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## Food composition tables for Mozambique : Version 2

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# Food composition tables for Mozambique

Version 2  
October 2011



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## **Further information**

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## Introduction

These food composition tables has been compiled as a part of the project 'Finnish-Mozambican research collaboration on foods, diet and nutrition in Mozambique'. The project is carried out as a collaboration between the University of Helsinki, Finland, the Food Security and Nutrition Association (ANSA), the Technical Secretariat for Food and Nutrition Security (SETSAN), and the Department of Nutrition in the Ministry of Health, Mozambique.

The tables are meant to be used for analysis of nutrient intake during the project itself but we hope it will also serve the needs of nutritionists and other professionals working in Mozambique. The tables may also be useful for other African countries with a similar food selection.

Keeping food composition data up-dated is a continuous challenge and we admit that these tables do not include comprehensive list of foods used in Mozambique. However, we hope the tables provide a starting point for producing more information on the nutrient content of Mozambican foods. Experiences from Mali have shown that the nutrient content of locally produced foods may vary significantly from region to region even within one country (Barikmo et al. 2007). Thus it is essential that efforts to analyse the nutrient content of foods are continued in Mozambique and well as other African countries. Up-dated information is needed for all types of foods including indigenous wild plants and mushrooms, cultivated plant foods, animal-based foods, composite dishes and commercial food products.

The limitations of food composition tables should be understood by users. Foods, being biological materials, exhibit variations in composition due to factors such as season, geography, cultivar and husbandry. Therefore a database cannot accurately predict the composition of any given single sample of a food. Hence, the levels of nutrients are essentially estimates. This is especially true for labile nutrients (e.g. vitamin C and folates) or constituents added or removed during food preparation (fat, moisture).

## **Literature and databases used in the compilation**

In order to find relevant food composition data that could be used in the compilation of these tables, we carried out literature searches to find both journal articles and printed food composition tables with information on foods commonly used in Mozambique. We also searched online databases from various countries. Our aim was to use, as much as possible, data from analyses of food samples collected in African countries. However, this proved to be difficult. With regard to journal articles we often run into the problem that the analysis results are not presented as the content of nutrient per 100g edible portion, which makes it difficult or impossible to use the results in a food composition table.

Some data were borrowed from other African food composition tables such as the tables for South Africa and Mali as well as the recently published table for West Africa. A few other African tables were available as well, but the information on the initial source of the nutrient values was sometimes found to be lacking and it was not always clear whether the values were original analytical data or borrowed or imputed from other sources. As McBurney et al. (2004) pointed out, data recycling may lead into significant errors and therefore we tried, as much as possible, to avoid using values with unclear sources. For the reasons mentioned above, a large proportion of the data used in these tables for Mozambique was borrowed from the United States Department of Agriculture National Nutrient Database (USDA). In addition, a large proportion of the carotenoid values were taken from a South African publication (Kruger et al. 1998), which includes a comprehensive carotenoid table for vegetables and fruit based on data gathered from different sources. The sources of data used in the compilation are listed on pages 54-55.

## Food sample collection and analysis

In addition to data taken from the USDA database and literature sources, we also carried out analyses of Mozambican foods. As a part of the project 'Finnish-Mozambican research collaboration on foods, diet and nutrition in Mozambique', we collected food samples in Zambezia province during two field trips in 2008 and 2009. The main focus was to collect samples of traditionally used wild foods (leaves, roots, seeds, fruits and mushrooms) for which there was limited nutrient composition available. However, many of the wild food samples collected could not be properly identified and are therefore only the local name is available. In addition to the samples of wild foods, a few samples foods that were locally cultivated or sold in market places were collected and analysed. These included both raw and cooked samples.

In many cases, and especially with regard to the wild plants, we were only able to take one sample of each species. Collecting several samples of the same species or food item and combining them into a composite sample would yield a more representative sample. However, the resources for more wide-ranging sample collection were not available within this project and the analysis results should be interpreted with caution. Despite these limitations, these single-sample analyses may provide valuable preliminary results of nutrient composition of the wild foods, and increase the understanding of the nutritional potential of local Zambebian foods.

The samples analysed are listed in Table 1. Unless stated otherwise in Table 1, the food samples were kept in a freezer (about -10 °C) during the field work and transported in a cool box to Finland where they were stored in -20 °C until analysis. Total fat, ash, protein and water content was analysed for all samples except for mango, cooking oil and salt. Other nutrients analysed are listed in the Table 1. The chemical analyses were made by Agrifood Research Finland and Eurofins Scientific Finland. Accredited methods were used for moisture, ash, nitrogen, total fat, dietary fibre, total dietary fibre (AOAC), thiamine, riboflavin, vitamin C, potassium, calcium, magnesium, phosphorus, iron and zinc.

Table 1. Analysed food samples.

Foods	Number of samples	Sample handling	Place(s) where the sample was obtained	Time of collection of the sample	Analysed nutrients
<b>Wild foods</b>					
<i>Nhewé</i> , boiled, <i>Amaranthus</i> sp.	One sample of each of the two types of <i>nhewé</i> *	Leaves were separated from stem in the field. In Finland, the two types of leaves were combined, boiled for 15 min, drained and re-frozen until analysis.	Mapira	Mar 2009	Minerals**, vitamins B1, B2, C and E, niacin, pyridoxine, folate, dietary fibre, carotenoids***
<i>Therere</i> , boiled, <i>Talinum caffrum</i>	One	Leaves were separated from stem in the field. In Finland, the raw, frozen leaves were boiled for 30 min, drained and re-frozen until analysis.	Muzo	Mar 2009	Minerals, vitamins B1, B2, C and E, carotenoids, dietary fibre
<i>Molé</i> , boiled tuber	One	The food sample was cooked by women in Muzo on open fire. The tubers were cut, boiled for about 1 h 15 min and peeled after boiling.	Muzo	Nov 2008	Minerals, vitamins B1, B2 and C, dietary fibre
<i>Minani</i> , boiled root, <i>Plectranthus esculentus</i>	One	The food sample was prepared by women in Mukua. The roots were boiled about 15 min with salt added to the water and peeled after boiling.	Mukua	Dec 2008	
<i>Minani</i> , fresh root, <i>Plectranthus esculentus</i>	One	The roots were peeled, and rinsed in the field.	Mukua	Dec 2008	Minerals, vitamins B1, B2 and C, dietary fibre
<i>Mobo</i> , dry flour made from the root	One	The dried flour was prepared by the women in Muzo and kept in room temperature until in Finland, where it was frozen until analysis.	Muzo	Nov 2008	Minerals, dietary fibre
<i>Endjahi</i> , seeds	Two	The husks of the seeds were removed by hand.	Muidebo, Mapira	Nov 2008	Minerals, vitamins B1, B2 and E, niacin, pyridoxine, folate, dietary fibre
Stew made from <i>endjahi</i> seeds	One	The husks of the seeds were removed. The seeds were boiled for about 40 min and beaten to make a smooth stew.	Muzo	Nov 2008	Minerals, vitamins B1, B2, and E, dietary fibre
<i>Chindu</i> , <i>Phoenix reclinata</i>	One	The fruits were let to ripen and become brown (similar to dates) before freezing. The seeds were removed in the laboratory before analysis. The peel was included in the analysed sample.	Maganja da Costa	Nov 2008	Carotenoids
<i>Namuraha</i> , fruit	Two	Untreated fruits were taken as sample. The seeds were removed in the laboratory before analysis. The peel was included in the analysed sample.	Mapira, Muzo	Nov 2008	Vitamin C, carotenoids dietary fibre
<i>Nanverevetho</i> , fruit	One	Untreated fruits were taken as sample. The seeds were removed in the laboratory before analysis. The peel was included in the analysed sample.	Mapira	Nov 2008	Carotenoids
<i>Mamaroma</i> , fruit	One	Untreated fruits were taken as sample. The seeds were removed in the laboratory before analysis. The peel was included in the analysed sample.	Muidebo	Nov 2008	Carotenoids
<i>Tubi</i> , fruit, <i>Parinari curatellifolia</i>	One	The peels and seed were removed in the field and the sample consisted of the pulp only.	Nicoadala market	Mar 2009	Minerals, vitamins B1, B2 and C, carotenoids, dietary fibre
<i>Ndegadega</i> , mushroom, <i>Amanita loosii</i>	One	The veil was removed and the mushrooms were cleaned and chopped into pieces.	Malei market	Mar 2009	Minerals, vitamins B1 and B2, niacin, pyridoxine, folate, dietary fibre

Table 1 continued.

Foods	Number of samples	Sample handling	Place(s) where the sample was obtained	Time of collection of the sample	Analysed nutrients
<b>Wild foods</b>					
<i>Nsedha</i> , mushroom, <i>Amanita</i> sp.	One	The mushrooms were cleaned and chopped into pieces.	Mapira	Mar 2009	Minerals, vitamins B1 and B2
<i>Dudurwa</i> , mushroom, <i>Cantharellus rufopunctatus</i>	One	The mushrooms were cleaned and chopped into pieces.	Mapira	Mar 2009	Minerals, vitamins B1 and B2, carotenoids
<i>Djerengere</i> , mushroom, <i>Cantharellus platyphyllus</i>	One	The mushrooms were cleaned and chopped into pieces.	Mapira	Mar 2009	Minerals, vitamins B1 and B2, carotenoids
<i>Namambelle</i> , mushroom, <i>Lactarius</i> sp.	One	The mushrooms were cleaned and chopped into pieces.	Mapira	Mar 2009	Minerals, vitamins B1 and B2, niacin, pyridoxine, folate, dietary fibre
<i>Kadhive</i> , mushroom, <i>Lactarius edulis</i> (or close relative)	One	The mushrooms were cleaned and chopped into pieces.	Muzo	Mar 2009	Minerals, vitamins B1 and B2
<i>Muterenha</i> , mushroom, <i>Russula</i> sp.	One	The mushrooms were cleaned and chopped into pieces.	Mapira	Mar 2009	Minerals, vitamins B1 and B2
<i>Muterenha</i> , mushroom ( <i>Russula ciliata</i> )	One	The mushrooms were cleaned and chopped into pieces.	Mapira	Mar 2009	Minerals, vitamins B1 and B2, niacin, pyridoxine, folate, dietary fibre
<b>Other foods</b>					
Sweet potato leaves, boiled	Two	The leaves were boiled for 30 min, drained and re-frozen until analysis.	Palane, Muzo	Dec 2008, Mar 2009	Minerals, vitamins B1, B2, C and E, folate, carotenoids, dietary fibre
Cowpea ( <i>Nhemba</i> bean) leaves, boiled	One	The leaves were boiled for 30 min, drained and re-frozen until analysis.	Mapira	Mar 2009	Minerals, vitamins B1, B2, C and E, folate, carotenoids, dietary fibre
Pumpkin leaves, boiled	One	The leaves were boiled for 30 min, drained and re-frozen until analysis.	Mapira	Mar 2009	Minerals, vitamins B1, B2, C and E, folate, carotenoids, dietary fibre
Cowpeas ( <i>Nhemba</i> beans), boiled	One	The dry beans were transported to Finland in room temperature, and stored in freezer before boiling. The beans were boiled for 70 min, drained and re-frozen until analysis.	Vila da Maganja market	Mar 2009	Minerals, vitamins B1 and B2, folate, dietary fibre
<i>Mucwane</i> , a sauce made from cassava leaves, water and salt.	One	Prepared by women in Muzo.	Muzo	Nov 2008	Minerals, vitamins B1, B2, C and E, folate, carotenoids, dietary fibre
Cassava porridge from dried cassava	Three different cultivars ****, one sample of each	From each different cassava cultivar, different women (from Mukua and Palane) were asked to prepare cassava porridge ( <i>chima</i> ). These were combined into one sample for analysis.	Licuari market	Dec 2008	Minerals, vitamins B1, B2 and C, niacin, pyridoxine, folate, dietary fibre
Boiled unripe mango	One	Prepared by women in Muzo.	Muzo	Nov 2008	Minerals, vitamins B1, B2 and C, niacin, pyridoxine, folate, carotenoids, dietary fibre

Table 1 continued.

Foods	Number of samples	Sample handling	Place(s) where the sample was obtained	Time of collection of the sample	Analysed nutrients
<b>Other foods</b>					
Mango, ripe	Mangos were purchased from three different vendors in the market.	The peels and seed were removed in the field and the sample consisted of the pulp only.	Vila da Maganja market	Nov 2008	Carotenoids
<i>Pendhe</i> , dried fish, boiled	Two	In Finland, the dried fish were rinsed to remove sand and soil and boiled for 15 min, and drained. After boiling, the large bones were removed. The heads and small bones were included in the sample. The sample was re-frozen until analysis.	Vila da Maganja and Licuari markets	Nov-Dec 2008	Minerals, vitamins B1 and B2, retinol, fatty acids
<i>Mirosse</i> , dried fish, boiled	Two	In Finland, the dried fish were rinsed to remove sand and soil and boiled for 2 min, and drained. The heads and bones were included in the sample. The sample was re-frozen until analysis.	Licuari and Feira Madal markets	Dec 2008	Minerals, vitamins B1, B2 and B12, niacin, pyridoxine, retinol, fatty acids
<i>Sarabuanha</i> , dried fish, boiled	Two	In Finland, the dried fish were rinsed to remove sand and soil and boiled for 4 min, and drained. The heads and bones were included in the sample. The sample was re-frozen until analysis.	Licuari and Feira Madal markets	Dec 2008	Minerals, vitamins B1 and B2, retinol, fatty acids
<i>Madambane</i> , dried fish, boiled	Three	In Finland, the dried fish were rinsed to remove sand and soil and boiled for 10 min, and drained. The heads and bones were included in the sample. The sample was re-frozen until analysis.	Vila da Maganja, Licuari and Feira Madal markets	Nov-Dec 2008	Minerals, vitamins B1, B2 and B12, niacin, pyridoxine, retinol, fatty acids
Coconut milk	Four	In two different villages, we asked two people to prepare coconut milk and the two samples from each village were combined.	Palane, Muzo	Dec 2008, Mar 2009	The total fat content analysed separately from the two combined samples.
Salt	Three	Purchased samples.	Licuari, Feira Madal, and Vila da Maganja markets	Nov-Dec 2008	Minerals

\*According to women in Mapira, the different types are often combined when cooking nhewé.

\*\* Na, K, Ca, Mg, P, Fe, Zn

\*\*\* Beta-carotene, lutein and total carotenoids

\*\*\*\* One sweet and two bitter types

## Nutrients and energy

The nutrients included in these food composition tables are listed in Table 2. Available carbohydrates are calculated by difference and energy is calculated using the following factors described in the publication Food Energy - Methods of Analysis and Conversion Factors (FAO 2003):

17 kJ/g for protein  
 37 kJ/g for fat  
 17 kJ/g for available carbohydrate  
 8 kJ/g for dietary fibre  
 29 kJ/g for alcohol

Organic acids and polyols are not included in the energy calculations.

Table 2. Nutrients included in the food composition tables.

Nutrient	Abbreviated name in the tables	Unit	Notes
Energy, kJ	E, kJ	kJ	Calculated as: (protein, g*17)+(fat, total, g*37) +(carbohydrate, available, g*17) +(dietary fibre, g*8)+(alcohol, g*29)
Energy, kcal	E, kcal	kcal	Calculated as: Energy, kJ/4,184
Water	Wat	g	
Protein	Prot	g	
Fat, total	Fat	g	
Carbohydrate, available	Carb	g	Calculated as: 100 - (water, g + protein, g + fat, total, g + ash, g + alcohol, g + dietary fibre, g)
Dietary fibre, total	Fibre	g	
Ash	Ash	g	
Alcohol	Alc	g	
Vitamin A, RAE (retinol activity equivalents)	RAE	µg	Calculated as: (retinol, µg*1)+(β-carotene, µg/12) +(α-carotene, µg/24)+(cryptoxhantin, µg/24)
Retinol	Ret	µg	
Vitamin E	Vit E	mg	α-tocopherol
Thiamine	Vit B1	mg	
Riboflavin	Vit B2	mg	
Niacin	Nia	mg	
Pyridoxine	Vit B6	mg	
Folate	Fol	µg	
Vitamin B12	Vit B12	µg	
Vitamin C	Vit C	mg	
Sodium	Na	mg	
Potassium	K	mg	
Calcium	Ca	mg	
Magnesium	Mg	mg	
Phosphorus	P	mg	

Table 2 continued.

