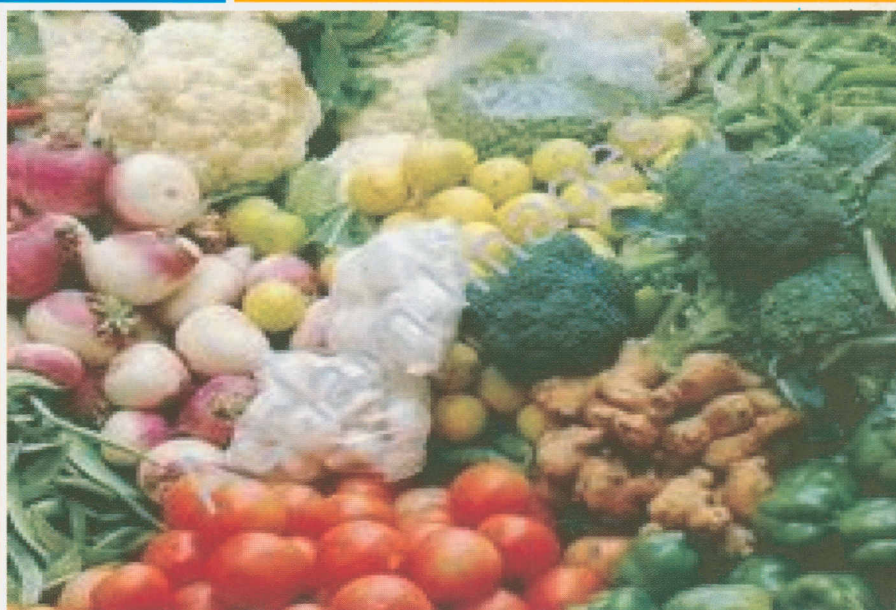


Food Composition Data in Bangladesh



M A Wahed
Anjan K Roy



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Food Composition Data in Bangladesh



M.A. WAHED
and
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Nutritional Biochemistry Department
Laboratory Sciences Division

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FOREWORD

The present volume summarizes a wealth of data on the nutritional composition of various food products, which is often not accessible for many scientists in developing countries, written by two eminent scientists and colleagues M A Wahed and Ajan K Roy.

A comprehensive database of all available information on food composition in Bangladesh, which is imperative for conducting future research, is presented.

We take high pleasure to pay tribute to the lifelong contribution of M.A. Wahed in the field of nutritional biochemistry. Since his joining of the International Centre of Diarrhoeal Disease Research, Bangladesh in 1968, he has played a critical role in the development of nutritional research at our institute.

It is my hope that the collective efforts of the authors will contribute significantly to our understanding of the role of nutrition in health and disease amongst children and mothers in the developing world.

Hubert Ph Endtz MD

Director,
Laboratory Sciences Division.
ICDDR,B
Dhaka, Bangladesh

Historical Background of Food Database: Subcontinent Context.

كُلُوا مِنْ طَيِّبَاتِ مَا رَزَقْنَاكُمْ ط

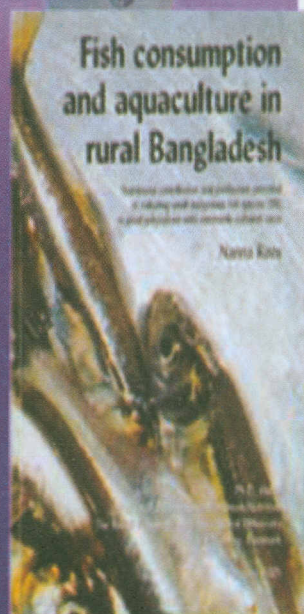
القرآن (٢ : ٥٧)

*“Eat of the good thing wherewith WE
have provided you.”—(Al- Qoran 2 : 57)*

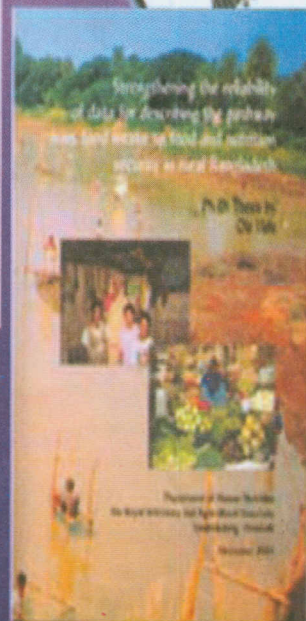
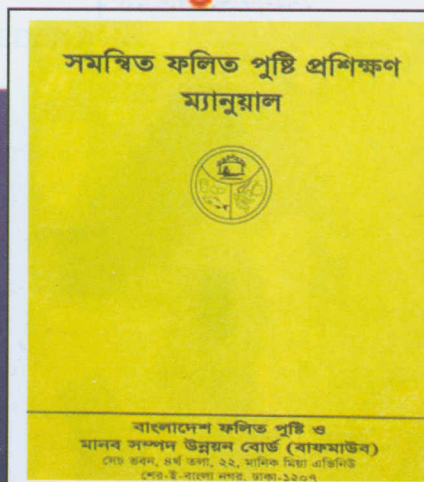
Nutritive Value of Indian Foods: WR Akroyd 1937, NIN, Hyderabad 1971**

Nutritive values of Food-stuffs: Pakistan 1952,1960 and 1985

**Nutrient contents in local food-stuff: Bangladesh 1977(INFS),
1979(IPHN), 1988(HKI) BARC (1983) others (2001....**



Bangla98



List of Abbreviations

BAN-HRDB

Bangladesh Applied Nutrition & Human Research
Development Board

BARC

Bangladesh Agricultural Research Council

BRRI

Bangladesh Rice Research Institute

g

Gram

HKI

Helen Keller International

INFS

Institute of Nutrition and Food Science

IPHN

Institute of Public Health and Nutrition

Kcal

Kilocalorie

mg

Milligram

NARS

National Agricultural Research System

NIN

National Institute of Nutrition, India

RE

Retinol Equivalent

μg

Microgram

β

Beta

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Status of food composition tables in Bangladesh

Composition of foods is a fundamental requirement not only for dietary intervention for humans in diseases or nutrition research but also to plan of appropriate diet for individuals and populations. Unfortunately, Bangladesh is still in the preliminary stage of data development on food composition or the data available generally do not conform to the International Network of Food Data Systems (INFOODS) guidelines. Both national and international organizations in Bangladesh carried out several studies on nutrient intake in the past. Although these food composition tables are a good start, none of the table is either complete or comprehensive with respect to the foods consumed in the country and also suffers from inherent limitations and missing values.

Up to now only limited information on specific Bangladeshi foods has been available in food composition tables. Currently-available information is mainly derived from food composition tables from other countries. The food composition table most commonly used in Bangladesh is the Hyderabad food table, which was developed for Indian foods. Although extensive this table has limitations since it does not contain any details regarding sampling and analytical details. Moreover, the food eaten in India differ significantly from Bangladeshi diet, for example, the case with certain composite dishes. The concentrations in foods of some micronutrients, especially trace elements, may be highly dependent on the geochemical environment, soil conditions and cultural practices in the region in which they are grown and are not comparable between one country or region to the other. Hellen Keller International compiled a short food composition list for use in Bangladesh but this was only a compilation from other food tables, including the Hyderabad table, with an emphasis on vitamin A - rich foods. There have been some attempts by INFS and IPHN through which tables of food composition in *Bangla* are available. Non-Bengali people face difficulties to access those tables. There is no information about the quality of these tables or on whether or not data have been captured or borrowed from other literature sources or from direct laboratory analysis. Moreover, all food items included were values for raw rather than cooked foods or foods as a part of recipe (meal) and were generated with obsolete methodologies. Consequently, these tables are inadequate even for the traditional use in dietary evaluation and planning

In addition to Indian food table, the following tables were published by various institutions:

1. Nutritive values of Bangladeshi foodstuffs (*Deshio Khadyodrobyer Pustiman*), Institute of Nutrition and Food Science (INFS), Dhaka University
2. Tables of Nutrient Composition of Bangladeshi Foods, Helen Keller International (HKI)
3. Nutritive Values of Different Foods in Bangladesh (*Bangladesher Bivinna Khabarer Pustiman*), Institute of Public Health and Nutrition (IPHN),
4. Food Process and Analysis (*Khadyo Prokria and Bishlation*) Bangladesh Agricultural Research Council (BARC)
5. Tables of Nutrient Composition of Bangladeshi Foods, Bangladesh Rice Research Institute (BRRI)
6. *Deshio Khadyer Pustiman*, Home Economics College, Dhaka
7. Studies on the nutritive value of major crop cultivars developed by the NARS (National Agricultural Research System) institutions of Bangladesh, INFS-BARC
8. Combined applied nutrition training manual (*Shamannito falito pusti proshikhan manual*), Bangladesh Applied Nutrition and Human Resource Development Board

Data as prepared in these booklets seem to be mostly compilation (e.g. HKI Booklet) from various available databases. Some deal with very specific food items (only rice and wheat). BRRI has been pursuing active programs to produce high yielding varieties of rice. Some attempts are also in progress to intrinsically fortify rice with iron and zinc. Sporadic reports are also available from some doctoral research work. One such is a PhD thesis from the Royal Veterinary and Agricultural University, Copenhagen, Denmark (Nanna Roos), and they reported analytical values of some selected nutrients in small fishes.

The status of various food composition tables in Bangladesh is summarized in Table 1. Bangla language is used in most of the table. English is used by BRRI, INFS-BARC, Nanna Roos. Scientific name is not included in most of the table except the one from HKI. The number of food items with available data range from 108-350. Most of the data (> 90%) were borrowed from NIN. Most food composition tables cover proximate compositions. Common minerals included are

only calcium and zinc. Vitamins included are carotene (not even clear about β -carotene), niacin, thiamin or vitamin C. Vitamin A is present in very limited number of food items. Zinc is present in INFS-BARC tables and K, Na, Mg, Se, Zn present in Nanna Roos table. Food group codes and Food ID (Alpha Numeric System) were not included in any food table and, hence, retrieval is difficult. The value for dietary fiber is nowhere available. The current version of the nutrient composition table of Bangladeshi foods covered borrowed data, but it is still not complete in terms of coverage of nutrients and food items.

Some organizations tried to produce data using innovative new technology and methodology, along with analysis of new foods and additional nutrients. However, wide variations in the contents of various nutrients, particularly the micronutrients such as vitamin A, iron and calcium, in the same food item have been identified between values in the existing table and newly obtained analytical values. These differences are mainly attributable to the different analytical methods. Sporadic attempts were made to obtain values from cooked food or from served portions. The production of reliable data on numerous foods, food ingredients, wild plants, manufactured and fast foods is a long endeavoring and expensive exercise and will take several years. Also there is a dearth of expert analysts with proper training in sampling procedures, sample preparation, choosing the appropriate methodology for documentation, quality control, precision, statistical analysis, and use of international guidelines, such as the use of tag names. The production of reliable data can be made possible with the assistance of external support for training and funding.

Major limitation of these tables are the following:

Standard Food Description

Sampling:

- (I) Collection, Preparation, Storage
- (II) Place of origin (Geographical location)
- (III) Type of sampling point (e.g. field, market, household)
- (IV) Condition of cultivation (e.g. irrigation, fertilizer treatment, soil type)
- (V) Physical state, shape, size, form, age, storage temperature (e.g. frozen, reheated)
- (VI) Number and size of the sample.

Methodology with References:

The laboratory method has not been adequately described. It is also difficult to know of the reports about the uncertainty of the laboratory measurements.

Quality control has neither been described nor even considered

Missing values are numerous, especially in the area of micronutrients. It is also difficult to understand in terms of missing values, whether the analytically done or not detectable by the method they had used.

We expect that this document will be helpful for those who intend to plan for dietary recommendations for sick, normal individual and/or population, however, in preparing this kind of document, our personal feelings and prejudices emerged a lot, but the authors of those booklets deserve appreciation at least for their consideration of the importance of food database no matter how bad or good. Continued efforts are necessary to keep updating the never-ending job.

We are thankful to our colleagues, F. Jahan, Mottashir Ahmed, and Shafiqul Islam Khan for their active support.

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and
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Nutritional Biochemistry,
Laboratory Sciences Division
ICDDR, B
Mohakhali

Nutritive Value of Indian Foods

by

C. Gopalan, B.V. Rama Sastri & S.C. Balasubramanian
Revised & Updated by B.S. Narasinga Rao, Y.G. Deosthale & K.C. Pant

National Institute Of Nutrition
Indian Council of Medical Research
Hyderabad - 500 007:: INDIA
1st edition: 1971;Current edition: 1995

Source of data:

Mostly based on analysis of foods made at the National Institute of Nutrition, Hyderabad.

In order to give wider coverage both in terms of foodstuffs and in terms of food constituents, analytical data obtained from various other centres and laboratories like the

- 1.University college of Science and Technology, Calcutta
- 2.Haffkine Institute, Bombay
- 3.Central Food Technological Research Institute, Mysore
- 4.State Food and Drug Laboratories, Location
- 5.Ambala Cantonment and Nutrition Laboratory, Patna

Number of food groups: 14

- 1.Cereal grains and products - 41
- 2.Pulses and legumes - 22
- 3.Leafy Vegetables - 107
- 4.Roots and tubers - 39
- 5.Other Vegetables - 71
- 6.Nuts and Oilseeds - 37
- 7.Condiments and spices - 24
- 8.Fruits - 102
- 9.Fishes and other seafoods - 86
- 10.Meat and poultry - 29
- 11.Milk and Milk product - =16
- 12.Fats and edible oils - 5
- 13.Sugars - 8
- 14.Beverages (Alcoholic and non-alcoholic) – 5

Total number of foods: 592

Number of nutrients: 53

Proximate composition: Moisture (g); Protein (g); Fat (g); Minerals (g); Fibre (g); Carbohydrates (g); Energy (Kcal); Calcium (mg); Phosphorus (mg); Iron (mg);

Vitamins: Carotene (µg); Vitamin A (µg and IU)[no. Of food items 19] Thiamin (mg); Riboflavin (mg); Niacin (mg); Total B6 (mg)[no. Of food: 4]; Folic Acid (µg)[Free, Total] Vitamin C (mg); Choline (!), Vitamin B12 (µg)[no. of foods: 6]

Mineral and trace elements (mg/100 gms edible portion): Mg (No. Of food item 171), Na (132), K (143), Cu (207), Mn (125), Mo (43), Zn (122), Cr (122), S (110), Cl (113),

Essential amino acids (Total N g/100 gms): Arginine (115), Histidine (115), Lysine (124), Tryptophan (115), Phenylalanine (121), Tyrosine (79), Methionine (124), Cystine (83), Threonine (119), Leucine (119), Isoleucine (121), Valine (121).

Fatty acid composition of some important edible oils and fats (% of total methylester of fatty acid): Palmitic acid (16); Stearic acid (16); Arachidic acid (6); Bethenic acid (1), Lignoseric acid (3), Total saturates, Palmitoleic acid (4), Oleic acid (16), Linoleic acid (16), Linolenic acid (3), Total unsaturates.

Others: Oxalic acid (mg/100g); PhytinP (mg/100gms)

Missing nutrients

Cholesterol, Iodine, Vitamin E

Non-nutrient: Anti nutritive factor (Avidin, Trypsin inhibitors)

Natural toxicant (solanine, Cyanides, Lthyrogens), Heavy metal (Hg, Pb)

Methodological information

Protein: Protein values were calculated from the nitrogen content and a common 6.25 factor was used for all of the foodstuffs.

Fat: Values for fat relate to the total ether extractable fat content.

Carbohydrates: Calculated carbohydrate content difference between 100 and the sum of moisture, protein, fat, fibre, and ash content is provided.

The food energy was calculated from the content of the proximate principles assuming that proteins, carbohydrates and fats yield 4,4, and 9 Kcal respectively.

Carotene was estimated by extraction of the total pigments with alcohol and partitioning it with petroleum ether after saponification. The other pigments were removed by treatment with calcium carbonate and the yellow color was measured as carotene. This can not be used as carotene to be as pro vitamin A or biologically active carotene such as β -carotene.

Thiamin: The values for thiamin were obtained using the thiochrome method for estimation

Riboflavin and nicotinic acid: microbiological method.

Vitamin C: It was estimated by means of 2,6-dichlorophenol indophenol except with coloured extracts in which case xylene extraction method was used for estimation.

Folic acid: It was done microbiologically with *L.casei* as the test organism, and the free and total folic acid values are those obtained respectively before and after incubation of the food extracts with a source of folic acid conjugase.

Vitamin B12: It was estimated using *Euglena gracilis* as the test organism.

Mineral: Mineral elements were estimated using standard procedure (mostly AOAC).

For trace element analyses of foods atomic absorption spectrophotometry was employed.

Amino acid composition: The data for amino acid composition of foodstuff were compiled from the values available in literature and considered reliable and they included also the values obtained at the National Institute of Nutrition.

Fatty acid composition: The data on fatty acid composition of commonly consumed edible oils and fats is based on gas liquid chromatography of the methyl esters of fatty acids. The values in the tables represent the fatty acid as a percent of total fatty acid methyl ester.

Limitation:

No information about sampling (Collection, Preparation, Storage)

No information about place of origin (Village or District) or Geographical location; Type of sampling point (e.g. field, market household); Condition of cultivation (altitude, rainfall, fertilizer treatment, soil type); Physical state (shape, size, form, age), temperature (frozen, thawed, reheated), Number and size of the sample.

Methodological information is not sufficient.

Some of the methods used for analysis have now become obsolete and newer and more precise techniques are currently available.

Carotene content of foods given in the book was obtained by open column chromatographic analysis of carotenes. This method does not totally separate the individual carotenes. However the more recent HPLC method gives a complete profile of individual carotenes from which it is possible to arrive at a near true Vitamin A activity of foods.

Many foods do not have values for vitamin A.

No information about cooking loss.

No laboratory uncertainty i.e. precision or accuracy

No nutritive values for beverages (Tea, Coffee, Soft drink); Fast foods (Kabab, Fried chicken, Pizza); Infant foods;

Prepared foods (Domestic meals, Recipe-based meals); Special dietary food (Reduced energy foods, Diabetic foods);

No information about quality control

Nutritive value of Bangladeshi foodstuffs (*Deshio Kaddodrobber Pustiman*)

Institute of Nutrition & Food Science (INFS), Dhaka University.

1st edition June 1977; 4th Edition March 1992

Data Source: No reference or Source

Number of food groups :13

- 1.Cereals: 18
- 2.Pulses & Legumes: 13
- 3.Leafy Vegetables: 44
- 4.Roots & Tubers: 13
- 5.Vegetables: 42
- 6.Oil Seeds: 13
- 7.Spices: 13
- 8.Fruits: 60
- 9.Fish: 62
- 10.Meat & Egg: 15
- 11.Milk & Milk Products: 16
- 12.Oils & Fat: 6
- 13.Miscellaneous: 23

Total number of food: 338

Number of nutrients: 13

[Moisture (g), Total Minerals (g), Fiber (g), Energy (Kcal), Protein (g), Fat (g), Carbohydrate (g), Calcium (mg), Iron (mg), Carotene (µg), Vitamin B1 (mg), Vitamin B2 (mg), Vitamin C (mg), Vitamin A (µg)]

Missing nutrients:

Minerals & Trace element (Magnesium, Sodium, Potassium, Copper, Manganese, Molybdenum, Zinc, Chromium, Sulphur, Chlorine).

Total B6, Folic Acid, Choline, Dietary Fiber, Oxalic acid, Phosphorus, Phytin P, Iodine, VitaminE, Fatty acids, Cholesterol, Vitamin B12,

Essential Amino Acids (Arginine, Histidine, Lysine, Tryptophan, Phenylalanine, Tyrosine, Methionine, Cystine, Threonine, Leucine, Isoleucine, Valine).

Fatty Acids (Palmitic acid, stearic acid, Arachidic acid, Linolenic acid, Lignoseric acid, Palmitoleic acid, Oleic acid, Linoleic acid, Linolenic acid)

Non-nutrients: Anti-nutritive factors (Avidin, Trypsin inhibitors, Oxalic acid, Phytic acid), Natural toxicant (solanine, Cyanides, Lathyrigenes), Heavy metal (Hg, Pb)

Limitation:

Source is not available.

Language: Bangla

Most of the data are similar to Nutritive Value of Indian Foods by C.Gopalan.

No information about sampling (Collection, Preparation, Storage).

Lack of Methodological information.

Many foods do not have values for vitamin A.

No Information about cooking loss.

No laboratory uncertainty i.e. precision or accuracy.

Food Items are listed in local name; but English name and scientific name are not included.

No nutritive values for Beverages (Tea, Coffee, Soft drink); Fast food (Kabab, Fried chicken, Pizza); Infant foods;

Prepared foods (Domestic meals, Recipe-based meals); Special dietary food (Reduced energy foods, Diabetic foods).

No information about place of origin (Village, District) or Geographical location; Type of sampling point (e.g. field, garden, deep sea, road side, stall market, restaurant, household); Condition of cultivation (altitude, rainfall, fertilizer treatment, soil type); Physical state, shape, size, form, age, temperature (frozen, thawed, reheated); number & size of the sample.

No information about quality control.

About carotene – total carotenoids or β-carotene.

Tables of Nutrient Composition of Bangladeshi Foods

Helen Keller International (HKI)

1ST Edition 1988

Source of data:

1. Nutritive value of Bangladeshi foodstuffs (*Deshio Kaddodrobber Pustiman*) Prepared by Institute of Nutrition & Food Science (INFS), Dhaka University.
 2. Nutritive Values of Different Foods in Bangladesh
Institute of Public Health Nutrition (IPHN), Government of Bangladesh
 3. Nutritive Value of Indian Foods, (Gopalan, Rama Sastri and Balasubramanian)
National Institute of Nutrition, Hyderabad, India, 1971.
 4. The tables of East Asian Foods of the FAO of the United Nations Organization (Leung, Butrum & Chang, FAO 1972).
- Rarely from:
5. British Tables (Paul & Southgate 1978) and
 6. Australian Tables (Thomas & Corden, CDH, 1970)

Number of food groups: 13

1. Cereals: 19
2. Pulses & Legumes: 13
3. Leafy Vegetables: 46
4. Roots & Tubers: 14
5. Vegetables: 42
6. Oil Seeds: 14
7. Spices & Condiments: 15
8. Fruits: 54
9. Fish: 66
10. Meat: 13
11. Eggs: 2
11. Milk & Milk Products: 16
12. Fat & Edible Oils: 6
13. Miscellaneous: 30

Total number of foods: 350

Number of nutrients: 14

[Moisture (g), Total Minerals (g), Fiber (g), Energy (Kcal), Energy (KJ), Protein (g), Fat (g), Carbohydrate (g), Calcium (mg), Iron (mg), Thiamin (mg), Riboflavin (mg), VitaminC (mg), β -Carotene (μ g), Retinol (μ g), RetinolEqu (IU), RetinolEqu (μ g)]

Missing nutrients:

Minerals and Trace element (Magnesium, Sodium, Potassium, Copper, Manganese, Molybdenum, Zinc, Chromium, Sulphur, Chlorine).

Total B6, Folic acid, Choline, Dietary Fiber, Oxalic acid, Phosphorus, Phytin P, VitaminB12, Iodine, Cholesterol, Essential Amino Acids (Arginine, Histidine, Lysine, Tryptophan, Phenylalanine, Tyrosine, Methionine, Cystine, Threonine, Leucine, Isoleucine, Valine).

Fatty Acids (Palmitic acid, stearic acid, Arachidic acid, Behenic acid, Lignoseric acid, Palmitoleic acid, Oleic acid, Linoleic acid, Linolenic acid)

Non-nutrients: Anti-nutritive factors (Avidin, Trypsin inhibitors, Oxalic acid, Phytic acid), Natural toxicant (solanine, Cyanides, Lathyrigenes), Heavy metal (Hg, Pb)

Limitation:

Most of the data are similar to Nutritive Value of Bangladeshi Foodstuffs (Deshio Kaddodrobber Pustiman) published by Institute of Nutrition and Food Science (INFS), Dhaka University.

Lack of information about sampling (Collection; Preparation, Storage).

Lack of Methodological information.

No Information about cooking loss.

Food Items are listed in local name; English name but scientific name are not included.

No nutritive values for Beverages (Tea, Coffee, Soft drink); Fast food (Kabab, Fried chicken, Pizza); Infant foods; Prepared foods (Domestic meals, Recipe-based meals); Special dietary food (Reduced energy foods, Diabetic foods)

No information about place of origin (Village, District) or geographical location; Type of sampling point (e.g. field, garden, deep sea, road side, stall market, restaurant, household); Condition of cultivation (altitude, rainfall, fertilizer treatment, soil type); Physical state, shape, size, form, age, temperature (frozen, thawed, reheated); number & size of the sample.

No information about quality control

Nutritive Values of Different Foods in Bangladesh
(*Bangladesher Bivinna Khabarer Pustiman*),
Institute of Public Health Nutrition (IPHN), Government. of Bangladesh
1st edition 1979; (Republished with some additions, undated)

Source of data:

1. Institute of Public Health Nutrition (IPHN),
2. Institute of Nutrition & Food Science (INFS)
3. ICDDR, B

Number of food groups : 11

1. Grain: 12
2. Pulses: 8
3. Vegetables:
 - a. Leafy Vegetables: 28
 - b. Roots & Tubers: 7
 - c. Other Vegetables: 29
4. Fruits: 30
5. Fish: 27
6. Meat: 10
7. Milk & Milk Products: 9
8. Oils & Fat: 3
9. Sugar & Sugar Product: 5
10. Spices: 9
11. Miscellaneous: 13

Total number of foods : 190

Number of nutrients : 12

[Moisture (g), Ash (g), Calorie (No Unit), Protein (g), Fat (g), Calcium (mg), Iron (mg), Vitamin B1 (mg), Vitamin B2 (mg), Niacin (mg), Vitamin C (mg), Vitamin A (IU)]

Missing nutrients:

Minerals & Trace element (Magnesium, Sodium, Potassium, Copper, Manganese, Molybdenum, Zinc, Chlorine, Chromium, Sulphur).
Carotenoids, Total B6, Vitamin B12, Folic Acid, Choline, Dietary Fiber, Carbohydrates, Total minerals, Iodine, Vitamin E, Cholesterol.
Essential Amino Acids (Arginine, Histidine, Lysine, Tryptophan, Phenyl alanine, Tyrosine, Methionine, Cystine, Threonine, Leucine, Isoleucine, Valine)
Fatty Acids (Palmitic acid, stearic acid, Arachidic acid, Behenic acid, Lignoseric acid, Palmitoleic acid, Oleic acid, Linoleic acid, Linolenic acid)
Non-nutrients: Anti-nutritive factors (Avidin, Trypsin inhibitors, Oxalic acid, Phytic acid), Natural toxicant (solanine, Cyanides, Lathrogens), Heavy metal (Hg, Pb)

Limitation:

Lack of information about sampling (Collection, Preparation, Storage).

Lack of Methodological information.

No Information about cooking loss.

Food Items are listed in local name, but English name and scientific name are not included.

No nutritive values for Beverages (Tea, Coffee, Soft drink); Fast food (Kabab, Fried chicken, Pizza); Infant foods; Prepared foods (Domestic meals, Recipe-based meals); Special dietary food (Reduced energy foods, Diabetic foods)

No information about place of origin (Village, District) or Geographical location; Type of sampling point (e.g. field, garden, deep sea, road side, stall market, restaurant, household); Condition of cultivation (altitude, rainfall, fertilizer treatment, soil type); Physical state, shape, size, form, age, temperature (frozen, thawed, reheated); number & size of the sample.

No information about quality control

Tables of Nutrient Composition of Bangladeshi Foods
Bangladesh Rice Research Institute (BRRI)

Joydevpur, Dhaka
Source: Mr. A. Kabir

Source of data: Not mentioned

Number of food groups: 6

Grain- 1(Rice-25 variety)

Green vegetables – 17

Roots and Tubers – 5 (Potato – 13 & Sweet Potato – 3 variety)

Vegetables – 15

Fruits – 5 (Banana – 27 variety)

Fish – 49

Total number of foods: 92 (with variety: 179)

Number of nutrients: 7

[Moisture (G), Protein (G), Fat (G), Ca (mg), Iron (mg), Vitamin C (mg), β -carotene (μ g)]

Missing nutrients:

Proximate composition (Calorie, Carbohydrate)

Minerals & Trace element (Magnesium, Sodium, Potassium, Copper, Manganese, Molybdenum, Zinc, Chlorine, Chromium, Sulphur).

Carotenoids, Total B6, Vitamin B12, Folic Acid, Choline, Dietary Fiber, Carbohydrates, Total minerals, Iodine, VitaminE, Cholesterol.

Essential Amino Acids (Arginine, Histidine, Lysine, Tryptophan, Phenyl alanine, Tyrosine, Methionine, Cystine, Threonine, Leucine, Isoleucine, Valine)

Fatty Acids (Palmitic acid, stearic acid, Arachidic acid, Linoleic acid, Linolenic acid, Palmitoleic acid, Oleic acid, Linoleic acid, Linolenic acid)

Non-nutrients: Anti-nutritive factors (Avidin, Trypsin inhibitors, Oxalic acid, Phytic acid), Natural toxicant (solanine, Cyanides, Lathrogens), Heavy metal (Hg, Pb)

Note:

All values are almost similar to INFS except Calcium, Iron & β -carotene values.

Iron and Calcium values are much lower than the INFS values.

β -carotene values are different from other books (HKI); most of the cases values are lower than other reported (HKI) values.

Limitation:

Lack of information about sampling (Collection, Preparation, Storage);

Lack of methodological information.

No information about place of origin (Village District) or Geographical location; Type of sampling point (e.g. field, garden, deep sea, road side, stall, market, restaurant, household); Condition of cultivation (altitude, rainfall, fertilizer treatment, soil type); Physical state, shape, size, form, age, temperature (frozen, thawed, reheated) number and size of the sample

No information about cooking loss.

No nutritive values for beverages (Tea, Coffee, Soft drink); Fast foods (Kabab, Fried chicken, Pizza); Infant foods; Prepared foods (Domestic meals, Recipe-based meals); Special dietary food (Reduced energy foods, Diabetic foods);

No information about quality control

Studies on the nutritive value of major crop cultivars developed by the NARS (National Agriculture Research System) [INFS-BARC]

PI: Prof. Quazi Salamatullah

Institute of Nutrition & Food Science (INFS), Dhaka University. March 2001

Source of data: Based on analysis of foods made at the Institute of Nutrition & Food Science (INFS), Institute of Food Science and Technology, and other laboratories of the country.

Number of food groups:

1. Cereals: 2(Rice-43 varieties, Wheat-11 varieties)[54]
2. Pulses & Legumes: 8(Mug-9, Bengal Gram-6, Lentil-4, Maskali-3, Chola-2, Khaseri-2)[28]
3. Leafy Vegetables: 7(Motor Shak-3)[9]
4. Roots & Tubers: 3(Potato-12, Yam-5, Colocasia-2)[19]
5. Vegetables: 7(Korolla-5, Bean-5, Raddish-3)[17]
6. Vegetables Seed: 4(Motor Suthi-3)[6]
6. Oil Seeds: 7(Mustard seed-6, Ground Nut-5, Till-4, Soybean-2)[20]
9. Fish: 17[17]
10. Egg: 1[7]
11. Milk: 2(Cow, Goat)[6]
13. Miscellaneous: 1(Sugarcane-12)[12]

Total number of foods: 59[195 variety]

Number of nutrients: 12[Moisture (g), Ash (g), Fat (g), Protein (g), Fiber (g), Carbohydrate (g), Energy (Kcal), β -Carotene (μ g)/Vitamin A(μ g), Vitamin-C(mg), Calcium(mg), Iron(mg), Zinc(mg)]

Missing nutrients:

Minerals & Trace element (Magnesium, Sodium, Potassium, Copper, Manganese, Molybdenum, Chromium, Sulphur, Chlorine).

Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Total B6, Folic Acid, Choline, Dietary Fiber, Oxalic acid, Phosphorus, Phytin P,

Essential Amino Acids (Arginine, Histidine, Lysine, Tryptophan, Phenylalanine, Tyrosine, Methionine, Cystine, Threonine, Leucine, Isoleucine, Valine).

Fatty Acids (Palmitic acid, stearic acid, Arachidic acid, Behenic acid, Lignoseric acid, Palmitoleic acid, Oleic acid, Linoleic acid, Linolenic acid)

Non-nutrients: Anti-nutritive factors (Avidin, Trypsin inhibitors, Oxalic acid, Phytic acid), Natural toxicant (Solanine, Cyanides, Lathyragens), Heavy metal (Hg, Pb)

Limitation:

Selective foodstuff (only Major crop cultivars developed by different institutions like BRRI, BARI, BSMAU, BFRI, BLRI, BSRI, AND BINA under National Agriculture Research Systems (NARS)).

Lack of information about sampling (Collection; Preparation, Storage).

Lack of Methodological information.

No Information about cooking loss.

Food Items are listed in only English name but local name and scientific name are not included.

No nutritive values for Beverages (Tea, Coffee, Soft drink); Fast food (Kabab, Fried chicken, Pizza); Infant foods; Prepared foods (Domestic meals, Recipe-based meals); Special dietary food (Reduced energy foods, Diabetic foods)

No information about place of origin (Village, District) or Geographical location; Type of sampling point (e.g. field, garden, deep sea, road side, stall market, restaurant, household); Condition of cultivation (altitude, rainfall, fertilizer treatment, soil type); Physical state, shape, size, form, age, temperature (frozen, thawed, reheated); number & size of the sample.

No information about quality control

Fish Consumption and aquaculture in rural Bangladesh

by

Nanna Roos

Research Department of Human Nutrition,

The Royal Veterinary and Agricultural University, Frederiksberg, Denmark

Published: February 2001.

Source of data : Based on analysis of foods made at the -
Research Department of Human Nutrition, The Royal Veterinary And Agricultural University, Denmark
The Danish Veterinary and Food Administration, Denmark

Number of food groups: 1

1 (small indigenous fish)

Total number of fish: 24(Variety 32)

Number of nutrients: 12

[Retinol, Dehydroretinol, β -carotene, Dry matter, Fe, Zn, Ca, K, Mg, Na, Se, Fat]

Missing nutrients

Proximate Composition (Moisture, Fat, Protein, Carbohydrate, Energy)

Minerals & Trace element (Copper, Manganese, Molybdenum, Chromium, Sulphur, Chlorine).

Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Total B6, Folic Acid, Choline, Dietary Fiber, Oxalic acid, Phosphorus, Phytin

Essential Amino Acids (Arginine, Histidine, Lysine, Tryptophan, Phenylalanine, Tyrosine,

Methionine, Cystine, Threonine, Leucine, Isoleucine, Valine).

Fatty Acids (Palmitic acid, stearic acid, Arachidic acid, Linolenic acid, Palmitoleic acid, Oleic acid, Linoleic acid, Linolenic acid)

Non-nutrients: Anti-nutritive factors (Avidin, Trypsin inhibitors, Oxalic acid, Phytic acid), Natural toxicant (solanine, Cyanides, Lathyrus), Heavy metal (Hg, Pb)

Limitation:

Only small indigenous fish species, no other foodstuff is included

Lack of information about sampling (Collection, Preparation, Storage).

Lack of Methodological information.

Lack of Information about cooking loss.

No information about Condition of cultivation (altitude, rainfall, fertilizer treatment, soil type); Physical state, shape, size, form, age, temperature (frozen, thawed, reheated); number & size of the sample.

Lack of information about quality control

Strengthening the reliability of data for describing the pathway from food intake to food and nutrition security in rural Bangladesh (Ph.D. Thesis)

by
Ole Hels

Department of Human Nutrition
The Royal Veterinary and Agricultural University
Frederiksberg, Denmark
Published: December: 2002

Source of data: Based on analysis of foods made at the -
Danish Institute of Agricultural Sciences.
Institute of Nutrition and Food Science, University of Dhaka

Number of food groups: 1

Selected commonly consumed vegetables

Total number of foods: 13

Number of nutrients: 8

β - carotene[ug/100g fresh wt.(No. Of foods-7)], Oxalate (g/100g dry matter), Moisture (g/100g), Ash (% of Dry matter)
Calcium (mg/g Dry matter), Vitamin C (No. Of foods-2), Iron (μ g/g Dry matter), Zinc (μ g/g Dry matter).

Missing nutrients:

Proximate Composition (Fat, Protein, Carbohydrate, Energy)

Minerals & Trace element (Magnesium, Sodium, Potassium, Copper, Manganese, Molybdenum, Zinc, Chromium, Sulphur, Chlorine).

Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Total B6, Folic Acid, Choline, Dietary Fiber, Oxalic acid, Phosphorus, Phytin

Essential Amino Acids (Arginine, Histidine, Lysine, Tryptophan, Phenylalanine, Tyrosine, Methionine, Cystine, Threonine, Leucine, Isoleucine, Valine).

Fatty Acids (Palmitic acid, stearic acid, Arachidic acid, Linoleic acid, Linolenic acid, Oleic acid, Linoleic acid, Linolenic acid)

Non-nutrients: Anti-nutritive factors (Avidin, Trypsin inhibitors, Oxalic acid, Phytic acid), Natural toxicant (solanine, Cyanides, Lathyragens), Heavy metal (Hg, Pb)

Limitation:

Only selected commonly consumed vegetables are analyzed.

Lack of information about sampling (Collection; Preparation, Storage).

Lack of Methodological information.

No Information about cooking loss.

No information about Condition of cultivation (altitude, rainfall, fertilizer treatment, soil type); Physical state, shape, size, form, age, temperature (frozen, thawed, reheated); number & size of the sample

Lack of information about quality control.

Nutritive Values of local Foods (*Deshio khadder pustiman*)
Home Economics College
Dhaka, Bangladesh

Source of data : Not mentioned
Number food groups : Not mentioned
Number of foods : 82

Number of nutrients : 8 [no unit!]
(Calorie, Protein, Calcium, Iron, Vitamin A, VitaminB1, Vitamin B2, Vitamin C)

Most of the values are similar to Institute of food science and nutrition (INFS)

Source of data : Institute of food science and nutrition (INFS)

Number of food groups: 10

- 1.Cereals: 12
- 2.Pulses & Legumes: 9
- 3.Leafy Vegetables: 20
- 4.Roots & Tubers: 7
- 5.Vegetables: 20
- 6.Fruits: 17
- 7.Fish: 18
- 8.Meat & Egg: 6
9. Milk: 4
- 10.Oils & Fat: 6

Total number of foods : 119

Number of nutrients : 13

[Moisture (g), Total Minerals (g), Fiber (g), Energy (Kcal), Protein (g), Fat (g), Carbohydrate (g), Calcium (mg), Iron (mg), β -Carotene (μ g), Vitamin B1 (mg), Vitamin B2 (mg), Vitamin C (mg), Vitamin A (μ g)]

Missing nutrients:

Minerals & Trace element (Magnesium, Sodium, Potassium, Copper, Manganese, Molybdenum, Zinc, Chromium, Sulphur, Chlorine).

Total B6, Folic Acid, Choline, Dietary Fiber, Oxalic acid, Phosphorus, Phytin P, Iodine, VitaminE, Fatty acids, Cholesterol, Vitamin B12,

Essential Amino Acids (Arginine, Histidine, Lysine, Tryptophan, Phenylalanine, Tyrosine, Methionine, Cystine, Threonine, Leucine, Isoleucine, Valine).

Fatty Acids (Palmitic acid, stearic acid, Arachidic acid, Linoleic acid, Linolenic acid)

Non-nutrients: Anti-nutritive factors (Avidin, Trypsin inhibitors, Oxalic acid, Phytic acid), Natural toxicant (solanine, Cyanides, Lathyragens), Heavy metal (Hg, Pb)

Limitation:

Language: Bangla

Lack of information about sampling (Collection, Preparation, Storage).

Lack of Methodological information.

Many foods do not have values for vitamin A.

No Information about cooking loss.

Food Items are listed in local name; but English name and scientific name are not included.

No nutritive values for Beverages (Tea, Coffee, Soft drink); Fast food (Kabab, Fried chicken, Pizza); Infant foods; Prepared foods (Domestic meals, Recipe-based meals); Special dietary food (Reduced energy foods, Diabetic foods).

No information about place of origin (Village, District) or Geographical location; Type of sampling point (e.g. field, garden, deep sea, road side, stall market, restaurant, household); Condition of cultivation (altitude, rainfall, fertilizer treatment, soil type); Physical state, shape, size, form, age, temperature (frozen, thawed, reheated); number & size of the sample.

No information about quality control.

Balance diet health and nutrition (*Shushomo Khaddo shastha and pusti katha*)

by

Mr. Mujibar Rahaman

Institute of Public Health and Nutrition (IPHN)

Published: December 2002

Source of data : Not clearly mentioned.

Number of food groups : 15

1.Cereals	:11
2.Pulses	:13
3.Roots and Tubers	:18
4.Green leafy vegetables	:30
5.Vegetables	:39
6.Fruits	:53
7.Oil	:13
8.Milk & Milk Products	:11
9.Fat	:4
10.Spicy	:12
11.Fish	:58
12.Dry Fish	:17
13.Meat and meat product	:10
14.Sugar	:5
15.Miscellaneous	:12

Total number of foods :306

Number of nutrients : 15

[Protein (g), Carbohydrate (g), Fat (g), Energy (Cal), Moisture (g), Mineral (g), Fiber (g), Calcium (mg), Phosphorus (mg), Iron (mg), Vitamin A (mg), Vitamin B1 (mg), Vitamin B2 (mg), Niacin (mg), Vitamin C (mg)]

Missing nutrients:

Minerals & Trace elements: Mg, Na, K, Cu, Mn, Mo, Zn, Cl, Cr, and S.

Vitamin: Carotene, Vitamin B6, Vitamin B12, Folic acid, Choline, Vitamin E

Cholesterol, Iodine,

Amino acids: Arginine, Histidine, Lysine, Tryptophan, Phenylalanine, Tyrosine, Methionine, Cystine, Threonine, Leucine, Isoleucine, and Valine

Fatty acids: Palmitic acid, Stearic acid, Arachidic acid, Bethenic acid, Lignoseric acid, Oleic acid, Palmitoleic acid, Linoleic acid, Linolenic acid

Non-nutrients: Anti-nutritive factors (Avidin, Trypsin inhibitors, Oxalic acid, Phytic acid);

Natural toxicant (Solanine, Cyanides, Lathyrogens); Heavy metals (Hg, Pb)

Note: All values are almost similar to IPHN, except Vitamin A. Unit of Vitamin A values are given as mg/100 g where as unit of vitamin A values are given as I.U. in IPHN.

Carbohydrate and fiber values are not given in IPHN but given in this book. These values are very closer to INFS/NIN values.

Limitation:

Language: Bangla

Lack of methodological information

Lack of information about sampling (Collection, Preparation, Storage)

No information about place of origin (Village, District); Type of sampling point (e.g. field, garden, deep sea, road side, stall, market, restaurant, household); Condition of cultivation (altitude, rainfall, fertilizer treatment, soil type); Physical state, shape, size, form, age, temperature (frozen, thawed, reheated); number and size of the sample.

No information about cooking loss.

Food items are listed in Bangla. No English or scientific name are included.
No nutritive values for beverages (Tea, Coffee, Soft drink); Fast food (Kabob, fried chicken, Pizza); Infant foods, Prepared foods (Domestic meals, Recipe-based meals); Special dietary food (Reduced energy foods, Diabetic foods).
Lack of information about quality control.

Nutritive value of Bangladeshi foodstuffs (*Bangla 98*) (Electronic version of food composition table)

Source of data : No reference or Source
Most of the values are similar to NIN but energy values are little bit different than NIN values.

Number of food groups :No food group
Language :English

Total number of foods : 349

Number of nutrients: 13

[Energy (KJ), Energy (Kcal), Protein (g), Carbohydrate (g), Fat (g), Moisture (g), Iron (mg), Zinc (mg), β -carotene (μ g), Phytate (mg), Carotene (μ g), Retinol Equivalent (g)]

Missing nutrients:

Minerals & Trace element (Magnesium, Sodium, Potassium, Copper, Manganese, Molybdenum, Chromium, Sulphur, Chlorine).

Total B6, Folic Acid, Choline, Dietary Fiber, Oxalic acid, Phosphorus, P, Iodine, VitaminE, Fatty acids, Cholesterol, Vitamin B12,

Essential Amino Acids (Arginine, Histidine, Lysine, Tryptophan, Phenylalanine, Tyrosine, Methionine, Cystine, Threonine, Leucine, Isoleucine, Valine).

Fatty Acids (Palmitic acid, stearic acid, Arachidonic acid, Behenic acid, Lignoseric acid, Palmitoleic acid, Oleic acid, Linoleic acid, Linolenic acid)

Non-nutrients: Anti-nutritive factors (Avidin, Trypsin inhibitors, Oxalic acid), Natural toxicant (solanine, Cyanides, Lathyragens), Heavy metal (Hg, Pb)

Limitation:

Source is not available.

Most of the data are similar to Nutritive Value of Indian Foods by C.Gopalan.

No information about sampling (Collection, Preparation, Storage).

Lack of Methodological information.

Many foods do not have values for vitamin A.

No Information about cooking loss.

No laboratory uncertainty i.e. precision or accuracy.

Food Items are listed in English name but local name and scientific names are not included. Food items are not clearly mentioned.

No information about place of origin (Village, District) or Geographical location; Type of sampling point (e.g. field, garden, deep sea, road side, stall market, restaurant, household); Condition of cultivation (altitude, rainfall, fertilizer treatment, soil type); Physical state, shape, size, form, age, temperature (frozen, thawed, reheated); number & size of the sample.

No information about quality control.

Comparative Status of Food Composition Data in Bangladesh

Status	INFS	HKI	IPHN	BARC	BRRI	NIN	INFS-BARC	Nanna Roos
1 st edition	1977	1988	1979	1983		1971	2001	2001
Current edition	1992	-	Undated	-		1995(!)	-	-
Language	Bangla	English	Bangla	Bangla	English	English	English	English
Source of data	-	Compilation	-	-	-	Self generated	Self generated	Self generated
Number of food groups	13	13	11	No group	6	14	13	1(Fish)
Number of food items	338	350	190	146	92 of 179 variety	592	59 of 195 variety	24
Number of nutrients	13	14	12	13	7	53	12	10
Infods Tag Name	-	-	-	-	-	-	-	-
Food Code	-	+	-	-	+	-	+	-
Main nutrients	+	+	+	+	+	+	+	-
Minerals & Trace elements								
Ca Iron	+ +	+ +	+ +	+ +	+ +	+ +	+ +	+ +
Zn Cu	- -	- -	- -	- -	- -	+(122), +(207)	+ -	+ +
Mg, Mn	- -	- -	- -	- -	- -	+(171) +(125)	- -	+ -
Na K	- -	- -	- -	- -	- -	+(132) +(143)	- -	+ +
Mo S	- -	- -	- -	- -	- -	+(43) +(5)	- -	- -
Cl Cr	- -	- -	- -	- -	- -	+(113) +(122)	- -	- -
Essential amino acids								
Arginine	-	-	-	-		+(115)	-	-
Histidine	-	-	-	-		+(115)	-	-
Lysine	-	-	-	-		+(124)	-	-
Tryptophan	-	-	-	-		+(115)	-	-
Phenyl alanine	-	-	-	-		+(121)	-	-
Tyrosine	-	-	-	-		+(79)	-	-
Methionine	-	-	-	-		+(124)	-	-
Cystine	-	-	-	-		+(83)	-	-
Threonine	-	-	-	-		+(119)	-	-
Leucine	-	-	-	-		+(119)	-	-
Isoleucine	-	-	-	-		+(121)	-	-
Valine	-	-	-	-		+(121)	-	-

Status	INFS	HKI	IPHN	BARC		NIN	INFS-BARC	Nanna Roos
Vitamins								
Thiamin	+	+	+	+		+	-	-
Riboflavin	+	+	+	+		+	-	-
Niacin	-	-	+	-		+	-	-
Vitamin C	+	+	+	+		+	+	-
Vitamin A	+(12items)	+	+	-		+(6	15	+
Carotene	+	+	-	+		items)	+	-
Other Vitamins	-	-	-	-		+	-	-
						(Choline, Folic acid, VitaminB12 [6 items] Total B6 [4 items])		
Fatty acids								
Palmitic acid	-	-	-	-	-	+(16 items)	-	-
Stearic acid	-	-	-	-	-	+(16 items)	-	-
Arachidic acid	-	-	-	-	-	+(6 items)	-	-
Bethenic acid	-	-	-	-	-	+(1 item)	-	-
Lignoseriac acid	-	-	-	-	-	+(3 items)	-	-
Palmitoleic acid	-	-	-	-	-	+(4 items)	-	-
Oleic acid	-	-	-	-	-	+(16 items)	-	-
Linoleic acid	-	-	-	-	-	+(16 items)	-	-
Linolenic acid	-	-	-	-	-	+(3items)	-	-
Cholesterol	-	-	-	-		-	-	-
Iodine	-	-	-	-		-	-	-
Vitamin E	-	-	-	-		-	-	-
Non-nutrients								
Anti –nutritive factor	-	-	-	-	-	+(Oxalic acid)	-	-
Natural toxicant	-	-	-	-	-	-	-	-
Heavy metal	-	-	-	-	-	-	-	-
Nutrient computation software	-	-	-	-		-	-	-
Electronic data product	-	-	-	-		-	-	-
Sampling information	-	-	-	-		-	Not adequate	+
Methodological information	-	-	-	-		Very little	Very little	+
Uncertainty	-	-	-	-		-	-	+
Quality control	-	-	-	-		-	-	-

CEREALS		Moisture g/100 grams of edible portion						Protein g/100 grams of edible portion								
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRR1	INFS-	BARC	INFS	HKI	NIN	IPHN	BARC	BRR1	INFS-
Jaab	Barley(Whole)	12.5	12.5	12.5	-	-	-	-	-	11.5	11.5	11.5	11.5	-	-	-
Bhutta(Kochi)	Maize(Immature)	67.1	67.1	67.1	67.1	-	-	-	-	4.7	4.7	4.7	4.7	-	-	-
Bhutta (Paka)	Maize(mature)	14.9	14.9	14.9	14.9	14.9	-	-	-	11.1	11.1	11.1	11.1	11.1	-	-
Cheena	Millet(French)	11.9	11.9	-	-	-	-	-	-	12.5	12.5	-	-	-	-	-
Bazra	Millet(Pearl)	12.4	12.4	12.4	-	-	-	-	-	11.6	11.6	11.6	-	-	-	-
Chaler Kura	Rice(husk)	11	11	11	-	-	-	-	-	13.5	13.5	13.5	-	13.5	-	-
Shadda Chai, dheki chata	Rice Parboiled(husked)	12.6	12.6	12.6	12.6	12.6	-	-	-	8.5	8.5	8.5	8.5	8.5	-	-
Sidda chai Colechata	Rice Parboiled(Milled)	13.3	13.3	13.3	13.3	13.3	-	-	10.1-13.8	6.4	6.4	6.4	6.4	6.4	-	6.0-9.6
Atop chai Dheki Chata	Rice sunned (Husked)	13.3	13.3	13.3	13.3	13.3	-	-	-	7.5	7.5	7.5	7.5	7.5	-	-
Atop Chai Colechata	Rice Sunned(Milled)	13.7	13.7	13.7	13.7	13.7	-	-	-	6.8	6.8	6.8	6.8	6.8	-	-
Chira	Rice(Flattened)	12.2	12.2	12.2	12.2	12.2	-	-	-	6.6	6.6	6.6	6.6	6.6	-	-
Moori	Rice(Puffed)	9.4	9.4	14.7	14.7	14.7	-	-	-	7.8	7.8	7.5	7.5	7.5	-	-
Suzi	Semolina	-	-	-	-	-	-	-	-	10.4	10.4	10.4	10.4	-	-	-
Juar	Sorghum	11.9	11.9	11.9	-	-	-	-	-	10.4	10.4	10.4	-	-	-	-
Wheat(Whole)	Wheat(Whole)	12.8	12.8	12.8	-	12.8	-	-	8.8-12.5	11.8	11.8	11.8	-	11.8	-	10.9-13.2
Shemai	Vermicelli	11.7	11.7	11.5	11.7	11.7	-	-	-	8.7	8.7	7.7	8.7	8.7	-	-
Atta	Wheat Flour(Coarse)	12.2	12.2	12.2	12.2	12.2	-	-	-	12.1	12.1	12.1	12.1	12.1	-	-
Maida	Wheat Flour(Refined)	13.3	13.3	13.3	13.3	13.3	-	-	-	11	11	11	11	11	-	-

CEREALS		Fat g/100 grams of edible portion							Carbohydrate g/100 grams of edible portion						
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRR1	INFS- BARC	INFS	HKI	NIN	IPHN	BARC	BRR1	INFS- BARC
Jaab	Barley(Whole)	1.3	1.3	1.3	1.3	-	-	-	69.6	69.6	69.6	-	-	-	-
Bhutta(Kochi)	Maize(Immature)	0.9	0.9	0.9	0.9	-	-	-	24.6	24.6	24.6	-	-	-	-
Bhutta (Paka)	Maize(mature)	3.6	3.6	3.6	3.6	3.6	-	-	66.2	66.2	66.2	-	66.2	-	-
Cheena	Millet(French)	1.1	1.1	-	-	-	-	-	70.4	70.4	-	-	-	-	-
Bazra	Millet(Pearl)	5	5	5	-	-	-	-	67.5	67.5	67.5	-	-	-	-
Chaler Kura	Rice(husk)	16.2	16.2	16.2	16.2	16.2	-	-	48.4	48.4	48.4	-	48.4	-	-
Shidda Chai, dheki chata	Rice Parboiled(husked)	0.6	0.6	0.6	0.6	0.6	-	-	77.4	77.4	77.4	-	77.4	-	-
Sidda chai Colechata	Rice Parboiled(Milled)	0.4	0.4	0.4	0.4	0.4	-	1.6-2.9	79	79	79	-	79	-	72.3-80.0
Atop chai Dheki Chata	Rice sunned (Husked)	1	1	1	1	1	-	-	76.7	76.7	76.7	-	76.7	-	-

CEREALS

CEREALS		Fat g/100 grams of edible portion						Carbohydrate g/100 grams of edible portion					
Bangla name	English name	INFS-						INFS-					
		INFS	HKI	NIN	IPHN	BARC	BRRI	INFS	HKI	NIN	IPHN	BARC	BRRI
Atop Chai Colechata	Rice Sunned (Milled)	0.5	0.5	0.5	0.5	0.5	-	78.2	78.2	78.2	-	78.2	-
Chira	Rice (Flattened)	1.2	1.2	1.2	1.2	1.2	-	77.3	77.3	77.3	-	77.3	-
Moori	Rice (Puffed)	0.1	0.1	0.1	0.1	0.1	-	80.6	80.6	73.6	-	73.6	-
Suzi	Semolina	0.8	0.8	0.8	0.8	-	-	74.8	74.8	74.8	-	-	-
Juar	Sorghum	1.9	1.9	1.9	-	-	-	72.6	72.6	72.6	-	-	-
Shemai	Wheat (Whole)	0.4	0.4	4.7	0.4	0.4	-	78.3	78.3	67	-	78.3	-
Wheat	Vermicelli	1.5	1.5	1.5	-	1.5	-	71.2	71.2	71.2	-	71.2	-
Atta	Wheat Flour (Coarse)	1.7	1.7	1.7	1.7	1.7	-	69.4	69.4	69.4	-	69.4	-
Maida	Wheat Flour (Refined)	0.9	0.9	0.9	0.9	0.9	-	73.9	73.9	73.9	-	73.9	-

