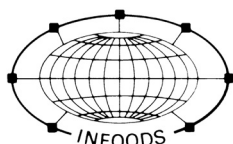


West African Food Composition Table

2012

Table de composition des aliments d'Afrique de l'Ouest



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Introduction

This edition of the West African Food Composition Table is a revised version of the Food composition table 'Composition of Selected foods from West Africa', which was published in September 2010. It extends and updates the number of foods and values of components through data derived from the Mali Food Composition Table 2004, Nigeria, as well as analytical data from scientific articles.

The foods represent average values of the collected compositional data from 9 countries (Benin, Burkina Faso, Gambia, Ghana, Guinea, Mali, Niger, Nigeria and Senegal). Data sources included scientific papers, theses, university reports, as well as food composition databases. These data were supplemented by other sources of food composition data (mostly from outside Africa) to complete the missing values, especially minerals and vitamins. It was intended to have no missing values but for some vitamins, especially vitamin A and E, data were not available and no sources were found from which to derive reliable data. In these cases, they were left blank.

Most of the collected data were for raw foods. Nutrient values of cooked foods (mainly boiled foods) were calculated by using the yield factors from Bergström (1994), Food Standards Agency (2002 – UK) and Bognár (2002) and the nutrient retention factors from EuroFIR (Vásquez-Cañedo et al., 2008).

The present edition includes 472 foods and 28 components. Emphasis was given to include data on food biodiversity by incorporating cultivars/varieties and underutilized foods. For these foods, the country of origin of the cultivar/variety was reported, next to the food name. Analytical data were supplemented with data from other sources which are marked in italics to indicate the difference of quality.

The data were compiled according to international standards for food composition and compilation by using the INFOODS food component identifiers (Klensin et al., 1989), the FAO/INFOODS Compilation Tool (available at http://www.fao.org/infoods/software_en.stm) and the compilation process as outlined by Greenfield and Southgate (2003). The User database in Excel format is available on the FAO/INFOODS webpage (http://fao.org/infoods/directory_en.stm).

Food groups

The foods have been classified in the following food groups:

- 01 Cereals and their products
- 02 Starchy roots, tubers and their products
- 03 Legumes and their products
- 04 Vegetables and their products
- 05 Fruits and their products
- 06 Nuts, seeds and their products
- 07 Meat, poultry and their products
- 08 Eggs and their products
- 09 Fish and their products
- 10 Milk and their products
- 11 Fat and oils
- 12 Beverages
- 13 Miscellaneous

The food codes are composed of the code of the food group and the food code within this group. Foods are listed alphabetically by English name within each food group. The French name of each food is reported next to the English food name in the table. The scientific names of the foods are listed in Annexes 1 and 2.

Definition and expression of nutrients

All values, including for beverages and other liquids, are presented per 100 g edible portion.

The values per nutrient have been standardized and are expressed in fixed maximal number of decimal points, i.e. no decimal points were added but values with higher decimal points were truncated to the maximal number of decimal points as indicated in the COMPONENT sheet of the Compilation Tool.

The values reported are average values derived from foods with the same/similar description that have been compiled in the archival database.

Table 1. Nutrients, units and corresponding INFOODS component identifier (per 100 g edible portion)

Nutrient	Unit	Analytical/determination method	INFOODS component identifier
Edible portion	ratio	Calculated as the edible portion of the total food as purchased	EDIBLE
Energy	kJ, kcal	Calculated according to standardized procedure (see below)	ENERC
Water	g	Drying	WATER
Protein, total	g	Calculated with nitrogen conversion factor from analysed total nitrogen (mostly Kjeldahl method)	PROT (formerly PROTCNT)
Fat, total or if missing total fat value for cereals, then [fat by Soxhlet]	g	Mixed solvent extraction or [Soxhlet extraction for cereals]	FAT or [FATCE]
Carbohydrate available by difference	g	100 - (Water + Protein + Fat + Ash + Fibre + Alcohol)	CHOAVLDF
Fibre, total dietary or if missing then [crude fibre]	g	AOAC Prosky method or [Weende method]	FIBTG or [FIBC]
Ash	g	*	ASH
Calcium	mg	*	CA
Iron	mg	*	FE
Magnesium	mg	*	MG
Phosphorus	mg	*	P
Potassium	mg	*	K
Sodium	mg	*	NA
Zinc	mg	*	ZN
Copper	mg	*	CU
Vitamin A (expressed in retinol activity equivalents)	mcg	*	VITA_RAE
Retinol	mcg	*	RETOL
Beta-carotene equivalents or [beta-carotene]	mcg	*	CARTBEQ or [CARTB]
Vitamin D	mcg	*	VITD
Vitamin E (in alpha-tocopherol equivalents) or [alpha-tocopherol]	mg	*	VITE or [TOCPHA]
Thiamin	mg	*	THIA
Riboflavin	mg	*	RIBF
Niacin	mg	*	NIA
Vitamin B ₆	mg	*	VITB6C
Folate	mcg	*	FOL
Vitamin B ₁₂	mcg	*	VITB12
Vitamin C	mg	*	VITC

* mostly not indicated.

Energy (kJ, kcal)

The metabolizable energy values of all foods are given in both kilojoules (kJ) and kilocalories (kcal). The energy values have been calculated based on protein, fat, available carbohydrates, fibre and alcohol values and by applying the energy conversion factors shown in Table 2.

Table 2. Metabolizable energy conversion factors

	kJ/g	kcal/g
Protein	17	4
Fat	37	9
Available carbohydrate	17	4
Fibre	8	2
Alcohol *	29	7

* The alcohol content for alcoholic beverages is indicated in the food name.

Water (g)

Water values are from different sources and may be derived from different drying methods.

Protein, total (g)

The protein content was calculated by multiplying the nitrogen values with the nitrogen conversion factors of Jones. If no specific factor is given, the general nitrogen conversion factor of 6.25 was used.

Table 3. Nitrogen conversion factors (*Source: FAO/WHO, 1973; Merrill and Watt, 1973*)

Foodstuff	Factor	Foodstuff	Factor
Animal products		Plant products	
Meat and fish	6.25	Wheat	
Gelatin	5.55	- whole	5.83
Milk and milk products	6.38	- bran	6.31
Casein	6.40	- embryo	5.80
Human milk	6.37	- endosperm	5.70
Eggs		Rice and rice flour	5.95
- whole	6.25	Beans	6.25
- albumin	6.32	Millet	5.83
- vitellin	6.12	Sorghum	6.25
		Soya	5.71
		Nuts	
		- others	5.30
		- groundnut	5.46

Fat, total (g)

The fat value (which includes triglycerides, phospholipids, sterols and related compounds) for the foods was derived either by the mixed solvent extraction or by the continuous extraction (Soxhlet method). For all foods except the cereals, Soxhlet values are comparable with other fat determination methods, and were therefore used without precaution. However, Soxhlet values (FATCE) were avoided for cereals because for this group this method results in lower fat values if no previous acid extraction was performed. In few foods in the cereal group, only Soxhlet values were available, mostly without indication of previous acid extraction, and are marked in [].

Carbohydrates (g)

As few analytical data were available, it was decided to express carbohydrates as 'carbohydrates available by difference'. The following formula was applied:

Carbohydrates available by difference: $100 - (\text{Water} + \text{Protein} + \text{Fat} + \text{Ash} + \text{Fibre} + \text{Alcohol})$

In cases where crude fibre was used in the calculation, the value is of lower quality.

Dietary fibre (g)

The most recommended method is total dietary fibre by AOAC Prosky method. This is a mixture of non-starch polysaccharides, lignin, resistant starch and resistant oligosaccharides.

In a few cases, only values for non-starch polysaccharide (also called Englyst fibre), Southgate fibre, or for a mixture of non-starch polysaccharides, lignin and some resistant starch were available. They were taken as an approximation of total dietary fibre as determined by AOAC Prosky method.

In cases, where only crude fibre was available, the value is marked in [].

Ash (g) and minerals (mg or mcg)

Ash and selected mineral values are included: calcium, iron, magnesium, phosphor, potassium, sodium, zinc and copper.

Vitamin A and Carotene (mcg)

- Vitamin A RAE (mcg): Total vitamin A activity expressed in mcg retinol activity equivalent (RAE)=
 $\text{mcg retinol} + 1/12 \text{ mcg } \beta\text{-carotene} + 1/24 \text{ mcg } \alpha\text{-carotene} + 1/24 \text{ mcg } \beta\text{-cryptoxanthin}$
- Retinol (mcg): is normally present only in foods of animal origin.
- Beta-carotene expressed in β -carotene equivalents (mcg): $\text{mcg } \beta\text{-carotene equivalents} = 1 \text{ mcg } \beta\text{-carotene} + 0.5 \text{ mcg } \alpha\text{-carotene} + 0.5 \text{ mcg } \beta\text{-cryptoxanthin}$.
In cases, where only beta-carotene was available, the value is marked in [].

Vitamin D (mcg)

In most sources, no definition of vitamin D was provided, nor an analytical method. Ideally, this values should be the sum of vitamin D₂ and D₃.

Vitamin E (mg)

In most sources, no definition of vitamin E was provided, nor an analytical method. However, vitamin E is traditionally expressed in mg alpha tocopherol equivalents: $\text{mg } \alpha\text{-tocopherol} + 0.4 \text{ mg } \beta\text{-tocopherol} + 0.1 \text{ mg } \gamma\text{-tocopherol} + 0.01 \text{ mg } \delta\text{-tocopherol} + 0.3 \text{ mg } \alpha\text{-tocotrienol} + 0.05 \text{ mg } \beta\text{-tocotrienol} + 0.01 \text{ mg } \gamma\text{-tocotrienol}$. This formula is the most used one. In cases, where vitamin E was expressed in alpha-tocopherol, the value is marked in [].

Niacin (mg)

For many foods, the analytical method used for niacin determination was not reported. It is assumed that most of the niacin values are for preformed niacin values, **not** niacin equivalent values.

Thiamin, riboflavin, folate, vitamin B₆ and vitamin B₁₂ (mg or mcg)

For the majority of the foods, no specific analytical method to determine their contents was reported. It is however assumed that most values would have been analysed using microbiological methods and/or HPLC.

Vitamin C (mg)

Vitamin C values include ascorbic acid and dehydroascorbic acid, but often titrimetry was used which only measures ascorbic acid. Both expressions are comparable for raw foods.

Cooked foods

Nutrient values of cooked foods were calculated by using the nutrient retention factors from EuroFIR (Vásquez-Caicedo et al., 2008) and yield factors.

Retention factors

As retention factors for drying are limited to few foods and nutrients in the literature, some approximations were made for drying. If a value for a certain nutrient of a dried food was missing and a value for the corresponding raw food existed, the EuroFIR retention factors for `cooked by dry heat` were applied. However, for vitamin C and A other factors were used as for dried vegetables (sun-dried or dried) observations from the literature and own calculations showed a loss of vitamin C and A of about 80-90%* compared to the content in the raw foods.

Table 4. Retention factors for vitamins

	Vit. A	Vit. D	Vit. E	Vit. B1	Vit. B2	Niacin	Vit. B6	Folate	Vit. B12	Vit. C
Rice or other grain, whole, boiled	0.90	1	1	0.50	0.75	0.75	0.50	0.70	0.75	0.70
Rice or other grain, polished, boiled	0.90	1	1	0.50	0.50	0.75	0.50	0.70	0.75	0.70
Vegetable or vegetable product, boiled	0.96	1	0.97	0.70	0.76	0.69	0.70	0.54	0.80	0.61
Starchy root or potato, boiled	0.95	1	1	0.78	0.88	0.75	0.75	0.63	0.75	0.70
Leafy vegetables, boiled	0.90	1	1	0.65	0.65	0.65	0.65	0.50	0.60	0.40
Pulse dish, boiled	1	1	0.90	0.65	0.75	0.65	0.70	0.50	1	0.60
Chicken, boiled, steamed	0.55	0.55	0.55	0.55	0.95	0.60	0.60	0.50	0.50	1
Chicken, broiled or grilled	0.75	0.75	0.80	0.60	0.90	0.80	0.60	0.60	0.65	0.80
Beef, boiled, steamed	0.75	0.75	0.75	0.40	0.80	0.50	0.40	0.65	0.60	1
Beef, broiled or grilled	0.75	0.55	0.55	0.70	0.90	0.80	0.60	0.85	0.80	0.80
Pork, boiled, steamed	0.75	0.75	0.75	0.30	0.70	0.50	0.45	0.70	0.60	1
Pork, broiled or grilled	0.75	0.80	0.85	0.70	0.85	0.80	0.65	0.85	0.90	0.80
Lamb, mutton & game, boiled, steamed	0.80	0.80	0.80	0.40	0.55	0.50	0.40	0.60	0.60	1
Lamb, mutton & game, broiled or grilled	0.75	0.80	0.80	0.60	0.90	0.80	0.65	0.70	0.80	0.80
Offal, stewed, braised	0.80	0.90	0.90	0.85	0.95	0.85	0.80	0.65	0.70	0.75
Offal, boiled, steamed	0.80	0.90	0.90	0.70	0.80	0.50	0.45	0.65	0.60	0.70
Egg or egg product, boiled	0.95	0.95	1	0.80	0.80	0.80	0.80	0.80	0.80	0.80
Low fat fish, boiled, steamed, stewed	0.90	0.90	1	0.75	0.70	0.70	0.70	0.70	0.80	0.80
Low fat fish, broiled or grilled	0.90	0.90	1	0.90	0.80	0.80	0.90	0.80	0.90	0.80
Fat fish, boiled, steamed, stewed	0.70	0.70	0.70	0.75	0.70	0.70	0.70	0.70	0.80	0.80
Fat fish, broiled or grilled	0.80	0.80	0.80	0.90	0.90	0.90	0.90	0.80	0.90	0.80
Vegetable or vegetable product, cooked by dry heat (adapted from EuroFIR)	0.20*	1	1	0.86	0.95	0.95	0.93	0.78	0.93	0.10*

* Retention factors for VITA and VITC were adopted from observations from the literature and own calculations.

Table 5. Retention factors for minerals

	Ca	Fe	Mg	P	K	Na	Zn	Cu
Rice or other grain, whole, boiled	1	1	1	0.95	0.80	0.80	0.95	1
Rice or other grain, polished, boiled	1	0.95	1	0.95	0.55	0.60	0.95	0.95
Vegetable or vegetable product, boiled	0.92	0.84	0.78	0.91	0.68	0.75	0.85	0.85
Starchy root or potato, boiled	0.95	0.93	0.90	0.93	0.80	0.80	0.90	0.90
Leafy vegetables, boiled	0.95	0.75	0.60	0.90	0.50	0.75	0.75	0.95
Pulse dish, boiled	0.85	0.85	0.85	0.90	0.75	0.75	0.90	0.70
Chicken, boiled, steamed	0.85	0.80	0.70	0.70	0.40	0.40	1	1
Chicken, broiled or grilled	0.95	0.90	0.75	0.80	0.80	0.80	1	0.95
Beef, boiled, steamed	0.80	1	0.60	0.65	0.50	0.45	1	1
Beef, broiled or grilled	0.90	0.95	0.85	0.90	0.85	0.85	1	1
Pork, boiled, steamed	0.80	1	0.60	0.60	0.50	0.45	1	1
Pork, broiled or grilled	0.75	0.80	0.95	0.90	0.85	0.90	1	0.95

	Ca	Fe	Mg	P	K	Na	Zn	Cu
Lamb, mutton & game, boiled, steamed	0.80	1	0.65	0.80	0.55	0.60	1	1
Lamb, mutton & game, broiled or grilled	1	0.95	0.85	0.85	0.85	0.85	1	0.90
Offal, stewed, braised	1	0.95	0.85	0.80	0.70	0.70	1	1
Offal, boiled, steamed	0.80	0.95	0.80	0.70	0.60	0.60	1	1
Egg or egg product, boiled	0.95	0.95	0.95	0.95	0.95	0.95	0.95	0.95
Low fat fish, boiled, steamed, stewed	1	0.80	0.85	0.85	0.75	0.85	1	0.90
Low fat fish, broiled or grilled	1	0.85	0.90	0.90	0.85	0.85	1	0.95
Fat fish, boiled, steamed, stewed	1	0.80	0.85	0.85	0.75	0.85	1	0.90
Fat fish, broiled or grilled	1	0.85	0.90	0.90	0.85	0.85	1	0.95
Vegetable or vegetable product, cooked by dry heat (adapted from EuroFIR)	1	1	1	1	1	1	1	1

Yield factors

Most of the yield factors were taken from Bergström (1994), Bognár (2002) and the Food Standards Agency (2002) (Annex 3 lists per food the yield factor used together with source). Care was given to the fat content of foods and if necessary fat loss factors (see Table 6) were applied. The majority of the weight change after cooking is due to loss or gain of water in the food. However, for fatty food the weight change can also be attributed to a loss of fat.

Generally, if the yield factors are measured, the calculation is based on the following formula:

$$\frac{\text{Weight of cooked food or dish} - \text{weight of raw food(s)}}{\text{Weight of raw food(s)}} \times 100$$

Fat loss factors are used to indicate if the weight loss corresponds solely to a loss of water or to a combination of a water and fat loss. If the fat content of the food is higher than 5% the change in weight is assumed to be caused partly by water and partly by fat. In this case the fat loss factors shown in table 6 were applied for cooked fatty foods, but not for recipes.

Table 6. Fat loss factors

	Fat content of food <5 %	Fat content of food: 5-15%	Fat content of food >15 %
Fat loss	0%	7%	13-15%
Water loss	100%	93%	85-87%

Originally, it was planned to include traditional recipes in the West African FCT by borrowing recipes together with their component values from other sources in Africa. It was, however, not possible to copy these values or to recalculate them due to inconsistencies in ingredients' weight and values and lack of data documentation. Examples are missing information on the yield factors for the single recipes as well as the quantity of water, fat and salt added to the recipe. It is therefore, necessary to investigate traditional recipes for West Africa and to develop a list of all their raw ingredients in gram (including water, fat and salt) while indicating also the yield factor of the individual recipes or ingredients.

Documentation, quality and source of data

For each food, the sources of the data are indicated by bibliographic codes, which are included in Annex 1 and 2 and in the reference list.

The foods represent average values of the collected compositional data. Whenever possible, the standard deviation (SD) was calculated, i.e. when the number of data points was 3 or above. If two data points were available, the minimum (min) and maximum (max) values were listed. For each value, the number of data points is indicated (n).

As most data are not truly analytical data with a proper sampling plan to represent the foods from West Africa, the quality of data has to be taken with caution. However, these are the data available on food composition for this region. There is a serious lack of analytical data especially on vitamins and minerals. Therefore, most of these data were imputed from other sources (e.g. USDA, Danish food composition table and Food Standards Agency). As values for iodine and selenium are highly dependent on soil and feed and as they were solely coming from foreign countries in the previous food composition table 'Selected Foods from West Africa', it was decided to omit them in this table.

Symbols and abbreviations used in the Table

Tr	Trace
[]	for alternative analytical method or expression, or low quality
blank	missing value, i.e. no value could be found, but it does not mean that the value is zero
<i>italics</i>	estimated/borrowed values from other sources, for biodiversity foods
*	all values are calculated using the mixed recipe calculation system

Recommendations for future work

High-quality compositional data are needed for many different areas such as treatment, prevention and research on non-communicable diseases, micro-nutrient deficiencies, obesity and for food labelling – just to name a few. In West Africa few composition tables are published and many of them are obsolete today and copied from other food composition tables available at that time (mostly 1960-1980ies). This needs to be changed.

In the West African Food Composition Table, efforts were made to increase the quality of the data by including as many as possible analytical data from West African countries. During the preparation of the West African FCT the need was confirmed for West African food composition scientists to generate more and high-quality analytical data for local foods, including on biodiversity, in order to meet the data needs of many sectors and professional users in these countries. In West Africa, many foods are fermented and nutrients are created during fermentation while other components change their concentration. This change in concentration cannot be estimated. Therefore, more analytical data are needed on raw and fermented foods to investigate if nutrient retention factors could be developed for fermentation.

Future editions should include traditional recipes. Even though many recipes are published with their ingredients, important data are often missing such as the quantity of water, fat and salt added to the recipe and yield factors. Therefore, it is necessary to investigate recipes and to develop a list of all their raw ingredients in gram (including water, fat and salt) while indicating also the yield factor of the recipe. In addition, due to different cooking methods and ingredients used in Africa, nutrient retention factors from Europe or USA might not be adequate. Analyses of raw and cooked foods are therefore needed to estimate nutrient retention factors for African cuisine.

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Introduction

Cette édition de la Table de composition des aliments d'Afrique de l'Ouest est une version révisée de la Table de composition des aliments « Composition of Selected Foods from West Africa » publiée en septembre 2010. Elle met à jour et complète la liste d'aliments et les valeurs des composants à partir de données venant principalement de la Table de composition d'aliments du Mali de 2004, du Nigeria, ainsi que de données analytiques provenant d'articles scientifiques.

Les valeurs fournies pour les aliments sont les valeurs moyennes des données de composition collectées dans 9 pays (Bénin, Burkina Faso, Gambie, Ghana, Guinée, Mali, Niger, Nigéria et Sénégal). Les sources de données comprennent des articles scientifiques, des thèses, des rapports universitaires, ainsi que des bases de données de composition des aliments. D'autres sources (hors de l'Afrique) de données de composition des aliments ont été consultées afin d'obtenir les valeurs manquantes, en particulier celles des minéraux et des vitamines. L'objectif était d'aboutir à une table de composition exhaustive, mais pour certaines vitamines, en particulier les vitamines A et E, les données n'étaient pas toujours disponibles et aucune source n'a permis de parvenir à des données fiables. Dans ces cas, la case correspondante a été laissée vide.

La plupart des données recueillies se rapportaient à des aliments crus. Les valeurs nutritionnelles des aliments cuits ont été calculées à l'aide des facteurs de rendement de Bergström (1994), Food Standards Agency (2002 UK6) et de ceux de Bognár (2002) et des facteurs de rétention des nutriments de EuroFIR (Vásquez-Cañedo et al., 2008).

Cette édition comprend 472 aliments et 28 composants. Nous avons tout particulièrement veillé à inclure des données sur la biodiversité alimentaire en intégrant des cultivars/variétés et des aliments sous-utilisés. Pour ceux-ci, le pays d'origine du cultivar/de la variété a été indiqué à côté du nom de l'aliment. Les données analytiques ont été complétées par des informations issues d'autres sources, indiquées en italique, pour signaler la différence de qualité.

La compilation des données a été effectuée conformément aux normes internationales en matière de compilation et de composition alimentaire, à l'aide des identificateurs de composants des aliments INFOODS (Klensin et al., 1989), de l'Outil de compilation FAO/INFOODS (disponible à l'adresse http://www.fao.org/infoods/software_en.stm) et de la procédure de compilation proposée par Greenfield et Southgate (2003). La base de données utilisateur au format Excel est disponible sur le site web de FAO/INFOODS (http://fao.org/infoods/directory_en.stm).

Groupes d'aliments

La classification retenue pour les aliments est la suivante:

- 01 Céréales et produits céréaliers
- 02 Racines féculentes, tubercules et produits dérivés
- 03 Légumineuses et produits dérivés
- 04 Légumes et produits dérivés
- 05 Fruits et produits dérivés
- 06 Noix, graines et produits dérivés
- 07 Viande, volaille et produits dérivés
- 08 Œufs et produits dérivés
- 09 Poissons et produits dérivés
- 10 Lait et produits laitiers
- 11 Matières grasses
- 12 Boissons
- 13 Divers

Le code des aliments est composé du code du groupe alimentaire et du code de l'aliment dans ce groupe. Les aliments sont classés dans l'ordre alphabétique de leur nom anglais à l'intérieur de chaque groupe alimentaire. Le nom français figure à côté du nom anglais de chaque aliment dans la table. Les noms scientifiques des aliments sont fournis dans les annexes 1 et 2.

Définition et expression des nutriments

Toutes les valeurs, y compris pour les boissons et autres liquides, sont présentées pour une portion comestible de 100 g.

Les valeurs par nutriment ont été normalisées et sont exprimées avec un nombre maximal fixe de décimales. Cela signifie qu'aucune décimale n'a été ajoutée, mais que les valeurs comportant un nombre supérieur de décimales ont été tronquées en conséquence, comme spécifié dans la feuille COMPONENT de l'Outil de compilation.

Les valeurs indiquées sont des valeurs moyennes, calculées à partir d'aliments associés à une description identique ou similaire ayant été compilés dans la base de données d'archives.

Tableau 1. Nutriments, unités et identificateur de composant INFOODS correspondant (pour une portion comestible de 100 g)

Nutriment	Unité	Méthode analytique/méthode de détermination	Identificateur de composant INFOODS
Portion comestible	ratio	Calculée comme la portion comestible de l'aliment total tel qu'acheté	EDIBLE
Énergie	kJ, kcal	Calculée selon la procédure normalisée (voir ci-dessous)	ENERC
Eau	g	Séchage	WATER
Protéines, totales	g	Calculées avec le facteur de conversion de l'azote à partir de l'azote total analysé (principalement par la méthode Kjeldahl)	PROT (auparavant PROTCNT)
Lipides, totaux ou si cette valeur est manquante pour les céréales [lipides par Soxhlet] est présentée	g	Extraction par un mélange de solvants ou [méthode Soxhlet pour les céréales]	FAT ou [FATCE]
Glucides disponibles par différence	g	100 -(eau + protéines + lipides + cendres + fibres + alcool)	CHOAVLDF
Fibres alimentaires totales ou si manquantes [fibres brutes] est présentée	g	AOAC (méthode de Prosby) ou [méthode de Weende déterminant les fibres brutes]	FIBTG ou [FIBC]
Cendres	g	*	ASH
Calcium	mg	*	CA
Fer	mg	*	FE
Magnésium	mg	*	MG
Phosphore	mg	*	P
Potassium	mg	*	K
Sodium	mg	*	NA
Zinc	mg	*	ZN
Cuivre	mg	*	CU
Vitamine A (exprimée en équivalent activité rétinol)	mcg	*	VITA_RAE
Rétinol	mcg	*	RETOL
Équivalent bêta-carotène ou [bêta-carotène]	mcg	*	CARTBEQ ou [CAROTB]
Vitamine D	mcg	*	VITD
Vitamine E (en équivalent tocophérol) ou [alpha-tocophérol]	mg	*	VITE ou [TOCPHA]
Thiamine	mg	*	THIA
Riboflavine	mg	*	RIBF
Niacine	mg	*	NIA
Vitamine B ₆	mg	*	VITB6C
Folates	mcg	*	FOL
Vitamine B ₁₂	mcg	*	VITB12
Vitamine C	mg	*	VITC

* Non indiquée la plupart du temps.

Énergie (kJ, kcal)

Les valeurs en énergie métabolisable de tous les aliments sont fournies en kilojoules (kJ) et en kilocalories (kcal). Elles ont été calculées à partir des valeurs des protéines, lipides, glucides disponibles, fibres et alcool, en appliquant les facteurs de conversion en énergie (indiqués dans le tableau 2).

Tableau 2. Facteurs de conversion en énergie métabolisable

	kJ/g	kcal/g
Protéines	17	4
Lipides	37	9
Glucides disponibles	17	4
Fibres	8	2
Alcool *	29	7

* Pour les boissons alcoolisées, la teneur en alcool est indiquée dans le nom de l'aliment.

Eau (g)

Les valeurs d'eau viennent de différentes sources et peuvent avoir été générées à l'aide de différentes méthodes de séchage.

Protéines, totales (g)

Le contenu en protéines a été calculé en multipliant les valeurs d'azote avec les facteurs de conversion de l'azote de Jones. Si aucun facteur spécifique n'est indiqué, cela signifie que le facteur général de conversion de l'azote de 6.25 a été utilisé.

Tableau 3. Facteurs de conversion de l'azote (*source: FAO/OMS, 1973 ; Merrill and Watt, 1973*)

Denrée alimentaire	Facteur	Denrée alimentaire	Facteur
Produits d'origine animale		Produits d'origine végétale	
Viande et poisson	6.25	Blé	
Gélatine	5.55	- entier	5.83
Lait et produits laitiers	6.38	- son	6.31
Caséine	6.40	- germe	5.80
Lait humain	6.37	- endosperme	5.70
Œufs		Riz et farine de riz	5.95
- entiers	6.25	Haricots	6.25
- albumine	6.32	Millet	5.83
- vitelline	6.12	Sorgho	6.25
		Soya	5.71
		Noix	
		- autres noix	5.30
		- arachide	5.46

Lipides, totaux (g)

La valeur en lipides (mélange de triglycérides, phospholipides, stérols et composés annexes) des aliments a été déterminée soit par extraction à l'aide d'un mélange de solvants, soit par extraction continue (méthode de Soxhlet). Pour tous les aliments, à l'exception des céréales, les valeurs de Soxhlet sont comparables à celles fournies par d'autres méthodes de détermination des lipides et ont donc été utilisées. Toutefois, pour les céréales, les valeurs de Soxhlet (FATCE) ont été évitées car, pour ce groupe, cette méthode donne des valeurs lipidiques inférieures à l'autre si aucune extraction préalable par acide n'a été effectuée. Pour quelques aliments du groupe des céréales, seules des valeurs de Soxhlet étaient disponibles, la plupart sans indication d'une extraction par acide préalable; elles sont indiquées entre crochets [].

Glucides (g)

Étant donné que peu de données analytiques étaient disponibles, il a été décidé d'exprimer les glucides comme « glucides disponibles par différence ». La formule suivante a été appliquée:

Glucides disponibles par différence: $100 - (\text{eau} + \text{protéines} + \text{lipides} + \text{cendres} + \text{fibres} + \text{alcool})$

Lorsque ce sont les fibres brutes qui ont été utilisées dans le calcul, la valeur est de qualité moindre.

Fibres alimentaires (g)

La méthode la plus recommandée est la détermination des fibres alimentaires totales par la méthode AOAC de Prosky, qui correspond à un mélange de polysaccharides non amylacés, de lignine, d'amidon résistant et d'oligosaccharides résistants.

Dans un petit nombre de cas, seule était disponible la valeur des polysaccharides non amylacés (également appelés fibres par la méthode d'Englyst), ou celle des fibres par la méthode de Southgate, ou celle d'un mélange de polysaccharides non amylacés, de lignine et de quelques amidons résistants. Elles ont été retenues comme valeurs approximatives des fibres alimentaires totales, telles que déterminées par la méthode AOAC de Prosky.

Lorsque seules les fibres brutes étaient disponibles, elles ont été indiquées entre crochets [].

Cendres (g) et minéraux (mg ou mcg)

La valeur des cendres et de certains minéraux est incluse: calcium, fer, magnésium, phosphore, potassium, sodium, zinc et cuivre.

Vitamine A et carotène (mcg)

- Vitamine A exprimée en équivalent activité rétinol (RAE) (mcg): activité totale de vitamine A exprimée en mcg, en équivalent activité rétinol (RAE) =
1 mcg de rétinol + 1/12 mcg de bêta-carotène + 1/24 mcg d'alpha-carotène + 1/24 mcg de bêta-cryptoxanthine
- Rétinol (mcg): normalement présent uniquement dans les aliments d'origine animale.
- Bêta-carotène exprimé en équivalent bêta-carotène (mcg): équivalent bêta-carotène (mcg) =
1 mcg de bêta-carotène + 0.5 mcg d'alpha-carotène + 0.5 mcg de bêta-cryptoxanthine.
Lorsqu'une seule valeur pour le bêta-carotène était disponible, elle a été indiquée entre crochets [].

Vitamine D (mcg):

La plupart des sources ne fournissaient pas de définition de la vitamine D ni de méthode d'analyse. Idéalement, ces valeurs devraient être la somme des vitamines D₂ et D₃.

Vitamine E (mg)

La plupart des sources ne fournissaient pas de définition de la vitamine E ni de méthode d'analyse. Cependant, la vitamine E est habituellement exprimée en équivalent alpha-tocophérol (mg): 1 mg d'alpha-tocophérol + 0.4 mg de bêta-tocophérol + 0.1 mg de gamma-tocophérol + 0.01 mg de delta-tocophérol + 0.3 mg d'alpha-tocotriénol + 0.05 mg de bêta-tocotriénol + 0.01 mg de gamma-tocotriénol. Cette formule est la plus utilisée. Lorsqu'une seule valeur pour l'alpha-tocophérol était disponible, elle a été indiquée entre crochets [].

Niacine (mg)

Pour de nombreux aliments, la méthode analytique utilisée pour la détermination de la niacine n'a pas été indiquée. Il est supposé que la plupart des valeurs de niacine correspond à des valeurs de niacine préformée, **et non** d'équivalent niacine.

Thiamine, riboflavine, folates, vitamine B₆ et vitamine B₁₂ (mg ou mcg)

Pour la majorité des aliments, aucune méthode analytique spécifique de détermination de ces composants n'a été fournie. Cependant, il est supposé que la plupart de ces valeurs a été analysées à l'aide de méthodes microbiologiques et/ou par chromatographie liquide de haute performance (CLHP).

Vitamine C (mg)

Les valeurs de vitamine C incluent l'acide ascorbique et l'acide déhydroascorbique. Toutefois la titrimétrie, qui ne mesure que l'acide ascorbique, a souvent été utilisée. Les deux expressions sont comparables pour les aliments crus.

Aliments cuits

Les valeurs des nutriments des aliments cuits ont été calculées à l'aide des facteurs de rétention de EuroFIR (Vásquez-Caicedo et al., 2008) et des facteurs de rendement.

Facteurs de rétention

Puisque les facteurs de rétention pour les aliments séchés se limitent à quelques aliments et nutriments, certaines approximations ont été faites pour le séchage. S'il manquait une valeur pour un certain composant d'un aliment séché, mais qu'une valeur pour l'aliment cru existait, les facteurs de rétention EuroFIR pour la «cuisson au four» ont été utilisés. Cependant, d'autres valeurs ont été utilisées pour les vitamines C et A parce que pour les légumes séchés (au soleil ou pas), la littérature et nos propres calculs indiquent une perte de 80-90 pour cent* par rapport au contenu des aliments crus.

Table 4. Facteurs de rétention pour les vitamines

	Vit. A	Vit. D	Vit. E	Vit. B1	Vit. B2	Niacine	Vit. B6	Folates	Vit. B12	Vit. C
Riz et autres graines entiers, bouillis	0.90	1	1	0.50	0.75	0.75	0.50	0.70	0.75	0.70
Riz et autres graines décortiqués, bouillis	0.90	1	1	0.50	0.50	0.75	0.50	0.70	0.75	0.70
Légumes et leurs dérivés, bouillis	0.96	1	0.97	0.70	0.76	0.69	0.70	0.54	0.80	0.61
Racines féculentes ou pommes de terre, bouillis	0.95	1	1	0.78	0.88	0.75	0.75	0.63	0.75	0.70
Légumes feuilles, bouillis	0.90	1	1	0.65	0.65	0.65	0.65	0.50	0.60	0.40
Légumineuses cuisinées, bouillies	1	1	0.90	0.65	0.75	0.65	0.70	0.50	1	0.60
Poulet, bouilli, cuit à la vapeur	0.55	0.55	0.55	0.55	0.95	0.60	0.60	0.50	0.50	1
Poulet, grillé	0.75	0.75	0.80	0.60	0.90	0.80	0.60	0.60	0.65	0.80
Bœuf, bouilli, cuit à la vapeur	0.75	0.75	0.75	0.40	0.80	0.50	0.40	0.65	0.60	1
Bœuf, grillé	0.75	0.55	0.55	0.70	0.90	0.80	0.60	0.85	0.80	0.80
Porc, bouilli, cuit à la vapeur	0.75	0.75	0.75	0.30	0.70	0.50	0.45	0.70	0.60	1
Porc, grillé	0.75	0.80	0.85	0.70	0.85	0.80	0.65	0.85	0.90	0.80
Mouton, agneau & gibier, bouilli, cuit à la vapeur	0.80	0.80	0.80	0.40	0.55	0.50	0.40	0.60	0.60	1
Mouton, agneau & gibier, grillé	0.75	0.80	0.80	0.60	0.90	0.80	0.65	0.70	0.80	0.80
Abats, braisés	0.80	0.90	0.90	0.85	0.95	0.85	0.80	0.65	0.70	0.75
Abats, bouillis, cuits à la vapeur	0.80	0.90	0.90	0.70	0.80	0.50	0.45	0.65	0.60	0.70
Œuf et produits dérivés, bouillis	0.95	0.95	1	0.80	0.80	0.80	0.80	0.80	0.80	0.80
Poisson maigre, bouilli, cuit à la vapeur	0.90	0.90	1	0.75	0.70	0.70	0.70	0.70	0.80	0.80
Poisson maigre, grillé	0.90	0.90	1	0.90	0.80	0.80	0.90	0.80	0.90	0.80
Poisson gras, bouilli, cuit à la vapeur	0.70	0.70	0.70	0.75	0.70	0.70	0.70	0.70	0.80	0.80
Poisson gras, grillé	0.80	0.80	0.80	0.90	0.90	0.90	0.90	0.80	0.90	0.80
Légumes, et leurs dérivés cuits au four (adapté de EuroFIR)	0.20*	1	1	0.86	0.95	0.95	0.93	0.78	0.93	0.10*

* Les facteurs de rétention pour les vitamines A et C proviennent de nos propres recherches et calculs

Table 5. Facteurs de rétention pour les minéraux

	Ca	Fe	Mg	P	K	Na	Zn	Cu
Riz et autres graines entiers, bouillis	1	1	1	0.95	0.80	0.80	0.95	1
Riz et autres graines décortiqués, bouillis	1	0.95	1	0.95	0.55	0.60	0.95	0.95
Légumes et leurs dérivés, bouillis	0.92	0.84	0.78	0.91	0.68	0.75	0.85	0.85
Racines féculentes ou pommes de terre, bouillis	0.95	0.93	0.90	0.93	0.80	0.80	0.90	0.90
Légumes feuilles, bouillis	0.95	0.75	0.60	0.90	0.50	0.75	0.75	0.95
Légumineuses cuisinées, bouillies	0.85	0.85	0.85	0.90	0.75	0.75	0.90	0.70
Poulet, bouilli, cuit à la vapeur	0.85	0.80	0.70	0.70	0.40	0.40	1	1
Poulet, grillé	0.95	0.90	0.75	0.80	0.80	0.80	1	0.95
Bœuf, bouilli, cuit à la vapeur	0.80	1	0.60	0.65	0.50	0.45	1	1
Bœuf, grillé	0.90	0.95	0.85	0.90	0.85	0.85	1	1

	Ca	Fe	Mg	P	K	Na	Zn	Cu
Porc, bouilli, cuit à la vapeur	0.80	1	0.60	0.60	0.50	0.45	1	1
Porc, grillé	0.75	0.80	0.95	0.90	0.85	0.90	1	0.95
Mouton, agneau & gibier, bouilli, cuit à la vapeur	0.80	1	0.65	0.80	0.55	0.60	1	1
Mouton, agneau & gibier, grillé	1	0.95	0.85	0.85	0.85	0.85	1	0.90
Abats, braisés	1	0.95	0.85	0.80	0.70	0.70	1	1
Abats, bouillis, cuits à la vapeur	0.80	0.95	0.80	0.70	0.60	0.60	1	1
Œuf et produits dérivés, bouillis	0.95	0.95	0.95	0.95	0.95	0.95	0.95	0.95
Poisson maigre, bouilli, cuit à la vapeur	1	0.80	0.85	0.85	0.75	0.85	1	0.90
Poisson maigre, grillé	1	0.85	0.90	0.90	0.85	0.85	1	0.95
Poisson gras, bouilli, cuit à la vapeur	1	0.80	0.85	0.85	0.75	0.85	1	0.90
Poisson gras, grillé	1	0.85	0.90	0.90	0.85	0.85	1	0.95
Légumes, et leurs dérivés cuits au four (adapté de EuroFIR)	1	1	1	1	1	1	1	1

Facteurs de rendement

La plupart des facteurs de rendement proviennent des références suivantes: Bergström (1994), Bognár (2002) ou de la « Food Standards Agency » (2002) (l'annexe 3 mentionne par aliment le facteur de rendement, en citant sa source). Les teneurs en lipides des aliments ont été calculées avec soin et, si nécessaire, des facteurs de perte des lipides (voir tableau 6) ont été appliqués. Le changement de poids après cuisson est en majeure partie dû à la perte ou au gain d'eau dans les aliments. Toutefois pour les aliments gras, le changement de poids peut également être attribué à une perte de matière grasse.

Généralement, lorsque les facteurs de rendement sont mesurés. Le calcul repose sur la formule suivante:

$$\frac{\text{Poids de l'aliment cuit ou du plat} - \text{poids de(s) l'aliment(s) cru(s)}}{\text{Poids de(s) l'aliment(s) cru(s)}} \times 100$$

Les facteurs de perte des lipides sont utilisés pour indiquer si la perte de poids correspond uniquement à une perte d'eau ou à une combinaison de perte d'eau et de perte de matière grasse. Si la teneur en lipides de l'aliment est supérieure à 5 %, la variation de poids est due en partie à la perte d'eau et en partie à la perte de la matière grasse. Dans ce cas, les facteurs de perte des lipides présentés dans le tableau ci-dessous ont été appliqués aux aliments gras cuits, mais pas aux recettes.

Tableau 6. Facteurs de perte des lipides

	Teneur en lipides de l'aliment <5 %	Teneur en lipides de l'aliment: 5 à 15 %	Teneur en lipides de l'aliment >15 %
Perte de matière grasse	0 %	7 %	13 à 15 %
Perte d'eau	100 %	93 %	85 à 87 %

À l'origine, il était prévu d'inclure des recettes traditionnelles africaines. Il nous était cependant impossible de copier des valeurs nutritionnelles de différentes sources ou de les recalculer à cause d'informations insuffisantes ou erronées, par exemple, sur les facteurs de rendement, ainsi que sur la quantité d'eau, de matière grasse et de sel ajoutés à la recette. Une recherche sur les recettes traditionnelles d'Afrique de l'Ouest est donc nécessaire pour développer une liste d'ingrédients en gramme (incluant l'eau, la matière grasse et le sel) en indiquant également les facteurs de rendement des recettes individuelles ou des ingrédients.

Documentation, qualité et sources de données

Pour chaque aliment, les sources de données sont indiquées par des codes bibliographiques, qui sont repris aux annexes 1 et 2 et dans la liste de références.

Les valeurs des aliments correspondent aux valeurs moyennes des données de composition qui ont été collectées. Chaque fois que possible, autrement dit chaque fois que le nombre de points de données était égal ou supérieur à 3, l'écart type (SD) a été calculé. Quand deux points de données étaient disponibles, les valeurs minimales (min.) et maximales (max.) ont été indiquées. Pour chaque valeur, le nombre de points de données est fourni (n).

Comme la plupart des valeurs ne sont pas des données analysées ni déterminées par un échantillonnage représentatif des aliments de l'Afrique de l'Ouest, la qualité des données doit être considérée avec précaution. Cependant, ce sont des données disponibles dans la région. Il y a un manque sérieux de données analytiques, spécifiquement sur les vitamines et les minéraux. Pour cette raison, la plupart des valeurs sur les vitamines et les minéraux est prélevée d'autres sources (par exemple, de l'USDA, des tables danoise ou anglaise). Comme le contenu des aliments en sélénium et en iode est très dépendant du sol et de l'alimentation des animaux, et comme la plupart des valeurs était estimée de sources étrangères, il a été décidé d'éliminer ces deux minéraux de cette table.

Symboles et abréviations utilisés dans les tables

Tr	trace
[]	autre expression ou méthode analytique, ou des données de mauvaise qualité
vide	valeur manquante, c'est-à-dire qu'aucune valeur n'a pu être trouvée; ne signifie pas que la valeur est zéro
<i>italique</i>	valeurs estimées à partir d'autres sources ou empruntées à ces sources, pour rendre compte de la biodiversité alimentaire
*	Toutes les valeurs ont été calculées en appliquant la Méthode 'mixte' de calcul des valeurs nutritionnelles des recettes

Recommandations

Plusieurs domaines nécessitent des données compositionnelles de haute qualité, notamment la prévention, le traitement et la recherche sur les maladies non transmissibles, les carences en micronutriments, l'obésité et l'étiquetage des denrées alimentaires. En Afrique de l'Ouest, il existe peu de tables de composition alimentaire et beaucoup d'entre elles sont obsolètes et contiennent les données d'anciennes tables de composition des aliments (datant des années 1960 à 1980). De nouvelles tables de composition alimentaire sont nécessaires.

Dans la Table de composition des aliments d'Afrique de l'Ouest, des efforts ont été faits pour accroître la qualité des données en incluant autant de données analytiques ouest-africaines que possible. Pendant la préparation de la Table de composition des aliments d'Afrique de l'Ouest, le besoin de plus de données analytiques de haute qualité a été confirmé pour les aliments locaux, y compris celles sur la biodiversité, afin de répondre aux besoins de données de plusieurs secteurs. En Afrique de l'Ouest, de nombreux aliments sont fermentés. Pendant cette fermentation, des nutriments sont créés ou des concentrations modifiées. Il est impossible d'estimer ce changement de concentration. Pour établir des facteurs de rétention pour la fermentation plus de données analytiques sont nécessaires sur les aliments crus et fermentés.

Les éditions futures devraient inclure des recettes traditionnelles. Bien que beaucoup de recettes ont été publiées avec une liste d'ingrédients, il y a souvent un manque d'information quant à la quantité d'eau, de matière grasse et de sel utilisé dans la recette, ou sur les facteurs de rendement. Une enquête sur les recettes utilisées en Afrique de l'Ouest est donc nécessaire afin d'avoir une liste détaillée de tout les ingrédients, en gramme (y compris l'eau, les matières grasses et le sel) ainsi que les facteurs de rendement des recettes. Par ailleurs, les valeurs des facteurs de rétention venant d'Europe ou d'Asie ne sont pas toujours adéquates pour l'Afrique car les méthodes de cuisson et les ingrédients sont différents. Une analyse des aliments crus et cuits est donc nécessaire afin d'estimer les facteurs de rétention à utiliser en Afrique.

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
01 Cereals and their products										
01_044 n	Bread, maize flour, yellow, with milk and egg	Pain, farine de maïs, jaune, avec lait et oeuf	1.00	(247)1040	50.4 1	7.6 1	11.3 1	28.2	1.2 1	1.3 1
01_045 SD or min-max n	Bread/rolls, white	Pain/petit pain, blanc	1.00	(264)1120	34.3 33.0-35.6 2	9.1 8.8-9.3 2	2.7 2.6-2.8 2	49.6	2.7 2.6-2.8 2	1.7 1
01_046 SD or min-max n	Bread, wheat, white	Pain, blé, blanc	1.00	(249)1050	36.5 35.7-37.3 2	8.4 8.2-8.6 2	1.8 1.6-1.9 2	48.4	3.1 1	1.9 1
01_047 n	Bread, wheat, white for toasting	Pain de mie, au blé, blanc	1.00	(253)1070	37.1 1	8.0 1	2.7 1	47.5	3.3 1	1.5 1
01_048 SD or min-max n	Bread, wheat, wholemeal	Pain, blé, complet	1.00	(234)990	39.1 36.9-41.2 2	8.9 8.2-9.6 2	2.3 2.0-2.5 2	41.5	6.2 5.3-7.0 2	2.1 1
01_002 n	Fonio, black, whole grain, raw	Fonio, noir, grain entier, cru	1.00	(353)1490	10.3 1	8.9 1	[3] 1	69.4	[6.2] 1	2.2 1
01_049	Fonio, black, whole grain, boiled* (without salt)	Fonio, noir, grain entier, bouilli* (sans sel)	1.00	(147)622	62.6	3.7	[1.3]	28.9	[2.6]	0.9
01_050 SD or min-max n	Fonio, husked grains, raw (bran removed)	Fonio, grain décortiqué, cru (sans son)	1.00	(347)1470	12.4 0.8 4	6.9 0.7 4	1.2 1.2-1.3 2	76.1	2.2 1.9-2.6 2	1.2 0.4-2.0 2
01_051	Fonio, husked grains, boiled* (without salt)	Fonio, grain décortiqué, bouilli* (sans sel)	1.00	(145)614	63.5	2.9	0.5	31.7	0.9	0.5
01_001 SD or min-max n	Fonio, white, whole grain, raw	Fonio, blanc, grain entier, cru	1.00	(348)1470	11.1 11.0-11.2 2	7.0 0.5 3	[3.1] 0.2 3	69.3	[7.4] 1	2.1 1
01_003	Fonio, white, whole grain, boiled* (without salt)	Fonio, blanc, grain entier, bouilli* (sans sel)	1.00	(145)613	63.0	2.9	[1.3]	28.9	[3.1]	0.9
01_052 SD or min-max n	Macaroni, dried	Macaroni, sec	1.00	(359)1520	9.5 9.0-9.9 2	12.5 11.9-13.0 2	1.5 1	72.0	3.7 3.2-4.2 2	0.9 0.9-0.9 2
01_053	Macaroni, boiled* (without salt)	Macaroni, bouilli* (sans sel)	1.00	(156)661	60.6	5.4	0.7	31.3	1.6	0.4
01_006 SD or min-max n	Maize, yellow, whole kernel, dried, raw	Maïs, jaune, grain entier, sec, cru	1.00	(353)1490	11.3 1.3 6	9.0 1.2 6	4.5 0.7 6	64.3	9.7 1	1.3 0.3 4

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
01 Cereals and their products												
01_044	Bread, maize flour, yellow, with milk and egg	70	0.7	35	150	189	192	0.76	0.06	45	0	534
n		1	1	1	1	1	1	1	1		1	1
01_045	Bread/rolls, white	26	1.2	23	98	139	518	0.8	0.13	0	0	0
SD or min-max			1.0-1.5	22-23	96-99	133-145	501-535	0.73-0.9	0.13-0.13		0-0	0-0
n		1	2	2	2	2	2	2	3		2	2
01_046	Bread, wheat, white	28	1.2	23	93	117	547	0.6	0.16	0	0	0
SD or min-max			0.86-1.6	21-24	91-95	110-123	520-574	0.62-0.6	0.131-0.19		0-0	
n		1	1	2	2	2	2	2	2		2	1
01_047	Bread, wheat, white for toasting	44	0.9	18	79	108	439	0.56	0.10	0	0	0
n		1	1	1	1	1	1	1	1		1	1
01_048	Bread, wheat, wholemeal	49	2.0	53	235	226	499	1.4	0.23	0	0	0
SD or min-max			1.7-2.4	39-66	202-268	198-253	487-511	1.25-1.6	0.22-0.23		0-0	
n		1	2	2	2	2	2	2	2		2	1
01_002	Fonio, black, whole grain, raw	51	[10]	434	234	340	8	3.80	0.44	0	0	0
n		1	1	1	1	1	1	1	1		1	1
01_049	Fonio, black, whole grain, boiled* (without salt)	21	[4.1]	181	95	111	3	1.54	0.18	0	0	0
01_050	Fonio, husked grains, raw (bran removed)	28	1.8	121	104	178	14	2.02	0.43	0	0	[1]
SD or min-max			1.5					1.03				
n		1	4	1	1	1	1	4	1		1	1
01_051	Fonio, husked grains, boiled* (without salt)	12	0.7	50	42	58	5	0.82	0.18	0	0	0
01_001	Fonio, white, whole grain, raw	40	[8.5]	430	191	337	7	1.50	0.44	0	0	0
SD or min-max		2										
n		3	1	1	1	1	1	1	1		1	1
01_003	Fonio, white, whole grain, boiled* (without salt)	17	[3.5]	179	77	110	2	0.61	0.18	0	0	0
01_052	Macaroni, dried	23	1.2	53	182	216	4	1.41	0.29	0	0	0
SD or min-max		21-25	1.0-1.3	53-54	174-189	208-223	2-6					
n		2	2	2	2	2	2	1	1		1	1
01_053	Macaroni, boiled* (without salt)	10	0.5	23	77	73	1	0.59	0.12	0	0	0
01_006	Maize, yellow, whole kernel, dried, raw	12	3.5	121	242	295	11	1.70	0.24	50	0	597
SD or min-max		5	2.1	91-150	60	99						468
n		5	5	2	5	4	1	1	1		0	3

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
01 Cereals and their products										
01_044	Bread, maize flour, yellow, with milk and egg	2.1	2.17	0.16	0.18	0.4	0.05	17	0.6	0
n		1	1	1	1	1	1	1	1	1
01_045	Bread/rolls, white	0	0.4	0.18	0.06	1.7	0.04	28	0	0
SD or min-max		0-0	0.2-0.5	0.15-0.20	0.05-0.06	1.5-1.8	0.03-0.05	27-29	0-0	0-0
n		2	2	2	2	2	2	2	2	2
01_046	Bread, wheat, white	0	0.5	0.16	0.05	1.5	0.06	29	0	0
SD or min-max		0-0		0.10-0.21	0.05-0.06	1.20-1.7	0.05-0.07	29-29	0-0	0-0
n		2	1	2	2	2	2	2	2	2
01_047	Bread, wheat, white for toasting	0	0.5	0.12	0.07	[1.4]	0.05	28	0	0
n		1	1	1	1	1	1	1	1	1
01_048	Bread, wheat, wholemeal	0	0.3	0.23	0.09	3.2	0.13	45	Tr	0
SD or min-max		0-0	0.28-0.3	0.22-0.25	0.05-0.12	0.25-3.8	0.11-0.16	40-49		0-0
n		2	2	2	2	2	2	2	1	2
01_002	Fonio, black, whole grain, raw	0	0.05	0.26	0.10	1.7	0.74	29	0	0
n		1	1	1	1	1	1	1	1	1
01_049	Fonio, black, whole grain, boiled* (without salt)	0	0.02	0.07	0.03	0.6	0.19	8	0	0
01_050	Fonio, husked grains, raw (bran removed)	0	0.05	0.17	0.22	1.1	0.74	29	0	0
SD or min-max				0.08-0.26	0.18-0.26	0.9-1.4				
n		1	1	2	2	2	1	1	1	1
01_051	Fonio, husked grains, boiled* (without salt)	0	0.02	0.05	0.07	0.4	0.19	8	0	0
01_001	Fonio, white, whole grain, raw	0	0.05	0.25	0.10	1.7	0.73	29	0	0
SD or min-max				0.02	0.00	0.3				0
n		1	1	3	3	3	1	1	1	1
01_003	Fonio, white, whole grain, boiled* (without salt)	0	0.02	0.07	0.03	0.6	0.19	9	0	0
01_052	Macaroni, dried	0	[0.11]	0.16	0.03	1.2	0.13	17	0	0
SD or min-max				0.09-0.22	0.00-0.06	0.7-1.7	0.11-0.14	16-18	0	0
n		1	1	2	2	2	2	2	2	2
01_053	Macaroni, boiled* (without salt)	0	[0.05]	0.05	0.01	0.4	0.03	5	0	0
01_006	Maize, yellow, whole kernel, dried, raw	0	1.30	0.33	0.15	2.2	0.40	26	0	0
SD or min-max				0.02	0.05					
n		1	1	3	3	1	1	1	1	1

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
01 Cereals and their products										
01_007	Maize, yellow, whole kernel, boiled* (without salt)	Maïs, jaune, grain entier, bouilli* (sans sel)	1.00	(136)573	65.9	3.5	1.7	24.7	3.7	0.5
01_054 SD or min-max n	Maize, yellow, flour of whole-grain	Maïs, jaune, farine aux grains entiers	1.00	(353)1490	11.3 10.5-12.0 2	9.3 8.7-10.0 2	4.4 1	64.3	9.4 1	1.3 1
01_055 SD or min-max n	Maize, yellow, grit, degermed	Maïs, jaune, gruau, dégermé	1.00	(350)1490	11.0 0.0 5	7.6 1.1 5	0.7 0.4 4	76.6	3.4 1	0.7 1
01_056	Maize, yellow, soft porridge* (without salt)	Maïs, jaune, gruau, liquide* (sans sel)	1.00	(48)204	87.8	1.0	0.1	10.5	0.5	0.1
01_075	Maize, yellow, stiff porridge* (without salt)	Maïs, jaune, gruau, épais,* (sans sel)	1.00	(130)550	67.0	2.8	0.3	28.4	1.3	0.1
01_004 SD or min-max n	Maize, white, whole kernel, dried, raw	Maïs, blanc, grain entier, sec, cru	1.00	(349)1470	11.4 1.4 7	9.2 1.5 8	4.1 0.9 8	63.9	9.7 1	1.8 0.8 6
01_005 n	Maize, white, whole kernel, boiled* (without salt)	Maïs, blanc, grain entier, bouilli* (sans sel)	1.00	(134)566	65.9 1	3.5 1	1.6 1	24.6	3.7 1	0.7 1
01_057 SD or min-max n	Maize, white, flour of whole grain	Maïs, blanc, farine aux grains entiers	1.00	(351)1480	11.5 1.2 3	9.7 0.6 3	4.0 0.6 4	64.5	9.0 7.3-10.6 2	1.4 1.3-1.4 2
01_058 n	Maize, white, flour refined	Maïs, blanc, farine, raffiné		(354)1500	11.6 1	7.6 1	2.9 1	71.6	5.5 1	0.8 1
01_059 SD or min-max n	Maize, white, flour degermed	Maïs, blanc, farine, dégermé	1.00	(361)1530	10.0 1.9 3	7.1 1.3 3	1.5 1.4-1.7 2	78.6	2.2 1.9-2.5 2	0.5 0.5-0.6 2
01_060 n	Maize, white, grit, degermed	Maïs, blanc, gruau, dégermé	1.00	(356)1510	9.5 1	8.8 1	0.6 1	77.1	3.4 1	0.7 1
01_061	Maize, white, soft porridge* (without salt)	Maïs, blanc, gruau, liquide* (sans sel)	1.00	(49)207	87.6	1.2	0.1	10.6	0.5	0.1
01_076	Maize, white, stiff porridge* (without salt)	Maïs, blanc, gruau, épais,* (sans sel)	1.00	(132)559	66.5	3.3	0.2	25.5	1.3	0.2
01_008	Maize, Gougba variety, whole kernel, dried, raw (Benin) n=1	Maïs, variété Gougba, grain entier, sec, cru (Benin) n=1	1.00	(344)1450	13.1	8.7	4.0[2.5]	63.5	9.7[1.5]	1.0
01_009	Maize, Gbaévè variety, whole kernel, dried, raw (Benin) n=1	Maïs, variété Gbaévè, grain entier, sec, cru (Benin) n=1	1.00	(344)1450	13.0	8.1	4.0[3.0]	64.0	9.7[1.4]	1.2
01_010	Maize, DMR-ESR-W variety, whole kernel, dried, raw (Benin) n=1	Maïs, variété DMR-ESR-W, grain entier, sec, cru (Benin) n=1	1.00	(343)1450	13.2	8.8	4.0[3.9]	63.3	9.7[1.7]	1.1
01_011	Maize, POZA – RICA 7843 – SR variety, whole kernel, dried, raw (Benin) n=1	Maïs, variété POZA – RICA 7843 – SR, grain entier, sec, cru (Benin) n=1	1.00	(343) 1450	13.4	9.0	4.0[2.6]	62.9	9.7[1.9]	1.0

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
01 Cereals and their products												
01_007	Maize, yellow, whole kernel, boiled* (without salt)	5	1.3	46	90	88	3	0.63	0.09	17	0	207
01_054	Maize, yellow, flour of whole-grain	18	3.0	123	241	346	5	1.73	0.23	28	0	336
	SD or min-max	1	1	1	1	1	1	1	1		1	1
01_055	Maize, yellow, grit, degermed	8	0.3	27	73	137	1	0.40	0.08	10	0	123
	SD or min-max	5										144
	n	4	1	1	1	1	1	1	1			5
01_056	Maize, yellow, soft porridge* (without salt)	1	0.04	4	10	15	Tr	0.05	0.01	1	0	15
01_075	Maize, yellow, stiff porridge* (without salt)	3	0.1	10	26	49	Tr	0.14	0.03	3	0	41
01_004	Maize, white, whole kernel, dried, raw	19	3.1	82	246	310	11	1.55	0.18	0	0	0
	SD or min-max	7	1.3	69-95	30	70		1.12-1.98	0.17-0.18			
	n	5	7	2	6	4	1	2	2		1	1
01_005	Maize, white, whole kernel, boiled* (without salt)	7	1.2	31	92	93	3	0.58	0.07	0	0	0
	n	1	1	1	1	1	1	1	1		1	1
01_057	Maize, white, flour of whole grain	18	3.8	93	198	315	11	1.73	0.23	0	0	1
	SD or min-max	17-18	3.3-4.2		178-218							
	n	2	2	1	2	1	1	1	1		1	1
01_058	Maize, white, flour refined	6	1.2	83	105	180	7	1.53	0.22	0	0	0
	n	1	1	1	1	1	1	1	1		1	1
01_059	Maize, white, flour degermed	4	1.0	32	92	143	2	0.51	0.11	0	0	0
	SD or min-max	2	0.1	18-46	28	55	1	0.37-0.64	0.08-0.14			
	n	3	3	2	3	3	3	2	2		1	1
01_060	Maize, white, grit, degermed	4	0.3	27	73	137	1	0.43	0.10	0	0	0
	n	1	1	1	1	1	1	1	1		1	1
01_061	Maize, white, soft porridge* (without salt)	1	0.04	4	10	15	Tr	0.06	0.01	0	0	0
01_076	Maize, white, stiff porridge* (without salt)	2	0.1	10	26	40	Tr	0.15	0.04	0	0	0
01_008	Maize, Gougba variety, whole kernel, dried, raw (Benin) n=1	18	3.0	80	241	304	11	1.52	0.17		0	
01_009	Maize, Gbaévè variety, whole kernel, dried, raw (Benin) n=1	18	3.0	80	241	305	11	1.52	0.17		0	
01_010	Maize, DMR-ESR-W variety, whole kernel, dried, raw (Benin) n=1	18	3.0	80	240	304	11	1.52	0.17		0	
01_011	Maize, POZA – RICA 7843 – SR variety, whole kernel, dried, raw (Benin) n=1	18	3.0	80	240	303	11	1.51	0.17		0	

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
01 Cereals and their products										
01_007	Maize, yellow, whole kernel, boiled* (without salt)	0	0.50	0.09	0.04	0.7	0.10	7	0	0
01_054	Maize, yellow, flour of whole-grain	0	1.30	0.44	0.13	1.9	0.30	10	0	0
SD or min-max										
n		1	1	1	1	1	1	1	1	1
01_055	Maize, yellow, grit, degermed	0	0.10	0.07	0.04	0.6	0.15	5	0	0
SD or min-max				0.05	0.04	0.4				
n		1	1	4	4	4	1	1	1	1
01_056	Maize, yellow, soft porridge* (without salt)	0	0.01	0.01	0.004	0.1	0.01	Tr	0	0
01_075	Maize, yellow, stiff porridge* (without salt)	0	0.04	0.02	0.01	0.2	0.03	1	0	0
01_004	Maize, white, whole kernel, dried, raw	0	1.30	0.35	0.10	2.1	0.20	26	0	0
SD or min-max				0.02	0.01	0.2	0.20-0.20		0	
n		1	1	4	4	4	2	1	1	1
01_005	Maize, white, whole kernel, boiled* (without salt)	0	0.50	0.09	0.03	0.6	0.05	7	0	0
n		1	1	1	1	1	1	1	1	1
01_057	Maize, white, flour of whole grain	0	1.30	0.50	0.12	1.4	0.37	25	0	0
SD or min-max				1	1	1.0-1.8				
n		1	1	2	1	2	1	1	1	1
01_058	Maize, white, flour refined	0	0.49	0.38	0.05	1.6	0.37	29	0	0
n		1	1	1	1	1	1	1	1	1
01_059	Maize, white, flour degermed	0	0.42	0.13	0.04	0.8	0.08	10	0	0
SD or min-max				0.02	0.02	0.5-1.0	0.04			
n		1	1	3	3	2	3	1	1	1
01_060	Maize, white, grit, degermed	0	0.10	0.09	0.19	0.8	0.10	5	0	0
n		1	1	1	1	1	1	1	1	1
01_061	Maize, white, soft porridge* (without salt)	0	0.02	0.01	0.02	0.1	0.01	1	0	0
01_076	Maize, white, stiff porridge* (without salt)	0	0.04	0.02	0.05	0.3	0.02	1	0	0
01_008	Maize, Gougba variety, whole kernel, dried, raw (Benin) n=1	0	1.30	0.34	0.10	2.0	0.20	26	0	0
01_009	Maize, Gbaévé variety, whole kernel, dried, raw (Benin) n=1	0	1.30	0.34	0.10	2.0	0.20	26	0	0
01_010	Maize, DMR-ESR-W variety, whole kernel, dried, raw (Benin) n=1	0	1.30	0.34	0.10	2.0	0.20	25	0	0
01_011	Maize, POZA – RICA 7843 – SR variety, whole kernel, dried, raw (Benin) n=1	0	1.30	0.34	0.10	2.0	0.20	25	0	0