<b>Nutrient</b>	<b>Abbreviated name in the tables</b>	<b>Unit</b>	<b>Notes</b>
<b>Iron</b>	Fe	mg	
<b>Zinc</b>	Zn	mg	
<b>Saturated fatty acids</b>	Safa	g	
<b>Monounsaturated fatty acids</b>	Mufa	g	
<b>Polyunsaturated fatty acids</b>	Pufa	g	
<b>C18:2 fatty acids</b>	C18:2	g	Mainly linoleic acid (C18:2 n-6) but small amounts of other isomers may also be included in the value.
<b><math>\beta</math>-carotene</b>	$\beta$ -car	$\mu$ g	
<b><math>\alpha</math>-carotene</b>	$\alpha$ -car	$\mu$ g	
<b>Cryptoxanthin</b>	Cryp	$\mu$ g	
<b>Lycopene</b>	Lyc	$\mu$ g	
<b>Lutein</b>	Lut	$\mu$ g	

## Methods of deriving nutrient values

The nutrient values are expressed as per 100g edible portion.

The value is zero when:

- 1) An assumed zero value was assigned (e.g. plant foods do not contain retinol).
- 2) The analysed value is zero or traces of the nutrient are present in the food but the amount so small that it cannot be accurately analysed or it does not have significance in the overall diet.

Table 3 presents the codes for methods of deriving nutrient values.

Table 3. Methods of deriving nutrient values.

Code	Method	Notes
A	Analytical result	
F	Value from a food composition database or a publication	
D	Aggregation of contributing results	E.g. averaged from published values and/or analytical results
R	Calculated as a recipe	Yield factors* and nutrient retention factors** are used where appropriate.
T	Calculations including conversion factors	Calculation of RAE and energy
K	Calculated from a related food	
I	Imputed or estimated from a related food	
Z	Assumed zero	
M	Missing value	
S	Summation from constituent components	E.g. calculation of available carbohydrates
L	Food label, product information	Product information or %RDA back-calculated to per 100g edible portion

\*Yield factors from Agriculture Handbook No. 102 (1975) and Bognár (2002).

\*\*Nutrient retention factors from USDA Table of Nutrient Retention Factors, Release 5 (2003).

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USDA Table of Nutrient Retention Factors, Release 5. Washington D.C.: USDA Nutrient Data Laboratory; 2003.



## Beverages

Food code	Food	Vit C mg	Na mg	K mg	Ca mg	Mg mg	P mg	Fe mg	Zn mg	Safa g	Mufa g	Pufa g	C18:2 g	β-car μg	α-car μg	Cryp μg	Lyc μg	Lut μg
MZF0001	beer, regular	0.0	4	27	4	6	14	0.02	0.01	0.00	0.00	0.00	0.00					
MZF0002	carbonated beverage, orange	0.0	12	2	5	1	1	0.06	0.10	0.00	0.00	0.00	0.00					
MZF0003	coffee, instant, prepared with water	0.0	4	30	4	4	3	0.04	0.01	0.00	0.00	0.00	0.00	0	0	0	0	0
MZF0004	cola, carbonated, contains caffeine	0.0	4	2	2	0	10	0.11	0.02	0.00	0.00	0.00	0.00	0	0	0	0	0
MZF0005	juice, Davita, powder, prepared with water	30.0	13	0	10	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0	0	0
MZF0006	juice, Jolly Jus, powder, artificially sweetened, prepared with water	10.0	0	0	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0	0	0
MZF0008	juice, mango, unsweetened	40.0	1	125	7	8	8	0.15	0.05	0.04	0.06	0.03	0.01	1224	46	1	0	0
MZF0009	juice, orange, unsweetened	39.0	10	150	10	8	13	0.20	0.00	0.01	0.02	0.02	0.02	18	6	0	0	6
MZF0010	juice, pineapple, unsweetened	11.0	8	53	8	6	1	0.20	0.10	0.01	0.01	0.04	0.02	27	2	0	0	3
MZF0007	juice, powder, prepared with water, average	20.0	7	0	5	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0	0	0
MZF0236	juice, Santal, mixed fruit, sweetened with sugar	20.0	1	138	8	7	11	0.18	0.03	0.05	0.04	0.06	0.03	441	19	2	33	3
MZF0272	non-alcoholic cereal beverage	0.0	0	18	37		38	0.30										
MZF0271	spirits (gin, rum, vodka, whiskey)	0.0	1	2	0	0	4	0.04	0.04	0.00	0.00	0.00	0.00					
MZF0011	tea, prepared with tap water	0.0	3	37	0	3	1	0.02	0.02	0.00	0.00	0.00	0.00	0	0	0	0	0
MZF0225	water	0.0	0	0	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0	0	0

## Cereals and cereal products

Food code	Food	E, kJ kJ	E, kcal kcal	Wat g	Prot g	Fat g	Carb g	Fibre g	Ash g	Alc g	RAE µg	Ret µg	Vit E mg	Vit B1 mg	Vit B2 mg	Nia mg	Vit B6 mg	Fol µg	Vit B12 µg
MZF0013	bread, wheat	1069	255	35.4	8.5	1.8	49.0	3.1	2.2	0.0	0	0	0.00	0.15	0.04	1.20	0.07	30	0.00
MZF0014	cookie, plain, commercial	1887	451	3.0	7.4	13.4	73.9	1.1	1.2	0.0	0	0	1.40	0.13	0.08	1.50	0.06	13	0.00
MZF0015	cookie, with creme filling, commercial	2029	485	2.2	4.5	20.0	70.6	1.5	1.2	0.0	0	0	1.60	0.26	0.24	2.69	0.02	50	0.00
MZF0252	macaroni, dry	1518	363	9.9	13.0	1.5	71.5	3.2	0.9	0.0	0	0	0.11	0.09	0.06	1.70	0.14	18	0.00
MZF0017	maize meal	1482	354	13.0	9.0	3.5	68.4	4.6	1.5	0.0	0	0	0.90	0.39	0.06	1.20	0.10	18	0.00
MZF0293	maize, sweet, yellow, on cob	459	110	71.8	3.3	0.8	20.7	2.8	0.7	0.0	14	0	0.09	0.10	0.09	1.68	0.18	40	0.00
MZF0020	oatmeal, uncooked	1691	404	5.6	10.7	10.4	61.3	10.2	1.8	0.0	0	0	1.56	0.76	0.14	0.80	0.12	33	0.00
MZF0021	pearl millet, raw	1612	385	7.8	11.9	7.8	61.4	9.6	1.5	0.0	0	0	0.09	0.20	0.12	1.10	0.67	27	0.00
MZF0023	rice, white, polished, raw	1502	359	11.0	6.1	0.5	80.7	1.1	0.6	0.0	0	0	0.11	0.15	0.03	0.21	0.16	8	0.00
MZF0025	sorghum, whole grain, raw	1504	360	11.1	11.0	3.1	69.0	3.7	2.1	0.0	2	0	1.10	0.36	0.17	3.50	0.25	27	0.00
MZF0027	wheat flour, white	1498	358	11.6	10.3	1.5	73.1	3.0	0.5	0.0	0	0	0.06	0.33	0.11	0.89	0.08	26	0.00

## Cereals and cereal products

Food code	Food	Vit C mg	Na mg	K mg	Ca mg	Mg mg	P mg	Fe mg	Zn mg	Safa g	Mufa g	Pufa g	C18:2 g	β-car μg	α-car μg	Cryp μg	Lyc μg	Lut μg
MZF0013	bread, wheat	0.0	490	138	56	29	103	1.20	1.00	0.32	0.15	0.72						
MZF0014	cookie, plain, commercial	0.0	410	140	120	17	84	2.10	0.60	5.89	4.38	1.55	1.50	0	0	0	0	0
MZF0015	cookie, with creme filling, commercial	0.0	349	91	27	14	75	2.21	0.40	2.98	8.44	7.55	7.01	0	0	0	0	0
MZF0252	macaroni, dry	0.0	6	223	21	53	189	1.30	1.41	0.28	0.17	0.56	0.54					
MZF0017	maize meal	0.0	7	295	4	90	200	1.20	1.40	0.47	0.90	1.56	1.52	2	0	2	0	
MZF0293	maize, sweet, yellow, on cob	7.2	5	294	4	32	87	0.68	0.70	0.12	0.23	0.37	0.36	109	106	0	0	1663
MZF0020	oatmeal, uncooked	0.0	12	491	54	153	491	4.40	3.18	1.83	3.27	3.80	2.20	0	0	0	0	0
MZF0021	pearl millet, raw	1.0	5	368	18	89	190	13.10	2.50	1.27	1.43	3.94	3.72	0	0	0		
MZF0023	rice, white, polished, raw	0.0	44	115	8	25	115	0.40	1.30	0.10	0.12	0.10	0.09	4	0	0	0	0
MZF0025	sorghum, whole grain, raw	0.0	21	592	27	559	308	8.70	1.60	0.43	0.93	1.29	1.23	20				
MZF0027	wheat flour, white	0.0	2	167	13	22	108	4.50	1.10	0.24	0.13	0.63	0.60	2	0	0	0	0

## Starchy roots and tubers

Food code	Food	E, kJ kJ	E, kcal kcal	Wat g	Prot g	Fat g	Carb g	Fibre g	Ash g	Alc g	RAE µg	Ret µg	Vit E mg	Vit B1 mg	Vit B2 mg	Nia mg	Vit B6 mg	Fol µg	Vit B12 µg
MZF0155	cassava flour	1462	349	11.7	1.8	0.5	82.2	1.9	1.9	0.0	0	0	0.40	0.07	0.04	1.20	1.57	52	0.00
MZF0156	cassava porridge	501	120	67.3	0.4	0.1	26.7	4.6	0.9	0.0	0	0		0.03	0.04	0.11	0.06	5	0.00
MZF0290	cassava, dried root	1354	324	11.7	1.1	0.3	72.1	12.4	2.4	0.0	0	0		0.08	0.11	0.28	0.16	14	0.00
MZF0158	cassava, raw, without skin	644	154	60.3	0.8	0.3	35.2	2.6	0.8	0.0	4	0		0.16	0.03	0.63	0.09	27	0.00
MZF0161	<i>minani</i> , <i>Plectranthus esculentus</i> , boiled with skin, peeled	429	103	73.1	2.4	0.1	22.0	1.3	1.1	0.0	0	0		0.07	0.04				0.00
MZF0162	<i>minani</i> , <i>Plectranthus esculentus</i> , without skin, raw	402	96	74.8	2.4	0.1	20.5	1.2	1.0	0.0	0	0		0.08	0.04				0.00
MZF0163	<i>mobo</i> flour, dried	1026	245	6.4	6.7	1.3	37.1	29.0	19.5	0.0	0	0							0.00
MZF0164	<i>molè</i> , with salt, boiled with skin, peeled	444	106	71.6	2.1	0.4	21.9	3.1	1.0	0.0	0	0		0.03	0.03				0.00
MZF0168	potato, without skin, raw	334	80	79.0	1.6	0.1	17.1	1.6	0.6	0.0	0	0	0.06	0.16	0.01	1.40	0.21	3	0.00
MZF0171	sweet potato, orange-fleshed, raw, without skin	327	78	78.7	1.9	0.1	15.8	2.8	0.7	0.0	565	0	0.26	0.03	0.05	1.00	0.21	11	0.00
MZF0173	sweet potato, white-fleshed, raw, without skin	290	69	81.4	1.2	0.2	14.5	2.0	0.7	0.0	2	0	0.26	0.04	0.02	0.50	0.21	11	0.00
MZF0174	taro, <i>Colocasia esculenta</i> , without skin, raw	499	119	69.1	1.1	0.1	27.4	1.5	0.9	0.0	4	0		0.02	0.03	0.95			0.00
MZF0277	tuber, raw, average	438	105	72.6	1.5	0.1	23.1	1.8	0.8	0.0	5	0	0.13	0.07	0.03	0.61	0.20	20	0.00
MZF0175	yam, <i>Dioscorea alata</i> , without skin, raw	357	85	77.3	2.2	0.1	17.8	1.9	0.8	0.0	9	0		0.05	0.03	0.38	0.29	23	0.00

## Starchy roots and tubers

Food code	Food	Vit C mg	Na mg	K mg	Ca mg	Mg mg	P mg	Fe mg	Zn mg	Safa g	Mufa g	Pufa g	C18:2 g	β-car μg	α-car μg	Cryp μg	Lyc μg	Lut μg
MZF0155	cassava flour	4.0	31	594	117	46	93	4.60	0.70	0.13	0.13	0.09	0.06					
MZF0156	cassava porridge	2.5	6	333	22	22	25	2.80	0.20	0.03	0.03	0.02	0.01					
MZF0290	cassava, dried root	6.8	16	899	59	59	68	7.56	0.54	0.07	0.07	0.05	0.03					
MZF0158	cassava, raw, without skin	24.5	8	274	19	21	37	0.50	1.07	0.07	0.07	0.04	0.03	30	20	10		
MZF0161	<i>minani, Plectranthus esculentus</i> , boiled with skin, peeled	1.1	5	448	15	29	44	0.48	0.33									
MZF0162	<i>minani, Plectranthus esculentus</i> , without skin, raw	1.4	5	466	15	29	43	0.47	0.33									
MZF0163	<i>mobo</i> flour, dried		32	3410	236	251	145	191.00	1.20									
MZF0164	<i>molè</i> , with salt, boiled with skin, peeled	2.5	5	392	13	26	37	0.76	0.39									
MZF0168	potato, without skin, raw	29.0	2	332	6	14	43	0.70	0.29	0.03	0.00	0.04	0.03	0	0	0	0	0
MZF0171	sweet potato, orange-fleshed, raw, without skin	31.0	10	250	27	14	47	0.50	0.50	0.04	0.00	0.03	0.03	6600	50	300		
MZF0173	sweet potato, white-fleshed, raw, without skin	19.0	12	240	18	8	47	0.50	0.40	0.08	0.00	0.06	0.05	10	20	0		
MZF0174	taro, <i>Colocasia esculenta</i> , without skin, raw	15.0	2	448	32	115	70	0.48	3.60	0.02	0.01	0.04	0.03	42				
MZF0277	tuber, raw, average	17.5	6	349	18	38	47	0.51	1.16	0.05	0.02	0.04	0.03	48	20	5	0	0
MZF0175	yam, <i>Dioscorea alata</i> , without skin, raw	27.6	3	318	8	17	38	0.60	0.39	0.02	0.00	0.04	0.03	108				

