original Source	Page number
040008	Omelette, plain	SA99	33
05 VEGETABLE AND VEGETABLES PRODUCTS			
050001	Asparagus, green, raw	GB6	33
050002	Asparagus, green, boiled	Recipe	33
050003	Asparagus, white, canned	SAVF98	33
050005	Baby marrow, whitish green flesh, raw	SAVF98	33
050004	Baby marrow, whitish green flesh, boiled	SAVF98	36
050009	Beetroot, flesh and skin, raw	SAVF98	36
050007	Beetroot, flesh and skin, boiled	SAVF98	36
050097	Beetroot, flesh only, raw	GB6	36
050008	Beetroot, flesh only, boiled in salted water	GB6	36
050006	Beetroot salad	Recipe	36
050016	Cabbage, white, raw	SAVF98	36
050015	Cabbage, white, boiled	SAVF98	36
050014	Cabbage, sun dried, raw	SAVF98	36
050011	Cabbage Chinese, raw	SAVF98	36
050010	Cabbage Chinese, boiled	SAVF98	36
050021	Carrot, flesh and skin, raw	SAVF98	36
050096	Carrot, flesh only, raw	GB6	36
050017	Carrot, flesh only, boiled	GB6	36
050019	Carrot, flesh and skin, boiled	SAVF98	36
050026	Carrot, sun dried, raw	SAVF98	36
050018	Carrot salad, coleslaw, raw	Recipe	36
050028	Garlic, raw	GB6	36
050033	Green beans, raw	SAVF98	36

Food code	Food name	Original Source	Page number
050029	Green beans, boiled	SAVF98	36
050030	Green beans, sun dried, raw	SAVF98	39
050032	Green beans, with vegetables, boiled	SAVF98	39
050035	Green peas, fresh, raw	SAVF98	39
050034	Green peas, fresh, boiled	SAVF98	39
050037	Kale, leaves and stems, raw	US18	39
050036	Kale, leaves boiled, with sunflower oil, boiled	US18	39
050039	Leaves, African spinach, raw (Theepe)	Analyzed	39
050038	Leaves, African spinach, boiled (Theepe)	SAVF98	39
050040	Leaves, goosefoot, raw (Seruoe)	Analyzed	39
050041	Leaves, goosefoot, boiled(Seruoe)	Analyzed	39
050042	Leaves, harebell, raw (Tenane)	Analyzed	39
050043	Leaves, harebell, boiled (Tenane)	Analyzed	39
050044	Leaves, papasane, raw (Papasane)	Analyzed	39
050045	Leaves, papasane, boiled (Papasane)	Analyzed	39
050046	Leaves, stinging nettle, raw (Bobatsi)	Analyzed	39
050047	Leaves, stinging nettle, boiled (Bobatsi)	Analyzed	39
050048	Leaves, wild mustard, raw (Sepaile)	Analyzed	39
050049	Leaves, wild mustard, boiled (Sepaile)	Analyzed	39
050096	Leaves, Watercress, raw (Semetsing)	M Lephole 2003	39
050097	Leaves, Wild mustard(Tlhako ea khomo)	M Lephole 2003	42
050098	Leaves, Ground thistle (Leshoabe)	M Lephole 2003	42
050099	Leaves, Scatter plant (Leharasoana)	M Lephole 2003	42
050100	Leaves, peppercress(Qhela)	M Lephole 2003	42
050094	Leaves, pumpkin, raw	US18	42

Food code	Food name	Original Source	Page number
050052	Leaves, pumpkin, boiled	US18	42
050053	Leaves, pumpkin, with baby marrow, boiled (Lepu)	Recipe	42
050054	Lettuce, raw	SAVF98	42
050056	Maize, white, on the cob immature, salted, boiled	US18	42
050058	Maize, yellow, on the cob immature, raw	US18	42
050059	Maize, yellow, on the cob immature, salted, boiled	US18	42
050057	Maize, yellow, on the cob immature, salted, roasted	Recipe	42
050064	Onion, raw	SAVF98	42
050062	Onion, boiled	SAVF98	42
050063	Onion, with sunflower oil, fried	SAVF98	42
050065	Peas, raw	SAVF98	42
050066	Peas, boiled	SAVF98	42
050072	Pumpkin, raw	SAVF98	42
050071	Pumpkin, without skin, boiled	SAVF98	42
050074	Runner beans, raw	GB6	45
050073	Runner beans, ends trimmed, boiled	GB6	42
050076	Spinach, swiss chard, raw	SAVF98	45
050075	Spinach, swiss chard, boiled	Recipe	45
050079	Spinach, small leaved, raw	US18	45
050080	Spring onion, leaves, raw	GB6	45
050084	Sweet green pepper, raw	SAVF98	45
050083	Sweet green pepper, unsalted, boiled	SAVF98	45
050093	Tomato, flesh and skin, raw	SAVF98	45
050092	Tomato, flesh and skin, boiled	SAVF98	45
050087	Tomato, sun dried, raw	US18	45