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
01 Cereals and their products										
01_012	Maize, TZPB-SR variety, whole kernel dried, raw (Benin) n=1	Maïs, variété TZPB-SR, grain entier, sec, cru (Benin) n=1	1.00	(340)1440	14.0	8.8	4.0[4.5]	62.4	9.7[1.9]	1.1
01_013	Maize, Gnonli variety, whole kernel dried, raw (Benin) n=1	Maïs, variété Gnonli, grain entier, sec, cru (Benin) n=1	1.00	(341)1440	13.6	7.6	4.0[2.4]	64.0	9.7[0.7]	1.2
01_014	Maize, combined varieties, whole kernel, dried, raw (Benin)	Maïs, variétés combinées, grain entier, sec, cru (Benin)	1.00	(343)1450	13.4	8.5	4.0[3.2]	63.3	9.7[1.5]	1.1
SD or min-max n					0.4 6	0.5 6	0.0 6		0.0 6	0.1 6
01_062	Maize, combined varieties, whole kernel, boiled* (without salt) (Benin)	Maïs, variétés combinées, grain entier, bouilli* (sans sel) (Benin)	1.00	(132)556	66.7	3.3	1.5[1.2]	24.4	3.7[0.6]	0.4
01_015	Millet, whole grain, raw	Mil, grain entier, cru	1.00	(348)1470	11.6	10.9	4.1	62.6	8.8	2.0
SD or min-max n					0.7 4	1 1	0.7 4		1	1.9-2.1 2
01_016	Millet, whole grain, boiled* (without salt)	Mil, grain entier, bouilli* (sans sel)	1.00	(145)613	63.2	4.5	1.7	26.1	3.7	0.8
01_017	Pearl millet, whole grain, raw (with bran)	Mil chandelle, grain entier, cru (avec son)	1.00	(364)1540	10.1	8.8	5.8	64.8	9.0	1.5
SD or min-max n					2.1 6	1.3 6	1.4 4		1.3 4	0.3 3
01_033	Pearl millet, whole grain, boiled* (without salt)	Mil chandelle, grain entier, bouilli* (sans sel)	1.00	(152)640	62.8	3.7	2.4	27.0	3.8	0.6
01_063	Pearl millet, flour (without bran)	Mil chandelle, farine (sans son)	1.00	(355)1500	12.0	7.4	3.2	72.1	4.6	0.8
SD or min-max n					0.0 4	1.3 4	1.0 3		0 1	
01_018	Pearl millet, variety ikmv 8201, whole grain, raw (Burkina Faso) n=1	Mil chandelle, variété ikmv 8201, grain entier, cru (Burkina Faso)n=1	1.00	(381)1610	7.5	10.3	7.4	63.8	9.5	1.7
01_019	Pearl millet, variety ikmp 1, whole grain, raw (Burkina Faso) n=1	Mil chandelle, variété ikmp 1, grain entier, cru (Burkina Faso) n=1	1.00	(372)1570	10.1	9.5	6.9	63.8	8.1	1.6
01_020	Pearl millet, variety ikmp 2, whole grain, raw (Burkina Faso) n=1	Mil chandelle, variété ikmp 2, grain entier, cru (Burkina Faso) n=1	1.00	(373)1570	9.4	9.0	7.1	63.7	9.1	1.6
01_021	Pearl millet, variety ikmp 3, whole grain, raw (Burkina Faso) n=1	Mil chandelle, variété ikmp 3, grain entier, cru (Burkina Faso) n=1	1.00	(389)1640	6.7	14.5	9.0	56.9	11.3	1.7
01_022	Pearl millet, variety ikmp 4, whole grain, raw (Burkina Faso) n=1	Mil chandelle, variété ikmp 4, grain entier, cru (Burkina Faso) n=1	1.00	(383)1610	9.1	13.4	9.0	57.2	9.7	1.6
01_023	Pearl millet, variety ikmp 5, whole grain, raw (Burkina Faso) n=1	Mil chandelle, variété ikmp 5, grain entier, cru (Burkina Faso) n=1	1.00	(396)1660	6.0	14.2	10.2	55.5	12.4	1.7

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
01 Cereals and their products												
01_012	Maize, TZPB-SR variety, whole kernel, dried, raw (Benin) n=1	18	3.0	79	238	301	11	1.50	0.17		0	
01_013	Maize, Gnonli variety, whole kernel, dried, raw (Benin) n=1	18	3.0	80	239	302	11	1.51	0.17		0	
01_014	Maize, combined varieties, whole kernel, dried, raw (Benin)	18	3.0	80	240	303	11	1.51	0.17		0	
SD or min-max n		0 6	0.1 6	0 6	0 6	1 6	0 6	0.01 6	0 6		0 6	
01_062	Maize, combined varieties, whole kernel, boiled* (without salt)	7	1.1	31	90	91	3	0.57	0.06		0	
01_015	Millet, whole grain, raw	35	[9.5]	273	311	380	19	1.47	0.52	Tr	0	Tr
SD or min-max n		19 5	9.0-10 2	116-430 2	34 3	310-450 2	10-27 2	0.84 3	0.44-0.60 2		1	1
01_016	Millet, whole grain, boiled* (without salt)	14	[3.9]	114	126	124	6	0.59	0.21	Tr	0	Tr
01_017	Pearl millet, whole grain, raw (with bran)	14	[7.6]	97	207	401	19	2.83	0.45	0	0	[3]
SD or min-max n		5 3	1.8 4	1	1	1	1	0.34 5	1		1	2-4 2
01_033	Pearl millet, whole grain, boiled* (without salt)	6	[3.1]	41	84	130	6	1.14	0.18	0	0	[1]
01_063	Pearl millet, flour (without bran)	13	[5.8]				19	2.91		0	0	[3]
SD or min-max n		4 3	3.3 4				1	0.66 4			1	2-4 2
01_018	Pearl millet, variety ikmv 8201, whole grain, raw (Burkina Faso) n=1	14	[7.8]	101	215	415	19	2.93	0.47		0	
01_019	Pearl millet, variety ikmp 1, whole grain, raw (Burkina Faso) n=1	14	[7.6]	98	209	404	19	2.85	0.45		0	
01_020	Pearl millet, variety ikmp 2, whole grain, raw (Burkina Faso) n=1	14	[7.7]	99	210	407	19	2.87	0.46		0	
01_021	Pearl millet, variety ikmp 3, whole grain, raw (Burkina Faso) n=1	14	[7.9]	102	217	419	19	2.96	0.47		0	
01_022	Pearl millet, variety ikmp 4, whole grain, raw (Burkina Faso) n=1	14	[7.7]	99	211	408	19	2.88	0.46		0	
01_023	Pearl millet, variety ikmp 5, whole grain, raw (Burkina Faso) n=1	14	[7.9]	102	218	422	19	2.98	0.47		0	

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
01 Cereals and their products										
01_012	Maize, TZPB-SR variety, whole kernel, dried, raw (Benin) n=1	0	1.30	0.33	0.10	2.0	0.19	25	0	0
01_013	Maize, Gnonli variety, whole kernel, dried, raw (Benin) n=1	0	1.30	0.34	0.10	2.0	0.19	25	0	0
01_014	Maize, combined varieties, whole kernel, dried, raw (Benin)	0	1.30	0.34	0.10	2.0	0.20	25	0	0
SD or min-max		0	0.00	0.00	0.00	0.00	0.00	0	0	0
n		6	6	6	6	6	6	6	6	6
01_062	Maize, combined varieties, whole kernel boiled* (without salt)	0	0.50	0.09	0.03	0.6	0.05	7	0	0
01_015	Millet, whole grain, raw	0	0.05	0.30	0.13	1.7	0.73	29	0	0
SD or min-max				0.01	0.09	1.7-1.7				
n		1	1	3	3	2	1	1	1	1
01_016	Millet, whole grain, boiled* (without salt)	0	0.02	0.09	0.04	0.6	0.19	8	0	0
01_017	Pearl millet, whole grain, raw (with bran)	0	0.07	0.32	0.27	2.4	0.74	30	0	0
SD or min-max				0.20-0.40	0.22-0.31	2.0-2.8				
n		1	1	2	2	2	1	1	1	1
01_033	Pearl millet, whole grain, boiled* (without salt)	0	0.03	0.09	0.08	0.8	0.19	9	0	0
01_063	Pearl millet, flour (without bran)	0	0.03	0.18	0.14	1.3			0	0
SD or min-max				0.03	0.04	1.7				
n		1	1	3	3	3			1	1
01_018	Pearl millet, variety ikmv 8201, whole grain, raw (Burkina Faso) n=1	0	0.09	0.19	0.12	2.5	0.76	30	0	0
01_019	Pearl millet, variety ikmp 1, whole grain, raw (Burkina Faso) n=1	0	0.08	0.25	0.16	2.4	0.74	30	0	0
01_020	Pearl millet, variety ikmp 2, whole grain, raw (Burkina Faso) n=1	0	0.08	0.23	0.15	2.4	0.74	30	0	0
01_021	Pearl millet, variety ikmp 3, whole grain, raw (Burkina Faso) n=1	0	0.11	0.17	0.11	2.5	0.77	31	0	0
01_022	Pearl millet, variety ikmp 4, whole grain, raw (Burkina Faso) n=1	0	0.11	0.23	0.14	2.4	0.75	30	0	0
01_023	Pearl millet, variety ikmp 5, whole grain, raw (Burkina Faso) n=1	0	0.12	0.15	0.09	2.5	0.77	31	0	0

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
01 Cereals and their products										
01_024	Pearl millet, variety ikmp 6, whole grain, raw (Burkina Faso) n=1	Mil chandelle, variété ikmp 6, grain entier, cru (Burkina Faso) n=1	1.00	(376)1580	8.8	16.0	6.9	58.4	8.4	1.6
01_025	Pearl millet, variety ikmp 7, whole grain, raw (Burkina Faso) n=1	Mil chandelle, variété ikmp 7, grain entier, cru (Burkina Faso) n=1	1.00	(383)1620	6.4	11.7	6.8	64.3	9.2	1.7
01_026	Pearl millet, variety ikmp 8, whole grain, raw (Burkina Faso) n=1	Mil chandelle, variété ikmp 8, grain entier, cru (Burkina Faso) n=1	1.00	(387)1630	6.0	8.4	7.2	67.9	8.8	1.7
01_027	Pearl millet, variety ikmp 9, whole grain, raw (Burkina Faso) n=1	Mil chandelle, variété ikmp 9, grain entier, cru (Burkina Faso) n=1	1.00	(389)1640	6.5	10.6	8.4	62.6	10.1	1.7
01_028	Pearl millet, variety ikmp 10, whole grain, raw (Burkina Faso) n=1	Mil chandelle, variété ikmp 10, grain entier, cru (Burkina Faso) n=1	1.00	(372)1560	10.5	8.7	7.8	61.8	9.6	1.6
01_029	Pearl millet, variety ikmp 11, whole grain, raw (Burkina Faso) n=1	Mil chandelle, variété ikmp 11, grain entier, cru (Burkina Faso) n=1	1.00	(375)1580	9.2	8.1	7.7	63.3	10.1	1.6
01_030	Pearl millet, variety ikmp 12, whole grain, raw (Burkina Faso) n=1	Mil chandelle, variété ikmp 12, grain entier, cru (Burkina Faso) n=1	1.00	(385)1620	6.6	10.4	7.4	64.2	9.6	1.7
01_031	Pearl millet, variety ikmp 13, whole grain, raw (Burkina Faso) n=1	Mil chandelle, variété ikmp 13, grain entier, cru (Burkina Faso) n=1	1.00	(386)1630	6.6	10.2	7.6	64.8	9.1	1.7
01_032	Pearl millet, combined varieties, whole grain, raw (Burkina Faso)	Mil chandelle, variétés combinées, grain entier, cru (Burkina Faso)	1.00	(382)1610	7.8	11.1	7.8	62.0	9.6	1.7
SD or min-max n					1.6 14	2.5 14	1.0 14		1.1 14	0.0 14
01_064	Pearl millet, combined varieties, whole grain, boiled* (without salt) (Burkina Faso)	Mil chandelle, variétés combinées, grain entier, bouilli* (sans sel) (Burkina Faso)	1.00	(159)670	61.6	4.6	3.3	25.8	4.0	0.7
01_034	Rice, brown, raw	Riz, brun, cru	1.00	(352)1490	11.9	7.8	2.2	73.8	3.0	1.3
SD or min-max n					11.4-12.4 2	7.5-8.1 2	1.6-2.8 2		1	1
01_035	Rice, brown, boiled* (without salt)	Riz, brun, bouilli* (sans sel)	1.00	(352)1490	64.8	3.1	0.9	29.5	1.2	0.5
01_065	Rice, red native, hulled, raw	Riz, rouge, indigène, décortiqué, cru	1.00	(359)1520	11.3 1	7.4 1	[2.2] 1	77.3	[0.4] 1	1.4 1
01_066	Rice, red native, hulled, boiled* (without salt)	Riz, rouge, indigène, décortiqué, bouilli* (sans sel)	1.00	(144)610	64.5	3.0	[0.9]	30.9	[0.2]	0.6
01_067	Rice, red native, milled, raw	Riz, rouge, indigène, poli, cru	1.00	(354)1500	11.4 1	6.3 1	[0.3] 1	81.4	[0.2] 1	0.4 1
01_068	Rice, red native, milled, boiled* (without salt)	Riz, rouge, indigène, poli, bouilli* (sans sel)	1.00	(142)601	64.6	2.5	[0.1]	32.6	[0.1]	0.2
01_036	Rice, white, polished, raw	Riz, blanc, poli, cru	1.00	(353)1500	11.0 0.0 5	6.1 0.3 5	0.5 0.3 4	80.6	1.1 1.1-1.1 2	0.7 1
SD or min-max n										

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
01 Cereals and their products												
01_024	Pearl millet, variety ikmp 6, whole grain, raw (Burkina Faso) n=1	14	[7.7]	99	212	409	19	2.89	0.46		0	
01_025	Pearl millet, variety ikmp 7, whole grain, raw (Burkina Faso) n=1	14	[7.9]	102	217	420	19	2.96	0.47		0	
01_026	Pearl millet, variety ikmp 8, whole grain, raw (Burkina Faso) n=1	14	[7.9]	102	218	422	19	2.98	0.47		0	
01_027	Pearl millet, variety ikmp 9, whole grain, raw (Burkina Faso) n=1	14	[7.9]	102	217	420	19	2.96	0.47		0	
01_028	Pearl millet, variety ikmp 10, whole grain, raw (Burkina Faso) n=1	14	[7.6]	98	208	402	19	2.83	0.45		0	
01_029	Pearl millet, variety ikmp 11, whole grain, raw (Burkina Faso) n=1	14	[7.7]	99	211	408	19	2.88	0.46		0	
01_030	Pearl millet, variety ikmp 12, whole grain, raw (Burkina Faso) n=1	14	[7.9]	102	217	419	19	2.96	0.47		0	
01_031	Pearl millet, variety ikmp 13, whole grain, raw (Burkina Faso) n=1	14	[7.9]	102	217	419	19	2.96	0.47		0	
01_032	Pearl millet, combined varieties, whole grain, raw (Burkina Faso)	14	[7.8]	100	214	414	19	2.92	0.46		0	
SD or min-max		0	0.1	2	4	7	0	0.05	0.01		0	
n		14	14	14	14	14	14	14	14		14	
01_064	Pearl millet, combined varieties, whole grain, boiled* (without salt)	6	[3.2]	42	86	135	6	1.18	0.19		0	
01_034	Rice, brown, raw	22	1.9	143	277	249	6	2.02	0.28	0	0	0
SD or min-max		21-22	1.7-2.0		250-303	223-275						
n		2	2	1	2	2	1	1	1		1	1
01_035	Rice, brown, boiled* (without salt)	9	0.7	57	105	80	2	0.77	0.11	0	0	0
01_065	Rice, red native, hulled, raw	38	2.8		294					0	0	0
n		1	1		1						1	1
01_066	Rice, red native, hulled, boiled* (without salt)	15	1.1		112					0	0	0
01_067	Rice, red native, milled, raw	22	1.7		98	194				0	0	0
n		1	1		1	1					1	1
01_068	Rice, red native, milled, boiled* (without salt)	9	0.7		37	62				0	0	
01_036	Rice, white, polished, raw	11	0.7	35	108	95	3	1.1	0.17	0	0	0
SD or min-max		1						1.0-1.3				
n		3	1	1	1	1	1	2	1		1	1

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
01 Cereals and their products										
01_024	Pearl millet, variety ikmp 6, whole grain, raw (Burkina Faso) n=1	0	0.08	0.22	0.14	2.4	0.75	30	0	0
01_025	Pearl millet, variety ikmp 7, whole grain, raw (Burkina Faso) n=1	0	0.08	0.16	0.10	2.5	0.77	31	0	0
01_026	Pearl millet, variety ikmp 8, whole grain, raw (Burkina Faso) n=1	0	0.09	0.15	0.10	2.5	0.77	31	0	0
01_027	Pearl millet, variety ikmp 9, whole grain, raw (Burkina Faso) n=1	0	0.10	0.16	0.10	2.5	0.77	31	0	0
01_028	Pearl millet, variety ikmp 10, whole grain, raw (Burkina Faso) n=1	0	0.09	0.26	0.17	2.4	0.74	29	0	0
01_029	Pearl millet, variety ikmp 11, whole grain, raw (Burkina Faso) n=1	0	0.09	0.23	0.14	2.4	0.75	30	0	0
01_030	Pearl millet, variety ikmp 12, whole grain, raw (Burkina Faso) n=1	0	0.09	0.16	0.10	2.5	0.77	31	0	0
01_031	Pearl millet, variety ikmp 13, whole grain, raw (Burkina Faso) n=1	0	0.09	0.17	0.10	2.5	0.77	31	0	0
01_032	Pearl millet, combined varieties, whole grain, raw (Burkina Faso)	0	0.09	0.20	0.12	2.5	0.76	30	0	0
SD or min-max n		0 14	0.01 14	0.04 14	0.03 14	0.0 14	0.01 14	1 14	0 14	0 14
01_064	Pearl millet, combined varieties, whole grain boiled*(without salt)	0	0.03	0.06	0.04	0.8	0.20	9	0	0
01_034	Rice, brown, raw	0	0.60	0.38	0.07	5.0	0.51	40	0	0
SD or min-max n		1	1	0.36-0.39 2	0.06-0.08 2	4.8-5.2 2	1	1	1	1
01_035	Rice, brown, boiled* (without salt)	0	0.24	0.08	0.02	1.5	0.10	11	0	0
01_065	Rice, red native, hulled, raw	0		0.34	0.10	6.5			0	0
n		1		1	1	1			1	1
01_066	Rice, red native, hulled, boiled* (without salt)	0		0.07	0.03	2.0			0	0
01_067	Rice, red native, milled, raw	0		0.06	0.10	2.0			0	0
n		1		1	1	1			1	1
01_068	Rice, red native, milled, boiled* (without salt)	0		0.01	0.03	0.6			0	0
01_036	Rice, white, polished, raw	0	0.03	0.07	0.03	0.4	0.13	20	0	0
SD or min-max n		1	1	0.02-0.12 2	0.03 4	0.3-0.6 2	1	1	1	0 1

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
01 Cereals and their products										
01_069	Rice, white, polished, boiled* (without salt)	Riz, blanc, poli, bouilli* (sans sel)	1.00	(136)580	65.9	2.4	0.2	31.0	0.4	0.3
01_037	Rice, white, raw	Riz, blanc, cru	1.00	(349)1480	12.1	6.9	0.6	78.3	1.4	0.7
SD or min-max n					0.3 3	0.3 3	1		1	1
01_038	Rice, white, boiled* (without salt)	Riz, blanc, bouilli* (sans sel)	1.00	(134)570	66.2	2.6	0.2	30.1	0.5	0.3
01_039	Sorghum, whole grain, raw	Sorgho, grain entier, cru	1.00	(344)1450	10.9	10.5	3.3	63.1	9.9	2.4
SD or min-max n					1.3 10	2.1 10	0.4 10		1	1
01_042	Sorghum, whole grain, boiled* (without salt)	Sorgho, grain entier, bouilli* (sans sel)	1.00	(143)606	62.9	4.4	1.4	26.3	4.1	1.0
01_041	Sorghum, whole grain, red, raw	Sorgho, grain entier, rouge, cru	1.00	(348)1470	10.1	10.5	3.5	63.6	9.9	2.4
n					1	1	1		1	1
01_070	Sorghum, whole grain, red, boiled* (without salt)	Sorgho, grain entier, rouge, bouilli* (sans sel)	1.00	(145)612	62.5	4.4	1.5	26.5	4.1	1.0
01_040	Sorghum, whole grain, white, raw	Sorgho, grain entier, blanc, cru	1.00	(354)1550	9.4	9.3	3.9	65.5	9.9	2.0
n					1	1	1		1	1
01_071	Sorghum, whole grain, white, boiled* (without salt)	Sorgho, grain entier, blanc, bouilli* (sans sel)	1.00	(148)623	62.3	3.9	1.6	27.3	4.1	0.8
01_072	Sorghum, flour, degermed	Sorgho, farine, dégermé	1.00	(347)1470	11.0	10.4	1.7	70.4	4.7	1.9
SD or min-max n					0.0 4	0.7 4	0.1 3		4.6-4.7 2	1
01_073	Wheat, bran	Blé, son	1.00	(282)1170	9.0	15.9	4.8	23.2	41.5	5.6
SD or min-max n					8.2-9.9 2	15.6-16.2 2	4.3-5.3 2		40.2-42.8 2	5.4-5.8 2
01_043	Wheat flour, white	Blé, farine, blanc	1.00	(351)1490	11.8	10.4	1.5	72.5	3.2	0.6
SD or min-max n					0.6 7	0.7 9	0.4 4		0.3 3	2
01_074	Wheat, whole grains, raw	Blé, grain entier, cru	1.00	(326)1380	13.4	12.4	2.2	58.7	10.8	2.6
SD or min-max n					0.3 3	11.7-13.0 2	2.0-2.4 2		9.6-12.0 2	1

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
01 Cereals and their products												
01_069	Rice, white, polished, boiled* (without salt)	4	0.3	13	39	20	1	0.4	0.06	0	0	0
01_037	Rice, white, raw	12	1.4	35	115	98	5	1.16	0.18	0	0	0
SD or min-max		10-14	0.6-2.2									
n		2	2	1	1	1	1	1	1		1	1
01_038	Rice, white, boiled* (without salt)	5	0.5	13	42	30	2	0.42	0.07	0	0	0
01_039	Sorghum, whole grain, raw	24	3.7	311	297	377	14	1.79	0.38	1	0	[17]
SD or min-max		12	3.4-3.9	246	34	146	8	0.27	0.22			6
n		11	2	5	7	5	3	6	5		1	3
01_042	Sorghum, whole grain, boiled* (without salt)	10	1.5	129	120	122	5	0.72	0.16	1	0	[6]
01_041	Sorghum, whole grain, red, raw	24	3.4	311	297	387	14	1.97	0.26		0	
n		1	1	1	1	1	1	1	1		1	
01_070	Sorghum, whole grain, red, boiled* (without salt)	10	1.4	130	120	126	5	0.80	0.11		0	
01_040	Sorghum, whole grain, white, raw	24	3.9	311	249	298	14	2.08	0.18	0	0	0
n		1	4	1	1	1	8	1	1		1	
01_071	Sorghum, whole grain, white, boiled* (without salt)	10	1.6	130	101	97	5	0.84	0.07	0	0	0
01_072	Sorghum, flour, degermed	12	3.8	119	285	308	14	2.14	0.22	0	0	1
SD or min-max		0	2.6				8	1.96				1
n		3	3	1	1	1	3	4	1		1	3
01_073	Wheat, bran	74	14.8	546	1030	1260	15	7.49	1.05	0	0	3
SD or min-max		73-75	10.6-19.0	480-611	1010-1060	1180-1340	2-28	7.27-7.70	1.00-1.10		0-0	0-6
n		2	2	2	2	2	2	2	2		2	2
01_043	Wheat flour, white	19	2.0	60	110	135	3	1.80	0.15	0	0	1
SD or min-max		9	0.6	20-100	31			1.69				1
n		8	8	2	3	1	1	4	1		1	3
01_074	Wheat, whole grains, raw	30	4.7	140	386	424	3	1.70		0	0	3
SD or min-max		4	4.1-5.3		371-400	414-434	2-3	0.69-2.70				
n		3	2	1	2	2	2	2			1	1

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
01 Cereals and their products										
01_069	Rice, white, polished, boiled* (without salt)	0	0.01	0.01	0.01	0.1	0.02	5	0	0
01_037	Rice, white, raw	0	0.11	0.07	0.04	1.3	0.20	20	0	0
SD or min-max						1.0-1.6				
n		1	1	1	1	2	1	1	1	1
01_038	Rice, white, boiled* (without salt)	0	0.04	0.01	0.01	0.4	0.04	5	0	0
01_039	Sorghum, whole grain, raw	0	1.10	0.36	0.16	3.3	0.25	29	0	0
SD or min-max				0.07	0.05					0
n		1	1	6	6	1	1	1	1	3
01_042	Sorghum, whole grain, boiled* (without salt)	0	0.46	0.10	0.05	1.1	0.07	9	0	0
01_041	Sorghum, whole grain, red, raw	0	1.10	0.36	0.16	3.3	0.25	30	0	0
n		1	1	1	1	1	1	1		
01_070	Sorghum, whole grain, red, boiled* (without salt)	0	0.46	0.10	0.05	1.1	0.07	9	0	0
01_040	Sorghum, whole grain, white, raw	0	1.10	0.36	0.17	3.4	0.25	30	0	0
n		1	1	1	1	2	1	1		
01_071	Sorghum, whole grain, white, boiled* (without salt)	0	0.46	0.10	0.05	1.1	0.07	9	0	0
01_072	Sorghum, flour, degermed	0	[0.26]	0.18	0.12	1.4	0.25	25	0	0
SD or min-max				0.06	0.11	0.9-1.8				
n		1	1	3	3	2	1	1	1	1
01_073	Wheat, bran	0	1.6	0.71	0.47	21.6	1.34	110	0	0
SD or min-max		0-0		0.52-0.89	0.36-0.58	13.6-29.6	1.30-1.38	79-140	0-0	0-0
n		2	1	2	2	2	2	2	2	2
01_043	Wheat flour, white	0	0.3	0.28	0.10	1.2	0.20	24	0	0
SD or min-max				0.14	0.09	0.6				0
n		1	1	6	6	3	1	1	1	3
01_074	Wheat, whole grains, raw	0	[0.71]	0.47	0.10	5.6	0.29	45	0	0
SD or min-max				0.41-0.52	0.08-0.11	4.7-6.4	0.19-0.38	40-50	0	0
n		1	1	2	2	2	2	2	2	2

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
02 Starchy roots, tubers and their products										
02_001 SD or min-max n	Cassava, tuber, raw	Manioc, racine, crue	0.84	(153)648	60.3 4.6 5	1.2 0.3 7	0.3 0.1 5	35.6	1.8 1	1.0 0.1 4
02_003	Cassava, tuber, boiled* (without salt)	Manioc, racine, bouillie* (sans sel)	1.00	(161)682	58.2	1.2	0.3	37.4	1.9	1.0
02_002 n	Cassava, tuber, dried	Manioc, racine, séchée	1.00	(347)1470	9.4 1	2.1 1	0.6 1	81.4	4.0 1	2.5 1
02_021 n	Cassava sweet, tuber, dried	Manioc doux, racine, séchée	1.00	(348)1480	8.7 1	1.3 1	0.5 1	82.5	4.1 1	2.9 1
02_004 SD or min-max n	Cassava flour	Manioc, farine	1.00	(335)1420	12.7 1.3 4	1.9 0.6 5	0.5 0.3 5	78.8	3.9 1	2.2 0.6 3
02_005 SD or min-max n	Cocoyam, tuber, raw	Chou caraïbe, racine, crue	0.81	(129)547	64.7 4.9 10	2.4 0.5 10	0.2 0.0 10	27.4	4.1 1	1.2 0.1 7
02_006	Cocoyam, tuber, boiled* (without salt)	Chou caraïbe, racine, bouillie* (sans sel)	1.00	(136)576	63.2	2.5	0.2	28.9	4.3	1.3
02_009 SD or min-max n	Potato, raw	Pomme de terre, crue	0.84	(80)338	77.8 1.2 8	1.9 0.2 8	0.1 0.0 8	16.9	1.8 1.6-2.1 2	1.5 0.2 4
02_010	Potato, boiled* (without salt)	Pomme de terre, bouillie* (sans sel)	1.00	(80)338	77.8	1.9	0.1	16.9	1.8	1.5
02_022 SD or min-max n	Sweet potato, pale yellow, raw	Patate douce, jaune pâle, crue	0.84	(115)486	69.2 7.6 6	1.5 0.5 6	0.2 0.0 6	25.3	3.0 1	0.9 0.1 4
02_023	Sweet potato, pale yellow, boiled* (without salt)	Patate douce, jaune pâle, bouillie* (sans sel)	1.00	(115)486	69.2	1.5	0.2	25.3	3.0	0.9
02_013 SD or min-max n	Sweet potato, yellow, raw	Patate douce, jaune, crue	0.84	(116)490	68.9 0.1 4	1.5 0.2 5	0.2 2.6 5	25.5	3.0 1	0.9 0.0 3
02_014	Sweet potato, yellow, boiled* (without salt)	Patate douce, jaune, bouillie* (sans sel)	1.00	(116)490	68.9	1.5	0.2	25.5	3.0	0.9
02_011 SD or min-max n	Sweet potato, deep yellow, raw	Patate douce, jaune foncé, crue	0.84	(112)475	69.8 1.5 3	1.5 0.2 3	0.3 0.2-0.3 2	24.5	3.0 2.9-3.1 2	0.9 1
02_012	Sweet potato, deep yellow, boiled* (without salt)	Patate douce, jaune foncé, bouillie* (sans sel)	1.00	(112)475	69.2	1.5	0.3	24.5	3.0	0.9

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
02 Starchy roots, tubers and their products												
02_001	Cassava, tuber, raw	43	0.7	21	47	271	14	0.34	0.10	1	0	15
SD or min-max n		20 6	0.5-0.9 2	1	13 4	1	1	1	1		1	1
02_003	Cassava, tuber, boiled* (without salt)	43	0.7	20	46	228	12	0.32	0.	1	0	15
02_002	Cassava, tuber, dried	102	1.6	47	98	609	31	0.76	0.22		0	
n		1	1	1	1	1	1	1	1		1	
02_021	Cassava sweet, tuber, dried	121	1.6	48	118	614	32	0.77	0.23		0	
n		1	1	1	1	1	1	1	1		1	
02_004	Cassava flour	138	1.5	45	102	587	30	0.74	0.22		0	
SD or min-max n		119 4	1	1	61 3	1	1	1	1		1	
02_005	Cocoyam, tuber, raw	11	0.6	13	58	457	7	0.38	0.16		0	
SD or min-max n		8 10	0.4 8	8 6	28 9	123 3	4 7	0.05 4	0.02 4			1
02_006	Cocoyam, tuber, boiled* (without salt)	11	0.6	12	57	384	6	0.36	0.15		0	
02_009	Potato, raw	11	0.9	27	50	551	7	0.35	0.09	1	0	14
SD or min-max n		3 8	0.3 8	11 3	2 7	105 4	3 4		1		1	8 4
02_010	Potato, boiled* (without salt)	10	0.8	25	46	440	6	0.31	0.08	1	0	13
02_022	Sweet potato, pale yellow, raw	27	1.1	16	51	457	20	0.39	0.13	3	0	39
SD or min-max n		9 6	0.7-1.4 2	1	12 3		10-30 2	1	1		1	1
02_023	Sweet potato, pale yellow, boiled* (without salt)	26	1.0	14	48	366	16	0.35	0.12	3	0	37
02_013	Sweet potato, yellow, raw	36	1.1	16	38	461	23	0.39	0.13	135	0	1620
SD or min-max n		6 5	1	1	0 3	1	12 3	1	1		2	315 3
02_014	Sweet potato, yellow, boiled* (without salt)	34	1.0	14	35	369	19	0.35	0.12	128	0	1540
02_011	Sweet potato, deep yellow, raw	26	1.1	16	40	330	19	0.39	0.13	397	0	4770
SD or min-max n		6 3	1	13-15 2	3 3	300-360 2	1	1	1		1	2830 3
02_012	Sweet potato, deep yellow, boiled* (without salt)	24	1.0	14	38	264	15	0.35	0.12	377	0	4530

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
02 Starchy roots, tubers and their products										
02_001	Cassava, tuber, raw	0	[0.19]	0.04	0.05	0.7	0.09	24	0	30.0
SD or min-max				0.00	0.00	0.1				1.2
n		1	1	3	3	3	1	1	1	3
02_003	Cassava, tuber, boiled* (without salt)	0	[0.20]	0.03	0.05	0.5	0.07	16	0	22.0
02_002	Cassava, tuber, dried	0	[0.43]	0.08	0.11	1.5	0.18	47	0	5.0
n		1	1	1	1	1	1	1	1	1
02_021	Cassava sweet, tuber, dried	0	[0.43]	0.08	0.11	1.5	0.18	48	0	4.7
n		1	1	1	1	1	1	1	1	1
02_004	Cassava flour	0	[0.35]	0.07	0.11	1.2	0.17	47	0	4.0
SD or min-max				0.04		0.5				
n		1	1	3	1	3	1	1	1	1
02_005	Cocoyam, tuber, raw	0	[2.40]	0.10	0.03	0.8	0.24	22	0	8.0
SD or min-max										
n		1	1	1	1	1	1	1	1	1
02_006	Cocoyam, tuber, boiled* (without salt)	0	[2.53]	0.08	0.03	0.6	0.19	15	0	5.9
02_009	Potato, raw	0	0.06	0.08	0.12	1.2	0.27	18	0	17.3
SD or min-max				0.02	0.19	0.1	0.03	4	0	5.2
n		1	2	5	5	5	4	4	3	4
02_010	Potato, boiled* (without salt)	0	0.06	0.07	0.10	0.9	0.20	11	0	12.1
02_022	Sweet potato, pale yellow, raw	0	0.17	0.09	0.04	0.6	0.27	52	0	22.3
SD or min-max				0.01	0.01	0.1				13.7
n		1	1	4	4	3	1	1	1	3
02_023	Sweet potato, pale yellow, boiled* (without salt)	0	0.17	0.07	0.04	0.5	0.20	33	0	15.6
02_013	Sweet potato, yellow, raw	0	0.19	0.09	0.04	0.7	0.27	52	0	32.7
SD or min-max				1.52	0.01	0.0	0.00	0	0	7.5
n		1	1	4	4	3	2	2	2	3
02_014	Sweet potato, yellow, boiled* (without salt)	0	0.19	0.07	0.03	0.5	0.20	33	0	22.9
02_011	Sweet potato, deep yellow, raw	0	0.23	0.09	0.05	0.7	0.20	52	0	31.0
SD or min-max				0.01	0.01	0.6-0.7	0.13-0.27		0	25.0-37.0
n		1	1	3	3	2	2	1	2	2
02_012	Sweet potato, deep yellow, boiled* (without salt)	0	0.23	0.07	0.04	0.5	0.15	33	0	21.7

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
02 Starchy roots, tubers and their products										
02_015 SD or min-max n	Taro, tuber, raw	Taro, racine, crue	0.86	(92)389	74.0	1.7	0.1	19.0	4.1	1.1
					8.2 3	1.6-1.8 2	0.0 2			
02_016	Taro, tuber, boiled* (without salt)	Taro, racine, bouillie* (sans sel)	1.00	(97)410	72.6	1.8	0.1	20.0	4.3	1.1
02_024 SD or min-max n	Tiger nut, tuber, raw	Gland de terre, racine, crue	0.90	(304)1270	38.7	3.5	15.5	34.3	[6.9]	1.1
					2.2 3	0.4 3	4.3 3			
02_025	Tiger nut, tuber, boiled* (without salt)	Gland de terre, racine, bouillie* (sans sel)	1.00	(320)1340	35.5	3.7	16.3	36.1	[7.2]	1.2
02_026 SD or min-max n	Tiger nut, tuber, dried	Gland de terre, racine, séchée	1.00	(468)1950	9.0	4.9	26.3	47.8	[10.2]	1.8
					3.2 3	1.1 3	5.4 3			
02_017 SD or min-max n	Water yam, tuber, raw	Grande igname, racine, crue	0.81	(125)529	65.5	2.4	0.1	26.5	4.1	1.4
					2.3 3	0.2 3	0.1 3			
02_018	Water yam, tuber, boiled* (without salt)	Grande igname, racine, bouillie* (sans sel)	1.00	(132)557	63.7	2.5	0.1	27.9	4.3	1.4
02_019 SD or min-max n	Yam tuber, raw	Igname, racine, crue	0.81	(128)540	65.2	1.9	0.2	27.5	4.1	1.1
					2.9 7	0.2 7	0.1 6			
02_020	Yam, tuber, boiled* (without salt)	Igname, racine, bouillie* (sans sel)	1.00	(134)569	63.4	2.0	0.2	28.9	4.3	1.1
02_027	Yam, tuber, Isu akoko, raw (Nigeria) n=1	Igname, racine, Isu akoko, crue (Nigeria) n=1	0.81	(141)598	61.3	2.0	0.2	30.2	5.2	1.0
02_028	Yam, tuber, Isu oko, raw (Nigeria) n=1	Igname, racine, Isu oko, crue (Nigeria) n=1	0.81	(115)488	68.4	1.6	0.1	24.9	4.3	0.8
02_029	Yam, tuber, Amara, raw (Nigeria) n=1	Igname, racine, Amara, crue (Nigeria) n=1	0.81	(147)621	59.8	1.9	0.2	31.7	5.4	1.0
02_030	Yam, tuber, Chika, kundu, raw (Nigeria) n=1	Igname, racine, Chika kundu, crue (Nigeria) n=1	0.81	(128)542	64.8	1.6	0.1	27.8	4.7	0.9
02_031	Yam, tuber, Isu Abuja, raw (Nigeria) n=1	Igname, racine, Isu Abuja, crue (Nigeria) n=1	0.81	(108)458	70.4	1.6	0.1	23.2	4.0	0.7
02_032	Yam, tuber, Pepa, raw (Nigeria) n=1	Igname, racine, Pepa, crue (Nigeria) n=1	0.81	(139)589	61.8	2.0	0.2	29.9	5.1	1.0
02_033	Yam, tuber, Giwa, raw (Nigeria) n=1	Igname, racine, Giwa, crue (Nigeria) n=1	0.81	(135)571	63.1	1.9	0.2	29.0	5.0	0.9
02_034 SD or min-max n	Yam, tuber, combined cultivars, raw (Nigeria)	Igname, racine, variétés combinées, crue (Nigeria)	0.81	(131)522	64.2	1.8	0.1	28.1	4.8	0.9
					3.9 7	0.2 7	0.0 7			
02_035	Yam, tuber, combined cultivars, boiled* (Nigeria) (without salt)	Igname, racine, variétés combinées, bouillie* (Nigeria) (sans sel)	1.00	(137)582	62.3	1.9	0.2	29.6	5.1	1.0
02_036 n	Yam, tuber, flour	Igname, racine, farine	1.00	(312)1320	14.0 1	3.4 1	0.4 1	67.9	11.6 1	2.7 1

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
02 Starchy roots, tubers and their products												
02_015	Taro, tuber, raw	33	0.9	22	88	399	12	0.42	0.20	2	0	23
SD or min-max		16-51	0.6-1.2									
n		2	2	1	1	1	1	1	1		1	1
02_016	Taro, tuber, boiled* (without salt)	33	0.9	21	86	336	10	0.40	0.19	2	0	23
02_024	Tiger nut, tuber, raw	20	2.6	141	179	265	18	0.40	0.10	0	0	0
SD or min-max		8			38							
n		3	1	1	3	1	1	1	1		1	1
02_025	Tiger nut, tuber, boiled* (without salt)	20	2.5	134	175	223	15	0.38	0.09	0	0	0
02_026	Tiger nut, tuber, dried	40	3.9	210	219	415	27	0.59	0.15	0	0	0
SD or min-max		7			43							
n		3	1	1	3	1	1	1	1		1	1
02_017	Water yam, tuber, raw	15	0.8	21	69	[816]	6	0.43	0.21	2	0	30
SD or min-max		8	0.8		68-70			0.39-0.48	0.19-0.22			
n		4	3	1	2	1	1	2	2		1	1
02_018	Water yam, tuber, boiled* (without salt)	15	0.8	20	68	[687]	5	0.41	0.20	2	0	30
02_019	Yam tuber, raw	26	0.8	12	53	934	5	0.64	0.11	2	0	30
SD or min-max		19	0.4	8-17	8			0.40-0.88	0.07-0.16			36
n		8	4	2	5	1	1	2	2		1	4
02_020	Yam, tuber, boiled* (without salt)	26	0.8	12	52	[687]	4	0.60	0.11	2	0	30
02_027	Yam, tuber, Isu akoko, raw (Nigeria) n=1	12	0.3	8	54	[816]	5	0.43	0.19		0	
02_028	Yam, tuber, Isu oko, raw (Nigeria) n=1	9	0.3	8	51	[816]	5	0.38	0.16		0	
02_029	Yam, tuber, Amara, raw (Nigeria) n=1	10	0.4	9	76	[816]	4	0.48	0.20		0	
02_030	Yam, tuber, Chika, kundu, raw (Nigeria) n=1	7	0.4	8	37	[816]	6	0.39	0.14		0	
02_031	Yam, tuber, Isu Abuja, raw (Nigeria) n=1	10	0.2	7	58	[816]	3	0.36	0.15		0	
02_032	Yam, tuber, Pepa, raw (Nigeria) n=1	10	0.3	8	88	[816]	5	0.46	0.15		0	
02_033	Yam, tuber, Giwa, raw (Nigeria) n=1	8	0.3	10	52	[816]	5	0.41	0.15		0	
02_034	Yam, tuber, combined cultivars, raw (Nigeria)	9	0.3	8	59	[816]	5	0.40	0.16		0	
SD or min-max		2	0.1	1	17	0	1	0.41	0.02		0	
n		7	7	7	7	7	7	7	7		7	
02_035	Yam, tuber, combined cultivars, boiled* (Nigeria) (without salt)	9	0.3	8	58	[687]	4	0.39	0.15		0	
02_036	Yam, tuber, flour	64	1.9	31	110	[2310]	25	1.57	0.28		0	
n		1	1	1	1	1	1	1	1		1	

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
02 Starchy roots, tubers and their products										
02_015	Taro, tuber, raw	0	[1.19]	0.10	0.03	0.8	0.24	22	0	8.0
SD or min-max n		1	1	1	1	1	1	1	1	1
02_016	Taro, tuber, boiled* (without salt)	0	[1.25]	0.08	0.03	0.6	0.19	15	0	5.9
02_024	Tiger nut, tuber, raw	0	5.3	0.28	0.09	1.3			0	17.0
SD or min-max n		1	1	1	1	1			1	3 -30.9 2
02_025	Tiger nut, tuber, boiled* (without salt)	0	5.6	0.23	0.08	1.0			0	12.5
02_026	Tiger nut, tuber, dried	0	4.7	0.35	0.13	1.8			0	2.1
SD or min-max n		1	1	1	1	1			1	1
02_017	Water yam, tuber, raw	0	[0.27]	0.05	0.03	0.5	0.33	26	0	15.0
SD or min-max n		1	1	1	1	1	1	1	1	1
02_018	Water yam, tuber, boiled* (without salt)	0	[0.28]	0.04	0.03	0.4	0.26	17	0	11.1
02_019	Yam, tuber, raw	0	0.46	0.32	0.07	0.4	0.34	26	0	12.8
SD or min-max n				0.52 4	0.09 4	4			0 2	8.6 3
02_020	Yam, tuber, boiled* (without salt)	0	0.49	0.27	0.06	0.3	0.26	17	0	9.5
02_027	Yam, tuber, Isu akoko, raw (Nigeria) n=1	0	[0.40]	0.36	0.08	0.5	0.33	29	0	14.3
02_028	Yam, tuber, Isu oko,raw (Nigeria) n=1	0	[0.26]	0.30	0.06	0.4	0.30	24	0	11.7
02_029	Yam, tuber, Amara, raw (Nigeria) n=1	0	[0.33]	0.38	0.08	0.5	0.39	30	0	14.8
02_030	Yam, tuber, Chika, kundu, raw (Nigeria) n=1	0	[0.22]	0.33	0.07	0.4	0.34	27	0	13.0
02_031	Yam, tuber, Isu Abuja, raw (Nigeria) n=1	0	[0.24]	0.28	0.06	0.3	0.29	22	0	10.9
02_032	Yam, tuber, Pepa, raw (Nigeria) n=1	0	[0.31]	0.36	0.07	0.4	0.37	29	0	14.1
02_033	Yam, tuber, Giwa, raw (Nigeria) n=1	0	[0.38]	0.35	0.07	0.4	0.36	28	0	13.6
02_034	Yam, tuber, combined cultivars, raw (Nigeria)	0	[0.31]	0.33	0.07	0.4	0.34	27	0	13.2
SD or min-max n		0.0 7	0.07 7	0.04 7	0.01 7	0.1 7	0.04 7	3 7	0 7	1.4 7
02_035	Yam, tuber, combined cultivars, boiled* (Nigeria) (without salt)	0	[0.32]	0.27	0.06	0.3	0.27	18	0	9.7
02_036	Yam, tuber, flour	0	[0.82]	0.10	0.08	1.1	0.83	51	0	3.2
n		1	1	1	1	1	1	1	1	1

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
03 Legumes and their products										
03_009 n	African locust bean, seeds, dried	Néré, graines, séchées	0.30	(445)1860	7.0 1	32.3 1	19.5 1	33.0	[4.1] 1	4.1 1
03_010 SD or min-max n	African yam bean, dried, raw	Haricot igname, sec, cru		(311)1310	13.3 2.2 5	18.9 0.5 4	1.5 0.7 4	47.1	16.7 2.0 3	2.6 0.4 4
03_011	African yam bean, boiled* (without salt)	Haricot igname, bouilli* (sans sel)		(115)485	67.9	7.0	0.6	17.4	6.2	1.0
03_001 SD or min-max n	Bambara groundnut, dried, raw	Pois bambara, sec, cru	1.00	(376)1590	8.4 1.4 9	20.1 2.5 9	5.9 0.7 8	58.9	[3.7] 1.3 4	3.1 1.0 9
03_012	Bambara groundnut, boiled* (without salt)	Pois bambara, bouilli* (sans sel)	1.00	(139)589	66.1	7.4	2.2	21.8	[1.4]	1.1
03_013	Bambara groundnut, black-white-eye, dried, raw (Ghana) n=1	Pois bambara, œil noir et blanc, sec, cru (Ghana) n=1	1.00	(363)1540	9.5	24.5	4.3	54.7	[3.7]	3.3
03_014	Bambara groundnut, brown white-eye, dried, raw (Ghana) n=1	Pois bambara, œil brun et blanc, sec, cru (Ghana) n=1	1.00	(368)1560	9.8	20.6	5.8	56.6	[3.7]	3.5
03_015	Bambara groundnut, cream black-eye, dried, raw (Ghana) n=1	Pois bambara, œil crème et noir, sec, cru (Ghana) n=1	1.00	(375)1580	8.8	17.6	6.1	60.6	[3.7]	3.2
03_016	Bambara groundnut, cream pink-eye, dried, raw (Ghana) n=1	Pois bambara, œil crème et rose, sec, cru (Ghana) n=1	1.00	(367)1550	8.9	23.2	4.7	56.0	[3.7]	3.4
03_017	Bambara groundnut, maroon white-eye, dried, raw (Ghana) n=1	Pois bambara, œil bordeaux et blanc, sec, cru (Ghana) n=1	1.00	(372)1570	9.8	18.1	6.3	58.7	[3.7]	3.4
03_018 SD or min-max n	Bambara groundnut, combined varieties, dried, raw (Ghana)	Pois bambara, variétés combinées, sec, cru (Ghana)	1.00	(369)1560	9.4 0.5 5	20.8 3.0 5	5.5 0.9 5	57.3	[3.7] 0.0 5	3.4 0.1 5
03_019	Bambara groundnut, combined varieties, boiled* (Ghana) (without salt)	Pois bambara, variétés combinées, bouilli* (Ghana) (sans sel)	1.00	(137)578	66.4	7.7	2.0	21.2	[1.4]	1.2
03_002 SD or min-max n	Bambara groundnut, red, dried, raw	Pois bambara, rouge, sec, cru	1.00	(377)1590	8.1 8.0-8.1 2	18.4 18.4-18.4 2	6.0 5.5-6.4 2	60.7	[3.7] 1	3.2 1
03_020	Bambara groundnut, red, boiled* (without salt)	Pois bambara, rouge, bouilli* (sans sel)	1.00	(140)590	65.9	6.8	2.2	22.5	[1.4]	1.2
03_003 n	Bambara groundnuts, white, dried, raw	Pois bambara, blanc, sec, cru	1.00	(381)1610	7.9 1	20.0 1	6.5 1	58.8	[3.7] 1	3.1 1
03_021	Bambara groundnuts, white, boiled* (without salt)	Pois bambara, blanc, bouilli* (sans sel)	1.00	(141)596	65.9	7.4	2.4	21.8	1.4	1.2
03_022 SD or min-max n	Beans, white, dried	Haricot, blanc, sec	1.00	(335)1420	8.9 8.9-8.9 2	22.1 19.5-24.8 2	1.5 0.5-2.5 2	53.2	10.3 1	3.9 1
03_023	Beans, white, boiled* (without salt)	Haricot, blanc, bouilli* (sans sel)	1.00	(124)525	66.3	8.2	0.5	19.7	3.8	1.5

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
03 Legumes and their products												
03_009 n	African locust bean, seeds, dried	291 1	[33.2] 1		384 1						0 1	
03_010 SD or min-max n	African yam bean, dried, raw	40 9 5	4.1 0.3 3		253 15 3	1290 46 3	2 1 3	2.00 0.66 4			0 1	
03_011	African yam bean, boiled* (without salt)	13	1.3		84	357	1	0.67			0	
03_001 SD or min-max n	Bambara groundnut, dried, raw	65 20 7	3.3 1.6 5	199 31 3	275 35 5	1190 250 3	29 1	3.38 2.04 3	0.89 0.30 3	2	0 1	[20] 10-30 2
03_012	Bambara groundnut, boiled* (without salt)	21	1.0	63	92	330	8	1.13	0.23	1	0	[7]
03_013	Bambara groundnut, black-white-eye, dried, raw (Ghana) n=1	62	6.0	197	283	1170	28	3.34	0.88		0	
03_014	Bambara groundnut, brown white-eye, dried, raw (Ghana) n=1	64	4.1	196	236	1170	28	3.33	0.88		0	
03_015	Bambara groundnut, cream black-eye, dried, raw (Ghana) n=1	73	3.0	198	262	1180	28	3.36	0.89		0	
03_016	Bambara groundnut, cream pink-eye, dried, raw (Ghana) n=1	63	3.6	198	305	1180	28	3.36	0.89		0	
03_017	Bambara groundnut, maroon white-eye, dried, raw (Ghana) n=1	57	5.6	196	284	1170	28	3.33	0.88		0	
03_018 SD or min-max n	Bambara groundnut, combined varieties, dried, raw (Ghana)	64 6 5	4.5 1.3 5	197 1 5	274 26 5	1170 6 5	28 0 5	3.34 0.02 5	0.88 0.00 5		0 0 5	
03_019	Bambara groundnut, combined varieties, boiled* (Ghana) (without salt)	20	1.4	62	91	326	8	1.11	0.23		0	
03_002 SD or min-max n	Bambara groundnut, red, dried, raw	35 1	3.3 1	178 1	272 1	1290 1	28 1	2.02 1	0.64 1		0 1	
03_020	Bambara groundnut, red, boiled* (without salt)	11	1.0	56	91	359	8	0.67	0.17		0	
03_003 n	Bambara groundnuts, white, raw	50 1	3.3 1	185 1	309 1	1370 1	28 1	2.39 1	0.82 1.00		0 1	
03_021	Bambara groundnuts, white, boiled* (without salt)	16	1.0	58	103	380	8	0.80	0.21		0	
03_022 SD or min-max n	Beans, white, dried	74 1	5.7 1	186 1	429 1	1550 1	18 1	3.77 1	0.47 1	15	0 1	[179] 38-320 2
03_023	Beans, white, boiled* (without salt)	23	1.8	59	143	429	6	1.26	0.12	6	0	[66]

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
03 Legumes and their products										
03_009	African locust bean, seeds, dried	0		0.30	0.20	3.0			0	6
n				1	1	1			1	1
03_010	African yam bean, dried, raw	0		0.69					0	
SD or min-max										
n		1		1					1	
03_011	African yam bean, boiled* (without salt)	0		0.17					0	
03_001	Bambara groundnut, dried, raw	0		0.38	0.12	1.9			0	Tr
SD or min-max				0.30-0.47	0.10-0.14	1.8-2.0				
n		1		2	2	2			1	1
03_012	Bambara groundnut, boiled* (without salt)	0		0.09	0.03	0.5			0	Tr
03_013	Bambara groundnut, black-white-eye, dried, raw (Ghana) n=1	0		0.38	0.12	1.9			0	Tr
03_014	Bambara groundnut, brown white-eye, dried, raw (Ghana) n=1	0		0.38	0.12	1.9			0	Tr
03_015	Bambara groundnut, cream black-eye, dried, raw (Ghana) n=1	0		0.38	0.12	1.9			0	Tr
03_016	Bambara groundnut, cream pink-eye, dried, raw (Ghana) n=1	0		0.38	0.12	1.9			0	Tr
03_017	Bambara groundnut, maroon white-eye, dried, raw (Ghana) n=1	0		0.38	0.12	1.9			0	Tr
03_018	Bambara groundnut, combined varieties, dried, raw (Ghana)	0		0.38	0.12	1.9			0	Tr
SD or min-max		0		0.00	0.00	0.0				
n		5		5	5	5			5	5
03_019	Bambara groundnut, combined varieties, boiled* (Ghana) (without salt)	0		0.09	0.03	0.5			0	Tr
03_002	Bambara groundnut, red, dried, raw	0		0.39	0.12	1.9			0	Tr
SD or min-max										
n		1		1	1	1			1	1
03_020	Bambara groundnut, red, boiled* (without salt)	0		0.09	0.03	0.5			0	Tr
03_003	Bambara groundnuts, white, raw	0		0.39	0.12	1.9			0	Tr
n		1		1	1	1			1	1
03_021	Bambara groundnuts, white, boiled* (without salt)	0		0.09	0.03	0.5			0	Tr
03_022	Beans, white, dried	0	0.19	0.89	0.11	1.6	0.51	395	0	0
SD or min-max				0.80-0.97	0.02-0.20					
n		1	1	2	2	1	1	1	1	1
03_023	Beans, white, boiled* (without salt)	0	0.06	0.21	0.03	0.4	0.13	73	0	0

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
03 Legumes and their products										
03_024	Broad beans, dried, raw	Fève, sèche, crue	1.00	(300)1260	11.0	26.1	1.8	31.7	26.3	3.1
SD or min-max n					11.0-11.0 2	26.1-26.1 2	1.53-2.1 2		25.0-27.0 1	
03_025	Broad beans, boiled* (without salt)	Fève, bouillie* (sans sel)	1.00	(120)504	64.4	10.4	0.7	12.7	10.5	1.2
03_004	Cowpea, dried, raw	Niébé, sec, cru	1.00	(316)1340	11.8	21.2	1.3	47.2	15.3	3.2
SD or min-max n					1.0 7	3.8 11	0.2 11		5.3 3	0.3 5
03_007	Cowpea, boiled* (without salt)	Niébé, bouilli* (sans sel)	1.00	(117)494	67.3	7.9	0.5	17.5	5.7	1.2
03_005	Cowpea, black, dried, raw	Niébé, noir, sec, cru	1.00	(301)1270	12.7	21.1	1.6	40.0	21.0	3.6
SD or min-max n					12.6-12.9 2	17.7-24.5 2	1.6-1.6 2			3.3-3.8 2
03_026	Cowpea, black, boiled* (without salt)	Niébé, noir, bouilli* (sans sel)	1.00	(111)469	67.7	7.8	0.6	14.8	7.8	1.3
03_027	Cowpea, brown, dried, raw	Niébé, brun, sec, cru	1.00	(318)1340	12.5	21.2	1.6	47.3	14.2	3.0
SD or min-max n					2.8 3	3.2 3	0.2 3		10.3-18.1 2	0.6 3
03_028	Cowpea, brown, boiled* (without salt)	Niébé, brun, bouilli* (sans sel)	1.00	(118)496	67.6	7.9	0.6	17.5	5.3	1.1
03_006	Cowpea, white, dried, raw	Niébé, blanc, sec, cru	1.00	(319)1350	13.3	19.2	1.5	52.0	10.6	3.5
SD or min-max n					4.3 4	4.1 4	0.4 4			3.2-3.8 2
03_029	Cowpea, white, boiled* (without salt)	Niébé, blanc, bouilli* (sans sel)	1.00	(118)500	67.9	7.1	0.6	19.3	3.9	1.3
03_030	Lentils, dried, raw	Lentilles, sèches, crues	1.00	(297)1240	10.3	25.4	1.8	29.4	30.5	2.5
SD or min-max n					0.6 3	1.0 3	1.1-2.5 3			2.4-2.7 2
03_031	Lentils, boiled* (without salt)	Lentilles, bouillies* (sans sel)	1.00	(109)456	67.1	9.3	0.7	10.8	11.2	0.9
03_032	Pigeon pea, dried, raw	Pois d'Angole, sec, cru	1.00	(301)1260	13.4	18.4	1.5	43.2	20.2	3.3
SD or min-max n					1.8 5	1.0 4	0.4 3			0.2 4
03_033	Pigeon pea, boiled* (without salt)	Pois d'Angole, bouilli* (sans sel)	1.00	(111)469	67.9	6.8	0.6	16.0	7.5	1.2
03_008	Soya bean, dried, raw	Soja, sec, cru	1.00	(410)1720	9.3	32.0	17.0	27.6	9.3	4.9
SD or min-max n					4.0 4	4.0 4	4.0 4			4.0 4
03_034	Soya bean, boiled* (without salt)	Soja, bouilli* (sans sel)	1.00	(178)746	60.6	13.9	7.4	12.0	4.0	2.1

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
03 Legumes and their products												
03_024	Broad beans, dried, raw	102	6.1	191	506	1080	12	3.1	0.82	3	0	32
SD or min-max n		100-103 2	5.5-6.7 2	190-192 2	421-590 2	1060-1090 2	11-13 2	3.1-3.14 2	0.82-0.82 2		0-0 2	1
03_025	Broad beans, boiled* (without salt)	35	2.1	65	182	323	4	1.1	0.23	1	0	13
03_004	Cowpea, dried, raw	82	7.3	187	387	1210	19	4.61	0.68	3	0	32
SD or min-max n		13 11	2.2 11	120 5	20 8	355 5	6 4	2.11 5	0.40 5		1	33 3
03_007	Cowpea, boiled* (without salt)	26	2.3	59	129	336	5	1.54	0.18	1	0	12
03_005	Cowpea, black, dried, raw	69	5.5	202	402	1380	19	3.89	0.60		0	
SD or min-max n		63-76 2	4.3-6.8 2		390-410 2			3.79-4.00 2			1	
03_026	Cowpea, black, boiled* (without salt)	22	1.7	64	134	383	5	1.30	0.16		0	
03_027	Cowpea, brown, dried, raw	76	8.7	202	422	1120	22	4.37	1.12		0	
SD or min-max n		14 3	2.5 3		95 3	1090-1160 2	5-40 2	0.98 3			1	
03_028	Cowpea, brown, boiled* (without salt)	24	2.7	111	141	312	6	1.46	0.29		0	
03_006	Cowpea, white, dried, raw	69	8.5	232	357	1020	25	4.58	0.97		0	
SD or min-max n		20 4	2.0 4	32 3	45 4	263 4	8 3	0.28 4	0.06 3		1	
03_029	Cowpea, white, boiled* (without salt)	22	2.7	73	119	284	7	1.53	0.25		0	
03_030	Lentils, dried, raw	61	7.0	103	391	855	9	3.9	0.74	3	0	42
SD or min-max n		56-71 3	6.5-7.5 2	23 3	53 3	160 3	6-12 2	0.9 3	0.26 3		0-0 3	23-60 2
03_031	Lentils, boiled* (without salt)	19	2.2	32	129	235	2	1.29	0.19	1	0	15
03_032	Pigeon pea, dried, raw	257	4.7	183	269	1390	17	1.96	1.02	1	0	12
SD or min-max n		202 3		1	200-338 2		1	1.01-2.91 2		1	1	1
03_033	Pigeon pea, boiled* (without salt)	81	1.5	58	90	387	5	0.65	0.27	0	0	4
03_008	Soya bean, dried, raw	232	7.8	245	468	1740	5	4.73	1.48	1	0	13
SD or min-max n		4 4	4.0 4	1 1	4 4	1700-1790 2	1 1	1.00 1	1.00 1		1	1
03_034	Soya bean, boiled* (without salt)	86	2.9	91	183	569	2	1.85	0.45	0	0	6

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
03 Legumes and their products										
03_024	Broad beans, dried, raw	0	[0.05]	0.53	0.30	2.7	0.37	423	0	Tr
SD or min-max				0.50-0.56	0.26-0.33	2.6-2.8	0.37-0.37		0-0	
n		1	1	2	2	2	2	1	2	1
03_025	Broad beans, boiled* (without salt)	0	[0.02]	0.14	0.09	0.7	0.10	85	0	Tr
03_004	Cowpea, dried, raw	0	[0.42]	0.71	0.15	3.1	0.36	417	0	0.8
SD or min-max				0.35	0.04	1.3	0.20-0.51	395-439		0.8
n		1	1	6	6	6	2	2	1	5
03_007	Cowpea, boiled* (without salt)	0	[0.14]	0.17	0.04	0.7	0.09	77	0	0.2
03_005	Cowpea, black, dried, raw	0	[0.39]	0.70	0.15	3.0	0.35	412	0	0.8
SD or min-max										
n		1	1	1	1	1	1	1	1	1
03_026	Cowpea, black, boiled* (without salt)	0	[0.13]	0.17	0.04	0.7	0.09	76	0	0.2
03_027	Cowpea, brown, dried, raw	0	[0.51]	0.70	0.15	3.0	0.35	413	0	0.8
SD or min-max										
n		1	1	1	1	1	1	1	1	1
03_028	Cowpea, brown, boiled* (without salt)	0	0.17	0.17	0.04	0.7	0.09	77	0	0.2
03_006	Cowpea, white, dried, raw	0	[0.39]	0.69	0.15	3.0	0.35	410	0	0.8
SD or min-max										
n		1	1	1	1	1	1	1	1	1
03_029	Cowpea, white, boiled* (without salt)	0	[0.13]	0.17	0.04	0.7	0.09	76	0	0.2
03_030	Lentils, dried, raw	0	[0.49]	0.59	0.23	2.3	0.68	295	0	Tr
SD or min-max				0.25	0.04	0.3	0.22	110-479	0	
n		3	1	3	3	3	3	2	3	1
03_031	Lentils, boiled* (without salt)	0	[0.16]	0.14	0.06	0.5	0.17	54	0	Tr
03_032	Pigeon pea, dried, raw	0		0.62	0.18	2.9	0.27	456	0	Tr
SD or min-max										
n		1		1	1	1	1	1	1	1
03_033	Pigeon pea, boiled* (without salt)	0		0.15	0.05	0.7	0.07	84		Tr
03_008	Soya bean, dried, raw	0	[0.72]	0.70	0.28	2.0	0.82	375	0	Tr
SD or min-max				0.70-0.71	0.25-0.30	2.0-2.0				
n		1	1	2	2	2	1	1	1	1
03_034	Soya bean, boiled* (without salt)	0	[0.28]	0.20	0.09	0.6	0.25	82	0	Tr

