ጤና ሚኒስቴር - ኢትዮጵያ
MINISTRY OF HEALTH-ETHIOPIA

Ethiopian Food Composition Table



With technical support

Food and Agriculture Organization of the United Nations

2025

Ethiopian Food Composition Table (2025)

User Guide and Condensed Table

Recommended citation: Ethiopian Public Health Institute (EPHI) and Food and Agriculture Organization of the United Nations (FAO) 2025. The Ethiopian Food Composition Table 2025. Addis Ababa, Ethiopia.

© Ethiopian Public Health Institute (EPHI), 2025.

EPHI encourages the use, reproduction and dissemination of material in this information product. Except where otherwise indicated, material may be copied, downloaded and printed for private study, research and teaching purposes, or for use in commercial products or services, provided that appropriate acknowledgement of EPHI as the source and copyright holder is given and that EPHI's endorsement of users' views, products or services is not implied in any way.

For more information please contact:

Ethiopian Public Health Institute (EPHI)

Nutrition, Environmental Health and Non-Communicable Diseases Research Directorate

Swaziland Street, Gulele Sub City; 5654/1242 Addis Ababa, Ethiopia

Web: www.Ephi.gov.et

E-mail: ephi@ephi.gov.et

Phone: +251-112756310

ISBN 978-99990-0-953-9

Ethiopian Food Composition Table Implementation Team

	NAME	ROLE
ETHIOPIAN PUBLIC HEALTH INSTITUTE		
1	Endale Amare (PhD)	Principal investigator (PI) and overall coordinator
2	Masresha Tessema (PhD)	Overall coordinator and Co-PI
3	Nigat Ashenafi	Sample collection, processing, lab analysis, report writing
4	Temesgen Awoke	Protocol development, secondary data collection and review
5	Meseret W/Yohannes	Regional and laboratory team coordinator
6	Tesfaye zeru	Regional coordinator and training manual development
7	Nahom Tefera	Regional coordinator and training manual development
8	Getinet Fikresilasse	Regional coordinator
9	Teshome Asefa	Regional coordinator and training manual development
10	Tadesse Gebregiyorgis	Sample collection, processing and lab analysis
11	Addisu Legesse	Sample collection, processing and lab analysis
12	Yoseph Demelash	Sample collection, processing and lab analysis
13	Chere Tadesse	Sample collection, processing and lab analysis
14	Abebe Bitew	Sample collection, processing and lab analysis
15	Asrat Yehualashet	Sample collection, processing and lab analysis
16	Misganaw Andualem	Sample collection, processing and lab analysis
17	Kelemua Tesfaye	Sample collection, processing and lab analysis
18	Melkitu Kassaw	Sample collection, processing and lab analysis
19	Ilili Feyesa	Recipe data collection

19	Elsabet Regassa	Sample collection and processing
20	Yohannes Tesfaye	Sample collection, processing and lab analysis
21	Haregewion Liake	Sample collection and processing
22	Mihert Engeda	Sample collection and processing
23	Hana Hailemariam	Sample collection and processing
24	Fikiret Hailemariam	Sample collection and processing
25	Mesay Hailu (PhD)	Overall coordinator
26	Dr. Getachew Tollera	Overall coordinator
FOOD AND AGRICULTURE ORGANIZATION OF THE UNITED NATIONS (FAO)		
1	Tefera Darge Delbiso (PhD)	National project coordinator
2	Fernanda Grande (PhD)	Technical lead
3	Maya HageAli	Overall coordinator
4	Workicho Jateno (PhD)	Overall coordinator
5	Dia Sanou (PhD)	Technical backstopping
6	Farayi Zimudzi	Overall coordinator
GATES FOUNDATION		
1	Shelly Sandberg	Overall coordinator

FOREWORD

Food composition data provide evidence to inform policies, programs, and interventions to support healthy and sustainable diets and food systems at the national, sub-regional, and continental levels. They are a useful tool for various purposes, such as nutrient intake estimation at individual and population levels, dietetics and clinical practices to formulate diets, food-based dietary guidelines (FBDGs) development, industrial food product development, food regulation and consumer protection, nutrition labeling and fortification, agricultural research, and food security and nutrition policy and planning. Despite their significant benefits for transforming food systems, country-specific Food Composition Tables (FCTs)–which provide data on the nutrient and energy content, as well as non-nutrients like phytochemicals, bioactive compounds, and anti-nutrients or toxic components in food–are scarce or outdated in many low- and middle-income countries (LMICs), including Ethiopia. Ethiopia developed its first FCT in 1969, and it has been over two decades since it was last updated.

The current update is therefore necessary due to several reasons, including the introduction of new food items (such as processed, imported, and underutilized foods), changes in agricultural practices which is likely to change the food composition, changes in dietary patterns over the decades, advancements in analytical methods, and the absence of nutrient values for certain foods in the previous versions of Ethiopian FCTs (EFCT) and advancement in nutritional knowledge to explore additional components. With funding from the Gates Foundation, the Ethiopian Public Health Institute (EPHI), the technical arm of the Ministry of Health (MoH), and the Food and Agriculture Organization of the United Nations (FAO) updated the EFCT with new analytical data, on traditional/indigenous, and modern foods/recipes.

The EPHI and FAO are therefore confident that this up-to-date food composition data can be used by multiple sectors in the country, such as food processing industries for proper labeling of food items, dieticians and clinical practitioners to advise their patients' diets, the agricultural sector to promote nutritionally important plant- and animal-based foods, the education sector to identify appropriate foods for the school meal program, and the food standard development authorities to establish national and regional standards, and other relevant authorities to monitor the effectiveness of nutrition-related policies and programs, in addition to research and academia.

The EFCT 2025 was developed through a collaborative effort involving various institutions, ministries, organizations, development partners, private sectors, laboratories, and individuals. We are grateful to all partners for their consistent support and contributions in developing the EFCT 2025.

Mesay Hailu (PhD)
Director General
Ethiopian Public Health Institute

Ms. Farayi Zimudzi
FAO Representative in Ethiopia
Food and Agriculture Organization of the United Nation

ACKNOWLEGEMENTS

The Ethiopian Public Health Institute (EPHI) and the Food and Agriculture Organization of the United Nations (FAO) are grateful for the institutions and contributors of the first four parts of the Ethiopian Food Composition Tables (EFCT) (part I:1969 to part IV: 1998) that laid the foundation for the EFCT 2025. The EFCT 2025 is the result of a collaborative effort involving various institutions, ministries, organizations, private sectors, laboratories, and individuals. EPHI and FAO extend their gratitude to everyone involved particularly:

The steering committee members: Aregash Samuel (PhD), Endale Amare (PhD), Meseret W/Yohannes, Nahom Tefera, Nigat Ashenafi, Temesgen Awoke, Tesfaye Zeru, Teshome Assefa, and Yosef Beyene from EPHI; Alemstehay Sergawi from Ministry of Agriculture; Aynadis Tamene (PhD) and Habtamu Asmare from Addis Ababa University; Abera Belay (PhD) from Addis Ababa Science and Technology University; Mesfin Wogayehu (PhD) from Bahir Dar University; Habtamu Gashaw from Bless Agri-Food Laboratory; Helen Berihu from Debre Birhan University; Selamawit Tadesse from Ethiopian Biotechnology Institute; Ruth Bekele from Ethiopian Institute of Agricultural Research; Bisrat Walle from Food, Beverage and Pharmaceutical Industry Development Institute; Melese Temesgen (PhD) from Haromaya University; Alazar Kirubel from Hawassa University; Sirawdink Fikreyesus (PhD) and Tizazu Yirga from Jimma University; Erkihun Massresha (PhD) and HaileMicheal Alemayehu from Wolkite University; Sentayehu Seifu, an IT consultant; and Fernanda Grande (PhD), Tefera Darge Delbiso (PhD), and Senait Zewdie from FAO.

Special acknowledgements are extended to Bless Agri-Food Laboratory and Ethiopian Conformity Assessment Enterprise for providing laboratory data; the data collectors and the community supporting the food sample collection; Rajendran Ananthan and Gemechu Sorsa for supporting in the laboratory capacity assessment; Yetagesu Mergeiya for the cover design and layout; Sitilitha Masangwi from the Food and Nutrition Division, FAO (Rome) for supporting the calculation of cooked foods; Bridget Holmes, Pauline Allemand, Agnieszka Balcerzak and Victoria Padula de Quadros from the Food and Nutrition Division, FAO (Rome) and Sandra Patricia Crispim, Claudia Choma Bettega Almeida, Augusto Fadanni Marques, Raquel Vitoria Dantas de Lima, Cathysia Maria Leite Praxedes, Catarina Perez Pereira, Rafaela Olle da Luz Szklar, Thiago Augusto Biscouto and, Débora Letícia Frizzi Silva from the University of Parana (Brazil) for supporting the FoodEx2 coding; and Fernanda Grande for providing technical leadership throughout the EFCT development. .

Finally, EPHI and FAO would like to acknowledge the financial support from the Gates Foundation. We are grateful to the Gates Foundation team, particularly Shelly Sundberg, for her invaluable guidance and support throughout the project implementation.

This user guide is prepared by: Endale Amare (PhD), Nigat Ashenafi, Tefera Darge Delbiso (PhD), and Fernanda Grande (PhD).

ABBREVIATIONS

AAS	Atomic Absorption Spectrometry
AOAC	Association of Official Analytical Chemists
CNU	Children's Nutrition Unit
DFE	Dietary Folate Equivalents
DW	Dry Weight Basis
EFCT	Ethiopian Food Composition Table
EP	Edible Portion on Fresh Weight basis
EHNRI	Ethiopian Health and Nutrition Research Institute
ENI	Ethiopian Nutrition Institute
EPHI	Ethiopian Public Health Institute
FA	Fatty Acid
FAO	Food and Agriculture Organization of the United Nations
FBDG	Food-based Dietary Guidelines
FCDB	Food Composition Database
FCT	Food Composition Table
FW	Fresh Weight Basis
g	Grams
GC-FID	Gas Chromatography Flame Iodization Detection
GLC	Gas-liquid Chromatography
HCE	Ethiopian Household Consumption and Expenditure
HPLC	High Performance Liquid Chromatography
ICP-MS	Inductively Coupled Plasma Mass Spectrometry
ICP-OES	Inductively Coupled Plasma Optical Emission Spectrometry
INFOODS	International Network of Food Data Systems
ISO	International Organization for Standardization
kcal	Kilocalories
kJ	Kilojoules
LMIC	Low- and Middle-income country
mcg	Microgram
mg	Milligram

N	Nitrogen
nd	not detected
NFCS	Ethiopian National Food Consumption Survey
PA	Phytic Acid
RAE	Retinol Activity Equivalent
RE	Retinol Equivalent
RF	Nutrient Retention Factor
SD	Standard Deviation
SIDA	Swedish International Development Authority
SOP	Standard Operating Procedures
tr	Trace
YF	weight yield factor
XN	Nitrogen Conversion Factor
XFA	Fatty Acid Conversion Factor

Table of Contents

FOREWORD I
ACKNOWLEGEMENTS II
ABBREVIATIONS III
1. Introduction 1
1.1 History of the Ethiopian FCT development: 1968–2025 1
1.2 Objectives 2
1.3 Outputs and structure 3
1.4 Stages of EFCT 2025 Development 3
1.5 Foods included in the EFCT 2025 3
2. Food groups and codes 5
2.1 Foods and food descriptions 5
2.1.1 FoodEx2 codes 6
3. Sources of data 7
3.1 Primary data 7
3.2 Secondary data 7
3.3 Reference data 7
4. Components 8
5. Selection of priority foods and sampling design for food sample collection 14
5.1 Sampling of priority foods 16
5.1.1 Sampling of baked foods 17
5.1.2 Sampling of perishable items 17
5.1.3 Sampling of industrial food products 17
5.1.4 Sampling of fish 17
5.2 Sample preparation and analysis 17
6. Principles of Compilation and Calculation 19
6.1 Food data aggregation 19
6.1.1 Assumed values 19
6.1.2 Borrowing data 19
6.1.3 Considerations during data aggregation 20
6.1.4 Calculation of cooked foods 20
6.1.5 Yield Factors 21
6.1.6 Retention Factors 22

6.2 Mixed Dishes 23
7. Food and value documentation 25
8. Quality considerations 27
9. Recommendations 28
10. References 29
11. Condensed food composition table 32
Annex A: Reference datasets used in the EFCT 2025 333
Annex B: Conversion factors 334
Annex C: Sampling sites 336
Annex D: List of foods collected for primary analytical data generation 338
Annex E: Yield factors for single ingredient recipes 341
Annex F: Retention factors 351
Annex E: Retention factors 355
Annex G: Data sources with BiblioID 359

1. Introduction

Unhealthy diets around the world have become one of the leading risk factors for morbidity and mortality in populations. For example, about 11 million deaths and 255 million disability-adjusted life-years were attributed to dietary risk factors in 2017 only (Afshin et al., 2019). This emphasizes the importance of understanding people's dietary patterns and the nutrient content of their food choices. The lack of individual-level dietary intake data coupled with lack of quality food composition data, particularly in low- and middle-income countries (LMICs), poses a major challenge in identifying key dietary risk factors. Despite many metrics and indicators being tested and validated to understand dietary diversity and quality, data on the composition of foods is still limited or outdated.

Food Composition Tables (FCTs) and Food Composition Databases (FCDBs) provide data on the nutrient and energy content of foods, and sometimes include information on phytochemicals, bioactive compounds, anti-nutrients, and toxic components (Greenfield & Southgate, 2003). Food composition data provide evidence to inform interventions, policies, and programs to support healthy and sustainable diets and food systems at the national, sub-regional, and continental levels. They are used as a tool for various purposes, such as nutrient intake estimation at individual and population levels, dietetics and clinical practices to formulate diets, food-based dietary guidelines (FBDGs) development, food standard development, regulation and consumer protection, nutrition labeling and fortification, agricultural research, and nutrition and agriculture planning and policy (Charrondiere et al., 2011; Greenfield & Southgate, 2003). Despite their multiple benefits to achieve the food system transformation, country specific FCTs/FCDBs are scarce or outdated in LMICs, including Ethiopia.

1.1 History of the Ethiopian FCT development: 1968–2025

Ethiopia has published its first FCT in 1968 through a collaborative effort of the Ethiopian Nutrition Institute (ENI) and the Ethio-Swedish Technical Assistance Project. The FCT included relevant data of about 180 Ethiopian foods, and it was a pioneer initiative in the continent (Agren & Gibson, 1968). The second Ethiopian FCT was developed by generating data on amino acid and biological value of protein for the same food samples considered in the first FCT (Agren et al. 1975). The project was accomplished with the financial support of the Swedish International Development Authority (SIDA) and the Ethiopian Ministry of Public Health. However, both FCTs lacked some important data for processed and cooked foods (Agren & Gibson, 1968; Agren et al., 1975).

To provide updated data, including data on processed and cooked foods, the third Ethiopian FCT was developed and published in 1997. The proximate composition, energy, minerals (calcium,

iron and phosphorus), vitamins (beta carotene equivalent, thiamin, riboflavin, niacin, ascorbic acid), tryptophan , and refuse factor of about 700 food items, collected from nationally representative sampling sites, were analyzed (ENI & EHNRI, 1997) with the financial support from the government of Ethiopia through the Ethiopian Health and Nutrition Research Institute (EHNRI). However, none of the three FCTs covered foods from all the regions of Ethiopia, particularly the peripheral areas of the country where foods and feeding habits differs from the central Ethiopia. Therefore, part IV of the Ethiopian FCT was developed to address the diverse and unique ethnic-based foods in the country (FAO & EHNRI, 1998). In this version, cooked (composite dishes) and raw foods commonly consumed in the specific locality were collected. Detailed information on preparation methods and the ingredients used in every dish were also collected and nineteen nutritional parameters, proximate composition, energy, minerals (calcium, phosphorus, potassium, iron, zinc, copper, sodium and potassium), vitamins (retinol equivalent, thiamin, riboflavin and ascorbic acid), were analyzed. The EHNRI and the Food and Agriculture Organization of the United Nations (FAO) jointly supported the development of the fourth version of the FCT (FAO & EHNRI, 1998).

It has been more than two decades since part IV of the Ethiopian FCT (EFCT) was published. The current update is necessary due to several reasons, including the introduction of new food items (such as processed, imported, and underutilized foods), changes in dietary patterns over the decades, advancements in analytical methods, and the absence of nutrient values for certain foods and new nutrients (e.g., dietary fiber, folate, selenium) in the old FCTs. With funding from the Bill & Melinda Gates Foundation (BMGF), the Ethiopian Public Health Institute (EPHI) with technical support from FAO updated the EFCT with new data on raw foods, as well as traditional, indigenous, and modern foods and recipes. The updated EFCT (EFCT 2025) was prepared in compliance with guidelines and standards published by FAO and the International Network of Food Data Systems (INFOODS), a worldwide network of food composition experts aiming to improve the quality, availability, reliability, and use of food composition data. The EFCT 2025 provides food composition data that can be used to estimate nutrient intakes, better understand diet composition in the country, promote food-based interventions, strengthen food and nutrition research, advise food security and nutrition policies and programs, and support industrial food product development.

1.2 Objectives

The aim of updating the EFCT was to incorporate data for commonly consumed foods, as well as traditional, indigenous, and modern foods and recipes. This was achieved through direct analysis of prioritized food items, compilation of additional analytical data from various sources, and recipe calculation for cooked single ingredient and mixed recipes. The specific objectives were:

1. To identify and fill the data gaps in terms of missing foods and nutrients to improve the coverage of the FCT.
2. To provide reliable data of macro- and micro-nutrients of raw and cooked foods and recipes consumed in Ethiopia.
3. To present and document the food composition data in a user-friendly and easily accessible manner according to international standards and guidelines.

1.3 Outputs and structure

The EFCT 2025 is structured and disseminated into three parts:

(1) the user guide and condensed FCT which provides details on the components and foods included, methodologies used to generate, compile, calculate and present the data as well as data on 39 out of the 69 components for all foods listed in the EFCT 2025,

(2) the full set of datasheets (in Microsoft Excel) including 69 components for a total of 727 food entries listed in the EFCT 2025 with additional statistics and documentation at value level, and

(3) a recipe book which was developed by collecting detailed information on recipe ingredients, their proportions, preparation methods, and the final weight or volume of each recipe. Nutrient information for 145 recipes is documented.

1.4 Stages of EFCT 2025 Development

The process to update the EFCT comprised three main steps. First, the existing national FCTs (parts I to IV) were compiled and evaluated. In parallel, existing analytical data for Ethiopian foods were compiled from various sources, such as published scientific articles, unpublished MSc thesis and PhD dissertation, laboratory reports and conference proceedings and reviewed as per the INFOODS guideline. For prioritized foods, a national sampling was employed, and nutrient analysis was conducted. Finally, detailed information was collected to standardize selected recipes and enable the calculation of their nutrient profiles.

1.5 Foods included in the EFCT 2025

Previous versions of the EFCT together with the food lists from national surveys were the basis to identify foods or recipes to be included in the EFCT 2025, including traditional or indigenous and modern recipes. Accordingly, all the 1438 foods/recipes reported in the previous EFCTs (parts I to IV) were included. In a second step, commonly consumed foods and foods that were missing from the old EFCTs were identified through extensive search of national surveys. These sources include the 2011 Ethiopian National Food Consumption Survey (NFCS, 2013), two Ethiopian Household Income, Consumption and Expenditure Surveys (HICE 2011; HICE 2016),

other published and unpublished documents and archives from relevant institutes in the country, including the Ethiopian Public Health Institute and Ethiopian Agricultural Research Institute, and inputs from the steering committee members. Finally, 992 foods were screened for inclusion in the updated EFCT (Figure 1) after considering foods reported in more than one source. Starting from this initial list of foods, the final decision on the foods that would be considered in the updated EFCT was determined by availability of secondary data and possibility to generate primary data.

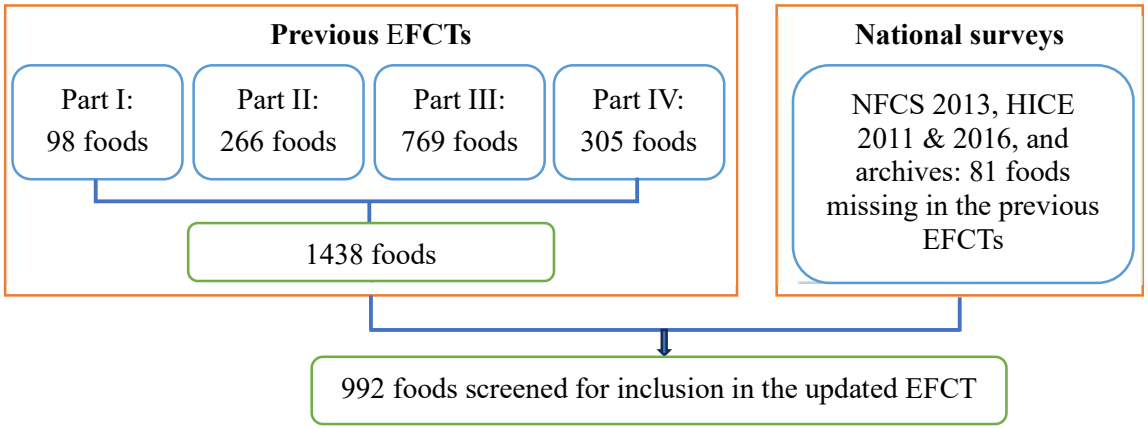


Figure 1: Selection of foods for the EFCT 2025

The national mandatory food fortification for edible oils and wheat flour was not fully in action during the study period and thus not considered in the present EFCT.

The current EFCT includes a total of 727 foods, comprising 582 raw and cooked food entries and 145 mixed-ingredient dishes. All these foods are grouped into food groups as listed in Table 1.

2. Food groups and codes

The updated EFCT uses different food groupings and codes compared to previous versions. It categorized foods into 17 groups (Table 1) according to their common use. Whenever possible, mixed dishes were classified on the basis of their main ingredient. However, in cases where a main ingredient could not be identified, they were placed in the "mixed dishes" group.

Table 1: Food groups and number of food entries in the EFCT 2025

		Number of food entries			
Code	**Food groups**	**Raw**	**Cooked**	**Mixed dish**	**Total**
01	Cereals and their products	78	39	40	157
02	Starchy roots, tubers, and their products	13	17	14	44
03	Legumes and their products	29	21	23	73
04	Vegetables and their products	32	37	13	82
05	Fruits and their products	32	0	0	32
06	Nuts, seeds, and their products	11	5	0	16
07	Meat, poultry, and their products	41	68	14	123
08	Eggs and their products	6	6	3	15
09	Fish, seafood, and their products	11	12	0	23
10	Milk and its products	17	7	1	25
11	Fats and oils	20	0	0	20
12	Beverages	27	0	8	35
13	Sugar and sweetened products	13	0	3	16
14	Condiments and spices	34	1	6	41
15	Miscellaneous	4	0	0	4
16	Soups and sauces	1	0	9	10
17	Mixed*	0	0	11	11
Total		369	213	145	727

*Represents food types which are prepared by mixing two or more primary ingredients in a relatively equal proportion

Each food entry was assigned a six-digit unique food code, which includes the food group code and a unique food number within the food group. The first two digits represent the food group, and the last four digits represent the food number in that group.

2.1 Foods and food descriptions

Food names are presented in English and 'Amharic' (commonly spoken language in Ethiopia) with scientific names where appropriate. The most descriptive food name was chosen for each food, along with relevant descriptions that influence nutrient content such as edible portion,

maturity, color, physical state, cooking method (e.g., raw, boiled) and fortification. Unless otherwise stated in the description, composition data refers to the food in its raw form.

2.1.1 FoodEx2 codes

FoodEx2 is a comprehensive and flexible food classification and description system, created and maintained by the European Food Safety Authority (EFSA, 2015) to harmonize the description and grouping of foods across various data domains. Coding food-related data (e.g. food composition, food consumption, food safety, and other food-related data) using FoodEx2 is strongly recommended to facilitate national and international data linkages across domains. The EFCT 2025 was therefore coded using the FoodEx2 system (Available in the excel datasheet 10).

The FoodEx2 code consists of a main base term to describe the food, along with food descriptor codes called 'facets' that can be added by inserting a hash (#) symbol after the base term. Each additional facet is separated by a dollar ($) symbol. The level of detail (added facets) is included based on the available information. In this way, foods can be described in as much detail as necessary.

Example: for the beverage "*tella*, fermented alcoholic beverage, cereal based (5.2% v/v alcohol)" the FoodEx2 code is A03MN#F28.A0CQZ$F04.A0ETP$F11.A079Y. This code describes *tella* with A03MN (beer-like beverages), process=fermentation with F28.A0CQZ, ingredient=cereal with F04.A0ETP and alcohol content=5.2% with F11.A079Y.

Details about FoodEx2 can be accessed from: https://www.efsa.europa.eu/en/data/data-standardisation.

3. Sources of data

3.1 Primary data

Primary data were generated for priority foods selected based on specified criteria (details are available in section 6). Seventy-two components were considered to generate the data.

3.2 Secondary data

Secondary analytical data were collected from the existing EFCTs (part I-IV), 231 published scientific articles, 143 unpublished MSc thesis and PhD dissertations, as well as several research reports from different institutions, conference proceedings, and laboratory reports. The collected data were critically reviewed for their suitability for compilation, considering the clarity of food descriptions, the methodology used for nutrient analysis and component definitions to assign appropriate INFOODS component identifiers (also known as tagnames), conversion factors applied, units, and mode expression. Compositional data were collected for Ethiopian foods established using an adapted version the FAO/INFOODS compilation tool (FAO/INFOODS, 2011). After screening the original sources, 2,170 food entries and more than 16,000 data points were deemed eligible to serve as the basis to build the EFCT 2025.

3.3 Reference data

A reference dataset was created using selected international FCTs/FCDBs to serve for two primary purposes. First, to fill some data gaps by borrowing values for nutrients which were missing in the data compiled for Ethiopian foods and second, to verify that the values compiled from other sources were reasonable. Annex A lists the FCTs/FCDBs included in the reference dataset.

4. Components

EFCT 2025 includes a total of 69 components which are presented in the Excel Datasheets. Due to space and layout considerations, the Condensed Food Composition Table in the User Guide includes only 39 components. The component values are presented per 100 g edible portion on fresh weight basis (EP).

The selection of components was guided by the need for information for major public health issues, the current state of nutritional science, the availability and quality of existing data, the presence of adequate analytical methods, the feasibility of analytical work, and national labeling regulations. To have the users' perspective on the priority nutrients to be included in the EFCT 2025, surveys among potential FCT users in Ethiopia (expert judgment) was also conducted. Proximate composition, minerals, vitamins, amino acids (for high protein containing foods) and fatty acids (for high fat containing foods) were the priority nutrients suggested by the FCT users.

Table 2 presents the full list of components, along with units, common analytical methods, definitions and INFOODS component identifiers (tagnames). Values presented between square brackets ([ ]) are of lower quality, either because of a different analytical method, definition or expression.

Table 2: Components, units, methods for data generation, definitions and corresponding INFOODS component identifiers used in the EFCT 2025

Component	INFOODS tagnames	Unit (Per 100 g EP)	Method	Definition/calculation method/remarks
Edible portion	EDIBLE			Edible portion (EP) coefficient (from as purchased to as described)
Sum of proximate components	SOP	g	Calculated	Sum of proximate components (g/100 g EP) = water (g/100 g EP) + total fat (g/100 g EP) + available carbohydrate (g/100 g EP) + total protein (g/100 g EP) + ash (g/100 g EP) + total dietary fiber (g/100 g EP) + alcohol (g/100 g EP)
Energy	ENERC	kJ	Calculated	Energy (kJ/100 g EP) = total protein (g/100 g EP) × 17 + total fat (g/100 g EP) × 37 + available carbohydrate (g/100 g EP) × 17 + total dietary fiber (g/100 g EP) × 8 + alcohol (g/100 g EP) × 29
	ENERC	kcal	Calculated	Energy (kcal/100 g EP) = total protein (g/100 g EP) × 4 + total fat (g/100 g EP) × 9 + available carbohydrate (g/100 g EP) × 4 + total dietary fiber (g/100 g EP) × 2 + alcohol (g/100 g EP) × 7
Water	WATER	g	Drying	
Conversion factor to calculate total protein from total nitrogen	XN		-	From literature sources (see Table B2 in Annex B for nitrogen conversion factors).
Protein, total	PROTCNT	g	Calculated	Total protein (g/100 g EP) = nitrogen conversion factor (XN) × total nitrogen (NT) (g/100 g EP)
Nitrogen, total	NT	g	Determined using Kjeldahl method	
Fat (total) or [fat (derived by analysis using continuous extraction)]	FAT or [FATCE]	g	Mixed solvent extraction or [Soxhlet method with continuous extraction]	The primary analytical data were generated for total fat (FAT).
Carbohydrates, available; calculated by difference	CHOAVLDF	g	Calculated	Carbohydrate, available; calculated by difference (g/100 g EP) = 100 – (water + total fat + total protein + ash + total dietary fiber + alcohol) (g/100 g EP)

Component	INFOODS tagnames	Unit (Per 100 g EP)	Method	Definition/calculation method/remarks
Fiber, total dietary or [fiber, crude]	FIBTG or [FIBC]	g	AOAC Prosky method (AOAC 991.43) or [Weende method]	
Alcohol	ALC	g	GLC	
Ash	ASH	g	Gravimetric methods	
Calcium	CA	mg	ICP-OES (AOAC 2011.14)	
Iron	FE	mg	ICP-OES (AOAC 2011.14)	
Magnesium	MG	mg	ICP-OES (AOAC 2011.14)	
Phosphorus	P	mg	ICP-OES (AOAC 2011.14)	
Potassium	K	mg	ICP-OES (AOAC 2011.14)	
Sodium	NA	mg	ICP-OES (AOAC 2011.14)	
Zinc	ZN	mg	ICP-OES (AOAC 2011.14)	
Copper	CU	mg	ICP-OES (AOAC 2011.14)	
Selenium	SE	mcg	ICP-MS (AOAC 2015.06)	
Retinol	RETOL	mcg	HPLC-DAD	
Vitamin A (expressed in retinol equivalents)	VITA	mcg	Calculated	Vitamin A in retinol equivalents (mcg/100 g EP) = retinol (mcg/100 g EP) + beta-carotene equivalents (mcg/100 g EP) / 6
Vitamin A (expressed in retinol activity equivalents)	VITA_RAE	mcg	Calculated	Vitamin A in retinol activity equivalents (mcg/100 g EP) = retinol (mcg/100 g EP) + beta-carotene equivalents (mcg/100 g EP) / 12
Beta-carotene equivalents	CARTBEQ	mcg	Calculated	Beta-carotene equivalents (mcg/100 g EP) = beta-carotene (mcg/100 g EP) + alpha-carotene (mcg/100 g EP) / 2 + beta-cryptoxanthin (mcg/100 g EP) / 2
Alpha-carotene	CARTA	mcg	RP-UHPLC (ISO 23443:2020)	
Beta-carotene	CARTB	mcg	RP-UHPLC (ISO 23443:2020)	
Beta-cryptoxanthin	CRYPXB	mcg	RP-UHPLC (ISO 23443:2020)	

Component	INFOODS tagnames	Unit (Per 100 g EP)	Method	Definition/calculation method/remarks
Vitamin D	VITD	mcg	Calculated, Vitamin D2 and D3 were determined using LC-MS/MS techniques as described on ISO 20636:2018	Vitamin D (mcg/100 g EP) = ergocalciferol (vitamin D2) (mcg/100 g EP) + cholecalciferol (vitamin D3) (mcg/100 g EP)
Vitamin E (expressed in alpha-tocopherol equivalents)	VITE	mg	Calculated	Vitamin E expressed in alpha-tocopherol equivalents (mg/100 g EP) = alpha-tocopherol (mg/100 g EP) + 0.5 × beta-tocopherol (mg/100 g EP) + 0.1 × gamma-tocopherol (mg/100 g EP) + 0.3 × alpha-tocotrienol (mg/100 g EP)
Alpha-tocopherol	TOCPHA	mg	HPLC-DAD	
Beta-tocopherol	TOCPHB	mg	HPLC-DAD	
Gamma-tocopherol	TOCPHG	mg	HPLC-DAD	
Alpha-tocotrienol	TOCTRA	mg	HPLC-DAD	
Thiamine (vitamin B1)	THIA	mg	LC-MS/MS	
Riboflavin (vitamin B2)	RIBF	mg	LC-MS/MS	
Niacin equivalents (vitamin B3)	NIAEQ	mg	Calculated	Niacin equivalents (mg/100 g EP) = niacin (mg/100 g EP) + tryptophan (mg/100 g EP) / 60
Niacin, preformed	NIA	mg	LC-MS/MS	
Vitamin B6	VITB6C	mg	LC-MS/MS	
Folic acid (synthetic)	FOLAC	mcg	From literature sources	
Folate, total or [folate, sum of vitamers (vitamin B9)]	FOL or [FOLSUM]	mcg	Microbiological or [LC-MS/MS]	
Folate, naturally occurring (food folate)	FOLFD	mcg		For unfortified foods, this is the same as total folate (FOL or [FOLSUM]), and consequently, it is the same as dietary folate equivalents (DFE)
Folate, dietary folate equivalents (DFE)	FOLDFE	mcg	Calculated	Dietary folate equivalents (mcg/100 g EP) = naturally occurring food folates (mcg/100 g EP) + 1.7 × synthetic folic acid (mcg/100 g EP)
Vitamin B12	VITB12	mcg	RP-HPLC (ISO 20634:2015)	

Component	INFOODS tagnames	Unit (Per 100 g EP)	Method	Definition/calculation method/remarks
Vitamin C	VITC	mg	HPLC-UV (ISO 20635:2018)	The sum of L-ascorbic acid (ASCL) and L-dehydroascorbic acid (ASCDL)
Cholesterol	CHOLE	mg	GC-FID	
Fatty acid conversion factor	XFA			From literature sources (see Table B3 in Annex B for fatty acid conversion factors)
Fatty acids, total saturated	FASAT	g	GC-FID	fatty acids, total saturated (g/100 g EP) = fatty acids, total saturated (% of total FA) x XFA × fat, total (g/100 g EP) / 100 The formula applies to borrowed data. For primary data generated for this FCT, the sum of individual fatty acids was considered.
Fatty acids, total monounsaturated	FAMS	g	GC-FID	fatty acids, total monounsaturated (g/100 g EP) = fatty acids, total monounsaturated (% of total FA) × XFA × fat, total (g/100 g EP) / 100 The formula applies to borrowed data. For primary data generated for this FCT, the sum of individual fatty acids was considered.
Fatty acids, total polyunsaturated	FAPU	g	GC-FID	fatty acids, total polyunsaturated (g/100 g EP) = fatty acids, total polyunsaturated (% of total FA) × XFA × fat, total (g/100 g EP) / 100 The formula applies to borrowed data. For primary data generated for this FCT, the sum of individual fatty acids was considered.
Linoleic acid	F18D2CN6	g	GC-FID	Linoleic acid (g/100 g EP) = linoleic acid (% of polyunsaturated FA) × fatty acids, total polyunsaturated (g/100 g EP) / 100
Alpha-linolenic acid	F18D3CN3	g	GC-FID	Alpha-linolenic acid (g/100 g EP) = alpha-linolenic acid (% of polyunsaturated FA) × fatty acids, total polyunsaturated (g/100 g EP) / 100
Phytate, total or [phytate, determined by direct precipitation]*	PHYTCPP or [PHYTCPPD]	mg	Anion exchange method (AOAC 986.11) or [determined by direct precipitation]	
Isoleucine	ILE	mg	Amino acid analyzer (acid hydrolysis method)	Isoleucine (mg/100 g EP) = isoleucine (mg/g nitrogen) x nitrogen, total (g/100 g EP)
Leucine	LEU	mg		Leucine (mg/100 g EP) = leucine (mg/g nitrogen) x nitrogen, total (g/100 g EP)

Component	INFOODS tagnames	Unit (Per 100 g EP)	Method	Definition/calculation method/remarks
Lysine	LYS	mg		Lysine (mg/100 g EP) = lysine (mg/g nitrogen) x nitrogen, total (g/100 g EP)
Methionine	MET	mg		Methionine (mg/100 g EP) = methionine (mg/g nitrogen) x nitrogen, total (g/100 g EP)
Cystine	CYS	mg		Cystine (mg/100 g EP) = cystine (mg/g nitrogen) x nitrogen, total (g/100 g EP)
Phenylalanine	PHE	mg		Phenylalanine (mg/100 g EP) = phenylalanine (mg/g nitrogen) x nitrogen, total (g/100 g EP)
Tyrosine	TYR	mg		Tyrosine (mg/100 g EP) = tyrosine (mg/g nitrogen) x nitrogen, total (g/100 g EP)
Threonine	THR	mg		Threonine (mg/100 g EP) = threonine (mg/g nitrogen) x nitrogen, total (g/100 g EP)
Valine	VAL	mg		Valine (mg/100 g EP) = valine (mg/g nitrogen) x nitrogen, total (g/100 g EP)
Arginine	ARG	mg		Arginine (mg/100 g EP) = arginine (mg/g nitrogen) x nitrogen, total (g/100 g EP)
Histidine	HIS	mg		Histidine (mg/100 g EP) = histidine (mg/g nitrogen) x nitrogen, total (g/100 g EP)
Alanine	ALA	mg		Alanine (mg/100 g EP) = alanine (mg/g nitrogen) x nitrogen, total (g/100 g EP)
Aspartic Acid	ASP	mg		Aspartic Acid (mg/100 g EP) = aspartic acid (mg/g nitrogen) x nitrogen, total (g/100 g EP)
Glutamic acid	GLU	mg		Glutamic acid (mg/100 g EP) = glutamic acid (mg/g nitrogen) x nitrogen, total (g/100 g EP)
Glycine	GLY	mg		Glycine (mg/100 g EP) = glycine (mg/g nitrogen) x nitrogen, total (g/100 g EP)
Proline	PRO	mg		Proline (mg/100 g EP) = proline (mg/g nitrogen) x nitrogen, total (g/100 g EP)
Serine	SER	mg		Serine (mg/100 g EP) = serine (mg/g nitrogen) x nitrogen, total (g/100 g EP)
Tryptophan	TRP	mg	HPLC (AOAC 2017.03)	Tryptophan (mg/100 g EP) = tryptophan (mg/g nitrogen) x nitrogen, total (g/100 g EP)

5. Selection of priority foods and sampling design for food sample collection

Among the foods identified for inclusion in the updated EFCT, priority foods were selected to generate primary data (i.e. new data analyzed specifically for the EFCT). The selection criteria included high reporting frequency in the 2011 Ethiopian National Food Consumption Survey (NFCS, 2013) and the Ethiopian Household Income, Consumption, and Expenditure Surveys (HICE 2011; HICE 2016). Additionally, emphasis was placed on popular indigenous foods with limited reference data. The priority list was reviewed by the steering committee members for final approval. Following this, a national level sampling was conducted to generate reliable nutrient data for the identified priority foods. Possible food sampling designs were investigated through literature reviews and subsequently presented to the steering committee for feedback and validation.

Considering the agro-ecological impact on nutrient composition, samples were collected from various agro-ecological zones, recognizing the wide diversity in soil and climate conditions across the country. To implement this, the country was divided into three agro-ecological zones based on the altitude above sea level of woredas (sampling sites): highland (>2,300 meters), midland (1,500–2,300 meters), and lowland (<1,500 meters) (Figure 2).

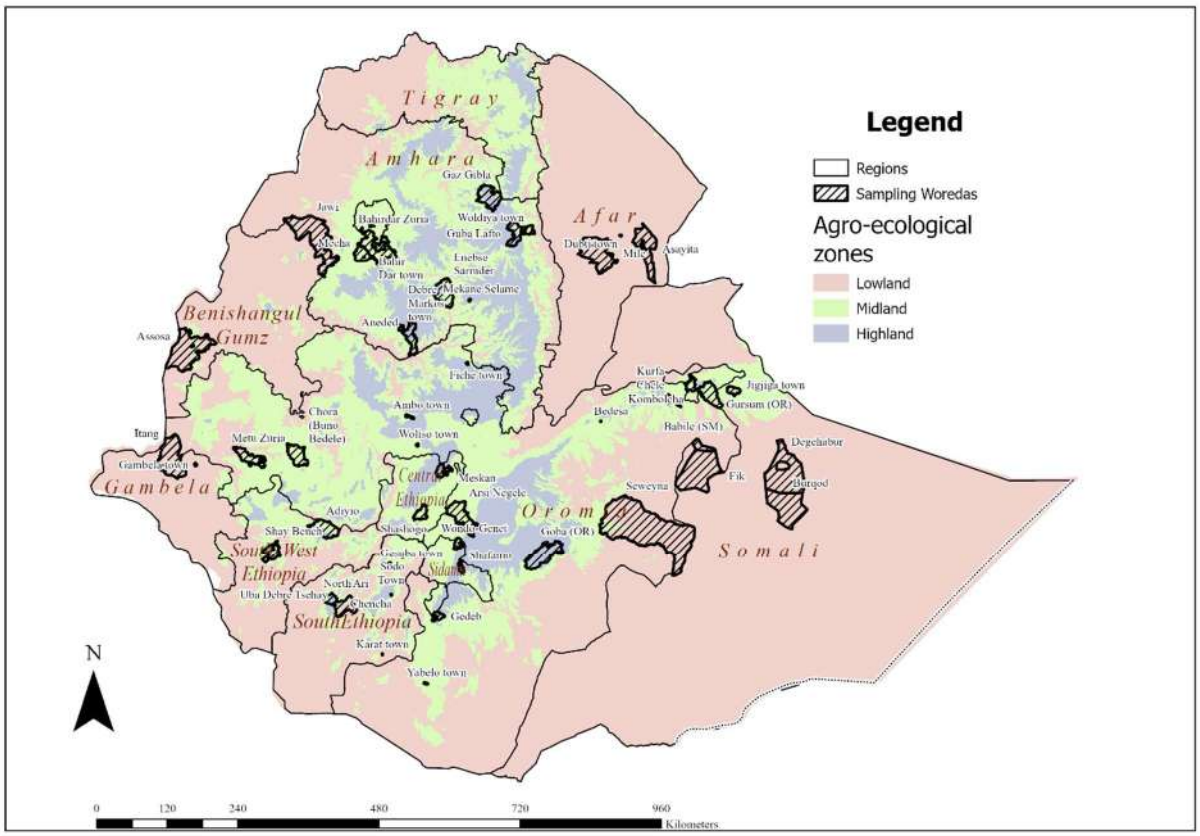


Figure 2. Map presenting agro-ecological zones (strata) of the woredas in Ethiopia, EFCT 2025

A list of 1039 *woredas* was identified based on up-to-date spatial resolution data during data collection: 413 *woredas* in highland, 359 *woredas* in midland, and 267 *woredas* in lowland (Table 3). The sample size was computed using a finite population formula assuming 90% confidence level, 5% margin of error, and 5% sampling sites from the previous Ethiopian FCTs parts (III and IV) where 5% of possible sampling sites were covered as aggregate in the FCTs. Accordingly, the calculated sample size was 50 sampling sites (*woredas*) to collect the identified food samples. The sampling sites were then proportionally allocated to the *woredas* in the three agro-ecological zones: highland (20), midland (17), and lowland (13). The allocated samples of *woredas* were then randomly selected from the respective agro-ecological zones (Annex C). Sample collection in two woredas of Tigray could not take place due to security reasons during data collection. Hence, the samples were collected from the 48 sampling woredas.

Table 3. Sampling *woredas* in Ethiopia aggregated by regions* and agro-ecological zones

Region	No. of *woredas*	No. of *woredas* in			Selected *woredas*
		Highland	Midland	Lowland	
Addis Ababa	10	10	NA	NA	NS
Afar	39	2	8	29	3
Amhara	183	76	66	41	11
Benishangul Gumz	21	1	16	4	1
Dire Dawa	13	NA	NA	13	NS
Gambela	15	1	4	10	2
Harari	9	NA	9	NA	NS
Oromia	334	152	134	48	13
Sidama	37	24	12	1	2
SNNP	193	104	77	12	11
Somali	98	1	12	85	5
Tigray	87	42	21	24	2
Total	**1039**	**413**	**359**	**267**	**50**

*The classification of the administrative regions during data collection; SNNP: Southern, Nations, Nationalities, and People; NA: Not available; NS: Not selected.

5.1 Sampling of priority foods

Once the sampling *woredas* were identified, the samplers explored wholesale markets, large retail shops, and other marketplaces within the sampling sites where most of the community purchases its food. From the available markets within each sampling site, a total of three wholesalers or large retail shops were randomly selected for procuring food items. If the number of markets in a sampling *woreda* was fewer than required (i.e., three), all the three samples were collected from the existing market at the sampling site. Additionally, if a specific food item was unavailable at the primary sampling shop or market, the samplers moved on to the next shop or market to obtain the missing items. Samples of primary agricultural commodities and foods from households were collected between June and August 2022. The collection and processing of industrial products, fruits, and vegetables took place from November 2022 to January 2023. The list of samples collected for generating primary analytical data is presented in Annex D

To summarize, the food sampling was conducted in the following three stages:

Stage 1 (composite at woreda level): equal portions of samples collected from three markets of the woreda were composited designated as *woreda* representative samples.

Stage 2 (composite at regional level): equal portions of the woreda-representative samples in each region were composited and designated as regional representative samples.

Stage 3 (composite at national level): equal portions of the regional-representative samples were pooled together, and a national composite sample was prepared.

5.1.1 Sampling of baked foods

Baked foods, such as *enjera* and bread, as well as spiced butter that were unavailable in the market, were collected from ten randomly selected households at the sampling *woredas*. Region-specific traditional and indigenous foods, including *enset, anchote*, and camel meat, were collected from the areas where the samples were accessible. accessed.

5.1.2 Sampling of perishable items

Due to the perishability of samples and logistical challenges in transporting them from various regions to the EPHI laboratory for preparation, vegetables, fruits, meat (beef, sheep, goat), milk and dairy products, poultry, and eggs were sourced from large markets, supermarkets, and butcheries in Addis Ababa and its surrounding areas. Although Addis Ababa is not a major producer of vegetables and fruits, these commodities are supplied to the city from the country's key production regions.

5.1.3 Sampling of industrial food products

Industrially manufactured products, such as breakfast cereal, pasta, coffee powder, yoghurt and pasteurized milk, were collected from different supermarkets in Addis Ababa. The selection process involved investigating the available brands in the country, with emphasis given to the major brands. A composite sample was prepared from different brands of products.

5.1.4 Sampling of fish

Fish samples were collected from fishing harbors or landing sites in major fish-producing areas: Lake Tana, Ziway, Hawassa, Chamo, and the Baro River. These areas are known for producing specific fish species. Three fish landing sites were selected from each sampling area, where the samples were cleaned, scaled, skinned, eviscerated, deboned, and the edible portions were cut into small pieces and packed in polyethylene zip-lock bags. The weights of both edible and inedible portions were recorded. Composite samples were prepared for each sampling site at the landing area and transported to the EPHI laboratory at -20°C. Additionally, a further national composite sample was created by combining equal portions of samples from different production areas.

5.2 Sample preparation and analysis

The sample preparation began with the separation of edible and inedible parts of foods requiring size reduction. The number of samples collected, portion sizes for composite sample

preparation, and the edible and inedible portions were all recorded. Adequate portions from the nationally representative samples were further processed as required (e.g., milled, macerated, and dried using oven drying or spray drying). A working sample was then submitted to the laboratories for compositional analysis. A list showing all analyzed components and the respective methodologies used are available on Table 2.

6. Principles of Compilation and Calculation

6.1 Food data aggregation

Most raw food entries in EFCT 2025 include data from multiple sources and analyses. Data from the different sources were matched and aggregated (i.e., an average value was calculated), considering the food description and scientific name (checking for synonyms) where appropriate. Separate food entries were created for foods where notable differences in nutrient composition were observed due to color, processing methods, or other factors influencing nutrient content, provided sufficient data were available.

No weighting factors were applied to account for variations in production or market share, nor were they applied to specific data sources, such as international FCTs/FCDBs, in comparison to analytical data from scientific articles or analytical reports.

6.1.1 Assumed values

Based on current evidence, the values for certain components were assumed to be zero, as outlined in Table 4.

Table 4. Values assumed as zero according to the component and type of food

Component	Assumptions
Fatty acids and cholesterol	assumed zero in foods where total fat value is zero
Cholesterol	assumed as zero in plant-origin foods
Carbohydrate	assumed zero in most fats and oils, in mammal and poultry muscle meat, and in fish
Dietary fiber	assumed zero in unprocessed animal-origin foods
Alcohol	assumed as zero for all foods except alcoholic beverages
Retinol	assumed as zero in unfortified plant-origin foods
Vitamin D	assumed as zero in unfortified plant-origin foods
Vitamin B12	assumed as zero for non-animal and not fortified, **except** for fermented products
Folic acid	assumed as zero in all unfortified foods
Vitamin C	assumed zero in eggs
Phytate	assumed zero in animal-origin foods
Amino acids	assumed zero in foods where total protein value is zero

6.1.2 Borrowing data

When analytical data from primary or secondary sources were unavailable or appeared unplausible, values were borrowed from reference data. Preference was given to analytical data

from Africa due to geographical similarity, which could influence the nutrient composition of foods. In a few instances, data were borrowed from other similar foods within the EFCT 2025; e.g. between raw and dried versions of the same food, by considering appropriate adjustments.

When borrowing data, the following rules and considerations were taken into account:

- Proximate composition, minerals and water-soluble components were adjusted for moisture content if the moisture content is differed by more than 10 percent (FAO/INFOODS, 2012);
- Fat-soluble components (vitamins A, D and E, including carotenoids and retinol) were not adjusted (Vincent et al, 2020);
- Faty acids were adjusted for total fatty acids content (based on fatty acids expressed as percentage);
- Cholesterol was adjusted based on total fat content when the total fat differed by more than 10%.
- Amino acids were adjusted for total nitrogen content; and
- All components were adjusted for moisture content when data were borrowed from fresh foods for dried versions.

6.1.3 Considerations during data aggregation

i. For data sourced from the Indian Food Composition Table, values reported as below limit of detection (<LOD) in the original FCT were treated as zero.
ii. For primary analytical data, results were compared to reference data and the following assumptions were considered to report below limit of quantification (<LOQ) and <LOD:

- If the LOQ value was high, the reported value was recorded as half of the LOQ and documented as an estimated value ("e"). If the LOQ value was near zero, it was recorded as trace ("tr").
- If the LOD was very low or closer to zero, it was reported as zero. However, if from the reference data the component is known to present in small amounts, it was reported as trace (tr).
- If the LOD was high, a value below the LOD was sourced from reference data. If no similar food was available for reference, the value was reported as <LOD.
- For values compiled from other FCTs, if tr was indicated it was kept as such.

6.1.4 Calculation of cooked foods

Nutrient values for cooked foods (single-ingredient recipes) were calculated from raw foods, considering yield factors and nutrient retention factors. The yield factor estimates the changes in moisture or fat during cooking while the retention factor estimates the loss of or damage to

micronutrients during cooking. Cooked food entries were created for foods that are usually cooked, including cereals, starchy root tubers, vegetables, legumes, meat and eggs, as well as milk and fish. During calculation, the most common or dominant cooking method was considered depending on the food group.

