

# FOOD COMPOSITION TABLE FOR USE IN EAST ASIA



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1974



FOOD AND AGRICULTURE ORGANIZATION OF THE UNITED NATIONS  
Food Policy and Nutrition Division



U.S. DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE  
Public Health Service  
National Institutes of Health



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

A Research Project Sponsored

by

U. S. DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE

National Institute of Arthritis,  
Metabolism, and Digestive Diseases  
National Institutes of Health

and

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

and

FOOD AND AGRICULTURE ORGANIZATION OF THE UNITED NATIONS

Food Policy and Nutrition Division

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

Part I

Proximate Composition, Mineral and Vitamin Contents of East Asian Foods

by

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Federation of American Societies for Experimental Biology



FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Part II

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

by

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and

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

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

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

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

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

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

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

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

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

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

National Institute of Arthritis, Metabolism, and Digestive Diseases,	Nutrition Program	Food Policy and Nutrition Division,
National Institutes of Health,	Center for Disease Control	Food and Agriculture Organization
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Appreciation is acknowledged especially to the U. S. - Japan Cooperative Medical Science Program, from NIH, for the grant supporting the majority of expenses necessary to carry out this entire three-year project.

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

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



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FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

PART I

PROXIMATE COMPOSITION, MINERAL AND VITAMIN CONTENTS OF EAST ASIAN FOODS



EXPLANATION ON FOOD COMPOSITION TABLE

PART I

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

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

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

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

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

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

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

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

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

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

Food Groups

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

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

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

## EXPLANATION ON FOOD COMPOSITION TABLE

--continued--

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

Factors for converting nitrogen to protein

Milk	6.38
Barley, oats and rye	5.83
Rice	5.95
Wheat flour, refined	5.70
Wheat, whole-kernel	5.83
Almonds	5.18
Peanuts, Brazils	5.46
Soybeans	5.71
Nuts and Seeds, other	5.30

Because the consumption of mushrooms, fungi, and seaweeds is very common in Asian countries, special analyses on these food items were made by the Wisconsin Alumni Research Foundation, Inc., with regard to the percentage of non-protein nitrogen present. It was found that approximately 29%, or one-third of the nitrogen in the mushrooms and fungi, and about 20%, or one-fifth of the nitrogen in seaweeds, are counted as non-protein nitrogen.

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

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

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

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

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

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

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

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

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

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

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

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

EXPLANATION ON FOOD COMPOSITION TABLE

--continued--

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

Estimated Distribution of Sources of Vitamin A Activity in Various Foods

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

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

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

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

Inedible portion was determined in 70 Asian foods by the Food Industry Research and Development Institute in Taiwan, and in about 385 foods were voluntarily studied by the local nutritionists in Burma, Thailand, Singapore, and Indonesia. These data were used in calculation of the food values in terms of gross or as-purchased weight.

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

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

SUMMARY AND RECOMMENDATIONS

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

Of a total 1629 items selected for inclusion, 1037 are derived from edible plants. Fruits, vegetables, and starchy roots, tubers represent 726 items; cereals and grain products 110 items; grain legumes and legume products 111 items; nuts and seeds 71 items; and sugars and syrups 18 items.

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

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

## EXPLANATION ON FOOD COMPOSITION TABLE

--continued--

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

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

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

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

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

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

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

## TERMS AND SYMBOLS

- represent values imputed or calculated.

- denotes that the amount present is insignificant.

- listed in the first column, refers to food as obtained in the field, or purchased in the market before removal of the inedible portion; the inedible portion (refuse) is defined by local custom.

- indicates no values reported, or data questionable and omitted.

- denote values are limited and questionable.

= edible portion

= as purchased

Values in parenthesis

Trace

Refuse in foods as purchased

Blank in various nutrient columns

Question marks listed next to value

E.P.

A.P.

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur-chased	Composition of Foods, 100 grams, Edible Portion																	
			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
<b>1. CEREALS AND GRAIN PRODUCTS</b>																				
1	Barley (Hordeum vulgare):																			
2	Whole grain.....		327	13.7	10.5	2.1	71.8	2.5	1.9	50	378	6.0	4	562	0	.31	.10	5.2	0	
3	Malted.....		329	12.5	11.5	1.3	73.2	2.5	1.5	25	283	3.5		tr.	tr.	.33				
3	Milled, pressed.....		353	13.8	8.9	1.1	75.2	1.0	1.0	30	173	2.1	3	160	0	.21	.07	3.7	0	
4	Pearled, light, imported.....		349	11.1	8.2	1.0	78.8	0.5	0.9	16	189	2.0	3		0	.12	.05	3.1	0	
5	Meal, roasted.....		360	12.0	10.8	2.0	73.2	2.6	2.0	31?	350	2.1?	3		0	.25	.08	5.0	0	
	Breads. See individual cereal or grain.																			
6	Buckwheat (Fagopyrum sagittatum); F. esculentum):		336	11.3	10.3	2.4	73.8	6.6	2.2	44	320	3.0		(446)	0	.36	.18	2.0	0	
7	Flour:																			
7	Undermilled (dark).....		363	12.0	10.8	2.1	73.7	0.6	1.4	22	300	2.8	20		0	.30	.10	1.5	0	
8	Milled (light).....		(347)	(12.0)	(6.4)	(1.2)	(73.5)	(0.5)	(0.9)	(11)	(98)	(1.0)		(920)	(0)	(.08)	(.04)	(0.4)	(0)	
9	Noodles:																			
9	Dried.....		363	12.0	10.4	1.6	75.1	0.4	0.9	30	225	1.0			0	.23	.08	1.2	0	
10	Boiled.....		116	72.0	3.3	0.7	23.7	0.2	0.3	10	80	1.0			0	.06	.03	0.4	0	
11	Prepared food "Mook" (Korean).....		62	84.6	2.7	0.2	12.2	0.3	0.3	13	156	0.4			0	.01	.20	7.4	0	
	Bulgur. See Wheat, parboiled.																			
	Corn and corn products. See Maize.																			
	Corn, popped. See Maize.																			
	Foxtailmillet. See Millets.																			
12	Job's tears (Coix lacryma-jobi):		306	15.0	12.0	6.7	64.9	0.8	1.4	46	148	0.7		218	0	.41	.10	2.3	0	
13	Whole seed, hulled.....		361	10.4	13.5	6.7	67.8	0.6	1.6	42	415	5.4	121	319	tr.	.02	.03	1.4	0	
14	Kaoliang (Sorghum vulgare var. ):																			
	Whole grain.....		342	12.1	10.0	3.7	72.7	2.2	1.5	22	242	3.8	22	44	0	.33	.18	3.9	0	
	Long-rice. See Group 3, Mung Bean Stripes.																			
	Macaroni. See Wheat products.																			

Note: Food data presented in groups 1, 7, 11, 12, 13 and 14 are reported in terms of 100 grams, edible portion only.  
 Values in parentheses indicate data from East Asia region are inadequate and are imputed from other region. Items specified imported, parentheses are not applied.

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
1. CEREALS AND GRAIN PRODUCTS																				
---continued																				
Maize; corn (Zea mays):																				
Whole-kernel, dried:																				
15	White.....		349	13.6	9.1	4.2	71.7	2.3	1.4	14	245	2.8	5		0	.29	.11	2.1	0	
16	Yellow.....		349	13.6	9.1	4.2	71.7	2.3	1.4	14	245	2.8	5		270	.29	.11	2.1	0	
Meal:																				
Whole-ground:																				
17	White.....		(355)	(12.0)	(9.2)	(3.9)	(73.7)	(1.6)	(1.2)	(20)	(256)	(2.4)	(1)		(0)	(.38)	(.11)	(2.0)	(0)	
18	Yellow.....		(355)	(12.0)	(9.2)	(3.9)	(73.7)	(1.6)	(1.2)	(20)	(256)	(2.4)	(1)		(305)	(.38)	(.11)	(2.0)	(0)	
19	Nearly whole-ground, yellow.....		(362)	(12.0)	(9.0)	(3.4)	(74.5)	(1.0)	(1.1)	(17)	(223)	(1.8)	(1)		(290)	(.30)	(.08)	(1.9)	(0)	
Degermed, dried, imported from USA																				
20	Enriched.....		364	12.0	7.9	1.2	78.4	0.6	0.5	6	99	2.9	1		265	.44	.26	3.5	0	
21	Unenriched.....		364	12.0	7.9	1.2	78.4	0.6	0.5	6	99	1.1	1		265	.14	.05	1.0	0	
Flakes:																				
22	Enriched, imported from USA.....		386	3.8	7.9	0.4	85.3	0.7	2.6	17	45	1.4	1,005		0	.43	.08	2.1	0	
23	Unenriched (Japan).....		377	6.0	9.0	1.0	81.2	0.9	2.8	4	46	0.8	650		0	.03	.02	0.3	0	
24	Popcorn, popped, oil added.....		444	3.9	9.9	14.5	69.4	1.8	2.3	5	253	2.8			tr.	.12	.05	1.2	0	
25	Starch.....		363	13.5	0.3	1.0	85.1	0	0.1	0	0	0	6		0	0	0	0	0	
Millets:																				
Fox tail millet (Setaria italica):																				
26	Whole grain.....		341	11.3	9.5	2.9	74.7	1.2	1.6	33	244	5.5	7		0	.43	.12	2.2	0	
27	Milled.....		363	12.5	9.4	2.5	74.2	0.5	1.4	7	163	2.0	4		0	.20	.07	1.7	0	
28	Flour.....		354	13.3	5.8	1.7	77.1	1.7	2.1	40	260		21		0	.68	.19	1.2	0	
Japanese barnyard millet; sanwa millet (Echinochloa crusgalli var. frumentacea):																				
29	Whole grain.....		342	11.1	9.8	3.9	72.6	7.2	2.6	41	330	4.3			0	.33	.10	4.0	0	
30	Milled.....																			
31	Flour.....																			
32	Pearl millet; cattail millet (Pennisetum glaucum; P. murgitatum):		335	11.0	11.4	5.0	70.2	1.5	2.4	50	358	9.0				.31	.14	1.8	0	
Whole grain.....																				
Proso millet (Panicum milliare); P. miliare):																				
33	Whole-grain.....		326	13.5	12.77	3.5	66.5	9.1	3.8	20	270	3.5			0	.40	.10	4.0	0	
34	Milled.....		354	14.0	10.6	1.6	72.6	0.8	1.2	11	240	1.8			0	.15	.05	3.0	0	
Regimillet; fingermillet; coracan- millet (Eleusine coracana):																				
35	Whole-grain.....		332	11.7	6.2	1.4	78.2	1.2	2.5	323?	254	5.3			0	.33	.10	1.3	0	

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion																	
			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
1. CEREAL AND GRAIN PRODUCTS																				
--continued																				
Noodles. See individual cereal or grain.																				
36	Oats ( <i>Avena sativa</i> ):		374	11.0	13.1	6.1	67.4	5.8	2.4	59	425	4.6	10	0	0	.35	.09	2.2	0	
37	Whole-grain.....		360	11.5	13.5	4.8	68.4	1.1	1.8	30	360	3.4	5	0	0	.20	.08	1.1	0	
Oatmeal or rolled oats.....																				
Popcorn. See Maize.																				
Rice ( <i>Oryza sativa</i> ):																				
38	Paddy; unhulled; rough.....		341	13.7	5.8	2.3	73.4	10.4	4.8	24	236	1.4	81	0	0	.33	.06	5.6	0	
39	Brown or hulled.....		354	13.5	7.6	1.8	76.0	0.7	1.1	16	246	2.8	5	0	0	.34	.07	5.0	0	
40	Undermilled or home-pounded.....		357	12.4	7.1	0.9	79.0	0.5	0.6	14	138	1.8	10	0	0	.20	.05	2.6	0	
41	Milled, polished.....		366	11.8	6.4	0.8	80.4	0.3	0.6	24	135	1.9	5	0	0	.10	.05	2.1	0	
Germ-rice (Taiwan):																				
42	Indica type.....		357	13.4	6.2	2.1	77.3	0.9	1.0	7	105	1.2	90	0	1,170	.23	.03	2.5	3	
43	Japonica type.....		355	13.7	5.8	1.8	77.8	0.9	0.9	10	98	0.9	112	0	1,330	.24	.04	4.2	tr.	
44	Parboiled.....		364	12.4	6.7	1.0	79.3	0.6	0.6	7	135	1.2	2	0	0	.20	.08	2.6	0	
45	Flour.....		366	11.8	6.4	0.8	80.4	0.3	0.6	24	135	1.9	5	0	0	.10	.05	2.1	0	
Rice, cooked:																				
46	Milled.....		155	62.6	2.5	0.4	34.2	0.1	0.3	5	36	0.6	2	0	0	.02	.01	0.3	0	
47	Undermilled.....		146	65.0	2.2	0.3	32.4	0.1	0.1	3	38	0.2	2	0	0	.04	.01	1.0	0	
48	Fried.....		167	61.6	2.3	2.9	32.3		0.9	3						.02		0.4		
Rice products:																				
Noodles:																				
49	Freshly made.....		203	51.0	2.6	0.2	46.0	0.5	0.2	10	37	2.4		0	0	.04	.01	1.3	0	
50	Dried.....		360	13.0	4.9	0.1	81.8	0.3	0.2	12	32	1.5	12	0	0	.04	.01	0.3	0	
51	Soaked.....		155	62.9	2.8	0.4	33.8	tr.	0.1	5	27	8.57	3	15		.01	.01	0.2	0	
52	Cooked.....		88	78.6	1.0	0	20.3		0.1	7	7	0.6				tr.	tr.	tr.	0	
53	Baby cereal.....		373	10.0	6.0	0.6	82.9	0.3	0.5	8	120	0.9	5	0	0	.07	.03	1.0	0	
54	Rice cake, plain.....		235	42.7	3.7	0.2	52.8		0.6	32						.04	.03	2.8	0	
55	Rice cake, fermented.....		38	90.6	0.8	tr.	8.5	tr.	0.1	3	10	0.2								
56	Rice soup congee.....		276	9.7	13.3	15.8	52.9	11.5	10.4	76	1,386	19.4	tr.	1,495	0	1.26	.25	29.8	0	
57	Rice bran.....		265	9.8	12.1	12.8	57.7	2.4	7.6	69	1,106	16.1	tr.	714	0	1.84	.18	28.2	0	
58	Rice polish.....		397	11.8	13.2	9.3	64.6	0.4	1.1	91	155	8.5		197		.04	.01	1.0	0	
59	Fermented rice, dried.....																			
Rice, glutinous ( <i>Oryza glutinosa</i> ):																				
60	Brown or hulled.....		360	12.1	7.4	2.1	77.1	0.8	1.3	21	243	3.4	11	0	0	.30	.12	5.0	0	
61	Milled.....		359	13.9	8.4	1.6	75.4	0.5	0.7	16	130	1.2	3	0	0	.16	.06	2.4	0	
62	Roasted and pounded.....		332	18.2	6.7	1.1	72.7	0.7	1.3	12	250	1.5	7	0	0	.25	.05	4.0	0	
63	Fermented.....		164	60.3	1.8	0.1	37.7	0.3	0.1	12	29	0.6	5	tr.	tr.	.01	.03	0.8	0	
64	Flour.....		372	8.8	6.6	0.4	82.7	0.3	1.5	12	148	0.8	4	0	0	.10	.02	1.7	0	
65	Noodles.....		359	12.7	8.7	0.3	77.8	0.2	0.3	17	86	2.4	6	0	0	.27	.11	2.4	0	
66	Pudding, canned, sweet preserves added		274	39.2	2.3	5.3	53.0	0.8	0.2	32	13	1.3	23	0	130	.01	.01	tr.	tr.	

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

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

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion																		
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
1.	<b>CEREALS AND GRAIN PRODUCTS</b>																				
	Wheat -- continued																				
	Flour -- continued																				
	Straight grade (approx. 70% extraction)																				
86	Hard red wheat.....	12.0	364	11.5	1.2	74.7	0.3	0.6	16	112	1.1	2		0	0	.18	.06	1.3	0	0	
87	Soft red wheat.....	12.0	364	9.7	1.0	76.9	0.4	0.4	20	97	1.1			0	0	.08	.05	1.2	0	0	
88	White wheat.....	12.0	364	8.6	1.0	78.0	0.2	0.4	17	95	1.0	2		0	0	.18	.05	1.3	0	0	
	Imported from USA:																				
89	Enriched.....	12.0	364	10.5	1.0	76.1	0.3	0.4	16	87	2.9	2	95	0	0	.44	.26	3.5	0	0	
90	Unenriched.....	12.0	364	10.5	1.0	76.1	0.3	0.4	16	87	2.9	2	95	0	0	.06	.05	0.9	0	0	
91	Cake or pastry.....	12.0	364	7.5	0.8	79.4	0.2	0.3	17	73	0.5	2	95	0	0	.03	.03	0.7	0	0	
	Self-rising flour, enriched, imported from USA.....	11.5	352	9.3	1.0	74.2	0.4	4.0	265	466	2.9	1,079		0	0	.44	.26	3.5	0	0	
93	Wheat germ.....	9.2	367	27.9	9.7	49.1	2.1	4.1	65	1,200	6.6	12	(848)	tr.	tr.	2.10	.60	7.0	0	0	
94	Wheat bran.....	11.9	207	14.6	3.0	66.0	6.8	4.5	132	975	13.8			0	0	.54	.80?	5.5	0	0	
	Parboiled wheat (bulgur), imported from USA, made from:																				
95	Club wheat.....	9.0	359	8.7	1.4	79.5	1.7	1.4	30	319	4.7		262			.30	.10	4.2	0	0	
96	Hard red winter wheat.....	10.0	354	11.2	1.5	75.7	1.7	1.6	29	338	3.7		229			.28	.08	4.2	0	0	
97	White wheat.....	9.0	357	10.3	1.2	78.1	1.3	1.4	36	300	4.7		310			.30	.10	4.2	0	0	
	Wheat products:																				
98	Biscuits, plain.....	8.4	407	9.0	7.8	74.1		0.7	22	67	1.5					.18	.05	0.4	0	0	
	Breads:																				
99	Whole meal.....	33.8	248	8.4	0.8	55.9	0.4	1.1	16	75	1.6	500		0	0	.14	.06	2.0	0	0	
100	White.....	31.6	282	8.8	1.2	57.3	0.4	1.1	18	74	1.0	550	91			.11	.05	0.9	0	0	
101	Raisins.....	34.0	274	7.5	1.4	56.3	0.3	0.8	12	70	1.2	450		0	0	.10	.03	0.7	0	0	
102	Steamed.....																				
103	Cake, sponge.....	20.3	340	6.4	3.6	69.0		0.7	106	106			(680)			.05	.03	0.8	0	0	
104	Bread crumbs.....	13.6	359	11.6	2.0	71.6	0.3	1.2	18	95	1.5	550		0	0	.12	.03	0.8	0	0	
105	Doughnuts.....	21.6	412	10.9	22.6	43.3	0.3	1.6	229	111											
	Gluten products:																				
106	Freshly made.....	69.8	118	18.0	0.2	11.8	0.1	0.2	19	44	3.6		38			.03	.02	0.8	0	0	
107	Mixed with wheat flour, fried.....	1.7	526	22.9	32.4	42.1	0.2	0.9	161	78	6.4		120								
	Macaroni spaghetti:																				
	Dried:																				
108	Enriched.....	13.3	356	11.0	0.5	74.7	0.1	0.5	22	81	1.9	2	132			.40	.23	4.0	0	0	
109	Unenriched.....	11.5	366	11.5	1.4	74.8	0.3	0.8	15	95	1.2	5	154			.12	.04	1.0	0	0	
110	Freshly made.....	30.4	286	8.3	0.6	60.0	0.2	0.7	29	90	1.0					.06	.01	1.3	0	0	

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
111	1. CEREALS AND GRAIN PRODUCTS. --continued Wheat products -- continued Noodles: Dried.....		857	12.3	10.2	0.8	75.0	0.2	1.7	42	102	1.9	923	101	0	.18	.04	2.6	0	
112	Cooked.....		108	75.2	2.7	2.1	19.4	0.1	0.6	21	25	0.8			0	.04	.01	0.6	0	
113	Seasoned, fried.....		471	4.0	19.5	24.0	46.5	0.3	6.0	24	80	2.2	2,000		0	.01	.02	0.5	0	
114	Instant: Dried.....		382	3.5	7.4	0.6	84.3	0.6	4.2	17	41	2.1	501	161	0	.16	.19	1.9	0	
115	Dried, soaked.....		294	26.6	6.4	0.3	64.6	0.3	2.1	7	64	2.6	745	125	0	.18	.09	1.1	0	
116	String.....		346	16.2	7.0	0.9	75.2	0.3	0.7	31	87	2.3			tr.	.26	.06	0.9	0	
117	Strip, fried.....		321	31.8	5.9	12.8	46.1	0.2	3.4	27	86	4.8	390	390	0	.01	.04	1.2	0	

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Composition of Foods, 100 grams, Edible Portion and As Purchased

Item No.	Food and Description	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
		Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
2. STARCHY ROOTS, TUBERS AND FRUITS																				
118	Arrowhead, oldworld ( <i>Sagittaria sagittifolia</i> ; <i>S. japonica</i> ; <i>S. sinensis</i> ); Comas, raw:	0	107	70.6	5.0	0.3	22.4	0.9	1.7	13	165	2.6	729	0	0	.16	.04		1.4	5
a	E. P. ....	19	87	57.3	4.0	0.2	18.1	0.7	1.4	10	134	2.1	590	0	0	.13	.03		1.1	4
b	A. P.; refuse, parings. ....																			
119	Arrowroot, Bermuda ( <i>Maranta arundinacea</i> ); Roots or rhizomes:																			
a	Raw:	0	125	67.4	1.7	0.2	29.5	2.0	1.2	15	18	1.9				.13	.02		0.5	7
b	E. P. ....	20	101	53.8	1.4	0.2	23.6	1.5	1.0	12	14	1.5				.10	.02		0.4	6
120	A. P.; refuse, parings. ....	0	344	13.9	1.4	0	84.4		0.3	19	54	3.4								
121	Dried, E. P. ....		342	14.8	0.4	0.1	84.5		0.2	7	22	1.2				.04	0		0	
	Starch. ....																			
	Banana, common varieties. See Group 6.																			
	Breadfruit ( <i>Artocarpus altiss</i> ; <i>A. communis</i> ); Fruit, mature:																			
122	Yellowish brown:																			
a	Raw:	0	96	72.9	1.3	0.3	24.7	1.3	0.8	29	40	0.7	13	0	0	.08	.06		1.2	12
b	E. P. ....	20	76	58.4	1.0	0.2	19.8	1.0	0.6	23	32	0.6	10	0	0	.06	.05		1.0	10
123	A. P.; refuse, skin and core. ....	0	421	65.2	1.4	0.3	31.7		1.4	24	67	0.4				.11	.06		1.3	10
124	Boiled, E. P. ....																			
a	Green, raw:	0	108	69.3	1.3	0.3	28.2		0.9	21	59	0.4				.12	.06		0.9	17
b	E. P. ....	20	86	55.5	1.0	0.2	22.6		0.7	17	47	0.3				.10	.05		0.7	14
	A. P.; refuse, skin and core. ....																			
	Fruit, immature. See Group 6.																			
125	Burdock, great; goba ( <i>Arctium lappa</i> ); Root:																			
a	Raw:	0	89	76.5	2.5	0.1	20.1	1.7	0.8	50	58	1.2	30	0	0	.25	.08		0.3	2
b	E. P. ....	24	68	58.1	1.9	0.1	15.3	1.3	0.6	38	44	0.9	23	0	0	.19	.06		0.2	2
126	A. P.; refuse, scrapings and trimmings. ....	0	102	73.6	0.7	0	24.9	1.7	0.8	43	26	1.4				.04	.06		0.3	tr.
	Boiled, E. P. ....																			



FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur. chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
139	2. STARCHY ROOTS, TUBERS, AND FRUITS --continued																				
	Jackfruit. See Group 6.																				
	Kudzu bean, thunberg (Pueraria thunbergiana): Roots:																				
a	Raw:	0	113	68.6	2.1	0.1	27.8	0.7	1.4	15	18	0.6									
b	E.P.:	7	106	63.7	2.0	0.1	25.9	0.7	1.3	14	17	0.6									
140	A.P.; refuse, skin:	0	340	16.5	0.2	0.1	83.1	0	0.1	35	18	2.0	2	0	0	0	0	0	0	0	0
	Starch:																				
	Lotus, Hindu. See Group 5.																				
	Matsai. See Group 5.																				
	Plantain cooking banana (Musa paradisiaca): Fruit:																				
141	Raw:	0	112	68.2	0.9	0.2	29.7	0.4	1.0	18	38	0.6									
a	Ripe:	31	77	47.1	0.6	0.1	20.5	0.3	0.7	12	26	0.4									
b	E.P.:	0	111	69.1	0.8	0.3	29.4		0.4	9	32	1.2									
142	A.P.; refuse, skin:																				
	Boiled:																				
	Potato, white (Solanum tuberosum): Tuber:																				
143	Raw:	0	82	78.3	2.0	0.1	18.7	0.4	0.9	9	52	0.8	7	396	tr.						
a	E.P.:	13	71	68.1	1.7	0.1	16.3	0.3	0.8	8	45	0.7	6	344	tr.						
b	A.P.; refuse, parings:	0	72	81.0	1.9	0.1	16.3	0.3	0.7	7	44	0.87	(2)	(279)	tr.						
144	Boiled, without skin:																				
145	Flakes, mashed and dried:		361	7.5	6.0	0.6	84.2	1.6	1.7	24	150	3.17									
146	Chips, fried:		562	4.2	3.6	43.8	45.9	0.9	2.5	18	74	1.6									
147	Starch:		382	17.5	0.1	0.1	82.1	0	0.2	10	38	1.5	2	0	0	0	0	0	0	0	0
	Sagopalm (Metroxylon spp.): Meal:		357	13.1	1.4	0.2	85.9	0.2	0.4	15	10	1.4	8	36	0	0	0	0	0	0	0
148	Noodles:		330	17.0	tr.	0	81.8	(0.2)	1.2	27	10	0.9	8	35	0	0	0	0	0	0	0



Composition of Foods, 100 grams, Edible Portion and As Purchased

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



FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Composition of Foods, 100 grams, Edible Portion and As Purchased

Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
			Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams
179	3. GRAIN LEGUMES AND LEGUME PRODUCTS --continued Cowpea, all varieties (Vigna spp.): Whole seeds, dried, E.P..... Cowpea, yardlong. See Cowpea, all varieties. Dhal. See Lentil. Dolichos, Australia pea (Dolichos lignosus): Seeds, dried, E.P..... French bean. See Kidneybean. Goabean, Indies; asparagus pea; winged bean (Psophocarpus tetragonolobus): Seeds, dried, E.P..... Golden gram. See Mung bean. Green gram. See Mung bean. Haricot bean. See Kidney bean. Hindu cowpea. See Cowpeas, all varieties. Horse grain; horse gram; Madras gram (Dolichos uniflorus; D. biflorus): Seeds, dried, E.P..... Horsebean. See Broadbean. Horsegram. See Horse grain. Hyacinth bean; Indian butterbean (Lab-lab niger; Dolichos lablab): Whole seeds, dried, E.P..... Indian bean. See Mung bean. Indian butterbean. See Hyacinth bean.	0	340	11.5	22.7	1.6	61.0	4.2	3.2	110	382	6.5	6	688		10	.59	.22	2.3	1
180		0	340	9.2	24.6	0.8	61.0		4.4	178	388	3.9					.17			
181		0	405	9.7	32.8	17.0	36.5		4.0	80	200	2.0								
182		0	354	9.0	28.9	4.1	53.8		4.2	294		8.2								
183		0	334	12.1	21.5	1.2	61.4	6.8	3.8	98	345	3.9					.40	.12	1.8	0



FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
200	3. GRAIN, LEGUMES AND LEGUME PRODUCTS --continued																			
	Peas; groundnut (Arachis hypogaea):																			
	Raw:																			
a	E. P. ....	0	303	42.2	15.0	19.4	21.8	1.1	1.6	56	245	2.1	4	421	20	.97	.18	9.7	11	
b	A. P.; refuse, shell. ....	35	197	27.4	9.8	12.6	14.2	0.7	1.0	36	159	1.4	3	274	15	.63	.12	6.3	7	
201a	Boiled, E. P. ....	0	316	45.7	14.4	26.3	11.4	1.3	2.2	45	178	1.5	6	462	15	.56	.12	8.4	5	
b	A. P.; refuse, shell. ....	48	164	23.8	7.5	13.7	5.9	0.7	1.1	23	98	0.8	3	240	10	.29	.06	4.4	3	
202a	Dried, E. P. ....	0	548	7.3	23.4	45.3	21.6	2.1	2.4	58	357	2.2	(5)	(662)	0	1.00	.13	15.8	0	
b	A. P.; refuse, shell. ....	35	356	4.8	15.2	29.4	14.0	1.4	1.6	38	232	1.4	(4)	(430)	0	.65	.08	10.9	0	
203	Roasted, with shell:																			
a	E. P. ....	0	557	7.1	27.1	48.1	14.8	2.4	2.9	48	376	2.3	5	694	40	.53	.17	15.3	5	
b	A. P.; refuse, shell and skin. ....	40	385	4.2	16.3	28.9	8.9	1.4	1.7	29	226	1.4	3	416	25	.32	.10	9.2	3	
204	Roasted, without shell:																			
a	E. P. ....	0	563	5.2	28.6	47.0	15.4	2.1	2.9	45	401	1.8	4	475	tr.	.24	.14	14.5	3	
b	A. P.; refuse, skin. ....	4	540	5.0	27.4	46.0	14.8	2.0	2.8	43	385	1.7	4	456	tr.	.23	.13	13.9	3	
205	Roasted, salted. ....	0	566	2.2	23.3	45.2	26.2	2.8	3.1	74	180	1.6	293	662		(.32)	(.13)	(17.1)		
206	Parched, E. P. ....	0	571	4.5	26.3	48.2	18.8	1.8	2.2	57	380	1.9	3		0	.20	.08	12.0	0	
207	Parched, seasoned, E. P. ....	0	571	3.0	26.3	47.5	20.3	1.5	2.9	60	380	2.2	800		0	.20	.07	11.0	0	
208	Fried, without skin. ....	0	569	6.4	18.1	48.4	24.9	2.5	2.2	55	107	2.0		557						
	Peanut products, E. P.:																			
209	Flour, defatted, ...	0	(371)	(7.3)	(47.9)	(9.2)	(31.5)	(2.7)	(4.1)	(104)	(720)	(3.5)	(9)	(1,186)	0	(.75)	(.22)	(21.8)	0	
210	Peanut butter, salt added. ....	0	585	1.8	24.9	48.8	22.2	1.8	2.3	66	380	2.4	(607)	(870)	0	.40	.12	13.6	0	
211	Milk. ....	0	29	93.9	3.1	1.6	1.2	0	0.2	6	36	0.8				.14	.01	1.4	0	
212	Cake, defatted. ....	0	348	9.4	42.0	6.3	36.7	2.9	5.6	294	9.3									
213	Cake, defatted, fermented. ....	0	187	57.0	13.0	6.0	22.6		1.4	96	115					.09			0	
214	Peas, garden or field (Pisum spp.), E. P.																			
	Whole seed, dried. ....	0	333	13.6	22.2	1.4	60.1	6.0	2.7	57	303	4.4	11	295	70	.77	.18	3.1	0	
215	Parched, salted. ....	0	360	6.3	23.3	1.3	65.8	3.6	3.3	1,000?	320	7.2	800		10	.20	.10	2.2	0	
216	"Ughisu-mame," (Japan) cooked. ....	0	271	32.7	8.5	1.7	55.8	2.4	1.3	20	143	2.7			tr.	.02	.01	0.3	0	
217	Pigeonpea; catjang pea (Cajanus cajan; C. indicus):																			
	Whole seed, dried, E. P. ....	0	339	11.5	20.4	1.2	63.4	4.4	3.5	103	224	4.9	26	654	160	.49	.21	2.2	0	
	Pinto bean. See Kidney bean.																			
	Red bean. See Mung bean.																			
218	Rice bean (Phaseolus calcaratus; Vigna calcarata):																			
	Seeds, dried, E. P. ....	0	335	14.0	18.5	1.0	64.5	2.0	2.0	80	400	5.0			0	.30	.21	2.4	9	
	Soybean (Glycine max; G. hispida; G. soja)																			
	Whole immature seeds. See Vegetables.																			
	Whole, mature seeds, dried, E. P.:																			
219	Yellow. ....	0	400	10.2	35.1	17.7	32.0	4.2	5.0	226	546	8.5		1,504	10	.66	.22	2.2	0	

Composition of Foods, 100 grams, Edible Portion and As Purchased

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3. <u>GRAIN, LEGUMES AND LEGUME PRODUCTS</u>																				
--continued																				
Soybean -- continued																				
220	Whole, mature seeds, dried, E. P.:	0	385	12.3	33.3	15.0	35.4	4.3	4.0	213	509	9.5	410			1.0	.65	.23	2.8	0
221	Black.....	0	336	14.7	35.0	6.4	39.7	5.4	4.2	233	507									
	Whole immature seeds, dried, E. P.:																			
	Whole seeds:																			
	Salted, E. P.:																			
222	Black.....	0	330	20.1	18.1	9.4	46.3	8.5	6.1	29	163	1.1	480		0	.07	.27	18.6		
223	Green.....	0	355	18.3	31.3	16.7	26.1	3.9	7.6	197	456	7.3	1,751							
224	Green, soaked.....	0	176	60.0	15.2	7.0	15.8	2.0	2.0	75	263	9.1	132							
225	Fried, E. P.:	0	487	3.4	29.9	30.5	31.4	5.6	4.8	230	565	10.2?	1,791						2.0	0
226	Fermented (Natto).....	0	158	52.7	14.7	8.3	9.3	1.5	15.0	142	135	7.9	4,842		30	.06	.27	0.6	9	
227	Pickled.....	0	320	26.0	22.1	11.6	36.0	6.0	4.3	59	222	4.1	739							
228	Roasted.....	0	429	6.0	29.8	19.5	39.3	3.8	4.8	189	540	7.5			90	.40	.16	2.0	0	
229	Flour, made from roasted soybeans.	0	429	6.0	29.8	19.5	39.3	3.8	4.8	189	540	7.5			90	.40	.16	2.0	0	
230	Defatted soybeans, E. P.	0	322	8.0	49.0	0.4	36.6	3.0	6.0	220	550	8.4	4		0	.45	.15	2.0	0	
	Whole seeds.....																			
	Soybean products:																			
231	Curd, unpressed.....	0	33	93.0	3.1	1.9	1.5		0.5	114	38	0.8	4			.06	.04	0.1		
	Curd, tofu, raw:																			
232	Plain.....	0	63	86.7	7.9	4.1	0.4	0.1	0.9	150	104	2.2	12		0	.04	.02	0.4	0	
233	"Kinugoshi," Japanese preparation.	0	46	89.7	4.9	2.8	1.5	0	1.1	150	56	1.1			0	.02	.02	0.3	0	
234	"Fukuroiri," Japanese preparation.	0	48	89.5	5.1	2.8	1.6	0	1.0	120	50	1.2			0	.03	.02	0.3	0	
	Curd, tofu, fried:																			
235	Moist type.....	0	157	69.2	10.3	19.0	1.1		0.4	310	167	4.7	23			.17	0	0.1	0	
236	Dried type, reg. size.....	0	258	51.4	21.0	19.8	4.7	0.1	3.1	284	644	10.6			0		.05			
237	Dried type, small size.....	0	503	8.0	36.2	37.7	15.2	tr.	2.9	191	574	9.4	300							
238	Canned.....	0	302	47.4	21.6	25.1	4.1	0.2	1.8	530	330	5.2	8			.02	.02	0.1		
239	"Abura age," Japanese preparation.	0	346	44.0	18.6	31.4	4.6	0.1	1.4	300	230	4.2	20			.02	.02	0.5	0	
240	Curd, roasted.....	0	82	83.0	3.8	5.1	2.1	0	1.0	180	120	1.9			0	.03	.02	0.3	0	
	Curd, tofu, fermented:																			
241	Home-prepared.....	0	97	78.8	12.0	6.0	1.3	0.2	1.9	131	205	5.7	422		0	.06	tr.	0.2	0	
242	Jarred.....	0	175	52.0	13.5	8.4	14.8	1.2	11.6	165	182	5.7	458		20	.04	.18	0.7	0	
	Curd, tofu:																			
243	Dried, spongy square.....	0	219	34.1	21.9	35.1	4.6		1.3	145	11				0	.35	.02		0	
244	Preserved.....	0	75	63.2	8.5	5.0	0.9		22.4	105	98	3.2	7,456		0	.02	.02	tr.	9	
245	Dried, rope-like.....	0	387	11.0	45.1	16.2	23.3		4.4	328		1.1								0
	Commercial (fermented with chili pepper), jarred, E. P.:	0	79	74.9	7.8	5.0	2.5	1.2	9.8	10	37	1.0	3,700		40	.01	.05	0.5		

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Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																			
			Food energy	Moisture	Protein	Fat	Carbohydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid		
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams		
3. GRAIN LEGUMES AND LEGUME PRODUCTS																						
--continued																						
Soybean products -- continued																						
247	Curd cheese.....	0	135	70.9	12.5	8.1	6.0		2.5	188	222	5.6			25	0	.14	0.5	0			
248	Curd sheet (milk clot sheet):																					
249	Moist type.....	0	285	48.2	29.9	18.8	5.9	0.1	2.2	508	375	8.8	169	0	.07	.10	0					
250	Dried type.....	0	461	6.8	47.0	28.4	14.9	0.1	2.9	245	494	9.5	463	0	.42	.16	1.5	0				
	Pickled (in soy sauce).....	0	117	65.9	9.7	6.0	8.2	0.3	10.2	157	205	12.3	269	0	.30	.13						
251	Curd cake, pressed, raw:																					
	Plain.....	0	113	76.0	13.3	6.5	3.1	0.2	1.1	136	145	2.8	154	20	.06	.03	.02	0				
252	Fermented.....	0	162	59.5	10.1	5.0	21.3	4.1	4.1	112	306	6.8	180	0	.05	.12						
253	Spiced.....	0	179	56.6	16.4	9.1	11.3	0.2	6.6	112	306	5.0	180	0	.03	.03	0.8	0				
254	Strips, semi-dry.....	0	342	34.1	30.3	23.4	10.1		2.1	535	390	5.0		0	.30	.13	1.1	0				
	Miso (Japan):																					
255	Plain.....	0	199	44.4	12.5	6.4	25.1	1.4	11.6	80	170	5.6		0	.06	.13	1.3	0				
256	Sweet (5.3% salt added).....	0	178	49.0	10.0	1.7	31.8	1.0	7.5	70	120	3.0	2,100	0	.05	.10	1.5	0				
257	Salty, light (10.4% salt added).....	0	172	46.0	10.2	2.4	28.6	1.8	12.8	60	149	2.6	4,100	20	.03	.09	0.9	0				
258	Salty, dark (11.7% salt added).....	0	156	50.0	14.0	5.0	16.2	1.9	14.8	115	190	4.0	4,600	0	.03	.10	1.5	0				
259	"Mame-miso" (9.7% salt added).....	0	180	47.5	16.8	6.9	15.8	2.2	13.0	140	240	6.5	3,800	4	.04	.12	1.2	0				
260	Powdered (18.5% salt added).....	0	303	5.0	23.6	9.0	35.8	3.6	26.6	180	320	8.0	7,500	0	.05	.15	2.0	0				
	Paste:																					
261	Plain.....	0	148	59.3	10.9	4.8	17.1	2.7	7.9	86	97	4.8	180	5	.09	.10	0.3	1				
262	Fermented.....	0	194	48.6	11.6	5.2	27.2		7.4	55	365	1.3	384	80	.07	1.19						
263	Red pepper added.....	0	185	52.7	8.1	4.1	30.2	3.5	4.9	126	72	13.6		0	.35	.35	1.5	0				
264	Sweet.....	0	192	47.0	5.4	1.2	40.1	2.7	6.3	32	104	5.7	183	0	.04	.04						
265	Malt.....	0	39	90.2	3.8	1.0	4.2	0.5	0.8	32	49	0.8		105	.15	.13	0.8	16				
	Soybean milk:																					
266	Unenriched, unsweetened.....	0	87	91.4	2.8	1.5	3.6	0.1	0.7	18	36	1.2	58	30	.05	.02	0.3	0				
	Soy milk, "Kaset" (Thailand):																					
267	Canned, concentrated.....	0	114	74.5	6.2	4.1	14.4	0	0.8	40	105	1.2	136		.04	.12	0.1	0				
268	Fluid.....	0	54	87.0	2.5	1.1	9.0	0	0.4	19	39	0.4										
269	Sardelle, a mixture of soybeans, sesame seeds or peanuts, with vitamins and calcium added (Indonesia)	0	446	3.0	30.0	20.0	43.0	4.0	4.0	450	500	4.0		1,200	.70	1.00		10				
	Soybean sauce:																					
270	Dark, thick.....	0	86	57.4	5.5	0.6	15.1	0.6	21.4	85	82	4.4		0	.20	3.32?	1.2	0				
271	Light, thin.....	0	55	70.6	5.2	0.5	8.1	0	15.6	65	76	4.8		0	.04	.17	0.9					
272	Unspecified.....	0	39	75.5	5.3	1.3	2.5	0	15.4	59	100	4.9	186									
	Sprout. See Group 5.																					
	"Tempel", fermented soybean product (Indonesia).....	0	149	64.0	18.3	4.0	12.7		1.0	129	154	10.0		30	.17			0				
273	"Budo-mame", "cooked (Japan).....	0	285	36.0	16.4	9.8	35.8	2.2	2.0	67	200	2.8		0	.50	.03	0.4	0				
274	Soybean residue:																					
275	Liquid.....	0	423	6.4	36.7	18.2	35.2	11.0	3.5	398	491	4.9		0	.23	.12	0.6	0				
276	Powder.....	0	67	83.9	3.4	1.5	10.4	1.8	0.8	86	41	3.0	95	0	.04	.02	0.1	0				



FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

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			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
279	4. NUTS AND SEEDS Acorn ( <i>Quercus</i> spp.); "Mook" (Korean preparation).....	0	48	88.1	0.2	0.1	11.4	0.5	0.2	12	31.4	0.2					40	0.02	10	0.5	0
280	Almond ( <i>Prunus amygdalus</i> ; <i>P. communis</i> ) Unblanched, dried:	0	603	4.8	21.0	54.9	17.3	3.0	2.0	282	485	5.2	14	432	5	.25	.67	6.0	5	6.0	0
a	E. P.....	45	332	2.6	11.6	30.2	9.5	1.6	1.1	155	267	2.9	8	238	0	1.4	.37	8.3	0	8.3	0
b	A. P.; with shells; refuse, shells, .....	(0)	(627)	(0.7)	(18.6)	(57.7)	(19.5)	(2.6)	(3.5)	(235)	(485)	(4.7)	(198)	(773)	(0)	(.05)	(.67)	(3.5)	(0)	(0)	(0)
281	Roasted and salted, E. P.....	0	445	1.7	3.6	11.2	83.2	2.4	0.3	31	60	0.7	10	20		.01	.13	0.2		0.2	0
282	Instant product, powdered, sugar and flour added .....																				
283	Apricot ( <i>Prunus armeniaca</i> ): Kernel, dried, E. P.....	0	549	8.0	29.0	47.3	12.9	3.0	2.8	140	276	4.4	716	0		.14	.49	1.6	0	1.6	0
284	Betel-nut palm; arecanut ( <i>Areca catechu</i> ; <i>A. catechu</i> ): Nuts, dried, E. P.....	0	394	12.3	6.0	10.8	69.4	15.9	1.5	542	63	5.7	76	446	0	.17	.69	0.6	0	0.6	0
285	Brazilnut ( <i>Bertholletia excelsa</i> ): Nuts, dried:	0	644	4.7	17.4	65.0	9.6	3.9	3.3	169	620	3.6	2		5	.20	.69	0.2	5	0.2	2
a	E. P.....	50	322	2.4	8.7	32.5	4.8	2.0	1.6	84	310	1.8	1		0	.10	.34	0.1	0	0.1	1
b	A. P.; with shells, refuse, shells, .....																				
286	Breadfruit ( <i>Artocarpus atilis</i> ): Seeds, dried:	0	434	20.2	15.1	29.0	34.0	2.5	1.7	66	320	6.7	41	380	0	.88	.55	0.8	280	0.8	12
a	E. P.....	32	295	13.7	10.3	19.7	23.1	1.7	1.2	45	218	4.6	28	258	0	.60	.37	0.5	190	0.5	8
b	A. P.; refuse, shells, .....																				
287	Soiled:	0	70	83.0	2.9	1.2	12.4	0.8	0.5	29	59	0.3				.14	.08	2.5		2.5	0
a	E. P.....	64	25	29.9	1.0	0.4	4.5	0.3	0.2	10	21	0.1				.05	.08	0.9		0.9	0
b	A. P.; refuse, soft shells, .....																				
288	Candlenutree ( <i>Aleurites moluccana</i> ): Seeds, dried, E. P.....	0	626	7.0	19.0	63.0	8.0	3.0	2.8	80	200	2.0			0	.06			0		0
289	Cashew, common ( <i>Anacardium occiden- tale</i> ): Nuts:																				
a	Dried:	0	563	4.0	18.4	46.3	28.7	0.6	2.6	28	462	3.6	26	420	5	.25	.34	2.4	5	2.4	1
b	E. P.....	70	170	1.2	5.5	13.9	8.6	0.2	0.8	8	139	1.1	8	126	0	.08	.10	0.7	0	0.7	0
290	A. P.; with shells; refuse, shells, .....	0	543	13.4	18.3	49.3	16.4	0.7	2.6	32	411	3.9	16	369	0	.36	.34	1.4	0	1.4	0
	Roasted, with oil, E. P.....																				



FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

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			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
4.	NUTS AND SEEDS -- continued																				
	Coconut ... continued																				
300	Dried, powdered, sweetened, E. P.... Cream, milk and water. See Group 13.	0	668	2.0	6.5	65.2	24.4	3.4	1.9	1.1	186	2.2	14	967		.01	.01	0.1			
301	Prescake (Indonesia).....	0	368	16.0	23.0	15.0	40.0		6.0	137	433	41.5			0	0				0	
302	Prescake, molded (Indonesia).....	0	119	72.5	4.1	3.5	18.3		1.3	27	100	2.6			0	.08				0	
	Colanut (Cola acuminata; C. nitida):																				
	Nut:																				
303	Raw, E. P.....	0	148	62.9	2.2	0.4	33.7	1.4	0.8	58	86	2.0			25	.03	.03	0.6		54	
304	Dried, E. P.....	0	351	11.5	5.8	1.5	78.3		2.9	108	76	6.0				.06					
	Durian, civet (Durio zibethinus):																				
	Seeds:																				
	Raw:																				
305	E. P.....	0	190	51.5	2.6	0.4	43.6		1.9	17	68	1.0	3	962			.05	0.9			
a	E. P.....	50	95	25.7	1.3	0.2	21.8		1.0	8	34	0.5	2	486			.02	0.4			
306	A. P.; seed coat.....																				
	Cooked:																				
a	E. P.....	0	195	51.1	1.5	0.2	46.2	0.7	1.0	39	87	0.6				.03	.05	0.9			
b	A. P.; refuse, seed coat.....	27	142	37.5	1.1	0.1	33.7	0.5	0.7	28	64	0.4				.02	.04	0.6			
307	Euryale, Gordon; foxnut (Euryale ferox):																				
	Seeds, dried, E. P.....	0	346	13.6	8.3	0.3	77.2	0.2	0.6	39	86	1.2									
	Foxnut. See Euryale, gordon.																				
	Galo nut (Anacostea luzoniensis):																				
	Pulp, raw:																				
308	E. P.....	0	101	74.3	3.2	0.4	21.3	0.8	0.8	27	50	1.3				.07	.08	1.1		20	
a	E. P.....	71	29	21.6	0.9	0.1	6.2	0.2	0.2	8	14	0.4				.02	.02	0.3		6	
309	Seeds, boiled:																				
a	E. P.....	0	229	44.9	3.6	2.6	47.9	1.8	1.0	23	127	1.0				.14	.14	0.9		9	
b	A. P.; refuse, pulp and shell.....	73	62	12.1	1.0	0.7	12.9	0.5	0.3	6	34	0.3				.04	.04	0.2		2	
310	Pulp and seeds, raw:																				
a	E. P.....	0	105	59.6	2.5	1.8	34.8	1.9	1.3	25	65	1.8				.10	.10	1.9		21	
b	A. P.; refuse, shell.....	13	144	51.8	2.2	1.6	30.3	1.6	1.1	22	56	1.6				.09	.08	1.6		18	
	Gingelly. See Sesame, oriental.																				
	Cinkgo seeds (Cinkgo biloba):																				
	Whole, raw, dried:																				
311	E. P.....	0	185	54.1	4.8	1.6	38.1	0.6	1.4	5	150	1.2	7	523		.24	.12	2.8		25	
a	E. P.....	24	140	41.1	3.6	1.2	29.0	0.4	1.1	4	114	0.9	5	397		.18	.09	2.1		19	
312	Canned, packed in water, solids only, E. P.....	0	126	68.6	2.4	0.9	27.1	0.1	1.0	10	48	0.5	320	160		.07	.02	0.1			



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			Calories	Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Grams	Grams	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
323	4. NUTS AND SEEDS--continued																					
a	Lotus, Hindi -- continued	0	334	14.3	14.2	2.3	65.3	2.1	3.9	119	466	6.1	42	807	30	.64	.15	1.6	0			
b	E. P. ....	4	321	13.8	13.6	2.2	62.7	2.0	3.7	114	447	5.8	40	775	30	.61	.14	1.5	0			
324	Seeds -- continued	0	310	23.1	4.7	0.8	70.5	0.8	0.9	56	132	2.2		138								
	Macadamia; queenland nut (Macadamia ternifolia):																					
325	Nut, dried:																					
	E. P. ....	(0)	(691)	(3.0)	(7.8)	(71.6)	(15.9)	(2.5)	(1.7)	(48)	(161)	(2.0)		(264)	(0)	(.34)	(.11)	(1.3)	(0)			
326	Roasted, E. P. ....		(691)	(3.0)	(7.8)	(71.6)	(15.9)	(2.5)	(1.7)	(48)	(161)	(2.0)		(264)	(0)	(.27)	(.10)	(1.2)	(0)			
	Malibar--chestnut. See Pachira, sp.																					
327	Marang (Artocarpus odoratissima):																					
	Seeds, boiled, E. P. ....	0	232	48.5	2.6	6.1	42.2	0.7	0.6	27	117	0.6				.26	.04	0.6				
	Pachira, sp.; Malabar--chestnut (Pachira macrocarpa):																					
328	Nut, raw, dried:																					
a	E. P. ....	0	530	5.4	16.0	39.2	35.9	12.4	3.5	83	286	3.8	72	663	0	1,230	.03	.06	3.8	24		
b	A. P.; refuse, shell. ....	28	381	4.0	11.5	28.2	25.8	8.9	2.5	60	206	2.7	52	477	0	885	.02	.04	2.7	17		
	Peanut. See Group 3.																					
	Pecan. (Carya illinoensis; C. olivae- formis):																					
329	Nuts:																					
a	E. P. ....	0	691	3.2	9.3	72.0	13.9	2.2	1.6	73	290	2.4	3	604	80	.86	.13	0.9	2			
b	A. P., with shells; refuse, shells. ....	53	325	1.5	4.4	33.8	6.5	1.0	0.8	34	136	1.1	1	284	35	.40	.06	.04	1			
330	Pagodatre, Japanese (Sophora japonica):																					
	Seeds, dried, E. P. ....	0	414	4.5	16.4	11.6	63.8	9.5	3.7	253	260			1,018								
	Parosol tree, Chinese (Sterculia platani- folia; Firmiana simplex):																					
331	Seeds, dried:																					
a	E. P. ....	0	533	2.5	20.0	38.8	34.2	2.2	4.5	27	212	4.8		1,206								
b	A. P.; refuse, shells. ....	30	373	1.7	14.0	27.2	23.9	1.5	3.2	19	148	3.4		844								
332	Perilla, common (Perilla frutescens):																					
	Seeds, dried, E. P. ....	0	425	17.8	15.7	26.3	37.0	28.0	3.2	350	33	11.1			10	.32	.11	3.1	0			



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		Percent	Calories	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
344	4. NUTS AND SEEDS --continued Torreya, Japanese (Torreya nucifera): Seeds, dried:																				
a	E.P.....	0	582	11.1	51.2	28.2	5.7	2.9	40	275	3.6	850		25		.04	.11	1.9	7		
b	A.P.; refuse, shell.....	35	378	7.2	33.3	18.3	3.7	1.9	26	179	2.3	552		15		.03	.07	1.2	4		
345	Tropical-almond; terminalia; Indian almond (Terminalia catappa): Nuts, dried:																				
a	E.P.....	0	594	20.8	54.0	17.2	2.3	4.0	32	789	9.2	784				.32	.08	0.6	0		
b	A.P.; refuse, shells.....	94	35	1.2	3.2	1.0	0.1	0.2	2	47	0.6	47				.02	tr.	tr.	0		
346	Walnuts, Persian or English (Juglans regia), dried:																				
a	E.P.....	0	647	18.2	63.6	12.6	1.6	2.0	106	326	3.0	536		0		.50	.08	3.0	5		
b	A.P.; refuse, shell.....	55	231	8.2	28.6	5.7	0.7	0.9	48	147	1.4	241		0		.22	.04	1.4	2		
	Waterchestnut. See Matai. Group 5.																				
347	Watermelon seeds (Citrullus lanatus; C. vulgaris), whole:																				
a	Dried:																				
b	E.P.....	0	536	22.7	41.2	27.5	2.5	4.0	82	483	7.7	606		10		.22	.10	2.6	tr.		
	A.P.; refuse, hard seed cont.....	60	214	9.1	16.5	11.0	1.0	1.6	33	193	3.1	242		5		.03	.04	1.0	tr.		
348	Sugared:																				
a	E.P.....	0	598	23.5	53.4	17.1	1.7	3.5	69	810	11.9?	1,359									
b	A.P.....	64	215	8.5	19.2	6.2	0.6	1.3	25	292	4.3	489									
349	Pickled in soya sauce:																				
a	E.P.....	0	508	26.1	35.3	30.1	2.0	4.1	44	684	7.9	813									
b	A.P.....	65	178	9.1	12.4	10.5	0.7	1.4	15	239	2.8	284									

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			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
5. VEGETABLES AND VEGETABLE PRODUCTS																					
350	Acacia, sp. (Acacia spp.): Leaves raw, E.P.	0	57	81.4	8.0	0.6	9.0	5.7	1.0	93	84	3.7			12,255	.20	.17	8.5?	49		
351	Adzuki bean (Phaseolus angularis): Immature seeds, raw, E.P.	0	135	65.0	9.6	0.1	24.9	0.6	0.4	24	80	2.1			0	.01	.01	0.2	0		
	Agar. See Seaweed,																				
352	Alocasia, giant (Alocasia macrorhiza): Corns raw:																				
a	E.P.	0	61	84.0	0.6	0.3	14.8	0.3	0.3	30	50	1.0			0	.05			5		
b	A.P.; refuse, parings	14	52	72.4	0.5	0.2	12.7	0.2	0.2	26	43	0.9			0	.04			4		
353	Alternanthera, copper (Alternanthera versicolor; Telanthera versicolor): Tops and tender cuttings, raw, E.P.	0	73	77.5	2.4	0.4	17.9	1.4	1.8	320	54	12.1			4,111	.01	.15	1.0	28		
354	Alternanthera, sp. (Alternanthera spp.): Leaves, raw:																				
a	E.P.	0	43	85.7	1.8	0.2	10.3	2.0	2.0	202	72	16.0	468		845	.02	.28	1.5	12		
b	A.P.; refuse, stems	10	39	77.1	1.6	0.2	9.3	1.8	1.8	182	65	14.4	421		760	.02	.25	1.4	11		
355	Amaranth, sp.; Chinese spinach (Amaranthus sp.): Leaves and stems:																				
a	Raw:	0	26	89.3	3.6	0.1	4.5	2.5	2.5	154	74	2.9			6,545	.04	.22	0.7	23		
b	E.P.	40	15	53.6	2.2	0.1	2.6	1.5	1.5	92	44	1.7			3,930	.02	.13	0.4	14		
	A.P.; refuse, tough stems and rootlets	0	16	92.3	1.6	0.1	3.3	2.7	2.7	105	48	1.8				.01	.14	0.8	12		
356	Amaranth, sp. (Amaranthus mangos- tans): Leaves and stems, raw:																				
a	Green, E.P.	0	32	88.4	3.0	0.5	5.7	1.3	2.4	237	67	5.6	416		3,065	.06	.20	1.2	53		
b	A.P.; refuse, tough stems and rootlets	34	20	58.3	2.0	0.3	3.8	0.8	1.6	156	44	3.7	3		2,085	.04	.13	0.8	35		
357a	Red, E.P.	0	33	87.8	3.3	0.3	6.2	1.6	2.4	288	123	5.4	546		4,590	.08	.16	1.4	89		
b	A.P.; refuse, rough stems and rootlets	38	20	54.5	2.0	0.2	3.8	1.0	1.5	178	76	3.3	338		2,845	.05	.10	0.9	55		
359a	White, E.P.	0	34	88.2	3.2	0.4	6.3	1.5	1.9	288	80	6.1			65	.08	.28	0.3	27		
b	A.P.; refuse, rootlets	14	29	75.8	2.8	0.3	5.5	1.3	1.6	248	69	5.2			55	.07	.24	0.2	23		

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																
			Calories	Moisture Percent	Protein Grams	Fat Grams	Carbo-hydrate, total (incl. fiber) Grams	Fiber Grams	Ash Grams	Calcium Milli-grams	Phosphorus Milli-grams	Iron Milli-grams	Sodium Milli-grams	Potassium Milli-grams	Retinol Micro-grams	$\beta$ -carotene equivalent Micro-grams	Thiamine Milli-grams	Riboflavin Milli-grams	Niacin Milli-grams
5. VEGETABLES AND VEGETABLE PRODUCTS --continued																			
360	Amaranth, spiny (Amaranthus spinosus): Leaves and stems, raw, E. P. ....	0	45	83.7	5.6	0.6	7.4	1.6	2.7	476	75	2.2	6	575	6,655	.01	.83	1.4	82
361	Amaranth, spineless (Amaranthus viridis): Leaves and stems, raw, E. P. ....	0	43	84.8	5.2	0.8	6.7	1.0	2.5	341	76	4.1	51	442	7,715	.01	.37	1.8	120
362	Ammania, sp. (Ammania baccifera): Leaves, raw: E. P. ....	0	25	90.9	3.6	0	4.5	1.0	1.0	60	68	6.4			3,875	.07	.05		53
A pas-earring, sp.; djonkol; stink-bean (Pithecellobium jiruga):																			
363	Fruit, raw: E. P. ....	0	92	76.3	6.2	0.2	16.9	1.3	0.4	23	38	0.7			395	.14	.01	0.4	8
b	A. P.; refuse; inedible parts. ....	10	83	68.6	5.6	0.2	15.2	1.2	0.4	21	34	0.6			355	.13	.01	0.4	7
364	Aralia, Japanese, hoary (Aralia elata canescens): Leaves, raw, E. P. ....	0	48	84.0	5.5	0.9	7.6	2.2	2.0	81	139	7.4				.10	.05	1.0	10
Arrowhead, oldworld. See Group 2.																			
Arrowroot. See Group 2.																			
Artichoke, globe or French (Cynara scolymus), raw:																			
365	E. P. ....	0	73	77.4	4.5	0.3	16.6	3.8	1.2	80	138	2.0	67	673	150	.12	.08	1.6	tr.
b	A. P.; refuse, stem and inedible parts. ....	60	29	31.0	1.8	0.1	6.6	1.5	0.5	32	55	0.8	27	269	60	.05	.03	0.6	tr.
Ashgourd. See Watermelon, Chinese.																			
366	Asiabell, lance (Codonopsis lanceolata): Leaves, raw, E. P. ....	0	74	82.2	2.3	3.5	10.9	6.4	1.1	90	121	2.1			0	.12	.22	0.8	0
Asparagus (Asparagus officinalis):																			
Green:																			
367	Raw: E. P. ....	0	21	92.7	2.5	0.3	3.6	0.9	0.9	16	59	1.4	5	221	380	.15	.18	1.8	20
b	A. P.; refuse, butt ends. ....	34	14	61.2	1.6	0.2	2.4	0.6	0.6	10	39	0.9	3	146	250	.10	.12	1.2	13

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
5. VEGETABLES AND VEGETABLE PRODUCTS																				
--continued																				
368	Asparagus -- continued	0	18	93.2	2.0	0.1	3.6	0.5	1.1	17	34	0.8								
369	Green -- continued	0	145	35.4	4.2	0.4	36.7	9.1	23.3		73	6.8		5		.06	.05	1.0	9	
	Canned, drained solids, E.P.....																			
	Dried, crude-salt added, E.P.....																			
	White:																			
370	Raw:																			
a	E.P.....	0	23	91.8	2.4	0.3	4.1	0.8	1.4	25	84	0.9	3			.16	.30	3.0	10	
b	A.P.; refuse, butt ends.....	20	18	73.4	1.9	0.2	3.4	0.6	1.1	20	67	0.7	2			.13	.24	2.4	8	
371	Juice, canned, E.P.....	0	42	88.3	0.1	0.1	11.4	tr.	0.1	2	4	1.8	12	0		tr.	tr.	0.1	17	
	Asparagus bean. See Cowpea, yardlong.																			
372	Aster ( <i>Aster amellus</i> ; <i>A. tri-nervius</i> ):																			
a	Leaves and tips, raw:	0	39	87.2	4.2	0.7	6.4	1.1	1.5	42	76	4.0				.18	.36	1.1	88	
b	E.P.....	43	22	49.8	2.4	0.4	3.6	0.6	0.8	24	43	2.3				.10	.20	0.6	50	
	A.P.; refuse, trimmings.....																			
373	<i>Asystasia</i> , sp. ( <i>Asystasia gangetica</i> ; <i>A. comandeliana</i> ):																			
	Tender leaves and stems, raw, E.P.:	0	56	82.6	3.7	1.2	10.4	1.2	2.1	226	30	4.7				.19	.21	1.0	42	
	Aubergine. See Eggplant, garden.																			
374	Balloonflower; bellflower ( <i>Platycodon grandiflorum</i> ):																			
	Root, semi-dried.....	0	287	24.2	2.4	0.9	71.0	8.9	1.5	232	189	6.2				.10	.36	7.8?	0	
375	Balsampear; balsam-apple; bitter melon; bitter gourd ( <i>Momordica charantia</i> ):																			
a	Fruit, raw:	0	19	94.0	0.8	0.1	4.5	1.0	0.6	26	32	2.3	2			.06	.04	0.3	57	
b	E.P.....	20	15	75.2	0.6	0.1	3.6	0.8	0.5	21	26	1.8	2			.05	.04	0.2	46	
376	A.P.; refuse, cavity contents.....	0	44	84.6	5.6	0.6	7.0	1.6	2.2	288	54	5.0	19			.13	.46	1.5	170	
	Leaves, raw, E.P.....																			
377	Bamboo shoots, unspecified ( <i>Bambusa</i> spp., <i>Phyllostachys</i> spp., and <i>Dendro- calamus</i> spp.):																			
a	Raw:	0	28	91.0	2.5	0.3	5.3	1.2	0.9	17	47	0.9	6			.11	.09	0.6	9	
b	E.P.....	44	16	50.9	1.4	0.2	3.0	0.5	0.6	10	26	0.5	3			.06	.05	0.3	5	
378	Partly boiled, E.P.....	0	20	94.3	1.5	0.5	3.5	1.2	0.2	16	18	tr.	6			.02	.03	0.1	tr.	
379	Dried, E.P.....	0	190	36.4	13.8	2.5	37.9	7.4	9.4	77	129	5.0				.11	.14	1.3	1	
380	Canned, E.P.....	0	27	86.8	2.6	0.3	5.2	1.2	4.3	13	59	0.5				.15	.07	0.6	4	
381	Pickled, canned, E.P.....	0	34	86.8	2.2	1.0	5.7	1.2	4.3	21	41	1.1				0	0	tr.	0	
382	Salted, E.P.....	0	55	57.1	4.7	1.2	9.5	2.8	27.5	121	61	7.2				.07	.07	0.6	4	
383	Steeped in hot oil, E.P.....	0	38	86.9	2.5	2.0	4.4	0.5	4.2	20	69	1.2				0	0	tr.	0	

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
5. <u>VEGETABLES AND VEGETABLE PRODUCTS</u>																				
--continued																				
384	Bamboo shoots, bairy (Bambusa spp.):																			
a	Raw:	0	32	89.6	2.7	0.3	6.4	0.9	1.0	10	58	0.6	9	486	15	.13	.10	0.7	10	
b	E. P. ....	64	12	32.2	1.0	0.1	2.3	0.3	0.4	4	21	0.2	3	175	5	.05	.04	0.2	4	
385	Dried, soaked, E. P. ....	0	22	93.7	1.2	0.2	4.8	1.8	0.1	7	10	1.6								
Bamboo shoots, spring variety (Bambusa spp.):																				
386	Raw:	0	23	92.4	2.0	0.2	4.6	1.9	0.8	7	47	1.0		398						
b	E. P. ....	61	9	36.0	0.8	0.1	1.8	0.7	0.3	3	18	0.4		155						
Bamboo shoots, winter variety (Bambusa spp.):																				
387	Raw:	0	35	88.7	3.2	0.5	6.4	0.7	1.2	33	48	0.2		694	50	.07	.09	0.6	9	
b	E. P. ....	67	12	29.3	1.0	0.2	2.1	0.2	0.4	11	16	0.1		229	15	.02	.03	0.2	3	
Banana, common (Musa sapientum):																				
Buds and flowers:																				
388	Raw:	0	26	91.3	1.6	0.2	5.7	0.9	1.2	37	52	1.0	3	509	170	.04	.03	0.4	12	
a	E. P. ....	67	9	30.1	0.5	0.1	1.9	0.3	0.4	12	17	0.3	1	168	55	.01	.01	0.1	4	
389	Dried, E. P. ....	0	281	15.3	9.6	1.2	69.3	4.6	4.6	276	425	0.9			100	.04	.29	3.9	0	
Fruit. See Group 6.																				
Barringtonia, chee (Barringtonia acutangula):																				
Leaves, raw:																				
390	a	0	42	86.8	2.2	0.2	9.7	1.1	1.1	40	62	2.7	12	374	1,300	.02				
b	E. P. ....	20	34	69.4	1.8	0.2	7.7	0.9	0.9	32	50	2.2	10	299	1,040	.01				
Basil, sweet (Ocimum basilicum):																				
391	Leaves, raw, E. P. ....	0	43	86.5	3.3	1.2	7.0	2.0	2.0	320	38	4.8	12	429	4,500	.08	.35	0.8	27	
Basil, hoary or holy (Ocimum canum):																				
392	Leaves, raw, E. P. ....	0	40	87.4	3.4	0.8	7.0	2.6	1.4	92	58	2.0			7,950	.10	.28	0.6	26	

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
5. VEGETABLES AND VEGETABLE PRODUCTS																				
--continued																				
393	Bauhinia, sp. (Bauhinia malabarica): Leaves and tops, raw:																			
a	E.P.	0	47	86.9	3.4	1.1	3.2	1.8	0.4	46	31	0.3			865	.02	.17	1.4	10	
b	A.P.; refuse, trimmings	20	38	69.5	2.7	0.9	6.6	1.4	0.3	37	25	0.2			685	.02	.14	1.1	8	
394	Beans, broad; horsebean (Vicia faba): Faba vulgaris): Raw:																			
a	E.P.	0	92	75.6	8.2	0.5	14.7	1.7	1.0	26	148	1.8	4	438	185	.34	.17	2.1	26	
b	A.P.; refuse, shells	64	34	27.1	3.0	0.2	5.3	0.6	0.4	9	53	0.6	1	158	50	.12	.06	0.8	9	
395	Sprouted:																			
a	E.P.	0	104	65.3	13.3	0.6	18.6	0.7	2.2	3	316	6.2	88	778	75	.30	.15	1.0	110	
b	A.P.; refuse, shells	0	85	53.6	10.9	0.5	15.2	0.6	1.8	2	259	5.1	72	638	60	.25	.12	0.8	90	
396	Salted, fried, E.P.	0	369	11.1	28.2	8.9	48.4	1.3	3.4	55	222	6.7	994	0						
Beans, hyacinth (Lablab niger; Dolichos lablab): Young pods and immature beans:																				
397	Raw, E.P.	0	39	87.5	3.1	0.3	8.2	1.9	0.9	75	50	1.2	2	279	160	.08	.13	0.6	16	
398	Cooked, E.P.	0	32	90.3	2.2	0.2	6.9	0.4	0.4	52	51	0.8			140	.06	.09	0.5	4	
399	Leaves, raw, E.P.	0	31	89.1	2.4	0.4	6.1	6.7	1.4	120	57	17.0			3,145	.28			16	
400	Runners, raw:																			
a	E.P.	0	33	89.6	2.8	0.2	6.8	1.4	0.6	116	63	1.5		268						
b	A.P.; refuse, trimmings	8	30	82.4	2.6	0.2	6.2	1.3	0.6	107	58	1.4		246						
401	Beans, kidney (Phaseolus vulgaris): Beans with pod, immature, raw:																			
a	E.P.	0	30	90.6	2.1	0.2	6.4	1.3	0.7	50	48	0.7	8	250	110	.07	.08	1.8	16	
b	A.P.; refuse, trimmings	5	28	86.1	2.0	0.2	6.0	1.2	0.7	48	46	0.7	8	238	105	.07	.07	1.7	15	
402	Beans, lima; sieva bean (Phaseolus hum- tus; P. limensis): Immature seeds: Raw:																			
a	E.P.	0	119	68.5	8.4	0.5	21.0	1.0	1.6	25	119	2.2	2	747	90	.16	.16	1.5	30	
b	A.P.; refuse, shells	43	68	39.0	4.8	0.3	12.0	0.6	0.9	14	68	1.2	1	426	50	.09	.09	0.8	17	
403	Cooked, E.P.	0	112	70.5	7.0	0.2	21.2	1.1	1.1	36	98	0.7			35	.14	.04	0.9	18	
404	Leaves, raw, E.P.	0	8	97.2	0.6	0	1.7		0.5	8	86	2.3								
405	Sprouts, raw:																			
a	E.P.	0	110	64.0	13.0	0.8	20.0	0.6	2.2	109	382	8.2			30	.17	.14	2.0	7	
b	A.P.; refuse, stalks	20	88	51.2	10.4	0.6	16.0	0.5	1.3	87	306	6.6			24	.14	.11	1.6	6	

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
5. VEGETABLES AND VEGETABLE PRODUCTS																				
--continued																				
406	Beans, snap or string (Phaseolus vulgaris), raw:																			
a	Green variety:	0	28	5.6	1.0	0.6	75	49	1.2	2	196			323		.05	.10			18
b	E. P. ....	5	27	5.3	1.0	0.6	71	46	1.1	2	186			307		.05	.10			17
407	A. P.; refuse, ends.....																			
a	White variety:	0	31	6.4	1.5	0.7	64	49	1.4	1	217			60		.07	.09			12
b	E. P. ....	5	30	6.1	1.4	0.7	61	46	1.3	1	206			55		.07	.08			11
	A. P.; refuse, ends.....																			
	Beans, yardlong. See Cowpea, yardlong.																			
408	Beet (Beta vulgaris):																			
a	Root, raw:	0	44	10.0	0.9	0.8	23	35	1.1	36	330			tr.		.02	.04			6
b	E. P. ....	16	38	8.4	0.8	0.7	19	29	0.9	30	277			tr.		.02	.03			5
409	A. P.; without tops; refuse, parings.....																			
a	Beet greens, raw:	0	28	4.8	1.1	2.6	96	38	0.9		438			2,665		.07	.24			12
b	E. P. ....	25	20	3.6	0.8	2.0	72	28	0.7		328			2,000		.05	.18			9
	A. P.; refuse, inedible leaves and stems.....																			
	Bellflower. See Balloonflower.																			
410	Beta (Piper betle), leaves, raw, E. P. ....	0	42	0.8	(2.3)	(2.3)	150	(40)	5.7	7	548			13,800?		.15	.25			5
411	Betel-nut palm (Areca catechu; A. catechu):																			
a	Buds, (palm heart) raw, E. P. ....	0	43	9.0		1.0	6	89	2.0											
412	Betony artichoke; Chinese artichoke; Japanese artichoke (Stachys sieboldi, J. Pickled, E. P. ....	0	54	12.6	1.1	18.0	140	37	7.4?		368									
413	Bird-of-paradise-flower, Queens (Sprentzia reginae):																			
a	Roots, raw:	0	26	6.7	1.6	0.9	45	22	1.0											
b	E. P. ....	12	23	5.8	1.4	0.8	40	19	0.9											
	A. P.; r efuse parings.....																			
	Bitter melon; bitter gourd. See Balsampear.																			
	Blue pea. See Pigeonwing, Asian.																			
	Boxthorn, Chinese. See Wolfberry, Chinese.																			



FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur-chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
5. VEGETABLES AND VEGETABLE PRODUCTS																				
--continued																				
422	Butterbur, Japanese (Petasites japonicus):																			
a	Leaves, raw:																			
	E. P. ....	0	9	96.4	0.7	0.1	1.9	0.7	0.9	43	20	0.1	33	450	10	.02	.02	0.2	2	
b	A. P.; refuse, trimmings.....	5	8	91.6	0.7	0.1	1.8	0.7	0.8	41	19	0.1	31	428	10	.02	.02	0.2	2	
423	Cabbage, celery; pekinese cabbage (Brassica pekinensis):																			
	Raw:																			
a	E. P. ....	0	14	95.0	1.4	0.1	2.8	0.6	0.7	49	36	0.7	38	206	890	.05	.07	0.6	38	
b	A. P.; refuse, outer leaves.....	10	13	85.5	1.3	0.1	2.5	0.5	0.6	44	32	0.6	34	185	800	.05	.06	0.5	34	
424	Cooked, E. P. ....	0	9	96.7	1.5	0	1.6		0.2	32	39	0.3			50	.04	.04	0.5	16	
425	Salted, E. P. ....	0	19	90.6	1.4	0.2	3.9	1.0	3.9	75	32	0.8	1,300		40	.04	.06	0.8	6	
426	Cabbage, Chinese; Chinese pai-tsai (Brassica chinensis; B. alba):																			
	Leafy type:																			
	Raw:																			
a	E. P. ....	0	17	94.2	1.7	0.2	3.1	0.7	0.8	102	46	2.6	22	279	2,305	.07	.13	0.8	53	
b	A. P.; refuse, trimmings.....	14	15	81.0	1.5	0.2	2.6	0.6	0.7	88	40	2.2	19	240	1,980	.06	.11	0.7	46	
427	Cooked, E. P. ....	0	18	94.1	1.9	0.3	3.0	0.6	0.7	115	23	1.3				.03	.05	0.4	26	
428	Salted, E. P. ....	0	39	88.8	1.1	0.3	9.4	1.7	2.4	130	53	1.1	900		50	.08	.20	1.3	5	
429	Petiole type:																			
	Raw:																			
a	E. P. ....	0	16	94.2	1.9	0.2	2.8	0.6	0.9	162	34	2.6	22	1,460	1,460	.05	.15	1.1	62	
b	A. P.; refuse, trimmings.....	8	15	86.7	1.7	0.2	2.6	0.6	0.8	149	31	2.4	20	1,345	1,345	.05	.14	1.0	57	
430	See also: Rape. Flowering type:																			
	Raw:																			
	E. P. ....	0	16	93.7	2.1	0.1	2.8	0.8	1.3	109	62	3.1			2,045	.06	.15	1.0	60	
431	Cabbage, Chinese, unspecified (Brassica spp.):																			
	Raw:																			
a	E. P. ....	0	40	87.8	2.7	0.7	7.8	1.2	1.0	192	58	2.4			1,200	.04	.14	0.5	40	
b	A. P.; refuse, trimmings.....	14	34	75.5	2.3	0.6	6.7	1.0	0.9	165	50	2.1			1,030	.03	.12	0.4	34	
432	Salted, E. P. ....	0	40	83.6	2.5	0.7	7.8	1.5	5.4	144	66	4.2	1,500		20	.01	.06	0.3	5	

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
5. VEGETABLES AND VEGETABLE PRODUCTS																				
--continued																				
Cabbage, common (Brassica oleracea var. capitata)																				
White:																				
433	Raw:																			
a	E. P.	0	22	93.0	1.6	0.3	4.4	0.8	0.7	55	31	0.8	10	238						
b	A. P.; refuse, outer leaves and core.	15	19	79.0	1.4	0.2	3.8	0.7	0.6	47	26	0.7	8	202	280	.06	.06	0.3	46	
434	Boiled, E. P.	0	23	92.8	1.6	0.3	4.6	0.8	0.7	55	31	0.8	10	245	115	.03	.03	0.3	41	
435	Dried, E. P.	0	182	36.6	9.3	1.5	41.2	4.5	11.4	300	106	(7.5)			0	.15	.52	0.5		
Red:																				
436	Raw:																			
a	E. P.	0	43	86.4	3.0	0.3	9.2	1.6	1.1	71	60	1.5	4	266	35	.12	.08	0.6	85	
b	A. P.; refuse, outer leaves and core.	15	36	73.4	2.6	0.2	7.9	1.4	0.9	60	51	1.3	3	226	30	.10	.07	0.5	72	
Cabbage, flat (Brassica narinosa):																				
437	Raw:																			
a	E. P.	0	23	91.4	2.8	0.3	4.0	0.9	1.6	200	58	3.8		599	2,040	.08	.15	0.6	58	
b	A. P.; refuse, trimmings and rootlets.	24	18	69.5	2.1	0.2	3.0	0.7	1.2	152	44	2.9		455	1,550	.06	.11	0.4	44	
Calabash, bottlegourd (Lagenaria siceraria; L. vulgaris; L. leucantha):																				
438	Fruit, raw:																			
a	E. P.	0	16	95.3	0.6	0.2	3.5	0.7	0.4	14	16	0.4	3	151	10	.03	.03	0.4	10	
b	A. P.; refuse, parings.	15	14	81.0	0.5	0.2	3.0	0.6	0.3	12	14	0.3	2	128	10	.03	.02	0.3	8	
439	Pickled.	0	54	71.5	3.4	0.3	12.2	1.6	12.6	114	99	4.7		227						
440	Semi-dried.	0	229	30.4	6.4	0.6	58.4	9.2	4.2	207?	168	4.2			0	.06	.05	0.6	0	
441	Leaves, raw, E. P.	0	27	90.1	5.1	0	4.1	(1.5)	0.7	56	140	11.5			9,240	.05	.06		95	
Carrot (Daucus carota):																				
442	Raw:																			
a	E. P.	0	37	89.6	1.1	0.3	8.3	0.9	0.7	36	38	1.2	70	245	7,000	.06	.05	0.7	8	
b	A. P.; without tops, refuse scrapings.	17	31	74.4	0.9	0.2	6.9	0.7	0.6	30	32	1.0	58	205	5,810	.05	.04	0.6	7	
c	A. P.; with tops, refuse, tops and scrapings.	37	24	56.5	0.7	0.2	5.2	0.6	0.4	23	24	0.8	44	154	4,410	.04	.03	0.4	5	
Cashew (Anacardium occidentale):																				
443	Leaves, raw:																			
	E. P.	0	100	69.9	5.2	0.6	23.1		1.2						615	.01	.01	1.4	89	

**FOOD COMPOSITION TABLE FOR USE IN EAST ASIA**

Item No.	Food and Description	Refuse in as pur-chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
<b>5. VEGETABLES AND VEGETABLE PRODUCTS</b>																				
--continued																				
444	Cassava, bitter (Manihot esculenta): Leaves, raw:	0	60	81.0	6.9	1.3	9.2	2.1	1.6	144	68	2.8	4	409	8,280	.16	.82	1.8	82	
a	E.P.	13	52	70.5	6.0	1.1	8.0	1.8	1.4	125	59	2.4	3	356	7,160	.14	.28	1.6	71	
446	A.P.; refuse, hard stems.....																			
	Cauliflower (Brassica oleracea var. botrytis): Raw:	0	29	90.5	2.8	0.2	5.7	0.9	0.8	30	56	1.0	20	349	55	.07	.08	0.7	72	
a	E.P.	40	18	54.3	1.6	0.2	3.4	0.5	0.5	18	35	0.6	12	209	35	.04	.05	0.4	43	
b	A.P.; refuse, main stalk and core..	0	24	92.6	1.9	0.3	4.8	0.6	0.4	37	37	0.8			30	.06	.08	0.6	38	
446	Cooked, E.P.																			
447	Cedar (Cedrela sibirica): Shoots, raw, E.P.	0	51	83.6	6.0	1.0	7.9	1.3	1.5	30	102	3.2		576						
448	Salted.....	0	38	82.7	4.5	0.6	6.3	1.5	5.9	175	96	4.6		499						
449	Celery, Chinese (Apium graveolens): Unbleached, raw:	0	21	92.8	1.4	0.3	4.2	1.0	1.3	62	37	2.5	96	326	1,040	.06	.07	0.4	20	
a	E.P.	25	16	69.6	1.0	0.2	3.2	0.8	1.0	46	28	1.9	72	244	780	.04	.05	0.3	15	
b	A.P.; refuse, root ends and trim-mings.....	0	20	93.0	1.0	0.1	4.6	0.8	1.3	50	37	1.0			80	.03	.06	0.3	11	
450	Bleached, raw:	28	14	67.0	0.7	0.1	3.3	0.6	0.9	36	27	0.7			55	.02	.04	0.2	8	
a	E.P.																			
b	A.P.; refuse, root ends and trimmings.																			
451a	Celtnce ( Lactuca sativa var. ): Raw, E.P.	0	10	96.5	0.8	0.2	1.8	0.4	0.7	9	27	1.8	55	277	310	.13	.13	1.1	37	
b	A.P.; refuse, stems.....	57	4	41.5	0.3	0.1	0.8	0.2	0.3	4	12	0.8	24	119	135	.06	.17	0.5	16	
	Ceylon spinach. See Vine-spinach.																			
452	Chard, Swiss (Beta vulgaris var. cicla): Leaves and stalks, raw:	0	21	92.6	1.8	0.4	3.7	0.9	1.5	70	44	2.9			1,720	.10	.19	0.5	22	
a	E.P.	10	19	83.3	1.6	0.4	3.3	0.8	1.4	63	21	2.6			1,550	.08	.17	0.4	20	
b	A.P.; refuse, inedible leaves and trimmings.....																			

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
	5. <u>VEGETABLES AND VEGETABLE PRODUCTS</u> ---continued																				
453	Chayote ( <i>Sechium edule</i> ): Fruit, raw:																				
a	E.P.	0	19	94.3	0.7	0.1	4.6	0.6	0.3	17	14	0.4	2	108	15	.01	.02	0.4	14		
b	A.P.; refuse, skins	23	14	72.7	0.5	0.1	3.5	0.5	0.2	13	11	0.3	2	83	10	.01	.02	0.3	11		
454	Tops and young leaves, raw:																				
a	E.P.	0	25	91.2	4.0	0.3	3.5	0.8	1.0	62	58	1.4	1	310	1,515	.07	.09	0.8	24		
	Chili pepper. See peppers, red.																				
	Chinacane, sp. ( <i>Sinarudinaria</i> sp.): Shoots:																				
455	Raw:																				
a	E.P.	0	22	92.5	2.5	0.2	4.1	1.2	0.7	4	51	0.4	2		0	.01	.08	0.8	10		
b	A.P.; refuse, sheath	30	15	64.8	0.8	0.1	2.8	0.8	0.5	3	36	0.3	1		0	.01	.06	0.6	7		
456	Canned, E.P.	0	21	93.2	2.1	0.2	4.1	0.9	0.4	28	40	0.4			0	.01	.05	0.3	0		
	Chinese, longbean. See Cowpea, yardlong.																				
	Chinese pai-tsai. See Cabbage, Chinese.																				
	Chinese spinach. See Amaranth, sp.																				
457	Chives ( <i>Allium schoenoprasum</i> ): Raw:																				
a	E.P.	0	27	92.0	2.7	0.6	4.3	0.7	0.4	83	41	0.8				.10	.06	0.5	32		
b	A.P.; refuse, trimmings	5	26	87.4	2.6	0.6	4.0	0.7	0.4	79	39	0.8				.09	.06	0.5	30		
458	Chrysanthemum, crown daisy ( <i>Chrysanthemum coronarium</i> ): Leaves, raw:																				
a	E.P.	0	19	93.5	1.8	0.3	3.3	0.9	1.1	63	34	2.5	106	256	3,160	.09	.19	0.6	27		
b	A.P.; refuse, trimmings	15	14	74.9	1.4	0.2	2.6	0.7	0.9	50	27	2.0	85	215	2,580	.07	.15	0.5	22		
459	Citron ( <i>Citrus medica</i> ): Leaves, raw, E.P.	0	56	81.8	3.2	0	13.5		1.5	34	77	4.4			11,935	.04					

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
5. VEGETABLES AND VEGETABLE PRODUCTS																				
--continued																				
Coconut-palm (Cocos nucifera):																				
460	Coryledeon, raw:																			
a	E. P. ....	0	48	86.4	1.8	1.3	9.1	1.0	1.4	27	60	0.5	23	665		.03	.04	1.2	9	
b	A. P.; refuse, sheaths. ....	66	16	29.4	0.6	0.4	3.1	0.3	0.5	9	20	0.2	8	226		.01	.01	0.4	3	
Collard; kale (Brassica oleracea var. acephala):																				
Raw:																				
a	E. P.; leaves and stems. ....	0	35	89.0	3.0	0.4	6.8	1.2	0.8	230	56	2.0			270?	.10	.13	0.4	93	
b	A. P.; refuse, tough stems. ....	26	26	65.9	2.2	0.3	5.0	0.9	0.6	170	41	1.5			200	.07	.10	0.3	69	
Coles(Brassica juncea var. oleifera):																				
462	Leaf and flower tops, raw, E. P. ....	0	16	94.6	1.3	0.3	2.8	0.5	1.0	144	35	1.0	257		1,815	.03	.08		28	
463	Shoots, raw, E. P. ....	0	21	93.5	1.8	0.5	3.4	0.8	0.8	71	18	2.2	222							
Coralbean (Erythrina fusca):																				
464	Leaves, raw, E. P. ....	0	60	81.5	4.6	0.8	11.7	4.1	1.4	57	40	1.8			2,300	.24	.17	4.7	3	
Cordia, sebastianplum (Cordia myxa):																				
Leaves, raw:																				
a	E. P. ....	0	65	64.0	5.1	0.3	14.0	3.6	16.6	81	67	7.2			.380	.10	.29	0.2	0	
b	A. P.; refuse, branches and tough stems. ....	70	20	19.2	1.5	0.1	4.2	1.1	5.0	24	20	2.2			100	.03	.09	0.1	0	
Coriander (Coriandrum sativum):																				
Leaves and stems, raw:																				
a	E. P. ....	0	37	87.6	2.6	0.6	7.3	1.6	1.9	133	80	4.5	94	560		.11	.15	1.3	78	
b	A. P.; refuse, rootlets and trimmings. ....	22	29	63.3	2.3	0.5	5.7	1.2	1.5	104	62	5.6	73	437		.08	.12	1.0	71	
Corn, maize (Zea mays):																				
Yellow:																				
Raw:																				
a	E. P. ....	0	134	62.5	4.2	1.7	30.7	1.1	0.9	5	126	0.9	3	259		.20	.11	1.5	8	
b	A. P.; without husk, refuse, cob. ....	26	99	46.3	3.1	1.2	22.7	0.8	0.7	4	93	0.7	2	192		.15	.08	1.1	6	
c	A. P. with husk, refuse, husk and cob. ....	63	50	23.1	1.6	0.6	11.4	0.4	0.3	2	47	0.3	1	96		.07	.04	0.6	3	
468	Cooked, E. P. ....	0	131	65.8	4.6	3.5	25.3	1.6	0.8	10	138	1.0	26	60		.16	.10	1.4	8	

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
5. VEGETABLES AND VEGETABLE PRODUCTS																				
--continued																				
Corn, maize--continued																				
White:																				
Raw:																				
469	a	0	134	62.5	4.2	1.7	30.7	1.1	0.9	5	126	0.9	3	259	tr.	.20	.11	1.5	8	
	b	26	99	46.3	3.1	1.2	22.7	0.8	0.7	4	93	0.7	2	192	tr.	.15	.08	1.1	6	
	c	63	50	23.1	1.6	0.6	11.4	0.4	0.3	2	47	0.3	1	96	tr.	.07	.04	0.6	3	
470		0	131	65.8	4.6	3.5	25.3	1.6	0.8	10	138	1.0	26	60	tr.	.16	.10	1.4	8	
Corn, small variety, immature; baby-corn (Zea mays):																				
Whole:																				
Raw:																				
471	a	0	33	89.6	2.2	0.2	7.4	0.4	0.6	5	52	0.9	20	158	0	.09	.20	0.7	34	
	b	88	4	10.7	0.3	tr.	0.9	tr.	0.1	1	6	0.1	2	19	0	.01	.02	0.1	4	
472		0	21	92.5	2.9	0.4	3.0	0.6	1.2	8	34	1.2	1140	183	0	.02	.04	0.1	14	
Cowpea, common (Vigna unguiculata subsp. unguiculata):																				
Young green pods, raw:																				
473	a	0	36	88.7	3.7	0.6	6.2	1.2	0.8	54	59	1.4	2	250	455	.14	.10	1.0	24	
	b	5	35	84.2	3.5	0.6	5.9	1.1	0.8	51	56	1.3	2	209	430	.13	.10	1.0	23	
Tender tips:																				
474		0	30	89.0	4.8	0.3	4.4		1.8	73	106	2.2				.85	.18	1.1	36	
475		0	30	89.1	4.8	0.3	4.4		1.4	73	106	2.2				.29	.18	1.1	25	
Cowpea, yardlong; Chinese lungbean; asparagus bean (Vigna unguiculata subsp. sesquipedalis):																				
Young green pods:																				
Raw:																				
476	a	0	37	88.3	3.0	0.2	7.9	1.6	0.6	44	45	0.7	6	233	225	.12	.11	1.0	22	
	b	12	33	77.7	2.6	0.2	7.0	1.4	0.5	39	40	0.6	5	205	200	.10	.10	0.9	19	
477		0	41	89.1	2.7	0.1	7.6	0.8	0.5	55	37	0.7			225	.06	.09	0.7	20	
Leaves, raw:																				
478	a	0	34	88.4	4.2	0.4	5.8	1.7	1.2	108	106	4.7	25	366	2,400	.28	.24	1.2	35	
	b	44	19	49.5	2.4	0.2	3.2	1.0	0.7	60	59	2.6	14	205	1,345	.16	.13	0.7	20	
Cowslip; creeper (Telosma minor):																				
479		0	65	80.5	5.0	1.1	12.1	1.6	1.3	70	90	1.0			1,890	.10	.12	1.5	45	

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
480	5. <u>VEGETABLES AND VEGETABLE PRODUCTS</u> --continued Crataeva, sp. (Crataeva roxburghii): Leaves, raw, E. P.	0	93	20.6	4.9	1.3	124	2.0	5.3					3,650	.08	.25	1.5	5		
481	Cress, garden ( <i>Lepidium sativum</i> ): Raw: E. P.	0	(32)	(5.5)	(1.1)	(1.8)	(81)	(76)	(1.3)	(1.4)	(606)		(5,580)	(.08)	(.26)	(1.0)	(69)			
b	A. P.; refuse, stalks and outer leaves.	29	(22)	(3.9)	(0.8)	(1.3)	(58)	(54)	(0.9)	(10)	(490)		(3,960)	(.06)	(.18)	(0.7)	(49)			
482	Cooked in small amount of water, E. P.	0	(23)	(3.8)	(0.9)	(1.2)	(61)	(48)	(0.8)	(8)	(353)		(4,620)	(.06)	(.16)	(0.8)	(34)			
483	Cucumber ( <i>Cucumis sativus</i> ): Raw: E. P.	0	12	2.7	0.5	0.4	21	24	0.4	13	154		85	.03	.04	0.2	11			
b	A. P.; refuse, parings.	20	10	2.2	0.4	0.3	17	19	0.3	10	123		70	.02	.03	0.2	9			
484	Pickled, E. P.	0	14	3.1	0.4	0.9	21	5	2.6				10	.01	.02	0.2	2			
485	Salted, E. P.	0	35	7.7	1.4	15.2	68	56	0.4	1,100			15	.02	.06	0.5	2			
486	Soaked in rice-bran, E. P.	0	13	2.4	0.4	2.9	25	80	0.6				35	.18	.05	2.0	2			
487	Cucumber, hairy ( <i>Cucumis</i> sp.): Raw: E. P.	0	14	3.5		0.8	21		0.4					.03	.04		39			
b	A. P.; refuse, parings.	28	10	2.5		0.6	15		0.3					.02	.03		28			
488	Curry leaves ( <i>Murraya koenigii</i> ): Raw: E. P.	0	88	14.1		1.5	811		3.1				6,000	.08	.21	2.3	12			
b	A. P.; refuse, stems and trimmings.	17	73	11.8		1.2	673		2.6				4,980	.07	.17	1.9	10			
489	Cushaw ( <i>Cucurbita moschata</i> ): Fruit: Raw: E. P.	0	28	6.6	1.2	0.8	33	48	1.7				310	.11	.09	0.7	24			
b	A. P.; refuse, parings.	26	20	4.9	0.9	0.6	24	36	1.2				230	.08	.07	0.5	18			
490	Leaves, raw, E. P.	0	30	4.5	1.6	1.6	138	99	3.7				1,650	.14			36			
491	Daikon. See Radish, oriental. Dandelion greens ( <i>Taraxacum</i> spp.): Raw, E. P.	0	(45)	(9.2)	(1.6)	(1.8)	(187)	(66)	(3.1)	(76)	(397)		(3,400)	(.19)	(.26)		(35)			
	Dasheen. See Taro.																			

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
	<u>5. VEGETABLES AND VEGETABLE PRODUCTS</u> --continued																				
	Daylily, lemon ( <i>Hemerocallis flava</i> ): Flowers:																				
492	Raw, E.P.	0	42	87.2	2.0	0.4	9.6	1.2	0.8	87	175	1.2	24	170	3,045	.16	.21	0.8		88	
493	Dried, E.P.	0	269	20.6	8.7	2.5	63.6	4.8	4.6	(32.1)	217	(6.2)	60	1,484	1,790	.30	.26	3.8			
	Dish-cloth gourd. See Gourd, rag, angled type.																				
	Djonkol bean. See A pes-earring, sp.																				
	Drumstick leaves. See Honsradish-tree.																				
	Eggplant, garden; brinjaj; aubergine ( <i>Solanum melongena</i> ):																				
494	Raw, purple and white varieties:																				
a	E.P.	0	26	92.0	1.6	0.3	5.6	1.0	0.5	22	37	0.9	7	221	50	.08	.07	0.7		6	
b	A.P.; refuse, calyx only.	4	25	88.3	1.5	0.3	5.4	1.0	0.5	21	36	0.9	7	212	50	.08	.07	0.7		6	
c	A.P.; refuse, calyx and parings.	9	24	83.8	1.4	0.3	5.1	0.9	0.4	20	34	0.8	6	201	45	.07	.06	0.6		5	
495	Cooked, E.P.	0	23	93.0	1.0	0.1	5.6	0.6	0.3	43?	17	0.5			(50)	.04	.04	0.5		tr.	
496	Soaked in rice bran and salted.	0	23	89.1	1.7	0.2	4.8	0.8	4.2	16	64	0.6	1,400		10	.16	.06	1.3		tr.	
497	Salted.	0	35	90.0	1.6	0.7	7.1	0.8	0.6	12	54	0.4			40	.05	.06	0.7		tr.	
	Endive; escarole ( <i>Cichorium endivia</i> ): Leaves:																				
498	Raw:																				
a	E.P.	(0)	(20)	(93.1)	(1.7)	(0.1)	(4.1)	(0.9)	(1.0)	(81)	(54)	(1.7)	(14)	(294)	(1,980)	(.07)	(.14)	(0.5)		(10)	
b	A.P.; refuse, ends, outer leaves and trimmings.	(25)	(15)	(69.7)	(1.3)	(0.1)	(3.1)	(0.7)	(0.8)	(61)	(40)	(1.3)	(10)	(220)	(1,485)	(.05)	(.10)	(0.4)		(8)	
	False-bird-of-paradise. See <i>Heliconia</i> , sp.																				
	Falsepanax, sp. ( <i>Nothopanax scutellarium</i> ): Leaves, raw:																				
499	E.P.	0	54	82.0	3.7	0.3	11.8	2.2	2.2	474	49	4.0			3,270	.06				83	
b	A.P.; refuse, tough stems.	20	42	65.6	3.0	0.2	9.4	1.8	1.8	379	39	3.2			2,615	.05				66	

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
5. VEGETABLES AND VEGETABLE PRODUCTS																				
--continued																				
Fameflower, potherb; water-leaf; Philippine spinach (Talinum triangulare); Leaves:																				
500	Raw:	0	23	92.4	1.9	0.4	4.1	0.6	1.2	90	21	4.8	10	392	2,985	.09	.19	0.6	58	
a	E.P.:	33	15	61.9	1.3	0.3	2.7	0.4	0.8	60	14	3.2	7	263	2,000	.06	.13	0.4	39	
b	A.P.; refuse, stems:																			
Fennel, common (Foeniculum vulgare); Leaves, raw:																				
501	Raw:	0	31	89.2	2.9	0.5	5.6	0.5	1.8	114	54	2.9		338	2,610	.12	.15	0.7	34	
a	E.P.:	7	29	82.9	2.7	0.5	5.2	0.5	1.7	106	50	2.7		314	2,425	.11	.14	0.6	32	
b	A.P.; refuse, trimmings:																			
Fern, sp. (Athyrium esculentum); Leaves and stems:																				
502	Raw:	0	26	91.5	3.4	0.4	3.9	1.0	0.8	24	47	4.4	14	554	2,275	0	.09	1.7	12	
a	E.P.:	57	11	39.3	1.5	0.2	1.7	0.4	0.3	10	20	1.9	6	238	980	0	.04	0.7	5	
b	A.P.; refuse, tough stems and trimmings:																			
Foetid senna. See Senna, sickle.																				
Frangipani, Mexican (Plumeria acuminata); Leaves, raw, E.P.:																				
503	Raw:	0	43	86.3	1.6	0	11.0		1.1	69	60					.03			22.4?	
Fungi, sp. (Flammulina velutipes); Raw:																				
504	Raw:	0	34	89.2	1.9	0.2	7.1	0.4	0.8	2	30	1.2	30	322	0	.66?	.56	11.5?	5	
a	E.P.:	25	26	66.9	1.4	0.2	5.3	0.3	0.6	2	22	0.9	22	242	0	.50	.42	8.6	4	
b	A.P.; refuse, trimmings:																			
Fungi, sp. (Cyphophora esculenta); Dried, E.P.:																				
505	Dried, E.P.:	0	288	13.3	5.7	3.0	69.4	9.6	6.2	32	360	0.6				.10			0	
Fungi, sp. (Lactarius hatsudake); Raw:																				
506	Raw:	0	21	93.4	1.2	0.2	4.2	0.5	0.5	3	61	1.0		0		.10	.40	8.0	0	
a	E.P.:	10	19	84.1	1.1	0.2	3.8	0.4	0.4	3	55	0.9		0		.09	.36	7.2	0	
b	A.P.; refuse, trimmings:																			

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

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
5. VEGETABLES AND VEGETABLE PRODUCTS --continued																				
507	Fungi, sp. ( <i>Lentinus edodes</i> ): Raw:	0	28	91.8	1.1	0.4	6.0	0.6	0.3	8	39	0.7	5		0	.647	.40	4.5	0	
a	E.P.																			
b	A.P.; refuse, trimmings	10	25	82.6	1.0	0.4	5.4	0.5	0.3	7	35	0.6	4		0	.58	.36	4.0	0	
508	Dried, E.P.	0	275	15.3	8.7	1.6	65.5	5.5	4.6	10	144	3.4	16	350	0	.32	.74	10.0	0	
509	Fungi, sp. ( <i>Pholiota nameko</i> ): Raw:	0	15	95.2	1.0	0.2	2.8	0.3	0.4	2	37	1.1	3	100	0	.09	.07	3.5	0	
a	E.P.																			
b	A.P.; refuse, trimmings	30	10	66.6	0.7	0.1	2.0	0.2	0.3	1	26	0.8	2	70	0	.06	.05	2.4	0	
510	Canned, E.P.	0	12	96.2	0.7	0.1	2.5	0.2	0.2	3	20	1.7			0	.04	.05	1.2	0	
511	Fungi, sp; pleurotus, oyster ( <i>Pleurotus ostreatus</i> ): Raw:	0	26	90.8	2.8	0.2	4.1	0.3	0.9	3	124	1.4	77	349	0	.447	.43	10.0	0	
a	E.P.																			
b	A.P.; refuse, trimmings	30	18	63.6	2.0	0.1	2.9	0.6	0.6	2	87	1.0	54	244	0	.31	.30	7.0	0	
512	Fungi, sp. ( <i>Tremella fuciformis</i> ): Dried, E.P.	0	275	19.7	3.7	0.2	74.5	1.1	0.3	23	306	3.5	58	362	0	.09	.22	5.8	20	
513	Fungi, sp. ( <i>Tricholoma</i> spp.): Raw:	0	30	90.4	1.6	0.3	6.5	1.2	0.8	4	57	1.2	4	360	0	.06	.28	3.5	5	
a	E.P.																			
b	A.P.; refuse, trimmings	25	22	67.8	1.2	0.2	4.9	0.9	0.6	3	43	0.9	3	270	0	.05	.21	6.4	4	
514	Canned, E.P. Fungi, spp. See also Mushroom, straw and Jew's ear. Galangal ( <i>Alpinia galanga</i> ; <i>Languas galanga</i> ): Rhizomes, raw:	0	24	92.5	0.8	0.1	5.7	1.4	0.5	4	25	0.9			0	.04	.30	2.0	0	
515	Rhizomes, raw: E.P.	0	51	85.9	1.0	0.4	11.7	3.1	1.0	31	25	2.1			1,520	.05	.02	1.0	26	
a	E.P.																			
b	A.P.; refuse, parings	20	41	68.7	0.8	0.3	9.4	2.5	0.8	25	20	1.7			1,215	.04	.02	0.8	21	
516	Carland-chrysanthemum. See Chrysanthemum. Carlic ( <i>Allium sativum</i> ): Bulbs: Raw:	0	117	67.8	3.5	0.3	27.4	0.7	1.0	18	88	1.5	18	373	tr.	.24	.05	0.4	10	
a	E.P.																			
b	A.P.; refuse, loose sheaths	10	106	60.9	3.2	0.3	24.7	0.6	0.9	16	79	1.4	16	336	tr.	.22	.04	0.4	9	
517	Salted, E.P.	0	80	73.8	3.4	1.8	14.6	2.8	6.4	52	160	(1.2)			0	.20	.04	0.3	0	

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
5. VEGETABLES AND VEGETABLE PRODUCTS																				
--continued																				
Garlic -- continued																				
518	Leaves and stems, raw:																			
a	E.P.	0	44	86.4	2.6	0.5	9.5	1.8	1.0	58	46	0.6	4	326		.11	.14			39
b	A.P.; refuse, trimmings	8	41	79.5	2.4	0.5	8.7	1.6	0.9	53	42	0.6	4	300		.10	.13			36
519. Shoots, raw:																				
a	E.P.	0	76	77.7	1.2	0.3	20.1	1.7	0.7	12	52	1.7		273		.14	.06			42
b	A.P.; refuse, trimmings	17	63	64.5	1.0	0.2	16.7	1.4	0.6	10	43	1.4		226		.12	.05			35
520. Flowers, raw:																				
a	E.P.	0	39	88.4	1.4	0.2	9.4	0.8	0.6	25	46	(0.9)		60		.11	.06			44
b	A.P.; refuse, stems and trimmings	25	29	66.3	1.0	0.2	7.1	0.6	0.4	19	34	(0.7)		45		.08	.04			33
Garlic, great round-headed (Allium ampeloprasum):																				
521. 8ulbs, raw:																				
a	E.P.	0	45	86.3	2.2	0.3	10.3		0.9	52	50	1.1		25		.11				17
b	A.P.; refuse, rootlets and tough leaves	48	23	44.9	1.1	0.2	5.4		0.5	27	26	0.6		15		.06				9
Garlic wild (Allium sp.):																				
522. 8ulbs, raw:																				
a	E.P.	0	41	87.9	3.3	0.4	7.5	1.6	0.9	169	64	2.2		486		.06	.10			11
b	A.P.; refuse, stem, leaves and sheath	36	26	56.2	2.1	0.2	4.9	1.0	0.6	108	41	1.4		311		.04	0.6			7
Giantarum, whitespot. See Group 2.																				
Giantarum, sp.; elephant foot (Amorphophallus conjac):																				
523. Leaves, raw, E.P.																				
		0	8	97.4	0.1	tr.	2.3	0.1	0.2	17	7	0.3				0	0			0
Gingelly. See Sesame, oriental.																				
Ginger (Zingiber officinale):																				
Roots:																				
524. Raw:																				
a	E.P.	0	46	87.4	1.6	0.8	9.2	1.3	1.0	19	32	1.3	7	316		.01	.03			4
b	A.P.; refuse, skins	10	42	78.7	1.4	0.7	8.3	1.2	0.9	17	29	1.2	6	284		.01	.03			4
525. Salted, E.P.																				
		0	37	78.8	1.8	0.6	7.0	1.2	11.8	52	25	1.9	3,800	379		.01	.03			0
526. Stigared, E.P.																				
		0	361	7.2	0.2	1.1	91.4	0.6	0.1	30	5	0.8	26	20		.01	.04			0
Root, dried. See Group 4.																				
527. Shoots, raw, E.P.																				
		0	22	93.0	0.8	0.6	4.2	1.2	1.4	42	55	(0.7)		475						



FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

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			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
5. VEGETABLES AND VEGETABLE PRODUCTS																				
--continued																				
	Gourd, rag -- contained																			
Cylinder-type; smooth leafah; vegetable sponge; sponge gourd ( <i>Luffa cylindrica</i> ; <i>L. aegyptiaca</i> ):																				
536	Fruit, raw:																			
a	E.P. ....	0	19	94.3	1.1	0.2	4.0	1.0	0.4	2	30	0.7	3	154	170	.03	.04	0.3	10	
b	A.P.; refuse, pairings. ....	21	15	74.5	0.9	0.2	3.1	0.8	0.3	2	24	0.6	2	122	135	.02	.03	0.2	8	
537	Leaves, raw, E.P. ....	0	27	90.1	5.1	0	4.1	(1.5)	0.7	56	140	11.5			9,240	.05	.06		95	
538	Greenstar, India ( <i>Polyalthia longifolia</i> ):																			
	Leaves, raw, E.P. ....	0	36	87.0	4.6	0.1	6.7		1.6	5	96									
<i>Heliconia</i> , sp.; false-bird-of-paradise ( <i>Heliconia brevispatha</i> ):																				
539	Leaves, raw:																			
a	E.P. ....	0	26	91.9	0.4	0.1	6.7	1.6	0.9	45	22	1.0	35	159		.01	.03	0.1	4	
b	A.P.; refuse, trimmings. ....	12	23	80.8	0.4	0.1	5.9	1.4	0.8	40	19	0.9	75	140		.01	.03	0.1	2	
<i>Hibiscus</i> , Chinese ( <i>Hibiscus rosa-chinensis</i> ):																				
540	Flowers, raw:																			
a	E.P. ....	0	36	89.8	0.4	0.4	8.8	1.6	0.6	4	27	1.7				.03	.05	0.6	4	
b	A.P.; refuse, stems and leaves, ....	38	22	55.7	0.2	0.2	5.5	1.0	0.4	2	17	1.0				.02	.03	0.4	2	
<i>Hibiscus</i> , kenaf ( <i>Hibiscus cannabinus</i> ):																				
541	Leaves, raw, E.P. ....	0	42	86.5	3.1	0	9.6		0.8	62	38	1.3				.07	.06			
<i>Himbabo</i> ( <i>Allacandus luzonicus</i> ):																				
542	Flowers, raw:																			
a	E.P. ....	0	70	77.6	7.7	1.2	11.4	2.4	2.1	282	124	6.8	5	784	1,170	.15	.35	1.6	24	
b	A.P.; refuse, leaves and stems, ....	22	58	60.0	6.6	0.9	9.8	2.3	1.7	219	98	5.4	4	619	1,095	.14	.32	1.1	19	
543	Leaves, raw, E.P. ....	0	66	79.0	5.9	1.1	12.0	2.4	2.0	273	85	3.7	5	479	2,980	.14	.35	1.2	95	
<i>Honeywort</i> , Japanese ( <i>Cryptotaenia japonica</i> ):																				
544	Greens, raw:																			
a	E.P. ....	0	18	93.5	2.0	0.1	3.4	1.3	1.0	81	45	1.8	7	490	780	.15	.20	0.5	60	
b	A.P.; refuse, hard stems and trim- mings. ....	20	14	74.8	1.6	0.1	2.7	1.0	0.8	65	36	1.4	6	392	625	.12	.16	0.4	48	

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
5. VEGETABLES AND VEGETABLE PRODUCTS --continued																				
Horsebean, See Bean, broad.																				
Horse radish ( <i>Armoracia lapathifolia</i> ):																				
545	Root, raw:																			
a	E.P.	0	(69)	(80.2)	(2.7)	(0.2)	(15.5)	(1.4)	(2.4)	(65)	(2.1)					(.03)	(.07)	(0.4)		(22)
b	A.P.; refuse, parings	27	(51)	(58.5)	(2.0)	(0.2)	(11.3)	(1.0)	(18)	(47)	(1.5)					(.02)	(.05)	(0.3)		(16)
Horse radish; dish-tree; drumstick leaves ( <i>Moringa oleifera</i> ):																				
Leaves:																				
Raw:																				
546	E.P.	0	72	77.6	7.4	1.5	11.6	1.2	297	90	3.6	4	473	8,855	.20	.73	3.4		167	
b	A.P.; refuse, stems and tough leaves	39	44	47.3	4.5	0.9	7.1	0.7	181	55	2.2	2	288	5,400	.12	.44	2.1		102	
547	Cooked, E.P.	0	70	78.7	6.6	1.0	12.8	0.8	284	67	3.0			5,365	.17	.47	1.8		37	
Pods and tender leaves, raw:																				
548	E.P.	0	40	87.6	2.6	0.3	8.6	1.2	31	52	0.8			50	.06	.11	0.7			
a	A.P.; refuse, stems and tough leaves	49	20	44.7	1.3	0.2	4.4	0.6	16	26	0.4			25	.03	.05	0.4			
b	Pods, raw, E.P.	0	42	86.7	2.5	0.2	9.5	1.1	58	62	0.8			75	.05	.06	0.6		159	
Horsetail, field ( <i>Equisetum arvense</i> ):																				
Leaves, raw:																				
550	E.P.	0	20	93.7	1.0	0.2	4.4	1.1	58	93	4.4			300	0	.07	5.6		50	
a	A.P.; refuse, stems	10	18	84.3	0.9	0.2	4.0	1.0	52	84	4.0			270	0	.06	5.0		45	
b	Leaves, raw, E.P.	0	107	77.6	4.5	7.8?	8.6	4.0	36	15	2.3			36,265	.16	.09	7.2		52	
Indian sorrel. See Sorrel, red.																				
Ivygourd, India ( <i>Coccinia cordifolia</i> ; <i>C. indica</i> ; <i>Cephalandra indica</i> ):																				
552	Gourd, raw, E.P.	0	20	93.6	0.7	0	5.2		25	25	0.6									81?
553	Leaves, raw, E.P.	0	28	90.6	4.1	0.4	4.2	1.0	126	30	4.6			10,845	.17	.13	3.8		48	

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
5. VEGETABLES AND VEGETABLE PRODUCTS -- continued																				
554	Jackbean, common ( <i>Canavalia ensiformis</i> ) Immature pods, raw, E. P.	0	43	88.6	2.7	0.2	7.9	(1.8)	0.6	60	40	2.0			25	.10				0
555	Jackfruit ( <i>Artocarpus heterophylla</i> ) Leaves, raw, E. P.	0	75	75.5	5.0	0	17.5		2.0	170	60	17.5				.10				70
	Fruit. See Group 6.																			
	Jalap. See Turpeth root, Indian.																			
	Jerusalem-artichoke ( <i>Helianthus tuberosus</i> ) Tuber, raw:																			
556	a	0	69	80.4	1.8	0.1	16.5	0.8	1.2	29	66	1.6	382	tr.	.20	.05				6
	b	25	51	60.3	1.4	0.1	12.3	0.6	0.9	22	50	1.2	286	tr.	.15	.04				4
	Jew's ear; Juda's ear; wood-eat ( <i>Auricularia polytricha</i> ), E. P.:																			
	Tender variety:	0	42	87.1	1.0	0.1	10.9	1.8	0.5	(37)	tr.	6.1		0	(.02)	(.11)				(0.2)
557	Raw.....	0	29	92.0	0.7	0.7	5.9	0.2	0.4	23	5	5.1	60	10	.01	.07				0.1
558	Dried, soaked, drained.....	0	279	13.0	6.9	1.0	70.3	7.9	5.8	208	223	56.1	856	0	.16	.48				4.1
559	Tough variety:																			
560	Dried.....	0	325	7.5	4.8	2.0	81.7	13.0	2.0	230	107	21.5	639		(.17)	.32				2.2
561	Dried, soaked, drained.....	0	76	78.2	1.1	0.2	19.8	4.7	0.2	53	10	6.8	41		.03	.09				0.1
562	Jew's ear, white ( <i>Auricularia</i> sp): Dried, E. P.	0	292	12.9	4.1	1.8	75.2	1.8	4.3	511?	250	30.4	987		tr.	.14				1.5
	Jointfir, spinach; relinjo-leaves ( <i>Cnecium guenon</i> ): Leaves, raw:																			
563	a	0	82	75.4	3.8	0.8	18.4	2.6	1.6	128	100	2.7	83		.17	.24				113
	b	11	73	67.1	3.4	0.7	16.4	2.3	1.4	114	89	2.4	74		.15	.21				100
564	Fruit, raw, E. P.	0	66	80.0	5.0	0.7	13.3	1.7	1.0	163	75	2.8			.10	.10				100
	Jute, potherb ( <i>Corchorus olitorius</i> ): Leaves: Raw:																			
565	a	0	43	84.1	5.6	0.3	7.6	1.7	2.4	266	97	7.7	444		.13	.26				53
	b	34	28	55.5	3.7	0.2	5.0	1.1	1.6	176	64	5.1	293		.09	.17				35
566	Cooked, E. P.	0	44	84.6	2.9	0.2	9.9	1.7	2.4	128	51	2.9			.09	.20				tr.
	Kalmeris, sp. ( <i>Kalimeris yomena</i> ): Leaves, raw:																			
567	a	0	29	90.2	2.2	0.4	5.7	0.5	1.5	80	66	4.0			.15	.20				50
	b	10	26	81.2	2.0	0.4	5.0	0.4	1.4	72	59	3.6			.14	.18				45

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Composition of Foods, 100 grams, Edible Portion and As Purchased																					
Item No.	Food and Description	Refuse in as purchased	Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
																					Percent
568	5. VEGETABLES AND VEGETABLE PRODUCTS --continued Kale. See Collard. Kawati. See Gliricidia, sp. Kelp. See Seaweed. Kimchi (Korean food); pickled, fermented vegetables, red pepper, garlic, and green onion added, mainly made from: Oriental radishes (Kach doo ki; gashiki)..... Oriental radishes, sweetened (Dan moo gi)..... Oriental radishes including juice (Dong chi mi)..... Oriental radish leaves (Mu chung kimchi)..... Young and tender oriental radishes (Yul moo kimchi)..... Oriental radishes, sliced (Jang a gee) Cucumber, pickled (Oigae)..... Cucumber, sweetened, Japanese style (Nara seu kei)..... Chinese cabbage (Tong kimchi).....	0	41	87.9	2.5	0.7	8.2	0.7	0.7	4							.03	.06			9
569		0	30	78.1	1.7	0.3	6.6	0.9	13.3								.03	.04		0	
570		0	21	83.9	0.7	0.2	5.0		0.2	1							.01	.03	1.0	7	
571		0	38	89.1	2.7	0.8	6.9	0.8	0.5	2							.03	.07	2.9	17	
572		0	16	94.5	2.4	0.6	1.5		1.0	2.4							.04	.06	0.4	2.4	
573		0	75	73.8	3.4	1.8	14.6	2.8	6.4	52	160	3.0					.96	.66	0.5	0	
574		0	56	78.0	1.1	0.9	12.7	1.4	7.3	53	55	0.4					.04	.04	0.4	0	
575		0	55	79.8	3.9	0.1	12.6	3.7	3.6	9							.04	.03			
576		0	35	90.0	2.0	0.7	6.8		0.5	28											
577	Kohlrabi (Brassica oleracea var. gongyolodes); Raw: a E.P..... b A.P.; refuse, tops and parings.....	0 23	31 24	89.9 69.2	2.6 2.0	0.4 0.3	6.0 4.7	1.0 0.8	1.1 0.8	52 40	48 37	1.3 1.0	(8) (6)	2.49 192		2,000 1,540	.06 .04	.10 .08	0.6 0.5	68 52	
578	Kudbean, thumber (Pueraria thumber-giana); Leaves, cooked, E.P..... Root. See Group 2. Laver. See Seaweed.	0	36	89.0	0.4	0.1	9.7	7.7	0.8	35	20	4.9				0	.03	.91	0.8	0	
579	Leadtree, whitepopinac; wild-bamarind (Leucaena glauca; L. leucocephala); Tender tops and pods, raw, E.P.....	0	59	80.7	8.4	0.9	8.8	3.8	1.2	137	11	9.2?				4,730	.09	.09	5.4	8	

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
5. VEGETABLES AND VEGETABLE PRODUCTS --continued																				
Leek ( <i>Allium porum</i> ):																				
Raw:																				
580	Unbleached:																			
a	E. P.; lower leaf and bulb.....	0	35	89.4	2.3	0.5	7.0	1.0	0.8	58	48	2.7	5	316	2,435	.09	.10	0.6	32	
b	A. P.; refuse, top and rootlets.....	28	25	64.4	1.6	0.4	5.0	0.7	0.6	42	34	1.9	4	228	2,240	.06	.07	0.4	23	
581	Bleached:																			
a	E. P.....	0	16	94.8	1.9	0.3	2.6	0.6	0.4	16	20	0.6		62	15	.04	.06	0.8	12	
b	A. P.; refuse, trimmings.....	8	15	87.2	1.7	0.3	2.4	0.6	0.4	15	18	0.6		57	10	.04	.06	0.7	11	
582	Flowers, raw, E. P.....	0	55	83.1	5.5	0.5	10.5	1.1	0.4	23	38	0.9			2,550	.14	.19	0.9	40	
Leek, Chinese. See Onion, fragrant.																				
Lemon-grass ( <i>Cymbopogon citratus</i> ):																				
Leaves, raw:																				
583	E. P.....	0	92	74.3	1.0	1.4	21.9	4.2	1.4	32	30	1.8			425	.05	.02	2.2	1	
b	A. P.; refuse, tough leaves and stems	28	66	53.5	0.7	1.0	15.8	3.0	1.0	23	22	1.3			305	.04	.01	1.6	1	
Lettuce, garden ( <i>Lactuca sativa</i> ):																				
Raw:																				
584	Unheaded:																			
a	E. P.....	0	20	93.6	1.4	0.3	3.9	0.6	0.8	56	34	2.1	14	254	2,035	.06	.12	0.5	17	
b	A. P.; refuse, outer leaves.....	26	14	69.3	1.0	0.2	2.9	0.4	0.6	41	25	1.6	10	188	1,505	.04	.09	0.4	12	
585	Headed:																			
a	E. P.....	0	14	95.8	1.0	0.4	2.4	0.4	0.4	18	22	0.4			885	.04	.04	0.2	4	
b	A. P.; refuse, outer leaves.....	5	14	91.0	1.0	0.4	2.2	0.4	0.4	17	21	0.4			840	.04	.04	0.2	4	
Lettuce, garden asparagus ( <i>Lactuca sativa</i> var. <i>asparagina</i> ):																				
Raw:																				
586	E. P.....	0	16	94.7	1.2	0.2	3.2	0.4	0.7	56	53	1.1	10		720	.06	.06	0.6	15	
b	A. P.; refuse, outer leaves.....	5	15	90.0	1.1	0.2	3.0	0.4	0.7	53	50	1.0	10		685	.06	.06	0.6	14	
Lettuce, prickly; Chinese lettuce ( <i>Lactuca scariola</i> ; <i>L. serriola</i> ):																				
Leaves, raw:																				
587	E. P.....	0	22	93.0	2.2	0.6	3.3	0.7	0.9	54	36	1.9		203	1,990	.14	.12	0.7	15	
b	A. P.; refuse, outer leaves.....	26	16	68.9	1.6	0.4	2.4	0.5	0.7	40	27	1.4		150	1,475	.10	.09	0.5	11	
Stems:																				
Raw:																				
588	E. P.....	0	13	95.6	1.0	0.2	2.6	0.4	0.6	12	86	1.5		231	15	.04	.05	0.5	1	
b	A. P.; refuse, tough skin and ends.	48	7	49.7	0.5	0.1	1.4	0.2	0.3	6	45	0.8		120	10	.02	.03	0.3	tr.	
589	Pickled and fermented paste added..	0	33	80.6	2.4	0.4	6.8	0.6	9.8	72	42	3.2		207						
Lily, sp. ( <i>Lilium lausifolium</i> ):																				
Root, raw:																				
590	E. P.....	0	113	66.0	4.8	0.6	27.2	1.1	1.4	5	240	0.5	10		0	.05	.04	0.2	20	
b	A. P.; refuse, parings.....	15	96	56.1	4.1	0.5	23.1	0.9	1.2	4	204	0.4	8		0	.04	.03	0.2	17	



FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

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			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
<b>5. VEGETABLES AND VEGETABLE PRODUCTS</b>																				
--continued																				
Matata -- continued																				
Corms:																				
	Canned, E. P.:																			
599	Drained solids only.....	0	49	85.6	0.9	tr.	13.1	0.6	0.4	18	72	0.5	14	0	0	.01	.03	0.3	6	
600	Total contents of can.....	0	40	89.3	0.9	0.2	9.4	1.0	0.2	10	38	0.4	9			.01	.01	0.3		
Matrimony vine. See Wolfberry, Chinese, leaves.																				
Melon, pickling, oriental (Cucumis comomon):																				
Fruit:																				
	Raw:																			
601	E. P. ....	0	13	95.6	1.0	0.1	2.8	0.6	0.5	30	14	0.4	20?			.02	.02	0.2	19	
a	A. P.; refuse, parings and seeds..	19	10	77.4	0.8	0.1	2.3	0.5	0.4	2.4	11	0.3	16			.02	.02	0.2	15	
602	Sorted in sake-cake, E. P. ....	0	36	86.0	1.0	0.1	9.3	0.4	3.6	50	48	2.5	1,300			.04	.03	0	0	
603	Pickled, E. P. ....	0	14	85.3	0.7	0.3	2.9	0.9	10.8	74	49	4.2				.01	.03	0	10	
Mint leaves (Mentha sp.):																				
	Raw:																			
604	E. P. ....	0	32	89.3	3.0	0.7	5.4		1.6	194	48	3.8	2	2,160		.13	.16	0.7	64	
a	A. P.; refuse, tough stems and branches	70	10	26.8	0.9	0.2	1.6		0.5	58	14	1.1	1	650		.04	.05	0.2	19	
Mombin, red (Spondias purpurea):																				
Shoots and tender stems, raw:																				
	E. P. ....																			
605	E. P. ....	0	35	88.6	4.3	0.8	5.1	1.6	1.2	12	73	2.8				.08	.12	1.5	23	
a	A. P.; refuse, stems and trimmings..	24	27	67.3	3.3	0.6	3.9	1.2	0.9	9	55	2.1				.06	.09	1.1	17	
606	Leaves, raw, E. P. ....	0	59	81.0	3.5	0.3	13.4		1.8	540	82	6.2		1,740		.06	.09	1.1	29	
Monochoria, sp. (Monochoria vaginalis):																				
	Leaves, raw:																			
607	E. P. ....	0	18	93.0	1.0	0.2	3.8		2.0	80	45	3.7		600		.08	.10	0.8	18	
a	A. P.; refuse, stems and trimmings..	30	12	65.1	0.7	0.1	2.7		1.4	56	32	2.6		420		.06	.06	0.7	17	
Mugwort, See Wormwood, mugwort.																				
Mungbean; green gram; tamsin green bean (Phaseolus aureus; Vigna radiata):																				
Sprouts:																				
	Raw:																			
608	E. P. ....	0	30	90.1	4.2	0.2	5.0	0.9	0.5	15	71	1.2	7	222		.11	.10	0.8	18	
a	A. P.; refuse, rootlets.....	7	28	83.8	3.9	0.2	4.6	0.8	0.5	14	66	1.1	6	206		.10	.06	0.7	17	
609	Cooked, E. P. ....	0	34	89.3	2.2	0.1	7.9	1.0	0.5	6	40	0.4	5	185		.07	.06	0.5	3	
Seeds, mature dried. See Group 3.																				
Mushroom, Chinese (Agaricus bretscheideri):																				
	Dried, E. P. ....	0	284	12.8	10.0	1.8	66.6	6.7	4.5	76	286	11.7	38	1,482		.37	1.82	11.3	0	
610	Dried, soaked, drained, E. P. ....	0	44	87.4	2.0	0.8	8.6	0.6	0.3	10	21	1.1	1	113		.01	.13	4.0	0	

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



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			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
5. VEGETABLES AND VEGETABLE PRODUCTS																				
--continued																				
New-Zealand-spinach ( <i>Tetragonia tetra-</i> <i>gonoides</i> ; <i>T. expanas</i> ):																				
632	Leaves, raw:	0	22	91.5	2.8	0.4	3.2	0.8	2.1	178	61	3.8	88	555	3,540	.05	.24	1.2	27	
a	E.P.																			
b	A.P.; refuse, mainstalk and outer leaves.	39	13	55.8	1.7	0.2	2.0	0.5	1.3	108	37	2.3	54	338	2,160	.03	.15	0.7	16	
Nighthade, black ( <i>Solanum nigrum</i> ):																				
633	Leaves, raw:	0	44	85.0	4.6	0.4	8.4	1.1	1.6	216	88	4.2			1,650	.12	.24	1.3	30	
a	E.P.																			
b	A.P.; refuse stems and trimmings.	36	28	54.5	2.9	0.2	5.4	0.7	1.0	138	56	2.7			1,055	.08	.15	0.8	19	
Nighthade, sp. ( <i>Solanum</i> spp.):																				
634	Fruit, raw, E.P.	0	60	78.6	3.0	1.0	16.2	3.3	1.2	45	82	0.8			700	.04	.10	8.4?	8	
Nittatee, sp.; sa-to ( <i>Parkia speciosa</i> ):																				
635	Pods, raw, E.P.	0	130	70.7	8.0	8.1	11.9	0.5	1.3	76	83	0.7				.11	.01	1.0	6	
Okra; lady's finger ( <i>Hibiscus esculentus</i> ):																				
636	Fruit, raw:	0	31	89.6	1.8	0.1	7.6	0.9	0.9	90	47	1.0	3	285	140	.07	.08	0.8	18	
a	E.P.																			
b	A.P.; refuse, stem ends.	10	28	80.6	1.6	0.1	6.9	0.8	0.8	81	42	0.9	3	255	125	.06	.07	0.7	16	
637	Cooked, E.P.	0	33	89.7	1.2	tr.	8.5	0.6	0.6	117	28	0.5			90	.06	.07	0.7	16	
Onion, common, garden ( <i>Allium cepa</i> ):																				
Mature:																				
638	Raw:	0	38	88.6	1.6	0.2	9.0	0.7	0.6	30	44	1.0	9	166	tr.	.06	.04	0.2	9	
a	E.P.																			
b	A.P.; refuse, skins and ends.	6	38	83.2	1.5	0.2	8.5	0.6	0.6	28	41	0.9	8	156	tr.	.06	.04	0.2	8	
639	Cooked, E.P.	0	35	90.3	1.4	0.2	7.6	0.6	0.5	26	37	0.8	8	141	0	.04	.02	0.1	2	
Immature bulbs and tops:																				
640	Raw:	0	28	91.6	1.6	0.4	8.8	1.0	0.6	43	36	1.2	4	178	890	.06	.11	0.5	29	
a	E.P.																			
b	A.P.; refuse, damaged tops and rootlets.	10	25	82.5	1.4	0.4	5.2	0.9	0.5	39	32	1.1	4	160	800	.05	.10	0.4	26	
Onion, fragrant; Chinese leek ( <i>Allium</i> <i>odorum</i> ):																				
641	Raw:	0	34	88.4	3.0	0.4	6.8	0.8	1.4	59	66	2.6	6	234	1,020	.08	.15	0.9	36	
a	E.P.																			
b	A.P.; refuse, damaged tips and rootlets.	10	31	79.5	2.7	0.4	6.1	0.7	1.3	53	59	2.3	5	211	920	.07	.13	0.8	32	



FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
5. VEGETABLES AND VEGETABLE PRODUCTS																				
--continued																				
652	Peperomia, shiny (Peperomia pellucida): Leaves, raw:																			
a	E. P. ....	0	25	92.2	0.5	0.3	5.9	1.0	1.1	12.4	3.4	3.2	8	277	2,500	.03	.07	0.6	10	
b	A. P.; refuse, trimmings, ....	5	24	87.6	0.5	0.3	5.6	1.0	1.0	118	32	3.0	8	263	2,375	.03	.06	0.6	10	
Peppers, red; tabasco; chili pepper (Capsicum frutescens):																				
Fruit:																				
653	Raw:																			
a	E. P. ....	0	116	85.4	6.3	1.4	24.8	15.0	2.1	86	120	3.6	23	1,286	6,600	.37	.51	2.5	96	
b	A. P.; refuse, stem ends, seeds and cores, ....	13	100	56.9	5.5	1.2	21.6	13.0	1.8	75	104	3.1	20	1,119	5,700	.32	.45	2.2	84	
654	Dried, ....	0	288	15.3	11.7	12.4	43.7	13.4	16.9	233	853	45.0	60	1,500	27,430	1.14	1.53	19.8	184	
655	Paste, E. P. ....	0	35	87.0	0.4	0.3	8.9	0.6	3.4	28	24	7.5		260		.01	.01	0.1	18	
Peppers, sweet (Capsicum annuum):																				
Fruit, green, raw:																				
656	Fruit, green, raw:																			
a	E. P. ....	0	26	92.0	1.3	0.2	6.0	1.4	0.5	12	34	0.9	5	274	1,750	.07	.08	0.8	103	
b	A. P.; refuse, stem ends, seeds and cores, ....	13	23	80.0	1.1	0.2	5.3	1.2	0.4	10	30	0.8	4	238	1,520	.06	.07	0.7	90	
657	Cooked, E. P. ....	0	18	94.6	0.9	0.1	4.1	0.9	0.3	8	23	0.6	3	185	195?	.03	.03	0.4	66	
658	Fruit, red, raw:																			
a	E. P. ....	0	45	86.9	2.0	0.8	9.5	1.7	0.8	11	47	0.9		374	4,770	.09	.12	0.4	86	
b	A. P.; refuse, stem ends, seeds and cores, ....	6	43	81.7	1.9	0.8	8.8	1.6	0.8	10	44	0.8		352	4,485	.08	.12	0.4	81	
Peppers, all varieties (Capsicum spp.):																				
659	Leaves, raw, E. P. ....	0	53	82.1	5.8	1.0	8.5	1.9	2.6	246	56	1.4	5	714	6,210	.40	.33	1.9	68	
660	Pepper, sp. (Piper sarmentosum): Leaves, raw, E. P. ....	0	101	69.5	5.4	2.5	18.8	4.6	3.8	601?	30	7.6?			5,290	.13	.11	16.2	10?	
Perilla, common purple; Shantung greens (Perilla frutescens):																				
Greens, raw:																				
661	Greens, raw:																			
a	E. P. ....	0	42	86.0	3.4	0.6	8.0	1.5	2.0	197	73	6.7	20?	650	4,380	.07	.32	0.8	46	
b	A. P.; refuse, tough stem and trimmings	25	31	64.5	2.6	0.4	6.0	1.1	1.5	148	55	5.0	15?	488	3,285	.05	.24	0.6	34	
662	Seeds, raw, E. P. ....	0	42	88.2	2.6	1.3	6.9	3.7	1.0	140	63	1.3			780	.08	.09	0.5	20	

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
5.	<u>VEGETABLES AND VEGETABLE PRODUCTS</u> --continued																				
	Philippine spinach. See Fameflower, po herb.																				
	Pickling melon. See Melon, pickling, oriental.																				
663	Pigeonpea (Cajanus cajan): Immature pods and seeds, raw:																				
a	E.P.....	0	114	64.4	8.7	0.6	24.5	3.6	1.8	72	2.0	5	622		145	.44	.16	1.8		32	
b	A.P.; refuse, ends, strings and stems.	38	71	39.9	5.4	0.4	15.2	2.2	1.1	45	1.2	3	386		90	.27	.10	1.1		20	
664	Immature seeds, raw, E.P.....	0	119	68.9	7.5	0.6	21.6		1.4	29	1.3	(5)	(563)		(1.45)	.40	.25	2.4		26	
	Pigeonwings, Asian; blue pea (Clitoria ternatea):																				
665	Pods and seeds, raw:																				
a	E.P.....	0	66	80.0	3.8	0.4	15.0	4.8	0.8	40	0.4	4	309		670	.04	.18	1.4		248	
b	A.P.; refuse, trimmings.....	6	60	75.1	3.6	0.4	14.1	4.5	0.8	38	0.4	4	230		630	.04	.17	1.3		233	
	Plantain. See Group 2.																				
	Plantain, rippled (Plantago major):																				
666	Leaves, raw:																				
a	E.P.....	0	61	81.4	2.5	0.3	14.6		1.2	134	1.2	16	277		2,520	.28	.28	0.8		8	
b	A.P.; refuse, stems and roots.....	20	49	65.1	2.0	0.2	11.7		1.0	147	1.0	13	222		2,015	.22	.22	0.6		6	
	Plate brush (Solanum torvum):																				
667	Fruit, raw:																				
a	E.P.....	0	47	85.4	2.4	0.4	10.7	6.1	1.1	104	4.6?				390	.12	.09	2.6		4	
b	A.P.; refuse, stem ends.....	5	45	81.1	2.3	0.4	10.2	5.8	1.0	99	4.4?				370	.11	.08	2.5		4	

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur-chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
5. <u>VEGETABLES AND VEGETABLE PRODUCTS</u> --continued																				
668	Pluchea, sp. (Pluchea indica): Leaves, raw:																			
a	E.P.	0	42	86.0	1.8	0.5	9.4		2.3	256	49	5.6								
b	A.P.; refuse, stems and trimmings..	35	27	55.9	1.2	0.3	6.1		1.5	166	32	3.6			2,390	.02				30
Potato. See Group 2.																				
669	Premna, fragrant (Premna odorata): Leaves, raw:																			
a	E.P.	0	64	80.0	3.5	0.4	14.7		1.4	64	76	3.0	5	574		.04	.09			5
b	A.P.; refuse, stems, roots and trimmings..	76	16	19.2	0.8	0.1	3.6		0.3	15	18	0.7	1	138		.01	.02			1
670	Prickly-chaff (Achyranthes aspera): Flowers, raw:																			
a	E.P.	0	(46)	(85.0)	(6.4)	(1.0)	(6.2)		(1.4)	(158)	(59)	(tr.)			(6,565)	(.13)	(.48)		(1.0)	(30)
b	A.P.; refuse, stems and trimmings..	28	(38)	(61.2)	(4.6)	(0.7)	(4.5)		(1.0)	(114)	(42)	(tr.)			(4,750)	(.10)	(.34)		(0.7)	(22)
671	Pseuderanthemum, yellowvein (Pseuderanthemum reticulatum): Leaves, raw, E.P.	0	46	85.0	3.4	0.2	10.1		1.3	67	67				2,605	.02	.10		1.4	51
672	Pumpkin (Cucurbita pepo): Fruit, raw:																			
a	E.P.	0	27	91.9	0.7	0.2	6.6		0.6	24	33	0.7	8	350		.03	.04		0.5	14
b	A.P.; refuse, rind and cavity contents	17	22	76.3	0.6	0.2	5.4		0.5	20	27	0.6	7	290		.02	.03		0.4	12
673	Leaves, raw, E.P.	0	21	92.6	3.0	0.4	8.0		1.0	37	99	2.1	6	472		.09	.13		0.9	11
674	Purslane, common (Portulaca oleracea): Leaves and stems, raw, E.P.	0	37	87.5	2.2	0.3	7.9		2.0	115	40	1.4		390		.06	.14		0.8	21
675	Radish, garden (Raphanus sativus): Roots, raw:																			
a	E.P.	0	26	92.6	1.0	0.2	5.6		0.6	32	34	1.4	10	242	tr.	.04	.03		0.4	26
b	A.P.; refuse, tops and rootlets..	27	19	67.6	0.7	0.2	4.1		0.4	23	25	1.0	7	177	tr.	.03	.02		0.3	19
676	Cooked, E.P.	0	19	94.5	0.2	0.1	4.7		0.5	40	22	0.2			0	.02	.01		0.2	16
677	Dried and salted, E.P.	0	79	64.0	2.1	0.7	17.6		15.6	113	52	1.4			0	.07	.07		0.2	
678	Pickled, E.P.	0	33	81.4	1.2	0.4	6.9		10.1	43	25	2.2			0	.02	.02		0	4
679	Raw:																			
a	E.P.	0	34	89.9	2.6	0.5	6.6		0.4	76	26	0.4	5	207		.08	.07		0.6	79
b	A.P.; refuse, ends and trimmings..	7	32	83.6	2.4	0.5	6.1		0.4	71	24	0.4	5	192		.07	.07		0.6	73

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																			
			Food energy	Calories	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
5. VEGETABLES AND VEGETABLE PRODUCTS																						
--continued																						
Roots:																						
Radish, oriental, Japanese or Chinese; daikon ( <i>Raphanus sativus</i> var.):																						
680	Raw:																					
a	E.P.	0	24	98.0	1.0	0.1	5.3	1.0	0.6	27	30	0.4	27	228	0	0	.02	.03	0.6	42		
b	A.P.; without tops, refuse parings.	13	21	80.9	0.9	0.1	4.6	0.9	0.5	24	26	0.3	23	198	0	0	.02	.03	0.5	36		
c	A.P.; with tops, refuse, tops and parings.	34	16	61.3	0.7	0.1	3.5	0.7	0.4	18	20	0.3	18	150	0	0	.01	.02	0.4	28		
Salted:																						
681	Semi-dried, chopped, E.P.	0	229	31.0	10.1	0.7	50.7	6.8	7.5	440?	160	9.0			0	0	.28	.10	2.0	0		
682	Soaked in miso, E.P.	0	93	64.4	4.3	0.5	20.0	3.0	10.8	84	79	2.6	3,800		0	0	.05	.04	1.3	0		
683	Soaked, rice bran added, E.P.	0	23	88.9	1.3	0.3	4.5	0.9	5.0	35	110	0.7	1,500		0	0	.26	.09	1.2	0		
684	Soaked with sake cake, E.P.	0	90	72.2	3.5	0.3	20.4	1.3	3.6	37	31	0.5	1,100		0	0	.03	.02	0.4	0		
Prepared products (Japan):																						
685	"Betta-zuke"	0	43	85.5	1.6	0.1	9.8	0.8	3.0	35	24	0.6	840		0	0	.13	.05	0.3	0		
686	"Morifuguchi-zuke"	0	69	75.1	2.4	0.3	15.5	0.9	6.7	42	94	1.5	2,300		0	0	.07	.06	0.3	0		
687	"Takuan-zuke"	0	32	78.1	1.7	0.3	6.6	0.9	13.3	60	110	1.0	4,000		0	0	.03	.04	1.8	0		
Greens:																						
Raw:																						
688	E.P.	0	33	88.5	3.3	0.6	5.7	1.1	1.9	220	30	4.1	110	500	2,470		.08	.28	4.0	81		
a	A.P.; refuse, tough stems and inedible leaves.	20	27	70.8	2.6	0.5	4.6	0.9	1.5	176	24	3.3	88	400	1,975		.06	.22	3.2	65		
689	Cooked.	3	32	90.1	1.3	0.2	7.6	4.0	0.8	115	65	6.8					.40	.03	1.5			
690	Soaked, rice bran added, E.P.	0	30	84.2	2.0	0.6	5.7	1.1	7.5	120	160	2.0	2,100		860		.50	.30	0.5	5		
Seedlings:																						
Raw:																						
691	E.P.	0	19	93.8	1.8	0.1	3.8	1.1	0.5	140	63	1.2			3,600		.08	.25	0.5	70		
a	A.P.; refuse, trimmings.	5	13	89.1	1.7	0.1	3.6	1.0	0.5	133	60	1.1			3,420		.08	.24	0.5	66		
692	Rangoon creeper ( <i>Quisqualis indica</i> ): Leaves, raw, E.P.		76	75.4	4.8	0	18.1	2.0	1.7	104	97				6,665		.04			70		
Rape, bird ( <i>Brassica campestris</i> ): Leaves and stems, raw:																						
693	E.P.	0	25	91.5	2.5	0.3	4.5	0.8	1.2	127	53	1.2		388	2,600		.14	.09	0.7	45		
a	A.P.; refuse, rootlets and trimmings.	13	22	79.6	2.2	0.3	3.9	0.7	1.0	110	46	1.0		338	2,260		.12	.08	0.6	39		

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
694	5. VEGETABLES AND VEGETABLE PRODUCTS --continued																				
a	Reinjo-leaves. See jointfir, spinach.																				
b	Resurrectionlily, sp. (Kaempferia can- dida and K. pandurata): Rhizomes, raw: E.P. .... A.P.; refuse, parings and tops. ....	0 20	38 30	89.5 71.7	1.1 0.9	0.8 0.6	7.3 5.8	1.3 1.0	28 22	40 32	2.0 1.6		3,000 2,400		.08 .06		.02 .02				
695	Rhubarb, garden (Rheum rha ponticum): Stalks, raw: E.P. .... A.P.; refuse, tops and parings. ....	0 24	20 15	93.8 71.3	0.4 0.3	0.2 0.2	4.8 3.6	0.8 0.6	60 45	20 15	0.5 0.4	(2) (2)	20 15		.04 .03		.03 .02		0.2 0.2	16 12	
696	Rosewood, sp. (Dalbergia cultrata): Leaves, raw, E.P. ....	0	79	74.4	5.5	0	18.4	1.7	23	78											26
697	Royal fern (Osmunda japonica; O. regalis): Tender cuttings: Raw: E.P. .... A.P.; refuse, tough stems and inedible leaves. .... Dried, E.P. ....	0 25 0	38 28 257	88.3 66.2 19.9	3.1 2.3 17.6	0.2 0.2 2.7	8.1 6.1 53.7	3.8 2.8 8.4	0.3 0.2 6.1	9 7 65	18 14 100	0.8 0.6 6.0	10 5 0		0 0 0		.04 .03 .40?		0.7 0.5 1.2	15 11 0	
699	Rubaga (Brassica napobrassica): Root, raw: E.P. .... A.P.; refuse, parings. .... Sa-to. See Nittatree, sp. Sauropus, sp. (Sauropus androgynus): Leaves, raw, E.P. ....	(0) (15) 0	(46) (39) 58	(87.0) (78.9) 81.0	(1.1) (0.9) 4.8	(0.1) (0.1) 0.9	(11.0) (9.4) 10.9	(1.1) (0.9) 2.4	(0.8) (0.7) 51	(39) (33) 86	(0.4) (0.3) 2.7	(5) (4) 28?	(350) (300) 6,220		(.07) (.06) .07		(.07) (.06) .39?		(1.1) (0.9) 2.2?	(43) (36) 83	
701	Seaweeds, common varieties; E.P.: Agar (Gelidium spp.; Euchema spp.; Gracilaria spp.): Dried. ....	0	312	9.7	1.3	1.2	83.5	2.7	756	18	7.8	115			.01		.22		0.2	0	
702	Dried, soaked, drained. ....	0	55	84.2	0.2	0.1	15.0	0.1	119	5	2.9	10			.01		.04		0.1		

Note:  $\frac{3}{5}$  For all the seaweeds, about one-fifth of the nitrogen is calculated as non-protein nitrogen.