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
03 Legumes and their products										
03_035	Soybean, Salintuya-1, dried, raw (Ghana) n=1	Soja, Salintuya-1, sec, cru (Ghana) n=1	1.00	(412)1730	8.1	35.5	16.1	26.6	9.3	4.3
03_036	Soybean, Anidaso, dried, raw (Ghana) n=1	Soja, Anidaso, sec, cru (Ghana) n=1	1.00	(411)1720	8.1	35.9	15.8	26.5	9.3	4.4
03_037	Soybean, Quarshie, dried, raw (Ghana) n=1	Soja, Quarshie, sec, cru (Ghana) n=1	1.00	(408)1710	6.6	35.4	13.1	32.5	9.5	3.0
03_038	Soybean, Jenguma, dried, raw (Ghana) n=1	Soja, Jenguma, sec, cru (Ghana) n=1	1.00	(423)1770	8.8	31.9	18.6	27.5	9.3	4.0
03_039 SD or min-max n	Soya bean, combined varieties, dried, raw (Ghana)	Soja, variétés combinées, sec, cru (Ghana)	1.00	(413)1730	7.9 0.9 4	34.7 1.9 4	15.9 2.3 4	28.3	9.4 0.1 4	3.9 0.7 4
03_040	Soya bean, combined varieties, boiled* (Ghana) (without salt)	Soja, variétés combinées, bouilli* (Ghana) (sans sel)	1.00	(180)753	60.0	15.1	6.9	12.3	4.1	1.7
04 Vegetables and their products										
04_023 SD or min-max n	Amaranth, leaves, raw	Amarante, feuilles, crue	0.94	(39)164	87.8 2.9 10	3.8 1.0 12	0.3 0.2 9	4.6	[1.4] 0.5 5	2.1 0.6 6
04_024	Amaranth, leaves, boiled* (without salt)	Amarante, feuilles, bouillie* (sans sel)	1.00	(41)173	87.1	4.6	0.3	4.8	[1.5]	2.2
04_001 SD or min-max n	Baobab, leaves, raw	Baobab, feuilles, cru	0.82	(70)300	76.7 3.4 6	3.5 1.0 6	0.5 1	9.2	7.2 1	2.8 2.8-2.8 2
04_025	Baobab, leaves, boiled* (without salt)	Baobab, feuilles, bouilli* (sans sel)	1.00	(74)310	75.5	3.7	0.6	9.7	7.6	2.9
04_002 SD or min-max n	Baobab, leaves, dried	Baobab, feuilles, séché	1.00	(272)1140	7.5 0.9 5	13.7 0.6 4	2.1 1	35.2	28.6 1	12.9 1
04_003 SD or min-max n	Beans, green raw	Haricot, vert, cru	0.83	(40)167	87.9 8.4 6	3.1 2.6 6	0.2 0.1 5	5.0	2.5 1.9-3.1 2	1.2 0.6-1.8 2
04_026	Beans, green, boiled* (without salt)	Haricot, vert, bouilli* (sans sel)	1.00	(44)184	86.7	3.4	0.3	5.5	2.7	1.3
04_005 SD or min-max n	Cabbage, raw	Chou, cru	0.80	(28)115	91.2 0.8 4	1.6 0.1 4	0.1 0.0 4	3.8	2.6 1	0.8 0.7-0.8 2
04_027	Cabbage, boiled* (without salt)	Chou, bouilli* (sans sel)	1.00	(28)118	91.0	1.6	0.1	3.9	2.7	0.8
04_006 SD or min-max n	Carrot, raw	Carotte, crue	0.89	(35)149	88.8 0.6 7	1.0 0.2 9	0.3 0.3 8	5.7	3.1 2.6-3.6 2	1.1 0.4 3
04_007	Carrot, boiled* (without salt)	Carotte, bouillie* (sans sel)	1.00	(38)158	88.1	1.0	0.3	6.1	3.3	1.2

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
03 Legumes and their products												
03_035	Soybean, Salintuya-1, dried, raw (Ghana) n=1	219	8.3	248	601	1770	5	4.79	1.50	1	0	10
03_036	Soybean, Anidaso, dried, raw (Ghana) n=1	208	7.3	248	577	1770	5	4.79	1.50	1	0	10
03_037	Soybean, Quarshie, dried, raw (Ghana) n=1	197	3.9	253	400	1780	5	4.87	1.52	1	0	9
03_038	Soybean, Jenguma, dried, raw (Ghana) n=1	201	6.5	247	566	1750	5	4.75	1.49	1	0	12
03_039	Soya bean, combined varieties, dried, raw (Ghana)	206	6.5	249	536	1770	5	4.80	1.50	1	0	10
SD or min-max n		10	1.9	3	92	18	0	0.05	0.02		0	1
		4	4	3	4	4	4	4	4		4	4
03_040	Soya bean, combined varieties, boiled* (Ghana)(without salt)	76	2.4	92	210	578	2	1.88	0.46	0	0	4
04 Vegetables and their products												
04_023	Amaranth, leaves, raw	380	6.2	93	58	602	13	0.72	0.15	241	0	[2890]
SD or min-max n		108	3.3	55-130	55-65	24	7	0.13	0.13-0.16			1090
		8	10	2	2	3	3	4	2		1	6
04_024	Amaranth, leaves, boiled* (without salt)	380	4.9	58	54	317	10	0.57	0.15	228	0	[2740]
04_001	Baobab, leaves, raw	313	3.9	52	85	391	6	0.9	0.18	197	0	[2360]
SD or min-max n		122	2.2	26-78	18			0.2				2020-2700
		6	6	2	3	1	1	4	1		1	2
04_025	Baobab, leaves, boiled* (without salt)	313	3.1	33	80	206	5	0.7	0.18	186	0	[2230]
04_002	Baobab, leaves, dried	1240	15.4	206	355	1550	24	3.6	0.72	130	0	[1560]
SD or min-max n												1500-1620
		1	1	1	1	1	1	1	1		1	2
04_003	Beans, green raw	47	1.1	25	56	242	2	0.27	0.08	24	0	286
SD or min-max n		16	0.4	22-28	27	11	1	0.20-0.35			0-0	94
		6	6	2	4	4	4	2	1		2	3
04_026	Beans, green, boiled* (without salt)	48	1.0	21	56	181	2	0.26	0.07	25	0	302
04_005	Cabbage, raw	41	0.6	12	37	317	12	0.20	0.02	8	0	100
SD or min-max n		11	0.2		6		10-13					83-117
		4	4	1	4	1	2	1	1		1	2
04_027	Cabbage, boiled* (without salt)	40	0.4	7	34	162	9	0.15	0.02	8	0	91
04_006	Carrot, raw	35	0.7	12	42	266	42	0.26	0.06	713	0	8560
SD or min-max n		7	0.4	2	17	54	18	0.05	0.05-0.07		0-0	1360
		9	8	3	7	4	4	3	2		2	6
04_007	Carrot, boiled* (without salt)	35	0.6	8	40	127	24	0.20	0.06	683	0	8200

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
03 Legumes and their products										
03_035	Soybean, Salintuya-1, dried, raw (Ghana) n=1	0	[0.69]	0.71	0.28	2.0	0.83	380	0	Tr
03_036	Soybean, Anidaso, dried, raw (Ghana) n=1	0	[0.67]	0.71	0.28	2.0	0.83	380	0	Tr
03_037	Soybean, Quarshie, dried, raw (Ghana) n=1	0	[0.56]	0.73	0.28	2.1	0.84	386	0	Tr
03_038	Soybean, Jenguma, dried, raw (Ghana) n=1	0	[0.79]	0.71	0.28	2.0	0.82	377	0	Tr
03_039	Soya bean, combined varieties, dried, raw (Ghana)	0	[0.68]	0.72	0.28	2.0	0.83	381	0	Tr
SD or min-max		0	0.10	0.01	0.00	0.02	0.01	4	0	0
n		4	4	4	4	4	4	4	4	4
03_040	Soya bean, combined varieties, boiled* (Ghana) (without salt)	0	[0.26]	0.20	0.09	0.6	0.25	83	0	Tr
04 Vegetables and their products										
04_023	Amaranth, leaves, raw	0	0.24	0.04	0.33	0.9	0.19	79	0	45.0
SD or min-max				0.01	0.15	0.3		13		4.5
n		1	1	3	3	4	1	6	1	4
04_024	Amaranth, leaves, boiled* (without salt)	0	0.25	0.03	0.23	0.6	0.13	42	0	19.0
04_001	Baobab, leaves, raw	0	1.42	0.03	0.04	1.9	0.30	118	0	47
SD or min-max										42-52
n		1	1	1	1	1	1	1	1	2
04_025	Baobab, leaves, boiled* (without salt)	0	1.49	0.02	0.03	1.3	0.21	62	0	20
04_002	Baobab, leaves, dried	0	5.63	0.10	0.15	6.1	1.10	364	0	19
SD or min-max						5.3-6.8				
n		1	1	1	1	2	1	1	1	1
04_003	Beans, green raw	0	0.28	0.10	0.10	0.7	0.20	62	0	17.5
SD or min-max			0.24-0.32	0.04	0.05		0.14-0.26	23	0-0	16.0-19.0
n		1	2	3	3	1	2	3	2	2
04_026	Beans, green, boiled* (without salt)	0	0.30	0.08	0.08	0.5	0.16	37	0	11.7
04_005	Cabbage, raw	0	[0.15]	0.05	0.04	0.3	0.10	48	0	54.0
SD or min-max				0.01	0.01	0.1				0.0
n		1	1	3	3	3	1	1	1	3
04_027	Cabbage, boiled* (without salt)	0	[0.15]	0.03	0.02	0.2	0.07	25	0	22.0
04_006	Carrot, raw	0	0.47	0.06	0.05	0.7	0.23	31	0	7
SD or min-max				0.02	0.01	0.2	0.06	25	0-0	1
n		1	1	7	7	6	3	5	2	6
04_007	Carrot, boiled* (without salt)	0	0.49	0.04	0.04	0.5	0.17	17	0	3

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
04 Vegetables and their products										
04_008 SD or min-max n	Cassava, leaves, raw	Manioc, feuilles, cru	0.85	(97)411	73.2 2.8 7	7.5 0.8 8	0.9 0.2 8	12.9	[3.6] 0.5 4	1.8 0.2 4
04_028	Cassava, leaves, boiled* (without salt)	Manioc, feuilles, bouillie* (sans sel)	1.00	(102)432	71.7	7.9	0.9	13.6	[3.8]	1.9
04_009 SD or min-max n	Cocoyam, leaves, raw	Chou caraïbe, feuilles, cru	0.60	(35)145	90.2 2.6 4	3.2 1.0 4	0.7 0.3 3	3.1	[1.6] 0.3 3	1.3 1.1-1.5 2
04_029	Cocoyam, leaves, boiled* (without salt)	Chou caraïbe, feuilles, bouilli* (sans sel)	1.00	(36)153	89.7	3.3	0.8	3.2	[1.6]	1.4
04_010 SD or min-max n	Cowpea, leaves, raw	Niébé, feuilles, cru	0.80	(42)174	86.6 1.8 4	4.6 0.3 6	0.3 0.0 4	3.3	3.6 1	1.6 0.2 3
04_030	Cowpea, leaves, boiled* (without salt)	Niébé, feuilles, bouilli* (sans sel)	1.00	(44)184	85.9	4.8	0.3	3.5	3.8	1.7
04_031 SD or min-max n	Cowpea leaves, dried	Niébé, feuilles, séché	1.00	(282)1180	10.3 10.0-10.6 2	24.4 3.1 3	1.9 1	29.8	24.1 1	9.5 9.0-10.0 2
04_032 SD or min-max n	Cucumber, raw	Concombre, cru	0.81	(15)63	95.5 1.0 4	0.7 0.2 4	0.1 0.0 4	2.5	0.7 0.2 3	0.5 0.2 4
04_011 SD or min-max n	Drumstick, leaves, raw	Ben oléifère, feuilles, cru	0.80	(86)364	76.5 1.9 4	8.3 0.7 5	1.2 0.5 3	9.6	[2.0] 1	2.4 2.3-2.5 2
04_033	Drumstick, leaves, boiled* (without salt)	Ben oléifère, feuilles, bouilli* (sans sel)	1.00	(91)383	75.3	8.8	1.2	10.1	[2.1]	2.5
04_012 SD or min-max n	Eggplant, raw	Aubergine, crue	0.81	(30)125	90.9 1.5 5	1.1 0.2 6	0.2 0.0 5	4.6	2.6 2.4-2.8 2	0.6 0.0 3
04_034	Eggplant, boiled* (without salt)	Aubergine, bouillie* (sans sel)	1.00	(32)135	90.2	1.2	0.2	5.0	2.8	0.6
04_013 SD or min-max n	Eggplant, leaves, raw	Aubergine, feuilles, crue	0.80	(45)188	87.1 1.6 6	4.4 0.3 6	0.7 0.3 5	4.2	[1.9] 0.5 3	1.7 0.3 4
04_035	Eggplant, leaves, boiled* (without salt)	Aubergine, feuilles, bouillie* (sans sel)	1.00	(47)198	86.4	4.6	0.8	4.4	[2.0]	1.8
04_036 SD or min-max n	False sesame, leaves, raw	Faux sésame, feuilles, cru	0.80	(68)287	80.6 0.4 3	5.3 0.9 3	0.8 0.2 3	9.1	[1.8] 0.4 3	2.4 0.8 3
04_037	False sesame, leaves, boiled* (without salt)	Faux sésame, feuilles, bouilli* (sans sel)	1.00	(72)303	79.6	5.6	0.8	9.6	[1.9]	2.6
04_014 SD or min-max n	False sesame, leaves, dried	Faux sésame, feuilles, séché	1.00	(300)1270	13.6 11.8-15.4 2	17.7 14.2-21.2 2	3.4 1	45.7	[8.1] 1	11.5 1

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
04 Vegetables and their products												
04_008	Cassava, leaves, raw	276	5.5	58	106	605	6	0.69	0.16	286	0	[3430]
SD or min-max		79	2.6		25							3000-3850
n		7	8	1	5	1	1	1	1		1	2
04_028	Cassava, leaves, boiled* (without salt)	276	4.4	36	100	318	5	0.54	0.16	271	0	[3250]
04_009	Cocoyam, leaves, raw	63	2.4	64	60	418	3	0.41	0.27	376	0	4510
SD or min-max		30	0.9									3300-5720
n		3	3	1	1	1	1	1	1		1	2
04_029	Cocoyam, leaves, boiled* (without salt)	63	1.9	40	57	220	2	0.32	0.27	356	0	4270
04_010	Cowpea, leaves, raw	265	5.1	60	61	475	6	0.50	0.27	150	0	[1800]
SD or min-max		14	1.8		3			0.40-0.50				1122
n		5	5	1	3	1	1	2	1		1	3
04_030	Cowpea, leaves, boiled* (without salt)	265	4.0	38	58	250	5	0.39	0.27	142	0	[1700]
04_031	Cowpea, leaves, dried	1060	34.0	401	364	2850	40	3.35	1.81	201	0	[2407]
SD or min-max		813			348-380							
n		3	1	1	2	1	1	1	1		1	1
04_032	Cucumber, raw	13	0.5	12	26	134	10	0.17	0.07	3	0	35
SD or min-max		0	0.1		8	10	5					
n		3	4	1	4	3	3	1	1		1	1
04_011	Drumstick, leaves, raw	434	[6.1]	70	101	404	7	0.9	0.16	738	0	8850
SD or min-max		181	4.0	67	90-112	337-470	4-9	0.6-1.1	0.11-0.21			
n		5	3	3	2	2	1	2	2		1	1
04_033	Drumstick, leaves, boiled* (without salt)	434	[4.8]	44	96	212	5	0.7	0.16	699	0	8380
04_012	Eggplant, raw	13	0.9	12	24	264	4	0.14	0.09	3	0	30
SD or min-max		2	0.5	3	3	62	1				0	17-43
n		6	5	3	4	4	4	1	1		3	2
04_034	Eggplant, boiled* (without salt)	13	0.8	10	23	193	3	0.13	0.08	3	0	31
04_013	Eggplant, leaves, raw	332	[4.3]	58	44	437	6	0.73	0.18	296	0	[3550]
SD or min-max		70	1.6-7.1		38-49							
n		4	2	1	2	1	1	1	1		1	1
04_035	Eggplant, leaves, boiled* (without salt)	332	[3.4]	37	41	230	5	0.58	0.18	280	0	[3360]
04_036	False sesame, leaves, raw	442	3.2	58	63	404	6	0.95	0.49		0	
SD or min-max		123			20							
n		3	1	1	3	1	1	1	1		1	
04_037	False sesame, leaves, boiled* (without salt)	465	3.4	58	49	255	6	0.50	0.39		0	
04_014	False sesame, leaves, dried	1310	14.2	285	284	1800	27	4.23	2.2		0	
SD or min-max		1020-1600			250-319							
n		2	1	1	2	1	1	1	1		1	

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
04 Vegetables and their products										
04_008	Cassava, leaves, raw	0	2.40	0.25	0.46	1.6	0.30	118	0	39
SD or min-max				0.00	0.29	1.3				
n		1	1	3	4	3	1	1	1	1
04_028	Cassava, leaves, boiled* (without salt)	0	2.53	0.17	0.31	1.1	0.21	62	0	16
04_009	Cocoyam, leaves, raw	0	[2.02]	0.21	0.42	1.2	0.15	126	0	37
SD or min-max										
n		1	1	1	1	1	1	1	1	1
04_029	Cocoyam, leaves, boiled* (without salt)	0	[2.13]	0.14	0.29	0.8	0.10	66	0	16
04_010	Cowpea, leaves, raw	0	2.36	0.20	0.37	1.6	0.24	129	0	57
SD or min-max				0.00	0.00			123-135		56-60
n		1	1	3	3	1	1	2	1	4
04_030	Cowpea, leaves, boiled* (without salt)	0	2.48	0.14	0.25	1.1	0.16	68	0	24
04_031	Cowpea, leaves, dried	0	15.80	1.15	2.35	10.2	1.49	673	0	38
SD or min-max										
n		1	1	1	1	1		1	1	1
04_032	Cucumber, raw	0	0.03	0.02	0.01	0.3	0.04	6	0	14
SD or min-max						0.0	0.04-0.04		0-0	0
n		1	1	3	3	3	2	1	2	3
04_011	Drumstick, leaves, raw	0	3.07	0.23	0.73	2.7	1.20	205	0	164
SD or min-max				0.02	0.49	0.5	1.20-1.20	40-370		79
n		1	1	4	4	4	2	2	1	4
04_033	Drumstick, leaves, boiled* (without salt)	0	[3.23]	0.16	0.50	1.9	0.82	108	0	69
04_012	Eggplant, raw	0	0.03	0.05	0.05	0.6	0.09	26	0	6.3
SD or min-max			0.03-0.03	0.01	0.01	0.1	0.01	6	0	3.4
n		1	2	4	4	4	2	3	3	4
04_034	Eggplant, boiled* (without salt)	0	0.03	0.04	0.04	0.4	0.07	15	0	4.1
04_013	Eggplant, leaves, raw	0	1.95	0.15	0.40	1.4	0.30	118	0	79
SD or min-max										
n		1	1	1	1	1	1	1	1	1
04_035	Eggplant, leaves, boiled* (without salt)	0	2.05	0.10	0.27	0.9	0.21	62	0	33
04_036	False sesame, leaves, raw	0	2.02	0.16	0.41	1.4	0.30	118	0	28
SD or min-max										
n		1	1	1	1	1	1	1	1	1
04_037	False sesame, leaves, boiled* (without salt)	0	2.13	0.17	0.43	1.0	0.21	81	0	21
04_014	False sesame, leaves, dried	0	8.98	0.60	1.72	6.0	1.24	410	0	13
SD or min-max										
n		1	1	1	1	1	1	1	1	1

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
04 Vegetables and their products										
04_015 SD or min-max n	Garlic, raw	Ail, cru	0.87	(135)572	64.3 1.3 5	6.8 1.2 5	0.4 0.2 5	25.0	2.3 1.5-3.0 2	1.3 1.2-1.3 2
04_038 SD or min-max n	Jute (bush-okra), leaves, raw	Jute, feuilles, cru	0.80	(59)248	82.9 80.40-85.4 2	3.9 3.4-4.5 2	0.3 0.3-0.3 2	9.1	[2.0] 2.0-2.0 2	1.8 1
04_039	Jute (bush-okra), leaves, boiled* (without salt)	Jute, feuilles, bouilli* (sans sel)	1.00	(62)261	82.0	4.2	0.3	9.5	[2.1]	1.9
04_040 SD or min-max n	Lettuce, raw	Laitue, crue	0.70	(18)75	94.5 0.8 4	1.0 0.2 4	0.2 0.1 3	2.3	1.2 1	0.8 0.6-0.9 2
04_004 SD or min-max n	Okra, leaves, raw	Gombo, feuilles, cru	0.80	(40)169	86.2 4.3 3	2.7 1.5 3	0.3 0.3 3	4.3	4.9 1	1.6 1.0-2.2 2
04_041	Okra, leaves, boiled* (without salt)	Gombo, feuilles, bouilli* (sans sel)	1.00	(43)178	85.5	2.8	0.3	4.6	5.2	1.7
04_017 SD or min-max n	Okra, fruit, raw	Gombo, cru	0.86	(33)138	89.8 2.8 5	1.7 0.3 6	0.2 0.1 4	4.4	3.2 1	0.7 0.2 3
04_042	Okra, fruit, boiled* (without salt)	Gombo, bouilli* (sans sel)	1.00	(37)158	88.4	1.9	0.3	5.0	3.6	0.7
04_018 SD or min-max n	Onion, raw	Oignon, cru	0.91	(37)154	89.5 2.8 14	1.1 0.2 11	0.1 0.1 13	6.9	1.8 1	0.6 0.1 5
04_043	Onion, boiled* (without salt)	Oignon, bouilli* (sans sel)	1.00	(45)88	87.2	1.4	0.1	8.4	2.2	0.8
04_044 SD or min-max n	Onions, dried	Oignon, sec	1.00	(354)1500	4.2 3.9-4.5 2	9.6 9.0-10.2 2	1.1 0.5-1.7 2	71.1	10.7 9.2-12.1 2	3.4 1
04_045 SD or min-max n	Parsley, fresh	Persil, frais	0.95	(47)199	84.9 83.9-85.8 2	3.5 0.7 4	0.4 0.1 3	5.7	3.3 1	2.2 1
04_046 SD or min-max n	Peppers, chilli, raw	Piment, fort, cru	0.73	(45)191	87.3 1.1 3	1.9 0.1 3	0.3 0.1 3	7.6	2.2 1.2 3	0.7 0.6-0.9 2
04_047 SD or min-max n	Pepper, sweet, red, raw	Poivron, rouge, cru	0.83	(33)140	90.3 2.9 4	1.3 0.5 4	0.3 0.1 3	5.2	2.1 2.0-2.1 2	0.8 0.4 4
04_048	Pepper, sweet, red, boiled* (without salt)	Poivron, rouge, bouilli* (sans sel)	1.00	(38)161	88.8	1.5	0.4	6.0	2.4	0.9
04_049 SD or min-max n	Pepper, sweet, green, raw	Poivron, vert, cru	0.83	(26)109	92.2 3.5 5	0.9 0.0 4	0.2 0.1 4	4.1	2.0 0.4 4	0.5 0.2 3
04_050	Pepper, sweet, green, boiled* (without salt)	Poivron, vert, bouilli* (sans sel)	1.00	(30)125	91.1	1.0	0.3	4.7	2.3	0.6

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
04 Vegetables and their products												
04_015 SD or min-max n	Garlic, raw	32	1.6	21	158	533	11	0.79	0.15	0	0	0
		9	0.2		30	446-620	4-17	0.58-1.00			0-0	
		4	4	1	4	2	2	2	1		2	1
04_038 SD or min-max n	Jute (bush-okra), leaves, raw	360	4.2	58	122	437	6	0.44	0.18	261	0	[3130]
		1	1	1	1	1	1	1	1		1	1
04_039	Jute (bush-okra), leaves, boiled* (without salt)	360	3.3	37	116	230	5	0.35	0.18	247	0	[2960]
04_040 SD or min-max n	Lettuce, raw	27	0.8	9	28	204	10	0.29	0.05	93	0	[1120]
		11	0.6		10	177-230	7-12	0.09				825
		4	4	1	3	2	2	3	1		1	3
04_004 SD or min-max n	Okra, leaves, raw	297	0.6	38	73	199	4	0.88	0.01	56	0	672
		64-530	0.1		70-75			0.46-1.30				237
		2	3	1	2	1	1	2	1		1	3
04_041	Okra, leaves, boiled* (without salt)	297	0.5	24	69	105	3	0.70	0.01	53	0	637
04_017 SD or min-max n	Okra, fruit, raw	84	0.8	13	40	303	8	0.60	0.09	26	0	313
		57	0.5		18			0.06				
		6	5	1	3	1	1	3	1		1	1
04_042	Okra, fruit, boiled* (without salt)	87	0.8	12	42	234	7	0.58	0.09	28	0	341
04_018 SD or min-max n	Onion, raw	25	0.3	10	39	183	4	0.26	0.04	0	0	1
		11		10-10	12	46	2.7-6.0	0.19			0-0	
		15	1	2	11	5	2	3	1		2	1
04_043	Onion, boiled* (without salt)	29	0.3	7	43	101	3	0.24	0.05	0	0	1
04_044 SD or min-max n	Onions, dried	239	2.1	64	282	1510	21	1.80	0.42	1	0	11
		220-257	1.6-2.6	35-92	260-303	1390-1620		1.70-1.89	0.42-0.43		0-0	
		2	2	2	2	2	1	2	2		2	1
04_045 SD or min-max n	Parsley, fresh	217	4.9	27	58	600	28	0.77	0.16	583	0	7000
		206-228	1.5-2.2	11	12	399-800	12-44	0.46-1.07				
		2	2	3	3	2	2	2	1		1	1
04_046 SD or min-max n	Peppers, chilli, raw	16	1.1	24	43	331	8	0.29	0.15	53	0	640
		2	1.0-1.2	23-25	4	322-340	1	0.02	0.13-0.17		0-0	572-708
		3	2	2	3	2	2	3	2		2	2
04_047 SD or min-max n	Pepper, sweet, red, raw	12	0.4	12	39	267	6	0.33	0.05	191	0	2300
		9	0.0	0	18	120	3	0.16	0.02-0.08		0	1040
		6	3	3	5	4	4	3	2		4	3
04_048	Pepper, sweet, red, boiled* (without salt)	13	0.4	11	40	208	5	0.32	0.05	211	0	2530
04_049 SD or min-max n	Pepper, sweet, green, raw	17	0.3	9	31	239	6	0.12	0.07	29	0	353
		11	0.0	3	21	134	3	0.11-0.13	0.07-0.08		0	254
		5	3	3	4	4	4	2	2		2	4
04_050	Pepper, sweet, green, boiled* (without salt)	17	0.3	8	32	187	5	0.12	0.07	32	0	390

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
04 Vegetables and their products										
04_015 SD or min-max n	Garlic, raw	0	0.01	0.17	0.06	0.5	0.79	4	0	18
		1	1	0.04 3	0.03-0.10 2	0.3-0.7 2	0.38-1.20 2	3-5 2	0-0 2	9 4
04_038 SD or min-max n	Jute (bush-okra), leaves, raw	0	0.79	0.15	0.53	1.2	0.30	118	0	80
		1	1	1	1	1	1	1	1	1
04_039	Jute (bush-okra), leaves, boiled* (without salt)	0	0.83	0.10	0.36	0.8	0.21	62	0	34
04_040 SD or min-max n	Lettuce, raw	0	0.60	0.06	0.15	0.4	0.20	89	0	5.3
		1	1	1	1	1	1	1	1	1
04_004 SD or min-max n	Okra, leaves, raw	0	0.73	0.16	0.41	0.2	0.30	118	0	36.0
		1	1	0.07-0.25 2	1	1	1	1	1	1
04_041	Okra, leaves, boiled* (without salt)	0	0.77	0.11	0.28	0.1	0.21	62	0	15.2
04_017 SD or min-max n	Okra, fruit, raw	0	0.36	0.04	0.08	0.7	0.22	88	0	28
		1	1	0.04-0.04 2	0.08-0.08 2	0.6-0.8 2	1	1	1	14 4
04_042	Okra, fruit, boiled* (without salt)	0	0.40	0.03	0.07	0.5	0.17	54	0	19
04_018 SD or min-max n	Onion, raw	0	0.04	0.05	0.04	0.2	0.10	16	0	10.3
		1	0.01-0.07 2	0.07 7	0.01 7	0.1 8	0.05 6	4 4	0-0 3	2.4 8
04_043	Onion, boiled* (without salt)	0	0.05	0.04	0.04	0.2	0.08	10	0	4.2
04_044 SD or min-max n	Onions, dried	0	0.40	0.37	0.10	0.9	1.60	166	0	54.0
		0-0 2	1	0.23-0.50 2	1	0.8-1.0 2	1	1	0-0 2	33.0-75.0 2
04_045 SD or min-max n	Parsley, fresh	0	[0.75]	0.14	0.21	1.3	0.22	170	0	175
		1	1	0.04 3	0.11 3	1	0.20-0.23 2	1	1	24 3
04_046 SD or min-max n	Peppers, chilli, raw	0	[0.69]	0.08	0.09	1.1	0.39	23	0	193.1
		0-0 2	0.69-0.69 2	0.07-0.09 2	0.09-0.09 2	1.0-1.2 2	0.28-0.51 2	23-23 2	0-0 2	143.7-242.5 2
04_047 SD or min-max n	Pepper, sweet, red, raw	0	[1.73]	0.07	0.09	1.2	0.32	45	0	161.2
		0 3	1.11 3	0.04 4	0.05 4	0.4 3	0.04 4	31 4	4 4	31.8 3
04_048	Pepper, sweet, red, boiled* (without salt)	0	[1.93]	0.05	0.08	0.9	0.25	28	0	113.0
04_049 SD or min-max n	Pepper, sweet, green, raw	0	0.70	0.08	0.09	0.5	0.28	26	0	112.9
		1	0.55-0.85 2	0.04 4	0.07 4	0.5-0.6 2	0.08 4	12 4	0 4	26.3 4
04_050	Pepper, sweet, green, boiled* (without salt)	0	0.78	0.07	0.08	0.4	0.22	16	0	79.1

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
04 Vegetables and their products										
04_051 SD or min-max n	Pumpkin, squash, raw	Courge/citrouille, crue	0.70	(29)121	91.9	1.0	0.1	5.6	0.8	0.7
					1.6 3	0.0 3	0.1-0.1 2		0.1 3	0.2 3
04_052	Pumpkin, squash, boiled* (without salt)	Courge/citrouille, bouillie* (sans sel)	1.00	(31)132	91.2	1.1	0.1	6.1	0.8	0.8
04_053 SD or min-max n	Pumpkin leaves, raw	Courge, feuilles, crue	0.41	(27)115	90.4	3.7	0.3	1.3	[2.4]	1.9
					2.1 3	0.5 3	0.1 3		2.4-2.4 2	0.6 3
04_054	Pumpkin leaves, boiled* (without salt)	Courge, feuilles, bouillie* (sans sel)	1.00	(29)121	89.9	3.9	0.3	1.4	[2.5]	2.0
04_055 n	Pumpkin leaves, dried	Courge, feuilles, séchée	1.00	(253)1060	19.0 1	34.5 1	2.3 1	14.5	[18.0]	11.7 1
04_016 SD or min-max n	Roselle leaves, raw	Oseille de Guinée, feuilles, crue	0.80	(40)166	86.7	2.8	0.2	4.1	5.0	1.2
					4.2 6	0.6 7	0.1 6		1	0.4 4
04_056	Roselle leaves, boiled* (without salt)	Oseille de Guinée, feuilles, bouillie* (sans sel)	1.00	(42)175	86.0	3.0	0.3	4.3	5.3	1.2
04_057 SD or min-max n	Spinach, raw	Épinards, crus	0.72	(28)115	90.9	2.8	0.6	1.7	2.2	1.8
					1.1 3	0.1 3	0.2 3		2.2-2.2 2	1.7-1.9 1
04_058	Spinach, boiled* (without salt)	Épinards, bouillis* (sans sel)	1.00	(29)122	90.5	2.9	0.6	1.8	2.3	1.9
04_059 SD or min-max n	Sweet potato, leaves, raw	Patate douce, feuilles, crue	0.80	(51)215	84.7	4.4	0.2	6.7	2.3	1.8
					2.9 3	0.3 3	0.1 3		0.2 3	0.4 3
04_060	Sweet potato, leaves, boiled* (without salt)	Patate douce, feuilles, bouillie* (sans sel)	1.00	(54)226	83.3	4.6	0.2	7.0	2.4	1.9
04_019 SD or min-max n	Tamarind, leaves, raw	Tamarin, feuilles, cru	0.80	(99)416	74.3	4.0	2.1	13.9	[4.1]	1.6
					70.5-78.0 2	1.6 3	1.4 3		1	1
04_061	Tamarind, leaves, boiled* (without salt)	Tamarin, feuilles, bouilli* (sans sel)	1.00	(104)436	72.9	4.2	2.2	14.6	[4.3]	1.7
04_062 n	Tamarind, leaves, dried	Tamarin, feuilles, séché	1.00	(372)1560	3.9 1	14.0 1	8.0 1	53.3	[15.3]	5.5 1
04_020 SD or min-max n	Taro, leaves, raw	Taro, feuilles, cru	0.60	(46)191	85.7	4.7	0.7	3.3	3.7	1.9
					85.7-85.7 2	4.4-5.0 2	0.2 3		1	1
04_063	Taro, leaves, boiled* (without salt)	Taro, feuilles, bouilli* (sans sel)	1.00	(48)201	84.9	4.9	0.7	3.5	3.9	2.0
04_021 SD or min-max n	Tomato, red, ripe, raw	Tomate, rouge, mûre, crue	0.91	(22)91	93.5	1.0	0.2	3.3	1.4	0.6
					91.0 12	0.7 10	0.1 14		1.0 4	0.5 4
04_064	Tomato, red, ripe, boiled* (without salt)	Tomate, rouge, mûre, bouillie* (sans sel)	1.00	(28)117	91.7	1.3	0.2	4.2	1.8	0.7

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
04 Vegetables and their products												
04_051	Pumpkin, squash, raw	19	1.2	14	33	280	8	0.32	0.13	100	0	1200
SD or min-max		10	0.3		2	210-350						
n		3	3	1	3	2	1	1	1		1	1
04_052	Pumpkin, squash, boiled* (without salt)	19	1.1	12	33	207	7	0.30	0.12	104	0	1230
04_053	Pumpkin, leaves, raw	39	2.2	38	125	468	11	0.20	0.13	192	0	2300
SD or min-max					18	436-500						
n		1	1	1	3	2	1	1	1		1	1
04_054	Pumpkin, leaves, boiled* (without salt)	39	1.8	24	118	246	9	0.16	0.13	182	0	2180
04_055	Pumpkin, leaves, dried	330	18.8	322	1058	3690	93	1.69	1.13	324	0	3890
n		1	1	1	1	1	1	1	1		1	1
04_016	Roselle leaves, raw	212	[4.1]	58	65	437	6	0.90	0.18	215	0	[2580]
SD or min-max		74	3.2		19							2500-2670
n		6	6	1	4	1	1	1	1		1	2
04_056	Roselle leaves, boiled* (without salt)	212	[3.2]	37	61	230	5	0.71	0.18	204	0	[2450]
04_057	Spinach, raw	133	3.1	53	45	502	87	0.80	0.08	409	0	6040
SD or min-max		36	1.2	27	4	55	50	0.30	0.05		0	2090
n		3	3	3	3	3	3	3	3		3	3
04_058	Spinach, boiled* (without salt)	133	2.5	33	43	264	68	0.61	0.08	387	0	4650
04_059	Sweet potato, leaves, raw	37	[3.6]	61	87	522	9	0.29	0.04	489	0	5870
SD or min-max			1.0-6.2		6	89						
n		1	2	1	3	3	1	1	1		1	1
04_060	Sweet potato, leaves, boiled* (without salt)	37	[2.8]	39	83	291	7	0.23	0.04	463	0	5560
04_019	Tamarind, leaves, raw	403	5.2	71	81	292	4	0.72	0.07	21	0	250
SD or min-max		300-506										
n		2	1	1	1	1	1	1	1		1	1
04_061	Tamarind, leaves, boiled* (without salt)	403	4.1	45	77	153	3	0.57	0.07	20	0	237
04_062	Tamarind, leaves, dried	1500	19.4	265	302	1090	14	2.70	0.26	16	0	187
n		1	1	1	1	1	1	1	1		1	1
04_020	Taro, leaves, raw	105	2.2	45	56	649	3	0.66	0.27	324	0	3890
SD or min-max		6	0.2	45-45	6	648-650	3-3	0.41-0.90				2730
n		3	3	2	3	2	2	2	1		1	3
04_063	Taro, leaves, boiled* (without salt)	105	1.7	28	53	342	2	0.52	0.27	307	0	3690
04_021	Tomato, red, ripe, raw	13	0.6	13	32	255	7	0.70	0.15	52	0	624
SD or min-max		4	0.3	11	12	222	3	0.10	0.06		0	431
n		15	8	4	11	5	5	7	3		2	7
04_064	Tomato, red, ripe, boiled* (without salt)	15	0.6	13	37	222	7	0.76	0.16	64	0	768

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
04 Vegetables and their products										
04_051	Pumpkin, squash, raw	0	[1.06]	0.05	0.02	0.5	0.10	8	0	8.0
SD or min-max										
n		1	1	2	2	2	1	1	1	1
04_052	Pumpkin, squash, boiled* (without salt)	0	[1.12]	0.04	0.02	0.4	0.08	5	0	5.3
04_053	Pumpkin, leaves, raw	0	0.96	0.09	0.08	0.6	0.21	36	0	11.0
SD or min-max										
n		1	1	2	3	1	1	1	1	1
04_054	Pumpkin, leaves, boiled* (without salt)	0	1.01	0.06	0.06	0.4	0.14	19	0	4.6
04_055	Pumpkin, leaves, dried	0	8.12	0.63	0.66	5.0	1.65	238	0	9.3
n		1	1	1	1	1	1	1	1	1
04_016	Roselle leaves, raw	0	1.90	0.17	0.45	1.2	0.30	117	0	33
SD or min-max										20
n		1	1	1	1	1	1	1	1	3
04_056	Roselle leaves, boiled* (without salt)	0	2.00	0.12	0.31	0.8	0.21	62	0	14
04_057	Spinach, raw	0	2.31	0.08	0.17	0.9	0.19	176	0	36
SD or min-max		0	1.71-2.9	0.01	0.08	0.3	0.02	55	0	16
n		3	2	3	3	3	3	3	3	3
04_058	Spinach, boiled* (without salt)	0	3.10	0.06	0.21	0.6	0.13	93	0	15.0
04_059	Sweet potato, leaves, raw	0	0.96	0.13	0.31	1.0	0.19	80	0	11
SD or min-max										
n		1	1	2	2	2	1	1	1	1
04_060	Sweet potato, leaves, boiled* (without salt)	0	1.01	0.09	0.21	0.7	0.13	42	0	5
04_019	Tamarind, leaves, raw	0		0.17	0.11	3.5	0.30	117	0	5
SD or min-max										3-6
n		1		2	2	2	1	1	1	2
04_061	Tamarind, leaves, boiled* (without salt)	0		0.12	0.07	2.4	0.21	62	0	2
04_062	Tamarind, leaves, dried	0		0.55	0.37	12.3	1.04	341	0	1.7
n		1		1	1	1	1	1	1	1
04_020	Taro, leaves, raw	0	[2.02]	0.19	0.40	1.2	0.15	126	0	52
SD or min-max										
n		1	1	2	2	2	1	1	1	1
04_063	Taro, leaves, boiled* (without salt)	0	[2.13]	0.13	0.28	0.8	0.10	66	0	22
04_021	Tomato, red, ripe, raw	0	0.90	0.06	0.04	0.6	0.09	21	0	29.6
SD or min-max		0	0.80-1.00	0.05	0.04	0.1	0.08	15	0-0	8.0
n		1	2	9	9	9	4	4	2	11
04_064	Tomato, red, ripe, boiled* (without salt)	0	1.12	0.05	0.04	0.5	0.08	15	0	23.2

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
04 Vegetables and their products										
04_065 SD or min-max n	Tomatoes, canned, packed in juice	Tomates en conserve avec jus	1.00	(20)83	94.1 0.2 3	1.0 0.2 3	0.2 0.1 3	3.0	1.0 1	0.7 0.6-0.8 2
04_066 n	Tomato paste, concentrated	Concentré de tomate (pâte)	1.00	(89)376	73.5 1	4.3 1	0.5 1	14.8	4.1 1	2.8 1
04_067 n	Tomato, powder	Tomate en poudre	1.00	(321)1360	3.1 1	12.9 1	0.4 1	58.2	16.5 1	8.9 1
04_068 SD or min-max n	Turnip, raw	Navet, cru	0.81	(28)117	91.3 1.6 3	0.9 0.1 4	0.2 0.1 3	4.4	2.5 0.9 3	0.7 1
04_069	Turnip, boiled* (without salt)	Navet, bouilli* (sans sel)	1.00	(31)130	90.3	1.1	0.2	4.9	2.8	0.8
04_022 SD or min-max n	Vernonia, leaves, raw	Vernonie, feuilles, crue	0.80	(55)231	82.8 2.9 3	4.4 1.0 4	0.6 0.3 3	5.5	5.1 1	1.6 1.6-1.7 2
04_070	Vernonia, leaves, boiled* (without salt)	Vernonie, feuilles, bouillie* (sans sel)	1.00	(58)244	81.8	4.6	0.6	5.8	5.4	1.7
05 Fruits and their products										
05_023 n	African fan palm, fruit, pulp, raw	Rônier, pulpe, cru		(44)185	87.6 1	0.8 1	0.1 1	8.9	[2.0] 1	0.6 1
05_001 SD or min-max n	African locust bean, fruit, pulp, raw	Néré, fruit, pulpe, crue		(303)1280	15.9 4.1 3	3.3 0.1 3	0.9 0.8 3	64.0	[12.6] 1	3.2 2.9-3.5 2
05_024 SD or min-max n	African locust bean, flour from fruit, pulp	Néré, farine de la pulpe du fruit	1.00	(333)1410	7.7 1.5 3	4.6 1.4 4	1.3 0.4 3	69.0	[13.3] 12.5-14.1 2	4.1 4.0-4.2 2
05_025 SD or min-max n	Akee, pulp, raw	Finsan, pulpe, cru		(204)845	69.2 1	6.8 5.0-8.7 2	18.2 16.3-20.0 2	2.7	[1.6] 1.5-1.6 2	1.6 1.2-2.0 2
05_026 n	Apple, with skin, raw	Pomme, avec écorce, crue	0.90	(53)224	85.6 1	0.3 1	0.2 1	11.4	2.4 1	0.2 1
05_027 n	Apple, without skin, raw	Pomme, sans écorce, crue	0.77	(51)215	86.7 1	0.3 1	0.1 1	11.5	1.3 1	0.2 1
05_002 SD or min-max n	Avocado, pulp, raw	Avocat, pulpe, cru	0.74	(154)634	76.5 5.3 6	1.7 0.3 6	14.7 4.6 6	1.4	4.7 3.0-6.3 2	1.1 0.2 4

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
04 Vegetables and their products												
04_065	Tomatoes, canned, packed in juice	25	0.8	11	19	209	108	0.2	0.08	22	0	261
SD or min-max		11	0.3	0	0	36	60	0.1	0.02			166
n		3	3	3	3	3	3	3	3			3
04_066	Tomato paste, concentrated	64	3.0	60	86	1010	98	0.40	0.30	75	0	901
n		1	1	1	1	1	1	1	1		1	1
04_067	Tomato, powder	166	4.6	178	295	1930	134	1.71	1.24	862	0	10348
n		1	1	1	1	1	1	1	1		1	1
04_068	Turnip, raw	41	0.3	15	35	262	44	0.22	0.10	3	0	36
SD or min-max		3	0.2-0.3	7	3	21	23	0.20-0.23	0.06-0.14			31
n		4	2	3	3	3	3	2	2		1	3
04_069	Turnip, boiled* (without salt)	41	0.2	13	35	198	37	0.20	0.09	3	0	38
04_022	Vernonia, leaves, raw	162	2.8	58	67	437	6	1.01	0.18	241	0	[2900]
SD or min-max		29	1.9									
n		3	4	1	1	1	1	1	1		1	1
04_070	Vernonia, leaves, boiled* (without salt)	162	2.2	37	63	230	5	0.80	0.18	229	0	[2740]
05 Fruits and their products												
05_023	African fan palm, fruit, pulp, raw	27	1.0		30	54	1			Tr	0	Tr
n		1	1		1	1	1				1	1
05_001	African locust bean, fruit, pulp, raw	118	3.6	88	123	1670	5	0.8	0.02	203	0	2430
SD or min-max		11	3.6-3.6	41-134	87-160			0.8-0.9				
n		3	2	2	2	1	1	21	1		1	1
05_024	African locust bean, flour from fruit, pulp	162	4.0	96	135	1650	6	[1.1]	0.02	44	0	533
SD or min-max		145-178										
n		2	1	1	1	1	1	1	1		1	1
05_025	Akee, pulp, raw	26	[2.7]	97	51	340				46	0	555
SD or min-max		12-40			16-86							
n		2	1	1	2	1					1	1
05_026	Apple, with skin, raw	6	0.1	5	11	107	1	0.04	0.03	3	0	33
n		1	1	1	1	1	1	1	1		1	1
05_027	Apple, without skin, raw	5	0.1	4	11	90	0	0.05	0.03	2	0	24
n		1	1	1	1	1	1	1	1		1	1
05_002	Avocado, pulp, raw	15	0.8	32	46	492	4	0.51	0.23	6	0	68
SD or min-max		5	0.3	30-33	7	165	2	0.40-0.63			0	
n		6	3	2	6	4	4	2	1		3	1

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
04 Vegetables and their products										
04_065	Tomatoes, canned, packed in juice	0	0.96	0.05	0.04	0.7	0.11	17	0	10.9
SD or min-max		0	0.70-1.22	0.00	0.02	0.1	0.00	8	0	1.4
n		3	2	3	3	3	3	3	3	3
04_066	Tomato paste, concentrated	0	4.60	0.06	0.15	3.1	0.22	10	0	17.8
n		1	1	1	1	1	1	1	1	1
04_067	Tomato, powder	0	[12.25]	0.91	0.76	9.1	0.46	120	0	116.7
n		1	1	1	1	1	1	1	1	1
04_068	Turnip, raw	0	Tr	0.04	0.04	0.8	0.08	24	0	23.7
SD or min-max				0.01	0.02	0.3	0.01	11	0-0	6.4
n		1	1	4	4	4	3	3	2	3
04_069	Turnip, boiled* (without salt)	0	Tr	0.03	0.03	0.6	0.06	14	0	16.0
04_022	Vernonia, leaves, raw	0	1.56	0.16	0.41	1.4	0.30	113	0	27
SD or min-max										20-33
n		1	1	1	1	1	1	1		2
04_070	Vernonia, leaves, boiled* (without salt)	0	1.64	0.11	0.28	1.0	0.21	62	0	11
05 Fruits and their products										
05_023	African fan palm, fruit, pulp, raw	0		0.04	0.02	0.3			0	4.0
n		1		1	1	1			1	1
05_001	African locust bean, fruit, pulp, raw	0		1.07	0.70	1.3			0	234
SD or min-max				1.05-1.10	0.70-0.71	1.0-1.5				225-242
n		1		2	2	2			1	2
05_024	African locust bean, flour from fruit, pulp	0		0.94	0.74	1.2			0	26
SD or min-max										
n		1		1	1	1				1
05_025	Akee, pulp, raw	0		0.13	0.14	1.4			0	26
SD or min-max										
n		1		1	1	1			1	1
05_026	Apple, with skin, raw	0	[0.18]	0.02	0.03	0.1	0.04	3	0	4.6
n		1	1	1	1	1.0	1	1	1	1
05_027	Apple, without skin, raw	0	[0.05]	0.02	0.03	0.1	0.04	0	0	4.0
n		1	1	1	1	1	1	1	1	1
05_002	Avocado, pulp, raw	0	1.6	0.06	0.15	1.8	0.35	35	0	14
SD or min-max			1.3-1.9	0.01	0.00	0.5	0.15	17	0	4
n		1	2	4	4	4	3	3	2	3

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
05 Fruits and their products										
05_003 SD or min-max n	Banana, white flesh, raw	Banane, pulpe blanche, crue	0.64	(99)421	73.6 3.0 7	1.2 0.2 8	0.2 0.1 7	22.1	2.0 0.4 4	0.8 0.0 4
05_028 SD or min-max n	Banana, yellow flesh, raw	Banane, pulpe jaune, crue	0.64	(106)448	72.0 7.1 3	1.4 0.2 3	0.2 0.1 3	23.6	2.0 1	0.8 0.8-0.8 2
05_004 SD or min-max n	Baobab, fruit/Monkey bread, pulp, raw	Baobab, fruit, pulpe, cru	0.28	(302)1280	17.7 2.9 3	2.4 0.4 7	0.6 0.5 7	68.2	[6.8] 6.8-6.8 2	4.3 1
05_005 SD or min-max n	Breadfruit, raw	Fruit à pain, cru	0.80	(107)456	71.7 0.7 4	1.5 0.1 4	0.3 0.0 4	23.9	[1.9] 1.8-1.9 2	0.9 0.0 3
05_006 SD or min-max n	Cashew apple, pulp, raw	Pomme d'acajou, pulpe, crue	1.00	(56)235	85.8 0.3 4	1.0 0.1 4	0.7 0.1 4	10.7	[1.5] 1	0.4 1
05_029 SD or min-max n	Clementine, raw	Clémentine, crue	0.77	(47)201	87.0 86.6-87.5 2	0.9 0.85-0.9 2	0.1 0.1-0.2 2	9.9	1.7 1	0.4 1
05_007 n	Dattock, pulp, raw	Ditax, pulpe, crue	0.47	(125)530	66.9 1	1.9 1	0.4 1	27.3	[2.3] 1	1.2 1
05_008 n	Dattock, dried pulp, raw	Ditax, pulpe séchée, crue	1.00	(322)1360	14.0 1	3.4 1	1.0 1	71.2	[7.1] 1	3.3 1
05_030 n	Dates, raw	Dates, crues	0.90	(149)632	60.7 1	1.5 1	0.1 1	34.2	2.7 1	0.8 1
05_031 SD or min-max n	Dates, dried	Dates, séchées	1.00	(307)1300	18.7 3.8 5	2.3 0.6 5	0.3 0.2 5	70.1	6.9 0.6 3	1.6 0.1 4
05_032 SD or min-max n	Fig, raw	Figue, crue	0.99	(70)297	80.9 3 4	1.1 0.3 4	0.3 0.1 4	15	2.6 2.3-2.9 2	0.7 1
05_033 SD or min-max n	Fig, dried	Figue, séchée	0.99	(276)1170	25.7 8 3	3.4 0.2 3	1.1 0.4 3	58.4	9.6 9.3-9.8 2	1.9 1.9-1.9 2
05_034 SD or min-max n	Fruit cocktail, canned in syrup	Salade de fruits, en conserve, en sirop	1.00	(72)304	81.1 80.4-81.8 2	0.4 0.4-0.5 2	0.1 1	16.4	1.7 1	0.2 1
05_035 SD or min-max n	Grapefruit, pulp, raw	Pamplemousse, pulpe, crue	0.49	(33)141	90.7 1.5 5	0.7 0.1 5	0.1 0.0 5	6.8	1.2 1.1-1.3 2	0.5 0.2 4
05_010 SD or min-max n	Guava, fruit, raw	Goyave, fruit, cru	0.78	(57)238	82.9 1.1 7	1.0 0.1 7	0.4 0.3 8	9.5	5.6 0.7 3	0.6 0.1 3

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
05 Fruits and their products												
05_003	Banana, white flesh, raw	7	0.3	29	24	369	2	0.17	0.08	4	0	50
SD or min-max		2	0.1	2	3	14	1	0.02	0.04		0	32
n		8	4	4	6	5	5	3	4		3	3
05_028	Banana, yellow flesh, raw	6	0.3	29	25	376	2	0.20	0.08	119	0	1430
SD or min-max		3	0.0	24-32	4	42	1-2	0.00	0.05-0.10		0	
n		3	3	2	3	3	2	3	2		3	1
05_004	Baobab, fruit/Monkey bread, pulp, raw	276	[5.5]	91	83	1020		3.6	0.70	6	0	70
SD or min-max		75	3.0	53	39	891-1140		3.0-4.2	0.49-0.92			
n		7	3	3	6	2		1	2		1	1
05_005	Breadfruit, raw	29	2.0		34	422	13			1	0	[15]
SD or min-max		1	0.8		1							10-20
n		4	4		4	1	1				1	2
05_006	Cashew apple, pulp, raw	11	1.2	10	35	140	6			25	0	296
SD or min-max		2	0.3		9	130-150					0	95-494
n		4	3	1	3	2	1				1	2
05_029	Clementine, raw	31	0.1	10	20	154	3	0.08	0.03	6	0	75
SD or min-max		30-31	0.10-0.14	10-10	18-21	130-177	1-4	0.06-0.1	0.01-0.04			
n		2	2	2	2	2	2	2	2		1	1
05_007	Dattock, pulp, raw	27	0.5	20	48	345	2	0.17	0.10	14	0	165
n		1	1	1	1	1	1	1	1		1	1
05_008	Dattock, dried pulp, raw	110	1.4	53	125	807	5	0.44	0.24	7	0	86
n		1	1	1	1	1	1	1	1		1	1
05_030	Dates, raw	24	0.3	24	28	410	2	0.20	0.12	2	0	18
n		1	1	1	1	1	1	1	1		1	1
05_031	Dates, dried	46	1.1	45	56	669	4	0.36	0.28	1	0	7
SD or min-max		12	0.2	8	9	27		0.08	0.06		0	
n		5	5	5	5	5	1	4	5		3	1
05_032	Fig, raw	44	0.5	17	17	221	2	0.24	0.07	4	0	50
SD or min-max		14	0.3	2	2	18	1	0.08	0.01		0	34
n		3	3	3	3	3	3	3	3		3	3
05_033	Fig, dried	202	2.1	80	80	887	10	0.72	0.28	2	0	23
SD or min-max		45	2.0-2.2	12	11	180		0.18	0.03		0	6-40
n		3	2	3	3	3	1	3	3		3	2
05_034	Fruit cocktail, canned in syrup	6	0.3	5	11	93	5	0.09	0.05	5	0	54
SD or min-max		5-7	0.3-0.3	5-5	9-12	90-95	3-6	0.08-0.1	0.02-0.09		0-0	
n		2	2	2	2	2	2	2	2		2	1
05_035	Grapefruit, pulp, raw	20	0.3	9	16	164	2	0.07	0.05	1	0	18
SD or min-max		5	0.2	9-9	6	32	2	0.06-0.07	0.04-0.05			16-20
n		5	5	2	5	5	5	2	2		1	2
05_010	Guava, fruit, raw	23	0.7	13	32	270	4	0.32	0.06	35	0	419
SD or min-max		9	0.4	12-15	7	35	2	0.21	0.02-0.10		0	164
n		8	4	2	7	3	4	3	2		3	5

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
05 Fruits and their products										
05_003	Banana, white flesh, raw	0	0.37	0.04	0.04	0.6	0.34	19	0	10.4
SD or min-max		0	0.16	0.01	0.02	0.1	0.04	5	0	2.1
n		3	3	7	7	7	3	3	3	7
05_028	Banana, yellow flesh, raw	0	0.37	0.03	0.04	0.6	0.34	17	0	13.4
SD or min-max		0-0		0.01	0.02	0.1		14-19		11.0-15.7
n		2	1	3	3	3	1	2	1	2
05_004	Baobab, fruit/Monkey bread, pulp, raw	0		0.37	0.06	2.1	0.02		0	247
SD or min-max				0.01	0.00	0.1				84
n		1		3	3	3	1		1	5
05_005	Breadfruit, raw	0		0.09	0.05	1.0			0	27.7
SD or min-max				0.01	0.01					5.8
n		1		3	3	1			1	3
05_006	Cashew apple, pulp, raw	0		0.03	0.12	0.3			0	241
SD or min-max				0.00		0.2-0.4				16
n		1		4	1	2			1	4
05_029	Clementine, raw	0	[0.20]	0.09	0.04	0.5	0.07	21	0	51.4
SD or min-max		0-0		0.086-0.09	0.03-0.04	0.3-0.6	0.07-0.08	18-24		48.8-54
n		2	1	2	2	2	2	2	1	2
05_007	Dattock, pulp, raw	0	0.04	0.13	0.05	0.6	0.10	21	0	[1130]
n		1	1	1	1	1	1	1	1	1
05_008	Dattock, dried pulp, raw	0	0.11	0.27	0.12	1.4	0.25	33	0	[294]
n		1	1	1	1	1	1	1	1	1
05_030	Dates, raw	0	0.05	0.06	0.07	0.7	0.12	25	0	14
n		1	1	1	1	1	1	1	1	1
05_031	Dates, dried	0	0.10	0.06	0.08	1.6	0.20	36	0	3
SD or min-max				0.02	0.02	0.4	0.04		0	
n		1	1	5	2	5	4	1	3	1
05_032	Fig, raw	0	[0.11]	0.06	0.06	0.6	0.11	7	0	2.0
SD or min-max		0		0.01	0.01	0.4-0.7	0.01	6-7	0	
n		3	1	3	3	2	3	2	3	1
05_033	Fig, dried	0	[0.35]	0.08	0.09	0.7	0.14	10	0	1.2
SD or min-max		0		0.01	0.01	0.1	0.05	2	0	1.2-1.2
n		3	1	3	3	3	3	3	3	2
05_034	Fruit cocktail, canned in syrup	0	[0.60]	0.02	0.02	0.4	0.04	3	0	3.0
SD or min-max		0-0		0.02-0.02	0.01-0.02	0.4-0.4	0.03-0.05		0-0	1.9-4
n		2	1	2	2	2	2	1	2	2
05_035	Grapefruit, pulp, raw	0	0.25	0.05	0.02	0.2	0.04	12	0	36.1
SD or min-max				0.01	0.01	0.0	0.01	2	0-0	6.0
n		1	1	5	5	4	4	4	2	4
05_010	Guava, fruit, raw	0	[0.32]	0.05	0.04	1.2	0.14	7	0	261
SD or min-max		0-0		0.01	0.01	0.1	0.00			73
n		2	1	6	6	6	3	1	1	5

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
05 Fruits and their products										
05_011 SD or min-max n	Gumvine, raw	Liane goïne, fruit, cru	0.32	(75)319	80.4 2.3 5	0.7 0.2 5	0.2 0.1 6	17.1	[1.3] 1	0.4 1
05_012 SD or min-max n	Jujube, raw	Jujube, crue	0.93	(91)387	76.3 1.9 4	1.5 0.3 5	0.3 0.1 4	20.0	[1.5] 1	0.5 1
05_013 SD or min-max n	Landolphia, pulp, raw	Liane à caoutchouc, pulpe, crue	0.36	(63)266	83.7 2.1 3	0.8 0.1 5	0.1 0.0 5	14.5	[0.3] 1	0.6 1
05_014 SD or min-max n	Lemon, raw	Citron, cru	0.64	(36)150	90.2 0.9 6	0.4 0.1 4	0.5 0.2 6	6.3	2.1 1	0.3 0.1 4
05_036 n	Mango, deep orange flesh, raw	Mangue, pulpe orange foncée, crue	0.71	(76)323	79.7 1	0.4 1	0.2 1	17.3	2.1 1	0.3 1
05_015 SD or min-max n	Mango, orange flesh, raw	Mangue, pulpe orange, crue	0.71	(64)272	82.7 2.6 13	0.6 0.1 11	0.2 0.2 11	13.9	2.1 0.4 3	0.5 0.0 4
05_037 n	Mango, pale flesh, raw	Mangue, pulpe pâle, crue	0.71	(52)221	85.5 1	0.5 1	0.2 1	11.1	2.1 1	0.3 1
05_038 SD or min-max n	Melon, honeydew, raw	Melon, cru	0.46	(29)123	92.0 2.1 3	0.6 0.0 3	0.1 0.1 3	6.0	0.8 0.7-0.8 2	0.6 0.4-0.7 2
05_039 SD or min-max n	Melon, cantaloupe, raw	Cantaloupe, cru	0.51	(33)140	90.8 1.1 3	0.7 0.1 3	0.2 0.1 3	6.7	0.9 0.1 3	0.7 0.7-0.7 2
05_016 SD or min-max n	Orange, raw	Orange, crue	0.73	(45)190	87.8 1.5 9	0.7 0.2 9	0.3 0.1 7	8.9	1.7 1.6-1.8 2	0.5 0.0 4
05_040 SD or min-max n	Palm nuts, pulp, raw	Noix de palme, pulpe, crue	0.40	(527)2180	28.7 2.2 3	1.8 0.1 3	50.7 6.7 3	14.1	[3.8] 3.2-4.3 2	1.0 0.9-1.0 2
05_017 SD or min-max n	Papaya, fruit, ripe, raw	Papaye, fruit, mûr, cru	0.62	(36)151	89.8 1.0 8	0.5 0.1 10	0.1 0.0 10	7.3	1.9 0.0 3	0.4 0.0 3

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
05 Fruits and their products												
05_011	Gumvine, raw	53	1.3	116	32		4		0.03	Tr	0	Tr
SD or min-max		25	0.4	35	8							
n		5	5	3	5		1		1		1	1
05_012	Jujube, raw	32	0.8	10	24	255	3	0.07	0.07	2	0	22
SD or min-max		11	0.3	0	2	16	1	0.03	0.01			
n		5	4	3	3	4	4	3	3		1	20-24
05_013	Landolphia, pulp, raw	14	[1.2]	45	29	180	Tr	0.52	0.03	Tr	0	Tr
SD or min-max		2	0.3-2.0	29-60	18							
n		3	2	2	3	1	1	1	1		1	1
05_014	Lemon, raw	21	0.6	16	20	156	5	0.10	0.04	1	0	9
SD or min-max		4	0.1		5	10	1				0	2
n		7	7	1	7	4	4	1	1		3	3
05_036	Mango, deep orange flesh, raw	12	0.7	9	14	157	2	0.1	0.09	393	0	4720
n		1	1	1	1	1	1	1	1		1	1
05_015	Mango, orange flesh, raw	17	0.7	9	18	180	3	0.11	0.06	168	0	2020
SD or min-max		7	0.5	9-9	5	24	2	0.10-0.12	0.04		0	980
n		11	5	2	8	5	3	2	3		3	4
05_037	Mango, pale flesh, raw	8	0.6	7	14	138	Tr	0.1	0.06	59	0	708
n		1	1	1	1	1	1	1	1		1	
05_038	Melon, honeydew, raw	7	0.3	9	16	228	27	0.09	0.03	3	0	31
SD or min-max		2	0.2	1	1	18	8	0.02-0.04	0.02-0.04		0	17
n		3	3	3	3	3	3	2	2		3	3
05_039	Melon, cantaloupe, raw	13	0.2	12	22	248	13	0.18	0.04	158	0	1900
SD or min-max		6	0.1	1	14	33	5	0.18-0.18	0.04-0.04		0	1770-2030
n		3	3	3	3	3	3	2	2		3	2
05_016	Orange, raw	31	0.2	11	19	166	2	0.10	0.05	8	0	90
SD or min-max		5	0.1	10-12	4	17	1	0.01			0	28
n		10	10	2	9	5	5	3	1		3	3
05_040	Palm nuts, pulp, raw	53	4.8		56						0	
SD or min-max		25	0.3		47-65							
n		3	3		2						1	
05_017	Papaya, fruit, ripe, raw	20	0.7	19	15	210	3	0.12	0.02	80	0	966
SD or min-max		9	0.3	15	5	13	1	0.04	0.01		0	59
n		10	9	4	8	4	4	3	3		2	4

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
05 Fruits and their products										
05_011	Gumvine, raw	0		0.13	0.03	0.7	0.02		0	36.0
SD or min-max				0.1	0.00	0.5-0.8				21.0
n		1		3	3	2	1		1	3
05_012	Jujube, raw	0		0.02	0.03	1.0	0.08		0	62.8
SD or min-max				0.01	0.01	0.2	0.00			5.2
n		1		4	4	5	3		1	5
05_013	Landolphia, pulp, raw	0		0.04	0.03	0.1	0.06		0	35.6
SD or min-max				0.01	0.03-0.03					11.0-60.1
n		1		3	2	1	1		1	2
05_014	Lemon, raw	0	[0.15]	0.04	0.02	0.3	0.05	11	0	45.5
SD or min-max				0.01	0.00	0.1	0.02		0	4.9
n		1	1	5	5	5	3	1	2	4
05_036	Mango, deep orange flesh, raw	0	1.05	0.09	0.03	0.4	0.13	29	0	65.5
n		1	1	1	1	1	1	1	1	1
05_015	Mango, orange flesh, raw	0	1.05	0.03	0.05	0.4	0.11	25	0	36.3
SD or min-max				0.01	0.00	0.2	0.03	22	0-0	10.4
n		1	1	8	8	8	3	4	2	8
05_037	Mango, pale flesh, raw	0	1.05	0.04	0.03	0.3	0.09	21	0	7.9
n		1	1	1	1	1	1	1	1	1
05_038	Melon, honeydew, raw	0	0.08	0.03	0.01	0.5	0.07	12	0	14.2
SD or min-max		0	0.05-0.10	0.01	0.00	0.2	0.02	9	0	4.7
n		3	2	3	3	3	3	3	3	3
05_039	Melon, cantaloupe, raw	0	0.07	0.04	0.02	0.7	0.08	16	0	30.2
SD or min-max		0	0.03	0.00	0.00	0.1	0.02	9	0	5.7
n		3	3	3	3	3	3	3	3	3
05_016	Orange, raw	0	0.28	0.04	0.03	0.2	0.07	33	0	46.8
SD or min-max			0.24-0.32	0.03	0.01	0.1	0.03	4	0-0	3.1
n		2	2	7	8	7	4	4	2	6
05_040	Palm nuts, pulp, raw			0.20	0.10	1.4			0	12
SD or min-max										
n				1	1	1			1	1
05_017	Papaya, fruit, ripe, raw	0	[0.13]	0.03	0.03	0.4	0.02	25	0	58
SD or min-max				0.00	0.00	0.0	0.00		0-0	11
n		1	1	8	8	8	3	1	2	7