The cooking methods applied were as follows:

- Steamed, and boiled and drained: Values were calculated using retention factors that account for the loss of vitamins and minerals in the discarded cooking water.
- Boiled as part of a recipe: Values were calculated using retention factors that assume the cooking liquid is also consumed, for example rice cooked by absorption and foods cooked in *Shiro* stews. In this case, minerals have a retention factor of 1 (i.e. no loss of minerals).
- Grilled**:** Values were calculated using retention factors that account for the loss of vitamins and minerals in the discarded drippings. For example, grilled chicken.
- Baking or roasting: Values were calculated using retention factors that account for the loss of vitamins and minerals. For example, baked *kita* and roasted fenugreek.

6.1.5 Yield Factors

For the single-ingredient recipes, most of the yield factors were taken from Bognár (2002), Bergstrom (1994) and Matthews and Garrison (1975). However, a few yield factors were measured at the Food Science and Nutrition Laboratory Kitchen at EPHI. A list of all food group yield factors and their source is presented in Annex E. When yield factors were measured, the calculation is based on the following formula:

$$Yield\ factor\ (YF) = \frac{weight\ of\ edible\ portion\ of\ food\ after\ cooking}{weight\ of\ edible\ portion\ of\ raw\ ingredient(s)\ before\ cooking}$$

The weight change in food after cooking is primarily due to water loss or gain. However, in fatty foods, weight changes can also result from fat loss. Fat loss factors were applied to determine whether the weight reduction was solely due to water loss or a combination of water and fat loss. For foods with a fat content exceeding 5%, the weight change was assumed to result from both water and fat loss (except for foods boiled as part of a recipe where no fat loss was considered). Therefore, fat loss factors (Table 5) were applied to the cooking methods of grilling, steaming, and boiling for the food groups of meat, poultry, and their products and fish and their products.

Table 5: Fat loss factors (FLF)

	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%*
FLF	0	0.07	0.13

*13% fat loss was used for calculations
Source: Vincent et al., (2020).

For foods with fat content >5%, fat in the cooked food is calculated according to the following formula:

$$Fat\ in\ cooked\ food\ \left(\frac{g}{100\ g}EP\right) = \frac{fat\ in\ raw\ food\ \left(\frac{g}{100\ g}EP\right) - (1 - YF) \times 100 \times FLF}{YF}$$

Where, EP = edible portion; FLF = fat loss factor; and YF = yield factor

6.1.6 Retention Factors

Retention factors estimate the loss of components (vitamins, minerals, etc.) during cooking and allow the calculation of the nutrient content of a cooked dish from its raw ingredients. The main source for the retention factors applied to cooked foods was the EuroFIR technical report on recipe calculation (Vásquez-Caicedo *et al.*,2008) (Annex F). Phytate retention factors were extrapolated from original research for uPulses1.0 (FAO/IZiNCG, 2018) and for the Kenya Food Composition Tables (FAO and Government of Kenya, 2018).

Herbs and spices lacking specific retention factors were assigned values according to their source, as recommended by Vásquez-Caicedo et al. (2008). Seed-type spices, such as cardamom, coriander, mustard, and black pepper, were given the retention factor for pulses; leafy herbs and spices, such as oregano and rosemary, were given the retention factor for leafy vegetables; and root tuber spices, like turmeric, were assigned the retention factor for root, tuber, and bulb categories. However, for water, sugar, salt, yeast, baking powder/soda, and ingredients mixed in their raw forms, a retention factor of 1.00 was applied to all nutrients. Additionally, not all food groups had a designated retention factor for boiling with cooking liquid. When this was unavailable, the retention factor for the stewed version was used.

Generally, the nutrient values in cooked foods are calculated according to the following formula:

$$NV\ in\ cooked\ food\ \left(\frac{x}{100\ g}EP\right) = \frac{NV\ in\ raw\ food\ \left(\frac{x}{100\ g}EP\right) \times RF}{YF}$$

Where, NV = nutrient value; EP = edible portion; x is the unit of the component (e.g., g, mg, mcg), RF = retention factor and YF = yield factor

6.2 Mixed Dishes

All the mixed dishes presented in the EFCT, which represent major recipes commonly consumed in Ethiopia, were prepared at the Food Science and Nutrition Laboratory Kitchen by professional chefs. Data for each mixed dish was collected during preparation, and yield factors were calculated as shown in the formula in Section 5.2.1.

Data collected for mixed dishes comprised:

- Household measurements of each raw ingredient
- Total weight in grams of each raw ingredient
- Edible portion weight in grams of each raw ingredient
- Weight of the final mixed dish after cooking
- Weight of any inedible portions of the final mixed dish after cooking
- Preparation methods and cooking time.

Data collection for mixed dishes included all ingredients, such as water, seasonings, and salt. When foods were cooked with an inedible portion (e.g., chicken stewed with bones), the inedible portion was separated from the cooked food, weighed, and subtracted from the raw weight. The yield factor includes water used in the dish. Water that was drained and discarded was considered as an inedible portion. For deep-fried dishes, such as samosa, the amount of oil absorbed was estimated by measuring the oil before and after deep frying, as well as the oil remaining on the paper after frying.

Information about the ingredient amounts, final yield and preparation methods for about 145 mixed dishes are documented in a separate book titled Ethiopian Foods Recipe. Mixed dishes are also listed in the *Excel Datasheets* (*09 Mixed Dishes*) with all ingredients, weights, yield factors, together with a short description.

Nutrient content was calculated using the mixed recipe method, which applies retention factors at the ingredient level and yield factors at the recipe level (Figure 3). This method is the most recommended and widely used method for estimating the composition of mixed dishes (FAO,

2013). The retention factors used in the calculation of mixed dishes were the same as for the single-ingredient cooked foods.

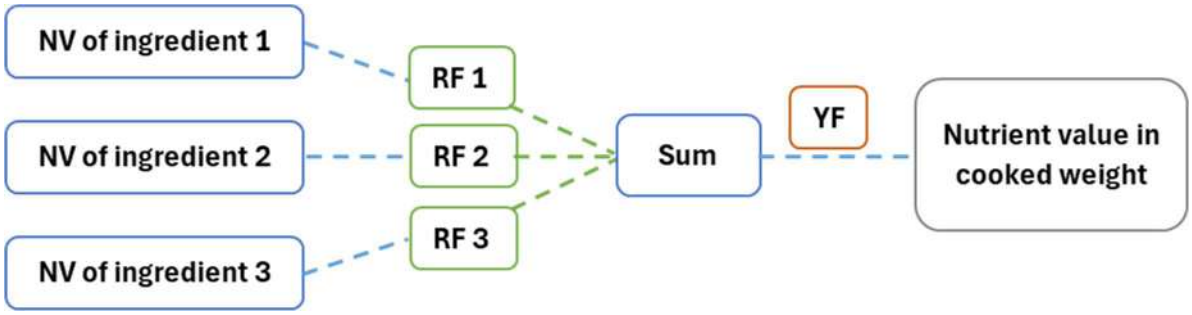


Figure 3: Retention factor and yield factor considerations in the mixed recipe method. NV = nutrient value, RF = retention factor, YF = yield factor (**Source**: FAO (2013)).

The composition of mixed dishes was calculated based on the following assumptions:

- Trace values (tr) were converted to 0 for calculation.
- When certain foods lacked nutrient values, values were borrowed from similar foods. These borrowed values are not published in EFCT 2025.
- Some ingredients lacking nutrient data which were used in **very** small quantities e.g., vanilla powder, were excluded from the calculations based on the assumption that their omission will not significantly impact the overall nutritional composition of the mixed dish.
- If an ingredient is missing a component value or has a lower quality value (indicated by square brackets), the component value for the mixed dish is also presented in square brackets ([ ]).
- If an ingredient was subjected to two cooking methods (e.g., boiling followed by sautéing), the retention factor corresponding to the method associated with the greatest nutrient loss was applied.
- Fat losses were not accounted for, as the fat is expected to remain in the mixed dish.

7. Food and value documentation

Documentation at food and value level are presented in EFCT 2024 as detailed below.

Documentation at food level

The data sources for each food entry are indicated by bibliographic identifier codes (BiblioID). BiblioIDs and their corresponding sources are listed in Annex G and in the Excel Datasheet 11 Data sources with BiblioID.

Documentation at value level

The component values derived from the average of selected compositional data for a particular food are accompanied by the following statistics:

- Number of data points (n);
- If the number of data points is 2, minimum (min) and maximum (max);
- If the number of data points is 3 or greater, min, max, standard deviation (SD) and median.

Statistics are not presented for calculated values, i.e., for mixed dishes and cooked foods calculated using retention and yield factors, or values calculated based on other components, such as sum of proximate components, energy, and vitamin A.

The type of food composition data presented for each value is documented for all foods included in the EFCT 2025. This documentation is referred to as *value documentation*.

Values taken from sources outside of Africa are indicated with 'oa' to highlight where there are gaps in compositional data from Africa.

The food and value documentation symbols are shown in Table 6.

Table 6: Symbols used for documentation at food and value level

Symbol	Description	Notes
Statistics		
SD	Standard deviation	Presented when the number of data points for the component value is three or greater. Available in the Condensed FCT and Excel Datasheets.
Max-Min	Maximum–Minimum	Presented when there are at least two data points for the component value. Available in the Condensed FCT and Excel Datasheets.
n	Number of data points	Available in the Condensed FCT and Excel Datasheets.
Value documentation		
a	Analytical value	Sourced from original analytical values
r	Reference value	Sourced from an exact match from reference data, i.e. published FCDBs (may be adjusted/unadjusted)
ar	Mix of data sources	An average derived from a combination of analytical and reference data sources
c	Calculated value	Value derived from calculation (e.g. cooked foods and recipes, energy, protein, vitamin A, etc)
e	Estimated from analytical value	Analytical value borrowed from similar food i.e. best match available (may be adjusted or unadjusted)
er	Estimated from reference value	Value borrowed from a similar food from reference datasets (may be adjusted or unadjusted)
z	Assumed value	Component is presumed to be absent in the food item
Other symbols		
<LOD	Below limit of detection	Represents below detectable limit of the method used for analysis.
tr	Trace	When compiled data indicated the presence of a component in such low concentrations that it could not be quantified.
oa	Data taken from sources outside of Africa	Not included for energy, sum of proximate components and mixed dishes or cooked foods calculated using retention and yield factors. Available in the Condensed FCT and Excel Datasheets
[ ]	Value of lower quality	Included either due to doubtful data or differences in analytical methods, definitions, or expressions. In mixed dishes, this means that at least one ingredient has a lower-quality value.

8. Quality considerations

The values in EFCT 2025 are derived from primary data (currently analysed data) and secondary data (data from the Ethiopian FCTs (parts I–IV), published scientific articles, unpublished MSc and PhD thesis, laboratory data, technical reports, conference proceedings, and borrowed data from international FCTs). The primary analytical data generation process utilized standardized analytical procedures and quality assurance techniques. The entire data were critically reviewed during compilation using FAO/INFOODS guidelines. The final values were cross-checked and compared with international FCTs/FCDBs.

The data presented in the EFCT 2025 should be interpreted and used considering the following quality consideration:

- **Variation in food composition:** EFCT 2025 presents the average of available and selected data for each food. Therefore, it is important to note that the composition of different food samples of the same or similar foods can vary considerably.
- **Comparison of similar foods:** When comparing similar foods included in the database (e.g. “Barley, pearled, dry, raw” and “Barley, whole grain, hulled, dry, raw”), care should be taken since the data usually come from separate sampling schemes. Differences in nutrient contents may reflect variations in the analyzed samples, rather than expressions of the effect of processing.
- **Nutrient contents for mixed dishes:** Nutrient contents calculated for mixed dishes are only valid as they published in the EFCT 2025. Thus, these nutrient contents may not be accurate for mixed dishes with different ingredients and/or ingredient proportions. To help users assess whether their recipes align with the EFCT 2025, a list of all ingredients, including raw weight, cooked weight and short recipe description, is available for all mixed dishes in the Ethiopian Foods Recipe Book 2025 and Excel Datasheet 09.
- **Borrowed data:** Most of the values presented for manganese, phytate and vitamin B12 were sourced from reference data, with careful attention given to food matching considering food descriptions. For folate, apart from the primary data generated for priority foods, the majority of values were also sourced from reference data.

9. Recommendations

Drawing from our experiences and the challenges encountered during the development of the EFCT 2025, we recommend the following for future work:

- Due to limited capacity and shortage of supplies within Ethiopia, majority of the primary data generated within this update was conducted in laboratories abroad. Thus, enhancing laboratory capacity in terms of equipment and manpower, along with ensuring the availability of consumables, could support similar future work.
- A significant portion of the food composition data from various sources reviewed during the preparation of EFCT 2025 was unusable due to several reasons. To enhance data usability, authors publishing food composition data should ensure comprehensive and precise food descriptions, clearly document analytical methods, and specify the basis on which values are reported (e.g., whether values were reported on fresh weight or dry matter basis).
- Researchers and potential donors are encouraged to consider estimated values and values that come from outside Africa to identify priorities for future food composition analysis.
- Although the EFCT 2025 includes a diverse range of foods and components, some indigenous foods could not be incorporated due to logistical and financial constraints. We recommend that future updates prioritize neglected and indigenous foods.
- Consideration of mandatory fortification to update the existing date shall be done as early as possible.
- We were unable to conduct phytate analysis. However, it is worth analyzing phytate in the future, as plant-based foods represent an important part of people's diet in Ethiopia.
- The capacity of individuals and organizations in Ethiopia need to be strengthened to produce, use, and disseminate food composition data to ensure a continuous update with new analytical data.
- Continued collaboration among all stakeholders is crucial to strengthening and sustaining food composition data production efforts. The ultimate goal should be to establish a comprehensive food composition data platform supported by a reliable food analysis laboratory and an accessible, regularly updated and user-friendly food composition database.

10. References

Afshin, A., Sur, P. J., Fay, K. A., Cornaby, L., Ferrara, G., Salama, J. S., et al (2019). *Health effects of dietary risks in 195 countries, 1990–2017: a systematic analysis for the Global Burden of Disease Study 2017*. The Lancet, 393(10184), 1958–1972.

Agren, G., & Gibson, R. (1968). *Food Composition Table for Use in Ethiopia I*. Swedish International Development Authority, Stockholm, and Ethiopian Nutrition Institute, Addis Ababa

Agren, G., Eklund, A., & Lieden, S.-A. (1975). *Food Composition Table for Use in Ethiopia II: Amino Acid Content and Biological Data on Proteins in Ethiopian Foods* Swedish International Development Authority, Stockholm, and Ethiopian Nutrition Institute, Addis Ababa

Bergström, L. (1994). *Nutrient losses and gains in the preparation of foods*. Report No. 32/1994. Uppsala, Sweden, National Food Administration. Available at: http://www.fao.org/uploads/media/Bergstroem_1994_32_Livsmedelsverket_nutrient_losses_and_gains.pdf

Bognár, A. (2002). *Tables of weight yield of food and retention factors of food constituents for the calculation of nutrition composition of cooked foods (dishes).* Karlsruhe, Germany, Bundesforschungsanstalt für Ernährung.

Charrondiere, U. R., Freisling, H., & Elmadfa, I. (2011). *The distance learning tool "Food Composition Study Guide" contributes to global capacity development in food composition.* Journal of Food Composition and Analysis, 24(4–5), 663–669.

CSA. (2012). *Household Consumption and Expenditure (HCE) Survey 2010/11*. Central Statistics Agency, Addis Ababa, Ethiopia.

CSA. (2018). *The 2015/16 Ethiopian Household Consumption and Expenditure (HCE) Survey*. Central Statistics Agency, Addis Ababa, Ethiopia.

Danish Food Informatics. (2018). *Compilers' Toolbox*. Roskilde, Denmark. Available at: http://toolbox.foodcomp.info/

ENI, & EHNRI. (1997). *Food Composition Table for Use in Ethiopia Part III*. Addis Ababa, Ethiopia.

EPHI. (2013). *Ethiopia National Food Consumption Survey Report 2013*. Ethiopian Public Health Institute, Addis Ababa, Ethiopia.

Ethiopian Public Health Institute (EPHI) and Food and Agriculture Organization of the United Nations (FAO). 2025. *The Ethiopian Food Recipes 2025.* Addis Ababa, Ethiopia

European Food Safety Authority (EFSA). 2015. The food classification and description system FoodEx2 (revision 2). Parma, Italy. Available at: https://www.efsa.europa.eu/en/data/data-standardisation.

FAO & WHO (World Health Organization). (1973). *Energy and Protein Requirements*. Report of a Joint FAO/WHO Ad Hoc Expert Committee. Geneva, Switzerland, WHO.

FAO, & EHNRI. (1998). *Food Composition Table for Use in Ethiopia Part IV*. Addis Ababa, Ethiopia.

FAO. (2003). *Food energy – methods of analysis and conversion factors*. In FAO technical workshop report volume 77. Rome, Italy.

FAO. (2012). *FAO/INFOODS Guidelines for Food Matching*. Version 1.2. FAO, Rome.

FAO. (2013). *FAO/INFOODS E-Learning Course on Food Composition Data*. Rome. Available at: https://elearning.fao.org/course/view.php?id=191

FAO. (2017c). *FAO/INFOODS Global Food Composition Database for Pulses*. Version 1.0 – uPulses1.0. Rome.Available at: http://www.fao.org/infoods/infoods/tables-and-databases/faoinfoods-databases/en/

FAO/Government of Kenya. (2018). *Kenya Food Composition Tables*. Nairobi. Available at: http://www.kilimo.go.ke/wp-content/uploads/2018/10/KENYA-FOOD-COMPOSITION-TABLES-2018.pdf

FAO/INFOODS. (2012). *FAO/INFOODS Guidelines for checking food composition data prior to the publication of a user table/database*. Version 1.0. Rome, FAO. Available at: http://www.fao.org/infoods/infoods/standards-guidelines/en/

FAO/INFOODS. 2011. Compilation Tool Version 1.2.1 and User Guidelines. Rome, FAO. Available at: http://www.fao.org/infoods/infoods/software-tools/en/.

Greenfield, H., & Southgate, D. A. T. (2003). *Food composition data: PRODUCTION, MANAGEMENT AND USE (B. A. Burlingame & U. R. Charrondiere (eds.))*. FAO.

Jones, D.B. (1941). *Factors for Converting Percentages of Nitrogen in Foods and Feeds into Percentages of Protein*. USDA Circular No. 183, Revised Edition. Washington, DC, United States Department of Agriculture (USDA).

Matthews, R.H. & Garrison, Y.J. (1975). *Food yields summarized by different stages of preparation*. USDA Agricultural Research Service. Washington, DC, United States Department of Agriculture (USDA).

Merrill, A.L. & Watt, B.K. (1973). *Energy Value of Foods Basis and Derivation.* Agriculture Handbook No. 74. USDA Agricultural Research Service. Washington DC, United States Department of Agriculture (USDA).

Nowak, V., Rittenschober, D., Exler, J. & Charrondière, U.R. (2014). *Proposal on the usage of conversion factors for fatty acids in fish and shellfish*. Food Chemistry, 153: 457–463.

United States Department of Agriculture (USDA). (2011b). *USDA National Nutrient Database for Standard Reference, Release 24*. In: USDA Agricultural Research Service [online]. Washington, DC.

United States Department of Agriculture (USDA). (2015). *USDA National Nutrient Database for Standard Reference, Release 28*. In: USDA Agricultural Research Service. Washington, DC. Available at: http://ndb.nal.usda.gov/

Vásquez-Caicedo, A.L., Bell, S. & Hartmann, B. (2008). *Report on collection of rules on use of recipe calculation procedures including the use of yield and retention factors for imputing nutrient values for composite foods.* EuroFIR Technical Report (D2.2.9). European Food Information Resource (EuroFIR). Brussels, Belgium.

Vincent, A., Grande, F., Compaoré, E., Amponsah Annor, G., Addy, P.A., … Charrondière, U.R. (2020). *FAO/INFOODS Food Composition Table for Western Africa (2019) User Guide & Condensed Food Composition Table / Table de composition des aliments FAO/INFOODS pour l'Afrique de l'Ouest (2019) Guide d'utilisation & table de composition des aliments condensée*. Rome, FAO.

11. Condensed food composition table

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Cereals and their products										
010001	Amaranthus, seed, dry, raw	*Ye'amaranthus fire, ti're*	1.00	1510(357)	13.0	14.8	6.9	55.6	6.8	3.0
	Non-African data								oa	
	SD or Min-Max				2.6	1.5	0.6			0.5
	n				18	15	15		1	12
010007	Barley, pearled, dry, raw	*Yetefetege gebs, ti're*	1.00	1390(329)	12.0	8.9	2.1	61.9	13.7	1.4
	Non-African data									
	SD or Min-Max				11.0-13.0	8.7-9.1	2.0-2.1		13.2-14.1	1.4-1.5
	n		1		2	2	2		2	2
010016	Barley, black, whole grain, flour	*Yaltefetege tikur gebs duket*	1.00	1480(350)	8.1	9.3	[1.7]	69.0	10.6	1.3
	Non-African data								oa	
010145	Barley, pearled, black, dry, boiled (as part of a recipe, without salt)	*Tefetigo yetekekele tikur gebs kenewuhaw*	1.00	550(130)	65.2	3.5	0.8	24.6	5.3	0.6
010144	Barley, pearled, black, dry, boiled, drained (without salt)	*Tefetigo yetekekele tikur gebs*	1.00	550(130)	65.2	3.5	0.8	24.6	5.3	0.6
010010	Barley, pearled, black, dry, raw	*Yetefetege tikur gebs, ti're*	1.00	1380(326)	13.0	8.7	2.0	61.6	13.2	1.5
	Non-African data									
010149	Barley, pearled, dry, boiled (as part of a recipe, without salt)	*Tefetigo yetekekele gebs kenewuhaw*	1.00	556(132)	64.8	3.6	0.8	24.8	5.5	0.6
010148	Barley, pearled, dry, boiled, drained (without salt)	*Tefetigo yetekekele gebs*	1.00	556(133)	64.8	3.6	0.8	24.8	5.5	0.6
010147	Barley, pearled, white, dry, boiled (as part of a recipe, without salt)	*Tefetigo yetekekele nech gebs kenewuhaw*	1.00	562(133)	64.4	3.7	0.9	24.9	5.6	0.5
010146	Barley, pearled, white, dry, boiled, drained (without salt)	*Tefetigo yetekekele nech gebs*	1.00	562(133)	64.4	3.7	0.9	24.9	5.6	0.5
010011	Barley, pearled, white, dry, raw	*Yetefetege nech gebs, ti're*	1.00	1410(333)	11.0	9.1	2.1	62.3	14.1	1.4
	Non-African data									
010013	Barley, split, black, dry, raw	*Yetekeka tikur gebs, ti're*	1.00	1510(356)	7.0	9.5	[1.6]	71.2	9.4	1.3
	Non-African data								oa	

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Cereals and their products											
010001	Amaranthus, seed, dry, raw	141	15.7	231	384	314	20	2.75	0.39	3.77	16
Non-African data											oa
SD or Min-Max			3.4	86		111	11	0.35	0.28	0.86	
n		15	7	12	1	12	12	15	12	9	1
010007	Barley, pearled, dry, raw	32	7.1	95	296	345	4	3.35	0.41	1.28	3
Non-African data										oa	
SD or Min-Max			6.5-7.6	93-98	267-325	322-368	2-5	3.1-3.6	0.37-0.44		3
n		2	2	2	2	2	2	2	2	1	2
010016	Barley, black, whole grain, flour	28	9.6	100	290	323	4	2.09	0.36	1.08	39
Non-African data						oa	oa	oa	oa	oa	oa
010145	Barley, pearled, black, dry, boiled (as part of a recipe, without salt)	13	3.0	39	130	147	1	1.24	0.15	0.51	1
010144	Barley, pearled, black, dry, boiled, drained (without salt)	13	2.9	39	124	81	1	1.18	0.14	0.51	1
010010	Barley, pearled, black, dry, raw	32	7.6	98	325	368	2	3.10	0.37	1.26	3
Non-African data										oa	
010149	Barley, pearled, dry, boiled (as part of a recipe, without salt)	13	2.8	38	118	138	1	1.34	0.16	0.51	1
010148	Barley, pearled, dry, boiled, drained (without salt)	13	2.7	38	113	76	1	1.27	0.15	0.51	1
010147	Barley, pearled, white, dry, boiled (as part of a recipe, without salt)	12	2.6	37	107	129	2	1.44	0.18	0.51	1
010146	Barley, pearled, white, dry, boiled, drained (without salt)	12	2.5	37	102	71	1	1.37	0.17	0.51	1
010011	Barley, pearled, white, dry, raw	31	6.5	93	267	322	5	3.60	0.44	1.28	3
Non-African data										oa	
010013	Barley, split, black, dry, raw	22	7.4	27	274	184	2	1.30	0.40	1.36	1
Non-African data				oa		oa	oa	oa	oa		oa

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Cereals and their products									
010001	Amaranthus, seed, dry, raw	0.07	0.20	4.1	0.4	0.48	81	0	1
	Non-African data				oa	oa	oa		
	SD or Min-Max								
	n	1	1		1	1	1		1
010007	Barley, pearled, dry, raw	0.28	0.02	3.5	2.1	0.27	20	0	0
	Non-African data						oa		
	SD or Min-Max		0.02		2.1-2.2	0.25-0.30			
	n	2	2		2	2	1		1
010016	Barley, black, whole grain, flour	0.27	0.12	8.8	6.6	0.41	8	0	0
	Non-African data		oa		oa	oa	oa		
010145	Barley, pearled, black, dry, boiled (as part of a recipe, without salt)	0.08	0.01	1.3	0.8	0.10	6	0	0
010144	Barley, pearled, black, dry, boiled, drained (without salt)	0.06	0	1.2	0.6	0.06	5	0	0
010010	Barley, pearled, black, dry, raw	0.27	0.02	3.4	2.1	0.30	19	0	0
	Non-African data						oa		
010149	Barley, pearled, dry, boiled (as part of a recipe, without salt)	0.08	0.01	1.4	0.8	0.09	6	0	0
010148	Barley, pearled, dry, boiled, drained (without salt)	0.06	0	1.2	0.6	0.05	6	0	0
010147	Barley, pearled, white, dry, boiled (as part of a recipe, without salt)	0.09	0.01	1.4	0.8	0.08	6	0	0
010146	Barley, pearled, white, dry, boiled, drained (without salt)	0.06	0	1.2	0.7	0.05	6	0	0
010011	Barley, pearled, white, dry, raw	0.29	0.02	3.7	2.2	0.25	20	0	0
	Non-African data						oa		
010013	Barley, split, black, dry, raw	0.27	0.05	6.0	3.7	0.21	11	0	0
	Non-African data		oa			oa	oa		

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Cereals and their products								
010001	Amaranthus, seed, dry, raw	0	0	0	0	0	0.19	0.05
	Non-African data							oa
	SD or Min-Max							
	n							1
010007	Barley, pearled, dry, raw	7	0	1	1	0	0.03	0.02
	Non-African data							oa
	SD or Min-Max							
	n							1
010016	Barley, black, whole grain, flour	0	0	0	0	0	0.01	0.01
	Non-African data							oa
010145	Barley, pearled, black, dry, boiled (as part of a recipe, without salt)	3	1	1	0	0	0.01	0
010144	Barley, pearled, black, dry, boiled, drained (without salt)	3	2	1	0	0	0.01	0
010010	Barley, pearled, black, dry, raw	9	3	1	1	0	0.03	0.01
	Non-African data							oa
010149	Barley, pearled, dry, boiled (as part of a recipe, without salt)	3	4	0	0	0	0.01	0.01
010148	Barley, pearled, dry, boiled, drained (without salt)	2	5	0	0	0	0.01	0.01
010147	Barley, pearled, white, dry, boiled (as part of a recipe, without salt)	2	6	0	0	0	0	0
010146	Barley, pearled, white, dry, boiled, drained (without salt)	2	7	0	0	0	0	0
010011	Barley, pearled, white, dry, raw	5	8	1	0	0	0.01	0.01
	Non-African data							oa
010013	Barley, split, black, dry, raw	0	9	0	0	0	0.10	0.10
	Non-African data							oa

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Cereals and their products								
010001	Amaranthus, seed, dry, raw	380	0	1.85	2.06	2.65	2.60	0.04
Non-African data								
SD or Min-Max								
n		1						
010007	Barley, pearled, dry, raw	376	0	0.49	0.18	0.83	0.76	0.07
Non-African data								
SD or Min-Max								
n		1						
010016	Barley, black, whole grain, flour	1110	0	0.29	0.12	0.73	0.70	0.02
Non-African data				oa	oa	oa	oa	oa
010145	Barley, pearled, black, dry, boiled (as part of a recipe, without salt)	76	0	0.19	0.07	0.33	0.30	0.03
010144	Barley, pearled, black, dry, boiled, drained (without salt)	76	0	0.19	0.07	0.33	0.30	0.03
010010	Barley, pearled, black, dry, raw	372	0	0.46	0.19	0.82	0.75	0.07
Non-African data								
010149	Barley, pearled, dry, boiled (as part of a recipe, without salt)	77	0	0.20	0.07	0.33	0.30	0.03
010148	Barley, pearled, dry, boiled, drained (without salt)	77	0	0.20	0.07	0.33	0.30	0.03
010147	Barley, pearled, white, dry, boiled (as part of a recipe, without salt)	78	0	0.21	0.07	0.34	0.31	0.03
010146	Barley, pearled, white, dry, boiled, drained (without salt)	78	0	0.21	0.07	0.34	0.31	0.03
010011	Barley, pearled, white, dry, raw	381	0	0.53	0.17	0.85	0.78	0.07
Non-African data								
010013	Barley, split, black, dry, raw	1110	0	0.40	0.14	0.62	0.59	0.04
Non-African data				oa	oa	oa	oa	oa

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Cereals and their products										
010012	Barley, split, dry, raw	*Yetekeka gebs, ti're*	1.00	1490(351)	8.5	8.5	[1.8]	70.7	9.3	1.3
	Non-African data								oa	
	SD or Min-Max				7.0-9.9	7.6-9.5	1.6-1.9			1.3
	n				2	2	2		1	2
010014	Barley, split, white, dry, raw	*Yetekeka nech gebs, ti're*	1.00	1470(346)	9.9	7.6	[1.9]	70.2	9.1	1.3
	Non-African data								oa	
010018	Barley, white, husked, roasted, spiced, flour (beso flour)	*Ye'nech gebs beso duket*	1.00	1440(340)	7.4	9.7	2.4	61.8	16.1	2.5
	Non-African data									
010017	Barley, white, whole grain, flour	*Yaltefetege nech gebs duket*	1.00	1470(347)	9.1	7.9	[2.0]	69.1	10.4	1.4
	Non-African data								oa	
010015	Barley, whole grain, flour	*Yaltefetege gebs duket*	1.00	1470(348)	8.8	10.0	[1.9]	67.5	10.5	1.4
	Non-African data								oa	
	SD or Min-Max				0.6	2.5	1.7-2.0			1.3-1.4
	n				3	3	2		1	2
010009	Barley, whole grain, hulled, dry, raw	*Yaltefetege gebs, ti're*	0.86	1360(323)	11.8	10.9	1.8	58.3	15.3	2.0
	Non-African data								oa	
	SD				1.5	1.4	1.6-1.9			0.3
	n				29	28	2		1	25
010197	Besso chibito from roasted and spiced white barley flour with water, butter and salt	*Besso chibito be'kibe*	1.00	1100(262)	40.8	5.1	10.3	33.0	8.5	2.4
010194	Besso chibito from roasted and spiced white barley flour with water, oil and salt	*Besso chibito be'zeyit*	1.00	1110(264)	40.8	5.1	10.8	32.6	8.5	2.4

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Cereals and their products											
010012	Barley, split, dry, raw	20	6.8	27	277	181	2	1.28	0.39	1.36	1
Non-African data				oa		oa	oa	oa	oa		oa
SD or Min-Max		17-22	6.2-7.4		274-280						
n		2	2	1	2	1	1	1	1	1	1
010014	Barley, split, white, dry, raw	17	6.2	26	280	178	2	1.26	0.39	1.36	1
Non-African data				oa		oa	oa	oa	oa		oa
010018	Barley, white, husked, roasted, spiced, flour (beso flour)	49	20.0	122	377	431	227	4.00	0.44	1.74	5
Non-African data										oa	
010017	Barley, white, whole grain, flour	17	6.3	99	294	320	4	2.00	0.36	1.07	39
Non-African data				oa		oa	oa	oa	oa	oa	oa
010015	Barley, whole grain, flour	23	8.0	100	292	321	4	2.08	0.36	1.07	39
Non-African data				oa		oa	oa	oa	oa	oa	oa
SD or Min-Max		17-28	6.3-9.6		290-294						
n		2	2	1	2	1	1	1	1	1	1
010009	Barley, whole grain, hulled, dry, raw	33	5.9	111	291	472	6	2.49	0.45	1.36	4
Non-African data											
SD or Min-Max		8	1.9		18			0.43			
n		3	4	1	3	1	1	3	1	1	1
010197	Besso chibito from roasted and spiced white barley flour with water, butter and salt	27	10.7	67	199	228	530	2.11	0.24	0.92	3
010194	Besso chibito from roasted and spiced white barley flour with water, oil and salt	27	10.6	67	199	227	530	2.11	0.24	0.92	3

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Cereals and their products									
010012	Barley, split, dry, raw	0.28	0.05	5.7	3.7	0.20	11	0	0
Non-African data			oa			oa	oa		
SD or Min-Max					3.7				0
n		2	1		2	1	1		2
010014	Barley, split, white, dry, raw	0.28	0.05	5.5	3.7	0.20	10	0	0
Non-African data			oa			oa	oa		
010018	Barley, white, husked, roasted, spiced, flour (beso flour)	0.09	0.02	3.8	2.4	0.13	24	0	0
Non-African data							oa		
010017	Barley, white, whole grain, flour	0.24	0.12	5.2	3.3	0.41	8	0	0
Non-African data			oa			oa	oa		
010015	Barley, whole grain, flour	0.26	0.12	5.8	3.3	0.40	8	0	0
Non-African data			oa			oa	oa		
SD or Min-Max									0
n		2	1		1	1	1		2
010009	Barley, whole grain, hulled, dry, raw	0.30	0.08	6.7	3.7	0.30	50	0	0
Non-African data									oa
SD or Min-Max					3.0-4.3				
n		2	1		2	1	1		1
010197	Besso chibito from roasted and spiced white barley flour with water, butter and salt	0.05	0.01	2.0	1.3	0.07	13	0.02	0
010194	Besso chibito from roasted and spiced white barley flour with water, oil and salt	0.05	0.01	2.0	1.3	0.07	13	0	0

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Cereals and their products								
010012	Barley, split, dry, raw	0	10	0	0	0	0.10	0.10
	Non-African data							oa
	SD or Min-Max							
	n							1
010014	Barley, split, white, dry, raw	0	11	0	0	0	0.10	0.10
	Non-African data							oa
010018	Barley, white, husked, roasted, spiced, flour (beso flour)	0	12	0	0	0	0.01	0.01
	Non-African data							oa
010017	Barley, white, whole grain, flour	0	13	0	0	0	0.01	0.01
	Non-African data							oa
010015	Barley, whole grain, flour	0	14	0	0	0	0.01	0.01
	Non-African data							oa
	SD or Min-Max							
	n							1
010009	Barley, whole grain, hulled, dry, raw	0	15	0	0	0	0.01	0.01
	Non-African data							oa
	SD or Min-Max							
	n							1
010197	Besso chibito from roasted and spiced white barley flour with water, butter and salt	35	16	50	47	0.1	0.41	0.37
010194	Besso chibito from roasted and spiced white barley flour with water, oil and salt	0	17	0	0	0		4.50

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Cereals and their products								
010012	Barley, split, dry, raw	1110	0	0.43	0.15	0.68	0.64	0.04
Non-African data				oa	oa	oa	oa	oa
SD or Min-Max								
n		1						
010014	Barley, split, white, dry, raw	1110	0	0.47	0.16	0.74	0.70	0.04
Non-African data				oa	oa	oa	oa	oa
010018	Barley, white, husked, roasted, spiced, flour (beso flour)	[354]	0	0.53	0.24	0.86	0.79	0.07
Non-African data								
010017	Barley, white, whole grain, flour	1110	0	0.35	0.14	0.86	0.82	0.03
Non-African data				oa	oa	oa	oa	oa
010015	Barley, whole grain, flour	1110	0	0.32	0.13	0.79	0.76	0.02
Non-African data				oa	oa	oa	oa	oa
SD or Min-Max								
n		1						
010009	Barley, whole grain, hulled, dry, raw	1110	0	0.33	0.13	0.81	0.77	0.02
Non-African data				oa	oa	oa	oa	oa
SD or Min-Max								
n		1						
010197	Besso chibito from roasted and spiced white barley flour with water, butter and salt	186	7	5.86	2.71	0.79	0.66	0.07
010194	Besso chibito from roasted and spiced white barley flour with water, oil and salt	186	0	1.27	2.62	6.03	5.96	0.06

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Cereals and their products										
010025	Biscuit, sweet, soft sandwich	*Sandwich biscuit*	1.00	1990(473)	2.5	7.9	[18.1]	68.8	1.8	0.9
Non-African data									oa	
SD or Min-Max					0.9	1.2	3.2			0.4
n					34	11	34		1	30
010026	Biscuits, sweet, white wheat, cracker	*Derek biscuit*	1.00	1970(470)	1.9	7.2	[16.7]	71.5	2.0	0.6
Non-African data									oa	
SD or Min-Max										
n					1	2	2		1	1
010046	Bread, maize (corn)	*Ye'bekolo qita*	1.00	874(207)	48.1	4.8	[2.0]	40.9	3.2	1.1
Non-African data									oa	
SD or Man-max					3.4	0.3	0.3			0.6
n					6	6	6			6
010188	Bread, unleavened, from brown teff flour with salt	*Ye'keye teff qita*	1.00	1060(250)	33.7	7.5	2.0	47.2	6.6	3.0
010209	Bread, unleavened, from red decorticated sorghum with oil and salt	*Yetefetege keye mashila qita*	1.00	1010(238)	39.3	5.9	3.3	43.0	6.4	2.1
010190	Bread, unleavened, from refined wheat flour with oil and salt	*Ye'furno duket qita*	1.00	1110(261)	35.5	6.6	2.8	51.1	2.7	1.3
010196	Bread, unleavened, from white barley flour with salt	*Ye'nech gebs qita*	1.00	1020(242)	35.6	5.5	1.4	48.2	7.3	2.0
010186	Bread, unleavened, from white maize and white wheat (whole grain) flour with salt	*Ye'bekolo ena yalitefetege sinde qita*	1.00	1070(252)	34.5	6.2	2.6	47.1	7.9	1.7
010195	Bread, unleavened, from white maize flour with salt	*Ye'nech bekolo qita*	1.00	1060(252)	36.1	5.4	3.6	46.4	6.6	2.0
010205	Bread, unleavened, from whole white wheat with salt	*Yaltefetege nech sinde qita*	1.00	975(231)	37.2	6.5	1.5	43.6	8.5	2.8
010133	Bread, wheat, white, refined flour	*Yetefetege nech sinde dabo*	1.00	1130(267)	32.2	7.9	1.3	54.4	3.0	1.2
Non-African data										
010134	Bread, wheat, white, whole grain	*Yaltefetege nech sinde dabo*	1.00	790(187)	51.1	5.1	1.4	35.2	5.8	1.2

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Cereals and their products											
010025	Biscuit, sweet, soft sandwich	100	1.6	13	82	218	265	0.51	0.07	0.56	5
Non-African data										oa	oa
SD or Min-Max						158-279	219-312				
n		1	1	1	1	2	2	1	1	1	1
010026	Biscuits, sweet, white wheat, cracker	121	2.1	17	85	142	415	0.61	0.08	0.93	10
Non-African data										oa	oa
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
010046	Bread, maize (corn)	8	3.4	16	151	208	139	1.03	0.22	0.10	9
Non-African data										oa	oa
SD or Man-max			1.7		19	181-236	19-259	0.83-1.23	0.14-0.30		
n		4	3	1	4	2	2	2	2	1	1
010188	Bread, unleavened, from brown teff flour with salt	108	16.1	142	296	296	421	2.74	0.43	6.85	7
010209	Bread, unleavened, from red decorticated sorghum with oil and salt	16	6.8	92	209	214	412	1.34	0.15	1.08	12
010190	Bread, unleavened, from refined wheat flour with oil and salt	19	1.9	31	109	103	323	0.79	0.12	0.45	14
010196	Bread, unleavened, from white barley flour with salt	14	4.5	72	205	223	384	1.40	0.26	0.75	27
010186	Bread, unleavened, from white maize and white wheat (whole grain) flour with salt	18	3.5	81	236	254	291	1.97	0.20	1.34	7
010195	Bread, unleavened, from white maize flour with salt	5	3.4	75	207	216	468	1.52	0.10	0.35	6
010205	Bread, unleavened, from whole white wheat with salt	29	3.3	83	243	268	681	2.24	0.29	2.18	7
010133	Bread, wheat, white, refined flour	23	1.7	29	99	158	294	1.10	0.13	0.92	6
Non-African data										oa	
010134	Bread, wheat, white, whole grain	24	4.9	58	127	193	202	1.40	0.17	1.53	4

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Cereals and their products									
010025	Biscuit, sweet, soft sandwich	0.14	0.13	2.6	1.1	0.01	4	0	0
Non-African data									
SD or Min-Max									
n		1	1		1	1	1	1	1
010026	Biscuits, sweet, white wheat, cracker	0.13	0.08	2.8	1.5	0.04	13	0.10	11
Non-African data						oa		oa	oa
SD or Min-Max									
n		1	1		1	1	1	1	1
010046	Bread, maize (corn)	0.09	0.10	1.4	0.6	0.06	39	0	0
Non-African data						oa			
SD or Man-max			0.08		0.5-0.7				0
n		4	4		2	1	1		2
010188	Bread, unleavened, from brown teff flour with salt	0.28	0.04	1.3	0.6	0.17	62	0	0
010209	Bread, unleavened, from red decorticated sorghum with oil and salt	0.19	0.03	0.8	0.5	0.15	25	0	0
010190	Bread, unleavened, from refined wheat flour with oil and salt	0.08	0.01	1.7	0.4	0.04	15	0	0
010196	Bread, unleavened, from white barley flour with salt	0.13	0.08	3.5	2.2	0.26	3	0	0
010186	Bread, unleavened, from white maize and white wheat (whole grain) flour with salt	0.18	0.01	1.5	0.6	0.17	21	0	0
010195	Bread, unleavened, from white maize flour with salt	0.17	0	0.7	0.4	0.22	26	0	0
010205	Bread, unleavened, from whole white wheat with salt	0.17	0.03	2.2	0.8	0.11	14	0	0
010133	Bread, wheat, white, refined flour	0.12	0.01	1.9	0.8	0.02	22	0.10	0
Non-African data								oa	
010134	Bread, wheat, white, whole grain	0.14	0.02	1.3	0.5	0.08	31	0.10	0

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Cereals and their products								
010025	Biscuit, sweet, soft sandwich	12	18	15	14	0		2.50
Non-African data			oa					oa
SD or Min-Max								
n			1					1
010026	Biscuits, sweet, white wheat, cracker	0	19	49	49	0		3.90
Non-African data			oa					oa
SD or Min-Max								
n			1					1
010046	Bread, maize (corn)	17	20	3	1	0.7		
Non-African data								
SD or Man-max								
n			1			1		
010188	Bread, unleavened, from brown teff flour with salt	9	21	1	1	0	0.03	0
010209	Bread, unleavened, from red decorticated sorghum with oil and salt	17	22	3	1	0		0.55
010190	Bread, unleavened, from refined wheat flour with oil and salt	8	23	1	1	0	0	0.61
010196	Bread, unleavened, from white barley flour with salt	0	24	0	0	0	0.01	0.01
010186	Bread, unleavened, from white maize and white wheat (whole grain) flour with salt	4	25	1	0	0	0.29	0.28
010195	Bread, unleavened, from white maize flour with salt	1	26	0	0	0	0.57	0.55
010205	Bread, unleavened, from whole white wheat with salt	6	27	1	1	0	0	0
010133	Bread, wheat, white, refined flour	11	28	2	1	0	0.26	0.24
Non-African data								
010134	Bread, wheat, white, whole grain	2	29	0	0	0	0.26	0.16

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Cereals and their products								
010025	Biscuit, sweet, soft sandwich		10	10.30	5.70	1.29	1.19	0.07
	Non-African data		oa				oa	oa
	SD or Min-Max							
	n		1					
010026	Biscuits, sweet, white wheat, cracker		9	8.21	6.05	1.74	1.62	0.13
	Non-African data		oa				oa	oa
	SD or Min-Max							
	n		1					
010046	Bread, maize (corn)		4	0.66	0.61	0.42		
	Non-African data		oa					
	SD or Man-max							
	n		1					
010188	Bread, unleavened, from brown teff flour with salt	1010	0	0.38	0.37	0.67	0.57	0.09
010209	Bread, unleavened, from red decorticated sorghum with oil and salt	351	0	0.41	0.85	1.39	1.36	0.03
010190	Bread, unleavened, from refined wheat flour with oil and salt	86	0	0.38	0.55	1.42	1.39	0.03
010196	Bread, unleavened, from white barley flour with salt	772	0	0.24	0.09	0.60	0.57	0.02
010186	Bread, unleavened, from white maize and white wheat (whole grain) flour with salt	644	0	0.50	0.63	1.01	0.97	0.04
010195	Bread, unleavened, from white maize flour with salt	455	0	0.70	1.02	1.34	1.30	0.03
010205	Bread, unleavened, from whole white wheat with salt	770	0	0.26	0.19	0.61	0.56	0.04
010133	Bread, wheat, white, refined flour	93	0	0.26	0.16	0.44	0.41	0.02
	Non-African data							
010134	Bread, wheat, white, whole grain		0	0.23	0.22	0.51	0.48	0.03

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Cereals and their products										
010131	Bread, wheat, whole grain	*Yaltefetege sinde dabo*	1.00	852(202)	47.8	10.0	2.0	33.3	5.3	1.6
Non-African data							oa		oa	
SD or Min-Max					5.7	1.8				0.5
n					7	7	1		1	7
010027	Breakfast cereal, corn flakes, with cocoa powder, vegetable oil and milk powder, unfortified	*Corn falkes*	1.00	1660(392)	5.2	6.6	[5.6]	76.2	5.4	1.1
010189	Chechebsa from brown teff flour unleavend bread with butter and red pepper spice blend	*Ye'teff chechebsa*	1.00	1420(338)	28.3	6.6	15.3	40.5	6.3	3.1
010191	Chechebsa from refined white wheat flour unleavend bread with butter and red pepper spice blend	*Ye'furno duket chechebsa*	1.00	1460(349)	30.2	5.7	16.0	44.2	2.6	1.3
010210	Chiko from roasted and spiced barley flour with butter, cardamom and salt	*Chiko*	1.00	2190(527)	4.7	6.1	35.9	39.9	10.1	3.3
010028	Emmer wheat, whole grain, dry, raw	*Yaltefetege aja, ti're*	0.70	1480(349)	10.5	11.3	[2.5]	66.8	7.2	1.6
010030	Emmer wheat, whole grain, flour, raw	*Yaltefetege aja duket*	1.00	1480(349)	10.5	11.3	2.5	66.8	7.2	1.6
Non-African data										
010024	Enjera, barley, white	*Ye'nech gebs enjera*	1.00	665(158)	58.5	4.8	1.2	28.6	6.0	0.8
Non-African data										
010052	Enjera, maize (corn), white	*Ye'nech bekolo enjera*	1.00	681(161)	59.6	3.1	[1.9]	30.9	3.9	0.5
Non-African data										
010068	Enjera, millet, white	*Ye'nech zengada enjera*	1.00	633(150)	61.4	3.6	1.6	28.0	4.6	0.8
Non-African data										
SD or Min-Max										
n			1		1	1	1		1	1
010090	Enjera, sorghum, mixed	*Ye'dibilik mashila enjera*	1.00	654(155)	60.2	4.0	1.4	29.4	4.3	0.7
Non-African data										
SD or Min-Max				59.3-61.2	3.9-4.0	1.3-1.5		3.9-4.7	0.7	
n			1		2	2	2		2	2

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Cereals and their products											
010131	Bread, wheat, whole grain	46	7.9	61	190	234	221	2.07	0.42	1.63	12
Non-African data										oa	oa
SD or Min-Max		21	6.7		30	204-263	194-248	0.44	0.27-0.57		
n		6	6	1	5	2	2	3	2	1	1
010027	Breakfast cereal, corn flakes, with cocoa powder, vegetable oil and milk powder, unfortified	30	2.3	61	162	226	103	1.40	0.14	0.10	4
010189	Chechebsa from brown teff flour unleavend bread With butter and red pepper spice blend	92	13.7	119	248	253	350	2.29	0.36	5.70	6
010191	Chechebsa from refined white wheat flour unleavend Bread with butter and red pepper spice blend	17	1.8	26	94	92	274	0.68	0.11	0.39	12
010210	Chiko from roasted and spiced barley flour with butter, cardamom and salt	38	12.6	84	232	286	796	2.50	0.30	1.63	4
010028	Emmer wheat, whole grain, dry, raw	30	5.2	123	402	407	2	4.10	0.51	3.19	9
010030	Emmer wheat, whole grain, flour, raw	30	5.2	123	402	407	2	4.10	0.51	3.19	9
Non-African data										oa	
010024	Enjera, barley, white	23	4.2	48	99	131	47	1.50	0.27	0.57	0
Non-African data										oa	
010052	Enjera, maize (corn), white	9	2.4	40	89	113	5	0.87	0.08	0.22	0
Non-African data										oa	
010068	Enjera, millet, white	48	5.1	48	103	132	6	1.10	0.12	1.38	8
Non-African data										oa	
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
010090	Enjera, sorghum, mixed	26	6.1	52	96	124	9	0.95	0.13	0.75	4
Non-African data									oa		
SD or Min-Max		5.1-7.1	49-54	94-99	120-128	8-11	0.9-1.0	0.12-0.13		tr-8	
n		2	2	2	2	2	2	2	2	1	2

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Cereals and their products									
010131	Bread, wheat, whole grain	0.16	0.11	3.5	1.9	0.07	33	0.09	0
Non-African data						oa	oa	oa	
SD or Min-Max			0.06		0.2				0
n		5	5		3	1	1	1	2
010027	Breakfast cereal, corn flakes, with cocoa powder, vegetable oil and milk powder, unfortified	0.11	0.02	1.2	0.6	0.15	7	0	0
010189	Chechebsa from brown teff flour unleavend bread with butter and red pepper spice blend	0.23	0.04	1.1	0.5	0.14	51	0.02	0
010191	Chechebsa from refined white wheat flour unleavend bread with butter and red pepper spice blend	0.07	0.01	1.5	0.4	0.04	13	0.02	0
010210	Chiko from roasted and spiced barley flour with butter, cardamom and salt	0.06	0.01	2.3	1.5	0.08	15	0.06	0
010028	Emmer wheat, whole grain, dry, raw	0.24	0.01	3.3	1.4	0.17	[3]	0	0
010030	Emmer wheat, whole grain, flour, raw	0.24	0.01	3.3	1.4	0.17	[3]	0	0
Non-African data									
010024	Enjera, barley, white	0.04	0.11	2.8	2.1	0.08	11	0	0
Non-African data									
010052	Enjera, maize (corn), white	0.11	0.02	0.6	0.4	0.12	22	0	0
Non-African data									
010068	Enjera, millet, white	0.10	0.02	0.7	0.4	0.09	24	0	0
Non-African data							oa		
SD or Min-Max									
n		1	1		1	1	1		1
010090	Enjera, sorghum, mixed	0.12	0.03	0.7	0.4	0.08	17	0	0
Non-African data									
SD or Min-Max		0.02-0.03		0.4	0.07-0.09			0	
n		2	2		2	2	1		2

