

## Leafy Vegetables

*All values are per 100g of edible portion (raw food)*

S.No.	Name of Food stuff	Protein (gm)	Fat (gm)	Carbohydrates (gm)	Energy (Kcal)
1.	Amaranth, tender	4.0	0.5	6.1	45
2.	Arai Keerai	2.8	0.4	7.4	44
3.	Bamboo, tender shoots	3.9	0.5	5.7	43
4.	Bathua Leaves	3.7	0.4	2.9	30
5.	Brussels Sprouts	4.7	0.5	7.1	52
6.	Cabbage	1.8	0.1	4.6	27
7.	Celery Leaves	6.3	0.6	1.6	37
8.	Colombo Keerai	2.5	0.4	3.7	28
9.	Colocasia leaves (Black variety)	6.8	2.0	8.1	77
10.	Colocasia leaves (Green variety)	3.9	1.5	6.8	56
11.	Coriander Leaves	3.3	0.6	6.3	44
12.	Curry Leaves	6.1	1.0	18.7	108
13.	Drumstick Leaves	6.7	1.7	12.5	92
14.	Penugreek leaves	4.4	0.9	6.0	49
15.	Knol-khol Greens	3.5	0.4	6.4	43
16.	Kuppa keerai	5.2	0.3	3.8	38
17.	Kuppameni	6.7	1.4	6.0	64
18.	Lettuce	2.1	0.3	2.5	21
19.	Manal keerai	2.4	0.4	2.3	22
20.	Manathakkali leaves	5.9	1.0	3.9	68
21.	Mint	4.8	0.6	5.8	48
22.	Mustard leaves	4.0	0.6	3.2	34
23.	Neem leaves, tender	11.6	3.0	21.2	158
24.	Parsley	5.9	1.0	13.5	87
25.	Paruppu keerai	2.4	0.6	2.9	27
26.	Pasarai keerai	1.7	0.4	7.9	44
27.	Poonanganni	5.0	0.7	11.6	73
28.	Puliara kerrai	4.3	1.5	7.5	60
29.	Radish leaves	3.8	0.4	2.4	28
30.	Siru Kerrai	2.8	0.3	4.8	33
31.	Spinach	2.0	0.7	2.9	26
32.	Table Radish leaves	3.9	0.6	4.2	38
33.	Velai kerrai	6.5	0.8	8.8	68

### Pulses and Legumes

*All values are per 100g of edible portion (raw food)*

S.No.	Name of Food stuff	Protein (gm)	Fat (gm)	Carbohydrates (gm)	Energy (Kcal)
1.	Bengalgram (whole)	17.1	5.3	60.9	360
2.	Bengalgram dhal	20.8	5.6	59.8	372
3.	Bengalgram (Roasted)	10.4	1.9	72.6	349
4.	Black gram dhal	24.0	1.4	59.6	347
5.	Cow pea	24.1	1.0	54.4	323
6.	Field bean, dry	24.9	0.8	60.1	347
7.	Green gram (whole)	24.0	1.3	56.7	334
8.	Horse gram	22.0	0.5	57.2	321
9.	Khesari dhal	28.2	0.6	56.6	345
10.	Lentil	25.1	0.7	59.0	343
11.	Peas, dry	19.7	1.1	56.5	315
12.	Peas, roasted	22.9	1.4	58.8	340
13.	Rajmah	22.9	1.3	60.6	346
14.	Redgram dhal	22.3	1.7	57.6	335
15.	Soyabean	43.2	19.5	20.9	432

### Nuts and Oil Seeds

*All values are per 100g of edible portion (raw food)*

S.No.	Name of Food stuff	Protein (gm)	Fat (gm)	Carbohydrates (gm)	Energy (Kcal)
1.	Almond	20.8	58.9	10.5	665
2.	Cashewnut	21.2	46.9	22.3	596
3.	Chilgoza	13.9	49.3	29.0	615
4.	Coconut, dry	6.8	62.3	18.4	662
5.	Coconut, fresh	4.5	41.6	13.0	444
6.	Groundnut	25.3	40.1	26.1	567
7.	Groundnut, roasted	26.2	39.8	26.7	570
8.	Jungli badam	11.4	35.5	-	-
9.	Mustard Seeds	20.0	39.7	23.8	541
10.	Pistachio nut	19.8	53.5	16.2	626
11.	Walnut	15.6	64.5	11.0	687

### Cereal Grains and Products

*All values are per 100g of edible portion (raw food)*

S.No.	Name of Food stuff	Protein (gm)	Fat (gm)	Carbohydrates (gm)	Energy (Kcal)
1.	Bajra	11.6	5.0	67.5	361
2.	Barley	11.5	1.3	69.6	336
3.	Jowar	10.4	1.9	72.6	349
4.	Maize, dry	11.1	3.6	66.2	342
5.	Maize, tender	4.7	.0.9	24.6	125
6.	Oatmeal	13.6	7.6	62.8	374
7.	Ragi	7.3	1.3	72.0	328
8.	Rice, parboiled, hand pounded	8.5	0.6	77.4	349
9.	Rice, parboiled, milled	6.4	0.4	79.0	346
10.	Rice, raw, milled	6.8	0.5	78.2	345
11.	Rice, raw, hand pounded	7.5	1.0	76.7	346
12.	Rice flakes	6.6	1.2	77.3	346
13.	Rice, puffed	7.5	0.1	73.6	325
14.	Semolina	10.4	0.8	74.8	348
15.	Wheat(whole)	11.8	1.5	71.2	346
16.	Wheatflour(whole)	12.1	1.7	69.4	341
17.	Wheatflour(refined)	11.0	0.9	73.9	348