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro - grams	Micro - grams	Milli - grams	Milli - grams	Milli - grams	Milli - grams	
5.	VEGETABLES AND VEGETABLE PRODUCTS --continued																				
	Seaweeds -- continued																				
	Laver (Porphyra spp.):																				
703	Dried.....	0	235	11.8	22.2	1.1	44.3	4.7	15.0	434	350	28.3	1,294	3,503	10,790?	.24	1.34	5.5	1.4		
704	Dried, soaked, drained.....	0	29	90.1	2.6	0.8	4.2	1.4	1.7	359	25	3.2	157	289	107	.05	.06	0.2			
	Flavored:																				
705	Dried.....	0	286	7.1	25.2	4.4	44.9		7.1	43?	110	2.9	36	830	1,990	.40	20.30?	0.3			
706	Dried, soaked, drained.....	0	44	85.6	4.6	1.0	5.9		1.7	55	150	3.6	60	60	1,410	.23	.03	0.1			
	Seagirdle (Laminaria spp.):																				
707	Raw.....	0	71	73.4	2.7	0.2	17.0	3.2	6.0	68	64	4.7	267	978		.07	.26	2.1	13		
708	Dried.....	0	219	15.8	5.6	1.0	54.2	6.7	22.0	955	199	11.2	2,500		320	.07	.26	2.1	13		
709	Dried, soaked, drained.....	0	36	87.7	0.9	0.4	8.4		2.4	158?	9	6.1?	430?	1,200	35	.03	.08	0.5	1		
710	Dried, oiled, E. P.....	0	539	7.0	2.6	52.2	26.4	8.5	11.2	792	486	14.2			555	.08	.09	3.6	0		
	Seahair (Nastoc commune):																				
710	Dried.....	0	260	13.1	16.0	0.3	53.6	2.0	8.0	767	45	6.4	6	32	20	.01	.04	0.1			
711	Dried, soaked, drained.....	0	23	93.4	1.6	0.8	3.1		0.7	140	5										
	Seaweeds, other varieties, E. P.																				
	Seaweed, sp. (Japan)(Collema nigres- cens):																				
713	Dried.....	0	235	13.3	18.7	0.6	48.4	2.5	8.3	220	180	16.0			12,500	.07	1.36	0.5	10		
	Seaweed, sp.; gulamang dagot (Philip- pine)(Digenea simplex):																				
714	Raw.....	0	17	89.6	1.6	0.1	3.2	0.4	5.1	30	16	17.8			1,490	.04	.12	0.7	5		
	Seaweed, sp. (Korea)(Ecklonia stolo- nifera):																				
715	Dried.....	0	238	15.8	10.3	1.3	54.8	0	15.2	921	141	10.5			740	.18	.14	1.4	0		
	Seaweed, sp. (Japan)(Eisenia bicyclis):																				
716	Dried.....	0	235	19.3	6.0	0.1	60.6	9.8	12.5	1,170?	150	12.0			30	.02	.20	2.6	0		
	Seaweed, sp. (Japan)(Gracilaria con- feroideix):																				
717	Raw.....	0	48	89.5	1.8	0.2	11.5	0.5	2.5	510	12	56.0?			155	0	.03	0.5	0		

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
5. VEGETABLES AND VEGETABLE PRODUCTS																				
--continued																				
Seaweeds -- continued																				
718	Seaweed, sp. (Japan) (Heterochordaria abietina): Dried.....	0	248	13.1	15.5	4.4	45.8	5.5	17.3	890	550	10.0		35				3.3	0	
719	Seaweed, sp. (Japan) (Hijikia fusiformis): Dried.....	0	173	16.8	4.5	0.8	42.8	13.0	34.0	1,400?	56	23.0		90		.01	.20	4.0	0	
720	Seaweed, sp.; pokpoklo (Philippine) (Kodium tenue): Raw.....	0	11	92.9	1.0	1.8	1.8	0.1	3.9	63	8	2.1		170		.01	tr.	0.1	tr.	
721	Seaweed, sp.; kulot (Philippine) (Laurencia seticulosa): Raw.....	0	27	90.0	0.6	0.6	5.6	0.7	3.0	351	10	71.6?				tr.	.02	0.1	tr.	
722	Seaweed, sp. (Japan) (Nemacystus decipiens): Raw.....	0	7	73.9	0.6	0.4	0.6	24.4	190	44	4.0	4.0		20		.04	.04	2.0	0	
723	Seaweed, sp. (Japan) (Prasiola japonica): Dried.....	0	257	14.8	28.6?	1.5	43.9	4.8	4.0	880	600	99.0?		50		.44?	.32	1.5	0	
724	Seaweed, sp. (China) (Sargassum siliquastrum): Dried.....	0	190	17.8	15.5	3.6	31.4	1.0	27.8	320	182	99.7?	488			.21	.17	6.5	4	
725	Seaweed, sp. (Japan) (Undaria pinnatifida): Dried.....	0	227	16.0	10.2	1.5	51.4	3.6	18.4	1,300?	260	13.0	2,500	85		.11	.14	10.0?	15	
726	Seaweed, sp. (Japan) (Ulva lactuca): Dried.....	0	230	15.2	19.0	0.6	46.7	4.6	13.7	730	230	87.0?		300		.04	.52	10.0?	10	
727	Senna, Siamese (Cassia siamese): Leaves, raw, E. P.....	0	114	65.6	7.4	1.0	24.4	3.7	1.6	100	155	5.3		6,640		.04	.69?	1.3	53	
728	Senna, sickle; foetid senna (Cassia obtusifolia; C. tora): Leaves, raw, E. P.....	0	74	76.9	4.4	1.0	15.3	2.6	2.4	110	61	6.4		9,240		.19	.29	1.6	128	



FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
5. VEGETABLES AND VEGETABLE PRODUCTS --continued																				
Singharanut. See Group 6.																				
Smooth loofah. See Gourd, rag, cylinder type.																				
Snakegourd (Trichosanthes cucumerina; T. anguina):																				
739	Fruit, raw:	0	18	94.3	0.9	tr.	4.5	0.5	0.3	19	34	1.0	123		810	.04	.05	0.7	6	
a	E. P. ....	10	16	84.9	0.8	tr.	4.0	0.4	0.3	17	31	0.9	111		730	.04	.05	0.6	5	
b	A. P.; refuse, parings. ....																			
Sorrel, red; Indian sorrel (Hibiscus sab-dariffa):																				
740	Leaves, raw, E. P. ....	0	44	86.4	1.9	0.3	10.4	1.3	1.0	116	48	1.5			7,550	.02	.15	1.8	34	
741a	Fruit, raw, E. P. ....	0	39	90.0	0.7	1.1	7.6	1.4	0.6	174	18	0.1			110	.01	.02	0.4	10	
b	A. P.; refuse, seed pods, and stems. Soybean (Glycine max):	39	24	54.9	0.4	0.7	4.6	0.8	0.4	106	11	0.1			65	.01	.01	0.2	6	
Immature seeds, raw:																				
742	E. P. ....	0	139	68.2	13.0	5.7	11.4	1.9	1.7	78	158	3.8	607		360	.40	.17	1.5	27	
a	E. P. ....	43	79	38.9	7.4	3.2	6.5	1.1	1.0	44	90	2.2	346		205	.23	.10	0.8	15	
b	A. P.; refuse, shells. ....																			
Sprouts:																				
743	Raw:																			
a	E. P. ....	0	62	81.5	7.7	1.8	8.0	0.7	1.0	52	58	1.1	279		25	.19	.15	0.8	10	
b	A. P.; refuse, rootlets. ....	17	51	67.6	6.4	1.5	6.7	0.6	0.8	43	48	0.9	252		20	.16	.12	0.7	8	
744	Cooked, E. P. ....	0	84	89.0	4.8	0.7	4.7	0.4	0.8	18	14	0.8			20	.10	.08	0.4	2	
Mature seeds and soybean products. See Group 3.																				
Spinach (Spinacia oleracea):																				
745	Leaves and stems, raw:																			
a	E. P. ....	0	19	93.0	2.4	0.4	2.8	0.7	1.4	62	39	3.9	461		3,640	.06	.22	0.7	56	
b	A. P.; refuse, trimmings and roots. Spinach, Ceylon. See Vine-spinach.	24	14	70.7	1.8	0.3	2.1	0.5	1.1	47	30	3.0	350		2,695	.05	.17	0.5	42	
Spinach, New-Zealand. See New-Zealand-spinach.																				

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
746	5. VEGETABLES AND VEGETABLE PRODUCTS --continued Sponge gourd. See Gourd, rag, cylinder- type.																				
a	Sporflower, paracress ( <i>Splanchthes acmelia</i> ) Leaves, raw:	0	32	80.0	1.9	0.3	7.1	1.7	162	41	4.0					.03				20	
b	E. P. A. P.; refuse, stems and trimmings..	30	23	62.3	1.3	0.2	5.0	1.2	113	29	2.8					.02				14	
747	Squash, summer; zucchini ( <i>Cucurbita pepo</i> ): Fruit, raw:	0	25	92.2	1.6	0.4	5.1	0.7	30	23	2.4					.05				16	
a	E. P.	13	22	80.3	1.4	0.3	4.4	0.6	23	20	2.1					.04				14	
b	A. P.; refuse, stem ends and skins..																				
748	Squash, winter ( <i>Cucurbita maxima</i> ): Fruit, raw:	0	50	85.2	1.4	0.2	12.5	0.8	27	43	0.6	7	351			.09				14	
a	E. P.	26	37	63.0	1.0	0.1	9.4	0.6	20	32	0.4	5	260			.07				10	
b	A. P.; refuse, rind and cavity contents.	0	35	89.0	2.8	0.9	5.8	1.4	96	82	1.7	6	454			.13				17	
749	Young leaves: E. P.	46	19	45.1	1.5	0.5	3.1	0.8	52	44	0.9	3	245			.07				9	
a	A. P.; refuse, tough vines and inedible leaves.	0	15	94.8	1.3	0.2	2.9	0.6	88	40	3.1	5	240			.05				27	
b	E. P.	41	9	55.9	0.8	0.1	1.7	0.4	52	24	1.8	3	142			.03				16	
750	Flowers: E. P.	0	56	82.2	4.1		12.8	0.9	55	73										100	
a	A. P.; refuse, inedible leaves and vines.	0																			
751	Stardorn ( <i>Hygrophila spinosa</i> ; <i>Astera- cantha longifolia</i> ): Leaves, raw, E. P.	0																			
	Stink bean. See Ape's-earring, sp.																				
752	Stonecrop, sp. ( <i>Sedum makinoi</i> ): Raw, E. P.	0	22	93.9	0.8	1.0	3.4	1.8	233?	54	2.5					.15		.12		30	

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur. chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
5. VEGETABLES AND VEGETABLE PRODUCTS ---continued																				
753	Sugar cane (Saccharum spp.): Inflorescences, raw, E.P.	0	25	91.0	4.6	0.4	3.0		1.0	40	80	2.0			0	.08				50
754	Sugar palm, gomuti (Arenga pinnata): Shoots, raw, E.P.		19	94.7	0.1	0.2	4.9	0.5	0.1	21	3	0.5	2	7		tr.	.01		0.1	
	Sugarpeas. See Peas, edible-podded. Sunrose willow. See Water-primrose, creeping. Swamp-cabbage. See Water convul- volvis.																			
755	Sweetpotato (Ipomoea batatas): Leaves and tender tips, raw: E.P.	0	42	86.7	3.2	0.7	8.0	1.6	1.4	86	81	4.5	5	562	2,700	.13	.26		0.9	21
a			34	71.1	2.6	0.6	6.6	1.3	1.1	70	66	3.7	4	461	2,215	.11	.22		0.7	17
b			41	86.6	2.6	0.2	9.2	1.6	1.4	24	60	0.6			1,745	.07	.18		0.7	1
756	Cooked, E.P. Roots. See Group 2.	0																		
	Tabasco. See Peppers, red.																			
757	Tamarind (Tamarindus indica): Young leaves, raw: E.P.	0	78	77.2	5.1	1.0	16.1	1.3	0.6	24	52	2.0	8	273	2,510	.10	.11		1.5	6
a			60	59.4	3.9	0.8	12.4	1.0	0.5	18	40	1.5	6	210	1,935	.07	.08		1.2	5
b		23	75	80.0	2.5	1.8	15.0	1.2	0.7	53	44	1.4	5	254	205	.08	.12		1.2	12
758	Flowers, raw, E.P. Fruit. See Group 6.	0																		
	Taro; dasheen (Colocasia spp.): Leafstalk: Raw:		24	92.7	0.5	0.2	5.8	0.9	0.8	49	25	0.9	4	334	180	.02	.04		0.4	13
a		0	20	77.9	0.4	0.2	4.8	0.8	0.7	41	21	0.8	3	280	155	.02	.03		0.3	11
b		16	13	96.3	0.2	0.1	3.2	0.6	0.2	47	6	0.7			90	tr.	.02		0.1	tr.
760	Cooked, E.P.	0	166	32.4	4.6	1.5	40.0	12.3	21.5	400	160	0.5			200	0	.37		2.0	0
761	Semi-dried, E.P.	0																		

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			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
	5. VEGETABLES AND VEGETABLE PRODUCTS --confirmed																				
	Taro -- continued																				
	Leaves:																				
762	Raw:																				
a	E. P. ....	1	61	81.4	4.1	1.0	1.2	1.6	162	69	1.0	9	963		5,535	.13	.34	1.5	63		
b	A. P.; refuse, stems and trimmings.	20	49	65.1	3.3	0.8	1.0	1.3	130	55	0.8	7	770		4,430	.10	.27	1.2	50		
763	Cooked, E. P. .... Tubers and corns. See Group 2.	0	48	85.7	3.3	0.6	0.9	0.5	110	67	0.3				4,695	.11	.32	1.0	27		
764	Terminalia, chebula; myrobalan (Terminalia chebula); Leaves, raw, E. P. ....	0	56	85.9	1.2	1.7	2.5	0.4	18	18	tr.			300	0	.01	2.0	116?			
765	Thistle, sp. (Cirsium dipsacolepis); Leaves, soaked in miso, E. P. .... Tienain green bean. See Mungbean.	0	63	80.9	3.0	0.1	1.5	0.7	20	79	8.5			0	.02	.06	0.2	0			
	Tomato (Solanum lycopersicum; Lycopersicon esculentum); Raw:																				
	Ripe:																				
766	E. P. ....	0	20	93.8	1.2	0.3	0.7	0.5	7	30	0.6	4	235	0	505	.06	.04	0.6	23		
a	A. P.; refuse, stem ends and trimmings.	6	19	88.2	1.1	0.3	0.6	0.5	6	28	0.6	4	221	0	475	.06	.03	0.6	22		
b	Unripe, E. P. ....	0	17	94.8	0.6	0.2	0.4	0.4	86	40	3.3	(2)	(151)		190	.32			25		
767	Canned, regular pack, total																				
768	content of can. ....	0	17	94.6	0.8	0.2	0.4	0.6	15	25	1.1	151	126	0	615	.03	.02	0.6	(14)		
769	Catsup, bottled, E. P. .... Juice, E. P. ....	0	83	73.2	1.4	0.2	0.6	3.4	16	22	1.6	1,200		70	.02	.02	0.8	(13)			
770	Fresh. ....	0	17	94.0	1.0	0.2	0.7	1.3	7	15	0.4	(4)	(227)	0	360	.05	(.04)	(0.6)	10		
771	Canned. .... Towelgourd. See Gourd, rag, angled-type.	0	50	85.1	0.7	tr.	0.3	0.8	2	6	0.5	8	128		.03	tr.	1.4				
772	Treetomato (Cyphomandra betacea); Fruit, raw:																				
a	E. P. ....	0	48	85.9	1.5	0.3	2.2	1.0	13	24	0.8			460	.04	.04	1.0	17			
b	A. P.; refuse, skin and seeds. ....	27	35	62.7	1.1	0.2	1.6	0.7	9	18	0.6			335	.03	.03	0.7	12			

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			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
773	5. <u>VEGETABLES AND VEGETABLE PRODUCTS</u> --continued Tubeflower, India ( <i>Siphonanthus indicus</i> ; Clerodendron siphonanthus); Leaves, raw, E. P.	0	82	73.1	5.7	0	19.0	2.2	53	85										18	
774	Turneric, common ( <i>Curcuma longa</i> ); Roots, raw:																				
a	E. P.	0	46	88.2	1.2	1.8	7.9	0.9	27	64	2.3	3	487		0		.02	.03	0.5	tr.	
b	A. P.; refuse, parings.	22	36	68.8	0.9	1.4	6.2	0.7	21	50	1.8	2	380		0		.02	.03	0.4	tr.	
775	Roots, dried, See Group 14. Turnip ( <i>Brassica rapa</i> ); Roots:																				
a	Raw:	0	21	92.8	1.0	0.2	4.4	0.8	43	33	0.9	60	281		20		.04	.04	0.5	22	
b	E. P.; pared.	21	17	73.3	0.8	0.2	3.5	0.6	34	26	0.7	47	221		15		.03	.03	0.4	17	
776	A. P.; without tops, refuse, parings.	0	82	56.5	2.3	0.5	18.7	1.8	151	96	11.0		904								
777	Salted, E. P.	0	65	73.4	2.5	0.4	14.4	1.4	114	60	5.6		380								
778	Pickled, E. P.	0	22	90.0	1.4	0.2	4.3	0.7	28	110	0.8	1,400					.11	.06	0.6	20	
779	Salted, soaked with rice-bran, E. P. Turnip greens: Raw:																				
a	Raw:	0	23	92.7	1.9	0.2	4.6	0.6	168	52	2.6	78	420		1,330		.10	.18	0.7	47	
b	E. P.	30	16	64.9	1.3	0.1	3.3	0.4	118	36	1.8	55	294		930		.07	.12	0.5	33	
780	A. P.; refuse, discarded leaves and tough stems.	0	27	85.4	2.3	0.6	4.6	7.1	100	130	2.0	2,000					.27	.42	1.0	3	
781	Salted and soaked with rice-bran, E. P. Pickled, E. P.	0	47	59.0	2.5	0.2	11.0	27.3	116	38	10.4	7,200					.04	.09	0.2	4	
782	Turpeth root, Indian; jalap ( <i>Operculina turpethum</i> ); Young leaves and tender stems, raw, E. P.	0	48	85.0	3.9	0.7	9.0	1.4	120	82	6.4				2,345		.18	.25	1.5	48	
783	Udo ( <i>Aralia cordata</i> ; <i>A. edulis</i> ); Stalks, raw:																				
a	E. P.	0	14	95.3	1.0	0.2	2.9	0.6	13	25	0.3	2	310		0		.06	.02	0.8	5	
b	A. P.; refuse, trimmings.	5	14	90.5	1.0	0.2	2.7	0.6	12	24	0.3	2	294		0		.06	.02	0.8	5	
	Vegetable sponge. See Gourd, rag, cylinder-type.																				

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
	<u>5. VEGETABLES AND VEGETABLE PRODUCTS</u> --continued																				
784	Velvetleaf, yellow ( <i>Limnocharis flava</i> ): Leaves, raw: E.P. .... A.P.; refuse, tough stems and trimmings. ....	0 30	33	90.0	1.7	0.2	7.7	0.4	62	33	2.1			2,280	.07					54	
785	Velvetplant, sp. ( <i>Gynura bicolor</i> ): Leaves, raw, E.P. ....	0	26	91.6	3.7	0.9	2.7	1.1	12	76	2.3			210	.06	.12				28	
786	Vinespinach; Ceylon spinach; Malabar nightshade ( <i>Basella alba</i> ; <i>B. rubra</i> ): Leaves, raw: E.P. .... A.P.; refuse, tough stems and trimmings. .... Cooked, E.P. ....	0 43 0	19	93.4	1.6	0.3	3.5	1.2	106	39	1.6	23	488	3,490	.06	.17				86	
787	Wasabi ( <i>Wasabia japonica</i> ): Root: Raw: E.P. .... A.P.; refuse, parings and trimmings. Soaked in sake cake, E.P. ....	0 35 0	74	76.7	5.1	0.2	16.7	1.4	93	72	0.8			30	.15	.10				80	
788	Waterbambou; wildrice, annual; Indian rice ( <i>Zizania palustris</i> ): Shoots, raw: E.P. .... A.P.; refuse, outer layer. .... Water-chestnut. See <i>Maitai</i> . Water-convulvulus; swamp-cabbage; waterspinach ( <i>Pomoea aquatica</i> ; <i>P. reptans</i> ): Leaves and stems, raw: E.P. .... A.P.; refuse, inedible stems and trimmings. .... Cooked, E.P. ....	0 16 28 0	29	91.4	1.6	0.2	6.1	1.1	8	56	1.0	44	469	2,865	.09	.16				47	
789			48	49.8	3.3	0.1	11.0	0.9	60	47	0.5	293	246	30	.06	.04				12	
790			172	41.9	18.4	4.0	26.2	2.6	62	71	2.5			10	.14	.10				10	
791			30	90.0	2.7	0.4	5.6	1.1	60	42	2.5			2,065	.06	.11				34	
792			21	92.5	2.4	0.2	3.9	0.8	40	44	1.4			2,025	.05	.13				10	

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

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			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
793	5. <u>VEGETABLES AND VEGETABLE PRODUCTS</u> --continued																				
a	Watercress ( <i>Rorippa nasturtium-aquaticum</i> ) <i>Nasturtium officinale</i> ; Leaves and stems: Raw: E. P. ....	0	18	93.8	1.7	0.4	3.0	1.1	1.1	1.1	1.9	41	224		1,025	.07	.13	0.5	46		
b	A. P.; refuse, tough stems and some rootlets.....	16	15	78.9	1.4	0.3	2.5	0.9	0.9	0.9	1.6	34	188		860	.06	.11	0.4	39		
794	Waterdropwort ( <i>Oenanthe stolonifera</i> ): Leaves, raw: E. P. ....	0	28	90.6	1.8	0.3	5.9	1.2	1.4	1.4	3.0	18	443		2,190	.06	.22	1.0	14		
b	A. P.; refuse, tough stems and trimmings.....	23	21	69.8	1.4	0.2	4.5	0.9	1.1	1.1	2.3	14	341		1,685	.05	.18	0.8	11		
795	Waterfern ( <i>Marilea crenata</i> ): Leaves, raw, E. P. ....	0	27	93.0	1.0	1.2	4.0	3.3	0.8	0.8	48				7,300	.10	.07	3.4?	3		
796	Waterhyacinth, common ( <i>Eichhornia crassipes</i> ): Leaves and stems, raw; E. P. ....	0	30	89.8	0.5	0.1	7.5	2.4	2.1												
	Waterleaf. See Fameflower, potherb.																				
797	Watermoss ( <i>Neptunia oleracea</i> ): Leaves, raw: E. P. ....	0	34	88.0	5.2	0.2	5.4	1.8	1.2	1.2	3.9	107?	277		3,555	.12	.14	1.1	21		
b	A. P.; refuse, stems and trimmings..	70	10	26.4	1.6	0.1	1.5	0.5	0.4	0.4	1.2	32	83		1,065	.04	.04	0.3	6		
	Waternut. See Matai.																				
798	Waterprimrose, creeping; sunrose, willow ( <i>Jussiaea repens</i> ): Leaves, raw, E. P. ....	0	41	87.0	3.3	0.4	8.3	3.3	1.0	1.0	12.7?				5,925	0	.01	2.8	3		
799	Watershield, schreber ( <i>Grasenia schreberii</i> ): Young leaves, soaked in vinegar, E. P. ..	0	10	92.6	0.7	0.2	1.8	0.1	4.7	9	2.0				10	.03	.03	0.3	0		

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

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			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
	5. <u>VEGETABLES AND VEGETABLE PRODUCTS.</u> --continued																				
800	Waxgourd, Chinese; ashgourd; winter melon ( <i>Benincasa hispida</i> ; <i>B. cerifera</i> ): Fruit:	0	12	96.2	0.5	0.1	2.9	0.6	0.3	17	19	0.4	5	111	5	.03	.03	0.2	2.0		
a	Raw:																				
b	E.P.; refuse, tough skin and cavity contents.....	28	9	69.2	0.4	0.1	2.1	0.4	0.2	12	14	0.3	4	80	5	.02	.02	0.1	1.4		
801	Sugared, E.P.....	0	285	20.1	0.2	0.2	79.2	0.2	0.3	93	17	3.4	0		0	tr.	0	tr.	0		
	Winter melon. See Waxgourd, Chinese.																				
802	Wolfberry, Chinese; matrimony vine ( <i>Lycium chinense</i> ): Fruit, pulp and seeds, dried, E.P....	0	336	19.6	16.3	9.8	48.6	20.2	5.7	19	240	18.9	42.4	1,180	0	.48	2.60	2.9	159		
803	Leaves, raw:																				
a	E.P.....	0	29	89.6	4.1	0.6	4.0	1.3	1.7	148	43	5.4	191	518	4,450	.08	.31	0.8	8		
b	A.P.; refuse, tough stems.....	48	15	46.6	2.1	0.3	2.1	0.7	0.9	77	22	2.8	99	269	2,315	.04	.16	0.4	4		
	Wood ear. See Jew's ear.																				
804	Wormwood, ghostplant ( <i>Artemisia lactiflora</i> ): Leaves, raw:																				
a	E.P.....	0	40	88.1	2.8	0.8	7.3	1.4	1.0	45	48	2.2			2,700	.12	.26	0.4	36		
b	A.P.; refuse, trimmings.....	10	36	79.3	2.5	0.7	6.6	1.3	0.9	40	43	2.0			2,430	.11	.23	0.4	32		
805	Wormwood, mugwort ( <i>Artemisia vulgaris</i> ): Leaves, raw:																				
a	E.P.....	0	35	87.3	5.2	0.8	4.5	3.4	2.2	82	40	1.5			2,140	.15	.16	3.0	72		
b	A.P.; refuse, trimmings.....	11	31	77.7	4.6	0.7	4.0	3.0	2.0	73	36	1.3			1,905	.13	.14	2.7	64		
806	Wort, Indian penny ( <i>Centella asiatica</i> ): Leaves, raw:																				
a	E.P.....	0	34	89.3	1.6	0.6	6.9	2.0	1.6	170	30	3.1			6,580	.15	.14	1.2	4		
b	A.P.....	15	28	75.9	1.4	0.5	5.8	1.7	1.4	144	26	2.6			5,595	.12	.12	1.0	3		

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

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			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
807	5. <u>VEGETABLES AND VEGETABLE PRODUCTS</u> --continued Yam ( <i>Dioscorea</i> spp.): Leaves, raw, E.P..... Tuber. See Group 2.	0		86.0	0.4	tr.			201		1.1			6,520	.15				31	
808	Yambean- tuber ( <i>Pachyrhizus erosus</i> ; <i>Dolichos bulbosus</i> ): Tubers:																			
a	Raw:	0	46	87.4	1.6	0.2	10.3	1.3	18	17	0.8	2	88	0	.08	.06		0.6	15	
b	E.P.....	12	40	76.9	1.4	0.2	9.1	1.1	16	15	0.7	2	77	0	.07	.05		0.5	13	
809	A.P.; refuse, parings..... Cooked, E.P.....	0	41	88.6	0.8	0	10.2	1.2	8	18	0.4			0	.08	.06		0.2	9	
810	Yambean, wayaka; Indian potato ( <i>Pachyrhizus angulatus</i> ): Tubers, raw:																			
a	E.P.....	0	55	84.6	1.7	0.1	13.0	(1.4)	15	41	0.8			0	.04	.04		0.3	10	
b	A.P.; refuse, parings.....	12	49	74.5	1.5	0.1	11.4	(1.2)	13	36	0.7			0	.04	.04		0.3	9	
	Zucchini. See Squash, summer.																			

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			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
811	6. FRUITS																				
a	African fan palm. See <i>Palmyra palm</i> .	0	46	86.9	0.2	0.1	12.4	1.1	0.4	56	67	0.3	1	95	205	.05	.02	1.4	36		
b	Alligator-apple. See <i>Pondapple</i> .	29	33	61.7	0.1	0.1	8.8	0.8	0.3	40	48	0.2	1	67	145	.04	.01	1.0	26		
	Ambarella; otaheite-apple; wi-apple; wi-apple; great hog-plums kédondong ( <i>Spondias cytherea</i> ; <i>S. dulcis</i> ); Fruit, raw:																				
	E. P. ....																				
	A. P.; refuse, skins and stones.....																				
812	Apple, common ( <i>Malus sylvestris</i> ; <i>M. pumila</i> ; <i>Pyrus malus</i> ); Fruit:																				
a	Raw:	0	51	85.8	0.4	0.3	13.2	0.6	0.3	10	10	0.5	2	130	20	.02	.03	0.2	4		
b	E. P. ....	18	42	70.4	0.3	0.2	10.9	0.5	0.2	8	8	0.4	2	107	15	.02	.02	0.2	3		
813	A. P.; refuse, skins, cores and stems.	0	53	85.4	0.3	0.3	13.8	0.6	0.2	3	5	0.3			tr.	.01	.01	0.2	1		
814	Canned, unsweetened, E. P. ....	0	44	88.5	tr.	0	11.3	0	0.2	6	8	0.6	1	95		.01	0.2	0	0		
	Juice, canned or bottled, E. P. ....																				
815	Apricot ( <i>Prunus armeniaca</i> ); Fruit, raw:																				
a	E. P. ....	0	38	88.6	0.8	0.4	9.0	1.5	1.2	21	34	0.9	1	218	1,740	.02	.05	0.7	6		
b	A. P.; refuse, pits, ..... Canned; heavy sirup pack..... Dried, unsulfured, E. P. .... Jam, canned. See Group 7.	8	35	81.5	0.7	0.4	8.3	1.4	1.1	19	31	0.8	1	200	1,600	.02	.05	0.6	6		
816		0	107	70.1	0.5	0.1	29.0	0.4	0.3	24	9	(0.8)			(1,140)	.01	.01	0.7	(4)		
817		0	245	30.0	3.0	1.1	62.8	4.1	3.1	62	106	4.5			600	.08	.09	1.6	5		
818	Apricot, ume; Japanese apricot ( <i>Prunus mume</i> ); Fruit:																				
a	Raw:	0	52	86.6	1.3	1.8	9.1	1.4	1.2	11	36	1.8	8	312	20?	.05	.05	0.5	10		
b	E. P. ....	26	38	64.1	1.0	1.3	6.7	1.0	0.9	8	27	1.3	6	231	15	.04	.04	0.4	7		
819a	A. P.; refuse, pits..... Preserved in brine, E. P. ....	0	41	79.4	0.8	1.0	8.4	1.2	10.4	50	17	3.3				.04	.05	0.6	tr.		
b	A. P.; refuse, pits.....	40	25	47.6	0.5	0.6	5.1	0.7	6.2	30	10	2.0				.02	.03	0.4	tr.		
820	Semi-dried, salted:																				
a	E. P. ....	0	105	65.6	1.4	1.4	24.5	0.5	17.1	42	42	2.4	9,400	0		.06	.06	0.6	0		
b	A. P.; refuse, pits.....	55	47	25.0	0.6	0.6	11.1	0.2	7.7	19	19	1.1	4,230	0		.03	.03	0.3	0		

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			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
821	6. FRUITS -- continued Avocado, American (Persea americana; P. gratissima) Fruit: E. P. .... A. P.; refuse, seeds and skins, .... Artec kumochill. See Guamacuil.	0 30	102 72	79.0 55.3	1.1 0.8	6.1 4.3	13.2 9.2	1.0 0.7	0.6 0.4	12 8	26 18	0.7 0.5	2 1	278 195	205 145	.05 .04	.10 .07	1.4 1.0	8 6	
822	Baelfruit (Aegle marmelos): Fruit, raw: E. P. .... A. P.; refuse, hard shells, seeds and cores. .... Banana, common varieties (Musa sapientum): Fruit, raw: Ripe: E. P. .... A. P.; refuse, skins, .... Unripe: E. P. .... A. P.; refuse, skins, ....	(0) (36)	(133) (85)	(61.5) (39.4)	(1.8) (0.3) (1.2) (0.2)	(34.7) (22.1)	(2.9) (1.8)	(1.7) (1.1)	(85) (54)	(50) (32)	(0.6) (0.4)	(600) (384)	(55) (35)	(1.3) (.08)	(.19) (.76)	(1.1) (0.7)	(8) (5)			
823	Banana, dwarf; Chinese banana (Musa nana; M. cavendishii; M. sinensis): Fruit, raw: E. P. .... A. P.; refuse, skins, .... Unripe: E. P. .... A. P.; refuse, skin, ....	0 37	100 63	71.6 45.1	1.2 0.8	0.3 0.2	26.1 16.4	0.6 0.4	0.8 0.5	12 8	32 20	0.8 0.5	4 2	401 253	225 140	.03 .02	.04 .02	0.6 0.4	14 9	
824	Bananas cherry. See West Indian cherry.	0 37	(110) (69)	(69.0) (43.5)	(1.4) (0.9)	(0.2) (0.1)	(28.7) (18.1)	(0.5) (0.3)	(0.7) (0.4)	(8) (5)	(35) (22)	(0.9) (0.6)	(18) (12)	435 287	(290) (185)	(.04) (.02)	(.02) (.01)	(0.6) (0.4)	31 (20)	
825	Barbados gooseberry; Brazilian berries (Pereskia aculeata): Berries: Raw: E. P. .... A. P.; refuse, seeds and stems, .... Batokoplum. See Luovi.	0 54	72 47	79.2 52.3	1.8 1.2	0.2 0.1	18.0 11.9	0.2 0.1	0.8 0.5	10 7	24 16	1.3 0.8	18 12	435 287	80 55	.03 .02	.04 .03	0.6 0.4	8 5	
826	Bignay. See China laurel.	0 54	32 15	91.4 42.0	1.0 0.5	0.7 0.3	6.3 2.9	0.7 0.3	0.6 0.3	174 80	26 12	tr. tr.	1,950 890	1,950 890	.03 .02	.03 .01	0.5 0.2	2 1		



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			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
833	6. FRUITS --- continued Butipalm (Corypha utan; C. elata); Fruit, raw; E.P.; pulp or pericarp.....	0	62	81.0	0.7	0.1	17.8	1.3	0.4	14	17	0.2				.01	.02	0.6	11	
834	Calabao (Uvaria ruva); Fruit, raw; E.P.....	0	35	90.2	0.7	0.4	8.1	1.5	0.6	23	15	0.6				.07	.03	0.7	12	
b	A.P.; refuse, stems, skins and seeds, Cactus fruit. See Pricklypear, mission. Butterfruit. See Persimmon, mabola.	57	15	38.8	0.3	0.2	3.5	0.6	0.2	10	6	0.2				.03	.01	0.3	5	
835	Canistel lucuma; egg-fruit; ti-es (Lucuma nervosa); Fruit, raw; E.P.....	0	154	57.2	2.5	0.6	39.1	7.5	0.6	30	30	1.1				.02	.04	0.4	43	
b	A.P.; refuse, skins and seeds.....	27	112	41.9	1.8	0.4	28.5	5.5	0.4	22	22	0.8				.01	.03	0.3	31	
	Canaloupe. See Muskmelon. Capulasan. See Pulasan. Carambola; star-fruit (Averrhoa caram- bola); Fruit, raw; E.P.....	0	28	92.3	0.3	0.4	6.7	1.0	0.3	8	15	0.9				.05	.04	0.4	38	
836	A.P.; refuse, seeds and part of skin. Preserved with sugar, E.P.....	15	24	78.4	0.2	0.3	5.7	0.8	0.2	7	13	0.8				.04	.03	0.3	32	
837	Carissa. See Natal-plum . Cashew, common (Anacardium occiden- tale); Fruit, raw; E.P.....	0	236	38.0	1.1	1.1	56.9	0.8	2.9	57?	39	4.0				.05	.06	0.1	0	
a	A.P.; refuse, nuts.....	13	46	74.3	0.7	0.3	11.4	0.3	0.3	6	16	0.5				.02	.01	0.4	172	
b	Cat's eyes; mata kuching (Nephelium malaiense); Fruit, raw; E.P.....	0	60	82.0	0.8		15.9	(0.3)	1.3	14	(34)	0.4				.05	(.13)	(0.3)	72	
839	A.P.; refuse, skins seeds and hard stems.....	86	8	11.5	0.1		2.2	(.5)	0.2	2	(5)					(.01)	(.02)	(.5)	10	

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
840	6. FRUITS -- continued Ceylon-gooseberry; ketembilla (Dovyalis hebecarpa): Raw: a E. P. b A. P.; refuse, calyces.	0 (2)	(83) (82)	(82.8) (81.1)	(1.2) (1.2)	(0.8) (0.8)	(14.6) (14.3)	(1.8) (1.8)	(0.6) (0.6)	(12) (13)	(26) (25)	(1.2) (1.2)			(210) (205)	(.02) (.02)	(.04) (.04)		(0.2) (0.3)		(98) (96)
841a b	Ceylon-raspberry. See Mysore-raspberry. Cherimoya (Annona chirimola): Fruit, raw, E. P. A. P.; refuse, skin and seeds.	0 35	110 72	65.7 44.7	1.5 1.0	0.1 0.1	29.0 18.8	(2.5)	0.7 0.4	9 6	24 16	0.2 0.1		0 0	.11 .07	.11 .07		1.0 0.6		12 8	
842	Cherry, sweet (Prunus cerasus): Raw: a E. P. b A. P.; refuse, pits and stems.	0 18	46 37	87.4 71.7	1.1 0.9	0.6 0.5	10.3 8.4	1.0 0.8	0.6 0.5	19 16	29 24	0.9 0.7	3 2	112 92	110 90	.03 .02	.03 .02	0.4 0.3		11 9	
843	Canned, light syrup pack: a E. P.; total content of can. b A. P.; refuse, pits.	0 5	71 67	80.3 76.3	0.7 0.7	0.2 0.2	18.5 17.5	0.2 0.2	0.3 0.3	10 10	17 16	1.0 1.0	(1) (1)	(140) (133)	(40) (40)	.01 .01	.01 .01	0.2 0.2		0 0	
844	China-chestnut. See Pingpong. Chinalaurel, bigray (Antidesma bunius): Berries, raw: a E. P. b A. P.; refuse, seeds, caps and stems.	0 33	36 24	89.9 60.3	0.6 0.4	0.6 0.4	8.1 5.4	0.8 0.5	0.8 0.5	30 20	24 16	0.8 0.5		25 15	.01 .01	.04 .03		0.4 0.3		6 4	
845	Chinese-date. See Jujube, common. Coconut, mature or immature. See Group 4. Cocoplum, icaco (Chrysothalamus icaco): Raw: a E. P. b A. P.; refuse, seeds.	(0) (51)	(47) (23)	(86.3) (42.2)	(0.4) (0.2)	(0.1) (tr.)	(12.4) (6.1)	(1.0) (0.5)	(0.8) (0.4)	(38) (19)	(17) (8)	(0.6) (0.3)		(tr.) (tr.)	(.04) (.02)	(.03) (.01)		(0.3) (0.1)		(9) (4)	

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Micro-grams	Micro-grams	Micro-grams	Micro-grams	Milli-grams
6. FRUITS -- continued																				
846	Crabapple, Chinese flowering (Malus spectabilis):																			
a	Fruit, raw:	0	89	75.0	0.2	24.1	1.7	0.5	667	6	1.3				460	.01	.02	0.2	2	
b	E.P. ....	16	75	63.0	0.2	20.2	1.4	0.4	55	5	1.1				355	.01	.02	0.2	2	
	A.P.; refuse, pits and stems, .....																			
847	Cranberry (Vaccinium macrocarpon):																			
a	Raw, E.P. ....	0	(46)	(87.9)	(0.4)	(10.8)	(1.4)	(0.2)	(14)	(10)	(0.5)	(2)	(82)	25	.03	.02	.02	0.1	11	
b	Dried, sugared and sliced, E.P. ....	0	310	10.9	0.5	83.9	1.7	4.0	26	16	14.0?		185	0	.01	.03	.03	3.3?		
Curacao-apple (Syzygium samarangense):																				
849	Fruit, raw:																			
a	E.P. ....	0	30	91.5	0.4	7.8	0.8	0.2	17	7	0.3	2	105	0	.03	.01	.01	0.3	13	
b	A.P.; refuse, seeds and stems, .....	20	24	73.2	0.3	6.2	0.6	0.2	14	6	0.2	2	84	0	.02	.01	.01	0.2	10	
850	Curraunt; gooseberry (Ribes spp.), raw, E.P.	0	(31)	(92.4)	(0.7)	(5.6)	(0.7)	(0.3)	(11)	(20)	(1.2)			(30)	(.01)	(.01)	(.01)	(0.4)	(4)	
Custardapple, bullocks-heart (Annona reticulata):																				
851	Fruit, raw:																			
a	E.P. ....	0	76	78.3	1.5	19.0	1.4	0.9	27	32	0.5	6	495	20	.11	.07	.07	0.6	21	
b	A.P.; refuse, skin and seeds, .....	47	41	41.4	0.8	10.1	0.7	0.5	14	17	0.3	3	262	10	.06	.04	.04	0.3	11	
Date (Phoenix dactylifera):																				
Fruit:																				
852	Raw:																			
a	E.P. ....	0	(143)	(59.5)	(0.9)	(38.2)	(1.7)	(1.1)	(51)	(30)	(1.3)			(100)	(.07)	(.05)	(.05)	(0.6)	(6)	
b	A.P.; refuse, pits, .....	(13)	(124)	(51.8)	(0.8)	(33.2)	(1.5)	(1.0)	(44)	(26)	(1.1)			(85)	(.06)	(.04)	(.04)	(0.5)	(5)	
853	Semi-dried:																			
a	E.P. ....	0	241	32.8	2.0	64.0	0.3	0.7	60	63	1.6			tr.	.04	.02	.02	0.9	2	
b	A.P.; refuse, pits, .....	20	193	26.2	1.6	51.2	0.2	0.6	48	50	1.2			tr.	.03	.02	.02	0.7	2	
854	Preserved:																			
a	E.P. ....	0	292	18.6	1.0	79.9	1.5	0.4	10	26	0.4	67	178		.01	.23	.23	0.2		
b	A.P.; refuse, pits, .....	20	234	14.9	0.8	63.9	1.2	0.3	8	21	0.3	54	142		.01	.18	.18	0.2		
Dillenia, catmon; Philippine dillenia (Dillenia philippinensis):																				
855	Raw:																			
a	E.P. ....	0	29	91.7	0.3	7.4	0.9	0.4	28	5	0.1	10	115	25	.02	.04	.04	0.2	2	
b	A.P.; refuse, skin and seeds, .....	58	12	38.5	0.1	3.1	0.4	0.2	12	2	tr.	4	48	10	.01	.02	.02	0.1	1	



FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur-chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
864	6. FRUITS -- continued Granddilla, purple, giant. See Passion-fruit. Grapes (Vitis vinifera): Raw: a E.P. ....	0	50	86.0	0.5	0.3	12.8	0.9	0.4	9	20	0.6	6	111	50	.10	.06	0.2	4	
b	A.P.; refuse, stems and seeds..... 865 Juice, canned or bottled, imported, E.P. ....	22	39	67.1	0.4	0.2	10.0	0.7	0.3	7	16	0.5	5	86	40	.08	.04	0.2	3	
866	Dried (raisins).....	0	66	82.9	tr.	tr.	16.6	tr.	0.3	11	12	0.3	2	116	.04	.02	0.2	tr.		
		0	271	23.2	2.9	0.6	71.1	0.5	2.2	60	123	3.1	22	619	.02	.03	0.5	0		
867	Grape, amur wild grape (Vitis amurensis): Raw: E.P. ....	0	69	80.5	1.0	0.6	16.9	3.5	1.0	73?	10	1.7?			.05	.03	0.5	8		
868	Grapefruit (Citrus paradisi): Fruit, raw: a E.P. .... b A.P.; refuse, rinds and seeds.....	0	39	88.6	0.6	0.1	10.1	0.5	0.6	12	22	1.0	2	135	60	.07	.06	0.5	38	
	Juice, canned or bottled, imported, E.P. Sweetened..... Unsweetened.....	40	24	53.0	0.4	0.1	6.1	0.3	0.4	7	13	0.6	1	81	35	.04	.04	0.3	23	
869		0	41	89.2	0.5	0.1	9.8	tr.	0.4	8	14	0.4	1	162	5	.03	.02	0.2	34	
870		0	53	86.2	0.5	0.1	12.8	tr.	0.4	8	14	0.4	1	162	5	.03	.02	0.2	31	
	Great hog-plum. See Ambarella. Great-kerkup. See Paniala.  Green sapote. See Ambarella.																			
871	Groundcherry, sp.; pohai (Physalis spp.): Raw: a E.P. .... b A.P.; refuse, husks.....	0	48	83.0	1.8	0.1	11.3	3.8	3.8	7	55	0.9				.15	.05	1.6	4	
		6	45	78.0	1.7	0.1	10.6	3.6	3.6	6	52	0.8				.14	.05	1.5	4	

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			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
872	6. FRUITS -- continued Guamachil; A. tatei; kuamochill; apes-earing (Pithecellobium dulce); Fruit, raw: E. P. .... A. P.; refuse, peels and seeds.....	0 53	78 33	77.8 32.7	3.0 1.3	0.4 0.2	18.2 7.6	1.2 0.5	0.6 0.2	13 5	42 18	0.5 0.2	19 8	222 93	15 5	.24 .10	.10 .04	0.6 0.2	133 56	
873	Quava, cattle (Psidium littorale; P. cattleianum); Fruit, raw: Red: E. P. .... A. P.; stems and blossom ends..... Yellow: E. P. .... A. P.; stems and blossom ends.....	0 2 0 2	56 55 59 58	84.3 82.6 83.4 81.7	0.4 0.4 0.4 0.4	0.3 0.3 0.3 0.3	14.5 14.2 15.3 15.0	5.2 5.1 5.5 5.4	0.5 0.5 0.6 0.6	29 28 31 30	17 17 18 18	0.2 0.2 0.2 0.2	4 4 4 11	291 285	145 140	.03 .03 .03 .03	.03 .03 .03 .03	0.6 0.6 0.4 0.4	33 32 21 20	
875	Quava, common (Psidium guajava); Fruit, raw: E. P. .... A. P.; stems and blossom ends..... Juice, E. P.:	0 2	69 68	80.6 78.9	1.0 1.0	0.4 0.4	17.3 17.0	5.6 5.5	0.7 0.7	15 15	24 24	0.7 0.7	4 4	291 285	75 75	.05 .05	.04 .04	1.1 1.1	132 129	
876	Fresh.....	0	76	80.6	0.1	0.1	19.1	0	0.1	1	2	0.7	4	291	0	.02	.02	0.6	132	
877	Canned.....	0	48	87.8	0.1	0.1	11.9	0.1	0.1	3	4	0.3	11	0	0	.02	.02	0.5	78	
878	Hawthorn, Chinese (Crataegus pinna- tifida); Fruit, raw: E. P. .... A. P.; refuse, core..... Hog-plum. See Ambarella. Horse-mango. See Mango, baobang. Indian gooseberry. See Emblic leaf- flower. Indian mango. See Mango, common.	0 10	92 83	73.9 66.5	0.4 0.4	1.0 0.9	23.9 21.5	1.8 1.6	0.8 0.7	85 76	25 22	2.1 1.9	827 294	0	0	.05 .05	.04 .04	1.1 1.1	132 129	

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			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
6. FRUITS -- continued																				
879	Jaboticaba ( <i>Myrciaria cauliflora</i> ; Eugenia polycephaloides); Fruit, raw:	0	66	83.5	0.5	1.8	13.8	1.0	0.4	61	17	0.2	0	0	.01	.02	0.3	17		
a	E.P.	20	53	66.9	0.4	1.4	11.0	0.8	0.3	49	14	0.2	0	0	.01	.02	0.2	14		
b	A.P.; refuse, seeds and stem ends,...																			
Jackfruit ( <i>Artocarpus heterophyllus</i> )																				
A. integrifolia; A. integra:																				
880	Fruit, mature; raw:	0	94	72.9	1.7	0.3	23.7	0.9	1.4	27	38	0.6	2	407	.09	.11	0.7	9		
a	E.P.	20	75	58.3	1.4	0.2	19.0	0.7	1.1	22	30	0.5	2	326	.07	.09	0.6	7		
b	A.P.; refuse, skin and core,...	61	36	28.5	0.7	0.1	9.5	0.4	0.5	10	15	0.2	1	159	.04	.04	0.3	4		
c	A.P.; refuse, stem, skin and seeds,...																			
881	Fruit, immature, raw:	0	53	84.7	2.1	0.4	11.9	2.8	0.9	48	25	0.3	3	323	.10	.04	0.3	16		
a	E.P.	20	42	67.8	1.7	0.3	9.5	2.2	0.7	38	20	0.2	2	268	.08	.03	0.2	13		
b	A.P.; refuse, skin and core,...																			
c	A.P.; refuse, stem, skin, core and seeds,...	61	21	33.0	0.8	0.2	4.6	1.1	0.4	19	10	0.1	1	126	.04	.02	0.1	6		
Seeds. See Group 4.																				
Jamaica-cherry ( <i>Muntingia calabura</i> ):																				
Berries, raw:																				
882	E.P.	0	87	75.1	2.0	0.4	21.3	2.0	1.2	64	72	1.2	2	390	.03	.04	0.4	86		
a	E.P.	16	73	63.1	1.7	0.3	17.9	1.7	1.0	54	60	1.0	2	328	.02	.04	0.3	72		
b	A.P.; refuse, seeds and stem ends,...																			
Jambolan; jambolanplum ( <i>Syzygium cumini</i> ; <i>Eugenia cumini</i> ):																				
883	Fruit, raw:	0	60	82.7	0.7	0.1	15.8	0.3	0.7	8	13	0.2	9	116	.01	.01	0.2	23		
a	E.P.	34	40	54.6	0.5	0.1	10.3	0.2	0.5	5	8	0.1	6	76	.01	.01	0.1	15		
b	A.P.; refuse, skin and seeds,...																			
Jambu fruit. See Waterapple.																				
Japanese medlar. See Loquat.																				
Jujube, Chinese or common; Chinese-date ( <i>Ziziphus jujuba</i> ):																				
884	Fruit, raw:	0	82	76.9	1.6	0.4	20.5	1.1	0.6	37	49	0.8	3	278	.03	.03	0.7	46		
a	E.P.	6	78	72.2	1.5	0.4	19.3	1.0	0.6	35	46	0.8	3	261	.03	.03	0.6	43		
b	A.P.; refuse, seeds,...																			
885	Dried:	0	281	23.2	2.6	2.1	70.7	2.9	1.4	51	67	3.3	25	489	.21	.36	0.5	6		
a	E.P.	12	247	20.5	2.3	1.8	62.2	2.6	1.2	45	59	2.9	20	490	.18	.32	0.4	5		
b	A.P.; refuse, seeds,...																			
Jujube, Indian or Malaya ( <i>Ziziphus mauritiana</i> ):																				
886	Fruit, raw:	0	47	86.1	1.9	0.1	11.1	0.9	0.8	32	33	0.6	60	221	.02	.02	0.5	62		
a	E.P.	20	38	68.9	1.5	0.1	8.9	0.7	0.6	26	26	0.5	50	177	.02	.02	0.4	50		
b	A.P.; refuse, seeds,...																			



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			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
894	6. FRUITS -- continued Lime ( <i>Citrus aurantifolia</i> ): Fruit, raw:																				
a	E. P.	0	36	91.0	0.5	2.4	5.9	0.3	0.2	13	11	tr.	2	82	1.0	.03	.02	0.1	46		
b	A. P.; refuse, rinds and seeds	23	28	70.1	0.4	1.8	4.5	0.2	0.2	10	8	tr.	2	63	5	.02	.02	0.1	35		
895	Juice	0	24	90.9	0.5	tr.	8.3	tr.	0.3	9	8					.02	.03	0.2	25		
896	Rind	0	71	71.4	2.7	0.2	2.4	3.2	1.4	228?	42	1.0	8	348	110	.08	.07	0.8	68		
897	Litchi; <i>Lychee (Litchi sinensis)</i> ; <i>Nephelium litchi</i> : Fruit:																				
a	Raw:	0	65	82.1	0.8	0.4	16.3	0.2	0.4	10	29	0.3	3	170	0	.05	.06	0.6	50		
b	A. P.; refuse, thin shells, seeds, stems and leaves	35	42	58.4	0.5	0.3	10.6	0.1	0.3	6	19	0.2	2	110	0	.03	.05	0.4	32		
898	Dried:																				
a	E. P.; with shells	0	233	35.9	3.0	1.9	57.6	1.0	1.6	25	58	4.4	49	568	0	.01	.57	3.1	183		
b	A. P.; refuse, seeds	39	142	21.9	1.8	1.2	35.1	0.6	1.0	15	35	2.7	30	346	0	.01	.35	1.9	112		
899	Canned, E. P.:																				
	Total content of can	0	71	80.3	0.2	0.2	19.1	0.1	0.2	3	10	0.6	34	46	0	tr.	.04	tr.	62		
900	Drained solids only	0	74	79.7	0.3	0.4	19.4	0.2	0.2	3	10	0.8	35	68	0	tr.	.05	0.1	62		
901	Longan ( <i>Euphoria longan</i> ; <i>Nephelium longan</i> ): Fruit, raw:																				
a	E. P.	0	71	81.0	1.0	1.4	15.6	0.3	1.0	23	36	0.4				.03	.14	0.3	56		
b	A. P.; refuse, shells and seeds	50	36	40.5	0.5	0.7	7.8	0.2	0.5	12	18	0.2				.02	.07	0.2	28		
902	Dried:																				
a	E. P.	0	256	25.7	4.3	0.5	65.9	1.7	2.6	32	117	4.4	48	658	0	.02	(.50)	(1.0)	34		
b	A. P.; refuse, shells and seeds	62	97	10.1	1.6	0.2	25.0	0.6	1.0	12	44	1.7	18	290	0	.01	(.19)	(0.4)	13		
903	Canned, E. P.:																				
	Total content of can	0	63	82.5	0.3	0.2	16.7	0.2	0.3	5	8	0.3	41	110	0	tr.	.04	0.1	63		
904	Drained solids only	0	67	81.4	0.4	0.3	17.5	0.4	0.4	7	8	0.7	53	40	0	tr.	.08	0.1	68		
905	Loquat; <i>Japanese medlar (Eriobotrya japonica)</i> : Fruit, raw:																				
a	E. P.	0	40	88.6	0.5	0.2	10.2	0.5	0.5	18	25	0.2	4	315	775	.02	.04	0.2	4		
b	A. P.; refuse, skins and seeds	37	25	55.8	0.3	0.1	6.5	0.3	0.3	11	16	0.1	2	198	490	.01	.03	0.1	2		
906	Canned, sirup pack	0	84	76.7	0.3	0.1	22.7	0.5	0.2	22	3	0.1			120	.01	0	0.4	0		

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

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

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Micro - grams	Micro - grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
915	6. <u>FRUITS</u> -- continued Mang (Artocarpus odoratissima): Fruit, raw: E. P. .... A. P.; refuse, skins, cores and seeds, .....	0 50	104 52	70.6 35.3	0.5 0.2	0.2 0.1	27.9 14.0	0.8 0.4	0.8 0.4	12 6	33 16	3.5 1.8				.06 .03	.05 .02	0.6 0.3	30 15	
916	Margosa; neem (Melia azadirachta); Azadirachta indica): Fruit, raw: E. P. ....	(0)	(67)	(81.9)	(1.3)	(1.0)	(15.1)	(0.7)	(25)	(41)										
917	Marmalade plum. See Sapote. Melon. See Muskmelon. Mombin, purple or red; Spanish plum (Spondias purpurea): Fruit, raw: E. P. .... A. P.; refuse, seeds and skins, .....	0 31	86 59	75.8 52.3	1.0 0.7	0.3 0.2	22.3 15.4	0.5 0.3	0.6 0.4	14 10	35 24	0.9 0.6	2 1	270 186	225 155	.09 .06	.05 .04	0.4 0.3	49 34	
918	Mombin, yellow (Spondias mombin): Fruit, raw: E. P. .... A. P.; refuse, seeds and skins, .....	(0) (34)	(70) (46)	(82.7) (54.6)	(0.8) (0.5)	(2.1) (1.4)	(13.8) (9.1)	(1.0) (0.7)	(0.6) (0.4)	(26) (17)	(31) (20)	(2.2) (1.4)		(1.40) (.90)	(.08) (.05)	(.06) (.04)	(0.5) (0.3)	(28) (18)		
919	Mulberry, black (Morus nigra): Fruit: Raw: Pulp and seeds, E. P. ....	0	42	87.9	1.4	0.3	9.8	0.7	0.6	24	26	3.0	30	15	.04	.08	0.7	39		
920	Juice, canned, E. P. ....	0	48	87.8	0.1	0.1	11.9	b.	0.1	4	9	3.1	24		b.	.01	0.8	30		
921	Mulberry, white (Morus alba): Fruit, raw: Pulp and seeds, E. P. ....	0	53	85.0	1.7	0.4	12.2	0.9	0.7	30	32	3.7	37	10	.03	.06	0.7	5		
922	Muskmelon (Cucumis melo): Cantaloupe, Spanish melon: Raw: E. P. .... A. P.; refuse, rinds and cavity contents, .....	0 28	24 17	93.2 67.1	0.3 0.2	0.2 0.1	5.8 4.2	0.4 0.3	0.5 0.4	8 6	19 14	0.3 0.2	30 22	1,705 1,230	.04 .03	.02 .01	0.7 0.5	38 27		



FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
6. FRUITS -- continued																				
929	Olive, Ceylon (Canarium album):																			
a	Raw:																			
b	E.P.:	0	72	80.2	1.2	16.2	3.4	1.2	18	29	2.1	47	41.6	0	330	.02	.11	0.4	20	
a	A.P.; refuse, seeds:	27	53	58.5	0.9	11.8	2.5	0.9	13	21	1.5	34	30.4	0	240	.01	.08	0.3	15	
930	Dried:																			
a	E.P.:	0	281	18.8	0.1	74.8	7.2	3.0	9?	51	11.0	108	803			.18	.07	3.2		
b	A.P.; refuse, seeds:	58	118	7.9	tr.	31.4	3.0	1.3	4	21	4.6	48	337			.08	.03	1.3		
931	Spry-dried:																			
a	E.P.:	0	170	45.6	8.6	25.6	4.8	18.4	105	24	4.9		616	0	0	.02	.08	1.2?	0	
b	A.P.:	33	114	30.6	5.8	17.2	3.2	12.3	70	16	3.3		413	0	0	.01	.05	0.8	0	
932	Sugared:																			
a	E.P.:	0	185	47.5	0.4	49.9	3.0	1.7	68	28	1.4			tr.	.01	.03			0	
b	A.P.; refuse, seeds:	24	140	36.1	0.3	37.9	2.3	1.3	50	21	1.1			tr.	.01	.02			0	
Orange, king: temple (Citrus sinensis)																				
C. reticulata:																				
933	Fruit, raw:																			
a	E.P.:	0	34	90.4	0.1	8.7	0.3	0.3	20	16	0.2	3	139	50	.05	.03	0.3	32		
b	A.P.; refuse, rinds and seeds:	30	24	63.2	0.4	6.1	0.2	0.2	14	11	0.1	2	97	35	.04	.02	0.2	22		
Orange, mandarin; tangerine (Citrus reticulata):																				
934	Fruit, raw:																			
a	E.P.:	0	41	88.6	0.2	10.2	0.3	0.3	26	14	0.2	1	149	485	.09	.04	0.4	42		
b	A.P.; refuse, rinds and seeds:	30	28	62.0	0.5	0.1	0.2	0.2	18	10	0.1	1	104	325	.06	.03	0.3	29		
Orange, sour (Citrus aurantium):																				
935	Fruit, raw:																			
a	E.P.:	0	44	87.5	0.1	11.2	2.0?	0.5	42	20	0.4			70	.07	.03	0.3	43		
b	A.P.; refuse, rinds and seeds:	37	28	55.1	0.4	0.1	1.3	0.3	26	13	0.3			50	.04	.02	0.2	27		
936	Juice:	0	29	92.4	0.4	0.2	0.2	0.3	12	11	0.2	2	131	tr.	.02	.02	0.2	37		
Orange, sweet (Citrus sinensis):																				
Fruit:																				
937	Raw:																			
a	E.P.:	0	40	88.6	0.2	9.9	0.4	0.5	21	20	0.3	2	162	150	.07	.04	0.4	43		
b	A.P.; refuse, rinds and seeds:	36	25	56.8	0.5	0.1	0.2	0.3	13	13	0.2	1	104	95	.04	.02	0.2	28		
Canned, E. P.																				
938	Total content of can:	0	52	86.0	0.3	0.5	0.2	0.2?	7?	3	0.4	11	35	(150)	.03	tr.	(0.2)	(37)		
939	Drained solids only:	0	54	85.2	0.3	0.3	0.4	0.2	5?	3	0.4	12	52	(150)	.03	tr.	(0.2)	(37)		
Juice:																				
940	Fresh:	0	52	86.7	tr.	13.2	tr.	0.1	3?	1	(0.3)	9	10	(150)	.01	.02	0.2	(43)		
Canned:																				
941	Unsweetened:	0	52	86.7	tr.	13.1	tr.	0.1	1?	2	0.4	12	34	(150)	.03	.02	0.2	(37)		



FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Composition of Foods, 100 grams, Edible Portion and As Purchased

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
951	6. FRUITS -- continued Papaya ( <i>Carica papaya</i> ): Fruit, raw:																				
a	Ripe:	0	45	87.1	0.5	11.8	0.5	2.4	22	0.7	4	221		7.10		.03	.05	0.4	73		
b	E. P. ....	28	32	62.7	0.1	8.4	0.4	17	16	0.5	3	159		5.10		.02	.04	0.3	52		
	A. P.; refuse, rinds and seeds.... Unripe. See Group 5. Jm. See Group 7.																				
952	Juice, E. P.:	0	69	82.7	0.5	16.6	0.1	3	1	0.4	31	34	0	340		.01	.02	0.1	(73)		
953	Fresh.....	0	68	82.6	tr.	17.3	0.2	3	1	0.2	11	18	0	tr.		.01	.02	0.1			
954	Canned.....	0	273	23.9	0.3	75.4	0.2	54	20	2.4	99	96		0		tr.	tr.	0.1			
	Preserved with sugar, E. P. ....																				
955	Parinari, sp. ( <i>Parinari glaberrimum</i> ): Fruit, raw, E. P. ....	0	23	92.0	0.8	5.2	1.8	30	50	4.6?			0	0					38		
956	Passionflower, <i>tegua</i> ( <i>Passiflora foetida</i> ): Fruit, raw:																				
a	E. P. ....	0	64	82.0	0.4	15.2	0.6	20	48	0.7	3	341		0		.01	.06	1.4	15		
b	A. P.; refuse, seeds and shells.....	40	38	49.2	1.1	9.1	0.4	12	29	0.4	2	205		0		.01	.04	0.8	9		
957	Passionfruit, giant; granadilla, giant ( <i>Passiflora quadrangularis</i> ): Fruit, raw:																				
a	E. P. ....	(0)	(20)	(94.4)	(0.7)	(4.3)	(0.7)	(14)	(17)	(0.8)						(0)	(.08)	(3.8)	(15)		
b	A. P.; refuse, seeds, aril and shells..	(42)	(11)	(54.8)	(0.4)	(2.5)	(0.4)	(8)	(10)	(0.5)						(0)	(.02)	(2.2)	(9)		
958	Juice.....	(0)	(44)	(87.9)	(0.9)	(10.1)	(0)	(10)	(22)	(0.6)				(50)		(0)	(.11)	(2.7)	(20)		
959	Passionfruit; granadilla, purple or yellow ( <i>Passiflora</i> spp.): Fruit, raw:																				
a	E. P.; pulp and seeds.....	0	94	75.5	2.4	18.9	4.5	11	61	1.2						tr.	.10	1.4	17		
b	A. P.; refuse, shells and stem ends..	39	57	46.1	1.5	11.5	2.7	7	37	0.7						tr.	.06	0.8	10		
960	Juice, purple ( <i>Passiflora eculeis</i> ): Fresh, E. P. ....	0	42	88.8	0.6	10.1	tr.	4	14	0.3				375		.02	.11	2.0	20		
961	Juice, yellow ( <i>Passiflora laurifolia</i> ), E. P.	0	73	81.0	0.6	17.9	0.2	4	14	0.4	18	49		880		tr.	.07	1.4	20		
962	Fresh..... Canned, sweetened.....	0	175	54.9	0.8	44.0	0.1	5	15	1.0	78	60		505		tr.	.09	0.4			
963	Peach ( <i>Prunus persica</i> ): Fruit, raw:																				
a	White flesh variety:	0	39	83.9	0.6	9.9	1.8	4	10	1.1	4	245				.01	.01	0.7			
b	E. P. ....	8	36	81.7	0.6	9.1	1.6	4	9	1.0	4	225				.01	.01	0.6			
c	A. P.; refuse, pits only..... A. P.; refuse, pits and skins.....	20	32	71.1	0.5	7.9	1.4	3	8	0.9	3	196				.01	.01	0.6			

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
6. FRUITS -- continued																				
Peach -- continued																				
Fruit, raw:																				
Yellow flesh variety:																				
964	E. P.	0	43	87.9	0.8	0.3	10.4	1.8	0.6	9	2.4	1.0	2	322	2.45	.03	.07	0.4	6	
a	A. P.	8	39	80.8	0.7	0.3	9.6	1.6	0.6	8	22	0.9	2	296	2.25	.03	.06	0.4	6	
b	A. P.; refuse, pits only.	20	34	70.3	0.6	0.2	8.4	1.4	0.5	7	19	0.8	2	258	1.95	.02	.05	0.3	5	
c	A. P.; refuse, pits and skins.	0	86	76.1	0.5	0.1	23.1	0.6	0.2	14	11	1.2	tr.	tr.	.03	.04	0.5	2		
Canned, total content of can, strip pack, E. P.																				
Pear (Pyrus communis):																				
Fruit, raw:																				
E. P.																				
966	E. P.	0	44	87.6	0.4	0.2	11.4	1.0	0.4	10	15	0.6	7	141	tr.	.03	.03	0.1	4	
a	A. P.; refuse, skins and cores.	24	34	66.6	0.3	0.2	8.6	0.8	0.3	8	11	0.4	5	107	tr.	.02	.02	0.1	3	
b	Canned, total content of can, heavy strip pack, E. P.	0	71	80.1	0.4	0.1	19.2	0.9	0.2	9	8	0.9	tr.	tr.	.01	.02	.02	0.3	0	
Persimmon, Indian ebony (Diospyros ebenaster):																				
Fruit, raw:																				
E. P.																				
968	E. P.	0	113	77.8	0.7	7.5	13.3	0.2	0.7	15	25	0.3	20	20	tr.	tr.	.05	0.3	4	
a	A. P.; refuse, seeds and skins.	16	95	65.4	0.6	6.3	11.1	0.2	0.6	13	21	0.2	15	15	tr.	tr.	.04	0.2	3	
b	A. P.; refuse, seeds and skins.																			
Persimmon, kaki (Diospyros kaki):																				
Fruit, raw:																				
Soft-type:																				
Ripe:																				
E. P.																				
969	E. P.	0	56	83.7	0.6	0.2	14.6	1.2	0.9	9	24	0.4	2	176	600	.03	.04	0.3	20	
a	A. P.; seedless kinds, refuse, skins.	3	55	81.1	0.6	0.2	14.2	1.2	0.9	9	23	0.4	2	171	580	.03	.04	0.3	19	
b	A. P.; kind with seeds, refuse, skins and seeds.	17	47	69.5	0.5	0.2	12.1	1.0	0.7	7	20	0.3	2	146	500	.02	.03	0.2	17	
c	A. P.; kind with seeds, refuse, skins and seeds.																			
Hard-type:																				
Ripe:																				
E. P.																				
970	E. P.	0	52	85.2	0.5	0.2	13.6	0.9	0.5	12	33	0.4	20	536	510	.02	.04	0.2	20	
a	A. P.; refuse, skins and seeds.	12	46	75.0	0.4	0.2	12.0	0.8	0.4	10	29	0.4	18	472	450	.02	.04	0.2	20	
b	A. P.; refuse, skins and seeds.	0	225	36.7	3.4	0.7	57.6	2.6	1.6	29	61	2.8	197	502	1,655	.06	.04	1.1		
971a	Dried, E. P.	5	214	34.9	3.2	0.7	54.7	2.5	1.5	28	58	2.7	187	477	1,570	.06	.04	1.0		
b	A. P.; refuse, caps.																			
Persimmon, mabola; butter-fruit (Diospyros discolor):																				
Fruit, raw:																				
E. P.																				
972	E. P.	0	49	86.0	0.6	0.2	12.6	1.6	0.6	38	19	0.8	3	354	15	0	.04	0.3	28	
a	A. P.; refuse, seeds and shells.	48	26	44.7	0.3	0.1	6.6	0.8	0.3	20	10	0.4	2	184	10	0	.02	0.2	14	
b	A. P.; refuse, seeds and shells.																			
Pheng-phok. See Pingpong.																				
Philippine dillenia. See Dillenia, catmon.																				

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
6. FRUITS -- continued																				
973	Pineapple ( <i>Ananas comosus</i> ):																			
a	Fruit, raw:	0	47	87.0	0.7	0.3	11.6	0.5	0.4	17	12	0.5	2	125	85	.06	.03	0.3	22	
b	E.P.; refuse, crowns, cores, and parings:	45	26	47.8	0.4	0.2	6.4	0.3	0.2	9	7	0.3	1	69	20	.03	.02	0.2	12	
974	Canned, total content of can, sirup pack:	0	92	74.6	0.4	0.4	24.3	0.4	0.3	20	6	0.3			10	.06	.01	0.2	6	
	Juice, E.P.:																			
975	Fresh:	0	43	88.7	0.2	0	10.8		0.3	13	9	0.1			tr.	.07	.03	0.2	8	
976	Canned or bottled:	0	50	87.0	0.1	tr.	12.7	tr.	0.2	7	4	0.2	7	70	0	.04	.01	0.2	4	
Piangong; pheng-phok; China-chestnut ( <i>Sterculia monosperma</i> ):																				
977	Fruit, raw:	0	146	58.5	4.5	0.9	34.3	1.2	1.8	6	180	1.1	14	770	0	.09	.18	1.2	31	
a	E.P.:																			
b	A.P.; refuse, shells:	19	118	47.5	3.6	0.7	27.8	1.0	1.4	5	146	0.9	11	624	0	.07	.14	1.0	25	
Pitanga. See Surinam-cherry.																				
Plantain. See Group 2.																				
Plum ( <i>Prunus</i> spp.):																				
978	Fruit, raw:	0	45	87.4	0.5	0.3	11.4	0.6	0.4	10	14	0.6	6	98	0	.02	.05	0.5	8	
a	E.P.:																			
b	A.P.; refuse, pits only:	3	43	82.1	0.5	0.3	10.7	0.6	0.4	9	13	0.6	6	92	0	.02	.05	0.5	8	
979	Preserved:	0	147	55.2	2.1	1.3	35.9	1.6	5.5	10	23	2.8	244	144		.03	.02		0	
a	E.P.:																			
b	A.P.; refuse, pits:	30	103	88.6	1.5	0.9	25.1	1.1	3.8	7	16	2.0	171	101		.02	.01		0	
980	Salted; semi-dried:	0	154	51.4	1.6	1.2	38.4	1.4	7.4	14	26	7.4	430	263		.08	.08		0	
a	E.P.:																			
b	A.P.; refuse, pits:	30	108	56.0	1.1	0.8	26.9	1.0	5.2	10	18	5.2	301	184		.06	.06		0	
Plum, Japanese ( <i>Prunus triflora</i> ; <i>P. salicina</i> ):																				
981	Fruit, raw:	0	53	85.1	0.7	0.2	13.5	(0.7)	0.5	16	32	0.4	3	145	10	.02	.02	0.5	2	
a	E.P.:																			
b	A.P.; refuse, pits only:	5	50	80.8	0.7	0.2	12.8	(0.7)	0.5	15	30	0.4	3	138	10	.02	.02	0.5	2	
Plum, methley ( <i>Prunus cerasiferax</i> x <i>P. salicina</i> ):																				
982	Fruit, raw:	0	40	88.6	0.6	0.1	10.4	0.9	0.3	5	13	0.1			85	.01	.03	0.4	3	
a	E.P.:																			
b	A.P.; refuse, pits:	6	38	88.2	0.6	0.1	9.8	0.8	0.3	5	12	0.1			80	.01	.03	0.4	3	
Poha. See Groundcherry, Peruvian.																				



FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
6. FRUITS -- continued																				
991	Rambutan; rambutan; rambotang (Nephelium lappaceum):																			
a	Fruit, raw:	0	64	82.0	1.0	16.5	1.1	0.4	2.0	15	1.9	1	64	0	.01	.06	0.4	53		
b	E. P. ....	56	28	36.1	0.4	7.3	0.5	0.2	9	7	0.8	tr.	28	0	tr.	.03	0.2	23		
992	Ramontchi; governor's plum; lesser kék-kup (Flacourtiaceae); F. ramontchi):																			
a	Fruit, raw:	0	94	74.2	0.5	24.2	1.2	0.5	33	17	0.7	1	171	30	.01	.02	0.4	5		
b	E. P. ....	55	42	33.4	0.2	10.9	0.5	0.2	15	8	0.3	tr.	77	15	tr.	.01	0.2	2		
993	Raspberry, red (Rubus rosaeifolius):																			
a	Fruit, raw:	(0)	(57)	(84.4)	(1.2)	(13.2)	(3.9)	(0.6)	(34)	(36)	(2.0)			(20)	(.02)	(.04)	(0.5)	(18)		
b	E. P. ....	(4)	(55)	(80.9)	(1.2)	(12.7)	(3.7)	(0.6)	(33)	(34)	(1.9)			(20)	(.02)	(.04)	(0.5)	(17)		
994	Ratanpalm fruit (Calamus ornatus var. philippinensis):																			
a	Fruit, raw:	0	79	79.0	0.6	18.6	0.5	0.6	19	10	1.7				.06	.01	0.9	5		
b	E. P. ....																			
Roselle. See Sorrel, red. Group 5.																				
995	Salacia, sp. (Salacia edulis):																			
a	Fruit, raw:	0	76	78.0	0.4	20.9	1.0	0.7	28	18	4.2			0	.04	.03	0.9	2		
b	E. P. ....	50	38	39.0	0.2	10.4	0.6	0.4	14	9	2.1			0	.02	.02	0.5	1		
996	Santol (Sandoricum koetjape; S. indicum):																			
a	Fruit, raw:	0	57	84.5	0.4	13.9	1.0	0.5	9	17	1.2	3	328	5	.05	.03	0.9	14		
b	E. P. ....	45	31	46.5	0.2	7.6	0.6	0.3	5	9	0.7	2	180	tr.	.03	.02	0.5	8		
997	Sapodilla; sapota; pondeiros (Achras zapota):																			
a	Fruit, raw:	0	76	79.3	0.4	19.1	2.2	0.5	27	11	0.6	3	181	2.5	tr.	tr.	0.2	13		
b	E. P. ....	20	61	63.4	0.3	15.3	1.8	0.4	22	9	0.5	2	145	20	tr.	tr.	0.2	10		
998	Sapote; marmalade plum (Calocarpum zapota):																			
a	Fruit, raw:	0	107	70.2	1.0	27.6	1.4	0.7	22	14	0.9	6	226	60	.02	.02	1.4	23		
b	E. P. ....	26	79	52.0	0.7	20.4	1.0	0.5	16	10	0.7	4	167	45	.01	.01	1.0	17		

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur-chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																				
			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid			
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams			
6.	FRUITS -- continued																						
	Sêtar. See Boues, sp.																						
	Shaddock. See Pummelo.																						
	Silverberry ( <i>Elaeagnus commutata</i> ):																						
999	Fruit, raw:																						
a	E.P.	0	51	86.2	1.3	0.9	10.9	0.5	0.7	7	20	0.4			2.0	.03	.05		0.4	10			
b	A.P.; refuse, seeds and caps.	45	28	47.4	0.7	0.5	6.0	0.3	0.4	4	11	0.2			1.0	.02	.03		0.2	6			
	Singhanaut ( <i>Trapa bispinosa</i> ):																						
1000	Fruit, raw:																						
a	E.P.	0	117	66.4	4.1	0.4	27.8	0.8	1.3	54	114	1.2	21	452	tr.	.13	.06		2.0	7			
b	A.P.; refuse, hard shells.	52	56	31.9	2.0	0.2	13.3	0.4	0.6	26	55	0.6	10	217	tr.	.05	.03		1.0	3			
1001	Starch.	0	294	18.5	0.2	0.2	80.9	0	0.2	26	45	2.2		22									
	Sousop ( <i>Annona muricata</i> ):																						
1002	Fruit, raw:																						
a	E.P.	0	59	83.2	1.0	0.2	15.1	0.6	0.5	14	21	0.5	8	293	tr.	.08	.10		1.3	24			
b	A.P.; refuse, skins and seeds.	27	43	60.7	0.7	0.1	11.1	0.4	0.4	10	15	0.4	6	214	tr.	.06	.07		9.5	18			
	Spanish-lime. See Genip.																						
	Spanish plum. See Mombin, purple or red.																						
	Starapple, cainito ( <i>Chrysophyllum cainito</i> ):																						
1003	Fruit, raw:																						
a	E.P.	0	68	81.5	1.0	0.7	16.4	2.0	0.4	17	16	0.4	5	140	tr.	.01	.02		0.9	8			
b	A.P.; refuse, skins and seeds.	42	40	47.2	0.6	0.4	9.6	1.2	0.2	10	9	0.2	3	81	tr.	.01	.01		0.5	5			
	Star fruit. See Catsimbola.																						
	Strawberry ( <i>Fragaria</i> spp.):																						
1004	Berries, raw:																						
a	E.P.	0	34	90.6	0.8	0.5	7.6	1.7	0.5	25	30	0.9	1	193	1.0	.04	.03		0.4	53			
b	A.P.; refuse, stem ends and caps.	3	33	87.9	0.8	0.5	7.3	1.6	0.5	24	29	0.9	1	187	1.0	.04	.03		0.4	51			
	Sugarapple; sweetsop ( <i>Annona squamosa</i> ):																						
1005	Fruit, raw:																						
a	E.P.	0	78	77.5	1.4	0.2	20.0	1.6	0.9	30	36	0.6	5	299	5	.11	.10		0.8	36			
b	A.P.; refuse, skins and seeds.	48	41	40.3	0.7	0.1	10.4	0.8	0.5	16	19	0.3	3	155	tr.	.06	.05		0.4	17			

**FOOD COMPOSITION TABLE FOR USE IN EAST ASIA**

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
1006	6. FRUITS-- continued Sugarcane ( <i>Saccharum officinarum</i> ): Stalk, peeled, raw: a E. P. b A. P.; refuse, fibrous stalk, juice. See Group 13.	0 57	67 29	81.4 34.9	0.2 0.1	0.4 0.2	17.6 7.6	2.3 1.0	0.4 0.2	8 3	4 2	1.3 0.6	89 38			.01 tr.	.02 .01			2 1
1007	Sugarpalm. See Palmyrapalm. Surinam-cherry; pitanga ( <i>Eugenia uniflora</i> ; E. michei): Fruit, raw: a E. P. b A. P.; refuse, stems and blossom ends	0 22	38 31	89.0 69.3	0.5 0.4	0.1 0.1	10.2 8.0	0.3 0.2	0.2 0.2	7 5	9 7	0.1 0.1		1,120 875	.02 .02	.05 .04		0.2 0.2		19 15
1008	Sweetsop. See Sugarapple. Tamarind ( <i>Tamarindus indica</i> ): Fruit, pulp, raw: Ripe: a E. P. b A. P.; refuse, pods and seeds. Unripe: a E. P. b A. P.; refuse, pods and seeds.	0 62	214 81	38.7 14.7	2.3 0.9	0.2 0.1	56.7 21.5	1.9 0.7	2.1 0.8	81 31	86 33	1.3 0.5	570 217	10 tr.	.22 .08	.08 .03		1.1 0.4		3 1
1009	Tajong-tree fruit. See Bulletwood, elengi. Tangerine. See Orange, mandarin. Ti-es. See Canistel lucuma. Trectomato. See Group 5. Vi-apple. See Ambarella.	0 62	71 27	79.5 30.2	2.4 0.9	0.1 tr.	17.2 6.6	0.8 0.3	0.8 0.3	58 22	29 11	0.7 0.3	316 120	10 tr.	.15 .06	.05 .02		0.4 0.2		12 4
1010	Wampee, Chinese; wampi ( <i>Clausena lansium</i> ): Fruit, raw: a E. P. b A. P.; refuse, skin and seeds.	0 49	55 28	84.0 42.9	0.9 0.5	0.1 tr.	14.1 7.2	0.8 0.4	0.9 0.4	15 8	19 10	tr. tr.	281 143	0 0	.02 .01	.11 .06		3.3 1.7		148? 75?



FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Nia- cin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
7. SUGARS AND SYRUPS																				
1019	"Ame," starch sweetener (Japan):	0	349	3.0	0	0	2	1	0.1	1	0	0	0	0	0	0	0	0	0	0
1020	"Kona-ame",	0	299	17.0	0	0	2	1	0.1	1	0	0	0	0	0	0	0	0	0	0
1021	"Mizu-ame",	0	294	20.6	0	0.2	14	12	0.8	10	0	0	0	0	0.01	0.02	0.2	0	0	0
Honey.....																				
Jams, made from:																				
1022	Apple.....	0	252	29.8	0.4	0.1	16	12	2.1	2.1	0.3	0.3	0.3	0.02	0.03	0.1	0.1	0.1	0	0
1023	Apricot.....	0	240	32.9	0.3	0.1	29	12	2.1	2.1	0.6	0.6	0.6	0.01	0.02	0.1	0.2	1.0	0	0
1024	Grape.....	0	268	24.8	1.9	0.2	83	30	3.7	3.7	0.6	0.6	0.6	0.02	0	0.2	0.2	0.2	0	0
1025	Mango.....	0	287	27.8	0.9	0.2	47	12	3.1	3.1	0.6	0.6	0.6	0.04	0.11	1.3	1.3	18	18	18
1026	Pineapple.....	0	198	0.7	0.1	4	36	5	0.4	0.5	0.4	0.4	0.4	0.09	0.05	0.3	0.3	13	13	13
1027	Strawberry.....	0	264	26.4	0.4	0.2	38	19	0.6	0.6	0.4	0.4	0.4	0.01	0.01	0.3	0.3	16	16	16
Jellies:																				
1028	All kinds.....	0	(273)	(29.0)	(0.1)	(0.1)	(21)	(7)	(1.5)	(17)	(75)	(75)	(75)	(.01)	(.03)	(0.2)	(.4)	(4)	(4)	(4)
1029	Tamarind jelly.....	0	346	14.1	0	0.4	5	2	0.9	0.9	tr.	tr.	tr.	tr.	tr.	tr.	tr.	tr.	tr.	tr.
1030	Marmalade, orange.....	0	244	32.2	0.3	0.2	35	10	2.3	2.3	0.6	0.6	0.6	0.03	0.01	0.3	0.3	2	2	2
Molasses, made from:																				
Sugarcane:																				
1031	Light.....	0	(262)	(24.0)	(6.3)	(6.3)	(165)	(45)	(4.3)	(15)	(917)	(917)	(917)	(.07)	(.09)	(0.2)	(.2)	(2)	(2)	(2)
1032	Medium.....	0	(232)	(24.0)	(8.5)	(8.5)	(290)	(69)	(6.0)	(37)	(1,063)	(1,063)	(1,063)	(.12)	(.12)	(1.2)	(1.2)	(2)	(2)	(2)
1033	Blackstrap.....	0	(213)	(24.0)	(10.5)	(10.5)	(684)	(84)	(16.1)	(96)	(2,927)	(2,927)	(2,927)	(.11)	(.19)	(2.0)	(2.0)	(2)	(2)	(2)
Sugar:																				
1034	Crude, brown.....	0	389	5.8	1.1	0.3	178?	72	5.8	14	324	324	324	.05	.10	0.3	0	0	0	0
1035	Granulated.....	0	351	1.7	0	0	tr.	1	0.1	0	0	0	0	0	0	0	0	0	0	0
Syrups, made from:																				
1036	Sugarcane.....	0	259	27.0	1.5	60	29	29	3.6	3.6	.13	.13	.13	.06	.06	0.1	0.1	0.1	0.1	0.1
1037	Sorghum.....	0	259	23.0	2.5	152	24	24	12.5	12.5	.10	.10	.10	.06	.06	0.1	0.1	0.1	0.1	0.1

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Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
1038	8. MEAT, POULTRY AND GAME Bacon. See Pork. Bee ( <i>Vespa singulata</i> ): Maggot, canned, E. P.	0	234	42.6	20.3	7.9	19.7	0	9.5	8	210	11.0				.40	.62	6.5			
1039	Beef ( <i>Bos taurus</i> ; <i>B. indicus</i> ): Carcass, fresh: Very lean:																				
a	E. P.	0	150	71.8	20.0	7.2	0	0	1.0	9	171	3.0	489	15	5	.07	.34	6.7	0		
b	A. P.; refuse, bone and trimmings.	15	128	61.1	17.0	6.1	0	0	0.8	7	145	2.5	79	10	5	.06	.29	5.7	0		
1040	Medium fat:																				
a	E. P.	0	273	59.8	17.2	22.1	0	0	0.9	8	130	2.3	83	15	10	.06	.36	4.5	0		
b	A. P.; refuse, bone and trimmings.	20	218	47.8	13.8	17.7	0	0	0.7	6	104	1.8	66	10	5	.05	.29	3.6	0		
1041	Fat:																				
	E. P.	0	376	49.7	15.1	34.5	0	0	0.7	7	124	1.0	267	0	0	.06	.08	5.0	0		
1042	Roasted, E. P.	0	186	62.8	27.9	7.4	0	0	1.9	270	270	3.5	529								
1043	Pickled, E. P.	0	195	55.0	35.0	3.6	3.4	0	3.0	29	194	8.1				.03	.34	6.5	0		
1044	Dried, baked, E. P.	0	309	27.6	48.9	8.9	5.2	3.4	9.4	31	476	6.8				.13	.19	30.3	0		
1045	Dried, flour paste added, E. P.	0	335	25.7	25.6	8.7	38.0	0	2.0	21	152										
	Canned, E. P.:																				
1046	Braised.	0	247	56.8	25.0	13.6	4.6	0	3.6	56	200	4.0				.02	.19	2.7	0		
1047	Corned.	0	257	54.2	24.8	16.8	0	0	4.2	56	200	4.0				.02	.19	2.7	0		
1048	"Teriyaki".	0	150	64.0	17.9	4.0	9.6	0	4.5	44	180	4.5				.06	.08	4.0	0		
1049	"Yamato".	0	167	60.2	24.2	4.2	6.6	0	4.8	49	200	5.2	1,200	0	0	.04	.03	4.0	0		
1050	Concentrated beef extract (Bovril).	0	171	42.8	34.5	1.4	2.9	0	13.4	44	950	11.3	2,140				.01				
1051	Bone marrow, E. P.	0	868	3.4	0.5	95.8	0	0	0.3	89	tr.							5.0	0		
	Birds' nest. See Swiftlet.																				
	Blood:																				
	Cow:																				
1052	Coagulated, uncooked.	0	92	77.8	21.1	tr.	0.4	0	0.7	2	10	44.17	150			.02	.10	0.9	0		
	Chicken:																				
1053	Coagulated, uncooked.	0	88	77.6	20.0	0.1	0.4	0	1.9	11	155	23.97	337			.02	.11	1.2	0		
	Duck:																				
1054	Coagulated, cooked.	0	22	94.6	5.0	tr.	0.1	0	0.3	8	48	10.2	93	20	5	0	.13	0.4	0		
	Goat:																				
1055	Coagulated, uncooked.	0	98	76.3	21.4	0.3	1.0	8	1.0	6	39	5.8	239	149		.01	.05	0.4	0		
	Hog:																				
1056	Fluid, uncooked.	0	27	93.0	6.27	tr.	0.2	0	0.6	7	7	20.4	29	25	5	0	.10	0.6	0		
	Boar, wild ( <i>Sus leucomystax</i> ): Meat, raw, E. P.	0	147	74.1	16.8	8.3	0	0	0.8	12	120					.39	.11	4.0	0		

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur-chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																				
			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid			
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams			
8.	MEAT, POULTRY AND GAME																						
	--continued																						
	Brain, E.P.:																						
1058	Beef.....	0	136	77.7	10.8	9.7	0.5	0	1.3	11	256	1.8	0	0	0	.15	.20	3.6	0				
1059	Goat.....	0	150	76.0	11.0	11.4	0	0	1.6	21	358	6.7?	0	0	0	.08	.28	4.2	0				
1060	Hog.....	0	134	78.2	10.2	9.9	0.4	0	1.3	17	262	2.9	0	0	0	.22	.24	3.3	0				
1061	Buffalo, water; Carabao (Bubalus buffelus)																						
	Meat, raw, E.P.....	0	120	76.5	17.7	4.9	0	tr.	0.9	14	221	3.3	91	273	5	.06	155	3.5	0				
	Bull frog. See Frog, bull.																						
	Carabao meat. See Buffalo, water.																						
	Chicken (Callus gallus; D. domesticus):																						
	Raw:																						
1062	Very young birds (Live weight under 3 1/2 lbs.):																						
a	E.P.....	0	151	71.5	20.2	7.2	0	0	1.1	14	200	1.5	0	0	0	.08	.16	(6.1)	5.0				
b	A.P.; live; refuse, bones, feathers, head, feet, inedible viscera, blood.....	51	74	35.1	9.9	3.5	0	0	0.5	7	98	0.7	0	0	0	.04	.08	5.0	20				
c	A.P.; dressed; refuse, head, feet, inedible viscera, and bones.....	45	83	39.3	11.1	4.0	0	0	0.6	8	110	0.8	0	0	0	.04	.09	5.6	25				
d	A.P.; ready-to-cook; refuse, bones	25	114	53.6	15.2	5.4	0	0	0.8	10	150	1.1	0	0	0	.06	.12	7.6	30				
1063	Young birds (Live weight over 3 1/2 lbs.):																						
a	E.P.....	0	200	66.2	20.2	12.6	0	0	1.0	14	200	1.5	0	0	0	.08	.16	8.0	75				
b	A.P.; live; refuse, blood, feathers, head, feet, inedible viscera, and bones.....	46	108	35.8	10.9	6.8	0	0	0.5	8	108	0.8	0	0	0	.04	.09	4.3	40				
c	A.P.; dressed; refuse, head, feet, inedible viscera, and bones.....	39	122	40.4	12.3	7.7	0	0	0.6	9	122	0.9	0	0	0	.05	.10	4.9	45				
d	A.P.; ready-to-cook; refuse, bones	23	154	50.9	15.6	9.7	0	0	0.8	11	154	1.2	0	0	0	.06	.12	6.2	60				
1064	Mature birds:																						
a	E.P.....	0	302	55.9	18.0	25.0	0	0	1.1	14	200	1.5	0	0	0	.08	.16	8.0	145				
b	A.P.; live; refuse, blood, feathers, head, feet, inedible viscera, and bones.....	42	175	32.5	10.4	14.5	0	0	0.6	8	116	0.9	0	0	0	.05	.09	4.6	85				
c	A.P.; dressed; refuse, head, feet, inedible viscera, and bones.....	36	193	35.8	11.5	16.0	0	0	0.7	9	128	1.0	0	0	0	.05	.10	5.1	95				
d	A.P.; ready-to-cook; refuse, bones	20	242	44.7	14.4	20.0	0	0	0.9	11	160	1.2	0	0	0	.06	.13	6.4	120				



FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																				
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid			
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams			
8.	MEAT, POULTRY AND GAME																						
	5.-continued																						
	Duck -- continued																						
	Feet:																						
1079	Raw:																						
a	E. P.	0	134	74.0	6.3	0				1.5	79	130	2.0	30	21					.05	.07	0.2	
b	A. P.; refuse, bones, nails and tendons.	53	64	34.7	3.0	0				0.7	37	61	0.9	14	10					.02	.03	0.1	
1080.	Dried:																						
a	E. P.	0	401	14.5	16.3	0				9.8	194	515	21.3		513					.08	.12	0.3	
b	A. P.; refuse, bones.	58	168	6.2	6.8	0				4.1	81	216	8.9		215					.03	.05	0.1	
1081	Duck, wild (Anas boschas):																						
	Raw:																						
	E. P.	0	126	73.6	2.7	0				1.2	17	290								.26	.26	5.0	
1082	Frog (Rana tigrina):																						
	Raw:																						
a	E. P.	0	68	83.6	0.3	0				0.8	23	176	1.3		243					.06	.14	1.9	
b	A. P.; refuse, viscera and bones.	62	26	31.8	0.1	0				0.3	9	67	0.5		92					.02	.05	0.5	
1083	Frog, bull (Rana catesbeiana):																						
	Raw:																						
a	E. P.	0	88	78.8	0.3	0				1.0	3	140	0.3							.10	.06	1.2	
b	A. P.; refuse, viscera and bones.																						
1084	Leg meat only, E. P.																						
	Gizzard:																						
	Raw:																						
1085a	Chicken, E. P.	0	107	76.1	2.0	0.6				1.0	28	150	6.5		200					.05	.22	5.1	
b	A. P.	33	71	51.0	1.3	0.4				0.7	19	100	4.3		134					.03	.15	3.4	
1086a	Duck, E. P.	0	110	77.7	2.3	0.8				1.0	28	154	5.1							.07	.20	5.6	
b	A. P.	11	98	67.4	2.0	0.7				0.9	25	137	4.5							.06	.18	5.0	
1087	Dried, E. P.:																						
	Duck.	0	266	27.5	2.4	3.9				12.4	23	376	15.6		838					.18	.57	16.0	
1088	Goat (Capra hircus):																						
	Meat, raw, E. P.:																						
	Lean:																						
a	E. P.	0	179	69.7	11.3	0				1.0	10	168	2.6		90					.18	.18	4.5	
b	A. P.; refuse, bones.	14	154	60.0	9.6	0				0.9	9	144	2.2		77					.15	.15	4.1	
1089	Medium fat:																						
	E. P.	0	357	51.6	32.4	0				0.8	11	129	2.0							.07	.13	4.9	
a	A. P.; refuse, bone and trimming.	19	289	41.9	26.2	0				0.6	9	104	1.6							.06	.10	4.0	
1090	Fat, E. P.	0	542	34.5	55.7	0				0.5	7	90	0.9							.06	.10	4.0	

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
8. MEAT, POULTRY AND GAME																				
--continued																				
Goose, domesticated (Anser domesticus):																				
Raw:																				
1091	E. P., flesh, skin, and gibslets.....	0	167	72.4	15.4	11.2	0	0	1.0	12	191	3.5	253		.16	.22	5.4			
a	A. P., dressed.....	34	110	47.7	10.2	7.4	0	0	0.7	8	126	2.3	167		.10	.14	3.6			
Ham. See Pork.																				
Hare. See Rabbit, field or wild.																				
Head, raw:																				
Hog:																				
1092	E. P.....	0	430	44.6	13.4	41.3	0	0	0.7	7	147	4.8			.35	.36	7.0	1		
a	A. P.; refuse, bone and skin.....	68	137	14.3	4.3	13.2	0	0	0.2	21	185	5.3								
Heart, raw, E. P.:																				
1093	Beef.....	0	122	78.1	14.4	5.8	1.0	0	0.7	7	147	4.8		40		.36	7.0	1		
1094	Chicken.....	0	126	75.5	16.0	5.5	2.0	0	1.0	21	185	5.3								
Duck.....																				
1095	Coat.....	0	122	80.0	11.1	8.3	0	0	0.6	11	102	4.5		0	0	1.56	2.13	27.7	8	
1096	Coat.....	0	123	76.9	15.2	5.9	1.2	0	0.8	26	169	3.0		25	5	.36	.11	5.4	1	
1097	Hog.....	0											83							
Horse (Equus caballus):																				
1098	Meat, raw, E. P.....	0	121	74.6	20.5	3.7	0	0	1.2	4	200	2.0		5	0	.10	.10	3.5		
Intestines, raw, E. P.:																				
1099	Beef.....	0	139	75.8	14.5	8.3	0.6	0	0.8	10	156	3.4		30	5	.20	.20	6.1	5	
1100	Chicken.....	0	117	78.4	12.7	6.1	1.9?	0	0.9	12	193	4.6		0	0	.06	.36	4.3	7	
1101	Duck.....	0	86	83.0	12.6	3.3	0.5	0	0.6	11	17	3.8		0	0	.09	.33	4.3	1	
1102	Hog.....	0	152	78.4	6.4	13.0	1.8	0	0.4	7	48	0.8		83		.09	.08	1.6	0	
Kidney, raw, E. P.:																				
1103	Beef.....	0	91	80.3	15.6	2.5	0.4	0	1.2	14	262	7.5			.30	1.58			9	
1104	Coat.....	0	99	78.0	16.3	3.2	0.2	0	1.3	48?	279	11.7?			.49	1.78			7	
1105	Hog.....	0	105	78.9	14.8	4.3	0.8	0	1.2	7	238	6.6		390		.36	1.31	6.7	8	
Lamb. See Mutton.																				
Liver:																				
Raw, E. P.:																				
1106	Beef.....	0	428	71.6	19.0	3.1	5.0	0	1.3	7	310	8.7		213	2,635	.32	1.68	12.8	24	
1107	Calif.....	0	155	70.4	19.3	7.5	1.4	0	1.4	7	354	5.6	(281)	6,075	1,350	.20	2.00	11.4	33	
1108	Chicken.....	0	144	79.0	17.8	6.6	2.3	0	1.3	10	297	9.7	335	8,695	1,930	.36	1.92	10.0	7	
1109	Duck.....	0	168	69.7	16.9	9.7	2.2	0	1.5	14	244	3.9			.36	1.32	10.0	8		
1110	Coat.....	0	159	68.9	18.5	7.2	4.0	0	1.4	9	414	6.6		13,635	3,030	.42	3.57	18.9	17	
1111	Hog.....	0	131	71.9	19.9	4.1	2.4	0	1.7	8	361	14.4		447	850	.40	2.34	16.6	13	
1112	Mutton.....	0	171	66.0	21.7	7.3	3.2	0	1.8	9	414	6.6		420		.10	.88			
1113	Canned, roasted, chicken liver.....	0	257	51.9	25.6	14.0	5.6	0	2.9	20?	280	7.9								
1114	Paste.....	0	239	57.4	16.3	15.4	7.9	0	3.0	51	250	6.5			.09	.90	8.0			



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FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
8. MEAT, POULTRY AND GAME																					
--continued																					
Pork -- continued																					
Spareribs, fresh:																					
Medium fat:																					
1129	a																				
	b																				
E. P. ....																					
A. P.; refuse, bones and fat trimmed																					
Pork, preserved:																					
1130		0	372	14.9	55.2	11.8	7.8	0	10.3	56	419	12.8				.20	.30			8.6	0
1131		0	615	21.8	11.0	62.4	1.4	0	3.4	10	128	0.1				.45	.14			2.1	0
1132		0	451	43.0	12.0	44.3	0.1	0	0.7	9	130	1.2	75			.40	.10			4.0	0
Cured, bacon																					
Ham, smoked:																					
Lean:																					
1133	a	0	310	49.4	19.5	25.0	0.3	0	5.8	11	234	2.9				.81	.22			4.6	
	b	14	271	41.9	16.8	22.0	0.3	0	5.0	9	201	2.5				.70	.19			4.0	
E. P. ....																					
A. P.; refuse, bones and skin																					
Medium fat:																					
1134	a	0	389	42.4	16.9	35.0	0.3	0	5.4	10	136	2.5				.70	.19			4.0	
	b	13	334	37.3	14.7	30.0	0.3	0	4.7	9	118	2.2				.61	.17			3.5	
E. P. ....																					
A. P.; refuse, bones and skin																					
1135		0	528	23.7	17.7	50.2	0	0	8.4	54	158	3.0	673			.31	.13				
Ham, smoked (China) E. P. ....																					
1136		0	249	54.4	26.2	14.6	1.5	0	3.3	34	177	2.5									
Pork, roasted																					
1137		0	271	52.7	14.4	21.8	3.4	0	7.7	31	109	2.3	421								
Pork, salted																					
1138		0	615	21.8	11.0	62.4	1.4	0	3.4	10	128	0.1				.45	.14			2.1	0
Pork, meat, flavored and soybean sauce, paste added																					
Pork, suckling (Sus scrofa):																					
Carcass, fresh:																					
Medium fat:																					
1139	a	0	376	49.5	15.6	34.3	0	tr.	0.6	37	16	2.2	21			.05	.07			0.2	
	b	24	285	37.8	11.8	26.0	0	tr.	0.4	28	12	1.7	16			.04	.05			0.2	
E. P. ....																					
A. P.; refuse, bones																					
Roasted, salt, various spices and soybean sauce added:																					
1140	a	0	431	34.6	19.8	34.0	10.3	tr.	1.3	47	20	2.0	179			.04	.07			0.2	
	b	30	302	24.2	13.9	23.8	7.2	tr.	0.9	33	14	1.4	125			.03	.05			0.1	
E. P. ....																					
A. P.; refuse, bones and skin																					
Quail (Coturnix communis):																					
Raw:																					
1141	a	0	118	74.4	21.2	3.1	0	0	1.3	36	308	7.5	352			.46	.32			4.0	0
	b	53	55	35.0	10.0	1.4	0	0	0.6	17	145	3.5	165			.22	.15			1.9	0
E. P. ....																					
A. P.; refuse, bones																					

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

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			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
8. MEAT, POULTRY AND GAME																				
--continued																				
1142	Rabbit, domesticated ( <i>Lepus cuniculus</i> var. domesticus); Meat, raw, E. P.	0	131	72.5	22.2	4.0	0	0	1.3	7	2.46	4.4		0	0	.30	.10	4.0	0	
1143	Rabbit, field or wild; hare ( <i>Lepus</i> culus); Meat, raw, E. P.	0	142	74.3	16.9	7.8	0	0	1.0	7	350			0	0					
1144	Rice-hopper ( <i>Oxya verax</i> ); Dried, E. P.	0	296	29.8	64.2	2.4	0.2	0	3.4	52	608	21.8		250	55	.24	5.50	7.0	20	
Sausage, made of:																				
1145	Pork, soybean sauce and spices added (Chinese style)	0	355	39.1	21.3	29.3	6.6	0	3.7	24	216	3.0	880	0	0	.46	.24	4.7	0	
1146	Pork, liver, soybean sauce and spices added (Chinese style)	0	366	41.9	26.7	28.0	0	0	3.4	8	400		1,000	0	0	.20	.32	5.0		
1147	Silkworm ( <i>Bombyx mori</i> ); Raw, E. P.	0	229	60.7	23.1	14.2	0.5	0	1.5	6	252	1.2								
1148	Sparrow ( <i>Passer montanus</i> ), raw; E. P., flesh and bones	0	124	72.5	19.4	4.6	0	0	3.5	470	590			10	10	.30	.25	5.0		
Squab; pigeon ( <i>Columba domesticus</i> ), Raw:																				
1149	E. P., flesh, skin and gibles	0	175	68.4	20.9	9.5	0	0	1.2	45	217	5.4?	90	330		.10	.28	5.3	0	
b	A. P.; dressed; refuse, bones, head, feet, inedible viscera	53	82	32.2	9.8	4.5	0	0	0.5	21	102	2.5	42	155		.04	.13	2.5	0	
Squirrel ( <i>Sciurus lis</i> ):																				
1150a	Meat, raw, E. P.	0	116	72.2	26.3	0.4	0	0	1.1	23	200	1.9	186	280	25	.07	.21	4.0	0	
b	A. P.; refuse, bones	40	69	43.3	15.8	0.2	0	0	0.7	14	120	1.1	112	170	15	.04	.13	2.4		
1151	Stomach, raw, E. P.	0	85	82.6	13.7	2.9	0	0	0.8	28	130	2.8		0	0	.10	1.30	6.0	0	
1152	Beef	0	100	84.0	8.3	7.2	0	0	0.5	34	98	1.4		0	0	.03	.21	1.8	0	
1153	Hog	0	96	80.2	15.3	3.4	0	0	1.1	10	192	2.2	225	0	0	.03	.12	4.4	0	
Suckling-pig. See Pork.																				

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams		
8. MEAT, POULTRY AND GAME																					
--continued																					
	Swiftlet ( <i>Collacia inexpectata</i> ):																				
	Nest:																				
1154	Dried, E. P.	0	345	12.6	53.4	0.4	29.3	0	4.3	470	18	4.3	210	0	0	.05				0	
1155	Dried, soaked, drained, E. P.	0	70	83.1	11.9	0.3	4.2	0	0.5	110	5	1.0	43	0	0	.01	.55				
1156	Tail, raw, E. P.	0	716	17.9	4.8	77.1	0	0	0.2	8	140	4.6	90	5	0	.03	.03			0	
1157	Hog.	0	272	58.7	19.1	21.1	0	0	1.1	8											
1158	Teal ( <i>Nettion crecca</i> ):																				
	Meat, raw, E. P.	0	133	72.7	21.9	4.4	0	0	1.0	15	260	4.6		0	0	.30	.20	3.0			
1159	Tongue, raw, E. P.	0	215	64.8	19.3	14.7	0.2	0	1.0	6	212	5.0		4	10	.07	.21	5.3		0	
1160	Beef.	0	186	71.8	12.0	14.5	1.0	0	0.7	19	119	14.4				.08	.28	4.2		0	
1161	Hog.	0	187	83.9	16.4	12.3	1.4	0	1.0	20	158	2.4	178			.08	.23	4.1		0	
Turkey ( <i>Meleagris gallopavo</i> ):																					
1162	Raw:																				
a	E. P.; flesh, skin, giblets.	0	268	58.7	20.1	20.2	0	0	1.0	23	320	3.8				.09	.14	8.0		0	
b	A. P.; lye.	39	163	36.8	12.3	12.3	0	0	0.6	14	195	2.3				.05	.09	4.9		0	
c	A. P.; dressed.	33	179	39.3	13.5	13.5	0	0	0.7	15	214	2.5				.06	.09	5.4		0	
d	A. P.; drawn.	19	218	47.5	16.3	16.4	0	0	0.8	19	259	3.1				.07	.11	6.5		0	
1163	Turtle, snapping ( <i>Amyda japonica</i> ):																				
	Flesh, raw, E. P.	0	69	83.0	15.8	0.2	0	0	1.0	14	220	2.0		5		.22	.47	7.0			
Turtle, soft shelled ( <i>Trionyx chinensis</i> ):																					
1164	Flesh, raw:																				
a	E. P.	0	82	80.9	17.5	0.8	0	0	0.8	107	146	1.5				.25	.50	2.6		0	
b	A. P.; refuse, viscera and shell.	69	25	25.2	5.4	0.2	0	0	0.2	33	45	0.5	235			.08	.16	.8		0	
1165	Turtle-dove ( <i>Streptopelia orientalis</i> ):																				
	Flesh, raw, E. P.	0	112	74.3	23.0	1.5	0	0	1.2	14	270	6.0				.30	.20	5.0		0	
Whale ( <i>Balaenoptera borealis</i> ; <i>B. musculus</i> ):																					
Meat:																					
Raw:																					
1166	Lean, E. P.	0	100	79.2	17.4	2.8	0	0	0.6	7	147	3.2	30	35	0	.10	.08	5.0		0	
1167	Tail, E. P.	0	264	59.0	21.1	19.3	0	0	0.6	9	64	3.0		150	0	.10	.20	4.5		0	
1168	Bacon, E. P.	0	273	58.6	19.3	21.2	0	0	0.9	4	50	1.0	800	5	0	.01	.02	3.0		0	
Cured, E. P.:																					
1169	Blubber.	0	111	75.3	21.8	2.0	0	0	0.9	6	160	3.0		0	0	.05	.10	5.0		0	
1170	Lean.	0	160	59.1	24.4	6.2	0.1	0	10.2	30	160	5.0		0	0	.10	.14	8.0		0	
Ventral grooves:																					
1171	Fat.	0	451	36.1	25.5	37.9	0	0	0.5	2	80	4.0		45	0	0	.01	.01	5.0		0
1172	Lean.	0	297	55.0	22.0	22.5	0	0	0.5	8	21	2.0		15	0	.09	.08	5.0		0	
1173	"Yamstoni," canned (Japan).	0	160	58.2	24.0	6.4	7.6	0	3.8	58	140	9.0	1,200	0	0	.03	.07	4.0		0	

**FOOD COMPOSITION TABLE FOR USE IN EAST ASIA**

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
9.	<b>EGGS</b>																			
	Duck egg:																			
	Raw:																			
	Whole:																			
1174	a E.P.....	0	188	70.6	13.2	14.2	0.7	0	1.3	64	220	3.6	191	258	370	185	.16	.40	0.2	0
	b A.P.; refuse, shell.....	12	166	62.2	11.6	12.5	0.6	0	1.1	56	194	3.2	168	227	325	165	.14	.35	0.2	0
1175	White, E.P.....	0	50	87.8	10.7	0.1	0.8	0	0.6	6	8	tr.	22.8?	153?	0	0	tr.	.20?	0.2	0
1176	Yolk, E.P.....	0	368	47.5	13.6	32.3	4.8	0	1.8	146	328	5.6	105	106	1,625	695	.54	.94	0.2	0
1177	Embryonated egg:																			
	Raw:																			
	Whole:																			
1178	a E.P.....	0	188	70.6	13.2	14.2	0.7	0	1.3	64	220	3.6	191	258	370	185	(.13)	.34	0.2	0
	b A.P.; refuse, shell.....	12	166	62.2	11.6	12.5	0.6	0	1.1	56	194	3.2	168	227	325	165	(.11)	.30	0.2	0
	Salted:																			
1179	Raw:																			
	Whole:																			
1180	a E.P.....	0	202	64.6	14.4	15.1	0.8	0	5.1	95	207	3.3	252	500	230	230	.23	.37	0.1	0
	b A.P.; refuse, shell.....	12	78	56.8	12.7	13.3	0.7	0	4.5	84	182	2.9	222	440	205	205	.20	.33	0.1	0
1181	White, E.P.....																			
	Whole:																			
1182	a E.P.....	0	163	73.7	12.9	11.5	0.8	0	1.1	61	222	3.2	158	176	500	170	.10	.40?	0.1	0
	b A.P.; refuse, shell.....	11	145	64.7	11.5	10.2	0.7	0	1.0	54	198	2.8	141	157	445	150	.09	.36?	0.1	0
1183	White, E.P.....	0	52	87.4	10.7	0.2	1.1	0	0.6	10	13	0.4	215?	172	0	0	.01	.32?	0.1	0
1184	Yolk, E.P.....	0	336	52.1	16.3	29.0	0.9	0	1.7	154	479	6.3	108?	169	950	515	.24	.47?	tr.	0
1185	Cooked, whole:																			
	Raw:																			
	Whole:																			
1186	a E.P.....	0	163	73.7	12.9	11.5	0.8	0	1.1	61	222	3.2	158	176	500	170	.10	.37	0.1	0
	b A.P.; refuse, shell.....	11	145	64.7	11.5	10.2	0.7	0	1.0	54	198	2.8	141	157	445	150	.09	.33	0.1	0
1187	Dried, whole, imported from USA.....	0	(592)	4.1	47.0	41.2	4.0	0	3.6	187	800	8.7	427	463	900	770	.33	1.20	0.2	0
	Preserved, limed:																			
	Raw, whole:																			
1188	a E.P.....	0	161	71.9	13.1	10.7	2.0	0	2.3	58	200	0.9	195	170	195	170	.02	.21	0.1	0
	b A.P.; refuse, shell.....	11	143	64.1	11.6	9.5	1.8	0	2.0	52	178	0.8	175	150	175	150	.02	.19	0.1	0



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			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
1192	10. FISH AND SHELLFISH Abalone; earshell ( <i>Haliotis gigantea</i> ); Edible muscle: Raw:	0	99	75.7	20.1	0.4	2.3	0	1.5	34	169	2.9		5		.24	.06	1.6		
a	E.P.	52	48	36.3	9.6	0.2	1.2	0	0.7	16	81	1.4				.12	.03	0.8		
b	A.P.; refuse, shell and viscera...	0	292	27.3	48.5	1.5	17.4	0	5.3	(102)	435	6.6	719	0	0	.50	.06	4.3		0
1193	Dried..... Canned:																			
1194	Dried, solids only.....	0	145	65.1	24.8	2.0	5.2	0	2.9	10	150	8.8	990	100	30	.01	.04	0.2		
1195	Total content of can:																			
1196	Plain..... Seasoned.....	0	101	74.4	16.3	0.2	7.3	0	1.8	27	100	1.8	900	0	0	.04	.04	1.0		
	Seasoned.....	0	137	63.1	14.7	0.1	17.9	0	4.2	31	130	4.0		0	0	.05	.06	1.0		
1197	Amberjack yellowtail ( <i>Seriola quin- queradiata</i> ): Raw:	0	129	73.0	21.7	4.0	0	0	1.3	10	207	1.8	86	20	0	.11	.12	9.2		1
a	E.P.	33	86	48.9	14.5	2.7	0	0	0.9	7	139	1.2	58	10	0	.07	.08	6.2		1
b	A.P.; refuse, bones, scales, entrails. Smoked, oiled, canned.....	0		42.9	27.2	22.4	0	0	7.5	38	200	0.7		0	0	.05	.09	6.6		
1198	Amberjack; redtail ( <i>Seriola</i> spp.): Raw:	0	124	74.4	20.4	4.1	0	0	1.1	32	146	0.7				.10	.12	6.4		0
a	E.P.	45	68	41.0	11.2	2.2	0	0	0.6	18	80	0.4				.06	.07	3.5		0
b	A.P.; refuse, bones, scales, entrails and tail.....																			
1200	Anchovy ( <i>Engraulis</i> spp.; <i>Stolephorus</i> spp.) Raw:	0	99	76.9	18.5	2.2	0	0	2.4	279	264	1.2	147	25	0	.01	.08	3.5		
a	E.P.	27	72	56.1	13.5	1.6	0	0	1.8	204	193	0.9	107	20	0	.01	.06	2.6		
b	A.P.; refuse, head and entrails.... Boiled, dried, E.P.....	0	176	44.8	37.8	1.6	0	0	15.8	530	590	5.3	4,700	0	0	.02	.20	8.5		0
1201	Dried, E.P.....	0	327	13.4	68.2	4.0	0	0	14.4	2,062	1,377	20.3	885	1,154	0	.04	.20	14.2		
1202	Ark shell; chest shell ( <i>Arcs</i> spp.; <i>Anada- ra</i> spp.): Raw:	0	72	82.4	12.2	0.8	3.2	0	1.4	89	123	5.2	120	50	20	.11	.18	2.1		5
a	E.P.	78	16	18.1	2.7	0.2	0.7	0	0.3	20	27	1.1	26	10	5	.02	.04	0.5		
b	A.P.; refuse, shell and viscera.... Canned, seasoned.....	0	121	69.0	18.0	1.3	7.8	0	* 3.9	60	140	4.0	1,100	5	5	.01	.07	2.0		0
1204	Arina, sp. ( <i>Arina kinoshitai</i> ): Raw, E.P.....	0	54	86.0	11.6	0.1	1.0	0	1.3									1.5		

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

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			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
1206	10. FISH AND SHELLFISH-- continued	Percent																			
	Auxidae; frigate mackerel (Auxis thazard):																				
	Raw:																				
a	E.P.....	0	120	72.7	23.8	2.0	0	0	1.5	39	193	5.9	252	464	15		.10	.39	16.8		
b	A.P.; refuse, bones, scales, entrails and fins.....	39	73	44.4	14.5	1.2	0	0	0.9	24	118	3.6	154	283	10		.06	.24	10.2		
	Barracuda (Sphyrna argentea; S. pinguis; S. obtusata):																				
	Raw:																				
a	E.P.....	0	101	76.6	20.5	1.5	0	0	1.4	52	200	0.8	132	294	20	0	.07	.07	3.0	0	0
b	A.P.; refuse, bones, fins, entrails..	38	62	47.5	12.7	0.9	0	0	0.9	32	124	0.5	82	182	10	0	.04	.04	1.9	0	0
	Basing.. See Shad, gizzard.																				
	Bass, sea (Psammoperca waigensis):																				
	Raw:																				
a	E.P.....	0	95	77.2	20.8	0.7	0	0	1.3	36	185	0.6					.15	.15	1.5	0	0
b	A.P.; refuse, bones, scales, entrails, fins and tails.....	50	48	38.6	10.4	0.4	0	0	0.6	18	92	0.3					.08	.08	0.8	0	0
	Bass, sea, Japanese (Lateolabrax japonicus):																				
	Raw:																				
a	E.P.....	0	103	77.4	19.0	2.4	0	0	1.2	50	208	2.0	112	308	45		.11	.12	1.6	0	0
b	A.P.; refuse, bones, scales and entrails.....	38	64	48.0	11.8	1.5	0	0	0.7	31	129	1.2	69	191	30		.07	.07	1.0	0	0
	Batfish, spotted; stickle fish (Drepane punctata):																				
	Raw:																				
a	E.P.....	0	95	78.2	19.0	1.5	0	0	1.3	50	164	0.7	88	373			.03	.14	2.8	0	0
b	A.P.; refuse, bones, scales, entrails, heads and fins.....	57	40	33.6	8.2	0.6	0	0	0.6	22	70	0.3	38	160			.01	.06	1.2	0	0
	Berycod; beryx (Beryx splendens):																				
	Raw:																				
a	E.P.....	0	120	76.0	18.5	4.5	0	0	1.0	15	220	1.0	110	15			.15	.20	3.0		
b	A.P.; refuse, bones, scales, entrails and fins.....	46	64	41.1	10.0	2.4	0	0	0.5	8	119	0.5	59	10			.08	.11	1.6		

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			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
1212	10. FISH AND SHELLFISH-- continued																				
a	Big-eye (Scombrops boops): E. P.	0	173	68.9	19.5	10.0	0	0	1.6	10	200	1.0	130	2.0		.10	.05	6.0	0		
b	A. P.; refuse, bones, entrails, scales and fins.	45	95	37.9	10.7	5.5	0	0	0.9	6	110	0.6	72	1.0		.06	.03	3.3	0		
1213	Bonito; pelamid (Sarda sarda, S. orientalis): Raw:																				
a	E. P.																				
b	A. P.																				
1214	Bream, fresh-water (Sparus bleda): Raw:																				
a	E. P.	0	94	76.6	21.1	0.4	0	0	1.9	15	195	0.4	89	475		.02	.03	7.1			
b	A. P.; refuse, bones, fins, scales and entrails.	52	45	36.8	10.1	0.2	0	0	0.9	7	94	0.2	43	228		.01	.01	3.4			
1215	Dried, E. P.:	0	202	43.8	34.3	6.2	0	0	15.7	187	280	1.9	5,189	669		.01	.03	9.4			
a	A. P.; refuse, bones.	57	87	13.8	14.7	2.7	0	0	6.8	80	120	0.3	2,231	288		.01	.01	4.0			
b																					
1216	Bream, sea; sturgeon (Sparus spp.; Pagrus spp.; Taius spp.): Raw:																				
a	E. P.	0	144	72.7	18.9	7.0	0	0	1.4	47	132	0.7	86	30	0	.19	.25	7.0			
b	A. P.; refuse, bones, fins, scales, entrails.	51	70	35.6	9.3	3.4	0	0	0.7	23	65	0.3	42	15	0	.09	.12	3.4			
1217	Brill, rough-scales (Pseudorhombus digodon): Raw:																				
a	E. P.	0	91	78.1	19.4	0.9	0	0	1.6	30	204	0.5				.04	.04	6.5			
b	A. P.; refuse, scales, bones and entrails.	40	54	46.9	11.6	0.5	0	0	1.0	18	122	0.3				.02	.02	3.9			
	Butterfish, See Spadefish.																				
1218	Butterfly fish (Chaetodon spp.): Raw:																				
a	E. P.	0	94	73.0	19.9	1.0	0	0	1.1	57	153	1.1	108	216		.04	.07	4.4			
b	A. P.; refuse, bones, scales, fins and entrails.	46	50	42.2	10.7	0.5	0	0	0.6	31	83	0.6	58	117		.02	.04	2.4			



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			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
1226	10. FISH AND SHELLFISH-- continued																				
a	Clam ( <i>Cardium</i> spp.; Venus spp.; Meretrix spp.): Raw:	0	73	82.0	10.5	1.3	4.0	0	2.2	116	122	7.8	200	197	35	25	.07	.14	1.8	5	
b	E.P., meat only.....	73	20	22.1	2.8	0.4	1.1	0	0.6	31	33	2.1	54	53	10	5	.02	.04	0.5	1	
1227	Dried, E.P.....	0	351	11.6	58.6	3.7	16.4	0	9.7	212	1,204	23.4			0			.27	3.0	0	
1228	Seasoned, E.P.....																				
1229	Canned, seasoned with soybean sauce, salt added.....	0	180	52.1	19.3	2.6	19.2	0	6.8	190	260	26.5	1,530	260	385	85	.02	.17	0.6	0	
1230	Soused (Korea), E.P.....	0	110	67.5	14.5	4.3	2.3	0	11.4	378	366	9.5		25	25	.05	.09			0	
1231	"Tsukudani" (Japan).....	0	158	53.0	22.9	0.3	13.9	0	9.9	220	280	13.6	2,900	0	0	.03	.16				
1232	Clam, bean (Donax spp.): Raw:																				
a	E.P., meat only.....	0	74	82.2	8.8	1.7	5.1	0	2.2	78	115	1.6	562	228	395	.12	.12	2.3	2		
b	A.P.; refuse, shell and liquid.....	80	14	16.5	1.8	0.3	1.0	0	0.4	16	23	0.3	112	46	80	.02	.02	0.5	.5		
1233	Clam, hen ( <i>Macra</i> spp.): Raw:																				
a	E.P., meat only.....	0	83	80.2	14.4	1.0	2.1	0	2.3	42	325	11.5?		15	10	.02	.13	0.7	3		
b	A.P.; refuse, shell and liquid.....	72	22	22.5	4.0	0.3	0.6	0	0.6	12	91	3.2		5	.5	.04	.04	0.2	1		
1234	Clam, razor solen ( <i>Solemidae</i> spp.): Raw:																				
a	E.P., meat only.....	0	46	89.0	6.9	1.0	1.9	0	1.2	60	198	11.0		35	5	.09	.49	1.5	7		
b	A.P.; refuse, shell and liquid.....	49	24	45.4	3.5	0.5	1.0	0	0.6	31	101	5.6		18	.5	.04	.25	0.8	2		
1235	Clam, short-neck ( <i>Venerupis</i> semi- decussata): Raw:																				
a	E.P., meat only.....	0	61	84.8	9.9	0.9	2.5	0	1.9	118	114	9.8	200	35	45	.06	.15	1.5	7		
b	A.P.; refuse, shell and liquid.....	76	14	20.4	2.4	0.2	0.6	0	0.4	28	27	2.4	48	10	10	.01	.04	0.4	2		
1236	Canned, E.P. (Japan): Plain.....	0	95	77.9	15.2	2.4	2.1	0	2.4	85	190	8.0	400	10	20	.02	.09	0.8			
1237	Seasoned.....	0	112	69.9	16.0	0.8	8.8	0	4.5	74	280	8.0	1,200	10	20	.02	.06	1.2			
1238	"Tsukudani".....	0	237	30.4	24.8	2.1	29.1	0	13.6	260	570	25.0	2,600	5	15	.04	.11	4.5			
1239	Cockles, sand ( <i>Hemidonax donaciforme</i> ): Raw:																				
a	E.P.....	0	81	79.2	16.8	1.0	0	0	3.0	217?	78	2.8				.15	.15	6.2?			
b	A.P.; refuse, shell and liquid.....	88	9	3.5	2.0	0.1	0	0	0.4	26	9	0.3				.02	.02	0.7			

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
10. FISH AND SHELLFISH-- continued																				
Cod (Gadus spp.):																				
1240	Raw:	0	81	80.7	17.0	0.9	0	0	1.4	15	117	0.5	180	470	15	.00	.15	.16	2.5	0
a	E. P.																			
b	A. P.; refuse, bones, scales, fins and entrails.	43	46	46.0	9.7	0.5	0	0	0.8	8	67	0.3	103	268	10	.00	.08	.09	1.4	0
Salted:																				
a	E. P.	0	95	71.4	20.7	0.7	0	0	7.2	24	150	0.5	2,000	0	0	.10	.08	.08	3.0	0
b	A. P.; refuse, bones, scales, fins and entrails.	10	85	64.3	18.6	0.6	0	0	6.5	22	135	0.4	1,800	0	0	.09	.07	.07	2.7	0
Dried, salted:																				
a	E. P.	0	248	32.4	54.5	1.7	0	0	11.4	343	617	2.8	5,118	1,284	0	.07	.11	.11	8.6	0
b	A. P.; refuse, bones, scales, fins and entrails.	10	223	29.2	49.0	1.5	0	0	10.3	309	555	2.5	4,606	1,156	0	.06	.10	.10	7.7	0
Cod, coral (Cephalopholis miniata):																				
Raw:																				
1243	Raw:	0	92	78.2	19.4	1.0	0	0	1.4	71	228	0.9			0	.02	.04	.04	1.7	0
a	E. P.																			
b	A. P.; refuse, bones, scales, fins and entrails.	54	42	36.0	8.9	0.5	0	0	0.6	33	105	0.4			0	.01	.02	.02	0.8	0
Conger eel. See Eel, Conger.																				
Crab, fresh-water (Potamon spp.):																				
Raw:																				
1244	Raw:	0	92	78.4	12.4	2.9	3.2	0	3.1	120	171	1.4	453	266	210	45	.03	.24	2.4	0
a	E. P.																			
b	A. P.; refuse, shell.	62	85	29.8	4.7	1.1	1.2	0	1.2	46	65	0.5	172	101	80	15	.01	.09	0.9	0
1245	Salted, E. P.	0	129	65.6	11.3	7.0	4.3	0	11.8	378	203	2.9		669						
Crab, king (Paralithodes camtschaticus):																				
Raw:																				
1246	Raw:	0	96	76.0	20.0	0.5	1.5	0	2.0	55	160	2.0	70	322	5	.01	.02	.02	2.5	0
a	E. P.																			
b	A. P.; refuse, shell.	70	29	22.8	6.0	0.2	0.4	0	0.6	16	48	0.6	21	103	tr.	tr.	.01	.01	0.8	0
1247	Canned.	0	93	75.3	18.4	0.5	2.5	0	3.3	54	210	1.3	250	437	0	.01	.01	.01	2.0	0
Crab, sea, blue (Neptunes spp.; Scylla spp.):																				
Raw:																				
1248	Raw:	0	100	76.8	17.9	2.0	1.3	0	2.0	107	192	1.8	316	322	35	5	.05	.08	3.0	1
a	E. P.																			tr.
b	A. P.; refuse, shell.	68	31	24.7	5.7	0.6	0.4	0	0.6	34	61	0.6	101	103	10	tr.	.02	.02	1.0	tr.
1249	Salted:	0	122	60.2	18.3	4.3	1.2	0	16.0	220	277	2.6	1,500	437	5	10	.08	.03	2.2	0
a	E. P.																			
b	A. P.; refuse, shell.	64	43	21.7	6.6	1.5	0.4	0	5.8	79	100	0.9	4,140	157	tr.	5	.03	.01	0.8	0
1250	Canned, E. P.	0	114	75.3	16.0	3.3	3.8	0	1.6	106	223	(1.6)			0	0	.02	.04	0	0
1251	Roe, salted, E. P.	0	245	38.3	31.4	6.4	14.5	0	9.4	50	500	4.0		420	1,260	.20	.50	.50	0.5	0

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur-chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
10. FISH AND SHELLFISH -- continued																				
1252	Creville (Carax spp.):																			
a	Raw:	0	109	76.2	19.9	2.7	0	0	1.2	47	193	0.7	89	415			.19	.10	5.6	
b	E.P.; refuse, bones, scales, fins and entrails	48	57	39.7	10.3	1.4	0	0	0.6	24	100	0.4	46	216			.10	.05	2.9	
1253	Croaker, jewfish (Scaena spp.; Pseudoscaena spp.):																			
a	Raw:	0	102	77.3	10.2	2.2	0	0	1.3	41	162	1.0	97	336	20	5	.04	.15	3.7	0
b	E.P.; refuse, bones, entrails, scales and fins	51	50	37.9	9.4	1.1	0	0	0.6	20	79	0.5	48	164	10	tr.	.02	.07	1.8	0
1254	Dried, salted:																			
a	E.P.:	0	295	14.5	46.2	5.8	11.7	0	21.8	274	244	4.3		758	0	0	.06	.28		0
b	E.P.; refuse, bones, entrails	38	182	9.1	28.6	3.6	7.2	0	13.5	170	151	2.7		470	0	0	.04	.17		0
1255	Soused (Korea), E.P.:	0	82	61.3	15.9	0.6	2.0	0	20.2	71	123	4.2			25	5	.12	.44	6.7?	0
1256	Croaker, sp.; mien fish (Argyrosomus spp.):																			
a	Raw:	0	96	78.3	18.6	1.8	0	0	1.3	32	162	1.7					.06	.08	1.7	0
b	E.P.; refuse, scales, bones and entrails	40	58	46.9	11.2	1.1	0	0	0.8	19	97	1.0					.04	.05	1.0	0
1257	Canned, with oil, solids only, E.P.:	0	261	34.5	30.9	12.3	4.6	0	17.7	470	810	3.8	5,200	290	150	10	.01	.11	0.8	
1258	Crucian-carp (Carassius carassius):																			
a	Raw:	0	91	79.6	16.3	2.4	0	0	1.7	146	176	1.7			15	0	.23	.15	2.5	32
b	E.P.; refuse, bones, scales, fins and entrails	57	39	34.3	7.0	1.0	0	0	0.7	63	76	0.7			5	0	.10	.06	1.1	14
1259	Canned, packed in oil, solids only, E.P.:	0	291	24.8	20.4	4.1	40.6	0	10.1	1,900	1,000	30.0			30	0	.04	.12	3.0	0
1260	"Kamomi" (Japan)	0	453	30.7	23.8	39.0	0	0	6.5	750	490	6.7	1,000	490	600	10	.01	.30	2.1	
1261	Cuttlefish (Sepia spp.):																			
a	Raw:	0	81	81.0	16.1	0.9	1.0	0	1.0	27	143	0.8			0	0	.07	.05	2.6	0
b	E.P.; refuse, soft bones and entrails	21	64	64.0	12.7	0.7	0.8	0	0.8	21	113	0.6			0	0	.06	.04	2.0	0
1262	Dried, E.P.:	0	338	18.1	67.5	4.4	2.5	0	7.5	125	801	3.4			0	0	.08	.36	4.2	0
1263	Soused (Korea), E.P.:	0	69	76.8	13.8	0.8	0.7	0.2	7.9	9	139	6.8			tr.	tr.	.09	.10	6.0	0
1264	Canned, salted and seasoned, solids only, E.P.:	0	137	63.6	20.8	2.8	5.6	0	2.2	10	180	1.6	750	94	100?	10	.02	.07	0.4	
Cutlass fish. See Hairtail.																				
Dentex. See Dog's teeth.																				

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
1265	10. FISH AND SHELLFISH-- continued																				
a	Dogfish ( <i>Squalus</i> spp.): Raw:	0	129	74.6	18.8	5.4	0	0	0	1.2	16	176	1.5	100	174	210	0	.04	.08	1.0	0
b	E. P. .... A. P.; refuse, bones, fins, tails, scales and entrails.....	53	60	35.1	8.8	2.5	0	0	0	0.6	8	83	0.7	47	82	100	0	.02	.04	0.5	0
1266	Roë, E. P. ....	0	320	50.0	25.0	23.5	0.5	0	0	1.0	500	500	0	0	360	0	0	0	0	0	0
1267	Dog's teeth, dentex ( <i>Dentex</i> spp.): Raw:	0	111	75.3	20.9	2.4	0	0	0	1.4	47	288	1.1	0	0	20	5	.19	.16	1.5	0
a	E. P. ....	0	111	75.3	20.9	2.4	0	0	0	1.4	47	288	1.1	0	0	20	5	.19	.16	1.5	0
b	A. P.; refuse, bones, fins, scales, and entrails.....	50	55	37.7	10.4	1.2	0	0	0	0.7	24	144	0.6	0	0	10	0	.10	.08	0.8	0
1268	Dolphin ( <i>Coryphaena hippurus</i> ): Raw, E. P. ....	0	88	78.4	20.1	0.2	0	0	0	1.3	15	143	1.7	242	370	20	100	.02	.07	6.1	0
1269	Derab; wolf herring; silverbar-fish ( <i>Chirocentrus dorab</i> ): Raw:	0	95	76.5	21.0	0.6	0	0	0	1.9	97	278	1.1	128	285	150	0	.04	.06	6.6	0
a	E. P. ....	0	95	76.5	21.0	0.6	0	0	0	1.9	97	278	1.1	128	285	150	0	.04	.06	6.6	0
b	A. P.; refuse, bones and entrails.....	26	70	56.7	15.5	0.4	0	0	0	1.4	72	206	0.8	95	174	120	0	.03	.04	4.9	0
1270	Ear shell. See Abalone.																				
1270	Eel, conger ( <i>Conger myriaster</i> ), raw: Raw:	0	153	72.0	19.0	8.0	0	0	0	1.0	150	180	4.0	0	0	150	0	.06	.04	5.0	0
a	E. P. ....	0	153	72.0	19.0	8.0	0	0	0	1.0	150	180	4.0	0	0	150	0	.06	.04	5.0	0
b	A. P.; refuse, bones, head and entrails.....	20	123	57.6	15.2	6.4	0	0	0	0.8	120	144	3.2	0	0	120	0	.05	.03	4.0	0
1271	Eel, field ( <i>Fluta alba</i> ): Raw:	0	77	82.0	16.5	0.7	0	0	0	0.8	30	93	3.3	116	172	0	0	.04	.22	1.8	0
a	E. P. ....	0	77	82.0	16.5	0.7	0	0	0	0.8	30	93	3.3	116	172	0	0	.04	.22	1.8	0
b	A. P.; refuse, bones, head and entrails.....	37	48	51.7	10.4	0.4	0	0	0	0.5	19	58	2.1	73	108	0	0	.02	.14	1.1	0
1272	Eel, river ( <i>Anguilla japonica</i> ): Raw:	0	184	69.6	16.8	12.4	0	0	0	1.2	118	196	1.4	0	0	880	130	.19	.19	2.8	2
a	E. P. ....	0	184	69.6	16.8	12.4	0	0	0	1.2	118	196	1.4	0	0	880	130	.19	.19	2.8	2
b	A. P.; refuse, bones, head and entrails.....	33	123	46.7	11.2	8.3	0	0	0	0.8	79	131	0.9	0	0	590	85	.13	.13	1.9	1
1273	Broiled, seasoned, "Kabayaki" (Japan)	0	297	49.1	21.4	20.0	6.6	0	0	2.9	140	280	1.0	0	0	900	0	.07	.02	3.5	0
1274	Viscera, raw, E. P. ....	0	109	78.2	15.6	4.5	0.5	0	0	1.2	5	550	6.0	0	0	6,000	0	.50	.60	4.0	10

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
1275	10. FISH AND SHELLFISH-- continued																				
a	Eel, silver-plke (Muraenesox cinereus): Raw:	0	126	75.1	18.2	5.4	0	0	1.3	112	205	1.4	88	490	600	0	.06	.09	2.7	0	
b	E.P..... A.P.; refuse, bones, head and entrails	26	94	55.5	13.5	4.0	0	0	1.0	83	152	1.0	65	363	444	0	.04	.07	2.0	0	
1276	Feather-back (Notopterus chitala): Raw:	0	89	79.9	17.5	1.6	0	0	1.0	45	172	1.2			55	10	.04	.07	8.5?		
a	E.P.....																				
b	A.P.; refuse, bones, scales, fins and entrails.....	(50)	45	39.9	8.8	0.8	0	0	0.5	22	86	0.6			20	5	.02	.04	4.2		
	Fiddlesh. See Shark, sand.																				
	Fish, unclassified:																				
	Large fish, flesh, E.P.:																				
	Raw:																				
1277	High fat.....	0	166	69.0	15.9	10.9	0	0	4.2	20	0	0.7			40	10	.05	.13	3.2	0	
1278	Low fat.....	0	75	82.0	16.6	0.5	0	0	0.9	20	0	0.7			0	0	.15	.10	3.2	0	
1279	Salted, dried.....	0	193	40.0	40.2	1.8	1.4	0	16.6	190	0.9	0.9					.08	.31	4.6	0	
1280	Small fish, whole, E.P.:	0	93	73.2	20.0	0.8	0	0	6.0	689	660	1.5					.02	.15	3.2	0	
1281	Raw.....	0	335	21.1	58.6	9.4	0	0	10.9	1,700	1,300	2.5					.10	.27	8.1	0	
1282	Steamed.....	0	97	73.7	20.0	1.3	0	0	5.0	349	353	0.8					.05	.12	0.5	0	
	Fish jelly products (Japan), E.P.:																				
	"Kamaboko":																				
1283	Steamed.....	0	87	77.0	13.0	0.8	6.2	0	3.0	25	60	1.0	1,000		5	0	0	.01	0.5	0	
1284	Baked.....	0	76	79.0	15.0	0.5	2.0	0	3.5	25	60	1.0	1,200		5	0	0	.01	0.6	0	
1285	Rolled with tangle.....	0	84	76.0	10.0	0.2	11.0	0.3	2.8	90	90	1.5	950		5	0	.01	.03	0.7	0	
1286	Rolled with straw.....	0	87	76.0	12.0	0.5	8.7	0	2.8	25	60	1.0	1,000		5	0	.01	.03	0.7	0	
1287	"Narutomaki," boiled fish jelly.....	0	92	75.0	9.0	0.1	13.5	0	2.4	40	50	0.8	1,000		0	0	.02	.03	0.5	0	
1288	"Tsumire," boiled fish jelly.....	0	113	74.0	14.0	4.0	4.5	0	3.5	60	120	2.0	1,000		45	0	.20	.20	0.7	0	
1289	"Umeyaki," baked fish cake with yolk.....	0	243	52.0	15.6	12.0	19.0	0	1.4	25	120	1.0	370		115	180	.20	.20	0.2	0	
	Fish sauces:																				
	Nuoc-mam (Vietnam):																				
1290	High quality.....	0	288	46.0	17.5	12.0	20.8	0	3.4								.09	.86			
1291	Low or common quality.....	0	117	75.7	6.8	5.4	9.5	0	2.6								.03	.27			
1292	Patis (Philippines).....	0	52	66.3	10.6	0.3	0.9	0	21.9	42	32	9.3					tr.	.08	4.1		
1293	Fish sauce (Thailand).....	0	17	71.3	0.6	0.4	2.6	0	25.1			0.2					tr.	.08	0.4		
1294	Fish sauce (Hong Kong).....	0	51	65.0	10.7	0.1	1.1	0	23.1	10	46	1.2	6,800		100	10	.01	.10	2.1		

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Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
1295	10. FISH AND SHELLFISH-- continued	0	113	40.7	19.5	1.8	3.4	1.1	34.6	92.6	661	38.1		140	30	0	.08	0.8		
	Fish, unclassified --- continued																			
	Fish paste:																			
	Kapi (Thailand).....																			
	Fish fermented (Thailand):																			
1296	"Pla-chaew".....	0	120	66.9	12.2	5.6	4.5	0.2	10.8	32.6	171	7.0		70	15	.01	.84	3.4		
1297	"Pla-ra".....	0	152	52.5	15.3	8.0	3.9	0.5	20.3	22	20	3.4		50	10	.02	.16	0.8		
1298	Fish ham.....	0	186	63.5	17.0	10.0	6.0	0	3.5	45	50	1.0	1,100	5	0	.20	.60	5.0	0	
1299	Fish flour, bones included.....	0	394	10.5	62.8	4.4	21.2		1.3	505	207	50.0				.03	.38			
1300	Fish sausage.....	0	147	68.5	15.0	6.0	7.5	0	3.0	100	60	1.0	1,000	5	0	.01	.01	1.4		
	Fish cakes (Japan):																			
1301	"Chikanwa" rolled fish cake.....	0	122	69.5	15.5	2.2	9.2	0	3.6	25	128	1.4	950	30	0	.01	.02	0.5	0	
1302	"Yaki-chikawa".....	0	127	67.0	14.3	1.7	13.2	0	3.8	30	130	2.0	1,000	30	0	.05	.08	0.7	0	
1303	"Datemake," baked fish cake with egg yolk.....	0	244	53.5	14.6	12.4	18.0	0	1.5	25	120	1.0	370	165	180	.20	.20	2.0	0	
1304	"Satsuma-age," fried fish cake.....	0	138	70.0	12.0	6.0	8.5	0	3.5	120	130	1.5	1,000	55	0	.05	.10	0.5	0	
1305	"Denbu".....	0	342	8.0	8.4	0.1	79.0	0	4.5	480	307	5.0	1,800	0	0	.04	.08	2.0	0	
1306	"Hanpan".....	0	88	76.0	12.0	0.1	9.4	0	2.5	7	120	1.0	800	5	0	0	.02	0.7	0	
	Fish roe:																			
1307	Raw, E. P.....	0	125	71.0	20.1	3.3	2.5	0	3.1	35		1.1		0	0	.20	.10	3.2	0	
1308	Salted, dried, E. P.....	0		31.0	21.1	3.9	4.2			95		2.9		135	30	.17				
1309	Fish, viscera, salted (Japan)"Uraka", E. P.	0	128	57.3	11.4	8.5	0.8	0	22.0	170	220	13.0	8,000	50	0	.15	.26	10.0	0	
	Flatfish (Limanda herzensteini):																			
1310	Raw:																			
a	E. P.....	0	110	75.3	21.3	2.2	0	0	1.2	36	116	0.8	130	30	0	.11	.10	3.5	2	
b	A. P.; refuse, bones, fins, scales and entrails.....	43	62	43.0	12.1	1.2	0	0	0.7	20	66	0.4	74	20	0	.06	.06	2.0	1	
1311	Flathead, Indian (Platycephalus indicus):																			
Raw:																				
a	E. P.....	0	96	77.4	20.0	1.2	0	0	1.4	47	177	1.3	91	20	0	.02	.09	4.3	0	
b	A. P.; refuse, bones, fins, scales and entrails.....	46	52	41.8	10.8	0.6	0	0	0.8	25	96	0.7	49	11	0	.01	.05	2.3	0	
1312	Flounder (Paralichthys olivaceus; Pleuro- nichthys spp.):																			
Raw:																				
a	E. P.....	0	93	78.7	18.6	1.5	0	0	1.2	63	185	0.6	160	35	0	.10	.10	5.7?	2	
b	A. P.; refuse, bones, scales, entrails and fins.....	47	49	41.7	9.9	0.8	0	0	0.6	33	98	0.3	85	20	0	.05	.06	3.0	1	

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
1313	10. FISH AND SHELLFISH-- continued																				
a	Flying fish ( <i>Cypselurus</i> spp.): Raw:	0	92	77.5	21.0	0.3	0	0	1.2	44	206	1.0	73	516	5	0	.02	.08	4.0	0	
b	E.P.; refuse, bones, scales, fins and entrails.....	42	54	44.9	12.2	0.2	0	0	0.7	26	119	0.6	42	299	tr.	0	.01	.05	2.3	0	
	Frigate mackerel. See Auxidae. Fusilier, gold-banded. See Caesio, golden.																				
1314	Genes, sp.; silver-biddy; spotted mojama ( <i>Genes filamentosus</i> ): Raw:	0	91	73.4	18.6	1.3	0	0	1.7	66	191	0.4	107	404			.03	.08	5.3	0	
a	E.P.; refuse, bones, fins, entrails and scales.....	49	47	39.9	9.5	0.7	0	0	0.9	34	97	0.2	54	206			.02	.04	2.7	0	
b	Gizzard shad ( <i>Clupanodon punctatus</i> ): Raw:	0	123	73.2	21.2	3.6	0	0	2.0	90	244	4.0			30	0	.13	.15	5.0	0	
a	E.P.; refuse, bones, scales and entrails.....	38	76	45.5	13.1	2.2	0	0	1.2	56	151	2.5			20	0	.08	.09	3.1	0	
b	Globe fish. See Puffer. Goat fish; red mullet ( <i>Upeneus</i> spp.): Raw:	0	106	77.4	18.3	3.1	0	0	1.2	76	180	1.0					.04	.08	1.6	0	
a	E.P.; refuse, bones, head, scales, fins and entrails.....	59	44	31.7	7.5	1.3	0	0	0.5	31	74	0.4					.02	.03	0.6	0	
b	Goby, flat-headed ( <i>Glossogobius giuris</i> ): Raw:	0	83	79.7	18.8	0.3	0	0	1.2	84	101	0.3	79	454			.02	.04	3.2	0	
a	E.P.; refuse, bones, head, scales, fins, entrails and tail.....	63	31	29.5	7.0	0.1	0	0	0.4	31	37	0.1	29	168			.01	.01	1.2	0	
b	Goby, long-finned ( <i>Oxyurichthys micro- lepis</i> ): Raw:	0	95	78.1	16.6	2.7	0	0	2.6	621	302	2.5	101	339			.07	.27	1.3	0	
1318	E.P., whole fish.....	0																			

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Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
1319	10. FISH AND SHELLFISH-- continued																				
a	Coby, sp. ( <i>Acanthogobius</i> spp.): E.P.	0	90	78.5	18.7	1.1	0	0	1.7	15	260	2.0	150	15	0	.10	.05	2.0	0		
b	A.P.; refuse, bones, scales, fins and entrails.	40	54	47.1	11.2	0.7	0	0	1.0	9	156	1.2	90	10	0	.06	.03	1.2	0		
1320	Processed (Japan): "Kamoni".	0	281	27.5	14.8	1.3	50.2	0	6.2	1,000	570	8.0	1,200	10	0	.04	.08	0	0		
1321	"Tsukudani".	0	259	28.6	28.3	2.1	29.0	0	12.0	1,800	980	7.0	3,000	tr.	0	.10	.11	2.5	0		
1322	Golden thread ( <i>Enthopteroma virgatum</i> ): Raw:																				
a	E.P.	0	113	73.5	23.2	1.6	0	0	1.7	42	260	1.5	140	360		.03	.08	2.1	0		
b	A.P.; refuse, head, bones and fins.	55	51	33.1	10.4	0.7	0	0	0.8	19	117	0.7	63	162		.01	.04	0.9	0		
1323	Goldfish ( <i>Carassius auratus</i> ): Raw:																				
a	E.P.	0	78	82.8	14.5	1.8	0	0	0.9	42	203	1.9		335		.05	.07	2.4			
b	A.P.; refuse, bones scales, head and entrails.	60	31	33.1	5.8	0.7	0	0	0.4	17	81	0.8		134		.02	.03	1.0			
1324	Goosefish ( <i>Lophiomus setigerus</i> ): Raw:																				
a	E.P.	0	87	79.3	18.7	0.8	0	0	1.2	7	180	1.0		30		.03	.06	5.0?	0		
b	A.P.; refuse, bones, scales, fins and entrails.	65	30	27.8	6.5	0.3	0	0	0.4	2	63	0.4		10		.01	.02	1.8	0		
1325	Couramy ( <i>Trichogaster pectoralis</i> ): Raw:																				
a	E.P.	0	81	80.9	17.2	0.8	0	0	1.1	70	177	2.3		295		1.00?	.19	2.0			
b	A.P.; refuse, bones, scales, fins and entrails.	54	40	36.3	8.9	0.2	0	0	0.6	25	80	0.4	40	190		.02	.02	2.0			
1326	Grouper, spotted ( <i>Epinephelus coralli- cola</i> ): Raw:																				
a	E.P.	0	85	79.0	19.4	0.4	0	0	1.2	55	173	0.8	87	413		.04	.04	4.3			
b	A.P.; refuse, bones, scales, entrails and fins.	54	40	36.3	8.9	0.2	0	0	0.6	25	80	0.4	40	190		.02	.02	2.0			
1327	Gunnard ( <i>Chelidonichthys kumu</i> ): Raw:																				
a	E.P.	0	93	79.2	17.6	2.0	0	0	1.2	95	186	1.8		304		.01	.07	2.1			
b	A.P.; refuse, bones scales, fins and entrails.	50	46	39.6	8.8	1.0	0	0	0.6	48	93	0.9		152		tr.	.04	1.0			

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			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
1328	10. FISH AND SHELLFISH-- continued																				
a	Hairtail; ribbonfish; outlass fish (Trichiurus spp.): Raw:	0	116	76.7	17.4	4.6	0	0	1.3	42	160	1.1	94	330	15	5	.09	.14	2.9	0	
b	E.P. ....																				
	A.P.; refuse, bones, scales, fins and entrails. ....	45	64	42.2	9.6	2.5	0	0	0.7	23	88	0.6	52	182	10	tr.	.05	.08	1.6	0	
1329	Salted:																				
a	E.P. ....	0	168	61.2	21.7	7.7	1.6	0	7.8	151	184	2.4	307	307	0	0	.18	.29	1.9	0	
b	A.P.; refuse, bones. ....	31	116	42.2	15.0	5.3	1.1	0	5.4	104	127	1.6	212	212	0	0	.12	.20	1.3	0	
1330	Halfbeak (Hemirhamphus spp.): Raw:																				
a	E.P. ....	0	94	78.9	16.6	1.6	0	0	0.9	121	140	1.2	112	456	5	5	tr.	.04	3.0	0	
b	A.P.; refuse, bones, scales and entrails. ....	37	59	49.7	11.7	1.0	0	0	0.6	76	88	0.8	70	287	10	tr.	tr.	.02	1.9	0	
1331	Halibut, Pacific (Hippoglossus steno- lepis): Raw:																				
a	E.P. ....	0	155	69.1	23.6	6.0	0	0	1.3	17	167	1.2	102	390	5	tr.	(.09)	.15	4.0	0	
b	A.P.; refuse, bones, scales, fins and entrails. ....	32	105	47.0	16.0	4.1	0	0	0.9	12	114	0.8	47	179	tr.	tr.	(.06)	.10	2.7	0	
1332	Harder, See Mullet. Hardtail; torpedo (Megalaspis cordyla): Raw:																				
a	E.P. ....	0	99	77.4	19.8	1.6	0	0	1.2	45	140	0.6	102	390			.07	.13	6.0	0	
b	A.P.; refuse, bones, fins, scales, and entrails. ....	54	45	35.6	9.1	0.7	0	0	0.6	21	64	0.3	47	179			.03	.06	2.8	0	
1333	Herring (Clupea pallas): Raw:																				
a	E.P. ....	0	171	70.5	17.7	10.6	0	0	1.2	64	174	2.8	160	20	0	0	.02	.18	5.0	0	
b	A.P.; refuse, bones, scales, and entrails. ....	35	111	45.8	11.5	6.9	0	0	0.8	42	113	1.8	104	15	0	0	.01	.12	3.2	0	
1334	Dried, meat only, E.P. ....	0	406	25.0	44.5	24.0	0	0	6.5	98	720	5.2		10	0	0	.01	.05	4.0	0	
1335	Salted:																				
a	E.P. ....	0	155	66.8	17.4	9.0	0	0	6.8	84	306	2.0		0	0	0	.02	.09	3.4	0	
b	A.P.; refuse, bones. ....	16	130	56.1	14.6	7.6	0	0	5.7	70	257	1.7		0	0	0	.02	.08	2.8	0	
1336	Smoked, E.P. ....	0	311	40.0	32.8	15.5	1.0	0	7.7	78	580	5.0		0	0	0	.01	.31	9.0	0	
1337	Roe, E.P. ....	0	146	69.0	25.2	4.1	0.4	0	1.3	50	140	2.0		15	0	0	.15	.22	2.3	0	
1338	Dried. ....	0	386	18.0	67.5	10.7	0.4	0	3.4	40	60	1.0		tr.	0	0	.17	.06	2.3	0	
	Horse mussel. See Mussel, sea.																				