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Cereals and their products								
010131	Bread, wheat, whole grain	0	30	0	0	0	0.51	0.20
Non-African data			oa					oa
SD or Min-Max								
n			1			1		1
010027	Breakfast cereal, corn flakes, with cocoa powder, vegetable oil and milk powder, unfortified	3	31	1	0	1.4	0.20	0.16
010189	Chechebsa from brown teff flour unleavend bread with butter and red pepper spice blend	59	32	76	71	0.2	0.62	0.55
010191	Chechebsa from refined white wheat flour unleavend bread with butter and red pepper spice blend	59	33	77	72	0.2	0.60	1.10
010210	Chiko from roasted and spiced barley flour with butter, cardamom and salt	134	34	193	181	0.5	1.60	1.40
010028	Emmer wheat, whole grain, dry, raw	5	35	1	0	0		<LOD
010030	Emmer wheat, whole grain, flour, raw	5	36	1	0	0		<LOD
Non-African data								
010024	Enjera, barley, white	0	38	0	0	0	0.08	0.08
Non-African data								
010052	Enjera, maize (corn), white	0	39	0	0	0	0.34	0.20
Non-African data								
010068	Enjera, millet, white	0	40	0	0	0	0.28	0.20
Non-African data								
SD or Min-Max								
n							1	1
010090	Enjera, sorghum, mixed	2	41	0	0	0	0.15	0.08
Non-African data SD or Min-Max		0			0			
n			2			2		1

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Cereals and their products								
010131	Bread, wheat, whole grain		0	0.24	0.48	0.60	0.53	0.07
Non-African data			oa	oa	oa	oa	oa	oa
SD								
n			1					
010027	Breakfast cereal, corn flakes, with cocoa powder, vegetable oil and milk powder, unfortified	75	0	1.87	1.76	1.16	1.12	0.03
010189	Chechebsa from brown teff flour unleavend bread with butter and red pepper spice blend		10	8.61	4.19	1.20	0.97	0.15
010191	Chechebsa from refined white wheat flour unleavend bread with butter and red pepper spice blend		10	8.70	4.37	1.76	1.59	0.08
010210	Chiko from roasted and spiced barley flour with butter, cardamom and salt	225	26	21.70	10.10	1.80	1.40	0.18
010028	Emmer wheat, whole grain, dry, raw	638	0	0.43	0.34	1.03	0.95	0.07
010030	Emmer wheat, whole grain, flour, raw	638	0	0.43	0.34	1.03	0.95	0.07
Non-African data		oa						
010024	Enjera, barley, white		0	0.25	0.12	0.44	0.39	0.04
Non-African data								
010052	Enjera, maize (corn), white		0	0.33	0.60	0.73	0.71	0.02
Non-African data								
010068	Enjera, millet, white		0	0.23	0.37	0.44	0.42	0.02
Non-African data								
SD or Min-Max								
n			1					
010090	Enjera, sorghum, mixed		0	0.20	0.35	0.40	0.39	0.02
Non-African data			0					
SD or Min-Max			2					
n								

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Cereals and their products										
010091	Enjera, sorghum, red	*Ye'keye mashila enjera*	1.00	632(150)	61.2	3.9	1.3	28.1	4.7	0.7
	Non-African data									
010092	Enjera, sorghum, white	*Ye'nech mashila enjera*	1.00	678(160)	59.3	4.0	1.5	30.7	3.9	0.7
	Non-African data									
010110	Enjera, teff, brown	*Ye'keye teff enjera*	1.00	647(153)	60.3	4.4	1.3	28.9	4.1	1.0
	Non-African data									
010109	Enjera, teff, mixed	*Ye'dibilik teff enjera*	1.00	644(152)	60.6	4.2	1.3	29.1	3.8	1.1
	Non-African data									
010112	Enjera, teff, unfermented	*Aflegna enjera*	1.00	730(172)	54.2	4.4	[0.9]	34.5	4.4	1.6
	Non-African data									
010111	Enjera, teff, white	*Ye'nech teff enjera*	1.00	633(150)	61.4	4.4	1.2	28.4	3.8	0.8
	Non-African data									
010113	Enjera, teff, white, dried	*Ye'nech teff enjera dirkosh*	1.00	1490(352)	12.9	9.9	2.8	69.9	3.8	0.8
	Non-African data									
010138	Enjera, wheat, white, whole grain	*Yaltefetege nech sinde enjera*	1.00	701(166)	58.0	4.0	2.1	30.4	4.6	0.8
	Non-African data									
010198	Ferfer from dried white enjera with tomato, onion, oil, red pepper spice blend, garlic and salt	*Dirkosh ferfer*	1.00	733(175)	62.6	3.3	8.6	19.4	3.6	2.6
010214	Ferfer from fresh white enjera and beef meat sauce with onion, tomato, oil, red pepper spice blend, butter and salt	*Enjera ferfer be'siga, keye*	1.00	679(163)	66.8	5.7	9.1	13.0	2.8	2.4
010213	Ferfer from fresh white enjera and dried beef meat sauce with onion, tomato, oil, red pepper spice blend, butter and salt	*Quanta ferfer, keye*	1.00	808(194)	60.1	10.2	10.5	13.0	2.9	3.3

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Cereals and their products											
010091	Enjera, sorghum, red	26	7.1	54	94	128	8	0.90	0.12	0.71	0
	Non-African data									oa	
010092	Enjera, sorghum, white	27	5.1	49	99	120	11	1.00	0.13	0.75	8
	Non-African data									oa	
010110	Enjera, teff, brown	64	9.2	81	135	165	7	1.30	0.22	4.03	6
	Non-African data									oa	
010109	Enjera, teff, mixed	66	11.1	76	118	156	12	1.20	0.23	3.99	10
	Non-African data									oa	
010112	Enjera, teff, unfermented	86	8.0	92	183	257	17	1.10	0.64	4.64	9
	Non-African data									oa	
010111	Enjera, teff, white	44	10.9	44	93	107	10	0.84	0.21	3.91	11
	Non-African data									oa	
010113	Enjera, teff, white, dried	44	10.9	44	93	107	10	0.84	0.21	8.83	11
	Non-African data									oa	
010138	Enjera, wheat, white, whole grain	16	6.2	56	115	138	7	1.20	0.10	0.92	6
	Non-African data									oa	
010198	Ferfer from dried white enjera with tomato, onion, oil, red pepper spice blend, garlic and salt	34	6.9	34	66	107	490	0.57	0.16	2.41	7
010214	Ferfer from fresh white enjera and beef meat sauce with onion, tomato, oil, red pepper spice blend, butter and salt										
010213	Ferfer from fresh white enjera and dried beef meat sauce with onion, tomato, oil, red pepper spice blend, butter and salt	29	5.5	31	101	188	590	1.99	0.15	1.52	10
010224	Ferfer from fresh white enjera with oil, tomato, onion, red pepper spice blend, garlic and salt	24	4.6	23	46	90	453	0.39	0.11	1.58	4
010213	Ferfer from fresh white enjera and dried beef meat sauce with onion, tomato, oil, red pepper spice blend, butter and salt	29	5.5	31	101	188	590	1.99	0.15	1.52	10

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Cereals and their products									
010091	Enjera, sorghum, red	0.10	0.02	0.7	0.4	0.07	16	0	0
	Non-African data						oa		
010092	Enjera, sorghum, white	0.13	0.03	0.7	0.4	0.09	17	0	0
	Non-African data						oa		
010110	Enjera, teff, brown	0.13	0.03	0.8	0.3	0.10	49	0	0
	Non-African data								
010109	Enjera, teff, mixed	0.13	0.03	1.1	0.5	0.10	49	0	0
	Non-African data								
010112	Enjera, teff, unfermented	0.08	0.02	1.0	0.5	0.11	57	0	0
	Non-African data								
010111	Enjera, teff, white	0.08	0.02	1.0	0.3	0.07	48	0	0
	Non-African data								
010113	Enjera, teff, white, dried	0.08	0.02	1.8	0.3	0.07	110	0	0
	Non-African data								
010138	Enjera, wheat, white, whole grain	0.10	0.02	0.7	0.4	0.11	9	0	0
	Non-African data						oa		
010198	Ferfer from dried white enjera with tomato, onion, oil, red pepper spice blend, garlic and salt	0.04	0.02	0.7	0.2	0.05	23	0	4
010214	Ferfer from fresh white enjera and beef meat sauce with onion, tomato, oil, red pepper spice blend, butter and salt	0.05	0.05	1.6	0.6	0.07	21	0.29	4
010213	Ferfer from fresh white enjera and dried beef meat sauce with onion, tomato, oil, red pepper spice blend, butter and salt	0.05	0.04	2.3	1.3	0.08	21	0.36	5
010224	Ferfer from fresh white enjera with oil, tomato, onion, red pepper spice blend, garlic and salt	0.04	0.02	0.5	0.2	0.04	16	0	3
010213	Ferfer from fresh white enjera and dried beef meat sauce with onion, tomato, oil, red pepper spice blend, butter and salt	0.05	0.04	2.3	1.3	0.08	21	0.36	5

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Cereals and their products								
010091	Enjera, sorghum, red	3	42	1	0	0	0.14	0.08
	Non-African data							
010092	Enjera, sorghum, white	1	43	0	0	0	0.15	0.08
	Non-African data							
010110	Enjera, teff, brown	0	44	0	0	0	0.25	0.08
	Non-African data							
010109	Enjera, teff, mixed	0	45	0	0	0	0.24	0.08
	Non-African data							
010112	Enjera, teff, unfermented	2	46	0	0	0	0.02	0
	Non-African data							
010111	Enjera, teff, white	2	47	0	0	0	0.23	0.08
	Non-African data							
010113	Enjera, teff, white, dried	2	48	0	0	0	0.23	0.08
	Non-African data							
010138	Enjera, wheat, white, whole grain	0	49	0	0	2.6	0.61	0.53
	Non-African data							
010198	Ferfer from dried white enjera with tomato, onion, oil, red pepper spice blend, garlic and salt	59	50	10	5	0		2.70
010214	Ferfer from fresh white enjera and beef meat sauce with onion, tomato, oil, red pepper spice blend, butter and salt	68	51	18	12	0.0		2.60
010213	Ferfer from fresh white enjera and dried beef meat sauce with onion, tomato, oil, red pepper spice blend, butter and salt	89	52	21	14	0.0		2.60
010224	Ferfer from fresh white enjera with oil, tomato, onion, red pepper spice blend, garlic and salt	55	53	9	5	0		4.10
010213	Ferfer from fresh white enjera and dried beef meat sauce with onion, tomato, oil, red pepper spice blend, butter and salt	89	52	21	14	0.0		2.60

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Cereals and their products								
010091	Enjera, sorghum, red		0	0.18	0.32	0.36	0.35	0.02
	Non-African data							
010092	Enjera, sorghum, white		0	0.22	0.37	0.45	0.43	0.02
	Non-African data							
010110	Enjera, teff, brown	117	0	0.31	0.41	0.14	0.10	0.01
	Non-African data							
010109	Enjera, teff, mixed	117	0	0.23	0.24	0.40	0.35	0.05
	Non-African data							
010112	Enjera, teff, unfermented	361	0	0.16	0.15	0.29	0.25	0.04
	Non-African data							
010111	Enjera, teff, white	102	0	0.21	0.24	0.38	0.34	0.04
	Non-African data							
010113	Enjera, teff, white, dried	102	0	0.48	0.54	0.86	0.76	0.09
	Non-African data							
010138	Enjera, wheat, white, whole grain		0	0.30	0.46	0.64	0.62	0.02
	Non-African data							
010198	Ferfer from dried white enjera with tomato, onion, oil, red pepper spice blend, garlic and salt	43	0	0.98	2.18	4.80	4.74	0.07
010214	Ferfer from fresh white enjera and beef meat sauce with onion, tomato, oil, red pepper spice blend, butter and salt	38	10	1.97	2.41	4.11	4.02	0.06
010213	Ferfer from fresh white enjera and dried beef meat sauce with onion, tomato, oil, red pepper spice blend, butter and salt	38	19	2.42	2.88	4.50	4.40	0.07

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*FAT*	*CHOAVLDF*	*ASH*
Cereals and their products										
010224	Ferfer from fresh white enjera with oil, tomato, onion, red pepper spice blend, garlic and salt	*Enjera Ferfer*	1.00	728(175)	68.3	2.2	12.2	12.9	2.4	2.0
010206	Fetfet from fresh white enjera with water, tomato, linseed, onion, green pepper and salt	*Telba fetfet*	1.00	357(85)	79.5	2.8	2.9	10.2	3.4	1.1
010212	Ferfer from white fresh enjera and beef meat sauce with oil, onion, butter, spices and salt	*Enjera ferfer be'siga, alicha*	1.00	808(194)	65.1	5.9	13.5	11.4	1.7	2.2
010151	Maize (corn), grain, fresh, boiled (as part of a recipe, without salt)	*Yetekekele eshet bekolo kenewuhaw*	0.57	873(207)	47.7	5.7	2.3	38.0	5.5	0.8
010150	Maize (corn), grain, fresh, boiled, drained (without salt)	*Yetekekele eshet bekolo*	0.57	873(207)	47.7	5.7	2.3	38.0	5.5	0.8
010032	Maize (corn), on cob, grains, fresh, raw	*Ye'bekolo eshet*	0.58	838(199)	49.8	5.5	2.2	36.5	5.3	0.7
Non-African data										
SD or Min-Max					43.9-55.7	4.9-6.1	1.7-2.8		4.6-6.5	0.7-0.8
n			1		2	2	2		2	2
010153	Maize (corn), white, grain, fresh, boiled (as part of a recipe, without salt)	*Yetekekele nech eshet bekolo kenewuhaw*	0.55	762(180)	53.8	5.1	1.7	33.7	4.8	0.8
010152	Maize (corn), white, grain, fresh, boiled, drained (without salt)	*Yetekekele nech eshet bekolo*	0.55	762(180)	53.8	5.1	1.7	33.7	4.8	0.8
010033	Maize (corn), white, on cob, grains, fresh, raw	*Ye'nech bekolo eshet*	0.56	732(173)	55.7	4.9	1.7	32.4	4.6	0.8
Non-African data										
010043	Maize (corn), white, refined, flour, raw	*Yetefetege nech bekolo duket*	1.00	1520(358)	9.5	9.0	1.5	74.9	4.5	0.6
Non-African data										
010039	Maize (corn), white, split, dry, raw	*Yetekeka nech bekolo, ti're*	1.00	1500(354)	12.1	6.9	2.6	73.5	4.3	0.6
Non-African data										
010159	Maize (corn), white, whole grain, dry, boiled (as part of a recipe, without salt)	*Yetekekele nech bekolo kenewuhaw*	1.00	476(113)	71.9	2.4	1.6	20.7	3.0	0.4
010158	Maize (corn), white, whole grain, dry, boiled, drained (without salt)	*Yetekekele nech bekolo*	1.00	476(113)	71.9	2.4	1.6	20.7	3.0	0.4

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*CA*	*FE*	*MG*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Cereals and their products											
010224	Ferfer from fresh white enjera with oil, tomato, onion, red pepper spice blend, garlic and salt	24	4.6	23	46	90	453	0.39	0.11	1.58	4
010206	Fetfet from fresh white enjera with water, tomato, linseed, onion, green pepper and salt	33	5.6	43	68	135	203	0.92	0.38	1.32	7
010212	Ferfer from white fresh enjera and beef meat sauce with oil, onion, butter, spices and salt	25	5.0	28	73	130	646	1.28	0.12	1.49	7
010151	Maize (corn), grain, fresh, boiled (as part of a recipe, without salt)	8	1.3	66	135	245	0	1.41	0.21	0.59	7
010150	Maize (corn), grain, fresh, boiled, drained (without salt)	8	1.3	66	128	196	0	1.34	0.21	0.59	7
010032	Maize (corn), on cob, grains, fresh, raw	7	1.3	64	130	235	0	1.36	0.20	0.57	7
	Non-African data									oa	
	SD or Min-Max		1.0-1.5	43-84	109-150	175-295		1.00-1.72	0.08-0.32		6-7
	n	2	2	2	2	2	1	2	2	1	2
010153	Maize (corn), white, grain, fresh, boiled (as part of a recipe, without salt)	5	1.0	45	114	183	8	1.04	0.09	0.58	7
010152	Maize (corn), white, grain, fresh, boiled, drained (without salt)	5	1.0	45	108	146	7	0.99	0.09	0.58	7
010033	Maize (corn), white, on cob, grains, fresh, raw	5	1.0	43	109	175	8	1.00	0.08	0.55	6
	Non-African data									oa	
010043	Maize (corn), white, refined, flour, raw	20	0.7	50	60	103	3	0.74	0.10	0.40	2
	Non-African data									oa	oa
010039	Maize (corn), white, split, dry, raw	3	2.0	48	133	142	1	0.69	0.08	0.13	tr
	Non-African data						oa			oa	
010159	Maize (corn), white, whole grain, dry, boiled (as part of a recipe, without salt)	1	1.5	32	93	97	0	0.68	0.04	0.16	3
010158	Maize (corn), white, whole grain, dry, boiled, drained (without salt)	1	1.5	32	88	77	0	0.64	0.04	0.16	3

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Cereals and their products									
010224	Ferfer from fresh white enjera with oil, tomato, onion, red pepper spice blend, garlic and salt	0.04	0.02	0.5	0.2	0.04	16	0	3
010206	Fetfet from fresh white enjera with water, tomato, linseed, onion, green pepper and salt	0.06	0.03	0.9	0.3	0.06	24	0	9
010212	Ferfer from white fresh enjera and beef meat sauce with oil, onion, butter, spices and salt	0.04	0.04	1.6	0.7	0.05	18	0.35	1
010151	Maize (corn), grain, fresh, boiled (as part of a recipe, without salt)	0.15	0.11	1.1	0.8	0.27	73	0	2
010150	Maize (corn), grain, fresh, boiled, drained (without salt)	0.10	0.08	0.9	0.6	0.17	64	0	2
010032	Maize (corn), on cob, grains, fresh, raw	0.20	0.10	1.1	0.8	0.33	88	0	3
Non-African data							oa		
SD or Min-Max			0.06-0.15		0.7-0.9	0.20-0.45	78-98		1-5
n		2	2		2	2	2		2
010153	Maize (corn), white, grain, fresh, boiled (as part of a recipe, without salt)	0.12	0.06	1.1	0.9	0.17	65	0	tr
010152	Maize (corn), white, grain, fresh, boiled, drained (without salt)	0.08	0.05	1.0	0.7	0.11	57	0	tr
010033	Maize (corn), white, on cob, grains, fresh, raw	0.16	0.06	1.1	0.9	0.20	78	0	tr
Non-African data									
010043	Maize (corn), white, refined, flour, raw	0.13	0.02	1.0	0.6	0.17	8	0	0
Non-African data									
010039	Maize (corn), white, split, dry, raw	0.17	0	0.8	0.5	0.23	71	0	0
Non-African data									
010159	Maize (corn), white, whole grain, dry, boiled (as part of a recipe, without salt)	0.08	0	0.3	0.2	0.09	18	0	0
010158	Maize (corn), white, whole grain, dry, boiled, drained (without salt)	0.05	0	0.3	0.2	0.06	16	0	0

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Cereals and their products								
010224	Ferfer from fresh white enjera with oil, tomato, onion, red pepper spice blend, garlic and salt	55	53	9	5	0		4.10
010206	Fetfet from fresh white enjera with water, tomato, linseed, onion, green pepper and salt	99	54	17	8	0	0.72	0.63
010212	Ferfer from white fresh enjera and beef meat sauce with oil, onion, butter, spices and salt	10	37	13	12	0.0		4.00
010151	Maize (corn), grain, fresh, boiled (as part of a recipe, without salt)	27	55	5	2	0	0	0
010150	Maize (corn), grain, fresh, boiled, drained (without salt)	26	56	4	2	0	0	0
010032	Maize (corn), on cob, grains, fresh, raw	28	57	5	2	0	0	0
Non-African data								
SD or Min-Max								
n								1
010153	Maize (corn), white, grain, fresh, boiled (as part of a recipe, without salt)	0	58	0	0	0	0.04	0
010152	Maize (corn), white, grain, fresh, boiled, drained (without salt)	0	59	0	0	0	0.04	0
010033	Maize (corn), white, on cob, grains, fresh, raw	0	60	0	0	0	0.04	0
Non-African data								
010043	Maize (corn), white, refined, flour, raw	0	61	0	0	0		
Non-African data								
010039	Maize (corn), white, split, dry, raw	0	62	0	0	0	0.21	0.20
Non-African data								
010159	Maize (corn), white, whole grain, dry, boiled (as part of a recipe, without salt)	0	63	0	0	0	0.25	0.25
010158	Maize (corn), white, whole grain, dry, boiled, drained (without salt)	0	64	0	0	0	0.25	0.25

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Cereals and their products								
010224	Ferfer from fresh white enjera with oil, tomato, onion, red pepper spice blend, garlic and salt		0	1.33	3.16	7.02	6.96	0.06
010206	Fetfet from fresh white enjera with water, tomato, linseed, onion, green pepper and salt	161	0	0.37	0.58	1.73	0.44	0.87
010212	Ferfer from white fresh enjera and beef meat sauce with oil, onion, butter, spices and salt	39	12	2.97	3.63	6.13	6.03	0.06
010151	Maize (corn), grain, fresh, boiled (as part of a recipe, without salt)	125	0	0.47	0.63	0.89	0.87	0.02
010150	Maize (corn), grain, fresh, boiled, drained (without salt)	125	0	0.47	0.63	0.89	0.87	0.02
010032	Maize (corn), on cob, grains, fresh, raw	234	0	0.45	0.61	0.85	0.83	0.02
	Non-African data							
	SD or Min-Max							
	n		1					
010153	Maize (corn), white, grain, fresh, boiled (as part of a recipe, without salt)	203	0	0.35	0.47	0.66	0.64	0.02
010152	Maize (corn), white, grain, fresh, boiled, drained (without salt)	203	0	0.35	0.47	0.66	0.64	0.02
010033	Maize (corn), white, on cob, grains, fresh, raw	383	0	0.34	0.45	0.63	0.62	0.01
	Non-African data							
010043	Maize (corn), white, refined, flour, raw	211	0	0.23	0.51	0.54	0.52	0.01
	Non-African data							
010039	Maize (corn), white, split, dry, raw	646	0	0.49	0.70	1.06	1.03	0.03
	Non-African data							
010159	Maize (corn), white, whole grain, dry, boiled (as part of a recipe, without salt)	104	0	0.31	0.46	0.60	0.58	0.01
010158	Maize (corn), white, whole grain, dry, boiled, drained (without salt)	104	0	0.31	0.46	0.60	0.58	0.01

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	PROTCNT	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Cereals and their products										
010036	Maize (corn), white, whole grain, dry, raw	*Yaltefetege nech bekolo, ti're*	1.00	1470(350)	13.0	7.4	4.9	64.3	9.2	1.1
	Non-African data									
010042	Maize (corn), white, whole grain, flour, raw	*Yaltefetege nech bekolo duket*	1.00	1470(350)	13.0	7.4	4.9	64.3	9.2	1.1
	Non-African data									
010157	Maize (corn), whole grain, dry, boiled (as part of a recipe, without salt)	*Yetekekele bekolo kenewuhaw*	1	481(114)	71.5	2.6	1.5	20.9	3.0	0.4
010156	Maize (corn), whole grain, dry, boiled, drained (without salt)	*Yetekekele eshet bekolo*	1.00	481(114)	71.5	2.6	1.5	20.9	3.0	0.4
010035	Maize (corn), whole grain, dry, raw	*Yaltefetege bokolo, ti're*	1.00	1490(353)	11.8	8.1	4.7	64.9	9.3	1.2
	Non-African data									
	SD or Min-Max				10.5-13.0	7.4-8.8	4.6-4.9		9.2-9.4	1.1-1.3
	n				2	2	2		2	2
010041	Maize (corn), whole grain, flour, raw	*Yeltefetege bekolo duket*	1.00	1490(353)	11.8	8.1	4.7	64.9	9.3	1.2
	Non-African data									
	SD or Min-Max				10.5-13.0	7.4-8.8	4.6-4.9		9.2-9.4	1.1-1.3
	n				2	2	2		2	2
010155	Maize (corn), yellow, grain, fresh, boiled (as part of a recipe, without salt)	*Yetekekele bicha eshet bekolo kenewuhaw*	0.58	979(232)	41.6	6.4	2.9	41.6	6.8	0.7
010154	Maize (corn), yellow, grain, fresh, boiled, drained (without salt)	*Yetekekele bicha eshet bekolo*	0.58	979(232)	41.6	6.4	2.9	41.6	6.8	0.7
010034	Maize (corn), yellow, on cob, grains, fresh, raw	*Ye'bicha bokolo eshet*	0.59	939(223)	43.9	6.1	[2.8]	40.0	6.5	0.7
	Non-African data								oa	
010161	Maize (corn), yellow, whole grain, dry, boiled (as part of a recipe, without salt)	*Yetekekele bicha bekolo kenewuhaw*	1.00	486(115)	71.1	2.8	1.5	21.1	3.0	0.4
010160	Maize (corn), yellow, whole grain, dry, boiled, drained (without salt)	*Yetekekele bicha bekolo*	1.00	486(115)	71.1	2.8	1.5	21.1	3.0	0.4

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Cereals and their products											
010036	Maize (corn), white, whole grain, dry, raw	5	4.6	100	287	300	0	2.10	0.12	0.49	8
	Non-African data									oa	
010042	Maize (corn), white, whole grain, flour, raw	5	4.6	100	287	300	0	2.10	0.12	0.49	8
	Non-African data									oa	
010157	Maize (corn), whole grain, dry, boiled (as part of a recipe, without salt)	4	1.6	30	91	100	7	0.66	0.08	0.22	3
010156	Maize (corn), whole grain, dry, boiled, drained (without salt)	4	1.6	30	86	80	6	0.63	0.08	0.22	3
010035	Maize (corn), whole grain, dry, raw	13	5.0	94	281	309	23	2.05	0.25	0.69	8
	Non-African data									oa	
	SD or Min-Max		4.6-5.5	89-100	275-287	300-319		1.99-2.10	0.12-0.37		8-9
	n	2	2	2	2	2	1	2	2	1	2
010041	Maize (corn), whole grain, flour, raw	13	5.0	94	281	309	23	2.05	0.25	0.69	8
	Non-African data									oa	
	SD or Min-Max		4.6-5.5	89-100	275-287	300-319		1.99-2.10	0.12-0.37		
	n	2	2	2	2	2	1	2	2	1	1
010155	Maize (corn), yellow, grain, fresh, boiled (as part of a recipe, without salt)	10	1.6	88	156	308	4	1.79	0.33	0.66	7
010154	Maize (corn), yellow, grain, fresh, boiled, drained (without salt)	10	1.6	88	148	246	3	1.70	0.33	0.66	7
010034	Maize (corn), yellow, on cob, grains, fresh, raw	10	1.5	84	150	295	4	1.72	0.32	0.64	7
	Non-African data			oa		oa	oa	oa	oa	oa	oa
010161	Maize (corn), yellow, whole grain, dry, boiled (as part of a recipe, without salt)	5	1.8	29	89	103	7	0.64	0.12	0.23	3
010160	Maize (corn), yellow, whole grain, dry, boiled, drained (without salt)	5	1.8	29	84	82	6	0.61	0.12	0.23	3

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Cereals and their products									
010036	Maize (corn), white, whole grain, dry, raw	0.32	0	1.0	0.6	0.34	71	0	0
	Non-African data								
010042	Maize (corn), white, whole grain, flour, raw	0.32	0	1.0	0.6	0.34	71	0	0
	Non-African data								
010157	Maize (corn), whole grain, dry, boiled (as part of a recipe, without salt)	0.06	0.02	0.5	0.3	0.09	18	0	0
010156	Maize (corn), whole grain, dry, boiled, drained (without salt)	0.04	0.01	0.4	0.2	0.06	16	0	0
010035	Maize (corn), whole grain, dry, raw	0.26	0.05	1.6	1.0	0.35	70	0	2
	Non-African data								
	SD or Min-Max		0.00-0.11		0.6-1.4	0.34-0.35			0-3
	n	2	2		2	2	1	1	2
010041	Maize (corn), whole grain, flour, raw	0.26	0.05	1.6	1.0	0.35	70	0	2
	Non-African data								
	SD or Min-Max		0.00-0.11		0.6-1.4	0.34-0.35			
	n	2	2		2	2	1		1
010155	Maize (corn), yellow, grain, fresh, boiled (as part of a recipe, without salt)	0.19	0.16	1.3	0.7	0.38	82	0	4
010154	Maize (corn), yellow, grain, fresh, boiled, drained (without salt)	0.13	0.12	1.2	0.6	0.23	72	0	4
010034	Maize (corn), yellow, on cob, grains, fresh, raw	0.24	0.15	1.3	0.7	0.45	98	0	5
	Non-African data					oa	oa		
010161	Maize (corn), yellow, whole grain, dry, boiled (as part of a recipe, without salt)	0.05	0.03	0.7	0.4	0.09	18	0	1
010160	Maize (corn), yellow, whole grain, dry, boiled, drained (without salt)	0.03	0.03	0.6	0.3	0.06	16	0	1

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Cereals and their products								
010036	Maize (corn), white, whole grain, dry, raw	2	65	0	0	0	0.78	0.76
	Non-African data							
010042	Maize (corn), white, whole grain, flour, raw	2	66	0	0	0	0.78	0.76
	Non-African data							
010157	Maize (corn), whole grain, dry, boiled (as part of a recipe, without salt)	25	67	4	2	0	0.11	0.07
010156	Maize (corn), whole grain, dry, boiled, drained (without salt)	23	68	4	2	0	0.11	0.07
010035	Maize (corn), whole grain, dry, raw	80	69	13	7	0	0.35	0.21
	Non-African data							oa
	SD or Min-Max							
	n							1
010041	Maize (corn), whole grain, flour, raw	80	70	13	7	0	0.35	0.21
	Non-African data							oa
	SD or Min-Max							
	n							1
010155	Maize (corn), yellow, grain, fresh, boiled (as part of a recipe, without salt)	54	71	9	5	0	0.09	0.05
010154	Maize (corn), yellow, grain, fresh, boiled, drained (without salt)	52	72	9	4	0	0.09	0.05
010034	Maize (corn), yellow, on cob, grains, fresh, raw	55	73	9	5	0	0.09	0.05
	Non-African data							oa
010161	Maize (corn), yellow, whole grain, dry, boiled (as part of a recipe, without salt)	49	74	8	4	0	0.11	0.07
010160	Maize (corn), yellow, whole grain, dry, boiled, drained (without salt)	46	75	8	4	0	0.11	0.07

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Cereals and their products								
010036	Maize (corn), white, whole grain, dry, raw	631	0	0.97	1.41	1.85	1.81	0.04
	Non-African data							
010042	Maize (corn), white, whole grain, flour, raw	631	0	0.97	1.41	1.85	1.81	0.04
	Non-African data							
010157	Maize (corn), whole grain, dry, boiled (as part of a recipe, without salt)	103	0	0.26	0.47	0.58	0.57	0.01
010156	Maize (corn), whole grain, dry, boiled, drained (without salt)	103	0	0.26	0.47	0.58	0.57	0.01
010035	Maize (corn), whole grain, dry, raw	628	0	0.82	1.45	1.81	1.77	0.04
	Non-African data							
	SD or Min-Max							
	n	1						
010041	Maize (corn), whole grain, flour, raw	628	0	0.82	1.45	1.81	1.77	0.04
	Non-African data							
	SD or Min-Max							
	n	1						
010155	Maize (corn), yellow, grain, fresh, boiled (as part of a recipe, without salt)	139	0	0.45	0.61	1.44	1.40	0.03
010154	Maize (corn), yellow, grain, fresh, boiled, drained (without salt)	139	0	0.45	0.61	1.44	1.40	0.03
010034	Maize (corn), yellow, on cob, grains, fresh, raw	262	0	0.44	0.59	1.39	1.35	0.02
	Non-African data			oa	oa	oa	oa	oa
010161	Maize (corn), yellow, whole grain, dry, boiled (as part of a recipe, without salt)	105	0	0.22	0.48	0.57	0.56	0.01
010160	Maize (corn), yellow, whole grain, dry, boiled, drained (without salt)	105	0	0.22	0.48	0.57	0.56	0.01

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Cereals and their products										
010037	Maize (corn), yellow, whole grain, dry, raw	*Yaltefete bicha bekolo, ti're*	1.00	1510(357)	10.5	8.8	[4.6]	65.5	9.4	1.3
	Non-African data									
	SD or Min-Max					8.1-9.4	4.4-4.7			1.2-1.4
	n				2	2	2		1	2
010044	Maize (corn), yellow, whole grain, flour, raw	*Yaltefetege bicha bekolo duket*	1.00	1510(357)	10.5	8.8	[4.6]	65.5	9.4	1.3
	Non-African data									
	SD or Min-Max					8.1-9.4	4.4-4.7			1.2-1.4
	n				2	2	2		1	2
010059	Millet, finger, red, whole grain, dry, raw	*Yaltefetege keye zengada, ti're*	1.00	1350(319)	14.2	6.7	1.4	64.4	11.0	2.3
	Non-African data									
010057	Millet, finger, white, whole grain, dry, raw	*Yaltefetege nech zengada, ti're*	1.00	1360(322)	14.2	5.6	1.7	66.1	10.0	2.4
	Non-African data									
010061	Millet, finger, white, whole grain, flour, raw	*Yaltefetege nech mashila duket*	1.00	1360(322)	14.2	5.6	1.7	66.1	10.0	2.4
	Non-African data									
010056	Millet, finger, whole grain, dry, raw	*Yaltefetege zengada, ti're*	1.00	1350(320)	14.2	6.2	1.5	65.2	10.5	2.4
	Non-African data									
	SD or Min-Max		1.00			5.6-6.7	1.4-1.7		10.0-11.0	2.3-2.4
	n		2		2	2	2		2	2
010060	Millet, finger, whole grain, flour, raw	*Yaltefetege mashila duket*	1.00	1350(320)	14.2	6.2	1.5	65.2	10.5	2.4
	Non-African data									
	SD or Min-Max					5.6-6.7	1.4-1.7		10.0-11.0	2.3-2.4
	n				2	2	2		2	2
010162	Noodles, wheat, instant (previously fried, with salt), boiled, drained	*Yetekekele ye'sinde noodles*	1.00	896(214)	58.6	4.3	10.9	24.0	1.6	0.6

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Cereals and their products											
010037	Maize (corn), yellow, whole grain, dry, raw	16	5.5	89	275	319	23	1.99	0.37	0.70	9
	Non-African data									oa	oa
	SD or Min-Max		5.3-5.6		248-301						
	n	1	2	1	2	1	1	1	1	1	1
010044	Maize (corn), yellow, whole grain, flour, raw	16	5.5	89	275	319	23	1.99	0.37	0.70	9
	Non-African data									oa	oa
	SD or Min-Max		5.3-5.6		248-301						
	n		2	1	2	1	1	1	1	1	1
010059	Millet, finger, red, whole grain, dry, raw	389	17.1	169	335	326	2	2.60	0.42	3.19	9
	Non-African data										
010057	Millet, finger, white, whole grain, dry, raw	354	17.1	174	348	347	3	2.40	0.40	3.19	10
	Non-African data									oa	
010061	Millet, finger, white, whole grain, flour, raw	354	17.1	174	348	347	3	2.40	0.40	3.19	10
	Non-African data									oa	
010056	Millet, finger, whole grain, dry, raw	372	17.1	171	341	337	3	2.50	0.41	3.19	9
	Non-African data									oa	
	SD or Min-Max		17.1	169-174	335-348	326-347	2-3	2.40-2.60	0.40-0.42		9-10
	n	2	2	2	2	2	2	2	2	1	2
010060	Millet, finger, whole grain, flour, raw	372	17.1	171	341	337	3	2.50	0.41	3.19	9
	Non-African data									oa	
	SD or Min-Max		17.1	169-174	335-348	326-347	2-3	2.40-2.60	0.40-0.42		9-10
	n	2	2	2	2	2	2	2	2	1	2
010162	Noodles, wheat, instant (previously fried, with salt), boiled, drained	12	1.1	14	64	100	486	0.45	0.07	0.34	4

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Cereals and their products									
010037	Maize (corn), yellow, whole grain, dry, raw	0.21	0.11	2.2	1.4	0.35	71	0	3
Non-African data									
SD or Min-Max			0.06-0.15						
n		2	2		1	1	1		1
010044	Maize (corn), yellow, whole grain, flour, raw	0.21	0.11	2.2	1.4	0.35	71	0	3
Non-African data									oa
SD or Min-Max			0.06-0.15						
n		2	2		1	1	1		1
010059	Millet, finger, red, whole grain, dry, raw	0.34	0	0.9	0.3	0.11	85	0	0
Non-African data							oa		
010057	Millet, finger, white, whole grain, dry, raw	0.40	0	1.0	0.4	0.13	85	0	0
Non-African data							oa		
010061	Millet, finger, white, whole grain, flour, raw	0.40	0	1.0	0.4	0.13	85	0	0
Non-African data							oa		
010056	Millet, finger, whole grain, dry, raw	0.37	0	1.0	0.4	0.12	80	0	0
Non-African data							oa		
SD or Min-Max			0		0.3-0.4	0.11-0.13			0
n		2	2		2	2	1		2
010060	Millet, finger, whole grain, flour, raw	0.37	0	1.0	0.4	0.12	80	0	0
Non-African data							oa		
SD or Min-Max			0		0.3-0.4	0.11-0.13			0
n		2	2		2	2	1		2
010162	Noodles, wheat, instant (previously fried, with salt), boiled, drained	0.07	0.16	0.7	0	0	0	0.53	0

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Cereals and their products								
010037	Maize (corn), yellow, whole grain, dry, raw	159	76	27	13	0	0.35	0.21
	Non-African data							oa
	SD or Min-Max							
	n							1
010044	Maize (corn), yellow, whole grain, flour, raw	159	77	27	13	0	0.35	0.21
	Non-African data							oa
	SD or Min-Max							
	n							1
010059	Millet, finger, red, whole grain, dry, raw	9	78	1	1	0	0.11	0.09
	Non-African data							oa
010057	Millet, finger, white, whole grain, dry, raw	9	79	2	1	0	0.14	0.09
	Non-African data							oa
010061	Millet, finger, white, whole grain, flour, raw	9	80	2	1	0	0.14	0.09
	Non-African data							oa
010056	Millet, finger, whole grain, dry, raw	9	81	1	1	0	0.12	0.09
	Non-African data							oa
	SD or Min-Max							
	n							1
010060	Millet, finger, whole grain, flour, raw	9	82	1	1	0	0.12	0.09
	Non-African data							oa
	SD or Min-Max							
	n							1
010162	Noodles, wheat, instant (previously fried, with salt), boiled, drained	0	83	0	0	0	0.55	0.53

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Cereals and their products								
010037	Maize (corn), yellow, whole grain, dry, raw	637	0	0.68	1.48	1.76	1.72	0.04
	Non-African data							
	SD or Min-Max							
	n	1						
010044	Maize (corn), yellow, whole grain, flour, raw	637	0	0.68	1.48	1.76	1.72	0.04
	Non-African data							
	SD or Min-Max							
	n	1						
010059	Millet, finger, red, whole grain, dry, raw	306	0	0.31	0.46	0.24	0.20	0.04
	Non-African data							
010057	Millet, finger, white, whole grain, dry, raw	306	0	0.36	0.50	0.35	0.30	0.04
	Non-African data							
010061	Millet, finger, white, whole grain, flour, raw	306	0	0.36	0.50	0.35	0.30	0.04
	Non-African data							
010056	Millet, finger, whole grain, dry, raw	295	0	0.34	0.48	0.29	0.25	0.04
	Non-African data							
	SD or Min-Max							
	n	1						
010060	Millet, finger, whole grain, flour, raw	295	0	0.31	0.45	0.27	0.23	0.04
	Non-African data							
	SD or Min-Max							
	n	1						
010162	Noodles, wheat, instant (previously fried, with salt), boiled, drained		0	3.50	2.91	0.95	0.93	0.02

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Cereals and their products										
010070	Noodles, wheat, instant (previously fried, with salt), raw	*Ye'sinde noodles*	1.00	2040(488)	5.6	9.8	[24.8]	54.7	3.7	1.4
Non-African data					oa				oa	
SD or Min-Max						9.4-10.2				
n					1	2	1		1	1
010071	Oats, rolled, raw	*Yebesele aja*	1.00	1580(374)	9.5	12.1	7.7	59.3	9.5	2.0
Non-African data										
SD or Min-Max					9.1-9.8	11.3-12.8				1.9-2.0
n					2	2	1		1	2
010072	Oats, whole grain, flour, raw	*Yaltefetege aja duket*	1.00	1600(379)	9.1	14.2	[7.7]	58.5	9.4	1.1
Non-African data					oa		oa		oa	
SD or Min-Max					0.5	1.6	1.2			0.1
n			1		5	5	5		1	5
010164	Pasta (macaroni or spaghetti), white wheat refined flour, dry, unenriched, boiled (as part of a recipe, without salt)	*Yetekekele pasta kunewuhaw*	1.00	517(122)	69.3	3.6	0.5	25.0	1.3	0.3
010163	Pasta (macaroni or spaghetti), white wheat refined flour, dry, unenriched, boiled, drained (without salt)	*Yetekekele pasta*	1.00	517(122)	69.3	3.6	0.5	25.0	1.3	0.3
010073	Pasta (macaroni or spaghetti), white wheat refined flour, dry, unenriched, raw	*Pasta*	1.00	1500(354)	10.8	10.5	1.6	72.5	3.8	0.8
Non-African data										
010222	Pasta, boiled, with sauce from beef meat, tomato, onion, oil, spices and salt	*Pasta be'siga*	1.00	726(173)	63.0	6.0	7.2	20.2	2.0	1.6
010218	Pasta, boiled, with tomato sauce (with salt)	*Pasta be'timatim sego*	1.00	960(230)	57.8	3.4	14.2	21.2	2.1	1.4
010220	Pasta, boiled, with vegetable sauce (with salt)	*Pasta be'atikilt*	1.00	547(130)	71.3	3.0	5.2	16.7	2.3	1.4
010055	Popcorn, oil popped, salted	*Fendisha*	1.00	2080(498)	2.8	9.0	28.1	47.2	10.0	2.9
Non-African data					oa		oa		oa	oa
010202	Porridge from red sorghum, decorticated, flour with water, oil, spices and salt	*Ye'keye mashila genfo be'zeyit*	1.00	585(140)	70.3	2.4	6.2	17.3	2.8	1.0

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Cereals and their products											
010070	Noodles, wheat, instant (previously fried, with salt), raw	28	2.5	31	145	227	1110	1.02	0.16	0.77	10
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
010071	Oats, rolled, raw	52	4.2	152	488	359	12	1.97	0.36	5.82	7
Non-African data										oa	oa
SD or Min-Max											
n		1	1	1	1	1		1	1		1
010072	Oats, whole grain, flour, raw	59	2.5	71	450	226	0	1.71	0.29	5.10	2
Non-African data					oa		oa			oa	oa
SD or Min-Max		0.2	9		6		0.16	0.08			
n		5	5	5	1	5	1	5	5	1	1
010164	Pasta (macaroni or spaghetti), white wheat refined flour, dry, unenriched, boiled (as part of a recipe, without salt)	8	0.7	14	56	40	0	0.48	0.07	0.38	3
010163	Pasta (macaroni or spaghetti), white wheat refined flour, dry, unenriched, boiled, drained (without salt)	8	0.7	14	56	37	0	0.48	0.07	0.38	3
010073	Pasta (macaroni or spaghetti), white wheat refined flour, dry, unenriched, raw	26	2.7	47	171	178	3	1.40	0.21	1.10	10
Non-African data										oa	
010222	Pasta, boiled, with sauce from beef meat, tomato, onion, oil, spices and salt	16	1.4	21	76	159	287	1.08	0.11	0.34	4
010218	Pasta, boiled, with tomato sauce (with salt)	14	0.9	18	57	126	236	0.47	0.10	0.35	3
010220	Pasta, boiled, with vegetable sauce (with salt)	24	0.8	16	54	82	335	0.39	0.08	0.32	2
010055	Popcorn, oil popped, salted	10	2.8	108	250	225	884	2.64	0.22	0.88	7
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa
010202	Porridge from red sorghum, decorticated, flour with water, oil, spices and salt	8	2.8	37	83	87	176	0.54	0.06	0.43	5

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Cereals and their products									
010070	Noodles, wheat, instant (previously fried, with salt), raw	0.19	0.40	1.6	0	0	0	1.20	0
Non-African data			oa		oa	oa	oa	oa	oa
SD or Min-Max									
n		1	1		1	1	1	1	1
010071	Oats, rolled, raw	0.76	0.14	3.4	0.8	0.12	33	0	0
Non-African data									
SD or Min-Max									
n		1	1		1	1	1		1
010072	Oats, whole grain, flour, raw	0.53	0.08	6.9	3.4	0.22	29	0	0
Non-African data			oa		oa	oa	oa		oa
SD or Min-Max									
n		1	1		1	1	1		1
010164	Pasta (macaroni or spaghetti), white wheat refined flour, dry, unenriched, boiled (as part of a recipe, without salt)	0.05	0	0.9	0.2	0.02	4	0	0
010163	Pasta (macaroni or spaghetti), white wheat refined flour, dry, unenriched, boiled, drained (without salt)	0.05	0	0.9	0.2	0.03	4	0	0
010073	Pasta (macaroni or spaghetti), white wheat refined flour, dry, unenriched, raw	0.18	0	2.6	0.8	0.08	16	0	0
Non-African data							oa	oa	
010222	Pasta, boiled, with sauce from beef meat, tomato, onion, oil, spices and salt	0.06	0.04	1.7	0.7	0.06	7	0.24	5
010218	Pasta, boiled, with tomato sauce (with salt)	0.06	0.02	0.9	0.4	0.06	8	0	7
010220	Pasta, boiled, with vegetable sauce (with salt)	0.05	0.02	0.8	0.3	0.06	12	0	8
010055	Popcorn, oil popped, salted	0.13	0.14	2.6	1.6	0.21	17	0	0
Non-African data			oa		oa	oa	oa	oa	oa
010202	Porridge from red sorghum, decorticated, flour with water, oil, spices and salt	0.07	0.01	0.3	0.2	0.05	12	0	0

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Cereals and their products								
010070	Noodles, wheat, instant (previously fried, with salt), raw	0	84	0	0	0	1.30	1.20
	Non-African data		oa					oa
	SD or Min-Max							
	n		1					1
010071	Oats, rolled, raw	0	85	0	0	0		0.20
	Non-African data							oa
	SD or Min-Max							
	n							
010072	Oats, whole grain, flour, raw	0	86	0	0	0		0.23
	Non-African data							oa
	SD or Min-Max							
	n							1
010164	Pasta (macaroni or spaghetti), white wheat refined flour, dry, unenriched, boiled (as part of a recipe, without salt)	4	87	1	0	0	0	0
010163	Pasta (macaroni or spaghetti), white wheat refined flour, dry, unenriched, boiled, drained (without salt)	4	88	1	0	0	0	0
010073	Pasta (macaroni or spaghetti), white wheat refined flour, dry, unenriched, raw	12	89	2	1	0	0	0
	Non-African data							
010222	Pasta, boiled, with sauce from beef meat, tomato, onion, oil, spices and salt	73	90	13	7	0		2.50
010218	Pasta, boiled, with tomato sauce (with salt)	84	91	14	7	0		5.00
010220	Pasta, boiled, with vegetable sauce (with salt)	1440	92	240	120	0		0.73
010055	Popcorn, oil popped, salted	93	93	16	8	0		2.40
	Non-African data					oa		oa
010202	Porridge from red sorghum, decorticated, flour with water, oil, spices and salt	7	94	1	1	0		2.50

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Cereals and their products								
010070	Noodles, wheat, instant (previously fried, with salt), raw		0	7.97	6.64	2.16	2.12	0.04
Non-African data			oa	oa	oa	oa	oa	oa
SD or Min-Max								
n			1					
010071	Oats, rolled, raw	253	0	1.38	3.35	2.48	2.40	0.07
Non-African data				oa	oa	oa	oa	oa
SD or Min-Max								
n		1		1	1	1		
010072	Oats, whole grain, flour, raw	253	0	1.51	2.52	3.24	1.39	0.06
Non-African data				oa	oa	oa	oa	oa
SD or Min-Max								
n		5						
010164	Pasta (macaroni or spaghetti), white wheat refined flour, dry, unenriched, boiled (as part of a recipe, without salt)	35	0	0.10	0.06	0.21	0.20	0.01
010163	Pasta (macaroni or spaghetti), white wheat refined flour, dry, unenriched, boiled, drained (without salt)	35	0	0.10	0.06	0.21	0.20	0.01
010073	Pasta (macaroni or spaghetti), white wheat refined flour, dry, unenriched, raw	124	0	0.29	0.17	0.61	0.58	0.03
Non-African data								
010222	Pasta, boiled, with sauce from beef meat, tomato, onion, oil, spices and salt	27	7	1.02	1.84	3.84	3.78	0.04
010218	Pasta, boiled, with tomato sauce (with salt)	28	0	1.55	3.64	8.22	8.15	0.06
010220	Pasta, boiled, with vegetable sauce (with salt)		0	0.59	1.30	2.99	2.95	0.03
010055	Popcorn, oil popped, salted		0	4.46	7.46	12.20	12.20	0.06
Non-African data			oa	oa	oa	oa	oa	oa
010202	Porridge from red sorghum, decorticated, flour with water, oil, spices and salt	71	0	0.67	1.60	3.39	3.36	0.03

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Cereals and their products										
010203	Porridge from red sorghum, decorticated, flour with water, butter, red pepper spice blend and salt	*Ye'keye mashila genfo be'kibe*	1.00	580(138)	70.3	2.4	5.9	17.5	2.8	1.0
010199	Porridge from emmer wheat and white barley (pearled) flour with water, butter, spices and salt	*Ye'aja ena ye'gebs genfo*	1.00	591(141)	69.4	2.8	5.8	17.8	3.1	1.0
010207	Porridge from red and white sorghum, decorticated with water, oil, spices and salt	*Ye'dibilik mashila genfo be'zeit*	1.00	576(138)	70.7	2.4	6.0	17.2	2.4	1.2
010192	Porridge from refined wheat flour with water, butter, red pepper spice blend and salt	*Yetefetege sende genfo*	1.00	715(171)	64.5	2.9	7.6	21.9	1.5	1.6
010185	Porridge from white barley (pearled) and white wheat (whole grains) flour with water, oil, red pepper spice blend and salt	*Ye'tefetege gebs ena yalitefetege sinde genfo*	1.00	607(145	68.5	2.6	6.3	17.6	4.0	1.0
010204	Porridge from white maize and refined wheat with water, yoghurt, butter, spices and salt	*Ye' bekolo ena yetefetege sinde genfo*	1.00	791(188)	58.4	3.8	6.7	26.8	2.8	1.5
010211	Porridge from white millet with water, butter, spices and salt	*Ye'nech dagusa genfo*	1.00	662(158)	67.5	1.6	8.1	18.2	3.0	1.6
010184	Porridge from white pearled barley flour with water, yoghurt, butter, condiments and salt	*Ye'nech gebs genfo*	1.00	469(112)	75.3	2.2	5.0	12.9	3.3	1.3
010200	Porridge from white sorghum, decorticated, flour with water, butter, spices and salt	*Ye'nech mashila genfo be'kibe*	1.00	602(144)	69.0	2.6	6.0	18.6	2.3	1.5
010201	Porridge from white sorghum, decorticated, flour with water, oil, spices and salt	*Ye'nech mashila genfo be'zeit*	1.00	607(145)	69.0	2.6	6.3	18.3	2.3	1.5
010183	Porridge from white split barley with water, butter and salt	*Ye'nech gebs kinche*	1.00	728(174)	64.1	2.3	8.1	21.6	2.8	1.1
010193	Porridge from white split wheat with water, butter and salt	*Ye'sinde kinche*	1.00	592(141)	67.3	3.5	4.6	19.6	3.8	1.2
010208	Porridge from white whole maize with water, butter, spices and salt	*Ye'nech bekolo genfo be'kibe*	1.00	607(145)	67.8	2.4	5.2	20.6	3.1	1.0
010076	Quinoa, red, seed, raw	*Ye'key quinoa fire, ti're*	1.00	1380(329)	17.3	15.0	6.5	46.1	13.0	2.1
Non-African data					oa		oa		oa	oa