CEREALS

CEREALS		Energy Kcal/100 grams of edible portion						Minerals g/100 grams of edible portion						
Bangla name	English name	INFS	HKI	NIN	IPHN	INFS-		INFS	HKI	NIN	BARC	BRRI	IPHN	INFS-
						BARC	BRRI							
Jaab	Barley(Whole)	336	336	336	336	-	-	1.2	1.2	1.2	-	-	-	-
Bhutta(Kochi)	Maize(Immature)	125	125	125	125	-	-	0.8	0.8	0.8	-	-	-	-
Bhutta (Paka)	Maize(mature)	342	342	342	342	342	-	1.5	1.5	1.5	1.5	-	-	-
Cheena	Millet(French)	341	341	-	-	-	-	1.9	1.9	*	-	-	-	-
Bazra	Millet(Pearl)	361	361	361	-	-	-	2.3	2.3	2.3	-	-	-	-
Chaler Kura	Rice(husk)	393	393	393	-	393	-	6.6	6.6	6.6	6.6	-	-	-
Shidda Chai, dhekichata	Rice Parboiled(husked)	349	349	349	349	349	-	0.9	0.9	0.9	0.9	-	-	-
Sidda chai Colechata	Rice Parboiled(Milled)	365	356	346	346	346	-	344-365	0.7	0.7	0.7	-	-	-
Atop chai Dheki Chata	Rice sunned (Husked)	346	346	346	346	346	-	-	0.9	0.9	0.9	-	-	-
Atop Chai Colechata	Rice Sunned(Milled)	345	345	345	345	345	-	-	0.6	0.6	0.6	-	-	-
Chira	Rice(Flattened)	346	346	346	346	343	-	2	2	2	2	-	-	-
Moori	Rice(Puffed)	354	354	325	325	325	-	1.8	1.8	3.8	3.8	-	-	-
Suzi	Semolina	348	348	348	348	-	-	-	-	-	-	-	-	-
Juar	Sorghum	349	349	349	-	-	-	1.6	1.6	1.6	-	-	-	-
Shemai	Wheat(Whole)	352	352	341	352	352	-	0.7	0.7	1.5	0.7	-	-	-
Wheat	Vermicelli	346	346	346	-	346	-	361-368	1.5	1.5	1.5	-	-	-
Atta	Wheat Flour(Coarse)	341	341	341	341	341	-	2.7	2.7	2.7	2.7	-	-	-
Maida	Wheat Flour(Refined)	348	348	348	348	348	-	0.6	0.6	0.6	0.6	-	-	-

CEREALS

		Calcium mg/100 grams of edible portion						Iron mg/100 grams of edible portion							
Bangla name	English name	INFS-						INFS-						INFS-	BARC
		INFS	HKI	NIN	IPHN	BARC	BRRI	INFS	HKI	NIN	IPHN	BARC	BRRI		
Jaab	Barley(Whole)	26	26	26	26	-	-	3	3	1.67	3	-	-	-	-
Bhutta(Kochi)	Maize(Immature)	9	9	9	9	-	-	1.1	1.1	1.1	1.1	-	-	-	-
Bhutta(Paka)	Maize(mature)	10	10	10	10	10	-	2	2	2.3	2	2	-	-	-
Cheena	Millet(French)	14	14	-	-	-	-	5	5	-	-	-	-	-	-
Bazra	Millet(Pearl)	42	42	42	-	-	-	13.3	13.3	8	-	-	-	-	-
Chaler Kura	Rice(husk)	67	67	67	-	67	-	35	35	35	-	35	-	-	-
Shidda Chai, dhok Chata	Rice Parboiled(husked)	10	10	10	14.7	10	-	2.8	2.8	2.8	2.88	2.8	-	-	-
Sidda chai Colechata	Rice Parboiled(Milled)	9	9	9	9	9	-	1.1-6.8	4	4	1	2.51	4	-	0.53-1.1
Atop chai Dhoki Chata	Rice sunned (Husked)	10	10	10	18	10	-	3.2	3.2	3.2	2.37	3.2	-	-	-
Atop Chai Colechata	Rice Sunned(Milled)	10	10	10	10	10	-	3.1	3.1	0.7	2.1	3.1	-	-	-
Chira	Rice(Flattened)	20	20	20	-	20	-	20	20	20	-	20	-	-	-
Moori	Rice(Puffed)	23	23	23	-	23	-	6.6	6.6	6.6	-	6.6	-	-	-
Suzi	Semolina	16	16	16	16	-	-	1.6	1.6	1.6	1.6	-	-	-	-
Juar	Sorghum	25	25	25	-	-	-	5.8	5.8	4.1	-	-	-	-	-
Shema	Wheat(Whole)	22	22	17	22	22	-	2	2	9.3	2	2	-	-	-
Wheat	Vermicelli	41	41	41	-	41	-	40.0-45.1	4.9	4.9	5.3	-	4.9	-	4.9-5.6
Atta	Wheat Flour(Coarse)	48	48	48	48	48	-	11.5	11.5	4.9	6.8	11.5	-	-	-
Maida	Wheat Flour(Refined)	23	23	23	23	23	-	2.5	2.5	2.7	2.5	2.5	-	-	-

CEREALS

		Carotene µg/100 grams of edible portion						Vitamin C mg/100 grams of edible portion							
Bangla name	English name	Carotene µg						Vitamin C						INFS-	BARC
		INFS	NIN	BARC	IPHN	BRRI	HKI	INFS	HKI	NIN	IPHN	BARC	BRRI		
Jaab	Barley(Whole)	10	10	-	16	-	10	0	0	0	0	-	-	-	-
Bhutta(Kochi)	Maize(Immature)	32	32	-	53	-	32	6	6	6	6	-	-	-	-
Bhutta(Paka)	Maize(mature)	90	90	90	150	-	90	0	0	0	0	0	-	-	-
Cheena	Millet(French)	0	-	-	-	-	0	0	0	-	-	-	-	-	-
Bazra	Millet(Pearl)	132	132	-	-	-	132	0	0	0	-	-	-	-	-
Chaler Kura	Rice(husk)	-	-	-	-	-	0	0	0	0	-	0	-	-	-
Shidda Chai, dhok Chata	Rice Parboiled(husked)	9	9	9	15	-	9	0	0	0	0	0	-	-	-
Sidda chai Colechata	Rice Parboiled(Milled)	-	-	-	-	-	-	1.6-2.2	0	0	0	-	-	-	0
Atop chai Dhoki Chata	Rice sunned (Husked)	2	2	2	3	-	2	0	0	0	0	0	-	-	-
Atop Chai Colechata	Rice Sunned(Milled)	0	0	0	0	-	0	0	0	0	0	0	-	-	-

CEREALS

Bangla name	English name	Carotene μg				Beta-Carotene μg				Vitamin C mg/100 grams of edible portion				INFS- BARC	INFS- BARC
		INFS	NIN	BARC	IPHN	HKI	BRRI	BARC	IPHN	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC
Chira	Rice (Flattened)	0	0	0	0	0	-	-	0	0	0	0	0	-	-
Moori	Rice (Puffed)	0	0	0	0	0	-	-	0	0	0	0	0	-	-
Suzi	Semolina	-	-	-	-	0	-	-	0	0	0	0	0	-	-
Juar	Sorghum	47	47	-	-	47	-	-	-	0	0	-	-	-	-
Shemai	Wheat (Whole)	0	0	0	0	0	-	-	0	0	0	0	0	-	-
Wheat	Vermicelli	64	64	64	-	64	-	61.8-70.0	0	0	0	0	0	-	0
Atta	Wheat Flour (Coarse)	29	29	29	48	29	-	-	0	0	0	0	0	-	-
Maida	Wheat Flour (Refined)	25	25	25	42	25	-	-	0	0	0	0	0	-	-

CEREALS

Bangla name	English name	Vitamin-B1 mg				Vitamin-B2 mg				INFS- BARC	INFS- BARC	INFS- BARC	INFS- BARC	INFS- BARC	INFS- BARC
		INFS	HKI	NIN	IPHN	BRAC	BRRI	BARC	IPHN	HKI	NIN	IPHN	BRAC	BRRI	INFS- BARC
Jaab	Barley (Whole)	0.47	0.47	0.47	0.47	-	-	-	0.2	0.2	0.2	0.2	-	-	-
Bhutta (Kochi)	Maize (Immature)	0.11	0.11	0.11	0.11	-	-	-	0.17	0.17	0.17	0.17	-	-	-
Bhutta (Paka)	Maize (Mature)	0.42	0.42	0.42	0.42	0.42	-	-	0.1	0.1	0.1	0.1	0.1	-	-
Cheena	Millet (French)	0.2	0.2	-	-	-	-	-	0.18	0.18	-	-	-	-	-
Bazra	Millet (Pearl)	0.33	0.33	0.33	-	-	-	-	0.16	0.16	0.25	-	-	-	-
Chaler Kura	Rice (husk)	2.7	2.7	2.7	-	2.7	-	-	0.48	0.48	0.48	-	0.48	-	-
Shidda Chai, dhakichata	Rice Parboiled (husked)	0.27	0.27	0.27	0.27	0.27	-	-	0.12	0.12	0.12	0.12	0.12	-	-
Sidda chul Colechata	Rice Parboiled (Milled)	0.21	0.21	0.21	0.21	0.21	-	-	0.09	0.09	0.05	0.05	0.05	-	-
Atop chul Dhaki Chata	Rice sunned (husked)	0.21	0.21	0.21	0.21	0.21	-	-	0.16	0.16	0.16	0.16	0.16	-	-
Atop chul Colechata	Rice Sunned (Milled)	0.06	0.06	0.06	0.06	0.06	-	-	0.06	0.06	0.06	0.06	0.06	-	-
Chira	Rice (Flattened)	0.21	0.21	0.21	0.21	0.21	-	-	0.05	0.05	0.05	0.05	0.05	-	-
Moori	Rice (Puffed)	0.21	0.21	0.21	0.21	0.21	-	-	0.12	0.12	0.01	0.01	0.01	-	-
Suzi	Semolina	0.12	0.12	0.12	0.12	-	-	-	0.03	0.03	0.03	0.03	-	-	-
Juar	Sorghum	0.37	0.37	0.37	-	-	-	-	0.13	0.13	0.13	-	-	-	-
Shemai	Wheat (Whole)	0.19	0.19	0.3	0.3	0.19	-	-	0.05	0.05	0.09	0.05	0.05	-	-
Wheat	Vermicelli	0.45	0.45	0.45	-	0.45	-	-	0.12	0.12	0.17	-	0.17	-	-
Atta	Wheat Flour (Coarse)	0.49	0.49	0.49	0.49	0.49	-	-	0.29	0.29	0.17	0.29	0.29	-	-
Maida	Wheat Flour (Refined)	0.12	0.12	0.12	0.12	0.12	-	-	0.07	0.07	0.07	0.07	0.07	-	-

CEREALS		Fiber g/100 grams of edible portion					Niacin mg/100 grams of edible portion					Ash g		INFS- BARC	
Bangla name	English name	INFS	HKI	NIN	BRAC	BRRI	INFS	IPHN	INFS	HKI	NIN	IPHN	BRAC	BRRI	INFS- BARC
Jaab	Barley(Whole)	3.9	3.9	3.9	-	-	-	-	-	-	5.4	5.4	-	-	-
Bhutia(Kochi)	Maize(Immature)	1.9	1.9	1.9	-	-	-	1.9	-	-	0.6	0.6	-	-	-
Bhutia(Paka)	Maize(mature)	2.7	2.7	2.7	1.5	-	-	2.7	-	-	1.8	1.8	-	-	-
Cheena	Millet(French)	2.2	2.2	-	-	-	-	-	-	-	-	-	-	-	-
Bazra	Millet(Pearl)	1.2	1.2	1.2	-	-	-	-	-	-	2.3	-	-	-	-
Chaler Kura	Rice(husk)	4.3	4.3	4.3	4.3	-	-	-	-	-	29.8	-	-	-	-
Shidda Chal dhakchata	Rice Parboiled(husked)	-	-	-	-	-	-	-	-	-	4	4	-	-	-
Sidda chal Colechata	Rice Parboiled(Milled)	0.2	0.2	0.2	0.2	-	-	0.2	-	-	3.8	3.8	-	-	-
Atop chal Dhak Chata	Rice sunned (Husked)	0.6	0.6	0.6	0.6	-	-	0.6	-	-	3.9	3.9	-	-	-
Atop Chal Colechata	Rice Sunned(Milled)	0.2	0.2	0.2	0.2	-	-	0.2	-	-	1.9	1.9	-	-	-
Chira	Rice(Flattened)	0.7	0.7	0.7	0.7	-	-	0.7	-	-	4	4	-	-	-
Moori	Rice(Puffed)	0.3	0.3	0.3	0.3	-	-	0.3	-	-	4.1	4.1	-	-	-
Suzi	Semolina	0.2	0.2	0.2	-	-	-	0.2	-	-	1.6	1.6	-	-	-
Juar	Sorghum	1.6	1.6	1.6	-	-	-	-	-	-	3.1	-	-	-	-
Shemaj	Wheat(Whole)	0.2	0.2	7.6	0.2	-	-	0.2	-	-	3.2	1.8	-	-	-
Wheat	Vermicelli	1.2	1.2	1.2	1.2	-	-	-	-	-	5.5	-	-	-	-
Atta	Wheat Flour(Coarse)	1.9	1.9	1.9	1.9	-	-	1.9	-	-	4.3	4.3	-	-	-
Maida	Wheat Flour(Refined)	0.3	0.3	0.3	0.3	-	-	0.3	-	-	2.4	2.4	-	-	-

Pulses and Legumes

Pulses and Legumes	Moisture g/100 grams of edible portion					Protein g/100 grams of edible portion					INFS-				
	Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BIRRI	BARC	IPHN	INFS	HKI	NIN	IPHN	BARC
	Shimer Bichi	Bean	9.6	9.6	9.6	9.8	9.8	-	9.6	-	24.9	24.9	24.9	17.1	17.1
	Chola	Bengal Gram(Whole)	9.8	9.8	9.8	9.8	9.8	-	9.8	-	17.1	17.1	17.1	17.1	17.1
	Chola Dal	Bengal Gram(Split)	9.9	9.9	9.9	10.32	-	-	9.9	11.3	20.08	20.8	20.8	20.2	-
	Chola Bhaja	Bengal Gram(Fried)	10.7	10.7	10.7	-	-	-	-	-	22.5	22.5	22.5	-	-
	Mash Kalai Dal	Black Gram(Split)	10.9	10.9	10.9	10.19	10.9	-	10.7	12.4	24	24	24	24.5	24
	Mug(Asta)	Green Gram(Whole)	10.4	10.4	10.4	-	10.4	-	-	-	24	24	24	-	24
	Mug Dal	Green Gram(Split)	10.1	10.1	10.1	12.92	-	-	10.1	11.9	24.5	24.5	24.5	19.2	-
	Kheshari Dal	Green Gram(Split)	10	10	10	11.55	10	-	10.5	12.0	28.2	28.2	28.2	32.5	28.2
	Mushur Dal	Lentils	12.4	12.4	12.4	12.4	12.4	-	9.2	9.9	25.1	25.1	25.1	26.06	25.1
	Matar Dal	Peas Dried/Split	16	16	16	12.66	16	-	10.8	19.7	19.7	19.7	19.7	31.29	19.7
	Matar Bhaja	Peas Fried	10.1	10.1	10.1	-	-	-	-	-	22.9	22.9	22.9	-	-
	Arohor Dal	Red gram	13.4	13.4	13.4	14.51	13.4	-	-	-	22.3	22.3	22.3	23.95	22.3
	Soyabean	Soyabean	8.1	8.1	8.1	-	8.1	-	-	-	43.2	43.2	43.2	-	43.2

Pulses and Legumes

Pulses and Legumes	Fat g/100 grams of edible portion					Carbohydrate g/100 grams of edible portion					INFS-				
	Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BIRRI	BARC	IPHN	INFS	HKI	NIN	IPHN	BARC
	Shimer Bichi	Bean	0.8	0.8	0.8	-	0.8	-	-	-	60.1	60.1	60.1	-	-
	Chola	Bengal Gram(Whole)	5.3	5.3	5.3	5.3	5.3	-	-	-	60.9	60.9	60.9	-	-
	Chola Dal	Bengal Gram(Split)	5.6	5.6	5.6	5.7	-	-	3.4	5.0	59.8	59.8	59.8	-	-
	Chola Bhaja	Bengal Gram(Fried)	5.2	5.2	5.2	-	-	-	-	-	58.1	58.1	58.1	-	-
	Mash Kalai Dal	Black Gram(Split)	1.4	1.4	1.4	2.1	1.4	-	1.9	3.0	59.6	59.6	59.6	-	-
	Mug(Asta)	Green Gram(Whole)	1.3	1.3	1.3	2.2	1.3	-	-	-	56.7	56.7	56.7	-	-
	Mug Dal	Green Gram(Split)	1.2	1.2	1.2	-	-	-	1.7	2.0	59.9	59.9	59.9	-	-
	Kheshari Dal	Green Gram(Split)	0.6	0.6	0.6	1.7	0.6	-	1.7	1.8	56.6	56.6	56.6	-	56.6
	Mushur Dal	Lentils	0.7	0.7	0.7	1.8	0.7	-	1.8	2.5	59	59	59	-	59
	Matar Dal	Peas Dried/Split	1.1	1.1	1.1	1.4	1.1	-	6.7	-	56.5	56.5	56.5	-	56.5
	Matar Bhaja	Peas Fried	1.4	1.4	1.4	-	-	-	-	-	58.8	58.8	58.8	-	-
	Arohor Dal	Red gram	1.7	1.7	1.7	1.5	1.7	-	-	-	57.6	57.6	57.6	-	57.6
	Soyabean	Soyabean	19.5	19.5	19.5	-	19.5	-	-	-	20.9	20.9	20.9	-	20.9

Pulses and Legumes									
Energy Kcal/100 grams of edible portion							Minerals g/100 grams of edible portion		
Bangla name	English name	INFS-					HKI	NIN	IPHN
		INFS	HKI	NIN	IPHN	BARC			
Shimer Bichi	Bean	347	347	347	-	347	-	-	-
Chola	Bengal Gram(Whole)	360	360	360	360	360	-	-	-
Chola Dal	Bengal Gram(Split)	372	372	372	377	-	-	-	-
Chola Bhaja	Bengal Gram(Fried)	369	369	369	-	-	-	-	-
Mash Kalai Dal	Black Gram(Split)	347	347	347	357	345	-	-	-
Mug(Asta)	Green Gram(Whole)	334	334	334	-	364	-	-	-
Mug Dal	Green Gram(Split)	348	348	348	346	-	-	-	-
Kheshari Dal	Kheshari Dal	345	345	345	353	345	-	-	-
Mushur Dal	Lentils	343	343	343	358	342	-	-	-
Matar Dal	Peas Dried/Split	315	315	315	346	315	-	-	-
Matar Bhaja	Peas Fried	340	340	340	-	-	-	-	-
Arohor Dal	Red gram	335	335	335	338	335	-	-	-
Soyabean	Soyabean	432	432	432	-	432	-	-	-

Pulses and Legumes									
Calcium mg/100 grams of edible portion							Iron mg/100 grams of edible portion		
Bangla name	English name	INFS-					HKI	NIN	IPHN
		INFS	HKI	NIN	IPHN	BARC			
Shimer Bichi	Bean	60	60	60	60	60	-	-	-
Chola	Bengal Gram(Whole)	202	202	202	202	202	-	-	-
Chola Dal	Bengal Gram(Split)	56	56	56	77.44	-	-	-	-
Chola Bhaja	Bengal Gram(Fried)	58	58	58	-	-	-	-	-
Mash Kalai Dal	Black Gram(Split)	154	154	154	77.44	154	-	-	-
Mug(Asta)	Green Gram(Whole)	124	124	124	124	124	-	-	-
Mug Dal	Green Gram(Split)	75	75	75	78.32	-	-	-	-
Kheshari Dal	Kheshari Dal	90	90	90	84.5	90	-	-	-
Mushur Dal	Lentils	69	69	69	69	69	-	-	-
Matar Dal	Peas Dried/Split	75	75	75	75.68	45	-	-	-
Matar Bhaja	Peas Fried	81	81	81	-	-	-	-	-
Arohor Dal	Red gram	73	73	73	77	73	-	-	-
Soyabean	Soyabean	240	240	240	-	240	-	-	-

Pulses and Legumes

Bangla name English name	Carotene µg/100 grams of edible portion										Vit-C mg/100 grams of edible portion									
	carotene					β-Carotene					Vit-A IU									
	INFS	NIN	BARC	BRRI	HKI	BARC	BRRI	HKI	BARC	IPHN	INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	BRRI	INFS	BARC
Shimer Bichi	0	0	0	-	0	-	-	0	-	-	0	0	0	-	-	-	0	-	-	-
Chola	189	189	189	-	189	-	-	189	-	315	3	3	3	3	3	-	0	-	-	-
Bengal Gram(Whole)	129	129	-	-	129	191-205	215	-	-	-	1	1	1	1	-	-	-	-	1.2-3.0	-
Chola Dal	113	113	-	-	113	-	-	-	-	-	0	0	0	-	-	-	-	-	-	-
Bengal Gram(Fried)	38	38	38	-	38	40-54	63	0	0	0	0	0	0	0	0	-	0	-	0	0
Mash Kalai Dal	94	94	94	-	94	-	-	94	-	-	0	0	0	-	-	-	0	-	-	-
Mug(Asta)	49	49	-	-	49	80-89	65	0	0	0	0	0	0	0	-	-	-	-	0	0
Mug Dal	120	120	120	-	120	125-131	200	0	0	0	0	0	0	0	0	-	0	-	0	0
Khesari Dal	270	270	270	-	270	272-291	450	0	0	0	0	0	0	0	0	-	0	-	0	0
Mushur Dal	39	39	39	-	39	205	65	0	0	0	0	0	0	0	0	-	0	-	0.8	0.8
Matar Dal	18	18	-	-	18	-	-	-	-	-	0	0	0	-	-	-	-	-	-	-
Peas Dried/Split	132	132	132	-	132	-	220	0	0	0	0	0	0	0	0	-	0	-	-	-
Peas Fried	411	426	426	-	426	-	-	-	-	-	-	0	0	-	-	-	0	-	-	-
Arohor Dal	411	426	426	-	426	-	-	-	-	-	-	0	0	-	-	-	0	-	-	-
Soyabean	411	426	426	-	426	-	-	-	-	-	-	0	0	-	-	-	0	-	-	-

Pulses and Legumes

Bangla name English name	Vitamin-B1 mg/100 grams of edible portion										Vitamin-B2 mg/100 grams of edible portion									
						INFS														
	INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	BRRI	HKI	BARC	IPHN	INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	BRRI	INFS
Shimer Bichi	0.52	0.52	0.52	-	0.52	-	0.52	-	0.16	0.16	0.16	0.16	0.16	0.16	-	0.16	-	-	-	-
Chola	0.3	0.3	0.3	0.3	0.3	-	0.3	-	0.51	0.51	0.15	0.51	0.51	0.15	0.15	0.15	-	-	-	-
Bengal Gram(Whole)	0.48	0.48	0.48	0.48	-	-	-	-	0.18	0.18	0.18	0.18	0.18	0.18	0.18	-	-	-	-	-
Chola Dal	0.2	0.2	0.2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bengal Gram(Fried)	0.42	0.42	0.42	0.42	0.42	-	0.42	-	0.37	0.37	0.2	0.37	0.37	0.2	0.37	0.37	-	-	-	-
Mash Kalai Dal	0.47	0.47	0.47	0.47	0.47	-	0.47	-	0.39	0.39	0.27	0.39	0.39	0.27	0.39	0.39	-	-	-	-
Mug(Asta)	0.72	0.72	0.72	0.72	0.72	-	0.72	-	0.15	0.15	0.21	0.15	0.15	0.21	0.15	-	-	-	-	-
Mug Dal	0.39	0.39	0.39	0.39	0.39	-	0.39	-	0.41	0.41	0.17	0.41	0.41	0.17	0.17	0.17	-	-	-	-
Khesari Dal	0.45	0.45	0.45	0.45	0.45	-	0.45	-	0.49	0.49	0.2	0.49	0.49	0.2	0.2	0.2	-	-	-	-
Mushur Dal	0.47	0.47	0.47	0.47	0.47	-	0.47	-	0.19	0.19	0.19	0.19	0.19	0.19	0.19	0.19	-	-	-	-
Matar Dal	0.47	0.47	0.47	0.47	0.47	-	0.47	-	0.21	0.21	0.21	0.21	0.21	0.21	0.21	-	-	-	-	-
Khesari Dal	0.45	0.45	0.45	0.45	0.45	-	0.45	-	0.51	0.51	0.19	0.51	0.51	0.19	0.19	0.19	-	-	-	-
Peas Dried/Split	0.73	0.73	0.73	-	0.73	-	0.73	-	0.76	0.76	0.39	0.76	0.76	0.39	0.39	0.39	-	-	-	-
Peas Fried	0.45	0.45	0.45	0.45	0.45	-	0.45	-	0.51	0.51	0.19	0.51	0.51	0.19	0.19	0.19	-	-	-	-
Matar Bhaja	0.45	0.45	0.45	0.45	0.45	-	0.45	-	0.76	0.76	0.39	0.76	0.76	0.39	0.39	0.39	-	-	-	-
Arohor Dal	0.45	0.45	0.45	0.45	0.45	-	0.45	-	0.76	0.76	0.39	0.76	0.76	0.39	0.39	0.39	-	-	-	-
Red gram	0.45	0.45	0.45	0.45	0.45	-	0.45	-	0.76	0.76	0.39	0.76	0.76	0.39	0.39	0.39	-	-	-	-
Soyabean	0.73	0.73	0.73	-	0.73	-	0.73	-	0.76	0.76	0.39	0.76	0.76	0.39	0.39	0.39	-	-	-	-

Green Leafy Vegetables

Green Leafy Vegetables															
Moisture g/100 grams edible portion										Protein g/100 grams edible portion					
Bangla name	English Name	INFS-						INFS-							
		INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC
Bauk Ful Shak	Agathi	73.1	73.1	73.1	-	-	-	-	8.4	8.4	8.4	-	-	-	-
Data Shak	Amarnath leaves	94.3	94.3	-	85.8	-	-	86.9	1.8	1.8	-	1.76	-	-	4.19
Naute Shak	Amarnath leaves Tender	90	90	85.7	-	90	-	-	3	3	4	-	3	-	-
Lal Shak	Amarnath red leaf var.	88	88	-	88	88	-	87.8	5.3	5.3	-	5.34	5.3	-	3.7
Kanta Naute	Amarnath(Spiny)	85	85	85	-	-	-	-	3	3	3	-	-	-	-
Bathua Shak	Bathua leaves	89.6	89.6	89.6	-	-	-	-	3.7	3.7	3.7	-	-	-	-
Beet Shak	Beet leaves	86.4	86.4	86.4	-	-	-	-	3.4	3.4	3.4	-	-	-	-
Lau Shak	Bottle gourd leaves	87.9	87.9	87.9	87	-	-	86.3	2.3	2.3	2.3	2.3	-	-	3.82
Badha Kapi	Cabbage	-	93.3	91.9	91	-	-	-	1.3	1.3	1.8	1.3	-	-	-
Gazor Shak	Carrot leaves	76.6	76.6	76.6	-	-	-	-	5.1	5.1	5.1	-	-	-	-
Ful Kapi Shak	Cauliflower leaves	80	80	80	80	-	-	-	5.9	5.9	5.9	5.9	-	-	-
Randhuni Shak	Celery leaves	88	88	88	-	-	-	-	6.3	6.3	6.3	-	-	-	-
Chukal Shak	Chukal leaves	-	-	-	-	-	-	-	2.4	2.4	-	2.35	-	-	-
Dhani Shak	Coriander leaves	86.3	86.3	86.3	86.3	-	-	-	3.3	3.3	3.3	3.3	-	-	-
Borboti Pata	Coepea leaves	89	89	89	-	-	-	-	3.4	3.4	3.4	-	-	-	-
Shazna Shak	Drumstic leaves	75.9	75.9	75.9	83.45	-	-	-	6.7	6.7	6.7	5.42	-	-	-
Methi Shak	Fenugreek leaves	86.1	86.1	86.1	-	-	-	-	4.4	4.4	4.4	-	-	-	-
Potol Pata	Folwal leaves	80.5	80.5	-	-	-	-	-	5.4	5.4	-	-	-	-	-
Chola Shak	Gram leaves	73.4	73.4	73.4	-	-	-	-	7	7	7	-	-	-	-
Helencha	Helencha leaves	89.1	89.1	-	-	89.1	-	-	1.9	1.9	-	1.87	1.9	-	-
Pui Shak	Indian spinach	92	92	-	93.74	92	-	-	2.2	2.2	-	2	2.2	-	-
Pat Shak	Jute plant tops	83.5	83.5	-	86	83.5	-	-	2.6	2.6	-	2.56	2.6	-	-
Khesharee Shak	Kheshan leaves	84.2	84.2	84.2	85	84.2	-	-	6.1	6.1	6.1	5.9	6.1	-	-
Kolmee Shak	Kolmee leaves	87.6	87.6	90.3	91	87.3	-	-	1.8	1.8	2.9	1.7	1.8	-	-
Lettuce Pata	Lettuce	93.4	93.4	93.4	94	93.4	-	-	2.1	2.1	2.1	2.1	2.1	-	-
Mesta Pata	Mesta leaves	86.4	86.4	86.4	-	-	-	-	1.7	1.7	1.7	-	-	-	-
Sharisha Shak	Mustard leaves	89.8	89.8	89.8	91	-	-	-	4	4	4	3.6	-	-	-
Nim Pata(Kochi)	Neem leaves	59.4	59.4	59.4	-	-	-	-	11.6	11.6	11.6	-	11.6	-	-
Nim Pata(Paka)	Neem leaves:yellow	59.4	59.4	59.4	-	59.4	-	-	7.1	7.1	7.1	-	-	-	-
Potato Shak	Potato leaves	88	88	-	-	-	-	-	4.4	4.4	-	-	-	-	-
Pudina Pata	Mint leaves	86.2	86.2	84.9	75.1	86.2	-	-	2.9	2.9	4.8	4.51	2.9	-	-
Mishti Kumra Shak	Pumpkin leaves	89.4	89.4	81.9	81.9	-	-	-	2.1	2.1	4.6	2.05	-	-	-
Punomova Shak	Punomova leaves	84.5	84.5	84.5	-	84.5	-	-	6.1	6.1	6.1	-	6.1	-	-

Green Leafy Vegetables

Green Leafy Vegetables		Moisture g/100 grams edible portion					Protein g/100 grams edible portion					INFS-			
Bangla name	English Name	INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-
Mula Shak	Radish leaves	94.6	94.6	90.8	90.8	94.6	-	-	1.7	1.7	3.8	1.67	1.7	-	-
Kushum Shak	Safflower leaves	91.2	91.2	91.1	-	-	-	-	2.5	2.5	2.5	-	-	-	-
Soyabeen Shak	Soyabeen leaves	79.5	79.5	79.5	-	-	-	-	6	6	6	-	-	-	-
Palong Shak	Spinach	90.8	90.8	92.1	92.1	90.8	-	-	3.3	3.3	2	3.32	3.3	-	-
Tak Palong Shak	Spinach sour	93.5	93.5	-	-	-	-	-	2.9	2.9	-	1.6	-	-	-
Sweet Potato Shak	Sweet potato leaves	80.7	80.7	80.7	91.88	-	-	-	4.2	4.2	4.2	4.84	-	-	-
Tetul Pata (Kachi)	Tamarind leaves	70.5	70.5	70.5	-	70.5	-	-	5.8	5.8	5.8	-	5.8	-	-
Tetul Pata (Dry)	Tamarind leaves,dry	8.9	8.9	-	-	-	-	-	8.6	8.6	-	-	-	-	-
Kochu Shak(Dry)	Arum leaves, dry	9.3	9.3	9.3	-	-	-	-	13.7	13.7	13.7	-	-	-	-
Kalo Kachu Shak	Black arum leaves	78.8	78.8	78.8	78.4	-	-	-	6.8	6.8	6.8	6.8	-	-	-
Kachu Shak (Green)	Green arum leaves	82.7	82.7	82.7	82.7	-	-	-	3.9	3.9	3.9	3.9	-	-	-
Thankuni Pata	Thankuni leaves	79.3	79.3	-	-	79.3	-	-	2.6	2.6	-	2.56	2.6	-	-
Shalgom Pata	Tump leaves	81.9	81.9	81.9	-	-	-	-	4	4	4	-	-	-	-

Green Leafy Vegetables

Green Leafy Vegetables															
Fat g/100 grams edible portion								Carbohydrates g/100 grams edible portion							
Bangla name		English Name		INFS-				INFS-				INFS-			
		INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-
Bauk Ful Shak	Agathi	1.4	1.4	1.4	-	-	-	-	11.8	11.8	11.8	-	-	-	-
Data Shak	Amarnath leaves	0.2	0.2	-	-	-	-	0.57	3.3	3.3	-	-	-	-	4.44
Naute Shak	Amarnath leaves Tender	0.7	0.7	0.5	-	0.7	-	-	2	2	6.1	-	2	-	-
Lal Shak	Amarnath red leaf var.	0.1	0.1	-	0.5	0.1	-	0.6	5	5	-	-	5	-	5.94
Kanta Naute	Amarnath(Spiny)	0.3	0.3	0.3	-	-	-	-	7	7	7	-	-	-	-
Bathua Shak	Bathua leaves	0.4	0.4	0.4	-	-	-	-	2.9	2.9	2.9	-	-	-	-
Beet Shak	Beet leaves	0.8	0.8	0.8	-	-	-	-	6.5	6.5	6.5	-	-	-	-
Lau Shak	Bottle gourd leaves	0.7	0.7	0.7	0.7	-	-	0.53	6.1	6.1	6.1	-	-	-	6.72
Badha Kopl	Cabbage	-	0.2	0.1	0.1	-	-	-	-	4.7	4.6	-	-	-	-
Gazor Shak	Carrot leaves	0.5	0.5	0.5	-	-	-	-	13.1	13.1	13.1	-	-	-	-
Ful Kopl Shak	Cauliflower leaves	1.3	1.3	1.3	1.3	-	-	-	7.6	7.6	7.6	-	-	-	-
Randhuni Shak	Celery leaves	0.6	0.6	0.6	-	-	-	-	1.6	1.6	1.6	-	-	-	-
Chukai Shak	Chukai leaves	-	0	-	-	-	-	-	-	11.7	-	-	-	-	-
Dhani Shak	Coriander leaves	0.6	0.6	0.6	0.6	-	-	-	6.3	6.3	6.3	-	-	-	-
Borboti Pata	Coepea leaves	0.7	0.7	0.7	-	-	-	-	4.1	4.1	4.1	-	-	-	-

Green Leafy Vegetables

Green Leafy Vegetables															
Fat g/100 grams edible portion										Carbohydrates g/100 grams edible portion					
INFS-										INFS-					
Bangla name	English Name	INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC
Shazna Shak	Drumstic leaves	1.7	1.7	1.7	1.41	-	-	-	12.5	12.5	12.5	-	-	-	-
Methi Shak	Fenugreek leaves	0.9	0.9	0.9	-	-	-	-	6	6	6	-	-	-	-
Potol Pata	Folwal leaves	1.1	1.1	-	-	-	-	-	5.8	5.8	-	-	-	-	-
Chola Shak	Gram leaves	1.4	1.4	1.4	-	-	-	-	14.1	14.1	14.1	-	-	-	-
Helencha	Helencha leaves	0.1	0.1	-	-	0.1	-	-	8.1	8.1	-	-	8.1	-	-
Pui Shak	Indian spinach	0.2	0.2	-	0.26	0.2	-	-	4.2	4.2	-	-	4.2	-	-
Pat Shak	Jute plant tops	0.1	0.1	-	1	0.1	-	-	12.6	12.6	-	-	12.6	-	-
Khesharee Shak	Kheshari leaves	1	1	1	0.9	1	-	-	5.5	5.5	5.5	-	5.5	-	-
Kolmee Shak	Kolmee leaves	0.1	0.1	0.4	0.4	0.1	-	-	9.4	9.4	3.1	-	9.4	-	-
Lettuce Pata	Lettuce	0.3	0.3	0.3	0.3	0.3	-	-	2.5	2.5	2.5	-	2.5	-	-
Mesta Pata	Mesta leaves	1.1	1.1	1.1	-	-	-	-	9.9	9.9	9.9	-	-	-	-
Sharisha Shak	Mustard leaves	0.6	0.6	0.6	0.5	-	-	-	3.2	3.2	3.2	-	-	-	-
Nim Pata(Kochi)	Neem leaves	3	3	3	-	3	-	-	21.2	21.2	21.2	-	21.2	-	-
Nim Pata(Paka)	Neem leaves, yellow	1	1	1	-	-	-	-	22.9	22.9	22.9	-	-	-	-
Potato Shak	Potato leaves	0.9	0.9	-	-	-	-	-	3.6	3.6	-	-	-	-	-
Pudina Pata	Mint leaves	0.1	0.1	0.6	1.17	0.1	-	-	9.1	9.1	5.8	-	9.1	-	-
Mishiti Kumira Shak	Pumpkin leaves	0.2	0.2	0.8	0.8	-	-	-	7	7	7.9	-	-	-	-
Punomova Shak	Punomova leaves	0.9	0.9	0.9	-	0.9	-	-	7.2	7.2	7.2	-	7.2	-	-
Mula Shak	Radish leaves	0.9	0.9	0.4	0.49	0.9	-	-	2.3	2.3	2.4	-	2.3	-	-
Kushum Shak	Safflower leaves	0.6	0.6	0.6	-	-	-	-	4.5	4.5	4.5	-	-	-	-
Soyabeen Shak	Soyabeen leaves	0.5	0.5	0.5	-	-	-	-	10.8	10.8	10.8	-	-	-	-
Palong Shak	Spinach	0.1	0.1	0.7	0.7	0.1	-	-	4	4	2.9	-	4	-	-
Tak Palong Shak	Spinach sour	0.1	0.1	-	0.33	-	-	-	2.1	2.1	-	-	-	-	-
Sweet Potato Shak	Sweet potato leaves	0.8	0.8	0.8	0.9	-	-	-	9.7	9.7	9.7	-	-	-	-
Tetul Pata (Kachi)	Tamarind leaves	2.1	2.1	2.1	-	2.1	-	-	18.2	18.2	18.2	-	18.2	-	-
Tetul Pata (Dry)	Tamarind leaves, dry	3	3	-	-	-	-	-	60.9	60.9	-	-	-	-	-
Kochu Shak(Dry)	Arum leaves, dry	5.9	5.9	5.9	-	-	-	-	42.3	42.3	42.3	-	-	-	-
Kalo Kachu Shak	Black arum leaves	2	2	2	2	-	-	-	8.1	8.1	8.1	-	-	-	-
Kachu Shak (Gre)	Green arum leaves	1.5	1.5	1.5	1.5	-	-	-	6.8	6.8	6.8	-	-	-	-
Thankuni Pata	Thankuni leaves	0.1	0.1	-	-	0.1	-	-	15.3	15.3	-	-	15.3	-	-
Shalgom Pata	Turnip leaves	1.5	1.5	1.5	-	-	-	-	9.4	9.4	9.4	-	-	-	-

Green Leafy Vegetables

Energy Kcal/100 grams edible portion

Mineral g/100 grams edible portion

Bangla name		English Name		INFS-										INFS-									
		INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	
Bauk Ful Shak	Agathi	93	93	93	-	-	-	-	3.1	3.1	3.1	-	-	-	-	3.1	3.1	3.1	-	-	-	-	
Data Shak	Amarnath leaves	22	22	-	-	-	-	39	0.5	0.5	-	-	-	-	-	-	-	-	-	-	-	-	
Naute Shak	Amarnath leaves Tender	26	26	45	-	26	-	-	3.3	3.3	2.7	-	-	-	3.3	-	-	-	-	-	-	-	
Lal Shak	Amarnath red leaf var.	43	43	-	-	43	-	44	1.6	1.6	-	-	-	-	1.6	-	-	-	-	-	-	-	
Kanta Naute	Amarnath(Spiny)	43	43	43	-	-	-	-	3.6	3.6	3.6	-	-	-	-	-	-	-	-	-	-	-	
Bathua Shak	Bathua leaves	30	30	30	-	-	-	-	2.6	2.6	2.6	-	-	-	-	-	-	-	-	-	-	-	
Beet Shak	Beet leaves	46	46	46	-	-	-	-	2.2	2.2	2.2	-	-	-	-	-	-	-	-	-	-	-	
Lau Shak	Bottle gourd leaves	39	39	39	39	-	-	46	1.7	1.7	1.7	-	-	-	-	-	-	-	-	-	-	-	
Badha Kapi	Cabbage	-	26	27	27	-	-	-	-	0.5	0.6	-	-	-	-	-	-	-	-	-	-	-	
Gazor Shak	Carrot leaves	77	77	77	-	-	-	-	2.8	2.8	2.8	-	-	-	-	-	-	-	-	-	-	-	
Ful Kapi Shak	Cauliflower leaves	66	66	66	66	-	-	-	3.2	3.2	3.2	-	-	-	-	-	-	-	-	-	-	-	
Randhuni Shak	Celery leaves	37	37	37	-	-	-	-	2.1	2.1	2.1	-	-	-	-	-	-	-	-	-	-	-	
Chukal Shak	Chukal leaves	-	56	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Dhani Shak	Coriander leaves	44	44	44	44	-	-	-	2.3	2.3	2.3	-	-	-	-	-	-	-	-	-	-	-	
Borboti Pata	Coepea leaves	36	36	38	-	-	-	-	1.6	1.6	1.6	-	-	-	-	-	-	-	-	-	-	-	
Shazna Shak	Drumstic leaves	92	92	92	92	-	-	-	2.3	2.3	2.3	-	-	-	-	-	-	-	-	-	-	-	
Methi Shak	Fenugreek leaves	49	49	49	-	-	-	-	1.5	1.5	1.5	-	-	-	-	-	-	-	-	-	-	-	
Potol Pata	Folwal leaves	55	55	-	-	-	-	-	3	3	-	-	-	-	-	-	-	-	-	-	-	-	
Chola Shak	Gram leaves	97	97	97	-	-	-	-	2.1	2.1	2.1	-	-	-	-	-	-	-	-	-	-	-	
Helencha	Helencha leaves	41	41	-	-	41	-	-	0.8	0.8	-	-	-	-	0.8	-	-	-	-	-	-	-	
Pui Shak	Indian spinach	27	27	-	32	27	-	-	1.4	1.4	-	-	-	-	1.4	-	-	-	-	-	-	-	
Pat Shak	Jute plant tops	62	62	-	-	62	-	-	1.3	1.3	-	-	-	-	1.3	-	-	-	-	-	-	-	
Khesharee Shak	Kheshari leaves	55	55	55	54	55	-	-	1.1	1.1	1.1	-	-	-	1.1	-	-	-	-	-	-	-	
Kolmee Shak	Kolmee leaves	46	46	28	28	46	-	-	1.1	1.1	2.1	-	-	-	1.1	-	-	-	-	-	-	-	
Letece Pata	Lettuce	21	21	21	21	21	-	-	1.2	1.2	1.2	-	-	-	1.2	-	-	-	-	-	-	-	
Mesta Pata	Mesta leaves	56	56	56	-	-	-	-	0.9	0.9	0.9	-	-	-	-	-	-	-	-	-	-	-	
Sharisha Shak	Mustard leaves	34	34	34	32	-	-	-	1.6	1.6	1.6	-	-	-	-	-	-	-	-	-	-	-	
Nim Pata(Kochi)	Neem leaves	158	158	158	-	158	-	-	2.6	2.6	2.6	-	-	-	2.6	-	-	-	-	-	-	-	
Nim Pata(Paka)	Neem leaves,yellow	129	129	129	-	-	-	-	3.4	3.4	3.4	-	-	-	-	-	-	-	-	-	-	-	
Potato Shak	Potato leaves	40	40	-	-	-	-	-	1.8	1.8	-	-	-	-	-	-	-	-	-	-	-	-	
Pudina Pata	Mint leaves	49	49	48	48	49	-	-	1.6	1.6	1.9	-	-	-	1.6	-	-	-	-	-	-	-	
Mishti Kumra Shak	Pumpkin leaves	38	38	57	57	-	-	-	1.4	1.4	2.7	-	-	-	-	-	-	-	-	-	-	-	
Punornova Shak	Punornova leaves	61	61	61	-	61	-	-	1.3	1.3	1.3	-	-	-	1.3	-	-	-	-	-	-	-	
Mula Shak	Radish leaves	24	24	28	28	24	-	-	0.6	0.6	1.6	-	-	-	0.6	-	-	-	-	-	-	-	

Green Leafy Vegetables

Green Leafy Vegetables															
		Energy Kcal/100 grams edible portion						Mineral g/100 grams edible portion							
		INFS-													
Bangla name	English Name	INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC
Soyabean Shak	Soyabean leaves	72	72	72	-	-	-	-	3.2	3.2	3.2	-	-	-	-
Palong Shak	Spinach	30	30	26	26	30	-	-	1.8	1.8	1.7	-	1.8	-	-
Tak Palong Shak	Spinach sour	21	21	-	15	-	-	-	1.4	1.4	-	-	-	-	-
Sweet Potato Sh	Sweet potato leaves	63	63	63	63	-	-	-	2.2	2.2	2.2	-	-	-	-
Tetul Pata (Kachi	Tamarind leaves	115	115	115	-	115	-	-	1.5	1.5	1.5	-	1.5	-	-
Tetul Pata (Dry)	Tamarind leaves, dry	305	305	-	-	-	-	-	8.5	8.5	-	-	-	-	-
Kochu Shak(Dry)	Arum leaves, dry	277	277	277	-	-	-	-	12.8	12.8	12.8	-	-	-	-
Kalo Kachu Shak	Black arum leaves	77	77	77	77	-	-	-	2.5	2.5	2.5	-	-	-	-
Kachu Shak (Gre	Green arum leaves	56	56	56	56	-	-	-	2.2	2.2	2.2	-	-	-	-
Thankuni Pata	Thankuni leaves	73	73	-	-	73	-	-	2.7	2.7	-	-	2.7	-	-
Shalgom Pata	Turnip leaves	67	67	67	-	-	-	-	2.2	2.2	2.2	-	-	-	-
Kushum Shak	Safflower leaves	33	33	33	-	-	-	-	1.3	1.3	1.3	-	-	-	-

Green Leafy Vegetables

Green Leafy Vegetables		Calcium mg/100 grams edible portion							Iron mg/100 grams edible portion							INFS-	
Bangla name	English Name	INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	INFS-	
Bauk Ful Shak	Agathi	1130	1130	1130	-	-	-	-	3.9	3.9	3.9	-	-	-	-	-	
Data Shak	Amarnath leaves	80	80	80	80	-	-	198	25.5	25.5	-	-	-	-	-	25.1	
Naute Shak	Amarnath leaves Tender	200	200	397	-	200	-	-	-	-	3.49	-	-	-	-	-	
Lal Shak	Amarnath red leaf var.	374	374	-	374	374	1.5	381	-	-	-	17.25	-	5.7	1.2	-	
Kanta Naute	Amarnath(Spiney)	800	800	800	-	-	-	-	22.9	22.9	22.9	-	-	-	-	-	
Bathua Shak	Bathua leaves	150	150	150	-	-	0.4	-	4.2	4.2	4.2	-	-	-	0.8	-	
Beet Shak	Beet leaves	380	380	380	-	-	-	-	16.2	16.2	16.2	-	-	-	-	-	
Lau Shak	Bottle gourd leaves	80	80	80	80	-	1.8	282	-	-	-	-	-	2.9	7.2	-	
Badha Kopl	Cabbage	-	31	39	30.5	-	2.2	-	-	0.8	0.8	0.8	-	0.3	-	-	
Gazor Shak	Carrot leaves	340	340	340	-	-	-	-	8.8	8.8	8.8	-	-	-	-	-	
Ful Kopl Shak	Cauliflower leaves	626	626	626	626	-	-	-	40	40	40	40	-	-	-	-	
Randhuni Shak	Celery leaves	230	230	230	-	-	-	-	6.3	6.3	6.3	-	-	-	-	-	
Chukal Shak	Chukal leaves	-	56	-	56	-	-	-	-	-	-	-	-	-	-	-	
Dhani Shak	Coriander leaves	184	184	184	184	-	0.7	-	18.5	18.5	1.42	18.5	-	0.8	-	-	
Borboli Pata	Coepea leaves	290	290	290	-	-	-	-	20.1	20.1	20.1	-	-	-	-	-	
Shazna Shak	Drumstic leaves	440	440	440	362	-	-	-	7	7	0.85	6.3	-	-	-	-	
Methi Shak	Fenugreek leaves	395	395	395	-	-	1.9	-	16.5	16.5	1.93	-	-	2.6	-	-	
Potol Pata	Folwal leaves	531	531	-	-	-	-	-	-	-	-	-	-	-	-	-	

Green Leafy Vegetables

		Calcium mg/100 grams edible portion						Iron mg/100 grams edible portion						INFS- BARC	
Bangla name	English Name	INFS	HKI	NIN	IPHN	BARC	BTRI	BARC	INFS	HKI	NIN	IPHN	BARC	BTRI	INFS- BARC
Chola Shak	Gram leaves	340	340	340	-	-	4.9	-	23.8	23.8	23.8	-	-	1.4	-
Helencha	Helencha leaves	31	31	31	31	31	0.4	-	-	-	-	-	-	1.9	-
Pui Shak	Indian spinach	164	164	-	392	164	-	-	10	10	14	10	-	-	-
Pat Shak	Jute plant tops	113	113	-	113	113	-	-	-	-	-	-	-	-	-
Khesharee Shak	Kheshari leaves	160	160	160	130	160	-	-	7.3	7.3	7.3	5.3	7.3	-	-
Kolmee Shak	Kolmee leaves	107	107	110	107	107	0.4	-	3.9	3.9	3.9	3.9	3.9	1.6	-
Lettuce Pata	Lettuce	50	50	50	50	50	4	-	2.4	2.4	2.4	2.4	2.4	0.7	-
Mesta Pata	Mesta leaves	172	172	172	-	-	-	-	5	5	2.28	-	-	-	-
Sharisha Shak	Mustard leaves	155	155	155	140	-	0.6	-	16.3	16.3	16.3	12.5	-	1.5	-
Nim Pata(Kochi)	Neem leaves	130	130	130	-	130	-	-	25.3	25.3	25.3	-	253	-	-
Nim Pata(Paka)	Neem leaves yellow	510	510	510	-	-	-	-	17.1	17.1	17.1	-	-	-	-
Potato Shak	Potato leaves	120	120	-	-	-	-	-	-	-	-	-	-	-	-
Pudina Pata	Mint leaves	85	85	200	416	85	1.7	-	15.6	15.6	15.6	11.3	15.6	1.7	-
Mishti Kumra Shak	Pumpkin leaves	40	40	392	40	-	-	-	-	-	-	9.1	-	-	-
Punomova Shak	Punomova leaves	667	667	667	-	667	-	-	18.4	18.4	18.4	-	18.4	-	-
Mula Shak	Radish leaves	28	28	265	136.2	28	0.7	-	3.6	3.6	0.09	5.85	3.6	1	-
Soyabean Shak	Soyabean leaves	180	180	180	-	-	-	-	8	8	8	-	-	-	-
Palong Shak	Spinach	98	98	73	98	98	1.4	-	10	10.9	1.14	10.9	10.9	1.8	-
Tak Palong Shak	Spinach sour	79	79	-	79	-	-	-	8.7	8.7	-	8.7	-	-	-
Sweet Potato Shak	Sweet potato leaves	360	360	360	68	-	-	-	10	10	10	2.87	-	-	-
Tetul Pata (Kachi)	Tamarind leaves	101	101	101	-	101	-	-	5.2	5.2	0.3	-	5.2	-	-
Tetul Pata (Dry)	Tamarind leaves, dry	1485	1485	-	-	-	-	-	-	-	-	-	-	-	-
Kochu Shak(Dry)	Arum leaves, dry	1546	1546	1546	-	-	-	-	-	-	-	-	-	-	-
Kalo Kachu Shak	Black arum leaves	460	460	460	46	-	-	-	38.7	38.7	0.98	38.7	-	-	-
Kachu Shak (Gre)	Green arum leaves	227	227	227	227	-	0.2	-	10	10	10	10	-	3.1	-
Thankuni Pata	Thankuni leaves	105	105	105.3	105	105	0.7	-	-	-	-	-	-	2.8	-
Shalgom Pata	Turnip leaves	710	710	710	-	-	-	-	28.4	28.4	28.4	-	-	-	-
Kushum Shak	Safflower leaves	185	185	185	-	-	-	-	5.7	5.7	5.7	-	-	-	-

Green Leafy Vegetables

Carotene $\mu\text{g}/100$ grams edible portion		Carotene μg							Vita IU	
		INFS-								
Bangla name	English Name	INFS	NIN	BARC	BRRI	HKI	BARC	Ole Hels	IPHN	
Bauk Ful Shak	Agathi	5400	5400	-	-	5400	-	1526 $\pm$ 56.7	9996	
Data Shak	Amarnath leaves	10100	-	-	-	5998	9582	-	-	
Naura Shak	Amarnath leaves Tender	-	5520	-	-	7715	-	-	-	
Lal Shak	Amarnath red leaf var.	11940	-	11900	-	11940	12112	1709 $\pm$ 280	12261	
Kanta Naura	Amarnath (Spiney)	3564	3564	-	-	3564	-	-	-	
Bathua Shak	Bathua leaves	1740	1740	-	-	1740	-	-	-	
Beet Shak	Beet leaves	5862	5862	-	-	5862	-	-	-	
Lau Shak	Bottle gourd leaves	-	-	-	-	7196	6502	2034 $\pm$ 248	11995	
Badha Kapi	Cabbage	-	120	-	-	1200	-	-	2000	
Gazor Shak	Carrot leaves	5700	5700	-	-	5700	-	-	-	
Ful Kapi Shak	Cauliflower leaves	-	-	-	-	35	-	-	-	
Randhuni Shak	Celery leaves	3990	3990	-	-	3990	-	-	-	
Chukai Shak	Chukai leaves	-	-	-	-	9	-	-	11530	
Dhani Shak	Coriander leaves	6918	6918	-	-	6918	-	-	-	
Borboti Pata	Coepea leaves	6072	6072	-	-	6072	-	-	11300	
Shazna Shak	Drumstick leaves	6780	6780	-	-	6780	-	-	-	
Meethi Shak	Fenugreek leaves	2340	2340	-	-	2340	-	-	-	
Potol Pata	Folwal leaves	-	-	-	-	-	-	-	-	
Chola Shak	Gram leaves	978	-	-	-	978	-	-	-	
Helencha	Helencha leaves	13700	-	13700	-	13700	-	-	12400	
Pui Shak	Indian spinach	12750	-	12750	-	7440	-	-	-	
Pat Shak	Jute plant tops	11700	-	11700	-	6918	-	-	-	
Khesharee Shak	Kheshari leaves	3530	3000	3000	-	3000	-	-	3300	
Kolmee Shak	Kolmee leaves	10740	1980	10740	-	1980	-	-	1650	
Lettuce Pata	Lettuce	990	990	990	-	990	-	-	-	
Mesta Pata	Mesta leaves	2898	2898	-	-	2898	-	-	-	
Sharisha Shak	Mustard leaves	2622	2622	-	-	2622	-	1404 $\pm$ 36.1	-	
Nim Pata (Kochi)	Neem leaves	2760	-	2760	-	2760	-	-	-	
Nim Pata (Paka)	Neem leaves, yellow	1998	-	-	-	1998	-	-	-	
Potato Shak	Potato leaves	-	-	-	-	-	-	-	-	
Pudina Pata	Mint leaves	13300	1620	300	-	1620	-	-	2700	
Mishti Kumra Sha	Pumpkin leaves	12000	-	-	-	1940	-	362 $\pm$ 89.3	11828	