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			Food energy	Calories	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent		Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
10. FISH AND SHELLFISH-- continued																						
1339	Jack, Philippines (Hymnis momas): Raw:																					
a	E.P.	0	100	21.3	1.0	0	0	1.4	22	226	0.7	60	550		0		.05	.02	5.5			
b	A.P.; refuse, bones, scales, entrails and fins.	40	60	12.8	0.6	0	0	0.8	13	136	0.4	36	330		0		.03	.01	3.3			
1340	Jellyfish medusa (Rhopilema esculenta): Raw, E.P.	0	30	4.0	0.2	2.9	0	7.8	26	27	0.8		85		0		.06	.01	tr.	0	0	
1341	Salted, E.P.	0	33	5.5	0.1	2.2	0	19.8	58	270	6.4	3,212	185		0		tr.	tr.	0	0	0	
Jewfish. See Croaker.																						
King crab. See Crab, king.																						
Kingfish. See Mackerel, Spanish.																						
Ladyfish. See Tarpon.																						
Lamprey; lamprete (Eutrospheus japonicus): Raw:																						
a	E.P.	0	282	21.0	18.0	0	0	0.7	10	180	9.0				7,500		.85	6.0	4.7		0	
b	A.P.; refuse, bones and skin.	20	202	16.8	14.4	0	0	0.6	8	144	7.2				6,000		.68	4.8	3.8		0	
1343	Dried, E.P.	0	404	33.3	29.0	0	0	1.2	16	240	14.0				45,000		1.00	6.0	7.0		0	
Fish bits, canned, corn starch, egg white and salt added:																						
1344	Drained solids, only, E.P.	0	69	9.4	0.1	7.7	0.1	1.2	3	57	4.1	377	45		tr.		.01	.04	0.9		0	
1345	Liquid only, E.P.	0	10	0.8	0.2	1.3	tr.	2.4	1	20	1.7	675	143		tr.		.01	.01	0.6		0	
Lampshell; tongue clam (Lingula unguis): Raw:																						
a	E.P.	0	102	12.4	3.4	4.4	0	1.2	49	130	8.1						.01	.24	1.8			
b	A.P.; refuse, shell and viscera.	57	44	5.3	1.5	1.9	0	0.5	21	56	3.5						tr.	.10	0.8			
1347	Tail only, raw, E.P.	0	50	8.0	0.4	3.1	0	0.5	13	74	0.7	43	137				tr.	.04	1.1			
Leatherjacket (Scomberoides lysan): Raw:																						
a	E.P.	0	108	19.6	2.7	0	0	1.6	76	196	tr.						.02	.08	3.6			
b	A.P.; refuse, bones, skin and entrails.	40	65	11.8	1.6	0	0	1.0	46	118	tr.						.01	.05	2.2			
Limpet, Hawaiian. See Ophi.																						

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		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
<u>10. FISH AND SHELLFISH--</u>																				
continued																				
1349	Lizard-fish ( <i>Saurida</i> spp.):	0	93	78.1	19.3	1.2	0	0	0	1.4	42	214	0.6	70	513		.05	2.4	3	
a	E. P.																			
b	A. P.; refuse, bones, scales, fins and entrails.	44	52	43.7	10.8	0.7	0	0	0	0.8	24	120	0.3	39	267		.03	1.3	2	
<u>Loach (<i>Misgurnus anguillicaudatus</i>):</u>																				
1350	Raw:	0	88	79.9	15.0	2.7	0	0	0	2.4	28	402	5.8	496	30	0			0	
a	E. P.																			
b	A. P.; refuse, bones, entrails and fins.	52	42	38.3	7.2	1.3	0	0	0	1.2	15	193	2.8	238	15	0			0	
<u>Lobster (<i>Panulirus</i> spp.; <i>Palinurus</i> spp.):</u>																				
1351	Raw:	0	94	78.3	17.9	1.4	1.2	0	0	1.2	58	230	1.0	182	25	5	.01	.08	3.0	2
a	E. P.																			
b	A. P.; refuse, shell.	53	44	36.8	8.4	0.6	0.6	0	0	0.6	27	108	0.5	86	235	10	tr.	.04	1.4	1
<u>Mackerel (<i>Pneumatophorus japonica</i>):</u>																				
1352	Raw:	0	113	76.3	18.0	4.0	0	0	0	1.7	7	190	1.5	80	15	0	.15	.20	8.0	3
a	E. P.																			
b	A. P.; refuse, bones, skin and entrails	45	62	42.0	9.9	2.2	0	0	0	0.9	4	104	0.8	44	10	0	.08	.11	4.4	2
1353	Dried, strips, E. P.	0	376	16.5	72.4	7.4	0	0	0	3.7	17	650	7.0		0	0	.03	.05	25.0	0
1354	Canned.	0	152	69.5	18.7	8.3	0	0	0	3.5	50?	260	1.6	860	tr.	0	.02	.10	6.5	0
1355	Salted:	0	152	65.2	25.2	4.9	0	0	0	4.7	25	240	7.0	1,600	tr.	0	.03	.05	10.0	0
a	E. P.																			
b	A. P.; refuse, bones.	25	114	48.9	18.9	3.7	0	0	0	3.5	19	180	5.2	1,200	tr.	0	.02	.04	7.5	0
<u>Mackerel, aka (<i>Pleurogrammus azonus</i>):</u>																				
1356	Raw:	0	113	77.3	17.0	4.5	0	0	0	1.2	12	180	1.0		25	0	.09	.04	0	0
a	E. P.																			
b	A. P.; refuse, entrails, scales, fins and bones.	55	50	34.9	7.6	2.0	0	0	0	0.5	5	81	0.4		10	0	.04	.02	0	0
<u>Mackerel, horse or jack (<i>Trachurus japonicus</i>):</u>																				
1357	Raw:	0	114	75.6	20.0	3.2	0	0	0	1.2	12	222	0.7	94	15	0	.16	.14	6.5	2
a	E. P.																			
b	A. P.; refuse, bones, fins and entrails	34	75	49.9	13.2	2.1	0	0	0	0.8	8	146	0.5	62	10	0	.10	.09	4.3	1
1358	Salted, dried:	0	259	38.7	46.0	6.9	0	0	0	8.4	70	450	1.5	1,200	0	0	.03	.15	7.0	0
a	E. P.																			
b	A. P.; refuse, bones.	20	207	31.0	36.3	5.5	0	0	0	6.7	56	360	1.2	960	0	0	.02	.12	5.6	0
1359	Canned, seasoned, E. P.	0	144	67.0	23.2	3.8	2.5	0	0	3.5	45	300	3.0	800	0	0	.05	.09	0.2	0



FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur-chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
1368	10. <u>FISH AND SHELLFISH</u> --																				
a	Moonfish, spotted ( <i>Mene maculata</i> ):																				
b	Raw:	0	122	72.3	24.4?	2.0	0	0	1.3	22	227	1.2	73	437		.04	.09	10.7?			
	E.P. ....																				
	A.P.; refuse, bones, fins, scales and entrails .....	52	59	34.7	11.7	1.0	0	0	0.6	10	109	0.6	35	210		.02	.04	5.1			
1370	Mullet, harder ( <i>Mugil</i> spp.):																				
a	Raw:	0	124	74.1	20.7	3.9	0	0	1.3	56	203	1.4	69	485	0	.07	.15	4.6	0		
b	E.P. ....																				
	A.P.; refuse, scales, fins, bones and entrails .....	48	64	38.5	10.8	2.0	0	0	0.7	29	106	0.7	36	252	0	.04	.03	2.4	0		
1371	Canned, fried with oil, solids only..	0	538	19.2	26.9	46.7	0.5	0	6.7	840	920	2.8	1,100	510	100	.01	.03	16.5	0		
1372	Roe, salted, and smoked .....	0	422	23.0	40.0	26.0	4.6	0	6.4	56	380	6.0	1,700	60	0	.50	.70		0		
	Murrel. See Snakehead.																				
1373	Mussel, fresh-water ( <i>Corbicula</i> spp.; <i>Anadonta</i> spp.):																				
a	Raw:	0	82	81.0	9.3	1.4	0	0	1.1	164	102	11.1?	140	48	5	.02	.18	1.2	9		
b	E.P. ....																				
	A.P.; refuse, shell .....	64	29	29.2	3.3	0.5	2.6	0	0.4	59	37	4.0	50	17	tr.	.01	.06	0.4	3		
1374	Mussel, horse or sea ( <i>Mytilus</i> spp.; <i>Modiola</i> spp.):																				
1375	Raw:	0	50	87.9	7.6	1.2	0	0	1.7	52	160	12.7?		430		.02	.12	2.0			
	Dried, E.P. ....	0	366	13.8	(51.9)	7.2	19.3	0	7.8	308	736	36.4		458			.46	3.1			
1376	Needlefish ( <i>Tylosurus crocodilus</i> ):																				
a	Raw:	0	122	70.8	26.6	0.9	0	0	1.7	98	260	1.0	79	563		tr.	.04	0.9			
b	E.P. ....																				
	A.P.; refuse, fins, bones and entrails .....	36	78	45.3	17.0	0.6	0	0	1.1	63	166	0.6	50	360		tr.	.02	0.6			
1377	Nemipterid, ribbon-finned ( <i>Nemipterus taeniterus</i> ):																				
a	Raw:	0	88	79.2	18.4	1.0	0	0	1.4	39	210	0.3	88	500	5	.03	.02	2.7	0		
b	E.P. ....																				
	A.P.; refuse, bones, fins and entrails .....	54	41	36.4	8.5	0.5	0	0	0.6	18	97	0.1	40	230	tr.	.01	.01	1.2	0		
1378	Semi-dried, E.P. ....	0	174	43.9	34.6	2.9	0	0	18.6	245	254	0.7	5,857	654		.02	.01	6.5	0		
1379	Octopus, common (Octopus vulgaris):																				
a	Raw:	0	68	83.9	13.5	1.1	0	0	1.5	12	151	0.9		5	0	.12	.11	5.3	0		
b	E.P. ....																				
	A.P.; refuse, bone and viscera....	18	56	68.8	11.1	0.9	0	0	1.2	10	124	0.7		5	0	.10	.09	4.3	0		
1380	Dried, E.P. ....	0	389	12.0	50.3	14.3	14.3	0	9.1	142	150	3.1		0	0	.18	.88		0		
1381	Soused (Korea), E.P. ....	0	90	69.8	18.1	1.3	0.4	0	10.4	373	393	1.4		0	0	.04	.15	4.0	0		
1382	Octopus, large (Octopus spp.):																				
a	Raw:	0	64	84.9	13.7	0.6	0	0	0.8	34	66	1.0	363	282	0	.14	.10	3.0	0		
b	E.P. ....																				
	A.P.; refuse, bone and viscera....	12	56	74.8	12.0	0.5	0	0	0.7	30	58	0.9	319	204	0	.12	.09	2.6	0		



**FOOD COMPOSITION TABLE FOR USE IN EAST ASIA**

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
1399	10. FISH AND SHELLFISH-- continued Perch, climbing (Ctenopoma spp.; Anabas spp.): Raw:	0	137	74.7	17.2	7.1	0	0	1.0	98	160	1.6	36	438	335	.02	.27	3.2		
	a E.P. ....																			
	b A.P.; refuse, bones, scales, fins and entrails. ....	51	67	36.6	8.4	3.5	0	0	0.5	48	78	0.8	18	215	164	.01	.13	1.6		
1400	Perch, sea (Lates calcarios): Raw:	0	81	80.3	18.2	0.4	0	0	1.1	46	150	0.3	69	477		.05	.06	3.1		
	a E.P. ....																			
	b A.P.; refuse, bones, scales, entrails Piichard. See Sardine.	46	44	43.4	9.8	0.2	0	0	0.6	25	81	0.2	37	288		.03	.03	1.7		
1401	Pollack (Polachius spp.; Theragra spp.): Raw:	0	89	80.1	15.6	2.5	0	0	1.8	15	223	0.4		20		.16	.10	4.2	0	
	a E.P. ....																			
	b A.P.; refuse, bones, scales, entrails.	48	46	41.7	8.1	1.3	0	0	0.9	8	116	0.2		10		.08	.05	2.2	0	
1402	Dried, E.P. ....	0	257	34.3	56.0	2.0	0	0	7.7	30	540	1.3	780	0		.10	.15	11.0	0	
1403	Roe, raw, E.P. ....	0	124	64.0	26.0	1.0	1.0	0	8.0	20	200	1.5	2,600	60		.50	.40	0.9	0	
1404	Intestine, soured (Korea), E.P. ....	0	70	80.9	11.5	2.2	0.2	0	5.2	8	105	0.7				.12	.02	5.1	0	
1405	Pomfret, black (Stromateus nigri; Apollectus nigri): Raw:	0	94	80.6	15.3	3.2	0	0	0.9	32	184	1.5	106	494		.02	.09	2.1	0	
	a E.P. ....																			
	b A.P.; refuse, bones, scales, fins and entrails. ....	42	54	46.8	8.9	1.8	0	0	0.5	18	107	0.9	61	252		.07	.05	1.2	0	
1406	Pomfret, white (Pampus argenteus): Raw:	0	119	76.8	16.8	5.2	0	0	1.2	23	163	0.3		517		.19	.08	0.4	0	
	a E.P. ....																			
	b A.P.; refuse, bones, scales and entrails. ....	31	82	53.0	11.6	3.6	0	0	0.8	16	112	0.2		357		.13	.06	0.3	0	
1407	Porgy; scavenger (Lethrinus opercularis): Raw:	0	91	77.8	20.8	0.2	0	0	1.2	48	203	0.4	61	488		.01	.02	7.4		
	a E.P. ....																			
	b A.P.; refuse, scales, bones, entrails, fins and head. ....	55	41	35.0	9.4	0.1	0	0	0.5	22	91	0.2	27	220		tr.	.01	3.3		
1408	Porgy, big-eyed (Monotaxis grandoculis): Raw:	0	96	77.7	20.0	1.2	0	0	1.1	50	178	1.1	93	468		.04	.11	4.6		
	a E.P. ....																			
	b A.P.; refuse, scales, bones, entrails and fins. ....	49	49	39.6	10.2	0.6	0	0	0.6	26	91	0.6	47	239		.02	.06	2.3		

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

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

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Composition of Foods, 100 grams, Edible Portion and As Purchased

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
10. FISH AND SHELLFISH-- continued																				
1424	Runner, rainbow (Elagatis bipinnulatus): Raw:																			
a	E. P.	0	89	78.6	19.6	0.6	0	0	1.2	30	188	2.4	54	417	tt.		.05	.06	6.0	0
b	A. P.; refuse, bones, entrails, fins and scales.	56	39	34.6	8.6	0.3	0	0	0.5	13	83	1.0	24	183	tt.		.02	.03	2.6	0
1425	Salmon, humpback; pink salmon or cherry salmon (Oncorhynchus gorbuscha and O. tshawytscha): Raw:																			
a	E. P.	0	142	71.3	22.0	5.3	0	0	1.4	13	230	1.1	110	30	0		.22	.07	7.0	0
b	A. P.; refuse, scales, bones, fins and entrails.	40	85	42.8	13.2	3.2	0	0	0.8	8	138	0.7	66	20	0		.13	.04	4.2	0
1426	Salmon, silver or king salmon (Oncorhynchus kisutch and O. tshawytscha): Salted:																			
a	E. P.	0	231	46.6	36.4	8.4	0	0	8.6	10	360	7.0	3,200	0	0		.15	.15	9.0	0
b	A. P.; refuse, bones.	25	173	35.0	27.3	6.3	0	0	6.4	8	270	5.2	2,400	0	0		.11	.11	6.8	0
1427	Canned, E. P.	0	128	73.2	19.5	5.0	0	0	2.3	110	320	1.5	700	0	0		.05	.13	6.0	0
1428	Salmon, silver or king salmon (Oncorhynchus kisutch and O. tshawytscha): Raw:																			
a	E. P.	0	140	72.6	19.9	6.1	0	0	1.4	28	222	1.8		30	0		.26	.22	7.0	0
b	A. P.; refuse, scales, bones, fins and entrails.	34	92	48.0	13.1	4.0	0	0	0.9	18	140	1.2		20	0		.17	.14	4.6	0
1429	Salmon, sockeye; red salmon (Oncorhynchus nerka): Salted:																			
a	E. P.	0	146	61.4	23.2	5.1	0.3	0	10.0	30	250	0.7	3,200	0	0		.06	.10	8.0	0
b	A. P.; refuse, bones.	25	109	46.1	17.4	3.8	0.2	0	7.5	22	188	0.5	2,400	0	0		.04	.08	6.0	0
1430	Smoked and salted: E. P.	0	242	40.5	35.5	9.7	0.8	0	13.5	43	340	1.7	2,900	0	0		.10	.15	10.0	0
a	E. P.	0	194	32.4	28.4	7.8	0.6	0	10.8	34	272	1.4	2,320	0	0		.08	.12	8.0	0
b	A. P.; refuse, bones.	20	142	64.4	21.8	5.3	0.3	0	8.2	50	250	1.0	2,500	5	0		.10	.15	6.0	0
1431	Slightly cured: E. P.	0	99	45.1	15.3	3.7	0.2	0	5.7	35	175	0.7	1,750	5	0		.07	.10	4.2	0
a	E. P.	0	136	71.5	20.5	5.4	0	0	2.6	170	320	1.2	500	5	0		.02	.12	7.0	0
b	A. P.; refuse, bones and skin.	30	245	53.0	25.0	15.0	0.8	0	6.2	100	500	4.0	1,900	150	0		.50	.40		0
1432	Salmon, sockeye; red salmon (Oncorhynchus nerka): Canned, E. P.	0	136	71.5	20.5	5.4	0	0	2.6	170	320	1.2	500	5	0		.02	.12	7.0	0
1433	Roe, salted, E. P.	0	245	53.0	25.0	15.0	0.8	0	6.2	100	500	4.0	1,900	150	0		.50	.40		0

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur-chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
1434	10. FISH AND SHELLFISH-- continued Sandfish ( <i>Arctoscopus japonicus</i> ): Raw:	0	98	80.6	14.0	4.3	0	0	1.1	61	184	1.5		15	5	.10	.05			0	
a	E. P.....																				
b	A. P.; refuse, bones, entrails, fins and scales.....	45	54	44.3	7.7	2.4	0	0	0.6	34	101	0.8		8	tr.	.06	.03			0	
1435	Dried, salted, E. P.....	0	280	30.3	44.8	9.8	0	0	15.1	287	250	10.0		0	0	.04	.08				
1436	Sardine, fimbriated ( <i>Sardinella fimbriata</i> ): Raw:	0	100	76.3	20.5	1.4	0	0	1.8	191	228	1.4	99	325		.01	.07			7.6	
a	E. P.....																				
b	A. P.; refuse, bones, heads, scales, and entrails.....	34	66	50.4	13.5	0.9	0	0	1.2	126	150	0.9	65	214		.01	.05			5.0	
1437	Dried:	0	184	45.8	38.0	2.4	0	0	13.8	200	368	2.6	5,175	1,060		.01	.24			7.1	
a	E. P.....																				
b	A. P.; refuse, bones, heads, scales and entrails.....	36	117	29.4	24.3	1.5	0	0	8.8	128	234	1.7	3,312	678		.01	.15			4.5	
1438	Sardine, Indian ( <i>Sardinella longiceps</i> ): Raw:	0	112	76.0	19.4	3.2	0	0	1.4	96	220	1.4	61	420		.01	.07			7.9	
a	E. P.....																				
b	A. P.; refuse, bones, heads, scales and entrails.....	45	62	41.7	10.7	1.8	0	0	0.8	53	121	0.8	34	231		.01	.04			4.3	
1439	Dried:	0	170	45.5	37.4	1.1	0	0	16.0	288	315	3.6				.01	.10			14.5	
a	E. P.....																				
b	A. P.; refuse, bones and heads.....	57	73	19.5	16.1	0.5	0	0	6.9	124	135	1.5				tr.	.04			6.2	
1440	Smoked:	0	174	58.1	33.2	3.6	0	0	5.1	203	175	0.8	5,189	723		.01	.09			5.0	
a	E. P.....																				
b	A. P.; refuse, bones and heads.....	39	106	35.5	20.2	2.2	0	0	3.1	124	107	0.5	3,165	441		.01	.05			3.0	
1441	Sardine, short-bodied ( <i>Sardinella perforata</i> ): Raw:	0	124	73.8	19.3	4.6	0	0	2.3	157	290	1.5	131	501		.01	.03			2.4	
a	E. P.....																				
b	A. P.; refuse, bones, heads, scales and entrails.....	46	67	39.9	10.4	2.5	0	0	1.2	85	157	0.8	71	270		tr.	.02			1.3	
1442	Sardine, sp.; pilchard ( <i>Sardinops melanosticta</i> ): Raw:	0	129	75.3	17.5	6.0	0	0	1.2	80	240	3.0	100	20	0	.02	.15			10.0?	
a	E. P.....																				
b	A. P.; refuse, bones, heads.....	45	71	41.4	9.6	3.3	0	0	0.7	44	132	1.6	55	11	0	.01	.08			5.5	

Composition of Foods, 100 grams, Edible Portion and As Purchased

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
10. FISH AND SHELLFISH-- continued																				
Sardine, sp. -- continued																				
1443	Dried, whole fish with bone, E. P.....	0	360	18.2	55.2	13.8	0	0	12.8	1,276	1,657	7.2	2,100	30	5	.09	.30	13.0	0	
1444	Salted, E. P.....	0	151	63.8	23.3	5.7	0	0	7.2	85	350	3.0	2,400	0	0	.03	.20	10.1	0	
1445	Salted, dried, "Mezashi," (Japan).....	0	185	53.2	29.6	6.5	0	0	5.7	855	692	8.0	1,300	60	0	.03	.03	23.0	0	
Canned:																				
1446	Plain.....	0	126	72.4	19.3	4.8	0	0	3.5	270	360	4.0	800	0	0	.04	.13	9.0	0	
1447	Seasoned.....	0	149	67.0	20.6	5.8	2.3	0	4.3	270	360	4.0	800	0	0	.04	.13	9.0	0	
1448	In oil.....	0	274	54.8	21.7	20.0	0.3	0	3.2	450	430	3.0	770	5	0	.05	.08	7.0	0	
1449	In tomato sauce.....	0	149	63.0	22.2	5.4	1.5	0	2.9	330	360	4.5	1,100	0?	0	.03	.06	8.0	0	
Sauri, Pacific (Cololabis saito):																				
1450	Raw:																			
a	E. P.....	0	161	70.3	20.0	8.4	0	0	1.3	22	190	3.0	60	35	0	.05	.10	6.0	2	
b	A. P.; refuse, bones, scales, fins and entrails.....	30	113	49.2	14.0	5.9	0	0	0.9	15	133	2.1	42	25	0	.04	.07	4.2	1	
1451	Salted:																			
a	E. P.....	0	175	61.4	20.1	9.8	0.2	0	8.5	30	220	4.0	1,800	0	0	.04	.11	7.0	0	
b	A. P.; refuse, bones.....	20	140	49.1	15.1	7.8	0.2	0	6.8	24	176	3.2	1,440	0	0	.03	.09	5.6	0	
1452	Dried, seasoned:																			
a	E. P.....	0	290	42.0	35.1	14.3	3.0	0	5.6	120	250	4.0	1,600	0	0	.04	.15	8.0	0	
b	A. P.; refuse, inedible parts.....	10	262	37.8	31.6	12.9	2.7	0	5.0	108	225	3.6	1,440	0	0	.04	.14	7.2	0	
Canned:																				
1453	With seasonings.....	0	203	59.2	20.6	10.2	5.9	0	4.1	290	350	1.9	1,000	0	0	.06	.10	7.0	0	
1454	With tomato.....	0	183	65.8	19.0	10.3	2.4	0.1	2.5	320	330	4.0	500	3	0	.09	.14	9.0	0	
Scad, big-eyed (Selar crumenophthalmus):																				
Raw:																				
1455	Raw:																			
a	E. P.....	0	76	80.6	17.5	0.1	0	0	1.8	50	115	0.4	61	614		.03	.08	3.2		
b	A. P.; refuse, bones, scales, fins and entrails.....	50	38	40.3	8.8	3	0	0	0.9	25	58	0.2	30	307		.02	.04	1.6		
1456	Dried, salted:																			
a	E. P.....	0	175	43.3	37.8	1.5	0	0	17.4	332	817	5.1	1,600			.02	.05	13.5?		
b	A. P.; refuse, bones and entrails.....	42	102	25.1	21.9	0.9	0	0	10.1	192	474	3.0	500			.01	.03	7.8		
Scad, round (Decapterus macrone):																				
Raw:																				
1457	Raw:																			
a	E. P.....	0	100	76.7	20.6	1.3	0	0	1.4	71	214	0.7	81	404		.17	.19	9.5		
b	A. P.; refuse, bones, scales, entrails and fins.....	44	55	43.0	11.5	0.7	0	0	0.8	40	120	0.4	45	226		.10	.11	5.3		
1458	Dried, salted:																			
a	E. P.....	0	251	34.2	48.6	4.6	0	0	12.4	614	917	4.8	3,162	0	0	.02	.05	16.2		
b	A. P.; refuse, bones.....	29	178	24.3	34.5	3.4	0	0	8.8	436	651	3.4	2,245	0	0	.01	.04	11.5		

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
1465	10. FISH AND SHELLFISH-- continued																				
1465	Scallop ( <i>Pecten yessoensis</i> ): Raw, edible muscle, E. P.	0	82	79.6	16.3	0.4	2.2	0	1.5	12	112	1.2	1,579	tr.	15	.07	.19	1.3	2		
1466	Dried, edible muscle, E. P.	0	340	16.2	66.2	2.5	8.4	0	6.7	32	672	3.7		0	0	.01	.28	4.0	0		
1467	Canned:																				
1468	Plain.....	0	113	71.8	22.6	0.3	3.4	0	1.9	50	170	0.7	500	0	0	.02	.15	1.8	0		
1469	Seasoned.....	0	132	64.4	20.1	0.1	11.8	0	3.6	50	190	3.0	1,100	0	0	.02	.04	2.3	0		
	Scavenger. See Porgy.																				
1470	Sea-slugs: sea-cucumber ( <i>Stichopus japonica</i> ):																				
1471	Raw, edible muscle, E. P.	0	21	92.6	4.3	0.2	0.2	0	2.7	67	14	1.0		tr.	0	.07	.09	0.5	0		
1472	Dried, edible muscle, E. P.	0	385	8.9	82.0	1.7	4.8	0	2.6	308	23	41.7	770	455	45	.04	.07	0.4	0		
1473	Dried, edible muscle, soaked, E. P.	0	89	79.0	18.9	0.4	1.1	0	0.6	68	5	9.2	170	100	10	.01	.02	0.1	0		
1474	Sea squirt ( <i>Halocynthia roretzi</i> ):																				
1475	Salted, E. P.	0	90	68.7	10.0	2.7	5.9	0	12.7	57	120	3.0	4,400	15	25	.20	.25	0	0		
1476	Sergeant fish ( <i>Rachycentron canadum</i> ):																				
1477	Raw:																				
1478	E. P.	0	115	76.3	18.4	4.0	0	0	1.3												
1479	A. P.; refuse, bones, scales, fins and entrails.....	37	72	48.1	11.6	2.5	0	0	0.8												
1480	Shad, gizzard; basing ( <i>Anodontostoma chacunda</i> ):																				
1481	Raw:																				
1482	E. P.	0	90	78.4	18.1	1.4	0	0	2.1	125	194	0.5	98	417		.01	.04	2.5	0		
1483	A. P.; refuse, bones, scales, fins, head and entrails.....	60	36	31.4	7.2	0.6	0	0	0.8	50	78	0.2	39	167		tr.	.02	1.0	0		
1484	Dried, salted, E. P.	0	150	51.5	23.7	5.4	0	0	19.4	500	453	2.8	6,671	775		.01	.15	3.8	0		
1485	Shad, slender ( <i>Ilisha elongata</i> ):																				
1486	Raw:																				
1487	E. P.	0	131	76.4	14.6	7.6	0	0	1.4	39	231	1.5				tr.	.12	5.2	0		
1488	A. P.; refuse, bones, entrails and scales.....	45	72	42.0	8.0	4.2	0	0	0.8	21	127	0.8				tr.	.07	2.9	0		
1489	Shark, blue ( <i>Prionace glauca</i> ):																				
1490	Raw:																				
1491	E. P.	0	63	86.3	10.5	2.0	0	0	1.2	57	150	0.4		10	0	.11?	.11	0.9	0		
1492	A. P.; refuse, scales, fins, bones, and entrails.....	55	28	38.9	4.7	0.9	0	0	0.5	2	68	0.2		5	0	.05	.05	0.4	0		

Composition of Foods, 100 grams, Edible Portion and As Purchased																					
Item No.	Food and Description	Refuse in as pur- chased	Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
1472	10. FISH AND SHELLFISH-- continued																				
a	Shark, sand; fiddlefish (Rhinoobatos hynicephalus); Raw: E.P.	0	127	76.2	15.2	6.4	0	0	1.2	9?	257	1.6					.07	.08	1.7	0	
b	A.P.; refuse, bones, fins, and entrails.	56	56	33.6	7.1	2.8	0	0	0.5	4	113	0.7					.03	.04	0.7	0	
1473	Shark, sp. (Carcharias spp.; Scoliodon spp.); Raw: E.P.	0	100	77.0	20.6	1.3	0	0	1.1	32	192	1.4	79	549	0	0	.02	.03	4.4		
a	E.P.	24	76	58.6	15.6	1.0	0	0	0.8	24	146	1.1	60	417	0	0	.02	.02	3.3		
b	A.P.; refuse, bones.																				
1474	Fins: Dried, E.P.	0	366	12.8	84.9	0.3	0.1	0	1.9	155	169	11.6	155	132	0	0	.05	.04	0	0	
1475	Dried, soaked, and drained.	0	113	73.3	25.8	0.3	0	0	0.6	170	160	4.8	18	55	0	0	.01	.12	tr.		
1476	Skin, raw, E.P.	0	73	82.8	17.0	0.1	0	0	0.1	23	38	2.2			0	0	.02	.04	0.1	0	
1477	Sheat-fish (Kryptopterus kryptopterus); Raw, E.P.	0	84	80.7	17.3	1.1	0	0	0.9	49	152	1.0			90	20	.01	.04	1.4		
	Shrimp. See Prawn.																				
	Sickle fish. See Batfish, spotted.																				
1478	Siganid, Javan (Siganus javus); Raw: E.P.	0	91	78.7	19.3	1.0	0	0	1.0	41	122	0.5	76	450			.16	.13	4.4		
a	E.P.	52	44	37.7	9.3	0.5	0	0	0.5	20	58	0.2	36	216			.08	.06	2.4		
b	A.P.; refuse, bones, scales, fins and entrails.																				
	Silver-bar fish. See Dorab.																				
	Silver-biddy. See Gerres, sp.																				
1479	Silverfish (Atherina forskali); Dried, rinsed, and drained, E.P.	0	320	28.9	57.1	7.9	1.3	0	4.8	540	160	7.3	100	620	100	10	.16	.04	3.2		
1480	Skate, thorn-back (Raja kenoeji); Raw: E.P.	0	90	78.9	19.2	0.9	0	0	1.0	64	131	1.4			0	0	.23?	.08	1.3	0	
a	E.P.	28	65	56.8	13.9	0.6	0	0	0.7	46	94	1.0			0	0	.16?	.06	0.9	0	
b	A.P.; refuse, bones and entrails.																				
1481	Slipjack (Euthynnus pelamys; Katsuwonus pelamys); Raw: E.P.	0	131	70.4	26.2	2.1	0	0	1.3	8	220	4.0	52	407	10	0	.03	.15	18.0	2	
a	E.P.	35	85	45.8	17.0	1.4	0	0	0.8	5	143	2.6	34	264	5	0	.02	.10	11.7	1	
b	A.P.; refuse, bones, scales, fins and entrails.																				

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

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

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																
			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
1493	10. FISH AND SHELLFISH-- continued Snakehead; murel (Ophiocephalus striatus): Raw: a E.P..... b A.P.; refuse, bones, scales, fins and entrails.....	0 43	93 53	78.6 44.8	19.1 10.9	1.3 0.7	0 0	0 0	1.0 0.6	96 55	163 93	1.9 1.1	86 49	401 228	25 14	.04 .02	.12 .07	2.3 1.3	0 0
1494	Snapper, red, Malabar (Lutjanus spp.): Raw: a E.P..... b A.P.; refuse, bones, scales, fins and entrails.....	0 45	99 55	77.9 42.8	18.7 10.3	2.1 1.2	0 0	0 0	1.3 0.7	34 19	188 79	1.0 0.6	120 66	373 205	.06 .03	.11 .06	4.7 2.6	0 0	
1495	Seapy. See Slipmouth, black-finned. Spadefish; butterflyfish (Scorpaenidae): Raw: a E.P..... b A.P.; refuse, bones, scales, entrails and fins.....	0 57	99 43	77.4 33.3	19.8 8.5	1.6 0.7	0 0	0 0	1.2 0.5	74 32	211 91	0.7 0.3	98 42	292 126	.02 .01	.15 .06	5.3 2.3	0 0	
1496	Sprat; round herring (Dussumeria spp.; Etrumeus spp.): Raw: a E.P..... b A.P.; refuse, bones and entrails....	0 28	100 72	76.8 55.3	19.6 14.1	1.8 1.3	0 0	0 0	1.8 1.3	39 28	185 133	3.2 2.3	190 137	512 369	20 15	.04 .03	.31 .22	7.5 5.4	0 0
1497	Squid (Loligo spp.; Ommastrephes spp.): Raw: a E.P..... b A.P.; refuse, soft bones and viscera....	0 7	75 69	82.0 76.4	15.3 14.2	0.8 0.7	0 0	0 0	1.2 1.1	15 14	194 180	1.0 0.9	176 164	266 247	15 15	.03 .03	.08 .07	3.2 3.0	0 0
1498	Dried, E.P.....	0	328	21.8	63.3	4.6	0	0	6.4	55	616	4.0	944	604	100	.01	.17	6.8	0
1499	Dried, soaked and drained, E.P.....	0	162	65.2	29.3	3.6	0	0	0.9	10	200	2.1	100	94	100	.01	.07	0.8	0
1500	Cooked, E.P.....	0	115	73.3	24.2	1.2	0	0	1.1	(22)	246	1.4	100	94	100	.01	.03	1.7	0
1501	Soused (Korea), E.P..... Processed (Japan)	0	245	38.5	35.2	2.5	0	0	6.2	11	400	2.0	100	94	100	.10	.15	12.0	0
1502	"Surume".....	0	338	19.0	67.5	4.7	0	0	6.9	43	1,000	3.5	100	94	100	.12	.25	14.0	0
1503	"Tsukudani of strips".....	0	298	28.0	22.0	3.0	0	0	4.0	30	460	0.6	100	94	100	.09	.09	14.0	0
1504	Vicera, salted.....	0	102	65.5	16.0	1.5	0	0	12.0	80	250	2.5	4,000	30	10	.20	.20	5.0	0

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
1505	10. FISH AND SHELLFISH-- continued																			
a	Squid, toyama ( <i>Watasemia scintillans</i> ): Raw:	0	104	77.5	17.4	3.0	0.6	0	0	1.5	10	420	2.5	15	.15	.20	4.0			
b	E.P. .... A. P.; refuse, soft bones and viscera.	10	93	69.7	15.7	2.7	0.5	0	0	1.4	9	378	2.2	15	.14	.18	3.6			
1506	Squill ( <i>Oratosquilla oratoria</i> ): Cooked, E.P. ....	0	92	80.8	15.1	3.0	0	0	0	1.1	50	190	1.5	5	0	0	2.0		0	
1507	Stingray, blue-spotted ( <i>Dasyatis kuhlii</i> ): Raw:	0	79	80.1	18.3	0.1	0	0	0	1.5	25	99	tr.		.04	.05	2.5			
a	E.P. ....																			
b	A. P.; refuse, bones, scales, entrails, head, and fins. ....	59	32	35.9	7.5	tr.	0	0	0	0.6	10	40	tr.		.02	.02	1.0			
1508	Stingray, marbled ( <i>Dasyatis uarnak</i> ; <i>D. akajel</i> ): Raw:	0	71	82.6	15.7	0.4	0	0	0	1.3	25	170	1.2	25	.08	.03	4.6		0	
a	E.P. ....																			
b	A. P.; refuse, bones, scales, entrails, head and fins. ....	60	28	33.0	6.3	0.2	0	0	0	0.5	10	68	0.5	10	.03	.01	1.8		0	
1509	Stumpnose. See Bream, sea. Surgeonfish ( <i>Acanthurus bleekeri</i> ): Raw:	0	84	79.8	18.5	0.5	0	0	0	1.2	45	169	0.5	60	.03	.03	3.8			
a	E.P. ....																			
b	A. P.; refuse, bones, scales, entrails and fins. ....	51	41	39.1	9.1	0.2	0	0	0	0.6	22	83	0.2	29	.01	.01	1.9			
1510	Swamp-eel ( <i>Synbranchus bengalensis</i> ): Raw:	0	86	80.5	17.5	1.2	0	0	0	0.8	50	158	2.2	70	.13	.05	2.5			
a	E.P. ....																			
b	A. P.; refuse, head, entrails and bones. ....	44	48	45.1	9.8	0.7	0	0	0	0.4	28	88	1.2	40	.07	.03	1.4			

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur-chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																		
			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	β-carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
1511	10. FISH AND SHELLFISH-- continued																				
	Swordfish ( <i>Xiphias gladius</i> ):																				
a	Raw:																				
b	E. P. ....	0	116	74.8	21.2	2.8	0	0	0	1.2	13	228	1.1	102	342	20	0	.07	.11	7.7	2
	A. P.; refuse, bones, entrails and fins.	35	75	48.6	13.8	1.8	0	0	0	0.8	8	148	0.7	66	222	15	0	.04	.07	5.0	1
1512	Tarpon; ladyfish ( <i>Megalops cyprioides</i> ):																				
a	Raw:																				
b	E. P. ....	0	102	77.3	19.6	2.0	0	0	0	1.1	54	263	0.7	82	360			.02	.06	5.1	
	A. P.; refuse, bones, entrails, fins and scales.	52	49	37.1	9.4	1.0	0	0	0	0.5	26	126	0.3	39	173			.01	.03	2.4	
1513	Ten-pounder ( <i>Elops hawaiiensis</i> ):																				
a	Raw:																				
b	E. P. ....	0	110	76.7	13.7	3.3	0	0	0	1.3	92	192	1.0	82	491	20		.09	.05	4.0	0
	A. P.; refuse, bones, entrails, scales and fins.	44	61	43.0	10.5	1.8	0	0	0	0.7	52	108	0.6	46	275	10		.05	.03	2.2	0
1514	Threadfin, four-fingered ( <i>Eleutheronema tetradactyla</i> ):																				
a	Raw:																				
b	E. P. ....	0	77	80.7	17.9	0.1	0	0	0	1.3	66	165	tr.					.02	.05	1.8	
	A. P.; refuse, bones, scales, head and entrails.	60	31	32.9	7.2	tr.	0	0	0	0.5	26	66	tr.					.01	.02	0.7	
1515	Threadfin, sp. ( <i>Polynemus</i> spp.):																				
a	Raw:																				
b	E. P. ....	0	92	77.9	20.3	0.6	0	0	0	1.2	50	174	0.3	96	436			.02	.08	3.2	
	A. P.; refuse, bones, scales, head and entrails.	59	37	32.0	8.3	0.2	0	0	0	0.5	20	71	0.1	39	179	0		.01	.03	1.3	
1516	Fried and salted, E. P. ....	0	188	46.4	40.2	1.8	0	0	0	11.6	190	(422)	0.9					.08	.31	4.6	0
1517	Tigerfish; theraponid ( <i>Therapon</i> spp.):																				
a	Raw:																				
b	E. P. ....	0	92	77.6	20.6	0.4	0	0	0	1.4	50	203	0.8	83	474			.02	.07	4.5	
	A. P.; refuse, bones, scales, entrails and fins.	59	38	31.8	8.4	0.2	0	0	0	0.6	20	83	0.3	34	194			.01	.03	1.8	
1518	Tilapia ( <i>Tilapia mossambica</i> ):																				
a	Raw:																				
b	E. P. ....	0	106	77.4	18.8	2.8	0	0	0	1.0	54	172	0.4	52	454	25	5	.03	.12	3.1	0
	A. P.; refuse, bones, scales, entrails head and fins.	62	40	29.4	7.1	1.1	0	0	0	0.4	20	65	0.2	20	172	10	tr.	.01	.04	1.2	0



FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion and As Purchased																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
1528	10. FISH AND SHELLFISH-- continued																			
	Tuna, yellowfin (Thunnus albacares; Neothunnus albacora; N. macropterus): Raw:																			
a	E.P.	0	105	74.5	24.1	0.2	0	0	1.2	9	220	1.1	78	518	5	0	.10	.10	12.2	1
b	A.P.; refuse, bones and skin.	29	74	53.0	17.1	0.1	0	0	0.8	6	156	0.8	55	368	5	0	.07	.07	8.7	1
1529	Canned in oil.	0	161	65.3	29.0	3.0	0	0	2.7	3	270	1.8			0	0	.05	.13	12.0	0
	Flake, canned:																			
1530	Plain.	0	111	73.1	21.6	2.1	0	0	3.2	70	200	4.0	950	0	0	0	.08	.15	11.0	0
1531	Seasoned.	0	165	63.8	23.5	5.8	3.2	0	3.7	120	220	4.0	1,000	0	0	0	.07	.03	8.0	0
	Whelks (Eburna japonica): Raw:																			
1532	E.P.	0	69	83.6	11.6	0.6	3.4	0	0.8	34	58	2.2	38				.04	.09	3.1	0
a	A.P.; refuse, shell and viscera.	56	31	36.7	5.1	0.3	1.5	0	0.4	15	2.6	1.0	17				.02	.04	1.4	0
b																				
1533	Whitebait (Salaux microdon): Raw, whole fish, E.P.	0	58	86.1	11.5	1.0	0	0	1.4	184	134	1.2	120	25	10	0	.17	.09	2.0	0
1534	Dried, whole fish, salted, E.P.	0	302	23.7	51.0	5.6	8.2	0	11.5	1,056	642	7.2			0	0	.25	.30	3.2	0
	Whiting. See Smelt. Wolfherring. See Dorab. Yellowtail. See Amberfish.																			
	Zacco, sp. (Zacco platypus): Raw:																			
1535	E.P.	0	76	82.9	13.5	2.1	0	0	1.5	140	180	0.5			20	0	.08	.10	3.5	0
a	A.P.; refuse, bones, entrails, scales and fins.	50	38	41.4	6.8	1.0	0	0	0.8	70	90	0.2			10	0	.02	.05	1.8	0
b																				

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur-chased	Composition of Foods, 100 grams, Edible Portion													Ascorbic Acid				
			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol		$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	
11. MILK AND MILK PRODUCTS																				
Butter. See Oils and Fats.																				
Cheese:																				
1536	Blue.....	0	396	38.0	22.6	34.1	0	5.3	900?	700	0.7				230	200	.04	.50	0.4	0
1537	Cheddar.....	0	400	35.3	27.9	31.5	0.9	4.4	720	610	0.6	1,200			210	180	.04	.50	0.4	0
Cottage:																				
1538	Creamed.....	0	134	73.0	20.0	5.5	0	1.5	104	210	0.2				30	25	.03	.35	0.5	0
1539	Uncreamed.....	0	92	77.0	15.4	0.8	4.9	1.9	89	142	0.2				190	160	.07	.18	0.7	0
1540	Edam.....	0	389	33.8	31.7	28.4	1.0	5.1	850	640	0.6	1,300			210	180	.04	.50	0.3	0
1541	Gouda.....	0	392	35.8	28.3	30.6	0.6	4.7	840	630	0.6	1,300			85	75	.04	.50	0.4	0
1542	Processed.....	0	361	39.8	25.2	27.2	3.6	4.2	630	800	0.2	1,600			35	30	.03	.45	0.2	0
Ice cream:																				
1543	Regular.....	0	140	68.0	4.0	3.5	23.8	0	120	110	0.1				15	15	.05	.20	0.1	0
1544	Rich.....	0	176	65.0	4.0	8.5	21.8	0	120	110	0.1	50			40	35	.05	.20	0.1	0
1545	Ice cream, mix powder.....	0	461	2.0	13.8	18.0	63.1	0	450	400	0.4				50	40	.10	.50	0.2	2
1546	Milk, buffalo or carabao, fluid, whole.....	0	115	81.0	5.2	8.7	4.3	0	210?	101	0.1				35	30	.04	.16	0.1	1
1547	Milk beverage, soured and sweetened, jarred (Japan).....	0	207	46.4	1.7	0.1	51.5	0	50	50					0	0	.02	.08		0
Milk, cow:																				
Fluid:																				
1548	3.5% fat.....	0	63	87.7	3.1	3.5	5.0	0	114	102	0.1	36	149		35	20	.04	.14	0.2	1
1549	3.0% fat.....	0	61	87.7	3.6	3.0	4.9	0	123	96	0.1				30	20	.04	.18	0.1	1
1550	Non-fat (skim).....	0	34	91.0	3.4	0.1	4.8	0	110	92	0.1	38			0	0	.04	.16	0.1	2
1551	Buttermilk, cultured (made from almost completely skimmed milk).....	0	34	91.0	3.4	0.1	4.8	0	110	92	0.1				0	0	.04	.16	0.1	2
Dried (Locally):																				
1552	Whole.....	0	490	3.8	26.0	26.6	37.6	0	895	740	0.9	380			210	180	.20	1.00	0.8	2
1553	Nonfat milk solids (skim), regular.....	0	359	4.2	34.8	1.0	52.2	0	1,200	980	1.0	470			5		.30	1.60	1.1	5
Dried, imported from USA:																				
1554	Whole.....	0	477	2.5	22.1	22.5	38.2	0	909	708	0.5	405	1,330		237	205	.29	1.46	0.7	6
Nonfat milk solids (skim):																				
1555	Regular.....	0	363	3.0	35.9	0.8	52.3	0	1,308	1,016	0.6	582	1,745		5	5	.35	1.80	0.9	7
1556	Instant.....	0	359	4.0	35.8	0.7	51.6	0	1,293	1,005	0.6	526	1,725		5	5	.35	1.78	0.9	7
Canned:																				
1557	Evaporated, unsweetened.....	0	136	74.0	6.9	8.0	9.5	0	255	202	0.2	140	(303)		60	50	(.04)	.82	0.2	1
Condensed, sweetened:																				
1558	Whole.....	0	325	25.5	7.9	8.4	56.3	0	300?	240	0.3	150	(320)		40	32	.08	.40	0.2	2
1559	Nonfat (skim).....	0	270	29.0	10.3	0.2	58.0	0	500	300	0.5	180			0	0	.10	.50	0.2	2

FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

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			Food energy	Moisture	Protein	Fat	Carbo-hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Micro-grams	Milli-grams	Milli-grams	Milli-grams
11. MILK AND MILK PRODUCTS																				
--continued																				
1560	Milk, goat, fluid, whole.....	0	65	87.5	3.4	3.8	4.5	0	0.8	1.42	118	0.1	35	(160)	25	20	.04	.13	0.3	1
1561	Milk, horse, fluid, whole.....	0	40	91.0	2.1	1.1	5.4	0	0.4											
1562	Milk, human, fluid, whole.....	0	62	88.1	1.5	3.2	7.0	0	0.2	34?	20	0.2	15	(41)	40	30	.02	.07	0.2	4?
1564	Milk, soybean. See Soybean, Group 3.																			
1564	Sherbet.....	0	123	68.1	1.5	0	30.0	0	0.4	50	40	0			0	0	.02	.08	tr.	0
Yoghurt, made from:																				
1565	Skimmed milk.....	0	76	80.0	3.5	0.1	15.5	0	0.9	120	100	0.1	40		0	0	.03	.15	0.1	0
1566	Partially skimmed milk.....	0	90	77.0	3.6	0.8	17.6	0	1.0	140	130	0.1	40	(299)	10		.03	.15	0.1	0
12. OILS AND FATS																				
Butter (imported from U.S.A.):																				
1567	Salted.....	0	729	14.7	0.9	82.4	0.2	0	1.8	12	18	0.2	780		620	190	.01	.02	0.1	0
1568	Unsalted.....	0	729	14.7	0.9	82.4	0.2	0	1.0	12	18	0.2			620	190	.01	.02	0.1	0
1569	Lard.....	0	902	0.0	0.0	100.0	0	0	0	0	0	0	0		0	0	0	0	0	0
1570	Margarine, fortified (Japan).....	0	723	15.1	0.5	81.5	0.2	0	2.7	6	16	0.2	950		0	2,700?	.01	.03	0	0
1571	Oils, pure, cooking.....		884	0	0	100.0	0	0	0	0	0	0	0		0	0	0	0	0	0
1572	Coconut oil.....	0	883	tr.	tr.	99.9	0	0	0.1	2	3	tr.					tr.	tr.	tr.	tr.
1573	Peanut oil.....	0	884	tr.	tr.	99.3?	0	0	0											
1574	Sesame oil.....	0	881	0.1	0.2	99.7	0.1	tr.	tr.	10	5	0.1	2	20	0	0	.01	.07	0.1	0
1575	Soybean oil.....	0	883	0.1	0	99.9	0	0	0	0	0	0			0	0	0	0	0	0
1576	Tallow.....	0	878	0	0.3	99.7	0	0	0	6	7	0.4	20		180	0	.07	.05	0	0
1577	Vegetable oil; shortening.....	0	884	0	0	110.0	0	0	0	0	0	0			tr.	tr.	0	0	0	0



FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as pur- chased	Composition of Foods, 100 grams, Edible Portion																		
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid	
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
1600	13. <u>BEVERAGES</u> — continued																				
	Wine (Japan):																				
1600	White (13% alcohol by wt. Sg. 0.998)	0	85	84.6	0.2	0	2.0	0	0.2	9	4	0.8	0	0	0	0	0	0	0	0	0
1601	Red (13% alcohol by wt. Sg. 1.033)	0	95	85.8	0.3	0	0.7	0	0.2	15	4	0.8	0	0	0	0	0	0	0	0	0
1602	Portwine (13% alcohol by wt. Sg. 1.033)	0	141	73.8	0.1	0	13.0	0	0.1	6	4	0.8	0	0	0	0	0	0	0	0	0
1603	Plumwine (12% alcohol by wt. Sg. 1.033)	0	154	70.1	0.1	0.2	17.6	0	0	1	3	0.3	0	0	0	0	0	0	0	0	0
	14. <u>MISCELLANEOUS</u>																				
1604	Chocolate, E. P. (imported from U.S.A.)	0	505	2.3	10.7	53.0	23.9	2.5	3.1	78	384	6.7	4	830	0	18	.05	.24	1.5	0	0
1605	Bitter or baking.....	0	477	1.8	7.9	39.7	46.8	1.8	2.3	58	284	5.0	3	615	0	12	.03	.17	1.0	0	0
1606	Semisweet.....	0	507	1.1	4.2	35.7	57.0	1.0	1.2	30	150	2.6	2	325	0	6	.01	.08	0.5	0	0
1607	Sweet.....	0	528	0.9	4.4	35.1	57.9	0.5	1.2	94	142	1.4	33	269	0	3	.02	.14	0.3	tr.	tr.
1608	Cocoa powder (imported from U.S.A.):	0	359	1.9	13.6	2.9	70.8	0.5	5.4	589	545	1.8	525	800	4	4	.13	.73	0.7	3	3
1609	Cocoa powder with nonfat dry milk...	0	347	1.3	4.0	2.0	89.4	1.0	2.5	30	171	2.1	268	500	0	0	.02	.09	0.5	0	0
1610	Mix for hot chocolate.....	0	392	3.1	9.4	10.6	73.9	0.8	2.6	275	290	1.4	382	605	0	3	.08	.41	0.5	1	1
1611	Condiments:																				
	Anise (Pimpinella anisum), seeds, dried	0	415	11.0	19.0	24.7	45.3			693		34.8									
1612	Bitterorange, Mauritius, leech leaf (Citrus hystrix), leaves, semi-dried...	0	146	57.1	6.8	3.1	29.0	8.2	4.0	1,672	20	3.8			0	1,815	.20	.35	1.0	20	20
1613	Chinese wing/leaf, pricklyash, Chinese pepper (Zanthoxylum piperitum), seeds, dried.....	0	276	12.5	25.7	7.1	43.1	8.0	11.6	536	292	4.3		1,146							
1614	Cumin (Cuminum cuminum), seeds, white dried.....	0	332	12.0	16.6	13.4	50.2		7.8	1,365	24.3										
1415	Curryleaves (Murraya koenigii) leaves: Dried, powder.....	0	301	13.1	14.2	10.9	49.0	9.4	12.8	86	250	44.1	180	619	0	5,400	.10	.32	5.0	0	0
1416	Roux, paste, dried.....	0	418	5.2	8.9	29.4	42.1	0.3	14.4	90	140	7.5	4,200	0	0	0	0	0	4.0	0	0
1617	Ginger (Zingiber officinale), root, dried.....	0	301	10.2	7.6	2.9	72.4		6.9	180							.16	.27	8.4	0	0

## FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

Item No.	Food and Description	Refuse in as purchased	Composition of Foods, 100 grams, Edible Portion																	
			Food energy	Moisture	Protein	Fat	Carbo- hydrate, total (incl. fiber)	Fiber	Ash	Calcium	Phosphorus	Iron	Sodium	Potassium	Retinol	$\beta$ -carotene equivalent	Thiamine	Riboflavin	Niacin	Ascorbic Acid
		Percent	Calories	Percent	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Micro- grams	Micro- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
1618	14. MISCELLANEOUS --continued Condiments--continued Mustard (Sinapis alba; Brassica alba), seeds, white, dried, powdered.....	0	469	5.0	26.4	36.3	28.2	5.2	4.1	410	613	20.9			630	.40	.31	7.3	0	
1619	Pepper, black (Piper nigrum), seeds, dried, powdered.....	0	325	12.0	12.2	8.2	63.6		4.0											
1620	Turmeric (Curcuma longa), rhizome, dried.....	0	337	13.0	6.3	5.1	72.1		3.5					10						
1621	Vinegar, E.P.....	0	10	94.8	tr.	tr.	4.3	tr.	0.9	9	80	1.2	5	74	.03	.03		0.9	0	
1622	Salad dressings:																			
1623	French.....	0	(410)	(38.8)	(0.6)	(38.9)	(17.5)	(0.3)	(4.2)	(11)	(14)	(0.4)	(1,370)	(79)						
1624	Italian.....	0	(552)	(27.5)	(0.2)	(60.0)	(6.9)	tr.	(5.4)	(10)	(4)	(0.2)	(2,092)	(15)						
	Mayonnaise.....	0	(718)	(15.1)	(1.1)	(79.9)	(2.2)	tr.	(1.7)	(18)	(28)	(0.5)	(597)	(34)						
1625	Salt:																			
1626	Crude.....	0	(0.2)	7.0	0	0	0		93.0	320	tr.	5.1		(4)	(0)	(0)	(0)	(0)	(0)	
	Table.....	0		(0)	(0)	(0)	(0)	(0)	(99.8)	(253)		(0.1)	(38,753)							
1627	Yeast (imported from U. S. A.): Baker's:																			
1628	Compressed.....	0	86	71.0	12.1	0.4	11.0		2.4	13	394	4.9	16	610	.71	1.05	11.2	tr.		
1629	Dry (active).....	0	282	5.0	36.9	1.6	38.9		8.3	44	1,291	16.1	52	1,998	2.33	5.41	36.7	tr.		
	Brewer's, debittered.....	0	283	5.0	38.8	1.0	38.4	1.7	7.1	210	1,753	17.3	121	1,894	15.61	4.28	37.9	tr.		

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

Foods or Food Groups	Protein		Fat		Total carbohydrate by difference		Foods or Food Groups		Protein		Fat		Total carbohydrate by difference	
	Cal/gm	Cal/gm	Cal/gm	Cal/gm	Cal/gm	Cal/gm	Cal/gm	Cal/gm	Cal/gm	Cal/gm	Cal/gm	Cal/gm	Cal/gm	Cal/gm
<u>Cereals and grain products:</u>														
Maize; corn, whole ground	2.73	8.37	4.03											
Maize; corn, degermed	3.46	8.37	4.16											
Oats	3.46	8.37	4.12											
Rice, brown	3.41	8.37	4.12											
Rice, polished	3.82	8.37	4.16											
<u>Wheat:</u>														
Stran	1.82	8.37	2.35											
Whole meal; 97-10% extraction	3.59	8.37	3.78											
Flour: 85-93% extraction	3.78	8.37	3.95											
Flour: 70-74% extraction	4.05	8.37	4.12											
Rye:														
Whole-grain	3.05	8.37	3.86											
Flour, medium	3.23	8.37	3.99											
Other cereals, whole-grain <sup>1/</sup>	3.59	8.37	3.78											
Other cereals, refined	3.87	8.37	4.12											
<u>Starchy roots, tubers and fruits:</u>														
Starchy roots and tubers	2.78	8.37	4.03											
Starchy fruits	3.36	8.37	3.60											
<u>Legumes; Nuts; Seeds:</u>														
	3.47	8.37	4.07											
<u>Vegetables:</u>														
All vegetables, except underground crops	2.44	8.37	3.57											
Underground crops <sup>2/</sup>	2.78	8.37	3.84											
Mushrooms	2.02	8.37	3.48											
<u>Fruits:</u>														
All fruits	3.36	8.37	3.60											
except lemons, limes	3.36	8.37	3.60											
Lemons, limes	3.36	8.37	3.60											
All fruit juice, except lemon juice and lime juice, unsweetened	3.36	8.37	3.60											
Lemon juice, lime juice, unsweetened	3.36	8.37	3.60											
<u>Sugars and syrups:</u>														
Cane or beet sugar (sucrose)	--	--	--											
<u>Meats, poultry, and insects:</u>														
Fish and shellfish:	4.27	9.02	3.87											
Eggs:	4.36	9.02	3.68											
Milk and milk products:	4.27	8.79	3.87											
<u>Oils and fats:</u>														
Butter	4.27	8.79	3.87											
Other animal fats	--	9.02	--											
Margarine, vegetable	4.27	8.84	3.87											
Other vegetable fats and oils	--	8.84	--											
<u>Miscellaneous foods:</u>														
Alcohol	--	--	--											
Chocolate, cocoa	1.83	8.37	1.33											
Vinegar	--	--	--											
Yeast	3.00	8.37	3.35											

Original Source: Merrill, A. L. and Watt, B. K.

Energy Value of Foods -- Basis and Derivation  
U.S. Department of Agriculture, Handbook No. 74, 1955.

## Note:

Factors used for Converting "Calories" to "Joules"

Kilocalorie into joule:

1 kilocalorie (Kcal) = 4,184 kilo joules (KJ)

1,000 kilocalories (Kcal) = 4,184 kilo joules (KJ)

1,000 kilocalories (Kcal) = 4,184 mega joules (MJ)

Kilo joule into kilocalorie:

1 kilo joule = 0.239 kilocalorie (Kcal)

1,000 kilo joules = 239 kilocalories (Kcal)

1 mega joule = 239 kilocalories (Kcal)

<sup>1/</sup> For other whole grains for which no energy factors have been developed, those of whole wheat have been used.

<sup>2/</sup> Underground crops refer to beets, carrots, onions, parsnips, radishes, etc.

<sup>3/</sup> Carbohydrate factors: 3.87 for brain, heart, kidney, liver; 4.11 for tongue and shellfish.

<sup>4/</sup> Factor to apply to ingested alcohol, 6.93 Cal/gm.

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

## PART 1

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

  

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

Shih catty. See Catty, shih.