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Cereals and their products											
010203	Porridge from red sorghum, decorticated, flour with water, butter, red pepper spice blend and salt	8	2.9	37	84	88	176	0.54	0.06	0.43	5
010199	Porridge from emmer wheat and white barley (pearled) flour with water, butter, spices and salt	11	1.7	30	91	100	177	1.04	0.13	0.61	2
010207	Porridge from red and white sorghum, decorticated with water, oil, spices and salt	9	2.8	35	79	81	272	0.55	0.06	0.42	4
010192	Porridge from refined wheat flour with water, butter, red pepper spice blend and salt	10	1.0	15	46	47	464	0.34	0.06	0.20	6
010185	Porridge from white barley (pearled) and white wheat (whole grains) flour with water, oil, red pepper spice blend and salt	12	1.8	29	82	97	183	0.97	0.12	0.53	2
010204	Porridge from white maize and refined wheat with water, yoghurt, butter, spices and salt	27	1.6	30	99	110	301	0.67	0.06	0.22	5
010211	Porridge from white millet with water, butter, spices and salt	97	4.8	48	93	96	261	0.64	0.12	0.85	3
010184	Porridge from white pearled barley flour with water, yoghurt, butter, condiments and salt	18	1.4	21	60	76	255	0.73	0.09	0.25	1
010200	Porridge from white sorghum, decorticated, flour with water, butter, spices and salt	10	3.0	35	80	81	354	0.60	0.06	0.44	4
010201	Porridge from white sorghum, decorticated, flour with water, oil, spices and salt	9	2.9	35	79	81	354	0.60	0.06	0.44	4
010183	Porridge from white split barley with water, butter and salt	9	2.1	10	82	43	293	0.37	0.12	0.41	0
010193	Porridge from white split wheat with water, butter and salt	15	1.5	28	62	91	301	0.76	0.31	0.91	0
010208	Porridge from white whole maize with water, butter, spices and salt	4	1.6	33	91	96	198	0.67	0.04	0.16	3
010076	Quinoa, red, seed, raw	39	4.1	159	356	532	4	3.40	0.35	3.40	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Cereals and their products									
010203	Porridge from red sorghum, decorticated, flour with water, butter, red pepper spice blend and salt	0.07	0.01	0.3	0.2	0.05	12	0.01	0
010199	Porridge from emmer wheat and white barley (pearled) flour with water, butter, spices and salt	0.06	0	0.9	0.4	0.05	2	0.01	0
010207	Porridge from red and white sorghum, decorticated with water, oil, spices and salt	0.07	0.01	0.4	0.2	0.04	11	0	0
010192	Porridge from refined wheat flour with water, butter, red pepper spice blend and salt	0.04	0.01	0.7	0.2	0.02	9	0.01	0
010185	Porridge from white barley (pearled) and white wheat (whole grains) flour with water, oil, red pepper spice blend and salt	0.07	0.01	0.9	0.5	0.06	5	0	0
010204	Porridge from white maize and refined wheat with water, yoghurt, butter, spices and salt	0.08	0.02	0.8	0.2	0.07	17	0.10	0
010211	Porridge from white millet with water, butter, spices and salt	0.09	0	0.3	0.1	0.03	16	0.01	0
010184	Porridge from white pearled barley flour with water, yoghurt, butter, condiments and salt	0.05	0.01	0.8	0.4	0.05	4	0.06	0
010200	Porridge from white sorghum, decorticated, flour with water, butter, spices and salt	0.07	0.01	0.4	0.2	0.04	12	0.01	0
010201	Porridge from white sorghum, decorticated, flour with water, oil, spices and salt	0.07	0.01	0.4	0.2	0.04	12	0	0
010183	Porridge from white split barley with water, butter and salt	0.05	0.01	1.4	0.9	0.04	2	0.01	0
010193	Porridge from white split wheat with water, butter and salt	0.07	0.07	1.4	0.6	0.04	8	0.01	0
010208	Porridge from white whole maize with water, butter, spices and salt	0.08	0	0.3	0.2	0.10	16	0.01	0
010076	Quinoa, red, seed, raw	0.25	0.03	3.8	0.6	0.28	170	0	0
Non-African data		oa	oa		oa	oa	oa		oa

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Cereals and their products								
010203	Porridge from red sorghum, decorticated, flour with water, butter, red pepper spice blend and salt	27	95	30	27	0.1	0.24	0.22
010199	Porridge from emmer wheat and white barley (pearled) flour with water, butter, spices and salt	21	96	29	27	0.1	0.24	0.21
010207	Porridge from red and white sorghum, decorticated with water, oil, spices and salt	5	97	1	0	0		2.50
010192	Porridge from refined wheat flour with water, butter, red pepper spice blend and salt	31	98	40	38	0.1	0.31	0.29
010185	Porridge from white barley (pearled) and white wheat (whole grains) flour with water, oil, red pepper spice blend and salt	2	99	0	0	0		2.60
010204	Porridge from white maize and refined wheat with water, yoghurt, butter, spices and salt	22	100	31	29	0.1	0.37	0.35
010211	Porridge from white millet with water, butter, spices and salt	32	101	43	40	0.1	0.37	0.33
010184	Porridge from white pearled barley flour with water, yoghurt, butter, condiments and salt	15	102	22	21	0.1	0.15	0.14
010200	Porridge from white sorghum, decorticated, flour with water, butter, spices and salt	24	103	30	28	0.1	0.24	0.22
010201	Porridge from white sorghum, decorticated, flour with water, oil, spices and salt	4	104	1	0	0		2.60
010183	Porridge from white split barley with water, butter and salt	29	105	42	40	0.1	0.37	0.34
010193	Porridge from white split wheat with water, butter and salt	18	106	23	21	0.1	0.18	0.17
010208	Porridge from white whole maize with water, butter, spices and salt	14	107	20	19	0.1	0.41	0.39
010076	Quinoa, red, seed, raw	8	108	1	1	0	3.30	2.80

Non-African data oa

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Cereals and their products								
010203	Porridge from red sorghum, decorticated, flour with water, butter, red pepper spice blend and salt	71	4	3.26	1.66	0.44	0.38	0.03
010199	Porridge from emmer wheat and white barley (pearled) flour with water, butter, spices and salt	114	4	3.31	1.55	0.48	0.41	0.04
010207	Porridge from red and white sorghum, decorticated with water, oil, spices and salt	70	0	0.66	1.55	3.32	3.29	0.03
010192	Porridge from refined wheat flour with water, butter, red pepper spice blend and salt	30	5	4.48	2.10	0.50	0.41	0.04
010185	Porridge from white barley (pearled) and white wheat (whole grains) flour with water, oil, red pepper spice blend and salt	143	0	0.73	1.54	3.55	3.52	0.04
010204	Porridge from white maize and refined wheat with water, yoghurt, butter, spices and salt	117	5	3.54	1.84	0.73	0.65	0.04
010211	Porridge from white millet with water, butter, spices and salt	67	6	4.80	2.33	0.44	0.34	0.05
010184	Porridge from white pearled barley flour with water, yoghurt, butter, condiments and salt	61	4	2.90	1.35	0.37	0.31	0.04
010200	Porridge from white sorghum, decorticated, flour with water, butter, spices and salt	73	4	3.32	1.67	0.48	0.42	0.03
010201	Porridge from white sorghum, decorticated, flour with water, oil, spices and salt	73	0	0.69	1.61	3.48	3.45	0.03
010183	Porridge from white split barley with water, butter and salt	170	6	4.82	2.22	0.50	0.41	0.04
010193	Porridge from white split wheat with water, butter and salt	172	3	2.59	1.23	0.38	0.32	0.03
010208	Porridge from white whole maize with water, butter, spices and salt	165	3	2.54	1.49	0.75	0.69	0.03
010076	Quinoa, red, seed, raw	111	0	0.80	1.98	3.40	3.10	0.27
Non-African data				oa	oa	oa	oa	oa

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Cereals and their products										
010075	Quinoa, white, seed, raw	*Quinoa, fire, ti're*	1.00	1410(335)	16.8	14.4	5.9	51.0	9.9	2.0
Non-African data							oa		oa	oa
SD or Min-Max					2.5	3.3				
n					3	3	1		1	1
010166	Rice, brown (whole grain), boiled (as part of a recipe, without salt)	*Sayifeteg yetekekele bunama ruz kunewuhaw*	1.00	604(143)	64.4	3.6	1.2	28.6	1.7	0.5
010165	Rice, brown (whole grain), boiled, drained (without salt)	*Sayifeteg yetekekele bunama ruz*	1.00	604(143)	64.4	3.6	1.2	28.6	1.7	0.5
010077	Rice, brown (whole grain), raw	*Yaltefetege ruz*	1.00	1510(357)	11.0	9.1	[2.9]	71.5	4.4	1.2
Non-African data					oa				oa	
SD or Min-Max					0.8	1.5	0.4			0.4
n					12	12	12		1	12
010221	Rice, white, basmati, polished, boiled, with sauce from beef meat, onion, oil, spices and salt	*Ruze be'siga*	1.00	605(144)	69.5	5.2	5.4	18.2	0.6	0.9
010217	Rice, white, basmati, polished, boiled, with sauce from tomato, oil, onion, spices and salt	*Ruze be'timatim sego*	1.00	762(183)	65.5	2.3	10.5	19.3	1.0	1.4
010219	Rice, white, basmati, polished, boiled, with vegetable sauce (with salt)	*Ruze be'atikilit*	1.00	581(138)	69.9	2.6	5.1	19.8	1.3	1.3
010168	Rice, white, polished (local), boiled (as part of a recipe, without salt)	*Tefetigo yetekekele nech ruz kenewuhaw*	1.00	496(117)	70.8	2.6	0.3	25.6	0.5	0.2
010167	Rice, white, polished (local), boiled, drained (without salt)	*Tefetigo yetekekele nech ruz*	1.00	496(117)	70.8	2.6	0.3	25.6	0.5	0.2
010143	Rice, white, polished (local), raw	*Yetefetege nech ruz (ye'hager wist)*	1.00	1480(349)	12.9	7.8	1.0	76.3	1.5	0.5
Non-African data										
010170	Rice, white, polished, basmati (imported), boiled (as part of a recipe, without salt)	*Tefetigo yetekekele nech ruz kenewuhaw (yewuchi hager)*	1.00	503(118)	70.2	2.7	0.2	26.3	0.4	0.2
010169	Rice, white, polished, basmati (imported), boiled, drained (without salt)	*Tefetigo yetekekele nech ruz (yewuchi hager)*	1.00	503(118)	70.2	2.7	0.2	26.3	0.4	0.2
010078	Rice, white, polished, basmati (imported), raw	*Yetefetege nech ruz (ye'wichiw)*	1.00	1500	11.3	8.1	0.5	78.5	1.1	0.5
Non-African data					oa		oa		oa	

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Cereals and their products											
010075	Quinoa, white, seed, raw	45	3.4	185	386	529	8	2.91	0.45	1.64	7
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
010166	Rice, brown (whole grain), boiled (as part of a recipe, without salt)	21	0.8	27	66	112	1	0.66	0.15	0.67	1
010165	Rice, brown (whole grain), boiled, drained (without salt)	21	0.8	27	63	89	1	0.63	0.15	0.67	1
010077	Rice, brown (whole grain), raw	52	2.0	68	165	279	4	1.65	0.36	1.67	2
Non-African data							oa	oa	oa	oa	oa
SD or Min-Max											
n		1	1	1	1	1	1	1	1		
010221	Rice, white, basmati, polished, boiled, with sauce from beef meat, onion, oil, spices and salt	10	1.1	12	53	80	226	1.07	0.09	0.21	6
010217	Rice, white, basmati, polished, boiled, with sauce from tomato, oil, onion, spices and salt	8	0.6	12	32	81	350	0.38	0.10	0.21	4
010219	Rice, white, basmati, polished, boiled, with vegetable sauce (with salt)	16	0.7	11	39	54	342	0.40	0.10	0.24	4
010168	Rice, white, polished (local), boiled (as part of a recipe, without salt)	2	0.4	13	103	37	tr	0.54	0.08	0.25	1
010167	Rice, white, polished (local), boiled, drained (without salt)	2	0.4	13	98	20	tr	0.51	0.08	0.25	1
010143	Rice, white, polished (local), raw	6	1.2	40	308	111	tr	1.60	0.24	0.73	3
Non-African data										oa	
010170	Rice, white, polished, basmati (imported), boiled (as part of a recipe, without salt)	3	0.6	7	34	26	0	0.47	0.09	0.25	5
010169	Rice, white, polished, basmati (imported), boiled, drained (without salt)	3	0.6	7	32	14	0	0.45	0.09	0.25	5
010078	Rice, white, polished, basmati (imported), raw	10	1.7	21	101	77	1	1.40	0.27	0.74	16
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Cereals and their products									
010075	Quinoa, white, seed, raw	0.39	0.02	3.3	0.9	0.38	170	0	0
Non-African data			oa		oa	oa	oa		oa
SD or Min-Max									
n		1	1		1		1		1
010166	Rice, brown (whole grain), boiled (as part of a recipe, without salt)	0.11	0.02	2.6	2.0	0.12	7	0	0
010165	Rice, brown (whole grain), boiled, drained (without salt)	0.07	0.02	2.2	1.6	0.07	6	0	0
010077	Rice, brown (whole grain), raw	0.37	0.06	6.8	5.3	0.36	22	0	0
Non-African data						oa	oa		
SD or Min-Max									
n		1	1		1	1	1		1
010221	Rice, white, basmati, polished, boiled, with sauce from beef meat, onion, oil, spices and salt	0.02	0.03	1.5	0.6	0.04	4	0.28	1
010217	Rice, white, basmati, polished, boiled, with sauce from tomato, oil, onion, spices and salt	0.03	0.01	0.7	0.4	0.04	5	0	4
010219	Rice, white, basmati, polished, boiled, with vegetable sauce (with salt)	0.03	0.02	0.8	0.3	0.05	10	0	4
010168	Rice, white, polished (local), boiled (as part of a recipe, without salt)	0.02	0	0.6	0.3	0.02	3	0	0
010167	Rice, white, polished (local), boiled, drained (without salt)	0.01	0	0.5	0.2	0.01	2	0	0
010143	Rice, white, polished (local), raw	0.08	0.01	1.8	1.0	0.08	10	0	0
Non-African data									
010170	Rice, white, polished, basmati (imported), boiled (as part of a recipe, without salt)	0.03	tr	0.9	0.4	0.03	3	0	0
010169	Rice, white, polished, basmati (imported), boiled, drained (without salt)	0.02	tr	0.8	0.3	0.02	3	0	0
010078	Rice, white, polished, basmati (imported), raw	0.13	tr	2.6	1.2	0.10	12	0	0
Non-African data					oa	oa			oa

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Cereals and their products								
010075	Quinoa, white, seed, raw	5	109	1	0	0	2.40	2.10
	Non-African data							oa
	SD or Min-Max							
	n							1
010166	Rice, brown (whole grain), boiled (as part of a recipe, without salt)	0	110	0	0	0	0.28	0.25
010165	Rice, brown (whole grain), boiled, drained (without salt)	0	111	0	0	0	0.28	0.25
010077	Rice, brown (whole grain), raw	0	112	0	0	0	0.70	0.62
	Non-African data							oa
	SD or Min-Max							
	n							1
010221	Rice, white, basmati, polished, boiled, with sauce from beef meat, onion, oil, spices and salt	9	113	2	2	0		1.90
010217	Rice, white, basmati, polished, boiled, with sauce from tomato, oil, onion, spices and salt	54	114	9	5	0		3.70
010219	Rice, white, basmati, polished, boiled, with vegetable sauce (with salt)	1080	115	180	90	0		0.71
010168	Rice, white, polished (local), boiled (as part of a recipe, without salt)	0	116	0	0	0	0.02	0.01
010167	Rice, white, polished (local), boiled, drained (without salt)	0	117	0	0	0	0.02	0.01
010143	Rice, white, polished (local), raw	0	118	0	0	0	0.05	0.04
	Non-African data							oa
010170	Rice, white, polished, basmati (imported), boiled (as part of a recipe, without salt)	0	119	0	0	0		0.02
010169	Rice, white, polished, basmati (imported), boiled, drained (without salt)	0	120	0	0	0		0.02
010078	Rice, white, polished, basmati (imported), raw	0	121	0	0	0		0.06
	Non-African data							oa

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Cereals and their products								
010075	Quinoa, white, seed, raw	111	0	0.73	1.91	2.98	2.71	0.24
Non-African data				oa	oa	oa	oa	oa
SD or Min-Max								
n		1						
010166	Rice, brown (whole grain), boiled (as part of a recipe, without salt)	149	0	0.35	0.20	0.51	0.49	0.01
010165	Rice, brown (whole grain), boiled, drained (without salt)	149	0	0.35	0.20	0.51	0.49	0.01
010077	Rice, brown (whole grain), raw	728	0	0.87	0.51	1.27	1.23	0.02
Non-African data				oa	oa	oa	oa	oa
SD or Min-Max								
n		1						
010221	Rice, white, basmati, polished, boiled, with sauce from beef meat, onion, oil, spices and salt		8	0.83	1.47	2.85	2.77	0.02
010217	Rice, white, basmati, polished, boiled, with sauce from tomato, oil, onion, spices and salt		0	1.14	2.74	6.10	6.02	0.04
010219	Rice, white, basmati, polished, boiled, with vegetable sauce (with salt)		0	0.57	1.34	2.99	2.92	0.03
010168	Rice, white, polished (local), boiled (as part of a recipe, without salt)	46	0	0.11	0.07	0.11	0.11	tr
010167	Rice, white, polished (local), boiled, drained (without salt)	46	0	0.11	0.07	0.11	0.11	tr
010143	Rice, white, polished (local), raw	266	0	0.33	0.22	0.33	0.32	0.01
Non-African data								
010170	Rice, white, polished, basmati (imported), boiled (as part of a recipe, without salt)	46	0	0.05	0.05	0.06	tr	tr
010169	Rice, white, polished, basmati (imported), boiled, drained (without salt)	46	0	0.05	0.05	0.06	tr	tr
010078	Rice, white, polished, basmati (imported), raw	266	0	0.15	0.15	0.17	0	0
Non-African data				oa	oa	oa	oa	oa

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Cereals and their products										
010223	Samosa from baked refined wheat flour with lentil, oil, onion, green pepper and salt	*Ye'misir sambusa*	1.00	1350(322)	33.7	7.9	14.2	38.7	4.1	1.5
010172	Sorghum, mixed, whole grain, dry, boiled (as part of a recipe, without salt)	*Yetekekele dibilik mashila kenewuhaw*	1.00	595(141)	63.5	3.3	1.2	27.1	4.3	0.6
010171	Sorghum, mixed, whole grain, dry, boiled, drained (without salt)	*Yetekekele dibilik mashila*	1.00	595(141)	63.5	3.3	1.2	27.1	4.3	0.6
010079	Sorghum, mixed, whole grain, dry, raw	*Yaltefetege dibilik mashila*	1.00	1430(338)	12.5	7.9	2.9	64.9	10.3	1.5
Non-African data										
SD or Min-Max					12.5	7.8-8.1	2.8-2.9		9.6-11.0	1.5
n			1		2	2	2		2	2
010085	Sorghum, red, decorticated, flour, raw	*Yetefetege keye mashila*	1.00	1420(335)	13.3	8.8	2.8	64.1	9.6	1.6
Non-African data										
010174	Sorghum, red, whole grain, dry, boiled (as part of a recipe, without salt)	*Yetekekele keye mashila kenewuhaw*	1.00	597(141)	63.6	3.2	1.2	27.4	4.0	0.6
010173	Sorghum, red, whole grain, dry, boiled, drained (without salt)	*Yetekekele keye mashila*	1.00	597(141)	63.6	3.2	1.2	27.4	4.0	0.6
010080	Sorghum, red, whole grain, dry, raw	*Yaltefetege keye mashila*	1.00	1430(339)	12.5	7.8	2.8	65.8	9.6	1.5
Non-African data										
010084	Sorghum, white, decorticated, flour, raw	*Yetefetege nech mashila*	1.00	1460(345)	12.0	9.4	2.9	66.7	7.6	1.4
Non-African data										
010176	Sorghum, white, whole grain, dry, boiled (as part of a recipe, without salt)	*Yetekekele nech mashila kenewuhaw*	1.00	592(140)	63.5	3.4	1.2	26.7	4.6	0.6
010175	Sorghum, white, whole grain, dry, boiled, drained (without salt)	*Yetekekele nech mashila*	1.00	592(140)	63.5	3.4	1.2	26.7	4.6	0.6
010081	Sorghum, white, whole grain, dry, raw	*Yaltefetege nech mashila*	1.00	1420(337)	12.5	8.1	2.9	64.1	11.0	1.5
Non-African data										
010104	Teff, brown, whole grain, flour, raw	*Ye'keye teff duket*	1.00	1420(337)	12.0	10.2	2.7	63.6	9.0	2.6
Non-African data										

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Cereals and their products											
010223	Samosa from baked refined wheat flour with lentil, oil, onion, green pepper and salt	56	2.2	36	165	165	224	1.03	0.21	0.50	13
010172	Sorghum, mixed, whole grain, dry, boiled (as part of a recipe, without salt)	7	3.2	57	140	149	tr	0.85	0.07	0.68	5
010171	Sorghum, mixed, whole grain, dry, boiled, drained (without salt)	7	3.2	57	133	119	tr	0.81	0.07	0.68	5
010079	Sorghum, mixed, whole grain, dry, raw	18	7.8	136	335	358	tr	2.05	0.17	1.63	11
Non-African data										oa	
SD or Min-Max			6.8-8.7	135-136	325-344	347-368		2.0-2.1	0.16-0.18		10-12
n		2	2	2	2	2	2	2	2	1	2
010085	Sorghum, red, decorticated, flour, raw	21	10.1	133	311	319	4	2.00	0.20	1.61	18
Non-African data										oa	
010174	Sorghum, red, whole grain, dry, boiled (as part of a recipe, without salt)	7	2.8	56	144	154	tr	0.88	0.08	0.65	5
010173	Sorghum, red, whole grain, dry, boiled, drained (without salt)	7	2.8	56	136	123	tr	0.83	0.08	0.65	5
010080	Sorghum, red, whole grain, dry, raw	17	6.8	135	344	368	tr	2.10	0.18	1.57	12
Non-African data										oa	
010084	Sorghum, white, decorticated, flour, raw	27	10.4	119	290	291	2	2.20	0.18	1.61	15
Non-African data										oa	
010176	Sorghum, white, whole grain, dry, boiled (as part of a recipe, without salt)	8	3.6	57	136	145	tr	0.83	0.07	0.65	4
010175	Sorghum, white, whole grain, dry, boiled, drained (without salt)	8	3.6	57	129	116	tr	0.79	0.07	0.65	4
010081	Sorghum, white, whole grain, dry, raw	19	8.7	136	325	347	tr	2.00	0.16	1.57	10
Non-African data										oa	
010104	Teff, brown, whole grain, flour, raw	143	21.7	188	399	399	3	3.70	0.56	9.24	10
Non-African data										oa	

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Cereals and their products									
010223	Samosa from baked refined wheat flour with lentil, oil, onion, green pepper and salt	0.10	0.03	1.7	0.4	0.08	25	0	3
010172	Sorghum, mixed, whole grain, dry, boiled (as part of a recipe, without salt)	0.09	0.02	0.5	0.4	0.07	21	0	0
010171	Sorghum, mixed, whole grain, dry, boiled, drained (without salt)	0.06	0.01	0.5	0.3	0.04	19	0	0
010079	Sorghum, mixed, whole grain, dry, raw	0.28	0.04	1.3	0.9	0.20	64	0	0
Non-African data									
SD or Min-Max			0.03-0.05		0.8-1.0	0.19-0.21			0
n		2	2		2	2	1		2
010085	Sorghum, red, decorticated, flour, raw	0.37	0.05	1.1	0.8	0.24	54	0	0
Non-African data							oa		
010174	Sorghum, red, whole grain, dry, boiled (as part of a recipe, without salt)	0.10	0.02	0.4	0.3	0.07	21	0	0
010173	Sorghum, red, whole grain, dry, boiled, Drained (without salt)	0.07	0.02	0.4	0.3	0.04	19	0	0
010080	Sorghum, red, whole grain, dry, raw	0.33	0.05	1.0	0.8	0.21	64	0	0
Non-African data									
010084	Sorghum, white, decorticated, flour, raw	0.33	0.02	1.5	0.7	0.17	54	0	0
Non-African data							oa		
010176	Sorghum, white, whole grain, dry, boiled (as part of a recipe, without salt)	0.07	0.01	0.6	0.4	0.06	21	0	0
010175	Sorghum, white, whole grain, dry, boiled, drained (without salt)	0.05	0.01	0.6	0.3	0.04	19	0	0
010081	Sorghum, white, whole grain, dry, raw	0.23	0.03	1.6	1.0	0.19	64	0	0
Non-African data									
010104	Teff, brown, whole grain, flour, raw	0.50	0.06	1.8	0.9	0.25	170	0	0
Non-African data									

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Cereals and their products								
010223	Samosa from baked refined wheat flour with lentil, oil, onion, green pepper and salt	19	122	3	2	0		1.30
010172	Sorghum, mixed, whole grain, dry, boiled (as part of a recipe, without salt)	9	123	1	1	0	0.02	0.02
010171	Sorghum, mixed, whole grain, dry, boiled, drained (without salt)	8	124	1	1	0	0.02	0.02
010079	Sorghum, mixed, whole grain, dry, raw	22	125	4	2	0	0.04	0.04
	Non-African data							oa
	SD or Min-Max							
	n							1
010085	Sorghum, red, decorticated, flour, raw	28	126	5	2	0	0.04	0.04
	Non-African data							oa
010174	Sorghum, red, whole grain, dry, boiled (as part of a recipe, without salt)	11	127	2	1	0	0.02	0.02
010173	Sorghum, red, whole grain, dry, boiled, drained (without salt)	11	128	2	1	0	0.02	0.02
010080	Sorghum, red, whole grain, dry, raw	28	129	5	2	0	0.04	0.04
	Non-African data							oa
010084	Sorghum, white, decorticated, flour, raw	15	130	3	1	0	0.04	0.04
	Non-African data							oa
010176	Sorghum, white, whole grain, dry, boiled (as part of a recipe, without salt)	6	131	1	1	0	0.02	0.02
010175	Sorghum, white, whole grain, dry, boiled, drained (without salt)	6	132	1	1	0	0.02	0.02
010081	Sorghum, white, whole grain, dry, raw	16	133	3	1	0	0.04	0.04
	Non-African data							oa
010104	Teff, brown, whole grain, flour, raw	13	134	2	1	0	0.04	0
	Non-African data							

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Cereals and their products								
010223	Samosa from baked refined wheat flour with lentil, oil, onion, green pepper and salt	115	0	1.55	3.59	8.17	8.10	0.07
010172	Sorghum, mixed, whole grain, dry, boiled (as part of a recipe, without salt)	235	0	0.18	0.34	0.35	0.33	0.02
010171	Sorghum, mixed, whole grain, dry, boiled, drained (without salt)	235	0	0.18	0.34	0.35	0.33	0.02
010079	Sorghum, mixed, whole grain, dry, raw	1110	0	0.43	0.81	0.84	0.79	0.04
Non-African data								
SD or Min-Max								
n		2						
010085	Sorghum, red, decorticated, flour, raw	523	0	0.38	0.69	0.78	0.75	0.03
Non-African data								
010174	Sorghum, red, whole grain, dry, boiled (as part of a recipe, without salt)	192	0	0.18	0.33	0.34	0.32	0.02
010173	Sorghum, red, whole grain, dry, boiled, drained (without salt)	192	0	0.18	0.33	0.34	0.32	0.02
010080	Sorghum, red, whole grain, dry, raw	903	0	0.43	0.80	0.81	0.76	0.04
Non-African data								
010084	Sorghum, white, decorticated, flour, raw	531	0	0.40	0.61	0.91	0.87	0.03
Non-African data								
010176	Sorghum, white, whole grain, dry, boiled (as part of a recipe, without salt)	278	0	0.18	0.34	0.36	0.35	0.02
010175	Sorghum, white, whole grain, dry, boiled, drained (without salt)	278	0	0.18	0.34	0.36	0.35	0.02
010081	Sorghum, white, whole grain, dry, raw	1310	0	0.43	0.81	0.87	0.83	0.04
Non-African data								
010104	Teff, brown, whole grain, flour, raw	1360	0	0.52	0.50	0.90	0.77	0.13
Non-African data								

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Cereals and their products										
010105	Teff, white, whole grain, flour, raw	*Ye'nech teff duket*	1.00	1420(336)	12.5	8.9	2.5	65.3	8.5	2.4
	Non-African data									
010103	Teff, whole grain, flour, raw	*Ye'teff duket*	1.00	1440(341)	11.7	10.4	2.7	64.6	8.0	2.5
	Non-African data									
010216	Tihillo from roasted and spiced white barley flour dough and beef sauce	*Tihillo*	1.00	813(195)	57.8	9.9	9.5	15.3	4.5	3.1
010124	Wheat, black, split, dry, raw	*Yetekeka tikur sinde*	1.00	1430(338)	9.9	9.7	[1.2]	65.7	12.4	1.0
	Non-African data								oa	
010180	Wheat, black, whole grain, dry, boiled (as part of a recipe, without salt)	*Sayifeteg yetekekele tikur sinde kenewuhaw*	1.00	794(188)	50.1	5.6	1.1	35.7	6.4	1.0
010179	Wheat, black, whole grain, dry, boiled, drained (without salt)	*Sayifeteg yetekekele tikur sinde*	1.00	794(188)	50.1	5.6	1.1	35.7	6.4	1.0
010121	Wheat, black, whole grain, dry, raw	*Yaltefetege tikur sinde*	1.00	1410(334)	11.2	10.0	1.9	63.6	11.5	1.8
	Non-African data									
010127	Wheat, black, whole grain, flour, raw	*Yaltefetege tikur sinde duket*	1.00	1410(334)	11.2	10.0	1.9	63.6	11.5	1.8
	Non-African data									
010119	Wheat, bran, raw	*Ye'sinde geleba*	1.00	1160(279)	11.2	15.1	[4.6]	24.1	40.8	4.3
	Non-African data								oa	
	SD or Min-Max				1.3	0.4	0.8			0.1
	n				9	5	9		1	7
010123	Wheat, mixed, split, dry, raw	*Yetekeka dibilik sinde*	1.00	1420(335)	10.6	10.4	[1.5]	63.9	12.3	1.3
	Non-African data									
	SD or Min-Max				1.6	0.8	0.3			0.3
	n				3	3	3		1	3
010178	Wheat, mixed, whole grain, dry, boiled (as part of a recipe, without salt)	*Sayifeteg yetekekele dibilik sinde kenewuhaw*	1.00	790(187)	50.5	5.3	1.2	35.6	6.6	0.9
010177	Wheat, mixed, whole grain, dry, boiled, drained (without salt)	*Sayifeteg yetekekele dibilik sinde*	1.00	790(333)	50.5	5.3	1.2	35.6	6.6	0.9

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Cereals and their products											
010105	Teff, white, whole grain, flour, raw	131	15.2	175	387	387	3	3.20	0.52	9.24	18
	Non-African data									oa	
010103	Teff, whole grain, flour, raw	135	24.7	175	378	377	3	3.30	0.53	9.24	15
	Non-African data									oa	
010216	Tihillo from roasted and spiced white barley flour dough and beef sauce	23	5.6	43	157	285	742	2.38	0.16	0.52	6
010124	Wheat, black, split, dry, raw	18	2.9	84	205	377	5	2.55	0.99	2.96	1
	Non-African data			oa		oa	oa	oa	oa	oa	oa
010180	Wheat, black, whole grain, dry, boiled (as part of a recipe, without salt)	21	4.0	66	241	249	1	2.70	0.26	1.78	5
010179	Wheat, black, whole grain, dry, boiled, drained (without salt)	21	4.0	66	229	199	1	2.56	0.26	1.78	5
010121	Wheat, black, whole grain, dry, raw	37	7.1	118	429	443	2	4.80	0.47	3.17	9
	Non-African data									oa	
010127	Wheat, black, whole grain, flour, raw	37	7.1	118	429	443	2	4.80	0.47	3.17	9
	Non-African data									oa	
010119	Wheat, bran, raw	103	15.9	602	608	1170	2	7.17	0.99	16.10	6
	Non-African data									oa	oa
	SD or Min-Max				418-797						
	n	1	1	1	2	1	1	1	1	1	1
010123	Wheat, mixed, split, dry, raw	30	3.8	83	234	374	5	2.53	0.98	2.93	1
	Non-African data			oa		oa	oa	oa	oa	oa	oa
	SD or Min-Max		2.9-4.6		48						
	n	3	2	1	3	1	1	1	1	1	1
010178	Wheat, mixed, whole grain, dry, boiled (as part of a recipe, without salt)	21	3.3	64	218	232	1	2.25	0.24	1.79	5
010177	Wheat, mixed, whole grain, dry, boiled, drained (without salt)	21	3.3	64	207	186	1	2.13	0.24	1.79	5

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Cereals and their products									
010105	Teff, white, whole grain, flour, raw	0.49	0.04	2.0	0.9	0.23	170	0	0
	Non-African data								
010103	Teff, whole grain, flour, raw	0.49	0.05	1.9	1.0	0.23	170	0	tr
	Non-African data								
010216	Tihillo from roasted and spiced white barley flour dough and beef sauce	0.04	0.04	3.0	2.0	0.08	8	0.39	4
010124	Wheat, black, split, dry, raw	0.21	0.31	4.9	3.0	0.18	36	0	0
	Non-African data					oa	oa		
010180	Wheat, black, whole grain, dry, boiled (as part of a recipe, without salt)	0.11	0.02	1.6	0.6	0.10	18	0	0
010179	Wheat, black, whole grain, dry, boiled, drained (without salt)	0.08	0.02	1.4	0.5	0.06	16	0	0
010121	Wheat, black, whole grain, dry, raw	0.27	0.04	2.8	1.2	0.23	40	0	0
	Non-African data								
010127	Wheat, black, whole grain, flour, raw	0.27	0.04	2.8	1.2	0.23	40	0	0
	Non-African data								
010119	Wheat, bran, raw	0.51	0.57	18.0	13.0	0.43	78	0	0
	Non-African data					oa			
	SD or Min-Max								
	n	1	1		1	1	1		1
010123	Wheat, mixed, split, dry, raw	0.28	0.27	4.7	2.7	0.18	35	0	0
	Non-African data					oa	oa		
	SD or Min-Max		0.08		0.3				0
	n	3	3		3	1	1		2
010178	Wheat, mixed, whole grain, dry, boiled (as part of a recipe, without salt)	0.12	0.02	1.6	0.6	0.09	18	0	0
010177	Wheat, mixed, whole grain, dry, boiled, drained (without salt)	0.08	0.02	1.5	0.5	0.06	16	0	0

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Cereals and their products								
010105	Teff, white, whole grain, flour, raw	5	135	1	0	0	0.05	0
	Non-African data							
010103	Teff, whole grain, flour, raw	8	136	1	1	0	0.05	0
	Non-African data							
010216	Tihillo from roasted and spiced white barley flour dough and beef sauce	72	137	20	14	0.0		2.10
010124	Wheat, black, split, dry, raw	5	138	1	0	0	0	0
	Non-African data							
010180	Wheat, black, whole grain, dry, boiled (as part of a recipe, without salt)	3	139	0	0	0	0	0
010179	Wheat, black, whole grain, dry, boiled, drained (without salt)	3	140	0	0	0	0	0
010121	Wheat, black, whole grain, dry, raw	5	141	1	0	0	0	0
	Non-African data							
010127	Wheat, black, whole grain, flour, raw	5	142	1	0	0	0	0
	Non-African data							
010119	Wheat, bran, raw	2	143	0	0	0		0.40
	Non-African data							oa
	SD or Min-Max							
	n							
010123	Wheat, mixed, split, dry, raw	8	144	1	1	0	0	tr
	Non-African data							
	SD or Min-Max							0-tr
	n							2
010178	Wheat, mixed, whole grain, dry, boiled (as part of a recipe, without salt)	4	145	1	0	0	0.01	0
010177	Wheat, mixed, whole grain, dry, boiled, drained (without salt)	4	146	1	0	0	0.01	0

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Cereals and their products								
010105	Teff, white, whole grain, flour, raw	1350	0	0.47	0.45	0.85	0.73	0.11
	Non-African data							
010103	Teff, whole grain, flour, raw	1360	0	0.53	0.51	0.94	0.81	0.12
	Non-African data							
010216	Tihillo from roasted and spiced white barley flour dough and beef sauce	76	18	2.53	2.55	3.69	3.60	0.06
010124	Wheat, black, split, dry, raw	1100	0	0.23	0.12	0.52	0.47	0.05
	Non-African data							
010180	Wheat, black, whole grain, dry, boiled (as part of a recipe, without salt)	316	0	0.20	0.10	0.46	0.42	0.04
010179	Wheat, black, whole grain, dry, boiled, drained (without salt)	316	0	0.20	0.10	0.46	0.42	0.04
010121	Wheat, black, whole grain, dry, raw	1100	0	0.36	0.19	0.83	0.74	0.08
	Non-African data							
010127	Wheat, black, whole grain, flour, raw	1100	0	0.36	0.19	0.83	0.74	0.08
	Non-African data							
010119	Wheat, bran, raw	479	0	0.74	0.74	2.26	2.10	0.15
	Non-African data			oa	oa	oa	oa	oa
	SD or Min-Max							
	n	1						
010123	Wheat, mixed, split, dry, raw	1100	0	0.22	0.17	0.69	0.64	0.05
	Non-African data			oa	oa	oa		
	SD or Min-Max							
	n	1						
010178	Wheat, mixed, whole grain, dry, boiled (as part of a recipe, without salt)	316	0	0.21	0.13	0.49	0.45	0.04
010177	Wheat, mixed, whole grain, dry, boiled, drained (without salt)	316	0	0.21	0.13	0.49	0.45	0.04

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Cereals and their products										
010120	Wheat, mixed, whole grain, dry, raw	*Yaltefetege dibilik sinde*	1.00	1410(333)	11.9	9.4	2.1	63.3	11.8	1.6
Non-African data										
SD or Min-Max					11.2-12.5	9.4	2.1		11.5-12.1	1.4-1.8
n			1		2	2	2		2	2
010126	Wheat, mixed, whole grain, flour, raw	*Yaltefetege dibilik sinde duket*	1.00	1410(333)	11.9	9.4	2.1	63.3	11.8	1.6
Non-African data										
SD or Min-Max					11.2-12.5	9.4	2.1		11.5-12.1	1.4-1.8
n					2	2	2		2	2
010130	Wheat, white, refined, flour, raw	*Yetefetege nech sinde*	1.00	1450(343)	13.5	9.2	1.5	71.4	3.8	0.6
Non-African data										
010125	Wheat, white, split, dry, raw	*Yetekeka nech sinde*	1.00	1440(340)	9.5	11.3	[1.8]	63.5	12.5	1.5
Non-African data									oa	
010182	Wheat, white, whole grain, dry, boiled (as part of a recipe, without salt)	*Sayifeteg yetekekele nech sinde kenewuhaw*	1.00	784(186)	50.9	5.3	1.2	35.1	6.8	0.8
010181	Wheat, white, whole grain, dry, boiled, drained (without salt)	*Sayifeteg yetekekele nech sinde*	1.00	784(186)	50.9	5.3	1.2	35.1	6.8	0.8
010122	Wheat, white, whole grain, dry, raw	*Yaltefetege nech sinde*	1.00	1400(330)	12.5	9.4	2.1	62.5	12.1	1.4
Non-African data										
010128	Wheat, white, whole grain, flour, raw	*Yaltefetege nech sinde duket*	1.00	1400(330)	12.5	9.4	2.1	62.5	12.1	1.4
Non-African data										

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Cereals and their products											
010120	Wheat, mixed, whole grain, dry, raw	38	5.9	115	388	414	2	4.00	0.43	3.19	10
Non-African data										oa	
SD or Min-Max			4.6-7.1	111-118	347-429	384-443	1-2	3.20-4.80	0.39-0.47		9-10
n		2	2	2	2	2	2	2	2	1	2
010126	Wheat, mixed, whole grain, flour, raw	38	5.9	115	388	414	2	4.00	0.43	3.19	10
Non-African data										oa	
SD or Min-Max			4.6-7.1	111-118	347-429	384-443	1-2	3.20-4.80	0.39-0.47		9-10
n		2	2	2	2	2	2	2	2	1	2
010130	Wheat, white, refined, flour, raw	24	2.6	39	152	144	2	1.10	0.16	0.63	19
Non-African data										oa	
010125	Wheat, white, split, dry, raw	41	4.6	84	208	379	5	2.56	0.99	2.97	1
Non-African data				oa		oa	oa	oa	oa	oa	oa
010182	Wheat, white, whole grain, dry, boiled (as part of a recipe, without salt)	22	2.6	63	195	216	1	1.80	0.22	1.75	6
010181	Wheat, white, whole grain, dry, boiled, drained (without salt)	22	2.6	63	185	173	1	1.71	0.22	1.75	6
010122	Wheat, white, whole grain, dry, raw	39	4.6	111	347	384	1	3.20	0.39	3.12	10
Non-African data										oa	
010128	Wheat, white, whole grain, flour, raw	39	4.6	111	347	384	1	3.20	0.39	3.12	10
Non-African data										oa	

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Cereals and their products									
010120	Wheat, mixed, whole grain, dry, raw	0.29	0.04	3.0	1.2	0.20	40	0	0
	Non-African data								
	SD or Min-Max		0.04		1.2	0.17-0.23			0
	n	2	2		2	2	1		2
010126	Wheat, mixed, whole grain, flour, raw	0.29	0.04	3.0	1.2	0.20	40	0	0
	Non-African data								
	SD or Min-Max		0.04		1.2	0.17-0.23			0
	n	2	2		2	2	1		2
010130	Wheat, white, refined, flour, raw	0.15	0.02	2.4	0.6	0.06	42	0	0
	Non-African data								
010125	Wheat, white, split, dry, raw	0.39	0.32	5.0	2.6	0.18	36	0	0
	Non-African data					oa	oa		
010182	Wheat, white, whole grain, dry, boiled (as part of a recipe, without salt)	0.13	0.02	1.7	0.6	0.08	18	0	0
010181	Wheat, white, whole grain, dry, boiled, drained (without salt)	0.09	0.02	1.6	0.5	0.05	16	0	0
010122	Wheat, white, whole grain, dry, raw	0.32	0.04	3.1	1.2	0.17	40	0	0
	Non-African data								
010128	Wheat, white, whole grain, flour, raw	0.32	0.04	3.1	1.2	0.17	40	0	0
	Non-African data								

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Cereals and their products								
010120	Wheat, mixed, whole grain, dry, raw	8	147	1	1	0	0.02	tr
	Non-African data							
	SD or Min-Max							0-tr
	n							2
010126	Wheat, mixed, whole grain, flour, raw	8	148	1	1	0	0.02	tr
	Non-African data							
	SD or Min-Max							0-tr
	n							2
010130	Wheat, white, refined, flour, raw	12	149	2	1	0	0	0
	Non-African data							
010125	Wheat, white, split, dry, raw	10	150	2	1	0	tr	tr
	Non-African data							
010182	Wheat, white, whole grain, dry, boiled (as part of a recipe, without salt)	6	151	1	0	0	0	0
010181	Wheat, white, whole grain, dry, boiled, drained (without salt)	5	152	1	0	0	0	0
010122	Wheat, white, whole grain, dry, raw	10	153	2	1	0	tr	tr
	Non-African data							
010128	Wheat, white, whole grain, flour, raw	10	154	2	1	0	tr	tr
	Non-African data							

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Cereals and their products								
010120	Wheat, mixed, whole grain, dry, raw	1100	0	0.38	0.24	0.88	0.80	0.07
Non-African data								
SD or Min-Max								
n		1						
010126	Wheat, mixed, whole grain, flour, raw	1100	0	0.38	0.24	0.88	0.80	0.07
Non-African data								
SD or Min-Max								
n		1						
010130	Wheat, white, refined, flour, raw	120	0	0.27	0.14	0.56	0.53	0.03
Non-African data								
010125	Wheat, white, split, dry, raw	1100	0	0.32	0.23	0.75	0.69	0.05
Non-African data								
010182	Wheat, white, whole grain, dry, boiled (as part of a recipe, without salt)	316	0	0.21	0.15	0.49	0.45	0.03
010181	Wheat, white, whole grain, dry, boiled, drained (without salt)	316	0	0.21	0.15	0.49	0.45	0.03
010122	Wheat, white, whole grain, dry, raw	1100	0	0.37	0.27	0.87	0.81	0.05
Non-African data								
010128	Wheat, white, whole grain, flour, raw	1100	0	0.37	0.27	0.87	0.81	0.05
Non-African data								

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Starchy roots, tubers, and their products										
020049	Anchote (boiled) with green pepper paste, butter and salt	*Ye'tekekele anchote be'kochkocha*	1.00	369(88)	78.7	1.2	2.9	13.8	0.9	2.5
020048	Anchote boiled and mashed with butter, spices and salt	*Anchote*	1.00	539(128)	69.8	1.7	5.1	18.5	1.2	3.8
020047	Anchote stew with onion, oil, spices and salt	*Anchote wot*	1.00	427(102)	79.1	1.0	5.9	10.9	0.9	2.3
020034	Anchote, white, tuber, boiled (as part of a recipe, without salt)	*Tekeklo yetelate anchote kenewuhaw*	0.90	281(66)	81.0	1.2	0.1	14.8	0.7	2.2
020033	Anchote, white, tuber, boiled, drained (without salt)	*Tekeklo yetelate anchote*	0.90	281(66)	81.0	1.2	0.1	14.8	0.7	2.2
020013	Anchote, white, tuber, peeled, raw	*Yetelate anchote, ti're*	0.89	306(72)	79.3	1.3	0.1	16.1	0.8	2.4
Non-African data										
020043	Bread from fermented false banana with oil and salt	*Kocho*	1.00	822(195)	55.3	0.9	5.9	33.3	2.6	1.9
020045	Burusame from fermented false banana cooked with butter and salt	*Burusame*	1.00	2030(488)	16.4	1.2	34.5	41.6	3.2	3.1
020003	Cassava, flour, homemade, raw	*Ye'cassava duket*	1.00	1480(350)	8.8	1.6	[1.0]	81.3	4.5	2.9
Non-African data										
SD or Min-Max					0.6		0.3			0.5
n					3	1	3		1	3
020025	Cassava, tuber, white flesh, peeled, boiled (as part of a recipe, without salt)	*Tekeklo yetelate nech cassava kenewuhaw*	0.94	501(118)	66.5	1.5	0.3	25.6	3.9	2.3
020024	Cassava, tuber, white flesh, peeled, boiled, drained (without salt)	*Tekeklo yetelate nech cassava*	0.94	501(118)	66.5	1.5	0.3	25.6	3.9	2.3
020001	Cassava, tuber, white flesh, peeled, raw	*Ye'telate cassava, ti're*	0.93	586(139)	60.8	1.7	0.3	30.0	4.6	2.6
Non-African data									oa	
SD or Min-Max					3.9	0.1				0.4
n					3	3	1		1	3

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Starchy roots, tubers, and their products											
020049	Anchote (boiled) with green pepper paste, butter and salt	61	1.1	29	60	191	154	0.26	0.04	0.24	0
020048	Anchote boiled and mashed with butter, spices and salt	79	1.5	40	82	275	457	0.37	0.06	0.44	0
020047	Anchote stew with onion, oil, spices and salt	50	1.1	25	50	170	284	0.23	0.05	0.28	0
020034	Anchote, white, tuber, boiled (as part of a recipe, without salt)	69	1.2	34	70	260	1	0.32	0.04	0.28	tr
020033	Anchote, white, tuber, boiled, drained (without salt)	66	1.1	30	65	208	1	0.29	0.04	0.26	tr
020013	Anchote, white, tuber, peeled, raw	76	1.3	37	76	284	1	0.35	0.04	0.31	tr
	Non-African data										
020043	Bread from fermented false banana with oil and salt	71	3.0	18	21	158	500	0.94	0.09		0
020045	Burusame from fermented false banana cooked with butter and salt	87	4.0	25	27	194	916	1.14	0.11		0
020003	Cassava, flour, homemade, raw	68	1.4	53	33	216	3	0.18	0.08	0.39	3
	Non-African data									oa	oa
	SD or Min-Max		1.2-1.6		30-36						
	n	1	2	1	2	1	1	1	1	1	1
020025	Cassava, tuber, white flesh, peeled, boiled (as part of a recipe, without salt)	32	0.2	11	43	143	2	0.07	0.03	0.27	1
020024	Cassava, tuber, white flesh, peeled, boiled, drained (without salt)	30	0.2	10	40	114	1	0.06	0.03	0.24	1
020001	Cassava, tuber, white flesh, peeled, raw	37	0.2	13	50	167	2	0.08	0.04	0.32	1
	Non-African data									oa	oa
	SD or Min-Max		0.0					0.01			
	n	1	3	1	1	1	1	3	1	1	1

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Starchy roots, tubers, and their products									
020049	Anchote (boiled) with green pepper paste, butter and salt	0.03	0.02	0.6	0.4	0.07	1	0.01	0
020048	Anchote boiled and mashed with butter, spices and salt	0.05	0.02	0.8	0.6	0.11	1	0.01	1
020047	Anchote stew with onion, oil, spices and salt	0.03	0.02	0.5	0.4	0.07	2	0	1
020034	Anchote, white, tuber, boiled (as part of a recipe, without salt)	0.04	0.02	0.7	0.5	0.10	1	0	tr
020033	Anchote, white, tuber, boiled, drained (without salt)	0.03	0.02	0.6	0.5	0.08	1	0	tr
020013	Anchote, white, tuber, peeled, raw	0.04	0.02	0.8	0.7	0.11	[2]	0	tr
	Non-African data								
020043	Bread from fermented false banana with oil and salt	0.02	0	0.1	0	0.01	0	0	0
020045	Burusame from fermented false banana cooked with butter and salt	0.02	0	0.2	0	0.01	0	0.06	0
020003	Cassava, flour, homemade, raw	0.09	0.04	1.6	1.4	0.04	[100]	0	1
	Non-African data								
	SD or Min-Max								
	n	1	1		1	1	1		1
020025	Cassava, tuber, white flesh, peeled, boiled (as part of a recipe, without salt)	0.04	0.02	0.6	0.5	0.07	16	0	23
020024	Cassava, tuber, white flesh, peeled, boiled, drained (without salt)	0.03	0.02	0.6	0.4	0.06	13	0	18
020001	Cassava, tuber, white flesh, peeled, raw	0.05	0.03	0.8	0.6	0.09	24	0	30
	Non-African data					oa			
	SD or Min-Max								
	n	1	1		1	1	1		1