Green Leafy Vegetables

Green Leafy Vegetables									
Carotene $\mu\text{g}/100$ grams edible portion									
		Carotene μg		β -Carotene μg					VitA IU
		INFS-							
Bangla name	English Name	INFS	NIN	BARC	BRRI	HKI	BARC	Ole Hels	IPHN
Punornova Shak	Punornova leaves	-	-	-	-	-	-	-	-
Mula Shak	Radish leaves	9700	5295	9700	-	5295	-	1871±875	8825
Kushum Shak	Safflower leaves	3540	3540	-	-	3540	-	-	-
Soyabean Shak	Soyabean leaves	-	-	-	-	25	-	-	-
Palong Shak	Spinach	8470	5580	8470	-	5580	-	-	9300
Tak Palong Shak	Spinach sour	7940	-	-	-	3660	-	-	6100
Sweet Potato Shi	Sweet potato leaves	7800	750	-	-	7800	-	-	1250
Tetul Pata (Kachi)	Tamarind leaves	250	250	250	-	2510	-	-	-
Tetul Pata (Dry)	Tamarind leaves, dry	-	-	-	-	-	-	-	-
Kochu Shak(Dry)	Arum leaves, dry	-	-	-	-	-	-	-	-
Kalo Kachu Shak	Black arum leaves	12000	12000	-	-	12000	-	-	20000
Kachu Shak (Gre)	Green arum leaves	10278	10278	-	-	10278	-	-	17130
Thankuni Pata	Thankuni leaves	13100	-	13100	-	2998	-	-	4998
Shalgom Pata	Turnip leaves	9396	9396	-	-	9396	-	-	-

RE=retinol equivalent

Green Leafy Vegetables

Bangla name	English Name	Vitamin-B1 mg/100 grams edible portion						Vitamin-B2 mg/100 grams edible portion					
		INFS-						INFS-					
		INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	BRRI	BARC	BRRI	IPHN	BARC
Bauk Ful Shak	Agathi	0.21	0.21	0.21	-	-	-	-	-	0.09	0.09	0.09	-
Data Shak	Amarnath leaves	0.26	0.26	-	0.26	-	-	-	-	0.18	0.18	-	-
Naute Shak	Amarnath leaves Tender	-	-	0.03	-	-	-	-	-	-	0.3	-	-
Lal Shak	Amarnath red leaf var.	0.1	0.1	-	0.1	0.1	-	-	-	0.13	0.13	0.13	-
Kanta Naute	Amarnath(Spiny)	0	0	0	-	-	-	-	-	0.01	0.01	-	-
Bathua Shak	Bathua leaves	0.01	0.01	0.01	-	-	-	-	-	0.14	0.14	-	-
Beet Shak	Beet leaves	0.26	0.26	0.26	-	-	-	-	-	0.56	0.56	-	-
Lau Shak	Bottle gourd leaves	-	-	-	-	-	-	-	-	-	-	-	-
Badha Kapi	Cabbage	-	0.06	0.06	0.06	-	-	-	-	-	0.05	0.05	-
Gazor Shak	Carrot leaves	0.04	0.04	0.04	-	-	-	-	-	0.2	0.2	0.37	-
Ful Kapi Shak	Cauliflower leaves	-	-	-	-	-	-	-	-	-	-	-	-
Randhuni Shak	Celery leaves	-	-	0	-	-	-	-	-	0.11	0.11	-	-

Green Leafy Vegetables

Green Leafy Vegetables		Vitamin-B1 mg/100 grams edible portion						Vitamin-B2 mg/100 grams edible portion								
Bangla name	English Name	INFS-						INFS-								
		INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	INFS-
Chukaj Shak	Chukaj leaves	-	0.1	-	0.1	-	-	-	-	-	-	0.16	-	-	-	INFS-
Dhani Shak	Coriander leaves	0.05	0.05	0.05	0.05	-	-	-	0.06	0.06	0.06	0.05	-	-	-	-
Borbati Pata	Coepea leaves	0.05	0.05	0.05	-	-	-	-	0.18	0.18	0.18	-	-	-	-	-
Shazna Shak	Drumstic leaves	0.06	0.06	0.06	0.06	-	-	-	0.05	0.05	0.05	0.05	-	-	-	-
Methi Shak	Fenugreek leaves	0.04	0.04	0.04	-	-	-	-	0.31	0.31	0.31	-	-	-	-	-
Potol Pata	Folwal leaves	-	0	-	-	-	-	-	0	-	-	-	-	-	-	-
Chola Shak	Gram leaves	0.09	0.09	-	-	-	-	-	0.1	0.1	-	-	-	-	-	-
Helencha	Helencha leaves	0.01	0.01	-	0.07	0.01	-	-	0.16	0.16	-	0.16	0.16	-	-	-
Pui Shak	Indian spinach	0.02	0.02	-	0.02	0.02	-	-	0.36	0.36	-	0.36	0.36	-	-	-
Pat Shak	Jute plant tops	0.1	0.1	-	0.1	0.1	-	-	0.09	0.09	-	0.09	0.09	-	-	-
Khesharee Shak	Kheshari leaves	0.01	0.01	0.01	-	0.01	-	-	0.03	0.03	0.03	-	0.03	-	-	-
Kolmee Shak	Kolmee leaves	0.14	0.14	0.05	0.14	0.14	-	-	0.4	0.4	0.13	0.4	0.4	-	-	-
Lettuce Pata	Lettuce	0.09	0.09	0.09	0.09	0.09	-	-	0.13	0.13	0.13	0.13	0.13	-	-	-
Mesta Pata	Mesta leaves	0.07	0.07	0.07	-	-	-	-	0.39	0.39	0.39	-	-	-	-	-
Sharisha Shak	Mustard leaves	0.03	0.03	0.03	-	-	-	-	-	-	-	-	-	-	-	-
Nim Pata(Kochi)	Neem leaves	0.06	0.06	-	-	0.06	-	-	0	0	-	-	0	-	-	-
Nim Pata(Paka)	Neem leaves,yellow	0.04	0.04	-	-	-	-	-	0	0	-	-	-	-	-	-
Potato Shak	Potato leaves	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pudina Pata	Mint leaves	0.09	0.09	0.05	0.09	0.09	-	-	0.08	0.08	0.26	0.08	0.08	-	-	-
Mishti Kumra Sha	Pumpkin leaves	0.12	0.12	-	0.12	-	-	-	0.24	0.24	-	0.24	-	-	-	-
Punornova Shak	Punornova leaves	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mula Shak	Radish leaves	0.04	0.04	0.18	0.08	0.04	-	-	0.09	0.09	0.47	0.09	0.09	-	-	-
Kushum Shak	Safflower leaves	0.08	0.04	0.04	-	-	-	-	0.1	0.1	0.1	-	-	-	-	-
Soyabeen Shak	Soyabeen leaves	-	-	-	-	-	-	-	0.16	0.16	0.16	-	-	-	-	-
Palong Shak	Spinach	0.03	0.03	0.03	0.03	0.03	-	-	0.09	0.09	0.26	0.09	0.09	-	-	-
Tak Palong Shak	Spinach sour	0.1	0.1	-	0.01	-	-	-	0.09	0.09	-	0.04	-	-	-	-
Sweet Potato Sha	Sweet potato leaves	0.07	0.07	0.07	0.07	-	-	-	0.24	0.24	0.24	0.24	-	-	-	-
Tetul Pata (Kachi)	Tamarind leaves	0.24	0.24	0.24	-	0.24	-	-	0.17	0.17	0.17	-	0.1	-	-	-
Tetul Pata (Dry)	Tamarind leaves,dry	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Kochu Shak(Dry)	Arum leaves, dry	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Kalo Kachu Shak	Black arum leaves	0.06	0.06	0.06	0.06	-	-	-	0.45	0.45	0.45	0.45	-	-	-	-
Kachu Shak (Gre)	Green arum leaves	0.22	0.22	0.22	0.22	-	-	-	0.26	0.26	0.26	0.26	-	-	-	-
Thankuni Pata	Thankuni leaves	0.09	0.09	0.09	0.09	0.09	-	-	0.1	0.1	-	0.1	0.1	-	-	-
Shalgom Pata	Turnip leaves	0.31	0.31	0.31	-	-	-	-	0.57	0.57	0.57	-	-	-	-	-

Green Leafy Vegetables

		Niacin mg/100 grams edible portion					Vitamin-C mg/100 grams edible portion				
Bangla name	English Name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-		INFS-	BARC
								BARC	BARC		
Bauk Ful Shak	Agathi	-	-	1.2	-	-	-	169	169	-	-
Data Shak	Amarnath leaves	-	-	-	-	-	-	78	78	-	81
Naute Shak	Amarnath leaves Tender	-	-	1.2	-	-	-	-	-	-	-
Lal Shak	Amarnath red leaf var.	-	-	-	-	-	-	43	43	-	-
Kanta Naufe	Amarnath(Spiny)	-	-	-	-	-	-	33	33	-	-
Bathua Shak	Bathua leaves	-	-	0.6	-	-	-	35	35	-	14
Beet Shak	Beet leaves	-	-	3.3	-	-	-	70	70	-	-
Lau Shak	Bottle gourd leaves	-	-	-	-	-	-	90	90	-	31
Badha Kapi	Cabbage	-	-	0.4	0.4	-	-	-	3	124	0.7
Gazor Shak	Carrot leaves	-	-	2.1	-	-	-	79	79	-	-
Ful Kapi Shak	Cauliflower leaves	-	-	-	-	-	-	-	-	-	-
Randhuni Shak	Celery leaves	-	-	1.2	-	-	-	62	62	-	-
Chukai Shak	Chukai leaves	-	-	-	-	-	-	-	-	-	-
Dhani Shak	Coriander leaves	-	-	0.8	0.8	-	-	135	135	135	52
Borboti Pata	Coepea leaves	-	-	0.6	-	-	-	4	4	-	-
Shazna Shak	Drumstick leaves	-	-	0.8	0.8	-	-	220	220	220	217
Methi Shak	Fenugreek leaves	-	-	0.8	-	-	-	52	52	-	36
Potol Pata	Folwal leaves	-	-	-	-	-	-	-	-	-	-
Chola Shak	Gram leaves	-	-	-	-	-	-	61	61	-	25
Helencha	Helencha leaves	-	-	-	-	-	-	Trace	0	-	Trace
Pui Shak	Indian spinach	-	-	-	0.5	-	-	64	64	-	64
Pat Shak	Jute plant tops	-	-	-	-	-	-	Trace	0	-	Trace
Khesharee Shak	Kheshari leaves	-	-	-	-	-	-	41	41	41	41
Kolmee Shak	Kolmee leaves	-	-	0.6	0.6	-	-	42	42	37	17.74
Lettuce Pata	Lettuce	-	-	0.5	0.5	-	-	10	10	10	10
Mesta Pata	Mesta leaves	-	-	1.1	-	-	-	20	20	20	-
Sharisha Shak	Mustard leaves	-	-	-	-	-	-	33	33	33	24
Nim Pata(Kochi)	Neem leaves	-	-	-	-	-	-	104	104	-	104
Nim Pata(Paka)	Neem leaves, yellow	-	-	-	-	-	-	218	218	-	-
Potato Shak	Potato leaves	-	-	-	-	-	-	-	-	-	-
Pudina Pata	Mint leaves	-	-	1	1	-	-	28	28	27	81.8
Mishti Kumra Shak	Pumpkin leaves	-	-	-	-	-	-	61	61	-	13.4
Punomova Shak	Punomova leaves	-	-	-	-	-	-	27	27	27	27
Mula Shak	Radish leaves	-	-	0.8	0.8	-	-	148	148	81	28.3
										148	16

Green Leafy Vegetables		Niacin mg/100 grams edible portion						Vitamin-C mg/100 grams edible portion							
Bangla name	English Name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC
Kushum Shak	Safflower leaves	-	-	0	-	-	-	-	15	15	15	-	-	-	-
Soyabean Shak	Soyabean leaves	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Palong Shak	Spinach	-	-	0.5	0.5	-	-	-	97	97	28	5.7	97	20	-
Tak Palong Shak	Spinach sour	-	-	-	0.2	-	-	-	15	15	-	19.27	-	-	-
Sweet Potato Sh	Sweet potato leaves	-	-	1.7	1.7	-	-	-	27	27	27	53.8	-	-	-
Tetul Pata (Kachi)	Tamarind leaves	-	-	4.1	-	-	-	-	3	3	3	-	3	-	-
Tetul Pata (Dry)	Tamarind leaves, dry	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Kochu Shak(Dry)	Arum leaves, dry	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Kalo Kachu Shak	Black arum leaves	-	-	1.9	1.9	-	-	-	63	63	63	63	-	-	-
Kachu Shak (Gre)	Green arum leaves	-	-	1.1	1.1	-	-	-	12	12	12	12	-	18	-
Thankuni Pata	Thankuni leaves	-	-	-	-	-	-	-	21	21	-	21.4	21	8	-
Shalgom Pata	Turnip leaves	-	-	5.4	-	-	-	-	180	180	180	-	-	-	-

Vegetables		Moisture g/100 gms of edible portion					Protein g/100 gms of edible portion					INFS-	
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	BRRI	BARC	BRRI	INFS-	BARC
Data	Amarnath stem	92.5	92.5		92.6	92.5	-	-	0.9	0.9	-	-	-
Brinjal	Aubergine	92.4	92.4	92.7	91.75	89	-	-	1.8	1.8	1.4	1.7	1.4
Shim	Bean	89.9	89.9		-	89.9	-	84.6-88.9	3.9	3.9	-	-	-
Makhon Shim	Bean(Broad)	85.4	85.4	85.4	-	-	-	-	4.5	4.5	-	-	-
Forashee Shim	Bean(French)	91.4	91.4	91.4	-	-	-	-	1.7	1.7	-	-	-
Shim(Kochi)	Bean(Immature)	86.1	86.1	86.1	-	-	-	-	3.8	3.8	-	-	-
Lai Shim	Bean(Red)	86.8	86.8	86.8	-	-	-	-	3.1	3.1	-	-	-
Badha Kapi	Cabbage	93.3	93.3		-	93.3	-	-	1.3	1.3	-	1.3	-
Ful Kapi	Cauliflower	89	89	90.8	-	89	-	90.9	2.6	2.6	2.6	-	1.7
Kacha Marich	Chilli(Green)	73.5	73.5		-	73.5	-	-	1.6	1.6	-	1.6	-
Botbati	Cow Pea	87	87		93	87	-	-	3	3	3.5	3	-
Shosha	Cucumber	94.9	94.9	96.3	-	94.9	-	-	1.6	1.6	0.4	1.56	1.6
Shazna Data	Drumstic	83.3	83	86.9	86.9	83.3	-	-	3.2	3.2	2.5	3.2	3.2
Shazna Ful	Drumstic Flower	85.9	85.9	85.9	-	-	-	-	3.6	3.6	3.6	-	-
Dummur(Lai)	Fig(Red)	79.4	79.4	79.4	-	-	-	-	1.2	1.2	1.2	-	-
Potol	Folwal	92.4	92.4		93.37	92.4	-	-	2.4	2.4	2.2	2.4	-
Chal Kumra	Gourd(Ash)	96.5	96.5	96.5	94	96.5	-	-	0.4	0.4	0.4	0.4	-
Korola	Gourd(Bitter)	92.2	92.2	92.4	90.89	92.2	-	92.2-93.7	2.5	2.5	1.6	1.3	2.5
Lau	Gourd(Bottle)	83.1	83.1	96.1	-	83.1	-	94.5	1.1	1.1	0.2	1.09	1.1
Jhinga	Gourd(Ridge)	93	93	95.2	94.41	93	-	-	1.8	1.8	0.5	0.5	1.8
Uchche	Gourd(Small bitter)	83.2	83.2	83.2	-	83.2	-	-	2.1	2.1	2.1	-	2.1
Chichinga	Gourd(Snake)	94.6	94.6	94.6	-	94.6	-	-	0.5	0.5	0.5	-	0.5
Mishiti Kumra	Pumkin	93	93	92.6	74.79	93	-	-	1.4	1.4	1.4	1.39	1.4
Arohor(Kacha)	Gram(Red)	65.1	65.1	-	-	-	-	-	9.8	9.8	-	-	-
Aanchar(Kacha)	Jackfruit(Immature)	84	84	84	79	84	-	-	2.6	2.6	2.6	2.8	2.6
Kakrol	Kakrol	79.4	79.4	-	84.1	79.4	-	-	2.1	2.1	2.15	2.1	-
Kolmee Data	Kolmee	93.7	93.7	-	-	-	-	-	0.9	0.9	-	-	-
Dherosh	Lady's finger	88.3	88.3	89.6	90	88.3	-	-	1.8	1.8	1.9	2.2	1.8
Kacha Am	Mango(Green)	87.5	87.5	87.5	-	87.5	-	-	0.7	0.7	-	-	0.7
Dhundul	Marrow	92.3	92.3	94.8	-	92.3	-	-	0.9	0.9	0.5	0.88	0.9
Peyal & Rashun Daga	Onion & garlic Stalk	87.6	87.6	87.6	-	-	-	-	0.9	0.9	0.9	-	-
Kacha Pepe	Papaya(Green)	90.7	90.7	92	92	-	-	-	0.9	0.9	0.7	0.67	-
Motor Shooti	Peas(Green)	67.5	67.5	-	67.05	67.5	-	-	7.4	7.4	9.39	7.4	-
Kacha Kola	Plantain	78.7	78.7	83.2	83.2	78.7	-	-	2.6	2.6	1.4	2.6	2.6

Vegetables		Moisture g/100 gms of edible portion						Protein g/100 gms of edible portion					
Vegetables		INFS-						INFS-					
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS	HKI	NIN	IPHN	BARC	BRRI
Kolar Mocha	Plantain flower	89.9	89.9	89.9	-	89.9	-	1.7	1.7	1.7	-	1.7	-
Kolar Thore	Plantain stem	88.3	88.3	88.3	88	88.3	-	0.5	0.5	0.5	1.5	0.5	-
Misti Kumra Ful	Pumkin flower	89.1	89.1	89.1	-	-	-	2.2	2.2	2.2	-	-	-
Palong Data	Spinach Stalks	-	93.4	-	-	-	-	-	2	-	-	-	-
Tomato(Kacha)	Tomato (Green)	93.1	93.1	93.1	93.1	93.1	-	90.9	1.9	1.9	1.9	1.1	-
Shapla (Red)	Waterlily stem(Red)	49.1	49.1	-	-	-	-	4.1	4.1	-	-	-	-
Shapla (White)	Waterlily stem(White)	62.5	62.5	-	-	-	-	3.1	3.1	-	-	-	-
Kachu Data	Yam stem	94	94	94	-	-	-	0.3	0.3	0.3	2.09	-	-

Vegetables		Fat g/100 gms of edible portion						Carbohydrate g/100 gms of edible portion					
Vegetables		INFS-						INFS-					
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS	HKI	NIN	IPHN	BARC	BRRI
Data	Amarnath stem	0.1	0.1	-	0.1	0.1	-	3.5	3.5	-	-	3.5	-
Brinjal	Aubergine	2.9	2.9	0.3	0.4	-	-	2.2	2.2	4	-	4	-
Shim	Bean	0.1	0.1	-	0.7	0.1	-	5.4	5.4	-	-	5.4	-
Makhon Shim	Bean(Broad)	0.1	0.1	0.1	-	-	-	7.2	7.2	7.2	-	-	-
Forashee Shim	Bean(French)	0.1	0.1	0.1	-	-	-	4.5	4.5	4.5	-	-	-
Shim(Kochi)	Bean(Immature)	0.7	0.7	0.7	-	-	-	6.7	6.7	6.7	-	-	-
Lal Shim	Bean(Red)	0.4	0.4	0.4	-	-	-	7	7	7	-	-	-
Badha Kapi	Cabbage	0.2	0.2	-	-	0.2	-	4.7	4.7	-	-	4.7	-
Ful Kapi	Gaulflower	0.1	0.1	0.4	0.4	0.1	-	7.5	7.5	4	-	7.5	-
Kacha Marich	Chilli(Green)	0.1	0.1	-	-	0.1	-	23.7	23.7	-	-	23.7	-
Borboti	Cow Pea	0.2	0.2	-	0.2	0.2	-	9	9	-	-	9	-
Shosha	Cucumber	0.1	0.1	0.1	0.1	0.1	-	3.5	3.5	2.5	-	3.5	-
Shazna Data	Drumstic	0.1	0.1	0.1	1.7	0.1	-	11.4	11.4	3.7	-	11.4	-
Shazna Ful	Drumstic Flower	0.8	0.8	0.8	-	-	-	7.1	7.1	7.1	-	-	-
Dummur(Lal)	Fig(Red)	0.6	0.6	0.6	-	-	-	10.8	10.8	10.8	-	-	-
Potol	Folwal	0.6	0.6	-	0.2	0.6	-	4.1	4.1	-	-	4.1	-
Chal Kumra	Gourd(Ash)	0.1	0.1	0.1	0.3	0.1	-	1.9	1.9	1.9	-	1.9	-
Korola	Gourd(Bitter)	0.1	0.1	0.2	0.28	0.1	-	0.12-0.29	4.3	4.3	4.2	4.3	-
Lau	Gourd(Bottle)	0.01	0.1	0.1	0.1	0.1	-	0.18	15.1	15.1	-	15.1	-
Jhinga	Gourd(Ridge)	0.6	0.6	0.1	0.16	0.6	-	4.3	4.3	3.4	-	4.3	-
Uchche	Gourd(Small bitte)	1	1	1	-	1	-	10.6	10.6	10.6	-	10.6	-
Chichinga	Groud(Snake)	0.3	0.3	0.3	-	0.3	-	3.3	3.3	3.3	-	3.3	-

Vegetables		Fat g/100 gms of edible portion								Carbohydrate g/100 gms of edible portion							
Vegetables		INFS-								INFS-							
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	INFS-	
Mishti Kumra	Pumkin	0.5	0.5	0.1	0.2	0.5	-	-	4.5	4.5	4.6	-	4.5	-	-	-	
Arohor(Kacha)	Gram(Red)	1	1	-	-	-	-	-	16.9	16.9	-	-	-	-	-	-	
Aanchar(Kacha)	Jackfruit(Immatur)	0.3	0.3	0.3	0.5	0.3	-	-	9.4	9.4	9.4	-	9.4	-	-	-	
Kakrol	Kakrol	0.3	0.3	-	1	0.3	-	-	17.4	17.4	-	-	17.4	-	-	-	
Kolmee Data	Kolmee	0.2	0.2	-	-	-	-	-	3.4	3.4	-	-	-	-	-	-	
Dherosh	Lady's finger	0.1	0.1	0.2	0.25	0.1	-	-	8.7	8.7	6.4	-	8.7	-	-	-	
Kacha Am	Mango(Green)	0.1	0.1	0.1	-	0.1	-	-	20.1	20.1	10.1	-	20.1	-	-	-	
Dhundul	Marrow	0.2	0.2	0.1	0.1	0.2	-	-	5.9	5.9	3.5	-	5.9	-	-	-	
Pejay & Rashun Daga	Onion & garlic Stk	0.2	0.2	0.2	-	-	-	-	8.9	8.9	8.9	-	-	-	-	-	
Kacha Pepe	Papaya(Green)	0.8	0.8	0.2	0.78	-	-	-	6.4	6.4	5.7	-	-	-	-	-	
Motor Shooti	Peas(Green)	0.3	0.3	-	3.58	0.3	-	-	23.7	23.7	-	-	23.7	-	-	-	
Kacha Kola	Plantain	0.4	0.4	0.2	0.2	0.4	-	-	17.3	17.3	14	-	17.3	-	-	-	
Kolar Mocha	Plantain flower	0.7	0.7	0.7	-	0.7	-	-	5.1	5.1	5.1	-	5.1	-	-	-	
Kolar Thore	Plantain stem	0.1	0.1	0.1	0.5	0.1	-	-	9.7	9.7	9.7	-	9.7	-	-	-	
Misti Kumra Ful	Pumkin flower	0.8	0.8	0.8	-	-	-	-	5.8	5.8	5.8	-	-	-	-	-	
Palong Data	Spinach Stalks	-	0.2	-	-	-	-	-	-	2.9	-	-	-	-	-	-	
Tomato(Kacha)	Tomato (Green)	0.1	0.1	0.1	0.1	0.1	-	0.24	3.6	3.6	3.6	-	3.6	-	6.44	-	
Shapla (Red)	Waterlily stem(Re	0.3	0.3	-	-	-	-	-	43.4	43.4	-	-	-	-	-	-	
Shapla (White)	Waterlily stem(W	0.3	0.3	-	-	-	-	-	31.7	31.7	-	-	-	-	-	-	
Kachu Data	Yam stem	0.3	0.3	0.3	0.34	-	-	-	3.6	3.6	3.6	-	-	-	-	-	

Vegetables		Energy Kcal/100 gms of edible portion								Minerals g/100 gms of edible portion								INFS-	
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	INFS-	BARC		
Data	Amarnath stem	19	19	-	-	19	-	-	1.8	1.8	-	-	1.8	-	-	-	-		
Brinjal	Aubergine	42	42	24	24	20	-	-	0.8	0.8	0.3	-	-	-	-	-	-		
Shim	Bean	38	38	-	158	38	-	36-52	0.7	0.7	-	-	0.7	-	-	-	-		
Makhon Shim	Bean(Broad)	48	48	48	-	-	-	-	0.8	0.8	0.8	-	-	-	-	-	-		
Forashee Shim	Bean(French)	26	26	26	-	-	-	-	0.5	0.5	0.5	-	-	-	-	-	-		
Shim(Kochi)	Bean(Immature)	48	48	48	-	-	-	-	0.9	0.9	0.9	-	-	-	-	-	-		
Lal Shim	Bean(Red)	44	44	44	-	-	-	-	0.6	0.6	0.6	-	-	-	-	-	-		
Badha Kapi	Cabbage	26	26	-	-	26	-	-	0.5	0.5	-	-	0.5	-	-	-	-		
Ful Kapi	Cauliflower	41	41	30	30	41	-	33	0.8	0.8	1	-	0.8	-	-	-	-		
Kacha Marich	Chilli(Green)	103	103	-	-	103	-	-	1	1	-	-	1	-	-	-	-		

Vegetables		Energy Kcal/100 gms of edible portion										Minerals g/100 gms of edible portion									
Vegetables		INFS-										INFS-									
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	BRRI	BARC	BRRI	INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	BRRI	INFS-	
Borboli	Cow Pea	50	50	-	48	50	-	-	-	-	-	0.8	0.8	-	-	-	-	0.8	-	-	
Shosha	Cucumber	22	22	13	-	22	-	-	-	-	-	0.4	0.4	0.3	-	-	-	0.4	-	-	
Shazna Data	Drumstick	60	60	26	26	60	-	-	-	-	-	1.9	1.9	2	-	-	-	1.9	-	-	
Shazna Ful	Drumstick Flower	50	50	50	-	-	-	-	-	-	-	1.3	1.3	1.3	-	-	-	-	-	-	
Dumhur(Lai)	Fig(Red)	53	53	53	-	-	-	-	-	-	-	1.6	1.6	1.6	-	-	-	-	-	-	
Potal	Folwal	31	31	-	20	31	-	-	-	-	-	0.5	0.5	-	-	-	-	0.5	-	-	
Chal Kumra	Gourd(Ash)	10	10	10	21	10	-	-	-	-	-	0.3	0.3	0.3	-	-	-	0.3	-	-	
Korola	Gourd(Bitter)	28	28	25	25	28	-	-	-	18-25	-	0.9	0.9	0.8	-	-	-	0.9	-	-	
Lau	Gourd(Bottle)	66	66	12	12	66	-	-	-	19	-	0.6	0.6	0.5	-	-	-	0.6	-	-	
Jhinga	Gourd(Ridge)	30	30	17	17	30	-	-	-	-	-	0.3	0.3	0.3	-	-	-	0.3	-	-	
Uchche	Gourd(Small bitter)	60	60	60	-	60	-	-	-	-	-	1.4	1.4	1.4	-	-	-	1.4	-	-	
Chichinga	Groud(Snake)	18	18	18	-	18	-	-	-	-	-	0.5	0.5	0.5	-	-	-	0.5	-	-	
Mishti Kumra	Pumkin	30	30	25	25	30	-	-	-	-	-	0.7	0.7	0.6	-	-	-	0.7	-	-	
Arohor(Kacha)	Gram(Red)	116	116	-	-	-	-	-	-	-	-	1	1	-	-	-	-	-	-	-	
Aanchar(Kacha)	Jackfruit(Immature)	51	51	51	77	51	-	-	-	-	-	0.9	0.9	0.9	-	-	-	0.9	-	-	
Kakrol	Kakrol	80	80	-	29	80	-	-	-	-	-	0.9	0.9	-	-	-	-	0.9	-	-	
Kolmee Data	Kolmee	19	19	-	-	-	-	-	-	-	-	1.8	1.8	-	-	-	-	-	-	-	
Dherosh	Lady's finger	43	43	35	35	43	-	-	-	-	-	1.1	1.1	0.7	-	-	-	1.1	-	-	
Kacha Am	Mango(Green)	44	44	44	-	44	-	-	-	-	-	0.4	0.4	0.4	-	-	-	0.4	-	-	
Dhundul	Marrow	23	23	17	-	23	-	-	-	-	-	0.7	0.7	0.3	-	-	-	0.7	-	-	
Peyal & Rashun Daga	Onion & garlic Stk	41	41	41	-	-	-	-	-	-	-	0.8	0.8	0.8	-	-	-	-	-	-	
Kacha Pepe	Papaya(Green)	36	36	27	27	-	-	-	-	-	-	1.3	1.3	0.5	-	-	-	-	-	-	
Motor Shooti	Peas(Green)	127	127	93	93	127	-	-	-	-	-	1.2	1.2	-	-	-	-	1.2	-	-	
Kacha Kola	Plantain	83	83	64	64	83	-	-	-	-	-	1	1	0.5	-	-	-	1	-	-	
Kolar Mocha	Plantain flower	34	34	34	-	34	-	-	-	-	-	1.3	1.3	1.3	-	-	-	1.3	-	-	
Kolar Thore	Plantain stem	42	42	42	44	42	-	-	-	-	-	0.6	0.6	0.6	-	-	-	0.6	-	-	
Misti Kumra Ful	Pumkin flower	39	39	39	-	-	-	-	-	-	-	1.4	1.4	1.4	-	-	-	-	-	-	
Palong Data	Spinach Stalks	21	21	-	-	-	-	-	-	-	-	0.6	0.6	-	-	-	-	-	-	-	
Tomato(Kacha)	Tomato (Green)	23	23	23	23	23	-	-	-	31	-	0.6	0.6	0.6	-	-	-	0.6	-	-	
Shapla (Red)	Waterlily stem(Re	193	193	-	-	-	-	-	-	-	-	1.6	1.6	-	-	-	-	-	-	-	
Shapla (White)	Waterlily stem(W	142	142	-	-	-	-	-	-	-	-	1.3	1.3	-	-	-	-	-	-	-	
Kachu Data	Yam stem	18	18	18	18	-	-	-	-	-	-	1.2	1.2	1.2	-	-	-	-	-	-	

Vegetables		Calcium mg/100 gms of edible portion						Iron mg/100 gms of edible portion					
Vegetables		INFS-						INFS-					
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRII	BARC	IPHN	BARC	BRII	BARC	INFS-
Data	Amaranth stem	260	260	-	260	260	-	1.8	1.8	1.8	-	-	-
Brinjal	Aubergine	28	28	18	10.69	15	12.9	0.9	0.38	0.63	1	371.3?	-
Shim	Bean	28	28	-	28	28	16.2	2.6	-	1.7	2.6	238.9?	0.17-0.22
Makhon Shim	Bean(Broad)	50	50	50	-	-	-	1.4	1.4	-	-	-	-
Forashee Shim	Bean(French)	50	50	50	-	-	-	1.7	1.7	0.61	-	-	-
Shim/(Kochi)	Bean(Immature)	210	210	210	-	-	-	1.7	1.7	0.83	-	-	-
Lal Shim	Bean(Red)	54	54	54	-	-	-	1.5	1.5	1.5	-	-	-
Badha Kopi	Cabbage	31	31	-	-	31	5	0.8	0.8	-	-	0.8	124.9?
Ful Kopi	Cauliflower	41	41	33	41	41	22.5	1.5	1.5	1.23	1.5	1.5	1523.6?
Kacha Marich	Chilli(Green)	11	11	-	-	11	-	1.2	-	-	-	1.2	-
Borboti	Cow Pea	33	33	-	72	33	-	5.9	5.9	-	2.5	5.9	-
Shosha	Cucumber	14	14	10	14	14	5.4	1.5	1.5	0.6	1.5	1.5	56.8?
Shazna Data	Drumstick	21	21	30	20.5	21	-	5.3	5.3	0.18	5.3	5.3	-
Shazna Ful	Drumstick Flower	51	51	51	-	-	-	-	-	-	-	-	-
Dumur(Lal)	Fig(Red)	187	187	187	-	-	-	-	-	-	-	-	-
Potol	Folwal	20	20	-	34.06	20	-	1.7	1.7	-	1.14	1.7	-
Chal Kumra	Gourd(Ash)	30	30	30	24	30	-	0.8	0.8	0.9	0.8	-	-
Korola	Gourd(Bitter)	14	14	20	50	14	18	1.8	0.61	0.75	1.8	1537.4?	1.3-1.8
Lau	Gourd(Bottle)	26	26	20	26	26	-	0.7	0.7	0.46	0.7	0.7	10.5
Jhinga	Gourd(Ridge)	16	16	18	24.75	16	90.6	0.5	0.5	0.39	0.58	0.5	1675.3?
Uchche	Gourd(Small bitter)	23	23	23	-	23	-	2	2	-	2	-	-
Chichinga	Gourd(Snake)	26	26	26	-	26	13.4	0.3	0.3	1.51	-	0.3	338.2?
Mishti Kumra	Pumkin	48	48	10	13.64	48	59.6	0.7	0.7	0.44	0.85	0.7	4139?
Arohor(Kacha)	Gram(Red)	57	57	-	-	-	-	1.1	1.1	-	-	-	-
Aanchar(Kacha)	Jackfruit(Immature)	30	30	30	35	30	-	1.7	1.7	1.7	1.8	1.7	-
Kakrol	Kakrol	36	36	-	36	36	-	-	-	-	4.6	-	-
Kolmee Data	Kolmee	80	80	-	-	-	-	0.8	0.8	-	-	-	-
Dherosh	Lady's finger	116	116	66	40.1	116	-	1.5	1.5	0.35	1.5	1.5	-
Kacha Am	Mango(Green)	10	10	10	-	10	-	5.4	5.4	0.33	-	5.4	-
Dhundul	Marrow	19	19	10	19.3	19	-	0.6	0.6	0.6	0.6	0.6	-
Peyal & Rashun Daga	Onion & garlic Stk	50	50	50	-	-	-	7.5	7.5	7.43	-	-	-
Kacha Pepe	Papaya(Green)	13	13	28	99.39	-	6.1	0.9	0.9	0.9	3.19	-	167.5?
Motor Shooti	Peas(Green)	26	26	-	76.82	27	46.2	1.5	1.5	-	2.69	1.5	2376.4?
Kacha Kola	Plantain	11	11	10	11.3	11	-	0.6	0.6	6.27	0.6	0.6	-

Vegetables

Vegetables		Calcium mg/100 gm of edible portion										Iron mg/100 gm of edible portion												
Bengali name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC		
Kolar Thore	Plantain stem	10	10	10	30	10	-	-	1.1	1.1	1.1	2	1.1	-	-	-	-	-	-	-	-	-		
Misti Kumra Ful	Pumkin flower	120	120	120	-	-	-	-	1.2	1.2	-	-	-	-	-	-	-	-	-	-	-	-		
Palong Data	Spinach Stalks	76	76	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Tomato(Kacha)	Tomato (Green)	20	20	20	20	20	8.7	25	1.8	1.8	1.8	1.08	1.8	317.4?	1.7	-	-	-	-	-	-	-		
Shapla (Red)	Waterlily stem(R	65	65	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Shapla (White)	Waterlily stem(W	76	76	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Kachu Data	Yam stem	60	60	60	110	-	-	-	0.5	0.5	0.5	3.9	-	-	-	-	-	-	-	-	-	-		
Kolar Mocha	Plantain flower	32	32	32	-	32	-	-	1.6	1.6	1.6	-	1.6	-	-	-	-	-	-	1.6	-	-		
Vegetables	Carotene ug/100 gm of edible portion																						VitaminC	mg/100 gm of edible portion

Vegetables

Carotene ug/100 gm of edible portion																	VitaminC mg/100 gm of edible portion						
Carotene μ g										Vita IU			β- Carotene μ g										
Bengali																							
name	English name	INFS	NIN	*Sk. Nazrul	BARC	IPHN	HKI	INFS-BARC	BRRI	*Sk. Nazrul Islam.	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC						
Data	Amaranth stem	255	-	-	255	425	255	-	-	-	10	10	-	10	10	-	-						
Brinjal	Aubergine	850?	74	73-156	-	124	74	-	125.3	51.2-99.3	5	5	12	6.3	5	6	-						
Shim	Bean	2540	-	276-607	2540	312	188	44-52	357	181.8-515.6	2	2	-	1.6	2	18.9	1-4						
Makhon Shim	Bean(Broad)	9	9	-	-	-	110	-	-	-	12	9	12	-	-	-	-						
Forasree Shim	Bean(French)	132	132	-	-	-	132	-	-	-	24	24	24	-	-	-	-						
Shim(Kochi)	Bean(Immature)	187	187	-	-	-	187	-	-	-	9	9	9	-	-	-	-						
Lal Shim	Bean(Red)	453	453	-	-	-	453	-	-	-	12	12	12	-	-	-	-						
Badha Kapi	Cabbage	-	-	-	-	-	1200	-	-	-	3	3	-	-	3	25.8	-						
Ful Kapi	Cauliflower	-	30	-	-	51	30	258	-	-	91	91	56	90.7	91	35.1	93						
Kacha Marich	Chilli(Green)	2340	-	-	2340	-	2340	-	-	-	125	125	-	-	12	-	-						
Borboti	Cow Pea	-	-	143-412	-	940	564	-	-	114.1-248.7	Trace	0	-	7.93	Trace	-	-						
Shosha	Cucumber	Trace	0	-	Trace	0	0	-	-	-	5	5	7	6.86	5	12	-						
Shazna Data	Drumstic	750	110	-	750	184	750	-	-	-	45	45	120	44.6	45	-	-						
Shazna Ful	Drumstic Flower	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-						
Dumur(Lal)	Fig(Rec)	-	-	-	-	-	140	-	-	-	-	-	-	-	-	-	-						
Potal	Folwal	790	-	144-206	790	255	153	-	175	48.8-78.6	2	2	-	58.25	2	28.4	-						
Chai Kumra	Gourd(Ash)	0	0	-	0	-	0	-	-	-	1	1	1	10	1	-	-						
Gr. 93.8-152.4																							
Korola	Gourd(Bitter)	1450	126	RI. 423-586	1450	210	126	61-77	163.1	68	68	68	88	93	68	80.1	109-120						
Lau	Gourd(Bottle)	0	0	-	0	0	0	129	-	-	4	4	0	4.3	4	-	8						
Jhinga	Gourd(Ridge)	6.7	33	-	670	56	33	-	-	-	3	3	5	12	3	5.7	-						
Uchche	Gourd(Smal bitter)	126	126	-	126	-	126	-	-	-	96	96	96	-	96	-	-						
Chichinga	Groud(Snake)	96	96	-	96	-	96	-	171.3	-	0	0	0	-	0	29.9	-						

Vegetables

Vegetables		Carotene $\mu\text{g}/100\text{ gm}$ of edible portion										VitaminC $\text{mg}/100\text{ gm}$ of edible portion										
		Carotene μg					VIA IU					B- Carotene μg					*Sk. Nazrul					
Bangla name	English name	INFS	NIN	*Sk. Nazrul	BARC	IPHN	HKI	BRRI	INFS-BARC	Islam	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC					
Mishti Kumra	Pumkin	7200	50	Bi 430-1588 Ye 3503-4437	7200	350	7200	-	3970	Bi 762.1-870.1 Ye 1474.8-2233	26	26	2	19.25	2	12.5	-					
Arohor(Kacha)	Gram(Red)	469	-	-	-	-	469	-	-	-	25	25	-	-	-	-	-					
Aanchar(Kacha)	Jackfruit(Immature)	0	0	-	0	-	0	-	-	-	14	14	14	15	14	-	-					
Kakrol	Kakrol	410	-	-	410	666	410	-	-	-	-	0	-	25.45	-	-	-					
Kolmee Data	Kolmee	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-					
Dherosh	Lady's finger	1670	52	179-289	1670	88	52	212/234	-	190.1-233.6	10	10	13	36.83	10	40	-					
Kacha Am	Mango(Green)	90	90	-	90	-	90	-	-	-	3	3	3	-	3	-	-					
Dhundul	Marrow	-	-	-	-	-	85	-	-	-	5	5	18	5.2	5	-	-					
Peyaj & Rashun	Onion & garlic Stalk	595	595	-	-	-	595	-	-	-	17	17	17	-	-	-	-					
Kacha Pepe	Papaya(Green)	560	0	-	-	-	0	-	-	-	6	6	12	75	-	18.2	-					
Motor Shoot	Peas(Green)	-	-	-	-	66	405	358	-	-	5	5	-	5	5	10.3	-					
Kacha Kola	Plantain	-	30	-	-	50	30	-	-	-	4	4	24	4.33	4	-	-					
Kolar Mocha	Plantain flower	27	27	-	27	-	27	-	-	-	16	16	16	-	16	-	-					
Kolar Thore	Plantain stem	0	0	-	0	-	0	-	-	-	7	7	7	20	7	-	-					
Misti Kumra Ful	Pumkin flower	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-					
Palong Data	Spinach Stalks	-	-	-	-	-	2630	-	-	-	11	-	-	-	-	-	-					
Tomato(Kacha)	Tomato (Green)	192	192	-	192	250	192	-	231	-	31	31	31	25	31	29.8	48					
Shapla (Red)	Waterlily stem(Red)	-	-	-	-	-	0	-	-	-	-	-	-	-	-	-	-					
Shapla (White)	Waterlily stem(White)	-	-	-	-	-	0	-	-	-	-	-	-	-	-	-	-					
Kachu Data	Yam stem	104	104	-	-	173	104	-	-	-	3	3	3	63.4	-	-	-					
Tomato(semi ripe)		-	-	202-536	-	-	-	-	-	252.1-397.5	-	-	-	-	-	-	-					
Tomato (Ripe)		-	-	1190-2288	-	-	-	-	-	310.6-508.6	-	-	-	-	-	-	-					
carrot		-	-	2182-4252	-	-	-	-	-	2986.7-3259.3	-	-	-	-	-	-	-					
Vegetables		VitaminB1 $\text{mg}/100\text{ gm}$ of edible portion										VitaminB2 $\text{mg}/100\text{ gm}$ of edible portion										
Bengali name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC							
Data	Amarnath stem	0.01	0.01	-	0.01	0.01	-	-	0.18	0.18	-	0.18	0.18	-	-							
Brinjal	Aubergine	0.12	0.12	0.04	0.12	-	-	-	0.08	0.08	0.11	0.08	-	-	-							
Shim	Bean	0.05	0.05	-	0.05	0.05	-	-	0.01	0.01	-	0.01	0.01	-	-							
Makhon Shim	Bean(Broad)	0.08	0.08	0.08	-	-	-	-	-	-	-	-	-	-	-							
Forashee Shim	Bean(French)	0.08	0.08	0.08	-	-	-	-	0.06	0.06	0.06	-	-	-	-							
Shim(Kochi)	Bean(Immature)	0.1	0.1	0.1	-	-	-	-	0.05	0.05	0.06	-	-	-	-							
Lal Shim	Bean(Red)	0.06	0.06	0.06	-	-	-	-	0.02	0.02	0.02	-	-	-	-							

Vegetables		VitaminB1 mg/100 gm of edible portion								VitaminB2 mg/100 gm of edible portion							
Bengali name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC		
Data	Amarnath stem	0.01	0.01	-	0.01	0.01	-	-	0.18	0.18	-	0.18	0.18	-	-		
Brinjal	Aubergine	0.12	0.12	0.04	0.12	-	-	-	0.08	0.08	0.11	0.08	-	-	-		
Shim	Bean	0.05	0.05	-	0.05	0.05	-	-	0.01	0.01	-	0.01	0.01	-	-		
Makhon Shim	Bean(Broad)	0.08	0.08	0.08	-	-	-	-	-	-	-	-	-	-	-		
Forashee Shim	Bean(French)	0.08	0.08	0.08	-	-	-	-	0.06	0.06	0.06	-	-	-	-		
Shim(Kochi)	Bean(Immature)	0.1	0.1	0.1	-	-	-	-	0.05	0.05	0.06	-	-	-	-		
Lal Shim	Bean(Red)	0.06	0.06	0.06	-	-	-	-	0.02	0.02	0.02	-	-	-	-		

*Ref. Islam SN. et al. Caroteneoids & β-carotene content of Non-leafy Green Vegetables (NLGVs) of Bangladesh. Bangladesh J. of Nutrition. 2003 December; 16:33-39

Vegetables

		VitaminB1 mg/100 gms of edible portion					VitaminB2 mg/100 gms of edible portion					INFS-		INFS-		
Vegetables	Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	BARC
	Shim(Kochi)	Bean(Immature)	0.1	0.1	0.1	-	-	-	-	0.05	0.05	0.06	-	-	-	-
	Lal Shim	Bean(Red)	0.06	0.06	0.06	-	-	-	-	0.02	0.02	0.02	-	-	-	-
	Badha Kapi	Cabbage	0.06	0.06	-	-	0.06	-	-	0.05	0.05	-	-	0.05	-	-
	Ful Kapi	Cauliflower	0.027	0.03	0.04	0.03	0.027	-	-	0.03	0.03	0.1	0.03	0.03	-	-
	Kacha Marich	Chilli(Green)	0.17	0.17	-	-	0.17	-	-	0.16	0.16	-	-	0.16	-	-
	Borboti	Cow Pea	0.14	0.14	-	0.07	0.14	-	-	0.03	0.03	-	0.09	0.03	-	-
	Shosha	Cucumber	0.16	0.16	0.03	0.16	0.16	-	-	0.02	0.02	0	0.02	0.02	-	-
	Shazna Data	Drumstic	0.04	0.04	0.05	0.04	0.04	-	-	0.02	0.02	0.07	0.02	0.02	-	-
	Shazna Ful	Drumstic Flower	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	Dumur(Lal)	Fig(Red)	-	-	-	-	-	-	-	0.03	0.03	-	0.03	0.03	-	-
	Potol	Folwal	0.3	0.3	-	0.03	0.3	-	-	0.01	0.01	0.01	-	0.01	-	-
	Chal Kumra	Gourd(Ash)	0.06	0.06	0.06	-	0.06	-	-	0.02	0.02	0.09	0.02	0.02	-	-
	Korola	Gourd(Bitter)	0.04	0.04	0.07	0.04	0.04	-	-	0.02	0.02	0.01	0.02	0.02	-	-
	Lau	Gourd(Bottle)	0.01	0.01	0.03	0.01	0.01	-	-	0.03	0.03	0.01	0.03	0.03	-	-
	Jhinga	Gourd(Ridge)	0.11	0.11	-	0.11	0.11	-	-	0.06	0.06	0.06	-	0.06	-	-
	Uchhe	Gourd(Small bite)	0.07	0.07	0.07	-	0.07	-	-	0.06	0.06	0.06	-	0.06	-	-
	Chichinga	Groud(Snake)	0.04	0.04	0.04	-	0.04	-	-	0.06	0.06	0.04	0.06	0.03	-	-
	Mishti Kumra	Pumkin	0.07	0.07	0.06	0.07	0.07	-	-	0.33	0.33	-	-	-	-	-
	Aphor(Kacha)	Gram(Red)	0.32	0.32	-	-	-	-	-	0.04	0.04	0.04	-	0.04	-	-
	Aanchar(Kacha)	Jackfruit(Immatur	0.05	0.05	0.05	-	0.05	-	-	0.06	0.06	-	0.06	0.06	-	-
	Kakrol	Kakrol	0.08	0.08	-	0.08	0.08	-	-	-	-	-	-	-	-	-
	Kolmee Data	Kolmee	-	-	-	-	-	-	-	0.16	0.16	0.1	0.16	0.16	-	-
	Dherosh	Lady's finger	0.04	0.04	0.07	0.04	0.04	-	-	0.01	0.01	0.01	-	0.01	-	-
	Kacha Am	Mango(Green)	0.04	0.04	0.04	-	0.04	-	-	0.01	0.01	0	0.01	0.01	-	-
	Dhundul	Marrow	0.03	0.03	0.02	0.03	0.03	-	-	0.03	0.03	0.03	-	-	-	-
	Peyaj & Rashun Dagaj	Onion & garlic Stk	0	0	0	-	-	-	-	0.02	0.02	0.01	0.02	-	-	-
	Kacha Pepe	Papaya(Green)	0.4	0.4	0.01	0.4	-	-	-	0.12	0.12	-	0.12	0.12	-	-
	Motor Shooti	Peas(Green)	0.01	0.01	-	0.01	0.01	-	-	0.06	0.06	0.02	0.06	0.05	-	-
	Kacha Kola	Plantain	0.09	0.09	0.05	0.09	0.09	-	-	0.02	0.02	0.02	-	0.02	-	-
	Kolar Mocha	Plantain flower	0.05	0.05	0.05	-	0.05	-	-	0.01	0.01	0.01	-	0.01	-	-
	Kolar Thore	Plantain stem	0.02	0.02	0.02	-	0.02	-	-	-	-	-	-	-	-	-
	Misti Kumra Ful	Pumkin flower	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	Palong Data	Spinach Stalks	-	0.04	-	-	-	-	-	0.01	0.01	0.01	0.01	0.01	0.02	-
	Tomato(Kacha)	Tomato (Green)	0.07	0.07	0.07	0.07	0.07	-	-	-	-	-	-	-	-	-

Vegetables		Niacin mg/100 gms of edible portion					Fiber g/100 gms of edible portion				
		INFS-					INFS-				
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	BRRI	BARC	BRRI
Aanchar(Kacha)	Jackfruit(Immature)	-	-	0.2	-	-	-	2.8	2.8	-	-
Kakrol	Kakrol	-	-	-	-	-	-	-	-	-	-
Kolmee Data	Kolmee	-	-	-	-	-	-	-	-	-	-
Dherosh	Lady's finger	-	-	0.6	0.6	-	-	1.2	1.2	-	-
Kacha Am	Mango(Green)	-	-	0.2	-	-	-	1.2	1.2	-	-
Dhundul	Marrow	-	-	0.4	-	-	-	0.8	0.8	-	-
Peyal & Rashun Daga	Onion & garlic Str	-	-	0.3	-	-	-	1.6	1.6	-	-
Kacha Pepe	Papaya(Green)	-	-	0.1	0.1	-	-	0.9	0.9	-	-
Motor Shooti	Peas(Green)	-	-	-	0.8	-	-	4	4	-	-
Kacha Kola	Plantain	-	-	0.3	0.3	-	-	0.7	0.7	-	-
Kolar Mocha	Plantain flower	-	-	0.4	-	-	-	1.3	1.3	-	-
Kolar Thore	Plantain stem	-	-	0.2	-	-	-	0.8	0.8	-	-
Misti Kumra Ful	Pumkin flower	-	-	-	-	-	-	0.7	0.7	-	-
Palong Data	Spinach Stalks	-	-	-	-	-	-	-	-	-	-
Tomato(Kacha)	Tomato (Green)	-	-	0.4	0.4	-	-	0.7	0.7	-	0.95
Shapla (Red)	Waterlily stem (Re	-	-	-	-	-	-	1.5	1.5	-	-
Shapla (White)	Waterlily stem (W	-	-	-	-	-	-	1.1	1.1	-	-
Kachu Data	Yam stem	-	-	0.1	0.1	-	-	0.6	0.6	-	-

Roots & Tubers

		Moisture g/100 grams of edible portion					Protein g/100 grams of edible portion					INFS- BARC	
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRI	INFS-BARC	HKI	NIN	IPHN	BARC	BRI
Beet	Beet	85.8	85.8	87.7	-	85.8	-	-	2	2	1.7	1.96	2
Gajor	Carrot	85	85	86	86	85	-	-	1.2	1.2	0.9	1.22	1.2
Rashon	Garlic	62	62	-	-	62	-	-	6.3	6.3	-	6.3	-
Metealoo	Ground Potato	70.4	-	-	-	-	-	-	2.5	2.5	-	-	-
OleKopi	Ole Kopi	88.5	88.5	-	-	88.5	-	-	1	1	-	1	-
Peyaj	Onion	86.6	86.6	86.6	-	86.6	-	-	1.2	1.2	1.2	1.2	-
Gole Aloo	Potato	74.7	74.7	74.7	74.78	76.3	-	74.4-84.1	1.6	1.6	1.6	1.61	3
Mula	Radish	92.7	92.7	94.4	-	92.7	-	93.4-94.1	1.3	1.3	0.7	1.33	1.3
MishriAloo	Sweet Potato	68.5	68.5	68.5	-	76.3	-	-	1.2	1.2	1.2	0.7	0.7
Kachhu	Arum	70	70	73.1	-	70	-	-	3	3	3	3	-
Kachhu Mukhee	Arum Tubers	64.4	64.4	-	-	64.4	-	62.6	1.8	1.8	-	1.8	-
Salgom	Turnip	92.9	92.9	91.6	-	92.9	-	-	1.4	1.4	0.5	1.35	1.4
Ole Kachhu	Yam (Elephant)	78.7	78.7	78.7	-	78.7	-	69.2	1.2	1.2	1.2	1.2	-
Bonn Aloo	Yam (Wild)	70.4	70.4	70.4	-	70.4	-	-	2.5	2.5	-	2.5	-