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
05 Fruits and their products										
05_018	Pineapple, pulp, raw	Ananas, pulpe, crue	0.51	(54)228	85.8	0.4	0.2	12.0	1.3	0.3
SD or min-max n					1.1 8	0.1 10	0.1 7		0.2 3	0.1 3
05_041	Pomegranate, raw	Grenade, crue	0.56	(78)330	78.7	1.4	0.6	14.8	4.0	0.5
SD or min-max n					1.3 3	0.4 3	0.5 3		0.5 3	0.4-0.5 2
05_042	Plantain, ripe, raw	Banane plantain, mûre, crue	0.65	(140)593	63.3	1.2	0.3	32.0	2.3	1.0
SD or min-max n					3.8 5	0.1 5	0.1 4			0.8-1.2 2
05_043	Plantain, ripe, boiled* (without salt)	Banane plantain, mûre, bouillie* (sans sel)	1.00	(133)564	65.0	1.1	0.3	30.5	2.2	0.9
05_044	Shea fruit, pulp, raw	Fruit de karité, pulpe, crue	1.00	(98)413	73.3	1.5	0.9	19.1	3.7	1.5
SD or min-max n					1.5 7	1.0 7	0.4 7		1.0 6	0.6 6
05_019	Soapberry, fruit, raw	Pomme de savon, fruit, cru	0.57	(110)465	71.4	1.6	Tr	25.5	[0.5]	1.0
SD or min-max n						1.5-1.6 2				1 1
05_045	Sweet apple, fruit, raw	Pomme-cannelle, fruit, cru	0.60	(91)387	75.7	1.4	0.2	20.2	[1.7]	0.9
SD or min-max n					3.8 4	0.3 4	0.1 4		0.2 4	0.8-1.0 2
05_020	Tamarind, immature fruit, raw	Tamarin, fruit, pas mûr, cru		(60)250	80.1	2.2	0.2	8.1	[8.4]	1.0
SD or min-max n						2.0-2.3 2				1 1
05_021	Tamarind, fruit, ripe, raw	Tamarin, fruit, mûr, cru	0.47	(249)1050	26.9	4.2	0.6	47.6	[18.3]	2.4
SD or min-max n					9.7 3	1.3 4	0.5- 0.6 2			1 1
05_022	Watermelon, fruit, raw	Pastèque, fruit, cru	0.56	(29)124	92.5	0.5	0.2	6.2	0.3	0.3
SD or min-max n					1.5 6	0.1 6	0.1 3		0.1 4	1

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
05 Fruits and their products												
05_018	Pineapple, pulp, raw	20	0.5	12	12	205	2	0.11	0.20	5	0	61
SD or min-max		13	0.2	8	3	45	0	0.10-0.12	0.06-0.33		0	23
n		10	9	3	8	5	5	2	2		3	5
05_041	Pomegranate, raw	12	0.7	9	33	243	3	0.38	0.14	2	0	23
SD or min-max		2	0.3	6-12	7	6	1	0.03	0.12-0.16			21
n		3	3	2	3	3	3	3	2		1	3
05_042	Plantain, ripe, raw	7	0.9	37	34	500	4	0.12	0.08	43	0	518
SD or min-max		2	0.3	37-37	5	499-500		0.10-0.14	0.08-0.08			360-676
n		5	5	2	4	2	1	2	2		1	2
05_043	Plantain, ripe, boiled* (without salt)	6	0.8	32	30	381	3	0.10	0.07	39	0	469
05_044	Shea fruit, pulp, raw	37	[1.8]	[6]	26	[13]	[3]	0.18	0.08	[66]	0	[795]
SD or min-max		30	1.5	1		2	1					
n		6	6	4	1	4	4	1	1		1	1
05_019	Soapberry, fruit, raw	23	[3.0]	2	90				0.05	30	0	360
SD or min-max		22-23	3.0-3.0									
n		2	2	1					1		1	1
05_045	Sweet apple, fruit, raw	24	0.7	21	33	264	9			0	0	3
SD or min-max		6	0.2		5							3-3
n		4	4	1	4	1	1				1	2
05_020	Tamarind, immature fruit, raw	60	0.7	19	61	308	3	0.03	0.02	1	0	10
SD or min-max		59-60										
n		2	1	1	1	1	1	1	1		1	1
05_021	Tamarind, fruit, ripe, raw	151	2.2	68	103	648	11	0.11	0.09	1	0	7
SD or min-max		25	0.7	66-70	86-119	570-725						
n		3	4	2	2	2	1	1	1		1	1
05_022	Watermelon, fruit, raw	7	0.3	10	9	109	3	0.10	0.03	42	0	503
SD or min-max		1	0.1	9-10	0	9	1	0.01				
n		6	6	2	4	4	4	4	1		1	1

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
05 Fruits and their products										
05_018	Pineapple, pulp, raw	0	0.10	0.07	0.03	0.2	0.09	12	0	29.8
SD or min-max				0.01	0.00	0.1	0.01	2	0-0	8.0
n		1	1	7	7	7	4	3	2	8
05_041	Pomegranate, raw	0	[0.60]	0.07	0.05	0.3	0.13	24	0	15.1
SD or min-max				0.02	0.02	0.1	0.06	10-38	0-0	10.2-20.0
n		1	1	3	3	3	3	2	2	2
05_042	Plantain, ripe, raw	0	0.20	0.07	0.05	0.7	0.30	22	0	18.4
SD or min-max				0.03	0.00	0.1				2.4
n		1	1	3	3	4	1	1	1	4
05_043	Plantain, ripe, boiled* (without salt)	0	0.19	0.05	0.04	0.5	0.21	13	0	12.2
05_044	Shea fruit, pulp, raw	0		0.01	0.03	1.0			0	[19.1]
SD or min-max				0.00-0.01	0.02-0.03					14.5
n		1		2	2	1			1	6
05_019	Soapberry, fruit, raw	0		0.03	0.04	Tr	Tr		0	51.5
SD or min-max				0.02-0.03	0.00-0.07					34.0-69.0
n		1		2	2	1	1		1	2
05_045	Sweet apple, fruit, raw	0		0.11	0.13	0.9	0.20		0	36.0
SD or min-max				0.11-0.11	0.13-0.13		0.20-0.20			36.0-36.0
n		1		2	2	1	2		1	2
05_020	Tamarind, immature fruit, raw	0	[0.03]	0.24	0.07	0.5	0.02	4	0	9.5
SD or min-max				0.18-0.30	0.05-0.09	0.4-0.6				9.0-10.0
n		1	1	2	2	2	1	1	1	2
05_021	Tamarind, fruit, ripe, raw	0	[0.09]	0.26	0.14	1.0	0.07	15	0	3.5
SD or min-max				0.07	0.07	0.7				
n		1	1	3	4	4	1	1	1	1
05_022	Watermelon, fruit, raw	0	[0.05]	0.03	0.04	0.1	0.07	4	0	7.2
SD or min-max				0.01	0.02			1		2.9
n		1	1	5	5	4	1	3	1	5

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
06 Nuts, seeds and their products										
06_001 SD or min-max n	Cashew nut, raw	Noix de cajou, crue	1.00	(585)2430	5.3 1.6 4	17.7 0.4 4	44.4 2.6 4	27.0	3.1 0.2 3	2.5 2.4-2.5 2
06_002 SD or min-max n	Coconut, mature kernel, fresh, raw	Noix de coco, amande mature, fraîche, crue	0.70	(389)1600	43.1 1.1 9	3.6 0.6 9	36.9 1.5 10	6.2	9.3 9.0-9.5 2	1.0 0.0 5
06_004 SD or min-max n	Coconut, immature kernel, fresh, raw	Noix de coco, amande immature, fraîche, crue	0.30	(162)668	74.0 8.1 4	1.6 0.3 4	13.5 4.5 4	6.7	[3.3] 2.9-3.7 2	0.8 0.7-0.9 2
06_005 SD or min-max n	Coconut, kernel, dried, raw	Noix de coco, amande, séchée, crue	1.00	(606)2500	8.6 4.2 4	5.9 0.8 4	56.4 1.8 4	10.2	17.0 1 1	1.9 1 1
06_006 SD or min-max n	Coconut, milk	Noix de coco, lait	1.00	(219)902	71.1 3.0 3	2.1 0.2 3	22.1 1.5 3	1.7	2.2 1 1	0.7 1 1
06_007 SD or min-max n	Coconut, water	Noix de coco, eau	1.00	(20)85	94.3 0.6 3	0.4 0.2 3	0.3 0.1 3	3.5	1.1 1 1	0.4 1 1
06_018 SD or min-max n	Colanut, raw	Noix de cola, crue		(161)684	58.2 53.4-62.9 2	2.9 0.7 3	0.4 0.4-0.5 2	35.5	[1.9] 1.4-2.4 2	1.1 0.8-1.4 2
06_019 n	Colanut, dried, raw	Noix de cola, séchée		(342)1450	11.5 1 1	5.8 1 1	1.5 1 1	74.3	[4.0] 1 1	2.9 1 1
06_008 SD or min-max n	Dikanut, kernel, dried, raw	Mangue sauvage, amande, séchée, crue	1.00	(704)2900	5.3 0.5 3	7.9 0.7 3	66.9 3.5 3	16.4	[2.2] 1 1	1.3 0.6-1.9 2
06_010 SD or min-max n	Groundnut, shelled, dried, raw	Arachide, écorcée, séchée, crue	1.00	(578)2390	6.3 1.7 9	22.4 1.6 9	45.9 3.0 10	14.6	8.5 7.7-9.4 2	2.3 0.1 6
06_020	Groundnut, Sinkarzie, shelled, dried, raw (Ghana) n=1	Arachide, Sinkarzie, écorcée, séchée, crue (Ghana) n=1	1.00	(585)2420	7.5	20.6	48.8	11.7	8.4	3.0
06_021	Groundnut, F-mix, shelled, dried, raw (Ghana) n=1	Arachide, F-mix, écorcée, séchée, crue (Ghana) n=1	1.00	(575)2380	9.0	22.3	47.6	10.4	8.3	2.5
06_022	Groundnut, JL 24, shelled, dried, raw (Ghana) n=1	Arachide, JL 24, écorcée, séchée, crue (Ghana)	1.00	(531)2200	8.0	25.2	38.1	17.6	8.4	2.7
06_023	Groundnut, Chinese, shelled, dried, raw (Ghana) n=1	Arachide, Chinese, écorcée, séchée, crue (Ghana) n=1	1.00	(561)2330	4.5	20.5	41.1	22.9	8.7	2.3
06_024	Groundnut, Manipintar, shelled, dried, raw (Ghana) n=1	Arachide, Manipintar, écorcée, séchée, crue (Ghana) n=1	1.00	(577)2390	7.1	23.3	46.7	11.6	8.5	2.8
06_025 SD or min-max n	Groundnut, combined varieties, shelled, dried, raw (Ghana)	Arachide, variétés combinées, écorcée, séchée, crue (Ghana)	1.00	(566)2350	7.2 1.7 5	22.4 2.0 5	44.5 4.6 5	14.8	8.5 0.2 5	2.6 0.3 5

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
06 Nuts, seeds and their products												
06_001	Cashew nut, raw	44	6.4	267	509	641	14	4.59	2.15	0	0	3
SD or min-max n		21 4	6.2-6.7 2	14 3	119 3	81 3	2 3	2.16 3	2.11-2.20 2		0 3	0-6 2
06_002	Coconut, mature kernel, fresh, raw	17	2.4	38	106	415	22	0.84	0.42	0	0	0
SD or min-max n		4 11	0.4 11	36-39 2	19 9	34 5	8 5	0.79-0.90 2			0 3	0 3
06_004	Coconut, immature kernel, fresh, raw	19	2.2	17	111	218	8	0.39	0.19	0	0	0
SD or min-max n		13 3	0.9 3		57 3	190-245 2	7-9 2		1 1		1 1	1 1
06_005	Coconut, kernel, dried, raw	32	3.4	74	177	617	33	1.50	0.80	0	0	0
SD or min-max n		7 3			23 3	29 3	2 3		1 1		1 1	0-0 2
06_006	Coconut milk	17	2.7	43	97	234	14	0.64	0.23	0	0	0
SD or min-max n		1 3	1.0 3	5 3	2 3	25 3	1 3	0.60-0.67 2	0.20-0.27 2		1 1	1 1
06_007	Coconut water	24	0.2	24	23	270	86	0.10	0.04	0	0	0
SD or min-max n		0 3	0.1 3	1 3	3 4	17 3	16 3	0.10-0.10 2	0.04-0.04 2		1 1	0 3
06_018	Colanut, raw	44	2.0	71	86				0.15	0	0	0
SD or min-max n		30-58 2	2.0-2.0 2	1 1	1 1				1 1		1 1	1 1
06_019	Colanut, dried, raw	108	6.0	150	176				0.32	1	0	
n		1	1	1	1				1		1	
06_008	Dikanut, kernel, dried, raw	164	3.4		202		2	0.29	0.14		0	
SD or min-max n		126-202 2	3.4-3.4 2		202-202 2		1 1	1 1	1 1		1 1	
06_010	Groundnut, shelled, dried, raw	47	3.9	191	359	727	6	2.5	0.86	0	0	0
SD or min-max n		17 11	1.4 9	5 3	53 8	58 3	1 1	1.2 3	0.38 3		1 1	1 1
06_020	Groundnut, Sinkarzie, shelled, dried, raw (Ghana) n=1	56	[7.4]	191	415	718	6	2.5	0.85	0	0	0
06_021	Groundnut, F-mix, shelled, dried, raw (Ghana) n=1	49	[5.3]	191	400	706	6	2.5	0.84	0	0	0
06_022	Groundnut, JL 24, shelled, dried, raw (Ghana) n=1	50	[6.7]	191	411	714	6	2.5	0.84	0	0	0
06_023	Groundnut, Chinese, shelled, dried, raw (Ghana) n=1	48	[3.2]	191	396	742	6	2.6	0.88	0	0	0
06_024	Groundnut, Manipintar, shelled, dried, raw (Ghana) n=1	53	[8.2]	191	347	721	6	2.5	0.85	0	0	0
06_025	Groundnut, combined varieties, shelled, dried, raw (Ghana)	51	[6.2]	191	394	720	6	2.5	0.85	0	0	0
SD or min-max n		3 5	2.0 5	0 5	27 5	13 5	0 5	0.1 5	0.02 5		0 5	0 5

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
06 Nuts, seeds and their products										
06_001	Cashew nut, raw	0	0.78	0.60	0.18	1.5	0.45	46	0	0.3
SD or min-max				0.12	0.10	0	0.42-0.49	25-67	0-0	0-0.5
n		1	1	4	4	4	2	2	2	2
06_002	Coconut, mature kernel, fresh, raw	0	0.73	0.04	0.02	0.5	0.05	27	0	2.2
SD or min-max				0.01	0.01	0.1	0.01	2	0	0.2
n		1	1	8	8	8	5	3	3	7
06_004	Coconut, immature kernel, fresh, raw	0	0.27	0.07	0.05	0.6	0.02	12	0	2.0
SD or min-max						0.5-0.6				
n		1	1	1	1	2	1	1	1	1
06_005	Coconut, kernel, dried, raw	0	1.20	0.08	0.08	0.9	0.08	26	0	0.3
SD or min-max										
n		1	1	1	1	1	1	1	1	1
06_006	Coconut milk	0	0.70	0.03	0.02	0.7	0.03	15	0	1.6
SD or min-max		0-0		0.03-0.03	0.00-0.03	0.6-0.8	0.03-0.03	14-16	0-0	1.0
n		2	1	2	2	2	2	2	2	3
06_007	Coconut water	0	0	0.03	0.07	0.1	0.03	3	0	2.1
SD or min-max				0.00	0.01	0.0	0.00	3-3	0-0	0.2
n		1	1	3	3	3	3	2	2	3
06_018	Colanut, raw	0		0.04	0.02	0.7			0	
SD or min-max				0.03-0.05	0.02-0.03					
n		1		2	2	1			1	
06_019	Colanut, dried, raw	0		0.06	0.05	1.3			0	
n		1		1	1	1			1	
06_008	Dikanut, kernel, dried, raw	0		0.18	0.09	0.7			0	
SD or min-max				0.16-0.20	0.08-0.10					
n		1		2	2	2			1	
06_010	Groundnut, shelled, dried, raw	0	10.90	0.87	0.14	15.5	0.59	110	0	0
SD or min-max				0.18	0.01	0.1			0-0	0
n		1	1	5	5	5	1	1	2	3
06_020	Groundnut, Sinkarzie, shelled, dried, raw (Ghana) n=1	0	11.59	0.86	0.13	15.3	0.58	109	0	0
06_021	Groundnut, F-mix, shelled, dried, raw (Ghana) n=1	0	11.30	0.85	0.13	15.0	0.57	107	0	0
06_022	Groundnut, JL 24, shelled, dried, raw (Ghana) n=1	0	6.68	0.86	0.13	15.2	0.58	108	0	0
06_023	Groundnut, Chinese, shelled, dried, raw (Ghana) n=1	0	9.78	0.89	0.14	15.8	0.60	112	0	0
06_024	Groundnut, Manipintar, shelled, dried, raw (Ghana) n=1	0	11.10	0.87	0.13	15.3	0.58	109	0	0
06_025	Groundnut, combined varieties, shelled, dried, raw (Ghana)	0	10.09	0.87	0.13	15.3	0.58	109	0	0
SD or min-max		0	2.03	0.02	0.00	0.3	0.01	2	0	0
n		5	5	5	5	5	5	5	5	5

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
06 Nuts, seeds and their products										
06_011 n	Groundnut, rose, shelled, dried, raw (Benin)	Arachide, rose, écorcée, séchée, crue (Benin)	1.00	(567)2350	6.2 1	20.4 1	43.2 1	20.3	7.7 1	2.2 1
06_012 n	Groundnut, red, shelled, dried, raw (Benin)	Arachide, rouge, écorcée, séchée, crue (Benin)	1.00	(577)2390	5.1 1	21.7 1	45.1 1	16.5	9.4 1	2.3 1
06_026 n	Groundnut paste	Arachide, pâte	1.00	(594)2460	7.2 1	25.0 1	47.2 1	16.5	[1.5] 1	2.6 1
06_027 n	Groundnut flour, with fat	Arachide, farine avec graisse	1.00	(586)2430	4.3 1	26.6 1	46.4 1	10.6	9.9 1	2.1 1
06_028 n	Groundnut flour, defatted	Arachide, farine dégraissée	1.00	(407)1710	5.0 1	42.5 1	9.9 1	35.3	[3.1] 1	4.2 1
06_013 SD or min-max n	Melon seeds, slightly salted, raw	Melon, graine, légèrement salée, crue	0.37	(593)2460	6.4 0.8 3	27.5 1.9 3	47.9 2.3 3	11.3	[3.2] 2.4-4.0 2	3.7 1
06_029 SD or min-max n	Palm nut, kernel, shelled, raw	Noix de palme, noyau, décortiqué, cru		(609)2520	13.5 3.4 4	6.1 0.5 4	55.3 1	19.6	[4.0] 3.0-5 2	1.5 0.2 3
06_030 n	Roselle, red, seed, dried	Oseille de Guinée (datou), rouge, graine, séchée	1.00	(419)1760	7.0 1	16.8 1	17.8 1	42.5	11.0 1	4.9 1
06_015 SD or min-max n	Sesame seeds, whole, dried, raw	Sésame, graine, crue	1.00	(577)2380	5.1 4.4-5.8 2	18.2 17.9-18.5 2	48.9 48.4-49.4 2	10.0	11.8 1	6.0 5.4-6.5 2
06_016 SD or min-max n	Shea nut, seed kernel, dried, raw	Karité, noix, amande, séchée, crue	0.72	(586)2430	6.3 5.7-6.9 2	6.8 1	46.4 43.8-49.0 2	32.5	[5.5] 5.2-5.7 2	2.5 1.7-3.3 2
07 Meat and poultry and their products										
07_008 n	Ant flying, dried	Fourmi, volante, séchée		(599)2490	2.9 1	38.8 1	46.9 1	5.5		5.9 1
07_009 n	Beef, meat, lean, boneless, raw	Bœuf, viande, maigre, désossée, crue	1.00	(126)528	73.2 1	21.7 1	4.3 1	0	0 1	1.0 1
07_010	Beef, meat, lean, boiled * (without salt)	Bœuf, viande, maigre, bouillie* (sans sel)	1.00	(209)880	55.3	36.2	7.2	0	0	1.7
07_011	Beef, meat, lean, grilled * (without salt and fat)	Bœuf, viande, maigre, grillée* (sans sel ou mat. grasse)	1.00	(174)743	62.8	30.1	6.0	0	0	1.4

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
06 Nuts, seeds and their products												
06_011	Groundnut, rose, shelled, dried, raw (Benin)	34	3.7	195	336	711	6	3.65	1.12	0	0	0
n		1	1	1	1	1	1	1	1		1	1
06_012	Groundnut, red, shelled, dried, raw (Benin)	44	2.3	193	335	791	6	2.84	1.04	0	0	0
n		1	1	1	1	1	1	1	1		1	1
06_026	Groundnut paste	61	4.0	191	349	720	17	2.0	0.42	0	0	0
n		1	1	1	1	1	1	1	1		1	1
06_027	Groundnut flour, with fat	41	4.0	195	366	743	6	2.6	0.88	0	0	0
n		1	1	1	1	1	1	1	1		1	1
06_028	Groundnut flour, defatted	60	4.0	194	364	737	6	2.55	0.87	0	0	0
n		1	1	1	1	1	1	1	1		1	1
06_013	Melon seeds, slightly salted, raw	112	6.1	510	867	648	99	7.12	1.54	Tr	0	Tr
SD or min-max		53-170	1.1		755-978			4.0-10.24	0.69-2.39			
n		2	3	1	2	1	1	2	2		1	1
06_029	Palm nut, kernel, shelled, raw	91	[9.0]	232	239	270		2.37	1.49		0	
SD or min-max		27	2.7	200-265	44	248-292		2.24-2.51	1.46-1.52		0-0	
n		4	3	2	3	2		2	2		2	
06_030	Roselle, red, seed, dried	373	4.2		462			[0.60]			0	
n		1	1		1			1			1	
06_015	Sesame seeds, whole, dried, raw	983	11.8	351	643	468	11	7.75	4.08	3	0	30
SD or min-max		816-1150	8.1-15.5		600-685							
n		2	2	1	2	1	1	1	1		1	1
06_016	Shea nut, seed kernel, dried, raw	100	3.4		82						0	
SD or min-max			3.0-3.8		40-124							
n		1	2		2						1	
07 Meat and poultry and their products												
07_008	Ant flying dried	91	35.2		609	476	1970					
n		1	1		1	1	1					
07_009	Beef, meat, lean, boneless, raw	5	2.1	22	170	360	50	3.6	0.09	0	0	0
n		1	1	1	1	1	1	1	1		1	1
07_010	Beef, meat, lean, boiled* (without salt)	7	3.5	22	184	300	38	6.0	0.14	0	0	0
07_011	Beef, meat, lean, grilled * (without salt and fat)	6	2.8	26	213	425	59	5.0	0.12	0	0	0

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
06 Nuts, seeds and their products										
06_011 n	Groundnut, rose, shelled, dried, raw (Benin)	0	10.09	0.87	0.14	15.5	0.59	110	0	0
		1	1	1	1	1	1	1	1	1
06_012 n	Groundnut, red, shelled, dried, raw (Benin)	0	10.09	0.87	0.14	15.5	0.59	110	0	0
		1	1	1	1	1	1	1	1	1
06_026 n	Groundnut paste	0	10.09	0.39	0.14	15.3	0.59	110	0	0
		1	1	1	1	1	1	1	1	1
06_027 n	Groundnut flour, with fat	0	11.03	0.89	0.14	9.9	0.60	112	0	0
		1	1	1	1	1	1	1	1	1
06_028 n	Groundnut flour, defatted	0	2.35	0.89	0.14	15.7	0.60	111	0	0
		1	1	1	1	1	2	1	1	1
06_013 SD or min-max n	Melon seeds, slightly salted, raw	0		0.10	0.12	2.8	0.09	58	0	Tr
		1		1	1	2.1-3.6 2	1	1	1	1
06_029 SD or min-max n	Palm nut, kernel, shelled, raw	0							0	
		1							1	
06_030 n	Roselle, red, seed, dried	0		0.11	0.37	1.3			0	Tr
		1		1	1	1			1	1
06_015 SD or min-max n	Sesame seeds, whole, dried, raw	0	0.25	0.68	0.19	3.4	0.79	97	0	Tr
		1	1	1	1	1	1	1	1	1
06_016 SD or min-max n	Shea nut, seed kernel, dried, raw	0		0.52					0	
		1		1					1	
07 Meat and poultry and their products										
07_008 n	Ant flying dried			0.13	4.50	5.7				
				1	1	1				
07_009 n	Beef, meat, lean, boneless, raw	0.4	0.23	0.06	0.19	6.2	0.23	7	1.4	0
		1	1	1	1	1	1	1	1	1
07_010	Beef, meat, lean, boiled* (without salt)	0.5	0.29	0.04	0.26	5.2	0.15	8	1.4	0
07_011	Beef, meat, lean, grilled* (without salt and fat)	0.3	0.18	0.05	0.24	6.9	0.19	8	1.6	0

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
07 Meat and poultry and their products										
07_002	Beef, meat, 15-20 % fat, boneless, raw SD or min-max n	Bœuf, viande, 15- 20 % de mat. grasse, désossée, crue	1.00	(235)978	64.3	18.4	18.0	0	0	1.0
					63.1-65.4 2	1.3 3	4.0 3		1	0.9-1.0 2
07_012	Beef, meat, 15-20 % fat, boiled* (without salt)	Bœuf, viande, 15-20 % de mat. grasse, bouillie* (sans sel)	1.00	(314)1310	49.1	30.6	21.3	0	0	1.6
07_013	Beef, meat, 15-20 % fat, grilled* (without salt and fat)	Bœuf, viande, 15-20 % de mat. grasse, grillée* (sans sel ou mat. grasse)	1.00	(282)1170	55.4	25.5	19.9	0	0	1.3
07_014	Beef, meat, approx. 30 % fat, boneless, raw n	Bœuf, viande, à peu près 30 % de mat. grasse, désossée, crue	1.00	(321)1330	54.2	16.4	28.4	0	0	0.8
			1.00		1	1	1		1	1
07_015	Beef, meat, approx. 30 % fat, boiled* (without salt)	Bœuf, viande, à peu près 30 % de mat. grasse, bouillie* (sans sel)	1.00	(457)1900	32.3	27.3	38.7	0	0	1.3
07_016	Beef, meat, approx. 30 % fat, grilled* (without salt and fat)	Bœuf, viande, à peu près 30 % de mat. grasse, grillée* (sans sel ou mat. grasse)	1.00	(401)1660	41.4	22.8	34.4	0	0	1.1
07_017	Beef, meat, lean, cured, dried n	Bœuf, viande, maigre, séchée, fumée, crue	1.00	(178)755	53.8	31.1	1.9	9.1	0	4.1
					1	1	1		1	1
07_001	Beef liver, raw SD or min-max n	Bœuf, foie, cru	1.00	(132)558	71.0	19.4	4.4	3.9	0	1.3
					1.6 4	0.6 5	0.5 5		1	0.1 3
07_018	Beef liver, boiled* (without salt)	Bœuf, foie, bouilli* (sans sel)	1.00	(201)845	56.2	29.4	6.6	5.9	0	2.0
07_019	Beef, kidney, raw n	Bœuf, rognon, cru	0.84	(99)415	77.9	17.4	3.1	0.3	0	1.3
					1	1	1		1	1
07_020	Beef, kidney, stewed* (without salt)	Bœuf, rognon, bouilli* (sans sel)	1.00	(156)659	64.9	27.6	4.9	0.5	0	2.1
07_021	Beef, tripe, raw n	Bœuf, tripe, crue	1.00	(81)342	84.2	12.1	3.7	0	0	0.6
					1	1	1		1	1
07_022	Beef, tripe, boiled* (without salt)	Bœuf, tripe, bouillie* (sans sel)	1.00	(115)481	77.7	17.0	5.2	0	0	0.8
07_023	Beef, ground, 10 % fat, raw n	Bœuf, haché, 10 % de mat. grasse, cru	1.00	(170)710	69.5	20.1	10.0	0	0	1.0
					1	1	1			1
07_024	Beef, ground, stewed* (without salt)	Bœuf, haché, bouilli* (sans sel)	1.00	(212)885	60.4	27.8	11.2	0	0	1.4
07_025	Beef, meat, cured, corned, canned n	Bœuf, viande, fumée, salée, en conserve	1.00	(243)1010	57.7	27.1	14.9	0	0	2.9
					1	1	1		1	1
07_026	Bamboo caterpillar, deep fried n	Chenille de bambou, frit		(644)2670	4.5	25.5	55.3	[11.0]		3.7
					1	1	1			1
07_027	Game meat, dried n	Viande de gibier séchée	1.00	(330)1390	23.4	66.7	7.0	0	0	3.4
					1	1	1		1	1

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
07 Meat and poultry and their products												
07_002	Beef, meat, 15-20 % fat, boneless, raw	8	2.9	25	182	305	70	3.4	0.12	16	16	0
SD or min-max n		3	2.2-3.6	22-28	170-194	300-309	69-70	2.2-4.6	0.07-0.16		15-16	
		3	2	2	2	2	2	2	2		2	1
07_012	Beef, meat, 15-20 % fat, boiled* (without salt)	11	4.8	25	197	254	52	5.7	0.19	19	19	0
07_013	Beef, meat, 15-20 % fat, grilled* (without salt and fat)	10	3.8	30	228	359	82	4.7	0.16	16	16	0
07_014	Beef, meat, approx. 30 % fat, boneless, raw	4	1.6	17	170	272	62	3.9	0.06	42	42	0
n		1	1	1	1	1	1	1	1		1	1
07_015	Beef, meat, approx. 30 % fat, boiled* (without salt)	5	2.7	17	184	227	47	6.5	0.10	53	53	0
07_016	Beef, meat, approx. 30 % fat, grilled* (without salt and fat)	5	2.1	20	213	321	73	5.4	0.08	44	44	0
07_017	Beef, meat, lean, cured, dried	8	2.4	19	181	235	2790	4.93	0.07	0	0	0
n		1	1	1	1	1	1	1	1		1	1
07_001	Beef liver, raw	7	8.8	18	369	313	69	3.50	9.76	4970	4950	245
SD or min-max n		1	2.2		16			3.0-4.00				
		5	5	1	3	1	1	2	1		1	1
07_018	Beef liver, boiled* (without salt)	9	12.6	22	391	285	63	5.30	14.78	6020	6000	297
07_019	Beef, kidney, raw	13	4.6	17	257	262	182	1.92	0.43	419	419	0
n		1	1	1	1	1	1	1	1		1	1
07_020	Beef, kidney, stewed* (without salt)	21	6.9	23	326	291	202	3.05	0.68	532	532	0
07_021	Beef, tripe, raw	69	0.6	13	64	67	97	1.42	0.07	0	0	0
n		1	1	1	1	1	1	1	1		1	1
07_022	Beef, tripe, boiled* (without salt)	78	0.8	15	63	57	82	2.00	0.10	0	0	0
07_023	Beef, ground, 10 % fat, raw	12	2.2	20	184	321	66	4.79	0.07	0	0	0
n		1	1	1	1	1	1	1	1		1	1
07_024	Beef, ground, stewed* (without salt)	13	3.1	17	166	223	41	6.65	0.10	0	0	0
07_025	Beef, meat, cured, corned, canned	12	2.1	14	111	136	1010	3.57	0.06	0	0	0
n		1	1	1	1	1	1	1	1		1	1
07_026	Bamboo caterpillar, deep fried	4	2.7		356	674	609					
n		1	1		1	1	1					
07_027	Game meat, dried	15	9.9	67	586	923	2210	6.06	0.73	0	0	0
n		1	1	1	1	1	1	1	1		1	1

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
07 Meat and poultry and their products										
07_002	Beef, meat, 15-20 % fat, boneless, raw	0.6	0.35	0.06	0.28	5.6	0.32	6	1.1	0
SD or min-max				0.01	0.20-0.36					
n		1	1	3	2	1	1	1	1	1
07_012	Beef, meat, 15-20 % fat, boiled* (without salt)	0.8	0.44	0.04	0.37	4.7	0.21	6	1.1	0
07_013	Beef, meat, 15-20 % fat, grilled* (without salt and fat)	0.5	0.27	0.06	0.35	6.2	0.27	6	1.6	0
07_014	Beef, meat, approx. 30 % fat, boneless, raw	0.9	0.90	0.03	0.14	5.0	0.32	7	1.4	0
n		1	1	1	1	1	1	1	1	1
07_015	Beef, meat, approx. 30 % fat, boiled* (without salt)	1.1	1.13	0.02	0.18	4.2	0.21	7	1.4	0
07_016	Beef, meat, approx. 30 % fat, grilled* (without salt and fat)	0.7	0.69	0.03	0.17	5.6	0.27	8	1.6	0
07_017	Beef, meat, lean, cured, dried	0	[0.38]	0.07	0.16	5.2	0.39	10	1.6	0
n		1	1	1	1	1	1	1	1	1
07_001	Beef liver, raw	1.2	[0.38]	0.19	1.56	13.2	1.08	290	59.3	1.3
SD or min-max										
n		1	1	1	1	1	1	1	1	1
07_018	Beef liver, boiled* (without salt)	1.6	[0.52]	0.20	3.34	10.0	0.74	286	53.9	1.4
07_019	Beef, kidney, raw	1.1	[0.22]	0.36	2.84	8.0	0.67	98	27.5	9.4
n		1	1	1	1	1	1	1	1	1
07_020	Beef, kidney, stewed *(without salt)	1.6	[0.31]	0.48	4.28	10.8	0.84	101	31.0	11.2
07_021	Beef, tripe, raw	0	[0.09]	0	0.06	0.9	0.01	5	1.4	0
n		1	1	1	1	1	1	1	1	1
07_022	Beef, tripe, boiled* (without salt)	0	[0.11]	0	0.07	0.6	0.01	5	1.0	0
07_023	Beef, ground, 10 % fat, raw	0.1	[0.32]	0.04	0.16	5.1	0.37	6	2.2	0
n		1	1	1	1	1	1	1	1	1
07_024	Beef, ground, stewed* (without salt)	0.1	[0.33]	0.02	0.17	3.5	0.21	5	1.8	0
07_025	Beef, meat, cured, corned, canned	0.2	[0.15]	0.02	0.15	2.4	0.13	9	1.6	0
n		1	1	1	1	1	1	1	1	1
07_026	Bamboo caterpillar, deep fried									
n										
07_027	Game meat, dried		0.58	0.64	1.39	18.5	1.07	12	18.3	0
n			1	1	1	1	1	1	1	1

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
07 Meat and poultry and their products										
07_003	Chicken, dark meat, flesh, raw	Poulet, cuisse, sans peau, crue	0.44	(134)563	72.9	20.4	5.9	0	0	1.0
SD or min-max n					1.4 9	0.8 9	1.1 9		0 4	0.0 6
07_028	Chicken, dark meat, flesh, boiled* (without salt)	Poulet, cuisse, sans peau, bouillie* (sans sel)	0.37	(158)663	66.5	26.8	5.6	0	0	1.3
07_029	Chicken, dark meat, flesh, grilled* (without salt and fat)	Poulet, cuisse, sans peau, grillée* (sans sel ou mat. grasse)	0.41	(155)653	67.2	26.1	5.6	0	0	1.3
07_030	Chicken, dark meat, flesh and skin, raw	Poulet, cuisse, avec peau, crue	0.65	(232)962	65.4	16.7	18.3	0	0	0.8
n					1	1	1		1	1
07_031	Chicken, dark meat, flesh and skin, boiled* (without salt)	Poulet, cuisse, avec peau, bouillie* (sans sel)	0.59	(268)1110	58.6	22.0	20.0	0	0	1.0
07_032	Chicken, dark meat, flesh and skin, grilled* (without salt and fat)	Poulet, cuisse, avec peau, grillée* (sans sel ou mat. grasse)	0.59	(264)1100	59.3	21.4	19.8	0	0	1.0
07_033	Chicken, light meat, flesh, raw	Poulet, blanc de poulet, sans peau, cru	0.55	(107)452	74.5	23.6	1.4	0	0	1.0
SD or min-max n					74.2-74.9 2	23.2-24.0 2	1.1-1.7 2		0-0 2	1 1
07_034	Chicken, light meat, flesh, boiled* (without salt)	Poulet, blanc de poulet, sans peau, bouilli* (sans sel)	0.48	(140)595	66.5	31.1	1.8	0	0	1.3
07_035	Chicken, light meat, flesh, grilled* (without salt and fat)	Poulet, blanc de poulet, sans peau, grillé* (sans sel ou mat. grasse)	0.49	(137)580	67.3	30.3	1.8	0	0	1.3
07_036	Chicken, light meat, flesh and skin, raw	Poulet, blanc de poulet, avec peau, cru	0.72	(181)755	69.1	19.5	11.4	0	0	0.9
SD or min-max n					68.6-69.6 2	18.8-20.3 2	11.1-11.8 2		1 1	0.9-0.9 2
07_037	Chicken, light meat, flesh and skin, boiled* (without salt)	Poulet, blanc de poulet, avec peau, bouilli* (sans sel)	0.66	(218)911	61.6	25.7	12.8	0	0	1.2
07_038	Chicken, light meat, flesh and skin, grilled* (without salt and fat)	Poulet, blanc de poulet, avec peau, grillé* (sans sel ou mat. grasse)	0.67	(214)895	62.4	25.0	12.7	0	0	1.1
07_039	Chicken, giblets, raw	Poulet, abats, crus	1.00	(132)554	73.9	17.5	6.3	1.3	0	1.0
SD or min-max n					72.9-74.9 2	17.1-17.9 2	4.5-8.2 2		1 1	1 1
07_040	Chicken, giblets, braised* (without salt)	Poulet, abats, braisés* (sans sel)	1.00	(163)686	65.3	25.3	6.0	1.9	0	1.4
07_041	Chicken, liver, raw	Poulet, foie, cru	1.00	(117)492	74.4	19.0	4.0	1.3	0	1.4
SD or min-max n					2.8 4	2.3 4	1.2 4		0 4	0.3 3
07_042	Chicken, liver, braised* (without salt)	Poulet, foie, braisé* (sans sel)	1.00	(169)713	62.8	27.5	5.8	1.9	0	2.0
07_043	Cricket (Mole cricket), blanched	Grillon, blanchi		(130)544	71.2	15.4	6.3	1.5	2.9	2.7
n					1	1	1		1	1
07_044	Crocodile, raw	Crocodile, cru		(121)507	71.7	19.4	4.8	0	0	1.0
n					1	1	1		1	1
07_045	Crocodile, boiled* (without salt)	Crocodile, bouilli* (sans sel)		(208)875	51.2	33.4	8.3	0	0	1.7

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
07 Meat and poultry and their products												
07_003	Chicken, dark meat, flesh, raw	11	1.1	24	194	276	84	1.36	0.05	17	17	0
SD or min-max		2	0.2	1	17	37	11	0.56	0.04-0.06		5	0-0
n		9	9	3	8	4	4	3	2		3	2
07_028	Chicken, dark meat, flesh, boiled* (without salt)	12	1.1	22	178	145	44	1.79	0.07	12	12	0
07_029	Chicken, dark meat, flesh, grilled* (without salt and fat)	13	1.2	23	199	283	86	1.74	0.06	16	16	0
07_030	Chicken, dark meat, flesh and skin, raw	11	1.0	19	136	178	73	1.58	0.05	49	49	0
n		1	1	1	1	1	1	1	1		1	1
07_031	Chicken, dark meat, flesh and skin, boiled* (without salt)	12	1.0	18	125	94	38	2.08	0.07	35	35	0
07_032	Chicken, dark meat, flesh and skin, grilled* (without salt and fat)	13	1.1	18	139	183	75	2.03	0.07	47	47	0
07_033	Chicken, light meat, flesh, raw	9	0.6	28	204	305	64	0.84	0.05	8	8	0
SD or min-max		5-12	0.5-0.7	27-29	187-220	239-370	60-68	0.7-0.97	0.04-0.05			
n		2	2	2	2	2	2	2	2		1	1
07_034	Chicken, light meat, flesh, boiled* (without salt)	10	0.6	26	187	160	34	1.10	0.06	6	6	0
07_035	Chicken, light meat, flesh, grilled* (without salt and fat)	10	0.7	27	209	312	66	1.07	0.05	8	8	0
07_036	Chicken, light meat, flesh and skin, raw	11	0.7	23	155	243	71	0.92	0.04	19	19	0
SD or min-max		11-11	0.6-0.8	22-23	147-163	204-181	65-76	0.92-0.93	0.04-0.04		9-19	0-0
n		2	2	2	2	2	2	2	2		2	2
07_037	Chicken, light meat, flesh and skin, boiled* (without salt)	12	0.7	21	143	128	37	1.21	0.05	14	14	0
07_038	Chicken, light meat, flesh and skin, grilled* (without salt and fat)	13	0.8	22	159	249	72	1.18	0.05	18	18	0
07_039	Chicken, giblets, raw	10	6.3	18	184	239	80	3.06	0.29	4080	4080	0
SD or min-max		10-10	5.9-6.7	17-18	170-197	228-250	77-82	2.8-3.32	0.24-0.3		2660-5500	0-0
n		2	2	2	2	2	2	2	2		2	2
07_040	Chicken, giblets, braised* (without salt)	14	8.6	22	213	242	81	4.43	0.42	4730	4730	0
07_041	Chicken, liver, raw	11	8.7	19	304	241	71	3.04	0.50	7890	7450	37
SD or min-max		5	0.8	0	19	20	4	0.45	0.01		3610	28
n		4	4	4	4	4	4	4	4		3	3
07_042	Chicken, liver, braised* (without salt)	15	12.0	23	353	244	72	4.41	0.73	9150	8640	43
07_043	Cricket (Mole cricket), blanched	76	41.7		254	268	97					
n		1	1		1	1	1					
07_044	Crocodile, raw											
n												
07_045	Crocodile, boiled* (without salt)											

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
07 Meat and poultry and their products										
07_003	Chicken, dark meat, flesh, raw	0.2	0.26	0.09	0.16	7.0	0.34	16	0.4	0
SD or min-max		0.1-0.2	0.22-0.29	0.01	0.01	2.1	0.11	10-21	0.1	
n		2	2	5	5	5	4	2	4	1
07_028	Chicken, dark meat, flesh, boiled* (without salt)	0.1	0.18	0.06	0.20	5.5	0.27	10	0.2	0
07_029	Chicken, dark meat, flesh, grilled* (without salt and fat)	0.1	0.26	0.07	0.19	7.2	0.26	12	0.3	0
07_030	Chicken, dark meat, flesh and skin, raw	0.2	[0.30]	0.06	0.15	5.2	0.25	7	0.3	0
n			1	1	1	1	1	1	1	1
07_031	Chicken, dark meat, flesh and skin, boiled* (without salt)	0.1	[0.22]	0.04	0.18	4.1	0.20	5	0.2	0
07_032	Chicken, dark meat, flesh and skin, grilled* (without salt and fat)	0.2	[0.31]	0.05	0.17	5.3	0.19	5	0.2	0
07_033	Chicken, light meat, flesh, raw	0.2	0.18	0.10	0.12	10.7	0.53	9	Tr	0
SD or min-max			0.13-0.22	0.07-0.14	0.09-0.14	10.6-10.7	0.51-0.54	4-14		0-0
n		1	2	2	2	2	2	2	1	2
07_034	Chicken, light meat, flesh, boiled* (without salt)	0.1	0.13	0.07	0.15	8.4	0.41	6	0.3	0
07_035	Chicken, light meat, flesh, grilled* (without salt and fat)	0.2	0.18	0.08	0.13	10.9	0.40	7	0.3	0
07_036	Chicken, light meat, flesh and skin, raw	0.2	0.24	0.08	0.12	8.5	0.42	14	0.4	0
SD or min-max			0.20-0.27	0.06-0.09	0.09-0.15	8.0-8.9	0.36-0.48	4-24	0.3-0.4	
n		1	2	2	2	2	2	2	2	1
07_037	Chicken, light meat, flesh and skin, boiled* (without salt)	0.1	0.17	0.05	0.14	6.7	0.33	9	0.3	0
07_038	Chicken, light meat, flesh and skin, grilled* (without salt and fat)	0.2	0.24	0.06	0.13	8.7	0.32	11	0.3	0
07_039	Chicken, giblets, raw		0.71	0.10	0.56	6.3	0.36	438	11.4	14.1
SD or min-max				0.09-0.11	0.13-0.99	5.9-6.7	0.29-0.42	345-530		12-16.2
n			1	2	2	2	2	2	1	2
07_040	Chicken, giblets, braised* (without salt)		0.93	0.12	0.77	7.7	0.41	412	11.6	15.3
07_041	Chicken, liver, raw	0.2	0.49	0.39	2.46	9.8	0.82	792	24.0	22.2
SD or min-max		0.1	0.19	0.10	0.69	0.9	0.03	588-995	8.0	4.4
n		4	4	4	4	4	4	2	4	4
07_042	Chicken, liver, braised* (without salt)	0.2	0.64	0.48	3.39	12.0	0.95	746	24.0	24.2
07_043	Cricket (Mole cricket), blanched			0.20	1.89	4.8				
n				1	1	1				
07_044	Crocodile, raw									
n										
07_045	Crocodile, boiled* (without salt)									

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
07 Meat and poultry and their products										
07_046 SD or min-max n	Goat, meat, raw	Chèvre, viande, crue	0.74	(165)689	68.0 68.0-68.0 2	17.5 1.0 4	10.6 1.1 4	0	0 1	1.1 1.1-1.1 2
07_047	Goat, meat, boiled* (without salt)	Chèvre, viande, bouillie* (sans sel)	0.66	(216)900	55.7	26.1	12.3	0	0	1.6
07_048	Goat, meat, grilled* (without salt and fat)	Chèvre, viande, grillée* (sans sel ou mat. grasse)	0.66	(221)882	56.8	25.4	12.2	0	0	1.6
07_004 SD or min-max n	Lamb/mutton, meat, moderately fat, raw	Agneau/mouton, viande, moyennement grasse, crue	0.82	(257)1060	60.6 0.5 3	16.5 1.0 4	21.2 0.2 4	0	0 1	1.0 0.0 1
07_049	Lamb/mutton, meat, moderately fat, boiled* (without salt)	Agneau/mouton, viande, moyennement grasse, bouillie* (sans sel)	0.75	(325)1350	47.5	24.6	25.2	0	0	1.5
07_050	Lamb/mutton, meat, moderately fat, grilled* (without salt and salt)	Agneau/mouton, viande, moyennement grasse, grillée* (sans sel ou mat. grasse)	0.76	(324)1340	48.7	23.9	24.9	0	0	1.4
07_051 n	Lamb, brain, raw	Agneau, cerveau, cru	0.98	(119)494	79.2 1	10.4 1	8.6 1	0	0 1	1.3 1
07_052	Lamb, brain, braised* (without salt)	Agneau, cerveau, braisé* (sans sel)	0.98	(133)553	75.8	13.0	9.0	0	0	1.7
07_053 SD or min-max n	Lamb, liver, raw	Agneau, foie, cru	1.00	(131)552	71.4 1	20.2 20.0-20.4 2	4.5 4.0-5.0 2	2.5	0 1	1.4 1
07_054	Lamb, liver, boiled* (without salt)	Agneau, foie, bouilli* (sans sel)	1.00	(199)837	56.6	30.6	6.8	3.8	0	2.2
07_055 n	Locust, raw	Sauterelle, crue		(97)407	76.7 1	14 1	3.3 1	0.9	4 1	1.1 1
07_056 n	Mopanie worm, canned	Ver de Mopanie, en conserve		(97)406	77.3 1	14.1 1	3.6 1	0.7	2.6 1	1.7 1
07_006 SD or min-max n	Pork, meat, approx. 20 % fat, boneless, raw	Porc, viande, env. 20 % de mat. grasse, désossée, crue	1.00	(265)1100	60.1 3.6 3	16.8 2.0 3	22.0 2.5 3	0	0 1	1.1 0.9-1.2 2
07_057	Pork, meat, approx. 20 % fat, boiled* (without salt)	Porc, viande, env. 20 % de mat. grasse, bouillie* (sans sel)	1.00	(346)1440	45.7	25.9	26.9	0	0	1.6
07_058	Pork, meat, approx. 20 % fat, grilled* (without salt and fat)	Porc, viande, env. 20 % de mat. grasse, grillée* (sans sel ou mat. grasse)	1.00	(329)1370	48.6	24.0	25.9	0	0	1.5
07_005 SD or min-max n	Pork, meat, approx. 40 % fat, boneless, raw	Porc, viande, env. 40 % de mat. grasse, désossée, crue	1.00	(398)1640	46.6 1.7 6	12.3 0.4 6	38.8 2.5 6	0	0 1	1.2 0.4 5
07_059	Pork, meat, approx 40 % fat, boiled* (without salt)	Porc, viande, env. 40 % de mat. grasse, bouillie* (sans sel)	1.00	(550)2270	24.9	18.9	52.7	0	0	1.8
07_060	Pork, meat, approx. 40 % fat, grilled* (without salt and fat)	Porc, viande, env. 40 % de mat. grasse, grillée* (sans sel ou mat. grasse)	1.00	(519)2140	29.3	17.6	49.9	0	0	1.7

Code	Food name in English	Ca (m)	Fe (mg)	Mg (m)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
07 Meat and poultry and their products												
07_046	Goat, meat, raw	11	2.4	27	150	385	82	3.45	0.16	0	0	0
SD or min-max		1	0.1					2.90-4.00				0-0
n		4	3	1	1	1	1	2	1		1	2
07_047	Goat, meat, boiled* (without salt)	13	3.5	26	179	316	73	5.15	0.24	0	0	0
07_048	Goat, meat, grilled* (without salt and fat)	16	3.3	33	185	474	101	5.00	0.21	0	0	0
07_004	Lamb/mutton, meat, moderately fat, raw	10	2.1	22	149	250	76	3.33	0.11	10	10	0
SD or min-max		0	0.2		1		61-90					
n		4	4	1	3	1	2	1	1		1	1
07_049	Lamb/mutton, meat, moderately fat, boiled* (without salt)	12	3.1	21	178	205	68	4.97	0.16	12	12	0
07_050	Lamb/mutton, meat, moderately fat, grilled* (without salt and salt)	14	2.9	27	183	308	93	4.83	0.14	11	11	0
07_051	Lamb, brain, raw	9	1.8	12	270	296	112	1.17	0.24	0	0	0
n		1	1	1	1	1	1	1	1		1	1
07_052	Lamb, brain, braised* (without salt)	11	2.1	13	270	259	98	1.46	0.30	0	0	0
07_053	Lamb, liver, raw	9	8.7	19	364	313	70	4.66	6.98	4970	4950	244
SD or min-max		7-10	7.4-10									
n		2	2	1	1	1	1	1	1		1	1
07_054	Lamb, liver, boiled* (without salt)	10	13.2	19	441	261	64	7.06	10.57	6020	6000	296
07_055	Locust, raw	28	3.0	22	150	217	32	3.50	0.87			
n		1	1	1	1	1	1	1	1			
07_056	Mopanie worm, canned	39	7.0	36	123	232	234	3.18	0.21			
n		1	1	1	1	1	1	1	1			
07_006	Pork, meat, approx 20% fat, boneless, raw	10	1.4	20	170	301	68	3.6	0.10	0	0	0
SD or min-max		9-10	0.8-2.0									
n		2	2	1	1	1	1	1	1		1	1
07_057	Pork, meat, approx 20% fat, boiled* (without salt)	12	2.1	18	157	232	47	5.54	0.15	0	0	0
07_058	Pork, meat, approx. 20% fat, grilled* (without salt and fat)	10	1.6	27	219	366	87	5.14	0.14	0	0	0
07_005	Pork, meat, approx. 40% fat, boneless, raw	11	1.8	16	165	300	60	3.6	0.10	0	0	0
SD or min-max		0	0.1		20							
n		5	5	1	5	1	1	1	1		1	1
07_059	Pork, meat, approx. 40% fat, boiled* (without salt)	13	2.8	15	153	231	42	5.5	0.15	0	0	0
07_060	Pork, meat, approx. 40% fat, grilled* (without salt and fat)	12	2.1	21	213	364	77	5.1	0.14	0	0	0

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
07 Meat and poultry and their products										
07_046	Goat, meat, raw		0.18	0.18	0.29	6.1	0.40	5	1.1	0
SD or min-max				0.01	0.08					
n			1	4	4	1	1	1	1	1
07_047	Goat, meat, boiled* (without salt)		0.21	0.11	0.24	4.6	0.24	4	1.0	0
07_048	Goat, meat, grilled* (without salt and fat)		0.21	0.16	0.38	7.1	0.38	5	1.3	0
07_004	Lamb/mutton, meat, moderately fat, raw	0.3	0.21	0.13	0.19	3.5	0.40	2	2.9	0
SD or min-max				0.12-0.15	0.17-0.20					
n		1	1	2	2	4	1	1	1	1
07_049	Lamb/mutton, meat, moderately fat, boiled* (without salt)	0.3	0.25	0.08	0.15	2.6	0.24	2	2.6	0
07_050	Lamb/mutton, meat, moderately fat, grilled* (without salt and salt)	0.3	0.24	0.12	0.24	4.0	0.20	2	3.4	0
07_051	Lamb, brain, raw			0.13	0.30	3.9	0.29	3	11.3	16.0
n				1	1	1	1	1	1	1
07_052	Lamb, brain, braised* (without salt)			0.14	0.36	4.1	0.29	2	10.0	15.0
07_053	Lamb, liver, raw	1.2	0.77	0.32	3.07	13.0	0.90	230	90.1	4.0
SD or min-max				0.30-0.34	2.50-3.63					
n		1	1	2	2	1	1	1	1	1
07_054	Lamb, liver, boiled* (without salt)	1.5	0.93	0.19	2.55	9.9	0.55	209	81.9	6.1
07_055	Locust, raw			0.19	0.57	6.7				
n				1	1	1				
07_056	Mopanie worm, canned			0.13	1.13	2.7				0
n				1	1	1				1
07_006	Pork, meat, approx. 20 % fat, boneless, raw	0.7	0.1	0.72	0.22	3.8	0.32	2	0.8	0
SD or min-max						3.5-4.0				
n		1	1	1	1	2	2	1	1	1
07_057	Pork, meat, approx. 20 % fat, boiled* (without salt)	0.8	0.1	0.33	0.24	2.9	0.22	2	0.7	0
07_058	Pork, meat, approx. 20 % fat, grilled* (without salt and fat)	0.8	0.1	0.72	0.27	4.3	0.30	2	0.8	0
07_005	Pork, meat, approx. 40 % fat, boneless, raw	1.0	0.1	0.60	0.17	3.6	0.38	3	0.7	0
SD or min-max					0.14-0.20	3.1-4.0				
n		1	1	1	2	2	1	1	1	1
07_059	Pork, meat, approx. 40 % fat, boiled* (without salt)	1.2	0.1	0.37	0.18	2.7	0.26	3	0.6	0
07_060	Pork, meat, approx. 40 % fat, grilled* (without salt and fat)	1.2	0.1	0.80	0.21	4.1	0.35	3	08	0

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
07 Meat and poultry and their products										
07_007 SD or min-max n	Rabbit, meat, raw	Lapin, viande, crue	0.76	(127)536	72.7 2.0 3	21.6 0.8 3	4.8 0.9 3	0	0 0 3	1.0 1
07_061	Rabbit, meat, stewed* (without salt)	Lapin, viande, bouillie* (sans sel)	0.68	(185)776	59.1	31.4	6.6	0	0	1.4
07_062	Rabbit, meat, grilled* (without salt and fat)	Lapin, viande, grillée* (sans sel ou mat. grasse)	0.68	(185)776	60.5	31.4	6.6	0	0	1.4
07_063 n	Sausage, wiener (beef, pork, chicken), canned	Saucisse viennoise (bœuf, porc, poulet), en conserve	1.00	(227)941	64.9 1	10.5 1	19.4 1	2.6	0 1	2.6 1
08 Eggs and their products										
08_001 n	Egg, chicken, raw	Œuf, poule, cru	0.88	(139)578	76.2 1	12.6 1	9.5 1	0.7	0 1	1.1 1
08_002	Egg, chicken, boiled* (without salt)	Œuf, poule, bouilli* (sans sel)	0.88	(139)578	76.2	12.6	9.5	0.7	0	1.1
08_003 n	Egg, chicken, fried	Œuf, poule, frit	1.00	(191)794	69.5 1	13.6 1	14.8 1	0.8	0 1	1.3 1
08_004 n	Omelette	Omelette	1.00	(150)622	76.1 1	10.6 1	11.7 1	0.6	0 1	1.0 1
09 Fish and their products										
09_007 SD or min-max n	African carp, raw	Carpe d'Afrique, crue	0.54	(68)289	78.9 3.7 6	15.7 4.9 6	0.6 0.1 3	0	0 0 1	1.3 0.2 6
09_008	African carp, steamed* (without salt)	Carpe d'Afrique, cuit à la vapeur* (sans sel)	0.50	(80)340	75.1	18.5	0.7	0	0	1.6
09_009	African carp, grilled* (without salt and fat)	Carpe d'Afrique, grillée* (sans sel ou mat.grasse)	0.45	(99)419	69.3	22.8	0.9	0	0	2.0
09_001 SD or min-max n	Anchovy, fillet, raw	Anchois, filet, cru	1.00	(109)461	72.8 3.9 9	19.1 2.4 7	3.7 2.3 8	0	0 0 3	1.4 0.4 4
09_010	Anchovy, fillet, steamed* (without salt)	Anchois, filet, cuit à la vapeur * (sans sel)	1.00	(129)542	67.9	22.4	4.3	0	0	1.7
09_011	Anchovy, fillet, grilled* (without salt and fat)	Anchois, filet, grillé* (sans sel ou mat. grasse)	1.00	(159)668	60.5	27.6	5.4	0	0	2.1
09_012 n	Anchovy, canned in oil	Anchois, en conserve d'huile	1.00	(203)850	50.3 1	28.9 1	9.7 1	0	0 1	11.1 1
09_002 SD or min-max n	Barracuda, raw	Barracuda, cru	0.64	(83)350	78.7 77.8-79.5 2	19.0 18.3-19.0 2	0.7 0.2 5	0	0 1	1.3 1.1-1.4 2
09_013	Barracuda, steamed* (without salt)	Barracuda, cuit à la vapeur * (sans sel)	0.61	(97)412	74.9	22.4	0.9	0	0	1.5
09_014	Barracuda, grilled* (without salt and fat)	Barracuda, grillé* (sans sel ou mat.grasse)	0.55	(120)508	69.1	27.5	1.1	0	0	1.8

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
07 Meat and poultry and their products												
07_007	Rabbit, meat, raw	16	1.2	27	212	351	60	1.70	0.15	10	10	0
SD or min-max		5	0.6	25-28	210-213	37	6					
n		3	3	2	2	3	3	1	1		1	1
07_061	Rabbit, meat, stewed* (without salt)	19	1.7	25	245	280	52	2.46	0.22	12	12	0
07_062	Rabbit, meat, grilled* (without salt and fat)	23	1.6	33	261	432	74	2.46	0.20	11	11	0
07_063	Sausage, wiener (beef, pork, chicken), canned	10	0.88	7	49	101	969	1.60	0.03	0	0	0
n		1	1	1	1	1	1	1	1		1	1
08 Eggs and their products												
08_001	Egg, chicken, raw	56	1.8	12	198	138	142	1.29	0.07	160	160	5
n		1	1	1	1	1	1	1	1		1	1
08_002	Egg, chicken, boiled* (without salt)	53	1.7	11	188	131	135	1.23	0.07	152	152	5
08_003	Egg, chicken, fried	62	1.9	13	215	152	207	1.39	0.08	219	216	40
n		1	1	1	1	1	1	1	1		1	1
08_004	Omelette	48	1.5	11	167	117	255	1.09	0.06	172	169	32
n		1	1	1	1	1	1	1	1		1	1
09 Fish and their products												
09_007	African carp, raw	13	0.7	33	144	313	57	1.3	0.05	1	1	0
SD or min-max		1	1	1	1	1	1	1	1		1	1
n		1	1	1	1	1	1	1	1		1	1
09_008	African carp, steamed* (without salt)	15	0.7	33	144	276	57	1.5	0.06	1	1	0
09_009	African carp, grilled* (without salt and fat)	19	0.9	43	188	386	70	1.9	0.07	1	1	0
09_001	Anchovy, fillet, raw	109	3.1	32	204	438	104	1.74	0.22	15	15	0
SD or min-max		34	1.9	22-41	174-233	383-492		0.36	0.21-0.23			
n		3	3	2	2	2	1	3	2		1	1
09_010	Anchovy, fillet, steamed* (without salt)	129	2.9	32	204	386	104	2.05	0.23	16	16	0
09_011	Anchovy, fillet, grilled* (without salt and fat)	158	3.8	41	265	539	128	2.53	0.30	20	20	0
09_012	Anchovy, canned in oil	232	4.6	69	252	544	3670	2.44	0.34	12	12	0
n		1	1	1	1	1	1	1	1		1	1
09_002	Barracuda, raw	26	0.9	31	175	252	89	0.51	0.06	[7]	[7]	0
SD or min-max		25-27	0.8-1.0		160-190							
n		2	2	1		1	1	1	1		1	1
09_013	Barracuda, steamed* (without salt)	31	0.8	31	175	222	89	0.60	0.06	[8]	[8]	0
09_014	Barracuda, grilled* (without salt and fat)	38	1.1	40	228	310	110	0.73	0.08	[9]	[9]	0

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	VitB6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
07 Meat and poultry and their products										
07_007	Rabbit, meat, raw	0	0.8	0.11	0.15	9.5	0.57	5	10.0	0
SD or min-max				0.01	0.02	0.9	0.06	5-5	10.0-10.0	
n		1	1	3	3	3	3	2	2	1
07_061	Rabbit, meat, stewed* (without salt)	0	0.9	0.06	0.12	6.9	0.33	4	8.7	0
07_062	Rabbit, meat, grilled* (without salt and fat)	0	0.9	0.10	0.20	11.0	0.53	5	12.0	0
07_063	Sausage, wiener (beef, pork, chicken), canned	0.6	[0.22]	0.09	0.11	1.6	0.12	4	1.0	0
n		1	1	1	1	1	1	1	1	1
08 Eggs and their products										
08_001	Egg, chicken, raw	2.0	[1.05]	0.04	0.46	0.1	0.17	47	0.9	0
n		1	1	1	1	1	1	1	1	1
08_002	Egg, chicken, boiled* (without salt)	1.9	[1.05]	0.03	0.37	0.1	0.14	38	0.7	0
08_003	Egg, chicken, fried	2.2	[1.31]	0.04	0.50	0.1	0.18	51	1.0	0
n		1	1	1	1	1	1	1	1	1
08_004	Omelette	1.7	1.29	0.03	0.39	0.1	0.14	39	0.8	0
n		1	1	1	1	1	1	1	1	1
09 Fish and their products										
09_007	African carp, raw	[2.6]	[0.07]	0.09	0.06	1.9	0.16	14	1.6	Tr
SD or min-max										
n		1	1	1	1	1	1	1	1	1
09_008	African carp, steamed* (without salt)	[2.8]	[0.08]	0.08	0.05	1.5	0.13	11	1.5	Tr
09_009	African carp, grilled* (without salt and fat)	[3.5]	[0.10]	0.12	0.07	2.2	0.21	16	2.1	Tr
09_001	Anchovy, fillet, raw	[2.9]	[0.57]	0.06	0.26	17.0	0.14	9	0.6	Tr
SD or min-max				0.06-0.07	0.26-0.27	14.0-20.0				
n		1	1	2	2	2	1	1	1	1
09_010	Anchovy, fillet, steamed* (without salt)	[3.1]	[0.67]	0.06	0.22	14.0	0.12	7	0.6	Tr
09_011	Anchovy, fillet, grilled* (without salt and fat)	[3.8]	[0.83]	0.08	0.30	19.7	0.19	10	0.8	Tr
09_012	Anchovy, canned in oil (drained solids)	1.7	[3.33]	0.08	0.36	19.9	0.20	13	0.9	Tr
n		1	1	1	1	1	1	1	1	1
09_002	Barracuda, raw	[0.6]	[0.19]	0.12	0.09	4.1	0.31	9	2.1	Tr
SD or min-max										
n		1	1	1	1	1	1	1	1	1
09_013	Barracuda, steamed* (without salt)	[0.6]	[0.22]	0.11	0.07	3.4	0.26	7	2.0	Tr
09_014	Barracuda, grilled* (without salt and fat)	[0.8]	[0.28]	0.16	0.10	4.8	0.41	10	2.8	Tr