## Vegetables

Food code	Food	E, kJ kJ	E, kcal kcal	Wat g	Prot g	Fat g	Carb g	Fibre g	Ash g	Alc g	RAE µg	Ret µg	Vit E mg	Vit B1 mg	Vit B2 mg	Nia mg	Vit B6 mg	Fol µg	Vit B12 µg
MZF0186	amaranth leaves, <i>nhewé</i> leaves, <i>Amaranthus sp.</i> , boiled	179	43	87.8	4.0	1.1	3.0	2.2	1.8	0.0	392	0	1.51	0.00	0.14	0.14	0.05	25	0.00
MZF0282	amaranth leaves, <i>nhewé</i> leaves, <i>Amaranthus sp.</i> , raw	106	25	91.7	2.5	0.3	2.2	1.8	1.5	0.0	163	0	1.10	0.03	0.16	0.66	0.19	85	0.00
MZF0152	beetroot, without skin, raw	171	41	87.6	1.6	0.2	6.8	2.8	1.1	0.0	2	0	0.04	0.03	0.04	0.33	0.07	109	0.00
MZF0188	cabbage, raw	112	27	91.9	1.5	0.1	3.9	2.0	0.6	0.0	3	0	0.15	0.04	0.02	0.30	0.08	16	0.00
MZF0154	carrot, without skin, raw	162	39	88.3	0.9	0.2	6.8	2.8	1.0	0.0	835	0	0.66	0.07	0.06	0.98	0.14	19	0.00
MZF0189	cassava leaf sauce, <i>muwane</i>	211	50	83.8	3.9	1.4	2.8	5.8	2.3	0.0	400	0	22.39	0.06	0.15			38	0.00
MZF0190	cassava leaves, raw	431	103	71.7	7.6	1.0	13.8	4.0	2.0	0.0	795	0	12.80	0.25	0.60	2.40	0.23	95	0.00
MZF0191	cowpea leaves, <i>nhemba</i> bean leaves, <i>Vigna unguiculata</i> , boiled	142	34	90.5	3.4	0.6	2.4	2.6	0.5	0.0	242	0	1.30	0.00	0.00			18	0.00
MZF0192	cowpea leaves, <i>nhemba</i> bean leaves, <i>Vigna unguiculata</i> , raw	176	42	85.8	4.5	0.4	3.3	3.6	2.4	0.0	212	0	3.00	0.49	0.24	1.60	0.25	132	0.00
MZF0193	cucumber, raw	53	13	96.0	0.7	0.1	1.7	1.0	0.5	0.0	5	0	0.03	0.02	0.01	0.40	0.03	9	0.00
MZF0198	eggplant, raw	152	36	90.0	1.0	0.2	6.9	1.3	0.6	0.0	6	0	0.30	0.05	0.05	0.50	0.10	29	0.00
MZF0199	garlic, raw	670	160	58.6	6.4	0.5	31.0	2.1	1.5	0.0	0	0	0.08	0.20	0.11	0.70	1.24	3	0.00
MZF0273	green leaves, raw, average	195	47	86.2	3.7	0.5	5.7	2.4	1.6	0.0	267	0	4.08	0.21	0.21	1.16	0.23	75	0.00
MZF0221	kale, raw	234	56	84.5	3.3	0.7	8.0	2.0	1.5	0.0	445	0	1.92	0.11	0.13	1.00	0.27	29	0.00
MZF0201	lettuce, raw	65	15	95.1	1.4	0.2	1.5	1.3	0.6	0.0	8	0	0.29	0.07	0.08	0.38	0.09	38	0.00
MZF0209	okra, pod, raw	128	31	90.2	2.0	0.1	3.8	3.2	0.7	0.0	33	0	0.36	0.20	0.06	1.00	0.22	88	0.00
MZF0210	onion, raw	176	42	88.6	0.9	0.1	8.5	1.5	0.4	0.0	0	0	0.02	0.03	0.01	0.10	0.12	2	0.00
MZF0211	pumpkin leaves, boiled	96	23	93.9	2.9	0.6	0.7	1.6	0.3	0.0	269	0	1.76	0.00	0.06			26	0.00
MZF0212	pumpkin leaves, raw	199	47	86.5	3.8	0.4	6.1	1.9	1.2	0.0	239	0	8.60	0.09	0.13	0.92	0.21	60	0.00
MZF0213	pumpkin, raw	113	27	91.9	0.8	0.1	4.8	1.7	0.7	0.0	78	0	1.06	0.02	0.02	0.60	0.10	4	0.00
MZF0169	radish, raw	59	14	95.3	0.7	0.1	1.8	1.6	0.6	0.0	1	0	0.00	0.01	0.04	0.25	0.07	25	0.00
MZF0214	sweet pepper, green, raw	72	17	94.6	0.9	0.2	2.1	1.8	0.4	0.0	18	0	0.04	0.04	0.02	0.60	0.17	5	0.00
MZF0215	sweet potato leaves, boiled	127	30	90.3	2.4	0.7	1.6	4.4	0.6	0.0	233	0	1.20	0.00	0.00			17	0.00
MZF0216	sweet potato leaves, raw	170	41	88.0	3.2	0.3	5.2	2.0	1.4	0.0	172	0	3.10	0.16	0.35	1.13	0.19	80	0.00
MZF0217	<i>therere</i> leaves, <i>Talinum caffrum</i> , boiled	102	24	92.6	1.9	0.4	2.2	2.1	0.8	0.0	133	0	1.61	0.00	0.04				0.00
MZF0218	tomato, raw	81	19	94.3	0.9	0.2	2.9	1.1	0.6	0.0	19	0	0.54	0.04	0.01	0.90	0.09	18	0.00

## Vegetables

Food code	Food	Vit C mg	Na mg	K mg	Ca mg	Mg mg	P mg	Fe mg	Zn mg	Safa g	Mufa g	Pufa g	C18:2 g	β-car μg	α-car μg	Cryp μg	Lyc μg	Lut μg
MZF0186	amaranth leaves, <i>nhewé</i> leaves, <i>Amaranthus sp.</i> , boiled	0.0	4	128	407	258	37	3.80	0.66					4700				9300
MZF0282	amaranth leaves, <i>nhewé</i> leaves, <i>Amaranthus sp.</i> , raw	43.3	20	611	215	55	50	2.32	0.90	0.09	0.08	0.15	0.15	1798	210	105	0	8562
MZF0152	beetroot, without skin, raw	4.9	78	325	16	23	40	0.80	0.35	0.03	0.03	0.06	0.06	20	0	0	0	0
MZF0188	cabbage, raw	30.0	29	173	31	13	32	0.30	0.15	0.03	0.02	0.02	0.02	40	0	0	0	75
MZF0154	carrot, without skin, raw	5.9	69	320	33	12	35	0.30	0.24	0.04	0.01	0.12	0.12	8285	3477	0	1	523
MZF0189	cassava leaf sauce, <i>muwane</i>	77.4	537	168	104	68	34	2.90	0.91					4800				7600
MZF0190	cassava leaves, raw	349.0	6	605	353	48	119	5.98	1.20	0.26	0.09	0.35	0.24	9543	0	0		21540
MZF0191	cowpea leaves, <i>nhemba</i> bean leaves, <i>Vigna unguiculata</i> , boiled	2.6	2	85	97	21	28	2.30	0.35					2900	0	0	0	6300
MZF0192	cowpea leaves, <i>nhemba</i> bean leaves, <i>Vigna unguiculata</i> , raw	62.5	63	485	232	60	72	5.78	0.46	0.11	0.04	0.17	0.10	2546	0	0	0	1473
MZF0193	cucumber, raw	11.0	4	175	16	12	27	0.30	0.17	0.04	0.01	0.03	0.03	56	4	4	0	169
MZF0198	eggplant, raw	9.0	4	350	14	14	26	1.30	0.16	0.03	0.02	0.08	0.06	40	60	0	0	0
MZF0199	garlic, raw	31.2	17	401	181	25	153	1.70	1.16	0.09	0.01	0.25	0.23	5	0	0	0	0
MZF0273	green leaves, raw, average	63.0	32	472	166	48	82	4.74	0.49	0.11	0.04	0.16	0.09	3196	0	14	0	7668
MZF0221	kale, raw	120.0	43	447	135	34	56	1.70	0.44	0.09	0.05	0.34	0.14	5315	0	54	0	24765
MZF0201	lettuce, raw	18.0	28	194	36	13	29	0.86	0.18	0.02	0.01	0.08	0.02	60	20	40	0	175
MZF0209	okra, pod, raw	21.1	8	303	81	57	63	0.80	0.60	0.03	0.02	0.03	0.03	384	23	0	0	15360
MZF0210	onion, raw	6.0	15	180	30	12	33	0.50	0.31	0.04	0.01	0.02	0.01	0	0	0	0	16
MZF0211	pumpkin leaves, boiled	0.0	3	119	67	24	29	1.20	0.16					3230	0	0	0	0
MZF0212	pumpkin leaves, raw	44.0	11	436	143	38	104	6.91	0.70	0.21	0.05	0.02	0.01	2866	0	0	0	2896
MZF0213	pumpkin, raw	8.0	6	237	18	12	19	0.40	0.24	0.05	0.01	0.01	0.00	920	29	0	0	43
MZF0169	radish, raw	14.8	39	233	25	10	20	0.34	0.28	0.03	0.02	0.05	0.02	6	0	0	0	8
MZF0214	sweet pepper, green, raw	77.0	6	177	7	10	23	0.90	0.24	0.06	0.01	0.06	0.05	210	7	0	0	639
MZF0215	sweet potato leaves, boiled	2.8	4	118	98	33	21	2.40	0.19					2800	0	0	0	5200
MZF0216	sweet potato leaves, raw	25.5	9	518	155	61	94	4.56	0.37	0.07	0.01	0.13	0.11	2059	0	0	0	1537
MZF0217	<i>therere</i> leaves, <i>Talinum caffrum</i> , boiled	0.0	3	125	102	159	8	0.86	0.23					1600				3900
MZF0218	tomato, raw	20.0	5	231	8	11	25	0.20	0.16	0.03	0.03	0.08	0.08	225	0	13	2725	43

## Legumes, nuts and seeds

Food code	Food	E, kJ	E, kcal	Wat	Prot	Fat	Carb	Fibre	Ash	Alc	RAE	Ret	Vit E	Vit B1	Vit B2	Nia	Vit B6	Fol	Vit B12
		kJ	kcal	g	g	g	g	g	g	g	µg	µg	mg	mg	mg	mg	mg	µg	µg
MZF0274	bean, dried, average	1297	310	10.4	23.7	1.0	40.7	20.6	3.6	0.0	3	0	0.37	0.58	0.23	2.16	0.39	510	0.00
MZF0080	cashew nut, dried, roasted	2504	598	1.7	15.3	46.4	29.7	3.0	4.0	0.0	0	0	0.92	0.20	0.20	1.40	0.26	69	0.00
MZF0081	chickpea, <i>Cicer arietinum</i> , dried	1536	367	10.0	20.0	6.0	54.1	6.7	3.2	0.0	3	0	0.82	0.48	0.16	1.80	0.54	180	0.00
MZF0083	coconut milk, about 13% fat	538	129	83.1	1.4	13.4	0.4	1.1	0.5	0.0	0	0	0.08	0.01	0.00	0.40	0.02	8	0.00
MZF0233	coconut milk, about 2% fat	80	19	97.5	0.2	2.0	0.1	0.2	0.1	0.0	0	0	0.01	0.00	0.00	0.06	0.00	1	0.00
MZF0232	coconut milk, about 6.5% fat	260	62	91.8	0.7	6.5	0.2	0.6	0.2	0.0	0	0	0.04	0.01	0.00	0.19	0.01	4	0.00
MZF0084	coconut water	72	17	95.0	0.7	0.2	2.6	1.1	0.4	0.0	0	0	0.00	0.03	0.06	0.08	0.03	3	0.00
MZF0085	coconut, kernel, raw	1473	352	47.0	3.3	33.5	6.2	9.0	1.0	0.0	0	0	0.24	0.07	0.02	0.54	0.05	26	0.00
MZF0086	cowpea, <i>nhemba</i> bean, <i>Vigna unguiculata</i> , dried	1221	292	11.1	24.0	2.3	27.3	33.1	2.3	0.0	3	0	0.39	0.21	0.15	2.80	0.36	460	0.00
MZF0087	cowpea, <i>nhemba</i> bean, <i>Vigna unguiculata</i> , dried, boiled	439	105	68.0	8.6	0.8	9.8	11.9	0.8	0.0	0	0		0.03	0.04			50	0.00
MZF0287	cowpea, <i>nhemba</i> bean, <i>Vigna unguiculata</i> , young pods with seeds, raw	204	49	86.0	3.3	0.3	6.8	2.7	0.9	0.0	34	0	0.41	0.15	0.14	1.20	0.14	33	0.00
MZF0088	<i>endjahi</i> seed stew	534	128	69.4	6.0	4.7	11.9	6.9	1.1	0.0	0	0	2.44	0.03	0.03	0.33	0.10	4	0.00
MZF0089	<i>endjahi</i> seed, without skin, raw	1586	379	9.4	17.6	12.7	39.3	18.7	2.3	0.0	0	0	4.95	0.15	0.06	1.03	0.30	16	0.00
MZF0090	green bean, <i>Phaseolus vulgaris</i> , raw	133	32	90.3	1.8	0.2	4.3	2.7	0.7	0.0	18	0	0.41	0.08	0.10	0.73	0.14	33	0.00
MZF0091	groundnut, raw	2458	588	6.5	25.8	49.2	7.6	8.5	2.3	0.0	0	0	8.33	0.64	0.14	12.07	0.35	240	0.00
MZF0247	groundnut, roasted	2534	606	1.6	23.7	49.7	13.5	8.0	3.6	0.0	0	0	6.93	0.44	0.10	13.53	0.26	145	0.00
MZF0092	jugo bean, <i>Vigna subterranea</i> , dried	1567	374	9.2	20.2	6.2	56.2	4.8	3.4	0.0	3	0	0.82	0.30	0.10	2.10	0.54	180	0.00
MZF0093	kidney bean, common bean, <i>manteiga</i> bean,	1228	293	11.8	23.6	0.8	35.1	24.9	3.8	0.0	0	0	0.22	0.53	0.22	2.06	0.40	394	0.00
MZF0095	lentil, <i>Lens culinaris</i> , dried	1225	293	10.4	25.8	1.1	29.6	30.5	2.7	0.0	2	0	0.49	0.87	0.21	2.61	0.54	479	0.00
MZF0097	mung bean, <i>soroco</i> bean, <i>Vigna radiata</i> , drie	1366	326	9.1	23.9	1.2	46.3	16.3	3.3	0.0	6	0	0.51	0.62	0.23	2.25	0.38	625	0.00
MZF0278	nuts and seeds, roasted, average	2343	560	2.5	18.8	42.6	21.5	10.0	4.6	0.0	0	0	11.32	0.32	0.17	5.37	0.43	112	0.00
MZF0100	pea, <i>Pisum sativum</i> , dried	1458	348	5.0	25.3	1.0	51.6	14.2	2.9	0.0	7	0	1.14	0.56	0.30	3.20	0.14	63	0.00
MZF0101	pea, <i>Pisum sativum</i> , raw	310	74	78.2	5.5	0.4	8.9	6.3	0.7	0.0	13	0	0.13	0.28	0.08	2.50	0.10	82	0.00
MZF0103	pigeon pea, <i>boer</i> bean, <i>Cajanus cajan</i> , dried	1399	334	11.2	20.2	1.4	55.0	8.6	3.6	0.0	8	0	0.37	0.58	0.17	2.60	0.26	340	0.00
MZF0104	pumpkin seed, whole, roasted	1821	435	4.5	18.6	19.4	39.8	14.0	3.8	0.0	0	0		0.03	0.05	0.29	0.04	9	0.00
MZF0105	sesame seed, whole, roasted	2376	568	3.3	17.0	48.0	11.7	14.0	6.0	0.0	0	0		0.80	0.25	4.58	0.80	98	0.00
MZF0106	sunflower seed, seed kernel, roasted	2481	593	1.2	19.3	49.8	13.0	11.1	5.6	0.0	0	0	26.10	0.11	0.25	7.04	0.80	237	0.00