### Milk and Milk products

*All values are per 100g of edible portion (raw food)*

S.No.	Name of Food stuff	Protein (gm)	Fat (gm)	Carbohydrates (gm)	Energy (Kcal)
1.	Milk buffalo's	4.3	8.8	5.0	117
2.	Milk, cow's	3.2	4.1	4.4	67
3.	Milk, human	1.1	3.4	7.4	65
4.	Curd's (Cow's milk)	3.1	4.0	3.0	60
5.	Butter milk	0.8	1.1	0.5	15
6.	Skimmed milk, liquid	2.5	0.1	4.6	29
7.	Chenna, cow's milk	18.3	20.8	1.2	265
8.	Chenna, buffalo milk	13.4	23.0	7.9	292
9.	Cheese	24.1	25.1	6.3	348
10.	Khoa (whole buffalo milk)	14.6	31.2	20.5	421
11.	Khoa (skimmed buffalo milk)	22.3	1.6	25.7	206
12.	Khoa (whole cow milk)	20.0	25.9	24.9	413
13.	Skimmed milk powder (cow's milk)	38.0	0.1	51.0	357
14.	Whole milk power (cow's milk)	25.8	26.7	38.0	496

## Fruits

*All values are per 100g of edible portion (raw food)*

S.No.	Name of Food stuff	Protein (gm)	Fat (gm)	Carbohydrates (gm)	Energy (Kcal)
1.	Amla	0.5	0.1	13.7	58
2.	Apple	0.2	0.5	13.4	59
3.	Apricots, fresh	1.0	0.3	11.6	53
4.	Apricots, dried	1.6	0.7	73.4	306
5.	Avocado pear	1.7	22.8	0.8	215
6.	Bael fruit	1.8	0.3	31.8	137
7.	Banana, ripe	1.2	0.3	27.2	116
8.	Black berry	1.3	0.5	6.7	37
9.	Bread fruit	1.5	0.2	15.8	71
10.	Cashew fruits	0.2	0.1	12.3	51
11.	Cheerries, red	1.1	0.5	13.8	64
12.	Currants, black	2.7	0.5	75.2	316
13.	Dates, dry	2.5	0.4	75.8	317
14.	Dates, fresh	1.2	0.4	33.8	144
15.	Figs	1.3	0.2	7.6	37
16.	Grapes, blue variety	0.6	0.4	13.1	58
17.	Grapes, pale green	0.5	0.3	16.5	71
18.	Grape fruit (marsh's seedless)	1.0	0.1	10.0	45
19.	Grape fruit (triumph)	0.7	0.1	7.0	32
20.	Guava, country	0.9	0.3	11.2	51
21.	Jackfruit	1.9	0.1	19.8	88
22.	Lemon	1.0	0.9	11.1	57
23.	Lemon, sweet	0.7	0.3	7.3	35
24.	Lichi	1.1	0.2	13.6	61
25.	Lime	1.5	1.0	10.9	59
26.	Lime sweet, malta	0.7	0.2	7.8	36
27.	Lime, sweet musambi	0.8	0.3	9.3	43
28.	Mango, ripe	0.6	0.4	16.9	74
29.	Mangosteen	0.5	0.1	14.3	60
30.	Melon, water	0.2	0.2	3.3	16
31.	Mullberry	1.1	0.4	10.3	49
32.	Neem fruit	1.8	1.0	15.1	75
33.	Orange	0.7	0.2	10.9	48
S.No.	Name of Food stuff	Protein (gm)	Fat (gm)	Carbohydrates (gm)	Energy (Kcal)
34.	Orange juice	0.7	0.2	10.9	48

35.	Papaya ripe	0.6	0.1	7.1	32
36.	Passion fruit	0.9	0.1	12.4	54
37.	Peaches	1.2	0.3	10.5	50
38.	Pears	0.6	0.2	11.9	52
39.	Phalsa	1.3	0.9	14.7	72
40.	Pineapple	0.4	0.1	10.8	43
41.	Plum	0.7	0.5	11.1	52
42.	Pomegranate	1.6	0.1	14.5	65
43.	Prunes	0.5	0.3	12.8	56
44.	Raisins	1.8	0.3	74.6	308
45.	Raspberry	1.0	0.6	11.7	56
46.	Sapota	0.7	1.1	21.4	98
47.	Seethaphal	1.6	0.4	23.5	104
48.	Strawberry	0.7	0.2	9.89	44
49.	Tomato, ripe	0.9	0.2	3.6	20
50.	Wood apple	7.1	3.7	18.1	134