

Food Item	Protein	Fat	Calories	Calcium	Phos-Phorus	Iron	Vit.A	Thia-Mine	Ribo-Flavin	Niacin	Vit.C
	g.	g.	Kcal.	mg.	mg.	mg.	µg.	mg.	mg.	mg.	mg.
1	2	3	4	5	6	7	8	9	10	11	12
Cereals											
1.Bajara	11.6	5.0	361	42	296	8.0	132	0.33	0.25	2.3	0
2.Jowar	10.4	1.9	349	25	222	4.1	47	0.37	0.13	3.1	0
3.Maize, dry	11.1	3.6	342	10	348	2.3	90	0.42	0.1	1.8	0
4.Ragi	7.3	1.3	328	344	283	3.9	42	0.42	0.19	1.1	0
5.Rice	6.8	0.5	345	10	160	0.7	0	0.006	1.9	1.1	0
6.Wheat	12.1	1.7	341	48	355	4.9	29	0.49	0.17	4.3	0
Pulses											
1.Bengalgram	20.8	5.6	372	56	331	5.3	129	0.48	0.18	2.4	1
2.Blackgram	24.0	1.4	347	154	385	3.8	38	0.42	0.20	2.0	0
3.Greengram	24.5	1.2	348	75	405	3.9	49	0.47	0.21	2.4	0
4.Lentil	25.1	0.7	343	69	293	7.6	270	0.45	0.20	2.6	0
5.Redgram	22.3	1.7	335	73	304	2.7	132	0.45	0.19	2.9	0
Green Leafy Vegetables*	3.8	0.8	51	295	59	5.2	4425	0.06	0.21	1.0	42
Other Vegetables*	1.8	0.2	32	45	47	1.4	98	0.04	0.05	0.4	23
Roots & Tubers											
1.Carrot	0.9	0.2	48	80	530	1.0	1890	0.04	0.02	0.6	3
2.Potato	1.6	0.1	97	10	40	0.5	24	0.10	0.01	1.2	17
3.Onion	1.2	0.1	50	47	50	0.6	0	0.08	0.01	0.4	11
Nuts & Oilseeds											
1.Groundnut	25.3	40.1	567	90	350	2.5	37	0.90	0.13	19.9	0
Fruits											
1.Amla	0.5	0.1	58	50	20	1.2	9	0.03	0.01	0.2	600
2.Apple	0.2	0.5	59	10	14	0.7	0	0.0	0.0	0.0	1
3.Banana, Ripe	1.2	0.3	116	17	36	0.4	78	0.05	0.08	0.5	7
4.Lime & Orange	1.1	0.6	54	58	20	0.3	560	0.01	0.02	0.1	47
5.Mango, Ripe	0.6	0.4	74	14	16	13	2743	0.08	0.09	0.9	16
6.Papaya, Ripe	0.6	0.1	32	17	13	0.5	666	0.04	0.25	0.2	57
7.Tomato, Ripe	0.9	0.2	20	48	20	0.6	351	0.12	0.06	0.4	27
Flesh Foods											
1.Meat	18.5	13.3	194	150	150	2.5	9	0.18	0.14	6.8	0
2.Chicken	25.9	0.6	109	25	245	0.0	0	0.0	0.14	0.0	0
3.Liver, Sheep	19.3	7.5	150	10	380	6.3	6690	0.36	1.70	17.6	20
4.Egg, Hen	13.3	13.3	173	60	220	2.1	420	0.10	0.40	0.1	0
Milk											
1.Cow	3.2	4.1	64	120	90	0.2	53	0.05	0.19	0.1	2
2.Buffaloe	4.3	6.5	117	210	130	0.2	48	0.04	0.10	0.1	1
Fats & Oils											
1.Ghee	0	100.0	900	0	0	0.0	0	0.0	0.0	0.0	0
2.Cooking Oil	0	100.0	900	0	0	0.0	0	0.0	0.0	0.0	0
Other Foodstuffs											
1.Sugar	0.1	0.0	398	12	1	0.1	0	0.0	0.0	0.0	0
2.Jaggery	0.4	0.1	383	80	40	2.6	0	0.0	0.0	0.0	0
3.Bread, White	7.8	0.7	245	11	0	1.1	0	0.07	0.0	0.7	0