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Starchy roots, tubers, and their products								
020049	Anchote (boiled) with green pepper paste, butter and salt	11	14	16	15	0.0		0.12
020048	Anchote boiled and mashed with butter, spices and salt	12	12	14	13	0.1		0.05
020047	Anchote stew with onion, oil, spices and salt	1	0	0	0	0		2.10
020034	Anchote, white, tuber, boiled (as part of a recipe, without salt)	0	0	0	0	0		
020033	Anchote, white, tuber, boiled, drained (without salt)	0	0	0	0	0		
020013	Anchote, white, tuber, peeled, raw	0	0	0	0	0		<LOD
	Non-African data							
020043	Bread from fermented false banana with oil and salt	2	0	0	0	0.4		2.30
020045	Burusame from fermented false banana cooked with butter and salt	115	145	164	154	1.0	1.40	1.30
020003	Cassava, flour, homemade, raw	0	0	0	0	0	0.04	0
	Non-African data							
	SD or Min-Max							
	n							1
020025	Cassava, tuber, white flesh, peeled, boiled (as part of a recipe, without salt)	34	0	6	3	0	0.16	0.16
020024	Cassava, tuber, white flesh, peeled, boiled, drained (without salt)	33	0	5	3	0	0.16	0.16
020001	Cassava, tuber, white flesh, peeled, raw	40	0	7	3	0	0.19	0.19
	Non-African data							oa
	SD or Min-Max							
	n							1

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Starchy roots, tubers, and their products								
020049	Anchote (boiled) with green pepper paste, butter and salt		2	1.78	0.82	0.14	0.09	0.03
020048	Anchote boiled and mashed with butter, spices and salt		4	3.09	1.42	0.24	0.16	0.04
020047	Anchote stew with onion, oil, spices and salt		0	0.64	1.52	3.43	3.40	0.03
020034	Anchote, white, tuber, boiled (as part of a recipe, without salt)		0	0.04	0	0.03	0.02	0.02
020033	Anchote, white, tuber, boiled, drained (without salt)		0	0.04	0	0.03	0.02	0.02
020013	Anchote, white, tuber, peeled, raw		0	0.04	0	0.04	0.02	0.02
	Non-African data							
020043	Bread from fermented false banana with oil and salt		0	0.68	1.53	3.44	3.40	0.03
020045	Burusame from fermented false banana cooked with butter and salt		26	21.40	9.90	1.31	0.94	0.15
020003	Cassava, flour, homemade, raw	323	0	0.33	0.19	0.29	0.50	0.06
	Non-African data							
	SD or Min-Max							
	n	2						
020025	Cassava, tuber, white flesh, peeled, boiled (as part of a recipe, without salt)	51	0	0.08	0.01	0.12	0.10	0.01
020024	Cassava, tuber, white flesh, peeled, boiled, drained (without salt)	51	0	0.08	0.01	0.12	0.10	0.01
020001	Cassava, tuber, white flesh, peeled, raw	102	0	0.09	0.01	0.14	0.12	0.01
	Non-African data			oa	oa	oa	oa	oa
	SD or Min-Max							
	n	1						

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBE*	*ENERC*	*WATER*	*PROTCT*	*FAT*	*CHOAVLF*	*FIBTG*	*ASH*
Starchy roots, tubers, and their products										
020002	Cassava, tuber, white, peeled, flour, fermented, homemade	*Ye'cassava duket, yeteboka*	1.00	1500(354)	8.2	1.7	0.6	83.5	4.0	2.0
	Non-African data									
	SD or Min-Max				1.6	1.6-1.7				0.4
	n				4	2	1		1	4
020046	Chukame from fermented false banana kale and red kidney bean with onion, oil, butter, green pepper and salt	*Chukame be' adenguare ena be'gomen*	1.00	910(219)	58.8	2.8	13.6	19.4	3.7	1.8
020044	Chukame from fermented false banana with beef, kale, onion, butter, oil, green pepper and salt	*Chukame be'siga ena be'gomen*	1.00	1290(311)	42.1	5.2	19.4	27.3	2.9	2.9
020005	False banana, corn/root, boiled (without salt)	*Amicho (Ye'enset sir), yetekekele*	1.00	413(98)	73.2	1.3	0.2	21.2	3.2	1.0
	Non-African data									
020009	False banana, fermented (kocho), raw	*Kocho, ti're*	1.00	715(169)	55.8	1.0	0.2	39.1	3.1	0.8
	Non-African data									
020007	False banana, tuber, dough, raw	*Bulla, ti're*	1.00	883(208)	47.3	0.4	0.1	51.0	0.7	0.5
	Non-African data									
020042	Porridge from false banana tuber dough with milk, water, butter, salt and spices	*Ye'bulla genfo be'wetet*	1.00	544(130)	73.2	0.4	5.9	18.7	0.3	1.6
020041	Porridge from false banana tuber dough with water, butter, salt and spices	*Ye'bulla genfo*	1.00	485(116)	75.8	0.2	5.0	17.2	0.4	1.4
020054	Potato (boiled) and vegetables salad from tomato, onion, oil, green pepper and salt	*Dinch selata*	1.00	422(101)	76.3	1.6	4.8	12.3	1.1	3.9
020053	Potato and beef stew with tomato, onion, oil, spices, butter and salt	*Dinch be'siga wot*	1.00	809(195)	63.9	5.4	14.3	10.2	1.8	4.2
020050	Potato and beetroot stew with oil, onion, green pepper, garlic and salt	*Dinch be'keysir*	1.00	601(145)	72.5	1.7	10.4	10.3	1.7	3.5
020051	Potato and carrot stew with onion, oil, green peppers, spices and salt	*Dinch be'carot wot*	1.00	596(144)	73.8	1.5	10.7	9.6	1.7	2.8
020052	Potato stew with tomato, onion, oil, red pepper spice blend and salt	*Dinch wot, keye*	1.00	542(130)	73.5	1.6	8.6	10.9	1.6	3.8
020028	Potato, Irish, peeled, baked (without salt or fat)	*Teleto yetetebese dinch*	0.82	408(96)	69.9	2.4	0	21.0	1.0	5.6

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Starchy roots, tubers, and their products											
020002	Cassava, tuber, white, peeled, flour, fermented, homemade	70	1.7	42	141	504	1	0.49	0.15		
	Non-African data										
	SD or Min-Max		1.6-1.8								
	n	1	2	1	1	1	1	1	1		
020046	Chukame from fermented false banana kale and red kidney bean with onion, oil, butter, green pepper and salt	129	3.3	29	51	268	278	0.79	0.11		1
020044	Chukame from fermented false banana with beef, kale, onion, butter, oil, green pepper and salt	108	3.8	27	59	240	752	1.72	0.12		3
020005	False banana, corn/root, boiled (without salt)	25	1.0	30	38	279	62	2.30	0.07	0.09	tr
	Non-African data										
020009	False banana, fermented (kocho), raw	82	3.5	17	24	186	4	1.10	0.09		tr
	Non-African data										
020007	False banana, tuber, dough, raw	27	3.1	9	21	143	tr	0.52	tr		tr
	Non-African data										
020042	Porridge from false banana tuber dough with milk, water, butter, salt and spices	58	1.0	10	52	99	410	0.41	0.02		1
020041	Porridge from false banana tuber dough with water, butter, salt and spices	12	1.2	6	7	44	438	0.17	0.01		0
020054	Potato (boiled) and vegetables salad from tomato, onion, oil, green pepper and salt	7	0.6	20	42	264	315	0.29	0.05	0.12	1
020053	Potato and beef stew with tomato, onion, oil, spices, butter and salt	16	1.4	24	70	306	567	1.14	0.08	0.14	4
020050	Potato and beetroot stew with oil, onion, green pepper, garlic and salt	12	0.6	19	40	285	409	0.30	0.08	0.27	1
020051	Potato and carrot stew with onion, oil, green peppers, spices and salt	16	1.0	18	40	258	239	0.30	0.07	0.22	1
020052	Potato stew with tomato, onion, oil, red pepper spice blend and salt	11	0.7	19	40	261	324	0.28	0.05	0.13	1
020028	Potato, Irish, peeled, baked (without salt or fat)	5	0.6	31	67	487	1	0.48	0.04	0.17	3

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Starchy roots, tubers, and their products									
020002	Cassava, tuber, white, peeled, flour, fermented, homemade	0.10	0.08	1.9	1.7	0.08	[140]	1.00	4
Non-African data							oa		
SD or Min-Max									
n		1	1		1	1	1	1	1
020046	Chukame from fermented false banana kale and red kidney bean with onion, oil, butter, green pepper and salt	0.04	0.05	0.9	0.3	0.06	20	0.01	18
020044	Chukame from fermented false banana with beef, kale, onion, butter, oil, green pepper and salt	0.03	0.05	1.5	0.6	0.05	6	0.35	11
020005	False banana, corn/root, boiled (without salt)	0	0	0.2	tr	tr	[4]	0	tr
Non-African data									
020009	False banana, fermented (kocho), raw	0.03	tr	0.1	tr	0.01	tr		0
Non-African data									
020007	False banana, tuber, dough, raw	0	0	0.1	tr	tr	[tr]	0	tr
Non-African data									
020042	Porridge from false banana tuber dough with milk, water, butter, salt and spices	0.01	0.10	0.3	0.0	0.01	2	0.23	0
020041	Porridge from false banana tuber dough with water, butter, salt and spices	0	0	0.0	0.0	0	0	0.01	0
020054	Potato (boiled) and vegetables salad from tomato, onion, oil, green pepper and salt	0.05	0.02	0.7	0.5	0.08	10	0	12
020053	Potato and beef stew with tomato, onion, oil, spices, butter and salt	0.05	0.05	1.8	0.9	0.09	9	0.33	6
020050	Potato and beetroot stew with oil, onion, green pepper, garlic and salt	0.03	0.02	0.6	0.4	0.07	28	0	3
020051	Potato and carrot stew with onion, oil, green peppers, spices and salt	0.04	0.02	0.7	0.5	0.11	8	0	6
020052	Potato stew with tomato, onion, oil, red pepper spice blend and salt	0.04	0.02	0.7	0.5	0.08	8	0	4
020028	Potato, Irish, peeled, baked (without salt or fat)	0.07	0.02	1.1	0.9	0.12	10	0	tr

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Starchy roots, tubers, and their products								
020002	Cassava, tuber, white, peeled, flour, fermented, homemade	0	0	0	0	0	0.05	0
	Non-African data							
	SD or Min-Max							
	n					1		1
020046	Chukame from fermented false banana kale and red kidney bean with onion, oil, butter, green pepper and salt	362	23	83	53	0.3		3.10
020044	Chukame from fermented false banana with beef, kale, onion, butter, oil, green pepper and salt	239	43	82	62	0.5		3.90
020005	False banana, corn/root, boiled (without salt)	48	0	8	4	0	2.20	2.20
	Non-African data							
020009	False banana, fermented (kocho), raw	2	0	0	0	0.4	0.26	0.26
	Non-African data							
020007	False banana, tuber, dough, raw	0	0	0	0	0	0.22	0.22
	Non-African data							
020042	Porridge from false banana tuber dough with milk, water, butter, salt and spices	24	38	42	40	0.2	0.33	0.30
020041	Porridge from false banana tuber dough with water, butter, salt and spices	19	24	27	26	0.1	0.29	0.27
020054	Potato (boiled) and vegetables salad from tomato, onion, oil, green pepper and salt	128	0	21	11	0		2.20
020053	Potato and beef stew with tomato, onion, oil, spices, butter and salt	99	8	25	16	0.0		4.50
020050	Potato and beetroot stew with oil, onion, green pepper, garlic and salt	9	0	2	1	0		3.70
020051	Potato and carrot stew with onion, oil, green peppers, spices and salt	2030	0	338	169	0		3.90
020052	Potato stew with tomato, onion, oil, red pepper spice blend and salt	61	0	10	5	0		2.90
020028	Potato, Irish, peeled, baked (without salt or fat)	0	0	0	0	0	0	0

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Starchy roots, tubers, and their products								
020002	Cassava, tuber, white, peeled, flour, fermented, homemade	78	0	0.20	0.12	0.18	0.31	0.05
	Non-African data							
	SD or Min-Max	58-98						
	n	2						
020046	Chukame from fermented false banana kale and red kidney bean with onion, oil, butter, green pepper and salt		4	4.26	3.68	5.00	4.85	0.10
020044	Chukame from fermented false banana with beef, kale, onion, butter, oil, green pepper and salt		17	7.46	5.37	5.54	5.36	0.10
020005	False banana, corn/root, boiled (without salt)		0	0.06	0.01	0.06	0.03	0.03
	Non-African data							
020009	False banana, fermented (kocho), raw		0	0.09	0.01	0.04	0.02	0.02
	Non-African data							
020007	False banana, tuber, dough, raw		0	0.04	0	0.01	0.01	0.01
	Non-African data							
020042	Porridge from false banana tuber dough with milk, water, butter, salt and spices		9	3.63	1.68	0.24	0.20	0.03
020041	Porridge from false banana tuber dough with water, butter, salt and spices		4	3.06	1.42	0.22	0.16	0.02
020054	Potato (boiled) and vegetables salad from tomato, onion, oil, green pepper and salt		0	0.52	1.24	2.79	2.77	0.02
020053	Potato and beef stew with tomato, onion, oil, spices, butter and salt		11	2.70	3.83	7.06	6.97	0.06
020050	Potato and beetroot stew with oil, onion, green pepper, garlic and salt		0	1.10	2.72	6.08	6.05	0.03
020051	Potato and carrot stew with onion, oil, green peppers, spices and salt		0	1.14	2.77	6.25	6.21	0.04
020052	Potato stew with tomato, onion, oil, red pepper spice blend and salt		0	0.93	2.22	4.98	4.94	0.04
020028	Potato, Irish, peeled, baked (without salt or fat)	69	0	0.03	0	0.01	tr	tr

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATR*	*PROTCNT*	*FAT*	*CHOAVLF*	*FIBTG*	*ASH*
Starchy roots, tubers, and their products										
020027	Potato, Irish, peeled, boiled (as part of a recipe, without salt)	*Tekeklo yetelate dinch kenewuhaw*	0.85	330(78)	75.6	1.9	0	17.0	0.8	4.6
020026	Potato, Irish, peeled, boiled, drained (without salt)	*Tekeklo yetelate dinch*	0.85	330(78)	75.6	1.9	0	17.0	0.8	4.6
020010	Potato, Irish, peeled, raw	*Yetelate dinch, ti're*	0.85	330(78)	75.6	1.9	tr	17.0	0.8	4.6
	Non-African data									
020030	Potato, Irish, with peel, baked (without salt or fat)	*Sayilat yetetebese dinch*	1.00	390(92)	71.3	2.5	0.1	19.7	1.3	5.1
020011	Potato, Irish, with peel, raw	*Yaltelate dinch, ti're*	1.00	316(75)	76.8	2.0	tr	16.0	1.1	4.1
	Non-African data									
020038	Sweet potato, orange flesh, boiled (as part of a recipe, without salt)	*Yetekekele bicha siquar dinch kenewuhaw*	0.84	454(107)	70.3	1.0	0.2	23.4	4.0	1.1
020037	Sweet potato, orange flesh, boiled, drained (without salt)	*Yetekekele bicha siquar dinch*	0.84	454(107)	70.3	1.0	0.2	23.4	4.0	1.1
020022	Sweet potato, orange flesh, raw	*Bicha sequar dinch, ti're*	0.84	454(107	70.3	1.0	0.2	23.4	4.0	1.1
	Non-African data								oa	
	SD or Min-Max				2.9					
	n				17		1		1	1
020036	Sweet potato, white/pale yellow flesh, boiled (as part of a recipe, without salt)	*Yetekekele nech siquar dinch kenewuhaw*	0.84	544(129)	65.1	1.9	0.3	27.7	3.9	1.1
020035	Sweet potato, white/pale yellow flesh, boiled, drained (without salt)	*Yetekekele siquar dinch*	0.84	544(129)	65.1	1.9	0.3	27.7	3.9	1.1
020021	Sweet potato, white/pale yellow flesh, raw	*Nech siquar dinch, ti're*	0.84	544(544)	65.1	1.9	0.3	27.7	3.9	1.1
	Non-African data								oa	
	SD or Min-Max				3.4					
	n				9	1	1		1	1
020032	Taro, tuber, peeled, boiled (as part of a recipe, without salt)	*Tekeklo yetelate taro kenewuhaw*	0.90	467(110)	70.4	2.1	0.8	22.1	3.2	1.3
020031	Taro, tuber, peeled, boiled, drained (without salt)	*Teleto yetetebese taro*	0.90	467(110)	70.4	2.1	0.8	22.1	3.2	1.3

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Starchy roots, tubers, and their products											
020027	Potato, Irish, peeled, boiled (as part of a recipe, without salt)	4	0.5	25	54	395	1	0.39	0.03	0.14	2
020026	Potato, Irish, peeled, boiled, drained (without salt)	3	0.5	23	51	316	1	0.35	0.03	0.13	2
020010	Potato, Irish, peeled, raw	4	0.5	25	54	395	1	0.39	0.03	0.14	2
Non-African data										oa	
020030	Potato, Irish, with peel, baked (without salt or fat)	9	1.1	31	64	491	3	0.47	0.11	0.26	3
020011	Potato, Irish, with peel, raw	8	0.9	25	52	397	2	0.38	0.09	0.21	2
Non-African data											
020038	Sweet potato, orange flesh, boiled (as part of a recipe, without salt)	54	0.9	28	44	288	30	0.62	0.09	0.28	0
020037	Sweet potato, orange flesh, boiled, drained (without salt)	51	0.8	25	41	230	24	0.56	0.08	0.25	0
020022	Sweet potato, orange flesh, raw	54	0.9	28	44	288	30	0.62	0.09	0.28	0
Non-African data							oa				oa
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
020036	Sweet potato, white/pale yellow flesh, boiled (as part of a recipe, without salt)	52	3.4	29	34	372	17	0.72	0.60	0.20	0
020035	Sweet potato, white/pale yellow flesh, boiled, drained (without salt)	49	3.2	26	32	297	13	0.65	0.54	0.18	0
020021	Sweet potato, white/pale yellow flesh, raw	52	3.4	29	34	372	17	0.72	0.60	0.20	0
Non-African data										oa	oa
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
020032	Taro, tuber, peeled, boiled (as part of a recipe, without salt)	17	1.8	30	88	350	4	0.61	0.13	0.70	0
020031	Taro, tuber, peeled, boiled, drained (without salt)	16	1.7	27	82	280	3	0.55	0.11	0.63	0

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Starchy roots, tubers, and their products									
020027	Potato, Irish, peeled, boiled (as part of a recipe, without salt)	0.06	0.02	0.9	0.7	0.10	8	0	tr
020026	Potato, Irish, peeled, boiled, drained (without salt)	0.05	0.02	0.8	0.6	0.08	6	0	tr
020010	Potato, Irish, peeled, raw	0.07	0.02	1.0	0.8	0.11	10	0	tr
Non-African data									
020030	Potato, Irish, with peel, baked (without salt or fat)	0.06	0.02	1.2	1.0	0.14	11	0	2
020011	Potato, Irish, with peel, raw	0.06	0.02	1.0	0.8	0.13	11	0	2
Non-African data									
020038	Sweet potato, orange flesh, boiled (as part of a recipe, without salt)	0.03	0.05	1.2	0.9	0.11	9	0	28
020037	Sweet potato, orange flesh, boiled, drained (without salt)	0.02	0.04	1.1	0.8	0.09	7	0	22
020022	Sweet potato, orange flesh, raw	0.03	0.05	1.3	1.0	0.12	11	0	31
Non-African data						oa			
SD or Min-Max									
n		1	1		1	1	1		1
020036	Sweet potato, white/pale yellow flesh, boiled (as part of a recipe, without salt)	0.07	0.05	1.3	0.8	0.08	16	0	26
020035	Sweet potato, white/pale yellow flesh, boiled, drained (without salt)	0.06	0.04	1.1	0.7	0.07	13	0	20
020021	Sweet potato, white/pale yellow flesh, raw	0.08	0.05	1.4	0.9	0.09	21	0	29
Non-African data						oa			
SD or Min-Max									
n		1	1		1	1	1		1
020032	Taro, tuber, peeled, boiled (as part of a recipe, without salt)	0.11	0.06	0.9	0.5	0.16	17	0	13
020031	Taro, tuber, peeled, boiled, drained (without salt)	0.09	0.05	0.8	0.4	0.13	14	0	10

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Starchy roots, tubers, and their products								
020027	Potato, Irish, peeled, boiled (as part of a recipe, without salt)	0	0	0	0	0	0	0
020026	Potato, Irish, peeled, boiled, drained (without salt)	0	0	0	0	0	0	0
020010	Potato, Irish, peeled, raw	0	0	0	0	0	0	0
	Non-African data							
020030	Potato, Irish, with peel, baked (without salt or fat)	0	0	0	0	0	0	0
020011	Potato, Irish, with peel, raw	0	0	0	0	0	0	0
	Non-African data							
020038	Sweet potato, orange flesh, boiled (as part of a recipe, without salt)	12500	0	2080	1040	0	0.14	0.14
020037	Sweet potato, orange flesh, boiled, drained (without salt)	11900	0	1980	990	0	0.14	0.14
020022	Sweet potato, orange flesh, raw	12500	0	2080	1040	0	0.14	0.14
	Non-African data							
	SD or Min-Max							
	n							1
020036	Sweet potato, white/pale yellow flesh, boiled (as part of a recipe, without salt)	58	0	10	5	0	0.01	0.01
020035	Sweet potato, white/pale yellow flesh, boiled, drained (without salt)	55	0	9	5	0	0.01	0.01
020021	Sweet potato, white/pale yellow flesh, raw	58	0	10	5	0	0.01	0.01
	Non-African data							oa
	SD or Min-Max							
	n							1
020032	Taro, tuber, peeled, boiled (as part of a recipe, without salt)	7	0	1	1	0	0.33	0.32
020031	Taro, tuber, peeled, boiled, drained (without salt)	6	0	1	1	0	0.33	0.32

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Starchy roots, tubers, and their products								
020027	Potato, Irish, peeled, boiled (as part of a recipe, without salt)	33	0	0.02	0	0.01	tr	tr
020026	Potato, Irish, peeled, boiled, drained (without salt)	33	0	0.02	0	0.01	tr	tr
020010	Potato, Irish, peeled, raw	56	0	0.02	tr	0.01	tr	tr
	Non-African data							
020030	Potato, Irish, with peel, baked (without salt or fat)	69	0	0.03	0	0.01	0.01	tr
020011	Potato, Irish, with peel, raw	56	0	0.03	tr	0.01	0.01	tr
	Non-African data							
020038	Sweet potato, orange flesh, boiled (as part of a recipe, without salt)	32	0	0.06	0	0.10	0.08	0.01
020037	Sweet potato, orange flesh, boiled, drained (without salt)	32	0	0.06	0	0.10	0.08	0.01
020022	Sweet potato, orange flesh, raw	54	0	0.06	0	0.10	0.08	0.01
	Non-African data			oa	oa	oa	oa	oa
	SD or Min-Max							
	n	1						
020036	Sweet potato, white/pale yellow flesh, boiled (as part of a recipe, without salt)	38	0	0.07	0.01	0.13	0.11	0.01
020035	Sweet potato, white/pale yellow flesh, boiled, drained (without salt)	38	0	0.07	0.01	0.13	0.11	0.01
020021	Sweet potato, white/pale yellow flesh, raw	64	0	0.07	0.01	0.13	0.11	0.01
	Non-African data			oa	oa	oa	oa	oa
	SD or Min-Max							
	n	1						
020032	Taro, tuber, peeled, boiled (as part of a recipe, without salt)	21	0	0.18	0.09	0.37	0.33	0.02
020031	Taro, tuber, peeled, boiled, drained (without salt)	21	0	0.18	0.09	0.37	0.33	0.02

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLF*	*FIBTG*	*ASH*
Starchy roots, tubers, and their products										
020012	Taro, tuber, peeled, raw	*Yetelate godere, ti're*	0.90	467(110)	70.4	2.1	0.8	22.1	3.2	1.3
Non-African data									oa	
SD or Min-Max					2.3	0.2				0.1
n					3	3	1		1	3
020040	Yam, peeled, boiled (as part of a recipe, without salt)	*Tekeklo yetelate yam kenewuhaw*	0.82	456(108)	70.2	3.3	0.2	21.2	4.3	0.9
020039	Yam, peeled, boiled, drained (without salt)	*Tekeklo yetelate yam*	0.82	456(108)	70.2	3.3	0.2	21.2	4.3	0.9
020023	Yam, peeled, raw	*Yam, ti're*	0.83	434(103)	71.7	3.1	[0.1]	20.1	4.1	0.8
Non-African data									oa	
SD or Min-Max					3.1	0.8	0.0			0.2
n					4	4	4		1	4
Legumes and their products										
030001	Broad beans, seed, whole, fresh, raw	*Ye'bakela eshet*	0.56	544(130)	61.1	10.6	[0.6]	14.7	11.5	1.5
Non-African data									oa	
030096	Bread, unleavened, from white wheat and chickpea flour with oil and salt	*Yaltefetege nech sinde ena shimbra qita*	1.00	1290(307)	22.6	15.3	6.0	43.6	8.7	3.9
030087	Broad beans, roasted and boiled, without salt	*Ashuk*	1.00	489(116)	66.6	10.0	0.5	14.0	7.8	1.1
030003	Broad beans, seed, roasted, seed coat removed, spiced, flour (Shiro)	*Ye'bakela shiro duket*	1.00	1410(333)	10.8	27.6	2.0	45.7	10.7	3.1
Non-African data										
030005	Broad beans, seed, split, seed coat removed, dry, raw	*Ye'bakela kik*	1.00	1350(319)	12.7	27.7	1.5	42.0	13.5	2.8
Non-African data										
030049	Broad beans, seed, whole, dry, boiled, as part of a recipe (without salt)	*Yetekekele bakela kenewuhaw*	0.99	463(110)	68.4	9.5	0.5	13.2	7.4	1.0
030048	Broad beans, seed, whole, dry, boiled, drained (without salt)	*Yetekekele bakela*	0.99	463(110)	68.4	9.5	0.5	13.2	7.4	1.0

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Starchy roots, tubers, and their products											
020012	Taro, tuber, peeled, raw	17	1.8	30	88	350	4	0.61	0.13	0.70	tr
Non-African data											oa
SD or Min-Max			0.2				4		0.13	0.35-1.05	
n		3	3	1	1	1	2	1	2	2	1
020040	Yam, peeled, boiled (as part of a recipe, without salt)	41	0.8	20	14	274	9	0.51	0.12	0.15	1
020039	Yam, peeled, boiled, drained (without salt)	39	0.8	18	13	220	7	0.46	0.10	0.13	1
020023	Yam, peeled, raw	39	0.8	19	13	261	8	0.48	0.11	0.14	1
Non-African data										oa	oa
SD or Min-Max			0.7			5	2	0.05			
n		4	4	1	1	3	3	3	1	1	1
Legumes and their products											
030001	Broad beans, seed, whole, fresh, raw	63	2.1	45	189	428	3	1.95	0.55	0.30	2
Non-African data								oa	oa	oa	oa
030096	Bread, unleavened, from white wheat and chickpea flour with oil and salt	61	7.1	82	160	591	768	2.23	0.49	1.37	21
030087	Broad beans, roasted and boiled, without salt	32	2.1	41	143	325	7	1.35	0.22	0.55	2
030003	Broad beans, seed, roasted, seed coat removed, spiced, flour (Shiro)	76	12.0	120	519	1110	78	5.00	0.89	0.96	12
Non-African data										oa	
030005	Broad beans, seed, split, seed coat removed, dry, raw	48	7.4	104	535	1150	3	5.20	0.94	0.96	6
Non-African data										oa	
030049	Broad beans, seed, whole, dry, boiled, as part of a recipe (without salt)	36	2.4	46	150	410	9	1.42	0.29	0.52	1
030048	Broad beans, seed, whole, dry, boiled, drained (without salt)	30	2	39	135	307	7	1.27	0.20	0.52	1

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Starchy roots, tubers, and their products									
020012	Taro, tuber, peeled, raw	0.12	0.06	0.9	0.5	0.17	22	0	14
Non-African data						oa			
SD or Min-Max									
n		1	1		1	1	1		1
020040	Yam, peeled, boiled (as part of a recipe, without salt)	0.10	0.02	1.1	0.5	0.17	19	0	12
020039	Yam, peeled, boiled, drained (without salt)	0.09	0.02	1.0	0.4	0.13	15	0	10
020023	Yam, peeled, raw	0.11	0.02	1.1	0.6	0.17	23	0	13
Non-African data					oa	oa	oa		
SD or Min-Max									
n		1	1		1	1	1		1
Legumes and their products									
030001	Broad beans, seed, whole, fresh, raw	0.17	0.23	4.7	2.9	0.07	160	0	67
Non-African data						oa	oa		oa
030096	Bread, unleavened, from white wheat and chickpea flour with oil and salt	0.35	0.09	3.7	0.8	0.33	74	0	0
030087	Broad beans, roasted and boiled, without salt	0.11	0.09	1.7	0.5	0.08	47	0	0
030003	Broad beans, seed, roasted, seed coat removed, spiced, flour (Shiro)	0.30	0.16	3.9	2.5	0.16	130	0	0
Non-African data							oa		
030005	Broad beans, seed, split, seed coat removed, dry, raw	0.40	0.15	3.6	2.3	0.19	250	0	1
Non-African data							oa		oa
030049	Broad beans, seed, whole, dry, boiled, as part of a recipe (without salt)	0.13	0.11	1.7	0.6	0.09	53	0	0
030048	Broad beans, seed, whole, dry, boiled, drained (without salt)	0.10	0.08	1.6	0.5	0.08	44	0	0

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Starchy roots, tubers, and their products								
020012	Taro, tuber, peeled, raw	7	0	1	1	0	0.33	0.32
	Non-African data							oa
	SD or Min-Max							
	n							1
020040	Yam, peeled, boiled (as part of a recipe, without salt)	41	0	7	3	0	0.44	0.24
020039	Yam, peeled, boiled, drained (without salt)	39	0	7	3	0	0.44	0.24
020023	Yam, peeled, raw	39	0	7	3	0	0.42	0.23
	Non-African data							oa
	SD or Min-Max							
	n							1
Legumes and their products								
030001	Broad beans, seed, whole, fresh, raw	205	0	34	17	0		tr
	Non-African data							oa
030096	Bread, unleavened, from white wheat and chickpea flour with oil and salt	36	0	6	3	0		1.00
030087	Broad beans, roasted and boiled, without salt	11	0	2	1	0	0	0.02
030003	Broad beans, seed, roasted, seed coat removed, spiced, flour (Shiro)	116	0	19	10	0	0.10	0.04
	Non-African data							
030005	Broad beans, seed, split, seed coat removed, dry, raw	35	0	6	3	0	0.13	0.05
	Non-African data							
030049	Broad beans, seed, whole, dry, boiled, as part of a recipe (without salt)	10	0	2	1	0		0.02
030048	Broad beans, seed, whole, dry, boiled, drained (without salt)	10	0	2	1	0		0.01

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Starchy roots, tubers, and their products								
020012	Taro, tuber, peeled, raw	35	0	0.18	0.09	0.37	0.33	0.02
Non-African data							oa	oa
SD or Min-Max								
n		2						
020040	Yam, peeled, boiled (as part of a recipe, without salt)	13	0	0.04	0.01	0.07	0.06	0.01
020039	Yam, peeled, boiled, drained (without salt)	13	0	0.04	0.01	0.07	0.06	0.01
020023	Yam, peeled, raw	21	0	0.04	0.01	0.07	0.05	0.01
Non-African data				oa	oa	oa	oa	oa
SD or Min-Max								
n			1					
Legumes and their products								
030001	Broad beans, seed, whole, fresh, raw		0	0.16	0.05	0.26	0.25	0.02
Non-African data				oa	oa	oa	oa	oa
030096	Bread, unleavened, from white wheat and chickpea flour with oil and salt	276	0	0.65	1.21	3.26	2.70	0.07
030087	Broad beans, roasted and boiled, without salt	146	0	0.08	0.10	0.24	0.22	0.02
030003	Broad beans, seed, roasted, seed coat removed, spiced, flour (Shiro)		0	0.35	0.40	0.85	0.76	0.08
Non-African data								
030005	Broad beans, seed, split, seed coat removed, dry, raw		0	0.25	0.29	0.60	0.56	0.04
Non-African data								
030049	Broad beans, seed, whole, dry, boiled, as part of a recipe (without salt)	138	0	0.07	0.09	0.22	0.21	0.02
030048	Broad beans, seed, whole, dry, boiled, drained (without salt)	138	0	0.07	0.09	0.22	0.21	0.02

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Legumes and their products										
030002	Broad beans, seed, whole, dry, raw	*Bakela, yedereke, ti're*	0.98	1300(308)	11.6	26.6	[1.4]	37.0	20.6	2.9
Non-African data									oa	
SD or Min-Max					11.0-12.1	25.0-28.1				
n					2	2	1		1	1
030047	Broad beans, seed, whole, fresh, boiled, as part of a recipe (without salt)	*Yetekekele eshet bakela kenewuhaw*	0.54	585(139)	58.2	11.4	0.6	15.8	12.4	1.6
030046	Broad beans, seed, whole, fresh, boiled, drained (without salt)	*Yetekekele eshet bakela*	0.54	585(139)	58.2	11.4	0.6	15.8	12.4	1.6
030103	Broad beans, split, stew with tomato, onion, oil, green pepper, spices and salt	*Ful*	1.00	548(131	70.4	7.1	5.5	11.4	3.8	1.8
030101	Chickpea, flour, spiced, stew with onion, oil, green pepper, spices, salt and turmeric	*Ye'shimbra shiro wot, alicha*	1.00	478(115)	79.5	2.6	8.5	6.3	1.6	1.6
030105	Chickpea, flour, spiced, stew, thick, with tomato, oil, onion, spices and salt	*Ye'shimbra shiro tegabino*	1.00	691(167)	72.1	3.3	13.1	7.9	2.2	1.5
030106	Chickpea, flour, stew, with tomato, oil, onion, spices and salt	*Ye'shimbra asa wot*	1.00	921(221)	56.1	7.5	13.4	15.0	5.5	2.6
030010	Chickpeas, desi, seed, roasted, seed coat removed, spiced, flour (Shiro)	*Ye'keye shimbra shiro duket*	1.00	1480(352)	8.6	23.0	4.1	50.1	11.3	2.9
Non-African data										
SD or Min-Max										
n					1	1	1		1	1
030052	Chickpeas, desi, seed, whole, dry, boiled, drained (without salt)	*Yetekekele keye shimbra*	1.00	652(155)	56.8	9.6	1.9	19.5	10.9	1.3
030007	Chickpeas, desi, seed, whole, dry, raw	*Keye shimbra, yedereke, ti're*	1.00	1350(321)	10.6	19.9	3.9	40.4	22.5	2.7
Non-African data										
030008	Chickpeas, kabuli, seed, whole, dry, raw	*Nech shimbra, yedereke, ti're*	1.00	1460(347)	10.8	18.4	5.6	48.8	13.7	2.7
Non-African data										

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Legumes and their products											
030002	Broad beans, seed, whole, dry, raw	100	6.7	129	420	1150	25	3.97	0.82	1.46	4
Non-African data									oa	oa	oa
SD or Min-Max			1.7					1.83-6.10			
n		2	3	1	1	1	1	2	1	1	1
030047	Broad beans, seed, whole, fresh, boiled, as part of a recipe (without salt)	68	2.3	49	203	460	3	2.09	0.59	0.32	2
030046	Broad beans, seed, whole, fresh, boiled, drained (without salt)	58	1.9	41	183	345	3	1.88	0.41	0.32	2
030103	Broad beans, split, stew with tomato, onion, oil, green pepper, spices and salt	18	2.1	30	138	320	339	1.32	0.26	0.27	2
030101	Chickpea, flour, spiced, stew with onion, oil, green pepper, spices, salt and turmeric	12	1.5	22	67	152	461	0.60	0.13	0.29	3
030105	Chickpea, flour, spiced, stew, thick, with tomato, oil, onion, spices and salt	14	1.7	24	81	198	280	0.71	0.15	0.32	4
030106	Chickpea, flour, stew, with tomato, oil, onion, spices and salt	36	3.9	41	73	329	357	1.11	0.26	0.71	9
030010	Chickpeas, desi, seed, roasted, seed coat removed, spiced, flour (Shiro)	58	11.0	151	571	1170	8	5.20	0.96	2.22	28
Non-African data										oa	
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
030052	Chickpeas, desi, seed, whole, dry, boiled, drained (without salt)	90	3.5	69	172	397	1	1.74	0.29	1.28	10
030007	Chickpeas, desi, seed, whole, dry, raw	219	8.6	168	395	1100	4	4.00	0.85	2.65	21
Non-African data										oa	
030008	Chickpeas, kabuli, seed, whole, dry, raw	163	6.7	154	407	1090	4	3.80	0.73	3.26	33
Non-African data										oa	

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Legumes and their products									
030002	Broad beans, seed, whole, dry, raw	0.44	0.30	5.3	2.1	0.31	250	0	1
Non-African data						oa	oa		oa
SD or Min-Max									
n		1	1		1	1	1		1
030047	Broad beans, seed, whole, fresh, boiled, as part of a recipe (without salt)	0.15	0.25	4.4	2.5	0.06	100	0	43
030046	Broad beans, seed, whole, fresh, boiled, drained (without salt)	0.12	0.19	3.9	2.0	0.05	84	0	43
030103	Broad beans, split, stew with tomato, onion, oil, green pepper, spices and salt	0.09	0.04	0.9	0.5	0.05	39	0	4
030101	Chickpea, flour, spiced, stew with onion, oil, green pepper, spices, salt and turmeric	0.04	0.01	0.5	0.2	0.03	7	0	3
030105	Chickpea, flour, spiced, stew, thick, with tomato, oil, onion, spices and salt	0.05	0.02	0.6	0.2	0.04	10	0	5
030106	Chickpea, flour, stew, with tomato, oil, onion, spices and salt	0.18	0.05	1.8	0.4	0.19	38	0	1
030010	Chickpeas, desi, seed, roasted, seed coat removed, spiced, flour (Shiro)	0.35	0.07	3.8	1.3	0.21	85	0	0
Non-African data							oa		
SD or Min-Max									
n		1	1		1	1	1		1
030052	Chickpeas, desi, seed, whole, dry, boiled, drained (without salt)	0.17	0.03	1.7	0.5	0.11	94	0	tr
030007	Chickpeas, desi, seed, whole, dry, raw	0.54	0.07	4.1	1.6	0.33	390	0	tr
Non-African data							oa		
030008	Chickpeas, kabuli, seed, whole, dry, raw	0.42	0.07	3.2	2.4	0.37	390	0	tr
Non-African data							oa		

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Legumes and their products								
030002	Broad beans, seed, whole, dry, raw	29	0	5	2	0		0.05
	Non-African data							oa
	SD or Min-Max							
	n							1
030047	Broad beans, seed, whole, fresh, boiled, as part of a recipe (without salt)	220	0	37	18	0		tr
030046	Broad beans, seed, whole, fresh, boiled, drained (without salt)	220	0	37	18	0		tr
030103	Broad beans, split, stew with tomato, onion, oil, green pepper, spices and salt	62	0	10	5	0		1.80
030101	Chickpea, flour, spiced, stew with onion, oil, green pepper, spices, salt and turmeric	28	0	5	2	0		2.90
030105	Chickpea, flour, spiced, stew, thick, with tomato, oil, onion, spices and salt	88	0	15	7	0		4.40
030106	Chickpea, flour, stew, with tomato, oil, onion, spices and salt	18	0	3	2	0		4.10
030010	Chickpeas, desi, seed, roasted, seed coat removed, spiced, flour (Shiro)	163	0	27	14	0	0.33	0.23
	Non-African data							
	SD or Min-Max							
	n							1
030052	Chickpeas, desi, seed, whole, dry, boiled, drained (without salt)	89	0	15	7	0	0.21	0.17
030007	Chickpeas, desi, seed, whole, dry, raw	183	0	31	15	0	0.47	0.40
	Non-African data							oa
030008	Chickpeas, kabuli, seed, whole, dry, raw	133	0	22	11	0	0.45	0.40
	Non-African data							

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Legumes and their products								
030002	Broad beans, seed, whole, dry, raw	478	0	0.21	0.26	0.62	0.58	0.05
Non-African data				oa	oa	oa	oa	oa
SD or Min-Max								
n		1						
030047	Broad beans, seed, whole, fresh, boiled, as part of a recipe (without salt)		0	0.17	0.06	0.28	0.27	0.02
030046	Broad beans, seed, whole, fresh, boiled, drained (without salt)		0	0.17	0.06	0.28	0.27	0.02
030103	Broad beans, split, stew with tomato, onion, oil, green pepper, spices and salt		0	0.61	1.41	3.15	3.12	0.03
030101	Chickpea, flour, spiced, stew with onion, oil, green pepper, spices, salt and turmeric	15	0	0.91	2.18	4.94	4.90	0.04
030105	Chickpea, flour, stew, thick, with tomato, oil, onion, spices and salt	17	0	1.39	3.36	7.60	7.54	0.06
030106	Chickpea, flour, spiced, stew, with tomato, oil, onion, spices and salt	134	0	1.43	3.33	7.71	7.36	0.08
030010	Chickpeas, desi, seed, roasted, seed coat removed, spiced, flour (Shiro)	163	0	0.55	0.65	1.99	1.86	0.13
Non-African data								
SD or Min-Max		141-185						
n		2						
030052	Chickpeas, desi, seed, whole, dry, boiled, drained (without salt)	221	0	0.24	0.32	0.92	0.86	0.05
030007	Chickpeas, desi, seed, whole, dry, raw	565	0	0.49	0.65	1.91	1.79	0.11
Non-African data		oa						
030008	Chickpeas, kabuli, seed, whole, dry, raw	564	0	0.71	1.19	2.50	2.37	0.12
Non-African data		oa						

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Legumes and their products										
030009	Chickpeas, seed, split, seed coat removed, dry, raw	*Ye'shimbra kik*	1.00	1440(343)	10.8	23.2	[5.2]	43.7	13.9	3.2
Non-African data			oa						oa	
SD or Min-Max					0.6	2.4	0.8			0.5
n					4	4	3			3
030051	Chickpeas, seed, whole, fresh, boiled, as part of a recipe (without salt)	*Yetekekele ye'shimbra eshet kenewuhaw*	1.00	544(129)	65.6	7.5	2.0	16.8	7.0	1.1
030050	Chickpeas, seed, whole, fresh, boiled, drained (without salt)	*Yetekekele ye'shimbra eshet*	1.00	544(129)	65.6	7.5	2.0	16.8	7.0	1.1
030006	Chickpeas, seed, whole, fresh, raw	*Ye'shimbra eshet*	1.00	506(120)	68.0	7.0	1.9	15.6	6.6	1.0
Non-African data										
030084	Field peas, boiled and roasted, without salt	*Ater endushdush*	1.00	719(171)	51.3	11.4	1.1	22.7	12.2	1.3
030024	Field peas, Ethiopian, seed, creamy, seed coat removed, splitted, dry, raw	*Ye'dekeko kik*	1.00	1370(324)	10.7	26.8	1.5	43.6	14.5	2.9
Non-African data										
030022	Field peas, seed, germinated, raw	*Ye'ater bekolte, ti're*	1.00	710(168)	55.7	10.6	[0.7]	27.7	[4.1]	1.2
Non-African data										
030023	Field peas, seed, roasted, seed coat removed, spiced, flour (Shiro)	*Ye'ater shiro*	1.00	1430(337)	9.1	25.3	1.9	49.8	9.9	4.0
Non-African data										
030021	Field peas, seed, split, seed coat removed, dry, raw	*Ye'ater kik*	1.00	1390(329)	11.2	26.9	[1.7]	45.8	11.6	2.8
Non-African data							oa		oa	
SD or Min-Max					10.5-11.9	25.0-28.8				
n					2	2	1		1	1
030020	Field peas, seed, whole, dry, raw	*Ater, difin, yedereke, ti're*	1.00	1330(316)	9.9	21.1	[2.1]	42.0	22.5	2.4
Non-African data							oa		oa	
030019	Field peas, seed, whole, fresh, raw	*Ye'ater eshet*	0.60	500(119)	64.6	5.1	[0.3]	18.8	10.3	0.9
Non-African data										

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Legumes and their products											
030009	Chickpeas, seed, split, seed coat removed, dry, raw	96	11.6	119	216	1000	9	3.51	0.78	2.18	28
Non-African data				oa		oa	oa	oa	oa	oa	oa
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
030051	Chickpeas, seed, whole, fresh, boiled, as part of a recipe (without salt)	58	2.1	39	66	186	3	0.97	0.14	1.02	4
030050	Chickpeas, seed, whole, fresh, boiled, drained (without salt)	58	2.1	39	66	186	3	0.97	0.14	1.02	4
030006	Chickpeas, seed, whole, fresh, raw	63	2.3	43	68	231	4	1.00	0.19	0.95	4
Non-African data							oa			oa	
030084	Field peas, boiled and roasted, without salt	45	2.7	52	177	389	5	1.64	0.09	0.61	27
030024	Field peas, Ethiopian, seed, creamy, seed coat removed, splitted, dry, raw	25	5.2	147	595	1150	3	3.10	0.56	1.15	6
Non-African data										oa	
030022	Field peas, seed, germinated, raw	50	2.7	66	194	447	24	1.23	0.32	0.51	1
Non-African data										oa	oa
030023	Field peas, seed, roasted, seed coat removed, spiced, flour (Shiro)	68	23.5	120	471	1060	543	4.80	0.57	1.11	10
Non-African data										oa	
030021	Field peas, seed, split, seed coat removed, dry, raw	64	4.4	115	347	981	15	3.01	0.87	1.15	9
Non-African data										oa	oa
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
030020	Field peas, seed, whole, dry, raw	98	5.9	114	364	959	12	3.37	0.24	1.13	50
Non-African data				oa		oa	oa	oa	oa	oa	oa
030019	Field peas, seed, whole, fresh, raw	32	1.9	39	144	331	5	5.99	0.29	0.61	2
Non-African data								oa	oa	oa	

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B6 (mg)	Folate (mcg)	Vit B12 (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Legumes and their products									
030009	Chickpeas, seed, split, seed coat removed, dry, raw	0.69	0.16	5.6	1.2	0.61	150	0	0
	Non-African data					oa	oa		oa
	SD or Min-Max								
	n	1	1		1	1	1		1
030051	Chickpeas, seed, whole, fresh, boiled, as part of a recipe (without salt)	0.15	0.06	2.7	1.7	0.14	42	0	tr
030050	Chickpeas, seed, whole, fresh, boiled, drained (without salt)	0.12	0.05	2.3	1.3	0.12	35	0	tr
030006	Chickpeas, seed, whole, fresh, raw	0.17	0.06	2.9	1.9	0.16	64	0	tr
	Non-African data								
030084	Field peas, boiled and roasted, without salt	0.16	0.14	2.4	0.7	0.09	47	0	2
030024	Field peas, Ethiopian, seed, creamy, seed coat removed, splitted, dry, raw	0.51	0.08	4.2	2.5	tr	[210]	0	tr
	Non-African data						oa		
030022	Field peas, seed, germinated, raw	0.30	0.15	3.5	1.3	0	140	0	14
	Non-African data					oa			
030023	Field peas, seed, roasted, seed coat removed, spiced, flour (Shiro)	0.20	0.09	4.3	2.5	0.07	[4]	0	0
	Non-African data								
030021	Field peas, seed, split, seed coat removed, dry, raw	0.51	0.13	6.0	2.7	0.17	270	0	2
	Non-African data								
	SD or Min-Max								
	n	1	1		1	1	1		1
030020	Field peas, seed, whole, dry, raw	0.45	0.34	5.1	2.0	0.22	[170]	0	5
	Non-African data					oa	oa		oa
030019	Field peas, seed, whole, fresh, raw	0.18	0.10	1.5	0.8	0.25	89	0	51
	Non-African data					oa			oa

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Legumes and their products								
030009	Chickpeas, seed, split, seed coat removed, dry, raw	64	0	11	5	0	0.19	0.08
	Non-African data							oa
	SD or Min-Max							
	n							1
030051	Chickpeas, seed, whole, fresh, boiled, as part of a recipe (without salt)	65	0	11	5	0	0.21	0.15
030050	Chickpeas, seed, whole, fresh, boiled, drained (without salt)	65	0	11	5	0	0.19	0.13
030006	Chickpeas, seed, whole, fresh, raw	61	0	10	5	0	0.19	0.14
	Non-African data							oa
030084	Field peas, boiled and roasted, without salt	30	0	5	3	0	0.16	0.03
030024	Field peas, Ethiopian, seed, creamy, seed coat removed, splitted, dry, raw	52	0	9	4	0	0.10	0
	Non-African data							
030022	Field peas, seed, germinated, raw	61	0	10	5	0		
	Non-African data							
030023	Field peas, seed, roasted, seed coat removed, spiced, flour (Shiro)	156	0	26	13	0	0.11	0
	Non-African data							
030021	Field peas, seed, split, seed coat removed, dry, raw	118	0	20	10	0		0.30
	Non-African data							
	SD or Min-Max							
	n							1
030020	Field peas, seed, whole, dry, raw	56	0	9	5	0	0.32	0.07
	Non-African data							oa
030019	Field peas, seed, whole, fresh, raw	400	0	67	33	0	0.66	0.50
	Non-African data							oa

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Legumes and their products								
030009	Chickpeas, seed, split, seed coat removed, dry, raw	442	0	0.53	0.83	2.72	1.72	0.09
	Non-African data			oa	oa	oa	oa	oa
	SD or Min-Max							
	n	1						
030051	Chickpeas, seed, whole, fresh, boiled, as part of a recipe (without salt)		0	0.30	0.49	0.78	0.75	0.03
030050	Chickpeas, seed, whole, fresh, boiled, drained (without salt)		0	0.30	0.49	0.78	0.75	0.03
030006	Chickpeas, seed, whole, fresh, raw		0	0.28	0.46	0.73	0.69	0.03
	Non-African data							
030084	Field peas, boiled and roasted, without salt	181	0	0.15	0.23	0.49	0.41	0.05
030024	Field peas, Ethiopian, seed, creamy, seed coat removed, splitted, dry, raw	413	0	0.25	0.17	0.72	0.61	0.11
	Non-African data							
030022	Field peas, seed, germinated, raw		0	0.13	0.06	0.35		
	Non-African data			oa	oa	oa		
030023	Field peas, seed, roasted, seed coat removed, spiced, flour (Shiro)	140	0	0.32	0.37	0.80	0.69	0.11
	Non-African data							
030021	Field peas, seed, split, seed coat removed, dry, raw		0	0.23	0.33	0.76	0.50	0.09
	Non-African data			oa	oa	oa	oa	oa
	SD or Min-Max							
	n							
030020	Field peas, seed, whole, dry, raw	413	0	0.28	0.43	0.91	0.75	0.09
	Non-African data			oa	oa	oa	oa	oa
030019	Field peas, seed, whole, fresh, raw	215	0	0.05	0.06	0.12	0.10	0.01
	Non-African data							