Roots & Tubers

		Fat g/100 grams of edible portion					Carbohydrates g/100 grams of edible portion					INFS- BARC	
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRI	INFS-BARC	HKI	NIN	IPHN	BARC	BRI
Beet	Beet	0.1	0.1	0.1	0.1	0.1	-	-	11	8.8	-	11	-
Gajor	Carrot	0.2	0.2	0.2	0.2	0.2	-	-	12.7	10.6	-	12.7	-
Rashon	Garlic	0.1	0.1	-	-	0.1	-	-	29.8	-	-	29.8	-
Metealoo	Ground Potato	0.3	0.3	-	-	-	-	-	24.4	-	-	-	-
OleKopi	Ole Kopi	0.1	0.1	-	-	0.1	-	-	9.1	-	-	1.1	-
Peyaj	Onion	0.1	0.1	0.1	-	0.1	-	-	11.1	11.1	-	11.1	-
Gole Aloo	Potato	0.6	0.6	0.1	0.41	0.1	-	0.02-0.08	22.6	22.6	-	19.1	-
Mula	Radish	0.1	0.1	0.1	0.1	0.1	-	0.1-0.2	5.4	3.4	-	5.4	-
MishriAloo	Sweet Potato	0.3	0.3	0.3	0.1	0.3	-	-	28.2	28.2	-	21.6	-
Kachhu	Arum	0.8	0.8	0.1	0.1	0.8	-	-	24.4	21.1	-	24.4	-
Kachhu Mukhee	Arum Tubers	Trace	-	-	-	Trace	-	0.32	32.4	32.4	-	32.4	-
Salgom	Turnip	Trace	-	0.2	-	Trace	-	-	3.8	6.2	-	3.8	-
Ole Kachhu	Yam (Elephant)	0.1	0.1	0.1	-	0.1	-	0.21	18.4	18.4	-	18.4	-
Bonn Aloo	Yam (Wild)	0.3	0.3	0.3	-	0.3	-	-	24.4	24.4	-	24.4	-

Roots & Tubers

		Energy Kcal/100 grams of edible portion				Minerals g/100 grams of edible portion								INFS- BARC	
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC
Beet	Beet	53	53	43	43	53	-	-	1.4	1.4	0.8	-	1.4	-	-
Gajar	Carrot	57	57	48	48	57	-	-	0.9	0.9	1.1	-	0.9	-	-
Rashon	Garlic	145	145	-	-	145	-	-	1	1	-	-	1	-	-
Metelaloo	Ground Potato	110	110	-	-	-	-	-	1.4	-	-	-	-	-	-
OleKopi	OleKopi	41	41	-	-	41	-	-	1.3	1.3	-	-	1.3	-	-
Pevaj	Onion	50	50	50	-	50	-	-	0.6	0.6	0.4	-	0.4	-	-
Gole Aloo	Potato	97	97	97	97	89	-	61-94	0.6	0.6	0.6	-	0.9	-	-
Mula	Radish	28	28	17	-	28	-	21-23	0.5	0.5	0.6	-	0.5	-	-
MishtiAloo	Sweet Potato	120	120	120	120	93	-	-	1	1	1	-	1	-	-
Kachu	Arum	116	116	97	97	116	-	-	1.7	1.7	1.7	-	1.7	-	-
Kachu Mukhee	Arum Tubers	266	266	-	-	266	-	134	1.5	1.5	-	-	1.5	-	-
Salgom	Turnip	21	21	29	29	21	-	-	0.6	0.6	0.6	-	0.6	-	-
Ole Kachu	Yam(Elephant)	79	79	79	-	79	-	119	0.8	0.8	0.8	-	0.8	-	-
Bonn Aloo	Yam (Wild)	110	110	110	-	110	-	-	1.4	1.4	1.4	-	1.4	-	-

Roots & Tubers

		Calcium mg/100 grams of edible portion				Iron mg/100 grams of edible portion								INFS- BARC	
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC
Beet	Beet	15	15	18.3	15	15	-	-	1	1	1.19	1	1	-	-
Gajar	Carrot	27	27	80	27	27	-	-	2.2	2.2	1.03	2	2.2	-	-
Rashon	Garlic	30	30	-	-	30	-	-	1.3	1.3	-	-	1.3	-	-
Metelaloo	Ground Potato	20	20	-	-	-	-	-	1	1	-	-	-	-	-
OleKopi	OleKopi	25	25	-	-	25	-	-	0.4	0.4	-	-	0.4	-	-
Pevaj	Onion	47	47	46.9	-	47	-	-	0.7	0.7	0.6	-	0.7	-	-
Gole Aloo	Potato	11	11	10	18.02	11	3.9	10-14	0.7	0.7	0.48	1.33	0.7	377.5	0.51-0.65
Mula	Radish	10	10	35	9.6	10	18	132-181	0.5	0.5	0.4	0.4	0.5	59.5	1.2-2.5
MishtiAloo	Sweet Potato	20	20	46	17	17	7.5	-	0.8	0.8	0.21	0.8	0.8	1371.6	-
Kachu	Arum	40	40	40	29.6	30	-	-	1.7	1.7	0.42	1.7	1.7	-	-
Kachu Mukhee	Arum Tubers	22	22	-	-	22	-	232	-	-	-	-	-	-	12
Salgom	Turnip	24	24	30	24	24	99.8	-	0.4	0.4	0.4	0.4	0.4	774.1	-
Ole Kachu	Yam(Elephant)	50	50	50	-	50	-	266	0.6	0.6	0.6	-	0.6	-	15
Bonn Aloo	Yam (Wild)	20	20	20	-	20	-	-	1	1	1	-	-	-	-

Roots & Tubers

		Carotene µg/100 grams of edible portion				VitaminC mg/100 grams of edible portion			
		Carotene µg		Vita IU		β-Carotene µg			

Bangla name	English name	INFS	NIN	BARC	IPHN	HKI	BRRI	INFS-BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC
Beet	Beet	-	0	-	0	0	-	-	15	15	10	14.6	15	-	-	15	15	10	14.6	15	-	-
Gajor	Carrot	10520	1890	10520	3000	1890	3113	-	6	6	3	15.4	15	-	-	13	13	3	15.4	15	-	-
Rashon	Garlic	0	-	0	-	0	-	-	13	13	-	-	13	-	-	1	1	-	-	13	-	-
Metealoo	Ground Potato	565	-	-	-	565	-	-	1	-	-	-	-	-	-	53	53	-	-	-	-	-
OleKopi	Ole Kopi	-	-	-	-	21	-	-	53	53	11	-	53	-	-	11	11	11	-	53	-	-
Peyaj	Onion	0	0	0	-	0	-	-	11	11	11	-	11	-	-	11	11	11	-	11	-	-
Gole Aloo	Potato	0	24	0	40	24	-	24-35	10	10	17	17.5	10	-	-	10	10	17	17.5	10	-	-
Mula	Radish	-	3	-	5	0	-	158-203	34	34	15	34	0.34	-	-	2	2	15	34	0.34	-	-
MishiAloo	Sweet Potato	0	6	0	10	6	136.7	-	2	2	24	1.6	2	-	-	2	2	24	1.6	2	-	-
Kachu	Arum	-	24	-	40	24	-	-	6	6	0	6.2	6	-	-	6	6	0	6.2	6	-	-
Kachu Mukhee	Arum Tubers	0	-	0	-	0	-	11022	Trace	-	-	-	Trace	-	-	Trace	-	-	-	Trace	-	-
Salgom	Turnip	0	0	0	-	0	-	-	15	15	43	15	15	-	-	15	15	43	15	15	-	-
Ole Kachu	Yam (Elephant)	260	260	260	-	0	-	10759	0	-	0	-	0	-	-	0	-	0	-	0	-	-
Bonn Aloo	Yam (Wild)	565	565	565	-	565	-	-	1	1	1	-	1	-	-	1	1	1	-	1	-	-

RE= retinol equivalent

Roots & Tubers

		VitaminB1 mg/100 grams of edible portion				VitaminB2 mg/100 grams of edible portion			
		VitaminB1 mg/100 grams of edible portion		VitaminB2 mg/100 grams of edible portion					

Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC
Beet	Beet	0.03	0.03	0.04	0.03	0.03	-	-	0.06	0.06	0.09	0.06	0.06	-	-	0.06	0.06	0.09	0.06	0.06	-	-
Gajor	Carrot	0.04	0.04	0.04	0.04	0.04	-	-	0.05	0.05	0.02	0.05	0.05	-	-	0.05	0.05	0.02	0.05	0.05	-	-
Rashon	Garlic	0.06	0.06	-	-	0.06	-	-	0.23	0.23	-	-	0.23	-	-	0.23	0.23	-	-	0.23	-	-
Metealoo	Ground Potato	0.19	0.19	-	-	-	-	-	0.47	-	-	-	-	-	-	0.47	-	-	-	-	-	-
OleKopi	Ole Kopi	0.01	0.01	-	-	0.01	-	-	0.03	0.03	-	-	0.03	-	-	0.03	0.03	-	-	0.03	-	-
Peyaj	Onion	0.08	0.08	0.08	-	0.08	-	-	0.01	0.01	0.01	-	0.01	-	-	0.01	0.01	0.01	-	0.01	-	-
Gole Aloo	Potato	0.03	0.03	0.1	0.03	0.03	-	-	0.03	0.03	0.01	0.03	0.03	-	-	0.03	0.03	0.01	0.03	0.03	-	-
Mula	Radish	0.43	0.43	0.06	0.43	0.43	-	-	Trace	-	0.02	Trace	Trace	-	-	Trace	-	0.02	Trace	Trace	-	-
MishiAloo	Sweet Potato	0.06	0.06	0.08	0.06	0.06	-	-	0.02	2.02	0.04	0.02	0.02	-	-	0.02	2.02	0.04	0.02	0.02	-	-
Kachu	Arum	0.16	0.16	0.09	0.16	0.16	-	-	0.11	0.11	0.03	0.11	0.11	-	-	0.11	0.11	0.03	0.11	0.11	-	-
Kachu Mukhee	Arum Tubers	0.04	0.04	-	-	0.04	-	-	Trace	-	-	-	Trace	-	-	Trace	-	-	-	Trace	-	-
Salgom	Turnip	0.03	0.03	0.04	0.03	0.03	-	-	0.02	0.02	0.04	0.02	0.02	-	-	0.02	0.02	0.04	0.02	0.02	-	-
Ole Kachu	Yam (Elephant)	0.06	0.06	0.06	-	0.06	-	-	0.07	0.07	0.07	-	0.07	-	-	0.07	0.07	0.07	-	0.07	-	-
Bonn Aloo	Yam (Wild)	0.19	0.19	0.19	-	0.19	-	-	0.47	0.47	0.47	-	0.47	-	-	0.47	0.47	0.47	-	0.47	-	-

Roots & Tubers		Niacin mg/100 grams of edible portion										Fiber g/100 grams of edible portion										INFS- BARC	
		INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC	INFS	HKI	NIN	IPHN	BARC	BRRI									
Bangla name	English name																						
Beet	Beet	-	-	0.4	0.4	-	-	-	0.9	0.9	0.9	-	0.9	-	-	-	0.9	-	-	-	-	-	-
Gajar	Carrot	-	-	0.6	0.6	-	-	-	1.2	1.2	1.2	-	1.2	-	-	-	1.2	-	-	-	-	-	-
Rashon	Garlic	-	-	-	-	-	-	-	0.8	0.8	0.8	-	0.8	-	-	-	0.8	-	-	-	-	-	-
Metelaalo	Ground Potato	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-
OleKopi	Ole Kopi	-	-	-	-	-	-	-	1.5	1.5	1.5	-	1.5	-	-	-	1.5	-	-	-	-	-	-
Peyaj	Onion	-	-	0.4	-	-	-	-	0.6	0.6	0.6	-	0.6	-	-	-	0.6	-	-	-	-	-	-
Gole Aloo	Potato	-	-	1.2	1.2	-	-	-	0.4	0.4	0.4	-	0.4	-	-	-	0.4	-	-	-	-	-	0
Mula	Radish	-	-	0.5	-	-	-	-	0.6	0.6	0.6	-	0.6	-	-	-	0.6	-	-	-	-	-	0.23-0.98
MishtuAloo	Sweet Potato	-	-	0.7	0.7	-	-	-	0.8	0.8	0.8	-	0.8	-	-	-	0.8	-	-	-	-	-	-
Kachu	Arum	-	-	0.4	0.4	-	-	-	1	1	1	-	1	-	-	-	1	-	-	-	-	-	-
Kachu Mukhee	Arum Tubers	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	0.4
Salgom	Turnip	-	-	0.5	0.5	-	-	-	0.9	0.9	0.9	-	0.9	-	-	-	0.9	-	-	-	-	-	-
Ole Kachu	Yam (Elephant)	-	-	0.7	-	-	-	-	0.8	0.8	0.8	-	0.8	-	-	-	0.8	-	-	-	-	-	0.2
Bonn Aloo	Yam (Wild)	-	-	1.2	-	-	-	-	1	1	1	-	1	-	-	-	1	-	-	-	-	-	-

Oil Seeds		Moisture g/100 grams of edible portion						Protein g/100 grams of edible portion					
		INFS	HKI	NIN	IPHN	BARC	BRR1	INFS	HKI	NIN	IPHN	BARC	BRR1
Bangla name	English name												
Hizlee Badam	Cashew nut	5.9	5.9	5.9	-	-	-	21.2	21.2	21.2	-	-	-
Chilgoza	Chilgoza(Nut)	4	4	4	-	-	-	13.9	13.9	13.9	-	-	-
Narikale(Shukna)	Coconut(Dry)	4.3	4.3	4.3	-	4.3	-	6.8	6.8	6.8	-	6.8	-
Narikale(Kacha)	Coconut(Immature)	36.3	36.3	36.3	-	-	-	4.5	4.5	4.5	-	-	-
China Badam	Peanut	3	3	3	-	3	-	25.3	25.3	25.3	-	25.3	-
China Badam (Bhaza)	Peanut(Fried)	1.7	1.7	1.7	-	-	-	26.2	26.2	26.2	-	-	-
Tishi	Linseed	6.5	6.5	6.5	-	6.5	-	20.3	20.3	20.3	-	20.3	-
Sharisha	Mustard	8.5	8.5	8.5	-	8.5	-	22	22	20	-	20	-
Badam	Nuts	5.2	5.2	-	-	5.2	-	20.8	20.8	-	-	20.8	-
Toilo	Oil Mustard Etc	-	-	-	-	-	-	-	0.01	-	-	-	-
Pesta	Pistachio	5.6	5.6	5.6	-	-	-	19.8	19.8	19.8	-	-	-
Surzomukhir Bij	Sunflower Seeds	5.5	5.5	5.5	-	-	-	19.8	19.8	19.8	-	-	-
Til	sesame	5.3	5.3	-	-	5.3	-	18.3	18.3	-	-	18.3	-
Akhrot	Walnut	4.5	4.5	4.5	-	-	-	15.6	15.6	15.6	-	-	-

Spices & Condiments		Moisture g/100 grams of edible portion						Protein g/100 grams of edible portion					
		INFS	HKI	NIN	IPHN	BARC	BRR1	INFS	HKI	NIN	IPHN	BARC	BRR1
Bangla name	English name												
Alachi	Cardamom	20	20	20	-	-	-	10.2	10.2	10.2	-	-	-
Shukhna Morich	Chilli,Red(Dry)	10	10	10	10	10	-	15.9	15.9	15.9	15.9	16.9	-
Lobongo(Shukna)	Cloves(Dry)	25.2	25.2	25.2	-	-	-	5.2	5.2	5.2	-	-	-
Dhona	Coriander Seed	11.2	11.2	11.2	11.2	11.2	-	14.1	14.1	14.1	14.1	14.1	-
Zira	Cumin Seed	11.9	11.9	11.9	11.9	-	-	18.7	18.7	18.7	18.7	-	-
Methi	Fenugreek	13.7	13.7	13.7	-	-	-	26.2	26.2	26.2	-	-	-
Ada	Ginger	80.9	80.9	80.9	80.9	80.9	-	2.3	2.3	2.3	2.3	2.3	-
Lebur Khosha	Lemon Peel	66.5	66.5	66.5	-	-	-	1.8	1.8	1.8	-	-	-
Joyotree	Mace	15.9	15.9	15.9	-	-	-	6.5	6.5	6.5	-	-	-
Mishtmosholla	Mixed Spices	-	-	-	-	-	-	-	18.7	-	-	-	-
Garammosholla	Mixed Spices(Hot)	-	-	-	-	-	-	-	10.2	-	-	-	-
Zaiful	Nutmeg	14.3	14.3	14.3	-	-	-	7.5	7.5	7.5	-	-	-
Zaoan	Onum	7.4	7.4	7.4	-	-	-	17.1	17.1	17.1	-	-	-
Gole Morich	Pepper(Black)	13.2	13.2	18.2	-	13.2	-	11.5	11.5	11.5	-	11.5	-
Holude	Turmeric	13.1	13.1	13.1	13.1	13.1	-	6.3	6.3	6.3	6.3	6.3	-

Oil Seeds		Fat g/100 grams of edible portion						Carbohydrate g/100 grams of edible portion					
Bangla name	English Name	INFS	HKI	NIN	IPHN	BARC	BRII	INFS	HKI	NIN	IPHN	BARC	BRII
Hizlee Badam	Cashew nut	46.9	46.9	46.9	-	-	-	22.3	22.3	22.3	-	-	-
Chilgoza	Chilgoza(Nut)	49.3	49.3	49.3	-	-	-	29	29	29	-	-	-
Narikale(Shukna)	Coconut(Dry)	62.3	62.3	62.3	-	62.3	-	18.4	18.4	18.4	-	18.4	-
Narikale(Kacha)	Coconut(Immature)	41.6	41.6	41.6	-	-	-	13	13	13	-	-	-
China Badam	Peanut	40.9	40.9	40.1	-	40.9	-	26.7	26.1	26.1	-	26.1	-
China Badam (Bhaz)	Peanut(Fried)	39.8	39.8	39.8	-	-	-	28.9	26.7	26.7	-	-	-
Tishi	Linseed	37.1	37.1	37.1	-	37.1	-	23.8	28.9	28.9	-	28.9	-
Sharisha	Mustard	39.7	39.7	39.7	-	39.7	-	23.8	23.8	23.8	-	23.8	-
Badam	Nuts	58.9	58.9	-	-	58.9	-	10.5	10.5	-	-	10.5	-
Toilo	Oil Mustard Etc	-	100	-	-	-	-	-	0	-	-	-	-
Pesta	Pistachio	53.5	53.5	53.5	-	-	-	16.2	16.2	16.2	-	-	-
Surzomukhr Bij	Sunflower Seeds	52.1	52.1	52.1	-	-	-	17.9	17.9	17.9	-	-	-
Til	sesame	43.3	43.3	-	-	43.3	-	25	25	-	-	25	-
Akhrot	Walnut	64.5	64.5	64.5	-	-	-	11	11	11	-	-	-

Spices & Condiments		Fat g/100 grams of edible portion						Carbohydrate g/100 grams of edible portion					
Bangla name	English Name	INFS	HKI	NIN	IPHN	BARC	BRII	INFS	HKI	NIN	IPHN	BARC	BRII
Alachi	Cardamom	2.2	2.2	2.2	-	-	-	42.1	42.1	42.1	-	-	-
Shukhna Morich	Chilli, Red(Dry)	6.2	6.2	6.2	6.2	6.2	-	31.6	31.6	31.6	-	31.6	-
Lobongo(Shukna)	Cloves(Dry)	8.9	8.9	8.9	-	-	-	46	46	46	-	-	-
Dhona	Coriander Seed	16.1	16.1	16.1	16.1	16.1	-	21.6	21.6	21.6	-	21.6	-
Zira	Cumin Seed	15	15	15	15	-	-	36.6	36.6	36.6	-	-	-
Methi	Fenugreek	5.8	5.8	5.8	-	-	-	44.1	44.1	44.1	-	-	-
Ada	Ginger	0.9	0.9	0.9	0.9	0.9	-	12.3	12.3	12.3	-	12.3	-
Lebur Khosha	Lemon Peel	0.5	0.5	0.5	-	-	-	29.4	29.4	29.4	-	-	-
Joyotree	Mace	24.4	24.4	24.4	-	-	-	47.8	47.8	47.8	-	-	-
Mishimosholla	Mixed Spices	-	15	-	-	-	-	-	36.6	-	-	-	-
Garammosholla	Mixed Spices(Hot)	-	2.2	-	-	-	-	-	42.1	-	-	-	-
Zaifal	Nutmeg	36.4	36.4	36.4	-	-	-	28.5	28.5	28.5	-	-	-
Zaoan	Omum	21.8	21.8	21.8	-	-	-	24.6	24.6	24.6	-	-	-
Gole Morich	Pepper(Black)	6.8	6.8	6.8	-	6.8	-	49.2	49.2	49.2	-	49.2	-
Holude	Turmeric	5.1	5.1	5.1	5.1	5.1	-	69.4	69.4	69.4	-	69.8	-

Oil Seeds

Oil Seeds		Energy Kcal/100 grams of edible portion						Minerals g/100 grams of edible portion					
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRR1	INFS	HKI	NIN	IPHN	BARC	BRR1
Hizlee Badam	Cashew nut	596	596	596	-	-	-	2.4	2.4	2.4	-	-	-
Chilgoza	Chilgoza(Nut)	615	615	615	-	-	-	2.8	2.8	2.8	-	-	-
Narikale(Shukna)	Coconut(Dry)	662	662	662	-	662	-	1.6	1.6	1.6	-	1.6	-
Narikale(Kacha)	Coconut(Immature)	444	444	444	-	-	-	1	1	1	-	-	-
China Badam	Peanut	567	567	567	-	567	-	2.4	2.4	2.4	-	2.4	-
China Badam (Bhaza)	Peanut(Fried)	570	570	570	-	-	-	2.5	2.5	2.5	-	-	-
Tishi	Linseed	530	530	530	-	530	-	2.4	2.4	2.4	-	2.4	-
Sharisha	Mustard	541	541	541	-	541	-	4.2	4.2	4.2	-	4.2	-
Badam	Nuts	655	655	-	-	655	-	2.9	2.9	-	-	2.9	-
Toilo	Oil Mustard Etc	-	900	-	-	-	-	-	-	-	-	-	-
Pesta	Pistachio	626	626	626	-	-	-	2.8	2.8	2.8	-	-	-
Surzomukhir Bij	Sunflower Seeds	620	620	620	-	-	-	3.7	3.7	3.7	-	-	-
Til	sesame	563	563	-	-	563	-	5.2	5.2	-	-	5.2	-
Akhrot	Walnut	687	687	687	-	-	-	1.8	1.8	1.8	-	-	-

Spices & Condiments

Spices & Condiments			Energy Kcal/100 grams of edible portion				Minerals g/100 grams of edible portion						
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRR1	INFS	HKI	NIN	IPHN	BARC	BRR1
Alachi	Cardamom	229	229	229	-	-	-	5.4	5.4	5.4	-	-	-
Shukhna Morich	Chilli, Red(Dry)	245	245	246	246	246	-	6.1	6.1	6.1	-	6.1	-
Lobongo(Shukna)	Cloves(Dry)	285	285	286	-	-	-	5.2	5.2	5.2	-	-	-
Dhona	Coriander Seed	288	288	288	288	288	-	4.4	4.4	4.4	-	4.4	-
Zira	Cumin Seed	356	356	356	356	-	-	5.8	5.8	5.8	-	-	-
Methi	Fenugreek	333	333	333	-	-	-	3	3	3	-	-	-
Ada	Ginger	67	67	67	67	67	-	1.2	1.2	1.2	-	1.2	-
Lebur Khosha	Lemon Peel	129	129	129	-	-	-	1.8	1.8	1.8	-	-	-
Joyotree	Mace	437	437	437	-	-	-	1.6	1.6	1.6	-	-	-
Mishumosholla	Mixed Spices	-	356	-	-	-	-	-	-	-	-	-	-
Garammosholla	Mixed Spices(Hot)	-	229	-	-	-	-	-	-	-	-	-	-
Zaiful	Nutmeg	472	472	472	-	-	-	1.7	1.7	1.7	-	-	-
Zaoan	Omum	363	363	363	-	-	-	7.9	7.9	7.9	-	-	-
Gole Morich	Pepper(Black)	304	304	304	-	304	-	4.4	4.4	4.4	-	4.4	-
Holude	Turmeric	349	349	349	349	349	-	3.5	3.5	3.5	-	3.5	-

		Calcium mg/100 grams of edible portion						Iron mg/100 grams of edible portion					
		INFS	HKI	NIN	IPHN	BARC	BRRI	INFS	HKI	NIN	IPHN	BARC	BRRI
Oil Seeds													
Bangla name	English name												
Hizlee Badam	Cashew nut	50	50	50	-	-	-	5	5	5.81	-	-	-
Chilgoza	Chilgoza (Nut)	91	91	91	-	-	-	3.6	3.6	3.6	-	-	-
Narikale (Shukna)	Coconut (Dry)	40	40	400	-	40	-	2.7	2.7	7.8	-	2.7	-
Narikale (Kacha)	Coconut (Immature)	10	10	10	-	-	-	1.7	1.7	1.7	-	-	-
China Badam	Peanut	77	90	90	-	90	-	3.1	2.8	2.5	-	2.8	-
China Badam (Bhaz)	Peanut (Fried)	170	77	77	-	-	-	2.7	3.1	3.1	-	-	-
Tishi	Linseed	490	170	170	-	170	-	17.9	2.7	2.7	-	2.7	-
Sharisha	Mustard	490	490	490	-	490	-	17.9	17.9	7.9	-	17.9	-
Badam	Nuts	230	230	-	-	230	-	4.5	4.5	-	-	4.5	-
Tolo	Oil Mustard Etc	-	0	-	-	-	-	-	0	-	-	-	-
Pesta	Pistachio	140	140	140	-	-	-	7.7	7.7	7.7	-	-	-
Surzomukhir Bij	Sunflower Seeds	280	280	280	-	-	-	5	5	5	-	-	-
Til	sesame	1450	1450	-	-	1450	-	10.5	10.5	-	-	10.5	-
Akhrot	Walnut	100	100	100	-	-	-	4.8	4.8	2.64	-	-	-

		Calcium mg/100 grams of edible portion						Iron mg/100 grams of edible portion					
		INFS	HKI	NIN	IPHN	BARC	BRRI	INFS	HKI	NIN	IPHN	BARC	BRRI
Spices & Condiments													
Bangla name	English name												
Alachi	Cardamom	130	130	130	-	-	-	5	5	4.6	-	-	-
Shukhna Morich	Chilli, Red (Dry)	160	160	160	160	160	-	2.3	2.3	2.3	2.3	2.3	-
Lobongo (Shukna)	Cloves (Dry)	740	740	740	-	-	-	4.9	4.9	11.7	-	-	-
Dhona	Coriander Seed	630	630	630	630	630	-	17.9	17.9	7.1	17.9	17.9	-
Zira	Cumin Seed	1080	1080	1080	1080	-	-	31	31	11.7	31	-	-
Methi	Fenugreek	160	160	160	-	-	-	14.1	14.1	6.5	-	-	-
Ada	Ginger	20	20	20	20	20	-	2.6	2.6	3.5	2.6	2.6	-
Lebur Khosha	Lemon Peel	710	710	710	-	-	-	2.7	2.7	2.7	-	-	-
Joyotree	Mace	180	180	180	-	-	-	12.6	12.6	12.3	-	-	-
Mishti mosholla	Mixed Spices	-	1080	-	-	-	-	-	31	-	-	-	-
Garam mosholla	Mixed Spices (Hot)	-	130	-	-	-	-	-	5	-	-	-	-
Zaiful	Nutmeg	120	120	120	-	-	-	4.6	4.6	2.03	-	-	-
Zaoan	Omum	1525	1525	1525	-	-	-	27.7	27.7	12.5	-	-	-
Gole Morich	Pepper (Black)	460	460	460	-	460	-	16.8	16.8	12.4	-	16.8	-
Holude	Turneric	150	150	150	150	150	-	18.6	18.6	67.8	14.8	14.8	-

		Carotene $\mu\text{g}/100$ grams of edible portion						VitaminC mg/100 grams of edible portion					
		Carotene			Vita IU			Carotene			Vita IU		
Bangla name	English name	INFS	NIN	BARC	IPHN	HKI	BRRI	INFS	HKI	NIN	IPHN	BARC	BRRI
Hizlee Badam	Cashew nut	60	60	-	-	60	-	0	0	0	-	-	-
Chilgoza	Chilgoza(Nut)	-	-	-	-	-	-	0	0	0	-	-	-
Narikale(Shukna)	Coconut(Dry)	0	0	0	-	0	-	7	7	7	-	7	-
Narikale(Kacha)	Coconut(Immature)	0	0	-	-	0	-	1	1	1	-	-	-
China Badam	Peanut	0	37	37	-	37	-	0	0	0	-	0	-
China Badam (Bhaza)	Peanut(Fried)	30	0	-	-	0	-	0	0	0	-	-	-
Tishi	Linseed	30	30	30	-	30	-	0	0	0	-	0	-
Sharisha	Mustard	162	162	162	-	162	-	0	0	0	-	0	-
Badam	Nuts	0	-	0	-	0	-	0	0	0	-	0	-
Toilo	Oil Mustard Etc	-	-	-	-	0	-	-	-	-	-	-	-
Pesta	Pistachio	144	144	-	-	144	-	-	-	-	-	-	-
Surzomukhir Bij	Sunflower Seeds	0	0	-	-	0	-	1	1	1	-	-	-
Til	sesame	69	-	69	-	69	-	0	0	0	-	0	-
Akhrot	Walnut	6	6	-	-	6	-	0	0	0	-	-	-

Spices & Condiments

		Carotene μg			Vita IU			Carotene μg			VitaminC mg/100 grams of edible portion		
		INFS	NIN	BARC	IPHN	HKI	BRRI	INFS	HKI	NIN	IPHN	BARC	BRRI
Alachi	Cardamom	0	0	-	-	0	-	0	0	0	-	-	-
Shukhna Morich	Chilli Red(Dry)	345	345	345	576	345	-	50	50	50	50	50	-
Lobongo(Shukna)	Cloves(Dry)	253	253	-	-	253	-	0	0	0	-	-	-
Dhona	Coriander Seed	942	942	942	1570	942	-	0	0	0	0	0	-
Zira	Cumin Seed	522	522	-	870	522	-	3	3	3	3	-	-
Methi	Fenugreek	96	96	-	-	96	-	0	0	0	-	-	-
Ada	Ginger	40	40	40	66	40	-	6	6	6	6	6	-
Lebur Khosha	Lemon Peel	-	-	-	-	110	-	-	-	-	-	-	-
Joyotree	Mace	3027	3027	-	-	3027	-	0	0	0	-	-	-
Mishtimoshola	Mixed Spices	-	-	-	-	522	-	-	-	-	-	-	-
Garammosholla	Mixed Spices(Hot)	-	-	-	-	0	-	-	-	-	-	-	-
Zaiful	Nutmeg	0	0	-	-	0	-	0	0	0	-	-	-
Zaoan	Omum	71	71	-	-	71	-	-	-	-	-	-	-
Gole Morich	Pepper(Black)	1080	1080	1080	-	-	-	-	-	-	-	0	-
Holude	Turmeric	30	30	30	50	30	-	0	0	0	0	0	-

Oil Seeds		VitaminB1 mg/100 grams of edible portion						VitaminB2 mg/100 grams of edible portion						
		English name	INFS	HKI	NIN	IPHN	BARC	BRR1	INFS	HKI	NIN	IPHN	BARC	BRR1
Bangla name		Cashew nut	0.63	0.63	0.63	-	-	-	0.19	0.19	0.19	-	-	-
Hizlee Badam		Chilgoza(Nut)	0.32	0.32	0.32	-	-	-	0.3	0.3	0.3	-	-	-
Chilgoza		Coconut(Dry)	0.08	0.08	0.08	-	0.05	-	0.01	0.01	0.01	-	0.01	-
Narikale(Shukna)		Coconut(Immature)	0.05	0.05	0.05	-	-	-	0.1	0.1	0.1	-	-	-
Narikale(Kacha)		Peanut	0.39	0.9	0.9	-	0.9	-	0.13	0.13	0.13	-	0.13	-
China Badam		Peanut(Fried)	0.23	0.39	0.39	-	-	-	0.07	0.13	0.13	-	-	-
China Badam (Bhaza)		Linseed	0.65	0.23	0.23	-	0.23	-	0.26	0.07	0.07	-	0.07	-
Tishi		Mustard	0.65	0.65	0.65	-	0.65	-	0.026	0.26	0.26	-	0.26	-
Sharisha		Nuts	0.24	0.24	-	-	0.24	-	0.57	0.57	-	-	0.57	-
Badam		Oil Mustard Etc	-	0	-	-	-	-	0	-	-	-	-	-
Tollo		Pistachio	0.67	0.67	0.67	-	-	-	0.28	0.28	0.28	-	-	-
Pesta		Sunflower Seeds	0.86	0.86	0.86	-	-	-	0.2	0.2	0.2	-	-	-
Surzomukhnir Bij		sesame	0.01	0.01	-	-	0.01	-	0.34	0.34	-	-	0.34	-
Til		Walnut	0.45	0.45	0.45	-	-	-	0.4	0.4	0.4	-	-	-
Akhrot														

Spices & Condiments		VitaminB1 mg/100 grams of edible portion						VitaminB2 mg/100 grams of edible portion					
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRR1	INFS	HKI	NIN	IPHN	BARC	BRR1
Alachi	Cardamom	0.22	0.22	0.22	-	-	-	0.17	0.17	0.17	-	-	-
Shukhna Morich	Chilli,Red(Dry)	0.93	0.93	0.93	0.93	0.93	-	0.43	0.43	0.43	0.43	0.43	-
Lobongo(Shukna)	Cloves(Dry)	0.08	0.08	0.08	-	-	-	0.13	0.13	0.13	-	-	-
Dhona	Coriander Seed	0.22	0.22	0.22	0.22	0.22	-	0.35	0.35	0.35	0.35	0.35	-
Zira	Cumin Seed	0.55	0.55	0.55	0.05	-	-	0.36	0.36	0.36	0.36	-	-
Methi	Fenugreek	0.34	0.34	0.34	-	-	-	0.29	0.29	0.29	-	-	-
Ada	Ginger	0.06	0.06	0.06	0.06	0.06	-	0.03	0.03	0.03	0.03	0.03	-
Lebur Khosha	Lemon Peel	-	-	-	-	-	-	-	-	-	-	-	-
Joyotree	Mace	0.25	0.25	0.25	-	-	-	0.42	0.42	0.42	-	-	-
Mishtimosholia	Mixed Spices	-	0.55	-	-	-	-	-	-	-	-	-	-
Garammosholla	Mixed Spices(Hot)	-	0.22	-	-	-	-	-	-	-	-	-	-
Zaiful	Nutmeg	0.33	0.33	0.33	-	-	-	0.01	0.01	0.01	-	-	-
Zaon	Omum	0.21	0.21	0.21	-	-	-	0.28	0.28	0.28	-	-	-
Gole Morich	Pepper(Black)	0.09	0.9	0.09	-	0.09	-	0.14	0.14	0.14	-	0.14	-
Holude	Turmeric	0.03	0.03	0.03	0.03	0.03	-	0	0	0	0	0	0

Oil Seeds		Niacin mg/100 grams of edible portion						Fiber g/100 grams of edible portion					
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRR1	INFS	HKI	NIN	IPHN	BARC	BRR1
Hizlee Badam	Cashew nut	-	-	1.2	-	-	-	1.3	1.3	1.3	-	-	-
Chilgoza	Chilgoza(Nut)	-	-	3.6	-	-	-	1	1	1	-	-	-
Narikale(Shukna)	Coconut(Dry)	-	-	3	-	-	-	6.6	6.6	6.6	-	6.6	-
Narikale(Kacha)	Coconut(Immature)	-	-	0.8	-	-	-	3.6	3.6	-	-	-	-
China Badam	Peanut	-	-	19.9	-	-	-	3.1	3.1	3.1	-	1.3	-
China Badam (Bhaza)	Peanut(Fried)	-	-	22.1	-	-	-	3.1	3.1	3.1	-	-	-
Tishi	Linseed	-	-	1	-	-	-	4.8	4.8	4.8	-	4.8	-
Sharisha	Mustard	-	-	4	-	-	-	1.8	1.8	1.8	-	1.8	-
Badam	Nuts	-	-	-	-	-	-	1.7	1.7	-	-	1.7	-
Toilo	Oil Mustard Etc	-	-	-	-	-	-	-	-	-	-	-	-
Pesta	Pistachio	-	-	2.3	-	-	-	2.1	2.1	2.1	-	-	-
Surzomukhir Bij	Sunflower Seeds	-	-	4.5	-	-	-	1	1	1	-	-	-
Til	sesame	-	-	-	-	-	-	2.9	2.9	-	-	2.9	-
Akhrot	Walnut	-	-	1	-	-	-	2.6	2.6	2.6	-	-	-

Spices & Condiments		Niacin mg/100 grams of edible portion						Fiber g/100 grams of edible portion					
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRR1	INFS	HKI	NIN	IPHN	BARC	BRR1
Alachi	Cardamom	-	-	0.8	-	-	-	20.1	20.1	20.1	-	-	-
Shukhna Morich	Chilli,Red(Dry)	-	-	9.5	9.5	-	-	30.2	30.2	30.2	30.2	30.2	-
Lobongo(Shukna)	Cloves(Dry)	-	-	0	-	-	-	9.5	9.5	9.5	-	-	-
Dhona	Coriander Seed	-	-	1.1	1.1	-	-	32.6	32.6	32.6	32.6	32.6	-
Zira	Cumin Seed	-	-	2.6	2.6	-	-	12	12	12	12	-	-
Methi	Fenugreek	-	-	1.1	-	-	-	7.2	7.2	7.2	-	-	-
Ada	Ginger	-	-	0.6	0.6	-	-	2.4	2.4	2.4	2.4	2.4	-
Lebur Khoshla	Lemon Peel	-	-	-	-	-	-	-	-	-	-	-	-
Joyotree	Mace	-	-	1.4	-	-	-	3.8	3.8	3.8	-	-	-
Mishtimosholla	Mixed Spices	-	-	-	-	-	-	-	-	-	-	-	-
Garammosholla	Mixed Spices(Hot)	-	-	-	-	-	-	-	-	-	-	-	-
Zaiful	Nutmeg	-	-	1.4	-	-	-	11.6	11.6	11.6	-	-	-
Zaoan	Omum	-	-	2.1	-	-	-	21.2	21.2	21.2	-	-	-
Gole Morich	Pepper(Black)	-	-	1.4	-	-	-	14.9	14.9	14.9	-	14.9	-
Holude	Turneric	-	-	2.3	2.3	-	-	2.6	2.6	2.6	2.6	2.6	-

Fish		Moisture g/100 grams of edible portion										Protein g/100 grams of edible portion									
		Bangla name					English name					INFS- Nanna Roos					INFS- Nanna Roos				
		INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	BRRI	BARC	BRRI	INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	BRRI	BARC	BRRI
Aire		78.1	78.1	78.1	78.1	78.1	79					15.9	15.9	15.9	15.9	15.9	16.9				
Bacha		68.8	68.8	68.8	68.8							18.1	18.1	18.1	18.1						
Bata		79	79	79								14.3	14.3	14.3							
Bele/Poa		79.7	79.7	79.7	80	79.7	80.6					14.5	14.5	14.5	14.5	14.5					
Betrongi			81										14.7								17.62
Vangon(Taza)		70.6	70.6	70.6								14.8	14.8	14.8							
Vangon(Shukna)		17.9	17.9	17.9								61.5	61.5	61.5							
Vangon(Bata)		67.6	67.3	67.3								19.4	19.4	19.4							
Vetkee(Taza)		79.9	79.9	79.9								14.9	14.9	14.9							14.82
Vetkee(Shukna)		20.1	20.1	20.1								60.2	60.2	60.2							
Boal		73	73	73.3	73	73	82					15.4	15.4	15.4	15.4	15.4	16.7				
Kalibaush		81	81	81	81		71.7					14.7	14.7	14.7	14.7		18.8				
Boicha													18.2								
Chompa(Taza)		63	63									19.9	19.9								
Chompa(Shukna)		43.3	43.3									38.6	38.6								
Pabda		73	73	73	73		84.2					19.2	19.2	19.2	19.2		20.4				
Katla		73.7	73.7	73.7	73.7	73.7	73.9	79.63				19.5	19.5	19.5	19.5	19.5	25.2				
Mohashole		70.3	70.3	77.1		70.3	75.6					25.2	25.2	21.4							
Chela(Taza)		77.5	77.5	77.5	77.5		65.9					14.6	14.6	14.6	14.6						
Chela(Shukna)		4.7	4.7	4.7								64.8	64.8	64.8							
Ko/Telapia		70	70	70	70	70	75	79.68				14.8	14.8	14.8	14.8	14.8	20.1				15.32
Kakra		83.5	83.5	83.5								8.9	8.9	8.9							
Pangash		72.3	72.3	72.3	72.3		68.6	78.72				14.2	14.2	14.2	14.2		17.4				16.24
Bam		74.8	74.8	74.8			66.2					16.1	16.1	16.1							
Fesha(Taza)		74	74		74		90					18.4	18.4		18.4						
Fesha(Shukna)		10.3	10.3									70.9	70.9								
Gura(Shutkee)		8.7	8.7									88.4	88.4								
Chitol		75	75	75	75	75	77.6					18.6	18.6	18.6	18.6	18.6	18				
Foli/Meni		73	73	73	73	73	79.3					19.8	19.8	19	19.8	19.8					
Puti		75	75	75	75	75	70.7					18.1	18.1	18.1	18.1	18.1					
Gahira			76.7										16.6								
Gura													18.2								
Hilsha		53.7	53.7	53.7	53.7	53.7	43.7					21.8	21.8	21.8	21.8	21.8	23.1				
Nona Ilish													38								

Fish

Fish		Moisture g/100 grams of edible portion							Protein g/100 grams of edible portion										
		Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC	Nanna Roos	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC	Nanna Roos
	Khalisha		Khalisha	75	75	-	75	-	76.3	-	-	16.1	16.1	-	16.1	-	-	-	-
	Lota		Lota	74	74	74	-	-	-	-	-	19.4	19.4	19.4	-	-	-	-	-
	Magur		Magur	78.5	78.5	78.5	78.5	78.5	-	76.71	-	15	15	15	15	15	-	13	-
	Magur(Shukna)		Magur(Dried)	-	13.6	-	-	-	-	-	-	-	69.7	-	-	-	-	-	-
	Mola		Mola	-	-	-	-	-	72.8	-	-	-	18.2	-	-	-	-	-	-
	Mrigale/Nilotika		Mrigal	75	75	75	75	-	72.7	-	-	19.5	19.5	19.5	19.5	-	20.6	-	-
	Aine		Mullet	69.9	69.9	69.9	-	-	-	-	-	19.1	19.1	19.1	-	-	-	-	-
	Parshee(Shukna)		Parshee(Dried)	11.8	11.8	11.8	-	-	-	-	-	65	65	65	-	-	-	-	-
	Parshee(Taza)		Parshee(Fresh)	70.8	70.8	70.8	-	-	-	68.41	-	17.5	17.5	17.5	-	-	-	18.41	-
	Pata(Shukna)		Pata(Dried)	12.6	12.6	-	-	-	-	-	-	64.5	64.5	-	-	-	-	-	-
	Chanda(Black)		Pomfret(Black)	74.5	74.5	74.5	-	-	78.7	-	-	20.3	20.3	20.3	-	-	21.2	-	-
	Chanda(White)		Pomfret(White)	78.4	78.4	78.4	-	-	-	-	-	17	17	17	-	-	-	-	-
	Chanda(Small)		Pomfret(Small)	-	76.1	-	-	-	72.1	-	-	-	18.2	-	-	-	-	-	-
	Gooda Chingree(dry, Prawns whole(Dried)			14.9	14.9	14.9	-	-	-	-	-	60	60	60	-	-	-	-	-
	Chingree Shuktee		Prawn (Dry)	6	6	17.9	-	-	-	-	-	68.1	68.1	62.4	-	-	-	-	-
	Pumplate		Pumplate	81	81	-	-	81	-	-	-	15.1	15.1	-	-	15.1	-	-	-
	Rupa Patia		Ribbon	76.6	76.7	76.6	-	-	-	-	-	18.1	18.1	18.1	-	-	-	-	-
	Rupa Patia(Shukna)		Ribbon(Dried)	6.7	6.7	6.7	-	-	-	-	-	76.1	76.1	76.1	-	-	-	-	-
	Ruee		Rohu	76.7	76.7	76.7	76.7	76.7	73.2	79.18	-	16.6	16.6	16.6	16.6	16.6	19	17.47	-
	DainBoro Shilong		Salmon	72	72	-	-	-	-	-	-	14	14	-	-	-	-	-	-
	Shorputi		Sarputi	70.2	70.2	70.2	70.2	70.2	65.9	-	-	16.5	16.5	16.5	16.5	16.5	20.5	-	-
	Shingi		Scorpion	68	68	68	68	68	80.9	-	-	22.8	22.8	22.8	22.8	22.8	-	-	-
	Hangor		Shark	76	76	-	-	-	-	-	-	21.6	21.6	21.6	-	-	-	-	-
	Chingree		Shrimp	77.4	77.4	77.4	77.4	77.4	90.3	-	-	19.1	19.1	19.1	19.1	19.1	-	-	-
	Bashpata		Silver	76.1	76.1	76.1	75	-	73.8	-	-	18.2	18.2	18.2	18.2	-	-	-	-
	Shulle		Sole	78	78	78	78	78	77.5	-	-	16.2	16.2	16.2	16.2	16.2	18.6	-	-
	Taposhee(Shukna)		Tapsee(Dried)	16.2	16.2	16.2	-	-	-	-	-	58.5	58.5	58.5	-	-	-	-	-
	Tengra(Taza)		Tengra(Fresh)	70	70	70	70	70	77	74.6	-	19.2	19.2	19.2	19.2	19.2	-	17.16	-
	Tengra(Shukna)		Tengra(Dried)	13.8	13.8	13.8	-	-	-	-	-	54.9	54.9	54.9	-	-	-	-	-
	Khoira(Shukna)		White fish(Dried)	17.3	17.3	17.3	-	-	-	-	-	58.9	58.9	58.9	-	-	-	-	-
	Khoira(Taza)		White fish(Fresh)	72	72	72	-	-	-	-	-	18	18	18	-	-	-	-	-

Fish	Fat g/100 grams of edible portion										Carbohydrates g/100 grams of edible portion									
	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC	Nanna Roos	INFS- BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC	Nanna Roos	INFS- BARC	Nanna Roos
Bangla name																				
Aire	Aire	1.3	1.3	1.3	1.3	1.3	2.1	-	-	-	3.5	3.5	3.5	-	3.5	-	-	-	-	-
Bacha	Bacha	5.6	5.6	5.6	5.6	-	-	-	-	-	6.1	6.1	6.1	-	-	-	-	-	-	-
Bata	Bata	2.5	2.5	2.5	-	-	-	-	-	-	2.2	2.2	2.2	-	-	-	-	-	-	-
Bele/Poa	Bele/Poa	0.6	0.6	0.6	0.6	0.6	0.6	-	-	-	2.9	2.9	2.9	-	2.9	-	-	-	-	-
Betrongi	Betrongi	-	1	-	-	-	-	-	-	-	-	2	-	-	-	-	-	2.1	-	-
Bhangon(Taza)	Bhangon(Fresh)	8.8	8.8	8.8	-	-	-	3.81	-	-	3.8	3.8	3.8	-	-	-	-	-	-	-
Bhangon(Shukna)	Bhangon(Dried)	2.3	2.3	2.3	-	-	-	-	-	-	1.8	1.8	1.8	-	-	-	-	-	-	-
Bhangon(Bata)	Bhangon(Powdere)	4.4	4.4	4.4	-	-	-	-	-	-	6.7	6.7	6.7	-	-	-	-	-	-	-
Veetkee(Taza)	Bhetki(Fresh)	0.8	0.8	0.8	-	0.8	-	2.75	-	-	3	3	3	-	3	-	5.32	-	-	-
Veetkee(Shukna)	Bhetki(Dried)	2	2	2	-	-	-	-	-	-	1.8	1.8	1.8	-	-	-	-	-	-	-
Boal	Boal	2.7	2.7	2.7	2.7	2.7	1.9	-	-	-	7.6	7.6	7.6	-	7.6	-	-	-	-	-
Kalibaush	Blackfish/Baho	1	1	1	1	-	7.3	-	-	-	2	2	2	-	-	-	-	-	-	-
Boicha	Boicha	-	4.4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chompa(Taza)	Bream(Fresh)	0.4	0.4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chompa(Shukna)	Bream(Dried)	6.2	6.2	-	-	-	2.6	-	-	-	4.6	4.6	4.6	-	-	-	-	-	-	-
Pabda	Butter	2.1	2.1	2.1	2.1	2.4	8.6	0.62	-	-	2.9	2.9	2.9	-	2.9	-	0.47	-	-	-
Katla	Carp	2.4	2.4	2.4	2.4	2.3	5.5	-	-	-	1	1	1	-	1	-	-	-	-	-
Mohashole	Cat Fish	2.3	2.3	-	-	2.3	-	-	-	-	1.5	1.5	1.5	-	-	-	-	-	-	-
Chela(Taza)	Chapila(Fresh)	4.3	4.3	4.3	4.3	-	2.3	-	8.6	-	0.1	0.1	0.1	-	-	-	-	-	-	-
Chela(Shukna)	Chapila(Dried)	17	17	17	-	-	-	-	-	-	4.4	4.4	4.4	-	4.4	-	3.29	-	-	-
Kol/Telapia	Climbing Fish	8.8	8.8	8.8	8.8	8.8	4.8	0.65	-	-	3.3	3.3	3.3	-	-	-	0.84	-	-	-
Kakra	Crabs	1.1	1.1	1.1	-	-	-	-	-	-	1.7	1.7	1.7	-	-	-	-	-	-	-
Pangash	Dragon Fish	10.8	10.8	10.8	10.8	-	11.8	3.41	-	-	6.9	6.9	6.9	-	-	-	-	-	-	-
Bam	Eel Fish	0.9	0.9	0.9	-	-	10.5	-	-	-	3.2	3.2	-	-	-	-	-	-	-	-
Fesha(Taza)	Fesha Fish(Fresh)	1.9	1.9	-	-	-	-	-	-	-	2	2	-	-	-	-	-	-	-	-
Fesha(Shukna)	Fesha Fish(Dried)	4.9	4.9	-	-	-	-	-	-	-	0	0	-	-	-	-	-	-	-	-
Gura(Shukna)	Fishmeal	1.1	1.1	-	-	-	2.6	-	-	-	3.1	3.1	3.1	-	3.1	-	-	-	-	-
Chitol	Flat Fish	2.3	2.3	2.3	2.3	2.3	2.3	-	-	-	3.7	3.7	3.7	-	3.7	-	-	-	-	-
Foli/Meni	Folui	1	1	1	1	1	5.4	-	4.0-7.1	-	3.1	3.1	3.1	-	3.1	-	-	-	-	-
Puti	Fry	2.4	2.4	2.4	2.4	2.4	-	-	-	-	-	4.4	-	-	-	-	-	-	-	-
Gahira	Gahira	1.4	1.4	-	-	-	-	-	-	-	-	0	-	-	-	-	-	-	-	-
Gura	Gura	4.4	4.4	-	-	-	-	-	-	-	2.9	2.9	2.9	-	2.9	-	3.9	-	-	-
Ilish	Ilisha	19.8	19.4	19.4	19.4	19.4	21.2	-	-	-	-	-	5.5	-	-	-	-	-	-	-
Nona Ilish	Hilsha(Salted)	35	35	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Fish

Fish		Fat g/100 grams of edible portion							Carbohydrates g/100 grams of edible portion									
		INFS- Nanna							INFS- Nanna									
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS	BARC	BARRI	INFS	HKI	NIN	IPHN	BARC	BARRI	INFS- BARC	Nanna Roos
Khalisha	Khalishe	3.9	3.9		3.9	-	2.6	-			3.1	3.1	-	-	-	-	-	-
Lota	Lota	0.6	0.6	0.6		-	-	-			3.4	3.4	3.4		-	-	-	-
Magur	Magur	1	1	1	1	1	-	5.68	-		4.2	4.2	4.2	-	4.2	-	3.81	-
Magur(Shukna)	Magur(Dried)		5.4		-	-	-	-	-		-	2.6	-	-	-	-	-	-
Mola	Mola		4.4		-	-	3	-			-	0	-	-	-	-	-	-
Mrigale/Nilotika	Mrigal	0.8	0.8	0.8	0.8	-	8.7	-	2.9	3.2	3.2	3.2	3.2	-	-	-	-	-
Aine	Mullet	7.8	7.8	7.8	-	-	-	-	-	2.1	2.1	2.1	-	-	-	-	-	-
Parshee(Shukna)	Parshee(Dried)	4.5	4.5	4.4	-	-	-	-	-	3	3	3	-	-	-	-	-	-
Parshee(Taza)	Parshee(Fresh)	5.9	5.9	5.9	-	-	-	7.85	-	4.3	4.3	4.3	-	-	-	-	4	-
Pata(Shukna)	Pata(Dried)	2.7	2.7		-	-	-	-	-	2.5	2.5	-	-	-	-	-	-	-
Chanda(Black)	Pomfret(Black)	2.6	2.6	2.6	-	-	7.3	-	-	1.5	1.5	1.5	-	-	-	-	-	-
Chanda(White)	Pomfret(White)	1.3	1.3	1.3	-	-	-	-	-	1.8	1.8	1.8	-	-	-	-	-	-
Chanda(Small)	Pomfret(Small)		4.4		-	-	4.2	-	4.0-7.1	-	0	-	-	-	-	-	-	-
Gooda Chingree(5 Prawns whole)	Dried	3.2	3.2	3.2	-	-	-	-	-	4.6	4.6	4.6	-	-	-	-	-	-
Chingree (dr)	Prawn (Dry)	8.5	8.5	3.9	-	-	-	-	-	-	1.9	-	-	-	-	-	-	-
Pumplate	Pumplate	1	1		-	1	-	-	-	2.2	2.2	-	-	-	2.2	-	-	-
Rupa Patia	Ribbon	3.2	3.2	3.2	-	-	-	-	-	0.6	0.6	0.6	-	-	-	-	-	-
Rupa Patia(dr)	Ribbon(Dried)	8.7	8.7	8.7	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Ruee	Rohu	1.4	1.4	1.4	1.4	1.4	7	2.1	-	4.4	4.4	4.4	-	-	4.4	-	0.11	-
DainBoro Shilong	Salmon	12.1	12.1		-	-	-	-	-	0.5	0.5	-	-	-	-	-	-	-
Shorputi	Sarputi	9.5	9.5	9.5	9.5	9.5	15.9	-	-	2.3	2.3	2.3	-	-	2.3	-	-	-
Shingi	Scorpion	0.6	0.6	0.6	0.6	0.6	3.7	-	-	6.9	6.9	6.9	-	-	6.9	-	-	-
Hangor	Shark	0.4	0.4	0.4	-	-	-	-	-	0.8	0.8	0.8	-	-	-	-	-	-
Chingree	Shrimp	1	1	1	1	1	0.8	-	1.3	0.8	0.8	0.8	-	-	0.8	-	-	-
Bashpata	Silver	4.4	4.4	4.4	4.4	-	4.9	-	2.7	0	0	-	-	-	-	-	-	-
Shule	Sole	2.3	2.3	2.3	2.3	2.3	2.2	-	-	2.2	2.2	2.2	-	-	2.2	-	-	-
Taposhee(Shukna)	Tapse(Dried)	12.1	12.1	12.1	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tengra(Taza)	Tengra(Fresh)	6.5	6.5	6.4	6.4	6.5	3.2	2.88	7.4	2.3	2.3	2.3	-	-	2.3	-	4.29	-
Tengra(Shukna)	Tengra(Dried)	3.9	3.9	3.9	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Khoira(Shukna)	White fish(Dried)	6.2	6.2	6.2	-	-	-	-	-	1.2	1.2	1.2	-	-	-	-	-	-
Khoira(Taza)	White fish(Fresh)	3	3	3	-	-	-	-	-	5.2	5.2	5.2	-	-	-	-	-	-