## Legumes, nuts and seeds

Food code	Food	Vit C mg	Na mg	K mg	Ca mg	Mg mg	P mg	Fe mg	Zn mg	Safa g	Mufa g	Pufa g	C18:2 g	β-car μg	α-car μg	Cryp μg	Lyc μg	Lut μg
MZF0274	bean, dried, average	4.7	20	1326	138	165	387	7.47	2.74	0.22	0.11	0.42	0.27	34	0	0	0	0
MZF0080	cashew nut, dried, roasted	0.0	16	565	45	260	490	6.00	5.60	9.16	27.32	7.84	7.66	0	0	0	0	0
MZF0081	chickpea, <i>Cicer arietinum</i> , dried	8.0	25	1025	250	115	270	11.00	3.43	0.63	1.36	2.69	2.59	30				
MZF0083	coconut milk, about 13% fat	1.5	8	137	8	19	52	0.86	0.35	11.03	0.53	0.14	0.14	0				
MZF0233	coconut milk, about 2% fat	0.2	1	20	1	3	8	0.13	0.05	1.64	0.08	0.02	0.02	0	0	0	0	0
MZF0232	coconut milk, about 6.5% fat	0.7	4	66	4	9	25	0.41	0.17	5.33	0.26	0.07	0.07	0	0	0	0	0
MZF0084	coconut water	2.4	105	250	24	25	20	0.29	0.10	0.18	0.01	0.00	0.00	0				
MZF0085	coconut, kernel, raw	3.3	20	356	14	32	113	2.43	1.10	29.70	1.43	0.37	0.37	0				
MZF0086	cowpea, <i>nhemba</i> bean, <i>Vigna unguiculata</i> , dried	1.5	6	966	82	151	438	6.30	3.60	0.54	0.17	0.89	0.56	30	0	0		
MZF0087	cowpea, <i>nhemba</i> bean, <i>Vigna unguiculata</i> , dried, boiled		2	226	25	38	126	1.70	1.10									
MZF0287	cowpea, <i>nhemba</i> bean, <i>Vigna unguiculata</i> , young pods with seeds, raw	33.0	4	215	65	25	65	1.00	0.24	0.08	0.03	0.13	0.07	379	69	0	0	
MZF0088	<i>endjahi</i> seed stew		175	140	40	83	108	2.10	0.69									
MZF0089	<i>endjahi</i> seed, without skin, raw		5	653	93	226	326	2.70	1.80									
MZF0090	green bean, <i>Phaseolus vulgaris</i> , raw	12.2	6	211	37	25	38	1.03	0.24	0.05	0.01	0.11	0.04	200	25	0	0	235
MZF0091	groundnut, raw	1.0	18	705	92	168	376	4.58	3.27	6.83	24.43	15.56	15.56	0	0	0	0	
MZF0247	groundnut, roasted	0.0	6	658	54	176	358	2.26	3.31	6.89	24.64	15.69	15.69	0	0	0	0	0
MZF0092	jugo bean, <i>Vigna subterranea</i> , dried	1.0	25	1329	90	182	219	4.40	2.20	1.84	1.14	2.03	1.93	30				
MZF0093	kidney bean, common bean, <i>manteiga</i> bean,	4.5	24	1406	143	140	407	8.20	2.79	0.12	0.06	0.46	0.18	0	0	0	0	0
MZF0095	lentil, <i>Lens culinaris</i> , dried	4.4	6	955	56	122	451	7.54	4.78	0.16	0.19	0.52	0.40	23				
MZF0097	mung bean, <i>soroco</i> bean, <i>Vigna radiata</i> , drie	4.8	15	1246	132	189	367	6.74	2.68	0.35	0.16	0.38	0.36	68				
MZF0278	nuts and seeds, roasted, average	0.3	11	693	243	237	547	6.03	6.33	6.11	17.15	17.24	17.11	2	0	0	0	0
MZF0100	pea, <i>Pisum sativum</i> , dried	12.0	43	1041	37	131	313	5.70	4.05	0.18	0.08	0.54		82	5	0	0	398
MZF0101	pea, <i>Pisum sativum</i> , raw	27.0	14	265	20	28	83	1.70	0.87	0.07	0.04	0.19	0.15	149	8	0	0	611
MZF0103	pigeon pea, <i>boer</i> bean, <i>Cajanus cajan</i> , dried	0.0	26	927	123	171	282	5.82	2.77	0.31	0.01	0.76	0.72	100	0	0	0	0
MZF0104	pumpkin seed, whole, roasted	0.3	18	919	55	262	92	3.31	10.30	3.67	6.03	8.84	8.76					
MZF0105	sesame seed, whole, roasted	0.0	11	475	989	356	638	14.76	7.16	6.72	18.13	21.04	20.65					
MZF0106	sunflower seed, seed kernel, roasted	1.4	3	850	70	129	1155	3.80	5.29	5.22	9.51	32.88	32.78	5	0	0		

## Mushrooms

Food code	Food	E, kJ kJ	E, kcal kcal	Wat g	Prot g	Fat g	Carb g	Fibre g	Ash g	Alc g	RAE µg	Ret µg	Vit E mg	Vit B1 mg	Vit B2 mg	Nia mg	Vit B6 mg	Fol µg	Vit B12 µg
MZF0194	cultivated mushroom, <i>Agaricus bisporus</i> , raw	112	27	92.5	3.1	0.3	2.3	1.0	0.9	0.0	0	0	0.01	0.08	0.40	3.61	0.10	16	0.04
MZF0195	<i>djerengere</i> mushroom, <i>Cantharellus platyphyllus</i> , raw	101	24	91.6	2.4	0.4	0.9	3.8	0.9	0.0	17	0		0.00	0.19				
MZF0196	<i>dudurwa</i> mushroom, <i>Cantharellus rufopunctatus</i> , raw	114	27	90.7	1.8	0.5	2.2	3.8	1.1	0.0	8	0		0.00	0.35				
MZF0200	<i>kadhive</i> mushroom, <i>Lactarius sp.</i> , raw	154	37	87.9	3.5	0.1	3.2	4.6	0.7	0.0	0	0		0.09	0.25				
MZF0202	mushroom, average	125	30	91.1	2.6	0.5	2.4	2.6	0.8	0.0	0	0	0.01	0.09	0.23	3.08	0.10	28	0.04
MZF0203	<i>muterenha</i> mushroom, <i>Russula ciliata</i> , raw	86	21	93.6	1.8	0.5	1.1	2.4	0.7	0.0	0	0		0.00	0.00	2.45	0.03	30	
MZF0204	<i>muterenha</i> mushroom, <i>Russula sp.</i> , raw	110	26	92.5	1.4	0.5	2.9	2.4	0.3	0.0	0	0		0.06	0.24				
MZF0205	<i>namambelle</i> mushroom, <i>Lactarius sp.</i> , raw	167	40	87.9	3.4	0.9	2.2	4.6	0.9	0.0	0	0		0.12	0.35	3.33	0.08	21	
MZF0206	<i>ndegadega</i> mushroom, <i>Amanita loosii</i> , raw	159	38	89.6	3.7	0.9	2.6	2.5	0.8	0.0	0	0		0.38	0.21	2.94	0.17	44	
MZF0207	<i>nsedha</i> mushroom, <i>Amanita sp.</i> , raw	90	22	93.4	2.3	0.6	0.4	2.5	0.7	0.0	0	0		0.06	0.11				



## Fruit

Food code	Food	E, kJ	E, kcal	Wat g	Prot g	Fat g	Carb g	Fibre g	Ash g	Alc g	RAE µg	Ret µg	Vit E mg	Vit B1 mg	Vit B2 mg	Nia mg	Vit B6 mg	Fol µg	Vit B12 µg
MZF0056	apple, average, with skin, fresh	251	60	83.9	0.2	0.2	13.1	2.3	0.3	0.0	1	0	0.18	0.02	0.06	0.20	0.03	1	0.00
MZF0235	ata, soursop, <i>Annona muricata</i> , fresh	254	61	82.7	1.3	0.2	11.3	4.2	0.3	0.0	0	0		0.09	0.08	1.08	0.06		0.00
MZF0057	avocado, peeled, fresh	988	236	64.7	1.7	23.5	2.8	5.3	2.0	0.0	2	0	2.07	0.04	0.03	1.60	0.19	29	0.00
MZF0058	banana, peeled, fresh	404	97	74.9	1.3	0.3	21.0	1.7	0.8	0.0	8	0	0.10	0.03	0.02	0.70	0.30	19	0.00
MZF0059	cashew fruit, fresh	188	45	88.1	1.0	0.3	8.6	1.7	0.3	0.0	63	0		0.00	0.00	0.22	0.00		0.00
MZF0072	chindu, <i>Phoenix reclinata</i>	918	219	40.7	1.9	0.5	48.9	4.5	3.5	0.0	125	0							0.00
MZF0060	grapefruit, peeled, fresh	148	35	90.1	0.7	0.1	6.9	1.9	0.3	0.0	0	0	0.13	0.07	0.02	0.30	0.03	13	0.00
MZF0061	guava, peeled, fresh	232	55	82.7	0.8	1.0	7.1	7.9	0.6	0.0	5	0	0.73	0.05	0.02	1.20	0.08	19	0.00
MZF0062	lemon, peeled, fresh	170	41	87.8	0.7	0.3	6.7	4.1	0.4	0.0	1	0	0.15	0.04	0.01	0.20	0.04	17	0.00
MZF0063	litchi, peeled, fresh	325	78	80.4	0.8	0.4	16.9	1.0	0.5	0.0	0	0	0.07	0.02	0.01	0.70	0.05	133	0.00
MZF0065	mamaroma, fresh	570	136	66.6	1.7	1.5	27.8	1.5	0.9	0.0	567	0							0.00
MZF0066	mango, ripe, peeled, fresh	295	70	81.7	0.6	0.2	15.6	1.5	0.4	0.0	136	0	1.12	0.06	0.03	0.70	0.07	40	0.00
MZF0067	mango, unripe, peeled, boiled	244	58	84.9	0.3	0.4	12.5	1.6	0.4	0.0	8	0	1.12	0.00	0.00	0.16	0.00	12	0.00
MZF0268	mango, unripe, peeled, fresh	239	57	85.2	0.3	0.4	12.2	1.6	0.4	0.0	11	0	1.12	0.00	0.00	0.17	0.00	24	0.00
MZF0068	melon, orange-flesh, peeled, fresh	163	39	89.3	0.8	0.2	7.9	1.0	0.8	0.0	58	0	0.05	0.04	0.01	0.70	0.04	22	0.00
MZF0069	namuraha, fresh	388	93	74.5	1.5	0.1	19.2	4.0	0.7	0.0	33	0							0.00
MZF0070	nanverevetho, fresh	414	99	75.6	1.4	1.3	19.4	1.5	0.8	0.0	408	0							0.00
MZF0071	orange, peeled, fresh	196	47	86.5	0.8	0.1	9.0	3.2	0.4	0.0	2	0	0.18	0.08	0.02	0.30	0.04	30	0.00
MZF0073	papaya, peeled, fresh	174	41	88.8	0.4	0.3	8.4	1.7	0.4	0.0	15	0	0.73	0.03	0.01	0.30	0.01	14	0.00
MZF0288	papaya, unripe, peeled, fresh	170	41	88.8	0.4	0.1	8.6	1.7	0.4	0.0	0	0	0.01	0.03	0.01	0.30	0.01	14	0.00
MZF0074	passion fruit, purple, peeled, fresh	367	88	72.9	2.2	0.7	13.0	10.4	0.8	0.0	64	0	0.02	0.00	0.13	1.50	0.10	14	0.00
MZF0075	pear, with skin, fresh	254	61	83.4	0.3	0.1	13.0	3.0	0.2	0.0	2	0	0.12	0.02	0.01	0.30	0.01	1	0.00
MZF0076	pineapple, peeled, fresh	229	55	85.3	0.4	0.1	12.0	1.8	0.4	0.0	3	0	0.02	0.08	0.02	0.30	0.06	16	0.00
MZF0077	tangerine, peeled, fresh	236	56	85.2	0.8	0.3	11.5	1.8	0.4	0.0	9	0	0.20	0.06	0.04	0.38	0.08	16	0.00
MZF0078	tubi, <i>Parinari curatellifolia</i> , peeled, fresh	353	84	75.4	0.7	0.1	16.9	6.4	0.5	0.0	0	0		0.03	0.00				0.00
MZF0079	watermelon, peeled, fresh	127	30	91.8	0.9	0.2	5.8	1.1	0.3	0.0	5	0	0.05	0.03	0.01	0.20	0.03	4	0.00
MZF0259	wild fruit, average	415	99	73.0	1.3	0.8	19.0	5.2	0.7	0.0	252	0	0.44	0.03	0.00	0.46	0.04	20	0.00

## Fruit

Food code	Food	Vit C mg	Na mg	K mg	Ca mg	Mg mg	P mg	Fe mg	Zn mg	Safa g	Mufa g	Pufa g	C18:2 g	β-car μg	α-car μg	Cryp μg	Lyc μg	Lut μg
MZF0056	apple, average, with skin, fresh	5.0	4	99	2	3	7	0.30	0.09	0.03	0.01	0.05	0.04	10	0	15	0	17
MZF0235	<i>ata</i> , soursop, <i>Annona muricata</i> , fresh	23.0	10	261	25	19	32	1.30										
MZF0057	avocado, peeled, fresh	14.0	3	583	8	31	33	0.40	0.57	3.41	15.71	2.91	2.68	18	5	0	0	169
MZF0058	banana, peeled, fresh	12.0	1	241	2	21	20	0.60	0.23	0.11	0.03	0.07	0.05	65	60	0	0	0
MZF0059	cashew fruit, fresh	252.0	3	124	1	10	16	0.20	0.10					760				
MZF0072	<i>chindu</i> , <i>Phoenix reclinata</i>													1500				2700
MZF0060	grapefruit, peeled, fresh	34.0	3	134	10	8	16	0.10	0.04	0.01	0.01	0.02	0.02	0	0	0	0	0
MZF0061	guava, peeled, fresh	347.0	1	264	8	10	23	0.40	0.15	0.27	0.09	0.40	0.29	50	0	14	333	0
MZF0062	lemon, peeled, fresh	57.0	3	157	29	9	16	0.30	0.09	0.04	0.01	0.09	0.06	8	0	0	0	32
MZF0063	litchi, peeled, fresh	25.0	3	224	2	12	20	0.40	0.21	0.10	0.12	0.13	0.07	0	0	0		
MZF0065	<i>mamaroma</i> , fresh													6800				0
MZF0066	mango, ripe, peeled, fresh	31.0	1	164	9	10	11	0.20	0.07	0.05	0.07	0.04	0.01	1600	60	2	0	0
MZF0067	mango, unripe, peeled, boiled	94.3	1	171	14	14	12	0.12	0.09					100				0
MZF0268	mango, unripe, peeled, fresh	132.1	1	186	14	14	12	0.12	0.09					131				0
MZF0068	melon, orange-flesh, peeled, fresh	39.0	17	376	11	13	14	0.40	0.10	0.05	0.00	0.08	0.04	690	11	0	0	0
MZF0069	<i>namuraha</i> , fresh	2.7												400				0
MZF0070	<i>nanverevetho</i> , fresh													4900				0
MZF0071	orange, peeled, fresh	53.0	1	176	30	8	19	0.30	0.22	0.02	0.02	0.03	0.02	20	7	0	0	7
MZF0073	papaya, peeled, fresh	87.0	7	192	24	18	7	0.10	0.04	0.08	0.07	0.06	0.01	114	16	124	113	0
MZF0288	papaya, unripe, peeled, fresh	87.0	7	192	24	18	7	0.10	0.04									
MZF0074	passion fruit, purple, peeled, fresh	30.0	28	348	12	29	68	1.60	0.10	0.06	0.09	0.41	0.41	743	0	41	0	0
MZF0075	pear, with skin, fresh	4.0	3	85	5	4	9	0.40	0.14	0.01	0.03	0.03	0.03	17	0	3	0	110
MZF0076	pineapple, peeled, fresh	43.0	1	159	4	10	6	0.30	0.03	0.01	0.01	0.04	0.02	30	2	0	0	3
MZF0077	tangerine, peeled, fresh	26.7	2	166	37	12	20	0.15	0.07	0.04	0.06	0.07	0.05	110	7	0	0	58
MZF0078	<i>tubi</i> , <i>Parinari curatellifolia</i> , peeled, fresh	2.8	4	234	28	17	12	0.12	0.13					0				0
MZF0079	watermelon, peeled, fresh	6.0	4	137	3	10	5	0.10	0.09	0.02	0.04	0.05	0.05	65	0	0	1159	4
MZF0259	wild fruit, average	2.8	4	234	28	17	12	0.12	0.13	0.07	0.04	0.10	0.07	3025				0