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLF*	*FIBTG*	*ASH*
Legumes and their products										
030094	Field peas, split, stew with onion, oil, garlic, green pepper, ginger, salt and turmeric	*Ater kik wot, alicha*	1.00	693(166)	65.7	7.4	8.5	13.3	3.5	1.7
030025	Haricot (white) bean, seed, whole, dry, raw	*Nech boloke, yedereke, ti're*	1.00	1330(316)	9.9	21.5	[1.8]	43.8	18.9	4.0
Non-African data									oa	
SD or Min-Max					0.6	2.0	0.7			0.5
n					16	16	16		1	16
030072	Kidney bean, red, seed, whole, dry, boiled, as part of a recipe (without salt)	*Yetekekele keye adenguare kenewuhaw*	0.99	497(118)	65.5	8.9	0.5	15.2	8.3	1.5
030071	Kidney bean, red, seed, whole, dry, boiled, drained (without salt)	*Yetekekele keye adenguare*	0.99	497(118)	65.5	8.9	0.5	15.2	8.3	1.5
030029	Kidney bean, red, seed, whole, dry, raw	*Adenguare, yedereke, ti're*	0.97	1300(308)	9.9	23.3	[1.4]	39.6	21.7	4.0
Non-African data									oa	
SD or Min-Max					0.3	1.8	0.4			0.2
n					13	13	13		1	13
030070	Kidney bean, red, seed, whole, fresh, boiled, as part of a recipe (without salt)	*Yetekekele keye ye'adenguare eshet kenewuhaw*	0.36	595(141)	58.7	13.8	0.4	15.7	9.8	1.6
030028	Kidney bean, red, seed, whole, fresh, raw	*Ye'adenguare eshet*	0.38	553(131)	61.6	12.8	0.4	14.6	9.1	1.5
Non-African data					oa		oa		oa	oa
030098	Kidney bean, red, stew, with tomato, onion, oil, spices and salt	*Ye' boloke wot*	1.00	511(122)	69.9	6.0	4.7	11.1	5.8	2.5
030076	Lentil, split, seed coat removed, dry, boiled, as part of recipe (without salt)	*Yetekekele misir kik kenewuhaw*	1.00	563(133)	64.6	11.5	0.7	18.1	4.2	1.0
030075	Lentil, split, seed coat removed, dry, boiled, drained (without salt)	*Yetekekele misir kik*	1.00	563(133)	64.6	11.5	0.7	18.1	4.2	1.0
030033	Lentil, split, seed coat removed, dry, raw	*Misir kik, yedereke, ti're*	1.00	1410(333)	11.4	28.8	1.8	45.2	10.4	2.4
Non-African data							oa		oa	
SD or Min-Max					9.8-13.0	26.3-31.3				
n					2	2	1		1	1

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Legumes and their products											
030094	Field peas, split, stew with onion, oil, garlic, green pepper, ginger, salt and turmeric	23	1.4	35	99	292	317	0.85	0.26	0.39	2
030025	Haricot (white) bean, seed, whole, dry, raw	127	8.8	197	399	1700	33	3.19	0.90	1.30	5
	Non-African data									oa	oa
	SD or Min-Max										
	n	1	1	1	1	1	1	1	1	1	1
030072	Kidney bean, red, seed, whole, dry, boiled, as part of a recipe (without salt)	55	3.3	57	159	498	3	1.24	0.29	0.53	2
030071	Kidney bean, red, seed, whole, dry, boiled, drained (without salt)	47	2.8	48	143	374	3	1.11	0.21	0.53	2
030029	Kidney bean, red, seed, whole, dry, raw	144	8.7	149	414	1300	9	3.23	0.76	1.39	4
	Non-African data			oa		oa	oa	oa	oa	oa	oa
	SD or Min-Max										
	n	1	1	1	1	1	1	1	1	1	1
030070	Kidney bean, red, seed, whole, fresh, boiled, as part of a recipe (without salt)	13	2.6	19	108	527	3	1.08	0.41	0.50	2
030028	Kidney bean, red, seed, whole, fresh, raw	12	2.4	18	100	490	3	1.00	0.39	0.47	2
	Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa
030098	Kidney bean, red, stew, with tomato, onion, oil, spices and salt	43	2.5	43	110	373	527	0.85	0.22	0.41	1
030076	Lentil, split, seed coat removed, dry, boiled, as part of recipe (without salt)	14	3.6	43	127	362	4	1.44	0.34	0.46	20
030075	Lentil, split, seed coat removed, dry, boiled, drained (without salt)	12	3.1	36	114	272	3	1.30	0.24	0.46	20
030033	Lentil, split, seed coat removed, dry, raw	36	9.0	107	317	905	10	3.61	0.85	1.16	50
	Non-African data									oa	oa
	SD or Min-Max										
	n	1	1	1	1	1	1	1	1	1	1

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Legumes and their products									
030094	Field peas, split, stew with onion, oil, garlic, green pepper, ginger, salt and turmeric	0.11	0.04	1.5	0.6	0.05	45	0	3
030025	Haricot (white) bean, seed, whole, dry, raw	0.89	0.11	6.2	2.2	0.33	380	0	0
Non-African data						oa			
SD or Min-Max									
n		1	1		1	1	1		1
030072	Kidney bean, red, seed, whole, dry, boiled, as part of a recipe (without salt)	0.13	0.05	2.8	0.6	0.14	71	0	0
030071	Kidney bean, red, seed, whole, dry, boiled, drained (without salt)	0.11	0.04	2.6	0.5	0.12	59	0	0
030029	Kidney bean, red, seed, whole, dry, raw	0.43	0.14	7.6	2.0	0.45	310	0	2
Non-African data						oa	oa		oa
SD or Min-Max									
n		1	1		1	1	1		1
030070	Kidney bean, red, seed, whole, fresh, boiled, as part of a recipe (without salt)	0.15	0.12	5.0	1.7	0.09	26	0	17
030028	Kidney bean, red, seed, whole, fresh, raw	0.18	0.11	5.1	2.0	0.10	40	0	27
Non-African data			oa		oa	oa	oa		oa
030098	Kidney bean, red, stew, with tomato, onion, oil, spices and salt	0.10	0.05	1.9	0.5	0.11	48	0	4
030076	Lentil, split, seed coat removed, dry, boiled, as part of recipe (without salt)	0.09	0.06	2.0	0.6	0.17	21	0	1
030075	Lentil, split, seed coat removed, dry, boiled, drained (without salt)	0.08	0.04	1.9	0.5	0.15	18	0	1
030033	Lentil, split, seed coat removed, dry, raw	0.29	0.14	5.3	1.8	0.55	[88]	0	6
Non-African data						oa	oa		
SD or Min-Max									
n		1	1		1	1	1		1

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Legumes and their products								
030094	Field peas, split, stew with onion, oil, garlic, green pepper, ginger, salt and turmeric	39	0	7	3	0		2.90
030025	Haricot (white) bean, seed, whole, dry, raw	0	0	0	0	0		0.15
Non-African data								oa
SD or Min-Max								
n								1
030072	Kidney bean, red, seed, whole, dry, boiled, as part of a recipe (without salt)	2	0	0	0	0		0.04
030071	Kidney bean, red, seed, whole, dry, boiled, drained (without salt)	2	0	0	0	0		0.04
030029	Kidney bean, red, seed, whole, dry, raw	6	0	1	1	0		0.11
Non-African data								oa
SD or Min-Max								
n								1
030070	Kidney bean, red, seed, whole, fresh, boiled, as part of a recipe (without salt)	43	0	7	4	0		0
030028	Kidney bean, red, seed, whole, fresh, raw	40	0	7	3	0		0
Non-African data								oa
030098	Kidney bean, red, stew, with tomato, onion, oil, spices and salt	65	0	11	5	0		1.60
030076	Lentil, split, seed coat removed, dry, boiled, as part of recipe (without salt)	3	0	0	0	0	0.06	0.01
030075	Lentil, split, seed coat removed, dry, boiled, drained (without salt)	3	0	0	0	0	0.06	0.01
030033	Lentil, split, seed coat removed, dry, raw	7	0	1	1	0	0.16	0.02
Non-African data								oa
SD or Min-Max								
n								1

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Legumes and their products								
030094	Field peas, split, stew with onion, oil, garlic, green pepper, ginger, salt and turmeric		0	0.91	2.19	4.91	4.82	0.05
030025	Haricot (white) bean, seed, whole, dry, raw	1820	0	0.21	0.15	1.06	0.40	1.31
	Non-African data						oa	oa
	SD or Min-Max							
	n	7						
030072	Kidney bean, red, seed, whole, dry, boiled, as part of a recipe (without salt)	489	0	0.10	0.04	0.29	0.11	0.18
030071	Kidney bean, red, seed, whole, dry, boiled, drained (without salt)	489	0	0.10	0.04	0.29	0.11	0.18
030029	Kidney bean, red, seed, whole, dry, raw	1580	0	0.26	0.11	0.75	0.29	0.46
	Non-African data			oa	oa	oa	oa	oa
	SD or Min-Max							
	n	12						
030070	Kidney bean, red, seed, whole, fresh, boiled, as part of a recipe (without salt)		0	0.06	0.03	0.24	0.09	0.15
030028	Kidney bean, red, seed, whole, fresh, raw		0	0.06	0.03	0.22	0.09	0.14
	Non-African data			oa	oa	oa	oa	oa
030098	Kidney bean, red, stew, with tomato, onion, oil, spices and salt	306	0	0.53	1.16	2.73	2.61	0.12
030076	Lentil, split, seed coat removed, dry, boiled, as part of recipe (without salt)	71	0	0.11	0.12	0.34	0.27	0.04
030075	Lentil, split, seed coat removed, dry, boiled, drained (without salt)	71	0	0.11	0.12	0.34	0.27	0.04
030033	Lentil, split, seed coat removed, dry, raw	218	0	0.26	0.30	0.84	0.67	0.11
	Non-African data						oa	oa
	SD or Min-Max							
	n	1						

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Legumes and their products										
030092	Lentil, split, stew, with oil, onion, green pepper, garlic, salt and turmeric	*Misir kik wot, alicha*	1.00	598(144)	72.0	5.9	8.4	9.9	2.4	1.4
030093	Lentil, split, stew, with oil, onion, tomato, red pepper spice blend, salt and garlic	*Misir kik wot, keye*	1.00	546(131)	73.2	5.5	7.3	9.4	2.7	1.9
030102	Lentil, whole, boiled, salad, with onion, tomato, Green peppers, oil, spices and salt	*Azifa*	1.00	511(122)	71.2	6.6	4.7	11.1	4.4	2.0
030074	Lentil, whole, dry, boiled, as part of recipe (without salt)	*Yetekekele difin misir kenewuhaw*	1.00	497(118)	67.1	9.8	0.6	15.1	6.2	1.1
030073	Lentil, whole, dry, boiled, drained (without salt)	*Yetekekele difin misir*	1.00	497(118)	67.1	9.8	0.6	15.1	6.2	1.1
030032	Lentil, whole, dry, raw	*Difin misir, yedereke, ti're*	1.00	1360(322)	10.3	26.9	1.7	41.4	16.8	3.0
	Non-African data								oa	
	SD or Min-Max				10.2-10.3	25.0-28.8				
	n				2	2	1		1	1
030107	Lentil, whole, stew with potato, onion, oil, spices and salt	*Dinch be'difin misir wot*	1.00	457(109)	74.9	4.8	4.9	10.0	3.3	2.2
030100	Lentil, whole, stew, with onion, oil, green pepper, Salt turmeric and spices	*Difin misir wot, alicha*	1.00	627(150)	67.5	7.0	7.4	11.6	4.7	1.9
030097	Lentil, whole, stew, with onion, oil, red pepper spice blend, salt and spices	*Difin misir wot, keye*	1.00	517(124)	72.5	5.4	6.2	9.5	4.4	2.1
030078	Lupine, whole, dry, boiled, as part of recipe (without salt)	*Yetekekele gibto kenewuhaw*	1.00	583(140)	61.0	14.4	3.9	4.3	15.2	1.2
030077	Lupine, whole, dry, boiled, drained (without salt)	*Yetekekele gibto*	1.00	583(140)	61.0	14.4	3.9	4.3	15.2	1.2
030035	Lupine, whole, dry, raw	*Gibtto, yedereke, ti're*	1.00	1360(326)	9.1	33.6	[9.0]	10.1	35.3	2.9
	Non-African data								oa	
	SD or Min-Max				2.3	4.8	1.2			0.4
	n				4	6	6		1	6
030088	Pea, chickpea and broad bean spiced flours, stew, with onion, oil, salt and red pepper spice blend	*Ye' ater, shimbra ena bakela shiro wot, keye*	1.00	604(146)	74.6	3.2	11.4	6.7	1.8	2.3
030089	Pea, chickpea and broad bean spiced flours, stew, with onion, oil, salt, spices and green peppers	*Ye'ater, shimbra ena bakela shiro tegabino*	1.00	686(166)	71.8	3.5	13.0	7.7	2.1	2.0

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Legumes and their products											
030092	Lentil, split, stew, with oil, onion, green pepper, garlic, salt and turmeric	13	2.1	26	69	206	317	0.76	0.19	0.28	10
030093	Lentil, split, stew, with oil, onion, tomato, red pepper spice blend, salt and garlic	13	1.9	24	63	191	364	0.69	0.18	0.24	9
030102	Lentil, whole, boiled, salad, with onion, tomato, Green peppers, oil, spices and salt	28	2.0	35	96	208	423	0.98	0.25	0.45	8
030074	Lentil, whole, dry, boiled, as part of recipe (without salt)	25	2.5	43	132	253	18	1.42	0.33	0.57	12
030073	Lentil, whole, dry, boiled, drained (without salt)	21	2.1	37	118	190	14	1.28	0.23	0.57	12
030032	Lentil, whole, dry, raw	68	6.7	118	359	691	50	3.89	0.91	1.55	33
	Non-African data									oa	oa
	SD or Min-Max										
	n	1	1	1	1	1	1	1	1	1	1
030107	Lentil, whole, stew with potato, onion, oil, spices and salt	17	1.4	26	70	184	320	0.71	0.17	0.29	6
030100	Lentil, whole, stew, with onion, oil, green pepper, Salt turmeric and spices	24	2.0	35	98	211	405	1.02	0.26	0.49	8
030097	Lentil, whole, stew, with onion, oil, red pepper spice blend, salt and spices	21	1.6	25	73	154	279	0.76	0.19	0.33	6
030078	Lupine, whole, dry, boiled, as part of recipe (without salt)	91	2.9	73	125	245	4	0.78	0.29	7.29	4
030077	Lupine, whole, dry, boiled, drained (without salt)	78	2.5	62	113	183	3	0.70	0.20	7.29	4
030035	Lupine, whole, dry, raw	213	6.8	171	292	570	10	1.81	0.67	17.00	8
	Non-African data			oa		oa	oa		oa	oa	oa
	SD or Min-Max		1.6					1.66-1.96			
	n	1	3	1	1	1	1	2	1	1	1
030088	Pea, chickpea and broad bean spiced flours, stew, with onion, oil, salt and red pepper spice blend	14	2.1	21	64	151	672	0.60	0.12	0.21	2
030089	Pea, chickpea and broad bean spiced flours, stew, with onion, oil, salt, spices and green peppers	17	2.3	22	72	175	497	0.66	0.14	0.24	2

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Legumes and their products									
030092	Lentil, split, stew, with oil, onion, green pepper, garlic, salt and turmeric	0.05	0.03	1.1	0.3	0.10	12	0	3
030093	Lentil, split, stew, with oil, onion, tomato, red pepper spice blend, salt and garlic	0.05	0.03	1.0	0.3	0.09	11	0	3
030102	Lentil, whole, boiled, salad, with onion, tomato, Green peppers, oil, spices and salt	0.09	0.05	1.3	0.4	0.11	23	0	10
030074	Lentil, whole, dry, boiled, as part of recipe (without salt)	0.11	0.06	1.7	0.5	0.13	29	0	0
030073	Lentil, whole, dry, boiled, drained (without salt)	0.09	0.04	1.6	0.4	0.12	24	0	0
030032	Lentil, whole, dry, raw	0.37	0.15	5.0	1.6	0.46	[130]	0	0
	Non-African data					oa	oa		oa
	SD or Min-Max								
	n	1	1		1	1	1		1
030107	Lentil, whole, stew with potato, onion, oil, spices and salt	0.06	0.03	0.9	0.3	0.08	15	0	1
030100	Lentil, whole, stew, with onion, oil, green pepper, Salt turmeric and spices	0.08	0.05	1.3	0.4	0.11	21	0	3
030097	Lentil, whole, stew, with onion, oil, red pepper spice blend, salt and spices	0.06	0.03	1.0	0.3	0.08	16	0	1
030078	Lupine, whole, dry, boiled, as part of recipe (without salt)	0.03	0.14	2.8	0.9	0.13	93	0	1
030077	Lupine, whole, dry, boiled, drained (without salt)	0.03	0.10	2.7	0.7	0.12	77	0	1
030035	Lupine, whole, dry, raw	0.09	0.32	7.1	2.5	0.39	360	0	3
	Non-African data				oa	oa	oa		
	SD or Min-Max								
	n	1	1		1	1	1		1
030088	Pea, chickpea and broad bean spiced flours, stew, with onion, oil, salt and red pepper spice blend	0.03	0.02	0.5	0.2	0.03	6	0	1
030089	Pea, chickpea and broad bean spiced flours, stew, with onion, oil, salt, spices and green peppers	0.03	0.02	0.6	0.3	0.04	7	0	3

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Legumes and their products								
030092	Lentil, split, stew, with oil, onion, green pepper, garlic, salt and turmeric	9	0	2	1	0		2.80
030093	Lentil, split, stew, with oil, onion, tomato, red pepper spice blend, salt and garlic	28	0	5	2	0		2.40
030102	Lentil, whole, boiled, salad, with onion, tomato, Green peppers, oil, spices and salt	75	0	13	6	0		1.90
030074	Lentil, whole, dry, boiled, as part of recipe (without salt)	4	0	1	0	0	0.07	0.01
030073	Lentil, whole, dry, boiled, drained (without salt)	4	0	1	0	0	0.06	0.01
030032	Lentil, whole, dry, raw	10	0	2	1	0	0.19	0.03
	Non-African data							oa
	SD or Min-Max							
	n							1
030107	Lentil, whole, stew with potato, onion, oil, spices and salt	2	0	0	0	0		1.60
030100	Lentil, whole, stew, with onion, oil, green pepper, Salt turmeric and spices	17	0	3	1	0		2.50
030097	Lentil, whole, stew, with onion, oil, red pepper spice blend, salt and spices	2	0	0	0	0		1.90
030078	Lupine, whole, dry, boiled, as part of recipe (without salt)	43	0	7	4	0		0.13
030077	Lupine, whole, dry, boiled, drained (without salt)	43	0	7	4	0		0.12
030035	Lupine, whole, dry, raw	100	0	17	8	0		0.30
	Non-African data							oa
	SD or Min-Max							
	n							1
030088	Pea, chickpea and broad bean spiced flours, stew, with onion, oil, salt and red pepper spice blend	16	0	3	1	0		3.90
030089	Pea, chickpea and broad bean spiced flours, stew, with onion, oil, salt, spices and green peppers	22	0	4	2	0		4.40

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		PHYTCPP	CHOLE	FASAT	FAMS	FAPU	F18D2CN6	F18D3CN3
Legumes and their products								
030092	Lentil, split, stew, with oil, onion, green pepper, garlic, salt and turmeric	37	0	0.90	2.17	4.88	4.82	0.05
030093	Lentil, split, stew, with oil, onion, tomato, red pepper spice blend, salt and garlic	32	0	0.80	1.87	4.24	4.18	0.05
030102	Lentil, whole, boiled, salad, with onion, tomato, Green peppers, oil, spices and salt	106	0	0.50	1.28	2.63	2.55	0.04
030074	Lentil, whole, dry, boiled, as part of recipe (without salt)	167	0	0.09	0.11	0.29	0.23	0.04
030073	Lentil, whole, dry, boiled, drained (without salt)	167	0	0.09	0.11	0.29	0.23	0.04
030032	Lentil, whole, dry, raw	564	0	0.23	0.29	0.80	0.64	0.10
Non-African data				oa	oa	oa	oa	oa
SD or Min-Max								
n		1						
030107	Lentil, whole, stew with potato, onion, oil, spices and salt		0	0.53	1.24	2.81	2.77	0.03
030100	Lentil, whole, stew, with onion, oil, green pepper, Salt turmeric and spices	115	0	0.80	1.90	4.28	4.22	0.05
030097	Lentil, whole, stew, with onion, oil, red pepper spice blend, salt and spices	84	0	0.69	1.57	3.55	3.50	0.05
030078	Lupine, whole, dry, boiled, as part of recipe (without salt)	46	0	0.53	1.30	1.17	1.03	0.15
030077	Lupine, whole, dry, boiled, drained (without salt)	46	0	0.53	1.30	1.17	1.03	0.15
030035	Lupine, whole, dry, raw	133	0	1.24	3.03	2.73	2.39	0.35
Non-African data				oa	oa	oa	oa	oa
SD or Min-Max								
n		2						
030088	Pea, chickpea and broad bean spiced flours, stew, with onion, oil, salt and red pepper spice blend		0	1.22	2.97	6.66	6.61	0.05
030089	Pea, chickpea and broad bean spiced flours, stew, with onion, oil, salt, spices and green peppers		0	1.38	3.37	7.56	7.51	0.06

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLF*	*FIBTG*	*ASH*
Legumes and their products										
030091	Pea, chickpea and grass pea spiced flours, stew, thick, with tomato, oil, onion, green pepper, salt and spices	*Ye'ater, shimbra ena guaya shiro tegabino*	1.00	652(157)	72.5	3.9	11.5	8.4	2.1	1.6
030090	Pea, chickpea and grass pea spiced flours, stew, with tomato, onion, oil, green pepper, red pepper spice blend and salt	*Ye'ater, shimbra ena guaya shiro wot, keye*	1.00	437(105)	79.4	3.0	6.9	6.7	1.8	2.1
030099	Pea, flour, spiced, stew with oil, tomato, onion, egg, spices and salt	*Shiro wot be'enqulale*	1.00	455(110)	80.9	3.0	8.2	5.3	1.4	1.2
030086	Pea, flour, spiced, stew, thick, with tomato, oil, onion, red pepper spice blend, green pepper, garlic and salt	*Ye'ater shiro tegabino*	1.00	796(192)	68.7	3.6	15.7	8.1	2.2	1.8
030085	Pea, flour, spiced, stew, with oil, tomato, onion, red pepper spice blend, garlic and salt	*Ye'ater shiro wot, keye*	1.00	550(133)	79.0	2.1	11.4	4.8	1.3	1.4
030095	Pea, flour, spiced, stew with oil, onion, garlic, turmeric and salt	*Ye'ater shiro wot, alicha*	1.00	621(150)	77.5	2.3	13.2	5.1	1.2	0.9
030039	Soybean, flour, full fat, raw	*Ye'akuriater duket*	1.00	1820(436)	6.9	38.4	[21.9]	14.1	14.1	4.5
Non-African data									oa	
SD or Min-Max					0.6	3.5	1.3			1.2
n					6	6	4		1	6
030036	Soybean, fresh, raw	*Ye'akuriater, eshet*	0.55	533(128)	71.7	11.7	6.2	3.8	5.0	1.6
Non-African data					oa		oa		oa	oa
SD or Min-Max										
n			1		1	1	1		1	1
030040	Soybean, tempeh	*Ye'akuriater tempeh*	1.00	862(206)	59.7	18.5	10.8	8.1	1.3	1.6
Non-African data					oa		oa		oa	oa
SD or Min-Max										
n			1		1	1	1		1	1
030080	Soybean, whole, dry, boiled, as part of a recipe (without salt)	*Yetekekele akuri ater kenewuhaw*	1.00	688(165)	61.9	14.5	8.0	3.9	9.8	1.9
030079	Soybean, whole, dry, boiled, drained (without salt)	*Yetekekele akuri ater*	1.00	688(165)	61.9	14.5	8.0	3.9	9.8	1.9

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Legumes and their products											
030091	Pea, chickpea and grass pea spiced flours, stew, thick, with tomato, oil, onion, green pepper, salt and spices	17	3.2	23	78	200	344	0.74	0.13	0.26	2
030090	Pea, chickpea and grass pea spiced flours, stew, with tomato, onion, oil, green pepper, red pepper spice blend and salt	14	2.4	20	61	168	549	0.57	0.11	0.21	2
030099	Pea, flour, spiced, stew with oil, tomato, onion, egg, spices and salt	13	2.2	14	52	122	247	0.48	0.07	0.12	2
030086	Pea, flour, spiced, stew, thick, with tomato, oil, onion, red pepper spice blend, green pepper, garlic and salt	17	3.2	21	68	194	388	0.65	0.11	0.19	1
030085	Pea, flour, spiced, stew, with oil, tomato, onion, red pepper spice blend, garlic and salt	11	2.0	13	41	117	330	0.39	0.07	0.12	1
030095	Pea, flour, spiced, stew with oil, onion, garlic, turmeric and salt	12	2.3	13	45	115	217	0.44	0.07	0.15	1
030039	Soybean, flour, full fat, raw	171	15.3	244	513	2090	10	5.66	1.45	8.79	13
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
030036	Soybean, fresh, raw	58	2.7	62	170	590	1	1.40	0.41	0.71	1
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
030040	Soybean, tempeh	111	2.7	81	266	412	9	1.14	0.56	1.30	0
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
030080	Soybean, whole, dry, boiled, as part of a recipe (without salt)	97	3.3	103	197	731	2	1.99	0.62	1.08	8
030079	Soybean, whole, dry, boiled, drained (without salt)	83	2.8	88	177	548	2	1.79	0.44	1.08	8

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Legumes and their products									
030091	Pea, chickpea and grass pea spiced flours, stew, thick, with tomato, oil, onion, green pepper, salt and spices	0.04	0.02	0.7	0.3	0.04	7	0	5
030090	Pea, chickpea and grass pea spiced flours, stew, with tomato, onion, oil, green pepper, red pepper spice blend and salt	0.03	0.02	0.6	0.3	0.04	6	0	7
030099	Pea, flour, spiced, stew with oil, tomato, onion, egg, spices and salt	0.02	0.03	0.4	0.2	0.02	4	0.10	2
030086	Pea, flour, spiced, stew, thick, with tomato, oil, onion, red pepper spice blend, green pepper, garlic and salt	0.03	0.03	0.7	0.4	0.04	5	0	7
030085	Pea, flour, spiced, stew, with oil, tomato, onion, red pepper spice blend, garlic and salt	0.02	0.02	0.4	0.2	0.02	3	0	3
030095	Pea, flour, spiced, stew with oil, onion, garlic, turmeric and salt	0.02	0.01	0.4	0.2	0.02	1	0	1
030039	Soybean, flour, full fat, raw	0.58	0.16	12.0	2.2	0.46	340	0	0
Non-African data		oa	oa		oa	oa	oa		oa
SD or Min-Max									
n		1	1		1	1	1		1
030036	Soybean, fresh, raw	0.23	0.15	4.2	1.6	0.15	320	0	27
Non-African data		oa	oa		oa	oa	oa		oa
SD or Min-Max									
n		1	1		1	1	1	1	1
030040	Soybean, tempeh	0.08	0.36	6.4	3.2	0.22	24	0.08	0
Non-African data		oa	oa		oa	oa	oa	oa	oa
SD or Min-Max									
n		1	1		1	1	1	1	1
030080	Soybean, whole, dry, boiled, as part of a recipe (without salt)	0.24	0.12	4.5	0.7	0.14	94	0	2
030079	Soybean, whole, dry, boiled, drained (without salt)	0.19	0.09	4.4	0.6	0.12	78	0	2

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Legumes and their products								
030091	Pea, chickpea and grass pea spiced flours, stew, thick, with tomato, oil, onion, green pepper, salt and spices	96	0	16	8	0		3.90
030090	Pea, chickpea and grass pea spiced flours, stew, with tomato, onion, oil, green pepper, red pepper spice blend and salt	104	0	17	9	0		2.30
030099	Pea, flour, spiced, stew with oil, tomato, onion, egg, spices and salt	46	5	12	8	0.1		2.70
030086	Pea, flour, spiced, stew, thick, with tomato, oil, onion, red pepper spice blend, green pepper, garlic and salt	111	0	19	9	0		5.40
030085	Pea, flour, spiced, stew, with oil, tomato, onion, red pepper spice blend, garlic and salt	62	0	10	5	0		3.90
030095	Pea, flour, spiced, stew with oil, onion, garlic, turmeric and salt	13	0	2	1	0		4.60
030039	Soybean, flour, full fat, raw	54	0	9	4	0		2.40
	Non-African data							oa
	SD or Min-Max							
	n							1
030036	Soybean, fresh, raw	265	0	44	22	0		0.80
	Non-African data							oa
	SD or Min-Max							
	n		1					1
030040	Soybean, tempeh	0	0	0	0	0		0.80
	Non-African data							oa
	SD or Min-Max							
	n		1					1
030080	Soybean, whole, dry, boiled, as part of a recipe (without salt)	1	0	0	0	0	0.53	0.43
030079	Soybean, whole, dry, boiled, drained (without salt)	1	0	0	0	0	0.48	0.39

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Legumes and their products								
030091	Pea, chickpea and grass pea spiced flours, stew, thick, with tomato, oil, onion, green pepper, salt and spices		0	1.23	2.98	6.71	6.66	0.05
030090	Pea, chickpea and grass pea spiced flours, stew, with tomato, onion, oil, green pepper, red pepper spice blend and salt		0	0.75	1.79	4.03	3.99	0.04
030099	Pea, flour, spiced, stew with oil, tomato, onion, egg, spices and salt	9	17	0.95	2.17	4.59	4.54	0.04
030086	Pea, flour, spiced, stew, thick, with tomato, oil, onion, red pepper spice blend, green pepper, garlic and salt		0	1.67	4.09	9.16	9.10	0.07
030085	Pea, flour, spiced, stew, with oil, tomato, onion, red pepper spice blend, garlic and salt	9	0	1.21	2.97	6.65	6.60	0.05
030095	Pea, flour, spiced, stew with oil, onion, garlic, turmeric and salt	11	0	1.39	3.45	7.71	7.66	0.05
030039	Soybean, flour, full fat, raw		0	3.14	3.95	13.30	11.60	2.12
	Non-African data			oa	oa	oa	oa	oa
	SD or Min-Max							
	n							
030036	Soybean, fresh, raw	256	0	0.88	1.97	2.91	2.31	0.55
	Non-African data	oa		oa	oa	oa	oa	oa
	SD or Min-Max	15						
	n	3						
030040	Soybean, tempeh	524	0	2.49	3.33	4.22	3.60	0.65
	Non-African data	oa		oa	oa	oa	oa	oa
	SD or Min-Max	431-617						
	n	2						
030080	Soybean, whole, dry, boiled, as part of a recipe (without salt)	150	0	1.16	1.77	4.53	4.00	0.31
030079	Soybean, whole, dry, boiled, drained (without salt)	150	0	1.16	1.77	4.53	4.00	0.31

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCT*	*FAT*	*CHOAVLF*	*FIBTG*	*ASH*
Legumes and their products										
030037	Soybean, whole, dry, raw	*Akuriater, yedereke, ti're*	1.00	1670(402)	7.4	35.2	20.25	9.5	23.9	4.5
Non-African data										
SD or Min-Max					1.0	2.4	0.8			0.3
n					17	17	17		1	3
030081	Soybean, whole, dry, roasted (without salt or fat)	*Yetekola akuri ater*	1.00	1780(428)	1.5	37.5	20.7	10.1	25.4	4.8
030041	Sword bean, whole, dry, raw	*Sword bean, yedereke, ti're*	1.00	1400(332)	11.9	27.2	[4.2]	38.6	15.6	2.6
Non-African data									oa	
SD or Min-Max					11.5-12.2	26.9-27.5				
n					2	2	1		1	1
030042	Tofu	*Tofu*	1.00	577(139)	73.4	13.4	[8.3]	0.8	3.5	0.5
Non-African data									oa	
SD or Min-Max					0.7	0.6	0.5			0.0
n					16	16	16		1	16
030045	Vetch (grass pea), roasted, dehulled, spiced, flour (shiro)	*Ye'guaya shiro*	1.00	1400(331)	9.6	28.2	1.6	46.0	10.2	4.4
Non-African data										
030083	Vetch (grass pea), whole, dry, boiled, as part of a recipe (without salt)	*Yetekekele guaya kenewuhaw*	1.00	37389)	74.8	7.3	0.3	11.4	5.4	0.8
030082	Vetch (grass pea), whole, dry, boiled, drained (without salt)	*Yetekekele guaya*	1.00	373(89)	74.8	7.3	0.3	11.4	5.4	0.8
030043	Vetch (grass pea), whole, dry, raw	*Guaya, yedereke, ti're*	1.00	1320(314)	10.5	26.1	1.1	40.5	19.1	2.8
Non-African data										
Vegetables and their products										
040001	Bamboo shoots, raw	*Bamboo shoot, ti're*	0.50	130	91.0	2.5	0.3	3.8	1.6	0.9
Non-African data							oa		oa	
040097	Bamboo shoot, stew, with spices and salt	*Ye'bamboo wot*	1.00	118	91.2	2.1	0.3	3.5	1.5	1.5

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Legumes and their products											
030037	Soybean, whole, dry, raw	237	8.0	250	478	1780	5	4.83	1.51	2.64	19
Non-African data										oa	oa
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
030081	Soybean, whole, dry, roasted (without salt or fat)	252	8.5	266	508	1890	5	5.14	1.61	2.80	20
030041	Sword bean, whole, dry, raw	119	4.4	126	305	889	6	2.42	0.70	0.92	19
Non-African data										oa	
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
030042	Tofu	320	2.9	78	240	130	40	1.70	0.26	1.10	5
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
030045	Vetch (grass pea), roasted, dehulled, spiced, flour (shiro)	94	26.8	114	439	889	543	4.50	0.72	1.43	12
Non-African data											
030083	Vetch (grass pea), whole, dry, boiled, as part of a recipe (without salt)	40	5.4	35	92	221	2	1.15	0.16	0.96	4
030082	Vetch (grass pea), whole, dry, boiled, drained (without salt)	34	4.6	29	83	166	2	1.04	0.11	0.96	4
030043	Vetch (grass pea), whole, dry, raw	142	19.2	123	327	786	8	4.10	0.56	3.40	15
Non-African data											
Vegetables and their products											
040001	Bamboo shoots, raw	15	0.7	6	53	468	6	1.03	0.18	0.42	3
Non-African data										oa	oa
040097	Bamboo shoot, stew, with spices and salt	18	0.8	8	44	374	295	0.81	0.16	0.38	2

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Legumes and their products									
030037	Soybean, whole, dry, raw	0.71	0.29	11.0	2.0	0.42	380	0	6
Non-African data									
SD or Min-Max									
n		1	1		1	1	1		1
030081	Soybean, whole, dry, roasted (without salt or fat)	0.65	0.29	12.0	2.1	0.43	320	0	5
030041	Sword bean, whole, dry, raw	0.50	0.02	6.6	1.4	0.34	480	0	2
Non-African data			oa		oa	oa	oa		oa
SD or Min-Max									
n		1	1		1	1	1		1
030042	Tofu	0.15	0.07	3.8	0.5	0.09	30	0	0
Non-African data			oa		oa	oa	oa		oa
SD or Min-Max									
n		1	1		1	1	1		1
030045	Vetch (grass pea), roasted, dehulled, spiced, flour (shiro)	0.12	0.06	4.6	3.1	0.14	72	0	tr
Non-African data									
030083	Vetch (grass pea), whole, dry, boiled, as part of a recipe (without salt)	0.09	0	0.8	0.5	0.06	10	0	tr
030082	Vetch (grass pea), whole, dry, boiled, drained (without salt)	0.08	0	0.7	0.4	0.05	9	0	tr
030043	Vetch (grass pea), whole, dry, raw	0.42	0.01	3.2	2.1	0.27	[61]	0	tr
Non-African data									
Vegetables and their products									
040001	Bamboo shoots, raw	0.13	0.08	1.0	0.6	0.13	7	0	7
Non-African data						oa			
040097	Bamboo shoot, stew, with spices and salt	0.09	0.06	0.8	0.5	0.10	5	0	9

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Legumes and their products								
030037	Soybean, whole, dry, raw	4	0	1	0	0	1.30	1.00
	Non-African data							oa
	SD or Min-Max							
	n							1
030081	Soybean, whole, dry, roasted (without salt or fat)	3	0	1	0	0	1.40	1.10
030041	Sword bean, whole, dry, raw	15	0	3	1	0		0.19
	Non-African data							oa
	SD or Min-Max							
	n							1
030042	Tofu	0	0	0	0	0		0.19
	Non-African data							oa
	SD or Min-Max							
	n							1
030045	Vetch (grass pea), roasted, dehulled, spiced, flour (shiro)	304	0	51	25	0	0.19	0.08
	Non-African data							
030083	Vetch (grass pea), whole, dry, boiled, as part of a recipe (without salt)	14	0	2	1	0	0.01	0
030082	Vetch (grass pea), whole, dry, boiled, drained (without salt)	14	0	2	1	0	0.01	0
030043	Vetch (grass pea), whole, dry, raw	49	0	8	4	0	0.04	<LOD
	Non-African data							
Vegetables and their products								
040001	Bamboo shoots, raw	0	0	0	0	0	0	0
	Non-African data							oa
040097	Bamboo shoot, stew, with spices and salt	25	0	4	2	0	0.01	0.01

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		PHYTCPP	CHOLE	FASAT	FAMS	FAPU	F18D2CN6	F18D3CN3
Legumes and their products								
030037	Soybean, whole, dry, raw	451	0	2.82	4.30	11.00	9.73	0.76
Non-African data							oa	oa
SD or Min-Max								
n		1						
030081	Soybean, whole, dry, roasted (without salt or fat)	479	0	3.00	4.58	11.70	10.40	0.81
030041	Sword bean, whole, dry, raw		0	0.73	1.70	0.82	0.37	0.42
Non-African data				oa	oa	oa	oa	oa
SD or Min-Max								
n								
030042	Tofu	197	0	1.21	1.66	4.86	3.77	0.53
Non-African data		oa		oa	oa	oa	oa	oa
SD or Min-Max								
n		1						
030045	Vetch (grass pea), roasted, dehulled, spiced, flour (shiro)		0	0.28	0.24	0.69	0.63	0.06
Non-African data								
030083	Vetch (grass pea), whole, dry, boiled, as part of a recipe (without salt)		0	0.06	0.04	0.14	0.13	0.01
030082	Vetch (grass pea), whole, dry, boiled, drained (without salt)		0	0.06	0.04	0.14	0.13	0.01
030043	Vetch (grass pea), whole, dry, raw		0	0.20	0.13	0.49	0.44	0.04
Non-African data								
Vegetables and their products								
040001	Bamboo shoots, raw	20	0	0.10	0.02	0.12	0.10	0.01
Non-African data		oa		oa	oa	oa	oa	oa
040097	Bamboo shoot, stew, with spices and salt	12	0	0.09	0.05	0.12	0.09	0.01

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Vegetables and their products										
040035	Beetroot, peeled, boiled, as part of a recipe (without salt)	*Teletoyetekekele keysir*	0.85	187(44)	86.0	2.2	0.1	7.0	3.3	1.4
040034	Beetroot, peeled, boiled, drained (without salt)	*Yetekekele keysir*	0.85	187(44)	86.0	2.2	0.1	7.0	3.3	1.4
040002	Beetroot, peeled, raw	*Yetelate keysir, ti're*	0.85	185(44)	86.1	2.2	0.1	6.9	3.3	1.4
	Non-African data						oa		oa	
040038	Broccoli, tops and stems, fresh, boiled, as part of a recipe (without salt)	*Yetekekele broccoli kenewuhaw*	0.63	129(31)	90.1	3.0	0.3	2.4	3.3	0.9
040037	Broccoli, tops and stems, fresh, boiled, drained (without salt)	*Yetekekele broccoli*	0.63	129(31)	90.1	3.0	0.3	2.4	3.3	0.9
040033	Broccoli, tops and stems, fresh, raw	*Broccoli, ti're*	0.60	143(34)	89.0	3.3	0.3	2.7	3.7	1.0
	Non-African data						oa		oa	oa
040085	Cabbage and carrot, stew, with onion, oil, green pepper, garlic and salt	*Tikile gomen be'carot*	1.00	473(114)	78.8	1.6	8.7	5.7	3.1	2.0
040041	Cabbage, white, boiled, as part of a recipe (without salt)	*Yetekekele tikil gomen kenewuhaw*	0.96	116(28)	91.5	1.2	0.1	4.4	2.4	0.5
040040	Cabbage, white, boiled, drained (without salt)	*Yetekekele tikil gomen*	0.96	116(28)	91.5	1.2	0.1	4.4	2.4	0.5
040003	Cabbage, white, raw	*Tikil gomen, ti're*	0.96	114(27)	91.6	1.1	0.1	4.3	2.3	0.5
	Non-African data									
040044	Carrot, peeled, boiled, as part of a recipe (without salt)	*Teleto yetekekele carot kenewuhaw*	0.71	148(35)	89.0	1.7	0.4	4.5	3.4	1.0
040043	Carrot, peeled, boiled, drained (without salt)	*Teleto yetekekele carot*	0.71	148(35)	89.0	1.7	0.4	4.5	3.4	1.0
040004	Carrot, peeled, raw	*Yetelate carot, ti're*	0.72	139(33)	89.7	1.6	[0.4]	4.2	3.2	0.9
	Non-African data									
	SD or Min-Max				0.8		0.0			0
	n				3	2	3		1	3
040047	Cauliflower, top and stems, boiled, as part of a recipe (without salt)	*Yetekekele ye'abeba gomen kenewuhaw*	0.70	90(22)	92.1	2.7	0.2	0.4	3.7	0.9
040046	Cauliflower, top and stems, boiled, drained (without salt)	*Yetekekele ye'abeba gomen*	0.70	90(22)	92.1	2.7	0.2	0.4	3.7	0.9

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Vegetables and their products											
040035	Beetroot, peeled, boiled, as part of a recipe (without salt)	18	0.8	11	37	309	61	0.30	0.12	0.58	0
040034	Beetroot, peeled, boiled, drained (without salt)	17	0.6	7	33	139	33	0.23	0.12	0.52	0
040002	Beetroot, peeled, raw	17	0.8	11	36	306	60	0.30	0.12	0.57	0
Non-African data			oa		oa	oa		oa	oa	oa	oa
040038	Broccoli, tops and stems, fresh, boiled, as part of a recipe (without salt)	60	0.8	19	68	303	20	0.54	0.04	0.19	0
040037	Broccoli, tops and stems, fresh, boiled, drained (without salt)	57	0.6	11	61	151	15	0.41	0.04	0.17	0
040033	Broccoli, tops and stems, fresh, raw	66	0.8	21	75	336	22	0.60	0.05	0.21	0
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa
040085	Cabbage and carrot, stew, with onion, oil, green pepper, garlic and salt	37	0.9	17	35	207	515	0.27	0.07	0.25	1
040041	Cabbage, white, boiled, as part of a recipe (without salt)	32	0.4	12	23	157	17	0.16	0.01	0.20	2
040040	Cabbage, white, boiled, drained (without salt)	30	0.3	7	20	78	13	0.12	0.01	0.18	2
040003	Cabbage, white, raw	31	0.4	12	22	154	16	0.15	0.01	0.20	2
Non-African data										oa	
040044	Carrot, peeled, boiled, as part of a recipe (without salt)	32	1.2	9	33	171	29	0.28	0.07	0.23	0
040043	Carrot, peeled, boiled, drained (without salt)	31	1.0	6	32	100	21	0.24	0.07	0.22	0
040004	Carrot, peeled, raw	31	1.3	10	33	209	35	0.30	0.07	0.23	0
Non-African data										oa	oa
SD or Min-Max			0	9-10	0	203-215		0.20-0.40			
n		3	3	2	3	2	1	2	1	1	1
040047	Cauliflower, top and stems, boiled, as part of a recipe (without salt)	30	0.8	11	62	304	12	0.32	0.07	0.23	0
040046	Cauliflower, top and stems, boiled, drained (without salt)	29	0.6	7	56	152	9	0.24	0.07	0.21	0

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Vegetables and their products									
040035	Beetroot, peeled, boiled, as part of a recipe (without salt)	0.01	0.01	0.5	0.2	0.06	78	0	5
040034	Beetroot, peeled, boiled, drained (without salt)	0.01	0.01	0.5	0.2	0.05	56	0	2
040002	Beetroot, peeled, raw	0.01	0.01	0.5	0.2	0.07	110	0	5
Non-African data			oa		oa	oa	oa		oa
040038	Broccoli, tops and stems, fresh, boiled, as part of a recipe (without salt)	0.08	0.19	0.9	0.4	0.07	71	0	79
040037	Broccoli, tops and stems, fresh, boiled, drained (without salt)	0.06	0.13	0.7	0.3	0.05	71	0	60
040033	Broccoli, tops and stems, fresh, raw	0.10	0.22	1.0	0.5	0.09	160	0	103
Non-African data			oa		oa	oa	oa		
040085	Cabbage and carrot, stew, with onion, oil, green pepper, garlic and salt	0.04	0.03	0.5	0.3	0.13	13	0	25
040041	Cabbage, white, boiled, as part of a recipe (without salt)	0.02	0.02	0.3	0.2	0.05	11	0	31
040040	Cabbage, white, boiled, drained (without salt)	0.02	0.01	0.2	0.1	0.04	8	0	20
040003	Cabbage, white, raw	0.03	0.02	0.3	0.2	0.05	16	0	50
Non-African data									
040044	Carrot, peeled, boiled, as part of a recipe (without salt)	0.03	0.03	0.7	0.4	0.22	11	0	5
040043	Carrot, peeled, boiled, drained (without salt)	0.03	0.02	0.7	0.4	0.19	9	0	3
040004	Carrot, peeled, raw	0.04	0.03	0.8	0.5	0.25	17	0	7
Non-African data									
SD or Min-Max									
n		1	1		1	1	1		1
040047	Cauliflower, top and stems, boiled, as part of a recipe (without salt)	0.07	0.18	1.0	0.5	0.12	12	0	60
040046	Cauliflower, top and stems, boiled, drained (without salt)	0.05	0.12	0.8	0.3	0.09	12	0	46

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Vegetables and their products								
040035	Beetroot, peeled, boiled, as part of a recipe (without salt)	9	0	2	1	0	0.09	0.09
040034	Beetroot, peeled, boiled, drained (without salt)	9	0	2	1	0	0.09	0.09
040002	Beetroot, peeled, raw	10	0	2	1	0	0.09	0.09
	Non-African data							oa
040038	Broccoli, tops and stems, fresh, boiled, as part of a recipe (without salt)	235	0	39	20	0		2.20
040037	Broccoli, tops and stems, fresh, boiled, drained (without salt)	235	0	39	20	0		2.20
040033	Broccoli, tops and stems, fresh, raw	290	0	48	24	0		2.40
	Non-African data							oa
040085	Cabbage and carrot, stew, with onion, oil, green pepper, garlic and salt	3170	0	528	264	0		3.30
040041	Cabbage, white, boiled, as part of a recipe (without salt)	1	0	0	0	0	0	0
040040	Cabbage, white, boiled, drained (without salt)	1	0	0	0	0	0	0
040003	Cabbage, white, raw	1	0	0	0	0	0	0
	Non-African data							
040044	Carrot, peeled, boiled, as part of a recipe (without salt)	9760	0	1630	813	0	0.77	0.74
040043	Carrot, peeled, boiled, drained (without salt)	9760	0	1630	813	0	0.77	0.74
040004	Carrot, peeled, raw	10200	0	1700	849	0	0.73	0.70
	Non-African data							
	SD or Min-Max							
	n							1
040047	Cauliflower, top and stems, boiled, as part of a recipe (without salt)	1	0	0	0	0	0.04	0.04
040046	Cauliflower, top and stems, boiled, drained (without salt)	1	0	0	0	0	0.04	0.04

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		PHYTCPP	CHOLE	FASAT	FAMS	FAPU	F18D2CN6	F18D3CN3
Vegetables and their products								
040035	Beetroot, peeled, boiled, as part of a recipe (without salt)	6	0	0.02	0.02	0.04	0.04	tr
040034	Beetroot, peeled, boiled, drained (without salt)	10	0	0.02	0.02	0.04	0.04	tr
040002	Beetroot, peeled, raw	11	0	0.02	0.02	0.04	0.04	0
Non-African data				oa	oa	oa	oa	oa
040038	Broccoli, tops and stems, fresh, boiled, as part of a recipe (without salt)	0	0	0.06	0.06	0.09	0.03	0.07
040037	Broccoli, tops and stems, fresh, boiled, drained (without salt)	0	0	0.06	0.06	0.09	0.03	0.07
040033	Broccoli, tops and stems, fresh, raw	0	0	0.07	0.07	0.10	0.03	0.08
Non-African data				oa	oa	oa	oa	oa
040085	Cabbage and carrot, stew, with onion, oil, green pepper, garlic and salt	9	0	0.94	2.26	5.12	5.08	0.03
040041	Cabbage, white, boiled, as part of a recipe (without salt)	6	0	0.02	0.01	0.01	0.01	0.01
040040	Cabbage, white, boiled, drained (without salt)	11	0	0.02	0.01	0.01	0.01	0.01
040003	Cabbage, white, raw	12	0	0.02	0.01	0.01	0.01	0.01
Non-African data								
040044	Carrot, peeled, boiled, as part of a recipe (without salt)	14	0	0.08	0.02	0.23	0.21	0.01
040043	Carrot, peeled, boiled, drained (without salt)	19	0	0.08	0.02	0.23	0.21	0.01
040004	Carrot, peeled, raw	20	0	0.07	0.02	0.22	0.20	0.01
Non-African data				oa	oa	oa	oa	oa
SD or Min-Max								
n		1						
040047	Cauliflower, top and stems, boiled, as part of a recipe (without salt)	17	0	0.05	0.01	0.10	0.04	0.03
040046	Cauliflower, top and stems, boiled, drained (without salt)	17	0	0.05	0.01	0.10	0.04	0.03