Fish	Energy Kcal/100 grams of edible portion										Minerals g/100 grams of edible portion									
	Energy					Nanna					INFS-					INFS-				
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	BRRI	BARC	Roos	INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	BRRI	Nanna
Aire	Aire	89	89	89	89	89	-	-	-	-	-	1.2	1.2	1.2	-	1.7	-	-	-	Nanna
Bacha	Bacha	147	147	147	147	147	-	-	-	-	-	1.4	1.4	1.4	-	-	-	-	-	Roos
Bata	Bata	89	89	89	-	-	-	-	-	-	-	2	2	2	-	-	-	-	-	-
Bele/Poa	Bele/Poa	75	75	75	75	75	-	-	-	-	-	2.3	2.3	2.3	-	2.3	-	-	-	-
Betrongi	Betrongi	-	76	-	-	-	-	-	-	-	-	-	1.3	-	-	-	-	-	-	-
Vangon(Taza)	Bhangon(Fresh)	154	154	154	-	-	-	113	-	-	-	2	2	2	-	-	-	-	-	-
Vangon(Shukna)	Bhangon(Dried)	274	274	274	-	-	-	-	-	-	-	16.5	16.5	16.5	-	-	-	-	-	-
Vangon(Bata)	Bhangon(Powdered)	144	144	144	-	-	-	-	-	-	-	2.2	2.2	2.2	-	-	-	-	-	-
Verkee(Taza)	Bhetki(Fresh)	79	79	79	-	79	-	104	-	-	-	1.4	1.4	1.4	-	1.4	-	-	-	-
Verkee(Shukna)	Bhetki(Dried)	266	266	266	-	-	-	-	-	-	-	15.9	15.9	15.9	-	-	-	-	-	-
Boal	Boal	116	166	116	116	116	-	-	-	-	-	1.3	1.3	1.3	-	1.3	-	-	-	-
Kalibaush	Blackfish/Baho	76	76	76	76	-	-	-	-	-	-	1.3	1.3	1.3	-	-	-	-	-	-
Boicha	Boicha	-	112	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chompa(Taza)	Bream(Fresh)	92	92	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chompa(Shukna)	Bream(Dried)	210	210	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pabda	Butter	114	114	114	114	114	-	-	-	-	-	1.1	1.1	1.1	-	-	-	-	-	-
Katla	Carp	111	111	111	111	111	-	80	-	-	-	1.5	1.5	1.5	-	1.5	-	-	-	-
Mohashole	Cat Fish	126	126	86	-	126	-	-	-	-	-	1.2	1.2	-	-	1.2	-	-	-	-
Chela(Taza)	Chapia(Fresh)	103	103	103	103	-	-	-	-	-	-	2.1	2.1	2.1	-	-	-	-	-	-
Chela(Shukna)	Chapia(Dried)	413	413	413	-	-	-	-	-	-	-	13.4	13.4	13.4	-	-	-	-	-	-
Koi/Telapia	Climbing Fish	156	156	156	156	156	-	80	-	-	-	2	2	2	-	2	-	-	-	-
Kakra	Crabs	59	59	59	-	-	-	-	-	-	-	3.2	3.2	3.2	-	-	-	-	-	-
Pangash	Dragon Fish	161	161	161	161	-	-	99	-	-	-	1	1	1	-	-	-	-	-	-
Bam	Eel Fish	100	100	100	-	-	-	-	-	-	-	1.3	1.3	1.3	-	-	-	-	-	-
Fesha(Taza)	Fesha Fish(Fresh)	104	104	-	104	-	-	-	-	-	-	2.5	2.5	-	-	-	-	-	-	-
Fesha(Shukna)	Fesha Fish(Dried)	336	336	-	-	-	-	-	-	-	-	11.9	11.9	-	-	-	-	-	-	-
Gura(Shutkee)	Fishmeal	364	364	-	-	-	-	-	-	-	-	2.3	2.3	-	-	-	-	-	-	-
Chitol	Flat Fish	108	108	108	108	108	-	-	-	-	-	1	1	1	-	1	-	-	-	-
Foti/Meni	Foli	103	103	109	103	103	-	-	-	-	-	2.5	2.5	2.5	-	2.5	-	-	-	-
Puti	Fry	106	106	106	106	106	-	-	-	-	-	1.4	1.4	1.4	-	1.4	-	-	-	-
Gahira	Gahira	-	97	-	-	-	-	-	-	-	-	-	0.9	-	-	-	-	-	-	-
Gura	Gura	-	112	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Hilsha	Hilsha	273	273	273	273	273	-	-	-	-	-	2.2	2.2	2.2	-	2.2	-	-	-	-
Nona Ilish	Hilsha(Salted)	-	400	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Fish	Energy Kcal/100 grams of edible portion										Minerals g/100 grams of edible portion							
	Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC	Nanna Roos	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC	Nanna Roos
Khalisha		Khalishe	112	112	-	112	-	-	-	-	1.9	1.9	-	-	-	-	-	-
Lota		Lota	97	97	97	-	-	-	-	-	2.6	2.6	2.6	-	-	-	-	-
Magur		Magur	86	86	86	86	86	-	118	-	1.3	1.3	1.3	-	1.3	-	-	-
Magur(Shukna)		Magur(Dried)	-	338	-	-	-	-	-	-	-	8.7	-	-	-	-	-	-
Mola		Mola	-	112	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mrigale/Nilotika		Mrigal	98	98	98	98	-	-	-	-	1.5	1.5	1.5	-	-	-	-	-
Aine		Mullet	155	155	155	-	-	-	-	-	1.1	1.1	1.1	-	-	-	-	-
Parshee(Shukna)		Parshee(Dried)	312	312	312	-	-	-	-	-	15.8	15.8	15.8	-	-	-	-	-
Parshee(Taza)		Parshee(Fresh)	140	140	140	-	-	-	160	-	1.5	1.5	1.5	-	-	-	-	-
Pata(Shukna)		Pata(Dried)	293	293	-	-	-	-	-	-	17.6	17.6	-	-	-	-	-	-
Chanda(Black)		Pomfret(Black)	111	111	111	-	-	-	-	-	1.1	1.1	1.1	-	-	-	-	-
Chanda(White)		Pomfret(White)	87	87	87	-	-	-	-	-	1.5	1.5	1.5	-	-	-	-	-
Chanda(Small)		Pomfret(Small)	112	-	-	-	-	-	-	-	-	1.4	-	-	-	-	-	-
Gooda Chingree(Shu Prawns whole(Dried)			287	287	287	-	-	-	-	-	17.3	17.3	17.3	-	-	-	-	-
Chingree Shutkee Prawn (Dry)			349	349	292	-	-	-	-	-	17.4	17.4	13.9	-	-	-	-	-
Pumplate		Pumplate	78	78	-	-	78	-	-	-	0.7	0.7	-	-	0.7	-	-	-
Rupa Patia		Ribbon	104	104	104	-	-	-	-	-	1.5	1.5	1.5	-	-	-	-	-
Rupa Patia(Shukn Ribbon(Dried)			383	383	383	-	-	-	-	-	-	-	-	-	-	-	-	-
Ruee		Rohu	97	97	97	97	97	-	89	-	0.9	0.9	0.9	-	0.9	-	-	-
DainBoro Shilong		Salmon	167	167	-	-	-	-	-	-	1.4	1.4	-	-	-	-	-	-
Shorputi		Sarputi	161	161	161	161	161	-	-	-	1.5	1.5	1.5	-	1.5	-	-	-
Shingi		Scorpion	124	124	124	124	124	-	-	-	1.7	1.7	1.7	-	1.7	-	-	-
Hangor		Shark	93	93	93	-	-	-	-	-	1.2	1.2	1.2	-	-	-	-	-
Chingree		Shrimp	89	89	89	89	89	-	-	-	1.7	1.7	1.7	-	1.7	-	-	-
Bashpata		Silver	112	112	112	112	-	-	-	-	1.4	1.4	1.4	-	-	-	-	-
Shule		Sole	94	94	94	94	94	-	-	-	1.3	1.3	1.3	-	1.3	-	-	-
Taposhee(Shukna Tapse(Dried)			343	343	343	-	-	-	-	-	17.2	17.2	17.2	-	-	-	-	-
Tengra(Taza)		Tengra(Fresh)	144	144	144	144	144	-	111	-	2.1	2.1	2.1	-	2.1	-	-	-
Tengra(Shukna)		Tengra(Dried)	255	255	255	-	-	-	-	-	27.4	27.4	27.5	-	-	-	-	-
Khoira(Shukna)		White fish(Dried)	296	296	296	-	-	-	-	-	16.4	16.4	16.4	-	-	-	-	-
Khoira(Taza)		White fish(Fresh)	120	120	120	-	-	-	-	-	1.8	1.8	1.8	-	-	-	-	-

Fish

Bangla name	English name	Calcium mg/100 grams of edible portion						Iron mg/100 grams of edible portion						Nanna Roos
		INFS	HKI	NIN	IPHN	BARC	BTRI	INFS	BARC	BTRI	IPHN	BARC	BTRI	INFS- BARC
Aire	Aire	380	380	380	380	380	1.6	-	-	-	-	-	-	-
Bacha	Bacha	520	520	520	520	-	-	-	-	-	-	-	-	-
Bata	Bata	790	790	790	-	-	-	-	-	-	-	-	-	-
Bele/Poa	Bele/Poa	370	370	370	370	370	3.1	-	-	-	-	-	-	-
Betrongi	Betrongi	-	320	-	-	-	-	-	-	-	-	-	-	-
Bhangon(Taza)	Bhangon(Fresh)	182	182	182	-	-	-	-	-	-	-	-	-	-
Vangon(Shukna)	Bhangon(Dried)	6235	6235	6235	-	-	-	-	-	-	-	-	-	-
Vangon(Bata)	Bhangon(Powdered)	580	580	580	-	480	-	231	-	-	-	-	-	-
Vekee(Taza)	Bhetki(Fresh)	530	530	480	-	-	-	-	-	-	-	-	-	-
Vekee(Shukna)	Bhetki(Dried)	939	939	939	-	-	-	-	-	-	-	-	-	-
Boal	Boal	160	160	160	160	116	2.5	-	-	-	-	-	-	-
Kalibaush	Blackfish/Baho	320	320	320	320	-	6.1	-	-	-	-	-	-	-
Boicha	Boicha	92	92	-	-	-	-	-	-	-	-	-	-	-
Chompa(Taza)	Bream(Fresh)	148	148	-	-	-	-	-	-	-	-	-	-	-
Chompa(Shukna)	Bream(Dried)	31	310	310	310	-	52.8	-	-	-	-	-	-	-
Pabda	Butter	530	530	530	530	530	9.7	520	-	-	-	-	-	-
Katla	Carp	130	130	10	-	130	46.1	-	-	-	-	-	-	-
Mohashole	Cat Fish	590	590	590	590	-	25.5	-	-	-	-	-	-	-
Chela(Taza)	Chapla(Fresh)	3550	3590	3590	-	-	-	-	-	-	-	-	-	-
Chela(Shukna)	Chapla(Dried)	410	410	410	410	410	4.4	470	-	-	-	-	-	-
Koi/Telapia	Glimbing Fish	1370	1370	1370	-	-	-	-	-	-	-	-	-	-
Kakra	Crabs	180	180	180	180	-	3.3	175	-	-	-	-	-	-
Pangash	Dragon Fish	330	330	330	-	-	34	-	-	-	-	-	-	-
Bam	Eel Fish	440	440	-	440	-	37.9	-	-	-	-	-	-	-
Fesha(Taza)	Fesha Fish(Fresh)	1676	1676	-	-	-	-	-	-	-	-	-	-	-
Fesha(Shukna)	Fesha Fish(Dried)	97	97	-	-	-	-	-	-	-	-	-	-	-
Gura(Shutkee)	Fishmeal	180	180	180	180	180	3	-	-	-	-	-	-	-
Chitol	Flat Fish	590	590	590	590	590	111.6	-	-	-	-	-	-	-
Foli/Meni	Foli	110	110	110	110	110	61.1	-	-	-	-	-	-	-
Puti	Fry	-	650	-	-	-	-	-	-	-	-	-	-	-
Gahira	Gahira	-	175	-	-	-	-	-	-	-	-	-	-	-
Gura	Gura	180	180	180	180	180	9.7	-	-	-	-	-	-	-
Hilsha	Hilsha	-	-	-	-	-	-	-	-	-	-	-	-	-

Fish	Energy Kcal/100 grams of edible portion										Minerals g/100 grams of edible portion							
	Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC	Nanna Roos	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC	Nanna Roos
Khalisha		Khalishe	112	112	-	112	-	-	-	-	1.9	1.9	-	-	-	-	-	-
Lota		Lota	97	97	97	-	-	-	-	-	2.6	2.6	2.6	-	-	-	-	-
Magur		Magur	86	86	86	86	86	-	118	-	1.3	1.3	1.3	-	1.3	-	-	-
Magur(Shukna)		Magur(Dried)	-	338	-	-	-	-	-	-	-	8.7	-	-	-	-	-	-
Mola		Mola	-	112	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mrigale/Nilotika		Mrigal	98	98	98	98	-	-	-	-	1.5	1.5	1.5	-	-	-	-	-
Aine		Mullet	155	155	155	-	-	-	-	-	1.1	1.1	1.1	-	-	-	-	-
Parshee(Shukna)		Parshee(Dried)	312	312	312	-	-	-	-	-	15.8	15.8	15.8	-	-	-	-	-
Parshee(Taza)		Parshee(Fresh)	140	140	140	-	-	-	160	-	1.5	1.5	1.5	-	-	-	-	-
Pata(Shukna)		Pata(Dried)	293	293	-	-	-	-	-	-	17.6	17.6	-	-	-	-	-	-
Chanda(Black)		Pomfret(Black)	111	111	111	-	-	-	-	-	1.1	1.1	1.1	-	-	-	-	-
Chanda(White)		Pomfret(White)	87	87	87	-	-	-	-	-	1.5	1.5	1.5	-	-	-	-	-
Chanda(Small)		Pomfret(Small)	112	-	-	-	-	-	-	-	-	1.4	-	-	-	-	-	-
Gooda Chingree(Shl Prawns whole(Dried)			287	287	287	-	-	-	-	-	17.3	17.3	17.3	-	-	-	-	-
Chingree Shuktee Prawn (Dry)			349	349	292	-	-	-	-	-	17.4	17.4	13.9	-	-	-	-	-
Pumplate		Pumplate	78	78	-	-	78	-	-	-	0.7	0.7	-	-	0.7	-	-	-
Rupa Patia		Ribbon	104	104	104	-	-	-	-	-	1.5	1.5	1.5	-	-	-	-	-
Rupa Patia(Shukn Ribbon(Dried)			383	383	383	-	-	-	-	-	-	-	-	-	-	-	-	-
Rutee		Rohu	97	97	97	97	97	-	89	-	0.9	0.9	0.9	-	0.9	-	-	-
DainBoro Shilong		Salmon	167	167	-	-	-	-	-	-	1.4	1.4	-	-	-	-	-	-
Shorputi		Sarputi	161	161	161	161	161	-	-	-	1.5	1.5	1.5	-	1.5	-	-	-
Shingi		Scorpion	124	124	124	124	124	-	-	-	1.7	1.7	1.7	-	1.7	-	-	-
Hangor		Shark	93	93	93	-	-	-	-	-	1.2	1.2	1.2	-	-	-	-	-
Chingree		Shrimp	89	89	89	89	89	-	-	-	1.7	1.7	1.7	-	1.7	-	-	-
Bashpata		Silver	112	112	112	112	-	-	-	-	1.4	1.4	1.4	-	-	-	-	-
Shule		Sole	94	94	94	94	94	-	-	-	1.3	1.3	1.3	-	1.3	-	-	-
Taposhee(Shukna Tapse(Dried)			343	343	343	-	-	-	-	-	17.2	17.2	17.2	-	-	-	-	-
Tengra(Taza)		Tengra(Fresh)	144	144	144	144	144	-	111	-	2.1	2.1	2.1	-	2.1	-	-	-
Tengra(Shukna)		Tengra(Dried)	255	255	255	-	-	-	-	-	27.4	27.4	27.5	-	-	-	-	-
Khoira(Shukna)		White fish(Dried)	296	296	296	-	-	-	-	-	16.4	16.4	16.4	-	-	-	-	-
Khoira(Taza)		White fish(Fresh)	120	120	120	-	-	-	-	-	1.8	1.8	1.8	-	-	-	-	-

Fish	Bangla name	English name	Energy Kcal/100 grams of edible portion						Minerals g/100 grams of edible portion						Nanna		
			INFS- BARC						INFS- BARC						Roos		
			INFS	HKI	NIN	IPHN	BARC	BRRI	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC	Roos	
Aire	Aire		89	89	89	89	-	-	-	-	-	-	1.2	1.2	1.2	-	-
Bacha	Bacha		147	147	147	147	-	-	-	-	-	-	1.4	1.4	1.4	-	-
Bata	Bata		89	89	89	-	-	-	-	-	-	-	2	2	2	-	-
Bata	Bata		75	75	75	75	-	-	-	-	-	-	2.3	2.3	2.3	-	-
Bele/Poa	Bele/Poa		75	75	75	75	-	-	-	-	-	-	-	1.3	-	-	-
Bele/Poa	Bele/Poa		76	76	-	-	-	-	-	-	-	-	2	2	2	-	-
Betrongi	Betrongi		154	154	154	-	-	-	-	-	-	-	16.5	16.5	16.5	-	-
Vangon(Taza)	Bhangon(Fresh)		274	274	274	-	-	-	-	-	-	-	2.2	2.2	2.2	-	-
Vangon(Shukna)	Bhangon(Dried)		144	144	144	-	-	-	-	-	-	-	1.4	1.4	1.4	-	-
Vangon(Bata)	Bhangon(Powdered)		79	79	79	-	79	-	-	-	-	-	15.9	15.9	15.9	-	-
Vetkee(Taza)	Bhetki(Fresh)		266	266	266	-	-	-	-	-	-	-	1.3	1.3	1.3	-	-
Vetkee(Shukna)	Bhetki(Dried)		116	166	116	116	116	-	-	-	-	-	1.3	1.3	1.3	-	-
Boal	Boal		76	76	76	76	-	-	-	-	-	-	-	-	-	-	-
Kailbaush	Blackfish/Baho		112	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Boicha	Boicha		92	92	-	-	-	-	-	-	-	-	1.1	1.1	1.1	-	-
Chompa(Taza)	Bream(Fresh)		210	210	-	-	-	-	-	-	-	-	1.5	1.5	1.5	-	-
Chompa(Shukna)	Bream(Dried)		114	114	114	114	114	-	-	-	-	-	1.5	1.5	1.5	-	-
Pabda	Butter		111	111	111	111	111	-	-	-	-	-	1.2	1.2	1.2	-	-
Katla	Carp		126	126	86	-	126	-	-	-	-	-	2.1	2.1	2.1	-	-
Mohashole	Cat Fish		103	103	103	103	-	-	-	-	-	-	13.4	13.4	13.4	-	-
Chela(Taza)	Chapila(Fresh)		413	413	413	-	-	-	-	-	-	-	2	2	2	-	-
Chela(Shukna)	Chapila(Dried)		156	156	156	156	156	-	-	-	-	-	3.2	3.2	3.2	-	-
Koi/Telapia	Climbing Fish		59	59	59	-	-	-	-	-	-	-	1	1	1	-	-
Kakra	Crabs		161	161	161	161	-	-	-	-	-	-	1.3	1.3	1.3	-	-
Pangash	Dragon Fish		100	100	100	-	-	-	-	-	-	-	2.5	2.5	-	-	-
Bam	Eel Fish		104	104	-	-	104	-	-	-	-	-	11.9	11.9	-	-	-
Fesha(Taza)	Fesha Fish(Fresh)		336	336	-	-	-	-	-	-	-	-	2.3	2.3	-	-	-
Fesha(Shukna)	Fesha Fish(Dried)		364	364	-	-	-	-	-	-	-	-	1	1	1	-	-
Gura(Shutkee)	Fishmeal		108	108	108	108	108	-	-	-	-	-	2.5	2.5	2.5	-	-
Chitol	Flat Fish		103	103	103	103	103	-	-	-	-	-	1.4	1.4	1.4	-	-
Foli/Meni	Foli		106	106	106	106	106	-	-	-	-	-	-	-	-	-	-
Puti	Fry		97	-	-	-	-	-	-	-	-	-	-	-	0.9	-	-
Gahira	Gahira		112	-	-	-	-	-	-	-	-	-	2.2	2.2	2.2	-	-
Gura	Gura		273	273	273	273	273	-	-	-	-	-	-	-	-	-	-
Ilish	Hilsha		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Nona Ilish	Hilsha(Salted)		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Fish		Fat g/100 grams of edible portion										Carbohydrates g/100 grams of edible portion									
		English name					INFS- Nanna					INFS- Nanna					INFS- Nanna				
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	BRRI	BARC	BRRI	INFS	HKI	NIN	IPHN	BARC	BRRI	BARC	BRRI	BARC	BRRI
Aire	Aire	1.3	1.3	1.3	1.3	1.3	2.1	-	-	-	-	3.5	3.5	3.5	-	3.5	-	-	-	-	-
Bacha	Bacha	5.6	5.6	5.6	5.6	5.6	-	-	-	-	-	6.1	6.1	6.1	-	-	-	-	-	-	-
Bata	Bata	2.5	2.5	2.5	-	-	-	-	-	-	-	2.2	2.2	2.2	-	-	-	-	-	-	-
Bele/Poa	Bele/Poa	0.6	0.6	0.6	0.6	0.6	0.6	-	-	-	-	2.9	2.9	2.9	-	-	-	-	-	-	-
Betrongi	Betrongi	-	1	-	-	-	-	3.81	-	-	-	3.8	3.8	3.8	-	-	-	-	-	-	-
Vangon(Taza)	Bhangon(Fresh)	8.8	8.8	8.8	-	-	-	-	-	-	-	1.8	1.8	1.8	-	-	-	-	-	-	-
Vangon(Shukna)	Bhangon(Dried)	2.3	2.3	2.3	-	-	-	-	-	-	-	6.7	6.7	6.7	-	-	-	-	-	-	-
Vangon(Bata)	Bhangon(Powdere)	4.4	4.4	4.4	-	-	-	-	-	-	-	3	3	3	-	-	-	-	-	-	-
Veetkee(Taza)	Bhetki(Fresh)	0.8	0.8	0.8	-	-	-	2.75	-	-	-	1.8	1.8	1.8	-	-	-	-	-	-	-
Veetkee(Shukna)	Bhetki(Dried)	2	2	2	-	-	-	-	-	-	-	7.6	7.6	7.6	-	-	-	-	-	-	-
Boal	Boal	2.7	2.7	2.7	2.7	2.7	1.9	-	-	-	-	2	2	2	-	-	-	-	-	-	-
Kalibaush	Blackfish/Baho	1	1	1	1	1	7.3	-	-	-	-	-	0	-	-	-	-	-	-	-	-
Boicha	Boicha	0.4	0.4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chompa(Taza)	Bream(Fresh)	6.2	6.2	-	-	-	-	-	-	-	-	4.6	4.6	4.6	-	-	-	-	-	-	-
Chompa(Shutki)	Bream(Dried)	2.1	2.1	2.1	2.1	2.1	2.6	-	-	-	-	2.9	2.9	2.9	-	-	-	-	-	-	-
Pabda	Butter	2.4	2.4	2.4	2.4	2.4	8.6	0.62	-	-	-	1	1	1	-	-	-	-	-	-	-
Katla	Carp	2.3	2.3	-	-	-	2.3	5.5	-	-	-	1.5	1.5	1.5	-	-	-	-	-	-	-
Mohashole	Cat Fish	4.3	4.3	4.3	4.3	4.3	-	-	-	-	-	0.1	0.1	0.1	-	-	-	-	-	-	-
Chela(Taza)	Chapla(Fresh)	17	17	17	-	-	-	-	-	-	-	4.4	4.4	4.4	-	-	-	-	-	-	-
Chela(Shukna)	Chapla(Dried)	8.8	8.8	8.8	8.8	8.8	4.8	0.65	-	-	-	3.3	3.3	3.3	-	-	-	-	-	-	-
Kol/Telapia	Climbing Fish	1.1	1.1	1.1	-	-	-	-	-	-	-	1.7	1.7	1.7	-	-	-	-	-	-	-
Kakra	Crabs	10.8	10.8	10.8	10.8	10.8	11.8	3.41	-	-	-	6.9	6.9	6.9	-	-	-	-	-	-	-
Pangash	Dragon Fish	0.9	0.9	0.9	-	-	1.6	-	-	-	-	3.2	3.2	3.2	-	-	-	-	-	-	-
Barn	Eel Fish	1.9	1.9	-	1.9	-	10.5	-	-	-	-	2	2	2	-	-	-	-	-	-	-
Fesha(Taza)	Fesha Fish(Fresh)	4.9	4.9	-	-	-	-	-	-	-	-	0	0	0	-	-	-	-	-	-	-
Fesha(Shukna)	Fesha Fish(Dried)	1.1	1.1	-	-	-	-	-	-	-	-	3.1	3.1	3.1	-	-	-	-	-	-	-
Gura(Shutkee)	Fishmeal	2.3	2.3	2.3	2.3	2.3	2.6	-	-	-	-	3.7	3.7	3.7	-	-	-	-	-	-	-
Chitol	Flat Fish	1	1	1	1	1	2.3	-	-	-	-	4.0-7.1	3.1	3.1	-	-	-	-	-	-	-
Foli/Meni	Foli	2.4	2.4	2.4	2.4	2.4	5.4	-	-	-	-	0	0	0	-	-	-	-	-	-	-
Puti	Fry	1.4	1.4	-	-	-	-	-	-	-	-	2.9	2.9	2.9	-	-	-	-	-	-	-
Gahira	Gahira	19.8	19.4	19.4	19.4	19.4	21.2	-	-	-	-	5.5	5.5	5.5	-	-	-	-	-	-	-
Gura	Gura	35	35	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Hilish	Hilish	35	35	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Nona Ilish	Hilish(Salted)	35	35	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Fish

Fish	Fat g/100 grams of edible portion								Carbohydrates g/100 grams of edible portion									
	Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC	Nanna Roos	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC	Nanna Roos
	Khalisha	Khalishe	3.9	3.9	3.9	3.9	-	2.6	-	-	3.1	3.1	-	-	-	-	-	-
	Lota	Lota	0.6	0.6	0.6	-	-	-	-	-	3.4	3.4	3.4	-	-	-	-	-
	Magur	Magur	1	1	1	1	1	-	-	5.68	-	4.2	4.2	-	4.2	-	3.81	-
	Magur(Shukna)	Magur(Dried)	5.4	5.4	-	-	-	-	-	-	-	2.6	-	-	-	-	-	-
	Mola	Mola	4.4	4.4	-	-	-	3	-	-	-	0	-	-	-	-	-	-
	Mrigale/Nilotika	Mrigal	0.8	0.8	0.8	0.8	-	8.7	-	-	3.2	3.2	3.2	-	-	-	-	-
	Aine	Mullet	7.8	7.8	7.8	-	-	-	-	-	2.1	2.1	2.1	-	-	-	-	-
	Parshee(Shukna)	Parshee(Dried)	4.5	4.5	4.4	-	-	-	-	-	3	3	3	-	-	-	-	-
	Parshee(Taza)	Parshee(Fresh)	5.9	5.9	5.9	-	-	-	-	7.85	-	4.3	4.3	-	-	-	4	-
	Pata(Shukna)	Pata(Dried)	2.7	2.7	-	-	-	-	-	-	2.5	2.5	-	-	-	-	-	-
	Chanda(Black)	Pomfret(Black)	2.6	2.6	2.6	-	-	7.3	-	-	1.5	1.5	1.5	-	-	-	-	-
	Chanda(White)	Pomfret(White)	1.3	1.3	1.3	-	-	-	-	-	1.8	1.8	1.8	-	-	-	-	-
	Chanda(Small)	Pomfret(Small)	4.4	4.4	-	-	-	-	-	-	-	0	-	-	-	-	-	-
	Gooda Chingree(Shukna)	Prawns whole(Dried)	3.2	3.2	3.2	-	-	4.2	-	4.0-7.1	-	4.6	4.6	4.6	-	-	-	-
	Chingree (dr)	Prawn (Dry)	8.5	8.5	3.9	-	-	-	-	-	-	-	-	-	-	-	-	-
	Pumplate	Pumplate	1	1	-	-	1	-	-	-	-	-	1.9	-	-	-	-	-
	Rupa Patia	Ribbon	3.2	3.2	3.2	-	-	-	-	-	2.2	2.2	-	-	2.2	-	-	-
	Rupa Patia(dr)	Ribbon(Dried)	8.7	8.7	8.7	-	-	-	-	-	0.6	0.6	0.6	-	-	-	-	-
	Ruee	Rohu	1.4	1.4	1.4	1.4	1.4	-	-	-	-	-	-	-	-	-	-	-
	DainBoro Shilong	Salmon	12.1	12.1	-	-	-	7	2.1	-	4.4	4.4	4.4	-	4.4	-	0.11	-
	Shorputi	Sarputi	9.5	9.5	9.5	9.5	9.5	15.9	-	-	0.5	0.5	-	-	-	-	-	-
	Shingi	Scorpion	0.6	0.6	0.6	0.6	0.6	3.7	-	-	2.3	2.3	2.3	-	2.3	-	-	-
	Hangor	Shark	0.4	0.4	0.4	-	-	-	-	-	6.9	6.9	6.9	-	6.9	-	-	-
	Chingree	Shrimp	1	1	1	1	1	-	-	-	0.8	0.8	0.8	-	-	-	-	-
	Bashpata	Silver	4.4	4.4	4.4	4.4	-	4.9	-	1.3	0.8	0.8	0.8	-	0.8	-	-	-
	Shule	Sole	2.3	2.3	2.3	2.3	2.3	2.2	-	2.7	0	0	0	-	-	-	-	-
	Taposhee(Shukna)	Tapse(Dried)	12.1	12.1	12.1	-	-	-	-	-	2.2	2.2	2.2	-	2.2	-	-	-
	Tengra(Taza)	Tengra(Fresh)	6.5	6.5	6.4	6.4	6.5	3.2	2.88	7.4	2.3	2.3	2.3	-	-	-	-	-
	Tengra(Shukna)	Tengra(Dried)	3.9	3.9	3.9	-	-	-	-	-	-	-	-	-	2.3	-	4.29	-
	Khoira(Shukna)	White fish(Dried)	6.2	6.2	6.2	-	-	-	-	-	-	-	-	-	-	-	-	-
	Khoira(Taza)	White fish(Fresh)	3	3	3	-	-	-	-	-	1.2	1.2	1.2	-	-	-	-	-

Fish	Energy Kcal/100 grams of edible portion						Minerals g/100 grams of edible portion								
	Bangla name			English name			INFS- Nanna Roos			INFS- Nanna Roos					
	INFS	HKI	NIN	IPHN	BARC	BRR1	INFS	HKI	NIN	IPHN	BARC	BRR1	INFS	BARC	Roos
Aire	89	89	89	89	89	-	-	-	-	-	-	-	-	-	-
Bacha	147	147	147	147	-	-	-	-	-	-	-	-	-	-	-
Bata	89	89	89	-	-	-	-	-	-	-	-	-	-	-	-
Bele/Poa	75	75	75	75	75	-	-	-	-	-	-	-	-	-	-
Beirongi	-	76	-	-	-	-	-	-	-	-	-	-	-	-	-
Bhangon(Taza)	154	154	154	-	-	-	-	-	-	-	-	-	-	-	-
Bhangon(Shukna)	274	274	274	-	-	-	-	-	-	-	-	-	-	-	-
Bhangon(Bata)	144	144	144	-	-	-	-	-	-	-	-	-	-	-	-
Veikee(Taza)	79	79	79	-	79	-	-	-	-	-	-	-	-	-	-
Veikee(Shukna)	266	266	266	-	-	-	-	-	-	-	-	-	-	-	-
Boal	116	166	116	116	116	-	-	-	-	-	-	-	-	-	-
Blackfish/Baho	76	76	76	76	-	-	-	-	-	-	-	-	-	-	-
Boicha	92	92	-	-	-	-	-	-	-	-	-	-	-	-	-
Chompa(Taza)	210	210	-	-	-	-	-	-	-	-	-	-	-	-	-
Chompa(Shutki)	114	114	114	114	-	-	-	-	-	-	-	-	-	-	-
Pabda	111	111	111	111	111	-	-	-	-	-	-	-	-	-	-
Katla	126	126	86	-	126	-	-	-	-	-	-	-	-	-	-
Mohashole	103	103	103	103	-	-	-	-	-	-	-	-	-	-	-
Chela(Taza)	413	413	413	-	-	-	-	-	-	-	-	-	-	-	-
Chela(Shukna)	156	156	156	156	156	-	-	-	-	-	-	-	-	-	-
Koi/Telapia	59	59	59	-	-	-	-	-	-	-	-	-	-	-	-
Kakra	161	161	161	161	-	-	-	-	-	-	-	-	-	-	-
Pangash	100	100	100	-	-	-	-	-	-	-	-	-	-	-	-
Bam	104	104	-	104	-	-	-	-	-	-	-	-	-	-	-
Fesha(Taza)	336	336	-	-	-	-	-	-	-	-	-	-	-	-	-
Fesha(Shukna)	364	364	-	-	-	-	-	-	-	-	-	-	-	-	-
Gura(Shurkee)	108	108	108	108	108	-	-	-	-	-	-	-	-	-	-
Chitol	103	103	103	103	103	-	-	-	-	-	-	-	-	-	-
Fol/Meni	106	106	106	106	106	-	-	-	-	-	-	-	-	-	-
Puti	97	97	-	-	-	-	-	-	-	-	-	-	-	-	-
Gahira	-	112	-	-	-	-	-	-	-	-	-	-	-	-	-
Gura	273	273	273	273	273	-	-	-	-	-	-	-	-	-	-
Hilsha	-	400	-	-	-	-	-	-	-	-	-	-	-	-	-
Nona Ilish	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Fish

Fish		Energy Kcal/100 grams of edible portion								Minerals g/100 grams of edible portion							
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC	Nanna Roos	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC	Nanna Roos
Khalisha	Khalishe	112	112	-	112	-	-	-	-	1.9	1.9	-	-	-	-	-	-
Lota	Lota	97	97	97	-	-	-	-	-	2.6	2.6	2.6	-	-	-	-	-
Magur	Magur	86	86	86	86	86	-	118	-	1.3	1.3	1.3	-	1.3	-	-	-
Magur(Shukna)	Magur(Dried)	-	338	-	-	-	-	-	-	-	8.7	-	-	-	-	-	-
Mola	Mola	-	112	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mrigale/Nilotika	Mrigal	98	98	98	98	-	-	-	-	1.5	1.5	1.5	-	-	-	-	-
Aine	Mullet	155	155	155	-	-	-	-	-	1.1	1.1	1.1	-	-	-	-	-
Parshee(Shukna)	Parshee(Dried)	312	312	312	-	-	-	-	-	15.8	15.8	15.8	-	-	-	-	-
Parshee(Taza)	Parshee(Fresh)	140	140	140	-	-	-	160	-	1.5	1.5	1.5	-	-	-	-	-
Pata(Shukna)	Pata(Dried)	293	293	-	-	-	-	-	-	17.6	17.6	-	-	-	-	-	-
Chanda(Black)	Pomfret(Black)	111	111	111	-	-	-	-	-	1.1	1.1	1.1	-	-	-	-	-
Chanda(White)	Pomfret(White)	87	87	87	-	-	-	-	-	1.5	1.5	1.5	-	-	-	-	-
Chanda(Small)	Pomfret(Small)	112	112	-	-	-	-	-	-	-	1.4	-	-	-	-	-	-
Gooda Chingree(Shi Prawns whole(Dried)		287	287	287	-	-	-	-	-	17.3	17.3	17.3	-	-	-	-	-
Chingree Shuktee	Prawn (Dry)	349	349	292	-	-	-	-	-	17.4	17.4	13.9	-	-	-	-	-
Pumplate	Pumplate	78	78	-	-	78	-	-	-	0.7	0.7	-	-	0.7	-	-	-
Rupa Patia	Ribbon	104	104	104	-	-	-	-	-	1.5	1.5	1.5	-	-	-	-	-
Rupa Patia(Shukn Ribbon(Dried)		383	383	383	-	-	-	-	-	-	-	-	-	-	-	-	-
Ruee	Rohu	97	97	97	97	97	-	89	-	0.9	0.9	0.9	-	0.9	-	-	-
DainBoro Shilong	Salmon	167	167	-	-	-	-	-	-	1.4	1.4	-	-	-	-	-	-
Shorputi	Sarputi	161	161	161	161	161	-	-	-	1.5	1.5	1.5	-	1.5	-	-	-
Shingi	Scorpion	124	124	124	124	124	-	-	-	1.7	1.7	1.7	-	1.7	-	-	-
Hangor	Shark	93	93	93	-	-	-	-	-	1.2	1.2	1.2	-	-	-	-	-
Chingree	Shrimp	89	89	89	89	89	-	-	-	1.7	1.7	1.7	-	1.7	-	-	-
Bashpata	Silver	112	112	112	112	-	-	-	-	1.4	1.4	1.4	-	-	-	-	-
Shule	Sole	94	94	94	94	94	-	-	-	1.3	1.3	1.3	-	1.3	-	-	-
Taposhee(Shukna Tapse(Dried)		343	343	343	-	-	-	-	-	17.2	17.2	17.2	-	-	-	-	-
Tengra(Taza)	Tengra(Fresh)	144	144	144	144	144	-	111	-	2.1	2.1	2.1	-	2.1	-	-	-
Tengra(Shukna)	Tengra(Dried)	255	255	255	-	-	-	-	-	27.4	27.4	27.5	-	-	-	-	-
Khoira(Shukna)	White fish(Dried)	296	296	296	-	-	-	-	-	16.4	16.4	16.4	-	-	-	-	-
Khoira(Taza)	White fish(Fresh)	120	120	120	-	-	-	-	-	1.8	1.8	1.8	-	-	-	-	-

Fish	Calcium mg/100 grams of edible portion										Iron mg/100 grams of edible portion									
	Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC	Nanna Roos	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC	Nanna Roos		
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC	Nanna Roos	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC	Nanna Roos			
Khalisha	Khalisha	460	460	-	460	-	107.3	-	-	0.9	0.9	-	0.9	-	1	-	-			
Lota	Lota	610	610	610	-	-	-	-	-	1.3	1.3	1.3	-	-	-	-	-			
Magur	Magur	210	210	210	210	210	-	261	-	0.7	0.7	0.7	0.7	0.7	-	1.3	-			
Magur(Shukna)	Magur(Dried)	-	1804	-	-	-	-	-	-	-	22.1	-	-	-	-	-	-			
Mola	Mola	-	175	-	-	-	31.1	-	853	-	0	-	-	-	0.8	-	5.7			
Mrigale/Nilotika	Mrigal	350	350	350	350	-	11.6	-	960	1.1	1.1	1.1	1.1	-	0.1	-	2.5			
Aine	Mullet	357	357	357	-	-	-	-	-	4.4	4.4	4.4	-	-	-	-	-			
Parshee(Shukna)	Parshee(Dried)	2231	2231	2231	-	-	-	-	-	17.4	17.4	17.4	-	-	-	-	-			
Parshee(Taza)	Parshee(Fresh)	1050	1050	850	-	-	-	196	-	2.1	2.1	2.7	-	-	-	1.4	-			
Pata(Shukna)	Pata(Dried)	988	988	-	-	-	-	-	-	51.7	51.7	-	-	-	-	-	-			
Chanda(Black)	Pomfret(Black)	286	286	286	-	-	1.5	-	-	2.4	2.4	2.3	-	-	0.5	-	-			
Chanda(White)	Pomfret(White)	200	200	200	-	-	-	-	-	0.9	0.9	0.9	-	-	-	-	-			
Chanda(Small)	Pomfret(Small)	-	175	-	-	-	131.4	-	379-115	-	7	-	-	-	1.4	-	0.8-2.1			
Gooda Chingree(Shr Prawns whole(Dried)		3847	3847	3847	-	-	-	-	-	46.9	49.6	49.6	-	-	-	-	-			
Chingree Shuktee	Prawn (Dry)	4384	4384	3539	-	-	-	-	-	-	-	27.9	-	-	-	-	-			
Pumplate	Pumplate	240	240	-	-	240	-	-	-	1.6	1.6	-	-	1.6	-	-	-			
Rupa Patia	Ribbon	214	214	214	-	-	-	-	-	13.9	13.9	13.9	-	-	-	-	-			
Rupa Patia(Shukna)	Ribbon(Dried)	890	890	739	-	-	-	-	-	43.7	43.7	4.2	-	-	-	-	-			
Ruee	Rohu	650	650	650	650	650	9	630	-	1	1	1	1	1	0.2	0.9	-			
DainBoro Shilong	Salmon	360	360	-	-	-	-	-	-	1	1	-	-	-	-	-	-			
Shorputi	Sarputi	220	220	220	220	220	3.8	-	-	0.5	0.5	0.5	0.5	0.5	0.2	-	-			
Shingi	Scorpion	670	670	670	670	670	207.8	-	-	2.3	2.3	2.3	2.3	2.3	0.7	-	-			
Hangor	Shark	357	357	357	-	-	-	-	-	1.4	1.4	1.4	-	-	-	-	-			
Chingree	Shrimp	323	323	323	323	323	22.8	-	687	5.3	5.3	5.3	5.3	5.3	0.7	-	3.1			
Bashpata	Silver	175	175	175	175	-	255.6	-	-	-	-	-	-	-	0.6	-	-			
Shule	Sole	140	140	140	140	140	5.9	-	-	0.5	0.5	0.5	0.5	0.5	0.9	-	-			
Taposhee(Shukna)	Tapse(Dried)	1597	1597	1597	-	-	-	-	-	41.2	41.2	41.2	-	-	-	-	-			
Tengra(Taza)	Tengra(Fresh)	270	270	270	270	270	35.9	412	1093	2	2	2	2	-	0.3	0.9	4			
Tengra(Shukna)	Tengra(Dried)	843	843	843	-	-	-	-	-	100.8	100.8	-	-	-	-	-	-			
Khoira(Shukna)	White fish(Dried)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
Khoira(Taza)	White fish(Fresh)	590	590	590	-	-	-	-	-	0.7	0.7	0.7	-	-	-	-	-			
Nona Ilish	Hilsha(Salted)	-	310	-	-	-	-	-	-	-	-	3.9	-	-	-	-	-			

5

[illegible]

Vitamin A and Carotenoids of Carrots

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Fish	Vitamin B1 mg/100 grams of edible portion									Vitamin B2 mg/100 grams of edible portion								
	Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC	Nanna Roos	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC	Nanna Roos
Aire		Aire	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bacha		Bacha	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bata		Bata	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bele/Poa		Bele/Poa	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Betrongi		Betrongi	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Vangon(Taza)		Bhangon(Fresh)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Vangon(Shukna)		Bhangon(Dried)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Vangon(Bata)		Bhangon(Powdered)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Vekee(Taza)		Bhetki(Fresh)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Vekee(Shukna)		Bhetki(Dried)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Boal		Boal	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Kalibaush		Blackfish/Baho	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Boicha		Boicha	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chompa(Taza)		Bream(Fresh)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chompa(Shutki)		Bream(Dried)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pabda		Butter	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Katla		Carp	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mohashole		Cat Fish	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chela(Taza)		Chapila(Fresh)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chela(Shukna)		Chapila(Dried)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Koi/Telapia		Climbing Fish	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Kakra		Crabs	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pangash		Dragon Fish	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bam		Eel Fish	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Fesha(Taza)		Fesha Fish(Fresh)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Fesha(Shukna)		Fesha Fish(Dried)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Gura(Shutkee)		Fishmeal	-	0	-	-	-	-	-	-	-	-	-	-	-	-	0.08	-
Chitol		Flat Fish	-	-	-	-	-	-	-	-	-	0.08	-	-	-	-	-	-
Foli/Meni		Foli	0.12	0.12	-	-	0.12	-	-	-	-	-	-	-	-	-	-	-
Puti		Fry	-	-	-	-	-	-	-	-	-	-	0.07	-	-	-	-	-
Gahira		Gahira	-	0.05	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Gura		Gura	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Ilish		Hilsha	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Nona Ilish		Hilsha(Salted)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Fish	Vitamin B1 mg/100 grams of edible portion										Vitamin B2 mg/100 grams of edible portion									
	Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC	Nanna Roos	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS- BARC	Nanna Roos		
Khalisha		Khalisha	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Lota		Lota	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Magur		Magur	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Magur(Shukna)		Magur(Dried)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Mola		Mola	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Mrigale/Nilotika		Mrigal	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Aine		Mullet	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Parshee(Shukna)		Parshee(Dried)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Parshee(Taza)		Parshee(Fresh)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Pata(Shukna)		Pata(Dried)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Chanda(Black)		Pomfret(Black)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Chanda(White)		Pomfret(White)	-	-	-	-	-	-	-	-	-	-	0.15	-	-	-	-	-		
Chanda(Small)		Pomfret(Small)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Gooda Chingree(Shi Prawns whole(Dried)			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Chingree Shutekee Prawn (Dry)			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Pumplate		Pumplate	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Rupa Patia		Ribbon	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Rupa Patia(dr)		Ribbon(Dried)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Ruee		Rohu	0.05	0.05	0.05	0.05	0.05	-	-	-	0.07	0.07	0.07	0.07	0.07	0.07	-	-		
DainBoro Shilong		Salmon	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Shorputi		Sarputi	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Shingi		Scorpion	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Hangor		Shark	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Chingree		Shrimp	0.01	0.01	0.01	0.01	0.01	-	-	-	0.1	0.1	0.1	0.1	0.1	0.1	-	-		
Bashpata		Silver	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Shule		Sole	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Taposhee(Shukna)		Tapse(Dried)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Tengra(Taza)		Tengra(Fresh)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Tengra(Shukna)		Tengra(Dried)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Khoira(Shukna)		White fish(Dried)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Khoira(Taza)		White fish(Fresh)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Khoira(Taza)		White fish(Fresh)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		

Fish		Niacin mg/100 grams of edible portion										Vitamin C mg/100 grams of edible portion									
		Niacin										Vitamin C									
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRR1	INFS-	BARC	Nanna	Roos	INFS	HKI	NIN	IPHN	BARC	BRR1	INFS-	BARC	Nanna	Roos
Aire	Aire	-	-	0.5	0.5	-	-	-	-	-	-	11	11	11	11	11	-	-	-	-	-
Bacha	Bacha	-	-	0.6	0.6	-	-	-	-	-	-	13	13	13	13	-	-	-	-	-	-
Bata	Bata	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bele/Poa	Bele/Poa	-	-	0.3	0.3	-	-	-	-	-	-	3	3	3	3	3	-	-	-	-	-
Betrongi	Betrongi	-	-	-	-	-	-	-	-	-	-	-	11	-	-	-	-	-	-	-	-
Vangon(Taza)	Bhangon(Fresh)	-	-	-	-	-	-	-	-	-	-	12	12	-	-	-	-	-	-	-	-
Vangon(Shukna)	Bhangon(Dried)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Vangon(Bata)	Bhangon(Powdere)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Veikee(Taza)	Bhetki(Fresh)	-	-	0.7	-	-	-	-	-	-	-	10	10	10	-	10	-	-	11	-	-
Veikee(Shukna)	Bhetki(Dried)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Boal	Boal	-	-	1	1	-	-	-	-	-	-	8	8	8	8	8	-	-	-	-	-
Kalibaush	Blackfish/Baho	-	-	0.6	0.6	-	-	-	-	-	-	11	11	11	11	-	-	-	-	-	-
Boicha	Boicha	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chompa(Taza)	Bream(Fresh)	-	-	-	-	-	-	-	-	-	-	2	2	-	-	-	-	-	-	-	-
Chompa(Shutki)	Bream(Dried)	-	-	-	-	-	-	-	-	-	-	4.4	4.4	-	-	-	-	-	-	-	-
Pabda	Butter	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Katla	Carp	-	-	0.8	0.8	-	-	-	-	-	-	-	-	-	-	-	-	-	-	8.6	-
Mohashole	Cat Fish	-	-	2.5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chela(Taza)	Chapila(Fresh)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chela(Shukna)	Chapila(Dried)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Koi/Telapia	Climbing Fish	-	-	0.8	0.8	-	-	-	-	-	-	32	32	32	32	-	-	-	9	-	-
Kakra	Crabs	-	-	3.1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pangash	Dragon Fish	-	-	0.6	0.6	-	-	-	-	-	-	7	7	7	7	-	-	-	7.5	-	-
Bam	Eel Fish	-	-	0.9	-	-	-	-	-	-	-	3	3	3	-	-	-	-	-	-	-
Fesha(Taza)	Fesha Fish(Fresh)	-	-	-	-	-	-	-	-	-	-	0	0	-	0	-	-	-	-	-	-
Fesha(Shukna)	Fesha Fish(Dried)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Gura(Shurkee)	Fishmeal	-	-	-	-	-	-	-	-	-	-	0	0	-	-	-	-	-	-	-	-
Chitol	Flat Fish	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Foli/Meni	Foli	-	-	0.8	0.8	-	-	-	-	-	-	6	6	6	6	6	-	-	-	-	-
Puti	Fry	-	-	0.3	0.3	-	-	-	-	-	-	15	15	15	15	15	-	-	-	-	-
Gahira	Gahira	-	-	-	-	-	-	-	-	-	-	-	22	-	-	-	-	-	-	-	-
Gura	Gura	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Ilish	Ilisha	-	-	2.8	2.8	-	-	-	-	-	-	24	24	24	24	24	-	-	-	-	-

Fish	Niacin mg/100 grams of edible portion										Vitamin C mg/100 grams of edible portion									
	Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRI	BARC	BRI	INFS	HKI	NIN	IPHN	BARC	BRI	INFS	HKI	NIN	IPHN
Khalisha		Khalisha	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Lota		Lota	-	-	1	-	-	-	-	-	0	-	0	-	-	-	-	-	-	-
Magur		Magur	-	-	-	0.5	-	-	-	-	11	11	-	11	11	-	-	-	-	4.8
Magur(Shukna)		Magur(Dried)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mola		Mola	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mrigale/Nilotika		Mrigal	-	-	0.7	0.7	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Aine		Mullet	-	-	2.6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Parshee(Shukna)		Parshee(Dried)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Parshee(Taza)		Parshee(Fresh)	-	-	-	-	-	-	-	-	6	6	-	-	-	-	-	-	-	6.2
Pata(Shukna)		Pata(Dried)	-	-	0.8	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chanda(Black)		Pomfret(Black)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chanda(White)		Pomfret(White)	-	-	2.6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chanda(Small)		Pomfret(Small)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Gooda Chingree		Shu Prawns whole(Drik)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chingree Shukna		Prawn (Dry)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pumplate		Pumplate	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rupa Patia		Ribbon	-	-	2.1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rupa Patia(Shukna)		Ribbon(Dried)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Ruee		Rohu	-	-	0.7	0.7	-	-	-	-	22	22	22	22	22	-	-	-	-	2.3
DainBoro Shilong		Salmon	-	-	-	-	-	-	-	-	19	19	-	-	-	-	-	-	-	-
Shorputi		Sarputi	-	-	-	-	-	-	-	-	14	14	14	14	14	-	-	-	-	-
Shingi		Scorpion	-	-	0.8	0.8	-	-	-	-	9	9	9	9	9	-	-	-	-	-
Hangor		Shark	-	-	2.5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chingree		Shrimp	-	-	4.8	4.8	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bashpata		Silver	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Shule		Sole	-	-	0.5	0.5	-	-	-	-	9	9	9	9	9	-	-	-	-	-
Taposhee(Shukna)		Tapse(Dried)	-	-	-	-	-	-	-	-	19.3	19	-	-	-	-	-	-	-	-
Tengra(Taza)		Tengra(Fresh)	-	-	-	-	-	-	-	-	18	18	-	18	18	-	-	-	-	15.8
Tengra(Shukna)		Tengra(Dried)	-	-	-	-	-	-	-	-	-	18	-	-	-	-	-	-	-	-
Khoira(Shukna)		White fish(Dried)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Khoira(Taza)		White fish(Fresh)	-	-	0.5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Nona Ilish		Hilsha(Salted)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Meat		Moisture g/100 grams of edible portion							Protein g/100 grams of edible portion						
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC
Gorur Mangshaw	Beef	74.3	74.3	74.3	74.3	-	-	-	22.6	22.6	22.6	22.6	-	-	-
Mohisher Mangshaw	Buffalo	78.7	78.7	78.7	78.7	-	-	-	19.4	19.4	19.4	19.4	-	-	-
Murgeer Mangshaw	Chicken	72.2	72.2	72.2	72.2	-	-	-	25.9	25.9	25.9	25.9	-	-	-
Hasher Mangshaw	Duck	72.3	72.3	72.3	72.3	-	-	-	21.6	21.6	21.6	21.6	-	-	-
Khasheer Mangshaw	Goat	74.2	74.2	74.2	74.2	-	-	-	21.8	21.4	21.4	21.4	-	-	-
Khasheer Koliza	Liver(Goat)	76.3	76.3	76.3	-	-	-	-	20.9	20.9	20	-	-	-	-
Verar Koliza	Liver(Mutton)	70.4	70.4	70.4	-	-	-	-	19.3	19.3	19.3	-	-	-	-
Verar Mangshaw	Lamb	71.5	71.5	71.5	71.5	-	-	-	18.5	18.5	18.5	18.5	-	-	-
Kobutorer Mangshaw	Pigeon	70.4	70.4	70.4	70.4	-	-	-	23.3	23.3	23.3	23.3	-	-	-
Shukorer Mangshaw	Pork	77.4	77.4	77.4	-	-	-	-	18.7	18.7	18.7	-	-	-	-
Shamuk(Small)	Snails(Small)	78.9	78.9	78.9	-	-	-	-	12.6	12.6	12.6	-	-	-	-
Shamuk(Big)	Snails(Large)	74.1	74.1	74.1	-	-	-	-	10.5	10.5	10.5	-	-	-	-
Kochchop	Turtle	79.4	79.4	79.4	-	-	-	-	16.5	16.5	16.5	-	-	-	-
Eggs															
Hasher Dim	Duck Egg	71	71	71	71	-	-	-	13.5	13.5	13.5	13.5	-	-	-
Murgeer Dim	Hen Egg	73.7	73.7	73.7	73.7	-	-	64.5-70.0	13.3	13.3	13.3	13.3	-	-	12.6-16.4