## Fish and seafood

Food code	Food	E, kJ	E, kcal	Wat	Prot	Fat	Carb	Fibre	Ash	Alc	RAE	Ret	Vit E	Vit B1	Vit B2	Nia	Vit B6	Fol	Vit B12
		kJ	kcal	g	g	g	g	g	g	g	µg	µg	mg	mg	mg	mg	mg	µg	µg
MZF0296	clam, raw	346	83	79.0	14.7	1.0	3.6	0.0	1.8	0.0	90	90	0.68	0.02	0.04	0.35	0.01	5	11.28
MZF0041	cod, dried, salted	1156	276	16.1	62.8	2.4	0.0	0.0	18.7	0.0	42	42	2.84	0.27	0.24	7.50	0.86	25	10.00
MZF0294	crab, raw	358	86	78.3	18.5	1.2	0.0	0.0	2.0	0.0	45	45		0.08	0.20	2.50	0.15	44	9.00
MZF0043	dried fish, average, boiled, includes small bones	540	129	63.7	27.7	1.9	0.0	0.0	6.7	0.0	0	0	0.29	0.02	0.08	1.29	0.27	5	6.06
MZF0231	dried fish, average, includes small bones	1068	255	28.4	54.7	3.7	0.0	0.0	13.1	0.0	0	0	0.58	0.04	0.18	2.62	0.55	10	12.12
MZF0238	fish, raw, average, includes some small bones	474	113	74.0	19.9	3.6	0.0	0.0	2.4	0.0	10	10	0.70	0.06	0.18	4.38	0.23	13	3.43
MZF0044	mackerel, raw	633	151	70.2	20.1	7.9	0.0	0.0	1.6	0.0	19	19	1.00	0.11	0.42	8.32	0.33	2	4.40
MZF0046	<i>madambane</i> , dried, boiled, includes bones	531	127	62.0	27.4	1.8	0.0	0.0	8.9	0.0	0	0	0.29	0.00	0.00	0.67	0.00	5	4.86
MZF0227	<i>madambane</i> , dried, includes bones	806	193	42.3	41.6	2.7	0.0	0.0	13.5	0.0	0	0	0.44	0.00	0.00	1.01	0.00	7	7.38
MZF0047	<i>mirosse</i> , dried, boiled, includes bones	594	142	62.5	30.0	2.3	0.0	0.0	5.3	0.0	0	0	0.29	0.00	0.00	1.92	0.53	5	7.25
MZF0228	<i>mirosse</i> , dried, includes bones	1108	265	29.9	56.0	4.2	0.0	0.0	9.9	0.0	0	0	0.55	0.00	0.00	3.58	0.99	9	13.53
MZF0049	<i>pendhe</i> , dried, boiled, includes small bones	527	126	65.1	28.0	1.4	0.0	0.0	5.5	0.0	0	0	0.29	0.08	0.29	1.29	0.27	5	6.06
MZF0229	<i>pendhe</i> , dried, includes small bones	1158	277	23.4	61.5	3.0	0.0	0.0	12.1	0.0	0	0	0.64	0.18	0.64	2.84	0.58	11	13.30
MZF0050	<i>sarabuanha</i> , dried, boiled, includes bones	509	122	65.3	25.4	2.1	0.0	0.0	7.2	0.0	0	0	0.29	0.00	0.04	1.29	0.27	5	6.06
MZF0230	<i>sarabuanha</i> , dried, includes bones	1200	287	18.1	59.9	4.9	0.0	0.0	17.1	0.0	0	0	0.69	0.00	0.09	3.05	0.63	11	14.28
MZF0051	sardine, canned in oil, drained, includes bones	842	201	59.6	24.6	11.5	0.0	0.0	3.4	0.0	32	32	2.04	0.08	0.23	5.25	0.17	10	8.94
MZF0226	shrimp, dried	1260	301	25.5	55.8	2.4	13.1	0.0	3.2	0.0	5	5		0.03	0.07	2.80		70	5.00
MZF0053	shrimp, raw	425	101	75.9	20.3	1.7	0.9	0.0	1.2	0.0	54	54	1.10	0.03	0.03	2.55	0.10	3	1.16
MZF0275	squid, raw	368	88	78.6	15.6	1.4	3.1	0.0	1.4	0.0	10	10	1.20	0.02	0.41	2.18	0.06	5	1.30
MZF0237	tilapia, raw, includes some small bones	403	96	76.0	20.5	1.5	0.0	0.0	2.0	0.0	0	0	0.40	0.05	0.12	3.90	0.16	24	1.58
MZF0054	tuna, canned in oil, drained, salted	750	179	63.2	26.5	8.1	0.0	0.0	2.2	0.0	5	5	2.30	0.02	0.08	11.70	0.43	5	2.20
MZF0055	tuna, canned in water, drained, salted	511	122	72.0	23.6	3.0	0.0	0.0	1.5	0.0	6	6	0.85	0.01	0.04	5.80	0.22	2	1.17
MZF0276	whelk, raw	552	132	66.0	23.8	0.4	7.8	0.0	2.0	0.0	26	26	0.13	0.03	0.11	1.05	0.34	6	9.07

## Fish and seafood

Food code	Food	Vit C mg	Na mg	K mg	Ca mg	Mg mg	P mg	Fe mg	Zn mg	Safa g	Mufa g	Pufa g	C18:2 g	β-car μg	α-car μg	Cryp μg	Lyc μg	Lut μg
MZF0296	clam, raw	0.0	601	46	39	19	198	1.62	0.51	0.19	0.12	0.19	0.04					
MZF0041	cod, dried, salted	3.5	7027	1458	160	133	950	2.50	1.59	0.46	0.34	0.80	0.02	0	0	0	0	0
MZF0294	crab, raw	7.0	539	173	26	49	133	2.50	2.80	0.14	0.26	0.42	0.01					
MZF0043	dried fish, average, boiled, includes small bones		294	228	1755	96	991	15.65	3.23	0.72	0.31	0.57	0.03					
MZF0231	dried fish, average, includes small bones		518	464	3436	185	1974	33.56	6.39	1.43	0.62	1.13	0.06					
MZF0238	fish, raw, average, includes some small bones	2.0	116	290	427	41	333	4.28	1.10	1.12	1.12	0.90	0.10					
MZF0044	mackerel, raw	2.0	86	406	23	28	125	1.16	0.67	2.25	2.63	1.94	0.12	0	0	0	0	0
MZF0046	<i>madambane</i> , dried, boiled, includes bones		681	160	2360	115	1090	3.10	3.00	0.71	0.32	0.47	0.02					
MZF0227	<i>madambane</i> , dried, includes bones		1033	243	3581	175	1654	4.70	4.55	1.08	0.49	0.72	0.03					
MZF0047	<i>mirosse</i> , dried, boiled, includes bones		231	249	1110	107	777	18.50	3.80	0.83	0.30	0.80	0.03					
MZF0228	<i>mirosse</i> , dried, includes bones		431	465	2072	200	1450	34.53	7.09	1.55	0.57	1.49	0.05					
MZF0049	<i>pendhe</i> , dried, boiled, includes small bones		90	205	1750	61	978	10.40	3.00	0.52	0.30	0.37	0.05					
MZF0229	<i>pendhe</i> , dried, includes small bones		198	450	3844	134	2148	22.84	6.59	1.13	0.66	0.81	0.10					
MZF0050	<i>sarabuanha</i> , dried, boiled, includes bones		174	296	1800	99	1120	30.60	3.10	0.83	0.32	0.63	0.02					
MZF0230	<i>sarabuanha</i> , dried, includes bones		410	698	4245	233	2642	72.17	7.31	1.96	0.76	1.49	0.05					
MZF0051	sardine, canned in oil, drained, includes bones	0.0	505	397	382	39	490	2.92	1.31	1.53	3.87	5.15	3.54	0	0	0	0	0
MZF0226	shrimp, dried	0.0	457	500	1200	290	710	21.30	3.70	0.46	0.35	0.93	0.04					
MZF0053	shrimp, raw	2.0	148	185	52	37	205	2.41	1.11	0.33	0.25	0.67	0.03					
MZF0275	squid, raw	4.7	44	246	32	33	221	0.68	1.53	0.36	0.11	0.52	0.00					
MZF0237	tilapia, raw, includes some small bones		58	252	459	34	365	3.06	0.99	0.52	0.41	0.34	0.12					
MZF0054	tuna, canned in oil, drained, salted	0.0	396	333	4	34	267	0.65	0.47	1.28	3.26	2.97	2.49	0	0	0	0	0
MZF0055	tuna, canned in water, drained, salted	0.0	377	237	14	33	217	0.97	0.48	0.79	0.78	1.11	0.06	0	0	0	0	0
MZF0276	whelk, raw	4.0	206	347	57	86	141	5.03	1.63	0.03	0.03	0.02	0.00					

**Meat, meat products and eggs**

Food code	Food	E, kJ kJ	E, kcal kcal	Wat g	Prot g	Fat g	Carb g	Fibre g	Ash g	Alc g	RAE µg	Ret µg	Vit E mg	Vit B1 mg	Vit B2 mg	Nia mg	Vit B6 mg	Fol µg	Vit B12 µg
MZF0285	antelope, meat, raw	456	109	74.1	22.4	2.0	0.0	0.0	1.1	0.0	0	0	0.10	0.32	0.58	4.10	0.39	15	1.80
MZF0112	beef, meat, raw	852	204	65.7	19.2	14.2	0.0	0.0	0.9	0.0	0	0	0.16	0.13	0.08	5.40	0.21	10	1.00
MZF0113	beef, meat, raw, (animal over 4 years old)	1057	253	60.7	18.4	20.1	0.0	0.0	0.8	0.0	0	0		0.10	0.11	4.10	0.39	15	1.80
MZF0291	chicken liver, raw	479	114	76.5	16.9	4.8	0.7	0.0	1.1	0.0	3296	3290	0.70	0.31	1.78	9.73	0.85	588	16.58
MZF0289	chicken, meat with skin, raw	826	197	66.5	18.9	13.6	0.0	0.0	0.9	0.0	9	9	0.35	0.11	0.08	4.64	0.34	2	0.30
MZF0284	duck, meat with skin, raw	1651	395	48.5	11.5	39.3	0.0	0.0	0.7	0.0	50	50	0.70	0.20	0.21	3.93	0.19	13	0.25
MZF0124	egg, chicken, whole, raw	616	147	75.0	12.6	10.3	1.2	0.0	0.9	0.0	67	66	0.97	0.13	0.40	0.10	0.04	46	1.90
MZF0283	egg, duck, whole, raw	752	180	70.8	12.8	13.8	1.5	0.0	1.1	0.0	194	192	1.34	0.16	0.40	0.20	0.25	80	5.40
MZF0125	goat, meat, raw	623	149	71.6	19.5	7.9	0.0	0.0	1.0	0.0	36	36	0.25	0.15	0.28	4.90	0.30	5	1.13
MZF0127	ham, canned	769	184	66.5	17.0	13.0	0.0	0.0	3.5	0.0	0	0	0.21	0.96	0.23	3.22	0.48	5	0.78
MZF0267	polony	1262	302	51.9	15.2	24.6	5.5	0.0	2.9	0.0	25	25	0.00	0.22	0.19	2.52	0.30	6	1.82
MZF0128	pork, meat, raw	875	209	65.2	19.0	15.0	0.0	0.0	0.9	0.0	2	2	0.18	0.84	0.25	4.50	0.45	5	0.66
MZF0292	rabbit, meat, raw	456	109	74.5	21.8	2.3	0.0	0.0	1.1	0.0	0	0	0.25	0.03	0.06	6.50	0.50	8	7.16
MZF0270	rodent, meat, raw	480	115	73.8	21.2	3.2	0.0	0.0	1.2	0.0	0	0	0.25	0.07	0.21	4.00	0.40	6	1.80
MZF0140	veal, meat, raw	582	139	71.6	21.4	5.9	0.0	0.0	1.1	0.0	0	0	0.25	0.13	0.11	5.50	0.40	6	1.80

**Meat, meat products and eggs**

Food code	Food	Vit C mg	Na mg	K mg	Ca mg	Mg mg	P mg	Fe mg	Zn mg	Safa g	Mufa g	Pufa g	C18:2 g	β-car μg	α-car μg	Cryp μg	Lyc μg	Lut μg
MZF0285	antelope, meat, raw	0.0	51	353	3	27	188	3.19	1.28	0.73	0.49	0.44	0.25					
MZF0112	beef, meat, raw	0.0	85	274	13	19	164	0.70	3.42	5.95	5.29	0.64	0.46	0				
MZF0113	beef, meat, raw, (animal over 4 years old)	0.0	95	278	14	20	158	1.90	3.53	9.19	8.94	0.28	0.25					
MZF0291	chicken liver, raw	17.9	71	230	8	19	297	8.99	2.67	1.56	1.25	1.31	0.48	56	11	11	40	0
MZF0289	chicken, meat with skin, raw	1.6	54	259	10	22	182	1.20	2.00	3.76	5.84	3.29	2.84	0	0	0	0	0
MZF0284	duck, meat with skin, raw	2.8	63	209	11	15	139	2.40	1.36	13.20	18.69	5.08	4.69					
MZF0124	egg, chicken, whole, raw	0.0	126	98	39	9	192	1.80	1.15	3.03	4.01	1.36	1.10	10	0	9	0	
MZF0283	egg, duck, whole, raw	0.0	146	222	64	17	220	3.85	1.41	3.68	6.53	1.22	0.56	14	0	12	0	
MZF0125	goat, meat, raw	0.0	82	385	10	23	180	1.95	4.00	2.35	3.34	0.61	0.34					
MZF0127	ham, canned	0.0	1240	316	6	14	175	0.83	1.66	4.25	6.18	1.47	1.29					
MZF0267	polony	0.8	736	315	85	17	163	1.21	2.30	9.30	10.53	1.12	1.02	0	0	0	0	0
MZF0128	pork, meat, raw	0.5	55	335	19	21	200	0.86	2.01	5.28	6.63	1.55	1.31					
MZF0292	rabbit, meat, raw	0.0	41	330	13	19	213	1.57	1.57	0.69	0.63	0.45	0.36					
MZF0270	rodent, meat, raw	0.0	103	304	2	24	172	4.70	1.54	0.38	1.18	0.94	0.92					
MZF0140	veal, meat, raw	0.0	91	323	18	23	200	0.60	1.54	2.71	2.35	0.34	0.30					

**Milk and milk products**

Food code	Food	E, kJ	E, kcal	Wat g	Prot g	Fat g	Carb g	Fibre g	Ash g	Alc g	RAE µg	Ret µg	Vit E mg	Vit B1 mg	Vit B2 mg	Nia mg	Vit B6 mg	Fol µg	Vit B12 µg
MZF0142	cheese, cheddar	1646	393	37.4	24.7	32.3	1.8	0.0	3.8	0.0	351	344	0.29	0.04	0.36	0.10	0.07	18	0.80
MZF0143	cheese, feta	1353	323	48.1	17.7	27.8	1.4	0.0	5.0	0.0	508	508	0.18	0.07	0.24	1.10	0.49	37	2.00
MZF0144	cheese, gouda	1577	377	40.6	23.9	31.5	0.3	0.0	3.7	0.0	368	367	0.24	0.04	0.34	0.10	0.08	21	1.50
MZF0145	cheese, mozzarella	1241	297	50.0	22.2	22.4	2.2	0.0	3.3	0.0	179	174	0.19	0.03	0.28	0.10	0.04	7	2.28
MZF0222	condensed milk	1381	330	27.2	7.9	8.7	54.4	0.0	1.8	0.0	74	73	0.16	0.09	0.42	0.21	0.05	11	0.44
MZF0146	ice cream, vanilla	861	206	61.0	3.5	11.0	22.9	0.7	0.9	0.0	118	116	0.30	0.04	0.24	0.12	0.05	5	0.39
MZF0223	milk powder, full fat	2089	499	2.5	26.3	26.7	38.4	0.0	6.1	0.0	258	253	0.58	0.28	1.21	0.65	0.30	37	3.25
MZF0147	milk, cow, 2% fat, fresh	210	50	89.3	3.3	2.0	4.7	0.0	0.7	0.0	21	21	0.03	0.02	0.16	0.10	0.03	5	0.40
MZF0148	milk, cow, whole, fresh	260	62	88.0	3.2	3.4	4.7	0.0	0.7	0.0	44	43	0.07	0.02	0.16	0.10	0.04	5	0.40
MZF0149	milk, goat	356	85	84.0	3.4	4.9	6.9	0.0	0.8	0.0	25	25	0.07	0.06	0.22	0.40	0.04	1	0.10
MZF0150	yoghurt, fruit, low fat, sweetened with sugar	355	85	80.1	3.8	1.5	13.8	0.0	0.8	0.0	20	20	0.06	0.02	0.15	0.10	0.06	7	0.30