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Vegetables and their products										
040005	Cauliflower, top and stems, raw	*Abeba gomen, ti're*	0.70	90(22)	92.1	2.7	0.2	0.4	3.7	0.9
Non-African data							oa		oa	
040049	Celery, leaves, boiled, as part of a recipe (without salt)	*Yetekekele ye'shorba kitel kenewuhaw*	0.23	161(38)	87.2	3.1	0.5	3.5	3.8	1.9
040048	Celery, leaves, boiled, drained (without salt)	*Yetekekele ye'shorba kitel*	0.23	161(38)	87.2	3.1	0.5	3.5	3.8	1.9
040006	Celery, leaves, raw	*Ye'shorba kitel, ti're*	0.22	167(40)	86.7	3.3	[0.5]	3.7	3.9	2.0
Non-African data									oa	
040007	Cucumber, raw	*Cucumber, ti're*	0.94	32(8)	96.6	0.6	[0.1]	0.1	2.1	0.5
Non-African data									oa	
040053	Eggplant, fruit, boiled, as part of a recipe (without salt)	*Yetekekele deberjan kenewuhaw*	0.90	120(29)	90.1	1.3	0.3	3.0	4.3	1.0
040052	Eggplant, fruit, boiled, drained (without salt)	*Yetekekele deberjan*	0.90	120(29)	90.1	1.3	0.3	3.0	4.3	1.0
040012	Eggplant, fruit, raw	*Deberjan, ti're*	0.91	112(27)	90.8	1.2	[0.3]	2.8	4.0	0.9
Non-African data							oa		oa	
040051	Ethiopian Kale, leaves, boiled, as part of a recipe (without salt)	*Yetekekele ye'habesha gomen kenewuhaw*	0.53	149(36)	87.1	4.0	0.3	2.0	4.4	2.2
040050	Ethiopian Kale, leaves, boiled, drained (without salt)	*Yetekekele ye'habesha gomen*	0.53	149(36)	87.1	4.0	0.3	2.0	4.4	2.2
040008	Ethiopian Kale, leaves, raw	*Ye'habesha gomen, ti're*	0.52	157(38)	86.5	4.2	0.3	2.1	4.6	2.3
Non-African data										
040009	Garlic, fresh, raw	*Nech shinkurt, ti're*	0.85	554(131)	63.6	6.5	[0.3]	23.1	5.2	1.4
Non-African data									oa	
SD or Min-Max					62.7-64.4		0.2-0.3			1.4
n					2	1	2		1	2
040011	Ginger, root, peeled, fresh, raw	*Yetelate zingibel, ti're*	0.94	370(88)	73.6	2.6	[1.2]	13.0	7.6	2.0
Non-African data							oa		oa	
040090	Green beans and carrot, braised, with, onion, oil, garlic and salt	*Foseliya be'carot*	1.00	986(238)	58.9	3.1	19.8	9.4	5.0	3.8

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Vegetables and their products											
040005	Cauliflower, top and stems, raw	30	0.8	11	62	304	12	0.32	0.07	0.23	0
Non-African data										oa	oa
040049	Celery, leaves, boiled, as part of a recipe (without salt)	305	5.0	56	50	132	80	0.48	0.02	0.52	2
040048	Celery, leaves, boiled, drained (without salt)	290	3.8	34	45	66	60	0.36	0.02	0.47	2
040006	Celery, leaves, raw	317	5.2	58	52	137	83	0.50	0.02	0.54	2
Non-African data				oa		oa	oa	oa	oa	oa	oa
040007	Cucumber, raw	8	0.3	12	20	134	10	0.17	0.03	0.08	0
Non-African data										oa	oa
040053	Eggplant, fruit, boiled, as part of a recipe (without salt)	19	1.5	9	38	215	3	0.30	0.24	0.18	0
040052	Eggplant, fruit, boiled, drained (without salt)	18	1.1	5	34	108	2	0.23	0.23	0.17	0
040012	Eggplant, fruit, raw	18	1.4	8	35	200	3	0.28	0.22	0.17	0
Non-African data										oa	oa
040051	Ethiopian Kale, leaves, boiled, as part of a recipe (without salt)	404	5.4	49	55	475	29	0.62	0.05	1.21	2
040050	Ethiopian Kale, leaves, boiled, drained (without salt)	383	4.1	29	49	238	22	0.46	0.05	1.09	2
040008	Ethiopian Kale, leaves, raw	424	5.7	52	57	499	30	0.65	0.05	1.27	2
Non-African data										oa	
040009	Garlic, fresh, raw	49	2.1	27	143	430	9	0.89	0.19	0.34	0
Non-African data				oa		oa	oa	oa	oa	oa	oa
SD or Min-Max			2.0-2.1		133-153						
n		2	2	1	2	1	1	1	1	1	1
040011	Ginger, root, peeled, fresh, raw	19	1.9	38	55	758	18	0.35	0.12	5.43	0
Non-African data										oa	oa
040090	Green beans and carrot, braised, with, onion, oil, garlic and salt	60	2.1	34	93	377	850	0.47	0.20	0.35	0

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		THIA	RIBF	NIAEQ	NIA	VITB6C	FOL	VITB12	VITC
Vegetables and their products									
040005	Cauliflower, top and stems, raw	0.08	0.19	1.0	0.5	0.13	23	0	70
Non-African data									
040049	Celery, leaves, boiled, as part of a recipe (without salt)	0.09	0.27	1.2	0.7	0.17	23	0	31
040048	Celery, leaves, boiled, drained (without salt)	0.07	0.19	0.9	0.5	0.13	23	0	15
040006	Celery, leaves, raw	0.11	0.30	1.3	0.8	0.20	47	0	38
Non-African data						oa	oa		
040007	Cucumber, raw	0.03	0.01	0.3	0.3	0.04	6	0	14
Non-African data									
040053	Eggplant, fruit, boiled, as part of a recipe (without salt)	0.05	0.05	0.7	0.5	0.10	16	0	8
040052	Eggplant, fruit, boiled, drained (without salt)	0.04	0.04	0.5	0.4	0.07	16	0	6
040012	Eggplant, fruit, raw	0.05	0.05	0.7	0.5	0.10	29	0	9
Non-African data									
040051	Ethiopian Kale, leaves, boiled, as part of a recipe (without salt)	0.08	0.18	1.7	1.1	0.16	49	0	77
040050	Ethiopian Kale, leaves, boiled, drained (without salt)	0.06	0.12	1.3	0.7	0.11	35	0	51
040008	Ethiopian Kale, leaves, raw	0.09	0.20	1.8	1.2	0.18	73	0	134
Non-African data									
040009	Garlic, fresh, raw	0.27	0.09	1.2	0.3	0.56	3	0	13
Non-African data						oa			
SD or Min-Max			0.07-0.10						
n		2	2		1	1	1		1
040011	Ginger, root, peeled, fresh, raw	0.06	0.06	2.2	1.8	0.28	13	0	12
Non-African data						oa			
040090	Green beans and carrot, braised, with, onion, oil, garlic and salt	0.11	0.10	1.4	0.9	0.23	28	0	13

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Vegetables and their products								
040005	Cauliflower, top and stems, raw	2	0	0	0	0	0.04	0.04
	Non-African data							
040049	Celery, leaves, boiled, as part of a recipe (without salt)	4750	0	792	396	0		0.55
040048	Celery, leaves, boiled, drained (without salt)	4750	0	792	396	0		0.55
040006	Celery, leaves, raw	5490	0	915	458	0		0.57
	Non-African data						oa	oa
040007	Cucumber, raw	25	0	4	2	0	0.02	0.02
	Non-African data							oa
040053	Eggplant, fruit, boiled, as part of a recipe (without salt)	46	0	8	4	0	0.08	0.08
040052	Eggplant, fruit, boiled, drained (without salt)	46	0	8	4	0	0.08	0.08
040012	Eggplant, fruit, raw	47	0	8	4	0	0.07	0.07
	Non-African data							oa
040051	Ethiopian Kale, leaves, boiled, as part of a recipe (without salt)	1650	0	276	138	0	0.19	0.19
040050	Ethiopian Kale, leaves, boiled, drained (without salt)	1650	0	276	138	0	0.19	0.19
040008	Ethiopian Kale, leaves, raw	1930	0	321	161	0	0.20	0.20
	Non-African data							
040009	Garlic, fresh, raw	0	0	0	0	0	0.07	0.07
	Non-African data							oa
	SD or Min-Max							
	n							1
040011	Ginger, root, peeled, fresh, raw	125	0	21	10	0	0.46	0.39
	Non-African data							oa
040090	Green beans and carrot, braised, with, onion, oil, garlic and salt	6250	0	1040	521	0		7.40

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Vegetables and their products								
040005	Cauliflower, top and stems, raw	19	0	0.05	0.01	0.10	0.04	0.03
Non-African data				oa	oa	oa	oa	oa
040049	Celery, leaves, boiled, as part of a recipe (without salt)		0	0.10	0.02	0.27	0.21	0.04
040048	Celery, leaves, boiled, drained (without salt)		0	0.10	0.02	0.27	0.21	0.04
040006	Celery, leaves, raw		0	0.11	0.02	0.28	0.22	0.04
Non-African data				oa	oa	oa	oa	oa
040007	Cucumber, raw	18	0	0.04	0.01	0.04	0.03	0
Non-African data				oa	oa	oa	oa	oa
040053	Eggplant, fruit, boiled, as part of a recipe (without salt)	12	0	0.08	0.02	0.17	0.15	0.02
040052	Eggplant, fruit, boiled, drained (without salt)	12	0	0.08	0.02	0.17	0.15	0.02
040012	Eggplant, fruit, raw	12	0	0.08	0.02	0.16	0.14	0.01
Non-African data				oa	oa	oa	oa	oa
040051	Ethiopian Kale, leaves, boiled, as part of a recipe (without salt)	6	0	0.06	0.03	0.17	0.02	0.11
040050	Ethiopian Kale, leaves, boiled, drained (without salt)	10	0	0.06	0.03	0.17	0.02	0.11
040008	Ethiopian Kale, leaves, raw	12	0	0.06	0.03	0.18	0.02	0.12
Non-African data								
040009	Garlic, fresh, raw	37	0	0.06	0.02	0.12	0.11	0.01
Non-African data				oa	oa	oa	oa	oa
SD or Min-Max								
n		1						
040011	Ginger, root, peeled, fresh, raw	20	0	0.33	0.10	0.54	0.43	0.06
Non-African data				oa	oa	oa	oa	oa
040090	Green beans and carrot, braised, with, onion, oil, garlic and salt		0	2.14	5.11	11.60	11.50	0.10

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Vegetables and their products										
040071	Green beans, fresh, boiled, as part of a recipe (without salt)	*Yetekekele foseliya kenewuhaw*	0.91	166(40)	87.7	2.2	0.3	5.5	3.0	1.3
040070	Green beans, fresh, boiled, drained (without salt)	*Yetekekele foseliya*	0.91	166(40)	87.7	2.2	0.3	5.5	3.0	1.3
040026	Green beans, fresh, raw	*Foseliya, ti're*	0.92	155(37)	88.6	2.0	0.3	5.1	2.8	1.2
Non-African data									oa	
040013	Green onion, bulb and stem, fresh, raw	*Baro shinkurt, ti're*	0.78	145(34)	89.8	2.2	[0.2]	5.0	1.9	0.9
Non-African data									oa	
040084	Green peppers, stuffed, with tomato, onion, oil and salt	*Seneg Qarya*	1.00	493(119)	79.8	1.4	10.0	5.0	1.9	1.9
040093	Kale (leaves) and beef, stew, with onion, oil, spices, butter and salt	*Gomen be'siga*	1.00	889(215)	65.8	6.3	19.2	3.0	2.6	3.0
040094	Kale, leaves, boiled and sautéed with butter, spices and salt	*Gomen kitfo*	1.00	1300(315)	42.3	9.2	25.5	6.8	10.6	5.6
040092	Kale, leaves, boiled, with oil, onion, green pepper, garlic and salt	*Zelbo Gommen*	1.00	749(182)	69.3	3.8	16.1	3.2	4.3	3.4
040055	Leek, bulb and stem, boiled, as part of a recipe (without salt)	*Yetekekele baro shinkurt kenewuhaw*	0.50	256(61)	82.9	2.2	0.7	9.7	3.6	0.9
040014	Leek, bulb and stem, raw	*Baro shinkurt, ti're*	0.54	220(52)	85.3	1.9	[0.6]	8.3	3.1	0.8
Non-African data									oa	
040015	Lettuce, raw	*Ye'selata kitel, ti're*	0.94	56(13)	95.5	1.0	[0.2]	1.0	1.8	0.5
Non-African data									oa	
040056	Moringa, leaves, boiled, as part of a recipe (without salt)	*Yetekekele ye'moringa kitel*	0.62	334(80)	74.4	7.1	0.8	7.6	7.0	3.2
040016	Moringa, leaves, raw	*Ye'moringa kitel, ti're*	0.62	327(78)	74.9	7.0	0.8	7.4	6.9	3.1
Non-African data										
040057	Mushrooms, oyster, stem and cap, boiled, drained (without salt)	*Yetekekele mushroom*	0.89	252(60)	82.8	5.9	0.6	6.2	3.2	1.4

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		CA	FE	MG	P	K	NA	ZN	CU	MN	SE
Vegetables and their products											
040071	Green beans, fresh, boiled, as part of a recipe (without salt)	44	1.3	26	81	269	4	0.22	0.12	0.15	0
040070	Green beans, fresh, boiled, drained (without salt)	42	1.0	16	73	134	3	0.16	0.11	0.14	0
040026	Green beans, fresh, raw	41	1.2	24	75	250	4	0.20	0.11	0.14	0
	Non-African data									oa	oa
040013	Green onion, bulb and stem, fresh, raw	38	2.1	11	30	303	5	0.24	0.06	0.22	1
	Non-African data			oa						oa	oa
040084	Green peppers, stuffed, with tomato, onion, oil and salt	14	1.1	14	26	166	477	0.22	0.13	0.11	0
040093	Kale (leaves) and beef, stew, with onion, oil, spices, butter and salt	189	3.5	35	68	314	672	1.30	0.09	0.74	4
040094	Kale, leaves, boiled and sautéed with butter, spices and salt	871	12.0	110	120	1010	63	1.39	0.12	3.05	4
040092	Kale, leaves, boiled, with oil, onion, green pepper, garlic and salt	357	5.0	49	56	445	553	0.59	0.09	1.09	2
040055	Leek, bulb and stem, boiled, as part of a recipe (without salt)	68	1.5	27	45	181	18	0.12	0.14	0.40	0
040014	Leek, bulb and stem, raw	60	1.5	28	41	202	20	0.12	0.12	0.36	0
	Non-African data									oa	oa
040015	Lettuce, raw	22	1.6	8	31	230	12	0.25	0.06	0.38	6
	Non-African data										
040056	Moringa, leaves, boiled, as part of a recipe (without salt)	634	10.8	134	66	452	60	0.54	0.08	1.29	30
040016	Moringa, leaves, raw	621	10.6	131	65	443	59	0.53	0.08	1.26	29
	Non-African data									oa	
040057	Mushrooms, oyster, stem and cap, boiled, drained (without salt)	8	0.7	16	230	353	32	0.82	0.47	0.14	3

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Vegetables and their products									
040071	Green beans, fresh, boiled, as part of a recipe (without salt)	0.10	0.10	1.2	0.8	0.05	19	0	10
040070	Green beans, fresh, boiled, drained (without salt)	0.08	0.07	0.9	0.6	0.04	19	0	8
040026	Green beans, fresh, raw	0.11	0.10	1.1	0.8	0.05	36	0	11
Non-African data									
040013	Green onion, bulb and stem, fresh, raw	0.02	0.08	1.0	0.6	0.04	35	0	32
Non-African data						oa	oa		oa
040084	Green peppers, stuffed, with tomato, onion, oil and salt	0.05	0.05	0.7	0.4	0.12	18	0	75
040093	Kale (leaves) and beef, stew, with onion, oil, spices, butter and salt	0.05	0.12	2.1	1.0	0.11	24	0.36	39
040094	Kale, leaves, boiled and sautéed with butter, spices and salt	0.16	0.39	3.7	2.3	0.34	100	0.04	224
040092	Kale, leaves, boiled, with oil, onion, green pepper, garlic and salt	0.07	0.17	1.6	1.0	0.16	44	0	71
040055	Leek, bulb and stem, boiled, as part of a recipe (without salt)	0.06	0.06	0.7	0.4	0.07	45	0	17
040014	Leek, bulb and stem, raw	0.06	0.06	0.7	0.4	0.07	64	0	21
Non-African data						oa			
040015	Lettuce, raw	0.08	0.18	0.6	0.4	0.08	54	0	5
Non-African data						oa			
040056	Moringa, leaves, boiled, as part of a recipe (without salt)	0.11	0.29	2.9	2.1	0.45	31	0	66
040016	Moringa, leaves, raw	0.12	0.30	3.0	2.2	0.49	[43]	0	108
Non-African data							oa		oa
040057	Mushrooms, oyster, stem and cap, boiled, drained (without salt)	0.05	0.32	4.8	3.2	0.10	32	0	0

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Vegetables and their products								
040071	Green beans, fresh, boiled, as part of a recipe (without salt)	218	0	36	18	0	0.08	0.07
040070	Green beans, fresh, boiled, drained (without salt)	218	0	36	18	0	0.08	0.07
040026	Green beans, fresh, raw	225	0	38	19	0	0.07	0.06
Non-African data								oa
040013	Green onion, bulb and stem, fresh, raw	625	0	104	52	0	0.60	0.60
Non-African data								oa
040084	Green peppers, stuffed, with tomato, onion, oil and salt	478	0	80	40	0		0.97
040093	Kale (leaves) and beef, stew, with onion, oil, spices, butter and salt	759	21	147	84	0.1		5.40
040094	Kale, leaves, boiled and sautéed with butter, spices and salt	3750	115	741	428	0.4	1.40	1.30
040092	Kale, leaves, boiled, with oil, onion, green pepper, garlic and salt	1450	0	242	121	0		5.80
040055	Leek, bulb and stem, boiled, as part of a recipe (without salt)	287	0	48	24	0		0.15
040014	Leek, bulb and stem, raw	275	0	46	23	0		0.13
Non-African data								oa
040015	Lettuce, raw	1150	0	192	96	0	0.22	0.20
Non-African data								
040056	Moringa, leaves, boiled, as part of a recipe (without salt)	6810	0	1130	567	0	0.31	0.31
040016	Moringa, leaves, raw	7410	0	1240	618	0	0.30	0.30
Non-African data								oa
040057	Mushrooms, oyster, stem and cap, boiled, drained (without salt)	40	0	7	3	0		0

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Vegetables and their products								
040071	Green beans, fresh, boiled, as part of a recipe (without salt)		0	0.08	0.01	0.17	0.08	0.06
040070	Green beans, fresh, boiled, drained (without salt)		0	0.08	0.01	0.17	0.08	0.06
040026	Green beans, fresh, raw		0	0.08	0.01	0.16	0.07	0.05
Non-African data								
040013	Green onion, bulb and stem, fresh, raw	61	0	0.07	0	0.08	0.05	0.02
Non-African data		oa		oa	oa	oa	oa	oa
040084	Green peppers, stuffed, with tomato, onion, oil and salt	6	0	1.08	2.55	5.83	5.77	0.05
040093	Kale (leaves) and beef, stew, with onion, oil, spices, butter and salt	7	14	4.75	5.19	8.28	8.09	0.12
040094	Kale, leaves, boiled and sautéed with butter, spices and salt	23	18	15.30	7.19	1.43	0.85	0.36
040092	Kale, leaves, boiled, with oil, onion, green pepper, garlic and salt	6	0	1.72	4.19	9.47	9.29	0.15
040055	Leek, bulb and stem, boiled, as part of a recipe (without salt)		0	0.18	0.04	0.34	0.29	0.04
040014	Leek, bulb and stem, raw		0	0.16	0.04	0.29	0.25	0.04
Non-African data				oa	oa	oa	oa	oa
040015	Lettuce, raw	42	0	0.05	0.01	0.10	0.03	0.04
Non-African data		oa		oa	oa	oa	oa	oa
040056	Moringa, leaves, boiled, as part of a recipe (without salt)	71	0	0.19	0.02	0.41	0.06	0.27
040016	Moringa, leaves, raw	128	0	0.18	0.02	0.40	0.06	0.26
Non-African data		oa						
040057	Mushrooms, oyster, stem and cap, boiled, drained (without salt)	165	0	0.08	0.04	0.33	0.33	tr

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBG*	*ASH*
Vegetables and their products										
040017	Mushrooms, oyster, stem and cap, raw	*Mushroom, ti're*	0.92	184(44)	87.4	4.3	0.4	4.5	2.3	1.0
Non-African data			oa				oa		oa	
SD or Min-Max					2.6	0.8				0.2
n			1		7	7	1		1	7
040032	Mustard, leaves, fresh, raw	*Ye'senafich kitel, ti're*	0.93	151(36)	88.2	3.5	[0.5]	2.4	3.9	1.5
Non-African data					oa		oa		oa	oa
040061	Okra, boiled, as part of recipe (without salt)	*Yetekekele okra kenewuhaw*	0.83	145(35)	88.7	2.3	0.2	4.1	3.7	1.0
040060	Okra, boiled, drained (without salt)	*Yetekekele okra*	0.83	145(35)	88.7	2.3	0.2	4.1	3.7	1.0
040019	Okra, raw	*Okra, ti're*	0.82	159(38)	87.6	2.5	0.2	4.5	4.1	1.1
Non-African data							oa		oa	
SD or Min-Max										
n					1	1	1		1	1
040096	Okra, stew, with tomato, oil, onion, green pepper, spices and salt	*Bamiya, alicha*	1.00	509(123)	78.8	1.9	10.3	4.2	2.9	1.8
040059	Onion, peeled, boiled, as part of recipe (without salt)	*Yetekekele keye shinkurt kenewuhaw*	0.87	188(45)	87.0	1.3	0.3	7.7	3.0	0.7
040058	Onion, peeled, boiled, drained (without salt)	*Yetekekele keye shinkurt*	0.87	188(45)	87.0	1.3	0.3	7.7	3.0	0.7
040018	Onion, peeled, raw	*Keye shinkurt, yetelate, ti're*	0.89	154(37)	89.3	1.1	[0.2]	6.3	2.5	0.6
Non-African data							oa		oa	
040063	Onion, shallot, peeled, boiled, as part of a recipe (without salt)	*Teleto yetekekele keye ye'habesha shinkurt kenewuhaw*	0.68	357(84)	77.3	2.0	0.1	18.1	1.4	1.1
040062	Onion, shallot, peeled, boiled, drained (without salt)	*Teleto yetekekele keye ye'habesha shinkurt*	0.68	357(84)	77.3	2.0	0.1	18.1	1.4	1.1
040020	Onion, shallot, peeled, raw	*Keye ye'habesha shinkurt, yetelate, ti're*	0.72	292(69)	81.4	1.6	[0.1]	14.8	1.2	0.9
Non-African data									oa	
040022	Pepper, sweet, green, fresh, raw	*Kariya, ti're*	0.82	175(42)	88.1	1.9	[0.5]	6.2	2.4	0.9
Non-African data							oa			

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Vegetables and their products											
040017	Mushrooms, oyster, stem and cap, raw	6	0.7	20	187	516	31	0.80	0.36	0.11	3
Non-African data											
SD or Min-Max			0.1		15			0.11			
n		1	6	1	6	1	1	6	1	1	1
040032	Mustard, leaves, fresh, raw	191	2.8	52	72	403	19	0.68	0.24	0.41	8
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa
040061	Okra, boiled, as part of recipe (without salt)	96	0.7	70	67	168	7	0.62	0.10	0.27	0
040060	Okra, boiled, drained (without salt)	91	0.5	42	61	84	5	0.46	0.10	0.25	0
040019	Okra, raw	105	0.8	77	74	184	8	0.68	0.11	0.30	0
Non-African data										oa	oa
SD or Min-Max											
n		2	1	1	1	1	1	1	1	1	1
040096	Okra, stew, with tomato, oil, onion, green pepper, spices and salt	68	0.8	51	53	164	404	0.47	0.10	0.28	0
040059	Onion, peeled, boiled, as part of recipe (without salt)	31	0.9	15	54	198	12	0.34	0.17	0.29	0
040058	Onion, peeled, boiled, drained (without salt)	29	0.6	9	48	89	7	0.26	0.16	0.26	0
040018	Onion, peeled, raw	25	0.7	12	44	162	10	0.28	0.14	0.24	0
Non-African data										oa	oa
040063	Onion, shallot, peeled, boiled, as part of a recipe (without salt)	50	1.0	19	63	195	5	0.37	0.09	0.13	1
040062	Onion, shallot, peeled, boiled, drained (without salt)	48	0.7	11	57	88	3	0.27	0.08	0.12	1
040020	Onion, shallot, peeled, raw	41	0.8	15	52	160	4	0.30	0.07	0.11	1
Non-African data				oa		oa	oa	oa	oa	oa	oa
040022	Pepper, sweet, green, fresh, raw	15	1.5	10	23	177	10	0.24	0.17	0.10	0
Non-African data										oa	oa

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Vegetables and their products									
040017	Mushrooms, oyster, stem and cap, raw	0.06	0.36	4.8	3.6	0.11	47	0	0
Non-African data						oa			
SD or Min-Max									
n		1	1		1	1	1		1
040032	Mustard, leaves, fresh, raw	0.08	0.18	1.3	0.6	0.16	310	0	60
Non-African data			oa			oa	oa		oa
040061	Okra, boiled, as part of recipe (without salt)	0.05	0.09	0.8	0.6	0.22	40	0	22
040060	Okra, boiled, drained (without salt)	0.04	0.06	0.6	0.4	0.16	40	0	17
040019	Okra, raw	0.06	0.10	0.9	0.7	0.27	88	0	28
Non-African data						oa			
SD or Min-Max									
n		1	1		1		1		1
040096	Okra, stew, with tomato, oil, onion, green pepper, spices and salt	0.05	0.07	0.7	0.5	0.17	39	0	19
040059	Onion, peeled, boiled, as part of recipe (without salt)	0.02	0.05	0.5	0.2	0.09	15	0	11
040058	Onion, peeled, boiled, drained (without salt)	0.02	0.03	0.5	0.2	0.07	10	0	5
040018	Onion, peeled, raw	0.02	0.04	0.4	0.2	0.08	17	0	11
Non-African data									
040063	Onion, shallot, peeled, boiled, as part of a recipe (without salt)	0.07	0.02	0.2	0	0.13	21	0	11
040062	Onion, shallot, peeled, boiled, drained (without salt)	0.05	0.02	0.2	0	0.10	15	0	5
040020	Onion, shallot, peeled, raw	0.06	0.02	0.2	0	0.12	25	0	11
Non-African data					oa	oa	oa		oa
040022	Pepper, sweet, green, fresh, raw	0.07	0.06	1.0	0.6	0.19	24	0	140
Non-African data						oa			

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Vegetables and their products								
040017	Mushrooms, oyster, stem and cap, raw	29	0	5	2	0		0
	Non-African data							oa
	SD or Min-Max							
	n							1
040032	Mustard, leaves, fresh, raw	2620	0	437	218	0	0.56	0.56
	Non-African data							oa
040061	Okra, boiled, as part of recipe (without salt)	422	0	70	35	0	0.45	0.44
040060	Okra, boiled, drained (without salt)	422	0	70	35	0	0.45	0.44
040019	Okra, raw	516	0	86	43	0	0.49	0.48
	Non-African data							
	SD or Min-Max							
	n							1
040096	Okra, stew, with tomato, oil, onion, green pepper, spices and salt	348	0	58	29	0		3.90
040059	Onion, peeled, boiled, as part of recipe (without salt)	0	0	0	0	0	0.06	0.06
040058	Onion, peeled, boiled, drained (without salt)	0	0	0	0	0	0.06	0.06
040018	Onion, peeled, raw	0	0	0	0	0	0.05	0.05
	Non-African data							oa
040063	Onion, shallot, peeled, boiled, as part of a recipe (without salt)	1	0	0	0	0	0.07	0.07
040062	Onion, shallot, peeled, boiled, drained (without salt)	1	0	0	0	0	0.07	0.07
040020	Onion, shallot, peeled, raw	1	0	0	0	0	0.06	0.06
	Non-African data							oa
040022	Pepper, sweet, green, fresh, raw	734	0	122	61	0	0.04	0.04
	Non-African data							

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Vegetables and their products								
040017	Mushrooms, oyster, stem and cap, raw	134	0	0.06	0.03	0.24	0.24	0
	Non-African data			oa	oa	oa	oa	
	SD or Min-Max							
	n	1						
040032	Mustard, leaves, fresh, raw	35	0	0.12	0.02	0.27	0.07	0.13
	Non-African data			oa	oa	oa	oa	oa
040061	Okra, boiled, as part of recipe (without salt)	15	0	0.05	0.01	0.09	0.06	0.01
040060	Okra, boiled, drained (without salt)	15	0	0.05	0.01	0.09	0.06	0.01
040019	Okra, raw	18	0	0.06	0.01	0.09	0.07	0.02
	Non-African data			oa	oa	oa	oa	oa
	SD or Min-Max							
	n	1						
040096	Okra, stew, with tomato, oil, onion, green pepper, spices and salt	8	0	1.11	2.68	6.05	6.00	0.04
040059	Onion, peeled, boiled, as part of recipe (without salt)	5	0	0.07	0.04	0.12	0.11	tr
040058	Onion, peeled, boiled, drained (without salt)	8	0	0.07	0.04	0.12	0.11	tr
040018	Onion, peeled, raw	7	0	0.06	0.04	0.10	0.09	0
	Non-African data			oa	oa	oa	oa	oa
040063	Onion, shallot, peeled, boiled, as part of a recipe (without salt)	5	0	0.03	0.01	0.05	0.05	tr
040062	Onion, shallot, peeled, boiled, drained (without salt)	9	0	0.03	0.01	0.05	0.05	tr
040020	Onion, shallot, peeled, raw	8	0	0.03	0.01	0.04	0.04	0
	Non-African data			oa	oa	oa	oa	oa
040022	Pepper, sweet, green, fresh, raw	11	0	0.12	0.02	0.26	0.21	0.04
	Non-African data			oa	oa	oa	oa	oa

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Vegetables and their products										
040021	Pepper, sweet, red, fresh, raw	*Keye kariya, ti're*	0.82	203(28)	86.9	2.0	0.8	7.0	2.5	0.8
	Non-African data									
040087	Potato with cabbage (white), stew, with oil, green pepper, garlic and salt	*Dinch be'tikil gomen*	1.00	476(114)	75.7	1.7	6.6	10.9	2.1	3.0
040065	Pumpkin, flesh, boiled, as part of a recipe (without salt)	*Yetekekele dubba kenewuhaw*	0.70	173(41)	87.7	1.4	0.2	7.1	2.6	1.0
040064	Pumpkin, flesh, boiled, drained (without salt)	*Yetekekele dubba*	0.70	173(41)	87.7	1.4	0.2	7.1	2.6	1.0
040024	Pumpkin, flesh, raw	*Dubba, ti're*	0.72	159(38)	88.7	1.3	[0.2]	6.6	2.4	0.9
	Non-African data									
040010	Pumpkin, leaves, fresh, raw	*Ye'dubba kitel, ti're*	0.82	156(37)	87.3	4.2	[0.7]	2.3	2.3	3.2
	Non-African data						oa		oa	
040025	Raddish, raw	*Fijil, ti're*	0.68	72(17)	93.2	1.1	[0.1]	1.6	2.7	1.3
	Non-African data								oa	
040081	Salad from avocado, tomato, lettuce, onion, carrot, oil, green pepper, lemon and salt	*Selata be'avocado*	1.00	586(142)	77.6	1.1	12.8	4.5	2.4	1.7
040080	Salad from tomato, lettuce, onion, carrot, oil, green pepper, vinegar and salt	*Selata*	1.00	550(133)	79.2	1.1	12.3	3.6	1.7	2.1
040083	Salad from tomato, onion, oil, green pepper and salt	*Timatim kurit*	1.00	447(108)	81.6	1.1	9.4	4.1	1.5	2.4
040074	Spinach, leaves, boiled, as part of recipe (without salt)	*Yetekekele spinach kenewuhaw*	0.84	207(49)	82.4	5.9	0.4	4.0	2.8	4.4
040073	Spinach, leaves, boiled, drained (without salt)	*Yetekekele spinach*	0.84	207(49)	82.4	5.9	0.4	4.0	2.8	4.4
040027	Spinach, leaves, raw	*Spinach, ti're*	0.85	196(47)	83.3	5.6	0.4	3.8	2.7	4.2
	Non-African data									
040068	Squash, fresh, boiled, as part of a recipe (without salt)	*Yetekekele squash kenewuhaw*	0.62	100(24)	93.2	1.4	0.1	3.7	1.1	0.5
040067	Squash, fresh, boiled, drained (without salt)	*Yetekekele squash*	0.62	100(24)	93.2	1.4	0.1	3.7	1.1	0.5
040028	Squash, fresh, raw	*Squash, ti're*	0.64	92(22)	93.7	1.3	[0.1]	3.4	1.0	0.5
	Non-African data								oa	
040077	Swiss chard, leaves, boiled, as part of a recipe (without salt)	*Yetekekele kosta kenewuhaw*	0.48	88(21)	90.7	2.4	0.2	0.5	4.0	2.3
040076	Swiss chard, leaves, boiled, drained (without salt)	*Yetekekele kosta*	0.48	88(21)	90.7	2.4	0.2	0.5	4.0	2.3

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Vegetables and their products											
040021	Pepper, sweet, red, fresh, raw	22	2.2	20	50	177	10	0.12	0.07	0.24	0
Non-African data				oa						oa	oa
040087	Potato with cabbage (white), stew, with oil, green pepper, garlic and salt	25	0.6	22	44	285	265	0.30	0.05	0.21	2
040065	Pumpkin, flesh, boiled, as part of a recipe (without salt)	24	2.0	13	45	304	7	0.26	0.10	0.09	0
040064	Pumpkin, flesh, boiled, drained (without salt)	23	1.5	8	40	152	5	0.20	0.09	0.08	0
040024	Pumpkin, flesh, raw	22	1.8	12	41	280	6	0.24	0.09	0.08	0
Non-African data										oa	oa
040010	Pumpkin, leaves, fresh, raw	383	2.2	142	119	500	11	0.90	0.13	1.14	1
Non-African data										oa	oa
040025	Raddish, raw	48	0.7	16	46	288	28	0.22	0.03	0.10	tr
Non-African data						oa	oa	oa	oa	oa	oa
040081	Salad from avocado, tomato, lettuce, onion, carrot, oil, green pepper, lemon and salt	14	0.9	19	31	257	408	0.32	0.12	0.37	1
040080	Salad from tomato, lettuce, onion, carrot, oil, green pepper, vinegar and salt	17	0.9	14	27	178	610	0.21	0.08	0.17	1
040083	Salad from tomato, onion, oil, green pepper and salt	11	0.8	16	27	192	704	0.20	0.08	0.10	0
040074	Spinach, leaves, boiled, as part of recipe (without salt)	125	2.4	69	49	458	72	0.49	0.13	1.12	2
040073	Spinach, leaves, boiled, drained (without salt)	122	2.1	50	46	294	62	0.42	0.13	1.06	2
040027	Spinach, leaves, raw	122	2.7	79	49	558	79	0.53	0.13	1.12	2
Non-African data										oa	oa
040068	Squash, fresh, boiled, as part of a recipe (without salt)	19	0.5	22	42	241	2	0.32	0.10	0.19	0
040067	Squash, fresh, boiled, drained (without salt)	18	0.4	13	38	121	2	0.24	0.10	0.17	0
040028	Squash, fresh, raw	17	0.5	20	39	222	2	0.29	0.09	0.17	0
Non-African data				oa		oa	oa	oa	oa	oa	oa
040077	Swiss chard, leaves, boiled, as part of a recipe (without salt)	93	4.0	86	45	382	234	0.40	0.20	0.40	1
040076	Swiss chard, leaves, boiled, drained (without salt)	89	3.0	51	41	191	176	0.30	0.19	0.36	1

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Vegetables and their products									
040021	Pepper, sweet, red, fresh, raw	0.11	0.16	2.4	2.1	0.37	24	0	190
Non-African data									
040087	Potato with cabbage (white), stew, with oil, green pepper, garlic and salt	0.05	0.02	0.6	0.5	0.09	11	0	21
040065	Pumpkin, flesh, boiled, as part of a recipe (without salt)	0.04	0.04	1.0	0.7	0.22	4	0	11
040064	Pumpkin, flesh, boiled, drained (without salt)	0.03	0.03	0.8	0.5	0.16	4	0	8
040024	Pumpkin, flesh, raw	0.04	0.04	0.9	0.7	0.22	8	0	12
Non-African data						oa			
040010	Pumpkin, leaves, fresh, raw	0.08	0.12	2.1	0.9	0.17	36	0	11
Non-African data						oa			
040025	Raddish, raw	0.04	0.30	0.4	0.3	0.07	[30]	0	15
Non-African data					oa	oa	oa	oa	
040081	Salad from avocado, tomato, lettuce, onion, carrot, oil, green pepper, lemon and salt	0.04	0.05	0.9	0.7	0.09	46	0	15
040080	Salad from tomato, lettuce, onion, carrot, oil, green pepper, vinegar and salt	0.05	0.06	0.5	0.4	0.09	23	0	20
040083	Salad from tomato, onion, oil, green pepper and salt	0.05	0.04	0.5	0.4	0.07	19	0	31
040074	Spinach, leaves, boiled, as part of recipe (without salt)	0.18	0.20	2.1	0.6	0.17	120	0	15
040073	Spinach, leaves, boiled, drained (without salt)	0.15	0.16	2.0	0.5	0.14	100	0	12
040027	Spinach, leaves, raw	0.22	0.23	2.1	0.7	0.20	190	0	28
Non-African data									
040068	Squash, fresh, boiled, as part of a recipe (without salt)	0.08	0.01	0.7	0.5	0.10	10	0	15
040067	Squash, fresh, boiled, drained (without salt)	0.06	0.01	0.5	0.3	0.07	10	0	11
040028	Squash, fresh, raw	0.09	0.01	0.6	0.5	0.10	19	0	16
Non-African data					oa	oa	oa		
040077	Swiss chard, leaves, boiled, as part of a recipe (without salt)	0.11	0.10	1.0	0.6	0.10	40	0	16
040076	Swiss chard, leaves, boiled, drained (without salt)	0.08	0.07	0.8	0.4	0.07	29	0	11

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Vegetables and their products								
040021	Pepper, sweet, red, fresh, raw	1250	0	208	104	0	0.19	0.19
	Non-African data							oa
040087	Potato with cabbage (white), stew, with oil, green pepper, garlic and salt	15	0	3	1	0		2.30
040065	Pumpkin, flesh, boiled, as part of a recipe (without salt)	831	0	138	69	0		0.09
040064	Pumpkin, flesh, boiled, drained (without salt)	831	0	138	69	0		0.09
040024	Pumpkin, flesh, raw	849	0	142	71	0		0.08
	Non-African data							
040010	Pumpkin, leaves, fresh, raw	1350	0	225	113	0	1.10	0.95
	Non-African data							
040025	Raddish, raw	0	0	0	0	0	0.01	0.01
	Non-African data							oa
040081	Salad from avocado, tomato, lettuce, onion, carrot, oil, green pepper, lemon and salt	1310	0	218	109	0		4.50
040080	Salad from tomato, lettuce, onion, carrot, oil, green pepper, vinegar and salt	1910	0	319	159	0		5.90
040083	Salad from tomato, onion, oil, green pepper and salt	400	0	67	33	0		4.40
040074	Spinach, leaves, boiled, as part of recipe (without salt)	2490	0	414	207	0	1.30	1.30
040073	Spinach, leaves, boiled, drained (without salt)	2490	0	414	207	0	1.30	1.30
040027	Spinach, leaves, raw	2630	0	438	219	0	1.30	1.30
	Non-African data							oa
040068	Squash, fresh, boiled, as part of a recipe (without salt)	88	0	15	7	0		0.14
040067	Squash, fresh, boiled, drained (without salt)	88	0	15	7	0		0.14
040028	Squash, fresh, raw	90	0	15	8	0		0.13
	Non-African data							oa
040077	Swiss chard, leaves, boiled, as part of a recipe (without salt)	3630	0	605	302	0		1.90
040076	Swiss chard, leaves, boiled, drained (without salt)	3630	0	605	302	0		1.90

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Vegetables and their products								
040021	Pepper, sweet, red, fresh, raw	18	0	0.16	0.09	0.40	0.33	0.04
Non-African data				oa	oa	oa	oa	oa
040087	Potato with cabbage (white), stew, with oil, green pepper, garlic and salt	19	0	0.71	1.72	3.85	3.82	0.02
040065	Pumpkin, flesh, boiled, as part of a recipe (without salt)	11	0	0.04	0.07	0.07	0.04	0.03
040064	Pumpkin, flesh, boiled, drained (without salt)	11	0	0.04	0.07	0.07	0.04	0.03
040024	Pumpkin, flesh, raw	11	0	0.04	0.06	0.06	0.03	0.02
Non-African data				oa	oa	oa	oa	oa
040010	Pumpkin, leaves, fresh, raw	38	0	0.26	0.02	0.31	0.01	0.16
Non-African data				oa	oa	oa	oa	oa
040025	Raddish, raw	2	0	0.03	0.01	0.04	0.02	0.01
Non-African data				oa	oa	oa	oa	oa
040081	Salad from avocado, tomato, lettuce, onion, carrot, oil, green pepper, lemon and salt	131	0	1.78	5.06	5.36	5.27	0.07
040080	Salad from tomato, lettuce, onion, carrot, oil, green pepper, vinegar and salt	14	0	1.32	3.21	7.24	7.18	0.05
040083	Salad from tomato, onion, oil, green pepper and salt	4	0	1.00	2.43	5.48	5.44	0.04
040074	Spinach, leaves, boiled, as part of recipe (without salt)	11	0	0.12	0.03	0.19	0.05	0.08
040073	Spinach, leaves, boiled, drained (without salt)	11	0	0.12	0.03	0.19	0.05	0.08
040027	Spinach, leaves, raw	12	0	0.11	0.03	0.18	0.05	0.08
Non-African data				oa	oa	oa	oa	oa
040068	Squash, fresh, boiled, as part of a recipe (without salt)		0	0.04	0.01	0.04	0.02	0.02
040067	Squash, fresh, boiled, drained (without salt)		0	0.04	0.01	0.04	0.02	0.02
040028	Squash, fresh, raw		0	0.04	0.01	0.03	0.02	0.02
Non-African data				oa	oa	oa	oa	oa
040077	Swiss chard, leaves, boiled, as part of a recipe (without salt)	5	0	0.04	0.04	0.09	0.07	0.01
040076	Swiss chard, leaves, boiled, drained (without salt)	9	0	0.04	0.04	0.09	0.07	0.01

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Vegetables and their products										
040029	Swiss chard, leaves, raw	*Kosta, ti're*	0.50	80(19)	91.5	2.2	0.2	0.4	3.6	2.1
Non-African data							oa			
040031	Tomato, paste, canned	*Timatim, dilih, yetashege*	1.00	594(142)	62.8	4.3	[3.8]	19.7	5.7	3.8
Non-African data									oa	
040030	Tomato, red, ripe, raw	*Timatim, ti're*	0.98	108(26)	92.5	1.3	0.3	3.9	1.4	0.7
Non-African data							oa			
040079	Tomato, ripe, boiled, as part of a recipe (without salt)	*Yetekekele timatim kenewuhaw*	0.98	138(33)	90.4	1.6	0.3	5.0	1.8	0.9
040078	Tomato, ripe, boiled, drained (without salt)	*Yetekekele timatim*	0.98	138(33)	90.4	1.6	0.3	5.0	1.8	0.9
040082	Tomato, ripe, sautéed, with onion, oil, green pepper, spices and salt	*Timatim lebeleb*	1.00	575(139)	77.5	1.4	12.1	5.0	2.1	1.9
Fruits and their products										
050001	Apple, fresh, with skin, raw	*Apple*	0.90	220	86.0	0.2	[0.3]	11.0	2.3	0.2
Non-African data										
050002	Apricots, fresh, raw	*Apricot (Bicha kok)*	0.94	196	86.7	0.8	0.4	8.7	2.5	0.9
Non-African data							oa		oa	
050003	Avocado, fresh, raw	*Avocado*	0.67	644	75.0	1.1	13.2	6.4	3.6	0.7
Non-African data							oa			
050005	Banana, fresh, ripe, raw	*Muz*	0.58	444	72.0	0.9	0.1	24.1	1.9	1.0
Non-African data									oa	
050006	Breadfruit, ripe, raw	*Breadfruit*	0.78	433	71.3	1.4	0.2	21.3	4.9	0.9
Non-African data							oa		oa	
050007	Cherry, fresh, raw	*Cherry*	0.96	126	91.1	0.8	[0.1]	5.4	2.1	0.5
Non-African data			oa						oa	
050009	Custard apple, fruit, fresh, raw	*Gishta*	0.72	416	72.2	1.3	[0.4]	20.0	5.1	1.1
Non-African data			oa							

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Vegetables and their products											
040029	Swiss chard, leaves, raw	85	3.6	78	41	348	213	0.36	0.18	0.37	1
Non-African data							oa	oa	oa	oa	oa
040031	Tomato, paste, canned	49	1.3	74	114	1350	49	1.16	0.85	0.49	1
Non-African data										oa	oa
040030	Tomato, red, ripe, raw	9	0.9	13	29	235	13	0.22	0.04	0.09	0
Non-African data									oa	oa	
040079	Tomato, ripe, boiled, as part of a recipe (without salt)	12	1.2	17	37	301	17	0.28	0.05	0.12	0
040078	Tomato, ripe, boiled, drained (without salt)	11	0.9	10	34	151	13	0.21	0.05	0.10	0
040082	Tomato, ripe, sautéed, with onion, oil, green pepper, spices and salt	14	1.0	14	32	188	352	0.23	0.07	0.12	0
Fruits and their products											
050001	Apple, fresh, with skin, raw	9	0.7	3	15	99	4	0.09	0.07	0.05	0
Non-African data										oa	oa
050002	Apricots, fresh, raw	15	0.5	11	25	320	4	0.16	0.08	0.08	0
Non-African data										oa	oa
050003	Avocado, fresh, raw	9	0.9	29	39	408	tr	0.54	0.20	0.74	2
Non-African data										oa	
050005	Banana, fresh, ripe, raw	5	0.5	40	25	377	tr	0.16	0.09	0.36	4
Non-African data										oa	
050006	Breadfruit, ripe, raw	29	2.5	25	34	490	2	0.12	0.08	0.06	1
Non-African data				oa		oa	oa	oa	oa	oa	oa
050007	Cherry, fresh, raw	37	1.5	15	29	235	5	0.04	0.06	0.15	0
Non-African data										oa	oa
050009	Custard apple, fruit, fresh, raw	16	0.3	39	55	468	19	0.17	0.03	0.15	0
Non-African data				oa						oa	oa

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Vegetables and their products									
040029	Swiss chard, leaves, raw	0.11	0.10	0.9	0.6	0.10	52	0	24
Non-African data						oa			
040031	Tomato, paste, canned	0.22	0.27	4.9	4.4	0.49	33	0	22
Non-African data						oa			
040030	Tomato, red, ripe, raw	0.06	0.05	0.6	0.5	0.07	23	0	28
Non-African data									
040079	Tomato, ripe, boiled, as part of a recipe (without salt)	0.07	0.06	0.8	0.6	0.08	15	0	31
040078	Tomato, ripe, boiled, drained (without salt)	0.05	0.04	0.6	0.4	0.06	15	0	23
040082	Tomato, ripe, sautéed, with onion, oil, green pepper, spices and salt	0.05	0.04	0.6	0.4	0.08	14	0	23
Fruits and their products									
050001	Apple, fresh, with skin, raw	0.02	0.04	0.2	0.2	0.04	1	0	5
Non-African data						oa			
050002	Apricots, fresh, raw	0.01	0.02	0.6	0.5	0.10	9	0	4
Non-African data						oa	oa		
050003	Avocado, fresh, raw	0.03	0.03	1.6	1.5	0.09	90	0	4
Non-African data							oa		oa
050005	Banana, fresh, ripe, raw	0.01	0.01	0.8	0.7	0.31	20	0	5
Non-African data							oa		oa
050006	Breadfruit, ripe, raw	0.08	0.05	1.0	0.9	0.10	14	0	31
Non-African data							oa		
050007	Cherry, fresh, raw	0.02	0.04	0.3	0.2	0.04	4	0	9
Non-African data						oa			
050009	Custard apple, fruit, fresh, raw	0.02	0.03	0.9	0.7	0.07	20	0	22
Non-African data					oa	oa	oa		oa

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Vegetables and their products								
040029	Swiss chard, leaves, raw	3670	0	612	306	0		1.70
	Non-African data							oa
040031	Tomato, paste, canned	2	0	0	0	0		6.20
	Non-African data							oa
040030	Tomato, red, ripe, raw	527	0	88	44	0	0.21	0.14
	Non-African data							oa
040079	Tomato, ripe, boiled, as part of a recipe (without salt)	608	0	101	51	0	0.27	0.18
040078	Tomato, ripe, boiled, drained (without salt)	608	0	101	51	0	0.27	0.18
040082	Tomato, ripe, sautéed, with onion, oil, green pepper, spices and salt	347	0	58	29	0		1.20
Fruits and their products								
050001	Apple, fresh, with skin, raw	16	0	3	1	0	0.16	0.16
	Non-African data							
050002	Apricots, fresh, raw	364	0	61	30	0	1.80	1.70
	Non-African data							
050003	Avocado, fresh, raw	96	0	16	8	0	1.70	1.70
	Non-African data							
050005	Banana, fresh, ripe, raw	38	0	6	3	0	0.20	0.19
	Non-African data							
050006	Breadfruit, ripe, raw	10	0	2	1	0		0.10
	Non-African data							oa
050007	Cherry, fresh, raw	41	0	7	3	0	0.37	0.37
	Non-African data							
050009	Custard apple, fruit, fresh, raw	0	0	0	0	0	0.20	0.19
	Non-African data							oa

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Vegetables and their products								
040029	Swiss chard, leaves, raw	9	0	0.04	0.04	0.08	0.06	0.01
Non-African data				oa	oa	oa	oa	oa
040031	Tomato, paste, canned	36	0	0.98	0.57	1.52	1.21	0.15
Non-African data				oa	oa	oa	oa	oa
040030	Tomato, red, ripe, raw	4	0	0.05	0.03	0.12	0.11	0.01
Non-African data				oa	oa	oa	oa	oa
040079	Tomato, ripe, boiled, as part of a recipe (without salt)	5	0	0.06	0.04	0.16	0.14	0.01
040078	Tomato, ripe, boiled, drained (without salt)	5	0	0.06	0.04	0.16	0.14	0.01
040082	Tomato, ripe, sautéed, with onion, oil, green pepper, spices and salt	3	0	1.30	3.15	7.09	7.04	0.05
Fruits and their products								
050001	Apple, fresh, with skin, raw	1	0	0.08	0.03	0.14	0.12	0.01
Non-African data				oa	oa	oa	oa	oa
050002	Apricots, fresh, raw	112	0	0.03	0.19	0.09	0.09	0
Non-African data				oa	oa	oa	oa	oa
050003	Avocado, fresh, raw	356	0	2.62	8.53	1.52	1.38	0.12
Non-African data								
050005	Banana, fresh, ripe, raw	14	0	0.04	0.01	0.02	0.01	0.01
Non-African data								
050006	Breadfruit, ripe, raw	105	0	0.06	0.04	0.08		
Non-African data				oa	oa	oa		
050007	Cherry, fresh, raw	40	0	0.02	0.02	0.04	0.02	0.01
Non-African data				oa	oa	oa	oa	oa
050009	Custard apple, fruit, fresh, raw	15	0	0.14	0.04	0.14	0.08	0.02
Non-African data				oa	oa	oa	oa	oa