Milk & Milk Products

Mohisher Dudher Sana	Buffalo milk solids	54.1	54.1	54.1	-	-	-	-	13.4	13.4	13.4	-	-	-	-
Ghole	Butter milk	97.5	97.5	97.5	-	-	-	-	0.8	0.8	0.8	-	-	-	-
Panir	Cheese	40.3	40.3	40.3	40.3	-	-	-	24.1	24.1	24.1	24.1	-	-	-
Gorur Dudher Sana	Cow milk solids	57.1	57.1	57.1	57.1	-	-	-	18.3	18.3	18.3	18.3	-	-	-
Doi	Curd	89.1	89.1	89.1	89.1	-	-	-	3.1	3.1	3.1	3.1	-	-	-
Mayer Dudh	Human milk	88	88	88	88	-	-	-	1.1	1.1	1.1	1.1	-	-	-
Kheer	Milk(Condensed)	69	69	-	-	-	-	-	6.9	6.9	-	-	-	-	-
Makhon Tula Gura Dudh	Powdered Milk(Skim.Cow)	4.1	4.1	4.1	4.1	-	-	-	38	38	38	38	-	-	-
Gura Dudh(Gorur)	Powdered Milk(Whole.Cow)	3.5	3.5	3.5	3.5	-	-	-	25.8	25.8	25.8	25.8	-	-	-
Makhon Tula Dudh	Skim Milk(Liquid)	92.1	92.1	92.1	-	-	-	-	2.5	2.5	2.5	-	-	-	-
Mohisher Dudh	Whole Milk(Buffalo)	81	81	81	81	-	-	-	4.3	4.3	4.3	4.3	-	-	-
Gorur Dudh	Whole Milk(Cow)	87.5	87.5	87.5	87.5	-	-	86.2-87.3	3.2	3.2	3.2	3.2	-	-	2.9-3.5
Sagoler Dudh	Whole Milk(Goat)	86.8	86.5	86.8	86.8	-	-	84.2-85.6	3.3	3.3	3.3	3.3	-	-	4.1-4.4
Khoya(Mohisher Dudh)	Yogurt(Buffalo)	30.6	30.6	30.6	-	-	-	-	14.6	14.6	14.6	-	-	-	-
Khoya(Makon tola)	Yogurt(Buff.Skim milk)	46.1	46.1	46.1	-	-	-	-	22.3	22.3	22.3	-	-	-	-
Khoya(Gorur Dudh)	Yogurt(Cow)	25.2	25.2	25.2	-	-	-	-	20	20	20	-	-	-	-

Meat		Fat g/100 grams of edible portion							Carbohydrate g/100 grams of edible portion						
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC
Gorur Mangshaw	Beef	2.6	2.6	2.6	2.6	-	-	-	-	-	-	-	-	-	-
Mohisher Mangshaw	Buffalo	1.9	1.9	0.9	0.9	-	-	-	-	-	-	-	-	-	-
Murgeer Mangshaw	Chicken	0.6	0.6	0.6	0.6	-	-	-	-	-	-	-	-	-	-
Hasher Mangshaw	Duck	4.8	4.8	4.8	4.8	-	-	-	0.1	0.1	0.1	-	-	-	-
Khasheer Mangshaw	Goat	3.6	3.6	3.6	3.6	-	-	-	-	-	-	-	-	-	-
Khasheer Koliza	Liver(Goat)	3	3	3	-	-	-	-	-	-	-	-	-	-	-
Verar Koliza	Liver(Mutton)	7.5	7.5	7.5	-	-	-	-	1.3	1.3	1.3	-	-	-	-
Verar Mangshaw	Lamb	13.5	13.5	13.3	13.3	-	-	-	-	-	-	-	-	-	-
Kobutorer Mangshaw	Pigeon	4.9	4.9	4.9	4.9	-	-	-	-	-	-	-	-	-	-
Shukorer Mangshaw	Pork	4.4	4.4	4.4	-	-	-	-	-	-	-	-	-	-	-
Shamuk(Small)	Snails(Small)	1	1	1	-	-	-	-	3.7	3.7	3.7	-	-	-	-
Shamuk(Big)	Snails(Large)	0.6	0.6	0.6	-	-	-	-	12.5	12.5	12.4	-	-	-	-
Kochchop	Turtle	1.5	1.5	1.5	-	-	-	-	1.5	1.5	1.5	-	-	-	-
Eggs															
Hasher Dim	Duck Egg	13.7	13.7	13.7	13.7	-	-	-	0.8	0.8	0.8	-	-	-	-
Murgeer Dim	Hen Egg	13.3	13.3	13.3	13.3	-	-	-	12.5-17.3	-	-	-	-	-	0.2-5.3
Milk & Milk Products															
Mohisher Dudher Sana	Buffalo milk solids	23	23	23	-	-	-	-	7.9	7.9	7.9	-	-	-	-
Ghole	Butter milk	1.1	1.1	1.1	-	-	-	-	0.5	0.5	0.5	-	-	-	-
Panir	Cheese	25.1	25.1	25.1	25.1	-	-	-	6.3	6.3	6.3	-	-	-	-
Gorur Dudher Sana	Cow milk solids	20.8	20.8	20.8	20.8	-	-	-	1.2	1.2	1.2	-	-	-	-
Doi	Curd	4	4	4	4	-	-	-	3	3	3	-	-	-	-
Mayer Dudh	Human milk	3.4	3.4	3.4	3.4	-	-	-	7.4	7.4	7.4	-	-	-	-
Kheer	Milk(Condensed)	12.2	1.1	-	-	-	-	-	9.6	9.6	-	-	-	-	-
Makhon Tula Gura Dudh	Powdered Milk(Skim.Cow)	0.1	0.1	0.1	0.1	-	-	-	51	51	51	-	-	-	-
Gura Dudh(Gorur)	Powdered Milk(Whole.Cow)	26.7	26.7	26.7	26.7	-	-	-	38	38	38	-	-	-	-
Makhon Tula Dudh	Skim Milk(Liquid)	0.1	0.1	0.1	-	-	-	-	4.6	4.6	4.6	-	-	-	-
Mohisher Dudh	Whole Milk(Buffalo)	8.8	8.8	6.5	8.8	-	-	-	5.1	5.1	5	-	-	-	-
Gorur Dudh	Whole Milk(Cow)	4.1	4.1	4.1	4.1	-	-	-	2.4-3.0	4.4	4.4	-	-	-	5.7-6.9
Sagoler Dudh	Whole Milk(Goat)	4.5	4.5	4.5	4.5	-	-	-	4.0-4.5	4.6	4.6	-	-	-	5.2-6.8
Khoya(Mohisher Dudh	Yogurt(Buffalo)	31.2	31.2	31.2	-	-	-	-	20.5	20.5	20.5	-	-	-	-
Khoya(Makon tola)	Yogurt(Buff. Skim milk)	1.6	1.6	1.6	-	-	-	-	25.7	25.7	25.7	-	-	-	-
Khoya(Gorur Dudh)	Yogurt(Cow)	25.9	25.9	25.9	-	-	-	-	24.9	24.9	24.9	-	-	-	-

Meat		Energy Kcal/100 grams of edible portion						Minerals g/100 grams of edible portion							
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC
Gorur Mangshaw	Beef	114	114	114	114	-	-	-	1	1	1	-	-	-	-
Mohisher Mangshaw	Buffalo	86	86	86	86	-	-	-	1	1	1	-	-	-	-
Murgeer Mangshaw	Chicken	109	109	109	109	-	-	-	1.3	1.3	1.3	-	-	-	-
Hasher Mangshaw	Duck	130	130	130	130	-	-	-	1.2	1.2	1.2	-	-	-	-
Khasheer Mangshaw	Goat	118	118	118	118	-	-	-	1.1	1.1	1.1	-	-	-	-
Khasheer Koliza	Liver(Goat)	107	107	107	-	-	-	-	1.3	1.3	1.3	-	-	-	-
Verar Koliza	Liver(Mutton)	150	150	150	-	-	-	-	1.5	1.5	1.5	-	-	-	-
Verar Mangshaw	Lamb	194	194	194	194	-	-	-	1.3	1.3	1.3	-	-	-	-
Kobutorer Mangshaw	Pigeon	137	137	137	137	-	-	-	1.4	1.4	1.4	-	-	-	-
Shukorer Mangshaw	Pork	114	114	114	-	-	-	-	1	1	1	-	-	-	-
Shamuk(Small)	Snails(Small)	74	74	74	-	-	-	-	3.8	3.8	3.8	-	-	-	-
Shamuk(Big)	Snails(Large)	97	97	97	-	-	-	-	2.4	2.4	2.4	-	-	-	-
Kochohop	Turtle	86	86	86	-	-	-	-	1.1	1.1	1.1	-	-	-	-
Eggs															
Hasher Dim	Duck Egg	181	181	181	181	-	-	-	1	1	1	-	-	-	-
Murgeer Dim	Hen Egg	173	173	173	173	-	-	179-223	1	1	1	-	-	-	-
Milk & Milk Products															
Mohisher Dudher Sana	Buffalo milk solids	292	292	292	-	-	-	-	1.6	1.6	1.6	-	-	-	-
Ghole	Butter milk	15	15	15	-	-	-	-	0.1	0.1	0.1	-	-	-	-
Panir	Cheese	348	348	348	348	-	-	-	4.2	4.6	4.2	-	-	-	-
Gorur Dudher Sana	Cow milk solids	265	265	265	265	-	-	-	2.6	2.6	2.6	-	-	-	-
Doi	Curd	60	60	60	60	-	-	-	0.8	0.8	0.8	-	-	-	-
Mayer Dudh	Human milk	65	65	65	65	-	-	-	0.1	0.1	0.1	-	-	-	-
Kheer	Milk(Condensed)	176	176	-	-	-	-	-	2.3	2.3	-	-	-	-	-
Makhon Tula Gura Dudh	Powdered Milk(Skim.Cow)	357	357	357	357	-	-	-	6.8	6.8	6.8	-	-	-	-
Gura Dudh(Gorur)	Powdered Milk(Whole Cow)	496	496	496	496	-	-	-	6	6	6	-	-	-	-
Makhon Tula Dudh	Skim Milk(Liquid)	29	29	29	-	-	-	-	0.7	0.7	0.7	-	-	-	-
Mohisher Dudh	Whole Milk(Buffalo)	117	117	117	117	-	-	-	0.8	0.8	0.8	-	-	-	-
Gorur Dudh	Whole Milk(Cow)*	67	67	67	67	-	-	60-68	0.8	0.8	0.8	-	-	-	-
Sagoler Dudh	Whole Milk(Goat)	72	72	72	72	-	-	77-81	0.8	0.8	0.8	-	-	-	-
Khoya(Mohisher Dudh)	Yogurt(Buffalo)	421	421	421	-	-	-	-	3.1	3.1	3.1	-	-	-	-
Khoya(Makon tola)	Yogurt(Buff. Skim milk)	206	206	206	-	-	-	-	4.3	4.3	4.3	-	-	-	-
Khoya(Gorur Dudh)	Yogurt(Cow)	403	403	413	-	-	-	-	4	4	4	-	-	-	-

Meat		Calcium g/100 grams of edible portion							Iron g/100 grams of edible portion						
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC
Gorur Mangshaw	Beef	10	10	10	10	-	-	-	0.8	0.8	0.8	0.8	2.5	-	-
Mohisher Mangshaw	Buffalo	3	3	3	3	-	-	-	-	-	-	-	-	-	-
Murgeer Mangshaw	Chicken	25	25	25	25	-	-	-	-	-	-	-	-	-	-
Hasher Mangshaw	Duck	4	4	4	4	-	-	-	-	-	-	-	-	-	-
Khasheer Mangshaw	Goat	12	12	12	12	-	-	-	-	-	-	-	-	-	-
Khasheer Koliza	Liver(Goat)	17	17	17	-	-	-	-	-	-	-	-	-	-	-
Verar Koliza	Liver(Mutton)	10	10	10	-	-	-	-	6.3	6.3	6.3	-	-	-	-
Verar Mangshaw	Lamb	150	150	150	150	-	-	-	2.5	2.5	2.5	2.5	-	-	-
Kobutorer Mangshaw	Pigeon	12	12	12	12	-	-	-	-	-	-	-	-	-	-
Shukorer Mangshaw	Pork	30	30	30	-	-	-	-	2.2	2.2	2.2	-	-	-	-
Shamuk(Small)	Snails(Small)	1321	1321	1321	-	-	-	-	-	-	-	-	-	-	-
Shamuk(Big)	Snails(Large)	870	870	870	-	-	-	-	-	-	-	-	-	-	-
Kochchop	Turtle	7	7	7	-	-	-	-	-	-	-	-	-	-	-

Eggs

Hasher Dim	Duck Egg	70	70	70	70	-	-	-	3	3	3	2.5	3	-	-
Murgeer Dim	Hen Egg	60	60	60	60	-	-	63-75	2.1	2.1	2.1	2.1	2.6	-	1.8-2.6

Milk & Milk Products

Mohisher Dudher Sana	Buffalo milk solids	480	480	480	-	-	-	-	-	-	-	-	-	-	-
Ghole	Butter milk	30	3	30	-	-	-	-	0.8	0.8	0.1	-	-	-	-
Panir	Cheese	790	790	790	800	-	-	-	2.1	2.1	2.1	2.1	-	-	-
Gorur Dudher Sana	Cow milk solids	208	208	208	208	-	-	-	-	-	-	-	-	-	-
Doi	Curd	149	149	149	149	-	-	-	0.2	0.2	0.2	0.2	-	-	-
Mayer Dudh	Human milk	28	28	28	28	-	-	-	0.1	0.1	-	-	-	-	-
Kheer	Milk(Condensed)	388	388	-	-	-	-	-	-	-	-	-	-	-	-
Makhon Tula Gura Dudh	Powdered Milk(Skim.Cow)	1370	1370	1370	1370	-	-	-	1.4	1.4	1.4	1.4	-	-	-
Gura Dudh(Gorur)	Powdered Milk(Whole.Cow)	950	950	950	950	-	-	-	0.6	0.6	0.6	0.6	-	-	-
Makhon Tula Dudh	Skim Milk(Liquid)	120	120	120	-	-	-	-	0.2	0.2	0.2	-	-	-	-
Mohisher Dudh	Whole Milk(Buffalo)	210	210	210	210	-	-	-	0.2	0.2	0.2	0.2	-	-	-
Gorur Dudh	Whole Milk(Cow)	120	120	120	120	-	-	122-132	0.2	0.2	0.2	0.2	-	-	0.18-0.22
Sagpler Dudh	Whole Milk(Goat)	170	170	170	170	-	-	130-133	0.3	0.3	0.3	0.3	-	-	0.2-0.22
Khoya(Mohisher Dudh)	Yogurt(Buffalo)	650	650	650	-	-	-	-	5.8	5.8	5.8	-	-	-	-
Khoya(Makon tola)	Yogurt(Buff.Skim milk)	990	990	990	-	-	-	-	2.7	2.7	2.7	-	-	-	-
Khoya(Gorur Dudh)	Yogurt(Cow)	956	956	956	-	-	-	-	-	-	-	-	-	-	-

Meat		Niacin mg/100 grams of edible portion						Vitamin C mg/100 grams of edible portion							
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC
Gorur Mangshaw	Beef	-	-	6.4	6.4	-	-	-	2	2	2	2	-	-	-
Mohisher Mangshaw	Buffalo	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Murgeer Mangshaw	Chicken	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Hasher Mangshaw	Duck	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Khasheer Mangshaw	Goat	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Khasheer Koliza	Liver(Goat)	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Verar Koliza	Liver(Mutton)	-	-	17.6	-	-	-	-	20	20	20	-	-	-	-
Verar Mangshaw	Lamb	-	-	6.8	6.8	-	-	-	-	-	-	-	-	-	-
Kobutorer Mangshaw	Pigeon	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Shukorer Mangshaw	Pork	-	-	2.8	-	-	-	-	2	2	2	-	-	-	-
Shamuk(Small)	Snails(Small)	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Shamuk(Big)	Snails(Large)	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Kochchop	Turtle	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Eggs															
Hasher Dim	Duck Egg	-	-	0.2	0.2	-	-	-	-	-	-	-	-	-	-
Murgeer Dim	Hen Egg	-	-	0.1	0.1	-	-	-	0	0	-	-	-	-	0
Milk & Milk Products															
Mohisher Dudher Sana	Buffalo milk solids	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Ghole	Butter milk	-	-	-	-	-	-	-	-	-	-	0	-	-	-
Panir	Cheese	-	-	-	0.1	-	-	-	-	-	-	-	-	-	-
Gorur Dudher Sana	Cow milk solids	-	-	-	-	-	-	-	3	3	3	3	-	-	-
Doi	Curd	-	-	0.1	0.1	-	-	-	1	1	1	1	-	-	-
Mayer Dudh	Human milk	-	-	-	-	-	-	-	3	3	3	3	-	-	-
Kheer	Milk(Condensed)	-	-	-	-	-	-	-	3	3	-	-	-	-	-
Makhon Tula Gura Dudh	Powdered Milk(Skim. Cow)	-	-	1	1	-	-	-	5	5	5	5	-	-	-
Gura Dudh(Gorur)	Powdered Milk(Whole. Cow)	-	-	0.8	0.8	-	-	-	4	4	4	4	-	-	-
Makhon Tula Dudh	Skim Milk(Liquid)	-	-	0.1	-	-	-	-	1	1	1	-	-	-	-
Mohisher Dudh	Whole Milk(Buffalo)	-	-	0.1	0.1	-	-	-	1	1	1	1	-	-	-
Gorur Dudh	Whole Milk(Cow)	-	-	0.1	0.1	-	-	-	2	2	8.5	2	-	-	2-3
Sagoler Dudh	Whole Milk(Goat)	-	-	0.3	0.3	-	-	-	1	1	1	1	-	-	2-3
Khoya(Mohisher Dudh)	Yogurt(Buffalo)	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Khoya(Makon tola)	Yogurt(Buff. Skim milk)	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Khoya(Gorur Dudh)	Yogurt(Cow)	-	-	0.4	-	-	-	-	6	6	6	-	-	-	-

Meat		Vitamin B1 mg/100 grams of edible portion							Vitamin B2 mg/100 grams of edible portion								
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS-BARC		
Gorur Mangshaw	Beef	0.15	0.15	0.15	0.15	-	-	-	0.04	0.04	0.04	0.04	-	-	-		
Mohisher Mangshaw	Buffalo	-	-	-	-	-	-	-	0.14	0.14	0.14	0.14	-	-	-		
Murgeer Mangshaw	Chicken	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Hasher Mangshaw	Duck	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Khasheer Mangshaw	Goat	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Khasheer Koliza	Liver(Goat)	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Verar Koliza	Liver(Mutton)	0.36	0.36	0.36	-	-	-	-	1.7	1.7	1.7	-	-	-	-		
Verar Mangshaw	Lamb	0.18	0.18	0.18	0.18	-	-	-	0.14	0.14	0.14	0.14	-	-	-		
Kobutorer Mangshaw	Pigeon	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Shukorer Mangshaw	Pork	0.54	0.54	0.54	-	-	-	-	0.09	0.09	0.09	-	-	-	-		
Shamuk(Small)	Snails(Small)	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Shamuk(Big)	Snails(Large)	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Kochchop	Turtle	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Eggs																	
Hasher Dim	Duck Egg	0.12	0.12	0.12	0.12	-	-	-	0.26	0.26	0.26	0.26	-	-	-	-	
Murgeer Dim	Hen Egg	0.1	0.1	0.1	0.1	-	-	-	0.4	0.4	0.4	0.4	-	-	-	-	
Milk & Milk Products																	
Mohisher Dudher Sana	Buffalo milk solids	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Ghole	Butter milk	-	-	-	-	-	-	-	-	-	-	0.5	-	-	-	-	
Panir	Cheese	-	-	-	0.04	-	-	-	-	-	-	-	-	-	-	-	
Gorur Dudher Sana	Cow milk solids	0.07	0.07	0.07	0.07	-	-	-	0.02	0.02	0.02	0.02	-	-	-	-	
Doi	Curd	0.05	0.05	0.05	0.05	-	-	-	0.16	0.16	0.16	0.16	-	-	-	-	
Mayer Dudh	Human milk	0.02	0.02	0.02	0.02	-	-	-	0.02	0.02	0.02	0.02	-	-	-	-	
Kheer	Milk(Condensed)	0.12	0.12	-	-	-	-	-	0.35	0.35	-	-	-	-	-	-	
Makhon Tula Gura Dudh	Powdered Milk(Skim.Cow)	0.45	0.45	0.45	0.45	-	-	-	1.64	1.64	1.64	1.64	-	-	-	-	
Gura Dudh(Gorur)	Powdered Milk(Whole.Cow)	0.31	0.31	0.31	0.31	-	-	-	1.36	1.36	1.36	1.36	-	-	-	-	
Makhon Tula Dudh	Skim Milk(Liquid)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Mohisher Dudh	Whole Milk(Buffalo)	0.04	0.04	0.04	0.04	-	-	-	0.3	0.3	0.1	0.1	-	-	-	-	
Gorur Dudh	Whole Milk(Cow)	0.05	0.05	0.05	0.05	-	-	-	0.11	0.19	0.19	0.19	-	-	-	-	
Sagoler Dudh	Whole Milk(Goat)	0.05	0.05	0.05	0.05	-	-	-	0.04	0.04	0.04	0.04	-	-	-	-	
Khoya(Mohisher Dudh)	Yogurt(Buffalo)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Khoya(Makon tola)	Yogurt(Buff. Skim milk)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Khoya(Gorur Dudh)	Yogurt(Cow)	0.23	0.23	0.23	0.23	-	-	-	0.41	0.41	0.41	0.41	-	-	-	-	

Meat		Vitamin A $\mu\text{g}/100$ grams of edible portion								Carotene $\mu\text{g}/100$ grams of edible portion							
		INFS- BARC								Carotene μg INFS- BARC							
Bangla name	English name	INFS	HKI	NIN	IPHN(IU)	BARC	BRRI	INFS- BARC	INFS	NIN	BARC	HKI	INFS- BARC	BRRI	IPHN		
Gorur Mangshaw	Beef	0	18	18	60	-	-	-	-	0	-	0	-	-	-		
Mohisher Mangshaw	Buffalo	-	5	-	-	-	-	-	-	-	-	1	-	-	-		
Murgeer Mangshaw	Chicken	-	170	-	-	-	-	-	-	-	-	145	-	-	-		
Hasher Mangshaw	Duck	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
	Goat	-	0	-	-	-	-	-	-	-	-	0	-	-	-		
Khasheer Koliza	Liver(Goat)	-	13635	-	-	-	-	-	-	-	-	3030	-	-	-		
Verar Koliza	Liver(Mutton)	0	8239	6690	-	-	-	-	-	0	-	1830	-	-	-		
Verar Mangshaw	Lamb	0	9	9	31	-	-	-	-	-	-	6	-	-	-		
Kobutorer Mangshaw	Pigeon	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Shukorer Mangshaw	Pork	0	0	-	-	-	-	-	-	0	-	0	-	-	-		
Shamuk(Small)	Snails(Small)	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Shamuk(Big)	Snails(Large)	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Kochchop	Turtle	-	5	-	-	-	-	-	-	-	-	-	-	-	-		
Eggs																	
Hasher Dim	Duck Egg	269	360	360	1000	-	-	-	-	540	-	540	-	-	-	-	
Murgeer Dim	Hen Egg	299	360	360	1000	-	-	-	-	600	-	600	422-445	-	-	-	
Milk & Milk Products																	
Mohisher Dudher Sana	Buffalo milk solids	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Ghole	Butter milk	-	0	-	-	-	-	-	-	-	-	-	-	-	-	-	
Panir	Cheese	-	190	273*	273	-	-	-	-	-	-	160	-	-	-	-	
Gorur Dudher Sana	Cow milk solids	-	101	366*	366	-	-	-	-	-	-	-	-	-	-	-	
Dol	Curd	-	31	102*	102	-	-	-	-	-	-	-	-	-	-	-	
Mayer Dudh	Human milk	0	40	137*	137	-	-	-	-	-	-	30	-	-	-	-	
Kheer	Milk(Condensed)	-	40	-	-	-	-	-	-	-	-	32	-	-	-	-	
Makhon Tula Gura Dudh	Powdered Milk(Skim.Cow)	0	0	0	0	-	-	-	-	-	-	0	-	-	-	-	
Gura Dudh(Gorur)	Powdered Milk(Whole.Cow)	-	237	1400*	1400	-	-	-	-	-	-	205	-	-	-	-	
Makhon Tula Dudh	Skim Milk(Liquid)	-	0	-	-	-	-	-	-	-	-	0	-	-	-	-	
Mohisher Dudh	Whole Milk(Buffalo)	-	35	160*	160	-	-	-	-	-	-	30	-	-	-	-	
Gorur Dudh	Whole Milk(Cow)	3	35	174*	174	-	-	-	-	6	-	20	51-58	-	-	-	
Sagoler Dudh	Whole Milk(Goat)	0	25	182*	182	-	-	-	-	-	-	20	59-62	-	-	-	
Khoya(Mohisher Dudh)	Yogurt(Buffalo)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Khoya(Makhon tola)	Yogurt(Buff.Skim milk)	-	0	-	-	-	-	-	-	-	-	0	-	-	-	-	
Khoya(Gorur Dudh)	Yogurt(Cow)	-	149	497*	-	-	-	-	-	-	-	0	-	-	-	-	

* These values represent IU of Vitamin A

Fats & Edible Oils

Fats & Edible Oils		Fat g/100 grams of edible portion						Energy Kcal/100 grams of edible portion					
		INFS	HKI	NIN	IPHN	BARC	BRRI	INFS	HKI	NIN	IPHN	BARC	BRRI
Bangla name	English name	81	81	81	81	-	-	729	729	729	729	-	-
Makhon	Butter(US Imported)	100	100	100	100	-	-	900	900	900	900	-	-
Tailo	Cooking oil	100	100	100	100	-	-	900	900	900	900	-	-
Fish Liver Oil	Fish Liver Oil	100	100			-	-	900	900			-	-
Ghee(Buffalo)	Ghee(Buffalo)	100	100	100		-	-	900	900	900		-	-
Ghee(Cow)	Ghee(Cow)	100	100	100	100	-	-	900	900	900	900	-	-
Bonoshpoti	Ghee(Vegetables)	100	100			-	-	900	900			-	-

Fats & Edible Oils

Fats & Edible Oils		Carotene $\mu\text{g}/100$ grams of edible portion						Vitamin A $\mu\text{g}/100$ grams of edible portion					
		INFS	HKI	NIN	IPHN	BARC	BRR1	INFS	HKI	NIN	IPHN	BARC	BRR1
Bangla name	English name												
Makhon	Butter	-	190	-	-	-	-	-	620	3200*	-	-	-
Tailo	Cooking oil	-	-	-	-	-	-	-	0	-	-	-	-
Fish Liver Oil	Fish Liver Oil	-	-	-	-	-	-	-	#	-	-	-	-
Ghee(Buffalo)	Ghee(Buffalo)	-	-	-	-	-	-	-	-	900*	-	-	-
Ghee(Cow)	Ghee(Cow)	-	-	-	-	-	-	-	600	2000*	-	-	-
Bonoshpoti	Ghee(Vegetables)	-	-	-	-	-	-	-	0	-	-	-	-

20,000 - 70,000µg in cod liver oil, about 70,000 µg in shark oil, and 1,000,000 µg in halibut liver oil.

*These values represent I.U. of Vitamin A

Fruits		Moisture g/100 gms of edible portion							Protein g/100 gms of edible portion						
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS	HKI	NIN	IPHN	BARC	BRRI		
Amra	Ambada(Hog Plum)	83.2	83.2	90.3	90.2	83.2	-	1.1	1.1	0.7	1.1	1.1	-		
Amloki	Amla	91.4	91.4	81.8	82	91.4	-	0.9	0.9	0.5	0.5	0.9	-		
Apple	Appel	81	81	84.6	-	81	-	0.4	0.4	0.2	0.35	0.4	-		
Khubanees(Shidho)	Apricot(Boiled)	85.3	85.3	-	-	-	-	1	1	-	-	-	-		
Khubanees(Shukna)	Apricot(Dry)	19.4	19.4	19.4	-	-	-	1.6	1.6	1.6	-	-	-		
Bakul Phul	Bakul fruit	54.7	54.7	-	-	-	-	1.8	1.8	-	-	-	-		
Paka Kola	Banana	62.7	62.7	70.1	-	62.7	-	0.7	0.7	1.2	0.7	7	-		
Kamranga	Bilimbi	88.6	83.6	94.4	92	88.6	-	0.5	0.5	0.5	0.45	0.5	-		
Kalo Jam	Blackberry	96.6	96.6	87.2	84	96.6	-	1	1	1.3	1	1	-		
Boroy	Bitter Plum	73.2	73.2	-	-	73.2	-	2.9	2.9	-	-	2.9	-		
Madar	Breadfruit	79.5	79.5	79.5	-	-	-	1.5	1.5	1.5	-	-	-		
Nona Ata	Bullocks Heart	76.8	76.8	76.8	-	-	-	1.4	1.4	1.4	-	-	-		
Atafof	Custard Apple	76.7	76.7	-	73	76.7	-	1.8	1.8	-	1.76	1.8	-		
Daber Pani	Coconut Milk	95	95	-	-	95	-	2.3	2.3	-	-	2.3	-		
Khezur(Taza)	Dates	59.2	59.2	59.2	-	-	-	1.2	1.2	1.2	-	-	-		
Khezur(Shukna)	Dates(Dry)	18	18	15.3	-	-	-	2.2	2.2	2.5	2.2	-	-		
Dumur(Paka)	Fig(Ripe)	88.1	88.1	88.1	-	-	-	1.3	1.3	1.3	-	-	-		
Peyara	Guava	81.7	81.7	81.7	-	82.8	-	0.9	0.9	0.9	0.99	1.4	-		
Angur	Grapes	75.3	75.3	79.2	-	75.3	-	0.5	0.5	0.5	-	0.5	-		
Paka Kathal	Jackfruit	88	88	76.2	78	88	-	1.8	1.8	1.9	1.8	1.8	-		
Kheera	Kheera	95.5	95.5	-	-	95.5	-	0.9	0.9	-	-	0.9	-		
Kodobele(Kacha)	Kodobele(Immature)	81.4	81.4	-	-	81.4	-	3.1	3.1	-	3.1	3.1	-		
Kodobele(Paka)	Kodobele(Ripe)	85.6	85.6	-	68	85.6	-	3.5	3.5	-	3.54	3.5	-		
Kushum Phul	Kusum fruit	86.2	86.2	86.2	-	-	-	1.5	1.5	1.5	-	-	-		
Kagoree Lebu	Lemon	84.6	84.6	84.6	-	84.6	-	1.5	1.5	1.5	0.31	1.5	-		
Mishti lebu	Lemon(Sweet)	90.5	90.5	90.5	-	-	-	0.7	0.7	0.7	-	-	-		
Lichu	Lichis	84.1	84.1	84.1	-	84.6	-	1.1	1.1	1.1	1.1	1.1	-		
Lebu	Lime	88.4	88.4	-	-	88.4	-	0.3	0.3	-	-	0.3	-		
Mushambee	Lime(Sweet)	88.4	88.4	88.4	-	-	-	0.8	0.8	0.8	-	-	-		
Mohua Phul	Mahua(Ripe)	73.6	73.6	73.6	-	-	-	1.4	1.4	1.4	-	-	-		
Paka Am	Mango(Ripe)	78.6	78.6	81	-	78.6	-	1	1	0.6	1	1	-		
Bangee	Melon	95.2	95.2	95.2	-	95.2	-	0.3	0.3	0.3	-	0.3	-		
Neem Phol	Neem fruit	81.9	81.9	81.9	-	-	-	1.3	1.3	1.3	-	-	-		
Jalpai	Olive	82	82	-	86.95	82	-	1	1	-	0.64	1	-		
Malta	Orange	86.3	86.3	-	-	86.3	-	0.2	0.2	-	-	0.2	-		

Fruits		Moisture g/100 gms of edible portion						Protein g/100 gms of edible portion					
		INFS	HKI	NIN	IPHN	BARC	BRRI	INFS	HKI	NIN	IPHN	BARC	BRRI
Bangla name	English name												
Komolar Rosh	Orange Juice	97.7	97.7	97.7	-	97.7	-	0.2	0.2	0.2	-	0.2	-
Komola	Mandarin/Orange	89.4	89.4	87.6	-	89.4	-	0.7	0.7	0.7	0.66	0.7	-
Kochi Tal	Palm(Green)	92.3	92.3	-	-	-	-	0.6	0.6	-	-	-	-
Paka Tal	Palm(Ripe)	77.2	77.2	-	-	-	-	0.07	0.7	-	-	-	-
Paka Pepe	Papaya(Ripe)	88.4	88.4	90.8	-	88.4	-	1.9	1.9	0.6	1.88	1.9	-
Nashpatee	Pears	83	83	86	-	83	-	0.6	0.6	0.6	-	0.6	-
Folsa	Phalsa	80.8	80	80.8	-	-	-	1.3	1.3	1.3	-	-	-
Anarosh(Joldugee)	Pineapple	92.4	92.4	87.8	-	-	-	0.9	0.9	0.4	0.94	-	-
Amrohi (Deshi)	Pineapple(Wild Var.)	89.3	89.3	-	-	89.3	-	1	1	-	0.95	1	-
Bedana Rash	Pomegranate Juice	81.9	81.9	-	-	-	-	1.1	1.1	-	1.06	-	-
Bedana(Bichishoh)	Pomegranate	80.9	80.9	78	78	-	-	1.6	1.6	1.6	1.6	-	-
Zambura(Red)	Pomelo(Red)	90.3	90.3	88	-	90.3	-	0.5	0.5	0.6	0.52	0.5	-
Jamrul	Rose Apple	89.1	89.1	89.1	92	-	-	0.7	0.7	0.7	0.5	-	-
Tetul(Kacha)	Tamarind(Immature)	83.6	83.6	-	-	-	-	1.1	1.1	-	-	-	-
Tetul(Paka)	Tamarind(Pulp)	20.9	20.9	-	-	20.9	-	3.1	3.1	-	-	3.1	-
Belatee Tetul	Tetul(Bilati)	79.2	79.2	-	-	-	-	2.7	2.7	-	-	-	-
Paka Tomato	Tomato(Ripe)	94	94	94	-	94	-	0.9	0.9	0.9	-	0.9	-
Bel	Wood Apple	77.5	77.5	64.2	-	77.5	-	2.6	2.6	7.1	2.6	2.6	-
Tamuz	Watermelon	95.8	95.8	95.8	-	95.8	-	0.2	0.2	0.2	-	0.2	-

Fruits		Fat g/100 gms of edible portion						Carbohydrates g/100 gms of edible portion					
		INFS	HKI	NIN	IPHN	BARC	BRRI	INFS	HKI	NIN	IPHN	BARC	BRRI
Bangla name	English name												
Amra	Ambada(Hog Plum)	0.1	0.1	3	3	0.1	-	15	15	4.5	-	15	-
Amlokt	Amla	0.1	0.1	0.1	0.85	0.1	-	3.5	3.5	13.7	-	6.9	-
Apple	Appl	0.3	0.3	0.5	0.1	0.3	-	18.1	18.1	13.4	-	18.1	-
Khubanee(Shiddhi)	Apricot(Boiled)	0.3	0.3	-	-	-	-	11.6	11.6	-	-	-	-
Khubanee(Shukna)	Apricot(Dry)	0.7	0.7	0.7	-	-	-	73.4	73.4	73.4	-	-	-
Bakul Phul	Bakul fruit	1	1	-	-	-	-	35.9	35.9	-	-	-	-
Paka Kola	Banana	0.8	0.8	0.3	0.1	0.8	-	25	25	27.2	-	25	-
Kamranga	Bilimbi	1	1	0.3	0.3	1	-	9.5	9.5	3.5	-	9.5	-
Kalo Jam	Blackberry	0.8	0.8	0.5	0.3	0.8	-	1.4	1.4	6.7	-	1.4	-
Boroy	Bitter Plum	0.1	0.1	-	-	0.1	-	23.8	23.8	-	-	1.6	-
Madar	Breadfruit	0.2	0.2	0.2	-	-	-	15.8	15.8	15.8	-	-	-
Nona Ata	Bullocks Heart	0.2	0.2	0.2	-	-	-	15.7	15.7	15.7	-	-	-

Fruits		Fat g/100 gms of edible portion						Carbohydrates g/100 gms of edible portion					
		INFS	HKI	NIN	IPHN	BARC	BRRI	INFS	HKI	NIN	IPHN	BARC	BRRI
Bangla name	English name												
Alafof	Custard Apple	0.1	0.1	-	0.3	Trace	-	20.6	20.6	-	-	7.5	-
Daber Pani	Coconut Milk	0.5	0.5	-	-	0.5	-	2.4	2.4	-	-	2.4	-
Khezur(Taza)	Dates	0.4	0.4	0.4	-	-	-	33.8	33.8	33.8	-	-	-
Khezur(Shukna)	Dates(Dry)	0.6	0.6	0.4	0.4	-	-	77.5	77.5	75.8	-	-	-
Dumur(Paka)	Fig(Ripe)	0.2	0.2	0.2	-	-	-	7.6	7.6	7.6	-	-	-
Peyara	Guava	0.3	0.3	0.3	0.59	1.1	-	11.2	11.2	11.2	-	15.2	-
Angur	Grapes	0.1	0.1	0.3	-	0.1	-	23.6	23.6	16.5	-	23.6	-
Paka Kathal	Jackfruit	0.1	0.1	0.1	0.3	0.1	-	9.9	9.9	19.8	-	9.9	-
Kheera	Kheera	0.1	0.1	-	-	0.7	-	1.6	1.6	-	-	7.34	-
Kodobe(Kacha)	Kodobe(Immature)	Trace	0	-	-	Trace	-	13.5	13.5	-	-	13.5	-
Kodobe(Paka)	Kodobe(Ripe)	0.1	0.1	-	0.3	0.1	-	8.6	8.6	-	-	8.6	-
Kushum Phul	Kusum fruit	0.8	0.8	0.8	-	-	-	9.9	9.9	9.9	-	-	-
Kagoree Lebu	Lemon	1	1	1	1	1	-	10.9	10.9	10.9	-	10.9	-
Mishti lebu	Lemon(Sweet)	0.3	0.3	0.3	-	-	-	7.3	7.3	7.3	-	-	-
Lichu	Lichis	0.2	0.2	0.2	0.2	0.2	-	13.6	13.6	13.6	-	13.6	-
Lebu	Lime	0.7	0.7	-	-	0.7	-	10	10	-	-	10	-
Mushambee	Lime(Sweet)	0.3	0.3	0.3	-	-	-	9.3	9.3	9.3	-	-	-
Mohua Phul	Mahua(Ripe)	1.6	1.6	1.6	-	-	-	22.7	22.7	22.7	-	-	-
Paka Am	Mango(Ripe)	0.7	0.7	0.4	0.1	0.7	-	20	20	16.9	-	20	-
Bangee	Melon	0.2	0.2	0.2	-	0.2	-	3.5	3.5	3.5	-	3.5	-
Neem Phol	Neem fruit	1	1	1	-	-	-	15.1	15.1	15.1	-	-	-
Jalpai	Olive	0.1	0.1	-	1	0.1	-	16.2	16.2	-	-	16.2	-
Malta	Orange	0.1	0.1	-	-	0.1	-	13.1	13.1	-	-	13.1	-
Komolar Rosh	Orange Juice	0.1	0.1	0.1	-	0.1	-	1	1	1.9	-	1	-
Komola	Mandarin/Orange	0.1	0.1	0.2	0.3	0.1	-	9.7	9.7	10.9	-	9.7	-
Kochi Tal	Palm(Green)	0.1	0.1	-	-	-	-	6.5	6.5	-	-	-	-
Paka Tal	Palm(Ripe)	0.2	0.2	-	-	-	-	20.7	20.7	-	-	-	-
Paka Pepe	Papaya(Ripe)	0.2	0.2	0.1	0.1	0.2	-	8.3	8.3	7.2	-	8.3	-
Nashpatee	Pears	0.3	0.3	0.2	-	0.3	-	16	16	11.9	-	16	-
Folsa	Phalsa	0.9	0.9	0.9	-	-	-	14.7	14.7	14.7	-	-	-
Anarosh(foldugee)	Pineapple	0.2	0.2	0.1	-	-	-	6.2	6.2	10.8	-	-	-
Anarosh(Deshi)	Pineapple(Wild V)	0.2	0.2	-	0.1	0.2	-	9.3	9.3	-	-	9.3	-
Bedana Rash	Pomegranate Juu	Trace	0	-	0.1	-	-	16.7	16.7	-	-	-	-
Bedana(Bichishoh)	Pomegranate	Trace	0	0.1	-	-	-	16.9	16.9	14.5	-	-	-
Zambura(Red)	Pommelo(Red)	0.3	0.3	0.1	0.1	0.3	-	8.5	8.5	10.2	-	8.5	-

Fruits

Fruits		Fat g/100 gms of edible portion						Carbohydrates g/100 gms of edible portion					
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS	HKI	NIN	IPHN	BARC	BRRI
Jamrul	Rose Apple	0.2	0.2	0.2	0.2	-	-	8.5	8.5	8.5	-	-	-
Tetul(Kacha)	Tamarind(lmratu	0.2	0.2	-	-	-	-	13.9	13.9	-	-	-	-
Tetul(Paka)	Tamarind(Pulp)	0.1	0.1	-	-	0.1	-	66.4	66.4	-	-	66.4	-
Belatee Tetul	Tetul(Bilati)	0.4	0.4	-	-	-	-	16	16	-	-	-	-
Paka Tomato	Tomato(Ripe)	0.2	0.2	0.2	-	0.2	-	3.6	3.6	3.6	-	3.6	-
Bel	Wood Apple	0.2	0.2	3.7	0.3	0.9	-	18.8	18.8	18.1	-	11.7	-
Tarmuz	Watermelon	0.2	0.2	0.2	-	0.2	-	3.3	3.3	3.3	-	3.3	-

Fruits

Fruits		Energy Kcal/100 gms of edible portion						Minerals g/100 gms of edible portion					
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS	HKI	NIN	IPHN	BARC	BRRI
Amra	Ambada(Hog Plum)	66	66	48	48	66	-	0.6	0.6	0.5	-	0.6	-
Amloki	Amla	19	19	58	58	96	-	0.7	0.7	0.5	-	0.7	-
Apple	Appel	76	76	59	59	76	-	0.3	0.3	0.3	-	0.3	-
Khubaneel(Shiddhi-Appricot(Boiled)		53	53	-	-	-	-	0.7	0.7	-	-	-	-
Khubaneel(Shukna-Appricot(Dry)		306	306	306	-	-	-	2.8	2.8	2.8	-	-	-
Bakul Phul	Bakul fruit	160	160	-	-	-	-	2.3	2.3	-	-	-	-
Paka Kola	Banana	109	109	116	116	109	-	0.9	0.9	0.8	-	0.9	-
Kamranga	Bilimbi	50	50	19	19	50	-	0.4	0.4	0.3	-	0.4	-
Kalo Jam	Blackberry	11	11	37	62	11	-	0.1	0.1	0.5	-	0.1	-
Boroy	Bitter Plum	104	104	-	-	104	-	1	1	-	-	1	-
Madar	Breadfruit	71	71	71	-	-	-	0.9	0.9	0.9	-	-	-
Nona Ata	Bullocks Heart	70	70	70	-	-	-	0.7	0.7	0.7	-	-	-
Atafoi	Custard Apple	90	90	-	104	90	-	0.9	0.9	-	-	0.9	-
Daber Pani	Coconut Milk	23	23	-	-	23	-	0.3	0.3	-	-	0.3	-
Khezur(Taza)	Dates	144	144	144	-	-	-	1.7	1.7	1.7	-	-	-
Khezur(Shukna)	Dates(Dry)	324	324	317	317	-	-	1.7	1.7	2.1	-	-	-
Dumur(Paka)	Fig(Ripe)	37	37	37	-	-	-	0.6	0.6	0.6	-	-	-
Peyara	Guava	51	51	51	51	76	-	0.7	0.7	0.7	-	0.6	-
Angur	Grapes	97	97	71	-	97	-	0.5	0.5	0.6	-	0.5	-
Paka Kathal	Jackfruit	48	48	88	88	48	-	1.1	1.1	0.9	-	1.1	-
Kheera	Kheera	11	11	-	-	11	-	1.1	1.1	-	-	1.1	-
Kodobebe(Kacha)	Kodobebe(Immature)	66	66	-	134	66	-	2	2	-	-	2	-
Kodobebe(Paka)	Kodobebe(Ripe)	49	49	-	-	49	-	2.2	2.2	-	-	0.22	-
Kushum Phul	Kusum fruit	53	53	53	-	-	-	1	1	1	1	-	-

Fruits		Energy Kcal/100 gms of edible portion						Minerals g/100 gms of edible portion					
		INFS	HKI	NIN	IPHN	BARC	BRII	INFS	HKI	NIN	IPHN	BARC	BRII
Bangla name	English name												
Kagooee Lebu	Lemon	59	59	59	59	59	-	0.7	0.7	0.7	-	0.7	-
Mishiti lebu	Lemon(Sweet)	35	35	35	-	-	-	0.4	0.4	0.5	-	-	-
Lichu	Lichis	61	61	61	61	61	-	0.5	0.5	0.5	-	0.5	-
Lebu	Lime	47	47	-	-	47	-	0.6	0.6	-	-	0.6	-
Mushambee	Lime(Sweet)	43	43	43	-	-	-	0.7	0.7	0.7	-	-	-
Mohua Phul	Mahua(Ripe)	111	111	111	-	-	-	0.7	0.7	0.7	-	-	-
Paka Am	Mango(Ripe)	90	90	74	74	90	-	0.4	0.4	0.4	-	0.4	-
Bangee	Melon	17	17	17	-	17	-	0.4	0.4	0.4	-	0.4	-
Neem Phol	Neem fruit	75	75	75	-	-	-	0.7	0.7	0.7	-	-	-
Jalpai	Olive	70	70	-	153	70	-	0.7	0.7	-	-	0.7	-
Malta	Orange	54	54	-	-	54	-	0.3	0.3	-	-	0.3	-
Komolar Rosh	Orange Juice	6	6	9	-	9	-	0.1	0.1	0.1	-	0.1	-
Komola	Mandarin/Orange	43	43	48	48	43	-	0.1	0.1	0.3	-	0.1	-
Kochi Tal	Palm(Green)	29	29	-	-	-	-	0.2	0.2	-	-	-	-
Paka Tal	Palm(Ripe)	87	87	-	-	-	-	0.7	0.7	-	-	-	-
Paka Pepe	Papaya(Ripe)	42	42	32	32	42	-	0.7	0.7	0.5	-	0.7	-
Nashpatee	Pears	69	69	52	-	69	-	0.2	0.2	0.3	-	0.2	-
Folsha	Phalsa	72	72	72	-	-	-	1.1	1.1	1.1	-	-	-
Anarosh(joldugee)	Pineapple	30	30	46	-	-	-	0.2	0.2	0.4	-	-	-
Anarosh(Deshi)	Pineapple(Wild V:	42	42	-	46	42	-	0.3	0.3	-	-	0.3	-
Bedana Rash	Pomegranate Juic	71	71	-	-	-	-	0.4	0.4	-	-	-	-
Bedana(Bichishoh	Pomegranate	74	74	65	65	-	-	0.6	0.6	0.7	-	-	-
Zambura(Red)	Pommelo(Red)	38	38	44	-	38	-	0.3	0.3	0.5	-	0.3	-
Jamrul	Rose Apple	39	39	39	30	-	-	0.3	0.3	0.3	-	-	-
Tetul(Kacha)	Tamarind(Immatur	62	62	-	-	-	-	1.2	1.2	-	-	-	-
Tetul(Paka)	Tamarind(Pulp)	283	283	-	-	283	-	2.9	2.9	-	-	2.9	-
Belatee Tetul	Tetul(Bilati)	78	78	-	-	-	-	0.7	0.7	-	-	-	-
Paka Tomato	Tomato(Ripe)	20	20	20	-	20	-	0.5	0.5	0.5	-	0.5	-
Bel	Wood Apple	87	87	134	137	87	-	0.9	0.9	1.9	-	0.9	-
Tarmuz	Watermelon	16	16	16	-	16	-	0.3	0.3	0.3	-	0.3	-

Fruits		Calcium mg/100 gms of edible portion						Iron mg/100 gms of edible portion					
		INFS	HKI	NIN	IPHN	BARC	BRII	INFS	HKI	NIN	IPHN	BARC	BRII
Bangla name	English name												
Amra	Ambada(Hog Plum)	55	55	36	55	55	-	3.9	3.9	3.9	3.9	3.9	-
Amloki	Amla	34	34	50	32.6	34	-	1.2	1.2	1.2	0.75	1.2	-
Apple	Appel	20	20	10	19.6	20	-	1	1	0.66	1	1	-
Khubanee(Shiddho)	Apricot(Boiled)	20	20	-	-	-	-	2.2	2.2	-	-	-	-
Khubanee(Shukna)	Apricot(Dry)	110	110	110	-	-	-	4.6	4.6	4.6	-	-	-
Bakul Phul	Bakul fruit	212	212	-	-	-	-	-	-	-	-	-	-
Paka Kola	Banana	13	13	17	13.4	13	-	0.9	0.9	0.36	0.5	0.9	-
Kamranga	Bilimbi	11	11	15	10.8	11	-	1.2	1.2	1.2	1.2	1.2	-
Kalo Jam	Blackberry	22	22	30	21.6	22	-	4.3	4.3	4.3	1.2	4.3	-
Boroy	Bitter Plum	11	11	-	-	18	-	-	-	-	-	-	-
Madar	Breadfruit	40	40	40	-	-	-	0.5	0.5	0.5	-	-	-
Nona Ata	Bullocks Heart	10	10	10	-	-	-	0.6	0.6	0.6	-	-	-
Atafof	Custard Apple	17	17	-	17	Trace	-	1.5	1.5	-	1	1.1	-
Daber Pani	Coconut Milk	15	15	-	-	15	-	0.1	0.1	-	-	0.1	-
Khezur(Taza)	Dates	22	22	22	-	-	-	-	-	0.96	-	-	-
Khezur(Shukna)	Dates(Dry)	63	63	120	62.7	-	-	7.3	7.3	7.3	7.3	-	-
Dumur(Paka)	Fig(Ripe)	80	80	80	-	-	-	1.1	1.1	1	-	-	-
Peyara	Guava	10	10	10	27.62	20	-	1.4	1.4	0.27	1.6	1.4	-
Angur	Grapes	22	22	20	-	22	-	0.5	0.5	0.52	-	0.5	-
Paka Kathal	Jackfruit	20	20	20	26	26	-	0.5	0.5	0.56	1.7	0.5	-
Kheera	Kheera	18	18	-	-	110	-	-	-	-	-	4.6	-
Kodobebe(Kacha)	Kodobebe(Immatu)	56	56	-	55.8	56	-	-	-	-	1.8	-	-
Kodobebe(Paka)	Kodobebe(Ripe)	59	59	-	59	59	-	0.6	0.6	-	-	0.6	-
Kushum Phul	Kusum fruit	15	15	15	-	-	-	-	-	-	-	-	-
Kagoge Lebu	Lemon	90	90	90	40	90	-	0.3	0.3	0.3	0.3	0.3	-
Mishti lebu	Lemon(Sweet)	30	30	30	-	-	-	0.7	0.7	0.7	-	-	-
Lichu	Lichis	10	10	10	10	10	-	0.7	0.7	0.7	0.7	0.7	-
Lebu	Lime	40	40	-	-	40	-	2.3	2.3	-	-	2.3	-
Mushambee	Lime(Sweet)	40	40	40	-	-	-	0.7	0.7	0.7	-	-	-
Moiua Phul	Mahua(Ripe)	45	45	45	-	-	-	1.1	1.1	0.23	-	-	-
Paka Am	Mango(Ripe)	16	16	14	15.6	16	-	1.3	1.3	1.3	0.3	1.3	-
Bangee	Melon	32	32	32	-	32	-	1.4	1.4	14	-	1.4	-
Neem Phol	Neem fruit	25	25	25	-	-	-	-	-	-	-	-	-
Jalpai	Olive	22	22	-	49.4	22	-	3.1	3.1	-	2.4	3.1	-
Malta	Orange	31	31	-	-	31	-	1	1	-	-	1	-

Fruits		Calcium mg/100 gms of edible portion						Iron mg/100 gms of edible portion					
		INFS	HKI	NIN	IPHN	BARC	BRRI	INFS	HKI	NIN	IPHN	BARC	BRRI
Bangla name	English name												
Komolar Fosh	Orange Juice	5	5	5	-	5	-	0.7	0.7	0.7	-	0.7	-
Komola	Mandarin/Orange	22	22	26	22.06	22	-	0.3	0.3	0.32	0.1	0.3	-
Kochi Tal	Palm(Green)	43	43	-	-	-	-	0.5	0.5	-	-	-	-
Paka Tal	Palm(Ripe)	9	9	-	-	-	-	-	-	-	-	-	-
Paka Pepe	Papaya(Ripe)	31	31	17	31	31	-	0.5	0.5	0.5	0.5	0.5	-
Nashpatee	Pears	6	6	8	-	6	-	0.5	0.5	0.5	-	0.5	-
Folsha	Phalsa	129	129	129	-	-	-	3.1	3.1	3.1	-	-	-
Anarosh(Joldugee)	Pineapple	18	18	20	18.4	-	-	-	-	2.42	-	-	-
Anarosh(Deshi)	Pineapple(Wild Var.)	18	18	-	17.9	18	-	1.2	1.2	-	1.2	1.2	-
Bedana Rash	Pomegranate Juice	18	18	-	18	-	-	-	-	-	0.3	-	-
Bedana(Bichishohol)	Pomegranate	21	21	10	2100	-	-	0.3	0.3	1.79	-	-	-
Zambura(Red)	Pommelo(Red)	37	37	30	36.7	37	-	0.2	0.2	0.3	0.2	0.2	-
Jamrul	Rose Apple	10	10	10	10	-	-	0.5	0.5	0.5	0.6	-	-
Tetul(Kacha)	Tamarind(Immature)	24	24	-	-	-	-	-	-	-	-	-	-
Tetul(Paka)	Tamarind(Pulp)	170	170	-	-	170	-	10.9	10.9	-	-	10.9	-
Belatee Tetul	Tetul(Bilati)	14	14	-	-	-	-	1	1	-	-	-	-
Paka Tomato	Tomato(Ripe)	48	48	48	48	48	-	0.4	0.4	0.64	-	0.4	-
Bel	Wood Apple	38	38	130	37.6	10	-	0.6	0.6	0.48	0.6	0.8	-
Tarmuz	Watermelon	11	11	11	11	11	-	7.9	7.9	7.9	-	7.9	-