APPENDIX 3  
INDEX OF SCIENTIFIC NAMES OF EAST ASIAN EDIBLE PLANTS USED IN THE FOOD COMPOSITION TABLE  
PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
<i>Acacia</i> spp.	Acacia, sp. Leaves, raw	350	<i>Allium cepa</i>	Onion, common, garden Mature: Raw Cooked Immature bulbs and tops: Raw	638 639 640	<i>Amaranthus mangostanus</i>	Amaranth, sp. Leaves and stems, raw Green Red White	357 358 359
<i>Achras zapota</i>	Sapodilla; sapota; ponderosa Fruit, raw	997	<i>Allium fistulosum</i>	Onion, Welsh Raw	642	<i>Amaranthus spinosus</i>	Amaranth, spiny Leaves and stems, raw	360
<i>Achyranthes aspera</i>	Prickly-chaaff Flowers, raw	670	<i>Allium odorum</i>	Onion, fragrant; Chinese leek Raw	641	<i>Amaranthus sp.</i>	Amaranth, sp.; Chinese spinach Leaves and stems: Raw Boiled	355 356
<i>Aegle marmelos</i>	Bael fruit Fruit, raw	822	<i>Allium porrum</i>	Leek Raw: Unbleached Bleached Flowers, raw	580 581 582	<i>Amaranthus viridis</i>	Amaranth, spineless Leaves and stems, raw	361
<i>Aesculus turbinata</i>	Horse chestnut, Japanese Whole, raw	317	<i>Allium sativum</i>	Garlic Bulbs: Raw Salted	516 517	<i>Ammania baccifera</i>	Ammania, sp. Leaves, raw	362
<i>Agaricus bretscheideri</i>	Mushroom, Chinese Dried Dried, soaked, drained	610 611	<i>Allium sp.</i>	Garlic, wild Bulbs, raw	522	<i>Amorphophallus campanulatus</i>	Giantarum, whitespot Corms, raw	138
<i>Agaricus campestris</i>	Mushroom, cultivated Raw Canned Dried	612 613 614	<i>Allium schoenoprasum</i>	Chives Raw	457	<i>Amorphophallus conjac</i>	Giantarum, sp.; elephant foot Leaves, raw	523
<i>Aleurites moluccana</i>	Candlenut tree Seeds, dried	288	<i>Alocasia macrorhiza</i>	Alocasia, giant Corms, raw	352	<i>Anacolosia luzoniensis</i>	Galo nut Pulp, raw Seeds, boiled Pulp and seeds, raw	308 309 310
<i>Alaënanthus luronicus</i>	Himbabao Flowers, raw Leaves, raw	542 543	<i>Alpinia galanga; Languas galanga</i>	Galangal Rhizomes, raw	515	<i>Ananas comosus; A. sativus</i>	Pineapple Fruit: Raw Canned, total content of can, sirup pack juice: Fresh Canned or bottled Jam	973 974 975 976 1026
<i>Allium ampeloprasum</i>	Garlic, great round-headed Bulbs, raw	521	<i>Alternanthera spp.</i>	* <i>Alternanthera</i> , sp. Leaves, raw	354			
<i>Allium ascalonicum</i>	Shallot Bulbs: Raw Pickled "Hana-rakkyo"	735 736 737	<i>Alternanthera versicolor; Telanthera versicolor</i>	<i>Alternanthera</i> , copper Tops and tender cuttings	353			

APPENDIX 3  
INDEX OF SCIENTIFIC NAMES OF EAST ASIAN EDIBLE PLANTS USED IN THE FOOD COMPOSITION TABLE  
--Continued--  
PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
<i>Anacardium occidentale</i>	Cashew, common Fruit, raw Leaves, raw Nuts: Dried Roasted, with oil	838 443 289 290	<i>Aralia cordata</i> ; <i>A. edulis</i>	Udo Stalks, raw	783	<i>Artocarpus heterophylla</i> ----- (continued)	Jackfruit ----- (continued) Seeds: Raw Boiled Leaves, raw Marang Fruit, raw Seeds, boiled	318 319 555 915 327
<i>Ammonia cherimola</i>	Chirimoya Fruit, raw	841	<i>Arctium lappa</i>	Burdock, great; goba Root: Raw Boiled	125 126	<i>Asparagus officinalis</i>	Asparagus Green: Raw Canned, drained solids Dried, crude salt added White: Raw Juice, canned	367 368 369 370 371
<i>Ammonia glabra</i>	Pondapple; alligator apple Fruit, raw	984	<i>Areca catechu</i> ; <i>A. cathecu</i>	Betel-nut palm; arecanut Buds (palm heart), raw Nuts, dried	411 284	<i>Aster amellus</i> ; <i>A. trinervius</i>	Aster Leaves and tips, raw	372
<i>Ammonia muricata</i>	Sousop Fruit, raw	1002	<i>Arenga pinnata</i>	Sugarpalm, gomuti Shoots, raw	754	<i>Asystasia gangetica</i> ; <i>A. coromandeliana</i>	Tender leaves and stems, raw	373
<i>Ammonia reticulata</i>	Custard-apple; bullocks-heart Fruit, raw	851	<i>Armonacia lapathifolia</i>	Horseradish Root, raw	545	<i>Athyrium esculentum</i>	Fern, sp. Leaves and stems, raw	502
<i>Ammonia squamosa</i>	Sugarapple, sweetsop Fruit, raw	1005	<i>Artemisia lactiflora</i>	Wormwood, glostplant Leaves, raw	804	<i>Auricularia polytricha</i>	Jew's ear; juda's ear; wooddear Tender variety: Raw Dried, soaked, drained Dried Tough variety: Dried Dried, soaked, drained	557 558 559 560 561
<i>Antidesma bunius</i>	Chinalaurel, bignay Berries, raw	844	<i>Artemisia vulgaris</i>	Wormwood, mugwort Leaves, raw	805	<i>Auricularia sp.</i>	White Dried	562
<i>Apium graveolens</i>	Celery, Chinese Unbleached, raw Bleached, raw	449 450	<i>Artocarpus altiss</i> ; <i>A. communis</i>	Breadfruit Fruit: Mature: Yellowish brown Raw Boiled Green, raw Immature: Flesh and seeds, raw Leaves, raw Seeds: Raw, dried Boiled	122 123 124 418 419 286 287	<i>Avena sativa</i>	Oats Whole grain Oatmeal or rolled oats	36 37
<i>Arachis hypogaea</i>	Peanut; groundnut Raw Boiled Dried Roasted with shell Roasted without shell Roasted, salted Parched, seasoned Parched, without skin Fried, without skin Peanut products: Flour, defatted Peanut butter, salt added Milk Cake, defatted Cake, defatted, fermented Oil	200 201 202 203 204 205 206 207 208 209 210 211 212 213 1573	<i>Artemisia heterophylla</i> ; <i>A. intergrifolia</i> ; <i>A. integra</i>	Jackfruit; jakfruit Fruit Mature, raw Immature, raw	880 881	<i>Averrhoa bilimbi</i>	Bilimbi Fruit, raw	827

APPENDIX 3  
INDEX OF SCIENTIFIC NAMES OF EAST ASIAN EDIBLE PLANTS USED IN THE FOOD COMPOSITION TABLE

--Continued--  
PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
<i>Averrhoa carambola</i>	Carambola; star-fruit Fruit, raw	836	<i>Bertholletia excelsa</i>	Brazil-nut Nut, dried	285	<i>Brassica japonica</i>	Mustard, Japanese Leaves, raw	631
	Preserved with sugar	837	<i>Beta vulgaris</i>	Beet Root, raw	408	<i>Brassica juncea</i>	Mustard greens, Indian Leaves and stems	620
<i>Baccaurea motleyana</i>	Rambai Fruit, raw	990		Beet greens, raw	409		Raw	621
<i>Bambusa spp.; B. spinosa;</i>	Bamboo shoots, unspecified	377	<i>Beta vulgaris var. cicla</i>	Chard, Swiss Leaves and stalks, raw	452		Cooked	622
<i>Phyllostachys spp.;</i>	Raw	378		Palmyra palm; sugar-palm;			Dried and salted	
<i>Dendrocalamus spp.</i>	Partly boiled	379	<i>Berassus flabellifer</i>	African-fab-palm Fruit, raw	948		Semi-dried, salted and pickled	623
	Dried	380		Young shoots, germinating radicles	643		Salted	624
	Canned	381	<i>Bouea spp.</i>	<i>Bouea sp.; gandaria; kudangan;</i> setar			Soured, salted	625
	Pickled, canned	382		Fruit, raw:			Salted, rice bran added	626
	Salted	383		Unripe			Stems, raw	627
	Steeped in hot oil	383		Leaves, raw	414		Roots:	628
<i>Bambusa spp.</i>	Bamboo shoots, hairy	384					Raw	629
	Raw	385	<i>Brasenia schreberi</i>	Watershield, schreber Young leaves, soaked in vinegar	799	<i>Brassica juncea var. oleifera</i>	Colza Leaf and flower tops, raw	482
<i>Bambusa spp.</i>	Bamboo shoots, spring variety	386					Shoots, raw	483
<i>Bambusa spp.</i>	Bamboo shoots, winter variety	387	<i>Brassica campestris</i>	Rape, bird Leaves and stems, raw	693	<i>Brassica napobrassica</i>	Rutabaga Root, raw	699
<i>Barringtonia acutangula</i>	Barringtonia, chee Leaves, raw	390	<i>Brassica chinensis; B. alba</i>	Cabbage, Chinese; Chinese pai-tsai			Cabbage, flat Raw	437
<i>Basella alba; B. rubra</i>	Vinespinach; Ceylon spinach; Malabar nightshade Leaves			Leafy type:			Collard; kale Raw	481
	Raw	786		Raw	426	<i>Brassica oleracea var. botrytis</i>	Cauliflower Raw	445
	Cooked	787		Cooked	427		Cooked	446
<i>Bauhinia malabarica</i>	<i>Bauhinia, sp.</i> Leaves and tops, raw	393		Petiole type, raw	428	<i>Brassica oleracea var. italica</i>	Broccoli Raw	419
<i>Benincasa hispida; B. cerifera</i>	Waxgourd, Chinese; ashgourd; winter melon Fruit:			Flowering type, raw	430		Cabbage, common White:	
	Raw	800					Raw	433
	Sugared	801					Boiled	434
							Dried	435
							Red, raw	436

APPENDIX 3  
 INDEX OF SCIENTIFIC NAMES OF EAST ASIAN EDIBLE PLANTS USED IN THE FOOD COMPOSITION TABLE  
 --Continued--  
 PART 1

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
<i>Brassica oleracea</i> var. <i>gemmifera</i>	Brussels sprouts Raw	420	<i>Camellia sinensis</i> ; <i>Thea sinensis</i>	Tea Black tea: Leaves, dried Infusion Green tea: Leaves, dried Infusion Jasmine tea: Leaves, dried Infusion	1594 1595 1596 1597 1598 1599	<i> Capsicum</i> spp.	Peppers, all varieties Leaves, raw	659
<i>Brassica oleracea</i> var. <i>gongylodes</i>	Kohlrabi Raw	577	<i>Canarium album</i>	Olive, Ceylon Raw Dried Semi-dried: Salted Sugared	929 930 931 932	<i>Carica papaya</i>	Papaya Fruit: Raw: Ripe Unripe Preserved with sugar Juice: Fresh Canned Young leaves, raw	951 645 954 952 953 644
<i>Brassica pekinensis</i>	Cabbage, celery; pekinese cabbage Raw Cooked Salted	423 424 425	<i>Canarium ovatum</i>	Pili nut-canary tree Nuts, dried	333	<i>Carissa grandiflora</i>	Natal-plum; carissa Fruit, raw	926
<i>Brassica</i> spp.	Cabbage, Chinese, unspecified Raw Salted	431 432	<i>Canavalia ensiformis</i>	Jakbean, common Whole seed, dried Immature pods, raw	184 554	<i>Carthamus tinctorius</i>	Safflower Whole seeds, dried	337
<i>Brassica rapa</i>	Turnip Roots: Raw Salted Pickled Salted, soaked with rice-bran Turnip greens: Raw Salted and soaked with rice-bran Pickled	775 776 777 778 779 780 781	<i>Cannabis sativa</i>	Hemp seed Whole	316	<i>Carya illinoensis</i> ; <i>C. olivaeformis</i>	Pecan Nuts	329
<i>Cajanus cajan</i> ; <i>C. indicus</i>	Pigeonpea; catjang pea Immature pods and seeds, raw Immature seeds, raw Whole seed, dried	663 664 217	<i>Capsala bursa-pastoris</i>	Shepherdspurse Raw	738	<i>Cassia obtusifolia</i> ; <i>C. tora</i>	Senna, sickle; foetid senna Leaves, raw	728
<i>Calamus ornatus</i> var. <i>philippinensis</i>	Rattanpalm fruit Fruit, raw	994	<i>Capsicum annuum</i>	Pepper, sweet Fruit, green: Raw Cooked Fruit, red, raw	656 657 758	<i>Cassia siamea</i>	Senna, Siamese Leaves, raw	727
<i>Calocarpum sapota</i>	Sapote; marmalade plum Fruit, raw	998	<i>Capsicum frutescens</i>	Pepper, red; chili pepper; tobasco Fruit: Raw Dried Paste; chili paste	653 654 655	<i>Castanea crenata</i>	Chestnut, Japanese Whole, raw	297
						<i>Castanea mollissima</i>	Chestnut, Chinese Whole: Raw Roasted	295 296
						<i>Castanea sativa</i>	Chestnut, European Whole: Raw Dried Roasted Boiled Cedar Shoots: Raw Salted	291 292 293 294 447 448

APPENDIX 3  
INDEX OF SCIENTIFIC NAMES OF EAST ASIAN EDIBLE PLANTS USED IN THE FOOD COMPOSITION TABLE  
--Continued--  
PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
<i>Centella asiatica</i>	Wort, Indian penny Leaves, raw	806	<i>Citrus limon</i>	Lemon Fruit:	891	<i>Coccinia cordifolia</i> ; <i>C. indica</i> ; <i>Ivyground</i> , India	Gourd, raw	552
<i>Chenopodium album</i>	Goosefoot, lambs-quarters Leaves, raw	533		Raw	892	<i>Cephalandra indica</i>	Leaves, raw	553
<i>Chrysanthemum coronarium</i>	<i>Chrysanthemum</i> , crown-daisy Leaves, raw	458	<i>Citrus maxima</i> ; <i>C. grandis</i>	Pummele; pomelo; shaddock Fruit:	893	<i>Cocos nucifera</i>	Coconut; coconut-palm Cobyledon, raw	460
<i>Chrysobalanus icaco</i>	<i>Cocoplum</i> , icaco Raw	845		Raw	987		Kernel:	298
<i>Chrysophyllum cainito</i>	Starapple, cainito Fruit, raw	1003	<i>Citrus medica</i>	Peels, sugared Citron	988		Mature	299
<i>Cicer arietinum</i>	Chickpea; Bengal gram Whole seeds, dried	177		Leaves, raw	459		Dried, powdered, sweetened	300
	Flour	178	<i>Citrus microcarpa</i>	Bitterorange, smallfruit Fruit, raw	831		Presscake (Indonesia)	301
<i>Cichorium endiva</i>	Endive; escarole Leaves, raw	498	<i>Citrus paradisi</i>	Grapefruit Fruit:	868		Presscake, molded (Indonesia)	302
<i>Cirsium dipsacolepis</i>	Thistle, sp. Leaves, soaked in miso	765		Raw			Cream:	
<i>Citrullus lanatus</i> ; <i>C. vulgaris</i>	Watermelon; watermelon seeds Fruit:			Juice; canned or bottled, imported:			Prepared without water	1580
	Raw:			Sweetened	869		Prepared with water	1581
	Red pulp variety	1012		Unsweetened	870		Oil	1572
	Yellow pulp variety	1013	<i>Citrus pooneensis</i>	Orange, sp. Fruit, raw	946	<i>Codonopsis lanceolata</i>	Milk	1582
	Seedless variety, red pulp	1014	<i>Citrus reticulata</i>	Orange, mandarin; tangerine Fruit, raw	994		Water	1583
	Rind, raw	1015	<i>Citrus sinensis</i>	Orange, sweet Fruit:			Asiabell, lance	366
	Seeds, whole:	347		Raw	937		Leaves, raw	
	Dried	348		Canned:			Coffee	
	Sugared	349		Total content of can Drained solids only	938		Instant	1584
	Pickled in soya sauce			Juice:	939		Infusion	1585
<i>Citrus aurantifolia</i>	Lime Fruit:			Fresh	940		Job's tears	12
	Raw	894		Canned, unsweetened	941		Whole seed, hulled	13
	Juice	895		Peels:			Flour	
	Rind	896		Raw	942		Cola-nut	
	Orange, sour			Dried	943		Nut:	
	Fruit:			Marmalade	1030		Raw	303
	Raw	935		Orange, king; temple Fruit, raw	933		Dried	304
	Juice	936	<i>Citrus sinensis</i> ; <i>C. reticulata</i>	Orange, king; temple Fruit, raw			Taro; dasheen	
<i>Citrus iyo</i>	Orange, sp. Fruit, raw	945	<i>Citrus tankan</i>	Orange, tankan Fruit, raw	944		Leafstalk:	
<i>Citrus hystrix</i>	Bitterorange, Mauritius; Fruit, raw	830	<i>Clausena lansium</i>	Wampee, Chinese; wampi Fruit, raw	1010		Raw	789
	Leaves, semi-dried	1612	<i>Clitoria ternatea</i>	Pigeonwings, Asian; blue pea Pods and seeds, raw	665		Cooked	760
							Semi-dried	761
							Leaves:	
							Raw	762
							Cooked	763
							Tubers and corms:	
							Raw	158
							Boiled	159
							Dried	160
							Poi, 2-finger, 17% solid	161
							Jute, potherb	
							Leaves:	
							Raw	565
							Cooked	566

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SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
<i>Cordia myxa</i>	Cordia, Sebastanplum Leaves, raw	465	<i>Curcuma longa</i>	Turmeric, common Roots, raw	774	<i>Diospyros kaki</i>	Persimmon, kaki Fruit:	
<i>Coriandrum sativum</i>	Coriander: Leaves and stems, raw	466	<i>Cydonia oblonga</i>	Rhizome, dried Qyince, common	1620		Raw: Soft-type, ripe	969
<i>Corylus avellana</i>	Hazel, filbert Nut, dried	315	<i>Cymbopogon citratus</i>	Fruit, raw Lemon-grass	989		Hard-type, ripe Dried	971
<i>Corypha utan; C. elata</i>	Burialm Fruit, raw	833	<i>Cynara scolymus</i>	Leaves, raw Artichoke, globe or French Raw	588		Dolichos, Australia pea Seeds, dried	180
<i>Crataegus pinnatifida</i>	Hawthorn, Chinese Fruit, raw	87B	<i>Cyphomandra betaacea</i>	Treetomato Fruit, raw	365		Horsegram; horse gram; Madras gram	
<i>Crataeva roxburghii</i>	Crataeva, sp. Leaves, raw	480	<i>Dalbergia cultrata</i>	Rosewood, sp. Leaves, raw	772		Ceylon-gooseberry; ketembilla Raw	182
<i>Cryptotaenia japonica</i>	Honeywort, Japanese Greens, raw	544	<i>Daucus carota</i>	Carrot Raw	686		Durian, civet Fruit:	840
<i>Cucumis conomon</i>	Melon, pickling, oriental Fruit: Raw	601	<i>Delonix regia; Poinciana regia</i>	Flamboyant tree Seeds:	442		Raw	
	Soaked in sake-cake Pickled	602 603		Raw	313		Raw	856
<i>Cucumis melo</i>	Muskmelon Cantaloupes, Spanish melons: Raw	922	<i>Digenea simplex</i>	Dried, boiled Seaweed, sp.; gulamang dagot (Philippine) Raw	314		Cake	887
	Other melons: Raw: White flesh Yellow flesh	923 924	<i>Dillenia philippinensis</i>	Philippine dillenia Raw	714		Seeds: Raw	305
<i>Cucumis sativus</i>	Cucumber Raw Pickled Salted Soaked in rice-bran Raw	483 484 485 486 487	<i>Dioscorea aculeata</i>	Yam, Coa Tuber, raw	855		Cooked	306
	Cucurbit, hairy	487	<i>Dioscorea alata</i>	Yam, winged Tuber: Raw	163		Japanese barnyard millet; sawawa millet	
<i>Cucurbita maxima</i>	Squash, winter Fruit, raw Young leaves Flowers Cushaw	748 449 750	<i>Dioscorea esculenta</i>	Yam, Chinese; spiny yam Dried	166		Whole grain Milled	29 30
	Leaves, raw	489	<i>Dioscorea luteoensis</i>	Yam, Luzon Tuber, raw	167		Flour	31
<i>Cucurbita moschata</i>	Pumpkin Fruit, raw Leaves, raw	490	<i>Dioscorea spp.</i>	Yam, sp. Leaves, raw Tuber, raw	162		Seaweed, sp. (Korea) Dried	715
	Leaves, raw	489	<i>Diospyros discolor</i>	Persimmon, mahola; butterfruit; velvet apple Fruit, raw	164		Waterhyacinth, common Raw	796
<i>Cucurbita pepo</i>	Fruit, raw Leaves, raw Seeds: Dried Dried and salted	672 673 335 336	<i>Diospyros ebenaster</i>	Persimmon, Indian ebony Fruit, raw	972		Seaweed, sp. (Japan) Dried	716
<i>Cuminum cuminum</i>	Cumin Seeds, white, dried	1614			968		Silverberry Fruit, raw	999
							Matai; waternut; water chestnut Cornis: Raw	
							Canned: Drained solids only	598
							Total contents of can Ragimillet; fingermillet; coracumillet	599 600
							Whole grain Horsetail, field Leaves, raw	35 550

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SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
<i>Eriobotrya japonica</i>	Loquat, Japanese medlar Fruit:		<i>Fragaria spp.</i>	Strawberry	1004	Glycine max--continued	Soybean--continued	
	Raw	905		Berries, raw	1027		Curd, tofu, fried:	
	Canned, syrup pack	906		Jam			Moist type	235
<i>Erythrina fusa</i>	Coral bean		<i>Garcinia dulcis</i>	Garcinia, sp- Fruit, raw	882		Dried type, reg. size	236
	Leaves, raw	464		Mangosteen			Dried type, small size	237
<i>Eugenia aqua; Syzygium aqueum</i>	Waterapple, jambu		<i>Garcinia mangostana</i>	Fruit, raw	914		Canned	238
	Fruit, raw	1011		Agar			"Abura age," Japanese preparation	239
<i>Eugenia sp.</i>	Wax jambu; wax gambuor		<i>Celidium spp.; Eucheuma spp.;</i> <i>Gracilaria spp.</i>	Dried	701		Curd, roasted	240
	Fruit, raw	1016		Dried, soaked, drained	702		Curd, tofu, fermented:	
<i>Eugenia uniflora; E. mitcheli</i>	Surinam-cherry; pitanga		<i>Ginkgo biloba</i>	Ginkgo seed			Home-prepared	241
	Fruit, raw	1007		Whole:			Jarred	242
<i>Euphorbia longan, Nephelium longana</i>	Longan			Raw, dried	311		Curd, tofu:	
	Fruit:			Canned, packed in water, solids only	312		Dried, spongy square	243
	Raw	901		Leaves, raw	529		Preserved	244
	Dried	902	<i>Gliricidia sepium</i>	Gliricidia, sp.; kawati;			Dried, rope-like	245
	Canned:			Leaves, raw			Commercial (fermented with chili pepper), jarred	246
	Total content of can	903	<i>Glycine max; G. soja;</i> <i>G. hispida</i>	Soybean	742		Curd cheese	247
	Drained solids only	904		Immature seeds, raw			Curd sheet (Milk clot sheet):	
<i>Euryale ferox</i>	Euryale, gordon; foxnut			Whole mature seeds, dried:			Moist type	248
	Seeds, dried	307		Yellow	219		Dried type	249
<i>Fagopyrum sagittatum;</i> <i>F. esculentum</i>	Buckwheat			Black	220		Pickled (in soy sauce)	250
	Whole grain	6		Whole immature seeds, dried	221		Curd cake, pressed, raw:	
	Flour:			Whole seeds:			Plain	251
	Undermilled (dark)	7		Salted:			Fermented	252
	Milled (light)	8		Black	222		Spiced	253
	Noodles:			Green	223		Strips, semi-dry	254
	Dried	9		Green, soaked	224		Miso (Japan):	
	Boiled	10		Fried	225		Plain	255
	Prepared food "Mook" (Korean)	11		Fermented	226		Sweet	256
<i>Ficus carica</i>	Fig, common			Pickled	227		Salty, light	257
	Fruit:			Roasted	228		Salty, dark	258
	Raw	860		Flour, made from roasted soybeans	229		"Mame-miso"	259
	Dried	861		Defatted soybeans, whole seeds	230		Powdered	260
	Lesser-kerkup			Soybean products:			Paste:	
<i>Flacourtia indica;</i> <i>F. remontchi</i>	Ramontchi; governor's plum;			Curd, unpressed	231		Plain	261
	Fruit, raw	992		Curd, tofu, raw:			Fermented	262
<i>Flacourtia jangomas</i>	Paniala; great-kerkup			Plain	232		Red pepper added	263
	Fruit, raw	950		"Kimugoshi," Japanese preparation	233		Sweet	264
<i>Flemmulinia velutipes</i>	Fungi, sp.			"Fukuroiri," Japanese preparation	234		Malt	265
	Raw	504					Soybean milk:	
<i>Foeniculum vulgare</i>	Fennel, common						Unenriched, unsweetened	266
	Leaves, raw	501					Soy milk, "Kaset" (Thailand):	
<i>Fortunella margarita</i>	Kumquat						Canned, concentrated	267
	Fruit, raw	887					Fluid	268
	Peels, candied	888						
	Fruit, preserved with syrup	889						

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

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Laminaria spp.	Seagardle Raw Dried	707 708	Luffa acutangula; Cucumis acutangulus	Gourd, rag, angled-type towelgourd; dishclothgourd Fruit, raw Leaves, raw	534 535	Manihot esculenta; M. utilissima	Cassava, common, bitter Leaves, raw Root: Raw	444
Lansium domesticum	Dried, soaked, drained Dried, oiled Langsat, domestic; duku Fruit, raw	709 710 890	Lycium chinense	Wolfberry, Chinese; mat imony-vine Fruit, pulp and seeds, dried Leaves, raw	802 803		Dried Fermented Flour or meal Starch Grits Tapioca Chips	127 128 129 130 131 132 133 134
Larix sp.	Larch Seeds, dried	321	Macadamia ternifolia	Macadamia; queensland nut Nut: Dried	325 326	Maranta arundinacea	Arrowroot, Bermuda Roots or rhizomes: Raw Dried Starch Waterfern	119 120 121 795
Laurencia seticulosa	Seaweed, sp.; khalot (Philippine) Raw	721	Malpighia glabra; M. punicifolia	West Indian cherry; barbados cherry Fruit, raw	1017 1018			
Lensculmaris; L. esculenta; Ervum lens	Lentil; dhal; split pea Whole seeds, dried	187	Malus spectabilis	Crabapple, Chinese flowering Fruit, raw	846	Medicago denticulata	Burclover, toothed Leaves, raw	421
Lentinus edodes	Fungi, sp. Raw Dried	507 508	Malus sylvestris; M. pumila; Pyrus malus	Apple, common Fruit: Raw Canned, unsweetened Juice, canned or bottled Jam	812 813 814 1022	Meia azadirachta; Azadirachta indica	Margosa; neem Fruit, raw	916
Lepidium sativum	Cress, garden Cooked in small amount of water	481 482	Malva sylvestris	Mallow, high or Chinese Leaves, raw	595	Melicocca bijuga	Genip; mamomcillo; Spanish lime Fruit, raw Mint leaves	863
Leucaena glauca; L. leucocephala	Lead-tree, whitepopinac; wild-tamarind Tender tops and pods, raw Lily, sp.	579	Mammea americana	Mamey; mamme-apple Fruit, raw	907	Mentha spp.	Raw	604
Lilium lausifolium	Lily, sp. Root, raw	590	Mangifera caesia	Mango, binjai Fruit, raw	908	Metroxylon spp.	Sagopalm Meal	148
Lilium tigrinum	Lily, tiger Bulb, dried	591	Mangifera indica	Mango, common; Indian mango Fruit: Raw: Ripe Half-ripe Unripe	909 910 911	Mimosa pudica	Noodles Sensitiveplant Leaves, raw	149
Limnorcharis flava	Velvetleaf, yellow Leaves, raw	784				Mimopsos elengi	Bulletwood, elengi; taujong-bee fruit Flesh, raw	832
Limnophila spp.	Marshweed Leaves, raw	597				Momordica charantia	Balsampear; balsam-apple; bitter melon; bitter gourd Fruit, raw	375
Litchi chinensis (sinensis); Nephelium litchi	Litchi; lychee Fruit: Raw Dried Canned: Total content of can Drained solids only	897 898 899 900	Mangifera odorata	Mango, kuwini; kuini Fruit, raw	913	Monochoria vaginalis	Monochoria, sp. Leaves, raw	376
Lucuma nervosa	Canistel lucuma; egg fruit; ti-es Fruit, raw	835	Manihot dulcis	Cassava, sweet Root Raw Dried	185 186			607
Luffa cylindrica; L. aegyptiaca	Gourd, rag, cylinder-type; smooth loofah; vegetable sponge; sponge gourd Fruit, raw Leaves, raw	536 537				Morinda citrifolia	Indianmulberry Leaves, raw	551
	Gourd, raw, angled-type;					Moringa denticulata	Burclover, toothed Leaves raw	421

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

APPENDIX 3  
INDEX OF SCIENTIFIC NAMES OF EAST ASIAN EDIBLE PLANTS USED IN THE FOOD COMPOSITION TABLE

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PART 1

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
<i>Pandanus</i> spp.	<i>Pandanus</i> , sp. Fruit, raw	949	<i>Phaseolus angularis</i>	Adzukibean Immature seeds, raw	351	<i>Phoenix dactylifera</i>	Date	
<i>Panicum miliaecum</i> ; <i>P. miliare</i>	Proso millet Whole grain Milled	33 34		Seeds: Dried Processed, "Azuki-an (Japan)" Boiled, sweetened	168 169 170		Fruit Raw Semi-dried Preserved	852 853 854
<i>Parinari glaberrimum</i>	<i>Parinari</i> , sp.	955	<i>Phaseolus aureus</i> ; <i>Vigna radiata</i>	Mung bean; Indian bean; golden gram; red bean; green gram; tientsin green bean	189	<i>Pholiota nameko</i>	Fungi, sp. Raw Canned	509 510
<i>Parkia speciosa</i>	Nit tree, sp.; sa-to Pods, raw	635		Whole seeds, dried Strip or noodle (long rice); Dried	190	<i>Phyllanthus acidus</i>	Otakeite-gooseberry; leafflower	947
<i>Passiflora foetida</i>	Passionflower, tagua Fruit, raw	956		Dried, soaked, drained Boiled	191 192	<i>Phyllanthus emblica</i>	Emblic leafflower; myrobalan; Indian gooseberry	
<i>Passiflora quadrangularis</i>	Passionfruit, giant; granadilla, giant Fruit:	957 958		Starch, dried Prepared foods: Molded "mook" (Korean product) Starch jelly	193 194 195		Fruit: Raw Preserved with sugar Groundcherry, sp.; poha	858 859
<i>Passiflora</i> spp.	Juice Passionfruit; granadilla, purple or yellow Fruit:			Powered, instant products, sugar and flour added: Green bean Red bean Spirouts: Raw Cooked	196 197 608 609	<i>Physalis</i> spp.	Raw Anise Seed, dried Pine nut	871 1611
<i>Pastinaca sativa</i>	Parship, garden Raw	647		Starch jelly Powered, instant products, sugar and flour added: Green bean Red bean Spirouts: Raw Cooked	196 197 608 609	<i>Pimpinella anisum</i>	Raw Anise Seed, dried Pine nut	334 410
<i>Pennisetum glaucum</i> ; <i>P. nigritatum</i>	Pearlmillet; cattailmillet Whole grain	32	<i>Phaseolus calcaratus</i> ; <i>Vigna calcarata</i>	Rice bean Seeds, dried	218		Groundcherry, sp.; poha	
<i>Peperomia pellucida</i>	Peperomia, shiny Leaves, raw	652	<i>Phaseolus lunatus</i> ; <i>P. limensis</i>	Lima bean; butter bean; Burma bean Whole seeds, dried Immature seeds	188		Raw Dried, powdered	1619
<i>Pereskia aculeata</i>	Barbados-gooseberry; Brazilian berries	826		Raw Cooked	402 403	<i>Piper sarmentosum</i>	Pepper, sp. Leaves, raw	660
<i>Perrilla frutescens</i>	Berries, raw Perilla, common, purple; Shantung greens	661 662 332		Seeds, dried Lima bean; butter bean; Burma bean Whole seeds, dried Immature seeds	218 188	<i>Pisum sativum</i>	Peas, garden Raw Canned, drained solids Whole seed, dried	650 651 214
<i>Persea americana</i> ; <i>P. gratissima</i>	Avocado, American Fruit, raw	821	<i>Phaseolus mungo</i> ; <i>Vigna mungo</i>	Mungo bean; black gram; urd Whole seeds, dried Starch	198 199		Raw Canned, drained solids Whole seed, dried Parched, salted "Ujisu-mame" (Japan) cooked	215 216
<i>Petasites japonicus</i>	Butterbur, Japanese Leaves	422		Sprouts, raw Mungo bean; black gram; urd Whole seeds, dried Starch	404 405	<i>Pithecellobium dulce</i>	Peas, edible-podded or sugar-peas Raw, young pods Cooked	648 649
<i>Petroselinum crispum</i>	Parsley, curly Raw	646	<i>Phaseolus vulgaris</i>	Snap bean; kidney bean; pinto bean; navy bean Whole seeds, dried "Usuka-mame," cooked Lima beans with pod, immature Raw Snap or stringbean: Green variety, raw White variety, raw	185 186 401 406 407		Guamachil; Aztec kuamochil; apretarring Fruit, raw Apet-earring, sp.; djonkol; stink bean Fruit, raw Plantain, rippled Leaves, raw Ballonflower; ballflower Root, dried	872 363 666 374

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PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
<i>Plourosus ostreatus</i>	Fungi, sp. Raw	511	<i>Prunus</i> spp.	Plum Fruit:		<i>Raphanus sativus</i>	Radish, garden Roots:	
<i>Pluchea indica</i>	Pluchea, sp. Leaves, raw	668		Raw	978		Raw	675
<i>Plumonia acuminata</i>	Frangipani, Mexican Leaves, raw	503		Preserved	979		Cooked	676
<i>Polyalthia longifolia</i>	Greenstar, India Leaves, raw	538	<i>Prunus triflora</i> ; <i>P. salicina</i>	Salted, semi-dried Fruit, Japanese	980		Dried and salted Pickled	677 678
<i>Porphyrta</i> spp.	Laver Dried	703	<i>Pseuderanthemum reticulatum</i>	<i>Pseuderanthemum</i> , yellowvein Leaves, raw	981	<i>Raphanus sativus</i> var.	Radish, oriental, Japanese or Chinese; daikon Roots:	679
	Dried, soaked, drained Flavored:	704	<i>Psidium guajava</i>	Guava, common Fruit, raw Juice:	671		Raw	680
<i>Portulaca oleracea</i>	Dried Dried, soaked, drained	705 706		Fresh	876		Salted:	
<i>Prasiola japonica</i>	Purslane, common Leaves and stems, raw	674	<i>Psidium littorale</i> ; <i>P. cattleianum</i>	Canned Guava, cattley Fruit, raw:	877 873		Semi-dried, chopped	681
<i>Premna odorata</i>	Dried Premna, fragrant Leaves, raw	723 668	<i>Psophocarpus tetragonolobus</i>	Red Yellow winged bean	874		Soaked in miso	682
<i>Prunus amygdalis</i> ; <i>P. communis</i>	Almond Unbleached Roasted and salted Meal, partially defatted	280 281 282		Immature beans and young pods: Raw Boiled	530 531		Soaked in rice bran	683
<i>Prunus armeniaca</i>	Apricot Fruit:			Leaves, raw Seeds, dried	532 181		Soaked in sake cake Prepared products (Japan):	684
	Raw	815	<i>Pteridium aquilinum</i>	Bracken Fern fronds, tender:			"Betara-muke" "Moriguchi-muke" "Takuan-muke"	685 686 687
	Canned, heavy sirup pack Dried, unsulfured	816 817		Raw Dried	415 416		Greens	
	Kernel, dried Jam	283 1023	<i>Pueraria thunbergiana</i>	Kudabean; thunberg Leaves, cooked Roots:	578		Raw	688
<i>Prunus cerasiferax</i> x <i>P. salicina</i>	Plum, methley Fruit, raw	982		Raw Starch	139 140		Cooked	689
<i>Prunus cerasus</i>	Cherry Raw	842 843	<i>Punica granatum</i>	Pomegranate Fruit, raw	983		Soaked in rice bran	690
	Canned, light sirup pack Apricot, ume; Japanese apricot Fruit:		<i>Pyrus communis</i>	Pear Fruit, raw	966		Seedlings, raw	691
	Raw Preserved in brine Semi-dried, salted	818 819 820		Fruit, raw Canned, total content of can, heavy sirup pack	967		Rhubarb, garden Stalls, raw	695
<i>Prunus mume</i>	Peach Fruit:		<i>Quercus</i> spp.	Acorn "Mook" (Korean preparation)	279		Curant; gooseberry Raw	850
	Raw: White flesh variety Yellow flesh variety Canned, total content of can, sirup pack	963 964 965	<i>Quisqualis indica</i>	Rangoon creeper Leaves, raw	692		Watercress	793

APPENDIX 3  
INDEX OF SCIENTIFIC NAMES OF EAST ASIAN EDIBLE PLANTS USED IN THE FOOD COMPOSITION TABLE

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PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
<i>Sandoricum koetjape</i> ; <i>S. indicum</i>	Santal Fruit, raw	996	<i>Solanum lycopersicum</i> --continued	Tomato--continued Canned	768	<i>Spondias purpurea</i>	Mombin, purple or red; Spanish plum	917
<i>Sargassum siliquastrum</i>	Seaweed, sp. (China) Dried	724		Catsup, bottled Juice:	769		Shoots and tender stems, raw	605
<i>Sauropus androgyneus</i>	Sauropus, sp. Leaves, raw	700	<i>Solanum melongena</i>	Fresh Canned	770 771	<i>Stachys sieboldi</i>	Leaves, raw Betony artichoke; Chinese artichoke; Japanese artichoke	606
<i>Secale cereale</i>	Rye Whole grain or meal Flour:	70		Eggplant, garden; brinjai Raw:				
	Light	71		Purple varieties and white varieties	494			412
	Medium	72		Cooked	495	<i>Sterculia platanifolia</i> ; <i>Firmiana simplex</i>	Parasol tree, Chinese Seeds, dried	331
	Dark	73		Soaked in rice bran and salted	496	<i>Sterculia monosperma</i>	Pingpong; pheng phok; China-chestnut	
<i>Sechium edule</i>	Chayote Fruit, raw	453	<i>Solanum nigrum</i>	Nightshade, black	497		Fruit, raw	977
<i>Sedum makinoi</i>	Tops and young leaves, raw	454	<i>Solanum spp.</i>	Nightshade, sp.	633	<i>Strelitzia reginae</i>	Bird-of-paradise-flower, Queens	
	Stoncrop, sp. Raw	752	<i>Solanum torvum</i>	Leaves, sp. Fruit, raw	634			413
<i>Sesamum indicum</i> ; <i>S. orientale</i>	Sesame, oriental; gingelly Leaves, raw		<i>Solanum tuberosum</i>	Plate brush Fruit, raw	667	<i>Syzygium cumini</i> ; <i>Eugenia cumini</i>	Jambolan; jambolanphum Fruit, raw	883
	Seeds, whole, dried, black or white	338		Potato, white Tuber:		<i>Syzygium malaccense</i> ; <i>Eugenia malaccense</i>	Ohia; Malaya roseapple Fruit, raw	928
	Seeds, salted	339		Raw	143	<i>Syzygium samarangense</i>	Curacao-apple Fruit, raw	849
	Paste	340		Boiled, without skin	144			
	Meal, defatted	341		Flakes, mashed and dried	145	<i>Talinum triangulare</i>	Fameflower, pot herb, water- leaf; Philippine spinach	500
	Oil	1574		Chips, fried	146		Leaves, raw	
<i>Sesbania grandiflora</i>	Sesbania, agati Leaves, raw	731	<i>Sophora japonica</i>	Starch	147	<i>Tamarindus indica</i>	Tamarind	
	Flowers, raw	732		Pagodatre, Japanese Seeds, dried	330		Fruit, pulp, raw:	
<i>Sesbania roxburghii</i>	Sesbania, sp. Leaves, raw	733	<i>Sorghum vulgare</i>	Sorghum			Ripe	1008
<i>Sesuvium portulacastrum</i>	Sesuvium, purslane Leaves, raw	734		Whole-grain	74		Unripe	1009
	Foxtail millet			Milled	75		Young leaves, raw	757
	Whole grain	26	<i>Sorghum vulgare var.</i>	Flour	76		Flowers, raw	758
	Milled	27		Kaoliang			Jelly	1029
	Flour	28	<i>Spilanthes acmella</i>	Whole grain Spotflower, paracress	14	<i>Taraxacum spp.</i>	Dandelion greens	
<i>Sinarudinaia sp.</i>	China cane, sp. Shoots:		<i>Spinacia oleracea</i>	Leaves, raw	746		Raw	491
	Raw	455		Spinach			Cowslip; creeper	
	Canned	456	<i>Spondias cytherea</i> ; <i>S. dulcis</i>	Leaves and stems, raw	745		Leaves and flowers, raw	479
<i>Sinapis alba</i> ; <i>Brassica alba</i>	Mustard seed, white seed Dried, powdered	1618		Ambarella; otaheite-apple; vi-apple; wi-apple; great hog-plum; kedondong		<i>Terminalia catappa</i>	Tropical-almond; terminalia; Indian almond	
<i>Siphonanthus indicus</i> ; <i>Clerodendron siphonanthus</i>	Tubeflower, India Leaves, raw	773	<i>Spondias mombin</i>	Fruit, raw	811		Nuts, dried	345
<i>Solanum lycopersicum</i> ; <i>Lycopersicon esculentum</i>	Tomato Raw: Ripe Unripe	766 767		Mombin, yellow Fruit, raw	918	<i>Terminalia chebula</i>	Terminalia, chebula; myrobalan Leaves, raw	764
						<i>Tetragonia tetragonoides</i> ; <i>T. expansa</i>	New-Zealand spinach Leaves, raw	632
						<i>Torreya nucifera</i>	Torreya, Japanese Seeds, dried	344

APPENDIX 3  
INDEX OF SCIENTIFIC NAMES OF EAST ASIAN EDIBLE PLANTS USED IN THE FOOD COMPOSITION TABLE--Continued--  
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SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
<i>Trapa bispinosa</i>	Singharaut Fruit, raw	1000	<i>Triticum aestivum</i> --continued	Wheat--continued		<i>Vicia faba</i> --continued	Broadbean--continued	
	Starch	1001	Wheat products:			Broadbean products:		
<i>Tremella fuciformis</i>	Fungi, sp. Dried	512	Biscuits, plain			"Fuki-mame", "cooked (Japan)		175
	Fungi, sp. Raw	513	Breads:			"Otafuki-mame", "cooked (Japan)		176
<i>Tricholoma</i> spp.	Canned	514	Whole meal			Seeds:		
<i>Trichosanthes cucumerina</i> ;	Snakegourd		White			Raw		394
<i>T. anguina</i>	Fruit, raw	739	Raisin			Spouted		395
<i>Triticum aestivum</i> ;	Wheat		Steamed			Salted, fried		296
<i>T. vulgare</i>	Whole grain or meal:		Cake, sponge			Cowpea, yardlong, asparagus bean		
	Hard, red winter	77	Bread crumbs			Young green pods:		
	Soft, red winter	78	Doughnuts			Raw		476
	White wheat	79	Gluten products:			Cooked		477
	Durum	80	Wet			Leaves, raw		478
	Imported:		Mixed with wheat flour, fried			Cowpeas, common		
	Hard	81	Macaroni; spaghetti:			Young green pods, raw		473
	Soft	82	Dried:			Tender tips:		
	Flour		Enriched			Raw		474
	White, nearly whole grain, 93% extraction	83	Unenriched			Cooked		475
	80% extraction:		Freshly made			Cowpeas, all varieties		
	Hard, red winter	84	Noodles:			Whole seeds, dried		179
	White wheat	85	Dried			Grape, European		
	Straight grade (approx. 70% extraction):		Cooked			Raw		864
	Soft, red wheat	86	Cooked, seasoned, fried			Juice, canned or bottled, imported		865
	Hard, red wheat	87	Instant:			Dried (raisins)		866
	Soft, red wheat	88	Fruit, fried			Jam		1024
	White wheat		Seaweed, sp. (Japan)			Grape, amur; wildgrape		
	Imported from USA:		Dried			Raw		867
	Enriched	89	Seaweed, sp. (Japan)			Bambara groundnut; jugo bean		171
	Unenriched	90	Dried			Whole seed, dried		
	Cake or pastry	91	Calabao			Mushroom, straw		615
	Self-rising flour, enriched, imported from USA	92	Uvaria rufa			Raw		616
	Wheat germ	93	<i>Vaccinium macrocarpon</i>			Dried		617
	Whole bran	94	Dried, sugared and sliced			Canned:		
	Parboiled wheat (bulgur, dried) imported from USA, made from:		Ohelo--berry			Drained solids only		618
	Club wheat	95	Fruit, raw			Total content of can		619
	Hard, red winter wheat	96	Broadbean; horse bean			Wasabi		
	White wheat	97	Whole seeds, dried			Root:		
			Flour			Raw		788
			Fried and salted			Soaked in sake cake		789
						Chinese wingleaf, pricklyash; Chinese pepper		
						Seeds, dried		1613

APPENDIX 3  
INDEX OF SCIENTIFIC NAMES OF EAST ASIAN EDIBLE PLANTS USED IN THE FOOD COMPOSITION TABLE

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SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Zea mays	Maize; corn		Ziziphus jujuba	Jujube, common or Chinese; Chinese date		Ziziphus mauritania	Jujube, Indian or Malaya	
	Whole-kernel, dried:	15		Fruit:	884			
	White	16		Raw	885			
	Yellow			Dried				
	Meal:			Fruit, raw	886			
	Whole ground:	17						
	White	18						
	Yellow							
	Nearly whole ground, yellow	19						
	Degermed, dried, imported from USA:							
Enriched	20							
Unenriched	21							
Flakes:								
Enriched, imported from USA.	22							
Unenriched (Japan)	23							
Popcorn, popped, oil added	24							
Starch	25							
Immature ear								
Yellow:								
Raw	467							
Cooked	468							
White:								
Raw	469							
Cooked	470							
Immature ear, small variety; babycorn								
Whole:								
Raw	471							
Canned	472							
Zingiber mioga								
Bracts, raw	528							
Zingiber officinale								
Ginger								
Roots:								
Raw	524							
Salted	525							
Sugared	526							
Shoots, raw	527							
Root, dried	1617							
Zizania palustris								
Water bamboo; wildrice, annual; Indian rice								
Shoots, raw	790							

APPENDIX 4  
INDEX OF SCIENTIFIC NAMES OF EAST ASIAN FISH AND SHELLFISH USED IN THE FOOD COMPOSITION TABLE  
PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Acanthogobius spp.	Goby, sp. Raw	1319	Atrina kinoshitai	Atrina, sp. Raw	1205	Cardium spp.; Venus spp.; Meretrix spp.	Clam Raw	1226
	Processed (Japan); "Kamomi" "Tsukudami"	1320 1321	Atya spp.; Leander spp.	Prawn, river; shrimp, common Raw	1416		Dried	1227
Acanthurus bleekeri	Surgeonfish Raw	1509		Dried, salted Dried, salted, soaked, drained	1417 1418		Seasoned Canned, seasoned with soybean sauce, salt added	1228 1229
Anabas spp. See Ctenopoma spp.				Paste Eggs, raw	1419 1420		Soused (Korea) "Tsukudami" (Japan)	1230 1231
Anguilla japonica	Eel, river Raw	1272	Auxis thazard	Auxis; frigate mackerel Raw	1206	Cephalopholis miniatus	Cod, coral Raw	1243
	Broiled, seasoned, "Kabayaki" (Japan)	1273	Beryx splendens	Beryxoid; beryx Raw	1211	Chaetodon spp.	Butterfly fish Raw	1218
	Viscera, raw	1274	Brachistegus spp.	Tile-fish Raw	1519	Chanos chanos	Milk-fish Raw	1367
Anodontostoma chacunda	Shad, gizzard; basing Raw	1468	Caesio chrysozonus; C. cuning	Caesio, golden; gold-banded fusilier Raw	1219	Chelidonicichthys kumu	Smoked	1368
	Dried, salted	1469	Caranx spp.	Crevalle Raw	1252	Gurnard Raw	Gurnard Raw	1327
Apolectus niger. See Stromateus niger.			Carassius auratus	Goldfish Raw	1323	Chirocentrus dorab	Dorab; wolf herring; silverbar fish Raw	1269
Arca spp.; Anadara spp.	Ark shell; chest shell Raw	1203	Carassius carassius	Crucian-carp Raw	1253	Clarias batrachus	Catfish, fresh-water Raw	1223
	Canned, seasoned	1204		Canned, packed in oil, solids only "Kamomi" (Japan)	1259 1260	Clupanodon punctatus	Gizzard shad Raw	1315
Arctoscopus japonicus	Sandfish Raw	1434	Carcharias spp.; Scoliodon spp.	Shark, sp. Raw	1473	Clupea pallasi	Herring Raw	1333
	Dried, salted	1435		Fins: Dried Dried, soaked, and drained	1474		Dried	1334
Argyrosomus spp.	Croaker, sp.; mien fish Raw	1256		Skin, raw	1475 1476		Salted	1335
	Canned, with oil, solids only	1257					Smoked Roe	1336
Arius spp.	Catfish, sea Raw	1224					Raw	1337
	Dried, salted	1225					Dried	1338
Atherina forskali	Silverfish Dried, rinsed and drained	1479						

APPENDIX 4  
 INDEX OF SCIENTIFIC NAMES OF EAST ASIAN FISH AND SHELLFISH USED IN THE FOOD COMPOSITION TABLE  
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 PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
<i>Cololabis saira</i>	Saury, Pacific Raw Salted Dried, seasoned Canned: With seasonings With tomato	1450 1451 1452 1453 1454	<i>Decapterus macrostoma</i>	Scad, round Raw Dried	1451 1452	<i>Etmeneus spp.</i>	See <i>Dussumeria</i> spp.	
<i>Conger myriaster</i>	Eel, conger Raw	1270	<i>Dentex spp.</i>	Dog's teeth, dentex Raw	1267	<i>Eurhymnus pelamis</i> , <i>Katsuwonus pelamis</i>	Skipjack Raw Strips: Semi-dried Dried Canned:	1481 1482 1483
<i>Corbicula spp.</i> ; <i>Anodonta</i> spp.	Mussel, fresh-water Raw	1373	<i>Donax</i> spp.	Clam, bean Raw	1232	<i>Fluta alba</i>	Plain In oil Flakes, seasoned, canned	1484 1485 1486
<i>Coryphaena hippurus</i>	Dolphin Meat, raw	1268	<i>Drepane punctata</i>	Battfish, spotted; sickle fish Raw	1210		Eel, field Raw	1271
<i>Crassostrea gigas</i>	Oyster, sp. Raw	1396	<i>Dussumeria</i> spp.; <i>Etmeneus</i> spp.	Sprat; round herring Raw	1496	<i>Gadus</i> spp.	Cod Raw Salted Dried, salted	1240 1241 1242
<i>Ctenopoma</i> spp.; <i>Anabas</i> spp.	Perch, climbing Raw	1399	<i>Elaeatis bipinnulatus</i>	Runner, rainbow Raw	1424	<i>Gerres filamentosus</i>	<i>Gerres</i> , sp.; silver biddy; spotted mojarra Raw	1314
<i>Cybiium commersoni</i> . See <i>Scomberomorus commersoni</i> .			<i>Eleutheronema tetradactyla</i>	Threadfin, four-fingered Raw	1514	<i>Glossogobius giurus</i>	Goby, flat-headed Raw	1317
<i>Cynoglossus</i> spp.	Tongue-sole Raw	1520	<i>Elops hawaiiensis</i>	Ten-pounder Raw	1513	<i>Haliotis gigantea</i>	Abalone; earshell Edible muscle: Raw Dried Canned: Drained solids only Total content of can: Plain Seasoned	1192 1193 1194 1195 1196
<i>Cyprinus carpio</i>	Carp Raw Canned, black beans and seasonings added, total content of can	1220	<i>Engraulis</i> spp.; <i>Stolephorus</i> spp.	Anchovy Raw Boiled, dried Dried	1200 1201 1202	<i>Halocynthia roretzi</i>	Sea squirt Salted	1466
<i>Cypselurus</i> spp.	Flying fish Raw	1313	<i>Enthopteroma virgatum</i>	Golden-thread Raw	1322	<i>Helicoleniscus exaratus</i>	<i>Ophi</i> ; Hawaiian limpet Raw: Whole Foot and mantle Viscera	1383 1384 1385
<i>Dasyatis kuhlii</i>	Stingray, blue-spotted Raw	1507	<i>Entosphenus japonicus</i>	Lamprey; lamprete Raw Dried Fish bits, canned, corn starch, egg white and salt added: Drained solids Liquid only	1344 1345			
<i>Dasyatis uarnaki</i> ; <i>D. akajaei</i>	Stingray, marbled Raw	1508	<i>Epinephelus corallicola</i>	Grouper, spotted Raw	1326			

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

--Continued--

## PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
<i>Hemidonax donaciforme</i>	Cockles, sand Raw	1239	<i>Lethinus opercularis</i>	Porgy; scavenger Raw	1407	<i>Monotaxis grandoculis</i>	Porgy, big-eyed Raw	1408
<i>Hemirhamphus</i> sp.	Halfbeak Raw	1330	<i>Limanda herzensteini</i>	Flatfish Raw	1310	Mugil spp.	Mullet, harder Raw	1370
<i>Hippoglossus stenolepis</i>	Halibut, Pacific Raw	1331	<i>Lingula unguis</i>	Lampshell; tongue-clam Raw	1346		Canned, fried, with oil 1371	1371
<i>Hynnys momsa</i>	Jack, Philippines Raw	1339		Tail only, raw	1347	<i>Muraenesox cinereus</i>	Roe, salted, smoked Raw	1372
<i>Hypomesus olidus</i>	Smelt, pond Raw	1490	<i>Loligo</i> spp.; <i>Ommastrephes</i> spp.	Squid Raw	1497		Eel, silver-pike Raw	1275
<i>Hypophthalmichthys moritrix</i>	Carp, silver Raw	1222		Dried	1498	<i>Mytilus</i> spp.; <i>Modiola</i> spp.	Musel, horse or sea Raw	1374
<i>Ilisha elongata</i>	Shad, slender Raw	1470		Dried, soaked and drained	1499		Dried	1375
<i>Istiophorus</i> spp.	Marlin Raw	1366		Cooked	1500		Nemipterid, ribbon-finned Raw	1377
<i>Katsuwonus pelamis</i> . See <i>Euthynnus pelamis</i> .				Soused (Korea)	1501		Semi-dried	1378
<i>Kryptopterus kryptopterus</i>	Sheat-fish Raw	1477		Processed (Japan); "Surume"	1502		Opposum shrimp Raw	1386
<i>Lateolabrax japonicus</i>	Bass, sea, Japanese Raw	1209		"Tsukudani of strips"	1503		Dried	1387
<i>Lates calcarices</i>	Perch, sea Raw	1400		Viscera, salted	1504	<i>Neomysis japonica</i>	Processed (Japan) "Shiokara"	1388
<i>Leander</i> spp. See <i>Atya</i> spp.							"Tsukudani"	1389
<i>Leiognathus daura</i>	Slipmouth, black-finned slimy; soapy Raw	1481	<i>Lophiomus setigerus</i>	Goosefish Raw	1324		Crab, sea blue Raw	1248
<i>Leiognathus equulus</i>	Slipmouth, common; slimy; soapy Raw	1488		Snapper, red, Malabar Raw	1494	<i>Neptunes</i> spp. <i>Scylla</i> spp.	Salted	1249
				Clam, hen Raw	1233		Canned	1250
				Hardtail; torpedo Raw	1332	<i>Notopterus chitala</i>	Roe, salted	1251
				Tarpon; ladyfish Raw	1512		Feather-back Raw	1276
				Moonfish, spotted Raw	1369	<i>Octopus</i> spp.	Octopus, large Raw	1382
						<i>Octopus vulgaris</i>	Octopus, common Raw	1379
							Dried	1380
							Soused (Korea)	1381
						<i>Ommastrephes</i> spp. See <i>Loligo</i> spp.		

APPENDIX 4  
INDEX OF SCIENTIFIC NAMES OF EAST ASIAN FISH AND SHELLFISH USED IN THE FOOD COMPOSITION TABLE

--Continued--  
PART 1

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
Oncorhynchus gorbusha and O. masou	Salmon, humpback; pink salmon or cherry salmon Raw Salted Canned	1425 1426 1427	Paralichthys olivaceus; Pleuronichthys spp.	Flounder Raw	1312	Polachius spp.; Theragra spp.	Pollack Raw Dried Roe Intestine, soured (Korea)	1401 1402 1403 1404
Oncorhynchus kisutch and O. keta	Salmon, silver or king salmon Raw Salted Smoked and salted Slightly cured	1428 1429 1430 1431	Paralichthodes camtschaticus	Crab, king Raw Canned	1246 1247	Polynemus spp.	Threadfin, sp. Raw Dried	1515 1516
Oncorhynchus nerka	Salmon, sockeye; red salmon Canned Roe, salted	1432 1433	Parapristipoma trilineatum	Parapristipoma, sp. Raw	1397	Potamon, spp.	Crab, fresh-water Raw Salted	1244 1245
Ophiocephalus striatus	Snakehead; murrel Raw	1493	Pecten yessoensis	Scallop Raw Dried Canned: Plain Seasoned	1459 1460 1461 1462	Priouace glauca	Shark, blue Raw	1471
Oratosquilla oratoria	Squill Cooked	1507	Penaeus spp.; Palaemon spp.	Prawn, marine; shrimp Raw Dried Salted and fermented Paste Sauce "shiba-eb" (Japan) Raw Canned	1409 1410 1411 1412 1413 1414 1415	Psammoctaea spp. See Soletellina spp.		
Ostrea spp.	Oyster Raw Dried Canned: Plain Smoked, oil added Soured (Korea) Sauce, salt added, bottled	1390 1391 1392 1393 1394 1395	Platycephalus indicus	Flathead, Indian Raw	1311	Pseudorhombus digodon	Brill, rough-scaled Raw	1217
Oxyurichthys microlepis	Goby, long-finned Raw	1318	Plecoglossus altivelis	Smelt, sweet Raw	1491	Pseudosciaena spp. See Sciaena spp.	Sergeant fish Raw	1467
Pagrus spp. See Sparus spp.			Pleurogrammus azonus	Mackerel, atka Raw	1356	Rachycentron caudatum	Skate, thorn-back Raw	1480
Palaemon spp. See Penaeus spp.			Pleuronichthys spp. See Paralichthys olivaceus.			Rastrelliger spp.	Mackerel, rake-grilled; striped mackerel Raw Dried and salted Smoked	1360 1361 1362
Pampus argenteus	Pomfret, white Raw	1406	Pneumatophorus japonica	Mackerel Raw Dried strips Canned Salted	1352 1353 1354 1355	Rhinobatos hymniceps	Shark, sand; fiddlerfish Raw	1472
Panulirus spp.; Palinurus spp.	Lobster Raw	1351				Rhopilema esculenta	Jellyfish; medusa Raw Salted	1340 1341

APPENDIX 4  
INDEX OF SCIENTIFIC NAMES OF EAST ASIAN FISH AND SHELLFISH USED IN THE FOOD COMPOSITION TABLE  
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PART I

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

APPENDIX 4  
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SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
<i>Theragra</i> spp. See <i>Polachius</i> spp.			<i>Venerupis semidecussata</i>	Clam, short-neck Raw	1235			
<i>Therapon</i> spp.	Tigerfish; theraponid Raw	1517		Canned (Japan): Plain Seasoned "Tsukudani"	1236 1237 1238			
<i>Thunnus albacares</i> ; <i>Neothunnus macropterus</i> ; <i>N. albacora</i>	Tuna, yellowfin Raw Canned, in oil Flake, canned: Plain Seasoned	1528 1529 1530 1531	<i>Venus</i> spp. See <i>Cardium</i> spp.					
<i>Thunnus thynnus orientalis</i>	Tuna, bluefin Raw Lean Fat	1526 1527	<i>Viviparus</i> spp.	Snail, river or pond Raw	1492			
<i>Tilapia mossambica</i>	Tilapia Raw	1518	<i>Watasemia scintillans</i>	Squid, toyama Raw	1505			
<i>Trachurus japonicus</i>	Mackerel, horse or jack Raw Dried, salted Canned, seasoned	1357 1358 1359	<i>Xiphias gladius</i>	Swordfish Raw	1511			
<i>Trichiurus</i> spp.	Hairtail; ribbonfish; cutlass fish Raw Salted	1328 1329	<i>Zacco platypus</i>	Zacco, sp. Raw	1535			
<i>Trichogaster pectoralis</i>	Gouramy Raw	1325						
<i>Tribolodon hakonensis</i>	<i>Tribolodon</i> Raw	1523						
<i>Turbo cornutus</i>	Top-shell Raw Seasoned, canned	1521 1522						
<i>Tylosurus crocodilus</i>	Needlefish Raw	1376						
<i>Upeneus</i> spp.	Goatfish; red mullet Raw	1316						

APPENDIX 5  
INDEX OF SCIENTIFIC NAMES OF EAST ASIAN ANIMALS AND INSECTS USED IN THE FOOD COMPOSITION TABLE  
PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
<i>Amyda japonica</i>	Turtle, snapping Flesh, raw	1163	<i>Bos taurus</i> ; <i>B. indicus</i>	Beef		<i>Capra hircus</i> (continued)	Kidney	1104
<i>Anas boschas</i>	Duck, wild Meat, raw	1081		Carcass, fresh	1039		Liver	1110
				Very lean	1040		Lung	1116
				Medium fat	1041		Stomach	1152
				Fat	1042		Tongue	1160
				Roasted	1043	<i>Collalalia inexpectata</i>	Swiftlet	
<i>Anas boschas domesticus</i>	Duck, domesticated Meat	1075		Pickled	1044		Nest	1154
				Dried, baked	1045		Dried	
				Dried, flour paste added	1046		Dried, soaked, drained	1155
				Canned	1047			
				Braised	1048			
				Corned	1049	<i>Columba domestica</i>	Squab; pigeon	
				"Teriyaki"	1050		Raw	1149
				"Yamatoni"	1051			
				Concentrated beef extract	1052			
				(Bovril)	1053			
				Bone marrow	1054			
				Blood, coagulated,	1055			
				uncooked	1056			
				Brain	1057			
				Heart	1058			
				Intestines	1059			
				Kidney	1103			
				Liver	1106			
				Beef	1107			
<i>Anser domesticus</i>	Goose	1091		Calf	1115			
				Lung	1116			
				Stomach	1117			
				Tail, ox	1118			
				Tongue	1119			
				Buffalo, water	1061			
				Meat, raw	1062			
				Dog	1063			
				Meat, raw	1064			
				Coat	1065			
				Carcass, fresh	1066			
				Lean	1067			
				Medium fat	1068			
				Fat	1069			
				Blood, coagulated,	1070			
				uncooked	1071			
				Brain	1072			
				Heart	1073			
				Heart	1096			
<i>Bombyx mori</i>	Silkworm	1147		Beef	1106			
				Calf	1107			
				Lung	1115			
				Stomach	1151			
				Tail, ox	1157			
				Tongue	1159			
				Buffalo, water	1061			
				Meat, raw	1062			
				Dog	1063			
				Meat, raw	1064			
				Coat	1065			
				Carcass, fresh	1066			
				Lean	1067			
				Medium fat	1068			
				Fat	1069			
				Blood, coagulated,	1070			
				uncooked	1071			
				Brain	1072			
				Heart	1073			
				Heart	1096			
				Beef	1106			
				Calf	1107			
				Lung	1115			
				Stomach	1151			
				Tail, ox	1157			
				Tongue	1159			
				Buffalo, water	1061			
				Meat, raw	1062			
				Dog	1063			
				Meat, raw	1064			
				Coat	1065			
				Carcass, fresh	1066			
				Lean	1067			
				Medium fat	1068			
				Fat	1069			
				Blood, coagulated,	1070			
				uncooked	1071			
				Brain	1072			
				Heart	1073			
				Heart	1096			
				Beef	1106			
				Calf	1107			
				Lung	1115			
				Stomach	1151			
				Tail, ox	1157			
				Tongue	1159			
				Buffalo, water	1061			
				Meat, raw	1062			
				Dog	1063			
				Meat, raw	1064			
				Coat	1065			
				Carcass, fresh	1066			
				Lean	1067			
				Medium fat	1068			
				Fat	1069			
				Blood, coagulated,	1070			
				uncooked	1071			
				Brain	1072			
				Heart	1073			
				Heart	1096			
				Beef	1106			
				Calf	1107			
				Lung	1115			
				Stomach	1151			
				Tail, ox	1157			
				Tongue	1159			
				Buffalo, water	1061			
				Meat, raw	1062			
				Dog	1063			
				Meat, raw	1064			
				Coat	1065			
				Carcass, fresh	1066			
				Lean	1067			
				Medium fat	1068			
				Fat	1069			
				Blood, coagulated,	1070			
				uncooked	1071			
				Brain	1072			
				Heart	1073			
				Heart	1096			
				Beef	1106			
				Calf	1107			
				Lung	1115			
				Stomach	1151			
				Tail, ox	1157			
				Tongue	1159			
				Buffalo, water	1061			
				Meat, raw	1062			
				Dog	1063			
				Meat, raw	1064			
				Coat	1065			
				Carcass, fresh	1066			
				Lean	1067			
				Medium fat	1068			
				Fat	1069			
				Blood, coagulated,	1070			
				uncooked	1071			
				Brain	1072			
				Heart	1073			
				Heart	1096			
				Beef	1106			
				Calf	1107			
				Lung	1115			
				Stomach	1151			
				Tail, ox	1157			
				Tongue	1159			
				Buffalo, water	1061			
				Meat, raw	1062			
				Dog	1063			
				Meat, raw	1064			
				Coat	1065			
				Carcass, fresh	1066			
				Lean	1067			
				Medium fat	1068			
				Fat	1069			
				Blood, coagulated,	1070			
				uncooked	1071			
				Brain	1072			
				Heart	1073			
				Heart	1096			
				Beef	1106			
				Calf	1107			
				Lung	1115			
				Stomach	1151			
				Tail, ox	1157			
				Tongue	1159			
				Buffalo, water	1061			
				Meat, raw	1062			
				Dog	1063			
				Meat, raw	1064			
				Coat	1065			
				Carcass, fresh	1066			
				Lean	1067			
				Medium fat	1068			
				Fat	1069			
				Blood, coagulated,	1070			
				uncooked	1071			
				Brain	1072			
				Heart	1073			
				Heart	1096			
				Beef	1106			
				Calf	1107			
				Lung	1115			
				Stomach	1151			
				Tail, ox	1157			
				Tongue	1159			
				Buffalo, water	1061			
				Meat, raw	1062			
				Dog	1063			
				Meat, raw	1064			
				Coat	1065			
				Carcass, fresh	1066			
				Lean	1067			
				Medium fat	1068			

APPENDIX 5  
INDEX OF SCIENTIFIC NAMES OF EAST ASIAN ANIMALS AND INSECTS USED IN THE FOOD COMPOSITION TABLE

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PART I

SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.	SCIENTIFIC NAME	ENGLISH NAME	ITEM NO.
<i>Lepus timidus</i> var. domesticus	Rabbit, domesticated Meat, raw	1142	<i>Sus scrofa</i>	Pork		<i>Sus scrofa</i> (continued)	Salted Meat, flavored; soybean sauce and paste added	1137
<i>Lepus timidus</i>	Rabbit, field or wild; hare Meat, raw	1143		Carcass, fresh	1122			
<i>Meleagris gallopavo</i>	Turkey Raw	1162		Lean	1123			
<i>Merula eurynota</i>	Quail, dusky Meat, raw	1120		Medium fat		<i>Trionyx chinensis</i>	Turtle, soft shelled Flesh, raw	1164
<i>Nettion crecca</i>	Teal Meat, raw	1158		Blood	1066			
<i>Ovis aries</i>	Mutton; lamb Carcass, fresh: Lean	1118		Brain	1060	<i>Vespa singularata</i>	Bee	1038
	Medium fat	1119		Head	1092			
	Kidney	1106		Heart	1097			
	Liver	1112		Intestines	1102			
<i>Oxya verreauxi</i>	Rice hopper Dried	1144		Kidney	1105			
<i>Passer montanus</i>	Sparrow Raw	1148		Liver	1111			
<i>Phasianus versicolor</i>	Pheasant Meat, raw	1121		Lung	1117			
<i>Rana catesbeiana</i>	Frog, bull Raw	1083		Stomach	1153			
	Leg meat only	1084		Tail	1156			
<i>Rana tigrina</i>	Frog Raw	1082		Tongue	1161			
<i>Sciurus lis</i>	Squirrel Meat, raw	1150		Feet				
<i>Streptopelia orientalis</i>	Turtle-dove Raw	1165		Fresh	1124			
<i>Sus leucomystax</i>	Boar, wild Meat, raw	1057		Dried, fried	1125			
				Dried, fried, soaked, prepared before cooking	1126			
				Sparrows	1127			
				Fresh				
				Lean	1128			
				Medium fat	1129			
				Pork, suckling				
				Carcass, fresh, medium fat	1139			
				Roasted, salt, various spices and soybean sauce added	1140			
				Sausage made of: Pork, soybean sauce and spices added (Chinese style)	1145			
				Pork, liver, soybean sauce and spices added (Chinese style)	1146			
				Pork, preserved				
				Dried, crushed	1130			
				Dried, soybean sauce added	1131			
				Cured, bacon	1132			
				Ham, smoked				
				Lean	1133			
				Medium fat	1134			
				Ham, smoked, (China)	1135			
				Roasted	1136			

APPENDIX 6  
A SELECTED BIBLIOGRAPHY ON COMPILATION OF EAST ASIAN FOOD COMPOSITION TABLE  
PART I

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APPENDIX 6  
A SELECTED BIBLIOGRAPHY ON COMPILATION OF EAST ASIAN FOOD COMPOSITION TABLE

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PART I

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FOOD COMPOSITION TABLE FOR USE IN EAST ASIA

PART II

Section A...Amino Acid Content of Some East Asian Foods.

Section B...Pyridoxine, Pantothenic Acid, Vitamin B<sub>12</sub> and Folic Acid Content of Some East Asian Foods.

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

Section D...Fatty Acid Content of Some East Asian Foods.



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NOTES ON FOOD COMPOSITION TABLE

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

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

- Section A: Amino acid content of some East Asian foods
- Section B: Pyridoxine, Pantothenic acid, Vitamin B<sub>12</sub> and Folic acid content of some East Asian foods.
- Section C: Trace mineral content of some East Asian foods.
- Section D: Fatty acid content of some East Asian foods.

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

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

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

Amino acid values are also expressed in milligrams per 100 grams of food (B).

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

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

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

Provisional Amino acid scoring pattern

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

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

following abbreviations:

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

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

Section B: Pyridoxine, Pantothenic acid, Vitamin B<sub>12</sub> and Folic acid content of some East Asian Foods

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

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

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

Vitamin B<sub>12</sub> activity of foods is determined microbiologically using the organism *Lactobacillus leichmannii*. Figures for vitamin B<sub>12</sub> are expressed as micrograms per 100 grams.