**Milk and milk products**

Food code	Food	Vit C mg	Na mg	K mg	Ca mg	Mg mg	P mg	Fe mg	Zn mg	Safa g	Mufa g	Pufa g	C18:2 g	β-car μg	α-car μg	Cryp μg	Lyc μg	Lut μg
MZF0142	cheese, cheddar	0.0	487	82	788	30	532	0.70	3.93	18.43	8.11	0.75	0.62	85	0	0	0	0
MZF0143	cheese, feta	0.0	1034	56	386	14	244	1.20	2.06	17.27	6.64	0.74	0.63	3				
MZF0144	cheese, gouda	0.0	511	71	806	31	565	0.80	3.74	18.79	7.94	0.75	0.61	10				
MZF0145	cheese, mozzarella	0.0	627	76	505	20	354	0.44	2.92	13.15	6.57	0.77	0.39	57				
MZF0222	condensed milk	2.6	127	371	284	26	253	0.19	0.94	5.49	2.43	0.34	0.22	14	0	0	0	0
MZF0146	ice cream, vanilla	0.6	80	199	128	14	105	0.09	0.69	6.79	2.97	0.45	0.28	19	0	0	0	0
MZF0223	milk powder, full fat	8.6	371	1330	912	85	776	0.47	3.34	16.74	7.92	0.67	0.46	55	0	0	0	0
MZF0147	milk, cow, 2% fat, fresh	1.0	46	152	122	12	89	0.10	0.39	1.28	0.59	0.06	0.05	3	0	0	0	0
MZF0148	milk, cow, whole, fresh	1.0	48	157	120	12	90	0.10	0.38	1.90	0.84	0.10	0.08	7	0	0	0	0
MZF0149	milk, goat	1.0	51	245	160	14	135	0.10	0.30	2.82	1.25	0.18	0.13	0				
MZF0150	yoghurt, fruit, low fat, sweetened with sugar	0.0	74	197	145	15	106	0.00	0.54	0.94	0.30	0.08	0.06	4	0	0	0	

## Fats and oils

Food code	Food	E, kJ	E, kcal	Wat g	Prot g	Fat g	Carb g	Fibre g	Ash g	Alc g	RAE µg	Ret µg	Vit E mg	Vit B1 mg	Vit B2 mg	Nia mg	Vit B6 mg	Fol µg	Vit B12 µg
MZF0028	butter spread, Clover Butro	2826	675	21.3	0.5	76.0	0.3	0.0	1.9	0.0	324	320	16.00	0.01	0.03	0.00	0.00	3	0.00
MZF0029	butter, salted	3017	721	15.9	0.9	81.1	0.1	0.0	2.1	0.0	684	671	2.32	0.01	0.03	0.04	0.00	3	0.17
MZF0031	margarine, Biba, Amanda	2960	707	18.1	0.0	80.0	0.0	0.0	1.9	0.0	400	0	11.00	0.00	0.00	0.00	0.00	0	0.00
MZF0032	margarine, Flora	2410	576	32.8	0.0	65.0	0.3	0.0	1.9	0.0	567	467	21.00	0.00	0.00	0.00	3.00	333	2.00
MZF0034	margarine, Rama, brick	2977	712	17.1	0.0	80.0	1.0	0.0	1.9	0.0	850	700	10.00	1.30	1.70	18.00	2.00	200	1.00
MZF0224	mayonnaise	2142	512	34.1	0.7	52.0	12.1	0.0	1.1	0.0	4	4	21.21	0.01	0.02	0.01	0.00	3	0.10
MZF0295	oil, coconut	3700	884	0.0	0.0	100.0	0.0	0.0	0.0	0.0	0	0	0.09	0.00	0.00	0.00	0.00	0	0.00
MZF0035	oil, olive	3700	884	0.0	0.0	100.0	0.0	0.0	0.0	0.0	0	0	14.35	0.00	0.00	0.00	0.00	0	0.00
MZF0036	oil, palm	3700	884	0.0	0.0	100.0	0.0	0.0	0.0	0.0	0	0	15.94	0.00	0.00	0.00	0.00	0	0.00
MZF0037	oil, soybean	3700	884	0.0	0.0	100.0	0.0	0.0	0.0	0.0	0	0	8.18	0.00	0.00	0.00	0.00	0	0.00
MZF0038	oil, sunflower	3700	884	0.0	0.0	100.0	0.0	0.0	0.0	0.0	0	0	41.08	0.00	0.00	0.00	0.00	0	0.00

## Fats and oils

Food code	Food	Vit C mg	Na mg	K mg	Ca mg	Mg mg	P mg	Fe mg	Zn mg	Safa g	Mufa g	Pufa g	C18:2 g	β-car μg	α-car μg	Cryp μg	Lyc μg	Lut μg
MZF0028	butter spread, Clover Butro	0.0	620	26	24	2	23	0.20	0.05	38.62	18.59	11.95	10.57	39	0	0	0	0
MZF0029	butter, salted	0.0	714	24	24	2	24	0.02	0.09	51.37	21.02	3.04	2.73	158	0	0	0	0
MZF0031	margarine, Biba, Amanda	0.0	1730	9	6	1	0	0.00	0.00	39.44	29.60	7.44	7.28	4800	0	0	0	0
MZF0032	margarine, Flora	0.0	250	9	6	1	0	0.00	0.00	13.39	15.81	32.73	31.19	1200.6	0	0	0	0
MZF0034	margarine, Rama, brick	0.0	750	9	6	1	0	0.00	0.00	41.21	22.38	12.67	12.57	1800	0	0	0	0
MZF0224	mayonnaise	0.0	0	6	3	1	11	0.11	0.07	5.52	10.26	33.91	33.90	1	0	0	0	0
MZF0295	oil, coconut	0.0	0	0	0	0	0	0.04	0.00	86.50	5.80	1.80	1.80	0				
MZF0035	oil, olive	0.0	2	1	1	0	0	0.56	0.00	13.81	72.96	10.52	9.76	0	0	0	0	0
MZF0036	oil, palm	0.0	0	0	0	0	0	0.01	0.00	49.30	37.00	9.30	9.10	0	0	0	0	0
MZF0037	oil, soybean	0.0	0	0	0	0	0	0.05	0.01	15.65	22.78	57.74	50.95	0	0	0	0	0
MZF0038	oil, sunflower	0.0	0	0	0	0	0	0.00	0.00	10.40	19.50	65.70	65.70	0	0	0	0	0



## Sugar, sweets, salt and other

Food code	Food	Vit C mg	Na mg	K mg	Ca mg	Mg mg	P mg	Fe mg	Zn mg	Safa g	Mufa g	Pufa g	C18:2 g	β-car μg	α-car μg	Cryp μg	Lyc μg	Lut μg
MZF0240	ash	0.0	13900	7517	15663	2373		140.00	9.30	0.00	0.00	0.00	0.00	0	0	0	0	0
MZF0286	baking soda	0.0	27360	0	0	0	0	0.00	0.00	0.00	0.00	0.00	0.00	0	0	0	0	0
MZF0239	chicken stock powder	1.1	18586	309	187	56	166	1.03	0.09	3.43	5.36	4.48	4.32	0	0	0	0	0
MZF0241	cocoa mix, powder	0.2	504	712	133	83	315	1.19	1.46	2.38	1.33	0.11	0.11	0	0	0	0	0
MZF0177	hard candy	0.0	38	5	3	3	3	0.30	0.01	0.00	0.00	0.00	0.00	0	0	0	0	0
MZF0178	honey	0.5	4	52	6	2	4	0.42	0.22	0.00	0.00	0.00	0.00	0	0	0	0	0
MZF0179	jam, preserve	8.8	32	77	20	4	19	0.49	0.06	0.01	0.04	0.00	0.00	0	0	0	0	0
MZF0180	milk chocolate	0.0	79	372	189	63	208	2.35	2.30	18.51	7.19	1.38	1.22	0	0	0	0	
MZF0220	potato chips	46.0	1000	1447	17	84	159	2.00	0.70	15.80	11.84	2.98	2.91					
MZF0182	salt, coarse-grained	0.0	29800	273	258	664	1	28.20	0.09	0.00	0.00	0.00	0.00	0	0	0	0	0
MZF0183	salt, table salt	0.0	38758	8	24	1	0	0.33	0.10	0.00	0.00	0.00	0.00	0	0	0	0	0
MZF0219	snack, savory, niknak	8.0	1000	576	43	50	111	2.00	0.40	11.09	8.33	2.09	2.05					
MZF0258	sugar cane, juice	10.0			15		22	0.90		0.00	0.00	0.00	0.00					
MZF0185	sugar, granulated	0.0	0	2	1	0	0	0.01	0.00	0.00	0.00	0.00	0.00	0	0	0	0	0
MZF0269	vinegar	0.0	2	2	6	1	4	0.03	0.01	0.00	0.00	0.00	0.00	0	0	0	0	0

### **Sources and methods of deriving nutrient values**

The sources of nutrient values taken from other publications and databases and are presented using source numbers listed on pages 54-55.

The for methods of deriving nutrient values as presented using letter codes listed in Table 3 (page 12).



## Cereals and cereal products

Food code	Food (short name)	E, kJ	E, kcal	Wat	Prot	Fat	Carb	Fibre	Ash	Alc	RAE	Ret	Vit E	Vit B1	Vit B2	Nia	Vit B6	Fol	Vit B12	Vit C	Na	K	Ca	Mg	P	Fe	Zn	Safa	Mufa	Pufa	C18:2	β-car	α-car	Cryp	Lyc	Lut	
MZF0013	bread, wheat	T	T	F1	F1	F1	S	F1	F4	Z	T	Z	F1	F1	F1	F1	F1	F1	Z	F1	F1	F1	F1	F1	F1	F1	F1	F1	F1	F1	M	M	M	M	M	M	
MZF0014	cookie, plain	T	T	F1	F1	F1	S	I	I	Z	T	I	F1	F1	F1	F1	F1	F1	F1	F1	F1	F1	F1	F1	F1	F1	F1	R	R	R	R	I	I	I	I	I	
MZF0015	cookie	T	T	F4	F4	F4	S	F4	F4	Z	T	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4
MZF0252	macaroni	T	T	F4	F4	F4	S	F4	F4	Z	T	Z	F4	F4	F4	F4	F4	F4	Z	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	M	M	M	M	M	
MZF0017	maize meal	T	T	F1	F1	F1	S	F1	F4	Z	T	Z	F1	F1	F1	F1	F1	F1	Z	F1	F1	F1	F1	F1	F1	F1	F1	K4	K4	K4	K4	F4	F4	F4	F4	M	
MZF0293	maize, sweet	T	T	F4	F4	F4	S	F4	F4	Z	T	Z	F4	F4	F4	F4	F4	F4	Z	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F2	F2	F2	F2	F2	
MZF0020	oatmeal	T	T	F1	F1	F1	S	F1	F4	Z	T	Z	F1	F1	F1	F1	F1	F1	Z	F1	F1	F1	F1	F1	F1	F1	F1	F1	F1	F1	F4	F4	F4	F4	F4	F4	
MZF0021	pearl millet	T	T	F25	F25	F25	S	F25	F25	Z	T	Z	I25	F25	F25	F25	F25	F25	Z	F25	I4	F25	F25	F25	F25	F25	F25	S4	S4	S	I4	F25	I25	I25	M	M	
MZF0023	rice, white	T	T	F5	F5	F5	S	F5	F4	Z	T	Z	F4	F5	F5	F5	F4	F4	Z	F5	F5	F4	F5	F4	F5	F5	F5	K4	K4	K4	K4	F5	F4	F4	F4	F4	
MZF0025	sorghum	T	T	F25	F25	F25	S	F25	F25	Z	T	Z	I25	F25	F25	F25	F6	I	Z	F25	F25	F25	F25	F25	F25	F25	I25	S	S	S	I	F6	M	M	M	M	
MZF0027	wheat flour	T	T	F5	F5	F5	S	F5	F4	Z	T	Z	F4	F5	F5	F5	F5	F4	Z	F5	F4	F5	F5	F4	F4	F5	F5	K4	K4	K4	K4	F5	F4	F4	F4	F4	

## Starchy roots and tubers

Food code	Food (short name)	E, kJ	E, kcal	Wat	Prot	Fat	Carb	Fibre	Ash	Alc	RAE	Ret	Vit E	Vit B1	Vit B2	Nia	Vit B6	Fol	Vit B12	Vit C	Na	K	Ca	Mg	P	Fe	Zn	Safa	Mufa	Pufa	C18:2	β-car	α-car	Cryp	Lyc	Lut
MZF0155	cassava f.	T	T	F 25	F 25	F 25	S	F 25	F 25	Z	T	Z	I 25	F 25	F 25	F 25	F 25	F 25	Z	F 25	F 25	F 25	F 25	F 25	F 25	F 25	F 25	I	I 4	I	I 4	M	M	M	M	M
MZF0156	cassava p.	T	T	A	A	A	S	A	A	Z	T	Z	M	A	A	A	A	A	Z	A	A	A	A	A	A	A	A	I	I	I	I	M	M	M	M	M
MZF0290	cassava, d.	T	T	K	K	K	S	K	K	Z	T	Z	M	K	K	K	K	K	K	K	K	K	K	K	K	K	K	I	I	I	I	M	M	M	M	M
MZF0158	cassava, raw	T	T	D 4,15, 17	D 4,15, 17	D 4,15, 17	S	D 4,15, 17	D 4,15, 17	Z	T	Z	M	D 4,15	D 4,15	D 4,15	F 4	F 4	Z	D 4,15, 17	D 4,15, 17	D 4,15, 17	D 4,15, 17	D 4,15, 17	D 4,17	D 4,15, 17	D 4,15, 17	I 4	I 4	I 4	I 4	F 15	F 15	F 15	M	M
MZF0161	minani b.	T	T	A	A	A	S	R	A	Z	T	Z	M	R	R	M	M	M	Z	R	R	R	R	R	R	R	R	M	M	M	M	M	M	M	M	M
MZF0162	minani r.	T	T	A	A	A	S	A	A	Z	T	Z	M	A	A	M	M	M	Z	A	A	A	A	A	A	A	A	M	M	M	M	M	M	M	M	M
MZF0163	mobo flour	T	T	A	A	A	S	A	A	Z	T	Z	M	M	M	M	M	M	Z	M	A	A	A	A	A	A	A	M	M	M	M	M	M	M	M	M
MZF0164	molè	T	T	A	A	A	S	A	A	Z	T	Z	M	A	A	M	M	M	Z	A	A	A	A	A	A	A	A	M	M	M	M	M	M	M	M	M
MZF0168	potato	T	T	F 2	F 2	I 4	S	F 2	F 2	Z	T	Z	I 2	F 2	F 2	F 2	F 2	F 2	Z	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 2	I 4	I 4	I 4	I 4	F 2	F 2	F 2	F 2	F 2
MZF0171	sweet p. o.	T	T	F 15	F 15	F 15	S	F 15	F 15	Z	T	Z	F 4	F 15	F 15	F 15	F 4	F 4	Z	F 15	F 15	F 15	F 15	F 15	F 4	F 15	F 15	K 4	K 4	K 4	K 4	F 15	F 15	F 15	M	M
MZF0173	sweet p. w.	T	T	F 15	F 15	F 15	S	F 15	F 15	Z	T	Z	F 4	F 15	F 15	F 15	F 4	F 4	Z	F 15	F 15	F 15	F 15	F 15	F 4	F 15	F 15	K 4	K 4	K 4	K 4	F 15	F 15	F 15	M	M
MZF0174	taro	T	T	F 17	F 17	F 17	S	F 17	F 17	Z	T	Z	M	F 17	F 17	F 17	M 4	M	Z	F 17	F 17	F 17	F 17	F 17	F 17	F 17	F 17	S	I 4	I 4	I 4	F 17	M	M	M	M
MZF0277	tuber	T	T	D	D	D	S	D	D	Z	T	Z	D	D	D	D	D	D	Z	D	D	D	D	D	D	D	D	S	S	S	D	D	D	D	I	I
MZF0175	yam	T	T	F 17	F 17	F 17	S	F 17	F 17	Z	T	Z	M	F 17	F 17	F 17	F 4	F 4	Z	F 17	F 17	F 17	F 17	F 17	F 17	F 17	F 17	S	I 4	I 4	I 4	F 17	M	M	M	M