VitaminC mg/100 gms of edible portion

Fruits		Carotene/100 gms of edible portion						VitaminC mg/100 gms of edible portion					
		INFS	NIN	BARC	HKI	BRRI	IPHN	INFS	HKI	NIN	IPHN	BARC	BRRI
Bangla name	English name												
Amira	Ambada(Hog Plum)	800	270	800	270	-	450	92	92	21	88	92	-
Amloki	Amla	-	9	-	9	-	15	463	463	600	604	463	-
Apple	Appel	-	0	-	0	-	0	4	4	1	3.5	3	-
Khubaneel(Shiddho)	Appricot(Boiled)	2160	-	-	2160	-	-	6	6	-	-	-	-
Khubaneel(Shukna)	Apricot(Dry)	58	58	-	600	-	-	2	2	2	-	-	-
Bakul Phul	Bakul fruit	-	-	-	-	-	-	-	-	-	-	-	-
Paka Kola	Banana	0	78	0	78	-	200	24	24	7	23.74	24	-
Kamranga	Bilimbi	Trace	18	Trace	18	-	31	61	61	32	54	31	-
Kalo Jam	Blackberry	120	-	120	120	-	80	60	60	-	60	60	-
Boroy	Bitter Plum	0	-	Trace	0	-	-	51	51	-	-	3	-

RE=Retinol equivalent

Fruits		Carotene µg/100 gms of edible portion						VitaminC mg/100 gms of edible portion						
		Carotene µg			β-Carotene µg			VITA IU						
		INFS	NIN	BARC	HKI	BRRI	Marjorie H.	IPHN	INFS	HKI	NIN	IPHN	BARC	BRRI
Bangla name	English name													
Madar	Breadfruit	9	9	-	9	-	-	-	21	21	21	-	-	-
Nona Ata	Bullocks Heart	67	67	-	67	-	-	-	5	5	5	-	-	-
Atafoi	Custard Apple	0	-	0	0	-	-	-	38	38	-	37.9	Trace	-
Daber Pani	Coconut Milk	0	-	-	0	-	-	-	5	5	-	-	5	-
Khezur(Taza)	Dates	-	-	-	100	-	-	-	-	-	-	-	-	-
Khezur(Shukna)	Dates(Dry)	-	26	-	26	-	-	44	Trace	0	3	Trace	-	-
Dumur(Paka)	Fig(Ripe)	162	162	-	162	-	-	-	5	5	5	-	-	-
Peyara	Guava	100	0	100	100	-	-	250	210	210	212	254.25	210	-
Angur	Grapes	-	0	-	0	-	-	-	29	29	1	-	29	-
Paka Kathal	Jackfruit	4700	175	4700	4700	-	-	292	21	21	7	21.4	21	-
Kheera	Kheera	Trace	-	58	0	-	-	-	3	3	-	-	2	-
Kodobebe(Kacha)	Kodobebe(Immature)	-	-	-	62	-	-	102	15	15	-	15	15	-
Kodobebe(Paka)	Kodobebe(Ripe)	-	-	-	61	-	-	35	13	13	-	12.5	13	-
Kushum Phul	Kusum fruit	-	-	-	-	-	-	-	-	-	-	-	-	-
Kagogee Lebu	Lemon	15	15	15	15	-	-	26	63	63	63	47.4	62	-
Mishti lebu	Lemon(Sweet)	0	0	-	0	-	-	-	45	45	45	-	-	-
Lichu	Lichis	0	0	0	0	-	-	0	31	31	31	33	31	-
Lebu	Lime	0	-	0	0	-	-	-	47	47	-	-	47	-
Mushambee	Lime(Sweet)	0	0	-	465	-	-	-	50	50	50	-	-	-
Mohua Phul	Mahua(Ripe)	307	307	-	307	-	-	-	40	40	40	-	-	-
Paka Am	Mango(Ripe)	8300	2743	8300	8300	-	1620±92	4800	41	41	16	30	41	-
Bangee	Melon	169	169	169	169	-	-	-	26	26	26	-	26	-
Neem Phol	Neem fruit	-	-	-	-	-	-	-	-	-	-	-	-	-
Jalpai	Olive	-	-	-	190	-	-	270	39	39	-	42.77	19	-
Malta	Orange	-	-	-	150	-	-	-	84	84	-	-	84	-
Komolar Rosh	Orange Juice	15	15	15	150	-	-	-	64	64	64	-	64	-
Komola	Mandarin/Orange	-	1104	-	120	-	-	200	40	40	30	45	40	-
Kochi Tal	Palm(Green)	0	-	-	0	-	-	-	4	4	-	-	-	-
Paka Tal	Palm(Ripe)	-	-	-	0	-	-	-	-	-	-	-	-	-
Paka Pepe	Papaya(Ripe)	8100	666	8100	1020	-	-	1700	57	57	57	50	57	-
Nashpattee	Pears	-	28	-	0	-	-	-	7	7	0	-	7	-
Folsha	Phalsa	419	419	-	419	-	-	-	22	22	22	-	-	-
Anarosh(Joldugee)	Pineapple	1830	18	-	237	-	-	150	21	21	39	38.47	-	-

Fruits

Bangla name	English name	Carotene µg/100 gms of edible portion					VitaminC mg/100 gms of edible portion				
		Carotene µg		β-Carotene µg			Vita IU				
		INFS	NIN	BARC	HKI	BARI	IPHN		INFS	HKI	NIN
Anarosh(Deshi)	Pineapple(Wild Var.)	640	-	640	90	-	-	-	26	26	-
Bedana Rash	Pomegranate Juice	Trace	-	-	0	-	150	-	26	26	-
Bedana(Bichishoho)	Pomegranate	Trace	0	-	0	-	0	-	26	16	-
Zambura(Red)	Pomegranate(Red)	120	120	120	120	-	-	-	105	105	20
Jamrul	Rose Apple	141	141	-	141	-	-	-	3	3	3
Tetui(Kacha)	Tamarind(Immature)	-	-	-	0	-	-	-	6	6	-
Tetui(Paka)	Tamarind(Pulp)	60	-	60	60	-	-	-	3	3	-
Belatee Tetui	Tetui(Bilati)	0	-	-	0	-	-	-	108	108	-
Paka Tomato	Tomato(Ripe)	351	351	351	351	-	-	-	27	27	27
Bel	Wood Apple	-	61	0	55	-	93	-	9	9	3
Tarnuz	Watermelon	0	0	0	0	-	-	-	1	1	1

Fruits

Bangla name	English name	VitaminB1 mg/100 gms of edible portion							VitaminB2 mg/100 gms of edible portion				
		INFS	HKI	NIN	IPHN	BARC	BARI		INFS	HKI	NIN	IPHN	BARC
Amra	Ambada(Hog Plum)	0.28	0.28	0.02	0.28	0.28	-	-	0.04	0.04	0.02	0.04	0.04
Amloki	Amla	0.02	0.02	0.03	0.02	0.02	-	-	0.08	0.08	0.01	0.08	0.08
Apple	Apple	0.12	0.12	-	0.12	0.12	-	-	0.03	0.03	-	0.03	0.03
Khubane(Shiddho)	Apricot(Boiled)	0.04	0.04	-	-	-	-	-	0.13	0.13	-	-	-
Khubane(Shukna)	Apricot(Dry)	0.22	0.22	0.22	-	-	-	-	-	-	-	-	-
Bakul Phul	Bakul fruit	-	-	-	-	-	-	-	-	-	-	-	-
Paka Kola	Banana	0.1	0.1	0.05	0.1	0.1	-	-	0.05	0.05	0.08	0.05	0.05
Kamranga	Bilimbi	0.12	0.12	0.09	0.12	0.12	-	-	0.04	0.04	0.04	0.04	0.04
Kalo Jam	Blackberry	0.09	0.09	-	0.09	0.09	-	-	0.024	0.24	-	0.02	0.024
Boroy	Bitter Plum	0.02	0.02	-	-	0.01	-	-	0.05	0.05	-	-	0.03
Madar	Breadfruit	0.04	0.04	0.04	-	-	-	-	0.07	0.07	0.07	-	-
Nona Ata	Bullocks Heart	-	-	-	-	-	-	-	0.07	0.07	0.07	-	-
Ataol	Custard Apple	0.07	0.07	-	0.07	0.04	-	-	0.14	0.14	-	0.14	Trace
Daber Pani	Coconut Milk	0.11	0.11	-	-	0.11	-	-	0.02	0.02	-	-	0.02
Khezur(Taza)	Dates	-	-	-	-	-	-	-	-	-	-	-	-
Khezur(Shukna)	Dates(Dry)	0.1	0.1	0.01	0.1	-	-	-	0.04	0.04	0.02	0.04	-
Dumur(Paka)	Fig(Ripe)	0.06	0.06	0.06	-	-	-	-	0.05	0.05	0.05	-	-
Peyara	Guava	0.21	0.21	0.03	0.21	0.21	-	-	0.09	0.09	0.03	0.09	0.09

Fruits		VitaminB1 mg/100 gms of edible portion						VitaminB2 mg/100 gms of edible portion					
		INFS	HKI	NIN	IPHN	BARC	BRRI	INFS	HKI	NIN	IPHN	BARC	BRRI
Angur	English name Grapes	0.1	0.1	-	-	0.1	-	0.06	0.06	-	-	0.06	-
Paka Kathal	Jackfruit	0.11	0.11	0.03	0.11	0.11	-	0.15	0.12	0.13	0.15	0.15	-
Kheera	Kheera	0.01	0.01	-	-	0.22	-	0.03	0.03	-	-	-	-
Kodobebe(Kacha)	Kodobebe(Immature)	0.04	0.04	-	0.04	0.04	-	0.02	0.02	-	0.02	0.02	-
Kodobebe(Paka)	Kodobebe(Ripe)	0.8	0.8	-	0.8	0.8	-	0.03	0.03	-	0.02	0.03	-
Kushum Phul	Kusum fruit	-	-	-	-	-	-	-	-	-	-	-	-
Kagoge Lebu	Lemon	0.02	0.02	0.02	Trace	0.02	-	0.03	0.03	0.03	0.03	0.03	-
Mishiti lebu	Lemon(Sweet)	-	-	-	-	-	-	0.04	0.04	0.04	-	-	-
Lichu	Lichis	0.02	0.02	0.02	0.02	0.02	-	0.06	0.06	0.06	0.06	0.03	-
Lebu	Lime	Trace	0	-	-	Trace	-	0.03	0.03	-	-	0.03	-
Mushambee	Lime(Sweet)	-	0	-	-	-	-	-	-	-	-	-	-
Mohua Phul	Mahua(Ripe)	-	-	-	-	-	-	-	-	-	-	-	-
Paka Am	Mango(Ripe)	0.1	0.1	0.08	0.1	0.1	-	0.07	0.07	0.09	0.07	0.07	-
Bangee	Melon	0.11	0.11	0.11	-	0.11	-	0.08	0.08	0.08	-	0.08	-
Neem Phol	Neem fruit	-	-	-	-	-	-	-	-	-	-	-	-
Jalpai	Olive	0.03	0.03	-	0.03	0.03	-	0.01	0.01	-	0.01	0.01	-
Malta	Orange	0.15	0.15	-	-	0.15	-	0.01	0.01	-	-	0.01	-
Komolar Rosh	Orange Juice	0.06	0.06	0.06	-	0.06	-	0.02	0.02	0.02	-	0.02	-
Komola	Mandarin Orange	0.04	0.04	-	0.04	0.04	-	0.01	0.01	-	0.01	0.01	-
Kochi Tal	Palm(Green)	0	0	-	-	-	-	0.01	0.01	-	-	-	-
Paka Tal	Palm(Ripe)	-	-	-	-	-	-	-	-	-	-	-	-
Paka Pepe	Papaya(Ripe)	0.08	0.08	0.04	0.08	0.08	-	0.03	0.03	0.25	0.03	0.03	-
Nashpatee	Pears	0.13	0.13	0.06	-	0.13	-	Trace	0	0.03	-	Trace	-
Folsa	Phalsa	0.01	0.1	-	-	-	-	-	-	-	-	-	-
Anarosh(joldugee)	Pineapple	0.11	0.11	0.2	0.11	-	-	0.04	0.04	0.12	0.04	-	-
Anarosh(Deshi)	Pineapple(Wild Var.)	0.17	0.17	-	0.17	0.17	-	0.04	0.04	-	0.04	0.04	-
Bedana Rash	Pomegranate Juice	0.02	0.02	-	0.02	-	-	Trace	-	-	Trace	-	-
Bedana(Bichishoho)	Pomegranate	0.02	0.02	0.06	0.02	-	-	Trace	0	0.1	Trace	-	-
Zambura(Red)	Pommelo(Red)	0.06	0.06	-	0.06	0.06	-	0.04	0.04	-	0.04	0.04	-
Jamrul	Rose Apple	0.01	0.01	0.01	-	-	-	0.05	0.05	0.05	-	-	-
Tetul(Kacha)	Tamarind(Immature)	0.01	0.01	-	-	-	-	0.02	0.02	-	-	-	-
Tetul(Paka)	Tamarind(Pulp)	-	-	-	-	-	-	0.07	0.07	-	-	0.07	-
Belatee Tetul	Tetul(Blati)	0.22	0.22	-	-	-	-	0.03	0.03	-	-	-	-
Paka Tomato	Tomato(Ripe)	0.12	0.12	0.12	-	0.12	-	0.06	0.06	0.06	-	0.06	-
Bel	Wood Apple	0.03	0.03	0.04	0.03	0.18	-	0.02	0.02	0.17	0.02	0.05	-
Tarmuz	Watermelon	0.02	0.02	0.02	-	0.02	-	0.04	0.04	0.04	-	0.04	-

Fruits		Niacin mg/100 gms of edible portion							Fiber g/100 gms of edible portion						
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS	HKI	NIN	BARC	BRRI	IPHN		
Amra	Ambada(Hog Plum)	-	-	0.3	0.3	-	-	1	1	1	1	-	-		
Amlaki	Amla	-	-	0.2	0.2	-	-	3.4	3.4	3.4	3.4	-	-		
Apple	Appel	-	-	0	0	-	-	1	1	1	1	-	-		
Khubanee(Shiddho)	Appricot(Boiled)	-	-	-	-	-	-	1.1	1.1	-	-	-	-		
Khubanee(Shukna)	Apricot(Dry)	-	-	2.3	-	-	-	2.1	2.1	2.1	-	-	-		
Bakul Phul	Bakul fruit	-	-	-	-	-	-	4.3	4.3	-	-	-	-		
Paka Kola	Banana	-	-	0.5	0.5	-	-	0.4	0.4	0.4	0.4	-	-		
Kamranga	Bilimbi	-	-	0.6	0.6	-	-	1	1	1	1	-	-		
Kalo Jam	Blackberry	-	-	-	0.2	-	-	3.8	3.8	3.8	3.8	-	-		
Boroy	Bitter Plum	-	-	-	-	-	-	-	-	-	-	-	-		
Madar	Breadfruit	-	-	-	-	-	-	2.1	2.1	2.1	-	-	-		
Nona Ata	Bullocks Heart	-	-	0.6	-	-	-	5.2	5.2	5.2	-	-	-		
Atafoi	Custard Apple	-	-	-	1.3	-	-	3.1	3.1	-	3.1	-	-		
Daber Pani	Coconut Milk	-	-	-	-	-	-	0	0	-	0	-	-		
Khezur(Taza)	Dates	-	-	-	-	-	-	3.7	3.7	3.7	-	-	-		
Khezur(Shukna)	Dates(Dry)	-	-	0.9	0.9	-	-	3.9	3.9	3.9	-	-	-		
Dumur(Paka)	Fig(Ripe)	-	-	0.6	-	-	-	2.2	2.2	2.2	-	-	-		
Peyara	Guava	-	-	0.4	0.4	-	-	5.2	5.2	5.2	5.2	-	-		
Angur	Grapes	-	-	0	-	-	-	2.9	2.9	2.9	2.9	-	-		
Paka Kathal	Jackfruit	-	-	0.4	0.4	-	-	0.2	0.2	1.1	0.2	-	-		
Kheera	Kheera	-	-	-	-	-	-	-	-	-	-	-	-		
Kodobebe(Kacha)	Kodobebe(Immature)	-	-	-	0.8	-	-	-	-	-	-	-	-		
Kodobebe(Paka)	Kodobebe(Ripe)	-	-	-	-	-	-	5	5	-	5	-	-		
Kushum Phul	Kusum fruit	-	-	-	-	-	-	0.6	0.6	0.6	-	-	-		
Kagagee Lebu	Lemon	-	-	0.1	0.1	-	-	1.3	1.3	1.3	1.3	-	-		
Mishti lebu	Lemon(Sweet)	-	-	0	-	-	-	0.7	0.7	0.7	-	-	-		
Lichu	Lichis	-	-	0.4	0.4	-	-	0.5	0.5	0.5	0.5	-	-		
Lebu	Lime	-	-	-	-	-	-	1.7	1.7	-	1.7	-	-		
Mushabee	Lime(Sweet)	-	-	0	-	-	-	0.5	0.5	0.5	-	-	-		
Mohua Phul	Mahua(Ripe)	-	-	-	-	-	-	-	-	-	-	-	-		
Paka Am	Mango(Ripe)	-	-	0.9	0.9	-	-	0.7	0.7	0.7	0.7	-	-		
Bangee	Melon	-	-	0.3	-	-	-	0.4	0.4	0.4	0.4	-	-		
Neem Phol	Neem fruit	-	-	-	-	-	-	-	-	-	-	-	-		
Jalpai	Olive	-	-	-	0.3	-	-	1.6	1.6	-	1.6	-	-		
Malta	Orange	-	-	-	-	-	-	0.6	0.6	-	0.6	-	-		

Fruits		Niacin mg/100 gms of edible portion							Fiber g/100 gms of edible portion						
		INFS	HKI	NIN	IPHN	BARC	BRI		INFS	HKI	NIN	IPHN	BARC	BRI	
Bangla name	English name														
Komolar Rosh	Orange Juice	-	-	0.4	-	-	-	-	-	-	-	-	-	-	-
Komola	Mandarin/Orange	-	-	-	-	-	-	-	0.3	0.3	0.3	-	0.3	-	-
Kochi Tal	Palm(Green)	-	-	-	-	-	-	-	0.3	0.3	-	-	-	-	-
Paka Tal	Palm(Ripe)	-	-	-	-	-	-	-	0.5	0.5	-	-	-	-	-
Paka Pepe	Papaya(Ripe)	-	-	0.2	0.2	-	-	-	0.8	0.8	0.8	-	0.8	-	-
Nashpatee	Pears	-	-	0.2	-	-	-	-	1	1	1	-	1	-	-
Folsha	Phalsa	-	-	0.3	-	-	-	-	1.2	1.2	1.2	-	-	-	-
Anarosh(joldugee)	Pineapple	-	-	0.1	-	-	-	-	-	-	0.5	-	-	-	-
Anarosh(Deshi)	Pineapple(Wild Var.)	-	-	-	0.1	-	-	-	0.6	0.6	-	-	0.6	-	-
Bedana Rash	Pomegranate Juice	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bedana(Bichishoto)	Pomegranate	-	-	0.3	0.3	-	-	-	5.1	5.1	5.1	-	-	-	-
Zambura(Red)	Pommelo(Red)	-	-	0.2	-	-	-	-	-	-	0.6	-	-	-	-
Jamrul	Rose Apple	-	-	0.4	-	-	-	-	1.2	1.2	1.2	-	-	-	-
Tetul(Kacha)	Tamarind(Immature)	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Tetul(Paka)	Tamarind(Pulp)	-	-	-	-	-	-	-	5.6	5.6	-	-	5.6	-	-
Belatee Tetul	Tetul(Bilati)	-	-	-	-	-	-	-	1	1	-	-	-	-	-
Paka Tomato	Tomato(Ripe)	-	-	0.4	-	-	-	-	0.8	0.8	0.8	-	0.8	-	-
Bel	Wood Apple	-	-	0.8	1.1	-	-	-	2.9	2.9	5	-	2.9	-	-
Tarmuz	Watermelon	-	-	0.1	-	-	-	-	0.2	0.2	0.2	-	0.2	-	-

Miscellaneous Bangla name	English name	Moisture g/100 grams of edible portion						Protein g/100 grams of edible portion					
		INFS	HKI	NIN	IPHN	BARC	BRRI	INFS	HKI	NIN	IPHN	BARC	BRRI
Shuparee	Betel	31.3	31.3	-	-	-	-	4.9	4.9	-	4.9	-	-
Pan Pata	Betel Leaves	85.4	85.4	85.4	-	-	-	3.1	3.1	3.1	3.1	-	-
Nonta Biskut	Biscuit(salted)	4.5	4.5	-	-	4.5	-	6.3	6.3	-	-	6.3	-
Misti Biskut	Biscuit(Sweet)	5.4	5.4	-	-	5.4	-	5.4	6.4	-	-	6.4	-
Ruti	Bread(Brown)	33	33	39	-	33	-	8.8	8.8	8.8	-	8.8	-
Pauruti	Bread(Loaf)	-	-	-	-	-	-	-	8.8	-	-	-	-
Ruti(White)	Bread(White)	39	39	39	-	39	-	7.8	7.8	7.8	-	7.8	-
Narikaler Dudth	Coconut milk	42.8	42.8	42.8	-	-	-	3.4	3.4	3.4	3.8	-	-
Khejur Rash	Date Juice	-	-	-	-	-	-	-	0	-	-	-	-
Modhu	Honey	20	20	20.6	20.6	-	-	0.3	0.3	0.3	0.3	-	-
Kathalare Bichi	Jackfruit Seed	64.5	64.5	64.5	-	-	-	6.6	6.6	6.6	-	-	-
Khoyare	Lotus Seed(Dry)	13.8	13.8	-	-	-	-	6.4	6.4	-	-	-	-
PoddobGota(Shukna)	Lotus Seed(Ripe)	10	10	10	-	-	-	17.2	17.2	17.2	-	-	-
Poripokko Sobuj	Lotus Seed(Green)	84.6	84.6	-	-	-	-	3.9	3.9	-	-	-	-
Mohua Ful	Mahua Flower	18.6	18.6	-	-	-	-	4.4	4.4	-	-	-	-
Makhana	Makhana	12.8	12.8	12.8	-	-	-	9.7	9.7	9.7	-	-	-
Akher Gur	Molasses	-	-	-	-	-	-	-	0.1	-	0.4	-	-
Khejur Gur	Molasses(Date)	-	-	-	-	-	-	-	1.5	-	1.5	-	-
Khoil(Chma badamer)	Oil Cakes(Ground nu	7.2	7.2	-	-	-	-	40.9	40.9	-	-	-	-
Papor	Pappadom	20.3	20.3	-	-	-	-	18.8	18.8	-	-	-	-
Amchur	Pickles	6.8	6.8	-	-	-	-	2.8	2.8	-	-	-	-
Posto Dana	Poppy Seed	4.3	4.3	-	-	-	-	21.7	21.7	-	-	-	-
Kumrar Bichi	Pumkin Seed	8	8	-	-	-	-	24.3	24.3	-	24.3	-	-
Shabu	Sago	12.2	12.2	12.2	-	-	-	0.2	0.2	0.2	-	-	-
Chini	Sugar	0.4	0.4	-	-	-	-	0	0	-	-	-	-
Misri	Sugar Candy	-	-	-	-	-	-	-	0.1	-	-	-	-
Akher Rosh	Sugar Cane Juice	-	91.7	90.2	-	-	-	-	0.7	0.1	0.1	-	-
Tetulare Bechir Sas	Tamarind Seed(Drier	9.9	9.9	-	-	-	-	16.1	16.1	-	-	-	-
Tari	Toddy(Fermented)	84.7	84.7	-	-	-	-	0.1	0.1	-	-	-	-
Pani Fol	Water Chestnut	84.9	84.9	70	-	-	-	2.5	2.5	4.7	2.45	-	-

		Fat g/100 grams of edible portion						Carbohydrates g/100 grams of edible portion					
Miscellaneous	English name	INFS	HKI	NIN	IPHN	BARC	BRI	INFS	HKI	NIN	IPHN	BARC	BRI
Bangla name	Betel	4.4	4.4	-	4.4	-	-	47.2	47.2	-	-	-	-
Shuparee	Betel Leaves	0.8	0.8	0.8	0.8	-	-	6.1	6.1	6.1	-	-	-
Pan Pata	Biscuit(salted)	32.4	32.4	-	-	32.4	-	54.6	54.6	-	-	54.6	-
Nonta Biskut	Biscuit(Sweet)	15.2	15.2	-	-	15.2	-	71.9	71.9	-	-	71.9	-
Misti Biskut	Bread(Brown)	3.4	3.4	1.4	-	3.4	-	49	49	49	-	49	-
Ruti	Bread(Loaf)	-	1.4	-	-	-	-	-	49	-	-	-	-
Pauruti	Bread(White)	0.7	0.7	0.7	-	0.7	-	51.9	51.9	51.9	-	51.9	-
Ruti(White)	Coconut milk	40	40	41	62.3	-	-	11.9	11.9	11.9	-	-	-
Narikaler Dudth	Date Juice	-	0	-	-	-	-	-	0	-	-	-	-
Khejur Rash	Honey	0	0	0	0	-	-	79.5	79.5	79.5	-	-	-
Modhu	Jackfruit Seed	0.4	0.4	0.4	-	-	-	25.8	25.8	25.8	-	-	-
Kathalare Bichi	Lotus Seed(Dry)	8.4	8.4	-	-	-	-	57.8	57.8	-	-	-	-
Khoyare	Lotus Seed(Ripe)	2.4	2.4	2.4	-	-	-	64	64	64	-	-	-
PodobGola(Shukna)	Lotus Seed(Green)	0.7	0.7	-	-	-	-	8.8	8.8	-	-	-	-
Poripokko Sobuj	Mahua Flower	0.6	0.6	-	-	-	-	72	72	-	-	-	-
Mohua Ful	Makhana	0.1	0.1	0.1	-	-	-	76.9	76.9	76.9	-	-	-
Makhana	Molasses	-	0	-	0.1	-	-	-	99.4	-	-	-	-
Akher Gur	Molasses(Date)	-	0.3	-	0.3	-	-	-	86.1	-	-	-	-
Khejur Gur	Oil Cakes(Ground nu	7.4	7.4	-	-	-	-	38.8	38.8	-	-	-	-
Kholl(China badamer)	Pappadam	0.3	0.3	-	-	-	-	52.4	52.4	-	-	-	-
Papor	Pickles	7.8	7.8	-	-	-	-	64	64	-	-	-	-
Amchur	Poppy Seed	19.3	19.3	-	-	-	-	36.8	36.8	-	-	-	-
Posto Dana	Pumkin Seed	47.2	47.2	-	47.2	-	-	15.6	15.6	-	-	-	-
Kumrar Bichi	Sago	0.2	0.2	0.2	-	-	-	87.1	87.1	87.1	-	-	-
Shabu	Sugar	0	0	-	-	-	-	99.4	99.4	-	-	-	-
Chini	Sugar Candy	-	0	-	-	-	-	-	99.4	-	-	-	-
Misri	Sugar Cane Juice	-	0	0.2	0.2	-	-	-	7.5	9.1	-	-	-
Akher Rosh	Tamarind Seed(Dried	7.3	7.3	-	-	-	-	65.1	65.1	-	-	-	-
Tetulare Bechir Sas	Toddy(Fermented)	0.3	0.3	-	-	-	-	14.3	14.3	-	-	-	-
Tari	Water Chestnut	0.9	0.9	0.3	0.3	-	-	11.7	11.7	23.3	-	-	-
Pani Fol													

Miscellaneous		Energy Kcal/100 grams of edible portion						Minerals g/100 grams of edible portion					
		INFS	HKI	NIN	IPHN	BARC	BRRI	INFS	HKI	NIN	IPHN	BARC	BRRI
Bangla name	English name												
Shuparee	Betel	249	249	-	249	-	-	1	1	-	-	-	-
Pan Pata	Betel Leaves	44	44	44	44	-	-	2.3	2.3	2.3	-	-	-
Nonta Biskut	Biscuit(salted)	534	534	-	-	534	-	1.9	1.9	-	-	1.9	-
Misti Biskut	Biscuit(Sweet)	450	450	-	-	450	-	1.1	1.1	-	-	1.1	-
Ruti	Bread(Brown)	244	244	244	-	244	-	-	-	-	-	-	-
Pauruti	Bread(Loaf)	-	244	-	-	-	-	-	-	-	-	-	-
Ruti(White)	Bread(White)	245	245	245	-	245	-	-	0	-	-	-	-
Narikaler Dudth	Coconut milk	430	430	430	-	-	-	0.9	0.9	0.9	-	-	-
Khejur Rash	Date Juice	-	310	-	-	-	-	-	-	-	-	-	-
Modhu	Honey	319	319	319	319	-	-	0.2	0.2	0.2	-	-	-
Kathalare Bichi	Jackfruit Seed	133	133	133	-	-	-	1.2	1.2	1.2	-	-	-
Khoyare	Lotus Seed(Dry)	332	332	-	-	-	-	1.8	1.8	-	-	-	-
PoddobGota(Shukna)	Lotus Seed(Ripe)	346	346	346	-	-	-	3.8	3.8	3.8	-	-	-
Poripokko Sobuj	Lotus Seed(Green)	57	57	-	-	-	-	1.1	1.1	-	-	-	-
Mohua Ful	Mahua Flower	311	311	-	-	-	-	2.7	2.7	-	-	-	-
Makhana	Makhana	347	347	347	-	-	-	0.5	0.5	0.5	-	-	-
Akher Gur	Molasses	-	398	-	383	-	-	-	-	-	-	-	-
Khejur Gur	Molasses(Date)	-	353	-	353	-	-	-	-	-	-	-	-
Kholl(China badamer)	Oil Cakes(Ground nu	386	386	-	-	-	-	2.5	2.5	-	-	-	-
Papor	Pappadom	288	288	-	-	-	-	8.2	8.2	-	-	-	-
Amchur	Pickles	337	337	-	-	-	-	4.9	4.9	-	-	-	-
Posto Dana	Poppy Seed	408	408	-	-	-	-	9.9	9.9	-	-	-	-
Kumrar Bichi	Pumkin Seed	584	584	-	584	-	-	4.7	4.7	-	-	-	-
Shabu	Sago	351	351	351	-	-	-	0.3	0.3	0.3	-	-	-
Chini	Sugar	398	398	-	-	-	-	0.1	0.1	-	-	-	-
Misri	Sugar Candy	-	398	-	-	-	-	-	-	-	-	-	-
Akher Rosh	Sugar Cane Juice	-	33	39	39	-	-	-	0.1	0.4	-	-	-
Tetulare Bechir Sas	Tamarind Seed(Dried)	387	387	-	-	-	-	1.6	1.6	-	-	-	-
Tari	Toddy(Fermented)	59	59	-	-	-	-	0.7	0.7	-	-	-	-
Pani Fol	Water Chestnut	65	65	115	115	-	-	0.9	0.9	1.1	-	-	-

Miscellaneous		Calcium mg/100 grams of edible portion						Iron mg/100 grams of edible portion					
		INFS	HKI	NIN	IPHN	BARC	BRRI	INFS	HKI	NIN	IPHN	BARC	BRRI
Bangla name	English name												
Shuparee	Betel	50	50	-	50	-	-	1.5	1.5	-	1.5	-	-
Pan Pata	Betel Leaves	230	230	230	230	-	-	7	7	10.6	7	-	-
Nonta Biskut	Biscuit(salted)	-	-	-	-	-	-	-	-	-	-	-	-
Misti Biskut	Biscuit(Sweet)	-	-	-	-	-	-	-	-	-	-	-	-
Ruti	Bread(Brown)	18	18	18	-	-	-	2.2	2.2	2.2	-	2.2	-
Pauruti	Bread(Loaf)	-	18	-	-	-	-	-	2.2	-	-	-	-
Ruti(White)	Bread(White)	11	11	11	-	-	-	1.1	1.1	1.1	-	1.1	-
Narikaler Dudth	Coconut milk	5	5	15	19	-	-	1.6	1.6	1.6	2.7	-	-
Khejur Rash	Date Juice	-	40	-	-	-	-	-	4.1	-	-	-	-
Modhu	Honey	5	5	5	5	-	-	0.9	0.9	0.696	0.9	-	-
Kathalare Bichi	Jackfruit Seed	50	50	50	-	-	-	1.5	1.5	1.5	-	-	-
Khoyare	Lotus Seed(Dry)	130	130	-	-	-	-	11.1	11.1	-	-	-	-
PotobGota(Shukna)	Lotus Seed(Ripe)	36	36	36	-	-	-	2.3	2.3	2.3	-	-	-
Poripokko Sobuj	Lotus Seed(Green)	49	49	-	-	-	-	-	-	-	-	-	-
Mohua Ful	Mahua Flower	140	140	-	-	-	-	15	15	-	-	-	-
Makhana	Makhana	20	20	20	-	-	-	1.4	1.4	1.4	-	-	-
Akher Gur	Molasses	-	12	-	446	-	-	-	0	-	10	-	-
Khejur Gur	Molasses(Date)	-	363	-	363	-	-	-	0	-	-	-	-
Kholl(China badamer)	Oil Cakes(Ground nu	213	213	-	-	-	-	-	-	-	-	-	-
Papor	Pappadom	80	80	-	-	-	-	17.2	17.2	-	-	-	-
Amchur	Pickles	180	180	-	-	-	-	45.2	45.2	-	-	-	-
Posto Dana	Poppy Seed	1584	1584	-	-	-	-	0	0	-	-	-	-
Kumrar Bichi	Pumkin Seed	50	50	-	584	-	-	5.5	5.5	-	5.5	-	-
Shabu	Sago	10	10	10	-	-	-	1.3	1.3	1.3	-	-	-
Chini	Sugar	12	12	-	-	-	-	-	-	-	-	-	-
Misri	Sugar Candy	-	12	-	-	-	-	0	0	-	-	-	-
Akher Rosh	Sugar Cane Juice	-	0	10	10	-	-	1.1	1.1	0.1	1.1	-	-
Tetulare Bechir Sas	Tamarind Seed(Drie	121	121	-	-	-	-	-	-	-	-	-	-
Tari	Toddy(Fermented)	150	150	-	-	-	-	0.3	0.3	-	-	-	-
Pani Fol	Water Chestnut	10	10	20	10	-	-	0.8	0.8	1.35	0.8	-	-

Miscellaneous	Bangla name	English name	Carotene/100 grams of edible portion					VITA IU				
			Carotene μ g		β -Carotene μ g		BRI		IPHN		BRI	
			INFS	NIN	BARC	HKI	BRI	BRI	IPHN	IPHN	BRI	BRI
			3	-	-	3	-	-	5	5	-	-
Shuparee	Betel	Betel Leaves	5760	5760	-	5760	-	-	9600	-	-	-
Pan Pata		Biscuit(salted)	-	-	-	-	-	-	-	-	-	-
Nonta Biskut		Biscuit(Sweet)	-	-	0.21	0	-	-	-	-	-	-
Misti Biskut		Bread(Brown)	-	-	-	-	-	-	-	-	-	-
Ruti		Bread(Loaf)	-	-	-	-	-	-	-	-	-	-
Pauruti		Bread(White)	-	-	0.07	0	-	-	-	-	-	-
Ruti(White)		Coconut milk	0	0	-	-	-	-	0	3	3	5.8
Narikaler Dudth		Date Juice	-	-	-	-	-	-	0	4	4	4
Khejur Rash		Honey	0	-	-	10	-	-	11	11	-	-
Modhu		Jackfruit Seed	10	-	-	0	-	-	-	-	-	-
Kathalare Bichi		Lotus Seed(Dry)	-	-	-	0	-	-	-	-	-	-
Khoyare		Lotus Seed(Ripe)	-	-	-	0	-	-	-	-	-	-
PodabGola(Shukria)		Lotus Seed(Green)	-	-	-	23	-	-	-	7	7	-
Poripokko Sobuj		Mahua Flower	23	-	-	-	-	-	-	-	-	-
Mohua Ful		Makhana	-	-	-	168	-	-	280	-	0	-
Makhana		Molasses	-	-	-	-	-	-	-	-	-	-
Akher Gur		Molasses(Date)	-	-	-	-	-	-	-	-	-	-
Khejur Gur		Oil Cakes(Ground nu	-	-	-	-	-	-	-	0	0	-
Kholl(China badamer)		Pappadam	0	-	-	-	-	-	-	41	41	-
Papor		Pickles	0	-	-	-	-	-	-	-	-	-
Amchur		Poppy Seed	-	-	-	-	-	-	-	1	1	-
Posto Dana		Pumkin Seed	38	-	-	38	-	-	6.3	-	-	-
Kumrar Bichi		Sago	-	-	-	-	-	-	-	-	-	-
Shabu		Sugar	-	-	-	-	-	-	-	-	-	-
Chini		Sugar Candy	-	-	-	0	-	-	Trace	0	Trace	-
Misri		Sugar Cane Juice	-	-	-	-	-	-	-	-	-	-
Akher Rosh		Tamarind Seed(Drier	-	-	-	-	-	-	-	-	-	-
Tetulare Bechir Sas		Toddy(Fermented)	-	-	-	-	-	-	-	-	-	-
Tari		Water Chestnut	0	12	-	0	-	-	20	15	15	14.9
Pani Fol												

Miscellaneous		Niacin mg/100 grams of edible portion						Fiber g/100 grams of edible portion					
Bangla name	English name	INFS	HKI	NIN	IPHN	BARC	BRRI	INFS	HKI	NIN	IPHN	BARC	BRRI
Shuparee	Betel	-	-	-	-	-	-	11.2	11.2	-	-	-	-
Pan Pata	Betel Leaves	-	-	0.7	0.7	-	-	2.3	2.3	2.3	-	-	-
Nonta Biskut	Biscuit(salted)	-	-	-	-	-	-	-	-	-	-	-	-
Misti Biskut	Biscuit(Sweet)	-	-	-	-	-	-	-	-	-	-	-	-
Ruti	Bread(Brown)	-	-	2.5	-	-	-	1.2	1.2	1.2	-	1.2	-
Pauruti	Bread(Loaf)	-	-	-	-	-	-	-	-	-	-	-	-
Ruti(White)	Bread(White)	-	-	0.7	-	-	-	0.2	0.2	0.2	-	0.2	-
Narikaler Dudth	Coconut milk	-	-	0.6	-	-	-	0	0	0	-	-	-
Khejur Rash	Date Juice	-	-	-	-	-	-	-	-	-	-	-	-
Modhu	Honey	-	-	-	0.2	-	-	-	-	-	-	-	-
Kathalare Bichi	Jackfruit Seed	-	-	-	-	-	-	1.6	1.6	1.5	-	-	-
Khoyare	Lotus Seed(Dry)	-	-	-	-	-	-	11.8	11.8	-	-	-	-
PodobGola(Shukna)	Lotus Seed(Ripe)	-	-	-	-	-	-	2.6	2.6	2.6	-	-	-
Poripokko Sobuj	Lotus Seed(Green)	-	-	-	-	-	-	0.9	0.9	-	-	-	-
Mohua Ful	Mahua Flower	-	-	-	-	-	-	1.7	1.7	-	-	-	-
Makhana	Makhana	-	-	-	-	-	-	-	-	-	-	-	-
Akher Gur	Molasses	-	-	-	0.5	-	-	-	-	-	-	-	-
Khejur Gur	Molasses(Date)	-	-	-	-	-	-	-	-	-	-	-	-
Khori(China badamer)	Oil Cakes(Ground nu	-	-	-	-	-	-	3.2	3.2	-	-	-	-
Papor	Pappadom	-	-	-	-	-	-	-	-	-	-	-	-
Amchur	Pickles	-	-	-	-	-	-	13.7	13.7	-	-	-	-
Posto Dana	Poppy Seed	-	-	-	-	-	-	8	8	-	-	-	-
Kumrar Bichi	Pumkin Seed	-	-	-	3.1	-	-	0.2	0.2	-	-	-	-
Shabu	Sago	-	-	-	-	-	-	-	-	-	-	-	-
Chini	Sugar	-	-	-	-	-	-	0	0	-	-	-	-
Misri	Sugar Candy	-	-	-	-	-	-	-	-	-	-	-	-
Akher Rosh	Sugar Cane Juice	-	-	-	-	-	-	-	-	-	-	-	-
Tetulare Bechir Sas	Tamarind Seed(Drie	-	-	-	-	-	-	1	1	-	-	-	-
Tari	Toddy(Fermented)	-	-	-	-	-	-	-	-	-	-	-	-
Pani Fol	Water Chestnut	-	-	0.6	0.6	-	-	0.6	0.6	0.6	-	-	-

Table 1: Distribution of Vitamin A in parts of two Bangladeshi fish, *mola* and *rui*

Parts of fish	Vitamin A content RE/100g	Weight of parts g (%)	Vitamin A RE/100g	in whole fish %
<i>Mola</i> (<i>Amblypharyngodon mola</i>)				
Body tissue, posterior	55	0.86(23)	12	1
Body tissue, anterior (without eyes)	353	1.88(49)	174	7
Viscera	3,622	1.00(26)	948	39
Eyes	62,180	0.08(2)	1,302	53
Whole fish, raw		3.82(100)	2,436	100
<i>Rui</i> (<i>Labeo rohita</i>)				
Body tissue	13	284(90)	12	1
Viscera	181	30(9)	17	48
Eyes	916	2.1(1)	6	17
Whole fish, raw		316(100)	35	100

Table 2: categorizing commonly consumed fish species according to Vitamin A content

Category of fish species	Vitamin A content (RE/100 g raw edible Parts)	Common names
Very high content	>1500	<i>Mola, Chanda</i>
High content	500-1500	<i>Dhela, Darkina</i>
Medium content	100-500	<i>Chanda, Koi</i> <i>Tengra, Taki, Chella</i>
Low content	<100	<i>Kaski, Chikra/baim</i> <i>Puti, Gutum, Chapila</i> <i>Kolisha, Shing</i> <i>Magur, Chata,</i> <i>Tilapia, Mrigal, Rui</i> <i>Silver carp, Hilsha</i>

[Smaller the fish has higher the content of vitamin A]

Ref: Fish consumption and aquaculture in rural Bangladesh
Nanna Roos

Vitamin A content in commonly consumed Bangladeshi fish species.

Common names	Vitamin A compounds, µg/100g					Total Vitamin A RE/100g
	β-Carotene	Retinol (A ₁)		Dehydroretinol (A ₂)		
		13-cis	all-trans	13-cis	all-trans	
<i>Chanda</i>	10-66	6-35	33-160	27-269	220-5753	173-2511
<i>Chapila</i>	0	1	9	21	126	73
<i>Chata</i>	47	3	8	3	7	21
<i>Chella</i>	21	25	90	9	45	134
<i>Chikra/Baim</i>	5-208	1-4	4-18	4-15	51-133	28-111
<i>Chingri</i>	7	0	1	2	1	3
<i>Darkina</i>	68-131	17-64	105-472	9-53	41-383	152-700
<i>Gutum</i>	25	1	17	9	131	78
<i>Kaika</i>	56	9	54	12	53	96
<i>Kaski</i>	14-18	2-3	10-17	17-38	80-175	53-101
<i>Koi</i>	74	61	163	30	71	261
<i>Kolisha</i>	11	5	34	5	14	48
<i>Magur</i>	64	4	7	8	15	30
<i>Mrigal</i>	0	2	9	2	9	15
<i>Puti</i>	3-25	3-7	11-31	5-11	8-68	23-68
<i>Shing</i>	45	5	11	11	22	35
<i>Taki</i>	20-31	5-13	47-117	8-19	76-124	88-152
<i>Tengra</i>	12	7	65	19	293	197
<i>Mola</i> (Raw edible)	0	0	262-411	380-569	4769-5335	2360-2717
<i>Mola</i> (Cooked)	53-75	12-47	78-362	140-445	507-2066	357-1367
<i>Mola</i> (Whole)	50-60	39-101	423-732	418-1575	4782-5257	2700-3549
<i>Mola, Viscera</i>	1248	111	1524	274	4263	3630
<i>Mola, Eye</i>	0	4756	22198	2942	88095	62180
<i>Rui</i>	6	2	9	1	4	13
<i>Rui, Eye</i>	392	148	538	63	443	917

Ref: Fish consumption and aquaculture in rural Bangladesh
Nanna Roos

Some important information:

1. Functionally A₁ and A₂ are same except A₂ has one additional bound.
2. For bioavailable A₁ competes for binding with Retinol binding Protein (RBP) much have than A₂.
3. Evidence suggests that A₁ may get converted to A₂ but not other way round.

Mineral and fat content in raw edible parts of some commonly consumed fish species

All the values are per 100 grams of edible portion

English name	Scientific Name	Fat g	Fe mg	Ca mg	Zn mg	Mg mg	Se µg	Na mg	K mg
Chanda	Chanda ranga	4.0-8.7	0.8-2.8	379-1297	1.8-3.2	16-52	6.0-34	16-74	55-251
Chapla	Gudusia chapra	5.0-12.2	2.3-12.9	1012-1114	2.0-2.2	40.9-42.1	10.1-16.7	54.4-59.6	254-308
Chikra	Macrognaathus aculeatus	3.2-5.2	1.9-3.0	381-533	1.0-1.4	32.6-35.4	5.0-45	40.6-52.7	271-322
Darkina	Esomus danricus	4.5(1.2)	12(9.1)	891(357)	4(1)	38(7.8)	12(1.5)	110(85)	200(31)
Kaski	Corica soborna	1.2-1.6	1.6-4.0	439-513	2.6-3.6	23.2-28.8	5.3-9.6	28.1-47.9	85-183
Mola	Amblypharyngodon mola	4.1-4.7	2.0-9.4	767-939	2.8-3.6	28.2-41.8	3.0-7.0	30-48	111-193
Mrigal	Girardinus mrigala	1.0-4.8	1.2-3.8	856-1064	1.4-1.6	37.3-40.7	16.9-21.1	62.5-79.5	255-277
Puti	Puntius chola	4.4-8.2	1.9-4.1	946-1480	2.6-3.8	36.8-47	7.8-18	48.7-65	182-218
Silver carp	Hypophthalmichthys molitrix	2.1-3.3	2.6-6.2	542-1264	0.9-1.9	29.4-38.6	11.4-12.6	65-127	196-254
Taki	Channa punctuatus	1.9-2.9	1.4-2.2	583-949	1.3-1.7	34.4-35.6	18-Dec	39.4-54.6	245-275
Tengra	Mystus vittatus	5.7-9.1	3.6-4.4	759-1427	2.3-3.9	34.6-37.4	11.0-37	57	160-246
Chingri	Macrobrachium ssp	1.3	0.9-5.3	664-710	1.2-1.8	33.4-40.6	7.0-12.0	71-97	184-270

Ref: Fish consumption and aquaculture in rural Bangladesh
Nanna Roos

Summary of the Food Composition Table In INFS-BARC
All values are per 100 grams of edible portion

Name	Moisture g	Ash g	Fat g	Protein g	Fiber g	Carbohydrates g	Energy Kcal	β-Carotene μg	VitaminC mg	Calcium mg	Iron mg	Zinc mg
Rice(43)	10.09-13.84	0.91-1.52	1.63-2.94	5.95-9.62	0.37-1.81	77.92-80.03	344-365	Trace-2.1	0	1.14-6.85	0.53-1.14	1.5-2.12
Wheat(11)	8.81-12.52	1.31-1.67	2.96-3.85	10.88-13.23	1.22-2.94	67.56-73.36	356-369		0	40.0-45.1	4.9-5.6	2.4-2.9
BARI Lentil(4)	9.18-9.85	2.16-2.61	1.79-2.52	21.97-23.63	0.53-0.72	61.46-63.44	358-363	272-291	0	90-95	4.9-5.4	2.8-3.1
BARI Bengal Gram-6	9.86-11.28	2.44-3.09	3.42-5.0	15.04-21.03	0.48-0.97	59.4-65.45	362-367	191-205	1.2-3.0	76-92	9.1-9.5	1.7-2.0
BARI Nabin(1)	10.58	2.58	4.81	17.01	1.06	63.96	367	211	1	93	9	1.8
Kabi Gram(1)	10.75	2.85	6.66	17.96	1.2	60.58	374	205	0.8	94	9.2	1.9
Khasari(2)	10.45-11.95	2.86-2.93	1.71-1.8	23.47-24.81	1.66-1.73	58.12-58.51	343-349	125-131	0	92-96	6.4-6.8	2.6-2.8
BARI Mug(4)	10.05-11.86	3.06-3.25	1.65-2.01	16.12-23.31	2.34-3.74	58.64-65.8	338-345	80-89	0	71-78	7.5-8.0	3.2-3.5
BINA Mug(5)	10.14-14.11	3.42-3.77	1.3-2.05	19.25-25.03	1.13-2.61	56.58-62.61	331-344	82-87	0	71-78	7.5-7.7	3.1-3.7
Maskali(3)	10.71-12.41	2.88-3.33	1.92-3.0	18.04-18.29	1.68-1.90	62.55-63.92	340-353	40-54	0	160-165	9.2-9.6	2.4-2.8
Cucumber(1)	94.1	0.16	0.07	0.25	0.68	4.8	20	3	102	7	1.4	0.2
Korolla(5)	92.18-93.74	0.37-0.62	0.12-0.29	0.92-1.8	1.23-1.46	2.48-4.62	18-25	60-77	109-120	13-20	1.3-1.8	0.22-0.31
Mustard Seed(6)	4.15-6.07	4.1-6.07	36.64-41.01	17.23-20.37	5.76-7.08	23.97-30.75	518-544	144-161	0	438-493	2.56-15.6	4.17-4.42
Ground Nut(5)	4.15-4.79	2.3-2.51	35.41-49.55	18.13-26.71	2.52-3.67	14.04-31.25	518-608	35-40	0	88-97	2.63-3.15	3.75-3.9
Till(4)	4.33-5.89	4.67-5.86	27.99-38.94	18.68-21.17	12.67-13.37	17.65-29.18	440-500	52-6	0	1056-1428	6.9-11.22	6.15-6.52
Tishi(1)	6.37	3.1	23.31	22.35	10.09	34.78	438	60	0	890	9.55	4.25
Soybean(2)	8.36	4.76-4.81	9.18-14.61	30.63-31.25	4.62-4.91	36.35-42.16	373-401	400-429	0	230-244	10.5-11	6.91-6.95
Kusum Seed(1)	6.83	2.84	22.43	14.51	11.89	41.51	425	0	0.5	233	4	3.21
Sunflower(1)	6.55	3.63	24.87	23.29	10.16	31.5	442	0	0.8	278	4.25	6.35
Potato(12)	74.42-84.1	0.46-0.82	0.02-0.08	1.09-2.5	0	14.15-21.28	61-94	24-35	16-22	10.14	0.5-0.61	0.41-0.53
Colocasia(2)	62.63-69.16	0.96-1.95	0.21-0.32	1.69-1.88	0.2-0.4	27.78-32.82	119-134	10759-11022	14-16	232-266	12.0-15.0	0.20-0.21
Yam(5)	65.89-79.5	0.7-0.85	0.07-0.12	0.85-1.29	0	18.84-32.11	79-133	76-91	0	31-47	1.22-1.44	0.41-0.46
Motor Shak(3)	84.81-85.95	0.88-1.29	0.91-1.11	3.67-4.84	1.21-1.38	6.74-7.6	510-56.0	3506-3842	27-31	302-338	7.8-8.2	0.19-0.25
Lal Shak(1)	87.77	1.12	0.6	3.72	0.85	5.94	44	12112	46	381	1.2	0.34
Bean(5)	84.58-88.86	0.38-0.78	0.14-0.36	2.04-2.93	1.39-1.9	6.45-10.01	36-52	44-52	10-40	140-151	0.17-0.22	0.21-0.27
Radish(3)	93.37-94.1	0.21-0.54	0.1-0.16	0.52-0.8	0.23-0.98	4.33-5.13	21-23	158-203	9.0-11.0	132-181	1.2-2.5	0.04-0.08
Motor Shufi(3)	10.04-13.34	2.29-3.12	2.18-2.5	18.63-22.73	0.8-2.3	60.13-62.09	341-352	105-211	2.0-3.0	75-90	2.6-3.5	1.9-2.2
Egg(7)	64.47-69.96	0.93-1.76	12.49-17.23	12.64-16.38	0	0.21-5.3	179-223	422-445	0	63-75	1.8-2.6	0.13-0.22
Cow Milk(3)	86.22-87.25	0.55-0.68	2.39-3.43	2.91-3.48	0	5.66-5.91	60-68	51-58	2.0-3.0	122-132	0.18-0.22	0.2-0.3
Goat Milk(3)	84.22-85.64	0.55-0.60	4.01-4.51	4.06-4.36	0	5.24-6.81	77-81	59-62	2.0-3.0	130-133	0.2-0.22	0.2-0.3
Sugar Cane(12)	75.83-81.94	0.23-0.64	0.04-0.13	1.13-1.82								

* Number in the paranthesis indicate total number of varieties

Table: Ash, Iron, Calcium, and Zinc and β -carotene content of commonly consumed Bangladeshi vegetables

Bangla name	English name	Number of samples	Moisture g/100 g ¹	Ash of DM ²	% Iron $\mu\text{g/g DM}^2$	Calcium mg/g DM ²	Zinc DM ²	$\mu\text{g/g } \beta\text{-carotene } \mu\text{g/100 g fresh wt.}^3$
Lal Shak	Amaranth red leaf var.	12	88	19.6 $\pm$ 2.57	473 $\pm$ 200	25.96 $\pm$ 7.0	95.4 $\pm$ 24.6	1709 $\pm$ 280
Data	Amaranth stem	3	92.5	26.0 $\pm$ 7.64	197 $\pm$ 93.9	15.21 $\pm$ 4.76	69.3 $\pm$ 50.3	306 $\pm$ 334
Data Shak	Amaranth leaves	4	94.3	18.4 $\pm$ 1.11	430 $\pm$ 178	25.97 $\pm$ 2.32	99.5 $\pm$ 56.3	1526 $\pm$ 56.7
Begun	Brinjal	4	92.4	6.44 $\pm$ 0.98	35.3 $\pm$ 7.41	1.26 $\pm$ 0.55	21.3 $\pm$ 5.19	-
Shim	Bean	4	89.9	5.57 $\pm$ 0.98	73.0 $\pm$ 27.8	2.94 $\pm$ 1.31	31.3 $\pm$ 7.37	-
Lau	Bottle gourd	12	83.1	7.63 $\pm$ 2.28	108 $\pm$ 68.5	4.58 $\pm$ 1.52	33.0 $\pm$ 12.6	-
Lau Shak	Bottle gourd leaves	5	87.9	12.5 $\pm$ 1.39	253.0 $\pm$ 51.3	15.63 $\pm$ 6.04	118 $\pm$ 56.8	2034 $\pm$ 248
Badha Kopi	Cabbage	4	93.3	7.38 $\pm$ 0.86	61.8 $\pm$ 24.7	5.73 $\pm$ 3.21	27.3 $\pm$ 14.5	-
Kacha Marich	Chilli, green	2	73.5	6.93 $\pm$ 0.05	72.5 $\pm$ 4.95	1.30 $\pm$ 0.10	21.0 $\pm$ 1.41	-
Pui Shak	Indian spinach	3	92	14.5 $\pm$ 1.36	292.0 $\pm$ 96.4	10.3 $\pm$ 0.84	65.7 $\pm$ 17.2	-
Sharisha Shak	Mustard leaves	3	89.8	17.1 $\pm$ 1.46	494.0 $\pm$ 40.6	24.4 $\pm$ 1.43	126 $\pm$ 19.1	1404 $\pm$ 36.1
Peyaj	Onion	2	86.6	4.21 $\pm$ 0.02	45.5 $\pm$ 4.95	0.17 $\pm$ 0.03	25.5 $\pm$ 0.71	-
Mula Pata	Radish leaves	6	94.6	17.4 $\pm$ 1.30	444.0 $\pm$ 168	24.0 $\pm$ 6.52	96.7 $\pm$ 17.7	1871 $\pm$ 875
Palong Shak	Spinach	2	90.8	20.9 $\pm$ 1.52	367.0 $\pm$ 112	10.1 $\pm$ 2.63	65.0 $\pm$ 17.0	-
Mishiti Kumra	Pumpkin	6	93	6.76 $\pm$ 2.28	68.8 $\pm$ 25.7	4.45 $\pm$ 4.85	17.5 $\pm$ 3.78	362 $\pm$ 89.3

¹ HKI

² Dry matter of raw, cleaned vegetables

³ Fresh weight of raw, cleaned vegetables

Source: Ole Hels

β- carotene(Total carotenoids!!) in various type of potato

Name	HPLC method	β-carotene (Carotenoids!!) µg%				
		Nutritional Biochemistry Lab.	INFS	NIN +HKI	INFS-BRAC	BRRI
Potato (Holland)	0.4	Spectrophotometric method 38	0	24*	24-35*	-
Potato, Round (Kishorganj)	-	42.1	-	-	-	-
Potato, Round (Bogra)	0.6	69.7	-	-	-	-
Sweet Potato (White)	1.5	42.5	0	6*	-	136.6*
Potato, (Holland), Freeze dry	0.2	-	-	-	-	-
Sweet Potato (White) Freeze dry	1.4	28.5	-	-	-	-

Actually all values except HPLC values are total carotenoids.