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
09 Fish and their products										
09_015 SD or min-max n	Bayad, raw	Poisson, `Bagrus Bayad`, cru	0.60	(79)335	79.8 79.6-80.1 2	17.1 16.6-17.6 2	1.2 0.8-1.6 2	0	0 1	1.2 1
09_016	Bayad, steamed* (without salt)	Poisson, `Bagrus Bayad`, cuit à la vapeur* (sans sel)	0.56	(93)394	76.3	20.1	1.4	0	0	1.4
09_017	Bayad, grilled* (without salt and fat)	Poisson, `Bagrus Bayad`, grillé* (sans sel ou mat. grasse)	0.51	(115)486	70.8	24.8	1.7	0	0	1.7
09_018 SD or min-max n	Catfish, raw	Poisson-chat, cru	0.52	(117)488	76.5 1	16.3 1	5.7 0.8 4	0	0 1	1.0 1
09_019	Catfish, steamed* (without salt)	Poisson-chat, cuit à la vapeur* (sans sel)	0.55	(126)529	73.6	19.2	5.5	0	0	1.2
09_020	Catfish, grilled* (without salt and fat)	Poisson-chat, grillé* (sans sel ou mat. grasse)	0.43	(141)591	69.1	23.6	5.1	0	0	1.5
09_021 SD or min-max n	Carp, raw	Carpe, crue	0.54	(119)499	76.6 0.6 3	17.2 0.9 3	5.6 0.9 3	0	0 0 3	1.3 1.1-1.5 2
09_022	Carp, steamed* (without salt)	Carpe, cuit à la vapeur* (sans sel)	0.50	(129)542	73.7	20.2	5.4	0	0	1.5
09_023	Carp, grilled* (without salt and fat)	Carpe, grillée* (sans sel ou mat.grasse)	0.45	(144)607	69.2	24.9	5.0	0	0	1.9
09_003 SD or min-max n	Mackerel, raw	Maquereau, cru	0.71	(124)521	72.5 2.8 3	19.7 1.7 4	5.0 2.8 4	0	0 1	1.4 0.2 3
09_024	Mackerel, boiled* (without salt)	Maquereau, bouilli* (sans sel)	0.63	(155)655	61.9	29.8	4.0	0	0	2.2
09_025	Mackerel, grilled* (without salt and fat)	Maquereau, grillé* (sans sel ou mat. grasse)	0.64	(151)638	63.2	28.5	4.1	0	0	2.1
09_026 SD or min-max n	Mormyrids, raw	Mormyridés, crus	0.52	(83)350	79.5 0.3 3	17.8 1.0 3	1.3 0.2 3	0	0 1	1.1 1.0-1.1 2
09_027	Mormyrids, steamed* (without salt)	Mormyridés, cuit à la vapeur* (sans sel)	0.48	(97)411	75.8	21.0	1.5	0	0	1.2
09_028	Mormyrids, grilled* (without salt and fat)	Mormyridés, grillés* (sans sel ou mat. grasse)	0.43	(120)507	70.2	25.8	1.8	0	0	1.5
09_029 SD or min-max n	Mudfish/African catfish, raw	Poisson `Mudfish`, cru	0.52	(95)401	78.6 3.7 10	17.0 1.2 4	3.0 2.2 8	0	0 1	1.0 0.2 3
09_030	Mudfish/African catfish, steamed* (without salt)	Poisson `Mudfish`, cuit à la vapeur* (sans sel)	0.55	(112)471	74.8	20.0	3.6	0	0	1.2
09_031	Mudfish/African catfish, grilled* (without salt and fat)	Poisson `Mudfish`, grillé* (sans sel ou mat. grasse)	0.43	(138)581	69.0	24.6	4.4	0	0	1.5
09_032 SD or min-max n	Perch, Nile, raw	Perche du Nil, capitaine, crue	0.61	(98)413	76.1 2.4 4	19.9 2.8 4	2.0 1.1 4	0	0 1	1.2 0.3 4
09_033	Perch, Nile, steamed* (without salt)	Perche du Nil, capitaine, cuit à la vapeur (sans sel)	0.51	(115)486	71.9	23.4	2.4	0	0	1.5
09_034	Perch, Nile, grilled* (without salt and fat)	Perche du Nil, capitaine, grillée* (sans sel ou mat. grasse)	0.52	(142)598	65.3	28.8	2.9	0	0	1.8

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
09 Fish and their products												
09_015	Bayad, raw	61	1.2	28	197	320	51	0.64	0.06	2	2	0
SD or min-max n		1	1	1	1	1	1	1	1		1	1
09_016	Bayad, steamed* (without salt)	72	1.1	28	197	278	51	0.76	0.06	2	2	0
09_017	Bayad, grilled* (without salt and fat)	88	1.5	37	257	389	63	0.93	0.08	3	3	0
09_018	Catfish, raw	38	0.9	30	191	304	48	0.6	0.05	[25]	[25]	0
SD or min-max n		1	1	1	1	1	1	1	1		1	1
09_019	Catfish, steamed* (without salt)	45	0.9	30	191	268	48	0.7	0.05	[21]	[21]	0
09_020	Catfish, grilled* (without salt and fat)	55	1.2	39	249	375	59	0.9	0.07	[29]	[29]	0
09_021	Carp, raw	44	1.1	33	328	347	46	1.24	0.06	9	9	0
SD or min-max n		41-47 2	0.9-1.2 2	29-36 2	240-415 2	333-360 2	43-49 2	1.00-1.48 2	1		1	1
09_022	Carp, steamed* (without salt)	52	1.0	33	328	306	46	1.46	0.06	7	7	0
09_023	Carp, grilled* (without salt and fat)	64	1.3	42	427	427	57	1.80	0.08	10	10	0
09_003	Mackerel, raw	28	0.8	33	210	446	59	0.49	0.06	39	39	0
SD or min-max n		11-44 2	0.4-1.2 2	1	50 3	1	1	1	1		1	1
09_024	Mackerel, boiled* (without salt)	42	1.0	43	270	507	76	0.74	0.08	41	41	0
09_025	Mackerel, grilled* (without salt and fat)	40	1.0	43	273	549	73	0.71	0.08	45	45	0
09_026	Mormyrids, raw	123	1.1	29	268	321	41	0.6	0.06	[12]	[12]	0
SD or min-max n		1	1	1	1	1	1	1	1		1	1
09_027	Mormyrids, steamed* (without salt)	145	1.0	29	268	284	41	0.7	0.06	[13]	[13]	0
09_028	Mormyrids, grilled* (without salt and fat)	178	1.4	38	350	396	50	0.8	0.08	[16]	[16]	0
09_029	Mudfish/African catfish, raw	44	0.7	21	180	242	41	0.65	0.13	7	7	0
SD or min-max n		1	0.4 3	18-24 2	1	182-301 2	10 3	0.38 3	0.04-0.22 2		1	1
09_030	Mudfish/African catfish, steamed* (without salt)	52	0.7	21	180	213	41	0.76	0.13	7	7	0
09_031	Mudfish/African catfish, grilled* (without salt and fat)	64	0.9	28	235	298	50	0.94	0.17	9	9	0
09_032	Perch, Nile, raw	89	0.7	39	176	300	58	1.1	0.09	6	6	0
SD or min-max n		1	0.2 3	1	137-214 2	1	1	1	0.02-0.15 2		1	1
09_033	Perch, Nile, steamed* (without salt)	105	0.7	39	176	264	58	1.3	0.09	6	6	0
09_034	Perch, Nile, grilled* (without salt and fat)	129	0.9	51	229	369	71	1.6	0.12	7	7	0

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
09 Fish and their products										
09_015	Bayad, raw	[0.9]	[0.30]	0.19	0.05	1.2	0.26	8	1.8	Tr
SD or min-max n		1	1	1	1	1	1	1	1	1
09_016	Bayad, steamed* (without salt)	[1.0]	[0.36]	0.16	0.04	0.9	0.22	6	1.7	Tr
09_017	Bayad, grilled* (without salt and fat)	[1.2]	[0.44]	0.24	0.06	1.3	0.34	9	2.3	Tr
09_018	Catfish, raw	[8.6]	[0.58]	0.12	0.06	1.4	0.29	8	2.3	Tr
SD or min-max n		1	1	1	1	1	1	1	1	1
09_019	Catfish, steamed* (without salt)	[7.1]	[0.48]	0.11	0.05	1.2	0.24	7	2.2	Tr
09_020	Catfish, grilled* (without salt and fat)	[9.9]	[0.68]	0.16	0.08	1.8	0.37	10	3.0	Tr
09_021	Carp, raw	24.7	0.63	0.10	0.06	2.1	0.18	15	1.8	Tr
SD or min-max n		1	1	0.09-0.012 2	0.06-0.07 2	1.6-2.5 2	0.17-0.19 2	1	1.5-2.0 2	1
09_022	Carp, steamed* (without salt)	20.3	0.52	0.09	0.05	1.7	0.15	12	1.7	Tr
09_023	Carp, grilled* (without salt and fat)	28.6	0.73	0.13	0.08	2.7	0.23	17	2.3	Tr
09_003	Mackerel, raw	7.3	[0.69]	0.14	0.14	5.3	0.40	1	2.4	Tr
SD or min-max n		1	1	0.13-0.14 2	0.11-0.17 2	2.3-8.0 2	1	1	1	1
09_024	Mackerel, boiled* (without salt)	7.7	[0.73]	0.15	0.15	5.6	0.42	1	2.9	Tr
09_025	Mackerel, grilled* (without salt and fat)	8.5	[0.80]	0.18	0.18	6.8	0.52	1	3.1	Tr
09_026	Mormyrids, raw	[1.0]	[0.32]	0.05	0.09	0.9	0.30	9	2.0	Tr
SD or min-max n		1	1	1	1	1	1	1	1	1
09_027	Mormyrids, steamed* (without salt)	[1.1]	[0.38]	0.05	0.07	0.8	0.25	7	1.9	Tr
09_028	Mormyrids, grilled* (without salt and fat)	[1.3]	[0.46]	0.07	0.10	1.1	0.39	10	2.6	Tr
09_029	Mudfish/African catfish, raw	[2.4]	0.34	0.04	0.07	1.3	0.08	9	2.1	Tr
SD or min-max n		1	1	0.00-0.07 2	0.03-0.10 2	1.1-1.5 2	1	1	1	1
09_030	Mudfish/African catfish, steamed*(without salt)	[2.5]	0.40	0.03	0.05	1.1	0.07	8	2.0	Tr
09_031	Mudfish/African catfish, grilled*(without salt and fat)	[3.1]	0.49	0.05	0.08	1.5	0.10	11	2.8	Tr
09_032	Perch, Nile, raw	[1.2]	[1.9]	0.07	0.07	2.8	0.12	5	1.9	Tr
SD or min-max n		1	1	1	1	1.5-4.0 2	1	1	1	1
09_033	Perch, Nile, steamed* (without salt)	[1.3]	[2.2]	0.06	0.06	2.3	0.10	4	1.8	Tr
09_034	Perch, Nile, grilled* (without salt and fat)	[1.6]	[2.7]	0.09	0.08	3.2	0.16	6	2.5	Tr

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
09 Fish and their products										
09_004 SD or min-max n	Sardine, raw	Sardine, crue	0.52	(103)436	74.9 1.6 7	19.4 1.5 7	2.9 1.0 8	0	0 1	2.5 0.7 6
09_035	Sardine, steamed* (without salt)	Sardine, cuit à la vapeur * (sans sel)	0.48	(122)513	70.5	22.8	3.4	0	0	3.0
09_036	Sardine, grilled* (without salt and fat)	Sardine, grillée* (sans sel ou mat. grasse)	0.43	(150)632	63.6	28.0	4.2	0	0	3.7
09_037 SD or min-max n	Sardines in oil, canned (drained solids with bone)	Sardine conservées en huile (égouttées, avec arêtes)	1.00	(220)919	57.9 56.1-59.6 2	24.7 24.6-24.8 2	13.5 11.5-15.5 2	0	0 1	3.5 3.4-3.6 2
09_038 n	Shiny-nose, raw	Capitaine de mer, cru	0.60	(85)362	78.3 1	19.8 1	0.7 1	0	0 1	1.6 1
09_039	Shiny-nose, steamed* (without salt)	Capitaine de mer, cuit à la vapeur* (sans sel)	0.56	(100)426	74.6	23.3	0.8	0	0	1.9
09_040	Shiny-nose, grilled* (without salt and fat)	Capitaine de mer, grillé* (sans sel ou mat. grasse)	0.51	(124)525	68.6	28.7	1.0	0	0	2.3
09_041 SD or min-max n	Tilapia, raw	Tilapia, cru	0.65	(99)419	76.5 2.6 4	18.8 1.3 4	2.7 1.3 4	0	0 0-0 2	1.7 1.0 3
09_042	Tilapia, steamed* (without salt)	Tilapia, cuit à la vapeur* (sans sel)	0.61	(117)493	72.4	22.1	3.2	0	0	2.0
09_043	Tilapia, grilled* (without salt and fat)	Tilapia, grillé* (sans sel ou mat. grasse)	0.56	(144)607	66.0	27.2	3.9	0	0	2.4
09_005 SD or min-max n	Tuna, raw	Thon, cru	0.58	(139)568	70.4 5.4 17	23.3 2.9 17	5.1 3.6 19	0	0 0 5	1.5 0.2 13
09_044	Tuna, boiled* (without salt)	Thon, bouilli* (sans sel)	0.54	(158)667	64.8	29.2	4.6	0	0	1.7
09_045	Tuna, grilled* (without salt and fat)	Thon, grillé* (sans sel ou mat.grasse)	0.49	(174)732	60.3	33.8	4.3	0	0	2.0
09_006 SD or min-max n	White grouper, raw	Mérou blanc, cru	0.60	(87)368	77.9 76.6-79.2 2	19.4 0.2 3	1.0 0.1 3	0	0 1	1.3 1.2-1.4 2
09_046	White grouper, steamed* (without salt)	Mérou blanc, cuit à la vapeur* (sans sel)	0.56	(102)432	74.0	22.8	1.2	0	0	1.5
09_047	White grouper, grilled* (without salt and fat)	Mérou blanc, grillé* (sans sel ou mat.grasse)	0.51	(126)533	68.0	28.1	1.5	0	0	1.9
10 Milk and their products										
10_006 n	Cheddar	Cheddar	1.00	(396)1640	37.4	24.7	32.3	1.7	0 1	3.9 1
10_007 n	Cheese, goat, hard type	Formage de chèvre, dur	1.00	(447)1860	29.0 1	30.5 1	35.6 1	1.2	0 1	3.7 1
10_008 SD or min-max n	Cheese, Gouda	Fromage, gouda	1.00	(367)1520	41.0 40.6-41.5 2	24.8 24.7-24.9 2	29.5 27.4-31.5 2	0.7	0 1	3.9 1

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
09 Fish and their products												
09_004	Sardine, raw	71	1.8	35	281	499	77	1.57	0.07	[19]	[18]	[6]
SD or min-max n		57-85 2	0.6 3	24-47 2	110 5	1	54-100 2	1	1		1	1
09_035	Sardine, steamed* (without salt)	84	1.7	35	281	441	77	1.84	0.07	[20]	[20]	[7]
09_036	Sardine, grilled* (without salt and fat)	103	2.3	46	367	615	95	2.27	0.09	[25]	[24]	[8]
09_037	Sardines in oil, canned (drained solids with bone)	382	2.9	39	490	397	505	1.31	0.19	32	32	0
SD or min-max n		1	1	1	1	1	1	1	1		1	1
09_038	Shiny-nose, raw	177	0.2	31	148	340	74	0.51	0.06	[7]	[7]	0
n		1	1	1	1	1	1	1	1		1	1
09_039	Shiny-nose, steamed* (without salt)	208	0.2	31	148	300	74	0.60	0.07	[7]	[7]	0
09_040	Shiny-nose, grilled* (without salt and fat)	257	0.2	40	193	418	92	0.75	0.09	[9]	[9]	0
09_041	Tilapia, raw	17	1.3	36	275	378	52	0.83	0.06	[26]	[26]	0
SD or min-max n		10-24 2	0.7 4	27-44 2	87 4	74 3	52-52 2	0.33-1.32 2	0.05-0.08 2		1	1
09_042	Tilapia, steamed* (without salt)	20	1.2	36	275	333	52	0.97	0.06	[28]	[28]	0
09_043	Tilapia, grilled* (without salt and fat)	25	1.6	46	359	465	64	1.20	0.08	[34]	[34]	0
09_005	Tuna, raw	14	1.1	40	249	349	51	0.45	0.08	26	26	0
SD or min-max n		9 6	0.4 6	9 5	34 6	84 6	17 5	0.24 5	0.05 4		1	1
09_044	Tuna, boiled* (without salt)	18	1.1	43	264	327	54	0.56	0.09	23	23	0
09_045	Tuna, grilled* (without salt and fat)	20	1.4	52	324	430	63	0.65	0.11	30	30	0
09_006	White grouper, raw	31	1.2	33	175	483	53	0.89	0.03	43	43	0
SD or min-max n		9 3	0.3 3	31-35 2	162-188 2	1	1	0.48-1.30 2	0.02-0.05 2		1	1
09_046	White grouper, steamed* (without salt)	36	1.1	33	175	426	53	1.05	0.03	46	46	0
09_047	White grouper, grilled* (without salt and fat)	44	1.4	43	228	595	65	1.29	0.04	56	56	0
10 Milk and their products												
10_006	Cheddar	788	0.8	30	532	82	487	3.78	0.07	265	258	85
n		1	1	1	1	1	1	1	1		1	1
10_007	Cheese, goat, hard type	895	1.9	54	729	48	346	1.59	0.63	486	478	91
n		1	1	1	1	1	1	1	1		1	1
10_008	Cheese, Gouda	753	0.5	30	556	96	665	3.82	0.05	165	164	0
SD or min-max n		700-806 2	0.2-0.7 2	29-31 2	546-565 2	71-121 2	511-819 2	3.73-3.9 2	0.04-0.05 2		1	1

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
09 Fish and their products										
09_004	Sardine, raw	11.0	[0.73]	0.02	0.21	9.4	0.96	4	11.0	Tr
SD or min-max n		1	1	0.02-0.02 2	0.17-0.25 2	9.1-9.7 2	1	1	1	1
09_035	Sardine, steamed* (without salt)	11.6	[0.86]	0.02	0.17	7.7	0.79	3	10.4	Tr
09_036	Sardine, grilled* (without salt and fat)	14.3	[1.06]	0.03	0.24	10.9	1.25	5	14.3	Tr
09_037	Sardines in oil, canned (drained solids with bone)	12.0	[2.04]	0.08	0.23	5.2	0.17	10	8.9	Tr
SD or min-max n		1	1	1	1	1	1	1	1	1
09_038	Shiny-nose, raw	[0.5]	[0.17]	0.08	0.10	3.5	0.32	9	2.2	Tr
n		1	1	1	1	1	1	1	1	1
09_039	Shiny-nose, steamed* (without salt)	[0.6]	[0.20]	0.07	0.09	2.9	0.26	8	2.0	Tr
09_040	Shiny-nose, grilled* (without salt and fat)	[0.7]	[0.25]	0.11	0.12	4.1	0.41	11	2.8	Tr
09_041	Tilapia, raw	3.1	[0.40]	0.04	0.06	3.5	0.24	24	1.6	Tr
SD or min-max n		1	1	0.03-0.04 2	0.03 3	3.1-3.9 2	0.16-0.32 2	1	1	1
09_042	Tilapia, steamed* (without salt)	3.3	[0.47]	0.03	0.05	2.9	0.20	20	1.5	Tr
09_043	Tilapia, grilled* (without salt and fat)	4.0	[0.58]	0.05	0.07	4.1	0.31	28	2.1	Tr
09_005	Tuna, raw	6.5	1.10	0.16	0.14	13.5	0.69	15	5.1	Tr
SD or min-max n		1	1.0-1.20 2	0.06 4	0.07 5	3.3 6	0.32 4	15-15 2	3.1 4	1
09_044	Tuna, boiled* (without salt)	5.6	0.96	0.15	0.12	12.1	0.61	13	5.1	Tr
09_045	Tuna, grilled* (without salt and fat)	7.5	1.28	0.20	0.18	18.0	0.90	17	6.6	Tr
09_006	White grouper, raw	[0.8]	[0.26]	0.07	0.03	3.4	0.3	9	1	Tr
SD or min-max n		1	1	0.01 3	0.02 3	3.0-3.8 2	1	1	1	1
09_046	White grouper, steamed* (without salt)	[0.9]	[0.31]	0.06	0.03	2.8	0.25	7	0.6	Tr
09_047	White grouper, grilled* (without salt and fat)	[1.1]	[0.38]	0.09	0.04	3.9	0.39	10	0.8	Tr
10 Milk and their products										
10_006	Cheddar	0.3	1.15	0.03	0.38	0.1	0.07	18	0.8	Tr
n		1	1	1	1	1	1	1	1	1
10_007	Cheese, goat, hard type	0.7	[0.31]	0.14	1.19	2.4	0.08	4	0.1	0
n		1	1	1	1	1	1	1	1	1
10_008	Cheese, Gouda	0.4	1.23	0.04	0.33	0.1	0.08	21	1.5	Tr
SD or min-max n		0.2-0.4 2	1	0.03-0.04 2	0.33-0.33 2	1	1	1	1	1

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
10 Milk and their products										
10_009 n	Cream, whipping, 38 % fat	Crème à fouetter, 38 % de mat. grasse	1.00	(360)1480	57.1 1	2.1 1	38.0 1	2.3	0 1	0.5 1
10_010 n	Cream, 13 % fat	Crème, 13 % de mat. grasse	1.00	(151)625	78.5 1	2.9 1	13.5 1	4.5	0 1	0.6 1
10_011 n	Infant formula, powder, for 3 months	Lait infantile, poudre, pour l'âge de 3 mois	1.00	(519)2170	2.0 1	11.9 1	27.7 1	55.6	0 1	2.8 1
10_012 n	Infant formula, powder, for 6 months	Lait infantile, poudre, pour l'âge de 6 mois	1.00	(472)1980	2.0 1	17.6 1	19.7 1	56.1	0 1	4.6 1
10_001 SD or min-max n	Milk, cow, whole, 3.5 % fat (includes pasteurised, sterilised and UHT)	Lait, vache, entier, 3.5 % de mat. grasse (y compris pasteurisé, stérilisé, UTH)	1.00	(65)271	87.7 0.3 4	3.4 0.2 4	3.7 0.2 4	4.4	0 0-0 2	0.8 1
10_013 n	Milk, cow, partly skimmed, 1.5 % fat	Lait, vache, partiellement écrémé, 1.5 % de mat. grasse	1.00	(48)200	89.3 1	3.5 1	1.6 1	4.8	0 1	0.8 1
10_014 n	Milk, cow, skimmed, 0.5 % fat	Lait, vache, écrémé, 0.5 % de mat. grasse	1.00	(37)158	90.6 1	3.5 1	0.5 1	4.7	0 1	0.7 1
10_015 n	Milk, cow, canned, condensed, sweetened	Lait, vache, en conserve, condensé, sucré	1.00	(328)1380	27.2 1	7.9 1	8.7 1	54.4	0 1	1.8 1
10_016 n	Milk, cow, canned, evaporated	Lait, vache, en conserve, concentré	1.00	(135)566	74.0 1	6.8 1	7.6 1	10.0	0 1	1.6 1
10_002 SD or min-max n	Milk, cow, powder, whole	Lait, vache, poudre, entier	1.00	(495)2070	3.7 1.1 4	25.9 1.3 4	26.6 0.7 4	37.9	0 1	5.9 1
10_017 n	Milk, cow powder, skimmed	Lait, vache, poudre, écrémé	1.00	(359)1530	3.2 1	36.2 1	0.8 1	52.0	0 1	7.9 1
10_018 SD or min-max n	Milk, camel, raw (average of different breeds)	Lait, chameau, cru (moyenne de plusieurs races)	1.00	(58)241	88.5 88.3-88.7 2	3.1 0.5 13	3.0 0.8 24	4.7	0 1	0.8 0 13
10_003 SD or min-max n	Milk, goat, raw	Lait, chèvre, cru	1.00	(76)319	85.8 84.0-87.5 2	3.4 0.0 3	4.5 0.6 3	5.5	0 1	0.8 1
10_004 SD or min-max n	Milk, human, mature, raw	Lait, humain, mature, cru	1.00	(70)293	86.8 0.3 5	1.2 0.1 5	3.7 0.5 5	8.1	0 1	0.3 0.2-0.3 2
10_019 n	Milk, human, colostrum, raw	Lait, humain, colostrum, cru	1.00	(58)242	88.2 1	2.0 1	2.6 1	6.6	0 1	0.6 1
10_020 n	Vacherin cheese	Fromage de vacherin	1.00	(319)1320	51.1 1	17.3 1	27.8 1	0	0 1	2.8 1
10_005 SD or min-max n	Yoghurt, whole milk, plain	Yaourt, lait entier, nature	1.00	(73)304	85.3 3.1 3	3.8 1.1 7	3.4 0.2 5	6.8	0 0 3	0.8 1
10_021 n	Yoghurt, whole milk, with fruits	Yaourt, lait entier, avec fruit	1.00	(89)372	80.6 1	3.3 1	3.2 1	11.4	0.5 1	1.0 1

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
10 Milk and their products												
10_009	Cream, whipping, 38 % fat	67	0.1	7	57	93	28	0.24	0.01	333	319	168
n		1	1	1	1	1	1	1	1		1	1
10_010	Cream, 13 % fat	104	0.04	11	79	136	39	0.37	0.01	120	115	59
n		1	1	1	1	1	1	1	1		1	1
10_011	Infant formula, powder, for 3 months	358	9.3	31	280	482	140	3.90	0.37	467	467	0
n		1	1	1	1	1	1	1	1		1	1
10_012	Infant formula, powder, for 6 months	810	8.5	66	458	704	225	3.50	0.41	488	488	0
n		1	1	1	1	1	1	1	1		1	1
10_001	Milk, cow, whole, 3.5 % fat (includes pasteurised, sterilised and UHT)	120	0.05	11	92	153	45	0.39	0.01	33	31	18
SD or min-max		7	0.0	1	2	5	3	0.07	0.00		30-33	15-20
n		4	3	3	4	3	3	4	3		2	2
10_013	Milk, cow, partly skimmed, 1.5 % fat	122	0.03	12	96	153	43	0.41	0.01	14	13	7
n		1	1	1	1	1	1	1	1		1	1
10_014	Milk, cow, skimmed, 0.5 % fat	124	0.03	12	97	157	44	0.41	0.01	4	4	2
n		1	1	1	1	1	1	1	1		1	1
10_015	Milk, cow, canned, condensed, sweetened	284	0.2	26	253	371	127	0.94	0.02	74	73	14
n		1	1	1	1	1	1	1	1		1	1
10_016	Milk, cow, canned, evaporated	261	0.2	24	203	303	106	0.77	0.02	65	64	15
n		1	1	1	1	1	1	1	1		1	1
10_002	Milk, cow, powder, whole	968	0.7	91	735	1160	370	3.51	0.06	228	218	129
SD or min-max		67	0.1	88-93	67	25	10	3.10-3.91			207-228	118-140
n		4	4	2	3	3	3	2	1		2	2
10_017	Milk, cow powder, skimmed	1260	0.3	110	968	1790	535	4.08	0.04	15	15	7
n		1	1	1	1	1	1	1	1		1	1
10_018	Milk, camel, raw (average of different breeds)	116	0.2	13	86	151	61	0.56	0.15			
SD or min-max		5	0.2	1	3	25	11	0.09	0.02			
n		4	5	4	4	4	5	4	4			
10_003	Milk, goat, raw	142	0.1	14	119	215	48	0.30	0.02	33	33	0
SD or min-max		20	0.1	13-14	103-135	185-245	45-51				25-40	
n		3	3	2	2	2	2	1	1		2	1
10_004	Milk, human, mature, raw	30	0.1	3	16	59	12	0.3	0.04	60	58	24
SD or min-max		6	0.1	3-3	2	1	5	0.1				
n		5	3	2	5	3	3	3	1		1	1
10_019	Milk, human, colostrum, raw	28		3	14	70	47	0.6	0.05	166	155	135
n		1		1	1	1	1	1	1		1	1
10_020	Vacherin cheese	700	0.4	30	430	120	450	[8]	0.07	166	158	[100]
n		1	1	1	1	1	1	1	1		1	
10_005	Yoghurt, whole milk, plain	152	0.1	15	127	209	64	0.58	0.02	30	29	16
SD or min-max		33	0.1	3	38	67	17	0.47-0.7				
n		5	4	4	3	3	3	2	1		1	1
10_021	Yoghurt, whole milk, with fruits	118	0.1	12	88	152	41	0.47	0.01	28	27	14
n		1	1	1	1	1	1	1	1		1	1

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
10 Milk and their products										
10_009	Cream, whipping, 38 % fat	0.4	0.97	0.03	0.16	0.1	0.02	11	0.4	0.8
n		1	1	1	1	1	1	1	1	1
10_010	Cream, 13 % fat	0.2	0.34	0.04	0.19	0.1	0.05	12	0.4	1.0
n		1	1	1	1	1	1	1	1	1
10_011	Infant formula, powder, for 3 months	7.8	5.00	0.52	0.78	3.9	0.33	39	1.0	43
n		1	1	1	1	1	1	1	1	1
10_012	Infant formula, powder, for 6 months	8.5	5.10	0.57	0.85	4.3	0.34	42	0.9	46
n		1	1	1	1	1	1	1	1	1
10_001	Milk, cow, whole, 3.5 % fat (includes pasteurised, sterilised and UHT)	0.1	0.09	0.04	0.18	0.1	0.05	10	0.6	1.5
SD or min-max				0.04-0.04	0.17-0.18		0.01	8-11	0.3	0.5
n		1	1	2	2	1	3	2	3	4
10_013	Milk, cow, partly skimmed, 1.5 % fat	0.1	0.04	0.05	0.18	0.1	0.05	12	0.5	1.3
n		1	1	1	1	1	1	1	1	1
10_014	Milk, cow, skimmed, 0.5 % fat	0.1	0.01	0.04	0.17	0.1	0.05	6	0.5	1.3
n		1	1	1	1	1	1	1	1	1
10_015	Milk, cow, canned, condensed, sweetened	0.2	[0.16]	0.09	0.42	0.2	0.05	11	0.4	2.6
n		1	1	1	1	1	1	1	1	1
10_016	Milk, cow, canned, evaporated	0.1	[0.16]	0.05	0.32	0.2	0.05	8	0.2	1.9
n		1	1	1	1	1	1	1	1	1
10_002	Milk, cow, powder, whole	1.2	0.50	0.30	1.32	0.7	0.25	39	3.3	11.3
SD or min-max				0.02	0.12	0.1	0.20-0.30	37-40		1.5
n		1	1	4	4	4	2	2	1	3
10_017	Milk, cow powder, skimmed	0	0.04	0.42	1.55	1.0	0.36	50	4.0	6.8
n		1	1	1	1	1	1	1	1	1
10_018	Milk, camel, raw (average of different breeds)				0.06					1.9
SD or min-max										1.8
n					1					10
10_003	Milk, goat, raw	0.1	0.03	0.06	0.17	0.3	0.04	1	0.1	1.5
SD or min-max				0.02	0.13-0.22	0.2-0.4	0.04-0.04		0-0	1.0-2.0
n		1	1	3	3	2	2	1	2	2
10_004	Milk, human, mature, raw	Tr	0.34	0.02	0.04	0.5	0.01	5	0.1	3.3
SD or min-max				0.00	0.01	0.3				1.5
n		1	1	3	3	3	1	1	1	4
10_019	Milk, human, colostrum, raw	Tr	1.30	Tr	0.03	0.8	0	2	0.1	7
n		1	1	1	1	1	1	1	1	1
10_020	Vacherin cheese	0.2	0.6	0	0.3	0.1	0.06	12	1.5	0
n		1	1	1	1	1	1	1	1	1
10_005	Yoghurt, whole milk, plain	0.1	0.09	0.04	0.20	0.1	0.04	12	0.3	0.7
SD or min-max				0.01	0.05	0.1		2-22		0.5
n		1	1	4	4	3	1	2	1	3
10_021	Yoghurt, whole milk, with fruits	0.1	0.08	0.04	0.16	0.1	0.04	23	0.2	0.7
n		1	1	1	1	1	1	1	1	1

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
Fat and oils										
11_001 SD or min-max n	Butter, from cow's milk (without salt)	Beurre, de lait de vache (sans sel)	1.00	(720)2960	19.2 2.2 4	0.8 0.3 3	79.6 2.7 3	0.2	0 0 3	0.3 0.3 4
11_002 SD or min-max n	Coconut oil	Noix de coco, huile	1.00	(900)3700	0 1	0 1	100.0 0.0 3	0	0 1	0 1
11_005 n	Cottonseed oil	Coton, huile	1.00	(900)3700	0 1	0 1	100.0 1	0	0 1	0 1
11_003 SD or min-max n	Groundnut oil	Arachide, huile	1.00	(900)3700	0 0 3	0 0 3	100.0 0	0	0 1	0 1
11_006 n	Margarine, fortified	Margarine, fortifiée	1.00	(730)3000	16.5 1	0.2 1	80.7 1	0.7	0 1	1.9 1
11_004 SD or min-max n	Palm oil, red	Palme, huile, rouge	1.00	(900)3700	0 0-0 2	0 0 5	100.0 0.0 3	0	0 0 3	0 0 1
11_007 n	Palm oil, refined	Palme, huile, raffiné	1.00	(900)3700	0 1	0 1	100.0 1	0	0 1	0 1
11_008 n	Shea butter	Karité, beurre	1.00	(900)3700	0 1	0 1	100.0 1	0	0 1	0 1
11_009 n	Soya oil	Soja, huile	1.00	(900)3700	0 1	0 1	100.0 1	0	0 1	0 1
11_010 n	Vegetable oil	Huile végétale	1.00	(900)3700	0 1	0 1	100.0 1	0	0 1	0 1
12 Beverages										
12_001 n	Beer european (4.4 % alcohol)	Bière européenne (4.4 % d'alcool)	1.00	(35)147	93.9 1	0.3 1	0 1	2.0	0 1	0.1 1
12_002 n	Beer, maize (est. 3 % alcohol)	Bière de maïs (3 % d'alcool est.)	1.00	(33)140	93.2 1	0.6 1	Tr 1	3.3	[0.1] 1	0.3 1
12_003 SD or min-max n	Beer, millet (est. 3 % alcohol)	Bière de mil (3 % d'alcool est.)	1.00	(43)182	91.0 90.9-91.0 2	0.7 1	Tr 1	5.7	[0.1] 1	0.3 1
12_004 n	Beer, sorghum (est. 3 % alcohol)	Bière de sorgho (3 % d'alcool est.)	1.00	(31)128	94.0 1	0.5 1	Tr 1	2.7	[0.1] 1	0.2 1

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
Fat and oils												
11_001	Butter, from cow's milk (without salt)	17	0.03	2	21	19	16	0.12	0.01	696	675	262
SD or min-max		6	0.01	2-2	5	6	6	0.09-0.15	0.00-0.02			158-365
n		3	3	2	3	3	3	2	2		1	2
11_002	Coconut oil	0	0.04	0	0	0	0	0	0	0	0	0
SD or min-max		0-0										
n		2	1	1	1	1	1	1	1		1	1
11_005	Cottonseed oil	0	0	0	0	0	0	0	0	0	0	0
SD or min-max		1	1	1	1	1	1	1	1		1	1
n												
11_003	Groundnut oil	0	0.03	0	0	0	0	0	0	0	0	0
SD or min-max												
n		1	1	1	1	1	1	1	0		1	1
11_006	Margarine, fortified	3	0.1	3	5	18	751	0	0	819	768	610
SD or min-max		1	1	1	1	1	1	1	1		1	1
n												
11_004	Palm oil, red	0	0.01	0	0	0	0	0	0	5720	0	68680
SD or min-max		0			0-0							37300-100060
n		3	1	1	2	1	1	1	1		1	2
11_007	Palm oil, refined	0	0.01	0	0	0	0	0	0	0	0	0
SD or min-max		1	1	1	1	1	1	1	1		1	1
n												
11_008	Shea butter	0	0	0	0	0	0	0		0	0	0
SD or min-max		1	1	1	1	1	1	1			1	1
n												
11_009	Soya oil	0	0.1	0	0	0	0	0	0	0	0	0
SD or min-max		1	1	1	1	1	1	1	1		1	1
n												
11_010	Vegetable oil	0	0	0	0	0	0	0	0	Tr	0	Tr
SD or min-max		1	1	1	1	1	1	1	1		1	1
n												
12 Beverages												
12_001	Beer european (4.4 % alcohol)	8	0.1	7	14	32	6	0.01	0.01	0	0	0
SD or min-max		1	1	1	1	1	1	1	1		1	1
n												
12_002	Beer, maize (est. 3 % alcohol)	4	0.2	14	6	31	2	0.14	0.02	0	0	0
SD or min-max		1	1	1	1	1	1	1	1		1	1
n												
12_003	Beer, millet (est. 3 % alcohol)	8	0.2	14	16	31	2	0.14	0.02	0	0	0
SD or min-max					0							
n		1	1	1	1	1	1	1	1		1	1
12_004	Beer, sorghum (est. 3 % alcohol)	8	0.2	14	25	31	2	0.14	0.02	0	0	0
SD or min-max		1	1	1	1	1	1	1	1		1	1
n												

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
Fat and oils										
11_001	Butter, from cow's milk (without salt)	1.1	2.11	0.01	0.03	0.1	Tr	3	0.1	0
SD or min-max		0.7-1.5	1.9-2.32	0.01-0.01	0.01	0.0		3-3	0.0-0.17	0-0
n		2	2	1	3	3	1	2	2	2
11_002	Coconut oil	0	0.66	0	0	0	0	0	0	0
SD or min-max										
n		1	1	1	1	1	1	1	1	1
11_005	Cottonseed oil	0	[35.3]	0	0	0	0	0	0	0
n		1	1	1	1	1	1	1	1	1
11_003	Groundnut oil	0	17.20	0	0	0	0	0	0	0
SD or min-max										
n		1	1	1	1	1	1	1	1	1
11_006	Margarine, fortified	0	[9.00]	0.01	0.04	0.02	0.01	1	0.1	0.2
n		1	1	1	1	1	1	1	1	1
11_004	Palm oil, red	0	[15.94]	0	0	0	0	0	0	0
SD or min-max				0	0	0				0
n		1	1	3	3	3	1	1	1	3
11_007	Palm oil, refined	0	[15.94]	0	0	0	0	0	0	0
n		1	1	1	1	1	1	1	1	1
11_008	Shea butter	0	0	0	0	0	0	0	0	0
n		1	1	1	1	1	1	1	1	1
11_009	Soya oil	0	[8.18]	0	0	0	0	0	0	0
n		1	1	1	1	1	1	1	1	1
11_010	Vegetable oil	0	39.22	0	0	0	0	0	0	0
n		1	1	1	1	1	1	1	1	1
12 Beverages										
12_001	Beer european (4.4 % alcohol)	0	0	Tr	0.03	0.7	0.07	5	Tr	0
n		1	1	1	1	1	1	1	1	1
12_002	Beer, maize (est. 3 % alcohol)	0	0	0.02	0.04	0.3			Tr	0
n		1	1	1	1	1			1	1
12_003	Beer, millet (est. 3 % alcohol)	0	0	0.02	0.04	0.3			Tr	0
SD or min-max			1							
n		1		1	1	1			1	1
12_004	Beer, sorghum (est. 3 % alcohol)	0	0	0.02	0.04	0.3			Tr	0
n		1	1	1	1	1			1	1

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
12 Beverages										
12_005 SD or min-max n	Coffee, instant, powder	Café, instantané, poudre	1.00	(354)1510	3.1 1	15.4 12.2-18.5 2	0.4 0.3-0.5 2	72.4	0.0 1	8.8 1
12_009 SD or min-max n	Coffee, liquid	Café, liquide	1.00	(2)10	99.2 99.1-99.4 2	0.1 1	0 1	0.5	0 1	0.2 1
12_010 SD or min-max n	Juice, lemon, unsweetened	Jus de citron, sans sucre	1.00	(34)143	91.3 0.9 3	0.4 0.0 3	0.1 0.1 3	7.8	0.2 0.1-0.3 2	0.3 0.2-0.3 2
12_011 SD or min-max n	Juice, orange, unsweetened	Jus d'orange, sans sucre	1.00	(44)185	88.9 0.5 3	0.7 0.1 3	0.2 0.1 3	9.8	0.1 0.1 3	0.4 1
12_012 n	Juice, apple, canned or bottled	Jus de pomme, en conserve ou en bouteille	1.00	(48)204	87.9 1	0.1 1	0.1 1	11.7	0 1	0.2 1
12_013 n	Juice, grapefruit, canned, unsweetened	Jus de pamplemousse, en conserve, sans sucre	1.00	(34)143	91.3 1	0.3 1	0.1 1	7.9	0 1	0.4 1
12_014 n	Nectar, Mango, canned	Nectar de mangue, en conserve	1.00	(53)224	86.6 1	0.1 1	0.1 1	12.8	0.3 1	0.1 1
12_015 n	Ovaltine beverage with whole milk (without sugar; fortified)	Ovaltine, boisson avec lait entier (sans sucre; enrichi)	1.00	(89)375	81.1 1	3.7 1	3.3 1	11.1	0.2 1	0.6 1
12_016 n	Ovaltine beverage with partly skimmed milk (without sugar; fortified)	Ovaltine, boisson avec lait, partiellement écrémé (sans sucre; enrichi)	1.00	(79)331	82.3 1	3.8 1	2.1 1	11.0	0.2 1	0.6 1
12_017 n	Ovaltine beverage with skimmed milk (without sugar; fortified)	Ovaltine, boisson avec lait, écrémé (sans sucre; enrichi)	1.00	(64)271	83.7 1	3.8 1	0.4 1	11.2	0.2 1	0.7 1
12_018 n	Ovaltine powder, fortified	Ovaltine, poudre, enrichi	1.00	(386)1640	2.0 1	9.0 1	2.7 1	80.2	2.5 1	3.6 1
12_006 SD or min-max n	Palm wine (est.3.8 % alcohol)	Vin de palme (3.8 % d'alcool est.)	1.00	(34)143	93.7 93.4-94.0 2	0.4 0.1 3	Tr 1	2.5	0 1	0.2 1
12_007 n	Sap, palm, fresh (0.3 % alcohol)	Sève de palmier, fraîche (0.3 % d'alcool)	1.00	(47)197	88.4 1	0.3 1	0 1	10.8	0 1	0.2 1
12_008 SD or min-max n	Tea, infusion	Thé infusé	1.00	(0)2	99.8 0.1 3	0.1 0.0 3	0 0 3	0	0 1	0.0 1
12_019 SD or min-max n	Water, tap	Eau du robinet	1.00	(0)0	100.0 0.0 3	0 0 3	0 0 3	0	0 0 3	0.1 0.0-0.1 2

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent mcg)
12 Beverages												
12_005	Coffee, instant, powder	146	4.4	324	303	3640	38	0.73	0.38	0	0	Tr
SD or min-max		141-160		320-327		3540-3750	37-39	0.35-1.10	0.14-0.62			
n		2	1	2	1	2	2	2	2		1	1
12_009	Coffee, liquid	4	0	4	3	30	4	0.01	0.01	0	0	0
SD or min-max												
n		1	1	1	1	1	1	1	1		1	1
12_010	Juice, lemon, unsweetened	7	0.2	6	8	129	1	0.08	0.04	1	0	7
SD or min-max		6-7	0.2	1	7-8	29	1-1	0.05	0.02		0	5
n		2	3	3	2	3	2	3	3		3	3
12_011	Juice, orange, unsweetened	12	0.3	11	16	186	1	0.05	0.05	8	0	100
SD or min-max		5	0.1	0	2	13	1	0.02	0.01			26
n		3	3	3	3	3	3	3	3		1	3
12_012	Juice, apple, canned or bottled	9	0.3	5	6	80	10	0.04	0.01	0	0	0
n		1	1	1	1	1	1	1	1		1	1
12_013	Juice, grapefruit, canned, unsweetened	9	0.1	8	12	112	14	0.06	0.04	0	0	0
n		1	1	1	1	1	1	1	1		1	1
12_014	Nectar, Mango, canned	17	0.4	3	2	24	5	0.02	0.02	35	0	415
n		1	1	1	1	1	1	1	1		1	1
12_015	Ovaltine beverage with whole milk (without sugar; fortified)	117	0.2	19	117	196	57	0.45	0.09	[93]		
n		1	1	1	1	1	1	1	1			
12_016	Ovaltine beverage with partly skimmed milk (without sugar; fortified)	119	0.2	19	116	191	55	0.45	0.09	[72]		
n		1	1	1	1	1	1	1	1			
12_017	Ovaltine beverage with skimmed milk (without sugar; fortified)	120	0.2	18	127	204	61	0.45	0.09	[51]		
n		1	1	1	1	1	1	1	1			
12_018	Ovaltine powder, fortified	83	1.9	96	430	640	160	1.20	1.00	[625]		
n		1	1	1	1	1	1	1	1			
12_006	Palm wine (est.3.8 % alcohol)	2	0.5	9	5				0.01	0	0	0
SD or min-max		0	0.5	8-10								
n		3	3	2	1				1		1	1
12_007	Sap, palm, fresh (0.3 % alcohol)	2	0.4		6						0	
n		1	1		1						1	
12_008	Tea, infusion	2	0.1	1	1	18	Tr	0.03	0.03	0	0	0
SD or min-max						3						
n		1	1	1	1	3	1	1	1		1	1
12_019	Water, tap	1	Tr	2	0	1	3	0.01	0.01	0	0	0
SD or min-max		2	0-0.003	1-2	0	0-1	2-4	0.01				
n		3	2	2	3	2	1	3	1		1	1

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
12 Beverages										
12_005	Coffee, instant, powder	0	Tr	0.02	0.08	28.2	0.03	2	0	0
SD or min-max n		1	1	0.01-0.04 2	0.07-0.09 2	1	1	0-3 2	1	1
12_009	Coffee, liquid	0	0	0.00	0	0.2	0	0	0	0
SD or min-max n		1	1	1	1	1	1	1	1	1
12_010	Juice, lemon, unsweetened	0	0.08	0.03	0.01	0.1	0.05	14	0	40.6
SD or min-max n		0-0 2	0.01 3	0.01 3	0.00 3	0.0 3	0.00 3	7 3	0 3	4.8 3
12_011	Juice, orange, unsweetened	0	0.2	0.08	0.03	0.3	0.06	34	0	42.7
SD or min-max n		0-0 2	1	0.02 3	0.00 3	0.1 3	0.03 3	30-37 2	1	8.1 3
12_012	Juice, apple, canned or bottled	0	0.01	0.02	0.02	0.1	0.03	Tr	0	0.9
n		1	1	1	1	1	1	1	1	1
12_013	Juice, grapefruit, canned, unsweetened	0	0	0.04	0.01	0.2	0.01	2	0	28
n		1	1	1	1	1	1	1	1	1
12_014	Nectar, Mango, canned	0	[0.21]	Tr	Tr	0.1	0.02	7	0	15.2
n		1	1	1	1	1	1	1	1	1
12_015	Ovaltine beverage with whole milk (without sugar; fortified)	0.20	0.10	0.10	0.25	1.3	0.03	5	1	1
n		1	1	1	1	1	1	1	1	1
12_016	Ovaltine beverage with partly skimmed milk (without sugar; fortified)	0.18	0.06	0.10	0.25	1.3	0.03	5	1	1
n		1	1	1	1	1	1	1	1	1
12_017	Ovaltine beverage with skimmed milk (without sugar; fortified)	0.17	0.04	0.12	0.23	1.3	0.04	5	1	1
n		1	1	1	1	1	1	1	1	1
12_018	Ovaltine powder, fortified	2.10		1.00	1.30	15.0				0
n		1		1	1	1				1
12_006	Palm wine (est. 3.8 % alcohol)	0		0.03	0.01	0.3			0	4.0
SD or min-max n		1		1	1	1			1	1
12_007	Sap, palm, fresh (0.3 % alcohol)	0		0.02	0.01	4			0	14.0
n		1		1	1	1			1	1
12_008	Tea, infusion	0	0	0	0.02	0.1	Tr	5	0	0
SD or min-max n		1	1	0 3	1	0.0 3	1	1	1	0-0 2
12_019	Water, tap	0	0	0	0	0	0	0	0	0
SD or min-max n		1	1	1	1	1	1	1	1	0-0 2

Code	Food name in English	Food name in French	Edible conversion factor	Energy (kcal) kJ	Water (g)	Protein (g)	Fat (g)	Carbohydrate available (g)	Fibre (g)	Ash (g)
13 Miscellaneous										
13_004 n	Anis seed	Anis, graine	1.00	(384)1610	9.5 1	17.6 1	15.9 1	35.4	14.6 1	7.0 1
13_005 n	Bay leaf, dried	Laurier, feuille, séchée	1.00	(353)1480	5.4 1	7.6 1	8.4 1	48.7	26.3 1	3.6 1
13_006 SD or min-max n	Chilli pepper, dried	Piment rouge, séché	1.00	(321)1330	9.4 8.0-10.8 2	14.2 13.5-15.0 2	12.6 11.0-14.3 2	23.1	28.8 22.8-34.8 2	11.8 1
13_007 n	Cinnamon, ground	Cannelle, poudre	1.00	(243)1010	10.6 1	4.0 1	1.2 1	27.5	53.1 1	3.6 1
13_008 n	Cube, beef, dry	Cube de bouillon, bœuf, sec	1.00	(170)716	3.3 1	17.3 1	4.0 1	16.1	0 1	59.3 1
13_009 n	Cumin, seed	Cumin, graine	1.00	(428)1780	8.1 1	17.8 1	22.3 1	33.7	10.5 1	7.6 1
13_010 n	Ginger, root, raw	Gingembre, racine, crue	0.93	(82)343	78.9 1	1.8 1	0.8 1	15.7	2.0 1	0.8 1
13_011 SD or min-max n	Ginger, roots, dried	Gingembre, racine, séchée	1.00	(344)1450	10.1 0.1 3	7.7 0.2 3	2.9 0.0 3	67.4	8.5 1	3.3 1
13_001 SD or min-max n	Honey	Miel	1.00	(326)1380	18.2 17.1-19.2 2	0.4 0.1 3	0 0 3	81.0	0.2 1	0.3 0.2-0.3 2
13_012 n	Mustard, powder	Moutarde, en poudre	1.00	(518)2150	5.3 1	26.1 1	36.2 1	15.9	12.2 1	4.3 1
13_013 n	Mustard, prepared, yellow	Moutarde, préparé, jaune	1.00	(86)284	82.7 1	4.4 1	4.0 1	2.0	3.3 1	3.6 1
13_014 SD or min-max n	Pepper, black	Poivre, noir	1.00	(301)1260	11.5 10.5-12.5 2	10.7 10.4-11.0 2	3.3 3.3-3.3 2	44.3	25.9 25.3-26.5 2	4.4 4.3-4.5 2
13_015 SD or min-max n	Salt	Sel	1.00	(0)0	0.5 0.0-1.0 2	0 0-0 2	0 0 1	0	0 1	99.8 1
13_016 n	Spices, mix, ground	Épices, mélange, poudre	1.00	(348)1460	8.5 1	6.1 1	8.7 1	50.5	21.6 1	4.7 1
13_002 SD or min-max n	Sugar	Sucre	1.00	(400)1700	0 0 4	0 0 4	0 0 5	99.99	0 0 3	0.01 1
13_003 SD or min-max n	Vinegar	Vinaigre	1.00	(5)19	98.7 1	0.4 1	0 0 3	0.4	0 0-0 2	0.2 1
13_017 n	Yeast, dried	Levure, sec	1.00	(315)1330	5.0 1	35.6 1	1.5 1	29.9	19.7 1	8.3 1
13_018 n	Yeast extract, Marmite	Levure, extrait, Marmite	1.00	(152)646	37.0 1	27.8 1	0 1	8.8	3.0 1	23.4 1

Code	Food name in English	Ca (mg)	Fe (mg)	Mg (mg)	P (mg)	K (mg)	Na (mg)	Zn (mg)	Cu (mg)	Vit A-RAE (mcg)	Retinol (mcg)	β-carotene equivalent (mcg)
13 Miscellaneous												
13_004 n	Anis seed	646 1	37.0 1	170 1	440 1	1440 1	16 1	5.30 1	0.91 1	16	0 1	192 1
13_005 n	Bay leaf, dried	834 1	43.0 1	120 1	113 1	529 1	23 1	3.70 1	0.42 1	309	0 1	3710 1
13_006 SD or min-max n	Chilli pepper, dried	240 150-330 2	17.3 1	149 1	278 256-300 2	1950 1	1640 1	2.75 1.20-4.30 2	1.00 1	1480	0 1	17790 1
13_007 n	Cinnamon, ground	1000 1	8.3 1	60 1	64 1	431 1	10 1	1.83 1	0.34 1	15	0 1	177 1
13_008 n	Cube, beef, dry	60 1	2.2 1	50 1	225 1	403 1	24000 1	0.21 1	0 1	0	0 1	0 1
13_009 n	Cumin, seed	931 1	66.4 1	366 1	499 1	1790 1	168 1	4.80 1	0.87 1	64	0 1	762 1
13_010 n	Ginger, root, raw	16 1	0.6 1	43 1	34 1	415 1	13 1	0.34 1	0.23 1	0	0 1	0 1
13_011 SD or min-max n	Ginger, roots, dried	65 1	2.6 1	183 1	145 1	1770 1	55 1	1.45 1	0.96 1	0	0 1	0 1
13_001 SD or min-max n	Honey	9 3 3	0.5 0.4-0.6 2	2 1	4 4-4 2	52 1	4 1	0.22 1	0.04 0.04-0.05 2	0	0 1	0 1
13_012 n	Mustard, powder	266 1	9.2 1	370 1	828 1	738 1	13 1	6.08 1	0.65 1		0 1	
13_013 n	Mustard, prepared, yellow	58 1	1.5 1	49 1	106 1	138 1	1140 1	0.64 1	0.09 1		0 1	
13_014 SD or min-max n	Pepper, black	440 437-443 2	19.3 9.7-28.9 2	183 171-194 2	166 158-173 2	1290 1259-1329 2	32 20-44 2	1.31 1.19-1.42 2	1.23 1.13-1.33 2	19	0 1	231 133-239 2
13_015 SD or min-max n	Salt	216 100 7	1.2 0.3 4	39 28 5	5 1	5 5	38760 1	0.10 1	0.08 0.02 5	0	0 1	0 1
13_016 n	Spices, mix, ground	661 1	7.1 1	135 1	113 1	1040 1	77 1	1.01 1	0.55 1	27	0 1	324 1
13_002 SD or min-max n	Sugar	1 1 5	0.1 1	0 1	0 3	2 1	1 1	0.01 1	0.01 1	0	0 1	0 1
13_003 SD or min-max n	Vinegar	12 3 3	0.5 0.5-0.5 2	21 20-22 2	29 25-32 2	90 89-90 2	20 20-20 2	0.01 1	0.01 1	0	0 1	0 1
13_017 n	Yeast, dried	80 1	20.0 1	230 1	1290 1	2000 1	50 1	8.0 1	5.0 1	0	0 1	0 1
13_018 n	Yeast extract, Marmite	86 1	3.7 1	180 1	104 1	2600 1	3600 1	2.10 1	0.30 1	0	0 1	0 1

Code	Food name in English	Vit D (mcg)	Vit E (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
13 Miscellaneous										
13_004	Anis seed	0		0.34	0.29	3.1	0.65	10	0	21.0
n		1		1	1	1	1	1	1	1
13_005	Bay leaf, dried	0		0.01	0.42	2.0	1.74	180	0	46.5
n		1		1	1	1	1	1	1	1
13_006	Chilli pepper, dried	0	[38.14]	0.25	0.94	11.6	2.09	28	0	0.7
SD or min-max										
n		1	1	1	1	1	1	1	1	1
13_007	Cinnamon, ground	0	2.32	0.02	0.04	1.3	0.16	6	0	3.8
n		1	1	1	1	1	1	1	1	1
13_008	Cube, beef, dry	0	0	0.20	0.24	3.3	0.20	32	1	0
n		1	1	1	1	1	1	1	1	1
13_009	Cumin, seed	0	[3.33]	0.63	0.33	4.6	0.44	10	0	7.7
n		1	1	1	1	1	1	1	1	1
13_010	Ginger, root, raw	0	[0.26]	0.03	0.03	0.8	0.16	11	0	5.0
n		1	1	1	1	1	1	1	1	1
13_011	Ginger, roots, dried	0	[1.10]	0.16	0.27	3.0	0.61	37	0	2.0
SD or min-max				0.00	0.00					
n		1	1	3	3	1	1	1	1	1
13_001	Honey	0	0	0	0.04	0.2	0.02	2	0	0.5
SD or min-max					0.04-0.05	0.1-0.3				
n		1	1	1	2	2	1	1	1	1
13_012	Mustard, powder	0	[5.07]	0.81	0.26	4.7	0.40	162	0	7.1
n		1	1	1	1	1	1	1	1	1
13_013	Mustard, prepared, yellow	0	[0.36]	0.34	0.03	0.5	0.06	7	0	1.5
n		1	1	1	1	1	1	1	1	1
13_014	Pepper, black	0	0.88	0.11	0.21	1.1	0.32	14	0	10.5
SD or min-max			0.72-1.04		0.18-0.24		0.29-0.34	10-171		0.0-21.0
n		1	2	1	2	1	2	2	1	2
13_015	Salt	0	0	0	0.00	0	0	0	0	0
SD or min-max										
n		1	1	1	1	1	1	1	1	1
13_016	Spices, mix, ground	0		0.10	0.06	2.9	0.21	36	0	39.2
n		1		1	1	1	1	1	1	1
13_002	Sugar	0	0	0	0.02	0	0	0	0	0
SD or min-max				0		0	0		0	0
n		1	1	4	1	3	3	1	3	4
13_003	Vinegar	0	0	0	0	0	0	0	0	0
SD or min-max						0				0
n		1	1	1	1	3	1	1	1	3
13_017	Yeast, dried	0	0	2.33	4.0	36	2.0	4000	Tr	0
n		1	1	1	1	1	1	1	1	1
13_018	Yeast extract, Marmite	0	0	9.70	14.3	97.0	1.30	1010	0.5	0
n		1	1	1	1	1	1	1	1	1

Annex 1

Index of foods with English, French, scientific names, and corresponding reference sources

Index des aliments, avec leurs noms anglais français et scientifique, et les références correspondantes

Code	Food name in English	Food name in French	Scientific name	BiblioID	Page Nr
09_009	African carp, grilled* (without salt and fat)	Carpe d'Afrique, grillée* (sans sel ou mat.grasse)	<i>Labeo spp.</i>	calc. from African carp, raw	67
09_007	African carp, raw	Carpe d'Afrique, crue	<i>Labeo spp.</i>	1M(85), 69fi, 75fi, 85fi, 98fi, 155fi, FAO(1252), 09_021	67
09_008	African carp, steamed* (without salt)	Carpe d'Afrique, cuit à la vapeur* (sans sel)	<i>Labeo spp.</i>	calc. from African carp, raw	67
05_023	African fan palm, fruit, pulp, raw	Rônier, pulpe, cru	<i>Borassus flabellifer</i> var. <i>aethiopicum</i>	1B(13586), FAO(853)	40
05_024	African locust bean, flour from fruit, pulp	Néré, farine de la pulpe du fruit	<i>Parkia spp.</i>	1M(244), 1E, 9N, 7E, 05_001	40
05_001	African locust bean, fruit, pulp, raw	Néré, fruit, pulpe, crue	<i>Parkia spp.</i>	3B, 2E, 15B, 22N, FAO(854), 1B(13565)	40
03_009	African locust bean, seeds, dried	Néré, graines, séchées	<i>Parkia biglobosa</i>	FAO(276)	22
03_011	African yam bean, boiled* (without salt)	Haricot igname, bouilli* (sans sel)	<i>Sphenostylis stenocarpa</i>	calc. from African yam bean, raw	22
03_010	African yam bean, dried, raw	Haricot igname, sec, cru	<i>Sphenostylis stenocarpa</i>	15N, 8GH, FAO(359)	22
05_025	Akee, pulp, raw	Finsan, pulpe, cru	<i>Blighia sapida</i>	FAO(497), 19N	40
04_024	Amaranth leaves, boiled* (without salt)	Amarante, feuilles, bouillie* (sans sel)	<i>Amaranthus spp.</i>	calc. Amaranth leaves, raw	28
04_023	Amaranth leaves, raw	Amarante, feuilles, crue	<i>Amaranthus spp.</i>	CTA, 3B, 10E, 4P, 3P(13), 2P(117), I1, 3B, 10E, UK6(13-149), US23(11003),	28
09_012	Anchovy, canned in oil	Anchois, en conserve d'huile	<i>Engraulis encrasicolus</i>	US23(15002)	67
09_011	Anchovy, fillet, grilled* (without salt and fat)	Anchois, filet, grillé* (sans sel ou mat. grasse)	<i>Engraulis encrasicolus</i>	calc. from Anchovy, fillet, raw	67
09_001	Anchovy, fillet, raw	Anchois, filet, cru	<i>Engraulis encrasicolus</i>	2P(215), FAO(1219), 5B, US23(15001), 45fi, 55fi, 57fi, 73fi, 80fi, 173fi, US23 (Fish raw, average)	67
09_010	Anchovy, fillet, steamed* (without salt)	Anchois, filet, cuit à la vapeur* (sans sel)	<i>Engraulis encrasicolus</i>	calc. from Anchovy, fillet, raw	67
13_004	Anis seed	Anis, graine	<i>Pimpinella anisum</i>	US23(02002)	85
07_008	Ant flying dried	Fourmi, volante, séchée		SA10(4333)	55
05_026	Apple, with skin, raw	Pomme, avec écorce, crue	<i>Malus domestica</i>	US23(09003)	40
05_027	Apple, without skin, raw	Pomme, sans écorce, crue	<i>Malus domestica</i>	US23(09004)	40
05_002	Avocado, pulp, raw	Avocat, pulpe, cru	<i>Persea americana/ Persea gratissima</i>	11E, 5B, 12B(411), 2P(150), 2B(13004) CTA, US23(09037)	40