## Vegetables

Food code	Food (short name)	E, kj	E, kcal	Wat	Prot	Fat	Carb	Fibre	Ash	Alc	RAE	Ret	Vit E	Vit B1	Vit B2	Nia	Vit B6	Fol	Vit B12	Vit C	Na	K	Ca	Mg	P	Fe	Zn	Safa	Mufa	Pufa	C18:2	β-car	α-car	Cryp	Lyc	Lut	
MZF0186	amaranth l. b.	T	T	A	A	A	S	A	A	Z	T	Z	A	A	A	A	A	A	Z	A	A	A	A	A	A	A	A	M	M	M	M	A	M	M	M	A	
MZF0282	amaranth l. r.	T	T	F4	F4	F4	S	F19	F4	Z	T	Z	F12	F4	F4	F4	F4	F4	Z	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F2	F2	F2	F2	F2	
MZF0152	beetroot	T	T	F4	F4	F4	S	F4	F4	Z	T	Z	F4	F4	F4	F4	F4	F4	Z	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	
MZF0188	cabbage	T	T	F2	F2	F4	S	F2	F2	Z	T	Z	F4	F2	F2	F2	F2	F2	Z	F2	F2	F2	F2	F2	F2	F2	F4	F4	F4	F4	F4	F2	F2	F2	F2	F2	
MZF0154	carrot	T	T	F4	F4	F4	S	F4	F4	Z	T	Z	F4	F4	F4	F4	F4	F4	Z	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	I
MZF0189	cassava l. s.	T	T	A	A	A	S	A	A	Z	T	Z	A	A	A	M	M	A	Z	A	A	A	A	A	A	A	A	M	M	M	M	A	M	M	M	A	
MZF0190	cassava l.	T	T	F19	F12, 19	F19	S	F19	F19	Z	T	Z	F12	F19	F19	F19	I	F12	Z	F12, 19	F6	F6	F12, 19	I	F19	D12, 18, 19	D12, 18	I28	I28	I28	I28	D12, 18, 26	F26	F26	M	F26	
MZF0191	cowpea l. b.	T	T	A	A	A	S	A	A	Z	T	Z	A	A	A	M	M	A	Z	A	A	A	A	A	A	A	A	M	M	M	M	A	I2	I2	I2	A	
MZF0192	cowpea l. r.	T	T	F2	D2, 12	F2	S	F2	F2	Z	T	Z	D2, 12	F2	F2	F2	F2	D2, 12	Z	D2, 12	F2	F2	D2, 12	F2	F2	D2, 12, 18	D2, 12, 18	I4	I4	I4	I4	D2, 12, 18	F2	F2	F2	F2	
MZF0193	cucumber	T	T	F2	F2	F4	S	F2	F2	Z	T	Z	F4	F2	F2	F2	F2	F2	Z	F2	F2	F2	F2	F2	F2	F2	S	S	S	F4	F2	F2	F2	F2	F2		
MZF0198	eggplant	T	T	F6	F6	F4	S	F6	F6	Z	T	Z	F4	F6	F6	F6	F6	F6	Z	F6	F6	F6	F6	F4	F6	F6	F4	F4	F4	F4	F4	F2	F2	F2	F2	F2	
MZF0199	garlic	T	T	F4	F4	F4	S	F4	F4	Z	T	Z	F4	F4	F4	F4	F4	F4	Z	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	
MZF0273	green leaves	T	T	D	D	D	S	D	D	Z	T	Z	D	D	D	D	D	D	Z	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D	D
MZF0221	kale	T	T	F4	F4	F4	S	F4	F4	Z	T	Z	F22	F4	F4	F4	F4	F4	Z	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F2	F2	F2	F2	F2
MZF0201	lettuce	T	T	F4	F4	F4	S	F4	F4	Z	T	Z	F4	F4	F4	F4	F4	F4	Z	F4	F4	F4	F4	F4	F4	F4	F4	F4	S	F4	F4	F4	F2	F2	F2	F2	F2
MZF0209	okra, pod	T	T	F4	F4	F4	S	F4	F4	Z	T	Z	F4	F4	F4	F4	F4	F4	Z	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F2	F2	F2	F2	F2
MZF0210	onion	T	T	F2	F2	F4	S	F2	F2	Z	T	Z	F4	F2	F2	F2	F2	F2	Z	F2	F2	F2	F2	F2	F2	F2	F2	F4	F4	F4	F4	F2	F2	F2	F2	F2	
MZF0211	pumpkin l. b.	T	T	A	A	A	S	A	A	Z	T	Z	A	A	A	M	M	A	Z	A	A	A	A	A	A	A	A	M	M	M	M	A	I2	I2	I	A	
MZF0212	pumpkin l. r.	T	T	D4, 12	D4, 12	F4	S	F2	F4	Z	T	Z	F12	F4	F4	F4	F4	D4, 12	Z	D4, 12	F4	F4	D4, 12	F4	F4	D4, 12, 18	D4, 12, 18	F4	F4	F4	F	D2, 12, 18	F2	F2	F2	F2	
MZF0213	pumpkin	T	T	F2	F2	F4	S	F2	F2	Z	T	Z	F4	F2	F2	F2	F2	F2	Z	F2	F2	F2	F2	F2	F2	F2	F4	F4	F4	F4	F2	F2	F2	F2	F2		
MZF0169	radish	T	T	F4	F4	F4	S	F4	F4	Z	T	Z	F4	F4	F4	F4	F4	F4	Z	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F2	F2	F2	F2	F2	
MZF0214	sweet pepper	T	T	F2	F2	F4	S	F2	F2	Z	T	Z	F4	F2	F2	F2	F2	F2	Z	F2	F2	F2	F2	F2	F2	F2	F4	F4	F4	F4	F2	F2	F2	F2	F2		

## Vegetables

Food code	Food (short name)	E, kJ	E, kcal	Wat	Prot	Fat	Carb	Fibre	Ash	Alc	RAE	Ret	Vit E	Vit B1	Vit B2	Nia	Vit B6	Fol	Vit B12	Vit C	Na	K	Ca	Mg	P	Fe	Zn	Safa	Mufa	Pufa	C18:2	β-car	α-car	Cryp	Lyc	Lut
MZF0215	sweet p. l. b.	T	T	A	A	A	S	A	A	Z	T	Z	A	A	A	M	M	A	Z	A	A	A	A	A	A	A	A	M	M	M	M	A	I 2	I 2	I 2	A
MZF0216	sweet p. l. r.	T	T	F 4	D 4,12	F 4	S	F 4	F 4	Z	T	Z	F 12	F 4	F 4	F 4	F 4	F 4	Z	D 4, 12	F 4	F 4	D 4, 12	F 4	F 4	D 4, 12, 18	D 4, 12, 18	F 4	F 4	F 4	F 4	D 2, 12, 18	F 2	F 2	F 2	F 2
MZF0217	therere l.	T	T	A	A	A	S	A	A	Z	T	Z	A	A	A	M	M	M	Z	A	A	A	A	A	A	A	M	M	M	M	A	M	M	M	A	
MZF0218	tomato	T	T	F 2	F 2	F 2	S	F 2	F 2	Z	T	Z	F 4	F 2	F 2	F 2	F 2	F 2	Z	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 4	F 4	F 4	F 4	F 2	F 2	F 2	F 2	F 2

## Legumes, nuts and seeds

Food code	Food (short name)	E, kj	E, kcal	Wat	Prot	Fat	Carb	Fibre	Ash	Alc	RAE	Ret	Vit E	Vit B1	Vit B2	Nia	Vit B6	Fol	Vit B12	Vit C	Na	K	Ca	Mg	P	Fe	Zn	Safa	Mufa	Pufa	C18:2	β-car	α-car	Cryp	Lyc	Lut	
MZF0274	bean, dried	T	T	D	D	D	S	D	D	Z	T	Z	D	D	D	D	D	D	Z	D	D	D	D	D	D	D	D	S	S	S	D	D	I	I	I	I	
MZF0080	cashew nut	T	T	F4	F4	F4	S	F4	F4	Z	T	Z	F4	F4	F4	F4	F4	F4	Z	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4
MZF0081	chickpea	T	T	F6	F6	F4	S	F6	F6	Z	T	Z	F4	F6	F6	F6	F4	F6	Z	F6	F6	F6	F6	F6	F6	F4	F4	F4	F4	F4	F6	M	M	M	M		
MZF0083	coconut m.	T	T	R,F4	D	D	S	R,F4	D	Z	T	Z	R,F4	R,F4	R,F4	R,F4	K4	K4	Z	R,F4	R,F4	R,F4	R,F4	R,F4	R,F4	R,F4	R,F4	R,F4	R,F4	R,F4	R,F4	R,F4	R,F4	M	M	M	M
MZF0233	coconut m. 2	T	T	I	R	R	S	R	R	Z	T	Z	R	R	R	R	R	R	Z	R	R	R	R	R	R	R	R	R	R	R	R	R	R	M	M	M	M
MZF0232	coconut m. 6.5	T	T	I	R	R	S	R	R	Z	T	Z	R	R	R	R	R	R	Z	R	R	R	R	R	R	R	R	R	R	R	R	R	R	M	M	M	M
MZF0084	coconut w.	T	T	F4	F4	F4	S	F4	S	Z	T	Z	F4	F4	F4	F4	F4	F4	Z	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	M	M	M	M
MZF0085	coconut, k.	T	T	F4	F4	F4	S	F4	F4	Z	T	Z	F4	F4	F4	F4	F4	F4	Z	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	M	M	M	M
MZF0086	cowpea	T	T	I	K	K	S	K	K	Z	T	Z	F4	K	K	F4	F4	K	Z	F4	K	K	K	K	K	K	K	F4	F4	F4	F4	F4	F6	F6	M	M	
MZF0087	cowpea b.	T	T	A	A	A	S	A	A	Z	T	Z	M	A	A	M	M	A	Z	M	A	A	A	A	A	A	A	M	M	M	M	M	M	M	M	M	M
MZF0287	cowpea y.	T	T	F4	F4	F4	S	I	F4	Z	T	Z	I	F4	F4	F4	I	I	Z	F4	F4	F4	F4	F4	F4	F4	I	F4	F4	F4	F4	I	I	I	I	M	
MZF0088	endjahi seed s.	T	T	A	A	A	S	A	A	Z	T	Z	A	A	A	R	R	R	Z	M	A	A	A	A	A	A	A	M	M	M	M	M	M	M	M	M	M
MZF0089	endjahi seed	T	T	A	A	A	S	A	A	Z	T	Z	A	A	A	A	A	A	Z	M	A	A	A	A	A	A	A	M	M	M	M	M	M	M	M	M	M
MZF0090	green bean	T	T	F4	F4	F4	S	F4	F4	Z	T	Z	F4	F4	F4	F4	F4	F4	Z	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F2	F2	F2	F2	F2	
MZF0091	groundnut	T	T	F4	F4	F4	S	F4	F4	Z	T	Z	F4	F4	F4	F4	F4	F4	Z	F6	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	M
MZF0247	groundnut	T	T	F4	F4	F4	S	F4	F4	Z	T	Z	F4	F4	F4	F4	F4	F4	Z	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4
MZF0092	jugo bean	T	T	F25	F25	F25	S	F25	F25	Z	T	Z	I	F25	F25	F25	I	I	Z	F25	I	F25	F25	F25	F25	F25	F25	I27	I27	I27	I27	I	M	M	M	M	
MZF0093	kidney bean	T	T	F4	F4	F4	S	F4	F4	Z	T	Z	F4	F4	F4	F4	F4	F4	Z	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4
MZF0095	lentil	T	T	F4	F4	F4	S	F4	F4	Z	T	Z	F4	F4	F4	F4	F4	F4	Z	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	M	M	M	M
MZF0097	mung bean	T	T	F4	F4	F4	S	F4	F4	Z	T	Z	F4	F4	F4	F4	F4	F4	Z	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	M	M	M	M
MZF0278	nuts and seeds	T	T	D	D	D	S	D	D	Z	T	Z	D	D	D	D	D	D	Z	D	D	D	D	D	D	D	D	S	S	D	D	D	D	D	D	D	
MZF0100	pea d.	T	T	F2	F2	F2	S	F2	F2	Z	T	Z	I2	F2	F2	F2	F2	F2	Z	F2	F2	F2	F2	F2	F2	F2	F2	F2	F2	F2	M	F2	F2	F2	F2	F2	
MZF0101	pea r.	T	T	F2	F2	F4	S	F2	F2	Z	T	Z	F4	F2	F2	F2	F2	F2	Z	F2	F2	F2	F2	F2	F2	F2	F4	F4	F4	F4	F2	F2	F2	F2	F2	F2	
MZF0103	pigeon pea	T	T	F8	F8	F8	S	F8	F8	Z	T	Z	I	F8	F8	F8	F8	F8	Z	F8	F8	F8	F8	F8	F8	F8	F8	I4	I4	I4	I4	F8	I	I	I	I	