* Published as β-carotene

Comparison of β- carotene(Total carotenoids!!) between green variety and ripe variety

Name	β- carotene(Carotenoids) ug%				
	Nutritional Biochemistry Lab.	INFS	NIN	HKI	BRRI

Bittergourd (Ripe)	1014.6	-	-	-	-
Bittergourd (Green)	165.1	1450	126	126	163.1
Chilli (Red)	5365.3	-	-	-	-
Chilli (Green)	218.6	2340	-	2340	-

Spectrometric measurements but published as β-carotene. These values should be total carotenoids.

Name of Leafy Vegetable	β -carotene(Carotenoids!!) $\mu\text{g}\%$					
	ICDDR,B	HKI	INFS-BARC	INFS	NIN	BRRI
Helencha Sak	8200	13700	-	13700	-	-
Kachu Sak	8000	10278	-	10278	10278	-
Kalmi Sak	8300	1980	-	10740	1980	-
Lal Sak	8000	11940	12112	11940	-	-
Lau Sak	6600	7196	6502	-	-	-
Motor Sak	8900	-	3506-3842	-	-	-
Mula Sak	6300	5295	-	9700	5295	-
Nunia Sak	5400	-	-	-	-	-
Palang Sak	6400	5580	-	8470	5580	-
Pat Sak	10000	6918	-	11700	-	-
Pui Sak	5600	7440	-	12750	-	-
Sharisha Sak	8800	2622	-	2622	2622	-
Sharisha Phool	16000	-	-	-	-	-
Thankuni Sak	6100	2998	-	13100	-	-

Note: All values are spectrophotometric measurements and published as β -carotene but these values should be total carotenoids.

Egg (Liquid portion)	Moisture %				Protein g%			
	Nutritional Biochemistry lab.	NIN	HKI + INFS	INFS-BRAC	Nutritional Biochemistry lab.	NIN	HKI + INFS	INFS-BRAC
Egg (Deshi Hen)	85.7 ± 0.78	-	-	84.7	11.17 ± 0.2	-	-	13.86
Egg (Farm Red)	85.6 ± 0.85	-	-	85.8	11.62 ± 0.17	-	-	10.02
Egg (Farm White)	86.64 ± 0.71	-	-	85.48	10.61 ± 1.6	-	-	12.24
Egg (Duck)	87.60 ± 0.69	-	-	-	10.18 ± 0.17	-	-	-
Egg (Yolk)	Moisture %				Energy Kcal			
	Nutritional Biochemistry lab.	NIN	HKI + INFS	INFS-BRAC	Nutritional Biochemistry lab.	NIN	HKI + INFS	INFS-BRAC
Egg (Deshi Hen)	49.1 ± 0.42	-	-	49.5	394.3 ± 1.1	-	-	338
Egg (Farm Red)	49.68 ± 0.43	-	-	46.36	391.7 ± 2.4	-	-	369
Egg (Farm White)	-	-	-	45.61	403.4 ± 2.2	-	-	363
Rice	Protein g%				Energy Kcal			
	Nutritional Biochemistry lab.	NIN	HKI + INFS	INFS-BRAC	Nutritional Biochemistry lab.	NIN	HKI + INFS	INFS-BRAC
Rice (Raw)	8.75 ± 0.14	6.8-8.5	6.8-8.5	6.0-9.6	Soyabean Oil	902.5 ± 9.6	900	900
Rice (Cooked)	2.73 ± 0.03	-	-	-	Coconut Oil	896.8 ± 5.5	900	900

Rice	Fat g%			Energy Kcal		
	Nutritional Biochemistry lab.	NIN	HKI + INFS	Nutritional Biochemistry lab.	NIN	HKI + INFS
Rice (Raw)	0.62 ± 0.028	0.4-1.0	0.4-1.0	373.0 ± 4.2	345-349	345-365
Rice (Cooked)	0.24 ± 0.014	-	-	119.4 ± 2.7	-	-
Muri	0.58 ± 0.028	0.1	0.1	398.0 ± 2.68	325	354
Pulse	Energy Kcal			Protein g%		
	Nutritional Biochemistry lab.	NIN	HKI + INFS	Nutritional Biochemistry lab.	NIN	HKI + INFS
Mug Dhal	388.0 ± 2.8	348	348	25.26 ± 0.56	24.5	24.5
Mug Dhal						16.1-23.1
Fish	Moisture g%					
	Nutritional Biochemistry lab.	NIN	HKI	INFS	INFS-BRAC	Nanna Roos
Mola	76.9 ± 0.85	-	-	-	72.8	-
Rui	69.02 ± 0.74	76.7	76.7	76.7	79.18	-
Fish	Protein g%					
	Nutritional Biochemistry lab.	NIN	HKI	INFS	INFS-BRAC	Nanna Roos
Mola	17.01 ± 0.29	-	18.2	-	-	-
Rui	22.36 ± 0.42	16.6	16.6	16.6	17.47	19

Fish	Fat g%					
	Nutritional Biochemistry lab.	NIN	HKI	INFS	INFS-BRAC	BRRl Nanna Roos
Mola	2.7 ± 0.08	-	4.4	-	-	3 4.4
Rui	5.3 ± 0.14	1.4	1.4	1.4	2.1	7 -
Fish	Energy Kcal					
	Nutritional Biochemistry lab.	NIN	HKI	INFS	INFS-BRAC	BRRl Nanna Roos
Mola	109.8 ± 2.5	-	112	-	-	- -
Rui	186.0 ± 2.8	97	97	97	89	- -
Fish	Energy Kcal					
	Nutritional Biochemistry lab.	NIN	HKI	INFS	INFS-BRAC	BRRl Nanna Roos
Mola	109.8 ± 2.5	-	112	-	-	- -
Rui	186.0 ± 2.8	97	97	97	89	- -
Fish	Zinc mg/l					
	Nutritional Biochemistry lab.	NIN	HKI	INFS	INFS-BRAC	BRRl Nanna Roos
Mola	2.7 ± 0.57	-	-	-	-	- 3.2 ± 0.4
Rui	0.87 ± 0.21	-	-	-	1.38	- -

β- carotene losses during different methods of cooking green leafy vegetables

Table: Average values of β- carotene content [express in dry weight] and present loss by drying method

Method	β- carotene µg%					
	<i>Pat Sak</i>			<i>Lal Sak</i>		
	Before	After	Loss%	Before	After	Loss%
Oven dried	62800	60400	4	59330	58695	2
Sun dried, Covered	62800	51450	18	59330	49550	16
Sun dried, Uncovered	62800	40430	34	59300	39010	36

Table: The loss of β- carotene content when 14 different vegetables were cooked using these three methods are shown below

Method 1 **% β- carotene loss (Range)**

Boiled, fried with oil, 31-43
Continuous stirring in an open container

Method 2

Boiled in a closed container, 11-14
Lid opened intermittently

Method 3

Boiled on top of cooking rice 2-11

Table: β- carotene and Retinyl equivalent (RE) content (µg/g dry weight) of *Pat sak* and *Lal sak* by drying method

Method	<i>Pat sak</i>		<i>Lal sak</i>	
	β- carotene	RE	β- carotene	RE
Oven-dried (60°C 12 hours)	604	100.6	587	97.8
Sun dried (Covered all day)	514	85.7	495	82.5
Sun dried (Uncovered all day)	404	67.3	390	65.0

Ref.: Rahman et al. Journal of Food Composition and Analysis 1990,3:47-53

Nutrient values in the Bangla 98

(All values are expressed in per 100 g of edible portion)

Name	Energy KJ	Energy Kcal	Protein g	Carbohydrate g	Fat g	Moisture g	Iron mg	Zinc mg	p-carotene µg	Phytin mg	carotenee µg		
NAME10	NFOOD	MUTDATE	ENKJ	ENKCAL	PROT_G	CARB_G	FAT_G	MOIS_G	FE_MG	ZN_MG	BCAR_MCG	PHYT_MG	CARO_MCG
Barley	2	12-Jun-97	1357.2	318.7	11.5	69.6	1.3	12.5	1.67	1.2	0	101	10
Maize, dry	5	12-Jun-97	1381.1	325.05	11.1	66.2	3.6	14.9	2.3	2.8	32	306	90
Maize, ten	6	12-Jun-97	506.8	119.15	4.7	24.6	0.9	67.1	1.1	-1	90	66	32
Rice, parb	9	31-Mar-98	1405.1	329.65	8.5	77.4	0.6	12.6	2.8	1.4	9	-1	9
Rice, parb	10	31-Mar-98	1387.6	325.45	6.4	79	0.4	13.3	1	1.35	0	83	0
Rice	12	29-Mar-98	1387.6	325.45	6.4	79	0.4	13.3	1	1.35	0	83	0
Rice, flak	14	12-Jun-97	1393.4	327.08	6.6	77.3	1.2	12.2	20	1.5	0	151	0
Rice, puff	15	30-Mar-98	1308.8	306.9	7.5	73.6	0.1	14.7	6.6	1.02	0	47	0
Wheat, who	20	12-Jun-97	1395.3	327.7	11.8	71.2	1.5	12.8	5.3	2.7	64	238	64
Flour, whe	21	30-Mar-98	1379	323.95	12.1	69.4	1.7	12.2	4.9	2.2	29	-1	29
Flour, whe	22	30-Mar-98	1402.7	329.22	11	73.9	0.9	13.3	2.7	0.6	25	38	25
Semolina,	24	30-Mar-98	1403.2	329.3	10.4	74.8	0.8	14	1.6	0.79	0	-1	0
Vermicelli	25	30-Mar-98	1415.5	332.02	8.7	78.3	0.4	11.7	2	1.96	0	19	0
Bread, wh	26	29-Mar-98	958.4	231.55	8.8	49	1.4	39	2.2	1.2	0	-1	0
Bread, whe	27	29-Mar-98	988.9	232.12	7.8	51.9	0.7	39	1.1	0.76	0	-1	0
Bengal gra	28	01-Apr-98	1461.2	344.48	17.1	60.9	5.3	9.8	4.6	6.1	189	158	189
Bengal gra	29	12-Mar-98	1517.6	357.85	20.8	59.8	5.6	9.9	5.3	1.7	129	133	129
Black gram	31	12-Jun-97	1413.4	332.1	24	59.6	1.4	10.9	3.8	3	38	169	38
Cowpea	32	01-Apr-98	1313.9	308.65	24.1	54.2	1	13.4	8.6	0.65	564	185	12
Field bean	33	12-Jun-97	1414.5	332.18	24.9	60.1	0.8	9.6	2.7	-1	0	248	0

Name		Energy KJ	Energy Kcal	Protein g	Carbohydrate g	Fat g	Moisture g	Iron mg	Zinc mg	β-carotene μg	Phytin mg	carotenee μg
Green gram	34	12-Jun-97	1363.3	320.32	24	56.7	1.3	10.4	4.4	3	94	94
Green gram	35	12-Mar-98	1419.3	333.42	24.5	59.9	1.2	10.1	3.9	2.89	209	49
Khesari, d	37	12-Mar-98	1407.2	330.45	28.2	56.6	0.6	10	6.3	3.37	108	120
Lentil	38	30-Mar-98	1396.6	327.95	25.1	59	0.7	12.4	7.58	3.67	100	270
Peas, gree	40	01-Apr-98	380.5	89.32	7.2	15.9	0.1	72.9	1.5	0.7	55	83
Peas, dry	41	01-Apr-98	1279.6	300.58	19.7	56.5	1.1	16	7.05	2.3	135	39
Redgram, d	44	12-Jun-97	1363.6	320.5	22.3	57.6	1.7	13.4	2.7	2.31	170	132
Soyabean	46	12-Jun-97	1790.3	426.68	43.2	20.9	19.5	8.1	10.4	3.9	-1	426
Agathi	47	12-Jun-97	383.4	90.45	8.4	11.8	1.4	73.1	3.9	-1	6230	15440
Amaranth,	48	12-Mar-98	108.9	25.8	3	2	0.7	90	25.5	1.46	-1	8340
Amaranth,	49	12-Jun-97	184.1	43.38	4	6.1	0.5	85.7	3.49	0.18	2	5520
Amaranth,	50	31-Mar-98	75	17.62	0.9	3.5	0.1	92.5	1.8	1.67	-1	255
Amaranth,	53	12-Jun-97	174.1	40.95	3	7	0.3	85	22.9	-1	9999.99	3564
Bathua, le	59	12-Jun-97	124.1	29.28	3.7	2.9	0.4	89.6	4.2	-1	1740	1740
Beet, leav	60	12-Jun-97	191.4	45.18	3.4	6.5	0.8	86.4	16.2	-1	2575	5862
Betel, lea	62	31-Mar-98	179.9	42.48	3.1	6.1	0.8	85.4	10.6	3.44	-1	5760
Bottle gou	63	12-Mar-98	162.6	38.38	2.3	6.1	0.7	87.9	-1	0.76	-1	6600
Cabbage	66	12-Jun-97	107.9	25.35	1.8	4.6	0.1	91.9	0.8	0.43	3	120
Carrot, le	67	12-Jun-97	314.8	74.02	5.1	13.1	0.5	76.6	8.8	-1	4173	5700
Cauliflowe	68	12-Jun-97	270	63.8	5.9	7.6	1.3	80	40	-1	2143.5	2640
Celery, le	69	12-Jun-97	154.9	36.6	6.3	1.6	0.6	88	6.3	-1	3990	3990
Colocasia,	73	17-Mar-97	230.6	54.6	3.9	6.8	1.5	82.7	10	-1	5900	5920

Name		Energy KJ	Energy Kcal	Protein g	Carbohydrate g	Fat g	Moisture g	Iron mg	Zinc mg	β-carotene µg	Phytin mg	carotenee µg
Coriander,	75	12-Mar-98	179.1	42.22	3.3	6.3	86.3	1.42	0.95	4800	0	4800
Cowpea, le	76	12-Jun-97	149.3	35.28	3.4	4.1	89	20.1	-1	6072	-1	6072
Drumstick,	78	12-Jun-97	376.8	88.98	6.7	12.5	75.9	0.85	0.16	2991	44	19690
Fenugreek,	79	12-Jun-97	204.1	48.2	4.4	6	86.1	1.93	0.24	2048	0	9100
Lettuce	89	12-Jun-97	86.8	20.48	2.1	2.5	93.4	2.4	1.38	1100	-1	1100
Mint	94	12-Jun-97	196.6	46.06	4.8	5.8	84.9	15.6	0.43	1620	4	5480
Mustard, l	97	12-Jun-97	141.4	33.4	4	3.2	89.8	16.3	-1	1604	-1	2622
Pumpkin, l	102	12-Mar-98	234.2	55.22	4.6	7.9	81.9	-1	-1	498	-1	2245
Radish, le	103	12-Jun-97	117.8	27.8	3.8	2.4	90.8	0.09	0.08	2200	-1	2200
Safflower,	108	20-Mar-97	136.7	32.28	2.5	4.5	91.1	5.7	-1	3540	-1	3540
Spinach	110	12-Mar-98	106.3	25.18	2	2.9	92.1	1.14	0.3	2700	0	2740
Susni, lea	112	17-Mar-97	188.3	44.65	3.7	4.6	86.9	-1	-1	-1	-1	0
Tamarind,	113	17-Mar-97	467.5	110.35	5.8	18.2	70.5	0.3	0.26	2510	0	250
Turnip, le	114	17-Mar-97	273.9	64.75	4	9.4	81.9	28.4	-1	2316	-1	9396
Banana thi	116	17-Mar-97	125.05	47.65	0.4	11.8	85.1	1.1	-1	-1	-1	16
Carrot	118	12-Jun-97	192.3	45.15	0.9	10.6	86	1.03	0.22	6460	0	6460
Colocasia	119	17-Mar-97	392.3	92.02	3	21.1	73.1	0.42	1.08	47.5	-1	24
Onion, sma	123	30-Mar-98	235.9	55.35	1.8	12.6	84.3	1.2	0.44	0	-1	15
Potato	125	31-Mar-98	392.5	92.05	1.6	22.6	74.7	0.48	0.66	24	14	24
Radish, pi	126	12-Jun-97	130.1	30.6	0.6	6.8	90.8	0.37	0.68	0	13	3
Radish, wh	129	17-Mar-97	70	16.45	0.7	3.4	94.4	0.4	0.2	0	0	3
Potato, sw	130	18-Mar-98	482.7	113.25	1.2	28.2	68.5	0.21	0.37	1810	-1	1810

Name		Energy KJ	Energy Kcal	Protein g	Carbohydrate g	Fat g	Moisture g	Iron mg	Zinc mg	β-carotene μg	Phytin mg	carotenee μg
Turnip	133 17-Mar-97	115.1	27.05	0.5	6.2	0.2	91.6	0.4	0.11	1.24	-1	0
Yam, eleph	134 17-Mar-97	318.5	74.7	1.2	18.4	0.1	78.7	0.6	-1	0	4	260
Yam, wild	136 17-Mar-97	444	104.2	2.5	24.4	0.3	70.4	1	0.4	565	7	565
Ash gourd	137 30-Mar-98	40.9	9.62	0.4	1.9	0.1	96.5	0.8	-1	0	-1	0
Bean	138 12-Jun-97	63.6	150.35	7.4	29.8	1	58.3	2.6	0.4	188	-1	34
Bitter gou	139 31-Mar-98	101.8	23.95	1.6	4.2	0.2	92.4	0.61	0.68	64	4	126
Bitter gou	140 17-Mar-97	242.3	57.15	2.1	10.6	1	83.2	2	0.48	126	26	126
Bottle gou	141 30-Mar-98	47.1	11.08	0.2	2.5	0.1	96.1	0.46	0.76	7	-1	0
Brinjal	142 30-Mar-98	98.9	23.3	1.4	4	0.3	92.7	0.38	0.29	18	3	74
Broad bean	143 12-Jun-97	195.4	45.9	4.5	7.2	0.1	85.4	1.4	-1	-1	-1	9
Cauliflowe	144 13-Jun-97	123	29	2.6	4	0.4	90.8	1.23	0.58	99	10	30
Cowpea pod	148 17-Mar-97	196.5	46.18	3.5	8.1	0.2	85.3	2.5	-1	-1	-1	564
Cucumber	149 01-Apr-98	50.5	14.68	0.4	2.5	0.1	96.3	0.6	0.28	116	0	0
Drumstick	151 20-Mar-97	105.4	24.78	2.5	3.7	0.1	86.9	0.18	0.48	210	44	110
Drumstick,	152 20-Mar-97	204.4	48.22	3.6	7.1	0.8	85.9	-1	-1	-1	-1	0
Fig, Red	154 12-Jun-97	215.4	50.7	1.2	10.8	0.6	79.4	-1	-1	140	-1	140
French bea	155 12-Jun-97	104.6	24.58	1.7	4.5	0.1	91.4	0.61	0.42	-1	0	132
Giant chil	157 20-Mar-97	102	24.02	1.3	4.3	0.3	92.4	0.57	0.13	140	-1	140
Jack-fruit	158 17-Mar-97	205.7	48.35	2.6	9.4	0.3	84	1.7	-1	0	-1	0
Jack-fruit	159 17-Mar-97	539.8	126.75	6.6	25.8	0.4	64.5	1.5	-1	10	40	10
Ladies fin	166 01-Apr-98	142.1	33.4	1.9	6.4	0.2	89.6	0.35	0.56	52	0	52
Mango, gre	170 01-Apr-98	177.2	41.58	0.7	10.1	0.1	87.5	0.33	0.19	90	5	90

Name		Energy KJ	Energy Kcal	Protein g	Carbohydrate g	Fat g	Moisture g	Iron mg	Zinc mg	β-carotene μg	Phytin mg	carotene μg
Onion, sta	171	12-Jun-97	165.1	38.78	0.9	8.9	0.2	87.6	7.43	2.29	19	595
Papaya, gr	172	31-Mar-98	110.5	25.98	0.7	5.7	0.2	92	0.9	0.32	-1	0
Patal	173	17-Mar-97	80.3	18.95	2	2.2	0.3	92	1.7	0.29	8	153
Pink beans	174	17-Mar-97	179.5	42.25	3.1	7	0.4	86	1.5	-1	38	453
Plantain,	175	17-Mar-97	136.4	32.22	1.7	5.1	0.7	89.9	1.6	-1	-1	27
Plantain,	176	17-Mar-97	255.2	59.9	1.4	14	0.2	83.2	6.27	0.05	11	30
Plantain,	177	17-Mar-97	167.4	39.28	0.5	9.7	0.1	88.3	1.1	-1	-1	0
Pumpkin, f	178	12-Jun-97	101.1	23.75	1.4	4.6	0.1	92.6	0.44	0.48	-1	1160
Pumpkin, f	179	17-Mar-97	159.8	37.75	2.2	5.8	0.8	89.1	1.2	-1	-1	0
Ridge gour	180	17-Mar-97	66.6	15.65	0.5	3.4	0.1	95.2	0.39	0.38	11	33
Snake gour	181	17-Mar-97	72.4	17.08	0.5	3.3	0.3	94.6	1.51	0.3	0	96
Tomato, gr	185	31-Mar-98	93.6	22	1.9	3.6	0.1	93.1	1.8	-1	0	192
Nut, betel	190	31-Mar-98	1001.3	236.2	4.9	47.2	4.4	31.3	1.5	0.81	-1	3
Nut, cashe	192	12-Jun-97	2452.5	590.52	21.2	22.3	46.9	5.9	5.81	5.99	-1	60
Chilgoza	193	12-Jun-97	2524.4	608.05	13.9	29	49.3	4	3.6	-1	-1	0
Coconut, d	194	12-Jun-97	2751.1	656.9	6.8	18.4	62.3	4.3	7.8	5	-1	0
Coconut, f	195	12-Jun-97	1823.7	441.15	4.5	13	41.6	36.3	1.7	-1	-1	0
Coconut, m	197	12-Jun-97	1765.2	427.22	3.4	11.9	41	42.8	1.6	-1	-1	0
Coconut, w	198	20-Mar-97	97.9	23	1.4	4.4	0.1	93.8	0.1	-1	-1	0
Seed, sesa	201	12-Jun-97	2313.2	556.65	18.3	25	43.3	5.3	9.3	12.2	-1	60
Groundnut	202	30-Mar-98	2331.4	559.98	25.3	26.1	40.1	3	2.5	2.48	-1	37
Groundnut,	203	17-Mar-97	2345.2	563.12	26.2	26.7	39.8	1.7	3.1	-1	-1	0

Name		Energy KJ	Energy Kcal	Protein g	Carbohydrate g	Fat g	Moisture g	Iron mg	Zinc mg	β-carotene μg	Phytin mg	carotene μg
Seed, lind	205	12-Jun-97	2180.2	523.48	20.3	28.9	37.1	6.5	2.7	-1	30	30
Seed, must	206	31-Mar-98	2189.7	526.55	20	23.8	39.7	8.5	7.9	4.8	-1	162
Nut, Pista	208	12-Jun-97	2575.3	621.45	19.8	16.2	53.5	5.6	7.7	3.1	-1	144
Seed, sunf	211	12-Jun-97	2550.7	615.23	19.8	17.9	52.1	5.5	5	5.4	-1	0
Nut, wahu	212	12-Jun-97	2827.7	684.15	15.6	11	64.5	4.5	2.64	2.32	-1	6
Cardamom	216	12-Jun-97	928.4	218.48	10.2	42.1	2.2	20	4.6	2.81	-1	0
Chillies,	217	12-Jun-97	1005.3	237.9	15.9	31.6	6.2	10	2.3	1.18	71	345
Chillies,	218	12-Jun-97	119.5	28.25	2.9	3	0.6	85.7	4.4	0.48	7	1007
Cloves, dr	219	12-Jun-97	1153.7	273.4	5.2	46	8.9	25.2	4.9	1.47	-1	253
Cloves, gr	220	17-Mar-97	643	152.68	2.3	24.1	5.9	65.5	2.1	-1	-1	72
Coriander	221	12-Jun-97	1181	282.3	14.1	21.6	16.1	11.2	7.1	4.33	320	942
Cumin, see	222	12-Jun-97	1458.5	347.05	18.7	36.6	15	11.9	11.7	2.66	153	522
Fenugreek,	223	17-Mar-97	1365.6	322.38	26.2	44.1	5.8	13.7	6.5	3.08	151	96
Garlic	224	12-Jun-97	587.6	137.85	6.3	29.8	0.1	62	1.2	0.72	-1	0
Ginger	225	12-Jun-97	269.2	63.42	2.3	12.3	0.9	80.9	3.5	0.42	-1	40
Lime, peel	226	12-Jun-97	1009.1	121.95	1.8	29.4	0.5	66.5	2.7	-1	-1	110
Nutmeg, ri	230	17-Mar-97	211	49.6	1	11.2	0.4	86.8	2	2.2	-1	0
Orum	231	17-Mar-97	1490.9	356.85	17.1	24.6	21.8	7.4	12.5	4.52	296	71
Pepper, dr	232	12-Jun-97	1234.3	291.7	11.5	49.2	6.8	18.2	12.4	1.31	115	1080
Turmeric	237	12-Jun-97	1406.2	331.35	6.3	69.4	5.1	13.1	67.8	1.04	97	30
Ambada	238	17-Mar-97	194.9	46.68	0.7	4.5	3	90.3	3.9	-1	-1	270
Emblc	239	17-Mar-97	231.4	54.28	0.5	13.7	0.1	81.8	1.2	-1	-1	9

Name		Energy KJ	Energy Kcal	Protein g	Carbohydrate g	Fat g	Moisture g	Iron mg	Zinc mg	β-carotene μg	Phytin mg	carotenee μg
Apple	240	18-Mar-98	236.3	55.55	0.2	13.4	0.5	84.6	0.66	0.1	8	0
Banana, ri	245	18-Mar-98	466.7	109.5	1.2	27.2	0.3	70.1	0.36	0.14	800	78
Billimbi	247	12-Jun-97	75.6	17.82	0.5	3.5	0.3	94.4	1.2	-1	18	18
Breadfruit	248	12-Jun-97	285.7	67.05	1.5	15.8	0.2	79.5	0.5	-1	9	9
Bollock's	249	17-Mar-97	282.4	66.28	1.4	15.7	0.2	76.8	0.6	-1	67	67
Dates, dry	254	01-Apr-98	1270.1	297.85	2.5	75.8	0.4	15.3	7.3	0.3	-1	26
Dates, fre	255	12-Jun-97	576	135.15	1.2	33.8	0.4	59.2	0.96	0.03	-1	100
Fig	256	12-Jun-97	151.1	35.5	1.3	7.6	0.2	88.1	1	0.3	-1	162
Grape, blu	257	12-Jun-97	234.6	55.12	0.6	13.1	0.4	82.2	0.5	0.08	-1	3
Grape, pal	258	12-Jun-97	283.6	66.58	0.5	16.5	0.3	79.2	0.52	0.1	-1	0
Guava, cou	261	12-Jun-97	205.6	48.3	0.9	11.2	0.3	81.7	0.27	0.44	15	0
Jackfruit	264	31-Mar-98	352.8	82.75	1.9	19.8	0.1	76.2	0.56	0.07	17	130
Lemon	269	12-Jun-97	227.9	53.72	1	11.1	0.9	85	0.26	0.32	-1	0
Lemon, swe	270	12-Jun-97	139.8	32.88	0.7	7.3	0.3	90.5	0.7	-1	-1	0
Lychee	271	12-Jun-97	243.7	57.2	1.1	13.6	0.2	84.1	0.7	0.25	-1	0
Lime	273	30-Mar-98	236.9	55.88	1.5	10.9	1	84.6	0.3	-1	-1	15
Mango, rip	278	12-Jun-97	295.4	69.38	0.6	16.9	0.4	81	1.3	0.12	-1	1990
Melon, mus	280	12-Jun-97	68.5	16.12	0.3	3.5	0.2	95.2	1.4	0.1	-1	169
Melon, wat	281	30-Mar-98	63.6	14.98	0.2	3.3	0.2	95.8	7.9	0.21	-1	0
Orange	283	18-Mar-98	193.7	45.48	0.7	10.9	0.2	87.6	0.32	0.12	1	190
Orange jui	284	17-Mar-97	37.5	8.83	0.2	1.9	0.1	97.7	0.7	-1	-1	15
Palmyra fr	285	20-Mar-97	350.5	82.22	0.7	20.7	0.2	77.2	-1	0	-1	0

Name		Energy KJ	Energy Kcal	Protein g	Carbohydrate g	Fat g	Moisture g	Iron mg	Zinc mg	β-carotene μg	Phytin mg	carotene μg
Palmpitt fl	286	117.9	27.68	0.6	6.5	0.1	92.3	0.5	-1	0	-1	0
Papaya, ri	287	129.1	30.3	0.6	7.2	0.1	90.8	0.5	0.48	830	4	880
Phalsa	293	290.6	68.43	1.3	14.7	0.9	80.8	3.1	-1	419	13	0
Pineapple	294	183.3	45.8	0.4	10.8	0.1	87.8	2.42	0.4	237	2	18
Pomelo	298	177.1	41.55	0.6	10.2	0.1	88	0.3	-1	120	-1	120
Raisins	300	1235.3	289.65	1.8	74.6	0.3	20.2	7.7	0.18	0	-1	2
Seethaphal	304	418	98.12	1.6	23.5	0.4	70.5	4.31	0.8	0	-1	0
Strawberry	305	176.1	41.35	0.7	9.8	0.2	87.8	1.8	0.12	-1	-1	18
Tomato, ri	306	80.3	17.7	0.9	3.6	0.2	94	0.64	0.37	590	-1	590
Woodapple	309	547.2	129.58	7.1	18.1	3.7	64.2	0.48	0.46	55	-1	61
Bacha	313	612.5	145.68	18.1	6.1	5.6	68.8	0.7	-1	-1	-1	0
Silverfish	315	472.2	112.4	18.2	0	4.4	76.1	-1	-1	-1	-1	0
Bata, smal	316	370.8	87.95	14.3	2.2	2.5	79	1.1	0.94	-1	-1	0
Beley	317	315.1	74.28	14.5	2.9	0.6	79.7	1	-1	-1	-1	0
Bhangon, f	318	638	152.65	14.8	3.8	8.8	70.6	1.2	-1	-1	-1	0
Bhangon, d	319	1159.4	273.45	61.5	1.8	2.3	17.9	9.3	-1	-1	-1	0
Bhangon, p	320	599.8	142.32	19.4	6.7	4.4	67.3	1.1	-1	0	-1	0
Bhetki, fr	321	330.9	78.05	14.9	3	0.8	79.9	3.1	-1	0	-1	0
Bhetki, dr	322	1126.2	265.55	60.2	1.8	2	20.1	15	-1	-1	-1	0
Boal	325	483.3	114.4	15.4	7.6	2.7	73	0.6	-1	20	-1	0
Catfish	328	464.9	110.05	21.4	1	2.3	77.1	3.8	-1	-1	-1	0
Chela	329	431.3	102.72	14.6	1.5	4.3	77.5	2	-1	-1	-1	0

Name			Energy KJ	Energy Kcal	Protein g	Carbohydrate g	Fat g	Moisture g	Iron mg	Zinc mg	β -carotene μ g	Phytin mg	carotenee μ g
Flat fish	333	20-Mar-97	450.9	106.72	18.6	3.1	2.3	75	3	-1	-1	-1	0
Folui	336	17-Mar-97	419.2	98.88	19	3.7	1	73	1.7	1.77	0	-1	0
Hilsa	341	01-Apr-98	1434.5	345.58	21.8	2.9	27.5	53.7	2.24	0.92	-1	-1	0
Blackfish	346	17-Mar-97	318.9	75.3	14.7	2	1	81	0.8	-1	-1	-1	0
Carp	347	18-Mar-98	466.7	110.48	19.5	2.9	2.4	73.7	1.62	0.5	-1	-1	0
Climbing f	351	17-Mar-97	647.6	154.9	14.8	4.4	8.8	70	0.06	2.12	-1	-1	0
Lobster	354	17-Mar-97	381.8	90.1	20.5	0	0.9	77.3	-1	-1	-1	-1	0
Magur	356	20-Mar-97	359.2	84.75	15	4.2	1	78.5	0.8	1.22	20	-1	0
Mrigai	359	17-Mar-97	412.3	97.2	19.5	3.2	0.8	75	1.1	0.66	0	-1	0
Mullet	360	17-Mar-97	646.9	154.48	19.1	2.1	7.8	69.9	4.4	-1	-1	-1	0
Butterfish	365	17-Mar-97	477.7	112.95	19.2	4.6	2.1	73	1.02	1.25	-1	-1	0
Dragonfish	366	17-Mar-97	668.2	160.38	14.2	1.7	10.8	72.3	1.47	0.45	-1	-1	0
Parsey, fr	367	12-Jun-97	584.6	139.22	17.5	4.3	5.9	70.8	2.7	0	-1	-1	0
Parsey, dr	368	17-Mar-97	1315.8	310.85	65	3	4.4	11.8	17.4	-1	-1	-1	0
Pomfrets,	369	17-Mar-97	465.3	110.22	20.3	1.5	2.6	74.5	2.3	-1	-1	-1	0
Pomfrets,	370	17-Mar-97	365.9	86.45	17	1.8	1.3	78.4	0.9	-1	-1	-1	0
Prawn	371	18-Mar-97	374.5	88.4	19.1	0.8	1	77.4	5.3	-1	-1	-1	0
Fry	372	18-Mar-98	446.1	105.62	18.1	3.1	2.4	75	1.98	3.1	-1	-1	0
Rohu	377	18-Mar-98	563.5	134.2	16.6	4.4	1.4	76.7	2.9	1.18	-1	18	0
Sarputi	379	18-Mar-97	668.8	160.12	16.5	2.3	9.5	70.2	0.61	0.59	-1	-1	0
Shrimp, sm	381	19-Mar-97	1472.2	348.9	68.1	0	8.5	6	-1	-1	-1	-1	0
Sliverfish	383	31-Mar-98	472.2	112.4	18.2	0	4.4	76.1	-1	-1	-1	-1	0

Name		Energy KJ	Energy Kcal	Protein g	Carbohydrate g	Fat g	Moisture g	Iron mg	Zinc mg	β-carotene μg	Phytin mg	carotenee μg
Scorpion f	385	18-Mar-98	520.2	122.48	22.8	6.9	0.6	68	2.3	0.88	-1	0
Sole	386	18-Mar-97	395.7	93.75	16.2	2.2	2.3	78	2	0.54	-1	0
Tapsi, dry	391	18-Mar-97	1442.2	342.9	58.5	0	12.1	16.2	41.2	-1	-1	0
Tengra, fr	393	31-Mar-98	600	143.02	19.2	2.3	6.4	70	1.09	4.1	-1	0
Tengra, dr	394	18-Mar-97	1077.6	254.7	54.9	0	3.9	13.8	100.8	-1	-1	0
White bait	396	17-Mar-97	338.3	79.98	14.5	2.5	1.4	79.1	3.8	-1	-1	0
Beef	398	31-Mar-98	480.4	113.8	22.6	0	2.6	74.3	2.02	3.25	-1	0
Buffalo	399	18-Mar-97	363.1	85.7	19.4	0	0.9	78.7	-1	1	-1	0
Duck	400	31-Mar-98	546.4	129.98	21.6	0.1	4.8	72.3	-1	-1	-1	0
Egg, duck	401	31-Mar-98	749.2	180.3	13.5	0.8	13.7	71	2.5	1.23	-1	0
Egg, hen	402	31-Mar-98	718.2	172.9	13.3	0	13.3	73.7	2.1	1.26	-1	0
Chicken	405	31-Mar-98	462.5	109	25.9	0	0.6	72.2	0.76	0.77	-1	0
Goat	406	31-Mar-98	497	118	21.4	0	3.6	74.2	-1	3.36	-1	0
Liver, goa	408	18-Mar-97	451	107	20	0	3	76.3	-1	2.85	-1	0
Liver, mut	409	18-Mar-97	626.4	149.58	19.3	1.3	7.5	70.4	6.3	-1	-1	0
Mutton	410	18-Mar-97	806.6	193.7	18.5	0	13.3	71.5	1.83	3.92	-1	0
Pigeon	411	31-Mar-98	577.4	137.3	23.3	0	4.9	70.4	-1	-1	-1	0
Pork	412	18-Mar-97	480.7	114.4	18.7	0	4.4	77.4	2.2	-1	-1	0
Turtle	416	18-Mar-97	360	85.12	16.5	1.5	1.5	79.4	-1	-1	-1	0
Milk, buff	419	18-Mar-97	393.6	94.45	4.3	5	6.5	81	0.2	-1	-1	0
Milk, cow	420	01-Apr-98	276.5	66.2	3.2	4.4	4.1	87.5	0.2	0.56	-1	0
Milk, goat	421	17-Mar-97	296.2	70.95	3.3	4.6	4.5	86.8	0.3	-1	-1	0

Name		Energy KJ	Energy Kcal	Protein g	Carbohydrate g	Fat g	Moisture g	Iron mg	Zinc mg	β-carotene μg	Phytin mg	carotenee μg
Milk, huma	422	17-Mar-97	262.9	62.76	1.1	7.4	3.4	88	0.1	-1	-1	0
Milk, curd	423	17-Mar-97	248.7	59.65	3.1	3	4	89.1	0.2	-1	-1	0
Buttermilk	424	17-Mar-97	62.3	14.98	0.8	0.5	1.1	97.5	0.1	-1	-1	0
Milk, curd	426	20-Mar-97	1099.9	264.9	18.3	1.2	20.8	57.1	-1	-1	-1	0
Milk, curd	427	20-Mar-97	1205.2	290.22	13.4	7.9	23	54.1	-1	-1	-1	0
Cheese	428	17-Mar-97	1439.2	345.92	24.1	6.3	25.1	40.3	2.1	160	-1	0
Milk, powd	433	18-Mar-98	1487.3	357.75	25.8	3.8	26.7	3.5	0.6	205	-1	0
Butter	434	17-Mar-97	2997	729	0	0	81	19	-1	-1	-1	0
Ghee, cow	435	31-Mar-98	3700	900	0	0	100	0	-1	-1	-1	0
Ghee, buff	436	31-Mar-98	3700	900	0	0	100	0	-1	-1	-1	0
Oil, all t	438	01-Apr-98	3700	900	0	0	100	0	-1	-1	-1	0
Sugar	439	18-Mar-98	1592.1	373.15	0.1	99.4	0	0.4	0.16	0	-1	0
Honey	440	17-Mar-97	1277.1	299.32	0.3	79.5	0	20.6	0.7	-1	-1	0
Sago	446	20-Mar-97	1404.4	329.22	0.2	87.1	0.2	12.2	1.3	-1	-1	0
Waterlily,	523	17-Mar-97	775.2	181.85	4.1	43.4	0.3	49.1	-1	0	-1	1818
Waterlily,	524	17-Mar-97	571	133.98	3.1	31.7	0.3	62.5	-1	0	-1	1818
Waterlily,	543	17-Mar-97	135.8	32.05	1.6	5.4	0.6	90.8	-1	-1	-1	0
Curry, dri	700	01-Apr-98	292	69	4	14	0	80	3	769	9	0
Fresh fish	701	01-Apr-98	439	105	4	7	7	82	1	227	4	0
Gravy	702	01-Apr-98	253.3	60.9	0.7	4.5	4.6	28.9	0.5	153.2	2.2	0
Dried fish	703	01-Apr-98	1012	239	48	3	4	28	24	40	0	0
Curry, dri	704	12-Jun-97	450	107	3	18	3	73	3	948	11	0

Name	Energy KJ	Energy Kcal	Protein g	Carbohydrate g	Fat g	Moisture g	Iron mg	Zinc mg	β-carotene μg	Phytin mg	carotene μg
Fresh fish	423	102	4	6	7	82	1	1	206	2	0
Dried fish	260	61	4	12	0	81	2	1	898	5	0
Dried fish	435	103	4	16	3	74	2	2	1097	6	0
Meat curry	504	120	15	4	5	74	1	2	124	2	0
Curry, mea	504	120	15	4	5	74	1	1	50	2	0
Curry, bee	381.03	90.08	14.91	4.18	1.64	78.55	1.45	2.18	10.36	2.55	0
Curry, chi	367.67	86.56	16.91	4.18	0.36	77.09	0.73	0.73	102.91	2.55	0
Curry, mut	593.35	142.06	12.36	4.18	8.55	76.73	1.45	2.73	14.18	2.55	0
Liver, bee	517.1	122.7	20.7	2	3.6	73	7	4	-1	-1	0
Liver	517.1	122.7	20.7	2	3.6	73	7	4	-1	-1	0
Egg	718.2	172.9	13.3	0	13.3	73.7	2.1	1.26	600	-1	0
Poa fish	870	208	20	10	10	68	3	1	1	2	0
Mola fish	387.1	91.7	18.2	0	2.1	78.52	0.74	2.25	-1	-1	0
Kachki mac	870	208	20	10	10	68	3	1	1	2	0
Bering mac	870	208	20	10	10	68	3	1	1	2	0
Bone marro	480.4	113.8	22.6	0	2.6	74.3	2.02	3.25	0	-1	0
Chapila	870	208	20	10	10	68	3	1	1	2	0
Brain	480.4	113.8	22.6	0	2.6	74.3	2.02	3.25	0	-1	0
Riha fish	870	208	20	10	10	68	3	1	1	2	0
shik kebab	663.4	158.3	20.8	1.8	7.6	67.8	2	3.1	11.4	3.9	0
Silvercup	870	208	20	10	10	68	3	1	1	2	0
Telania	870	208	20	10	10	68	3	1	1	2	0

Name		Energy KJ	Energy Kcal	Protein g	Carbohydrate g	Fat g	Moisture g	Iron mg	Zinc mg	β-carotene μg	Phytin mg	carotene μg
Lyer fish	728 29-Mar-98	870	208	20	10	10	68	3	1	1	2	0
Batashi ma	729 01-Apr-98	870	208	20	10	10	68	3	1	1	2	0
Dried fish	731 31-Mar-98	1012	239	48	3	4	28	24	0	40	0	0
Shrimp, dr	733 31-Mar-98	1472.2	348.9	68.1	0	8.5	6	-1	-1	-1	-1	0
Shrimp	740 19-Mar-97	344.5	88.4	19.1	0.8	1	77.4	5.3	0.86	5	-1	0
Rice, frie	749 12-Jun-97	1308.8	306.9	7.5	73.6	0.1	-1	6.6	-1	0	-1	0
Daipuri	750 30-Mar-98	974.9	232.6	5.2	26.8	12.4	49	1.9	0.6	51.1	16.5	0
Bread	751 29-Mar-98	988.9	232.13	7.8	51.9	0.7	39	1.1	0.51	0	-1	0
Cake	752 30-Mar-98	1867	446	6.9	44.8	26.6	21	0.8	0.56	1200	-1	0
Biscuit	753 18-Mar-98	1811	433	8.8	76.7	10.1	2	1.1	0.4	0	-1	0
Chanachur	754 18-Mar-98	2243.8	539	15.8	32.8	39.2	3.8	4.3	1.9	-1	-1	0
Mishti	755 30-Mar-98	1356.4	319.1	3.3	73.5	3.4	19	0.2	0.1	2.8	2.2	0
Tele bhaja	756 30-Mar-98	1617.8	386.8	4.4	61.9	14.2	7.4	0.5	0.6	2.6	3.9	0
Rice, flak	757 19-Mar-98	1393.4	327.08	6.6	77.3	1.2	12.2	20	-1	0	-1	0
Chips	758 30-Mar-98	2262	541	5.7	51.8	34.5	2	2.3	1.3	60	-1	0
Khichuri	759 23-Mar-98	1545.8	366.6	8	58.9	12.7	17.9	1.9	1.4	41.6	66.5	0
Banruti	760 30-Mar-98	1455.7	345	8	57	11	17	1.8	0.4	17.7	24	0
Pattice	761 05-Apr-98	1276.2	304.8	12.7	28	16.5	41.7	1.4	0.5	84.7	14	0
Bread, rol	762 29-Mar-98	988.9	232.13	7.8	51.9	0.7	39	1.1	0.51	-1	-1	0
Coke	763 18-Mar-98	156.8	36.75	0	9.8	0	90	0	0	0	-1	0
Wheat,who	764 30-Mar-98	1379	323.95	12.1	69.4	1.7	12.2	4.9	2.2	29	-1	29
Shingara	765 30-Mar-98	868.3	207.3	2.7	24.7	11.5	57.8	0.9	0.5	32.9	13.2	0

Name		Energy KJ	Energy Kcal	Protein g	Carbohydrate g	Fat g	Moisture g	Iron mg	Zinc mg	β-carotene μg	Phytin mg	carotenee μg
Biriani ri	766 29-Mar-98	962.8	231.9	1.8	14.5	18.9	32.6	0.5	0.3	7.6	11.2	0
Pilao rice	767 29-Mar-98	932.4	223.3	1.9	23	14.4	4.4	0.4	0.4	7.9	22.7	0
Bread, ric	768 29-Mar-98	988.9	232.12	7.8	51.9	0.7	39	1.1	0.76	0	-1	0
Porridge	769 19-Mar-98	498.7	118.1	3.8	19.3	3.4	72.7	0.4	0.7	16	16.6	0
Chocolate,	770 12-Jun-97	2108.5	504.22	6.6	54.7	30.3	1	3.2	0.11	0	-1	12
Bran water	772 01-Apr-98	0	0	0	0	0	99	0	0	0	-1	0
Bread, dri	773 29-Mar-98	1600	382	14.7	70.8	4.5	7	1.8	0.9	0	-1	12
Fanta	774 18-Mar-98	153.6	36	0	9.6	0	90	0	0	0	-1	0
Horlicks	776 22-Mar-98	-1	-1	-1	-1	-1	-1	-1	-1	-1	-1	0
Tea	800 18-Mar-98	193.6	46.02	1.7	5.9	1.9	90.6	0.1	0.2	-1	-1	0
Molasses	801 01-Apr-98	1592.1	373.15	0.1	99.4	0	-1	0	-1	168	-1	0
	802 18-Mar-98	-1	-1	-1	-1	-1	-1	-1	-1	-1	-1	0
Ice cream	803 01-Apr-98	758.4	181.28	3	19.7	10.6	62	0.1	0.3	0	-1	0
Mixed vege	808 12-Jun-97	359	86	3	10	4	82	2	3	1698	3	0
Vegetable	809 12-Jun-97	273	65	2	8	3	86	1	1	667	3	0
Mixed vege	810 13-Jun-97	358	85	2	11	4	83	4	2	1852	7	0
Non-winter	811 19-Mar-98	134.5	31.7	2.4	4.8	0.4	89.7	11.2	0.5	5635.2	0	0
Patal	812 31-Mar-98	80.3	18.95	2	2.2	0.3	92	1.7	0.29	153	8	153
Snake gour	813 31-Mar-98	72.4	17.08	0.5	3.3	0.3	94.6	1.51	0.3	96	0	96
Chutney, m	814 12-Jun-97	1202.1	285.32	0.4	49.5	10.9	34.8	2.3	0.1	-1	-1	130
Vegetable	815 01-Apr-98	272	65	1	9	3	86	1	0	260	6	0
Taro leave	816 31-Mar-98	230.6	54.6	3.9	6.8	1.5	82.7	10	-1	5900	0	5920

Name		Energy KJ	Energy Kcal	Protein g	Carbohydrate g	Fat g	Moisture g	Iron mg	Zinc mg	β-carotene μg	Phytin mg	carotenee μg
Indian spi	817	18-Mar-98	112	26.35	2.2	4.2	0.2	92	10	-1	5600	5600
Tamarind l	818	31-Mar-98	467.54	110.35	5.8	18.2	2.1	70.5	0.3	0.26	2510	250
Pickles. o	819	31-Mar-98	1360.2	321.4	2.8	64	7.8	6.8	45.2	-1	-1	130
Pickles	820	20-Mar-97	1360.2	321.4	2.8	64	7.8	6.8	45.2	-1	-1	130
Salad	821	12-Jun-97	119	28	1	6	0	91	1	0	225	0
Kakrol	822	18-Mar-97	325.2	76.35	2.1	17.4	0.3	79.4	-1	410	-1	410
Zamrul fru	825	31-Mar-98	208	44.88	0.7	11.1	0.5	86.9	0.6	166	0	141
Jam	826	12-Jun-97	963.4	225.8	0.2	60	0	37	0.4	0.04	0	0
Palmpit, f	827	31-Mar-98	117.9	27.68	0.6	6.5	0.1	92.3	0.5	-1	-1	0
Jack-fruit	828	31-Mar-98	539.8	126.75	6.6	25.8	0.4	64.5	1.5	-1	40	10
Seed, sesa	829	31-Mar-98	2313.2	556.65	18.3	25	43.3	5.3	9.3	12.2	-1	60
Non-winter	830	12-Jun-97	151	36	2	5	1	90	11	5	5	0
Winter lea	831	12-Jun-97	98	23	2	4	0	91	3	6	5	0
Non-winter	832	12-Jun-97	146	34	2	7	0	89	1	0	6	0
Winter veg	833	12-Jun-97	195	46	3	9	0	86	1	0	2	0
Lean fresh	834	12-Jun-97	440	104	19	5	1	74	3	1	6	0
Moderately	835	12-Jun-97	449	107	18	2	3	75	3	2	0	0
Fatty fres	836	12-Jun-97	1458	351	22	3	28	54	2	1	0	0
Dried fish	837	12-Jun-97	1204	285	59	1	5	14	29	0	0	0
Fresh fish	838	12-Jun-97	1047	250	32	6	11	50	4	1	1	0
Meat	839	12-Jun-97	502	119	23	0	3	73	1	2	-1	0
Dhal, lent	840	13-Jun-97	327	78	3	8	4	84	1	0	13	0

Name		Energy KJ	Energy Kcal	Protein g	Carbohydrate g	Fat g	Moisture g	Iron mg	Zinc mg	β-carotene μg	Phytin mg	carotenee μg
Yeast	880	12-Jun-97	203	47.75	11	0	78	5	-1	0	-1	0
Water	900	12-Jun-97	0	0	0	0	100	0	0	0	-1	0
Salt	901	12-Jun-97	0	0	0	0	0	0	0	0	-1	0
Yeast	1001	29-Mar-98	1418	339	45	3	7	3.7	-1	0	-1	0
Rice, powd	1002	29-Mar-98	1460	349	7	1	13	0.4	1.17	0	-1	0
Lemon, jui	1003	29-Mar-98	134	32	0	0	91	0.1	-1	0	-1	12
Bhapa/ Pul	1203		1437.15	337.69	5.3	2.37	12.78	0.88	1.08	25.2	0	0
Mango Juic	2000		-1	54	0.2	0.1	-1	0	0	-1	0	-1
Lung	2001		0	83	14.5	2.4	-1	1	2.4	-1	0	-1
Beef, Inte	2002		-1	94	14.1	3.8	-1	1	2.3	-1	0	-1
Banana tik	1233		815.05	196.64	1.69	17.03	62.94	3.59	0.05	29.78	9.97	22.04
Patishapta	1230		1048.33	249.52	3.73	4.68	40.93	0.61	0.55	32.69	2.04	0
Kotkotli (m	1232		1354.43	317.94	1.65	1.42	13.04	0.49	0.26	108.73	0	0.97
Carrot hal	1238		1323.6	315.27	2.84	15.27	36.34	1.08	0.47	1311.06	0	1307.06
Somucha	1256		1634.73	392.57	8.16	28.34	32.05	1.32	0.63	16.04	13.25	11.33
PlaJu	1211		1514.37	367.33	1.58	37.72	51.07	0.67	0.09	22.06	5.25	11.05
Rash pitha	1223		986.35	234.01	2.89	3.5	43.22	0.33	0.39	46.75	1.23	0.81
Coconut La	1210		1841.33	442.01	2.6	31.71	23.91	0.97	0	53.34	0	0
Halim	1228		730.26	173.16	5.49	5.86	60.59	0.97	0.84	13.04	46.26	7.27
Mogli pora	1240		1158.09	276.82	9.35	15.99	48.62	1.46	0.73	101.12	12.59	16.14
Wood app j	1252		784.99	186.61	9.43	7.56	49.26	0.42	0.84	74	0	36.6



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