Code	Food name in English	Food name in French	Scientific name	BiblioID	Page Nr
03_013	Bambara groundnut, black-white-eye, dried, raw (Ghana)	Pois bambara, œil noir et blanc, sec, cru (Ghana)	<i>Voandzeia subterranea</i>	1GH, 03_001	22
03_012	Bambara groundnut, boiled* (without salt)	Pois bambara, bouilli* (sans sel)	<i>Voandzeia subterranea</i>	calc. from Bambara groundnut, dried, raw	22
03_014	Bambara groundnut, brown white-eye, dried, raw (Ghana)	Pois bambara, œil brun et blanc, sec, cru (Ghana)	<i>Voandzeia subterranea</i>	1GH, 03_001	22
03_019	Bambara groundnut, combined varieties, boiled* (Ghana) (without salt)	Pois bambara, variétés combinées, bouilli* (Ghana) (sans sel)	<i>Voandzeia subterranea</i>	calc. from Bambara groundnut, combined varieties, dried, raw	22
03_018	Bambara groundnut, combined varieties, dried, raw (Ghana)	Pois bambara, variétés combinées, sec, cru (Ghana)	<i>Voandzeia subterranea</i>	1GH, 03_001	22
03_015	Bambara groundnut, cream black-eye, dried, raw (Ghana)	Pois bambara, œil crème et noir, sec, cru (Ghana)	<i>Voandzeia subterranea</i>	1GH, 03_001	22
03_016	Bambara groundnut, cream pink-eye, dried, raw (Ghana)	Pois bambara, œil crème et rose, sec, cru (Ghana)	<i>Voandzeia subterranea</i>	1GH, 03_001	22
03_001	Bambara groundnut, dried, raw	Pois bambara, sec, crue	<i>Voandzeia subterranea</i>	CTA, 16N, 1E, 1E, 6N, 2P(82), 1GH	22
03_017	Bambara groundnut, maroon white-eye, dried, raw (Ghana)	Pois bambara, œil bordeaux et blanc, sec, cru (Ghana)	<i>Voandzeia subterranea</i>	1GH, 03_001	22
03_020	Bambara groundnut, red, boiled* (without salt)	Pois bambara, rouge, bouilli* (sans sel)	<i>Voandzeia subterranea</i>	calc. from Bambara groundnut, red, dried, raw	22
03_002	Bambara groundnut, red, dried, raw	Pois bambara, rouge, sec, cru	<i>Voandzeia subterranea</i>	7N, 2E, 03_001	22
03_021	Bambara groundnuts, white, boiled* (without salt)	Pois bambara, blanc, bouilli* (sans sel)	<i>Voandzeia subterranea</i>	calc. from Bambara groundnuts, white, dried, raw	22
03_003	Bambara groundnuts, white, raw	Pois bambara, blanc, cru	<i>Voandzeia subterranea</i>	2E, 03_001	22
07_026	Bamboo caterpillar, deep fried	Chenille de bambou, frit		ASE(AAU22)	58
05_003	Banana, white flesh, raw	Banane, pulpe blanche, crue	<i>Musa spp.</i>	1P(54), 5B, 2P(151), 3B, 11E, 2B(13005), US23(09040), DK7(0014)	43
05_028	Banana, yellow flesh, raw	Banane, pulpe jaune, crue	<i>Musa spp.</i>	T1(175), CTA, UK6(10-045)	43
05_004	Baobab, fruit/Monkey bread, pulp, raw	Baobab, fruit, pulpe, cru	<i>Adansonia digitata</i>	1B(13508), 1G(VD), 15B, 9B, 3B, 9R, FAO(866)	43
04_001	Baobab, leaves, raw	Baobab, feuilles, cru	<i>Adansonia digitata</i>	CTA, 2P(119), 2G(256), 3B, 6B, 10E, I1, FAO(517), av. of green leafy vegetables	28

Code	Food name in English	Food name in French	Scientific name	BiblioID	Page Nr
04_002	Baobab, leaves, dried	Baobab, feuilles, séché	<i>Adansonia digitata</i>	1M(377), I1, calc. from Baobab leaves, raw	28
04_025	Baobab, leaves, boiled* (without salt)	Baobab, feuilles, bouilli* (sans sel)	<i>Adansonia digitata</i>	calc. from Baobab, leaves, fresh, raw	28
09_014	Barracuda, grilled* (without salt and fat)	Barracuda, grillé* (sans sel ou mat.grasse)	<i>Sphyraena spp.</i>	calc. from Barracuda, raw	67
09_002	Barracuda, raw	Barracuda, cru	<i>Sphyraena spp.</i>	2P(219), FAO(1228), 155fi, 1RP, US23(Fish average, raw)	67
09_013	Barracuda, steamed* (without salt)	Barracuda, cuit à la vapeur* (sans sel)	<i>Sphyraena spp.</i>	calc. from Barracuda, raw	67
13_005	Bay leaf, dried	Laurier, feuille, séchée	<i>Laurus nobilis</i>	US23(02004)	85
09_017	Bayad, grilled* (without salt and fat)	Poisson 'Bagrus bajad', grillé* (sans sel ou mat. grasse)	<i>Bagrus bajad</i>	calc. from Bayad, raw	70
09_015	Bayad, raw	Poisson 'Bagrus bajad', cru	<i>Bagrus bajad</i>	1M(116), FAO(1255), US23(Fish average, raw)	70
09_016	Bayad, steamed* (without salt)	Poisson 'Bagrus bajad' cuit à la vapeur* (sans sel)	<i>Bagrus bajad</i>	calc. from Bayad, raw	70
04_003	Beans, green raw	Haricot, vert, cru	<i>Phaseolus vulgaris</i>	10E, 5B, 2B(20061), 12B(395), CTA(69), 11E	28
04_026	Beans, green, boiled* (without salt)	Haricot, vert, bouilli* (sans sel)	<i>Phaseolus vulgaris</i>	calc. from Beans, green raw	28
03_023	Beans, white, boiled* (without salt)	Haricot, blanc, bouilli* (sans sel)	<i>Phaseolus spp.</i>	calc. from Beans, white, raw	22
03_022	Beans, white, dried	Haricot, blanc, sec	<i>Phaseolus spp.</i>	1M(384), DK7(0025), SA10(3184)	22
07_018	Beef liver, boiled* (without salt)	Bœuf, foie, bouilli* (sans sel)	<i>Bos taurus</i>	calc. from Beef liver, raw	58
07_001	Beef liver, raw	Bœuf, foie, cru	<i>Bos taurus</i>	12B(521), 3B, 2P(176), 4E, US23(13325)	58
07_023	Beef, ground, 10 % fat, raw	Bœuf, haché, 10 % de mat. grasse	<i>Bos taurus</i>	US23(23562)	58
07_024	Beef, ground, stewed* (without salt)	Bœuf, haché, bouilli* (sans sel)	<i>Bos taurus</i>	calc. from Beef, ground, raw	58
07_019	Beef, kidney, raw	Bœuf, rognon, cru	<i>Bos taurus</i>	US23(13323)	58
07_020	Beef, kidney, stewed* (without salt)	Bœuf, rognon, bouilli* (sans sel)	<i>Bos taurus</i>	calc. from Beef, kidney, raw	58
07_002	Beef, meat, 15-20 % fat, boneless, raw	Bœuf, viande, 15- 20 % de mat. grasse, désossée, crue	<i>Bos taurus</i>	11E, 3B, DK7(0202)	58
07_012	Beef, meat, 15-20 % fat, boiled* (without salt)	Bœuf, viande, 15-20 % de mat. grasse, bouillie* (sans sel)	<i>Bos taurus</i>	calc. from Beef, meat, 15-20 % fat, boneless, raw	58
07_013	Beef, meat, 15-20 % fat, grilled* (without salt and fat)	Bœuf, viande, 15-20 % de mat. grasse, grillée* (sans sel ou mat. grasse)	<i>Bos taurus</i>	calc. from Beef, meat, 15-20 % fat, boneless, raw	58

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07_015	Beef, meat, approx. 30 % fat, boiled* (without salt)	Bœuf, viande, à peu près 30 % de mat. grasse, bouillie*(sans sel)	<i>Bos taurus</i>	calc. from Beef, meat, approx. 30 % fat, boneless, raw	58
07_016	Beef, meat, approx. 30 % fat, grilled* (without salt and fat)	Bœuf, viande, à peu près 30 % de mat. grasse, grillée* (sans sel ou mat. grasse)	<i>Bos taurus</i>	calc. from Beef, meat, approx. 30 % fat, boneless, raw	58
07_014	Beef, meat, approx. 30% fat, boneless, raw	Bœuf, viande, à peu près 30 % de mat. grasse, désossée, crue	<i>Bos taurus</i>	DK7(0200)	58
07_025	Beef, meat, cured, corned, canned	Bœuf, viande, fumée, salée, en conserve	<i>Bos taurus</i>	US23(13348)	58
07_010	Beef, meat, lean, boiled* (without salt)	Bœuf, viande, maigre, bouillie* (sans sel)	<i>Bos taurus</i>	calc. from Beef, meat, lean, boneless, raw	55
07_017	Beef, meat, lean, cured, dried	Bœuf, viande, maigre, séchée, fumée, crue	<i>Bos taurus</i>	US23(13350), est.	58
07_011	Beef, meat, lean, grilled* (without salt and fat)	Bœuf, viande, maigre, grillée* (sans sel ou mat. grasse)	<i>Bos taurus</i>	calc. from Beef, meat, lean, boneless, raw	55
07_009	Beef, meat, lean, boneless, raw	Bœuf, viande, maigre, désossée, crue	<i>Bos taurus</i>	DK7(0199)	55
07_022	Beef, tripe, boiled* (without salt)	Bœuf, tripe, bouillie* (sans sel)	<i>Bos taurus</i>	calc. from Beef, tripe, raw	58
07_021	Beef, tripe, raw	Bœuf, tripe, crue		US23(13341)	58
12_001	Beer european (4.4 % alcohol)	Bière européenne (4.4 % d'alcool)		3B, UK6(17-506)	79
12_003	Beer, millet (est. 3 % alcohol)	Bière de mil (3 % d'alcool est.)		16V(207) 4E, SA10(4039)	79
12_002	Beer, maize (est. 3 % alcohol)	Bière de maïs (3 % d'alcool est.)		11E, 4E, SA10(4039)	79
12_004	Beer, sorghum (est. 3 % alcohol)	Bière de sorgho (3 % d'alcool est.)		16V(208), FAO(1565), SA10(4039)	79
01_044	Bread, maize flour, yellow, with milk and egg	Pain, farine de maïs, jaune, avec lait et œuf	<i>Zea mays</i>	SA10(3278)	1
01_046	Bread, wheat, white	Pain, blé, blanc	<i>Triticum spp.</i>	DK7(1464), UK6(11-099)	1
01_047	Bread, wheat, white for toasting	Pain de mie, au blé, blanc	<i>Triticum spp.</i>	DK7(1465)	1
01_048	Bread, wheat, wholemeal	Pain, blé complet	<i>Triticum spp.</i>	DK7(0529), UK6(11-476)	1
01_045	Bread/rolls, white	Pain/petit pain, blanc	<i>Triticum spp.</i>	DK7(1469), UK6(11-483)	1
05_005	Breadfruit, raw	Fruit à pain, cru	<i>Artocarpus altilis</i> / <i>Artocarpus communis</i>	1E, 3E, 16V(35), 5B	43
03_025	Broad beans, boiled* (without salt)	Fève, bouillie* (sans sel)	<i>Vicia faba</i>	calc. from Broad beans, dried, raw	25
03_024	Broad beans, dried, raw	Fève, sèche, crue	<i>Vicia faba</i>	US23(16052), UK6(13-067)	25

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11_001	Butter, from cow's milk (without salt)	Beurre, de lait de vache (sans sel)		1P(43), 16V(199), 11E, US23(01145), DK7(0270)	79
04_027	Cabbage, boiled* (without salt)	Chou, bouilli* (sans sel)	<i>Brassica oleracea var. capitata</i>	calc. from Cabbage, raw	28
04_005	Cabbage, raw	Chou, cru	<i>Brassica oleracea var. capitata</i>	2P(123), 11E, 4E, SEF(155), US23(11109)	28
09_023	Carp, grilled* (without salt and fat)	Carpe, grillée* (sans sel ou mat.grasse)	<i>Cyprinus carpio</i>	calc. from Carp, raw	70
09_021	Carp, raw	Carpe, crue	<i>Cyprinus carpio</i>	FAO(1251), US23(15008), UK6(16-172)	70
09_022	Carp, steamed* (without salt)	Carpe, cuit à la vapeur* (sans sel)	<i>Cyprinus carpio</i>	calc. from Carp, raw	70
04_007	Carrot, boiled* (without salt)	Carotte, bouillie* (sans sel)	<i>Daucus carota</i>	calc. from Carrot, raw	28
04_006	Carrot, raw	Carotte, crue	<i>Daucus carota</i>	11E, 4E, 1E, 2P(124), 5B, 3B, 2B(20009), CTA, 10E	28
05_006	Cashew apple, pulp, raw	Pomme d'acajou, pulpe, crue	<i>Anacardium occidentale</i>	1E, 11E, 1B(13075), 5B, UK6(14-060)	43
06_001	Cashew nut, raw	Noix de cajou, crue	<i>Anacardium occidentale</i>	5B, 11E, UK6(14-811), US23(12087)	52
02_004	Cassava flour	Manioc, farine	<i>Manihot esculenta/Manihot utilissima</i>	3E, 11E, 12E, 16V(39), 3B, US23(11134)	16
02_021	Cassava sweet, tuber, dried	Manioc doux, racine, séchée	<i>Manihot dulcis</i>	FAO(224), US23(11134), 02_001	16
04_028	Cassava, leaves, boiled* (without salt)	Manioc, feuilles, bouillie* (sans sel)	<i>Manihot esculenta/ utilissima</i>	calc. from Cassava, leaves, raw	31
04_008	Cassava, leaves, raw	Manioc, feuilles, cru	<i>Manihot esculenta/ utilissima</i>	11E, 2P(125), CTA, 3B, 6B, 12B, 12B, 9B, 4E, I1, av. green leafy vegetables	31
02_003	Cassava, tuber, boiled* (without salt)	Manioc, racine, bouillie* (sans sel)	<i>Manihot esculenta/Manihot utilissima</i>	calc. from Cassava, tuber, raw	16
02_002	Cassava, tuber, dried	Manioc, racine, séchée	<i>Manihot esculenta/Manihot utilissima</i>	FAO (214), US23(11134), 02_001	16
02_001	Cassava, tuber, raw	Manioc, racine, crue	<i>Manihot esculenta/Manihot utilissima</i>	9B, 12B(100), 8E, CTA, 3B, 1P(18), 2P(39), US23(11134)	16
09_020	Catfish, grilled* (without salt and fat)	Poisson-chat, grillé* (sans sel ou mat. grasse)	<i>Synodontis spp.</i>	calc. from Catfish, raw	70
09_018	Catfish, raw	Poisson-chat, cru	<i>Synodontis spp.</i>	1M(99; 98), 28fi, US23(Fish raw, average)	70
09_019	Catfish, steamed* (without salt)	Poisson-chat, cuit à la vapeur* (sans sel)	<i>Synodontis spp.</i>	calc. from Catfish, raw	70

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10_006	Cheddar	Cheddar		H1, H2, US23(01009)	73
10_007	Cheese, goat, hard type	Formage de chèvre, dur		US23(01156)	73
10_008	Cheese, Gouda	Fromage, gouda		H1, H2, H3, US23(01022)	73
07_039	Chicken, giblets, raw	Poulet, abats, crus	<i>Gallus gallus</i>	US23(05020), UK6(18-393)	61
07_042	Chicken, liver, braised* (without salt)	Poulet, foie, braisé* (sans sel)	<i>Gallus gallus</i>	calc. from Chicken, liver, raw	61
07_031	Chicken, dark meat, flesh and skin, boiled* (without salt)	Poulet, cuisse, avce peau, bouillie* (sans sel)	<i>Gallus gallus</i>	calc. from Chicken, dark meat, flesh and skin, raw	61
07_032	Chicken, dark meat, flesh and skin, grilled* (without salt and fat)	Poulet, cuisse, avec peau, grillée* (sans sel ou mat. grasse)	<i>Gallus gallus</i>	calc. from Chicken, dark meat, flesh and skin, raw	61
07_030	Chicken, dark meat, flesh and skin, raw	Poulet, cuisse, avec peau, crue	<i>Gallus gallus</i>	US23(05034)	61
07_028	Chicken, dark meat, flesh, boiled* (without salt)	Poulet, cuisse, sans peau, bouillie* (sans sel)	<i>Gallus gallus</i>	calc. from Chicken, dark meat flesh, raw	61
07_029	Chicken, dark meat, flesh, grilled* (without salt and fat)	Poulet, cuisse, sans peau, grillée* (sans sel ou mat. grasse)	<i>Gallus gallus</i>	calc. from Chicken, dark meat flesh, raw	61
07_003	Chicken, dark meat, flesh, raw	Poulet, cuisse, sans peau, crue	<i>Gallus gallus</i>	1P(60) 1E, 2B(36003) 11E, 4E, 16V(172), CTA, DK7(0131), US23(05043)	61
07_040	Chicken, giblets, braised* (without salt)	Poulet, abats, braisés* (sans sel)	<i>Gallus gallus</i>	calc. from Chicken, giblets, raw	61
07_037	Chicken, light meat, flesh and skin, boiled* (without salt)	Poulet, blanc de poulet, avec peau, bouilli* (sans sel)	<i>Gallus gallus</i>	calc. from Chicken, light meat, flesh and skin, raw	61
07_038	Chicken, light meat, flesh and skin, grilled* (without salt and fat)	Poulet, blanc de poulet, avec peau, grillé* (sans sel ou mat. grasse)	<i>Gallus gallus</i>	calc. from Chicken, light meat, flesh and skin, raw	61
07_036	Chicken, light meat, flesh and skin, raw	Poulet, blanc de poulet, avec peau, cru	<i>Gallus gallus</i>	DK7(0132), US23(05029)	61
07_034	Chicken, light meat, flesh, boiled* (without salt)	Poulet, blanc de poulet, sans peau, bouilli* (sans sel)	<i>Gallus gallus</i>	calc. from Chicken, light meat, flesh, raw	61
07_035	Chicken, light meat, flesh, grilled* (without salt and fat)	Poulet, blanc de poulet, sans peau, grillé* (sans sel ou mat. grasse)	<i>Gallus gallus</i>	calc. from Chicken, light meat, flesh, raw	61
07_033	Chicken, light meat, flesh, raw	Poulet, blanc de poulet, sans peau, cru	<i>Gallus gallus</i>	US23(05039), UK6(18-290)	61
07_041	Chicken, liver, raw	Poulet, foie, cru	<i>Gallus gallus</i>	US23(05027), DK7(0142;0143), UK6(18-411)	61
13_006	Chilli pepper, dried	Piment rouge, séché		1G(BQ), US23(02009)	85
13_007	Cinnamon, ground	Cannelle, poudre	<i>Cinnamomum verum</i>	US23(02010), DK7(1046)	85

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05_029	Clementine, raw	Clémentine, crue	<i>Citrus spp.</i>	US23(09433), UK6(14-291)	43
06_006	Coconut, milk	Noix de coco, lait	<i>Cocos nucifera</i>	1B, 2B(18041), US23(12117)	52
11_002	Coconut oil	Noix de coco, huile	<i>Cocos nucifera</i>	1P(44), 2P(308) 4E, US23(04047), UK6(17-031)	79
06_007	Coconut, water	Noix de coco, eau	<i>Cocos nucifera</i>	1B, 2B(18001), US23(12119)	52
06_004	Coconut, immature kernel, fresh, raw	Noix de coco, amande immature, fraîche, crue	<i>Cocos nucifera</i>	2P, 16V, 4E, 1B, 06_002, NZ	52
06_005	Coconut, kernel, dried, raw	Noix de coco, amande, séchée, crue	<i>Cocos nucifera</i>	4E, 11E, 1B, 2B(15007), 06_002	52
06_002	Coconut, mature kernel, fresh, raw	Noix de coco, amande mature, fraîche, crue	<i>Cocos nucifera</i>	1P(38), 5B, 12B(230), 2P(103), 11E, 4E, 16V(82), CTA, 1E, 1B(15006)	52
04_029	Cocoyam, leaves, boiled* (without salt)	Chou caraïbe, feuilles, bouilli* (sans sel)	<i>Xanthosoma spp.</i>	calc. from Cocoyam, leaves, raw	31
04_009	Cocoyam, leaves, raw	Chou caraïbe, feuilles, cru	<i>Xanthosoma spp.</i>	2P(126), 3P(10), 4E, 4GH, US23(11520)	31
02_006	Cocoyam, tuber, boiled* (without salt)	Chou caraïbe, racine, bouillie* (sans sel)	<i>Xanthosoma spp.</i>	calc. from Cocoyam, tuber, raw	16
02_005	Cocoyam, tuber, raw	Chou caraïbe, racine, crue	<i>Xanthosoma spp.</i>	1P(31), 4E, 2P(52), 3GH, 18R, 6N, 3GH	16
12_005	Coffee, instant, powder	Café, instantané, poudre		2B(18005), US23(14214)	82
12_009	Coffee, liquid	Café, liquide		DK7(1067), US23(14215)	82
06_019	Colanut, dried, raw	Noix de cola, séchée	<i>Cola nitida</i>	FAO(396) Colanut, raw	52
06_018	Colanut, raw	Noix de cola, crue	<i>Cola nitida</i>	3B, FAO(395), 15GH	52
11_005	Cottonseed oil	Coton, huile	<i>Gossypium spp.</i>	US23(04502)	79
04_031	Cowpea leaves, dried	Niébé, feuilles, séché	<i>Vigna unguiculata</i>	CTA, 3B, 11E, calc. from Cowpea leaves, raw	31
03_026	Cowpea, black, boiled* (without salt)	Niébé, noir, bouilli* (sans sel)	<i>Vigna unguiculata</i>	calc. from Cowpea, black, seeds, dried, raw	25
03_005	Cowpea, black, dried, raw	Niébé, noir, sec, cru	<i>Vigna unguiculata</i>	2E, 15N, US23(16062;1660), 03_004	25
03_007	Cowpea, boiled* (without salt)	Niébé, bouilli* (sans sel)	<i>Vigna unguiculata</i>	calc. from Cowpea, dried, raw	25
03_028	Cowpea, brown, boiled* (without salt)	Niébé, brun, bouilli* (sans sel)	<i>Vigna unguiculata</i>	calc. from Cowpea, brown, dried, raw	25
03_027	Cowpea, brown, dried, raw	Niébé, brun, sec, cru	<i>Vigna unguiculata</i>	15N, 6N, 2GH, US23(16062;16060), 03_005	25
03_004	Cowpea, dried, raw	Niébé, sec, cru	<i>Vigna unguiculata</i>	3P(6), 12B(205), 1P(34), 3B, 9B, CTA(68), 3B, 1E, 15N, US23(16060), 03_005, 03_006	25

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04_030	Cowpea, leaves, boiled* (without salt)	Niébé, feuilles, bouilli* (sans sel)	<i>Vigna unguiculata</i>	calc. from Cowpea, leaves, raw	31
04_010	Cowpea, leaves, raw	Niébé, feuilles, cru	<i>Vigna unguiculata</i>	CTA, 9B, 3B, 11E, 10E, I1, SA10(4198)	31
03_029	Cowpea, white, boiled* (without salt)	Niébé, blanc, bouilli* (sans sel)	<i>Vigna unguiculata</i>	calc. from Cowpea, white, dried, raw	25
03_006	Cowpea, white, dried, raw	Niébé, blanc, sec, cru	<i>Vigna unguiculata</i>	2E, 6N, 15N, 03_004, US23(16060)	25
10_010	Cream, 13 % fat	Crème, 13 % de mat. grasse		DK7(0165)	76
10_009	Cream, whipping, 38 % fat	Crème à fouetter, 38 % de mat. grasse		DK7(0166)	76
07_043	Cricket (Mole cricket), blanched	Grillon, blanchi		ASE(AAU39)	61
07_045	Crocodile, boiled* (without salt)	Crocodile, bouilli* (sans sel)		calc. from Crocodile, raw	61
07_044	Crocodile, raw	Crocodile, cru		SA10(4329)	61
13_008	Cube, beef, dry	Cube de bouillon, bœuf, sec		US23(06076)	85
04_032	Cucumber, raw	Concombre, cru	<i>Cucumis sativus</i>	2P(177), CTA, 11E, 1E, US23(11205)	31
13_009	Cumin, seed	Cumin, graine	<i>Cuminum cyminum</i>	US23(02014)	85
05_031	Dates, dried	Dates, séchées	<i>Phoenix dactylifera</i>	SA10(3543),DK7(0044), UK6(14-085), US23(09087;09421), Date, raw	43
05_030	Dates, raw	Dates, crues	<i>Phoenix dactylifera</i>	SA10(4245), UK6(14-083)	43
05_008	Dattock, dried pulp, raw	Ditax, pulpe séchée, crue	<i>Detarium senegalense</i>	1B(13526), FAO(904), Dattock, pulp, raw	43
05_007	Dattock, pulp, raw	Ditax, pulpe, crue	<i>Detarium senegalense</i>	1B (13525), FAO(903), Date, raw	43
06_008	Dikanut, kernel, dried, raw	Mangue sauvage, amande, séchée, crue	<i>Irvingia gabonensis</i>	4V, 16V(84), 4E, FAO(407)	52
04_011	Drumstick, leaves, raw	Ben oléifère, feuilles, cru	<i>Moringa oleifera</i>	6B, 8B, 3B, 10E, UK6(13-236), FAO(665)	31
04_033	Drumstick, leaves, boiled* (without salt)	Ben oléifère, feuilles, bouilli* (sans sel)	<i>Moringa oleifera</i>	calc. from Drumstick, leaves, raw	31
08_002	Egg, chicken, boiled* (without salt)	Œuf, poule, bouilli* (sans sel)		calc. from Egg, chicken, raw	67
08_001	Egg, chicken, raw	Œuf, poule, cru		US23(01123)	67
08_003	Egg, chicken, fried	Œuf, poule, frit		US23(01128)	67
04_035	Eggplant, leaves, boiled* (without salt)	Aubergine, feuilles, bouillie* (sans sel)	<i>Solanum melongena</i>	calc. from Eggplant leaves, raw	31
04_013	Eggplant, leaves, raw	Aubergine, feuilles, crue	<i>Solanum melongena</i>	11E, 2P(133), 10E, 34N, 4E, I1, av. green leafy vegetables	31

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04_034	Eggplant, boiled* (without salt)	Aubergine, bouillie* (sans sel)	<i>Solanum melongena</i>	calc. from Eggplant, raw	31
04_012	Eggplant, raw	Aubergine, crue	<i>Solanum melongena</i>	3B, 11E, 2B(20053) 2B, 5B, CTA, FAO(624)	31
04_037	False sesame, leaves, boiled* (without salt)	Faux sésame, feuilles, bouilli* (sans sel)	<i>Ceratotheca sesamoides</i>	calc. from False sesame, leaves, raw	31
04_014	False sesame, leaves, dried	Faux sésame, feuilles, séché	<i>Ceratotheca sesamoides</i>	2P(128), 2E, FAO(632), calc. from False sesame leaves, raw	31
04_036	False sesame, leaves, raw	Faux sésame, feuilles, cru	<i>Ceratotheca sesamoides</i>	35N, 10E, FAO(631), 04_014, av. green leafy vegetables	31
05_033	Fig, dried	Figue, séchée	<i>Ficus carica</i>	DK7(0052), US23(099094), UK6(14-092)	43
05_032	Fig, raw	Figue, crue	<i>Ficus carica</i>	1B(13012), UK6 (14-091), 5B, US23(09089)	43
01_049	Fonio, black, whole grain, boiled* (without salt)	Fonio, noir, grain entier, bouilli* (sans sel)	<i>Digitaria iburua</i>	calc. from Fonio black, whole grain, raw	1
01_002	Fonio, black, whole grain, raw	Fonio, noir, grain entier, cru	<i>Digitaria iburua</i>	FAO(1), 11E, 1M(12), DK7(0461), 01_001	1
01_051	Fonio, husked grains, boiled* (without salt)	Fonio, grain décortiqué, bouilli* (sans sel)	<i>Digitaria exilis</i>	calc. from Fonio, husked grains, raw (bran removed)	1
01_050	Fonio, husked grains, raw (bran removed)	Fonio, grain décortiqué, cru (sans son)	<i>Digitaria exilis</i>	1M(376), 6N, DK7(0461)	1
01_003	Fonio, white, whole grain, boiled* (without salt)	Fonio, blanc, grain entier, bouilli* (sans sel)	<i>Digitaria exilis</i>	calc. from Fonio, white, whole grain, raw	1
01_001	Fonio, white, whole grain, raw	Fonio, blanc, grain entier, cru	<i>Digitaria exilis</i>	1E, FAO(3), 3B, DK7(0461), 01_002	1
05_034	Fruit cocktail, canned in syrup	Salade de fruits, en conserve, en sirop		US23(09351), UK6(14-097)	43
07_027	Game meat, dried	Viande de gibier, séchée		SA10 (2912)	58
04_015	Garlic, raw	Ail, cru	<i>Allium sativum</i>	5B, SEF, 11E, 2B(11000), 25N	34
13_010	Ginger, root, raw	Gingembre, racine, crue	<i>Zingiber officinale</i>	DK7(0667), US23(11216)	85
13_011	Ginger, roots, dried	Gingembre, racine, séchée	<i>Zingiber officinale</i>	FAO(1607), 11E, 16V(194), Ginger root, raw	85
07_047	Goat, meat, boiled* (without salt)	Chèvre, viande, bouillie* (sans sel)	<i>Capra aegagrus hircus</i>	calc. from Goat, meat, raw	64
07_048	Goat, meat, grilled* (without salt and fat)	Chèvre, viande, grillée* (sans sel ou mat. grasse)	<i>Capra aegagrus hircus</i>	calc. from Goat, meat, raw	64
07_046	Goat, meat, raw	Chèvre, viande, crue	<i>Capra aegagrus hircus</i>	11E, 1E, 3B, CTA, SA10(4282)	64

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05_035	Grapefruit, pulp, raw	Pamplemousse, pulpe, crue	<i>Citrus paradisi</i>	CTA, 11E, 16V(137) US23(09116)	43
06_028	Groundnut flour, defatted	Arachide, farine dégraissée	<i>Arachis hypogaea</i>	FAO(330), 06_010	55
06_027	Groundnut flour, with fat	Arachide, farine avec graisse	<i>Arachis hypogaea</i>	1M(371), 06_010	55
11_003	Groundnut oil	Arachide, huile	<i>Arachis hypogaea</i>	1E, 16V(200), 4E, 1G(VK), 2B(17040), 2P(309), US23(04042)	79
06_026	Groundnut paste	Arachide, pâte	<i>Arachis hypogaea</i>	FAO(331), 06_010	55
06_023	Groundnut, Chinese, shelled, dried, raw (Ghana)	Arachide, Chinese, écorcée, séchée, crue (Ghana)	<i>Arachis hypogaea</i> var. <i>Chinense</i>	7GH, US23(16087), 06_010	52
06_025	Groundnut, combined varieties, shelled, dried, raw (Ghana)	Arachide, variétés combinées, écorcée, séchée, crue (Ghana)	<i>Arachis hypogaea</i>	7GH, US23(16087), 06_010	55
06_021	Groundnut, F-mix, shelled, dried, raw (Ghana)	Arachide, F-mix, écorcée, séchée, crue (Ghana)	<i>Arachis hypogaea</i> var. <i>F-mix</i>	7GH, US23(16087), 06_010	52
06_022	Groundnut, JL 24, shelled, dried, raw (Ghana)	Arachide, JL 24, écorcée, séchée, crue (Ghana)	<i>Arachis hypogaea</i> var. <i>JL 24</i>	7GH, US23(16087), 06_010	52
06_024	Groundnut, Manipintar, shelled, dried, raw (Ghana)	Arachide, Manipintar, écorcée, séchée, crue (Ghana)	<i>Arachis hypogaea</i> var. <i>Manipintar</i>	7GH, US23(16087), 06_010	52
06_012	Groundnut, red, shelled, dried, raw (Benin)	Arachide, rouge, écorcée, séchée, crue (Benin)	<i>Arachis hypogaea</i>	2E, UK6(14-877), 06_010	55
06_011	Groundnut, rose, shelled, dried, raw (Benin)	Arachide, rose, écorcée, séchée, crue (Benin)	<i>Arachis hypogaea</i>	2E, UK6(14-877), 06_010	55
06_010	Groundnut, shelled, dried, raw	Arachide, écorcée, séchée, crue	<i>Arachis hypogaea</i>	3B, CTA, 1G(TA) 11E, 22N, 12B(201), 1P(35), 3P(7), 2P(87), UK6(14-877), 2E, US23(16087)	52
06_020	Groundnut, Sinkarzie, shelled, dried, raw (Ghana)	Arachide, Sinkarzie, écorcée, séchée, crue (Ghana)	<i>Arachis hypogaea</i> var. <i>Sinkarzie</i>	7GH, US23(16087), 06_010	52
05_010	Guava, fruit, raw	Goyave, fruit, cru	<i>Psidium guajava</i>	12B(415), 5B, 2P(152), 3B, 4E, CTA, 16V(140), UK6(14-118), US23(13083)	43
05_011	Gumvine, raw	Liane goïne, fruit, cru	<i>Saba senegalensis</i>	4R, 3B, 15B, 1B(13588)	46
13_001	Honey	Miel		3B, 1E, US23(19296)	85
10_012	Infant formula, powder, for 6 months	Lait infantile, poudre, pour l'âge de 6 mois		SA10(2809)	76
10_011	Infant formula, powder, for 3 months	Lait infantile, poudre, pour l'âge de 3 mois		SA10(2813)	76
12_012	Juice, apple, canned or bottled	Jus de pomme, en conserve ou en bouteille		DK7(0337)	82
12_013	Juice, grapefruit, canned, unsweetened	Jus de pamplemousse, en conserve, sans sucre		DK7(0060)	82

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12_010	Juice, lemon, unsweetened	Jus de citron, sans sucre		1B(18007), DK7(0041), US23(09152)	82
12_011	Juice, orange, unsweetened	Jus d'orange, sans sucre		1B(18013), SA10(3637), US23(09206)	82
05_012	Jujube, raw	Jujube, crue	<i>Ziziphus spp.</i>	5B, 3B, 15B, 1B(13064), US23(09146), UK6(14-122)	46
04_039	Jute (bush-okra), leaves, boiled* (without salt)	Jute, feuilles, bouilli* (sans sel)	<i>Corchorus olitorius</i>	calc. from Jute (bush-okra) leaves, raw	34
04_038	Jute (bush-okra), leaves, raw	Jute, feuilles, cru	<i>Corchorus olitorius</i>	FAO(676), I1, av. green leafy vegetables	34
07_052	Lamb, brain, braised* (without salt)	Agneau, cerveau, braisé* (sans sel)	<i>Ovis aries</i>	calc. from Lamb, brain, raw	64
07_051	Lamb, brain, raw	Agneau, cerveau, cru	<i>Ovis aries</i>	US23(17185)	64
07_054	Lamb, liver, boiled* (without salt)	Agneau, foie, bouilli* (sans sel)	<i>Ovis aries</i>	calc. from Lamb, liver, raw	64
07_053	Lamb, liver, raw	Agneau, foie, cru	<i>Ovis aries</i>	11E, US23(17199)	64
07_049	Lamb/mutton, meat, moderately fat, boiled* (without salt)	Agneau, viande, moyennement grasse, bouillie* (sans sel)	<i>Ovis aries</i>	calc. from Lamb, meat, moderately fat, raw	64
07_050	Lamb/mutton, meat, moderately fat, grilled* (without salt and fat)	Agneau, viande, moyennement grasse, grillée* (sans sel ou mat. grasse)	<i>Ovis aries</i>	calc. from Lamb, meat, moderately fat, raw	64
07_004	Lamb/mutton, meat, moderately fat, raw	Agneau, viande, moyennement grasse, crue	<i>Ovis aries</i>	11E, 4E, CTA, DK7(0138), SA10(4335)	64
05_013	Landolphia, pulp, raw	Liane à caoutchouc, pulpe, crue	<i>Landolphia spp.</i>	3B, 4R, 1B(13550), 12fru	46
05_014	Lemon, raw	Citron, cru	<i>Citrus limon</i>	12B(403), 2P(153), 4E, 2B(13009) 11E, 16V(138), CTA, US23(09150)	46
03_031	Lentils, boiled* (without salt)	Lentilles, bouillies* (sans sel)	<i>Lens culinaris</i>	calc. from Lentils, dried, raw	25
03_030	Lentils, dried, raw	Lentilles, sèches, crues	<i>Lens culinaris</i>	DK7(0147), US23(16069), UK6(13-089)	25
04_040	Lettuce, raw	Laitue, crue	<i>Lactuca sativa</i>	2P(137), 5B, CTA, 10E, US23(11253)	34
07_055	Locust, raw	Sauterelle, crue		ASE(AAU37), i14	64
01_053	Macaroni, boiled* (without salt)	Macaroni, bouilli* (sans sel)	<i>Triticum spp.</i>	calc. from Macaroni, dried	1
01_052	Macaroni, dried	Macaroni, sec	<i>Triticum spp.</i>	US23(20499), UK6(11-447), SEF	1
09_024	Mackerel, boiled* (without salt)	Maquereau, bouilli* (sans sel)	<i>Scomberomorus spp.</i>	calc. from Mackerel, raw	70
09_025	Mackerel, grilled* (without salt and fat)	Maquereau, grillé* (sans sel ou mat. grasse)	<i>Scomberomorus spp.</i>	calc. from Mackerel, raw	70

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09_003	Mackerel, raw	Maquereau, cru	<i>Scombermoris spp.</i>	1P(68), 2P(232), FAO(1345), US23(15051)	70
01_062	Maize, combined varieties, whole kernel, boiled* (without salt) (Benin)	Maïs, variétés combinées, grain entier, bouilli* (sans sel) (Benin)	<i>Zea mays</i>	calc. from Maize, combined varieties, whole kernel, dried, raw	7
01_014	Maize, combined varieties, whole kernel, dried, raw (Benin)	Maïs, variétés combinées, grain entier, sec, cru (Benin)	<i>Zea mays</i>	5E, 01_004	7
01_010	Maize, DMR-ESR-W variety, whole kernel, dried, raw (Benin)	Maïs, variété DMR-ESR-W, grain entier, sec, cru (Benin)	<i>Zea mays var. DMR-ESR-W</i>	5E, 01_004	4
01_009	Maize, Gbaévè variety, whole kernel, dried, raw (Benin)	Maïs, variété Gbaévè, grain entier, sec, cru (Benin)	<i>Zea mays var. Gbaévè</i>	5E, 01_004	4
01_013	Maize, Gnonli variety, whole kernel, dried, raw (Benin)	Maïs, variété Gnonli, grain entier, sec, cru (Benin)	<i>Zea mays var. Gnonli</i>	5E, 01_004	7
01_008	Maize, Gougba variety, whole kernel, dried, raw (Benin)	Maïs, variété Gougba, grain entier, sec, cru (Benin)	<i>Zea mays var. Gougba</i>	5E, 01_004	4
01_011	Maize, POZA – RICA 7843 – SR variety, whole kernel, dried, raw (Benin)	Maïs, variété POZA – RICA 7843 – SR, grain entier, sec, cru (Benin)	<i>Zea mays var. POZA – RICA 7843 – SR</i>	5E, 01_004	4
01_012	Maize, TZPB-SR variety, whole kernel, dried, raw (Benin)	Maïs, variété TZPB-SR, grain entier, sec, cru (Benin)	<i>Zea mays var. TZPB-SR</i>	5E, 01_004	7
01_059	Maize, white, flour degermed	Maïs, blanc, farine (dégermé)	<i>Zea mays</i>	CTA, US23(20018), SA10(3297)	4
01_057	Maize, white, flour of whole grain	Maïs, blanc, farine aux grains entiers	<i>Zea mays</i>	7B, 4E, 11E, US23(20316), SA10(3449)	4
01_058	Maize, white, flour refined	Maïs, blanc, farine raffiné	<i>Zea mays</i>	SA10(3270; 3398)	4
01_060	Maize, white, grit, degermed	Maïs, blanc, gruau, dégermé	<i>Zea mays</i>	1M(368), SA10(3451), US23(08160)	4
01_061	Maize, white, soft porridge* (without salt)	Maïs, blanc, gruau, liquide* (sans sel)	<i>Zea mays</i>	calc. from Maize, white, grit, degermed	4
01_076	Maize, white, stiff porridge* (without salt)	Maïs, blanc, gruau, épais, * (sans sel)	<i>Zea mays</i>	calc. from Maize, white, grit, degermed	4
01_005	Maize, white, whole kernel, boiled* (without salt)	Maïs, blanc, grain entier, bouilli* (sans sel)	<i>Zea mays</i>	calc. from Maize, white, whole kernel, dried, raw	4
01_004	Maize, white, whole kernel, dried, raw	Maïs, blanc, grain entier, sec, cru	<i>Zea mays</i>	CTA, 6N, 16V, 2E, 11E, 3E, 5N, SA10(3271)	4
01_054	Maize, yellow, flour of whole-grain	Maïs, jaune, farine aux grains entiers	<i>Zea mays</i>	7B, 5B, US23(20016), SA10(3450)	4
01_055	Maize, yellow, grit, degermed	Maïs, jaune, gruau, dégermé	<i>Zea mays</i>	1M(367), SA10(3451), US23(08160),	4

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01_056	Maize, yellow, soft porridge* (without salt)	Maïs, jaune, gruau, liquide* (sans sel)	<i>Zea mays</i>	calc. from Maize, yellow, grit, degermed	4
01_075	Maize, yellow, stiff porridge* (without salt)	Maïs, jaune, gruau, épais, *(sans sel)	<i>Zea mays</i>	calc. from Maize, yellow, grit, degermed	4
01_007	Maize, yellow, whole kernel, boiled* (without salt)	Maïs, jaune, grain entier, bouilli* (sans sel)	<i>Zea mays</i>	cal. from Maize, yellow, whole kernel, dried, raw	4
01_006	Maize, yellow, whole kernel, dried, raw	Maïs, jaune, grain entier, sec, cru	<i>Zea mays</i>	5B, CTA, 5N, 4E, 3E, 13V, 6N, 11E, US23(20014), SA10(3276)	1
05_036	Mango, deep orange flesh, raw	Mangue, pulpe orange foncée, crue	<i>Mangifera spp.</i>	1T(229), 05_015	46
05_015	Mango, orange flesh, raw	Mangue, pulpe orange, crue	<i>Mangifera indica</i>	5R, 1G(MB), CTA, 4E, 16V(141), 11E, 1E, 5R, 5B, 1P(57), 3B, 2B(13025), 12B(417), 2P(155), UK6(14-296)	46
05_037	Mango, pale flesh, raw	Mangue, pulpe pâle, crue	<i>Mangifera spp.</i>	1T(231), 05_015	46
11_006	Margarine, fortified	Margarine, fortifié		US23(04610)	79
06_013	Melon seeds, slightly salted, raw	Melon, graine, légèrement salée, crue	<i>Cucumeropsis edulis</i>	1P(37), 2P(99), 3P(9), UK6(14-826), US23(12174)	55
05_039	Melon, cantaloupe, raw	Cantaloupe, cru	<i>Cucumis melo</i>	US23(09181), DK7(0641), UK6(14-295)	46
05_038	Melon, honeydew, raw	Melon, cru	<i>Cucumis melo</i>	US23(09184), DK7(0642), UK6(14-162)	46
10_018	Milk, camel, raw (average of different breeds)	Lait, chameau, cru (moyenne de plusieurs races)	<i>Camelus dromedarius</i>	2m, 5m, 6m, 7m, 8m, 9m, 12m, 13m, 15m, 25m, 39m	76
10_017	Milk, cow powder, skimmed	Lait, vache en poudre, écrémé		US23(01091), DK7(0366)	76
10_014	Milk, cow, skimmed, 0.5 % fat	Lait, vache, écrémé, 0.5 % de mat. grasse		DK7(1560)	76
10_015	Milk, cow, canned, condensed, sweetened	Lait, vache, en conserve, condensé, sucré		US23(01095)	76
10_016	Milk, cow, canned, evaporated	Lait, vache, en conserve, concentré		US23(01214)	76
10_013	Milk, cow, partly skimmed, 1.5 % fat	Lait, vache, partiellement écrémé, 1.5 % de mat. grasse		DK7(0170)	76
10_002	Milk, cow, powder, whole	Lait, vache, poudre, entier		5B, 11E, 4E, DK7(0367)	76
10_001	Milk, cow, whole, 3.5 % fat (includes pasteurised, sterilised and UHT)	Lait, vache, entier, 3.5 % de mat. grasse (y compris pasteurisé, stérilisé, UTH)		5B, 1G(CF), DK7(0753), UK6(12-315)	76
10_003	Milk, goat, raw	Lait, chèvre, cru		CTA, 2B(19200), 3B, DK7(0516)	76
10_019	Milk, human, colostrum, raw	Lait, humain, colostrum, cru		DK7(1301), UK6(12-038)	76

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10_004	Milk, human, mature, raw	Lait, humain, mature, cru		1G(BM), 4E, 11E, UK6(12-040), DK7(1303)	76
01_016	Millet, whole grain, boiled*(without salt)	Mil, grain entier, bouilli* (sans sel)	<i>Pennisetum typhoideum</i>	calc.from Millet, whole grain, raw	7
01_015	Millet, whole grain, raw	Mil, grain entier, cru	<i>Pennisetum typhoideum</i>	4E, 3B, 23N, 22N, 1E, DK7(0461), 01_017,US23(20031)	7
07_056	Mopanie worm, canned	Ver de Mopanie, en conserve		SA10(4284)	64
09_028	Mormyrids, grilled* (without salt and fat)	Mormyridés, grillés* (sans sel ou mat. grasse)	<i>Mormyrus spp.</i>	calc. from Mormyrids, raw	70
09_026	Mormyrids, raw	Mormyridés, crus	<i>Mormyrus spp.</i>	1M(103), FAO(1240; 1281), US23(Fish raw, average)	70
09_027	Mormyrids, steamed* (without salt)	Mormyridés, cuit à la vapeur* (sans sel)	<i>Mormyrus spp.</i>	calc. from Mormyrids, raw	70
09_031	Mudfish/African catfish, grilled* (without salt and fat)	Poisson `Mudfish`, grillé* (sans sel ou mat. grasse)	<i>Clarias anguillaris/gariepinus</i>	calc. from Mudfish/African Catfish, raw	70
09_030	Mudfish/African catfish,steamed* (without salt)	Poisson `Mudfish`, cuit à la vapeur* (sans sel)	<i>Clarias anguillaris/gariepinus</i>	calc. from Mudfish/African Catfish, raw	70
09_029	Mudfish/African catfish, raw	Poisson `Mudfish`, cru	<i>Clarias anguillaris/gariepinus</i>	1M(99), 23fi, 28fi, 34fi, 46fi, 97fi, 118fi, 1fi, US23(Fish, raw, average)	70
13_012	Mustard, powder	Moutarde, en poudre	<i>Sinapis alba/Brassica juncea</i>	US23(02024)	85
13_013	Mustard, prepared, yellow	Moutarde, préparée, jaune		US23(02046)	85
12_014	Nectar, Mango, canned	Nectar de mangue, en conserve		US23(09436)	82
04_042	Okra, fruit, boiled* (without salt)	Gombo, bouilli* (sans sel)	<i>Abelmoschus esculentus/Hibiscus esculentus</i>	calc. from Okra fruit, raw	34
04_017	Okra, fruit, raw	Gombo, cru	<i>Abelmoschus esculentus/Hibiscus esculentus</i>	1G(VX), 11E, 22N, 2P(138), 1P(48), 3B, US23(11278), DK7(0678)	34
04_041	Okra, leaves, boiled* (without salt)	Gombo, feuilles, bouilli* (sans sel)	<i>Abelmoschus esculentus/Hibiscus esculentus</i>	calc. from Okra leaves, raw	34
04_004	Okra, leaves, raw	Gombo, feuilles, cru	<i>Abelmoschus esculentus/Hibiscus esculentus</i>	CTA, 5B, I1, av. green leafy vegetables	34
08_004	Omelette	Omelette		US23(01130)	67
04_043	Onion, boiled* (without salt)	Oignon, bouilli* (sans sel)	<i>Allium cepa</i>	calc. from Onion, raw	34
04_018	Onion, raw	Oignon, cru	<i>Allium cepa</i>	2B(20034), 1G(BH), 22N, CTA, 11E, 1E, 3P(12), 1P(45), 14E, 2P(140), 12B(390), UK6(13-304)	34

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04_044	Onions, dried	Oignon, sec	<i>Allium cepa</i>	US23(11284), UK6(13-308), calc. from Onions, raw	34
05_016	Orange, raw	Orange, crue	<i>Citrus sinensis</i>	2P(156), 5B, 12B(400), 4E, 2B(13034) 11E, 1P(55), 1G(VO), CTA, 16V(136)	46
12_017	Ovaltine beverage with skimmed milk (without sugar; fortified)	Ovaltine, boisson avec lait, écrémé (sans sucre; enrichi)		SA10(2754)	82
12_016	Ovaltine beverage with partly skimmed milk (without sugar; fortified)	Ovaltine, boisson avec lait, partiellement écrémé (sans sucre; enrichi)		SA10(2783)	82
12_015	Ovaltine beverage with whole milk (without sugar; fortified)	Ovaltine, boisson, avec lait entier (sans sucre; enrichi)		SA10(2754)	82
12_018	Ovaltine powder, fortified	Ovaltine, poudre, enrichi		SA10(2752), UK6(17-504)	82
06_029	Palm nut, kernel, shelled, raw	Noix de palme, noyau, décortiqué, cru	<i>Elaeis guineensis</i>	4V, 5V, 2P(112), FAO (445)	55
05_040	Palm nuts, pulp, raw	Noix de palme, pulpe, crue	<i>Elaeis guineensis</i>	1P(39), 2P(111), FAO(996)	46
11_004	Palm oil, red	Palme, huile, rouge	<i>Elaeis guineensis</i>	2P(311), 1P(40), 4E, 1G(VH), 16V(204), 1E, 1M(253), US23(04055)	79
11_007	Palm oil, refined	Palme, huile, raffiné	<i>Elaeis guineensis</i>	US23 (04055)	79
12_006	Palm wine (est. 3.8 % alcohol)	Vin de palme (3.8 % d'alcool est.)		3B, 12B(900) 11E	82
05_017	Papaya, fruit, ripe, raw	Papaye, fruit, mûr, cru	<i>Carica papaya</i>	1P(56), 5B, 12B(418), 4E, CTA, 1B(13035), 2B(13035) 3B, 4P, 2P(157)	46
04_045	Parsley, fresh	Persil, frais	<i>Petroselinum spp.</i>	4E, 5B, 3B, 2B(11014), DK7(0209), US23(11297)	34
01_064	Pearl millet, combined varieties, whole grain, boiled* (without salt)	Mil chandelle, variétés combinées, grain entier, bouilli* (sans sel)	<i>Pennisetum glaucum</i>	calc. from Pearl millet, combined varieties, whole grain, raw	10
01_032	Pearl millet, combined varieties, whole grain, raw (Burkina Faso)	Mil chandelle, variétés combinées, grain entier, cru (Burkina Faso)	<i>Pennisetum glaucum</i>	20R, 01_017	10
01_063	Pearl millet, flour (without bran)	Mil chandelle, farine (sans son)	<i>Pennisetum glaucum</i>	1M (370), 01_015, 01_017	7
01_019	Pearl millet, variety ikmp 1, whole grain, raw (Burkina Faso)	Mil chandelle, variété ikmp 1, grain entier, cru (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp 1</i>	20R, 01_017	10
01_028	Pearl millet, variety ikmp 10, whole grain, raw (Burkina Faso)	Mil chandelle, variété ikmp 10, grain entier, cru (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp 10</i>	20R, 01_017	10

Code	Food name in English	Food name in French	Scientific name	BiblioID	Page Nr
01_029	Pearl millet, variety ikmp 11, whole grain, raw (Burkina Faso)	Mil chandelle, variété ikmp 11, grain entier, cru (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp 11</i>	20R, 01_017	10
01_030	Pearl millet, variety ikmp 12, whole grain, raw (Burkina Faso)	Mil chandelle, variété ikmp 12, grain entier, cru (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp 12</i>	20R, 01_017	10
01_031	Pearl millet, variety ikmp 13, whole grain, raw (Burkina Faso)	Mil chandelle, variété ikmp 13, grain entier, cru (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp 13</i>	20R, 01_017	10
01_020	Pearl millet, variety ikmp 2, whole grain, raw (Burkina Faso)	Mil chandelle, variété ikmp 2, grain entier, cru (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp 2</i>	20R, 01_017	7
01_021	Pearl millet, variety ikmp 3, whole grain, raw (Burkina Faso)	Mil chandelle, variété ikmp 3, grain entier, cru (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp 3</i>	20R, 01_017	7
01_022	Pearl millet, variety ikmp 4, whole grain, raw (Burkina Faso)	Mil chandelle, variété ikmp 4, grain entier, cru (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp 4</i>	20R, 01_017	7
01_023	Pearl millet, variety ikmp 5, whole grain, raw (Burkina Faso)	Mil chandelle, variété ikmp 5, grain entier, cru (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp 5</i>	20R, 01_017	7
01_024	Pearl millet, variety ikmp 6, whole grain, raw (Burkina Faso)	Mil chandelle, variété ikmp 6, grain entier, cru (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp 6</i>	20R, 01_017	10
01_025	Pearl millet, variety ikmp 7, whole grain, raw (Burkina Faso)	Mil chandelle, variété ikmp 7, grain entier, cru (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp 7</i>	20R, 01_017	10
01_026	Pearl millet, variety ikmp 8, whole grain, raw (Burkina Faso)	Mil chandelle, variété ikmp 8, grain entier, cru (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp 8</i>	20R, 01_017	10
01_027	Pearl millet, variety ikmp 9, whole grain, raw (Burkina Faso)	Mil chandelle, variété ikmp 9, grain entier, cru (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp 9</i>	20R, 01_017	10
01_018	Pearl millet, variety ikmv 8201, whole grain, raw (Burkina Faso)	Mil chandelle, variété ikmv 8201, grain entier, cru (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp 8021</i>	20R, 01_017	7
01_033	Pearl millet, whole grain, boiled* (without salt)	Mil chandelle, grain entier, bouilli* (sans sel)	<i>Pennisetum glaucum</i>	calc. from Pearl millet, whole grain, raw (with bran)	7
01_017	Pearl millet, whole grain, raw (with bran)	Mil chandelle, grain entier, cru (avec son)	<i>Pennisetum glaucum</i>	2E, 2R, 1M(369), DK7(0461), 20R	7
13_014	Pepper, black	Poivre, noir	<i>Piper nigrum</i>	US23(0230), DK7(0450)	85
04_050	Pepper, sweet, green, boiled* (without salt)	Poivron, doux, vert, bouilli* (sans sel)	<i>Capsicum annuum</i>	calc. from Pepper, sweet, green, raw	34
04_049	Pepper, sweet, green, raw	Poivron, doux, vert, cru	<i>Capsicum annuum</i>	CTA, 2B(20085), 1P(49), US23(11333), DK7(0206)	34
04_048	Pepper, sweet, red, boiled* (without salt)	Poivron, doux, rouge, bouilli* (sans sel)	<i>Capsicum annuum</i>	calc. from Pepper, sweet, red, raw	34
04_047	Pepper, sweet, red, raw	Poivron, doux, rouge, cru	<i>Capsicum annuum</i>	22N, CTA, 2B(20087), 2P(143), DK7(0207)	34
04_046	Peppers, chilli, raw	Piment, fort, cru	<i>Capsicum spp.</i>	1G(BP), US23(11819; 11670)	34

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09_034	Perch, Nile, grilled* (without salt and fat)	Perche du Nil, capitaine, grillée* (sans sel ou mat. grasse)	<i>Lates spp.</i>	calc. from Perch, Nile, raw	70
09_032	Perch, Nile, raw	Perche du Nil, capitaine, crue	<i>Lates spp.</i>	FAO(1368), 23fi, 88fi, 2fi, 98fi, US23(15060), DK7(0891)	70
09_033	Perch, Nile, steamed* (without salt)	Perche du Nil, capitaine, cuit à la vapeur* (sans sel)	<i>Lates spp.</i>	calc. from Perch, Nile, raw	70
03_033	Pigeon pea, boiled* (without salt)	Pois d'Angole, bouilli* (sans sel)	<i>Cajanus cajan</i>	calc. from Pigeon pea, whole, dried, raw	25
03_032	Pigeon pea, dried, raw	Pois d'Angole, sec, cru	<i>Cajanus cajan</i>	2P(95), 16N, 1N, 15N, 22N, UK6(13- 102), US23(16101)	25
05_018	Pineapple, pulp, raw	Ananas, pulpe, crue	<i>Ananas comosus</i>	12B(410), 1P(53), 2P(158), 5B, CTA, 2B(13002), 3B, 16V(143) 11E, 4E	49
05_043	Plantain, ripe, boiled* (without salt)	Banane plantain, mûre, bouillie* (sans sel)	<i>Musa paradisiaca</i>	calc. from Plantain, ripe, raw	49
05_042	Plantain, ripe, raw	Banane plantain, mûre, crue	<i>Musa paradisiaca</i>	1P(25), 3P (4), 2P(57), UK6(13- 323), US23(09277)	49
05_041	Pomegranate, raw	Grenade, crue	<i>Punica granatum</i>	CTA, 1B(13018), US23(09286)	49
07_058	Pork, meat, approx. 20 % fat, grilled* (without salt and fat)	Porc, viande, env. 20 % de mat. grasse, grillée* (sans sel ou mat. grasse)	<i>Sus domestica</i>	calc. from Pork, meat, approx. 20 % fat, boneless, raw	64
07_006	Pork, meat, approx. 20 % fat, boneless, raw	Porc, viande, env. 20 % de mat. grasse, désossée, crue	<i>Sus domestica</i>	1P(58), 2P(195), DK7(0287)	64
07_057	Pork, meat, approx. 20 % fat, boiled* (without salt)	Porc, viande, env. 20 % de mat. grasse, bouillie* (sans sel)	<i>Sus domestica</i>	calc. from Pork, meat, approx. 20 % fat, boneless, raw	64
07_060	Pork, meat, approx. 40 % fat, grilled* (without salt)	Porc, viande, env. 40 % de mat. grasse, grillée* (sans sel ou mat. grasse)	<i>Sus domestica</i>	calc. from Pork, meat, approx. 40 % fat, boneless, raw	64
07_005	Pork, meat, approx. 40 % fat, boneless, raw	Porc, viande, env. 40 % de mat. grasse, désossée, crue	<i>Sus domestica</i>	2P(186), 11E, 4E, 16V(171), CTA, 12B(514), DK7(0284)	64
07_059	Pork, meat, approx. 40 % fat, boiled* (without salt)	Porc, viande, env. 40 % de mat. grasse, bouillie* (sans sel)	<i>Sus domestica</i>	calc. from Pork, meat, approx. 40 % fat, boneless, raw	64
02_010	Potato, boiled* (without salt)	Pomme de terre, bouillie* (sans sel)	<i>Solanum tuberosum</i>	calc. from Potato, peeled, raw	16
02_009	Potato, raw	Pomme de terre, crue	<i>Solanum tuberosum</i>	11E, 5B, 12B(106), 2P(74), 16V(50), 2B(4008), CTA, 4E	16
04_055	Pumpkin, leaves, dried	Courge, feuilles, séchée	<i>Cucurbita pepo</i>	FAO (760), calc. from Pumpkin leaves, raw	37

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04_054	Pumpkin, leaves, boiled* (without salt)	Courge, feuilles, bouillie* (sans sel)	<i>Cucurbita pepo</i>	calc. from Pumpkin leaves, raw	37
04_053	Pumpkin, leaves, raw	Courge, feuilles, crue	<i>Cucurbita pepo</i>	CTA, 11E, US23(11418), SA10(4204)	37
04_052	Pumpkin/squash, boiled* (without salt)	Courge/citrouille, bouillie* (sans sel)	<i>Cucurbita pepo</i>	calc. from Pumpkin/squash, raw	37
04_051	Pumpkin/squash, raw	Courge/citrouille, crue	<i>Cucurbita pepo</i>	2P(145), CTA, 11E, US23(11422)	37
07_007	Rabbit, meat, raw	Lapin, viande, crue	<i>Oryctolagus cuniculus</i>	2B(34001), SEF, DK7(0106)	67
07_062	Rabbit, meat, grilled* (without salt and fat)	Lapin, viande, grillée* (sans sel ou mat. grasse)	<i>Oryctolagus cuniculus</i>	calc. from Rabbit, meat, raw	67
07_061	Rabbit, meat, stewed* (without salt)	Lapin, viande, bouillie* (sans sel)	<i>Oryctolagus cuniculus</i>	calc. from Rabbit, meat, raw	67
01_035	Rice, brown, boiled* (without salt)	Riz, brun, bouilli* (sans sel)	<i>Oryza sativa</i>	calc. from Rice, brown, raw	10
01_034	Rice, brown, raw	Riz, brun, cru	<i>Oryza sativa</i>	2B, 11E, US23(20040)	10
01_066	Rice, red native, hulled, boiled* (without salt)	Riz, rouge, indigène, décortiqué, bouilli* (sans sel)	<i>Oryza glaberrima</i>	calc. from Rice, red native, hulled, raw	10
01_065	Rice, red native, hulled, raw	Riz, rouge, indigène, décortiqué, cru	<i>Oryza glaberrima</i>	FAO(117), UK6(11-037)	10
01_068	Rice, red native, milled, boiled* (without salt)	Riz, rouge, indigène, poli, bouilli* (sans sel)	<i>Oryza glaberrima</i>	calc. from Rice, red native, milled, raw	10
01_067	Rice, red native, milled, raw	Riz, rouge, indigène, poli, cru	<i>Oryza glaberrima</i>	FAO(119), UK6(11-037)	10
01_038	Rice, white, boiled* (without salt)	Riz, blanc, bouilli* (sans sel)	<i>Oryza sativa</i>	calc. from Rice, white, raw	13
01_069	Rice, white, polished, boiled* (without salt)	Riz, blanc, poli, bouilli* (sans sel)	<i>Oryza sativa</i>	calc. from Rice, white, polished, raw	13
01_036	Rice, white, polished, raw	Riz, blanc, poli, cru	<i>Oryza sativa</i>	1M(372), DK7(0224), F08	10
01_037	Rice, white, raw	Riz, blanc, cru	<i>Oryza sativa</i>	1P (13), 2P(29), US23(20444;20450;20452)	13
04_056	Roselle leaves, boiled* (without salt)	Oseille de Guinée, feuilles, bouillie* (sans sel)	<i>Hibiscus sabdariffa</i>	calc. from Roselle leaves, raw	37
04_016	Roselle leaves, raw	Oseille de Guinée, feuilles, crue	<i>Hibiscus sabdariffa</i>	9B, 6B, 12B(332), 10E, 11E, 1G, 1I, av. green leafy vegetables	37
06_030	Roselle, red, seed, dried	Oseille de Guinée (datou), rouge, graine, séchée	<i>Hibiscus sabdariffa</i>	1M(236), FAO(470)	55
13_015	Salt	Sel		1M(274), 1G(WL), 16GH, US23(02047)	85
12_007	Sap, palm, fresh (0.3 % alcohol)	Sève de palmier, fraîche (0.3 % d'alcool)		11E, FAO(1579)	82

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09_036	Sardine, grilled* (without salt and fat)	Sardine, grillée* (sans sel ou mat. grasse)	<i>Sardinella spp.</i>	calc. from Sardine, raw	73
09_004	Sardine, raw	Sardine, crue	<i>Sardinella spp.</i>	2P(246), 1M(95), 11E, 2P(251), 5B, 58fi, 66fi, 139fi, 140fi, UK6(16-212), FAO(1396), ASEA(AAG263)	73
09_035	Sardine, steamed* (without salt)	Sardine, cuit à la vapeur* (sans sel)	<i>Sardinella spp.</i>	calc. from Sardine, raw	73
09_037	Sardines in oil, canned (drained solids with bone)	Sardines, conservées en huile (égouttées, avec arêtes)	<i>Sardinella spp.</i>	2P(260), US23(15088), DK7(0241)	73
07_063	Sausage, wiener (beef, pork, chicken), canned	Saucisse viennoise (bœuf, porc, poulet), en conserve		US23(07083)	67
06_015	Sesame seeds, whole, dried, raw	Sésame, graine, crue	<i>Sesame spp.</i>	2P(115), FAO(462), US23(115)	55
11_008	Shea butter	Karité, beurre	<i>Butyrospermum parkii</i>	2P(310), 1P(42), US23(04536)	79
05_044	Shea fruit, pulp, raw	Fruit de karité, pulpe, crue	<i>Vitellaria paradoxa</i>	1M(248), 4R, 15B	49
06_016	Shea nut, seed kernel, dried, raw	Karité, noix, amande, séchée, crue	<i>Butyrospermum parkii</i> / <i>Vitellaria paradoxa</i>	2P(116), FAO(246)	55
09_040	Shiny-nose, grilled* (without salt and fat)	Capitaine de mer, grillé* (sans sel ou mat. grasse)	<i>Polydactylus spp.</i>	calc. from Shiny-nose, raw	73
09_038	Shiny-nose, raw	Capitaine de mer, cru	<i>Polydactylus spp.</i>	FAO(1417), 155fi, US23(Fish raw, average)	73
09_039	Shiny-nose, steamed* (without salt)	Capitaine de mer, cuit à la vapeur* (sans sel)	<i>Polydactylus spp.</i>	calc. from Shiny-nose, raw	73
05_019	Soapberry, fruit, raw	Pomme de savon, fruit, cru	<i>Aphania senegalensis</i>	3B, 1B(13517), FAO(1031)	49
01_072	Sorghum, flour, degermed	Sorgho, farine, dégermé	<i>Sorghum bicolor</i>	1M(374), US23(20648), 01_039	13
01_042	Sorghum, whole grain, boiled* (without salt)	Sorgho, grain entier, bouilli* (sans sel)	<i>Sorghum bicolor</i>	calc. from Sorghum, whole grain, raw	13
01_039	Sorghum, whole grain, raw	Sorgho, grain entier, cru	<i>Sorghum bicolor</i>	5B, 23N, 22N, CTA, 1E, 3B, 2P(1) 1P(12), 4E, 2E, 1L	13
01_070	Sorghum, whole grain, red, boiled* (without salt)	Sorgho, grain entier, rouge, bouilli* (sans sel)	<i>Sorghum bicolor</i>	calc. from Sorghum, whole grain, red, raw	13
01_041	Sorghum, whole grain, red, raw	Sorgho, grain entier, rouge, cru	<i>Sorghum bicolor</i>	2E, 01_039, 1L	13
01_040	Sorghum, whole grain, white, raw	Sorgho, grain entier, blanc, cru	<i>Sorghum bicolor</i>	2E, 01_039, 1L	13
01_071	Sorghum, whole grain, white, boiled* (without salt)	Sorgho, grain entier, blanc, bouilli* (sans sel)	<i>Sorghum bicolor</i>	calc. from Sorghum, whole grain, white	13
03_034	Soya bean, boiled* (without salt)	Soja, bouilli* (Ghana) (sans sel)	<i>Glycine max</i>	calc. from Soya bean, dried, raw	25