## Fruit

Food code	Food (short name)	E, kj	E, kcal	Wat	Prot	Fat	Carb	Fibre	Ash	Alc	RAE	Ret	Vit E	Vit B1	Vit B2	Nia	Vit B6	Fol	Vit B12	Vit C	Na	K	Ca	Mg	P	Fe	Zn	Safa	Mufa	Pufa	C18:2	β-car	α-car	Cryp	Lyc	Lut	
MZF0056	apple	T	T	F 2	F 2	F 4	S	F 2	F 2	Z	T	Z	F 4	F 2	F 2	F 2	F 2	F 2	Z	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 2	S	F 4	F 2	F 2	F 2	F 2	F 2	
MZF0235	ata, soursop	T	T	F 21	F 21	F 21	S	F 21	S	Z	T	Z	M	F 21	F 21	F 21	F 21	M	Z	F 21	F 21	F 21	F 21	F 21	F 21	F 21	M	M	M	M	M	M	M	M	M	M	M
MZF0057	avocado	T	T	F 2	F 2	F 2	S	F 2	F 2	Z	T	Z	F 4	F 2	F 2	F 2	F 2	F 2	Z	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 2	K 4	K 4	K 4	K 4	F 2	F 2	F 2	F 2	F 2	
MZF0058	banana	T	T	F 2	F 2	F 4	S	F 2	F 2	Z	T	Z	F 4	F 2	F 2	F 2	F 2	F 2	Z	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 4	F 4	F 4	F 4	F 2	F 2	F 2	F 2	F 2	
MZF0059	cashew fruit	T	T	F 16	F 16	F 16	S	F 16	F 16	Z	T	Z	M	F 16	F 16	F 8	F 16	M	Z	F 8	F 16	F 16	F 16	F 16	F 16	F 16	F 16	M	M	M	M	F 8	M	M	M	M	
MZF0072	chindu	T	T	A	A	A	S	F 21	A	Z	T	Z	M	M	M	M	M	M	Z	M	M	M	M	M	M	M	M	M	M	M	M	M	A	M	M	M	A
MZF0060	grapefruit	T	T	F 2	F 2	F 2	S	F 2	F 2	Z	T	Z	F 4	F 2	F 2	F 2	F 2	F 2	Z	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 4	F 4	F 4	F 4	F 2	F 2	F 2	F 2	F 2	
MZF0061	guava	T	T	F 2	F 2	F 4	S	F 2	F 2	Z	T	Z	F 4	F 2	F 2	F 2	F 2	F 2	Z	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 4	F 4	F 4	F 4	F 2	F 2	F 2	F 2	F 2	
MZF0062	lemon	T	T	F 2	F 2	F 4	S	F 2	F 2	Z	T	Z	F 4	F 2	F 2	F 2	F 2	F 2	Z	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 4	F 4	F 4	F 4	F 2	F 2	F 2	F 2	F 2	
MZF0063	litchi	T	T	F 2	F 2	F 4	S	F 2	F 2	Z	T	Z	F 4	F 2	F 2	F 2	F 2	F 2	Z	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 4	F 4	F 4	F 4	F 2	F 2	F 2	M	M	
MZF0065	mamaroma	T	T	A	A	A	S	I	A	Z	T	Z	M	M	M	M	M	M	Z	M	M	M	M	M	M	M	M	M	M	M	M	M	A	M	M	M	A
MZF0066	mango, ripe	T	T	F 2	F 2	F 2	S	F 2	F 2	Z	T	Z	F 4	F 2	F 2	F 2	F 2	F 2	Z	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 2	K 4	K 4	K 4	K 4	A	F 29	F 29	F 29	A	
MZF0067	mango, u. b.	T	T	A	A	A	S	A	A	Z	T	Z	I	A	A	A	A	A	Z	A	A	A	A	A	A	A	A	M	M	M	M	A	M	M	M	A	
MZF0268	mango, u.	T	T	I	I	I	S	I	I	Z	T	Z	I	Z	I	I	I	I	Z	I	I	I	I	I	I	I	I	M	M	M	M	I	M	M	M	I	
MZF0068	melon	T	T	F 2	F 2	F 4	S	F 2	F 2	Z	T	Z	F 4	F 2	F 2	F 2	F 2	F 2	Z	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 4	F 4	F 4	F 4	F 2	F 2	F 2	F 2	F 2	
MZF0069	namuraha	T	T	A	A	A	S	A	A	Z	T	Z	M	M	M	M	M	M	Z	A	M	M	M	M	M	M	M	M	M	M	M	M	A	M	M	M	A
MZF0070	nanverevetho	T	T	A	A	A	S	I	A	Z	T	Z	M	M	M	M	M	M	Z	M	M	M	M	M	M	M	M	M	M	M	M	M	A	M	M	M	A
MZF0071	orange	T	T	F 2	F 2	F 4	S	F 2	F 2	Z	T	Z	F 4	F 2	F 2	F 2	F 2	F 2	Z	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 4	F 4	F 4	F 4	F 2	F 2	F 2	F 2	F 2	
MZF0073	papaya	T	T	F 2	F 2	F 4	S	F 2	F 2	Z	T	Z	F 4	F 2	F 2	F 2	F 2	F 2	Z	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 4	F 4	F 4	F 4	F 2, 29	F 29	F 29	F 29	F 2	
MZF0288	papaya, u.	T	T	I 2	I 2	I 2	S	I 2	I 2	Z	T	Z	I 2	I 2	I 2	I 2	I 2	I 2	Z	I 2	I 2	I 2	I 2	I 2	I 2	I 2	I 2	M	M	M	M	M	M	M	M	M	
MZF0074	passion fruit	T	T	F 4	F 4	F 4	S	F 4	F 4	Z	T	Z	F 4	F 4	F 4	F 4	F 4	F 4	Z	F 4	F 4	F 4	F 4	F 4	F 4	F 4	F 4	F 4	F 4	F 4	F 4	F 4	F 4	F 4	F 4	F 4	
MZF0075	pear	T	T	F 2	F 2	F 4	S	F 2	F 2	Z	T	Z	F 4	F 2	F 2	F 2	F 2	F 2	Z	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 4	F 4	F 4	F 4	F 2	F 2	F 2	F 2	F 2	
MZF0076	pineapple	T	T	F 2	F 2	F 4	S	F 2	F 2	Z	T	Z	F 4	F 2	F 2	F 2	F 2	F 2	Z	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 2	F 4	F 4	F 4	F 4	F 2	F 2	F 2	F 2	F 2	
MZF0077	tangerine	T	T	F 4	F 4	F 4	S	F 4	F 4	Z	T	Z	F 4	F 4	F 4	F 4	F 4	F 4	Z	F 4	F 4	F 4	F 4	F 4	F 4	F 4	F 4	F 4	F 4	S	F 4	F 2	F 2	F 2	F 2	F 2	

## Fruit

Food code	Food (short name)	E, kJ	E, kcal	Wat	Prot	Fat	Carb	Fibre	Ash	Alc	RAE	Ret	Vit E	Vit B1	Vit B2	Nia	Vit B6	Fol	Vit B12	Vit C	Na	K	Ca	Mg	P	Fe	Zn	Safa	Mufa	Pufa	C18:2	β-car	α-car	Cryp	Lyc	Lut
MZF0078	tubi	T	T	A	A	A	S	A	A	Z	T	Z	M	A	A	M	M	M	Z	A	A	A	A	A	A	A	A	M	M	M	M	A	M	M	M	A
MZF0079	watermelon	T	T	F2	F2	F4	S	F2	F2	Z	T	Z	F4	F2	F2	F2	F2	F2	Z	F2	F2	F2	F2	F2	F2	F2	F2	F4	F4	F4	F4	F2	F2	F2	F2	F2
MZF0259	wild fruit	T	T	D	D	D	S	D	D	Z	T	Z	I	D	D	I	I	I	Z	D	D	D	D	D	D	D	D	I	I	I	I	D	M	M	M	D

## Fish and seafood

Food code	Food (short name)	E, kj	E, kcal	Wat	Prot	Fat	Carb	Fibre	Ash	Alc	RAE	Ret	Vit E	Vit B1	Vit B2	Nia	Vit B6	Fol	Vit B12	Vit C	Na	K	Ca	Mg	P	Fe	Zn	Safa	Mufa	Pufa	C18:2	β-car	α-car	Cryp	Lyc	Lut	
MZF0296	clam	T	T	F4	F4	F4	S	Z	F4	Z	T	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	S	S	F4	M	M	M	M	M		
MZF0041	cod, dried	T	T	F4	F4	F4	Z	Z	F4	Z	T	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	Z	Z	Z	Z	Z	
MZF0294	crab	T	T	S	F4	F4	Z	Z	F4	Z	T	F4	M	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	M	M	M	M	M	
MZF0043	dried fish a. b.	T	T	S	D	D	Z	Z	D	Z	T	D	I	D	D	D	D	I	D	M	D	D	D	D	D	D	D	I	I	I	I	M	M	M	M	M	
MZF0231	dried fish a.	T	T	S	R	R	Z	Z	R	Z	T	R	I	R	R	I	I	I	I	M	R	R	R	R	R	R	R	I	I	I		M	M	M	M	M	
MZF0238	fish r.	T	T	S	R	R	Z	Z	R	Z	T	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	M	M	M	M	M
MZF0044	mackerel	T	T	F4	F4	F4	Z	Z	F4	Z	T	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	Z	Z	Z	Z	Z	
MZF0046	madambane b.	T	T	S	A	A	Z	Z	A	Z	T	A	I	A	A	A	A	I	A	M	A	A	A	A	A	A	A	A, I	A, I	A, I	A, I	A, I	M	M	M	M	M
MZF0227	madambane	T	T	S	R	R	Z	Z	R	Z	T	R	I	R	R	R	R	I	R	M	R	R	R	R	R	R	R	I	I	I	I	M	M	M	M	M	
MZF0047	mirosse b.	T	T	S	A	A	Z	Z	A	Z	T	A	I	A	A	A	A	I	A	M	A	A	A	A	A	A	A	A, I	A, I	A, I	A, I	A, I	M	M	M	M	M
MZF0228	mirosse	T	T	S	R	R	Z	Z	R	Z	T	R	I	R	R	R	R	I	R	M	R	R	R	R	R	R	R	I	I	I	I	M	M	M	M	M	
MZF0049	pendhe b.	T	T	S	A	A	Z	Z	A	Z	T	A	I	A	A	I	I	I	I	M	A	A	A	A	A	A	A	A, I	A, I	A, I	A, I	A, I	M	M	M	M	M
MZF0229	pendhe	T	T	S	R	R	Z	Z	R	Z	T	R	I	R	R	I	I	I	I	M	R	R	R	R	R	R	R	I	I	I	I	M	M	M	M	M	
MZF0050	sarabuanha b.	T	T	S	A	A	Z	Z	A	Z	T	A	I	A	A	I	I	I	I	M	A	A	A	A	A	A	A	A, I	A, I	A, I	A, I	A, I	M	M	M	M	M
MZF0230	sarabuanha	T	T	S	R	R	Z	Z	R	Z	T	R	I	R	R	I	I	I	I	M	R	R	R	R	R	R	R	I	I	I	I	M	M	M	M	M	
MZF0051	sardine	T	T	F4	F4	F4	Z	Z	F4	Z	T	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	Z	Z4	Z4	Z	Z
MZF0226	shrimp, dried	T	T	F20	F20	F20	S	F20	S	Z	T	F24	M	F20	F20	F20	F20	M	F20	F20	F20	I	F20	F20	F20	F20	F20	F20	F20	F20	F20	F20	F20	F20	F20	F20	F20
MZF0053	shrimp, raw	T	T	F4	F4	F4	S	Z	F4	Z	T	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4
MZF0275	squid, raw	T	T	F4	F4	F4	S	Z	F4	Z	T	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4
MZF0237	tilapia, raw	T	T	S	R	R	Z	Z	R	Z	T	R	R	R	R	R	R	R	R	M	R	R	R	R	R	R	R	R	R	R	R		M	M	M	M	M
MZF0054	tuna, c. o.	T	T	S	F4	F4	Z	Z	F4	Z	T	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	Z	Z	Z	Z	Z	
MZF0055	tuna, c. w.	T	T	S	F4	F4	Z	Z	F4	Z	T	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	Z	Z	Z	Z	Z	
MZF0276	whelk	T	T	F4	F4	F4	S	Z	F4	Z	T	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	M	M	M	M	M

## Meat, meat products and eggs

Food code	Food (short name)	E, kJ	E, kcal	Wat	Prot	Fat	Carb	Fibre	Ash	Alc	RAE	Ret	Vit E	Vit B1	Vit B2	Nia	Vit B6	Fol	Vit B12	Vit C	Na	K	Ca	Mg	P	Fe	Zn	Safa	Mufa	Pufa	C18:2	β-car	α-car	Cryp	Lyc	Lut			
MZF0285	antelope	T	T	F4	F4	F4	Z	Z	F4	Z	T	F4	I	F4	F4	I	I	I	I	F4	F4	F4	F4	F4	F4	F4	F4	S	F4	F4	F4	F4	M	M	M	M	M		
MZF0112	beef	T	T	S	F3	F3	Z	Z	F3	Z	T	F3	I3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	M	M	M	M	M	
MZF0113	beef	T	T	F3	F3	F3	Z	Z	F3	Z	T	F3	M	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	M	M	M	M	M		
MZF0291	chicken liver	T	T	F4	F4	F4	S	Z	F4	Z	T	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	
MZF0289	chicken	T	T	S	R,F3	R,F3	Z	Z	R,F3	Z	T	R,F3	R,I3	R,F3	R,F3	R,F3	R,F3	R,F3	R,F3	R,F3	R,F3	R,F3	R,F3	R,F3	R,F3	R,F3	R,F3	R,F3	R,F3	R,F3	R,F3	R,F3	R,F3	R,F3	R,F3	R,F3	R,F3	R,F3	R,F3
MZF0284	duck	T	T	S	F4	F4	Z	z	F4	Z	T	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	M	M	M	M	M	
MZF0124	egg, chicken	T	T	F3	F3	F3	S	Z	F3	Z	T	F3	F4	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F4	F4	F4	F4	M		
MZF0283	egg, duck	T	T	F4	F4	F4	S	Z	F4	Z	T	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	S	F4	F4	F4	F4	F4	F4	F4	F4	F4	M	
MZF0125	goat, meat	T	T	S	F8	F8	Z	Z	F8	Z	T	F8	I	F8	F8	F8	F8	F8	F4	F4	I	F4	F4	F8	I	F4	F8	F4	K4	K4	K4	K4	M	M	M	M	M		
MZF0127	ham	T	T	F4	F4	F4	S	Z	F4	Z	T	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	M	M	M	M	M	
MZF0267	polony	T	T	F4	F4	F4	S	F4	F4	Z	T	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	S	F4	F4	F4	F4	Z	Z	Z	Z	Z	
MZF0128	pork	T	T	S	F4	F4	Z	Z	F4	Z	T	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	M	M	M	M	M	
MZF0292	rabbit	T	T	F4	F4	F4	Z	Z	F4	Z	T	F4	I	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	M	M	M	M	M	
MZF0270	rodent	T	T	F4	F4	F4	Z	Z	F4	Z	T	F4	I	F4	F4	F4	I	I	I	F4	F4	F4	F4	F4	F4	F4	F4	I	F4	F4	F4	F4	M	M	M	M	M		
MZF0140	veal	T	T	F3	F3	F3	Z	Z	F3	Z	T	F3	F4	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	M	M	M	M	M		

## Milk and milk products

Food code	Food (short name)	E, kJ	E, kcal	Wat	Prot	Fat	Carb	Fibre	Ash	Alc	RAE	Ret	Vit E	Vit B1	Vit B2	Nia	Vit B6	Fol	Vit B12	Vit C	Na	K	Ca	Mg	P	Fe	Zn	Safa	Mufa	Pufa	C18:2	β-car	α-car	Cryp	Lyc	Lut	
MZF0142	cheese, c.	T	T	F3	F3	F3	S	F3	F3	Z	T	F3	F4	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F4	F4	F4	F4	F4	
MZF0143	cheese, f.	T	T	F3	F3	F3	S	F3	F3	Z	T	F3	F4	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F4	Z	Z	Z	Z	
MZF0144	cheese, g.	T	T	F3	F3	F3	S	F3	F3	Z	T	F3	F4	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F4	Z	Z	Z	Z	
MZF0145	cheese, m.	T	T	F4	F4	F4	S	F4	F4	Z	T	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	Z	Z	Z	Z	
MZF0222	condensed m.	T	T	F4	F4	F4	S	Z	F4	Z	T	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	
MZF0146	ice cream	T	T	F4	F4	F4	S	F	F4	Z	T	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	S	S	S	F4	F4	F4	F4	F4	F4	
MZF0223	milk powder	T	T	F4	F4	F4	S	Z	F4	Z	T	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4	F4
MZF0147	milk, cow, 2%	T	T	F3	F3	F3	S	F3	F3	Z	T	F3	F4	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F4	Z	Z	Z	Z	
MZF0148	milk, cow	T	T	F3	F3	F3	S	F3	F3	Z	T	F3	F4	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F4	F4	F4	F4	F4	
MZF0149	milk, goat	T	T	F6	F6	F6	S	F6	F6	Z	T	F6	F4	F6	F6	F6	F6	F6	F4	F6	F6	F6	F6	F4	F6	F6	F4	S	S	S	I4	F6	M	M	M	M	
MZF0150	yoghurt	T	T	F3	F3	F3	S	F3	F3	Z	T	F3	F4	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F3	F4	F4	F4	F4	M	





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