Food code	Food name	Original Source	Page number
050088	Tomato and onion, with sugar and sunflower oil, stewed	Recipe	45
06 LEGUME5			
060001	Baked beans, in tomato sauce, canned	US18	45
060005	Beans, sugar, dried, raw	SA91	45
060005	Beans, sugar, dried, raw	SA91	45
060003	Beans, sugar, dried, boiled	SA91	45
060004	Beans, sugar, dried, with sugar and vinegar, boiled	Recipe	45
060010	Peas, split, dried, raw	SA91	45
060009	Peas, split, dried, unsalted, boiled	SA91	48
060008	Peas, split, dried, with sunflower oil, boiled	Recipe	48
060011	Soy bean, dried, whole, raw	GB6	48
07 ROOTS AND TUBERS			
070008	Potato, flesh and skin, raw	SAVF98	48
070001	Potato, without skin, raw	SAVF98	48
070003	Potato, without skin, boiled	SAVF98	48
070002	Potato chips/french fries, homemade, unsalted	GB6	48
070009	Sweet potato, red skinned, raw	SAVF98	48
FRUITS, NUTS AND SEEDS			
080013	Apricot, flesh and skin, raw	SAVF98	48
080008	Apricot jam	US18	48
080012	Apricot, dried, raw	SAVF98	48
080002	Apple, without skin, raw	US18	48
080005	Apple, skin and core removed, raw	SAVF98	48
080006	Apple, dried, raw	US18	48
080007	Apple, golden delicious, raw	US18	48
080015	Banana, raw	SAVF98	48

Food code	Food name	Original Source	Page number
080016	Banana, sliced, sun dried	US18	48
080018	Fruit salad, raw	Recipe	51
080023	Guava, without skin, raw	SAVF98	51
080026	Mango and orange juice	SA91	51
080033	Orange, raw	SAVF98	51
080032	Orange juice	US18	51
080040	Peach, flesh and skin, raw	SAVF98	51
080037	Peach, dried, raw	US18	51
080042	Peanut butter	SA91	51
080046	Pear, core and skin removed, raw	SAVF98	51
080049	Pineapple, core and skin removed, raw	SAVF98	51
080052	Pumpkin seeds, raw	US18	51
080053	Pumpkin seeds, roasted	SA91	51
080054	Quinces, raw	US18	51
080059	Strawberry, raw	SAVF98	51
080061	Watermelon, raw	SAVF98	51
09 FATS AND OILS			
090001	Animal fat, chicken	SA91	51
090004	Hard margarine	SA91	54
090006	Mayonnaise, salad dressing, retail	SA91	54
090007	Sunflower oil	SA91	54
10 SOUPS AND SAUCES			
100001	Atchar, mango	SA91	54
100003	Chutney, tomato	SA91	54
100004	Gravy, tomato, onion, with sunflower oil, stewed	Recipe	54
100009	Tomato sauce/Ketchup style	SA91	54

Food code	Food name	Original Source	Page number
11 SWEETS AND CONFECTIONERIES			
110011	Chocolate, Kit Kat	GB6	54
110004	Ice cream, regular, 10% fat	US18	54
110005	Ice cream, rich, 16% fat	SA99	54
110007	Ice cream, sorbet/non dairy, 8% fat	SA99	54
110012	Jelly, powder	GB6	54
110002	Jelly dessert, prepared with water	GB6	54
110008	Sugar, granulated, brown	US18	54
110009	Sugar, granulated, white	US18	54
110010	Sweets, mash mellow	US18	54
12 BABY FOODS			
120001	Baby cereal, containing milk dry cerelac	SA91	54
120005	Baby cereal, wheat dry nestum-1	SA91	57
120017	Baby formula, soy-based, isomil, powder	SA91	57
120018	Baby formula, whey predominant, Nan powder	SA91	57
120012	Wheat bran, with fresh milk, boiled (Nepe)	Recipe	57
13 BEVERAGES, NON-ALCOHOLIC			
130001	Five roses tea, brewed	SA91	57
130004	Fermented thin porridge (Mahleu)		57
130004	Ginger, powdered, brewed (Khemere)	Recipe	57
130003	Mint, herbal tea	SA91	57
130005	Rooibos tea, brewed	SA91	57
130006	Sorghum beverage, soured, (motoho)	Recipe	57
130007	Water, tab	US18 ワタ	57
14 BEVERAGES, ALCOHOLIC			
140002	Beer, traditional,% alcohol	Recipe	57
140004	Cider, 5.5% alcohol	GB6	57

Food code	Food name	Original Source	Page number
15 MISCELLANEOUS			
150002	Curry powder	SA91	57
150003	Ginger powder	US-18	57
150009	Maize, roasted, milled (Lipabi), mixed with sugar and salted	Recipe	57
150005	Salt, iodated	GB6	60
150007	Vinegar	SA91	60
150008	Yeast, dried	US18	60