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

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

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

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

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

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

SECTION A  
AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7+8	9	10	9+10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
1	1. CEREALS AND GRAIN PRODUCTS Barley (Hordeum vulgare): Whole grain (M) No. of samples	13.7	1.80	10.5	A	230 14	430 14	212 14	89 14	123 12	212	273 14	169 1	442	200 14	85 16	294 14	207 12	123 12	261 12	329 12	1433 12	217 12	706 12	334 12	2105	5715	62 86	Ly Th
2	Milled, pressed (M) No. of samples	13.8	1.53	8.9	A	217 6	414 6	202 6	95 6	124 5	219	255 6	78 6	333	184 6	79 6	242 6	180 6	168 6	238 5	314 5	1506 5	196 5	740 5	329 5	1890	5561	59 74	Ly Th
3	Breads - see individual cereal or grain Buckwheat (Fagopyrum sagittatum; F. esculentum): Whole grain (M) No. of samples	11.3	1.64	10.3	A	466 7	699 7	395 7	110 7	180	335	390	250 7	119	312 7	82 7	420 7	630 7	275 1033	257	364	480	300	1132	503	2892	8508		
4	Flour (65-70% extraction) (M) No. of samples	13.0	1.02	(6.4)	A	230 1	390 1	390 1	100 1	100 1	200	260 1	1000 1	360	230 1	93 1	320 1	680 1	140 1	260 1	580 1	1000 1	330 1	340 1	290 1	2213	5833	89 91	Ie S-c

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

## AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	1	2	3	4	5	6	7	8	7+8	9	10	9+10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25		
		Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids	
5	1. CEREALS AND GRAIN PRODUCTS (Cont. ed.) Corn and corn products - see Maize Foxtail millet - see Millets Job's tears (Coix lacryma-jobi): Whole seed, hulled (M) No. of samples	15.0	1.92	12.0	A	306 1	869 1	138 1	125 1	63 1	188	269	144	413	181	63	413	225	131	569	381	1519	200	906	275	2571	6777	41	Ly	
					B	588	1669	265	240	121	361	517	277	794	348	121	793	432	252	1093	732	2917	384	1740	528	4936	13014	72	Th	
6	Maize; corn (Zea mays): Whole kernel, dried (M) No. of samples	13.6	1.46	9.1	A	319 6	777 6	213 1	137 6	58 6	195	324	150	417	263	44	347	330	224	469	381	1131	238	744	325	2632	6474	63	Ly	
					B	466	1134	311	200	85	285	473	219	609	384	64	507	482	327	685	556	1651	348	1086	474	3843	9452	68	Tr	
7	Flakes (CC) No. of samples	6.0	1.44	9.0	A	230 1	960 1		120 1	130 1	250	330	120	450	210	37	300	110	170	550	350	1400	190	740	310					
					B	331	1382		173	187	360	475	173	648	302	53	432	158	245	792	504	2016	274	1066	446					
8	Millets: Foxtail millet (Setaria italica): Whole grain (M) No. of samples	11.3	1.52	9.5	A	258 1	781 1	115 1	158 1	92 1	250	310	190	500	261	110	313	171	114	571	401	1099	193	650	363	2588	6150	34	Ly	
					B	392	1187	175	240	140	380	471	289	760	397	167	476	260	173	868	610	1670	293	988	552	3934	9348			

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)			N (grams/100 grams of food, edible portion)			Protein (grams/100 grams of food, edible portion)			Results expressed as										Total amino acids	Chemical score	Limit. amino acids				
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19				20	21	22	23
9	1. CEREALS AND GRAIN PRODUCTS (Cont.ed.) Millets (Cont.ed.) Japanese barnyard millet; sanwa millet (Echinochloa crusgalli var. frumentacea); Whole grain (M) No. of samples	11.1	1.56	A	344	720	140	139	123	262	368	209	254	74	411	280	133	641	422	1457	172	630	356	2782	6873	41	Ly
					2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
10	Proso millet (Panicum miliaceum; P. miliare); Whole grain (M) No. of samples	13.5	2.03	B	256	756	138	175	113	288	306	163	250	81	325	200	131	756	394	1388	156	650	438	2563	6676	41	Ly
					1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
11	Ragimillet; finger-millet; coracammillet (Eleusine coracana); Whole grain (M) No. of samples	11.7	0.99	A	263	613	219	169	44	213	350	125	294	63	369	238	144	506	438	1175	356	631	363	2509	6360	64	Ly S-c
					1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
12	Spiked millet (Pennisetum spicatum; P. americanum; P. typhoideum L.C. Rich); Whole grain (M) No. of samples	11.3	1.66	B	350	638	181	113	44	157	231	106	300	88	400	281	113	481	444	1288	219	888	263	2451	6428	53	Ly S-c
					1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	

## AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	1	2	3	Results expressed as								9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
		Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)									Total 5 - amino acids	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
13	1. CEREALS AND GRAIN PRODUCTS (Cont.ed) Noodles - see individual cereal or grain Oats (Avena sativa): Whole grain (M) No. of samples	11.0	2.24	13.1	A	231	488	306	125	94	219	325	169	494	250	81	375	388	131	281	506	1331	294	488	350	2444	6213	90	Ly	
14	Oatmeal or rolled oats No. of samples	11.5	2.32	13.5	B	517	1093	685	280	211	491	728	379	1107	560	181	840	869	293	629	1133	2981	659	1093	784	5475	13917	92	Is	
15	Rice (oryza sativa): Brown or hulled (OC) No. of samples	13.5	1.27	7.6	B	240	480	200	110	160	270	360	250	610	220	M <sub>71</sub>	330	310	130	310	580	1300	320	340	270	2421	5981	59	Ly	
16	Milled, polished (OC) No. of samples	11.8	1.07	6.4	B	285	536	248	141	104	245	344	295	639	243	M <sub>78</sub>	403	528	150	386	607	1175	298	292	335	2677	6448	73	Ly	
17	Rice products: Noodles, dried (OC) No. of samples	13.0	0.82	4.9	B	277	521	263	146	67	213	338	172	510	236	M <sub>72</sub>	350	497	155	369	605	1251	296	334	324	2442	6273	77	Ly	
18	Rice, glutinous (Oryza glutinosa): Brown or hulled (OC) No. of samples	12.1	1.24	7.4	B	296	558	281	156	72	228	362	184	546	253	77	375	532	166	395	647	1339	317	357	347	2613	6712	94	Ly	
					A	261	532	203	231	103	334	301	141	442	171	217	361	462	121	412	583	1195	201	311	261	2521	6067	60	Ly	
					B	214	436	166	189	84	273	247	116	363	140	178	296	379	99	338	478	980	165	255	214	2067	4975	68	Th	
					A	238	533	204	162	109	271	256	144	400	166	M <sub>107</sub>	346	433	128	376	538	1176	216	286	225	2265	5643	60	Ly	
					B	295	660	253	201	135	336	317	179	496	206	133	429	534	159	466	667	1458	268	355	279	2809	6998	66	Th	

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Results expressed as										Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids	
		1	2	3	4	5	6	7	8	7+8	9																	10
19	1. CEREALS AND GRAIN PRODUCTS (Cont.ed) Rice, glutinous (Ct.d.) Undermilled or Home pounded (M) No. of samples	12.0	1.18	7.0	A	188	450	175	56	81	137	194	94	288	150	269	369	113	294	375	1025	238	319	262	1657*	4652*	51*	Ly
					B	222	531	207	66	96	162	229	111	340	177	317	435	133	347	443	1210	281	376	309	1955*	5489*	60	Th
20	Rice: high protein varieties (Oryza sp.): Brown or hulled (CC) No. of samples	12.0	1.71	10.2	A	261	549	225	143	73	216	362	257	619	232	362	536	152	359	593	1268	303	322	344	2526	6403	66	Ly
					B	446	939	385	245	125	370	619	440	1059	397	106	619	917	260	614	1014	2168	518	551	588	4319	10949	93
21	Milled, polished (CC) No. of samples	12.0	1.78	10.6	A	269	530	223	112	64	176	351	225	576	226	370	507	148	371	624	1366	286	313	363	2444	6422	66	Ly
					B	479	943	397	199	114	313	625	401	1026	402	132	659	903	263	660	1110	2432	509	557	646	4350	11431	80
22	Parboiled (CC) No. of samples	12.0	1.49	8.9	A	252	509	211	131	79	210	311	239	550	221	348	492	140	337	569	1131	275	282	339	2393	5958	62	Ly
					B	376	758	314	195	118	313	463	356	819	329	137	519	733	209	502	848	1685	410	420	505	3565	8877	88
23	Rice: IR8 (Oryza sp.): Brown or hulled (CC) No. of samples	12.0	1.63	9.7	A	276	510	235	146	82	228	334	246	580	248	404	516	146	386	616	1208	298	304	344	2550	6368	69	Ly
					B	450	831	383	238	134	372	544	401	945	404	113	659	841	238	629	1004	1969	486	496	561	4157	10380	99
24	Polished, milled (CC) No. of samples	12.0	1.49	8.9	A	265	491	222	168	95	263	324	298	622	232	389	514	146	355	571	1133	280	283	320	2548	6150	65	Ly
					B	395	732	331	250	142	392	483	444	927	346	95	580	766	218	529	851	1688	417	422	477	3796	9163	93

## AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)			N (grams/100 grams of food, edible portion)			Protein (grams/100 grams of food, edible portion)			Results expressed as			4	5	6	7	8	7+8	9	9	10	9+10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
		1	2	3	1	2	3	1	2	3	1	2	3																									
1. CEREALS AND GRAIN PRODUCTS (Cont.ed)																																						
25	Rye (Secale cereale): Whole grain or meal (M) No. of samples	12.5	2.19	12.8	A	219	369	288	94	88	182	300	94	394	206	69	306	319	81	275	331	1486	231	944	231	2033	5931	82	Th									
					B	480	808	631	206	193	399	657	206	863	451	151	670	699	177	602	725	3254	506	2067	506	4452	12989	83	S-c									
26	Sorghum sp. (Sorghum bicolor Moench): Whole seed (M) No. of samples				A	263	838	125	106	69	175	281	169	450	244	125	331	225	125	669	400	1456	175	813	344	2551	6758	37	Lv									
						1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	80	S-c									
27	Sorghum sp. (Sorghum sudanese, Piper Staff): Whole seed (M) No. of samples				A	369	856	163	131	63	194	275	156	431	275	69	369	238	138	556	450	1444	269	975	263	2726	7059	48	Lv									
						1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	88	S-c									
28	Wheat (Triticum aestivum, T. vulgare): Whole grain or meal (M) No. of samples	12.0	2.09	(12.2)	A	244	388	194	113	81	194	275	125	400	213	81	269	331	125	194	306	1856	256	775	331	1983	6157	57	Lv									
					B	510	811	405	236	169	405	575	261	836	445	169	562	692	261	405	640	3879	535	1620	692	4143	12867	85	Th									
29	Flour (80-90% extraction) (M) No. of samples	12.0	2.05	(11.7)	A	220	361	170	96	113	210	287	190	477	204	72	268	243	113	147	270	1933	223	763	297	2025	6014	41	Lv									
					B	451	740	349	197	97	338	462	306	768	418	148	549	391	182	237	435	3112	359	1228	478	3260	9683	66	Th									
30	Flour (60-70% extraction) (M) No. of samples	12.0	1.61	(9.2)	A	247	440	139	97	113	210	287	190	477	165	70	277	243	113	147	270	1933	223	763	297	2025	6014	41	Lv									
					B	398	708	224	156	182	338	462	306	768	266	113	446	391	182	237	435	3112	359	1228	478	3260	9683	66	Th									

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	1	2	3	Results expressed as													23	24	25										
		Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)		4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
31	1. CEREALS AND GRAIN PRODUCTS (Cont.ed.) Wheat (Cont.ed.) Gluten, dried (M) No. of samples	4.5	14.47	(82.5)	A	260	450	110	110	120	230	290	180	470	170	60	67	280	180	100	130	190	2100	200	800	300	2030	6030	32	Ly
					B	3762	6512	1592	1592	1736	3328	4196	2605	6802	2460	868	4052	2605	1447	1881	2749	30387	2894	11576	4341	29734	87254	68	Th	
32	Wheat products Bread, white (CC) No. of samples	31.6	1.54	8.8	A	220	390	120	72	110	182	270	220	490	160	67	260	170	120	170	270	2200	200	670	270	1889	5959	35	Ly	
					B	339	601	185	111	169	280	416	339	755	246	103	400	262	185	262	416	3388	308	1032	416	2909	9177	64	Th	
33	Noodles, "Udon" (M) No. of samples	72.0	0.46	(2.6)	A	260	440	150	100	110	210	280	190	470	170	70	270	270	130	140	270	1900	230	750	280	2040	6010	44	Ly	
					B	120	202	69	46	51	97	129	87	216	78	32	124	64	60	64	124	874	106	345	129	938	2765	68	Th	
34	Wild rice (Zizania latifolia): Whole seed (M) No. of samples	8.6	2.21	(1.3)	A	281	506	294	131	44	175	263	94	357	244	106	413	338	175	375	600	1056	288	388	356	2376	5952	80	S-c	
					B	621	1118	650	290	97	387	581	208	789	539	234	913	747	387	829	1326	2334	636	857	787	5251	13154	87	Ly	

## AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)		N (grams/100 grams of food, edible portion)		Protein (grams/100 grams of food, edible portion)		Results expressed as													Chemical score	Total amino acids			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19			20	21	22
<b>2. STARCHY ROOTS, TUBERS and FRUITS</b>																									
35	Burdock, great; Goba (Arctium lappa): Root, raw (CC) No. of samples	76.5	0.40	2.5	A 100 1 1 1	300 1 120	45 1 18	C 27 1 11	72 130 52	C 100 1 40	230 110 92	M 25 1 10	140 1 56	590 1 236	69 1 28	110 1 44	1100 1 440	980 1 392	110 1 44	240 1 96	110 1 44	1117 1 447	4426 1 1751	32 33	Le S-c
36	Cassava, bitter, common (Manihot esculenta; M. utilisima) Root: Raw (M) No. of samples	65.5	0.16	1.0	A 247 1 40	338 1 54	544 1 87	112 1 18	202 1 32	60 1 10	262 1 42	225 1 36	262 1 42	324 1 52	136 1 22	1990 1 319*	1990 1 319*	1990 1 319*	1990 1 319*	1990 1 319*	1990 1 319*	1990 1 319*	1990 1 319*	51 69	S-c Ar
37	Grits (M) No. of samples	9.2	0.29	1.8	A 198 1 57	283 1 82	395 1 115	128 1 37	169 1 49	54 1 16	223 1 65	203 1 59	224 1 65	359 1 104	108 1 31	1654 1 480	1654 1 480	1654 1 480	1654 1 480	1654 1 480	1654 1 480	1654 1 480	1654 1 480	58 59	S-c Ar
Dasheen - see Taro																									
Goba - see Burdock, great																									
Lotus - see Group 5																									
38	Potato, white (Solanum tuberosum): Tuber, raw (CC) No. of samples	78.3	0.32	2.0	A 240 1 77	390 1 125	330 1 106	C 59 1 19	129 210 67	170 1 54	380 1 122	M 65 2 21	360 1 115	330 1 195	110 1 35	250 1 80	820 1 262	1100 1 352	220 1 70	240 1 77	220 1 70	2134 1 683	5424 1 1734	59 89	S-c Le



## AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	4	5	6	7	8	7+8	9	10	9+10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25		
<b>3. GRAIN LEGUMES and LEGUME PRODUCTS</b>																															
42	Azuki bean; red bean (Phaseolus angularis); Whole seed, dried (CC) No. of samples	3.1	1.10	6.9	A	246	448	455	83	58	141	335	214	549	212	108	276	392	206	253	610	1078	213	296	270	2435	5753	64	S-c		
					B	270	493	501	91	64	155	369	235	604	233	119	304	431	227	278	671	1186	234	326	297	2678	6328	84	Va		
43	Broadbean; horsebean (Vicia faba; Faba vulgaris); Whole seed, dried (M) No. of samples	13.8	4.00	25.0	A	327	456	458	30	63	93	270	210	480	230	54	266	360	200	270	730	930	260	430	300	2364	5844	42	S-c		
					B	1308	1824	1832	120	252	372	1080	840	1900	920	216	1064	1440	800	1080	2920	3720	1040	1720	1200	9456	23376	83	Tr		
	Catjang pea - see Pigeonpea																														
	Cowpea, catjang - see Cowpea, all varieties																														
44	Cowpea, all varieties (Vigna spp.); Whole seed, dried (M) No. of samples	11.5	3.63	22.7	A	417	532	414	86	34	120	324	163	487	251	89	428	544	314	250	800	990	240	410	330	2738	6616	55	S-c		
					B	1514	1931	1503	312	123	436	1176	592	1768	911	323	1554	1975	1140	908	2904	3594	871	1488	1198	9938	24016				
	Cowpea, yardlong - see Cowpea all varieties																														
	French bean - see Kidney bean																														
	Golden gram - see Mung bean																														



## AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	1	2	3	Results expressed as										22	23	24	25												
		Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	4	5	6	7	8	7+8	9	10	9+10	11	12	13	14	15	16	17	18	19	20	21	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids		
3. GRAIN LEGUMES and LEGUME PRODUCTS (Cont. ed)																														
47	Pea ( <i>Pisum sativum</i> ): "Whole seed, dried (M) No. of samples	11.0	3.60	(22.5)	A	277 5	416 5	452 5	38 5	52 1	90 324	282 1015	140 504	422 1519	229 824	57 205	328 1181	580 2088	150 540	280 1008	610 2196	1000 3600	260 936	350 1260	320 1152	2271 8176	5821 20955	48 87	S-o Tr	
48	Peanut; groundnut ( <i>Arachis hypogaea</i> ): Dried (M) No. of samples	7.3	4.29	23.4	A	201 2	350 2	210 2	58 2	58 1	116 498	261 1120	156 669	417 1789	188 807	69 296	314 1347	733 3145	137 588	156 669	688 2952	1188 5097	300 1287	288 1236	363 1557	1865 8001	5718 24530	52 61	S-o Ly	
49	Defatted Raw (M) No. of samples	9.8	7.16	39.1	A	315 2	460 2		51 2	365	379 2714	229 1640	608 4354	212 1518		351 2513	1128 8076	227 1625												
50	Roasted (M) No. of samples	7.6	6.50	35.5	A	338 2	453 2		45 2	293	481 3127	225 1463	706 4590	206 1339		428 2782	1008 6552	212 1378												
51	Low-salted fermented (M) No. of samples	11.5	3.26	20.4	A	244 1	363 1	186 1	46 1	63 1	106	363 1	181 1	544	200 1	69 1	363 1	688 1	163 1	688 1	1188 1	300 1	263 1	363 1	2080	5871	48 55	S-o Ly		
52	Pigeonpea; catjang pea ( <i>Cajanus cajan</i> ; <i>C. indicus</i> ): "Whole seed, dried (CC) No. of samples	11.5	3.26	20.4	A	419 1	588 1	650 1	169 1	44 1	213 694	419 1366	225 734	644 2100	263 857	35 114	400 1304	556 1813	363 1183							3212 10471	54 97	Tr S-o		







## AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)		N (grams/100 grams of food, edible portion)		Protein (grams/100 grams of food, edible portion)		Results expressed as																Total amino acids	Chemical score	Limit. amino acids				
		1	2	3	4	5	6	7	8	7+8	9	10	9+10	11	12	13	14	15	16	17	18	19	20				21	22	23	24
<b>4. NUTS AND SEEDS</b>																														
66	Almond ( <i>Prunus amygdalus</i> ; <i>P. communis</i> ): Unblanched (M) No. of samples	4.8	4.05	21.0	A	275	419	213	69	31	100	225	131	356	206	69	281	575	138	300	606	1524	344	556	200	1919	6232	45	S-o	
						1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	63	Ly	
67	Cashew, common ( <i>Anacardium occidentale</i> ): Nut, dried (M) No. of samples	4.0	3.47	18.4	A	250	400	306	56	69	125	256	125	381	250	100	369	463	131	225	519	1094	294	306	350	2181	5563	57	S-o	
						1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	90	Ly	
68	Chestnut, Japanese ( <i>Castanea crenata</i> ): Whole, raw (M) No. of samples	57.4	0.57	3.0	A	238	359	380	39	23	62	202	64	266	210	84	318	354	146	470	1033	846	267	373	280	1917	5686	28	S-o	
						3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	70	Ar	
69	Coconut ( <i>Cocos nucifera</i> ): Flesh (stage of maturation 6 months) (CC) No. of samples				A																									
						368																								
70	(stage of maturation 8 months) (CC) No. of samples				A																									
						77																								
71	(stage of maturation 10 months) (CC) No. of samples				A																									
						497																								



## AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as		Isoleucine	Leucine	Lysine	Methionine	Cystine	Total 5 - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids					
					A	B																													
		1	2	3			4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25					
4. NUTS AND SEEDS (Cont.ed)																																			
77	Pecan ( <i>Carya illinoensis</i> ; <i>C. olivaeformis</i> ): Nut																																		
		(M)																																	
		No. of samples	3.2	1.75	9.3	A	250	369	225	44	63	107	250	250	156	406	200	88	325	638	144	319	556	1125	313	313	331	1970	5709	49	S-o				
78	Perilla, common ( <i>Perilla frutescens</i> ): Seed, dried																																		
		(M)																																	
		No. of samples	17.8	2.96	15.7	A	275	481	306	75	100	175	319	319	156	475	256	81	331	594	200	350	588	1194	331	325	225	2380	6267	80	S-o				
79	Pine nut ( <i>Pinus sp.</i> ): Nut																																		
		(M)																																	
		No. of samples	3.5	2.60	13.8	A	263	463	256	81	81	162	219	219	194	413	225	88	313	988	138	338	538	1138	288	388	206	2183	6205	24	S-o				
80	Poppy ( <i>Papaver opififerum</i> ; <i>P. somniferum</i> ): Seed																																		
		(M)																																	
		No. of samples	4.5	4.28	22.7	A	288	450	325	100	119	219	256	256	94	350	281	88	388	663	169	325	638	1350	338	338	244	2389	6454	92	Ar				
81	Rubber ( <i>Hevea brasiliensis</i> ): Seed																																		
		(OO)																																	
		No. of samples	3.6	4.16	22.1	A	194	419	338	44	75	119	238	238	163	401	175	81	400	678	1668	728	1406	183	312	495	678	1668	2127	8848	54	S-o			

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)				N (grams/100 grams of food, edible portion)				Protein (grams/100 grams of food, edible portion)				Results expressed as										Total amino acids	Chemical score	Limit. amino acids				
		1	2	3		4	5	6	7	8	7+8	9	10	9+10	11	12	13	14	15	16	17	18	19				20	21	22	23
82	4. NUTS AND SEEDS (Contd.) Sesame, oriental; gingelly (Sesamum indicum; S. orientale) Seed, whole, dried, black, white or gold (M) No. of samples	5.8	3.25	17.2	A	293	487	196	204	62	266	338	219	557	295	87	354	715	168	333	349	1278	383	383	302	2535	6446	58	Ly	
					B	952	1583	637	663	202	865	1099	712	1811	959	283	1151	2324	546	1082	1134	4154	1245	1245	982	8241	20953			
83	Meal, defatted (M) No. of samples	8.4	7.21	(38.2)	A	274	444	191	258	69	327	298			305	77	342													
					B	1975	3201	1377	1860	497	1910	2149			2199	555	2466													
84	Squash, winter (Cucurbita maxima): Seed (M) No. of samples	3.7	5.54	29.4	A	325	475	275	106	63	169	238	188	426	238	100	331	888	144	294	556	1063	350	388	244	2339	6266	77	S-c Ly	
					B	1801	2632	1524	587	349	936	1319	1042	2361	1319	554	1834	4920	798	1629	3080	5889	1939	2150	1352	12959	34714	81		
85	Walnut, Persian or English (Juglans regia), dried (M) No. of samples	3.6	3.43	18.2	A	238	419	194	37	63	100	244	163	407	213	88	319	638	144	263	619	1156	300	331	331	1978	5760	45	S-c Ly	
					B	815	1437	665	127	216	343	837	559	1396	731	302	1094	2188	494	902	2123	3965	1029	1135	1135	6784	19755	57		
86	Watermelon (Citrullus vulgaris; C. lunatus): Whole seed, dried (M) No. of samples	4.6	4.28	22.7	A	338	469	219	163	69	232	256	188	444	281	100	338	1044	175	338	525	1244	350	325	256	2421	6678	64	Ly	
					B	1447	2007	937	698	295	993	1096	805	1901	1203	428	1447	4468	749	1447	2247	5324	1498	1391	1096	10363	28583			



AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)			N (grams/100 grams of food, edible portion)			Protein (grams/100 grams of food, edible portion)			Results expressed as			Isoleucine	Leucine	Lysine	Methionine	Cysteine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	24	25
		1	2	3	4	5	6	7	8	9	10	11	12																									
92	5. VEGETABLES AND VEGETABLE PRODUCTS (Cont.ed) Brinjal - see Eggplant, garden Burdock - see Group 2 Cabbage, celery; pe- kinese cabbage (Bras- sica pekinensis): Raw (CC) No. of samples	95.0	0.22	1.4	A	170	230	230	35	69	105	130	120	250	160	M <sub>39</sub>	220	250	80	360	450	1500	180	130	200	1404	4554	48	52	Le								
					B	37	51	51	8	15	23	29	26	55	35	9	48	55	18	79	99	330	40	29	44	309	1002			Le								
93	Cabbage, Chinese, unspecified (Brassica spp.): Raw (M) No. of samples	87.8	0.43	2.7	A	242	296	148	36			58			54	27	76																					
					B	104	127	64	15				25			23	12	33																				
94	Salted (M) No. of samples	83.6	0.40	2.5	A	200	160	270	44	72	116	210	59	269	98	13	150	150	87	440	440	1200	240	350	210	1276	4393	36	39	Le								
					B	80	64	108	18	29	47	84	24	108	39	5	60	60	35	176	176	480	96	140	84	510	1757			Th.								
95	Cabbage, common (Brassica oleracea var. capitata): White, raw (CC) No. of samples	93.0	0.26	1.6	A	190	250	260	89	65	154	170	130	300	210	M <sub>38</sub>	230	210	110	250	680	1600	180	200	260	1632	5122	57	58	Le								
					B	49	65	68	23	17	40	44	210	254	55	10	60	55	29	65	177	416	47	52	68	425	1334			Tr.								

## AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)			N (grams/100 grams of food, edible portion)			Protein (grams/100 grams of food, edible portion)			Results expressed as			Total aromatic am. acids			Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3	4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13															
5. VEGETABLES AND VEGETABLE PRODUCTS (Cont.ed)																															
96	Carrot ( <i>Daucus carota</i> ): Raw (CC) No. of samples				A	130	200	190	36	C <sub>30</sub>	68	130	82	212	150	M <sub>46</sub>	190	320	81	240	770	1400	140	150	160	1186	4447	31	S-c		
					B	23	36	34	7	5	12	23	15	38	27	8	34	58	15	43	139	252	25	27	29	213	800	45	Le		
97	Cassava, common, bitter ( <i>Manihot esculenta</i> ): Leaves, raw (CC) No. of samples				A	325	656	444	63	(69)	132	225	206	431	319	M <sub>91</sub>	425									2823	60	S-c			
					B	358	722	488	69	76	145	248	227	475	351	100	468									3107					
98	Chrysanthemum, crown- daisy ( <i>Chrysanthemum coronarium</i> ): Leaves, raw (M) No. of samples				A	257	420	434	96			133		127	41	108															
					B	75	122	126	28			39		37	12	31															
99	Corn; maize ( <i>Zea mays</i> ): Immature, raw (CC) No. of samples				A	240	780	170	110	C <sub>150</sub>	260	310	C <sub>140</sub>	450	240	M <sub>46</sub>	340	220	150	490	510	1200	250	620	310	2526	6276	50	Ly		
					B	144	468	102	66	90	156	186	84	270	144	28	204	132	90	294	306	720	150	372	186	1516	3766	71	Tr		
100	Cucumber ( <i>Cucumis sativus</i> ): Raw (CC) No. of samples				A	240	390	310	67	M <sub>26</sub>	93	250	C <sub>210</sub>	460	240	M <sub>58</sub>	340	280	120	260	530	1400	280	170	270	2131	5441	42	S-c		
					B	24	39	31	7	3	10	25	21	46	24	6	34	28	12	26	53	140	28	17	27	214	545	89	Le-Tr		

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)			N (grams/100 grams of food, edible portion)			Protein (grams/100 grams of food, edible portion)			Results expressed as			Isoleucine			Leucine			Lysine			Methionine			Cystine			Total S - amino acids			Phenylalanine			Tyrosine			Total aromatic am. acids			Threonine			Tryptophan			Valine			Arginine			Histidine			Alanine			Aspartic acid			Glutamic acid			Glycine			Proline			Serine			Total essential am. acids			Total amino acids			Chemical score			Limit. amino acids		
		1	2	3	4	5	6	7	8	7+8	9	10	9+10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25																																																									
<u>5. VEGETABLES AND VEGETABLE PRODUCTS</u> (Cont.ed)																																																																																					
101	Cushaw (Cucurbita moschata): Fruit, raw (CC) No. of samples	91.4	0.18	1.1	A	200	320	240	71	50	121	200	260	460	130	86	230	450	98	180	640	1100	170	160	270	1787	4855	52	Th																																																								
					B	36	58	43	13	9	22	36	47	83	23	15	41	81	18	32	115	198	31	29	49	321	874	55		S-c																																																							
102	Daikon - see Radish, oriental  Eggplant, garden; brinjal (Solanum melongena): Raw (CC) No. of samples	92.0	0.26	1.6	A	270	380	330	71	33	104	260	240	500	230	51	320	310	130	300	780	860	230	260	230	2185	5285	47	S-c																																																								
					B	70	99	86	18	9	27	68	62	60	13	83	81	34	78	203	224	60	68	60	568	1374	78	Tr																																																									
103	Garland-chrysanthemum - see Chrysanthemum  Ginkgo seed - see Group 4  Honeywort, Japanese (Cryptotaenia japonica): Greens, raw (M) No. of samples	93.5	0.32	2.0	A	241	463	640	161			339			350	89	426													S-c																																																							
					B	77	148	205	52				108	112	28	136																																																																					
	Horsebean - see Bean, broad																																																																																				



AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	1	2	3	Results expressed as					8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
		Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)						Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids	
5. VEGETABLES AND VEGETABLE PRODUCTS (Cont.ed)																														
109	Onion, common, garden (Allium cepa): Mature, raw (M) No. of samples	88.6	0.25	1.6	A	327	296	266	31			143		89	41	153														
110	Onion, Welsh (Allium fistulosum): Raw (M) No. of samples	91.4	0.25	1.6	A	148	247	485	140			184	86	270	155	58	122	460	77	310	330	1200	280	180	160	1719	4716	39	Va	
111	Pea, garden (Pisum sativum), with pod: Immature, raw (M) No. of samples	85.7	0.57	3.6	B	205	291	257	14			114	125	239	39	15	31	115	19	78	83	300	70	45	40	432	1182	56	Le	
112	Pekinese cabbage - see Cabbage, celery Pepper, sweet (Capsicum annuum): Fruit, green, raw (M) No. of samples	92.0	0.21	1.3	A	225	327	509	127			151		164	43	91	610	300	39	130	510	1000	160	140	280	2727	5286	44	S-o	
113	Pumpkin (Cucurbita pepo): Fruit, raw (M) No. of samples	91.9	0.11	0.7	B	171	213	436	145			184		242	67	125	348	171	22	74	291	570	91	80	160	5286	3013	88	Th	

## AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	Isoleucine	Leucine	Lysine	Methionine	Cysteine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3		4	5	6	7	8	7+8	9	10	9+10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
114	5. VEGETABLES AND VEGETABLE PRODUCTS (Cont.ed) Radish, Japanese (Raphanus sativus var Longipinnatus): Root: Raw No. of samples (0C)	93.0	0.16	1.0	A	150 1 24	200 1 32	220 1 35	76 1 12	0 1 11	147 1 23	210 1 34	110 1 18	320 1 52	170 1 27	M <sub>26</sub> 2 4	240 1 38	160 1 26	49 1 8	210 1 34	450 1 72	1500 1 240	170 1 27	160 1 26	160 1 26	1473 1 236	4332 1 693	40 45	Tr Le
115	Salted No. of samples (M)	78.1	0.27	(1.7)	A	160 1 43	240 1 65	140 1 38	63 1 17	13 1 4	76 1 21	140 1 38	81 1 22	221 1 60	180 1 49	30 1 8	180 1 49	190 1 51	40 1 11	260 1 70	180 1 49	1800 1 486	320 1 86	220 1 59	120 1 32	1227 1 331	4357 1 1176	35 41	S-c Ly
116	Seaweeds: Chlorella (Chlorella spp.): Dried Powder (M) No. of samples	9.65	60.3		A	202 4 1949	496 4 4786	329 6 3175	88 4 849	0 1 724	163 2 1573	289 5 2789	248 2 2393	537 2 5182	251 5 2422	92 4 888	319 4 3078	382 4 3686	83 4 801							2389 23054	74 81	S-c Is	
117	Purple laver (Porphyra tenera): Air dried (M) No. of samples	8.8	4.64	29.0	A	245 2 1137	425 2 1972	225 2 1044	136 2 631	53 2 245	189 2 877	285 2 1322	165 2 766	450 2 2088	290 2 1346	80 2 371	550 2 2552	530 2 2459	77 2 357	480 2 2227	615 2 2854	605 2 2807	395 2 1833	270 2 1253	425 2 1972	2454 2 11387	5851 2 27149	66 86	Ly S-c
118	Seaweed sp. (Hijikia fusiformis): Dried (M) No. of samples	16.8	0.89	(5.6)	A	390 1 347	450 1 401	180 1 160	200 1 178	79 1 70	279 1 148	360 1 320	190 1 169	550 1 489	200 1 178	47 1 42	630 1 561	310 1 276	53 1 47	400 1 356	620 1 552	740 1 659	360 1 320	300 1 267	240 1 214	2726 2426	5749 5116	53 72	Ly Tr

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)		N (grams/100 grams of food, edible portion)		Protein (grams/100 grams of food, edible portion)		Results expressed as												Total amino acids		Chemical score						
		1	2	3	4	5	6	7	8	7+8	9	10	9+10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
5	<u>VEGETABLES AND VEGETABLE PRODUCTS (Cont.ed)</u>																											
119	Seaweeds (Cont.ed): Seaweed sp. (Undaria pinnatifida): Air dried (M) No. of samples	8.29	1.42	8.9	A 180 1 1	530 1 1	230 1 1	327 1 1	185 1 1	130 1 1	58 1 1	188 1 1	230 1 1	340 1 1	73 1 1	430 1 1	190 1 1	31 1 1	280 1 1	370 1 1	410 1 1	230 1 1	190 1 1	160 1 1	2301 1 1	4162 1 1	63 1 1	L <sub>y</sub> I <sub>e</sub>
120	Tangle (Laminaria japonica): Air dried (M) No. of samples	9.62	0.70	4.4	A 230 1 1	370 1 1	180 1 1	126 1 1	77 1 1	110 1 1	100 1 1	210 1 1	280 1 1	196 1 1	110 1 1	490 1 1	230 1 1	47 1 1	430 1 1	750 1 1	1500 1 1	250 1 1	330 1 1	200 1 1	2280 1 1	6017 1 1	53 1 1	L <sub>y</sub> Th
121	Soybean (Glycine max): Immature seed, raw (CC) No. of samples	68.2	20.8	13.0	A 413 1 1	444 1 1	531 1 1	1104 1 1	104 1 1	50 1 1	175 1 1	488 1 1	119 1 1	248 1 1	63 1 1	350 1 1	481 1 1	319 1 1	275 1 1	556 1 1	1350 1 1	300 1 1	350 1 1	350 1 1	728 1 1	4162 1 1	63 1 1	L <sub>y</sub> Th
122	Sprouts, raw (CC) No. of samples	81.5	1.23	7.7	A 313 1 1	525 1 1	438 1 1	539 1 1	77 1 1	63 1 1	25 1 1	88 1 1	250 1 1	308 1 1	144 1 1	350 1 1	300 1 1	169 1 1	294 1 1	906 1 1	888 1 1	244 1 1	469 1 1	2677 1 1	4953 1 1	40 1 1	S-e	
123	Spinach (Spinacia oleracea): Leaves and stems, raw (CC) No. of samples	93.0	0.38	2.4	A 180 1 1	380 1 1	320 1 1	122 1 1	13 1 1	34 1 1	6 1 1	27 1 1	240 1 1	91 1 1	200 1 1	240 1 1	320 1 1	120 1 1	280 1 1	620 1 1	1000 1 1	260 1 1	230 1 1	210 1 1	1913 1 1	4953 1 1	28 1 1	S-e I <sub>s</sub>

## AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	4	5	6	7	8	Total S - amino acids	9	10	9+10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
		1	2	3																										
	5. <u>VEGETABLES AND VEGETABLE PRODUCTS</u> (Cont. ed.)																													
	Tiensi green bean - see Mungbean																													
	Tomato (Solanum lycopersicum; Lycopersicon esculentum): Raw																													
124	Ripe (CC) No. of samples				A	81	160	190	31	08	39	150	190	340	120	M 31	87	83	86	140	770	3000	110	100	130	1048	5467	18	S-c	
						1	1	1	1	1		1	1	1	1	1	1	1	1	1	1	1	1	1	1					
125	Unripe		93.8	0.19	B	15	30	36	6	2	8	29	36	65	23	6	17	16	16	27	146	570	21	19	25	200	1040	28	Va	
						7	14	17	3	1	4	14	17	31	11	3	8	8	8	13	69	270	10	9	12	94	492			
126	Turnip (Brassica rapa): Root, raw				A	190	250	280	66	0110	176	150	100	250	230	M 20	280	130	130	250	660	1900	240	150	200	1676	5336	31	Ta	
						1	1	1	1	1		1	1	1	1	1	1	1	1	1	1	1	1	1	1					
	No. of samples		92.8	0.16	B	30	40	45	11	18	29	24	16	40	37	3	45	21	21	40	106	304	38	24	32	269	655	57	Le	

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	1	2	3	Results expressed as				4	5	6	7	8	Total 5 - amino acids	9	10	Total aromatic am. acids	11	12	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	23	24	25
		Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	A	B	13	14																								
127	6. FRUITS Apple, common ( <i>Malus sylvestris</i> ; <i>M. pumila</i> ; <i>Pyrus malus</i> ): Fruit, raw (CC) No. of samples	85.8	0.06	0.4	A	220	390	370	49	C <sup>84</sup>	133	160	94	230	M <sup>58</sup>	250	170	210	420	220	800	1000	200	190	200	220	270	1905	5205	60	S-c Ar	
128	Banana, common ( <i>Musa sapientum</i> ): Fruit, raw (CC) No. of samples	71.6	0.19	1.2	A	110	290	230	36	C <sup>42</sup>	78	140	72	160	M <sup>72</sup>	170	210	420	220	800	1000	200	190	200	1322	4562	35	S-c Is				
129	Fig, common ( <i>Ficus carica</i> ): Fruit, raw (CC) No. of samples	83.6	0.16	1.0	A	190	270	250	52	C <sup>100</sup>	152	150	270	200	M <sup>53</sup>	240	140	88	380	1500	600	210	410	310	1775	5413	61	Le S-c				
130	Grapes ( <i>Vitis vinifera</i> ): Fruit, raw (M) No. of samples	86.0	0.08	0.5	A	50	130	140	210	100	310	130	C <sup>110</sup>	170	25	170	460	330	260	760	1300	190	210	300	1235	4945	20	Is Le				
	Japanese medlar - see Loquat				B	4	10	11	17	8	25	10	9	14	2	14	37	18	21	61	104	15	17	24	99	396						

## AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	4	5	6	7	8	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3							7+8	9	10	9+10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
6. <u>FRUITS</u> (Cont.ed)																													
131	Loquat; Japanese medlar ( <i>Eriobotrya japonica</i> ); Fruit, raw (CC) No. of samples	88.6	0.08	0.5	A	200	350	330	31	<sup>C</sup> 56	117	200	220	420	210	M <sup>73</sup>	260	200	130	320	1000	800	240	230	240	1960	5120	53	S-c
					B	16	28	26	2	7	9	16	18	34	17	6	21	16	10	26	80	64	19	18	19	157	409	80	Le
132	Orange, satsuma ( <i>Citrus unshiu</i> ); Fruit, raw (M) No. of samples	88.9	0.13	(0.8)	A	160	140	300	170	56	226	180	<sup>C</sup> 81	261	110	75	290	470	140	280	640	500	620	270	250	1562	4732	32	Le
					B	21	18	39	22	7	29	23	11	34	14	10	38	61	18	36	83	65	81	35	33	203	615	44	Th
133	Orange, summer ( <i>Citrus spp.</i> ); Fruit, raw (M) No. of samples	88.9	0.13	(0.8)	A	180	170	330	94	75	159	230	130	360	94	44	240	400	94	390	880	760	640	350	180	1587	5281	38	Th
					B	23	22	43	12	10	22	30	17	47	12	6	31	52	12	51	114	99	83	46	23	206	687	39	Le
134	Peach ( <i>Prunus persica</i> ); Fruit, raw (M) No. of samples	89.4	0.10	(0.6)	A	100	220	230	240	69	309	140	<sup>C</sup> 160	300	210	29	310	130	130	310	710	1100	120	210	260	1708	4678	40	Is
					B	10	22	23	24	7	31	14	16	30	21	3	31	13	13	31	71	110	12	21	26	171	468	45	Tr
135	Pear, Japanese ( <i>Pyrus serotina</i> ); Fruit, raw (CC) No. of samples	89.1	0.05	(0.3)	A	130	250	170	64	<sup>C</sup> 54	118	150	240	390	160	M <sup>51</sup>	250	76	66	270	2800	540	150	140	310	1569	5921	50	Ly
					B	9	13	9	3	3	6	8	12	20	8	3	13	4	3	14	140	27	8	7	16	78	296	54	S-c

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	4	5	6	7	8	Total S - amino acids	9	10	9 + 10	11	12	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids	
6. <u>FRUITS</u> (Cont.ed)			1	2	3																									
136	Persimmon, kaki (Diospyros kaki): Fruit raw, soft type: Ripe				A	280	400	320	61	C140	201	290	150	440	380	M110	290	360	130	220	520	1100	210	190	220	2421	5371	91	Le	
	No. of samples				B	28	40	32	6	14	20	29	15	44	38	11	29	36	13	22	52	110	21	19	22	242	537	91	S-c	
137	Strawberry (Fragaria grandiflora): Fruit, raw				A	140	320	250	11	C54	65	180	210	390	190	M72	180	270	120	320	1400	920	250	200	240	1607	5327	30	S-c	
	No. of samples				B	18	42	33	1	7	8	23	27	50	25	9	23	35	16	42	182	120	33	26	31	208	693	56	Is	
138	Watermelon (Citrullus vulgaris): Fruit, raw				A	200	180	640	64	M20	84	160	C120	280	280	M67	160	600	64	170	400	650	100	250	160	1891	4285	38	S-c	
	No. of samples				B	20	18	64	6	2	8	16	12	28	28	7	16	60	6	17	40	65	10	25	16	189	429	41	Le	
7. <u>SUGARS AND SYRUPS</u>																														
139	Sugar, crude, brown (CC)				A	120	180	86	39	M6	45	100	C310	410	130	M52	170	100	42	190	1900	530	160	110	130	1193	4355	20	S-c	
	No. of samples				B	22	32	15	7	1	8	18	56	74	23	9	31	18	8	34	342	95	29	20	23	215	784	25	Ly	

## AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)		N (grams/100 grams of food, edible portion)		Protein (grams/100 grams of food, edible portion)		Results expressed as		Isolucine		Leucine		Lysine		Methionine		Cystine		Total S - amino acids		Phenylalanine		Tyrosine		Total aromatic am. acids		Threonine		Tryptophan		Valine		Arginine		Histidine		Alanine		Aspartic acid		Glutamic acid		Glycine		Proline		Serine		Total essential am. acids		Total amino acids		Chemical score		Limit. amino acids	
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25																															
140	8. MEAT, POULTRY AND GAME Bacon - see Pork Beef (Bos taurus; B. indicus); Carcass, fresh; medium fat (CC) No. of samples	59.8	2.75	17.2	A 300 1	550 1	570 1	140 1	675 1	215 1	280 1	220 1	500 1	280 1	340 1	390 1	220 1	400 1	560 1	1100 1	280 1	260 1	2824	6264	98	S-c																															
141	Birds' nest - see Swiftlet Blood: Cow: Coagulated, (M) uncooked No. of samples	77.2	3.50 (21.9)		A 115 1	800 1	934 1	224 1	50 1	274 1	411 1	221 1	632 1	366 1	607 1	356 1	552 1	4636*	16226*	4636*	46	Is																																			
142	Hog: Fluid, uncooked (M) No. of samples	93.0	0.99	6.2	A 175 1	478 1	808 1	135 1	51 1	186 1	416 1	178 1	594 1	271 1	614 1	387 1	599 1	3126*	3093*	3126*	70*	Is																																			
143	Brain: Beef (M) No. of samples	77.7	1.72	10.8	A 561 1	516 1	488 1	280 1	77 1	357 1	409 1	300 1	709 1	394 1	344 1	456 1	186 1	3369*	5794*	3369*	**	**																																			
144	Hog (M) No. of samples	78.2	1.63	10.2	A 371 1	473 1	459 1	217 1	101 1	318 1	432 1	194 1	626 1	236 1	326 1	437 1	150 1	2809*	4578*	2809*	94*	Th																																			

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)			N (grams/100 grams of food, edible portion)			Protein (grams/100 grams of food, edible portion)			Results expressed as			Total aromatic am. acids										Total essential am. acids	Total amino acids	Chemical score	Limit amino acids		
		1	2	3	4	5	6	7	8	7+8	9	10	9+10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
145	8. MEAT, POULTRY AND GAME (Cont.ed) Chicken (Gallus gallus; G. domesticus): Flesh, raw (M) No. of samples	66.0	3.20	(20.0)	A 3	404	508	581	204	90	294	224	186	410	246	77	304	372	135	340	614	890	249	289	293	2824	6006	98	Va
					B	1293	1626	1859	653	288	941	717	595	1312	787	246	972	1190	432	1088	1965	2848	797	925	938	9037	19219	98	Th
146	Heart, raw: Beef (M) No. of samples	78.1	2.30	14.4	A 2	464	581	622	220	79	299	273	217	490	272	63	326	396	179	350	575	613	288	263	275	3117	6056	97	Tr
					B	1067	1336	1431	506	182	688	628	499	1127	626	145	750	911	412	805	1323	1410	662	605	633	7169	13929		
147	Hog No. of samples	76.9	2.43	15.2	A 2	488	498	615	244	90	334	291	228	519	293	63	350	526	182	425	500	881	363	263	281	3160	6581	97	Tr
					B	1186	1210	1494	593	219	812	707	554	1261	712	153	851	1278	442	1033	1215	2141	882	639	683	7679	15992		
148	Horse (Equus caballus) Meat, raw (M) No. of samples	74.6	3.28	20.5	A 2	358	497	628	178	81	259	239	213	452	242	72	312	450	193	339	520	866	270	250	262	2820	5970	97	Th
					B	1174	1630	2060	584	266	850	784	699	1483	794	236	1023	1476	633	1112	1706	2840	886	820	859	9249	19582		
149	Intestines, raw: Beef (M) No. of samples	75.8	2.32	14.5	A 2	413	434	608	285	52	337	228	212	440	270	302	302	531	159							3331		99	Le
					B	959	1007	1411	661	121	782	529	492	1021	626	701	701	1232	369							7728			
150	Chicken (M) No. of samples	78.4	2.03	12.7	A 1	350	590	510	180	79	259	330	210	540	270	88	450	380	180	380	540	730	360	280	220	3057	6127	**	
					B	711	1198	1035	365	160	525	670	426	1096	548	179	914	771	365	771	1096	1482	731	568	447	6206	12438		

## AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	4	5	6	7	8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
	<b>8. MEAT, POULTRY AND GAME (Cont.ed)</b>																													
151	Kidney, raw: Beef No. of samples	80.3	2.49	15.6	A	406 2 2	608 2 2	457 2 2	181 2 2	115 2 2	296 2 2	325 2 2	231 2 2	556 2 2	268 2 2	69 1 2	359 2 2	390 2 2	179 2 2	331 2 2	475 2 2	900 2 2	444 2 2	313 2 2	294 2 2	3029	6355	**		
152	Hog No. of samples	78.9	2.36	14.8	B	503 2 2	487 2 2	540 2 2	237 2 2	109 2 2	346 2 2	319 2 2	243 2 2	562 2 2	297 2 2	71 1 2	374 2 2	453 2 2	176 2 2	394 2 2	556 2 2	731 2 2	394 2 2	388 2 2	331 2 2	3180	6603	**		
153	Liver, raw Beef No. of samples	71.6	3.04	19.0	A	368 3 3	598 3 3	501 3 3	211 3 3	80 3 3	291 3 3	369 3 3	227 2 2	596 2 2	248 3 3	92 2 2	440 3 3	422 3 3	185 3 3	361 2 2	573 2 2	860 2 2	388 2 2	312 2 2	261 2 2	3134	6516	99	Th	
154	Chicken No. of samples	72.0	2.84	17.8	B	456 1 1	575 1 1	438 1 1	163 1 1	75 1 1	238 1 1	269 1 1	188 1 1	457 1 1	238 1 1	63 1 1	313 1 1	338 1 1	119 1 1	331 1 1	506 1 1	850 1 1	281 1 1	263 1 1	250 1 1	2778	5716	95	Th	
155	Hog No. of samples	71.9	3.18	19.9	B	448 2 2	583 2 2	492 2 2	199 2 2	99 3 3	298 3 3	288 2 2	212 2 2	500 2 2	250 2 2	77 2 2	356 2 2	407 2 2	166 2 2	325 1 1	475 1 1	581 1 1	313 1 1	344 1 1	269 1 1	3004	5884	**		
156	Lung, raw: Beef No. of samples	86.4	1.88	11.8	B	401 1 1	536 1 1	605 1 1	216 1 1	64 1 1	280 1 1	280 1 1	205 1 1	485 1 1	306 1 1	389 1 1			468 1 1	209 1 1						3002		**		
157	Hog No. of samples	81.3	2.35	14.7	B	476 1 1	515 1 1	591 1 1	230 1 1	60 1 1	290 1 1	278 1 1	190 1 1	468 1 1	255 1 1	371 1 1			506 1 1	199 1 1						2966		**		
											682	653	447	1100	599	872			1189	468						6970		*		

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	4	5	6	7	8	Total S - amino acids	9	10	9+10	11	12	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	23	24	25
8. MEAT, POULTRY AND GAME (Cont.ed)																														
158	Mutton; lamb (Ovis aries): Carcass, fresh; Lean (M) No. of samples	71.6	2.72	17.0	A	343	513	581	162	113	275	220	138	358	281	78	320	478	157	378	539	853	292	220	283	2749	5959	94	Ar	
159	Pork (Sus scrofa): Carcass, fresh; Lean (M) No. of samples	53.9	2.60	16.3	A	507	484	584	220	74	294	248	234	482	339	61	400	415	305	331	575	869	238	263	244	3151	6391	94	Tr	
160	Pork, preserved: Bacon, smoked (CC) No. of samples	43.0	1.92	12.0	A	240	440	440	150	65	215	200	210	410	260	M	290	400	150	340	530	920	400	360	230	2361	5691	94	Va	
161	Ham (CC) No. of samples	23.7	2.83	17.7	B	461	845	845	288	125	413	384	403	787	499	127	557	768	288	653	1018	1766	768	691	442	4533	10927	96	Is	
162	Rabbit, domesticated (Lepus cuniculus var. domesticus): Meat, raw (M) No. of samples	72.5	3.55	22.2	A	340	410	510	190	77	267	220	210	430	320	95	400	350	160	370	620	1000	320	310	380	2772	6282	93	Le	

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	1	2	3	Results expressed as					7+8	9	10	9+10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
		Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)		Methionine	Lysine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids	
163	8. MEAT, POULTRY AND GAME (Cont.ed) Sausage: made of pork and beef (M) No. of samples				A	240 1	671 1	46 1	286	221 1	166 1	387	270 1		313 1	590 1	161 1							2861*		93*	Le	
164	made of pork (M) No. of samples	56.2	1.98(12.4)		A	231 1	628 1	46 1	277	210 1	168 1	378	298 1		316 1	513 1	168 1							2772*		95*	Le	
165	Frankfurter (M) No. of samples			B	A	457 1	828 1	91	548	416	333	749	590		626	1016	333							5488*		99*	Ar	
166	Vienna (OC) No. of samples			B	A	304 1	800 1	39 1	343	263 1	205 1	468	284 1		325 1	566 1	208 1							3338*		**		
167	Spleen: Hog (M) No. of samples			B	A	150 1	450 1	55 1	205	230 1	210 1	440	240 1	M <sub>70</sub> 1	290 1	370 1	240 1							2385	6175	93	S-c	
168	Swiftlet (Collacalia inexpectata): Nest, dried (M) No. of samples			B	B	401 1	1202 1	147 1	548	614	561	1175	641	187	774	988	641							6368	16487	94	Va	
169	Tongue, raw: Hog (M) No. of samples			B	A	734 1	1861 1	164 1	898	752	642	1394	824		1093	1497	684							8799*		**		
		12.9	8.54	53.4	B	31 2	263 2	62 1	340	425 2	243 1	528	312 1	31 2	414 2	567 2	259 2							3333*		**		
		2.62	16.4		B	285 1	709 1	68 1	353	284 1	238 1	522	331 1		336 1	415 1	206 1							3067*		64*	Le	
					B	265 1	2246 1	178 1	925	744	624	1368	867		880	1087	540							8036*		**		



## AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	1	2	3	Results expressed as		4	5	6	7	8	7+8	9	10	9+10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
		Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)			Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
177	9. EGGS (Cont.ed) Hen egg (Cont.ed) White (CC) No. of samples	87.4	1.71	10.7	A	330	530	420	230	190	420	390	390	180	570	270	100	430	350	160	370	590	840	220	240	390	3070	6230	**	
					B	564	906	718	393	325	718	667	667	308	975	462	171	735	599	274	633	1009	1436	376	410	667	5249	10653		
178	Yolk (CC) No. of samples	52.1	2.61	16.3	A	320	540	480	130	110	240	260	260	250	510	300	95	340	450	150	310	540	750	180	260	460	2825	5925	**	
					B	835	1409	1253	339	287	626	679	679	653	1332	783	248	887	1175	392	809	1409	1958	470	679	1200	7373	15464		









AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	4	5	6	7	8	Total 5 - amino acids	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
10. FISH AND SHELLFISH (Cont. ed)																												
197	Bel, conger (Conger myriaster): Raw (CC) No. of samples	72.0	3.04	19.0	A	1	500	560	160	M <sub>79</sub>	239	240	C <sub>230</sub>	260	M <sub>67</sub>	300	390	130	400	710	960	380	260	250	2656	6136	97	Va
198	Bel, river (Anguilla japonica): Raw (CC) No. of samples	69.6	2.68	16.8	B	1	510	380	170	M <sub>59</sub>	229	230	C <sub>260</sub>	300	M <sub>58</sub>	360	320	130	400	770	980	350	240	240	2607	6037	89	Tr
199	Esl, silver-pike (Muraenesox cinereus): Raw (M) No. of samples	75.1	2.91	18.2	B	1	445	506	213	A	699	280	231	511	73	354	409	170	317	402	976	280	226	329	2569	5949	89	Tr
200	Fish jelly products (Japan): "Hamper", boiled (CC) No. of samples	76.0	1.92	12.0	B	1	470	560	170	C <sub>61</sub>	231	230	C <sub>170</sub>	400	M <sub>58</sub>	280	380	200	340	530	1100	400	210	220	2569	5949	89	Va
201	"Kamaboko", steamed, baked (CC) No. of samples	77.0	2.08	(13.0)	B	1	500	510	190	C <sub>75</sub>	265	260	C <sub>260</sub>	520	M <sub>69</sub>	300	340	120	370	690	1200	240	230	290	2804	6284	97	Va
202	"Satsuma age", fat fried (CC) No. of samples	70.0	1.92	12.0	B	1	430	530	160	C <sub>63</sub>	223	220	C <sub>190</sub>	410	M <sub>49</sub>	210	380	160	320	780	910	230	210	200	2382	5572	68	Va
						1	826	1018	307	121	428	422	365	787	94	403	730	307	614	1498	1747	442	403	384	4573	10698	75	Tr

## AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)		N (grams/100 grams of food, edible portion)		Protein (grams/100 grams of food, edible portion)		Results expressed as		4	5	6	7	8	7+8	9	10	9+10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
		1	2	3	4	5	6	7	8	7+8	9	10	9+10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	Limit, amino acids					
10. FISH AND SHELLFISH (Cont.ed)																																		
203	Fish cakes (Japan): "Chikwa", rolled fish cake (CC) No. of samples	69.5	2.48	15.5	A 1 280	530 1	410 1	86 1	266 1	260 1	280 1	540 1	300 1	M 66 1	300 1	370 1	130 1	390 1	680 1	1100 1	330 1	270 1	300 1	2692	6262	97							Va	
204	Fish sauce, fermented "Nuc-mam" (M) No. of samples	65.0	1.73	10.8	A 1 216	266 1	1156 1	225 1	138 1	138 1	210 1	460 1	290 1	C 29 1	334 1	390 1	180 1	390 1	580 1	1100 1	420 1	320 1	270 1	2528	6178	90								Va
205	Fish sausage (CC) No. of samples	68.5	2.40	15.0	A 1 250	490 1	1176 1	178 1	204 1	250 1	210 1	460 1	696 1	M 64 1	280 1	390 1	180 1	390 1	936 1	1392 1	2640 1	1008 1	768 1	648 1	6067	14827								S-e
206	Flatfish (Limanda herzensteini): Raw (M) No. of samples	75.3	3.41	21.3	A 1 238	425 1	494 1	144 1	213 1	213 1	210 1	460 1	256 1	49 1	213 1	230 1	240 1	470 1	290 1	290 1	50 1	350 1	390 1	155 1	365 1	675 1	1050 1	265 1	190 1	265 1	2764	6119	72	S-e
207	Flounder (Paralichthys olivaceus; Pleuro-michthys spp.): Raw (CC) No. of samples	78.7	2.97	18.6	A 2 310	515 2	620 2	125 2	159 2	230 2	240 2	470 2	861 2	M 50 2	350 2	1158 2	460 2	1084 2	2005 2	3119 2	787 2	564 2	787 2	8209	18173									Tr

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	1	2	3	Results expressed as					4	5	6	7	8	Total 5 - amino acids		9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
		Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)						Isoleucine	Leucine	Lysine	Methionine	Cystine			Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
208	10. FISH AND SHELLFISH (Cont.ed) Flying fish (Exocoetus volitans): Raw (CC) No. of samples	77.0	3.36(21.0)		A	300	520	620	150	M <sub>84</sub>	234	240	240	480	300	C <sub>240</sub>	806	806	1612	1008	M <sub>73</sub>	310	350	210	410	740	1000	280	200	270	2837	6297	**	
209	Gaper (Schizothaerus sp.): Raw (CC) No. of samples	76.6	3.04	19.0	A	324	529	525	193	78	271	263	260	523	296	260	800	790	1590	900	80	314	817	121	424	719	988	296	219	325	2862	6771	**	
210	Gizzard shad (Clupea nodon punctatus): Raw (M) No. of samples	73.2	3.39	21.2	A	213	406	688	144						250	213	722	722	848	224	66	319												
211	Coby sp. (Gobiidae sp.): Raw (CC) No. of samples	78.2	2.99(18.7)		A	300	520	650	200	M <sub>87</sub>	287	240	240	480	310	C <sub>240</sub>	718	718	1436	927	M <sub>59</sub>	330	320	140	360	750	930	260	240	240	2936	6176	91	Tr
212	Herring (Clupea pallasi): Raw (CC) No. of samples	70.5	2.83	17.7	A	290	560	620	220	M <sub>70</sub>	290	230	230	460	320	C <sub>230</sub>	651	651	1302	906	M <sub>61</sub>	370	390	170	420	750	1100	310	240	300	2971	6651	94	Tr

## AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)			N (grams/100 grams of food, edible portion)			Protein (grams/100 grams of food, edible portion)			Results expressed as			Isoleucine			Leucine			Lysine			Methionine			Cystine			Total S - amino acids			Phenylalanine			Tyrosine			Total aromatic am. acids			Threonine			Tryptophan			Valine			Arginine			Histidine			Alanine			Aspartic acid			Glutamic acid			Glycine			Proline			Serine			Total essential am. acids			Total amino acids			Chemical score		
		1	2	3	4	5	6	7	8	7+8	9	10	9+10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25																																																						
<b>10. FISH AND SHELLFISH (Cont. e)</b>																																																																																		
213	Herring (Cont.ed) Roe, raw (CC) No. of samples	69.0	4.03	25.2	A 3 1668	414 3 2603	646 1 2257	560 3 2257	195 3 789	73 3 294	268 3 1083	313 3 1261	265 3 1068	578 3 2329	370 3 1491	54 1 210	485 3 1955	363 3 1463	126 3 508	591 3 2382	565 3 2277	777 3 3131	289 3 1165	469 3 1890	296 3 1193	375 3 13601	6851	83	Tr																																																					
214	Ivory-shell (Babylo- nia japonica): Raw (CC) No. of samples	71.4	3.47	21.7	A 1 881	254 1 1749	504 1 1211	349 1 1211	191 1 663	68 1 236	259 1 899	228 1 791	202 1 701	430 1 1492	271 1 940	46 1 160	273 1 947	550 1 1909	108 1 375	443 1 1537	638 1 2214	963 1 3342	523 1 1815	332 1 1152	307 1 1065	2386 1 8279	6250	71 88	Tr Va																																																					
King crab - see Crab King																																																																																		
Kingfish - see Mackerel, Spanish																																																																																		
215	Loach (Misgurnus anguillicaudatus): Raw (M) No. of samples	79.9	2.40	15.0	A 2 552	376 2 902	455 2 1092	211 2 506	60 2 144	271 2 650	191 2 458	170 2 408	361 2 866	175 2 420	72 2 173	334 2 802	430 2 1032	120 2 288	390 2 936	480 2 1152	560 2 1344	310 2 744	370 2 888	370 2 888	2274 2 5458	5304	70 85	Th Le																																																						
216	Lobster, spiny, Ja- panese (Panulirus japonicus): Raw (CC) No. of samples	78.3	2.86	17.9	A 1 730	255 1 1539	538 1 1701	201 1 575	84 1 240	285 1 815	295 1 844	257 1 735	552 1 1579	273 1 781	59 1 169	279 1 798	462 1 1321	135 1 386	370 1 1058	771 1 2205	1059 1 3029	290 1 829	214 1 612	307 1 878	2836 1 8110	6444	90 91	Va Tr																																																						

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)		N (grams/100 grams of food, edible portion)		Protein (grams/100 grams of food, edible portion)		Results expressed as											Chemical score	Total amino acids										
		1	2	3	4	5	6	7	8	7+8	9	10	9+10	11	12	13	14	15			16	17	18	19	20	21	22	23	24	25
217	10. FISH AND SHELLFISH (Cont.ed) Mackerel; M, chub (Scomber japonicus): Raw (M) No. of samples	74.0	3.01	19.3	A 453 2 1394	488 2 1469	580 3 1746	200 2 602	C 47 1 141	247 2 743	285 2 858	241 2 725	526 2 1583	322 2 969	85 6 256	482 2 1451	394 2 1186	188 2 566	350 1 1054	656 2 1975	779 2 2345	254 2 765	222 2 668	307 2 924	3193 2 9610	6343 2 9092	**			
218	Mackerel, horse or jack (Trachurus japonicus): Raw (CC) No. of samples	75.6	3.20	20.0	A 280 1 896	450 1 1440	550 1 1760	170 1 544	C 70 1 224	240 1 768	220 1 704	180 1 576	400 1 1280	260 1 832	M 74 3 236	310 1 992	320 1 1024	220 1 704	340 1 1088	590 1 1856	880 1 2816	260 1 832	190 1 608	220 1 704	2564 1 8204	5574 1 17837	**			
219	Mackerel, Spanish; kingfish (Scomberomorus commerson; S. ni- ponicus; Gymbium commersoni): Raw (M) No. of samples	77.4	2.96	18.5	A 313 1 926	444 1 1314	719 1 2128	194 1 574		188 1 556				356 1 1054	53 1 157	338 1 1000														
220	Marlin, sailfish (Istiophorus spp.; Makaira spp.): Raw (CC) No. of samples	72.4	3.74	23.4	A 320 1 1197	520 1 1944	570 1 2132	150 1 561	C 90 1 337	240 1 898	250 1 935	C 250 1 935	500 1 1870	330 1 1234	M 84 2 314	420 1 1571	270 1 1009	520 1 1944	400 1 1496	530 1 1982	1000 1 3740	250 1 935	210 1 785	220 1 823	2984 1 11160	6384 1 23876	**			

## AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	1	2	3	Results expressed as				7+8	9	10	9+10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
		Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)					Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit amino acids	
					4	5	6	7	8																			
	<b>10. FISH AND SHELLFISH (Cont. ex.)</b>																											
221	Mullet, harder (Mullig cephalus): Raw (CC) No. of samples	74.1	3.31	20.7	A 1	550 1	670 1	200 1	M <sub>85</sub> 1	285 1	260 1	C <sub>240</sub> 1	500 1	280 1	M <sub>81</sub> 1	320 1	400 1	200 1	400 1	760 1	1000 1	290 1	220 1	260 1	2996 1	6526 1	**	
	Mysid - see Opossum shrimp																											
222	Octopus, common (Polypus vulgaris): Raw (CC) No. of samples	83.9	2.16	13.5	A 1	470 1	460 1	130 1	C <sub>64</sub> 1	194 1	210 1	420 1	240 1	M <sub>72</sub> 1	280 1	510 1	150 1	320 1	620 1	870 1	340 1	160 1	270 1	2426 1	5666 1	88	S-o	
	Octopus sp. (Polypus maronatus) (CC) No. of samples				A 1	271 1	533 1	152 1		163 1			193 1	67 1	638 1			209 1		746 1	161 1	151 1			12239 1	90	Va	
224	Opossum shrimp, mysid (Neomysis sp.): Raw (CC) No. of samples	78.0	2.40	15.0	A 1	490 1	490 1	200 1	C <sub>84</sub> 1	284 1	410 1	670 1	300 1	M <sub>98</sub> 1	320 1	370 1	140 1	350 1	860 1	920 1	330 1	220 1	300 1	2972 1	6462 1	**		
	Oyster sp. (Ostrea edulis): Raw (M) No. of samples	78.7	1.74	10.9	A 2	479 2	415 3	141 2	85 2	226 2	244 2	375 2	241 2	50 2	278 2	441 2	88 2	300 1	475 1	856 1	263 1	363 1	244 1	2502 1	5532 1	77	Tr	
					B 2	833 2	722 2	245 2	148 2	393 2	425 2	653 2	419 2	87 2	484 2	767 2	153 2	522 2	827 2	1489 2	458 2	632 2	425 2	4353 2	9626 2	90	Va	

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Results expressed as										Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids		
		Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	4	5	6	7	8	7+8	9																	10	9+10
226	10. FISH AND SHELLFISH (Cont. ed) Pilchard - see Sardine Pollack, Alaska; cod, Pacific (Theragra chalcogramma; Gadus macrocephalus): Raw (CC) No. of samples	80.7	2.72	17.0	A	310	520	600	220	49	269	260	240	500	280	M76	310	410	150	380	670	1000	280	240	280	2865	6275	**	
227	Roe: Raw (CC) No. of samples	843	1414	1632	B	843	1414	1632	598	133	731	707	653	1360	762	207	843	1115	408	1034	1822	2720	762	653	751	7792	17068		
228	Salted (CC) No. of samples	3.79	23.7		B	1455	2312	2058	572	371	943	1035	1020	2055	1270	235	1649	1311	595	1975	2145	3244	898	1417	1698	11976	25260		
229	Forçy, red - see Sea bream, red Prawn, marine; shrimp (Penaeus spp.; Palaemon spp.): Raw (CC) No. of samples	79.2	2.81	17.6	A	290	590	490	62	110	172	270	300	570	320	M77	480	430	110	280	570	860	110	430	350	2989	6129	78	S-c
	Roe - see individual fish				B	245	485	500	159	71	230	253	198	451	238	63	387	593	110	342	666	1012	406	229	241	2599	6198	95	Th
						2	2	2	2	1	2	1	2	2	2	1	2	2	2	2	2	2	2	2	2	2	2	97	Tr
						689	1363	1405	447	200	647	711	556	1257	669	177	1087	1666	309	961	1872	2844	1141	644	677	7303	17416		

## AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)		N (grams/100 grams of food, edible portion)		Protein (grams/100 grams of food, edible portion)		Results expressed as		Amino acids										Total amino acids	Chemical score	Limit. amino acids						
		1	2	3	4	5	6	7	8	Total S - amino acids	7 + 8	9	10	9 + 10	11	12	13	14	15				16	17	18	19	20	21
230	10. FISH AND SHELLFISH (Cont.ed) Salmon, humpback; pink salmon (Oncorhynchus gorbuscha): Raw	71.3	3.52	22.0	A	250	410	490	180	270	240	180	420	270	77	290	370	170	360	550	740	380	270	240	2477	5557	94	Va
					B	880	1443	1724	634	950	845	634	1479	950	271	1021	1302	598	1267	1936	2604	1338	950	845	8719	19561	93	Le
231	Salmon, silver; king salmon (Oncorhynchus keta): Raw	72.6	3.16	19.9	A	340	450	670	180	290	190	210	400	290	80	400	310	200	450	560	970	340	240	250	2861	6181	**	
					B	1081	1431	2131	572	922	604	668	1272	922	254	1272	986	636	1431	1781	3085	1081	763	795	9097	19656		
232	Roe, raw				A	337	519	588	125	286	275	214	489	286	72	413	341	187	444	492	645	183	360	321	2921	5894	99	S-o
					B	991	1526	1729	368	841	809	629	1438	841	212	1214	1002	551	1305	1446	1896	538	1058	944	8588	17328		
233	Salmon, sockeye; red salmon (Oncorhynchus nerka): Frozen				A	325	569	663	213	375	300	256	556	375	81	463	363	181	413	675	925	219	231	306				
						1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1			

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)		N (grams/100 grams of food, edible portion)		Protein (grams/100 grams of food, edible portion)		Results expressed as		4	5	6	7	8	7+8	9	10	9+10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25			
		1	2	3	3	3	4	5	6																									7	8	9
234	10. FISH AND SHELLFISH (Cont.ee) Sardine sp.; pilchard (Sardinops melanosticta): Raw (M) No. of samples																																			
235	Saury, Pacific (Cololabis saira): Raw (CC) No. of samples																																			
236	Sea bream, red; porsey, red (Pagrus major): Raw (CC) No. of samples																																			
237	Sea bream sp. (Nemipterus virugatus): Raw (M) No. of samples																																			
238	Sea-slug; sea-cucumber (Stichopus japonica): Raw (CC) No. of samples																																			

## AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)			N (grams/100 grams of food, edible portion)			Protein (grams/100 grams of food, edible portion)			Results expressed as			Total 5 - amino acids			Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score	Limit. amino acids
		1	2	3	4	5	6	7	8	7+8	9	10	9+10	11	12	13																		
	<b>10. FISH AND SHELLFISH (Cont. ex.)</b>																																	
239	Sea urchin ( <i>Heliocidaris crassispina</i> ): Conads, raw (CC) No. of samples	71.5	2.53	(15.8)	A 260 1 1	500 360 1 1	500 360 1 1	320 160 1 1	M <sub>1</sub> 160 1 1	C <sub>1</sub> 310 1 1	550 784 1 1	550 1391 1 1	270 683 1 1	M <sub>7</sub> 76 1 1	380 961 1 1	260 658 1 1	140 354 1 1	270 683 1 1	610 1543 1 1	800 2024 1 1	390 987 1 1	350 886 1 1	260 658 1 1	2716 6871 1 1	5796 14664 1 1	**								
240	Shrimp - see Prawn, marine Silver conger eel - see Conger eel, silver  Skipjack ( <i>Euthynnus pelamys</i> ): Raw (CC) No. of samples	70.4	4.19	26.2	A 252 2 2	362 2212 2 2	517 2212 2 2	198 616 2 2	C <sub>1</sub> 51 2 2	240 1006 1 1	418 1752 1 1	418 3869 1 1	210 880 2 2	71 298 1 1	460 1927 2 2	320 1341 1 1	342 1433 1 1	263 1102 2 2	520 2179 1 1	699 2929 2 2	208 872 2 2	167 700 2 2	200 838 2 2	2499 10472 1 1	5218 21863 1 1	82 84	Le Th							
241	Strips, dried (CC) No. of samples	15.3	12.1	75.6	A 290 1 1	510 5561 1 1	460 5561 1 1	225 786 1 1	M <sub>6</sub> 65 1 1	C <sub>2</sub> 230 1 1	450 2781 1 1	450 5441 1 1	260 3143 1 1	M <sub>7</sub> 76 1 1	320 3869 1 1	320 3869 1 1	410 4957 1 1	370 4473 1 1	630 7617 1 1	760 9188 1 1	280 3385 1 1	210 2539 1 1	210 2591 1 1	2591 31325 1 1	5781 69892 1 1	**								
242	Squid ( <i>Loligo</i> spp.; <i>Omastrephes</i> spp.): Raw (M) No. of samples	82.0	2.44	15.3	A 314 5 5	435 1198 5 5	491 1198 5 5	152 371 5 5	229 539 5 5	222 542 3 3	451 1101 5 5	451 500 5 5	205 500 5 5	52 127 4 4	399 974 5 5	382 932 3 3	103 251 3 3	336 820 1 1	634 1547 3 3	812 1981 3 3	294 717 3 3	338 825 2 2	252 615 2 2	6286 17098 1 1	93	Va								
243	Squid sp.; cuttlefish sp. ( <i>Decapod mollusca</i> ): Raw (M) No. of samples	2.72	17.0		A 300 1 1	530 1523 1 1	560 1523 1 1	239 462 1 1	69 188 1 1	180 490 1 1	440 1197 1 1	440 1197 1 1	280 762 1 1	77 209 1 1	290 789 1 1	540 1469 1 1	130 354 1 1	370 1006 1 1	660 1795 1 1	1000 2720 1 1	300 816 1 1	310 843 1 1	260 7388 1 1	2716 7388 1 1	6286 17098 1 1	93	Va							

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as										Total aromatic am. acids	Total essential am. acids	Total amino acids	Chemical score											
					1	2	3	4	5	6	7	8	7+8	9					10	9+10	11	12	13	14	15	16	17	18	19
244	10. FISH AND SHELLFISH (Cont.ed) Top shell; spiny top shell (Turbo cornutus; Batillus C.): Raw (CC) No. of samples	74.1	3.20	20.0	A	236	453	396	147	79	226	201	179	380	260	53	249	571	90	386	612	922	526	298	284	2253	5942	80	Va
245	Trout, rainbow (Salmo gairdnerii iridens): Raw (CC) No. of samples	70.9	3.29	20.6	B	755	1449	1267	470	253	723	643	573	1216	832	170	797	1827	288	1235	1958	2950	1683	954	909	7209	19014	82	Tr
246	Tuna, big eye (Thunnus obesus): Raw (M) No. of samples	73.3	3.71	23.2	B	855	1481	1678	428	155	583	888	592	1480	855	234	1020	1250	658	1184	1908	2533	1217	757	790	8186	18483	80	S-e
247	Tuna, bluefin (Thunnus thynnus): Raw (CC) Lean No. of samples	73.5	3.61	22.6	B	320	570	580	160	80	240	280	260	540	300	81	370	350	310	380	750	930	270	240	240	3001	6471	**	
248	Fat (CC) No. of samples	52.7	3.42	21.4	B	1060	1881	2120	581	277	858	958	923	1881	1026	277	1197	1163	958	1334	2565	3181	923	752	889	10301	22066	**	

## AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)		N (grams/100 grams of food, edible portion)		Protein (grams/100 grams of food, edible portion)		Results expressed as												Chemical score	Total amino acids						
		1	2	3	4	5	6	7	8	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine			Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids
249	10. FISH AND SHELLFISH (Cont.ed) Tuna, Yellowfin (Thunnus alalunga; Neothunnus albacora; N. macropterus): Raw (CC) No. of samples	74.5	3.85	24.1	A 273 2	419 2	555 2	160 2	M <sub>6</sub> 236 1	211 2	C <sub>330</sub> 541 1	224 2	107 1	475 2	360 2	224 2	287 2	720 2	920 2	211 2	210 2	280 2	2830 10895	6042 23261	90 95	Th Le	
250	Whale (Balaeoptera borealis; B. musculus B. physalus): Raw (M) No. of samples	61.8	3.26	20.4	A 360 2	285 2	510 2	150 2	119 1	313 2	206 1	279 2	62 2	294 2	288 1	156 1	263 1	550 1	681 1	269 1	250 1	288 1	2578 8404	5323 17352	65 95	Le Va	
251	Lean meat, cured (CC) No. of samples	59.1	3.90	(24.4)	A 300 1	560 1	570 1	120 1	C <sub>78</sub> 198 1	260 1	200 1	260 1	M <sub>87</sub> 310 1	310 1	380 1	260 1	370 1	480 1	950 1	250 1	260 1	240 1	2745 10706	5935 23147	90	S-c	
	Yellowtail - see Amberfish																										

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)	Results expressed as	4	5	6	7	8	7+8	9	10	9+10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
																														Limit. amino acids
11. MILK AND MILK PRODUCTS																														
252	Cheese, processed (CC) No. of samples	39.8	3.95	25.2	A	300	550	600	190	C <sub>3</sub>	224	340	C <sub>350</sub>	690	(257)	M <sub>90</sub>	380	270	240	140	300	980	100	560	230	3091	5911	**		
																														1
253	Cream, raw (CC) No. of samples	67.1	0.75	(4.8)	B	263	525	398	90	65	155	248	225	473	225	68	285	203	128	158	360	750	105	368	240	2392	4704	94	S-c	
																														1
254	Milk, cow: Fluid (M) No. of samples	87.7	0.49	3.1	A	320	590	480	150	C <sub>50</sub>	200	280	350	630	270	M <sub>92</sub>	410	180	160	210	520	1400	120	590	340	2992	6512	91	S-c	
																														1
255	Dried Whole (M) No. of samples	3.8	4.08	26.0	B	1624	2370	2244	1122	82	1204	1277	1220	2497	1073	424	1816	938	779							3248	13252			
																														1
256	Non fat milk solids (skim) (M) No. of samples	4.2	5.45	34.8	A	418	563	559	228	24	252	312	286	598	283	81	424	188	161							3198	17428			
																														1
257	Casein, dried (M) No. of samples	4.0	13.00	(83.0)	B	6747	8203	6552	2678	131	1374	1700	1559	3259	1542	441	2310	1025	877											
																														1

## AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	1	2	3	Results expressed as								14	15	16	17	18	19	20	21	22	23	24	25		
		Moisture (grams/100 grams of food, edible portion)	N (grams/100 grams of food, edible portion)	Protein (grams/100 grams of food, edible portion)		8	7 + 8	9	10	9 + 10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
<b>11. MILK AND MILK PRODUCTS (Cont.ed)</b>																										
258	Milk, goat, fluid, whole (cc) No. of samples	87.5	0.53	3.4	A	150 1	310 1	360 1	C <sub>400</sub> 1	760 1	310 1	M <sub>80</sub> 1	390 1	190 1	160 1	200 1	460 1	1200 1	110 1	660 1	320 1	3210	6510	**		
259	Milk, human Fluid, whole (cc) No. of samples	88.1	C.24	1.5	A	110 1	220 1	240 1	C <sub>340</sub> 1	580 1	270 1	M <sub>100</sub> 1	370 1	220 1	140 1	240 1	540 1	1100 1	140 1	570 1	250 1	2890	6090	**		
Milk soybean - see Soybean, Group 3																										
<b>13. BEVERAGES</b>																										
260	Beer (cc) No. of samples	92.1	0.08	0.5	A	28 1	98 1	150 1	C <sub>370</sub> 1	520 1	110 1	C <sub>79</sub> 1	210 1	220 1	130 1	260 1	300 1	760 1	230 1	720 1	110 1	1467	4197	34 44	Le Th	
261	Sake: Wine (cc) No. of samples	78.4	0.08	0.5	A	5 1	50 1	110 1	C <sub>230</sub> 1	340 1	87 1	M <sub>14</sub> 1	180 1	260 1	85 1	230 1	250 1	370 1	170 1	160 1	110 1	1081	2716	22 23	S-c Tr	
Soybean milk - see Group 3																										

AMINO ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Moisture (grams/100 grams of food, edible portion)		N (grams/100 grams of food, edible portion)		Protein (grams/100 grams of food, edible portion)		Results expressed as		4	5	6	7	8	7+8	9	10	9+10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
		1	2	3							Isoleucine	Leucine	Lysine	Methionine	Cystine	Total S - amino acids	Phenylalanine	Tyrosine	Total aromatic am. acids	Threonine	Tryptophan	Valine	Arginine	Histidine	Alanine	Aspartic acid	Glutamic acid	Glycine	Proline	Serine	Total essential am. acids	Total amino acids	Chemical score
262	14. MISCELLANEOUS Condiments: Mustard (Brassica juncea), brown: Seed (M) No. of samples			A	350 1	506 1	431 1	75 1	75 1	150 1	250 1	175 1	425 1	394 1	88 1	356 1	413 1	181 1	369 1	531 1	1219 1	288 1	513 1	263 1	2700	6477	68	S-c					
263	Pepper (Xanthox- bem piperitum): Seed (M) No. of samples			A	281 1	525 1	294 1	75 1	81 1	156 1	219 1	200 1	419 1	256 1	81 1	394 1	763 1	150 1	363 1	701 1	1463 1	406 1	350 1	213 1	2406	6815	71 86	S-c Ly					
264	Yeast: Strawberry's (Rhodotorula pi- limanae) (M) No. of samples	2.9	7.96	49.8	A	253 1	416 1	517 1	149 1	163 1	201 1	160 1	361 1	317 1	318 1	318 1	444 1	158 1	444 1	158 1	2345*	18666*	74 95	S-c Le									
265	Torulopsis utilis (M) No. of samples	7.0	7.53	47.1	A	437 2	323 2	566 2	149 2	176 2	275 2	113 2	388 2	309 2	332 2	332 2	307 2	130 2	307 2	130 2	2531*	19058*	73 80	Le S-c									

PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B<sub>12</sub> AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

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

PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B<sub>12</sub> AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine Milligrams	Pantothenic acid Milligrams	Vitamin B <sub>12</sub> Micrograms	Folic acid Micrograms
<b>3. GRAIN LEGUME AND LEGUME PRODUCTS</b>					
	Bengalgram - see Chickpea				
	Burma bean - see Lima bean				
	Catjang bean - see Pigeon pea				
15	Chickpea; Bengalgram ( <i>Cicer arietinum</i> ): Whole seeds; dried.....	(.54)	(1.3)	0	163.0
16	Cowpea, all varieties ( <i>Vigna spp.</i> ): Whole seeds; dried.....	.42	1.2	0	(439.0)
	Dhal - see Lentil				
17	Goabean, Indies, asparagus pea; Winged bean ( <i>Psophocarpus tetragonolobus</i> ): Seeds dried.....	.11		0	25.6
	Golden gram - see Mung bean				
	Greengram - see Mung bean				
	Haricot bean - see Kidney bean				
18	Hyacinth bean; Indian butter bean ( <i>Lablab niger</i> ; <i>Dolichos lablab</i> ): Whole seeds, dried.....	.15	(1.2)	0	21.8
	Indian bean - see Mung bean				
	Indian butter bean - see Hyacinth bean				
19	Kidneybean; French bean; Navy bean; pinto bean; snap bean; string bean ( <i>Phaseolus vulgaris</i> ): Whole seeds, dried.....		(.65)	0	(180.0)
20	Lentil; dhal; split pea ( <i>Lens culinaris</i> ; <i>Ervum lens</i> ): Whole seeds, dried.....	(.49)	(1.5)	0	110.0

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PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B<sub>12</sub> AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine Milligrams	Pantothenic acid Milligrams	Vitamin B <sub>12</sub> Micrograms	Folic acid Micrograms
	<u>3. GRAIN LEGUME AND LEGUME PRODUCTS</u> (Cont. eq)				
21	Lima bean; butterbean; Burma bean (Phaseolus lunatus; P. limensis): Whole seeds, dried.....	.50	1.2	0	125.0
22	Mungbean, Indianbean; green gram; golden gram (Phaseolus aureus; Vigna radiata): Whole seeds, dried.....	.47	(2.5)	0	121.0
	Navy bean - see Kidney bean				
23	Peanut; groundnut (Arachis hypogaea): Raw.....		(2.8)	0	124.0
24	Peas, garden and field (Pisum sativum): Whole seeds, dried.....	.13	(2.2)	0	59.3
25	Pigeon pea; Catjang pea (Cajanus Cajan; C. indicus): Whole seeds, dried.....	.25	(1.5)	0	193.0
	Pinto bean - see Kidney bean				
26	Soybean (Glycine max; G. hispida; G. soja): Whole mature seeds, dried.....	.82	1.6	0	210.0
27	Yambean, turnip bean; (Pachyrrhizus erosus): Whole seeds, dried.....	.04		0	5.1

PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B<sub>12</sub> AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine Milligrams	Pantothenic acid Milligrams	Vitamin B <sub>12</sub> Micrograms	Folic acid Micrograms
	<b>4. NUTS AND SEEDS</b>				
28	Almonds ( <i>Prunus amygdalus</i> ; <i>P. communis</i> ) Shelled, raw.....	(.10)	(.58)	0	(45.0)
29	Brazilnuts ( <i>Bertholletia excelsa</i> ): Shelled, raw.....	(.17)	(.23)	0	(4.5)
30	Bread fruit ( <i>Artocarpus altiss</i> ): Seed, Kernel, raw.....		1.6	0	
31	Cashew, Common ( <i>Anacardium occidentale</i> ) Nuts, raw.....		(1.6)	0	
32	Coconuts ( <i>Cocos nucifera</i> ): Mature kernel, raw.....	.07	(.33)	0	(27.6)
	Gingelly - see Sesame, oriental				
33	Pecans ( <i>Carya illinoensis</i> ; <i>C. olivae-</i> <i>formis</i> ): Shelled, raw.....		(1.7)	0	(27.0)
34	Sesame, Oriental; gingelly ( <i>Sesamum</i> <i>indicum</i> ; <i>S. orientale</i> ): Seeds, whole dried.....		(.38)	0	
35	Walnuts ( <i>Juglans regia</i> ): Shelled, raw.....	(.96)	(.97)	0	(77.0)

PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B<sub>12</sub> AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

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

PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B<sub>12</sub> AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

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

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PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B<sub>12</sub> AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine Milligrams	Pantothenic acid Milligrams	Vitamin B <sub>12</sub> Micrograms	Folic acid Micrograms
	<u>5. VEGETABLES AND VEGETABLE PRODUCTS</u> (Cont.ed)				
58	Garlic ( <i>Allium sativum</i> ): Bulbs, raw.....	.96		0	6.2
59	Young leaves, raw.....	.20		0	123.0
60	Ginger ( <i>Zingiber officinale</i> ): Roots, raw.....	.16	(.20)	0	
61	Gourd, sponge ( <i>Luffa cylindrica</i> ): Fruit, raw.....	.04		0	6.2
62	Horseradish; dish tree; drum stick leaves ( <i>Moringa oleifera</i> ): Leaves, raw.....	1.2		0	370.0
63	Jute, potherb ( <i>Corchorus olitorius</i> ): Leaves, raw.....	.60		0	123.0
64	Leek ( <i>Allium porrum</i> ): Raw.....	.15	(.12)	0	57.8
65	Lettuce, garden ( <i>Lactuca sativa</i> ): Leaves, raw.....	.20	(.36)	0	88.8
	Maize - see Corn				
	Malabar nightshade - see Vinespinach				
66	Matai; Waternut; water chestnut ( <i>Eleo- charis tuberosa</i> ; <i>E. dulcis</i> ): Corms, raw.....	.10		0	
67	Mushroom ( <i>Agaricus</i> spp.): Raw.....	.53	(2.1)	0	(30.0)
68	Mustard greens, Indian ( <i>Brassica juncea</i> ): Leaves, raw.....	.16	(.21)	0	167.0
69	New-Zealand spinach ( <i>Tetragonia tetra- gonoides</i> ; <i>T. expansa</i> ): Leaves, raw.....	.43	(.31)	0	20.9

PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B<sub>12</sub> AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine Milligrams	Pantothenic acid Milligrams	Vitamin B <sub>12</sub> Micrograms	Folic acid Micrograms
<u>5. VEGETABLES AND VEGETABLE PRODUCTS</u> (Cont.ed)					
70	Okra; lady's finger ( <i>Hibiscus esculentus</i> ) Raw.....	.22	(.29)	0	22.7
71	Onion, Common, garden ( <i>Allium cepa</i> ): Bulbs, mature, raw.....	.22	(.17)	0	20.7
72	Papaya ( <i>Carica papaya</i> ): Fruit, unripe, raw.....		.22	0	
73	Peas, garden ( <i>Pisum sativum</i> ): Raw.....	(.15)	(.82)	0	(25.0)
74	Peppers, all varieties ( <i>Capsicum</i> <i>annuum</i> ): Fruit, green, raw.....	.27	(.23)	0	15.8
75	Potato ( <i>Solanum tuberosum</i> ): Tubers, raw.....	.19	.46	0	7.2
76	Pumpkin ( <i>Cucurbita pepo</i> ): Fruit, raw.....	.11		0	9.3
77	Purslane, common ( <i>Portulaca oleracea</i> ): Leaves and stems, raw.....	.15		0	
78	Radish, oriental, Japanese or chinese; daikon ( <i>Raphanus sativus</i> var): Roots, raw.....	(.06)	(.18)	0	
79	Pods, raw.....	.09		0	7.9
80	Seaweeds, common varieties: Seaweed, sp (Japan) ( <i>Amphiroa</i> spp.): Dried.....	.03			
81	Seaweed, sp.(Japan) ( <i>Cambarns clarkii</i> ): Raw, whole.....			6.7	
82	Seaweed sp.(Japan) ( <i>Carpopeltis affinis</i> ): Dried.....	.18			
83	Seaweed sp.(Japan) ( <i>Caulerpa racemosa</i> ): Dried.....		.55	14.9	61.2

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PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B<sub>12</sub> AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine Milligrams	Pantothenic acid Milligrams	Vitamin B <sub>12</sub> Micrograms	Folic acid Micrograms
	<u>5. VEGETABLES AND VEGETABLE PRODUCTS</u> (Cont. eu)				
84	Seaweed sp. (Japan) ( <i>Chaetomorpha crassa</i> ) Dried.....	.12			
85	Seaweed sp. (Japan) ( <i>Champs parvura</i> ): Dried.....	.19			
86	Seaweed sp. (Japan) ( <i>Chlorella ellipsoidea</i> ): Dried.....	.25	.85		4700?
87	Seaweed sp. (Japan) ( <i>Chondrococcus japonicus</i> ): Dried.....	.13			
88	Seaweed sp. (Japan) ( <i>Chondrus ocellatus</i> ): Dried.....	.09			
89	Seaweed sp. (Japan) ( <i>Codium sp.</i> ): Dried.....	.26			
90	Seaweed sp. (Japan) ( <i>Dictyopterus proliferata</i> ): Dried.....	.04			
91	Seaweed sp. (Japan) ( <i>Ecklonia cava</i> ): Dried.....	.02			
92	Seaweed sp. (Japan) ( <i>Ectocarpus sp.</i> ): Dried.....	.48			
93	Seaweed sp. (Japan) ( <i>Eisenia bicyclis</i> ): Dried.....	.06			
94	Seaweed sp. (Japan) ( <i>Endarachne binghamiae</i> ): Dried.....	.02			
95	Seaweed sp. (Japan) ( <i>Engraulis japonica</i> ) Dried.....			1.5	
96	Seaweed sp. (Japan) ( <i>Enteromorpha sp.</i> ): Dried.....	.87			

PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B<sub>12</sub> AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

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

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PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B<sub>12</sub> AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine Milligrams	Pantothenic acid Milligrams	Vitamin B <sub>12</sub> Micrograms	Folic acid Micrograms
	<b>5. VEGETABLES AND VEGETABLE PRODUCTS (Cont.ed)</b>				
111	Seaweed sp.(Japan) (Porphyra tenera): Dried.....	.07			
112	Seaweed sp.(Japan) (Sargassum sp.): Dried.....	.11			
113	Seaweed sp.(Japan) (Sargestes lucens): Dried.....			10.1	
114	Seaweed sp.(Japan) (Ulva pertusa): Dried.....	.87			
115	Seaweed sp.(Japan) (Undaria pinnatifida) Dried.....	.01			
116	Spinach (Spinacia oleracea): Leaves and stems, raw..... Spinach, New-Zealand - see New-Zealand spinach	(.20)	(.31)	0	
117	Squash (Cucurbita sp.): Fruit, raw.....			0	47.9
118	Tops, raw.....	.32	(.31)		56.0
119	Sweetpotato (Ipomoea batatas): Leaves and tender tips, raw.....	.21		0	88.4
120	Tamarind (Tamarindus indicus): Young leaves, raw.....			0	42.4
121	Taro; dasheen (Colocasia spp.): Leaf stalk, raw.....	.19		0	163.0
122	Tomato (Solanum lycopersicum; Lycopersicon esculentum): Unripe, raw.....	.06		0	6.5
123	Ripe, raw.....	.08	(.31)	0	6.3
124	Turmeric, common (Curcuma longa): Roots, raw.....			0	9.3

PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B<sub>12</sub> AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

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

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PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B<sub>12</sub> AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

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

PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B<sub>12</sub> AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

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

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PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B<sub>12</sub> AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

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

PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B<sub>12</sub> AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine Milligrams	Pantothenic acid Milligrams	Vitamin B <sub>12</sub> Micrograms	Folic acid Micrograms
<b>8. MEAT, POULTRY AND GAME</b>					
155	Bacon - see Pork				
	Beef ( <i>Bos taurus</i> ; <i>B. indicus</i> ):		(.47)	1.4	(6.9)
	Carcass fresh, medium fat.....	.42			
	Brain, raw:				
156	Beef.....	.18		4.4	21.8
157	Buffalo, Carabao.....	.29		7.0	11.6
158	Hog.....	.19		1.8	19.8
159	Buffalo, water ( <i>Bubalus buffelus</i> ):				
	Meat, raw.....	.18			
160	Chicken ( <i>Gallus gallus</i> ; <i>G. domesticus</i> ):		(1.0)	(.4)	
	Raw, Young bird.....	(.22)			
161	Frog ( <i>Rana vitigera</i> ):				
	Meat, raw.....			2.0	
162	Gizzard, chicken:				
	Raw.....	.15	(.75)	1.9	
	Heart, raw:				
163	Beef.....	.36	(2.5)	13.3	.3
164	Buffalo.....	.22		7.5	1.3
165	Chicken.....	.28	(2.6)	10.8	
166	Hog.....	.36	(2.5)	3.3	11.9
	Intestines, large, raw:				
167	Beef.....	.10		6.2	29.4
168	Buffalo.....	.03		1.2	21.2
169	Hog.....	.01		.8	
	Intestines, small, raw:				
170	Beef.....	.30		4.1	14.3
171	Buffalo.....	.02		4.2	14.2
172	Hog.....	.01		.8	
	Kidney, raw:				
173	Beef.....	.39	(3.9)	16.3	45.3
174	Buffalo.....	.19		27.2	14.7
175	Hog.....	.40	(3.2)	12.2	19.4

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PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B<sub>12</sub> AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine Milligrams	Pantothenic acid Milligrams	Vitamin B <sub>12</sub> Micrograms	Folic acid Micrograms
	<b>B. MEAT, POULTRY AND GAME (Cont.ed)</b>				
	Lamb - see Mutton				
	Liver, raw:				
176	Beef.....	.82	(7.7)	52.7	250.0
177	Buffalo.....	.68		28.6	106.0
178	Chicken.....	.72	(6.0)	27.9	1128.0
179	Hog.....	.62	(6.4)	65.2	259.0
	Lungs, raw:				
180	Beef.....	.01		4.7	10.9
181	Buffalo.....	.06		5.4	13.1
182	Hog.....	.01		.7	21.3
	Mammary, raw:				
183	Beef.....	.05		1.3	
184	Buffalo.....	.03		.8	
185	Hog.....	.06		.4	
186	Mutton; lamb (Ovis aries), raw.....	.33	(.59)	2.2	
	Omasum, raw:				
187	Beef.....	.04		.7	6.3
188	Buffalo.....	.02		1.0	17.0
189	Pork (Sus scrofa): Carcass fresh, lean.....	.38	.86	(5.5)	40.0
	Reticulum, raw:				
190	Beef.....	.03		3.5	46.6
191	Buffalo.....	.02		4.8	47.4
	Spleen, raw:				
192	Beef.....	.07		6.9	18.0
193	Buffalo.....	.03		3.6	14.8
194	Hog.....	.06		5.6	5.6
	Stomach, raw:				
195	Beef.....	.03		1.9	3.5
196	Buffalo.....	.13			8.4
197	Hog.....	.04			

PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B<sub>12</sub> AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

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

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PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B<sub>12</sub> AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine Milligrams	Pantothenic acid Milligrams	Vitamin B <sub>12</sub> Micrograms	Folic acid Micrograms
<b>10. FISH AND SHELLFISH</b>					
203	Abalone; earshell ( <i>Haliotis gigantea</i> ): Edible muscle, raw.....				5.0
204	Albacore, long finned ( <i>Tonbo maguro</i> ): Edible muscle, raw.....	.50	.45	.2	
205	Amberfish; yellowtail ( <i>Seriola quinqueradiata</i> ): Raw.....		.60	5.6	3.2
206	Anchovy ( <i>Engraulis</i> spp.; <i>Stolephorus</i> spp.): Raw.....	.26		6.3	12.3
207	Arkshell; chestshell ( <i>Arca</i> spp; <i>Anadara</i> spp.): Raw.....	.04			
208	Barracuda ( <i>Sphyraena argentea</i> ; <i>S. pinguis</i> ; <i>S. obtusata</i> ): Raw.....	.15		1.8	11.9
209	Bonito; pelamis ( <i>Katsuwonus pelamis</i> ): orientalis: Raw.....			94.4?	370.0?
210	Brill, rough scaled ( <i>Pseudorhombus digodon</i> ): Raw.....	.12			
211	Caesio, golden; goldbanded fusilier ( <i>Caesio chrysozonus</i> ; <i>C. cunning</i> ): Raw.....	.38		3.1	7.8
212	Carp ( <i>Cyprinus carpio</i> ): Raw.....	.19	(.15)	1.5	
213	Catfua ( <i>Priacanthus tayenus</i> ): Raw.....	.31			
214	Catfish, freshwater ( <i>Clarias batrachus</i> ): Raw.....	.17	.46	3.4	15.3

PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B<sub>12</sub> AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine Milligrams	Pantothenic acid Milligrams	Vitamin B <sub>12</sub> Micrograms	Folic acid Micrograms
<b>10. FISH AND SHELLFISH (Cont. ed)</b>					
215	Catfish, sea (Arius spp.): Raw.....	.37		2.5	15.0
216	Cavalla, banded (Caranx spp.): Raw.....	.65		9.1	2.9
217	Clam (Cardium spp.; Venus spp.; Meretrix spp.): Raw.....	.40	.51	(98.0)	11.0
218	Clam, baby (Venerupis spp.): Raw.....	.35			
219	Cod (Gadus spp.): Raw.....	(.20)	.14	(.5)	6.7
220	Crab, sea, blue (Neptunus spp.; Scylla spp.): Raw.....	.17		5.6	13.8
221	Crab, small (Potamon grasoides): Raw.....	.12			53.3
222	Crab (Scylla serrata): Raw.....	.13		2.2	56.6
223	Croaker (Pseudosciaena aneus): Raw.....	.20		2.5	
224	Dogfish (Squalus spp.): Raw.....		.86	(1.8)	3.2
225	Earsbell - see Abalone Eel, river (Anguilla japonica): Raw.....	(.23)	.14	(1.0)	13.1
226	Flathead, Indian (Platycephalus indicus) Raw.....	.24			
227	Flatfish (Limanda herzensteini): Raw.....		1.7		5.0

PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B<sub>12</sub> AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine Milligrams	Pantothenic acid Milligrams	Vitamin B <sub>12</sub> Micrograms	Folic acid Micrograms
	10. FISH AND SHELLFISH (Cont.ed)				
228	Flounder sp. ( <i>Hippoglossoides elassodon</i> ) Raw.....	.16	(.90)	(1.3)	3.0
229	Flying fish ( <i>Cypselurus</i> spp.): Raw.....				2.8
230	Garfish, common ( <i>Tylosurus giganteus</i> ): Raw.....	.57		1.9	
231	Gizzard shad ( <i>Clupea punctatus</i> ): Raw.....	.27		3.8	1.7
232	Goby, flat-headed ( <i>Glossogobius giurus</i> ): Raw.....	.04	.20	4.1	8.1
233	Gouramy ( <i>Trichogaster pectoralis</i> ): Raw.....				1.0
234	Grouper, spotted ( <i>Epinephelus corallicola</i> ): Raw.....	.30		9.1	8.8
235	Hairtail; ribbonfish; cutlass fish ( <i>Trichiurus</i> spp.): Raw.....	.24		1.1	6.3
236	Halfbeak ( <i>Hemirhamphus</i> spp.): Raw.....			1.3	
237	Halibut, arrow toothed ( <i>Reinhardtius matsuurae</i> ): Raw.....	(.40)	.59	(.7)	2.9
238	Hardtail; torpedo ( <i>Megalaspis cordyla</i> ): Raw.....	.60			
239	Herring ( <i>Clupea pallasi</i> ): Raw.....	.22	.93	(10.0)	
240	Hornshell ( <i>Terebralia sulcata</i> ): Raw.....	.06		12.6	21.1

PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B<sub>12</sub> AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion			
		Pyridoxine Milligrams	Pantothenic acid Milligrams	Vitamin B <sub>12</sub> Micrograms	Folic acid Micrograms
241	10. FISH AND SHELLFISH (Cont.ed) Lamprey; lamprete (Entosphenus japonicus); Raw.....		.35		24.0
242	Lampshell; tongue-clam (Lingula unguis); Raw.....	.07			11.8
243	Leatherjacket (Scomberoides lysan); Raw.....				5.7
244	Mackerel, atka (Pleurogrammus azonus); Raw.....	.54	.19		7.4
245	Mackerel, horse or jack (Trachurus japonica); Raw.....		.30		1.9
246	Mackerel, common (Scomber japonicus); Raw.....	.27	.16		5.8
247	Mackerel, spanish (Cymbium commersoni); Raw.....	.28		2.4	36.5
248	Milk-fish (Chanos chanos); Raw.....	.42		3.4	15.9
249	Mojarra, spotted (Gerres filamentosus); Raw.....	.36		1.9	21.4
250	Moonfish, spotted (Mene maculata); Raw.....	.97			
251	Mullet, harder (Mugil spp.); Raw.....	.38	.72	8.6	13.0
252	Mussel, horse or sea (Mytilus spp.); Raw.....	.19		10.2	41.8
253	Nemipterid, ribbon-finned (Nemipterus taeniterus); Raw.....	.27		2.8	7.6

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PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B<sub>12</sub> AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

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

PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B<sub>12</sub> AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

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

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PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B<sub>12</sub> AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

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

PYRIDOXINE, PANTOTHENIC ACID, VITAMIN B<sub>12</sub> AND FOLIC ACID CONTENT OF SOME EAST ASIAN FOODS

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

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SECTION C  
TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

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

TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion												
		Magnesium	Manganese	Zinc	Cobalt	Copper	Molybdenum	Selenium	Fluorine	Iodine				
	<u>1. CEREALS AND GRAIN PRODUCTS</u> (Cont.ed)													
14	Wheat ( <i>Triticum aestivum</i> ; <i>T. vulgare</i> ): Whole grain or meal.....	(173)	2.0	2.5	11.0	210	(36)	(28.0)	53	1.4				
15	Wheat products: Bread, brown.....			.4	6.3									
	<u>2. STARCHY ROOTS, TUBERS AND FRUITS</u>													
16	Burdock, great; goba ( <i>Arctium lappa</i> ): Root, Raw.....		34.0											
17	Cassava, bitter, common ( <i>Manihot esculenta</i> ; <i>M. utilis</i> ): Root, Raw.....	4			.9									
	Matai - see Group 5													
	Potato, white ( <i>Solanum tuberosum</i> ): Tuber, raw - see Group 5													
18	Sago ( <i>Metroxylon</i> spp.): Flour	18		.2	11.0	100	13	4.0	444					
19	Sweetpotato ( <i>Ipomoea batatas</i> ): White, Root, Raw.....	201	387.0	2.0	21.5	260	57	7.1	862					
20	Taro; dasheen ( <i>Colocasia antiquorum</i> ; <i>C. esculenta</i> ): Tuber, Raw.....	33	263.0											
21	Taro, chinese.....	212		5.2	24.8	793	118	5.4	47					
22	Yam, winged ( <i>Dioscorea alata</i> ): Tuber, Raw.....	20		1.1	3.0									

## TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion								
		Magnesium	Manganese	Zinc	Cobalt	Copper	Molybdenum	Selenium	Fluorine	Iodine
	<u>3. GRAIN LEGUME AND LEGUME PRODUCTS</u> Bengalgram - see Chickpea Burmabean - see Limabean Catjangbean - see Pigeonpea Chickpea; Bengalgram, ( <i>Cicer arietinum</i> ): Whole seeds; dried..... (108) Cowpea, all varieties ( <i>Vigna spp.</i> ): Whole seeds; dried..... 53 Dhal - see Lentil Green gram - see Mung bean Golden gram - see Mung bean Haricot bean - see Kidney bean Hyacinth bean; Indian butter bean (Lablab niger; Dolichos lablab): Whole seeds, dried..... 87 Indian bean - see Mung bean Indian butter bean - see Hyacinth bean Kidney bean; French bean; navy bean; pinto bean; snap bean; string bean ( <i>Phaseolus vulgaris</i> ): Whole seeds, dried..... 215	Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Micro-grams	Micro-grams	Micro-grams	Micro-grams
23					(990)					
24				18.8						1.5
25										
26										
27				4.3						6.8

TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

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

## TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion								
		Magnesium	Manganese	Zinc	Cobalt	Copper	Molybdenum	Selenium	Fluorine	Iodine
		Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Micro-grams	Micro-grams	Micro-grams	Micro-grams
38	4. <u>NUTS AND SEEDS</u> Coconut ( <i>Cocos nucifera</i> ): Mature kernel, raw.....	160	1.3	5.0	3.9	(50)				2.1
39	Euryale, Gordon; fox nut ( <i>Euryale ferox</i> ): Seeds, dried.....	14								
40	Gingelly - see Sesame, Oriental Ginkgo seeds ( <i>Ginkgo biloba</i> ): Whole, dried.....							1.1		
41	Jakfruit; jackfruit ( <i>Artocarpus heterophyllus</i> ): Seeds, raw.....	48		.8	.7					3.9
42	Karoka nuts ( <i>Pandanus</i> spp.): Raw.....	245								
43	Mustard seeds ( <i>Brassica</i> spp.): Whole seeds, dried.....	260				(310)				4.0
44	Sesame, oriental; gingelly ( <i>Sesamum indicum</i> ; <i>S. orientale</i> ): Whole seeds dried; black or white.....							.8		
45	Sunflower ( <i>Helianthus annuus</i> ): Seeds, dried.....	470								

TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion									
		Magnesium	Manganese	Zinc	Cobalt	Copper	Molybdenum	Selenium	Fluorine	Iodine	
		Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Micro-grams	Micro-grams	Micro-grams	Micro-grams	
	<u>5. VEGETABLES AND VEGETABLE PRODUCTS</u>										
46	Amaranth, sp. (Amaranthus mangostanus): Leaves and stems, raw: Green.....	160			(370)						
47	Amaranth, spiny (Amaranthus spinosus): Leaves and stems, raw.....	164									
48	Amaranth, spineless (Amaranthus virides): Leaves and stems, raw.....	52									
49	Asparagus (Asparagus officinalis): Green.....	19	.3		(150)			48	(11.1)		
50	Balsampear: balsam-apple; bitter melon; bitter gourd (Momordica charantia): Fruit, raw.....	70		.8						.6	
51	Bamboo shoots, unspecified (Bambusa spp.; Phyllostachys spp.; and Dendrocalamus spp.): Raw.....	88		1.1	.3	(190)				2.8	
52	Banana, common (Musa sapientum): Buds and flowers.....					(145)					
53	Basil, sweet (Ocimum basilicum): Leaves, raw.....	11									
54	Beans, kidney (Phaseolus vulgaris): Beans with pod, immature, raw	(26)	(.5)	.01	5.3	(70)			12		
55	Beans, snap or string (Phaseolus vulgaris): Raw.....					(130)				1.0	

## TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

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

TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods 100 grams, Edible portion									
		Magnesium	Manganese	Zinc	Cobalt	Copper	Molybdenum	Selenium	Fluorine	Iodine	
		Milli-grams	Milli-grams	Milli-grams	Micro-grams	Micro-grams	Micro-grams	Micro-grams	Micro-grams	Micro-grams	
	<u>5. VEGETABLES AND VEGETABLE PRODUCTS (Cont.ed)</u>										
64	Coriander (Coriandrum sativum): Leaves, raw.....	100				(180)					
65	Corn, maize (Zea mays): Yellow, raw.....	34			.4						
66	Cucumber (Cucumis sativus): Raw.....	15	(.2)	(.2)	.3	(90)		20		.5	
67	Daylily, lemon (Hemerocallis flava): Flowers, raw.....	49									
68	Eggplant, garden; brinjal (Solanum melongena): Raw-purple and white varieties	18	(.2)	.3	.5	90		6.7		.5	
69	Fennel, common (Foeniculum vulgare): Leaves, raw.....	49									
70	Garlic (Allium sativum): Bulbs, raw.....	8	(1.3)	.9	.9			77.1	22	(94.0)	
71	Ginger (Zingiber officinale): Roots, raw.....				1.9				33		
72	Horseradish (Armoracia lapa- thifolia): Roots, raw.....	28				(140)					
73	Horseradish; dish tree; drums- tick leaves (Moringa oleifera): Leaves, raw.....	33			.9	(110)					
74	Indian mulberry (Morinda citrifolia): Leaves, raw.....	35									
75	Leek (Allium porrum): Raw.....	18	.3	.2	.1	(100)			43		

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## TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

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

TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

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

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## TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

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

+ Expressed in mg.

TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

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

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## TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

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

TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

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

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## TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

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

TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

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

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## TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

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

TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

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

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## TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

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

TRACE MINERAL CONTENT OF SOME EAST ASIAN FOODS

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

SECTION D  
FATTY ACID CONTENT OF SOME EAST ASIAN FOODS

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

FATTY ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods, 100 grams, Edible portion											Unsaponifiable matter per 100 g of Fat	Iodine value of Fat			
		Fat		Saturated Fatty Acids			Unsaturated Fatty Acids										
		Grams	Total	Palmitic	Stearic	Total	Oleic	Linoleic	Linolenic	Other	Grams						
	<u>ANIMAL PRODUCTS (Cont.ed)</u>																
	Fish and Shellfish: (Cont.ed)																
21	Hallbut (Hippoglossus stenolepis)	6.0	1.3	.9	.2	4.4	1.5	.1	Trace	2.8							140
22	Herring (Clupea pallasii).....	10.6	3.2	2.5	.4	6.8	1.4	0	0	5.4							157
23	Mackerel sp.(Caranx sp.).....	4.0	.9	.5	.2	2.9	.6	.2	0	2.1							
24	Oyster (Ostrea spp.).....	1.2	.3	.2	.1	.8	.1	Trace	0	.7							
25	Rockfish (Sebastodes pinniger)...	6.0	1.7	.9	.3	4.0	1.2	.1	.1	2.6							
26	Sablefish (Anoplopoma finibria)...	6.4	1.7	1.1	.2	4.3	1.3	.1	Trace	2.9							100
27	Salmon (Oncorhynchus gorbuscha)...	5.3	1.2	.8	.2	3.7	1.1	.1	.1	2.4							143
28	Sardine sp. (Sardinops melanosticta)	6.0	1.0	.6	.1	4.7	1.4	Trace	0	3.3							175
29	Sauri, Pacific (Cololabis saira)...	8.4	2.4	1.5	.3	5.7	.6	.2	0	4.9							142
30	Shrimp (Penaeus spp.).....	.9	.4	.2	.1	.5	.2	Trace	0	.3							
31	Squilla (Squilla oratoria).....	3.0	.9	.4	.1	2.0	.5	.1	Trace	1.4							
32	Sweetsmelt (Plecoglossus altivelis)	2.8	1.0	.7	.1	1.5	.3	.1	0	1.1							127
33	Tuna (Thunnus orientalis).....	2.7	.7	.4	.2	1.9	.6	.1	0	1.2							180
	Seperated fats and oils:																
34	Butter.....	82.4	44.6	20.9	9.5	32.9	23.6	2.2	.7	6.4							33
35	Lard.....	100	28.4	19.7	4.9	66.0	40.9	19.1	.4	5.6							61
36	Tallow.....	99.7	55.7	25.8	25.7	37.3	30.7	3.2	0	3.5							39

## FATTY ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods, 100 grams, Edible portion											Unsaponifiable matter per 100 g of Fat	Iodine value of Fat				
		Fat		Saturated Fatty Acids			Unsaturated Fatty Acids				Total	Other						
		Grams		Grams	Palmitic	Stearic	Grams	Oleic	Linoleic	Linolenic					Grams			
	<b>PLANT PRODUCTS</b>																	
	<b>Cereals and Grains:</b>																	
37	Maize, corn ( <i>Zea mays</i> ).....	4.2	.4	Trace	.4	Trace	1.1	2.3	Trace	0	1.6	123						
38	Oats ( <i>Avena sativa</i> ), rolled.....	6.1	1.3	.8	.2	Trace	1.9	2.4	Trace	Trace	5.0	100						
39	Rice ( <i>Oryza sativa</i> ), brown.....	1.8	.5	Trace	.5	Trace	.6	.4	.1	Trace	6.0	120						
40	Wheat ( <i>Triticum aestivum</i> ).....	2.1	.3	.2	.1	Trace	.6	.9	.1	0								
	<b>Nuts and Seeds:</b>																	
41	Brazilnut ( <i>Bertholletia excelsa</i> )..	65.0	14.8	9.1	5.7	Trace	21.8	24.9	0	0	.5	97						
42	Cashewnut ( <i>Aracardium occidentale</i> )	46.3	5.2	5.2	Trace	Trace	30.1	8.1	0	.4	.5	82						
43	Coconut ( <i>Cocos nucifera</i> ):mature kernel.....	28.2	22.9	3.6	.7	Trace	2.9	.9	0	0	.2	9						
44	Hazel, filbertnut ( <i>Corylus avellana</i> )	54.2	3.1	3.1	0	Trace	45.4	2.8	0	0	.5	86						
45	Peanut ( <i>Arachis hypogaea</i> ).....	19.4	4.3	2.4	.9	Trace	7.5	6.3	.3	0	.7	91						
46	Pili nut ( <i>Oanarium ovatum</i> ).....	68.5	25.6	18.8	7.8	Trace	31.8	6.5	0	0	.5	57						
47	Sesame ( <i>Sesamum indicum</i> ).....	52.8	11.8	6.8	2.4	Trace	20.4	16.7	.9	0	1.0	104						
48	Soybean ( <i>Glycine max</i> ).....	17.7	2.3	1.5	.7	Trace	5.1	9.0	.3	0	1.2	133						
49	Walnut ( <i>Juglans regia</i> ).....	63.6	4.2	3.0	1.2	Trace	9.0	37.5	4.8	2.4	.8	141						
50	Watermelon seeds ( <i>Citrullus lunatus</i> )	41.2	8.4	4.0	4.4	Trace	6.1	24.5	0	0	1.0	128						
	<b>Separated Fats and Oils:</b>																	
51	Coconut oil.....	100	81.9	12.8	2.6	Trace	10.2	3.3	0	0	.2	9						
52	Corn oil.....	100	9.4	9.4	Trace	Trace	25.4	54.6	.9	0	1.6	123						
53	Cottonseed oil.....	100	32.7	25.9	4.2	Trace	21.6	40.4	0	0	.9	112						
54	Margarine.....	81.5	21.2	17.1	2.5	Trace	46.4	7.3	Trace	3.3		72						

FATTY ACID CONTENT OF SOME EAST ASIAN FOODS

Item No.	Food and Description	Composition of Foods, 100 grams, Edible portion											Unsaponifiable matter per 100 g of Fat	Iodine value of Fat			
		Fat		Saturated Fatty Acids			Unsaturated Fatty Acids										
		Grams	Total	Palmitic	Stearic	Total	Oleic	Linoleic	Linolenic	Other	Grams						
	<u>PLANT PRODUCTS (Cont.ed)</u>																
	Separated Fats and Oils: (Cont.ed)																
55	Olive oil.....	100	19.1	14.0	3.6	75.7	58.8	16.9	0	0	0	0	0	.8	85		
56	Palmkernel oil.....	100	79.8	7.4	1.9	14.8	13.5	1.1	0	.2	0	0	.4	17			
57	Peanut oil.....	100	21.9	12.5	4.6	72.0	38.4	32.3	1.3	0	.7	0	.7	91			
58	Rice bran oil.....	100	18.9	16.7	1.4	71.9	37.2	33.5	1.0	.2	5.0	0	5.0	99			
59	Safflower oil.....	100	9.8	7.0	2.8	84.6	11.7	72.9	0	0	.8	0	.8	140			
60	Sesame oil.....	99.7	22.2	12.8	4.5	71.6	38.4	31.5	1.7	0	1.0	0	1.0	104			
61	Soybean oil.....	99.9	12.8	8.5	3.7	81.7	28.9	51.0	1.9	0	1.2	0	1.2	133			

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

## PART II

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

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PART II

SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION	SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION
Arachis hypogaea	Peanut; groundnut (Cont.ed) Deratté			Averrhoa carambola	Carambola, star fruit Fruit, raw	119	C
	Raw	49	A				
	Roasted	50	A				
	Low-salted fermented	51	A	Babylonia japonica	Ivory-shell Raw	214	A
	Oil	57	D				
Arca spp. - see Anadara spp.				Balaenoptera borealis; Whale B. musculus; B. phy- salus	Lean meat, cured	250 251	A A
Artium lappa	Burdock, great; goba Root, raw	35 16	A C	Bambusa spp.	Bamboo shoot, unspecified Raw	87 40 51 88	A B C A
Arius spp.	Catfish, sea Raw	215 156	B C		Boiled and canned		
Armoracia lapathifolia	Horseradish Roots, raw	72	C	Basella alba; B. rubra	Vinespinach, Ceylon spinach; Malabar nightshade Leaves, raw	125	B
Artocarpus altilis	Breadfruit, Seed Kernel Raw	30	B	Batillus cornutus - see Turbo cornutus			
Artocarpus heterophyl- lus	Jakfruit, Jackfruit Seeds, raw	41	C	Bertholletia excelsa	Brazilnuts Shelled, raw	29 41	B D
Artocarpus japonica	Sand fish Raw	266	B	Beta vulgaris	Beet Greens, raw	91	A
Asparagus officinalis	Asparagus Green, raw	37 49	B C	Bos taurus	Beef Carcass fresh, medium fat	140 155 132	A B C
Athyrium esculentum	Fern sp. Leaves and stems	57	B		Blood, coagulated, uncooked Brain	1 141 143 156 133	D A A B C
Avena sativa	Oats Whole grain	13 3 6 38 14	A B C D A		Foreshank Heart	2 146 163 137	D A B C
	Oatmeal or rolled oats				Hindshank Kidney	3 151 173 139	D A B C
Averrhoa bilimbi	Bilimbi Fruit, raw	130 118	B C			4	D

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

## PART II

SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION	SCIENTIFIC NAME	ENGLISH NAME	ITEM No.	SECTION
<i>Bos taurus</i>	Beef (Cont.ed) Intestines, raw Intestines, large, raw Intestines, small, raw Liver  Loin Lung  Mammary, raw Omasum, raw Reticulum, raw Spleen, raw Stomach, raw Tallow Sausage	149 167 170 153 176 141 5 156 180 183 187 190 192 195 36 163	A B B A B C D A B B B B B D A	<i>Bubalus buffelus</i>	Buffalo, water Carabao Meat, raw Brain, raw Heart, raw Large intestines, raw Small intestines, raw Kidney, raw Liver, raw Lung, raw Mammary, raw Omasum, raw Reticulum, raw Spleen, raw Stomach, raw Milk	159 157 154 168 171 174 177 181 184 188 191 193 196 12	B B B B B B B B B B B B B B D
<i>Brassica campestris</i>	Rape, bird Leaves, raw	92	C	<i>Caesio chrysozonus</i> <i>C. cunning</i>	Caesio, golden; gold banded fusilier Raw	211	B
<i>Brassica juncea</i>	Mustard, Indian, brown Seed Leaves, raw  Shoots, raw	262 68 81 63	A B C C	<i>Cajanus indicus</i> ; <i>C. cajan</i>	Pigeon pea; catjang pea Whole seed, dried	52 25 34	A B C
<i>Brassica oleracea</i> var <i>botrytis</i>	Cauliflower Raw	47 60	B C	<i>Cambarns ciarkii</i>	Seaweed sp. Whole, raw	81	B
<i>Brassica oleracea</i> var. <i>capitata</i>	Cabbage, common White, raw	95	A	<i>Canarium ovatum</i>	Pilinet Raw	46	D
<i>Brassica pekinensis</i>	Cabbage, celeri, pekinese cabbage Raw	92	A	<i>Cannabis sativa</i>	Hemp Whole seed	76	A
<i>Brassica rapa</i>	Turnip Root, raw Leaves, and stems, raw	126 113	A C	<i>Capsicum annum</i>	Pepper, sweet Fruit, green, raw	112 74 87	A B C
<i>Brassica</i> spp.	Cabbage, unspecified Leafy type, raw  Salted	93 44 57 94	A B C A	<i>Caranx crumenophthalmus</i> Raw  <i>Caranx</i> spp. Raw  <i>Carassius carassius</i> Raw	Scad, big eyed Cavalla, banded Crucian-carp	269 216 194	B B A

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PART II

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

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## PART II

<u>SCIENTIFIC NAME</u>	<u>ENGLISH NAME</u>	<u>ITEM No.</u>	<u>SECTION</u>	<u>SCIENTIFIC NAME</u>	<u>ENGLISH NAME</u>	<u>ITEM No.</u>	<u>SECTION</u>
<i>Cocos nucifera</i>	Coconut Mature kernel, raw	32 38 43	B C D	<i>Corylus avellana</i>	Hazel, filbertnut Raw	44	D
	Flesh	69	A	<i>Coryphaena hippurus</i>	Dolphin, common Flesh, raw	196	A
	Stage of maturation, 6 months	70	A	<i>Costaria costata</i>	Seaweed sp. Dried	96	C
	Stage of maturation, 8 months	71	A	<i>Cryptotaenia japonica</i>	Honeywort, Japanese Greens, raw	103	A
	Stage of maturation, 10 months	72	A	<i>Ctenopoma</i> spp.	Perch, climbing Raw	257	B
	Stage of maturation, 12 months	73	A	<i>Cucumis melo</i>	Spanish melo Fruit, raw	149	B
	Flour, defatted	51	D	<i>Cucumis sativus</i>	Cucumber Raw	100 53 66	A B C
<i>Codium</i> sp.	Seaweed sp. Dried	89	B	<i>Cucurbita maxima</i>	Squash, winter Seed	84	A
<i>Coix lacryma jobi</i>	Job's tears Whole seed, hulled	5	A	<i>Cucurbita</i> spp.	Fruit, raw	117 109 118	B C B
<i>Collacalia inexpectata</i>	Swiftlet Nest, dried	168 146	A C	<i>Cucurbita moschata</i>	Cushaw Whole seed Fruit, raw	74 101	A A
<i>Colocasia antiquorum</i> ; <i>C. esculenta</i>	Taro, dasheen Tuber, raw	40 13 20	A B C	<i>Cucurbita pepo</i>	Pumpkin Fruit, raw	113 76 80	A B C
	Leaf stalk, raw	121 111	B C	<i>Curcuma longa</i>	Turmeric, common Roots, raw	124	B
<i>Cololabis saira</i>	Saury, Pacific Raw	235 268 182	A B C	<i>Cymbium commersoni</i> - see <i>Scomberomorus commerson</i>			
<i>Conger myriaster</i>	Eel, conger Raw	29 197	D A	<i>Cyprinus carpio</i>	Carp Raw	186 212 155 19	A B C D
<i>Corbicula</i> spp. <i>C. leana</i>	Corb shell, freshwater clam Raw	191 161	A C				
<i>Corchorus olitorius</i>	Jute, potheerb Leaves, raw	63	B				
<i>Coriandrum sativum</i>	Coriander Leaves, raw	49 64	B C				

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Cypselurus spp.	Flyingfish Raw	229 169	B C	Eisenia bicyclis	Seaweed sp. Dried	93	B
Cystophyllum hakoda- tense	Seaweed sp. Dried	97	C	Elegatis bipinnulatus	Runner, rainbow Raw	264	B
Daucus carota	Carrot Raw	96 46 59	A B C	Eleocharis tuberosa, E. dulcis	Matai; Waternut, water chestnut Corn, raw	66 79	B C
Decapod mollusca	Squid sp.; cuttlefish sp. Raw	243	A	Eleusine coracana	Ragimillet; fingermillet; coracamillet Whole grain	11 4	A C
Decapterus macrosoma	Sead, round Raw	270	B	Endarchne binghamiae	Seaweed sp. Dried	94	B
Dendrochlamus spp. - see Bambusa spp.				Engraulis japonica	Seaweed sp. Dried	95	B
Dictyopterus proliferata	Seaweed sp. Dried	90	B	Engraulis spp.	Anchovy Raw	182 206	A B
Dioscorea alata	Yam Tuber, raw	41	A	Enteromorpha sp.	Seaweed sp. Dried	96	B
Dioscorea esculenta	Yam, Chinese, spiny yam Tuber, raw	14 22	B C	Entosphenus japonicus	Lamprey; lamprete Raw	241	B
Diospyros kaki	Persimmon kaki Fruit, raw, soft type, ripe	136	A	Epinephelus coralli- cola	Grouper, spotted Raw	234	B
Dolichos lablab	Hyacinth bean; Indian butter bean Whole seeds, dried	18 26	B C	Equus caballus	Horse Meat, raw	148	A
Durio zibethinus	Durian, civet Fruit, raw	121	C	Eriobotrya japonica	Loquat; Japanese medlar Fruit, raw	131	A
Echinochloa crusgalli var. frumentacea	Japanese barnyard millet Whole grain	9	A	Ervum lens - see Lens culinaris			
Ecklonia cava	Seaweed sp. Dried	91	B	Euphausia sp.	Seaweed sp. Dried	97	B
Ectocarpus sp.	Seaweed sp. Dried	92	B	Euryale ferox	Euryale, Gordon; fox nut Seeds, dried	39	C

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<i>Euthynnus pelamys</i>	Skipjack Raw	240	A	<i>Gallus gallus;</i> <i>G. domesticus</i>	Chicken (Cont.ed) Heart Intestines Liver	165 150 154 178	B A A B
<i>Exocoetus volitans</i>	Strips, dried	241	A		Whole egg	142 176 199 148 18	C A B C D
<i>Faba vulgaris</i> - see <i>Vicia faba</i>	Flying fish Raw	208	A				
<i>Fagopyrum sagittatum;</i> <i>F. esculentum</i>	Buckwheat Flour (65-70% extraction) Whole grain	4 3 2	A A C	<i>Gelidium</i> sp.	Seaweed sp. Dried	98	B
<i>Ficus carica</i>	Fig, common Fruit, raw	129	A	<i>Gerres filamentosus</i>	Mojarra, spotted Raw	249	B
<i>Foeniculum vulgare</i>	Fennel, common Leaves, raw	69	C	<i>Ginkgo biloba</i>	Ginkgo Whole seed, raw	75 40	A C
<i>Fragaria grandiflora</i>	Strawberry Fruit, raw	137	A	<i>Glossobius giurus</i>	Goby, flat headed Raw	232	B
<i>Fucus evanescens</i>	Seaweed sp. Dried	98	C	<i>Glycine max</i> <i>G. soya</i> <i>G. hispida</i>	Soybean Whole seed, dried	54 26 35 48 121	A B C D A
<i>Gadus macrocephalus</i> - see <i>Theragra chalcogramma</i>	Cod Raw	219 160	B C		Immature seed, raw Defatted soybean Whole seed Flakes Soybean products Curd, tofu, raw	55 56 57 36 58 59 60 37 61	A A A A A C A A A C A
<i>Gallus gallus;</i> <i>G. domesticus</i>	Chicken Egg white Egg yolk	177 201 150 178 200 149	A B C A B C		Curd, tofu, freeze dried Miso Natto	62 63 64 122 107	A A A A C
	Flesh	145 160 135 16 162 136	A B C D B C		"Okara" soybean curd refuse Soybean milk Soybean sauce Soybean sauce cake Soybean sprouts, raw Tempeh (fermented soybean product), dried	61 62 63 64 122 107 65	A A A A A C A
	Gizzard						

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Gobiidae spp.	Goby sp. Raw	211	A	Hippoglossus stenolepis	Halibut Raw	21	D
Oracilaria sp.	Seaweed sp. Dried	99	B	Hordeum vulgare	Barley Milled, pressed Whole grain	2 1 1 1	A A B C
Cratogeomys sp.	Seaweed sp. Dried	100	B	Hypnea seticulosa	Seaweed sp. Dried	101	B
Halimeda cuneata	Seaweed sp. Dried	102	B	Ipomoea aquatica I. reptans	Water convulvulus Swamp cabbage; water-spinach Raw	126	B
Haliotis gigantea	Abalone, earshell Raw	179 203 151	A B C	Ipomoea batatas	Sweetpotato Root, raw White; root, raw Leaves and tender tips, raw	39 12 19 119 110	A B C B C
Haliotis japonica	Abalone, Japanese Raw	180	A	Istiophorus sp.	Marlin, sail fish Raw	220	A
Helianthus annuus	Sunflower Seeds, dried	45	C	Juglans regia	Walnut, Persian or English Dried Shelled, raw	85 35 49	A B D
Heliconidaris crassispina	Sea urchin Conads, raw	239	A	Katsuwonus pelamis	Bonito Raw	185	A
Hemirhamphus spp.	Half beak Raw	236	B	Lablab niger - see Dolichos lab lab			
Hemorocallis flavus	Day lily, lemon Flowers, raw	67	C	Lactuca sativa	Lettuce garden Leaves, raw	65 76	B C
Hevea brasiliensis	Rubber Seed	81	A				
Hibiscus esculentus	Okra, lady's finger Raw	70 82	B C				
Hijika fusiformis	Seaweed sp. Dried	118 99	A C				
Hippoglossoides elassodon	Flounder sp. Raw	228 168	B C				

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<i>Lactuca scariola</i>	Lettuce, prickly; Chinese			<i>Lepus cuniculus</i> var. domesticus	Rabbit, domesticated Meat, raw	162	A
<i>L. serricola</i>	Lettuce	77	C				
	Leaves, raw	78	C	<i>Lethrinus opercularis</i>	Porgy, scavenger Raw	259	B
	Stems, raw						
<i>Lagenaria siceraria</i>	Calabash; bottle gourd			<i>Limanda herzensteini</i>	Flat fish Raw	206	A
<i>L. vulgaris</i>	Fruit, raw	45	B			227	B
<i>L. leucantha</i>		58	C			166	C
<i>Laminaria angustata</i>	Seaweed sp. Dried	101	C	<i>Linguila unguis</i>	Lampshell; Tongue clam Raw	242	B
<i>Laminaria japonica</i>	Tangle Air dried	120	A				
		103	B	<i>Loligo</i> spp.	Squid Raw	242	A
		100	C			180	B
<i>Laminaria ochotensis</i>	Seaweed sp. Dried	102	C			187	C
<i>Laminaria religiosa</i>	Seaweed sp. Dried	103	C	<i>Luffa cylindrica</i>	Gourd, sponge Fruit, raw	61	B
<i>Laminaria</i> sp.	Seaweed sp. Dried	93	C	<i>Lutjanus</i> spp.	Snapper, red, Malabar Raw	278	B
<i>Lansium domesticum</i>	Langsat, domestic; duku Fruit, raw	135	B				
		124	C	<i>Lycopersicon esculentum</i> - see <i>Solanum lycopersicum</i>			
<i>Lateolabrax japonicus</i>	Sea bass Raw	183	C	<i>Mactra sinensis</i>	Clam hen Raw	189	A
<i>Laurencia okamurai</i>	Seaweed sp. Dried	104	B			158	C
<i>Leicognathus daura</i>	Slipmouth, common; slimy; scapy Raw	275	B	<i>Makaira</i> spp. - see <i>Istiophorus</i> spp.			
<i>Lens culinaris</i>	Lentil; dhal; split pea Whole seeds, dried	20	B	<i>Malus sylvestris</i> ; <i>M. pumila</i>	Apple, common Fruit, raw	127	A
		28	C			127	B
<i>Leptoscatius japonicus</i>	Parrot fish sp. Raw	256	B	<i>Mangifera indica</i>	Mango, common, Indian mango Fruit, raw	115	C

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Manihot esculenta; M. utilisissima	Caesava, bitter, common Root, raw	36 11 17	A B C	Mugil cephalus	Mullet, harder Raw	221 251 174	A B C
Megalespis cordyla	Grits Leaves, raw	37 97	A A	Muraenesox cinereus	Eel, silver-pike Raw	199	A
Melagris spp.	Hard tail; torpedo Raw	238	B	Musa sapientum	Banana, common Buds and flowers	41 52 128 129 117	B C A B C
Momordica charantia	Turkey Bird, raw	17	D	Mustelus manazo	Fruit, raw	195	A
Mene maculata	Balsampear, balsam apple, bitter melon, bitter gourd Fruit, raw	38 50 39	B C B	Myelophycus caespit- tosus	Dogfish, smooth Raw	107	B
Menetrix lusoria	Leaves, raw	250	B	Mytilus spp.	Seaweed sp. Dried	252	B
Metapenaeus sp.	Moonfish, spotted Raw	187 217 157	A B C	Nepheleium lappaceum	Mussel, horse or sea Raw	145	B
Metroxylon spp.	Clam Raw	105	B	Nelumbo nucifera	Rambutan; rambotan; rambotang Fruit, raw	106	A
Microstomus stelleri	Seaweed sp. Raw	18	C	Nemipterus taeniterus	Lotus, Hindu Tuber, raw	253	B
Misgurnus anguillicaudatus	Sago Flour	281	B	Nemipterus virugatus	Nemipterid, ribbon finned Fish, raw	237	A
Morinda citrifolia	Slime flounder Raw	215	A	Neomycis intermedia	Sea bream sp. Raw	108	B
Moringa oleifera	Loach Raw	106	B	Neomyxis sp.	Seaweed sp. Frozen, whole	224	A
	Seaweed sp. Dried	74	C	Neothunnus albacora; N. macropterus - see Thunnus alalunga	Opossum shrimp, mysid Raw		
	Indian mulberry Leaves, raw	62 73	B C				
	Horse radish; dish tree; drum stick Leaves, raw						

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<i>Neptunus trituberculatus</i>	Crab, sea blue Raw	193 220 162	A B C	<i>Oryza</i> spp.	Rice: high protein varieties Brown or hulled Milled, polished Parboiled Rice: IR8	20 21 22	A A A
<i>Ocimum basilicum</i>	Basil, sweet Leaves, raw	53	C	<i>Ostrea gigas</i>	Brown or hulled Polished milled	23 24	A A
<i>Omaastrephes</i> spp. - see <i>Loligo</i> spp.				<i>Oyster</i> sp.		225 254 176 24	A B C D
<i>Oncorhynchus gorbusha</i> ; <i>O. masou</i>	Salmon, hump back; pink salmon Raw	230 265 27	A B D	<i>Ovis aries</i>	Mutton; lamb Carcass, fresh lean	158 186	A B
<i>Oncorhynchus keta</i> <i>O. kistutch</i>	Salmon, silver; king salmon Raw	231 180 232	A C A		Carcass, fresh, medium fat Mutton kidney	6 144 7	D C D
<i>Oncorhynchus nerka</i>	Roe, raw			<i>Pachyrrhizus erosus</i>	Yam bean; turnip bean Whole seeds, dried	27	B
	Salmon, sockeye; red salmon Frozen	233	A	<i>Pagrus major</i>	Sea bream, red; porgy, red	236 271	A B
<i>Oryza glutinosa</i>	Rice, glutinous Brown or hulled Undermilled or home pounded Milled	18 19 10 9	A A C C	<i>Palaemon</i> spp. - see <i>Penaeus</i> spp.			
<i>Oryza sativa</i>	Rice Brown or hulled	15 4 7 39 16 5 8	A B C D A B C	<i>Pandalus</i> sp.	Seaweed sp. Raw	109	B
	Milled, polished			<i>Pandanus</i> spp.	Karoka nuts Raw	42	C
	Rice products Bran Bran oil Germ	6 58 7 11	B D B C	<i>Panens</i> sp.	Seaweed sp. Raw	110	B
	Polish	12	C	<i>Panicum miliaceum</i> ; <i>P. miliare</i>	Proso millet Whole grain	10	A
	Noodles, dried	17	A	<i>Panulirus japonicus</i>	Lobster, spiny, Japanese Raw	216	A
				<i>Papaver opififerum</i> ; <i>P. somniferum</i>	Poppy Seed	80	A

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<i>Paralichthys olivaceus</i>	Flounder Raw	207	A	<i>Phaseolus angularis</i>	Adzuki bean; red bean Whole seed, dried	42	A
<i>Paralithodes comtsohaticus</i>	Crab, king Raw	192	A	<i>Phaseolus aureus</i>	Mungbean; Indian bean, green gram; golden gram Whole seed, dried	46 22 30	A B C
<i>Parapristipoma trilineatum</i>	Parapristipoma, sp. Raw	255	B		Sprouts, raw	107	A
<i>Parathunnus sibi</i> - see <i>Thunnus thynnus</i>				<i>Phaseolus calcaratus</i>	Rice bean Whole seed, dried	53	A
<i>Passiflora quadrangularis</i>	Passion fruit, giant; grandilla, Giant Fruit, raw	141 128	B C	<i>Phaseolus lunatus</i> , <i>P. limensis</i>	Lima bean; Burmabean; butterbean Whole seeds, dried Immature seeds, raw	21 29 42	B C B
<i>Pastinaca sativa</i>	Parsnip, garden Raw	85	C	<i>Phaseolus vulgaris</i>	Kidney bean; French bean; Navy bean; Pinto bean; Snap bean; string bean Raw Whole seed, dried	55 45 19 27	C A B C
<i>Pecten yessoensis</i>	Scallop Raw	183	C		Bean with pod, immature, raw	90	A
<i>Pelvetia wrightii</i>	Seaweed sp. Dried	104	C	<i>Phyllostachys</i> spp. - see <i>Bambusa</i> spp.		54 43	C B
<i>Penaeus</i> spp.	Prawn, marine shrimp Raw	229 260 178 30	A B C D	<i>Pila luzonica</i>	Snail sp. Raw	277	B
<i>Pennisetum spicatum</i> ; <i>P. americanum</i> ; <i>P. typhoides</i> L.C. Rich	Spiked millet Whole grain	12 5	A C	<i>Pinus</i> sp.	Pine nut Nut	79	A
<i>Perilla frutescens</i>	Perilla, common Seed, dried	78	A	<i>Pisum sativum</i>	Pea, garden and field Raw	73 86	B C
<i>Persea americana</i> <i>P. gratissima</i>	Avocado, American Fruit, raw	128 116	B C		Whole seed, dried	47 24	A B
<i>Petasites japonicus</i>	Butterbur, Japanese Leaves, raw	56	C		With pod, immature, raw	33 111	C A

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<i>Pithecolobium dulce</i>	Guamachil, Aztec kuamochil Fruit, raw	133	B	<i>Psammatoa</i> spp. - see <i>Soletellina</i> spp.			
<i>Platycephalus indicus</i>	Flat head, Indian Raw	226 167	B C	<i>Pseudorhombus digodon</i>	Brill, rough scaled Raw	210	B
<i>Plecoglossus altivelis</i>	Smelt, sweet Raw	276 32	B D	<i>Pseudosciaena aneus</i>	Croaker Raw	223	B
<i>Pleurogrammus azonus</i>	Mackerel, atka Raw	244	B	<i>Psidium guajava</i>	Guava, common Fruit, raw	134 123	B C
<i>Pleuromichtys</i> sp. - see <i>Paralichthys olivaceus</i>				<i>Psophocarpus tetra-</i> <i>gonolobus</i>	Coabean, Indies; Asparagus pea; Winged bean Seeds, dried	17 25	B C
<i>Polachius</i> spp.	Pollack Raw	177	C	<i>Punica granatum</i>	Pomegranate Fruit, raw	143	B
<i>Polypus maromoratus</i>	Octopus sp. Raw	223	A	<i>Pyrus malus</i> - see <i>Malus sylvestris</i>			
<i>Polypus vulgaris</i>	Octopus common Raw	222 175	A C	<i>Pyrus serotina</i>	Pear, Japanese Fruit, raw	135	A
<i>Porphyra tenera</i>	Purple laver Air dried	117 111	A B	<i>Rana vitigera</i>	Frog Meat, raw	161	B
<i>Portulaca oleracea</i>	Purslane, common Leaves and stems, raw	77 90	B C	<i>Raphanus sativus</i>	Radish, oriental, Japanese or Chinese; daikon Pod, raw Root, raw	79 114 78 91	B A B C
<i>Potamon grapsoides</i>	Crab, small Raw	221	B		Root, salted	115	A
<i>Priacanthus tayenus</i>	Catlufa Raw	213	B	<i>Reinhardtius matsurae</i>	Halibut, arrow toothed Raw	237 170	B C
<i>Prunus amygdalus</i> ; <i>P. communis</i>	Almond Unblanched	66 28	A B	<i>Rhodotorula pillimaneae</i>	Strawberry Yeast	264	A
<i>Prunus persica</i>	Peach Fruit, raw	134	A	<i>Salmo gairnerii</i> <i>S. irideus</i>	Trout, rainbow Raw	245 261	A B

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Sandoricum koetjape	Santol	146	B	Sepia spp.	Cuttle fish	163	C
S. indicum	Fruit, raw				Raw		
Sardinopus melanosticta	Sardine sp.; pilchard	234	A	Sergestes lucens	Seaweed sp.	113	B
	Raw	267	B		Dried		
		181	C	Seriola quinqueradiata	Amberfish; yellowtail	181	A
		28	D		Raw	205	B
						152	C
Sargassum confusum	Seaweed sp.	105	C	Sesamum indicum;	Sesame, oriental; gingelly	82	A
	Dried			S. orientale	Whole seed, dried,	34	B
Sargassum sp.	Seaweed sp.	112	B		black, white or gold	44	C
	Dried					47	D
Scatophagus argus	Spade fish; butter fish	279	B			83	A
Schizothaerus spp.	Gaper	209	A		Meal defatted	60	D
	Raw				Oil		
Scoliodon spp. - see				Setaria italica	Foxtailmillet	8	A
Carcharias spp.					Whole grain		
Scomber japonicus	Mackerel; M., shub	217	A	Solanum lycopersicum	Tomato	124	A
	Raw	246	B		Ripe, raw	123	B
					Unripe, raw	125	A
Scomberoides lysan	Leatherjacket	243	B			122	B
	Raw					112	C
Scomberomorus commersoni; S. nipponicus	Mackerel, Spanish; king fish	219	A	Solanum melongena	Eggplant, garden; brinjal	102	A
	Raw	247	B		Raw, purple and white varieties	55	B
		173	C			68	C
Scylla serrata	Crab	222	B	Solanum tuberosum	Potato, white	38	A
	Raw				Tuber, raw	75	B
Scoymnodon aquamulosus	Shark sp.	272	B			88	C
	Raw			Soletellina spp.	Rayed shell	262	B
Sebastodes matsubarae	Rockfish, red	263	B		Raw		
S. iracundus	Raw	179	C	Sorghum bicolor Moench	Sorghum sp.	26	A
S. pinniger		25	D		Whole seed		
Secale cereale	Rye	25	A	Sorghum sudanense	Sorghum sp.	27	A
	Whole grain or meal	13	C	Piper Stapp	Whole seed		

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Sphyraena argentea;	Barracuda	184	A	Sus scrofa	Pork (Cont.ed)	140	C
S. pinguis;	Raw	208	B		Hog (Cont.ed)	9	D
S. obtusata		154	C		Kidney, raw (Cont.ed)	155	A
Sphyraena sp.					Liver, raw	179	B
Spinacia oleracea	Spinach	123	A		Lung, raw	143	C
	Leaves and stems, raw	116	B		Mammary, raw	157	A
		108	C		Spleen, raw	182	B
Spondias purpurea	Monbin, purple or red; Spanish plum	137	B		Stomach, raw	185	B
	Fruit, raw				Tongue, raw	167	A
Squalus spp.	Dog fish	224	B		Lard	194	B
	Raw	164	C		Sausage	197	B
		20	D		Fame flower, potherb; water leaf;	169	A
Squilla oratoria	Squilla	31	D		Philippine spinach	35	D
	Raw				Leaves, raw	163	A
Stichopus japonica	Sea-slug; sea-cucumber	238	A		Tamarin	164	A
	Raw	185	C		Young leaves, raw	56	B
Stolephorus spp. - see					Fruit pulp, raw	120	B
Engraulis spp.					Clam, baby	153	B
Stromateus niger	Pomfret, black	258	B		Raw	188	A
	Raw				Siganid, javan	273	B
Sus scrofa	Pork	159	A		Horn shell	240	B
	Carcass fresh, lean	189	B		Raw		
		145	C		New-Zealand spinach	69	B
	Bacon, smoked	8	D		Leaves, raw		
	Ham	160	A		Pollack, Alaska; cod, Pacific	226	A
	Ho5	161	A		Raw	227	A
	Blood, uncooked	141	A		Roe, raw	228	A
	Brain, raw	144	A		Roe, salted		
		158	B		Tiger fish; theraponid	284	B
	Heart, raw	134	C		Raw		
		147	A				
		166	B				
		138	C				
Intestines, raw		169	B				
Large		172	B				
Small		152	A				
Kidney, raw		175	B				

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

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

## PART II

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

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## RECOMMENDED DAILY INTAKES FOR POPULATIONS IN EAST ASIA

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

1/ Energy and Protein Requirements. Report of a Joint FAO/WHO Expert Group, FAO, Rome, 1972.

2/ Requirements of Vitamin A, Thiamine, Riboflavin and Niacin. Report of a Joint FAO/WHO Expert Group, FAO, Rome, 1965.

3/ Requirements of Ascorbic Acid, Vitamin D, Vitamin B<sub>12</sub>, Folate and Iron. Report of a Joint FAO/WHO Expert Group, FAO, Rome, 1970.

4/ Calcium Requirements. Report of a FAO/WHO Expert Group, FAO, Rome, 1961.

5/ As Retinol.

6/ As Cholecalciferol.

7/ Requirements are less when the diet contains more of animal foods.

8/ As Egg or Milk Protein.

9/ The weights are those of a sample population of seemingly well nourished children and adolescents.

10/ Weighted average of an adult man and woman in East Asia.



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