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03_040	Soya bean, combined varieties, boiled* (Ghana)(without salt)	Soja, variétés combinées, bouilli* (Ghana) (sans sel)	<i>Glycine max</i>	calc. from Soya bean, combined varieties, dried, raw	28
03_039	Soya bean, combined varieties, dried, raw (Ghana)	Soja, variétés combinées, sec, cru (Ghana)	<i>Glycine max</i>	7GH, US23(16108), 03_008	28
03_008	Soya bean, dried, raw	Soja, sec, cru	<i>Glycine max</i>	2E, 1E, 2P(96), CTA, UK6(13-115), US23(16108)	25
11_009	Soya oil	Soja, huile	<i>Glycine max</i>	US23(04044)	79
03_036	Soybean, Anidaso, dried, raw (Ghana)	Soja, Anidaso, sec, cru (Ghana)	<i>Glycine max</i> var. <i>Anidaso</i>	7GH, US23(16108), 03_008	28
03_038	Soybean, Jenguma, dried, raw (Ghana)	Soja, Jenguma, sec, cru (Ghana)	<i>Glycine max</i> var. <i>Jenguma</i>	7GH, US23(16108), 03_008	28
03_037	Soybean, Quarshie, dried, raw (Ghana)	Soja, Quarshie, sec, cru (Ghana)	<i>Glycine max</i> var. <i>Quarshie</i>	7GH, US23(16108), 03_008	28
03_035	Soybean, Salintuya-1, dried, raw (Ghana)	Soja, Salintuya-1, sec, cru (Ghana)	<i>Glycine max</i> var. <i>Salintuya-1</i>	7GH, US23(16108), 03_008	28
13_016	Spices, mix, ground	Épices, mélange, poudre		US23(02001)	85
04_058	Spinach, boiled* (without salt)	Épinards, bouillis* (sans sel)	<i>Spinacia oleracea</i>	calc. from Spinach, raw	37
04_057	Spinach, raw	Épinards, crus	<i>Spinacia oleracea</i>	US23(11457), DK7(0278), UK6(13-456)	37
13_002	Sugar	Sucre		11E, 1P(80) 1G(US), SEF, 1E, 3B, US23(19335)	85
05_045	Sweet apple, fruit, raw	Pomme-cannelle, fruit, cru	<i>Annona spp.</i>	2P(160), 1B(13058), FAO(1046), 2P(161)	49
04_060	Sweet potato, leaves, boiled* (without salt)	Patate douce, feuilles, bouillie* (sans sel)	<i>Ipomoea batatas</i>	calc. from Sweet potato leaves, raw	37
02_012	Sweet potato, deep yellow, boiled* (without salt)	Patate douce, jaune foncé, bouillie* (sans sel)	<i>Ipomoea batatas</i>	calc. from Sweet potato, deep yellow, raw	16
02_011	Sweet potato, deep yellow, raw	Patate douce, jaune foncé, crue	<i>Ipomoea batatas</i>	2B(4101), FAO(247), UK6(13-463), 5B	16
04_059	Sweet potato, leaves, raw	Patate douce, feuilles, crue	<i>Ipomoea batatas</i>	11E, CTA, US23(11505), SA10(4208)	37
02_023	Sweet potato, pale yellow, boiled* (without salt)	Patate douce, jaune pâle, bouillie* (sans sel)	<i>Ipomoea batatas</i>	calc. from Sweet potato, pale yellow, raw	16
02_022	Sweet potato, pale yellow, raw	Patate douce, jaune pâle, crue	<i>Ipomoea batatas</i>	11E, 6B, 12B(105), 1P(30), 2P(53), CTA, US23(11507), UK6(13-463)	16
02_014	Sweet potato, yellow, boiled* (without salt)	Patate douce, jaune, bouillie* (sans sel)	<i>Ipomoea batatas</i>	calc. from Sweet potato, yellow, raw	16
02_013	Sweet potato, yellow, raw	Patate douce, jaune, crue	<i>Ipomoea batatas</i>	CTA, 4E, 11E, 3B, 16V(54), UK6 (13-463), US23(11507)	16

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05_021	Tamarind, fruit, ripe, raw	Tamarin, fruit, mûr, cru	<i>Tamarindus indica</i>	5B, 3B, 11E, 1B(13080), Tamarind, immature fruit, raw, US23(09322)	49
05_020	Tamarind, immature fruit, raw	Tamarin, fruit, pas mûr, cru	<i>Tamarindus indica</i>	11E, 1B(13079), 15B, 05_021, US23(09322)	49
04_061	Tamarind, leaves, boiled* (without salt)	Tamarin, feuilles, bouilli* (sans sel)	<i>Tamarindus indica</i>	calc. from Tamarind, leaves, raw	37
04_062	Tamarind, leaves, dried	Tamarin, feuilles, séché	<i>Tamarindus indica</i>	NRD, calc. from Tamarind, leaves, raw	37
04_019	Tamarind, leaves, raw	Tamarin, feuilles, cru	<i>Tamarindus indica</i>	9B, 3B, 4E, 11E UK6(13-855), NRD	37
04_063	Taro, leaves, boiled* (without salt)	Taro, feuilles, bouilli* (sans sel)	<i>Colocasia esculenta</i>	calc. from Taro leaves, raw	37
04_020	Taro, leaves, raw	Taro, feuilles, cru	<i>Colocasia esculenta</i>	11E, 4E, US23(11520), UK6(13-380)	37
02_016	Taro, tuber, boiled* (without salt)	Taro, racine, bouillie* (sans sel)	<i>Colocasia esculenta</i>	calc. from Taro tuber, raw	19
02_015	Taro, tuber, raw	Taro, racine, crue	<i>Colocasia esculenta</i>	11E, 3GH, 22N, US23(11518)	19
12_008	Tea, infusion	Thé infusé		2B(18020), DK7(0305), UK6(17-171)	82
02_026	Tiger nut, tuber dried	Gland de terre, racine, séchée	<i>Cyperus esculentum</i>	3EB, 2P(78), FAO(258), Tiger nut, tuber, raw	19
02_025	Tiger nut, tuber, boiled* (without salt)	Gland de terre, racine, bouillie* (sans sel)	<i>Cyperus esculentum</i>	calc. from Tiger nut, tuber, raw	19
02_024	Tiger nut, tuber, raw	Gland de terre, racine, crue	<i>Cyperus esculentum</i>	1E, 2P(77), 3EB, FAO(257)	19
09_043	Tilapia, grilled* (without salt and fat)	Tilapia, grillé* (sans sel ou mat. grasse)	<i>Oreochromis spp./Tilapia spp.</i>	calc. from Tilapia, raw	73
09_041	Tilapia, raw	Tilapia, cru	<i>Oreochromis spp./Tilapia spp.</i>	139fi, 140fi, US23(15261), UK6(16-154), US23(Fish, raw, average)	73
09_042	Tilapia, steamed* (without salt)	Tilapia, cuit à la vapeur* (sans sel)	<i>Oreochromis spp./Tilapia spp.</i>	calc. from Tilapia, raw	73
04_065	Tomatoes, canned, packed in juice	Tomates en conserve avec jus	<i>Lycopersicon esculentum</i>	DK7(0307), US23(11531), UK6(13-461)	40
04_066	Tomato paste, concentrated	Concentré de tomate (pâte)	<i>Lycopersicon esculentum</i>	DK7(0311)	40
04_067	Tomato, powder	Tomate en poudre	<i>Lycopersicon esculentum</i>	US23(11548)	40
04_064	Tomato, red, ripe, boiled* (without salt)	Tomate, rouge, mûre, bouillie* (sans sel)	<i>Lycopersicon esculentum</i>	calc. from Tomato, red, ripe, raw	37

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04_021	Tomato, red, ripe, raw	Tomate, rouge, mûre, crue	<i>Lycopersicon esculentum</i>	2P(149), 5B, 12B(373), 3P(11), 3B, 1G(VT), 1P(46), 2B(20047), CTA, 22N, 3B, 4E, 11E, 1E, US23(11529)	37
09_044	Tuna, boiled* (without salt)	Thon, bouilli* (sans sel)	<i>Thunnus spp.</i>	calc. from Tuna, raw	73
09_045	Tuna, grilled* (without salt and fat)	Thon, grillé* (sans sel ou mat.grasse)	<i>Thunnus spp.</i>	calc. from Tuna, raw	73
09_005	Tuna, raw	Thon, cru	<i>Thunnus spp.</i>	11E, FAO(1455), UK6(16-228), DK7(0321), US23(15117;15127), 45fi, 56fi, 91fi, 117fi, 131fi, 152fi, 153fi, 156fi, 195fi	73
04_069	Turnip, boiled* (without salt)	Navet, bouilli* (sans sel)	<i>Brassica rapa</i>	calc. from Turnip, raw	40
04_068	Turnip, raw	Navet, cru	<i>Brassica rapa</i>	5B, 2B(20064), 3B, SEF, US23(11564)	40
10_020	Vacherin cheese	Fromage de vacherin		F08	76
11_010	Vegetable oil	Huile végétale		SA10(3486)	79
04_070	Vernonia, leaves, boiled* (without salt)	Vernonie, feuilles, bouillie* (sans sel)	<i>Vernonia amygdalina</i>	calc. from Vernonia leaves, raw	40
04_022	Vernonia, leaves, raw	Vernonie, feuilles, crue	<i>Vernonia amygdalina</i>	10E, 1C, 1E, I1, av. from green leafy vegetables	40
13_003	Vinegar	Vinaigre		2B(11018), 3B, DK7(0046)	85
02_018	Water yam, tuber, boiled* (without salt)	Grande igname, racine, bouillie* (sans sel)	<i>Dioscorea alata</i>	2P, 22N, 6N	19
02_017	Water yam, tuber, raw	Grande igname, racine, crue	<i>Dioscorea alata</i>	2P(76), 22N, 6N, 02_019	19
12_019	Water, tap	Eau du robinet		1G(WT), 1M(264), US23(14411), DK7(0327)	82
05_022	Watermelon, fruit, raw	Pastèque, fruit, cru	<i>Citrullus lanatus</i>	10E, 1P(52), 5B, 11E, 1B(13036), FAO(1055), UK6(14-296), US23(09326)	49
01_043	Wheat flour, white	Blé, farine, blanc	<i>Triticum spp.</i>	1M(375) 3B, 11E, 4E, 2B(9440), 2P(34)	13
01_073	Wheat, bran	Blé, son	<i>Triticum spp.</i>	US23(20077), DK7(0086)	13
01_074	Wheat, whole grains, raw	Blé, grain entier, cru	<i>Triticum spp.</i>	22N, CTA, 2B, US23(20080)	13
09_047	White grouper, grilled* (without salt and fat)	Mérou blanc, grillé* (sans sel ou mat.grasse)	<i>Epinephelus aenus</i>	calc. from White grouper, raw	73
09_006	White grouper, raw	Mérou blanc, cru	<i>Epinephelus aenus</i>	3B, FAO(1412), US23(15031), US23(Fish, raw, average)	73
09_046	White grouper, steamed* (without salt)	Mérou blanc, cuit à la vapeur* (sans sel)	<i>Epinephelus aenus</i>	calc. from White grouper, raw	73

Code	Food name in English	Food name in French	Scientific name	BiblioID	Page Nr
02_027	Yam tuber, Isu akoko, raw (Nigeria)	Igname, racine, Isu akoko, crue (Nigeria)	<i>Dioscorea spp.</i>	6N, US23 (11601), 02_019	19
02_020	Yam tuber, boiled* (without salt)	Igname, racine, bouillie* (sans sel)	<i>Dioscorea spp.</i>	calc. from Yam tuber, raw	19
02_035	Yam tuber, combined cultivars, boiled* (Nigeria) (without salt)	Igname, racine, variétés combinées, bouillie* (Nigeria) (sans sel)	<i>Dioscorea spp.</i>	calc. from Yam tuber, combined varieties, raw	19
02_034	Yam tuber, combined cultivars, raw (Nigeria)	Igname, racine, variétés combinées, crue (Nigeria)	<i>Dioscorea spp.</i>	6N, US23(11601), 02_019	19
02_036	Yam tuber, flour	Igname, racine, farine	<i>Dioscorea spp.</i>	CTA, US23(11601), 02_019	19
02_028	Yam tuber, Isu oko, raw (Nigeria)	Igname, racine, Isu oko, crue (Nigeria)	<i>Dioscorea spp.</i>	6N, US23 (11601), 02_019	19
02_019	Yam tuber, raw	Igname, racine, crue	<i>Dioscorea spp.</i>	1P(32), 3P(5), 2P(67), 3B, CTA, 22N, 4E, 6N, US23(11601)	19
02_029	Yam, tuber, Amara, raw (Nigeria)	Igname, racine, Amara, crue (Nigeria)	<i>Dioscorea spp.</i>	6N, US23(11601), 02_019	19
02_030	Yam, tuber, Chika, kundu, raw (Nigeria)	Igname, racine, Chika kundu, crue (Nigeria)	<i>Dioscorea spp.</i>	6N, US23(11601), 02_019	19
02_031	Yam, tuber, Isu Abuja, raw (Nigeria)	Igname, racine, Isu Abuja, crue (Nigeria)	<i>Dioscorea spp.</i>	6N, US23(11601), 02_019	19
02_032	Yam, tuber, Pepa, raw (Nigeria)	Igname, racine, Pepa, crue (Nigeria)	<i>Dioscorea spp.</i>	6N, US23(11601), 02_019	19
02_033	Yam, tuber, Giwa, raw (Nigeria)	Igname, racine, Giwa, crue (Nigeria)	<i>Dioscorea spp.</i>	6N, US23(11601), 02_019	19
13_018	Yeast extract, Marmite	Levure, extrait, Marmite		DK7(1053)	85
13_017	Yeast, dried	Levure, sec		DK7(1057), UK6(17-379)	85
10_021	Yoghurt, whole milk, with fruits	Yaourt, lait entier, avec fruit		DK7(0335), 10_005	76
10_005	Yoghurt, whole milk, plain	Yaourt, lait entier, nature		4E, 12R, 3B, 2B(19601), UK6(12-184), DK7(0333)	76

Annex 2

Index des aliments, avec leurs noms français, anglais et scientifique, et les références correspondantes

Index of foods with, french, english, scientific names and corresponding reference sources

Code	Nom français	Nom anglais	Nom scientifique	BiblioID	Page Nr
07_052	Agneau, cerveau, braisé* (sans sel)	Lamb, brain, braised* (without salt)	<i>Ovis aries</i>	calc. à partir de l'Agneau, cerveau	64
07_051	Agneau, cerveau, cru	Lamb, brain, raw	<i>Ovis aries</i>	US23(17185)	64
07_054	Agneau, foie, bouilli* (sans sel)	Lamb, liver, boiled* (without salt)	<i>Ovis aries</i>	calc. à partir de l'Agneau, foie, cru	64
07_053	Agneau, foie, cru	Lamb, liver, raw	<i>Ovis aries</i>	11E, US23(17199)	64
07_049	Agneau, viande, moyennement grasse, bouillie* (sans sel)	Lamb/mutton, meat, moderately fat, boiled* (without salt)	<i>Ovis aries</i>	calc. à partir de l'Agneau, viande, moyennement grasse, crue	64
07_004	Agneau, viande, moyennement grasse, crue	Lamb/mutton, meat, moderately fat, raw	<i>Ovis aries</i>	11E, 4E, CTA, DK7(0138), SA10(4335)	64
07_050	Agneau, viande, moyennement grasse, grillée* (sans sel ou mat. grasse)	Lamb/mutton, meat, moderately fat, grilled* (without salt and fat)	<i>Ovis aries</i>	calc. à partir de l'Agneau, viande, moyennement grasse, crue	64
04_015	Ail, cru	Garlic, raw	<i>Allium sativum</i>	5B, SEF, 11E, 2B(11000) 25N	34
04_024	Amarante, feuilles, bouillie* (sans sel)	Amaranth leaves, boiled* (without salt)	<i>Amaranthus spp.</i>	calc. à partir de l'Amarante, feuilles, crue	28
04_023	Amarante, feuilles, crue	Amaranth leaves, raw	<i>Amaranthus spp.</i>	CTA, 3B, 10E, 4P, 3P(13), 2P(117), 11, 3B, 10E, US23(11003), UK6(13-149)	28
05_018	Ananas, pulpe, crue	Pineapple, pulp, raw	<i>Ananas comosus</i>	12B(410), 1P(53), 2P(158), 5B, CTA, 2B(13002), 3B, 16V(143) 11E, 4E	49
09_012	Anchois, en conserve d'huile	Anchovy, canned in oil	<i>Engraulis encrasicolus</i>	US23(15002)	67
09_010	Anchois, filet, cuit à la vapeur* (sans sel)	Anchovy, fillet, steamed* (without salt)	<i>Engraulis encrasicolus</i>	calc. à partir de l'Anchois, filet, cru	67
09_001	Anchois, filet, cru	Anchovy, fillet, raw	<i>Engraulis encrasicolus</i>	2P(215), FAO(1219), 5B, US23(15001), 45fi, 55fi, 57fi, 73fi, 80fi, 173fi, US23 (Poisson cru, en moyenne)	67
09_011	Anchois, filet, grillé* (sans sel ou mat. grasse)	Anchovy, fillet, grilled* (without salt and fat)	<i>Engraulis encrasicolus</i>	calc. à partir de l'Anchois, filet, cru	67
13_004	Anis, graine	Anis seed	<i>Pimpinella anisum</i>	US23(02002)	85
06_025	Arachide, variétés combinées, écorcée, séchée, crue (Ghana)	Groundnut, combined varieties, shelled, dried, raw (Ghana)	<i>Arachis hypogaea</i>	7GH, US23(16087), 06_010	55
06_023	Arachide, Chinoise, écorcée, séchée, crue (Ghana)	Groundnut, Chinese, shelled, dried, raw (Ghana)	<i>Arachis hypogaea var. Chinese</i>	7GH, US23(16087), 06_010	52
06_010	Arachide, écorcée, séchée, crue	Groundnut, shelled, dried, raw	<i>Arachis hypogaea</i>	3B, CTA, 1G(TA) 11E, 22N, 12B(201), 1P(35), 3P(7), 2P(87), 2E, UK6(14-877), US23(16087)	52

Code	Nom français	Nom anglais	Nom scientifique	BiblioID	Page Nr
06_027	Arachide, farine avec graisse	Groundnut flour, with fat	<i>Arachis hypogaea</i>	1M(371), 06_010	55
06_028	Arachide, farine dégraissée	Groundnut flour, defatted	<i>Arachis hypogaea</i>	FAO(330), 06_010	55
06_021	Arachide, F-mix, écorcée, séchée, crue (Ghana)	Groundnut, F-mix, shelled, dried, raw (Ghana)	<i>Arachis hypogaea</i> var. <i>F-mix</i>	7GH, US23(16087), 06_010	52
11_003	Arachide, huile	Groundnut oil	<i>Arachis hypogaea</i>	1E, 16V(200), 1G(VK), 4E, 2P(309), 2B(17040), US23(04042)	79
06_022	Arachide, JL 24, écorcée, séchée, crue (Ghana)	Groundnut, JL 24, shelled, dried, raw (Ghana)	<i>Arachis hypogaea</i> var. <i>JL 24</i>	7GH, US23(16087), 06_010	52
06_024	Arachide, Manipintar, écorcée, séchée, crue (Ghana)	Groundnut, Manipintar, shelled, dried, raw (Ghana)	<i>Arachis hypogaea</i> var. <i>Manipintar</i>	7GH, US23(16087), 06_010	52
06_026	Arachide, pâte	Groundnut paste	<i>Arachis hypogaea</i>	FAO(331), 06_010	55
06_011	Arachide, rose, écorcée, séchée, crue (Benin)	Groundnut, rose, shelled, dried, raw (Benin)	<i>Arachis hypogaea</i>	2E, UK6(14-877), 06_010	55
06_012	Arachide, rouge, écorcée, séchée, crue (Benin)	Groundnut, red, shelled, dried, raw (Benin)	<i>Arachis hypogaea</i>	2E, UK6(14-877), 06_010	55
06_020	Arachide, Sinkarzie, écorcée, séchée, crue (Ghana)	Groundnut, Sinkarzie, shelled, dried, raw (Ghana)	<i>Arachis hypogaea</i> var. <i>Sinkarzie</i>	7GH, US23(16087), 06_010	52
04_034	Aubergine, bouillie* (sans sel)	Eggplant, boiled* (without salt)	<i>Solanum melongena</i>	calc. à partir de l'Aubergine, crue	31
04_012	Aubergine, crue	Eggplant, raw	<i>Solanum melongena</i>	3B, 11E, 2B(20053) 2B, 5B, CTA, FAO(624)	31
04_035	Aubergine, feuilles, bouillie* (sans sel)	Eggplant, leaves, boiled* (without salt)	<i>Solanum melongena</i>	calc. à partir de l'Aubergine, feuilles, crue	31
04_013	Aubergine, feuilles, crue	Eggplant, leaves, raw	<i>Solanum melongena</i>	11E, 2P(133), 10E, 34N, 4E, I1, moy. à partir de feuilles vert, crus	31
05_002	Avocat, pulpe, cru	Avocado, pulp, raw	<i>Persea americana</i> / <i>Persea gratissima</i>	11E, 5B, 12B(411), 2P(150), 2B(13004) CTA, US23(09037)	40
05_043	Banane plantain, mûre, bouillie* (sans sel)	Plantain, ripe, boiled* (without salt)	<i>Musa paradisiaca</i>	calc. à partir de Banane plantain, mûre, crue	49
05_042	Banane plantain, mûre, crue	Plantain, ripe, raw	<i>Musa paradisiaca</i>	1P(25), 3P (4), 2P(57), UK6(13-323), US23(09277)	49
05_003	Banane, pulpe blanche, crue	Banana, white flesh, raw	<i>Musa spp.</i>	1P(54), 5B, 2P(151), 3B, 11E, 2B(13005), US23(09040), DK7(0014)	43
05_028	Banane, pulpe jaune, crue	Banana, yellow flesh, raw	<i>Musa spp.</i>	T1(175), CTA, UK6(10-045)	43
04_025	Baobab, feuilles, bouillie* (sans sel)	Baobab, leaves, boiled* (without salt)	<i>Adansonia digitata</i>	calc. à partir de Baobab, feuilles, cru	28
04_001	Baobab, feuilles, cru	Baobab, leaves, raw	<i>Adansonia digitata</i>	CTA, 2P(119), 2G(256), 3B, 6B, 10E, I1, FAO(517), moy. à partir de feuilles vert, crus	28
04_002	Baobab, feuilles, séché	Baobab, leaves, dried	<i>Adansonia digitata</i>	1M(377), I1, calc. à partir de Baobab, feuilles, cru	28

Code	Nom français	Nom anglais	Nom scientifique	BiblioID	Page Nr
05_004	Baobab, fruit, pulpe, cru	Baobab, fruit/Monkey bread, pulp, raw	<i>Adansonia digitata</i>	1B(13508), 1G(VD), 15B, 9B, 3B, 9R, FAO(866)	43
09_013	Barracuda, cuit à la vapeur* (sans sel)	Barracuda, steamed* (without salt)	<i>Sphyraena spp.</i>	calc. à partir de Barracuda, cru	67
09_002	Barracuda, cru	Barracuda, raw	<i>Sphyraena spp.</i>	2P(219), FAO(1228), 155fi, 1RP, US23 (Poisson cru, en moyenne)	67
09_014	Barracuda, grillé* (sans sel ou mat.grasse)	Barracuda, grilled* (without salt and fat)	<i>Sphyraena spp.</i>	calc. à partir de Barracuda, raw	67
04_033	Ben oléifère, feuilles, bouilli* (sans sel)	Drumstick, leaves, boiled* (without salt)	<i>Moringa oleifera</i>	calc. à partir de Ben oléifère, feuilles, cru	31
04_011	Ben oléifère, feuilles, cru	Drumstick, leaves, raw	<i>Moringa oleifera</i>	6B, 8B, 3B, 10E, UK6(13-236), FAO(665)	31
11_001	Beurre, de lait de vache (sans sel)	Butter, from cow's milk (without salt)		1P(43), 16V(199), 11E, US23(01145),DK7(0270)	79
12_002	Bière de maïs (3 % d'alcool est.)	Beer, maize (est. 3 % alcohol)		11E, 4E, SA10(4039)	79
12_003	Bière de mil (3 % d'alcool est.)	Beer, millet (est. 3 % alcohol)		16V(207) 4E, SA10(4039)	79
12_004	Bière de sorgho (3 % d'alcool est.)	Beer, sorghum (est. 3 % alcohol)		16V(208)FAO(1565), SA10(4039)	79
12_001	Bière européenne (4.4 % d'alcool)	Beer european (4.4 % alcohol)		3B, UK6(17-506)	79
01_043	Blé, farine, blanc	Wheat flour, white	<i>Triticum spp.</i>	1M(375) 3B, 11E, 4E, 2B(9440), 2P(34)	13
01_074	Blé, grain entier, cru	Wheat, whole grains, raw	<i>Triticum spp.</i>	22N, CTA, 2B, US23(20080)	13
01_073	Blé, son	Wheat, bran	<i>Triticum spp.</i>	US23(20077), DK7(0086)	13
07_018	Bœuf, foie, bouilli* (sans sel)	Beef liver, boiled* (without salt)	<i>Bos taurus</i>	calc. à partir de Bœuf, foie, cru	58
07_001	Bœuf, foie, cru	Beef liver, raw	<i>Bos taurus</i>	12B(521), 3B, 2P(176), 4E, US23(13325)	58
07_024	Bœuf, haché, bouilli* (sans sel)	Beef, ground, stewed* (without salt)	<i>Bos taurus</i>	calc. à partir de Bœuf, haché, 10% de mat. grasse	58
07_023	Bœuf, haché, 10% de mat. grasse	Beef, ground, 10 % fat, raw	<i>Bos taurus</i>	US23(23562)	58
07_020	Bœuf, rognon, bouilli* (sans sel)	Beef, kidney, stewed* (without salt)	<i>Bos taurus</i>	calc. à partir de Bœuf, rognon, cru	58
07_019	Bœuf, rognon, cru	Beef, kidney, raw	<i>Bos taurus</i>	US23(13323)	58
07_022	Bœuf, tripe, bouillie* (sans sel)	Beef, tripe, boiled* (without salt)	<i>Bos taurus</i>	calc. à partir de Bœuf, tripe, crue	58
07_021	Bœuf, tripe, crue	Beef, tripe, raw		US23(13341)	58
07_012	Bœuf, viande, 15-20 % de mat. grasse, bouillie* (sans sel)	Beef, meat, 15-20 % fat, boiled* (without salt)	<i>Bos taurus</i>	calc. à partir de Bœuf, viande, 15- 20 % de mat. grasse, désossée, crue	58
07_013	Bœuf, viande, 15-20 % de mat. grasse, grillée* (sans sel ou mat. grasse)	Beef, meat, 15-20 % fat, grilled* (without salt and fat)	<i>Bos taurus</i>	calc. à partir de Bœuf, viande, 15- 20 % de mat. grasse, désossée, crue	58
07_015	Bœuf, viande, à peu près 30 % de mat. grasse, bouillie*(sans sel)	Beef, meat, approx. 30% fat, boiled* (without salt)	<i>Bos taurus</i>	calc. à partir de Bœuf, viande, à peu près 30 % de mat. grasse, désossée, crue	58

Code	Nom français	Nom anglais	Nom scientifique	BiblioID	Page Nr
07_014	Bœuf, viande, à peu près 30 % de mat. grasse, désossée, crue	Beef, meat, approx. 30 % fat, boneless, raw	<i>Bos taurus</i>	DK7(0200)	58
07_016	Bœuf, viande, à peu près 30 % de mat. grasse, grillée* (sans sel ou mat. grasse)	Beef, meat, approx. 30 % fat, grilled* (without salt and fat)	<i>Bos taurus</i>	calc. à partir de Bœuf, viande, à peu près 25 % de mat. grasse, désossée, crue	58
07_025	Bœuf, viande, fumée, salée, en conserve	Beef, meat, cured, corned, canned	<i>Bos taurus</i>	US23(13348)	58
07_009	Bœuf, viande, maigre, désossée, crue	Beef, meat, lean, boneless, raw	<i>Bos taurus</i>	DK7(0199)	55
07_010	Bœuf, viande, maigre, bouillie* (sans sel)	Beef, meat, lean, boiled* (without salt)	<i>Bos taurus</i>	calc. à partir de Bœuf, viande, maigre, désossée, crue	55
07_011	Bœuf, viande, maigre, grillée* (sans sel ou mat. grasse)	Beef, meat, lean, grilled* (without salt and fat)	<i>Bos taurus</i>	calc. à partir de Bœuf, viande, maigre, désossée, crue	55
07_017	Bœuf, viande, maigre, séchée, fumée, crue	Beef, meat, lean, cured, dried	<i>Bos taurus</i>	US23(13350), est.	58
07_002	Bœuf, viande, 15- 20 % de mat. grasse, désossée, crue	Beef, meat, 15-20 % fat, boneless, raw	<i>Bos taurus</i>	11E, 3B, DK7(0202)	58
12_005	Café, instantané, poudre	Coffee, instant, powder		2B(18005), US23(14214)	82
12_009	Café, liquide	Coffee, liquid		DK7(1067), US23(14215)	82
13_007	Cannelle, poudre	Cinnamon, ground	<i>Cinnamomum verum</i>	US23(02010), DK7(1046)	85
05_039	Cantaloupe, cru	Melon, cantaloupe, raw	<i>Cucumis melo</i>	US23(09181), DK7(0641), UK6(14-295)	46
09_039	Capitaine de mer, cuit à la vapeur* (sans sel)	Shiny-nose, steamed* (without salt)	<i>Polydactylus spp.</i>	calc. à partir de Capitaine de mer, cru	73
09_038	Capitaine de mer, cru	Shiny-nose, raw	<i>Polydactylus spp.</i>	FAO(1417), 155fi, US23 (Poisson cru, en moyenne)	73
09_040	Capitaine de mer, grillé* (sans sel ou mat. grasse)	Shiny-nose, grilled* (without salt and fat)	<i>Polydactylus spp.</i>	calc. à partir de Capitaine de mer, cru	73
04_007	Carotte, bouillie* (sans sel)	Carrot, boiled* (without salt)	<i>Daucus carota</i>	calc. à partir de Carotte, crue	28
04_006	Carotte, crue	Carrot, raw	<i>Daucus carota</i>	11E, 4E, 1E, 2P(124), 5B, 3B, 2B(20009), CTA, 10E	28
09_008	Carpe d'Afrique, cuit à la vapeur* (sans sel)	African carp, steamed* (without salt)	<i>Labeo spp.</i>	calc. à partir de Carpe d'Afrique, crue	67
09_007	Carpe d'Afrique, crue	African carp, raw	<i>Labeo spp.</i>	1M(85), 69fi, 75fi, 85fi, 98fi, 155fi, FAO(1252), 09_021	67
09_009	Carpe d'Afrique, grillée* (sans sel ou mat.grasse)	African carp, grilled* (without salt and fat)	<i>Labeo spp.</i>	calc. à partir de Carpe d'Afrique, crue	67
09_022	Carpe, cuit à la vapeur* (sans sel)	Carp, steamed* (without salt)	<i>Cyprinus carpio</i>	calc. à partir de Carpe, crue	70
09_021	Carpe, crue	Carp, raw	<i>Cyprinus carpio</i>	FAO(1251), US23(15008), UK6(16-172)	70

Code	Nom français	Nom anglais	Nom scientifique	BiblioID	Page Nr
09_023	Carpe, grillée* (sans sel ou mat.grasse)	Carp, grilled* (without salt and fat)	<i>Cyprinus carpio</i>	calc. à partir de Carpe, crue	70
10_006	Cheddar	Cheddar		H1, H2, US23(01009)	73
07_026	Chenille de bambou, frit	Bamboo caterpillar, deep fried		ASE(AAU22)	58
07_047	Chèvre, viande, bouillie* (sans sel)	Goat, meat, boiled* (without salt)	<i>Capra aegagrus hircus</i>	calc. à partir de Chèvre, viande, crue	64
07_046	Chèvre, viande, crue	Goat, meat, raw	<i>Capra aegagrus hircus</i>	11E, 1E, 3B, CTA, SA10(4282)	64
07_048	Chèvre, viande, grillée* (sans sel ou mat. grasse)	Goat, meat, grilled* (without salt and fat)	<i>Capra aegagrus hircus</i>	calc. à partir de Chèvre, viande, crue	64
04_029	Chou caraïbe, feuilles, bouilli* (sans sel)	Cocoyam, leaves, boiled* (without salt)	<i>Xanthosoma spp.</i>	calc. à partir de Chou caraïbe, feuilles, cru	31
04_009	Chou caraïbe, feuilles, cru	Cocoyam, leaves, raw	<i>Xanthosoma spp.</i>	2P(126), 3P(10), 4E, 4GH, US23(11520)	31
02_006	Chou caraïbe, racine, bouillie* (sans sel)	Cocoyam, tuber, boiled* (without salt)	<i>Xanthosoma spp.</i>	calc. à partir de Chou caraïbe, racine, crue	16
02_005	Chou caraïbe, racine, crue	Cocoyam, tuber, raw	<i>Xanthosoma spp.</i>	1P(31), 4E, 2P(52), 3GH, 18R, 6N, 3GH	16
04_027	Chou, bouilli* (sans sel)	Cabbage, boiled* (without salt)	<i>Brassica oleracea var. capitata</i>	calc. à partir de Chou, cru	28
04_005	Chou, cru	Cabbage, raw	<i>Brassica oleracea var. capitata</i>	2P(123), 11E, 4E, SEF(155), US23(11109)	28
05_014	Citron, cru	Lemon, raw	<i>Citrus limon</i>	12B(403), 2P(153), 4E, 2B(13009) 11E, 16V(138) CTA, US23(09150)	46
05_029	Clémentine, crue	Clementine, raw	<i>Citrus spp.</i>	US23(09433), UK6(14-291)	43
04_066	Concentré de tomate (pâte)	Tomato paste, concentrated	<i>Lycopersicon esculentum</i>	DK7(0311)	40
04_032	Concombre, cru	Cucumber, raw	<i>Cucumis sativus</i>	2P(177), CTA, 11E, 1E, US23(11205)	31
11_005	Coton, huile	Cottonseed oil	<i>Gossypium spp.</i>	US23(04502)	79
04_054	Courge, feuilles, bouillie* (sans sel)	Pumpkin, leaves, boiled* (without salt)	<i>Cucurbita pepo</i>	calc. à partir de Courge, feuilles, crue	37
04_053	Courge, feuilles, crue	Pumpkin, leaves, raw	<i>Cucurbita pepo</i>	CTA, 11E, US23(11418), SA1010(4204)	37
04_055	Courge, feuilles, séchée	Pumpkin, leaves, dried	<i>Cucurbita pepo</i>	FAO (760), calc. à partir de Courge, feuilles, crue	37
04_052	Courge/citrouille, bouillie* (sans sel)	Pumpkin/squash, boiled* (without salt)	<i>Cucurbita pepo</i>	calc. à partir de Courge/citrouille, crue	37
04_051	Courge/citrouille, crue	Pumpkin, squash, raw	<i>Cucurbita pepo</i>	2P(145), CTA, 11E, US23(11422)	37
10_009	Crème à fouetter, 38 % de mat. grasse	Cream, whipping, 38 % fat		DK7(0166)	76
10_010	Crème, 13 % de mat. grasse	Cream, 13 % fat		DK7(0165)	76
07_045	Crocodile, bouilli* (sans sel)	Crocodile, boiled* (without salt)		calc. à partir de Crocodile, cru	61
07_044	Crocodile, cru	Crocodile, raw		SA10(4329)	61
13_008	Cube de bouillon, bœuf, sec	Cube, beef, dry		US23(06076)	85

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13_009	Cumin, graine	Cumin, seed	<i>Cuminum cyminum</i>	US23(02014)	85
05_030	Dates, crues	Dates, raw	<i>Phoenix dactylifera</i>	SA10(4245), UK6(14-083)	43
05_031	Dates, séchées	Dates, dried	<i>Phoenix dactylifera</i>	SA10(3543),DK7(0044), UK6(14-085), US23(09087;09421), calc. à partir de Dates, crues	43
05_008	Ditax, pulpe séchée, crue	Dattock, dried pulp, raw	<i>Detarium senegalense</i>	1B(13526); FAO(904), calc. à partir de Ditax, pulpe, crue	43
05_007	Ditax, pulpe, crue	Dattock, pulp, raw	<i>Detarium senegalense</i>	1B (13525), FAO(903), calc. à partir de Dates, crues	43
12_019	Eau du robinet	Water, tap		1G(WT), 1M(264), US23(14411), DK7(0327)	82
13_016	Épices, mélange, poudre	Spices, mix, ground		US23(02001)	85
04_058	Épinards, bouillis* (sans sel)	Spinach, boiled* (without salt)	<i>Spinacia oleracea</i>	calc. à partir d'Épinards, crus	37
04_057	Épinards, crus	Spinach, raw	<i>Spinacia oleracea</i>	US23(11457), DK7(0278), UK6(13-456)	37
04_037	Faux sésame, feuilles, bouilli* (sans sel)	False sesame, leaves, boiled* (without salt)	<i>Ceratoltheca sesamoides</i>	calc. à partir de Faux sésame, feuilles, cru	31
04_036	Faux sésame, feuilles, cru	False sesame, leaves, raw	<i>Ceratoltheca sesamoides</i>	35N, 10E, FAO(631), 04_014, moy. à partir de feuilles vert, crus	31
04_014	Faux sésame, feuilles, séché	False sesame, leaves, dried	<i>Ceratoltheca sesamoides</i>	2P(128), 2E, FAO(632), moy. à partir de feuilles vert, crus	31
03_025	Fève, bouillie* (sans sel)	Broad beans, boiled* (without salt)	<i>Vicia faba</i>	calc. à partir de Fève, sèche, crue	25
03_024	Fève, sèche, crue	Broad beans, dried, raw	<i>Vicia faba</i>	US23(16052), UK6(13-067)	25
05_032	Figue, crue	Fig, raw (Ficus carica)	<i>Ficus carica</i>	1B(13012), UK6(14-091), 5B, US23(09089)	43
05_033	Figue, séchée	Fig, dried (Ficus carica)	<i>Ficus carica</i>	DK7(0052), US23(099094), UK6(14-092)	43
05_025	Finsan, pulpe, cru	Akee, pulp, raw	<i>Blighia sapida</i>	FAO(497), 19N	40
01_003	Fonio, blanc, grain entier, bouilli* (sans sel)	Fonio, white, whole grain, boiled* (without salt)	<i>Digitaria exilis</i>	calc. à partir de Fonio, blanc, grain entier, cru	1
01_001	Fonio, blanc, grain entier, cru	Fonio, white, whole grain, raw	<i>Digitaria exilis</i>	1E, FAO(3), 3B, DK7(0461), 01_002	1
01_051	Fonio, grain décortiqué, bouilli* (sans sel)	Fonio, husked grains, boiled* (without salt)	<i>Digitaria exilis</i>	calc. à partir de Fonio, grain décortiqué, cru (sans son)	1
01_050	Fonio, grain décortiqué, cru (sans son)	Fonio, husked grains, raw (bran removed)	<i>Digitaria exilis</i>	1M(376), 6N, DK7(0461)	1
01_049	Fonio, noir, grain entier, bouilli* (sans sel)	Fonio, black, whole grain, boiled* (without salt)	<i>Digitaria iburua</i>	calc. à partir de Fonio, noir, grain entier, cru	1
01_002	Fonio, noir, grain entier, cru	Fonio, black, whole grain, raw	<i>Digitaria iburua</i>	FAO(1), 11E, 1M(12), DK7(0461), 01_001	1

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10_007	Formage de chèvre, dur	Cheese, goat, hard type		US23(01156)	73
07_008	Fourmi, volante, séchée	Ant flying dried		SA10(4333)	55
10_020	Fromage de vacherin	Vacherin cheese		F08	76
10_008	Fromage, gouda	Cheese, Gouda		H1, H2, H3, US23(01022)	73
05_005	Fruit à pain, cru	Breadfruit, raw	<i>Artocarpus altilis</i> / <i>Artocarpus communis</i>	1E, 3E, 16V(35), 5B	43
05_044	Fruit de karité, pulpe, crue	Shea fruit, pulp, raw	<i>Vitellaria paradoxa</i>	1M(248), 4R, 15B	49
13_010	Gingembre, racine, crue	Ginger, root, raw	<i>Zingiber officinale</i>	DK7(0667), US23(11216)	85
13_011	Gingembre, racine, séchée	Ginger, roots, dried	<i>Zingiber officinale</i>	FAO(1607), 11E, 16V(194), calc. à partir de Gingembre, racine, crue	85
02_025	Gland de terre, racine, bouillie* (sans sel)	Tiger nut, tuber, boiled* (without salt)	<i>Cyperus esculentum</i>	calc. à partir de Gland de terre, racine, crue	19
02_024	Gland de terre, racine, crue	Tiger nut, tuber, raw	<i>Cyperus esculentum</i>	1E, 2P(77), 3EB, FAO(257)	19
02_026	Gland de terre, racine, séchée	Tiger nut, tuber dried	<i>Cyperus esculentum</i>	3EB, 2P(78), FAO(258), calc. à partir de Gland de terre, racine, crue	19
04_042	Gombo, bouilli* (sans sel)	Okra, fruit, boiled* (without salt)	<i>Abelmoschus esculentus</i> / <i>Hibiscus esculentus</i>	calc. à partir de Gombo, cru	34
04_017	Gombo, cru	Okra, fruit, raw	<i>Abelmoschus esculentus</i> / <i>Hibiscus esculentus</i>	1G(VX), 11E, 2P(138), 1P(48), 22N, 3B, US23(11278), DK7(0678)	34
04_041	Gombo, feuilles, bouilli* (sans sel)	Okra, leaves, boiled* (without salt)	<i>Abelmoschus esculentus</i> / <i>Hibiscus esculentus</i>	calc. à partir de Gombo, feuilles, cru	34
04_004	Gombo, feuilles, cru	Okra, leaves, raw	<i>Abelmoschus esculentus</i> / <i>Hibiscus esculentus</i>	CTA, 5B, 1I, moy. à partir de feuilles vert, crus	34
05_010	Goyave, fruit, cru	Guava, fruit, raw	<i>Psidium guajava</i>	12B(415), 5B, 2P(152), 3B, 4E, CTA, 16V(140), UK6(14-118), US23(13083)	43
02_018	Grande igname, racine, bouillie* (sans sel)	Water yam, tuber, boiled* (without salt)	<i>Dioscorea alata</i>	2P, 22N, 6N	19
02_017	Grande igname, racine, crue	Water yam, tuber, raw	<i>Dioscorea alata</i>	2P(76), 22N, 6N, 02_019	19
05_041	Grenade, crue	Pomegranate, raw	<i>Punica granatum</i>	CTA, 1B(13018), US23(09286)	49
07_043	Grillon, blanchi	Cricket (Mole cricket), blanched		ASE(AAU39)	61
03_011	Haricot igname, bouilli* (sans sel)	African yam bean, boiled* (without salt)	<i>Sphenostylis stenocarpa</i>	calc. à partir de Haricot igname, sec, cru	22
03_010	Haricot igname, sec, cru	African yam bean, dried, raw	<i>Sphenostylis stenocarpa</i>	15N, 8GH, FAO(359)	22
03_023	Haricot, blanc, bouilli* (sans sel)	Beans, white, boiled* (without salt)	<i>Phaseolus spp.</i>	calc. à partir de Haricot, blanc, sec	22

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03_022	Haricot, blanc, sec	Beans, white, dried	<i>Phaseolus spp.</i>	1M(384), DK7(0025), SA10(3184)	22
04_026	Haricot, vert, bouilli* (sans sel)	Beans, green, boiled* (without salt)	<i>Phaseolus vulgaris</i>	calc. à partir de Haricot, vert, cru	28
04_003	Haricot, vert, cru	Beans, green raw	<i>Phaseolus vulgaris</i>	10E, 5B, 2B(20061), 12B(395), CTA(69), 11E	28
11_010	Huile végétale	Vegetable oil		SA10(3486)	79
02_029	Igname, racine, Amara, crue (Nigeria)	Yam, tuber, Amara, raw (Nigeria)	<i>Dioscorea spp.</i>	6N, US23 (11601), 02_019	19
02_020	Igname, racine, bouillie* (sans sel)	Yam tuber, boiled* (without salt)	<i>Dioscorea spp.</i>	calc. à partir de l'Igname, racine, crue	19
02_030	Igname, racine, Chika kundu, crue (Nigeria)	Yam, tuber, Chika, kundu, raw (Nigeria)	<i>Dioscorea spp.</i>	6N, US23 (11601), 02_019	19
02_019	Igname, racine, crue	Yam tuber, raw	<i>Dioscorea spp.</i>	1P(32), 3P(5), 2P(67), 3B, CTA, 22N, 4E, 6N, US23(11601)	19
02_036	Igname, racine, farine	Yam tuber, flour	<i>Dioscorea spp.</i>	CTA, US23(11601), 02_019	19
02_033	Igname, racine, Giwa, crue (Nigeria)	Yam, tuber, Giwa, raw (Nigeria)	<i>Dioscorea spp.</i>	6N, US23 (11601), 02_019	19
02_031	Igname, racine, Isu Abuja, crue (Nigeria)	Yam, tuber, Isu Abuja, raw (Nigeria)	<i>Dioscorea spp.</i>	6N, US23 (11601), 02_019	19
02_027	Igname, racine, Isu akoko, crue (Nigeria)	Yam tuber, Isu akoko, raw (Nigeria)	<i>Dioscorea spp.</i>	6N, US23 (11601), 02_019	19
02_028	Igname, racine, Isu oko, crue (Nigeria)	Yam tuber, Isu oko, raw (Nigeria)	<i>Dioscorea spp.</i>	6N, US23 (11601), 02_019	19
02_032	Igname, racine, Pepa, crue (Nigeria)	Yam, tuber, Pepa, raw (Nigeria)	<i>Dioscorea spp.</i>	6N, US23 (11601), 02_019	19
02_035	Igname, racine, variétés combinées, bouillie* (Nigeria) (sans sel)	Yam tuber, combined cultivars, boiled* (Nigeria) (without salt)	<i>Dioscorea spp.</i>	calc. à partir de l' Igname, racine, variétés combinées, crue	19
02_034	Igname, racine, variétés combinées, crue (Nigeria)	Yam tuber, combined cultivars, raw (Nigeria)	<i>Dioscorea spp.</i>	6N, US23(11601), 02_019	19
05_012	Jujube, crue	Jujube, raw	<i>Ziziphus spp.</i>	5B, 3B, 15B, 1B(13064), US23(09146), UK6(14-122)	46
12_011	Jus d'orange, sans sucre	Juice, orange, unsweetened		1B(18013), SA10(3637), US23(09206)	82
12_010	Jus de citron, sans sucre	Juice, lemon, unsweetened		1B(18007), DK7(0041), US23(09152)	82
12_013	Jus de pamplemousse, en conserve, sans sucre	Juice, grapefruit, canned, unsweetened		DK7(0060)	82
12_012	Jus de pomme, en conserve ou en bouteille	Juice, apple, canned or bottled		DK7(0337)	82
04_039	Jute, feuilles, bouilli* (sans sel)	Jute (bush-okra), leaves, boiled* (without salt)	<i>Corchorus olitorius</i>	calc. à partir de Jute, feuilles, cru	34
04_038	Jute, feuilles, cru	Jute (bush-okra), leaves, raw	<i>Corchorus olitorius</i>	FAO(676), I1, moy. à partir de feuilles vert, crus	34
11_008	Karité, beurre	Shea butter	<i>Butyrospermum parkii</i>	2P(310), 1P(42), US23(04536)	79
06_016	Karité, noix, amande, séchée, crue	Shea nut, seed kernel, dried, raw	<i>Butyrospermum parkii/ Vitellaria paradoxa</i>	2P(116), FAO(246)	55

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10_011	Lait infantile, poudre, pour l'âge de 3 mois	Infant formula, powder, for 3 months		SA10(2813)	76
10_012	Lait infantile, poudre, pour l'âge de 6 mois	Infant formula, powder, for 6 months		SA10(2809)	76
10_018	Lait, chameau, cru (moyenne de plusieurs races)	Milk, camel, raw (average of different breeds)	<i>Camelus dromedarius</i>	2m, 5m, 6m, 7m, 8m, 9m, 12m, 13m, 15m, 25m, 39m	76
10_003	Lait, chèvre, cru	Milk, goat, raw		CTA, 2B(19200), 3B, DK7(0516)	76
10_019	Lait, humain, colostrum, cru	Milk, human, colostrum, raw		DK7(1301), UK6(12-038)	76
10_004	Lait, humain, mature, cru	Milk, human, mature, raw		1G(BM), 4E, 11E, UK6(12-040), DK7(1303)	76
10_017	Lait, vache en poudre, écrémé	Milk, cow powder, skimmed		US23(01091), DK7(0366)	76
10_014	Lait, vache, écrémé, 0.5 % de mat. grasse	Milk, cow, skimmed, 0.5 % fat		DK7(1560)	76
10_016	Lait, vache, en conserve, concentré	Milk, cow, canned, evaporated		US23(01214)	76
10_015	Lait, vache, en conserve, condensé, sucré	Milk, cow, canned, condensed, sweetened		US23(01095)	76
10_001	Lait, vache, entier, 3.5 % de mat. grasse (y compris pasteurisé, stérilisé, UTH)	Milk, cow, whole, 3.5 % fat (includes pasteurised, sterilised and UHT)		5B, 1G(CF), DK7(0753), UK6(12-315)	76
10_013	Lait, vache, partiellement écrémé, 1.5 % de mat. grasse	Milk, cow, partly skimmed, 1.5 % fat		DK7(0170)	76
10_002	Lait, vache, poudre, entier	Milk, cow, powder, whole		5B, 11E, 4E, DK7(0367)	76
04_040	Laitue, crue	Lettuce, raw	<i>Lactuca sativa</i>	2P(137), 5B, CTA, 10E, US23(11253)	34
07_061	Lapin, viande, bouillie* (sans sel)	Rabbit, meat, stewed* (without salt)	<i>Oryctolagus cuniculus</i>	calc. à partir de Rabbit, meat, raw	67
07_007	Lapin, viande, crue	Rabbit, meat, raw	<i>Oryctolagus cuniculus</i>	2B(34001), SEF, DK7(0106)	67
07_062	Lapin, viande, grillée* (sans sel ou mat. grasse)	Rabbit, meat, grilled* (without salt and fat)	<i>Oryctolagus cuniculus</i>	calc. à partir de Lapin, viande, crue	67
13_005	Laurier, feuille, séchée	Bay leaf, dried	<i>Laurus nobilis</i>	US23(02004)	85
03_031	Lentilles, bouillies* (sans sel)	Lentils, boiled* (without salt)	<i>Lens culinaris</i>	calc. à partir de Lentilles, sèches, crues	25
03_030	Lentilles, sèches, crues	Lentils, dried, raw	<i>Lens culinaris</i>	DK7(0147), US23(16069), UK6(13-089)	25
13_018	Levure, extrait, Marmite	Yeast extract, Marmite		DK7(1053)	85
13_017	Levure, sec	Yeast, dried		DK7(1057), UK6(17-379)	85
05_013	Liane à caoutchouc, pulpe, crue	Landolphia, pulp, raw	<i>Landolphia spp.</i>	3B, 4R, 1B(13550), 12fru	46
05_011	Liane goïne, fruit, cru	Gumvine, raw	<i>Saba senegalensis</i>	4R, 3B, 15B, 1B(13588)	46
01_053	Macaroni, bouilli* (sans sel)	Macaroni, boiled* (without salt)	<i>Triticum spp.</i>	calc. à partir de Macaroni, sec	1
01_052	Macaroni, sec	Macaroni, dried	<i>Triticum spp.</i>	US23(20499), UK6(11-447), SEF	1

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01_059	Maïs, blanc, farine, dégermé	Maize, white, flour degermed	<i>Zea mays</i>	CTA, US23(20018), SA10(3297)	4
01_057	Maïs, blanc, farine aux grains entiers	Maize, white, flour of whole grain	<i>Zea mays</i>	7B, 4E, 11E, US23(20316), SA10(3449)	4
01_058	Maïs, blanc, farine raffiné	Maize, white, flour refined	<i>Zea mays</i>	SA10(3270; 3398)	4
01_005	Maïs, blanc, grain entier, bouilli* (sans sel)	Maize, white, whole kernel, boiled* (without salt)	<i>Zea mays</i>	calc. à partir de Maïs, blanc, grain entier, sec, cru	4
01_004	Maïs, blanc, grain entier, sec, cru	Maize, white, whole kernel, dried, raw	<i>Zea mays</i>	CTA, 6N, 16V, 2E, 11E, 3E, 5N, SA10(3271)	4
01_060	Maïs, blanc, gruaau, dégermé	Maize, white, grit, degermed	<i>Zea mays</i>	1M(368), SA10(3451), US23(08160)	4
01_061	Maïs, blanc, gruaau, liquide* (sans sel)	Maize, white, soft porridge* (without salt)	<i>Zea mays</i>	calc. à partir de Maïs, blanc, gruaau, dégermé	4
01_076	Maïs, blanc, gruaau, épais* (sans sel)	Maize, white, stiff porridge* (without salt)	<i>Zea mays</i>	calc. à partir de Maïs, blanc, gruaau, dégermé	4
01_054	Maïs, jaune, farine aux grains entiers	Maize, yellow, flour of whole-grain	<i>Zea mays</i>	7B, 5B, US23(20016), SA10(3450)	4
01_007	Maïs, jaune, grain entier, bouilli* (sans sel)	Maize, yellow, whole kernel, boiled* (without salt)	<i>Zea mays</i>	calc. à partir de Maïs, jaune, grain entier, sec, cru	4
01_006	Maïs, jaune, grain entier, sec, cru	Maize, yellow, whole kernel, dried, raw	<i>Zea mays</i>	5B, CTA, 5N, 4E, 3E, 13V, 6N, 11E, US23(20014), SA10(3276)	1
01_055	Maïs, jaune, gruaau, dégermé	Maize, yellow, grit, degermed	<i>Zea mays</i>	1M(367), US23(08160), SA10(3451)	4
01_056	Maïs, jaune, gruaau, liquide* (sans sel)	Maize, yellow, soft porridge* (without salt)	<i>Zea mays</i>	calc. à partir de Maïs, jaune, gruaau, dégermé	4
01_075	Maïs, jaune, gruaau, épais* (sans sel)	Maize, yellow, stiff porridge* (without salt)	<i>Zea mays</i>	calc. à partir de Maïs, jaune, gruaau, dégermé	4
01_010	Maïs, variété DMR-ESR-W, grain entier, sec, cru (Benin)	Maize, DMR-ESR-W variety, whole kernel, dried, raw (Benin)	<i>Zea mays var. DMR-ESR-W</i>	5E, 01_004	4
01_009	Maïs, variété Gbaévè, grain entier, sec, cru (Benin)	Maize, Gbaévè variety, whole kernel, dried, raw (Benin)	<i>Zea mays var. Gbaévè</i>	5E, 01_004	4
01_013	Maïs, variété Gnonli, grain entier, sec, cru (Benin)	Maize, Gnonli variety, whole kernel, dried, raw (Benin)	<i>Zea mays var. Gnonli</i>	5E, 01_004	7
01_008	Maïs, variété Gougba, grain entier, sec, cru (Benin)	Maize, Gougba variety, whole kernel, dried, raw (Benin)	<i>Zea mays var. Gougba</i>	5E, 01_004	4
01_011	Maïs, variété POZA - RICA 7843 - SR, grain entier, sec, cru (Benin)	Maize, POZA - RICA 7843 - SR variety, whole kernel, dried, raw (Benin)	<i>Zea mays var. POZA - RICA 7843 - SR</i>	5E, 01_004	4
01_012	Maïs, variété TZPB-SR, grain entier, sec, cru (Benin)	Maize, TZPB-SR variety, whole kernel, dried, raw (Benin)	<i>Zea mays var. TZPB-SR</i>	5E, 01_004	7

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01_062	Maïs, variétés combinées, grain entier, bouilli* (sans sel)	Maize, combined varieties, whole kernel, boiled* (without salt)	<i>Zea mays</i>	calc. à partir de Maïs, variétés combinées, grain entier, cru	7
01_014	Maïs, variétés combinées, grain entier, sec, cru (Benin)	Maize, combined varieties, whole kernel, dried, raw (Benin)	<i>Zea mays</i>	5E, 01_004	7
06_008	Mangue sauvage, amande, séchée, crue	Dikanut, kernel, dried, raw	<i>Irvingia gabonensis</i>	4V, 16V(84), 4E, FAO(407)	52
05_036	Mangue, pulpe orange foncée, crue	Mango, deep orange flesh, raw	<i>Mangifera spp.</i>	1T(229), 05_015	46
05_015	Mangue, pulpe orange, crue	Mango, orange flesh, raw	<i>Mangifera indica</i>	5R, 1G(MB) CTA, 4E, 16V(141), 11E, 1E, 5R, 5B, 1P(57), 3B, 2B(13025), 12B(417), 2P(155), UK6(14-296)	46
05_037	Mangue, pulpe pâle, crue	Mango, pale flesh, raw	<i>Mangifera spp.</i>	1T(231), 05_015	46
02_002	Manioc, racine, séchée	Cassava, tuber, dried	<i>Manihot esculenta/ Manihot utilissima</i>	FAO (214), US23(11134), 02_001	16
02_021	Manioc doux, racine, séchée	Cassava sweet, tuber, dried	<i>Manihot dulcis</i>	FAO(224), US23(11134), 02_001	16
02_004	Manioc, farine	Cassava flour	<i>Manihot esculenta/ Manihot utilissima</i>	3E, 11E, 12E, 16V(39), 3B, US23(11134)	16
04_028	Manioc, feuilles, bouillie* (sans sel)	Cassava, leaves, boiled* (without salt)	<i>Manihot esculenta/ utilissima</i>	calc. à partir de Manioc, feuilles, cru	31
04_008	Manioc, feuilles, cru	Cassava, leaves, raw	<i>Manihot esculenta/ utilissima</i>	11E, 2P(125), CTA, 3B, 6B, 12B, 12B, 9B, 4E, 1I, moy. à partir de feuilles vert, crus	31
02_003	Manioc, racine, bouillie* (sans sel)	Cassava, tuber, boiled* (without salt)	<i>Manihot esculenta/ utilissima</i>	calc. à partir de Manioc, racine, crue	16
02_001	Manioc, racine, crue	Cassava, tuber, raw	<i>Manihot esculenta/ utilissima</i>	9B, 12B(100), 8E, CTA, 3B, 1P(18), 2P(39), US23(11134)	16
09_024	Maquereau, bouilli* (sans sel)	Mackerel, boiled* (without salt)	<i>Scomberomorus spp.</i>	calc. à partir de Maquereau, cru	70
09_003	Maquereau, cru	Mackerel, raw	<i>Scomberomorus spp.</i>	1P(68), 2P(232), FAO(1345), US23(15051)	70
09_025	Maquereau, grillé* (sans sel ou mat. grasse)	Mackerel, grilled* (without salt and fat)	<i>Scomberomorus spp.</i>	calc. à partir de Maquereau, cru	70
11_006	Margarine, fortifiée	Margarine, fortified		US23(04610)	79
05_038	Melon, cru	Melon, honeydew, raw	<i>Cucumis melo</i>	US23(09184), DK7(0642), UK6(14-162)	46
06_013	Melon, graine, légèrement salé, crue	Melon seeds, slightly slated, raw	<i>Cucumeropsis edulis</i>	1P(37), 2P(99), 3P(9), UK6(14-826), US23(12174)	55
09_046	Mérou blanc, cuit à la vapeur* (sans sel)	White grouper, steamed* (without salt)	<i>Epinephelus aenus</i>	calc. à partir de Mérou blanc, cru	73

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09_006	Mérou blanc, cru	White grouper, raw	<i>Epinephelus aenus</i>	3B, FAO(1412), US23(15031), US23 (Poisson cru, en moyenne)	73
09_047	Mérou blanc, grillé* (sans sel ou mat.grasse)	White grouper, grilled* (without salt and fat)	<i>Epinephelus aenus</i>	calc. à partir de Mérou blanc, cru	73
13_001	Miel	Honey		3B, 1E, US23(19296)	85
01_063	Mil chandelle, farine (sans son)	Pearl millet, flour (without bran)	<i>Pennisetum glaucum</i>	1M (370), 01_015, 01_017	7
01_017	Mil chandelle, grain entier, cru (avec son)	Pearl millet, whole grain, raw (with bran)	<i>Pennisetum glaucum</i>	2E, 2R, 1M(369), DK7(0461), 20R	7
01_019	Mil chandelle, variété ikmp 1, grain entier, cru (Burkina Faso)	Pearl millet, variety ikmp 1, whole grain, raw (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp1</i>	20R, 01_017	10
01_028	Mil chandelle, variété ikmp 10, grain entier, cru (Burkina Faso)	Pearl millet, variety ikmp 10, whole grain, raw (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp10</i>	20R, 01_017	10
01_029	Mil chandelle, variété ikmp 11, grain entier, cru (Burkina Faso)	Pearl millet, variety ikmp 11, whole grain, raw (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp11</i>	20R, 01_017	10
01_030	Mil chandelle, variété ikmp 12, grain entier, cru (Burkina Faso)	Pearl millet, variety ikmp 12, whole grain, raw (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp12</i>	20R, 01_017	10
01_031	Mil chandelle, variété ikmp 13, grain entier, cru (Burkina Faso)	Pearl millet, variety ikmp 13, whole grain, raw (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp13</i>	20R, 01_017	10
01_020	Mil chandelle, variété ikmp 2, grain entier, cru (Burkina Faso)	Pearl millet, variety ikmp 2, whole grain, raw (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp 2</i>	20R, 01_017	7
01_021	Mil chandelle, variété ikmp 3, grain entier, cru (Burkina Faso)	Pearl millet, variety ikmp 3, whole grain, raw (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp 3</i>	20R, 01_017	7
01_022	Mil chandelle, variété ikmp 4, grain entier, cru (Burkina Faso)	Pearl millet, variety ikmp 4, whole grain, raw (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp 4</i>	20R, 01_017	7
01_023	Mil chandelle, variété ikmp 5, grain entier, cru (Burkina Faso)	Pearl millet, variety ikmp 5, whole grain, raw (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp 5</i>	20R, 01_017	7
01_024	Mil chandelle, variété ikmp 6, grain entier, cru (Burkina Faso)	Pearl millet, variety ikmp 6, whole grain, raw (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp 6</i>	20R, 01_017	10
01_025	Mil chandelle, variété ikmp 7, grain entier, cru (Burkina Faso)	Pearl millet, variety ikmp 7, whole grain, raw (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp 7</i>	20R, 01_017	10
01_026	Mil chandelle, variété ikmp 8, grain entier, cru (Burkina Faso)	Pearl millet, variety ikmp 8, whole grain, raw (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp 8</i>	20R, 01_017	10
01_027	Mil chandelle, variété ikmp 9, grain entier, cru (Burkina Faso)	Pearl millet, variety ikmp 9, whole grain, raw (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmp 9</i>	20R, 01_017	10

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01_018	Mil chandelle, variété ikmv 8201, grain entier, cru (Burkina Faso)	Pearl millet, variety ikmv 8201, whole grain, raw (Burkina Faso)	<i>Pennisetum glaucum</i> var. <i>ikmv 8201</i>	20R, 01_017	7
01_064	Mil chandelle, variétés combinées, grain entier, bouilli* (sans sel) (Burkina Faso)	Pearl millet, combined varieties, whole grain, boiled* (without salt) (Burkina Faso)	<i>Pennisetum glaucum</i>	calc. à partir de Mil chandelle, variétés combinées, grain entier, cru	10
01_032	Mil chandelle, variétés combinées, grain entier cru (Burkina Faso)	Pearl millet, combined varieties, whole grain, raw (Burkina Faso)	<i>Pennisetum glaucum</i>	20R, 01_017	10
01_016	Mil, grain entier, bouilli* (sans sel)	Millet, whole grain, boiled* (without salt)	<i>Pennisetum typhoideum</i>	calc. à partir de Mil, grain entier, cru	7
01_015	Mil, grain entier, cru	Millet, whole grain, raw	<i>Pennisetum typhoideum</i>	4E, 3B, 23N, 22N, 1E, DK7(0461), 01_017, US23(20031)	7
01_033	Mil chandelle, grain entier, bouilli* (sans sel)	Pearl millet, whole grain, boiled* (without salt)	<i>Pennisetum glaucum</i>	calc. à partir de Mil chandelle, grain entier, cru (avec son)	7
09_027	Mormyridés, cuit à la vapeur* (sans sel)	Mormyrids, steamed* (without salt)	<i>Mormyrus spp.</i>	calc. à partir de Mormyridés, crus	70
09_026	Mormyridés, crus	Mormyrids, raw	<i>Mormyrus spp.</i>	1M(103), FAO(1240;1281), US23(Poisson cru, en moyenne)	70
09_028	Mormyridés, grillés* (sans sel ou mat. grasse)	Mormyrids, grilled* (without salt and fat)	<i>Mormyrus spp.</i>	calc. à partir de Mormyridés, crus	70
13_012	Moutarde, en poudre	Mustard, powder	<i>Sinapis alba/ Brassica juncea</i>	US23(02024)	85
13_013	Moutarde, préparée, jaune	Mustard, prepared, yellow		US23(02046)	85
04_069	Navet, bouilli* (sans sel)	Turnip, boiled* (without salt)	<i>Brassica rapa</i>	calc. à partir de Navet, cru	40
04_068	Navet, cru	Turnip, raw	<i>Brassica rapa</i>	5B, 2B(20064), 3B, SEF, US23(11564)	40
12_014	Nectar de mangue, en conserve	Nectar, Mango, canned		US23(09436)	82
05_024	Néré, farine de la pulpe du fruit	African locust bean, flour from fruit, pulp	<i>Parkia spp.</i>	1M(244), 1E, 9N, 7E, 05_001	40
05_001	Néré, fruit, pulpe, crue	African locust bean, fruit, pulp, raw	<i>Parkia spp.</i>	3B, 2E, 15B, FAO(854), 22N, 1B(13565)	40
03_009	Néré, graines, séchées	African locust bean, seeds, dried	<i>Parkia biglobosa</i>	FAO(276)	22
03_029	Niébé, blanc, bouilli* (sans sel)	Cowpea, white, boiled* (without salt)	<i>Vigna unguiculata</i>	calc. à partir de Niébé, blanc, sec, cru	25
03_006	Niébé, blanc, sec, cru	Cowpea, white, dried, raw	<i>Vigna unguiculata</i>	2E, 6N, 15N, 03_004, US23(16060)	25
03_007	Niébé, bouilli* (sans sel)	Cowpea, boiled* (without salt)	<i>Vigna unguiculata</i>	calc. à partir de Niébé, sec, cru	25
03_028	Niébé, brun, bouilli* (sans sel)	Cowpea, brown, boiled* (without salt)	<i>Vigna unguiculata</i>	calc. à partir de Niébé, brun, sec, cru	25
03_027	Niébé, brun, sec, cru	Cowpea, brown, dried, raw	<i>Vigna unguiculata</i>	15N, 6N, 2GH, US23(16062;16060), 03_005	25

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04_030	Niébé, feuilles, bouilli* (sans sel)	Cowpea, leaves, boiled* (without salt)	<i>Vigna unguiculata</i>	calc. à partir de Niébé, feuilles, cru	31
04_010	Niébé, feuilles, cru	Cowpea, leaves, raw	<i>Vigna unguiculata</i>	CTA, 9B, 3B, 11E, 10E, I1, SA10(4198)	31
04_031	Niébé, feuilles, séché	Cowpea leaves, dried	<i>Vigna unguiculata</i>	CTA, 3B, 11E, calc. à partir de Niébé, feuilles, cru	31
03_026	Niébé, noir, bouilli* (sans sel)	Cowpea, black, boiled* (without salt)	<i>Vigna unguiculata</i>	calc. à partir de Niébé, noir, sec, cru	25
03_005	Niébé, noir, sec, cru	Cowpea, black, dried, raw	<i>Vigna unguiculata</i>	2E, 15N, 03_004, US23(16062;1660),	25
03_004	Niébé, sec, cru	Cowpea, dried, raw	<i>Vigna unguiculata</i>	3P(6), 12B(205), 1P(34), 3B, 9B, CTA(68), 3B, 1E, 15N, US23(16060), 03_005, 03_006	25
06_001	Noix de cajou, crue	Cashew nut, raw	<i>Anacardium occidentale</i>	5B, 11E, UK6(14-811), US23(12087)	52
06_004	Noix de coco, amande immature, fraîche, crue	Coconut, immature kernel, fresh, raw	<i>Cocos nucifera</i>	2P, 16V, 4E, 1B, 06_002, NZ	52
06_002	Noix de coco, amande mature, fraîche, crue	Coconut, mature kernel, fresh, raw	<i>Cocos nucifera</i>	1P(38), 5B, 12B(230), 2P(103), 11E, 16V(82), CTA, 4E, 1E, 1B(15006)	52
06_005	Noix de coco, amande, séchée, crue	Coconut, kernel, dried, raw	<i>Cocos nucifera</i>	4E, 11E, 1B, 2B(15007), 06_002	52
06_007	Noix de coco, eau	Coconut, water	<i>Cocos nucifera</i>	1B, 2B(18001), US23(12119)	52
11_002	Noix de coco, huile	Coconut oil	<i>Cocos nucifera</i>	1P(44), 2P(308) 4E, US23(04047), UK6(17-031)	79
06_006	Noix de coco, lait	Coconut, milk	<i>Cocos nucifera</i>	1B, 2B(18041), US23(12117)	52
06_018	Noix de cola, crue	Colanut, raw	<i>Cola nitida</i>	3B, FAO(395), 15GH	52
06_019	Noix de cola, séchée	Colanut, dried, raw	<i>Cola nitida</i>	FAO(396) calc. à partir de Noix de cola, crue	52
06_029	Noix de palme, noyau, décortiqué, cru	Palm nut, kernel, shelled, raw	<i>Elaeis guineensis</i>	4V, 5V, 2P(112), FAO(445)	55
05_040	Noix de palme, pulpe, crue	Palm nuts, pulp, raw	<i>Elaeis guineensis</i>	1P(39), 2P(111), FAO(996)	46
08_002	Œuf, poule, bouilli* (sans sel)	Egg, chicken, boiled* (without salt)		calc. à partir de l'Œuf, poule, cru	67
08_001	Œuf, poule, cru	Egg, chicken, raw		US23(01123)	67
08_003	Œuf, poule, frit	Egg, chicken, fried		US23(01128)	67
04_043	Oignon, bouilli* (sans sel)	Onion, boiled* (without salt)	<i>Allium cepa</i>	calc. à partir de l'Oignon, cru	34
04_018	Oignon, cru	Onion, raw	<i>Allium cepa</i>	2B(20034), 1G(BH), 22N, CTA, 11E, 1E, 3P(12), 1P(45), 2P(140), 14E, 12B(390), UK6(13-304)	34
04_044	Oignon, sec	Onions, dried	<i>Allium cepa</i>	US23(11284), UK6(13-308), calc. à partir de l'Oignon, cru	34
08_004	Omelette	Omelette		US23(01130)	67
05_016	Orange, crue	Orange, raw	<i>Citrus sinensis</i>	2P(156), 5B, 12B(400), 4E, 2B(13034) 11E, 1P(55), 1G(VO), CTA, 16V(136)	46

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06_030	Oseille de Guinée (datou), rouge, graine, séchée	Roselle, red, seed, dried	<i>Hibiscus sabdariffa</i>	1M(236), FAO(470)	55
04_056	Oseille de Guinée, feuilles, bouillie* (sans sel)	Roselle leaves, boiled* (without salt)	<i>Hibiscus sabdariffa</i>	calc. à partir de l'Oseille de Guinée, feuilles, crue	37
04_016	Oseille de Guinée, feuilles, crue	Roselle leaves, raw	<i>Hibiscus sabdariffa</i>	9B, 6B, 12B(332), 10E, 11E, 1G, 1I, moy. à partir de feuilles vert, crus	37
12_017	Ovaltine, boisson avec lait, écrémé (sans sucre; enrichi)	Ovaltine beverage with skimmed milk (without sugar; fortified)		SA10(2754)	82
12_016	Ovaltine, boisson avec lait, partiellement écrémé (sans sucre; enrichi)	Ovaltine beverage with partly skimmed milk (without sugar; fortified)		SA10(2783)	82
12_015	Ovaltine, boisson, avec lait entier (sans sucre; enrichi)	Ovaltine beverage with whole milk (without sugar; fortified)		SA10(2754)	82
12_018	Ovaltine, poudre, enrichi	Ovaltine powder, fortified		SA10(2752), UK6(17-504)	82
01_047	Pain de mie, au blé, blanc	Bread, wheat, white for toasting	<i>Triticum spp.</i>	DK7(1465)	1
01_048	Pain, blé complet	Bread, wheat, wholemeal	<i>Triticum spp.</i>	DK7(0529), UK6(11-476)	1
01_046	Pain, blé, blanc	Bread, wheat, white	<i>Triticum spp.</i>	DK7(1464), UK6(11-099)	1
01_044	Pain, farine de maïs, jaune, avec lait et oeuf	Bread, maize flour, yellow, with milk and egg	<i>Zea mays</i>	SA10(3278)	1
01_045	Pain/petit pain, blanc	Bread/rolls, white	<i>Triticum spp.</i>	DK7(1469), UK6(11-483)	1
11_004	Palme, huile, rouge	Palm oil, red	<i>Elaeis guineensis</i>	2P(311), 1P(40), 4E, 1G(VH), 16V(204), 1E, 1M(253), US23(04055)	79
11_007	Palme, huile, raffiné	Palm oil, refined	<i>Elaeis guineensis</i>	US23 (04055)	79
05_035	Pamplemousse, pulpe, crue	Grapefruit, pulp, raw	<i>Citrus paradisi</i>	CTA, 11E, 16V(137) US23(09116)	43
05_017	Papaye, fruit, mûr, cru	Papaya, fruit, ripe, raw	<i>Carica papaya</i>	1P(56), 5B, 12B(418), 4E, CTA, 1B(13035), 2B(13035) 3B, 2P(157), 4P	46
05_022	Pastèque, fruit, cru	Watermelon, fruit, raw	<i>Citrullus lanatus</i>	10E, 1P(52), 5B, 11E, 1B(13036), FAO(1055), UK(14-296), US23(09326)	49
02_023	Patate douce, jaune pâle, bouillie* (sans sel)	Sweet potato, pale yellow, boiled* (without salt)	<i>Ipomoea batatas</i>	calc. à partir de Patate douce, jaune pâle, crue	16
02_022	Patate douce, jaune pâle, crue	Sweet potato, pale yellow, raw	<i>Ipomoea batatas</i>	11E, 6B, 12B(105), 1P(30), 2P(53), CTA, US23(11507), UK6(13-463)	16
04_060	Patate douce, feuilles, bouillie* (sans sel)	Sweet potato, leaves, boiled* (without salt)	<i>Ipomoea batatas</i>	calc. à partir de Patate douce, feuilles, crue	37

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04_059	Patate douce, feuilles, crue	Sweet potato, leaves, raw	<i>Ipomoea batatas</i>	11E, CTA, US23(11505), SA10(4208)	37
02_012	Patate douce, jaune foncé, bouillie* (sans sel)	Sweet potato, deep yellow, boiled* (without salt)	<i>Ipomea batatas</i>	calc. à partir de Patate douce, jaune foncé, crue	16
02_011	Patate douce, jaune foncé, crue	Sweet potato, deep yellow, raw	<i>Ipomea batatas</i>	2B(4101), FAO(247), UK6(13-463), 5B	16
02_014	Patate douce, jaune, bouillie* (sans sel)	Sweet potato, yellow, boiled* (without salt)	<i>Ipomea batatas</i>	calc. à partir de Patate douce, jaune, crue	16
02_013	Patate douce, jaune, crue	Sweet potato, yellow, raw	<i>Ipomea batatas</i>	CTA, 4E, 11E, 3B, 16V(54), UK6(13-463), US23(11507)	16
09_033	Perche du Nil, capitaine, cuit à la vapeur* (sans sel)	Perch, Nile, steamed* (without salt)	<i>Lates spp.</i>	calc. à partir de Perche du Nil, capitaine, crue	70
09_032	Perche du Nil, capitaine, crue	Perch, Nile, raw	<i>Lates spp.</i>	FAO(1368), 23fi, 88fi, 2fi, 98fi, US23(15060), DK7(0891)	70
09_034	Perche du Nil, capitaine, grillée* (sans sel ou mat. grasse)	Perch, Nile, grilled* (without salt and fat)	<i>Lates spp.</i>	calc. à partir de Perche du Nil, capitaine, crue	70
04_045	Persil, frais	Parsley, fresh	<i>Petroselinum spp.</i>	4E, 5B, 3B, 2B(11014), DK7(0209), US23(11297)	34
13_006	Piment rouge, séché	Chilli pepper, dried		1G(BQ), US23(02009)	85
04_048	Poivron, doux, rouge, bouilli* (sans sel)	Pepper, sweet, red, boiled* (without salt)	<i>Capsicum annuum</i>	calc. à partir de Piment, doux, rouge, cru	34
04_047	Poivron, doux, rouge, cru	Pepper, sweet, red, raw	<i>Capsicum annuum</i>	22N, CTA, 2B(20087), 2P (143), DK7(0207)	34
04_050	Poivron, doux, vert, bouilli* (sans sel)	Pepper, sweet, green, boiled* (without salt)	<i>Capsicum annuum</i>	calc. à partir de Piment, doux, vert, cru	34
04_049	Poivron, doux, vert, cru	Pepper, sweet, green, raw	<i>Capsicum annuum</i>	CTA, 2B(20085), 1P(49), US23(11333), DK7(0206)	34
04_046	Piment, fort, cru	Peppers, chilli, raw	<i>Capsicum spp.</i>	1G(BP), US23(11819; 11670)	34
03_021	Pois bambara, blanc, bouilli* (sans sel)	Bambara groundnuts, white, boiled* (without salt)	<i>Voandzeia subterranea</i>	calc. à partir de Pois bambara, blanc, sec, cru	22
03_003	Pois bambara, blanc, sec, cru	Bambara groundnuts, white, dried, raw	<i>Voandzeia subterranea</i>	2E, 03_001	22
03_012	Pois bambara, bouilli* (sans sel)	Bambara groundnut, boiled* (without salt)	<i>Voandzeia subterranea</i>	calc. à partir de Pois bambara, sec, cru	22
03_017	Pois bambara, œil bordeaux et blanc, sec, cru (Ghana)	Bambara groundnut, maroon white-eye, dried, raw (Ghana)	<i>Voandzeia subterranea</i>	1GH, 03_001	22
03_014	Pois bambara, œil brun et blanc, sec, cru (Ghana)	Bambara groundnut, brown white-eye, dried, raw (Ghana)	<i>Voandzeia subterranea</i>	1GH, 03_001	22
03_015	Pois bambara, œil crème et noir, sec, cru (Ghana)	Bambara groundnut, cream black-eye, dried, raw (Ghana)	<i>Voandzeia subterranea</i>	1GH, 03_001	22
03_016	Pois bambara, œil crème et rose, sec, cru (Ghana)	Bambara groundnut, cream pink-eye, dried, raw (Ghana)	<i>Voandzeia subterranea</i>	1GH, 03_001	22

Code	Nom français	Nom anglais	Nom scientifique	BiblioID	Page Nr
03_013	Pois bambara, œil noir et blanc, sec, cru (Ghana)	Bambara groundnut, black-white-eye, dried, raw (Ghana)	<i>Voandzezia subterranea</i>	1GH, 03_001	22
03_020	Pois bambara, rouge, bouilli* (sans sel)	Bambara groundnut, red, boiled* (without salt)	<i>Voandzezia subterranea</i>	calc. à partir de Pois bambara, rouge, sec, cru	22
03_002	Pois bambara, rouge, sec, cru	Bambara groundnut, red, dried, raw	<i>Voandzezia subterranea</i>	7N, 2E, 03_001	22
03_001	Pois bambara, sec, cru	Bambara groundnut, dried, raw	<i>Voandzezia subterranea</i>	CTA, 16N, 1E, 1E, 6N, 2P(82), 1GH	22
03_019	Pois bambara, variétés combinées, bouilli* (Ghana) (sans sel)	Bambara groundnut, combined varieties, boiled* (Ghana) (without salt)	<i>Voandzezia subterranea</i>	calc. à partir de Pois bambara, variétés combinées, sec, cru	22
03_018	Pois bambara, variétés combinées, sec, cru (Ghana)	Bambara groundnut, combined varieties, dried, raw (Ghana)	<i>Voandzezia subterranea</i>	1GH, 03_001	22
03_033	Pois d'Angole, bouilli* (sans sel)	Pigeon pea, boiled* (without salt)	<i>Cajanus cajan</i>	calc. à partir de Pois d'Angole, sec, cru	25
03_032	Pois d'Angole, sec, cru	Pigeon pea, dried, raw	<i>Cajanus cajan</i>	2P(95), 16N, 1N, 15N, 22N, UK6(13-102), US23(16101)	25
09_030	Poisson 'Mudfish', cuit à la vapeur* (sans sel)	Mudfish/African catfish, steamed* (without salt)	<i>Clarias anguillaris/gariepinus</i>	calc. à partir de Poisson 'Mudfish', cru	70
09_029	Poisson 'Mudfish', cru	Mudfish/African catfish, raw	<i>Clarias anguillaris/gariepinus</i>	1M(99), 23fi, 28fi, 34fi, 46fi, 97fi, 118fi, 1fi, US23 (Poisson cru, en moyenne)	70
09_031	Poisson 'Mudfish', grillé* (sans sel ou mat. grasse)	Mudfish/African catfish, grilled* (without salt and fat)	<i>Clarias anguillaris/gariepinus</i>	calc. à partir de Poisson 'Mudfish', cru	70
09_016	Poisson 'Bagrus bajad' cuit à la vapeur* (sans sel)	Bayad, steamed* (without salt)	<i>Bagrus bajad</i>	calc. à partir de Bayad, raw	70
09_015	Poisson 'Bagrus bajad', cru	Bayad, raw	<i>Bagrus bajad</i>	1M(116), FAO(1255), US23 (Poisson cru, en moyenne)	70
09_017	Poisson 'Bagrus bajad', grillé* (sans sel ou mat. grasse)	Bayad, grilled* (without salt and fat)	<i>Bagrus bajad</i>	calc. à partir de Poisson 'Bagrus bajad', cru	70
09_019	Poisson-chat, cuit à la vapeur* (sans sel)	Catfish, steamed* (without salt)	<i>Synodontis spp.</i>	calc. à partir de Poisson-chat, cru	70
09_018	Poisson-chat, cru	Catfish, raw	<i>Synodontis spp.</i>	1M(99;98), 28fi, US23(Poisson cru, en moyenne)	70
09_020	Poisson-chat, grillé* (sans sel ou mat. grasse)	Catfish, grilled* (without salt and fat)	<i>Synodontis spp.</i>	calc. à partir de Poisson-chat, cru	70
13_014	Poivre, noir	Pepper, black	<i>Piper nigrum</i>	US23(0230), DK7(0450)	85
05_006	Pomme d'acajou, pulpe, crue	Cashew apple, pulp, raw	<i>Anacardium occidentale</i>	1E, 11E, 1B(13075), 5B, UK6(14-060)	43
05_019	Pomme de savon, fruit, cru	Soapberry, fruit, raw	<i>Aphania senegalensis</i>	3B, 1B(13517), FAO(1031)	49
02_010	Pomme de terre, bouillie* (sans sel)	Potato, boiled* (without salt)	<i>Solanum tuberosum</i>	calc. à partir de Pomme de terre, crue	16

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02_009	Pomme de terre, crue	Potato, raw	<i>Solanum tuberosum</i>	11E, 5B, 12B(106), 2P(74), 16V(50), 2B(4008), CTA, 4E	16
05_026	Pomme, avec écorce, crue	Apple, with skin, raw	<i>Malus domestica</i>	US23(09003)	40
05_027	Pomme, sans écorce, crue	Apple, without skin, raw	<i>Malus domestica</i>	US23(09004)	40
05_045	Pomme-cannelle, fruit, cru	Sweet apple, fruit, raw	<i>Annona spp.</i>	2P(160), 1B(13058), FAO(1046), 2P(161)	49
07_057	Porc, viande, env. 20 % de mat. grasse, bouillie* (sans sel)	Pork, meat, approx. 20 % fat, boiled* (without salt)	<i>Sus domestica</i>	calc. à partir de Porc, viande, env. 20 % de mat. grasse, désossée, crue	64
07_006	Porc, viande, env. 20 % de mat. grasse, désossée, crue	Pork, meat, approx. 20 % fat, boneless, raw	<i>Sus domestica</i>	1P(58), 2P(195), DK7(0287)	64
07_058	Porc, viande, env. 20 % de mat. grasse, grillée* (sans sel ou mat. grasse)	Pork, meat, approx. 20 % fat, grilled* (without salt and fat)	<i>Sus domestica</i>	calc. à partir de Porc, viande, env. 20 % de mat. grasse, désossée, crue	64
07_059	Porc, viande, env. 40 % de mat. grasse, bouillie* (sans sel)	Pork, meat, approx. 40 % fat, boiled* (without salt)	<i>Sus domestica</i>	calc. à partir de Porc, viande, env. 40 % de mat. grasse, désossée, crue	64
07_005	Porc, viande, env. 40 % de mat. grasse, désossée, crue	Pork, meat, approx. 40 % fat, boneless, raw	<i>Sus domestica</i>	2P(186), 11E, 16V(171), CTA, 12B(514), 4E, DK7(0284)	64
07_060	Porc, viande, env. 40 % de mat. grasse, grillée* (sans sel ou mat. grasse)	Pork, meat, approx. 40 % fat, grilled* (without salt)	<i>Sus domestica</i>	calc. à partir de Porc, viande, env. 40 % de mat. grasse, désossée, crue	64
07_040	Poulet, abats, braisés* (sans sel)	Chicken, giblets, braised* (without salt)	<i>Gallus gallus</i>	calc. à partir de Poulet, abats, crus	61
07_039	Poulet, abats, crus	Chicken, giblets, raw	<i>Gallus gallus</i>	US23(05020), UK6(18-393)	61
07_031	Poulet, cuisse, avec peau, bouillie* (sans sel)	Chicken, dark meat, flesh and skin, boiled* (without salt)	<i>Gallus gallus</i>	calc. à partir de Poulet, cuisse, avec peau, crue	61
07_030	Poulet, cuisse, avec peau, crue	Chicken, dark meat, flesh and skin, raw	<i>Gallus gallus</i>	US23(05034)	61
07_032	Poulet, cuisse, avec peau, grillée* (sans sel ou mat. grasse)	Chicken, dark meat, flesh and skin, grilled* (without salt and fat)	<i>Gallus gallus</i>	calc. à partir de Poulet, cuisse, avec peau, crue	61
07_028	Poulet, cuisse, sans peau, bouillie* (sans sel)	Chicken, dark meat, flesh, boiled* (without salt)	<i>Gallus gallus</i>	calc. à partir de Poulet, cuisse, sans peau, crue	61
07_003	Poulet, cuisse, sans peau, crue	Chicken, dark meat, flesh, raw	<i>Gallus gallus</i>	1P(60) 1E, 2B(36003) 11E, 4E, 16V(172), CTA, DK7(0131), US23(05043)	61
07_029	Poulet, cuisse, sans peau, grillée* (sans sel ou mat. grasse)	Chicken, dark meat, flesh, grilled* (without salt and fat)	<i>Gallus gallus</i>	calc. à partir de Poulet, cuisse, sans peau, crue	61
07_037	Poulet, blanc de poulet, avec peau, bouilli* (sans sel)	Chicken, light meat, flesh and skin, boiled* (without salt)	<i>Gallus gallus</i>	calc. à partir de Poulet, blanc de poulet, avec peau, cru	61

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07_036	Poulet, blanc de poulet, avec peau, cru	Chicken, light meat, flesh and skin, raw	<i>Gallus gallus</i>	DK7(0132), US23(05029)	61
07_038	Poulet, blanc de poulet, avec peau, grillé* (sans sel ou mat. grasse)	Chicken, light meat, flesh and skin, grilled* (without salt and fat)	<i>Gallus gallus</i>	calc. à partir de Poulet, blanc de poulet, avec peau, cru	61
07_034	Poulet, blanc de poulet, sans peau, bouilli* (sans sel)	Chicken, light meat, flesh, boiled* (without salt)	<i>Gallus gallus</i>	calc. à partir de Poulet, blanc de poulet, sans peau, cru	61
07_033	Poulet, blanc de poulet, sans peau, cru	Chicken, light meat, flesh, raw	<i>Gallus gallus</i>	US23(05039), UK6(18-290)	61
07_035	Poulet, blanc de poulet, sans peau, grillé* (sans sel ou mat. grasse)	Chicken, light meat, flesh, grilled* (without salt and fat)	<i>Gallus gallus</i>	calc. à partir de Poulet, blanc de poulet, sans peau, cru	61
07_042	Poulet, foie, braisé* (sans sel)	Chicken, liver, braised* (without salt)	<i>Gallus gallus</i>	calc. à partir de Poulet, foie, cru	61
07_041	Poulet, foie, cru	Chicken, liver, raw	<i>Gallus gallus</i>	US23(05027), DK7(0142; 0143); UK6(18-411)	61
01_038	Riz, blanc, bouilli* (sans sel)	Rice, white, boiled* (without salt)	<i>Oryza sativa</i>	calc. à partir de Riz, blanc, cru	13
01_037	Riz, blanc, cru	Rice, white, raw	<i>Oryza sativa</i>	1P (13), 2P(29), US23(20444;20450;20452)	13
01_069	Riz, blanc, poli, bouilli* (sans sel)	Rice, white, polished, boiled* (without salt)	<i>Oryza sativa</i>	calc. à partir de Riz, blanc, poli, cru	13
01_036	Riz, blanc, poli, cru	Rice, white, polished, raw	<i>Oryza sativa</i>	1M(372), DK7(0224), F08	10
01_035	Riz, brun, bouilli* (sans sel)	Rice, brown, boiled* (without salt)	<i>Oryza sativa</i>	calc. à partir de Riz, brun, cru	10
01_034	Riz, brun, cru	Rice, brown, raw	<i>Oryza sativa</i>	2B, 11E, US23(20040)	10
01_066	Riz, rouge, indigène, décortiqué, bouilli* (sans sel)	Rice, red native, hulled, boiled* (without salt)	<i>Oryza glaberrima</i>	calc. à partir de Riz, rouge, décortiqué, cru	10
01_065	Riz, rouge, indigène, décortiqué, cru	Rice, red native, hulled, raw	<i>Oryza glaberrima</i>	FAO(117), UK6(11-037)	10
01_068	Riz, rouge, indigène, poli, bouilli* (sans sel)	Rice, red native, milled, boiled* (without salt)	<i>Oryza glaberrima</i>	calc. à partir de Riz, rouge, indigène, poli, cru	10
01_067	Riz, rouge, indigène, poli, cru	Rice, red native, milled, raw	<i>Oryza glaberrima</i>	FAO(119), UK6(11-037)	10
05_023	Rônier, pulpe, cru	African fan palm, fruit, pulp, raw	<i>Borassus flabellifer</i> var. <i>aethiopicum</i>	1B(13586), FAO(853)	40
05_034	Salade de fruits, en conserve, en sirop	Fruit cocktail, canned in syrup		US23(09351), UK6(14-097)	43
09_035	Sardine, à la vapeur* (sans sel)	Sardine, steamed* (without salt)	<i>Sardinella spp.</i>	calc. à partir de Sardine, crue	73
09_004	Sardine, crue	Sardine, raw	<i>Sardinella spp.</i>	2P(246), 1M(95), 11E, 2P(251), 5B, 58fi, 66fi, 139fi, 140fi, UK6(16-212), FAO(1396), ASEA(AAG263)	73
09_036	Sardine, grillée* (sans sel ou mat. grasse)	Sardine, grilled* (without salt and fat)	<i>Sardinella spp.</i>	calc. à partir de Sardine, crue	73

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09_037	Sardines, conservées en huile (égouttées, avec arêtes)	Sardines in oil, canned (drained solids with bone)	<i>Sardinella spp.</i>	2P(260), US23(15088), DK7(0241)	73
07_063	Saucisse viennoise (bœuf, porc, poulet), en conserve	Sausage, wiener (beef, pork, chicken), canned		US23(07083)	67
07_055	Sauterelle, crue	Locust, raw		ASE(AAU37), i14	64
13_015	Sel	Salt		1M(274), 1G(WL), 16GH, US23(02047)	85
06_015	Sésame, graine, crue	Sesame seeds, whole, dried, raw	<i>Sesame spp.</i>	2P(115), FAO(462), US23(115)	55
12_007	Sève de palmier, fraîche (0.3 % d'alcool)	Sap, palm, fresh (0.3 % alcohol)		11E, FAO(1579)	82
03_036	Soja, Anidaso, sec, cru (Ghana)	Soybean, Anidaso, dried, raw (Ghana)	<i>Glycine max var. Anidaso</i>	7GH, US23(16108), 03_008	28
03_034	Soja, bouilli* (sans sel)	Soya bean, boiled* (without salt)	<i>Glycine max</i>	calc. à partir de Soja, sec, cru	25
11_009	Soja, huile	Soya oil	<i>Glycine max</i>	US23(04044)	79
03_038	Soja, Jenguma, sec, cru (Ghana)	Soybean, Jenguma, dried, raw (Ghana)	<i>Glycine max var. Jenguma</i>	7GH, US23(16108), 03_008	28
03_037	Soja, Quarshie, sec, cru (Ghana)	Soybean, Quarshie, dried, raw (Ghana)	<i>Glycine max var. Quarshie</i>	7GH, US23(16108), 03_008	28
03_035	Soja, Salintuya-1, sec, cru (Ghana)	Soybean, Salintuya-1, dried, raw (Ghana)	<i>Glycine max var. Salintuya-1</i>	7GH, US23(16108), 03_008	28
03_008	Soja, sec, cru	Soya bean, dried, raw	<i>Glycine max</i>	2E, 1E, 2P(96), CTA, UK6(13-115), US23(16108)	25
03_040	Soja, variétés combinées, sec, bouilli* (Ghana) (sans sel)	Soya bean, combined varieties, boiled* (Ghana)(without salt)	<i>Glycine max</i>	calc. à partir de Soja, variétés combinées, sec, cru	28
03_039	Soja, variétés combinées, sec, cru (Ghana)	Soya bean, combined varieties, dried, raw (Ghana)	<i>Glycine max</i>	7GH, US23(16108), 03_008	28
01_072	Sorgho, farine, dégermé	Sorghum, flour, degermed	<i>Sorghum bicolor</i>	1M(374), US23(20648), 01_039	13
01_071	Sorgho, grain entier, blanc, bouilli* (sans sel)	Sorghum, whole grain, white, boiled* (without salt)	<i>Sorghum bicolor</i>	calc. à partir de Sorgho, grain entier, blanc, cru	13
01_040	Sorgho, grain entier, blanc, cru	Sorghum, whole grain, white, raw	<i>Sorghum bicolor</i>	2E, 01_039, 1L	13
01_042	Sorgho, grain entier, bouilli* (sans sel)	Sorghum, whole grain, boiled* (without salt)	<i>Sorghum bicolor</i>	calc. à partir de Sorgho, grain entier, cru	13
01_039	Sorgho, grain entier, cru	Sorghum, whole grain, raw	<i>Sorghum bicolor</i>	5B, 23N, 22N, CTA, 1E, 3B, 2P(1) 1P(12), 4E, 2E, 1L	13
01_070	Sorgho, grain entier, rouge, bouilli* (sans sel)	Sorghum, whole grain, red, boiled* (without salt)	<i>Sorghum bicolor</i>	calc. à partir de Sorgho, grain entier, rouge, cru	13
01_041	Sorgho, grain entier, rouge, cru	Sorghum, whole grain, red, raw	<i>Sorghum bicolor</i>	2E, 01_039, 1L	13
13_002	Sucre	Sugar		11E, 1P(80) 1G(US), SEF, 1E, 3B, US23(19335)	85
04_061	Tamarin, feuilles, bouilli* (sans sel)	Tamarind, leaves, boiled* (without salt)	<i>Tamarindus indica</i>	calc. à partir de Tamarin, feuilles, cru	37

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04_019	Tamarin, feuilles, cru	Tamarind, leaves, raw	<i>Tamarindus indica</i>	9B, 3B, 4E, 11E UK6(13-855), NRD	37
04_062	Tamarin, feuilles, séché	Tamarind, leaves, dried	<i>Tamarindus indica</i>	NRD, calc. à partir de Tamarind, leaves, raw	37
05_020	Tamarin, fruit, pas mûr, cru	Tamarind, immature fruit, raw	<i>Tamarindus indica</i>	11E, 1B(13079), 15B, 05_021, US23(09322)	49
05_021	Tamarin, fruit, mûr, cru	Tamarind, fruit, ripe, raw	<i>Tamarindus indica</i>	5B, 3B, 11E, 1B(13080), Tamarin, fruit, pas mûr, cru, US23(09322)	49
04_063	Taro, feuilles, bouilli* (sans sel)	Taro, leaves, boiled* (without salt)	<i>Colocasia esculenta</i>	calc. à partir de Taro, feuilles, cru	37
04_020	Taro, feuilles, cru	Taro, leaves, raw	<i>Colocasia esculenta</i>	11E, 4E, US23(11520), UK6(13-380)	37
02_016	Taro, racine, bouillie* (sans sel)	Taro, tuber, boiled* (without salt)	<i>Colocasia esculenta</i>	calc. à partir de Taro, racine, crue	19
02_015	Taro, racine, crue	Taro, tuber, raw	<i>Colocasia esculenta</i>	11E, 3GH, 22N, US23(11518)	19
12_008	Thé infusé	Tea, infusion		2B(18020), DK7(0305), UK6(17-171)	82
09_044	Thon, bouilli* (sans sel)	Tuna, boiled* (without salt)	<i>Thunnus spp.</i>	calc. à partir de Thon, cru	73
09_005	Thon, cru	Tuna, raw	<i>Thunnus spp.</i>	11E, FAO(1455), UK6(16-228), DK7(0321), US23(15117;15127), 45fi, 56fi, 91fi, 117fi, 131fi, 152fi, 153fi, 156fi, 195fi	73
09_045	Thon, grillé* (sans sel ou mat.grasse)	Tuna, grilled* (without salt and fat)	<i>Thunnus spp.</i>	calc. à partir de Thon, cru	73
09_042	Tilapia, à la vapeur* (sans sel)	Tilapia, steamed* (without salt)	<i>Oreochromis spp./ Tilapia spp.</i>	calc. à partir de Tilapia, cru	73
09_041	Tilapia, cru	Tilapia, raw	<i>Oreochromis spp./ Tilapia spp.</i>	139fi, 140fi, US23(15261), UK6(16-154), US23 (Poisson cru, en moyenne)	73
09_043	Tilapia, grillé* (sans sel ou mat. grasse)	Tilapia, grilled* (without salt and fat)	<i>Oreochromis spp./ Tilapia spp.</i>	calc. à partir de Tilapia, cru	73
04_067	Tomate en poudre	Tomato, powder	<i>Lycopersicon esculentum</i>	US23(11548)	40
04_064	Tomate, rouge, mûre, bouillie* (sans sel)	Tomato, red, ripe, boiled* (without salt)	<i>Lycopersicon esculentum</i>	calc. à partir de Tomate, rouge, mûre, crue	37
04_021	Tomate, rouge, mûre, crue	Tomato, red, ripe, raw	<i>Lycopersicon esculentum</i>	2P(149), 5B, 12B(373), 3P(11), 3B, 1G(VT), 1P(46), 2B(20047), CTA, 22N, 3B, 4E, 11E, 1E, US23(11529)	37
04_065	Tomates en conserve avec jus	Tomatoes, canned, packed in juice	<i>Lycopersicon esculentum</i>	DK7(0307), US23(11531), UK6(13-461)	40
07_056	Ver de Mopanie, en conserve	Mopanie worm, canned		SA10(4284)	64
04_070	Vernonie, feuilles, bouillie* (sans sel)	Vernonia, leaves, boiled* (without salt)	<i>Vernonia amygdalina</i>	calc. à partir de Vernonie, feuilles, crue	40

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04_022	Vernonie, feuilles, crue	Vernonia, leaves, raw	<i>Vernonia amygdalina</i>	10E, 1C, 1E, I1, moy. à partir de feuilles vert, crus	40
07_027	Viande de gibier, séchée	Game meat, dried		SA10(2912)	58
13_003	Vinaigre	Vinegar		2B(11018), 3B, DK7(0046)	85
12_006	Vin de palme (3.8 % d'alcool est.)	Palm wine (est. 3.8 % alcohol)		3B, 12B(900) 11E	82
10_021	Yaourt, lait entier, avec fruit	Yoghurt, whole milk, with fruits		DK7(0335), 10_005	76
10_005	Yaourt, lait entier, nature	Yoghurt, whole milk, plain		4E, 12R, 3B, 2B(19601), UK6(12-184), DK7(0333)	76

Annex 3

Table of Yield factors with corresponding reference sources
Table des facteurs de rendement, et les références correspondantes

Code	Food name in English/ Nom anglais	Food name in French/ Nom français	Yield factor/ Facteur de rendement	Source
Cereals and cereal products/Céréales et produits céréaliers				
01_049	Fonio, black, whole grain, boiled* (without salt)	Fonio, noir, grain entier, bouilli* (sans sel)	2.40	Bognár, 2002 (Millet, shacked corn, boiled)
01_051	Fonio, husked grains, boiled* (without salt)	Fonio, grain décortiqué, bouilli* (sans sel)	2.40	Bognár, 2002 (Millet, shacked corn, boiled)
01_003	Fonio, white, whole grain, boiled* (without salt)	Fonio, blanc, grain entier, bouilli* (sans sel)	2.40	Bognár, 2002 (Millet, shacked corn, boiled)
01_053	Macaroni, boiled* (without salt)	Macaroni, bouilli* (sans sel)	2.30	Bergström, 1994 (Macaroni, boiled)
01_007	Maize, yellow, whole kernel, boiled* (without salt)	Maïs, jaune, grain entier, bouilli* (sans sel)	2.60	estimated from other cereals, boiled
01_056	Maize, yellow, soft porridge* (without salt)	Maïs, jaune, gruau, liquide* (sans sel)	7.3	SA10 (4405)
01_075	Maize, yellow, stiff porridge* (without salt)	Maïs, jaune, gruau, épais* (sans sel)	2.7	SA10 (4406)
01_005	Maize, white, whole kernel, boiled* (without salt)	Maïs, blanc, grain entier, bouilli* (sans sel)	2.60	estimated from other cereals, boiled
01_061	Maize, white, soft porridge* (without salt)	Maïs, blanc, gruau, liquide* (sans sel)	7.3	SA10 (4405)
01_076	Maize, white, stiff porridge* (without salt)	Maïs, blanc, gruau, épais* (sans sel)	2.7	SA10 (4406)
01_062	Maize, combined varieties, whole kernel, boiled* (without salt)	Maïs, variétés combinées, grain entier, bouilli* (sans sel)	2.60	estimated from other cereals, boiled
01_016	Millet, whole grain, boiled*(without salt)	Mil, grain entier, bouilli* (sans sel)	2.40	Bognár, 2002 (Millet, shacked corn, boiled)
01_033	Pearl millet, whole grain, boiled* (without salt)	Mil chandelle, grain entier, bouilli* (sans sel)	2.40	Bognár, 2002 (Millet, shacked corn, boiled)
01_064	Pearl millet, combined varieties, whole grain, boiled* (without salt)	Mil chandelle, variétés combinées, grain entier, bouilli* (sans sel)	2.40	Bognár, 2002 (Millet, shacked corn, boiled)
01_035	Rice, brown, boiled* (without salt)	Riz, brun, bouilli* (sans sel)	2.50	Bergström, 1994 (Rice, brown, boiled)
01_066	Rice, red native, hulled, boiled* (without salt)	Riz, rouge, indigène décortiqué, bouilli* (sans sel)	2.50	Bergström, 1994 (Rice, brown, boiled)
01_068	Rice, red native, milled, boiled* (without salt)	Riz, rouge, indigène, poli, bouilli* (sans sel)	2.50	Bergström, 1994 (Rice, brown, boiled)
01_069	Rice, white, polished, boiled* (without salt)	Riz, blanc, poli, bouilli* (sans sel)	2.60	Bergström, 1994 (Rice, polished, boiled)
01_038	Rice, white, boiled* (without salt)	Riz, blanc, bouilli* (sans sel)	2.60	Bergström, 1994 (Rice, polished, boiled)
01_042	Sorghum, whole grain, boiled* (without salt)	Sorgho, grain entier, bouilli* (sans sel)	2.40	Bognár, 2002 (Millet, shacked corn, boiled)

Code	Food name in English/ Nom anglais	Food name in French/ Nom français	Yield factor/ Facteur de rendement	Source
01_070	Sorghum, whole grain, red, boiled* (without salt)	Sorgho, grain entier, rouge, bouilli* (sans sel)	2.40	Bognár, 2002 (Millet, shacked corn, boiled)
01_071	Sorghum, whole grain, white, boiled* (without salt)	Sorgho, grain entier, blanc, bouilli* (sans sel)	2.40	Bognár, 2002 (Millet, shacked corn, boiled)
Starchy roots, tubers and their products/ Racines féculentes, tubercules et produits dérivés				
02_003	Cassava, tuber, boiled* (without salt)	Manioc, racine, bouillie* (sans sel)	0.95	Bognár, 2002 (Root and tuber vegetables, boiled)
02_006	Cocoyam, tuber, boiled* (without salt)	Chou caraïbe, racine, bouillie* (sans sel)	0.95	Bognár, 2002 (Root and tuber vegetables, boiled)
02_010	Potato, boiled* (without salt)	Pomme de terre, bouillie* (sans sel)	1.00	Bognár, 2002 (Potato, without peel, boiled)
02_023	Sweet potato, pale yellow, boiled* (without salt)	Patate douce, jaune pâle, bouillie* (sans sel)	1.00	Bognár, 2002 (Potato, without peel, boiled)
02_014	Sweet potato, yellow, boiled* (without salt)	Patate douce, jaune, bouillie* (sans sel)	1.00	Bognár, 2002 (Potato, without peel, boiled)
02_012	Sweet potato, deep yellow, boiled* (without salt)	Patate douce, jaune foncé, bouillie* (sans sel)	1.00	Bognár, 2002 (Potato, without peel, boiled)
02_016	Taro, tuber, boiled* (without salt)	Taro, racine, bouillie* (sans sel)	0.95	Bognár, 2002 (Root and tuber vegetables, boiled)
02_025	Tiger nut, tuber, boiled* (without salt)	Gland de terre, racine, bouillie* (sans sel)	0.95	Bognár, 2002 (Root and tuber vegetables, boiled)
02_018	Water yam, tuber, boiled* (without salt)	Grande igname, racine, bouillie* (sans sel)	0.95	Bognár, 2002 (Root and tuber vegetables, boiled)
02_020	Yam tuber, boiled* (without salt)	Igname, racine, bouillie* (sans sel)	0.95	Bognár, 2002 (Root and tuber vegetables, boiled)
02_035	Yam tuber, combined cultivars, boiled* (without salt)	Igname, racine, variétés combinées, bouillie* (sans sel)	0.95	Bognár, 2002 (Root and tuber vegetables, boiled)
Legumes and their products/Légumineuses et produits dérivés				
03_011	African yam bean, boiled* (without salt)	Haricot igname, bouilli* (sans sel)	2.70	Bergström, 1994 (Pigeon pea, dried, whole- soaked, boiled)
03_036	Bambara groundnut, boiled* (without salt)	Pois bambara, bouilli* (sans sel)	2.70	Bergström, 1994 (Pigeon pea, dried, whole- soaked, boiled)
03_019	Bambara groundnut, combined varieties, boiled* (without salt)	Pois bambara, variétés combinées, bouilli* (sans sel)	2.70	Bergström, 1994 (Pigeon pea, dried, whole- soaked, boiled)
03_020	Bambara groundnut, red, boiled* (without salt)	Pois bambara, rouge, bouilli* (sans sel)	2.70	Bergström, 1994 (Pigeon pea, dried, whole- soaked, boiled)
03_021	Bambara groundnuts, white, boiled* (without salt)	Pois bambara, blanc, bouilli* (sans sel)	2.70	Bergström, 1994 (Pigeon pea, dried, whole- soaked, boiled)
03_023	Beans, white, boiled* (without salt)	Haricot, blanc, bouilli* (sans sel)	2.50	Bognár, 2002, Beans (white and red, stewed/boiled)

Code	Food name in English/ Nom anglais	Food name in French/ Nom français	Yield factor/ Facteur de rendement	Source
03_025	Broad beans, boiled* (without salt)	Fève, bouillie (sans sel)*	2.50	Bognár, 2002, Beans (white and red, stewed/boiled)
03_007	Cowpea, boiled* (without salt)	Niébé, bouilli* (sans sel)	2.70	Bergström, 1994 (Pigeon pea, dried, whole- soaked, boiled)
03_026	Cowpea, black, boiled* (without salt)	Niébé, noir, bouilli* (sans sel)	2.70	Bergström, 1994 (Pigeon pea, dried, whole- soaked, boiled)
03_028	Cowpea, brown, boiled* (without salt)	Niébé, brun, bouilli* (sans sel)	2.70	Bergström, 1994 (Pigeon pea, dried, whole- soaked, boiled)
03_029	Cowpea, white, boiled* (without salt)	Niébé, blanc, bouilli* (sans sel)	2.70	Bergström, 1994 (Pigeon pea, dried, whole- soaked, boiled)
03_031	Lentils, boiled* (without salt)	Lentilles, bouillies* (sans sel)	2.73	Bognár, 2002 (Lentils, boiled, stewed)
03_033	Pigeon pea, boiled* (without salt)	Pois d'Angole, bouilli* (sans sel)	2.70	Bergström, 1994 (Pigeon pea, dried, whole- soaked, boiled)
03_034	Soya bean, boiled* (without salt)	Soja, bouilli* (sans sel)	2.30	Bergström, 1994 (Soya beans, dried- soaked, boiled)
03_040	Soya bean, combined varieties, boiled* (without salt)	Soja, variétés combinées, bouilli* (sans sel)	2.30	Bergström, 1994 (Soya beans, dried- soaked, boiled)
Vegetables and their products/Légumes et produits dérivés				
04_024	Amaranth leaves, boiled* (without salt)	Amarante, feuilles, bouillie* (sans sel)	0.95	Bognár, 2002 (Spinach boiled)
04_025	Baobab, leaves, boiled* (without salt)	Baobab, feuilles, bouilli* (sans sel)	0.95	Bognár, 2002 (Spinach boiled)
04_026	Beans, green, boiled* (without salt)	Haricot, vert, bouilli* (sans sel)	0.91	Bergström, 1994 (Beans, green, boiled)
04_027	Cabbage, boiled* (without salt)	Chou, bouilli* (sans sel)	0.98	Bognár, 2002 (Cabbage, white/red, boiled)
04_007	Carrot, boiled* (without salt)	Carotte, bouillie* (sans sel)	0.94	Bognár, 2002 (Carrot, boiled)
04_028	Cassava, leaves, boiled* (without salt)	Manioc, feuilles, bouillie* (sans sel)	0.95	Bognár, 2002 (Spinach boiled)
04_029	Cocoyam, leaves, boiled* (without salt)	Chou caraïbe, feuilles, bouilli* (sans sel)	0.95	Bognár, 2002 (Spinach boiled)
04_030	Cowpea, leaves, boiled* (without salt)	Niébé, feuilles, bouilli* (sans sel)	0.95	Bognár, 2002 (Spinach boiled)
04_033	Drumstick leaves, boiled* (without salt)	Ben oléifère, feuilles, bouilli* (sans sel)	0.95	Bognár, 2002 (Spinach boiled)
04_034	Eggplant, boiled* (without salt)	Aubergine, bouillie* (sans sel)	0.93	Bergström, 1994 (Aubergine, boiled)
04_035	Eggplant leaves, boiled* (without salt)	Aubergine, feuilles, bouillie* (sans sel)	0.95	Bognár, 2002 (Spinach boiled)
04_037	False sesame, leaves, boiled* (without salt)	Faux sésame, feuilles, bouilli* (sans sel)	0.95	Bognár, 2002 (Spinach boiled)
04_039	Jute (bush-okra) leaves, boiled* (without salt)	Jute, feuilles, bouilli* (sans sel)	0.95	Bognár, 2002 (Spinach boiled)

Code	Food name in English/ Nom anglais	Food name in French/ Nom français	Yield factor/ Facteur de rendement	Source
04_041	Okra leaves, boiled* (without salt)	Gombo, feuilles, bouilli* (sans sel)	0.95	Bognár, 2002 (Spinach boiled)
04_042	Okra fruit, boiled* (without salt)	Gombo, bouilli* (sans sel)	0.88	Bergström, 1994 (Zucchini, cooked)
04_043	Onion, boiled* (without salt)	Oignon, bouilli* (sans sel)	0.82	Bergström, 1994 (av. Onions boiled)
04_048	Pepper, sweet, red, boiled* (without salt)	Poivron, doux, rouge, bouilli* (sans sel)	0.87	Bergström, 1994 (Pepper, boiled)
04_050	Pepper, sweet, green, boiled* (without salt)	Poivron, doux, vert, bouilli* (sans sel)	0.87	Bergström, 1994 (Pepper, boiled)
04_052	Pumpkin/squash, boiled* (without salt)	Courge/citrouille, bouillie* (sans sel)	0.92	Bognár, 2002 (Pumpkin/squash, boiled)
04_054	Pumpkin leaves, boiled* (without salt)	Courge, feuilles, bouillie* (sans sel)	0.95	Bognár, 2002 (Spinach boiled)
04_056	Roselle leaves, boiled* (without salt)	Oseille de Guinée, feuilles, bouillie* (sans sel)	0.95	Bognár, 2002 (Spinach boiled)
04_058	Spinach, boiled* (without salt)	Épinards, bouillis* (sans sel)	0.95	Bognár, 2002 (Spinach boiled)
04_060	Sweet potato leaves, boiled* (without salt)	Patate douce, feuilles, bouillie* (sans sel)	0.95	Bognár, 2002 (Spinach boiled)
04_061	Tamarind, leaves, boiled* (without salt)	Tamarin, feuilles, bouilli* (sans sel)	0.95	Bognár, 2002 (Spinach boiled)
04_063	Taro, leaves, boiled* (without salt)	Taro, feuilles, bouilli* (sans sel)	0.95	Bognár, 2002 (Spinach boiled)
04_064	Tomato, red, ripe, boiled* (without salt)	Tomate, rouge, mûre, bouillie* (sans sel)	0.78	Bergström, 1994 (Tomatoes, boiled)
04_069	Turnip, boiled* (without salt)	Navet, bouilli* (sans sel)	0.90	Bergström, 1994 (Turnips, boiled)
04_070	Vernonia, leaves, boiled* (without salt)	Vernonie, feuilles, bouillie* (sans sel)	0.95	Bognár, 2002 (Spinach boiled)
Fruits and their products/Fruits et produits dérivés				
05_043	Plantain, ripe, boiled* (without salt)	Banane plantain, mûre, bouillie* (sans sel)	1.05	UK6 (calc. from 13323 and 13324)
Meat and poultry and their products/Viande et volaille, et produits dérivés				
07_010	Beef, meat, lean, boiled *(without salt)	Bœuf, viande, maigre, bouillie* (sans sel)	0.60	Bergström, 1994 (Beef, small pieces, boiled, well done)
07_011	Beef, meat, lean, grilled* (without salt and fat)	Bœuf, viande, maigre, grillée* (sans sel ou mat. grasse)	0.72	Bognár, 2002 (Roast beef (chuck, leg, shoulder, top round) medium grill, broil, barbecue)
07_012	Beef, meat, 15-20% fat, boiled* (without salt)	Bœuf, viande, 15-20 % de mat. grasse, bouillie* (sans sel)	0.60	Bergström, 1994 (Beef, small pieces, boiled, well done)
07_013	Beef, meat, 15-20% fat, grilled* (without salt and fat)	Bœuf, viande, 15-20 % de mat. grasse, grillée* (sans sel ou mat. grasse)	0.72	Bognár, 2002 (Roast beef (chuck, leg, shoulder, top round), medium grill, broil, barbecue)
07_015	Beef, meat, approx. 30 % fat, boiled* (without salt)	Bœuf, viande, à peu près 30% de mat. grasse, bouillie*(sans sel)	0.60	Bergström, 1994 (Beef, small pieces, boiled, well done)

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07_016	Beef, meat, approx. 30 % fat, grilled* (without salt and fat)	Bœuf, viande, à peu près 30 % de mat. grasse, grillée* (sans sel ou mat. grasse)	0.72	Bognár, 2002 (Roast beef (chuck, leg, shoulder, top round), medium grill, broil, barbecue)
07_018	Beef liver, boiled* (without salt)	Bœuf, foie, bouilli* (sans sel)	0.66	Bergström, 1994 (Liver, beef, boiled)
07_020	Beef, kidney, stewed* (without salt)	Bœuf, rognon, bouilli* (sans sel)	0.63	Bergström, 1994 (Kidney beef, stewed)
07_022	Beef, tripe, boiled* (without salt)	Bœuf, tripe, bouillie* (sans sel)	0.71	Bergström, 1994 (Tripes, beef, boiled)
07_024	Beef, ground stewed* (without salt)	Bœuf, haché, bouilli* (sans sel)	0.72	Bergström, 1994 (Beef, mince stewed)
07_028	Chicken, dark meat, flesh, boiled* (without salt)	Poulet, cuisse, sans peau, bouillie* (sans sel)	0.76	Bergström, 1994 (Chicken, boiled, average)
07_029	Chicken, dark meat, flesh, grilled* (without salt and fat)	Poulet, cuisse, sans peau, grillée* (sans sel ou mat. grasse)	0.78	Bergström, 1994 (Chicken grilled)
07_031	Chicken, dark meat, flesh and skin, boiled* (without salt)	Poulet, cuisse, avec peau, bouillie* (sans sel)	0.76	Bergström, 1994 (Chicken, boiled, average)
07_032	Chicken, dark meat, flesh and skin, grilled* (without salt and fat)	Poulet, cuisse, avec peau, grillée* (sans sel ou mat. grasse)	0.78	Bergström, 1994 (Chicken grilled)
07_034	Chicken, light meat, flesh, boiled* (without salt)	Poulet, blanc de poulet, sans peau, bouilli* (sans sel)	0.76	Bergström, 1994 (Chicken, boiled, average)
07_035	Chicken, light meat, flesh, grilled* (without salt and fat)	Poulet, blanc de poulet, sans peau, grillé* (sans sel ou mat. grasse)	0.78	Bergström, 1994 (Chicken grilled)
07_037	Chicken, light meat, flesh and skin, boiled* (without salt)	Poulet, blanc de poulet, avec peau, bouilli* (sans sel)	0.76	Bergström, 1994 (Chicken, boiled, average)
07_038	Chicken, light meat, flesh and skin, grilled* (without salt and fat)	Poulet, blanc de poulet, avec peau, grillé* (sans sel ou mat. grasse)	0.78	Bergström, 1994 (Chicken grilled)
07_040	Chicken, giblets, braised* (without salt)	Poulet, abats, braisés* (sans sel)	0.69	Bergström, 1994 (Chicken, parts, braised)
07_042	Chicken liver, braised* (without salt)	Poulet, foie, braisé* (sans sel)	0.69	Bergström, 1994 (Chicken, parts, braised)
07_045	Crocodile, boiled* (without salt)	Crocodile, bouilli* (sans sel)	0.58	SA10 (calc. from Crocodile, raw and Crocodile cooked)
07_047	Goat, meat, boiled* (without salt)	Chèvre, viande, bouillie* (sans sel)	0.67	Bergström, 1994 (Lamb, brisket, boiled)
07_048	Goat, meat, grilled* (without salt and fat)	Chèvre, viande, grillée* (sans sel ou mat. grasse)	0.69	UK6 (Lamb, lion chops, grilled)
07_049	Lamb/mutton, meat, moderately fat, boiled* (without salt)	Agneau/mouton viande, moyennement grasse, bouillie* (sans sel)	0.67	Bergström, 1994 (Lamb, brisket, boiled)
07_050	Lamb/mutton, meat, moderately fat, grilled* (without salt and salt)	Agneau/mouton viande, moyennement grasse, grillée* (sans sel ou mat. grasse)	0.69	UK6 (Lamb, lion chops, grilled)

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07_052	Lamb, brain, braised* (without salt)	Agneau, cerveau, braisé* (sans sel)	0.80	US23 (calc. from 17185 and 17186)
07_054	Lamb, liver, boiled* (without salt)	Agneau, foie, bouilli* (sans sel)	0.66	Bergström, 1994 (Liver, beef and liver of pork boiled)
07_057	Pork, meat, approx. 20 % fat, boiled* (without salt)	Porc, viande, env. 20 % de mat. grasse, bouillie* (sans sel)	0.65	Bergström, 1994 (Pork, pig pieces, boiled, steamed)
07_058	Pork, meat, approx. 20 % fat, grilled* (without salt and fat)	Porc, viande, env. 20 % de mat. grasse, grillée* (sans sel ou mat. grasse)	0.70	Bergström, 1994 (Pork, grilled, average)
07_059	Pork, meat, approx. 40 % fat, boiled* (without salt)	Porc, viande, env. 40 % de mat. grasse, bouillie* (sans sel)	0.65	Bergström, 1994 (Pork, pig pieces, boiled, steamed)
07_060	Pork, meat, approx. 40 % fat, grilled* (without salt and fat)	Porc, viande, env. 40 % de mat. grasse, grillée* (sans sel ou mat. grasse)	0.70	Bergström, 1994 (Pork, grilled, average)
07_061	Rabbit, meat, stewed* (without salt)	Lapin, chair uniquement, bouillie* (sans sel)	0.69	Bergström, 1994 (Rabbit, stewed)
07_062	Rabbit, meat, grilled* (without salt and fat)	Lapin, chair uniquement, grillée* (sans sel ou mat. grasse)	0.69	UK6 (Lamb, lion chops, grilled)
Eggs and their products/Œufs et produits dérivés				
08_002	Egg, chicken, boiled* (without salt)	Œuf, poule, bouilli* (sans sel)	0.90	Bergström, 1994 (Eggs with shell, boiled)
Fish and their products/Poissons et produits dérivés				
09_008	African carp, steamed* (without salt)	Carpe d'Afrique, cuit à la vapeur* (sans sel)	0.85	Bergström, 1994 (Fish steamed/poached, average)
09_009	African carp, grilled* (without salt and fat)	Carpe d'Afrique, grillée* (sans sel ou mat.grasse)	0.69	Bergström, 1994 (Fish, grilled, average)
09_010	Anchovy, fillet, steamed* (without salt)	Anchois, filet, cuit à la vapeur* (sans sel)	0.85	Bergström, 1994 (Fish steamed/poached, av.)
09_011	Anchovy, fillet, grilled* (without salt and fat)	Anchois, filet, grillé* (sans sel ou mat. grasse)	0.69	Bergström, 1994 (Fish, grilled, av.)
09_013	Barracuda, steamed* (without salt)	Barracuda, cuit à la vapeur* (sans sel)	0.85	Bergström, 1994 (Fish steamed/poached, av.)
09_014	Barracuda, grilled* (without salt and fat)	Barracuda, grillé* (sans sel ou mat.grasse)	0.69	Bergström, 1994 (Fish, grilled, av.)
09_016	Bayad, steamed* (without salt)	Poisson `Bayad`, cuit à la vapeur* (sans sel)	0.85	Bergström, 1994 (Fish steamed/poached, av.)
09_017	Bayad, grilled* (without salt and fat)	Poisson `Bayad`, grillé* (sans sel ou mat. grasse)	0.69	Bergström, 1994 (Fish, grilled, av.)
09_019	Catfish, steamed* (without salt)	Poisson-chat, cuit à la vapeur* (sans sel)	0.85	Bergström, 1994 (Fish steamed/poached, av.)
09_020	Catfish, grilled* (without salt and fat)	Poisson-chat, grillé* (sans sel ou mat. grasse)	0.69	Bergström, 1994 (Fish, grilled, av.)

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09_022	Carp, steamed* (without salt)	Carpe, cuit à la vapeur* (sans sel)	0.85	Bergström, 1994 (Fish steamed/poached, av.)
09_023	Carp, grilled* (without salt and fat)	Carpe, grillée (sans sel ou mat.grasse)	0.69	Bergström, 1994 (Fish, grilled, av.)
09_024	Mackerel, boiled* (without salt)	Maquereau, bouilli* (sans sel)	0.66	Bergström, 1994 (Mackerel boiled)
09_025	Mackerel, grilled* (without salt and fat)	Maquereau, grillé* (sans sel ou mat. grasse)	0.69	Bergström, 1994 (Fish, grilled, av.)
09_027	Mormyrids, steamed* (without salt)	Mormyridés, cuit à la vapeur* (sans sel)	0.85	Bergström, 1994 (Fish steamed/poached, av.)
09_028	Mormyrids, grilled* (without salt and fat)	Mormyridés, grillés* (sans sel ou mat. grasse)	0.69	Bergström, 1994 (Fish, grilled, average)
09_030	Mudfish, steamed*(without salt)	Poisson `Mudfish`, cuit à la vapeur* (sans sel)	0.85	Bergström, 1994 (Fish steamed/poached, av.)
09_031	Mudfish, grilled* (without salt and fat)	Poisson `Mudfish`, grillé* (sans sel ou mat. grasse)	0.69	Bergström, 1994 (Fish, grilled, av.)
09_033	Perch, Nile, steamed* (without salt)	Perche du Nil, capitaine, cuit à la vapeur* (sans sel)	0.85	Bergström, 1994 (Fish steamed/poached, av.)
09_034	Perch, Nile, grilled* (without salt and fat)	Perche du Nil, capitaine, grillée* (sans sel ou mat. grasse)	0.69	Bergström, 1994 (Fish, grilled, av.)
09_035	Sardine, steamed* (without salt)	Sardine, cuit à la vapeur* (sans sel)	0.85	Bergström, 1994 (Fish steamed/poached, av.)
09_036	Sardine, grilled* (without salt and fat)	Sardine, grillée* (sans sel ou mat. grasse)	0.69	Bergström, 1994 (Fish, grilled, av.)
09_039	Shiny-nose, steamed* (without salt)	Capitaine de mer, cuit à la vapeur* (sans sel)	0.85	Bergström, 1994 (Fish steamed/poached, av.)
09_040	Shiny-nose, grilled* (without salt and fat)	Capitaine de mer, grillé* (sans sel ou mat. grasse)	0.69	Bergström, 1994 (Fish, grilled, av.)
09_042	Tilapia, steamed* (without salt)	Tilapia, cuit à la vapeur* (sans sel)	0.85	Bergström, 1994 (Fish steamed/poached, av.)
09_043	Tilapia, grilled* (without salt and fat)	Tilapia, grillé* (sans sel ou mat. grasse)	0.69	Bergström, 1994 (Fish, grilled, av.)
09_044	Tuna, boiled* (without salt)	Thon, bouilli* (sans sel)	0.80	Bergström, 1994 (Tuna, boiled)
09_045	Tuna, grilled* (without salt and fat)	Thon, grillé* (sans sel ou mat.grasse)	0.69	Bergström, 1994 (Fish, grilled, av.)
09_046	White grouper, steamed* (without salt)	Mérou blanc, cuit à la vapeur* (sans sel)	0.85	Bergström, 1994 (Fish steamed/poached, av.)
09_047	White grouper, grilled* (without salt and fat)	Mérou blanc, grillé* (sans sel ou mat.grasse)	0.69	Bergström, 1994 (Fish, grilled, av.)

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