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Fruits and their products										
050010	Date, dry, mature, raw	*Temir*	0.84	1320(312)	16.4	2.4	[0.5]	70.3	8.4	1.9
Non-African data									oa	
050011	Fig, fresh, raw	*Sholla*	0.99	174(41)	88.1	0.8	[0.3]	7.8	2.3	0.8
Non-African data									oa	
050014	Grapefruit, fresh, white, raw	*Grapefruit*	0.73	159(38)	89.6	0.6	0.1	7.8	1.6	0.3
Non-African data										
050013	Grapes, fresh, green, raw	*Ye'wein fire*	0.95	177(42)	88.4	0.6	[0.3]	8.2	2.0	0.5
Non-African data							oa			
050015	Guava, fresh, raw	*Zeytun*	0.98	232(56)	83.9	0.9	[1.0]	7.9	5.7	0.6
Non-African data										
SD or Min-Max					1.6	0.3	0.2			0.1
n			1		4	3	3		1	3
050017	Lemon, fresh, juice, raw	*Ye'lomi chimaki*	0.36	153(36)	90.8	0.4	0.1	8.4	0.1	0.3
Non-African data										
050004	Lemon, fresh, pulp (flesh), raw	*Lomi*	1.00	183(44)	88.5	0.6	[0.9]	7.0	2.5	0.5
Non-African data									oa	
050018	Lime, fresh, juice, raw	*Ye'habesha lomi chimaki*	0.47	158(37)	90.3	0.7	0.1	8.3	0.2	0.4
Non-African data							oa		oa	
050008	Lime, fresh, pulp (flesh), raw	*Ye'habesha lomi*	0.64	176(42)	88.3	0.6	0.2	8.3	2.1	0.5
Non-African data									oa	
050016	Mango, fresh, ripe, orange pulp (flesh), raw	*Mango, bicha*	0.73	297(70)	81.6	0.5	0.1	16.0	1.5	0.4
Non-African data										
050022	Melon, cantaloupe, fresh, raw	*Melon*	0.51	163(39)	89.3	0.8	0.1	8.2	0.8	0.8
Non-African data							oa		oa	

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Fruits and their products											
050010	Date, dry, mature, raw	68	3.8	53	71	562	9	0.66	0.34	0.77	1
Non-African data								oa	oa	oa	oa
050011	Fig, fresh, raw	29	0.9	14	17	134	2	0.15	0.04	0.03	0
Non-African data										oa	oa
050014	Grapefruit, fresh, white, raw	26	0.7	9	14	177	4	0.05	0.04	0.03	0
Non-African data										oa	oa
050013	Grapes, fresh, green, raw	31	0.3	7	22	215	2	0.06	0.08	0.07	0
Non-African data										oa	oa
050015	Guava, fresh, raw	21	1.5	15	25	220	7	0.21	0.61	0.22	2
Non-African data										oa	oa
SD or Min-Max		7	1.1		5	211-229	6-7	0.06	0.37-0.84		
n		4	4	1	3	2	2	3	2	1	1
050017	Lemon, fresh, juice, raw	7	0.1	6	7	123	1	0.05	0.04	0.02	0
Non-African data										oa	oa
050004	Lemon, fresh, pulp (flesh), raw	41	0.5	15	17	157	2	0.10	0.12	0.02	0
Non-African data										oa	oa
050018	Lime, fresh, juice, raw	26	0.2	9	20	160	1	0.10	0.03	0.01	0
Non-African data			oa	oa		oa	oa	oa	oa	oa	oa
050008	Lime, fresh, pulp (flesh), raw	44	0.8	6	24	102	2	0.11	0.07	0.04	1
Non-African data										oa	oa
050016	Mango, fresh, ripe, orange pulp (flesh), raw	12	0.1	11	10	128	0	0.08	0.06	0.22	6
Non-African data										oa	
050022	Melon, cantaloupe, fresh, raw	11	0.4	13	14	376	17	0.10	0.10	0.03	0
Non-African data										oa	oa

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Fruits and their products									
050010	Date, dry, mature, raw	0.01	0.10	1.7	1.4	0.13	14	0	4
Non-African data					oa	oa			
050011	Fig, fresh, raw	0.06	0.05	0.4	0.3	0.13	11	0	15
Non-African data									
050014	Grapefruit, fresh, white, raw	0.03	0.03	0.4	0.2	0.03	12	0	33
Non-African data									
050013	Grapes, fresh, green, raw	0.07	0.05	0.6	0.5	0.09	4	0	32
Non-African data						oa			
050015	Guava, fresh, raw	0.01	0.08	1.4	1.3	0.14	19	0	268
Non-African data									
SD or Min-Max			0.03						
n		3	3		1	1	1		1
050017	Lemon, fresh, juice, raw	0.04	0.01	0.1	0.1	0	16	0	0
Non-African data									
050004	Lemon, fresh, pulp (flesh), raw	0.05	0.05	0.4	0.3	0.04	17	0	51
Non-African data									
050018	Lime, fresh, juice, raw	0.03	0.02	0.2	0.1	0.05	17	0	41
Non-African data			oa		oa	oa	oa		
050008	Lime, fresh, pulp (flesh), raw	0.07	0.04	0.2	0.2	0.05	8	0	55
Non-African data					oa	oa			
050016	Mango, fresh, ripe, orange pulp (flesh), raw	0.02	0.02	0.6	0.5	0.04	43	0	15
Non-African data							oa		
050022	Melon, cantaloupe, fresh, raw	0.04	0.01	0.8	0.7	0.04	22	0	39
Non-African data									

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Fruits and their products								
050010	Date, dry, mature, raw	9	0	1	1	0	0.02	0.02
	Non-African data							oa
050011	Fig, fresh, raw	130	0	22	11	0	0.54	0.42
	Non-African data							oa
050014	Grapefruit, fresh, white, raw	13	0	2	1	0		0.05
	Non-African data							
050013	Grapes, fresh, green, raw	31	0	5	3	0	0.07	0.07
	Non-African data							oa
050015	Guava, fresh, raw	267	0	45	22	0	0.15	0.14
	Non-African data							
	SD or Min-Max							
	n							1
050017	Lemon, fresh, juice, raw	0	0	0	0	0	0.10	0.10
	Non-African data							oa
050004	Lemon, fresh, pulp (flesh), raw	8	0	1	1	0	0.20	0.20
	Non-African data							oa
050018	Lime, fresh, juice, raw	0	0	0	0	0	0.20	0.20
	Non-African data							oa
050008	Lime, fresh, pulp (flesh), raw	3	0	0	0	0	0.07	0.07
	Non-African data							oa
050016	Mango, fresh, ripe, orange pulp (flesh), raw	1290	0	215	107	0	0.93	0.92
	Non-African data							
050022	Melon, cantaloupe, fresh, raw	2030	0	338	169	0	0.06	0.05
	Non-African data							oa

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Fruits and their products								
050010	Date, dry, mature, raw	126	0	0.14	0.04	0.22	0.20	0.02
	Non-African data	oa		oa	oa	oa	oa	oa
050011	Fig, fresh, raw	24	0	0.09	0.04	0.10	0.05	0.02
	Non-African data	oa		oa	oa	oa	oa	oa
050014	Grapefruit, fresh, white, raw		0	0.02	0.02	0.04		
	Non-African data							
050013	Grapes, fresh, green, raw	1	0	0.10	0.01	0.12	0.09	0.02
	Non-African data	oa		oa	oa	oa	oa	oa
050015	Guava, fresh, raw	55	0	0.15	0.11	0.54	0.51	0.02
	Non-African data	oa		oa	oa	oa	oa	oa
	SD or Min-Max							
	n	1						
050017	Lemon, fresh, juice, raw	0	0	0.03	0.01	0.04	0.03	0.01
	Non-African data	oa		oa	oa	oa	oa	oa
050004	Lemon, fresh, pulp (flesh), raw	0	0	0.24	0.06	0.42	0.32	0.06
	Non-African data	oa		oa	oa	oa	oa	oa
050018	Lime, fresh, juice, raw		0	0.01	0.01	0.03	0.03	0
	Non-African data			oa	oa	oa	oa	oa
050008	Lime, fresh, pulp (flesh), raw		0	0.03	0.03	0.10	0.08	0.01
	Non-African data						oa	oa
050016	Mango, fresh, ripe, orange pulp (flesh), raw	86	0	0.05	0.04	0.02	0	0.02
	Non-African data	oa						
050022	Melon, cantaloupe, fresh, raw	12	0	0.03	0	0.05	0.03	0.01
	Non-African data	oa		oa	oa	oa	oa	oa

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	ASH
Fruits and their products										
050023	Orange, juice, fresh	*Ye'birtukan chimaki*	0.52	186(44)	88.6	0.7	0.1	10.0	0.2	0.4
Non-African data									oa	
050012	Orange, pulp, raw	*Birtukan*	0.75	179(43)	87.6	0.9	0.4	7.3	3.1	0.7
Non-African data										
050025	Papaya, ripe, fresh, raw	*Papaya*	0.79	129(31)	90.8	0.7	[0.1]	5.7	2.1	0.6
Non-African data										
050026	Passion fruit, purple skin, flesh and seeds, fresh, raw	*Hopi*	0.41	263(64)	77.8	1.8	0.5	7.2	11.7	1.1
Non-African data							oa			
SD or Min-Max					77.8					
n					2	1	1		1	1
050027	Peach, fresh, raw	*Kok*	0.91	304(72)	81.2	0.9	[0.7]	14.5	2.1	0.6
Non-African data									oa	
050028	Pear, with peel, fresh, raw	*Pear*	0.85	201(48)	86.0	0.4	0.2	9.1	4.0	0.3
Non-African data										
050029	Pineapple, fresh, raw	*Ananas*	0.78	210(50)	86.5	0.5	0.1	11.0	1.6	0.4
Non-African data										
050030	Plum, fresh, raw	*Preme*	0.96	215(51)	85.9	0.7	0.1	10.7	2.1	0.5
Non-African data							oa		oa	
050031	Pomegranate, fresh, raw	*Roman*	0.43	455(108)	69.9	2.1	0.4	21.0	5.8	0.8
Non-African data										
050034	Prickly pear, fruit, fresh, raw	*Beles*	0.78	286(68)	80.7	1.0	[0.8]	12.0	4.6	1.0
Non-African data									oa	
SD or Min-Max					1.0	0.9-1.1	0.7-0.8			0.9-1.0
n			1		3	2	2		1	2

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	SE
Fruits and their products											
050023	Orange, juice, fresh	10	0.1	9	16	128	0	0	0	0.02	0
Non-African data										oa	oa
050012	Orange, pulp, raw	23	0.2	10	13	165	5	0.05	0.03	0.02	0
Non-African data									oa	oa	oa
050025	Papaya, ripe, fresh, raw	15	0.5	8	13	220	4	0.15	0.05	0.04	1
Non-African data									oa	oa	oa
050026	Passion fruit, purple skin, flesh and seeds, fresh, raw	11	1.2	29	40	350	13	0.45	0.33	0.09	1
Non-African data				oa		oa				oa	oa
SD or Min-Max		11	1.2					0.45			
n		2	2	1	1	1	1	2	1	1	1
050027	Peach, fresh, raw	11	0.3	8	25	201	4	0.09	0.08	0.05	1
Non-African data										oa	oa
050028	Pear, with peel, fresh, raw	8	0.3	4	11	96	3	0.14	0.10	0.08	0
Non-African data										oa	oa
050029	Pineapple, fresh, raw	21	0.2	14	6	112	0	0.12	0.05	1.28	0
Non-African data										oa	
050030	Plum, fresh, raw	4	0.3	6	18	171	4	0.10	0.04	0.06	1
Non-African data										oa	oa
050031	Pomegranate, fresh, raw	57	1.2	9	37	354	6	0.58	0.17	0.24	1
Non-African data										oa	oa
050034	Prickly pear, fruit, fresh, raw	89	0.8	18	18	237	8	0.50	0.12	1.04	1
Non-African data										oa	oa
SD or Min-Max		66	0.3		14-22	236-239	8-9	0.61	0.06-0.18		
n		3	3	1	2	2	2	3	2	1	1

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Fruits and their products									
050023	Orange, juice, fresh	0.05	0.02	0.0	0	0	28	0	47
	Non-African data						oa		
050012	Orange, pulp, raw	0.04	0.03	0.4	0.2	0.04	37	0	45
	Non-African data					oa			
050025	Papaya, ripe, fresh, raw	0.01	0.09	0.6	0.4	0.02	37	0	59
	Non-African data						oa		
050026	Passion fruit, purple skin, flesh and seeds, fresh, raw	0.02	0.13	1.9	1.5	0.10	14	0	29
	Non-African data		oa		oa	oa	oa		
	SD or Min-Max								
	n	1	1		1	1	1		1
050027	Peach, fresh, raw	0.02	0.02	0.8	0.7	0.10	2	0	22
	Non-African data					oa			
050028	Pear, with peel, fresh, raw	0.03	0.03	0.3	0.3	0.09	1	0	4
	Non-African data					oa			
050029	Pineapple, fresh, raw	0.06	0.01	0.2	0.2	0.07	18	0	9
	Non-African data								
050030	Plum, fresh, raw	0.02	0.02	0.6	0.5	0.05	1	0	3
	Non-African data					oa			
050031	Pomegranate, fresh, raw	0.08	0.20	0.6	0.4	0.23	35	0	29
	Non-African data								
050034	Prickly pear, fruit, fresh, raw	0.01	0.05	0.7	0.5	0.06	12	0	20
	Non-African data					oa			oa
	SD or Min-Max	0.01	0.04-0.05						
	n	2	2		1	1	1		1

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	TOCPHA
Fruits and their products								
050023	Orange, juice, fresh	39	0	6	3	0	0.04	0.03
Non-African data								oa
050012	Orange, pulp, raw	57	0	9	5	0	0.04	0.03
Non-African data								oa
050025	Papaya, ripe, fresh, raw	434	0	72	36	0	0.04	0.03
Non-African data								oa
050026	Passion fruit, purple skin, flesh and seeds, fresh, raw	764	0	127	64	0		0.02
Non-African data								oa
SD or Min-Max								
n								1
050027	Peach, fresh, raw	17	0	3	1	0	0.02	0.02
Non-African data								oa
050028	Pear, with peel, fresh, raw	4	0	1	0	0	0.19	0.18
Non-African data								
050029	Pineapple, fresh, raw	0	0	0	0	0	0	0
Non-African data								
050030	Plum, fresh, raw	0	0	0	0	0	0.16	0.16
Non-African data								
050031	Pomegranate, fresh, raw	30	0	5	3	0	0.03	0.01
Non-African data								oa
050034	Prickly pear, fruit, fresh, raw	27	0	5	2	0		0.05
Non-African data								
SD or Min-Max								
n								1

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Fruits and their products								
050023	Orange, juice, fresh		0	0.03	0.02	0.03	0.02	0
	Non-African data							
050012	Orange, pulp,raw	10	0	0.11	0.06	0.15	0.11	0.02
	Non-African data			oa	oa	oa	oa	oa
050025	Papaya, ripe, fresh, raw	25	0	0.03	0.02	0.03	0.01	0.01
	Non-African data	oa		oa	oa	oa	oa	oa
050026	Passion fruit, purple skin, flesh and seeds, fresh, raw	83	0	0.04	0.06	0.30	0	0
	Non-African data						oa	oa
	SD or Min-Max							
	n	1						
050027	Peach, fresh, raw	5	0	0.05	0.40	0.12	0.12	0
	Non-African data	oa		oa	oa	oa	oa	oa
050028	Pear, with peel, fresh, raw	5	0	0.06	0.02	0.08	0.07	0.01
	Non-African data	oa		oa	oa	oa	oa	oa
050029	Pineapple, fresh, raw	9	0	0.02	0.02	0.01	tr	tr
	Non-African data							
050030	Plum, fresh, raw	4	0	0.01	0.05	0.02	0.02	0
	Non-African data	oa		oa	oa	oa	oa	oa
050031	Pomegranate, fresh, raw	84	0	0.12	0.11	0.12	0.11	0
	Non-African data	oa		oa	oa	oa	oa	oa
050034	Prickly pear, fruit, fresh, raw	39	0	0.11	0.13	0.36		
	Non-African data							
	SD or Min-Max							
	n	1						

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Fruits and their products										
050032	Tamarind, fruit, ripe, dried	*Roka*	0.44	1410(332)	11.9	4.0	1.1	73.6	5.9	3.5
Non-African data									oa	
050033	Tangerine, juice, fresh, raw	*Ye'menderin chimaki*	0.46	194(46)	88.3	0.6	0.2	10.3	0.2	0.4
Non-African data							oa		oa	
050021	Tangerine, pulp (flesh), fresh, raw	*Menderin*	0.66	267(63)	83.5	1.0	[0.4]	13.1	1.5	0.5
Non-African data									oa	
050035	Watermelon, fresh, raw	*Habab*	0.52	110(26)	92.9	0.6	[0.1]	5.3	0.9	0.3
Non-African data										
SD or Min-Max					1.6	0.2	0.1			
n					5	5	5		1	1
Nuts, seeds, and their products										
060006	Groundnut (peanut), butter, with salt	*Ye'lewz kibe be'chew*	1.00	2620(632)	0.3	25.4	[52.2]	10.8	8.8	2.5
Non-African data										
SD or Min-Max					0.1		1.9			0.2
n			1		4	1	4			4
060004	Groundnut (peanut), fresh, raw	*Ye'lewz (ocholoni) eshet*	0.65	1270(307)	50.1	12.0	24.2	8.4	4.0	1.3
Non-African data					oa		oa		oa	oa
060005	Groundnut (peanut), dry, raw	*Lewz (ocholoni), yedereke, ti're*	0.97	2420(583)	5.5	23.8	[45.9]	14.5	8.3	2.0
Non-African data										
SD or Min-Max					5.4-5.7					
n					2	1	1		1	1
060007	Groundnut (peanut), dry, roasted, no fat or salt added	*Lewze (ocholoni), yedereke, yetekola*	0.97	2530(611)	2.4	24.5	49.8	11.2	9.7	2.3
Non-African data										

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Fruits and their products											
050032	Tamarind, fruit, ripe, dried	167	1.9	96	136	810	33	0.68	0.39	0.58	2
Non-African data										oa	oa
050033	Tangerine, juice, fresh, raw	12	0.2	11	20	178	1	0.03	0.03	0.04	0
Non-African data			oa			oa	oa	oa	oa	oa	oa
050021	Tangerine, pulp (flesh), fresh, raw	48	0.6	17	21	139	5	0.05	0.02	0.03	0
Non-African data										oa	oa
050035	Watermelon, fresh, raw	8	0.8	10	15	111	9	0.09	0.09	0.03	0
Non-African data										oa	oa
SD or Min-Max					3	13	2	0.04			
n		5	2	1	5	4	4	4	1	1	1
Nuts, seeds, and their products											
060006	Groundnut (peanut), butter, with salt	124	5.8	238	246	667	483	2.37	0.65	1.93	15
Non-African data							oa		oa	oa	oa
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
060004	Groundnut (peanut), fresh, raw	15	0.9	100	200	450	1	1.20	0.50	0.75	1
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa
060005	Groundnut (peanut), dry, raw	51	3.0	189	252	619	6	2.61	0.79	1.62	3
Non-African data											
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
060007	Groundnut (peanut), dry, roasted, no fat or salt added	45	2.7	192	386	627	62	2.70	0.76	1.79	39
Non-African data										oa	

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Fruits and their products									
050032	Tamarind, fruit, ripe, dried	0.10	0.05	2.6	2.0	0.08	[11]	0	5
Non-African data									
050033	Tangerine, juice, fresh, raw	0.04	0.02	0.2	0.1	0.04	21	0	37
Non-African data			oa		oa	oa			
050021	Tangerine, pulp (flesh), fresh, raw	0.08	0.07	0.4	0.3	0.07	14	0	36
Non-African data						oa			
050035	Watermelon, fresh, raw	0.02	0.07	0.2	0.1	0.07	8	0	6
Non-African data									
SD or Min-Max									
n		1	1		1	1	1		1
Nuts, seeds, and their products									
060006	Groundnut (peanut), butter, with salt	0.90	0.15	20.0	16.0	0.12	160	0	6
Non-African data					oa	oa	oa		oa
SD or Min-Max									
n		1	1		1	1	1		1
060004	Groundnut (peanut), fresh, raw	0.54	0.09	12.0	10.0	0.21	150	0	20
Non-African data			oa		oa	oa	oa		oa
060005	Groundnut (peanut), dry, raw	0.87	0.14	20.0	15.0	0.23	110	0	1
Non-African data						oa			
SD or Min-Max									
n		1	1		1	1	1		1
060007	Groundnut (peanut), dry, roasted, no fat or salt added	0.07	0.03	17.0	15.0	0.13	96	0	0
Non-African data							oa		

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Fruits and their products								
050032	Tamarind, fruit, ripe, dried	45	0	8	4	0	0.10	0.10
	Non-African data							oa
050033	Tangerine, juice, fresh, raw	152	0	25	13	0	0.14	0.13
	Non-African data							oa
050021	Tangerine, pulp (flesh), fresh, raw	409	0	68	34	0	0.27	0.26
	Non-African data							
050035	Watermelon, fresh, raw	279	0	47	23	0	0.10	0.10
	Non-African data							
	SD or Min-Max							
	n							1
Nuts, seeds, and their products								
060006	Groundnut (peanut), butter, with salt	0	0	0	0	0		7.70
	Non-African data					oa		oa
	SD or Min-Max							
	n		1			1		1
060004	Groundnut (peanut), fresh, raw	5	0	1	0	0	7.60	7.20
	Non-African data							oa
060005	Groundnut (peanut), dry, raw	23	0	4	2	0	4.30	4.30
	Non-African data							oa
	SD or Min-Max							
	n							1
060007	Groundnut (peanut), dry, roasted, no fat or salt added	4	0	1	0	0	4.90	4.70
	Non-African data							

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Fruits and their products								
050032	Tamarind, fruit, ripe, dried	3	0	0.30	0.38	0.19	0.05	0.03
	Non-African data			oa	oa	oa	oa	oa
050033	Tangerine, juice, fresh, raw		0	0.04	0.06	0.06	0.04	0.02
	Non-African data			oa	oa	oa	oa	oa
050021	Tangerine, pulp (flesh), fresh, raw		0	0.08	0.12	0.13	0.08	0.05
	Non-African data			oa	oa	oa	oa	oa
050035	Watermelon, fresh, raw	0	0	0.03	0.01	0.04	0.03	0
	Non-African data			oa	oa	oa	oa	oa
	SD or Min-Max							
	n	4						
Nuts, seeds, and their products								
060006	Groundnut (peanut), butter, with salt	624	0	10.60	26.50	12.80	12.50	0.03
	Non-African data		oa	oa	oa	oa	oa	oa
	SD or Min-Max							
	n	1	1					
060004	Groundnut (peanut), fresh, raw		0	4.29	11.70	7.09	7.09	0.04
	Non-African data			oa	oa	oa	oa	oa
060005	Groundnut (peanut), dry, raw	339	0	9.26	21.40	13.20	13.10	0.04
	Non-African data							
	SD or Min-Max							
	n	1						
060007	Groundnut (peanut), dry, roasted, no fat or salt added		0	8.67	24.60	14.30	14.30	0.06
	Non-African data							

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Nuts, seeds, and their products										
060008	Linseed, whole, dried, raw	*Telba, yedereke, ti're*	1.00	1950(473)	6.8	16.7	[33.2]	13.9	25.8	3.6
Non-African data									oa	
SD or Min-Max					1.4	16.5-17.0	29.7-36.7			
n			1		3	2	2		1	1
060023	Linseed, whole, dried, roasted	*Yetekola teleba*	1.00	2080(503)	0.9	17.8	35.3	14.8	27.5	3.8
060010	Mustard, seed, brown, raw	*Senafich, ti're*	1.00	1890(453)	5.5	22.7	[25.5]	26.2	14.1	6.0
Non-African data									oa	
SD or Min-Max							23.6-27.4			
n			1		1	1	2		1	1
060011	Niger seed, black, whole, dried, raw	*Nug, yedereke, ti're*	1.00	1980(481)	7.1	16.1	[37.5]	6.1	27.3	5.9
Non-African data										
SD or Min-Max					2.0	1.9	33.4-41.5			
n					3	3	2		1	1
060014	Niger seed, black, whole, roasted	*Nug, yetekola*	1.00	2100(510)	3.9	17.3	40.2	5.8	28.3	4.6
Non-African data										
060009	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	*Nuts*	1.00	2670(646)	3.2	15.5	56.2	16.8	5.5	2.9
Non-African data					oa		oa		oa	oa
060017	Pumpkin seed, kernel, dried, raw	*Ye'dubba fire, yedereke, ti're*	0.76	2320(559)	8.0	24.3	44.2	13.0	5.8	4.7
Non-African data									oa	
060018	Safflower seed, whole, dried, raw	*Suf, yedereke, ti're*	1.00	1920(460)	7.7	11.2	[25.1]	40.6	13.1	2.2
Non-African data									oa	
SD or Min-Max					0.6	8.1-14.3				
n			1		3	2	1		1	1

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Nuts, seeds, and their products											
060008	Linseed, whole, dried, raw	227	29.4	350	454	789	52	8.34	3.93	2.17	47
Non-African data										oa	oa
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
060023	Linseed, whole, dried, roasted	241	31.3	372	483	840	55	8.87	4.18	2.30	50
060010	Mustard, seed, brown, raw	527	16.5	226	694	391	2	4.01	0.42	4.23	71
Non-African data										oa	oa
SD or Min-Max											
n		1		1	1	1	1	1	1	1	1
060011	Niger seed, black, whole, dried, raw	331	17.7	353	843	680	7	3.96	1.06	3.00	22
Non-African data			oa							oa	
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
060014	Niger seed, black, whole, roasted	461	11.7	365	820	704	8	4.10	1.10	3.11	23
Non-African data										oa	
060009	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	106	2.6	251	449	544	11	4.66	1.80	1.55	29
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	
060017	Pumpkin seed, kernel, dried, raw	50	5.5	520	1440	564	5	8.65	4.56	4.41	9
Non-African data										oa	oa
060018	Safflower seed, whole, dried, raw	206	4.0	313	627	536	3	3.80	0.55	0.55	6
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Nuts, seeds, and their products									
060008	Linseed, whole, dried, raw	0.35	0.11	6.4	2.0	0.35	87	0	8
Non-African data						oa	oa		
SD or Min-Max									
n		1	1		1	1	1		1
060023	Linseed, whole, dried, roasted	0.30	0.12	6.8	2.1	0.37	79	0	7
060010	Mustard, seed, brown, raw	0.67	0.29	9.2	4.5	0.24	77	0	3
Non-African data		oa				oa			
SD or Min-Max									
n		1	1		1	1	1		1
060011	Niger seed, black, whole, dried, raw	0.88	0.43	5.4	3.3	0.18	[120]	0	7
Non-African data									
SD or Min-Max									
n		1	1		1	1	1		1
060014	Niger seed, black, whole, roasted	0.78	0.79	5.5	3.3	0.17	[86]	0	0
Non-African data									
060009	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	0.50	0.49	6.2	2.0	0.18	56	0	1
Non-African data		oa	oa		oa	oa	oa		oa
060017	Pumpkin seed, kernel, dried, raw	0.33	0.16	13.0	4.8	0.14	56	0	2
Non-African data					oa	oa	oa		oa
060018	Safflower seed, whole, dried, raw	0.83	0.15	2.8	1.1	0.91	[80]	0	0
Non-African data		oa	oa		oa	oa	oa		oa
SD or Min-Max									
n		1	1		1	1	1		1

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Nuts, seeds, and their products								
060007	Groundnut (peanut), dry, roasted, no fat or salt added	4	0	1	0	0	4.90	4.70
	Non-African data							
060008	Linseed, whole, dried, raw	1	0	0	0	0	8.30	7.80
	Non-African data							oa
	SD or Min-Max							
	n							1
060023	Linseed, whole, dried, roasted	1	0	0	0	0	8.80	8.30
060010	Mustard, seed, brown, raw	37	0	6	3	0	1.50	1.40
	Non-African data							oa
	SD or Min-Max							
	n							1
060011	Niger seed, black, whole, dried, raw	25	0	4	2	0	2.70	2.60
	Non-African data							oa
	SD or Min-Max							
	n							1
060014	Niger seed, black, whole, roasted	24	0	4	2	0	2.80	2.70
	Non-African data							oa
060009	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	5	0	1	0	0		7.70
	Non-African data							oa
060017	Pumpkin seed, kernel, dried, raw	23	0	4	2	0		0.35
	Non-African data							
060018	Safflower seed, whole, dried, raw	2	0	0	0	0	36.00	32.00
	Non-African data							oa
	SD or Min-Max							
	n							1

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Nuts, seeds, and their products								
060008	Linseed, whole, dried, raw	1830	0	3.89	6.69	21.10	4.18	11.30
Non-African data		oa		oa	oa	oa	oa	oa
SD or Min-Max								
n		1						
060023	Linseed, whole, dried, roasted	1950	0	4.13	7.12	22.50	4.44	12.00
060010	Mustard, seed, brown, raw	132	0	1.61	16.00	6.78	3.75	0.71
Non-African data		oa		oa	oa	oa	oa	oa
SD or Min-Max								
n		1						
060011	Niger seed, black, whole, dried, raw	1920	0	5.77	8.76	21.30	21.20	0.04
Non-African data		oa		oa	oa	oa	oa	oa
SD or Min-Max								
n		1						
060014	Niger seed, black, whole, roasted		0	6.55	6.44	25.40	25.30	0.07
Non-African data								
060009	Nuts, mixed nuts, oil roasted, without peanuts, with salt added		0	8.71	32.70	12.30		
Non-African data				oa	oa	oa		
060017	Pumpkin seed, kernel, dried, raw		0	7.98	15.00	19.30	19.00	0.11
Non-African data				oa	oa	oa	oa	oa
060018	Safflower seed, whole, dried, raw	1050	0	2.45	3.46	18.10	18.10	0.02
Non-African data		oa		oa	oa	oa		
SD or Min-Max								
n		1						

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Nuts, seeds, and their products										
060022	Sesame seed, kernel, raw	*Selit, ti're*	1.00	2570(621)	4.8	23.3	54.8	3.4	10.7	3.0
	Non-African data								oa	oa
060024	Sesame seed, kernel, roasted	*Yetekola selit*	1.00	2670(647)	0.8	24.3	57.1	3.5	11.2	3.1
060021	Sesame seed, whole, dried, raw	*Selit, yedereke, ti're*	1.00	2460(596)	4.4	18.6	[52.0]	6.2	14.4	4.4
	Non-African data									
	SD or Min-Max				1.7	3.8	3.1			
	n				5	3	16		1	1
060012	Sesame seed, whole, dry roasted	*Selit, yedereke, yetekola*	1.00	2540(615)	2.9	18.0	56.1	1.2	16.7	5.1
	Non-African data									
Meat, poultry, and their products										
070005	Beef, brain, raw	*Ye'bere angol, ti're*	1.00	515(124)	78.5	9.5	[8.6]	2.1	0	1.3
	Non-African data									
070067	Beef, heart, boiled, as part of a recipe (without salt)	*Yetekekele ye'bere libe kenewuhaw*	0.94	873(208)	59.0	27.3	10.3	1.6	0	1.8
070066	Beef, heart, boiled, drained (without salt)	*Yetekekele ye'bere libe*	0.94	873(208)	59.0	27.3	10.3	1.6	0	1.8
070006	Beef, heart, raw	*Ye'bere libe, ti're*	0.96	532(127)	75.0	16.6	[6.3]	1.0	0	1.1
	Non-African data									
070069	Beef, kidney, boiled, drained (without salt)	*Yetekekele ye'bere kulalit*	0.82	970(231)	50.8	28.8	8.4	10.1	0	2.0
070071	Beef, kidney, grilled (without salt or fat)	*Yetetebese ye'bere kulalit*	0.82	779(184)	57.1	27.4	4.0	9.6	0	1.9
070008	Beef, kidney, raw	*Ye'bere kulalit, ti're*	0.88	591(141)	70.0	17.6	5.1	6.1	0	1.2
	Non-African data									
070072	Beef, liver, boiled, drained (without salt)	*Yetekekele ye'bere gubet*	1.00	800(190)	57.7	32.3	6.4	0.9	0	2.7
070074	Beef, liver, grilled (without salt or fat)	*Yetetebese ye'bere gubet*	1.00	538(127)	68.8	26.0	2.3	0.7	0	2.2

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Nuts, seeds, and their products											
060022	Sesame seed, kernel, raw	131	7.8	347	776	407	40	10.30	2.15	1.64	50
Non-African data										oa	oa
060024	Sesame seed, kernel, roasted	136	8.1	361	808	424	42	10.70	2.24	1.70	52
060021	Sesame seed, whole, dried, raw	1450	10.8	343	459	449	2	4.33	2.07	1.75	17
Non-African data										oa	
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
060012	Sesame seed, whole, dry roasted	1040	16.0	348	627	456	3	4.40	2.10	1.75	17
Non-African data										oa	
Meat, poultry, and their products											
070005	Beef, brain, raw	19	3.0	16	263	320	127	1.18	0.29	0.03	17
Non-African data				oa		oa	oa	oa	oa	oa	oa
070067	Beef, heart, boiled, as part of a recipe (without salt)	25	7.2	26	280	423	116	2.46	0.61	0.05	34
070066	Beef, heart, boiled, drained (without salt)	20	6.9	21	196	254	69	2.09	0.49	0.05	34
070006	Beef, heart, raw	15	4.4	16	171	258	71	1.50	0.37	0.03	21
Non-African data				oa		oa	oa	oa	oa	oa	oa
070069	Beef, kidney, boiled, drained (without salt)	8	20.2	32	277	358	249	5.17	0.87	0.11	300
070071	Beef, kidney, grilled (without salt or fat)	9	19.3	32	301	426	336	4.92	0.83	0.11	280
070008	Beef, kidney, raw	6	13.0	24	241	364	253	3.71	0.67	0.07	180
Non-African data										oa	oa
070072	Beef, liver, boiled, drained (without salt)	18	14.7	21	316	145	68	4.58	4.05	0.38	26
070074	Beef, liver, grilled (without salt or fat)	18	11.8	18	291	145	78	3.69	3.26	0.31	21

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Nuts, seeds, and their products									
060022	Sesame seed, kernel, raw	0.72	0.09	11.0	4.7	0.49	100	0	0
Non-African data						oa			
060024	Sesame seed, kernel, roasted	0.60	0.09	12.0	4.9	0.51	89	0	0
060021	Sesame seed, whole, dried, raw	0.68	0.04	8.8	5.5	0.53	[100]	0	5
Non-African data									
SD or Min-Max									
n		1	1		1	1	1		1
060012	Sesame seed, whole, dry roasted	0.60	0.13	6.7	5.2	0.49	[73]	0	0
Non-African data									
Meat, poultry, and their products									
070005	Beef, brain, raw	0.13	0.10	5.1	2.9	0.25	3	9.50	12
Non-African data						oa	oa	oa	
070067	Beef, heart, boiled, as part of a recipe (without salt)	0.17	0.95	9.8	3.2	0.33	3	11.00	2
070066	Beef, heart, boiled, drained (without salt)	0.15	0.76	8.3	1.8	0.18	3	8.40	2
070006	Beef, heart, raw	0.13	0.58	6.2	2.2	0.25	3	8.60	2
Non-African data						oa	oa	oa	oa
070069	Beef, kidney, boiled, drained (without salt)	0.34	6.80	11.0	5.0	0.38	85	27.00	10
070071	Beef, kidney, grilled (without salt or fat)	0.40	7.70	14.0	8.1	0.64	110	32.00	11
070008	Beef, kidney, raw	0.30	5.20	10.0	6.1	0.51	80	27.00	9
Non-African data									
070072	Beef, liver, boiled, drained (without salt)	0.20	2.30	15.0	11.0	0.64	270	100.00	15
070074	Beef, liver, grilled (without salt or fat)	0.20	2.20	18.0	15.0	0.92	280	100.00	13

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Nuts, seeds, and their products								
060022	Sesame seed, kernel, raw	40	0	7	3	0		0
Non-African data								oa
060024	Sesame seed, kernel, roasted	40	0	7	3	0		0
060021	Sesame seed, whole, dried, raw	17	0	3	1	0	2.40	0.10
Non-African data								oa
SD or Min-Max								
n								1
060012	Sesame seed, whole, dry roasted	17	0	3	1	0	2.40	0
Non-African data								
Meat, poultry, and their products								
070005	Beef, brain, raw	88	2	17	10	0.7	0.10	0.10
Non-African data			oa			oa		oa
070067	Beef, heart, boiled, as part of a recipe (without salt)	0	15	15	15	8.9	0.16	0.16
070066	Beef, heart, boiled, drained (without salt)	0	13	13	13	8.4	0.15	0.15
070006	Beef, heart, raw	0	10	10	10	5.7	0.10	0.10
Non-African data			oa			oa		oa
070069	Beef, kidney, boiled, drained (without salt)	18	129	132	130	0.7	0.12	0.12
070071	Beef, kidney, grilled (without salt or fat)	20	138	141	140	0.7	0.13	0.13
070008	Beef, kidney, raw	14	98	100	99	0.5	0.08	0.08
Non-African data		oa	oa					oa
070072	Beef, liver, boiled, drained (without salt)	296	23600	23600	23600	1.5	0.82	0.82
070074	Beef, liver, grilled (without salt or fat)	268	21400	21400	21400	1.3	0.73	0.73

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Nuts, seeds, and their products								
060022	Sesame seed, kernel, raw		0	8.15	20.80	23.50	23.20	0.21
	Non-African data						oa	oa
060024	Sesame seed, kernel, roasted		0	8.49	21.60	24.40	24.20	0.22
060021	Sesame seed, whole, dried, raw	932	0	7.58	18.20	23.90	23.60	0.22
	Non-African data	oa						
	SD or Min-Max							
	n	1						
060012	Sesame seed, whole, dry roasted		0	8.15	20.80	24.90	24.70	0.18
	Non-African data							
Meat, poultry, and their products								
070005	Beef, brain, raw	0	1670	2.31	1.73	0.79	0.04	0.01
	Non-African data		oa	oa	oa	oa	oa	oa
070067	Beef, heart, boiled, as part of a recipe (without salt)	0	268	4.28	2.45	1.42	1.02	0.01
070066	Beef, heart, boiled, drained (without salt)	0	268	4.28	2.45	1.42	1.02	0.01
070006	Beef, heart, raw	0	164	2.61	1.50	0.87	0.62	tr
	Non-African data		oa	oa	oa	oa	oa	oa
070069	Beef, kidney, boiled, drained (without salt)	0	914	2.62	1.80	1.82	0.93	0.01
070071	Beef, kidney, grilled (without salt or fat)	0	871	1.26	0.87	0.88	0.45	tr
070008	Beef, kidney, raw	0	558	1.60	1.10	1.11	0.56	tr
	Non-African data		oa				oa	oa
070072	Beef, liver, boiled, drained (without salt)	0	397	2.18	0.90	1.64	0.46	0.12
070074	Beef, liver, grilled (without salt or fat)	0	320	0.78	0.32	0.59	0.16	0.04

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Meat, poultry, and their products										
070009	Beef, liver, raw	*Ye'bere gubet, ti're*	1.00	528(125)	72.1	21.3	4.2	0.6	0	1.8
	Non-African data									
070060	Beef, meat, assorted parts, lean, fresh, boiled, as part of a recipe (without salt)	*Yetekekele keye ye'bere siga kenewuhaw*	0.84	782(186)	58.2	32.9	6.0	0	0	1.5
070062	Beef, meat, assorted parts, lean, fresh, grilled (without salt or fat)	*Yetetebese keye ye'bere siga*	0.87	651(155)	65.1	27.4	5.0	0	0	1.3
070002	Beef, meat, assorted parts, lean, fresh, raw	*Ye'bere siga, keye, ti're*	0.90	469(111)	74.9	19.8	[3.6]	0	0	0.9
	Non-African data									
070063	Beef, meat, assorted parts, medium fat, fresh, boiled, as part of a recipe (without salt)	*Yetetebese ye'bere siga kenewuhaw*	1.00	1090(259)	48.8	37.1	12.3	0	0	1.7
070065	Beef, meat, assorted parts, medium fat, fresh, grilled (without salt or fat)	*Yetetebese ye'bere siga*	1.00	805(192)	60.1	30.9	7.6	0	0	1.4
070003	Beef, meat, assorted parts, medium fat, fresh, raw	*Ye'bere siga, ti're*	1.00	652(156)	69.3	22.3	7.4	0	0	1.0
	Non-African data									
	SD or Min-Max				68.8-69.8	21.6-22.9	6.5-8.3			1.0
	n		1		2	2	2			2
070153	Beef, meat, lean, minced, cooked with butter, spices and salt	*Kitfo*	1.00	894(197)	63.1	16.8	15.9	1.0	0.4	2.2
070160	Beef, meat, lean, minced, stew with boiled eggs, onion, oil, butter, spices and salt	*Minchet wot, alicha*	1.00	816(204)	69.8	8.3	16.9	2.4	0.8	1.5
070159	Beef, meat, lean, minced, stew, with tomato, onion, oil, red pepper spice blend, butter spices and salt	*Minchet wot, keye*	1.00	844(204)	66.3	8.1	16.8	4.1	2.1	2.4
070150	Beef, meat, lean, fried, stew, with oil, tomato, onion, butter, red pepper spice blend and salt	*Ye'bere siga tibs wot, keye*	1.00	931(225)	65.3	7.3	20.1	3.0	1.6	2.4
070149	Beef, meat, lean, stew, with onion, oil, green pepper, turmeric and salt	*Ye'bere siga wot, alicha*	1.00	809(195)	69.1	10.9	15.9	1.8	0.6	1.2
070148	Beef, meat, lean, stew, with onion, oil, red pepper spice blend, butter, spices and salt	*Ye'bere siga wot, keye*	1.00	969(234)	60.9	11.6	18.8	3.5	2.2	2.6

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Meat, poultry, and their products											
070009	Beef, liver, raw	15	10.2	17	298	159	75	3.56	3.34	0.25	17
Non-African data										oa	
070060	Beef, meat, assorted parts, lean, fresh, boiled, as part of a recipe (without salt)	28	5.5	39	262	480	104	7.50	0.13	0.01	22
070062	Beef, meat, assorted parts, lean, fresh, grilled (without salt or fat)	21	4.4	27	196	340	73	6.25	0.10	0.01	18
070002	Beef, meat, assorted parts, lean, fresh, raw	17	3.3	23	157	288	62	4.50	0.08	0.01	13
Non-African data										oa	
070063	Beef, meat, assorted parts, medium fat, fresh, boiled, as part of a recipe (without salt)	7	3.8	24	240	238	47	7.42	0.13	0.02	23
070065	Beef, meat, assorted parts, medium fat, fresh, grilled (without salt or fat)	6	3.0	27	246	337	73	6.18	0.11	0.01	19
070003	Beef, meat, assorted parts, medium fat, fresh, raw	5	2.3	23	197	285	62	4.45	0.08	0.01	14
Non-African data										oa	
SD or Min-Max		5-6	2.0-2.5	22-23	195-199	283-288	62	4.40-4.50	0.08		13-14
n		2	2	2	2	2	2	2	2	1	2
070153	Beef, meat, lean, minced, cooked with butter, spices and salt	16	3.0	24	133	248	488	3.80	0.08	0.12	11
070160	Beef, meat, lean, minced, stew with boiled eggs, onion, oil, butter, spices and salt	18	1.8	16	80	164	383	1.76	0.08	0.10	7
070159	Beef, meat, lean, minced, stew, with tomato, onion, oil, red pepper spice blend, butter spices and salt	19	1.9	18	77	211	374	1.74	0.08	0.11	5
070150	Beef, meat, lean, fried, stew, with oil, tomato, onion, butter, red pepper spice blend and salt	17	1.7	17	67	176	526	1.61	0.07	0.26	5
070149	Beef, meat, lean, stew, with onion, oil, green pepper, turmeric and salt	17	2.1	17	95	199	245	2.48	0.08	0.08	7
070148	Beef, meat, lean, stew, with onion, oil, red pepper spice blend, butter, spices and salt	22	2.4	19	100	211	350	2.55	0.09	0.10	7

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Meat, poultry, and their products									
070009	Beef, liver, raw	0.19	1.90	17.0	14.0	0.94	270	110.00	14
Non-African data									
070060	Beef, meat, assorted parts, lean, fresh, boiled, as part of a recipe (without salt)	0.03	0.25	9.7	4.1	0.14	tr	2.80	0
070062	Beef, meat, assorted parts, lean, fresh, grilled (without salt or fat)	0.03	0.19	8.1	3.4	0.11	tr	2.70	0
070002	Beef, meat, assorted parts, lean, fresh, raw	0.03	0.15	6.5	3.1	0.14	[tr]	2.40	0
Non-African data									
070063	Beef, meat, assorted parts, medium fat, fresh, boiled, as part of a recipe (without salt)	0.02	0.12	12.0	5.1	0.10	tr	1.90	0
070065	Beef, meat, assorted parts, medium fat, fresh, grilled (without salt or fat)	0.03	0.11	12.0	6.2	0.11	tr	2.10	0
070003	Beef, meat, assorted parts, medium fat, fresh, raw	0.03	0.09	9.4	5.5	0.13	[tr]	1.90	0
Non-African data									
SD or Min-Max		0.03	0.08		5.4-5.7	0.13-0.14	tr		0
n		2	2		2	2	2	1	2
070153	Beef, meat, lean, minced, cooked with butter, spices and salt	0.03	0.13	5.5	2.6	0.11	0	2.10	0
070160	Beef, meat, lean, minced, stew with boiled eggs, onion, oil, butter, spices and salt	0.02	0.09	2.3	1.0	0.06	6	0.75	2
070159	Beef, meat, lean, minced, stew, with tomato, onion, oil, red pepper spice blend, butter spices and salt	0.03	0.08	2.4	1.0	0.07	7	0.60	8
070150	Beef, meat, lean, fried, stew, with oil, tomato, onion, butter, red pepper spice blend and salt	0.02	0.06	2.2	1.0	0.06	4	0.57	4
070149	Beef, meat, lean, stew, with onion, oil, green pepper, turmeric and salt	0.02	0.09	3.3	1.4	0.07	2	0.91	3
070148	Beef, meat, lean, stew, with onion, oil, red pepper spice blend, butter, spices and salt	0.02	0.09	3.4	1.4	0.07	3	0.92	2

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Meat, poultry, and their products								
070009	Beef, liver, raw	244	19500	19500	19500	1.1	0.60	0.60
	Non-African data							oa
070060	Beef, meat, assorted parts, lean, fresh, boiled, as part of a recipe (without salt)	13	8	10	9	tr	2.70	2.70
070062	Beef, meat, assorted parts, lean, fresh, grilled (without salt or fat)	10	6	8	7	tr	1.20	1.20
070002	Beef, meat, assorted parts, lean, fresh, raw	10	6	8	7	tr	1.60	1.60
	Non-African data							
070063	Beef, meat, assorted parts, medium fat, fresh, boiled, as part of a recipe (without salt)	6	11	12	12	tr	1.80	1.80
070065	Beef, meat, assorted parts, medium fat, fresh, grilled (without salt or fat)	5	9	10	10	tr	1.10	1.10
070003	Beef, meat, assorted parts, medium fat, fresh, raw	5	9	10	9	tr	1.50	1.50
	Non-African data							
	SD or Min-Max							1.30-1.60
	n		1			1		2
070153	Beef, meat, lean, minced, cooked with butter, spices and salt	58	68	78	73	0.2	1.90	1.90
070160	Beef, meat, lean, minced, stew with boiled eggs, onion, oil, butter, spices and salt	11	19	20	19	0.2		5.10
070159	Beef, meat, lean, minced, stew, with tomato, onion, oil, red pepper spice blend, butter spices and salt	126	12	33	23	0.0		5.10
070150	Beef, meat, lean, fried, stew, with oil, tomato, onion, butter, red pepper spice blend and salt	82	17	31	24	0.1		5.90
070149	Beef, meat, lean, stew, with onion, oil, green pepper, turmeric and salt	15	3	5	4	0		5.80
070148	Beef, meat, lean, stew, with onion, oil, red pepper spice blend, butter, spices and salt	10	9	11	10	0.0		6.10

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Meat, poultry, and their products								
070009	Beef, liver, raw	0	262	1.44	0.59	1.08	0.30	0.08
Non-African data								
070060	Beef, meat, assorted parts, lean, fresh, boiled, as part of a recipe (without salt)	0	82	3.06	2.03	0.41	0.18	0.05
070062	Beef, meat, assorted parts, lean, fresh, grilled (without salt or fat)	0	69	2.55	1.69	0.34	0.15	0.04
070002	Beef, meat, assorted parts, lean, fresh, raw	0	49	1.84	1.22	0.25	0.11	0.03
Non-African data				oa	oa	oa		
070063	Beef, meat, assorted parts, medium fat, fresh, boiled, as part of a recipe (without salt)	0	85	5.97	4.87	0.44	0.20	0.06
070065	Beef, meat, assorted parts, medium fat, fresh, grilled (without salt or fat)	0	71	3.66	2.98	0.27	0.12	0.04
070003	Beef, meat, assorted parts, medium fat, fresh, raw	0	51	3.58	2.92	0.27	0.12	0.04
Non-African data								
SD or Min-Max			49-53					
n			2					
070153	Beef, meat, lean, minced, cooked with butter, spices and salt	2	51	9.48	4.73	0.73	0.48	0.08
070160	Beef, meat, lean, minced, stew with boiled eggs, onion, oil, butter, spices and salt	2	20	3.72	4.66	7.65	7.51	0.06
070159	Beef, meat, lean, minced, stew, with tomato, onion, oil, red pepper spice blend, butter spices and salt	2	19	3.62	4.53	7.74	7.61	0.08
070150	Beef, meat, lean, fried, stew, with oil, tomato, onion, butter, red pepper spice blend and salt	3	19	4.51	5.43	9.11	8.97	0.09
070149	Beef, meat, lean, stew, with onion, oil, green pepper, turmeric and salt	2	26	2.45	4.32	8.34	8.22	0.06
070148	Beef, meat, lean, stew, with onion, oil, red pepper spice blend, butter, spices and salt	1	28	3.62	5.07	9.05	8.90	0.10

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Meat, poultry, and their products										
070156	Beef, meat, lean, stir fried, with onion, tomato, oil, green pepper, butter, spices and salt	*Ye'bere siga tibs*	1.00	794(191)	63.8	15.4	12.6	3.1	1.7	2.8
070004	Beef, meat, with spiced chili powder, dried, raw	*Ye'bere siga, quanta, ti're*	1.00	1630(387)	10.6	70.4	11.7	0	0	7.8
Non-African data										
070075	Beef, sausage, grilled (without salt or fat)	*Yetetebese qualima*	1.00	1170(280)	47.7	16.0	17.4	13.9	2.0	3.1
070010	Beef, sausage, raw	*Ye'bere qwalima, ti're*	1.00	996(239)	57.5	12.0	[16.3]	10.4	1.5	2.3
Non-African data									oa	
070077	Beef, tongue, boiled, as part of recipe (without salt)	*Yetekekele ye'bere milas kenewuhaw*	0.80	1150(277)	56.2	18.4	21.0	3.5	0	0.9
070076	Beef, tongue, boiled, drained (without salt)	*Yetekekele ye'bere milas*	0.80	1150(277)	56.2	18.4	21.0	3.5	0	0.9
070011	Beef, tongue, raw	*Ye'bere milas, ti're*	0.84	898(216)	65.8	14.4	[16.4]	2.7	0	0.7
Non-African data										
070154	Beef, tongue, tripe and meat, stir fried, with onion, oil, spices, butter and salt	*Milas sember*	1.00	1250(301)	48.1	18.0	22.1	6.3	2.3	2.9
070079	Beef, tripe, boiled, as part of a recipe (without salt)	*Yetekekele ye'bere tripe kenewuhaw*	1.00	548(131)	73.8	16.9	5.6	3.1	0	0.6
070087	Beef, tripe, boiled, drained (without salt)	*Yetekekele ye'bere tripe*	1.00	548(131)	73.8	16.9	5.6	3.1	0	0.6
070080	Beef, tripe, grilled (without salt or fat)	*Yetetebese ye'bere tripe*	1.00	548(131)	73.8	16.9	5.6	3.1	0	0.6
070012	Beef, tripe, raw	*Ye'bere tripe, ti're*	1.00	389(93)	81.4	12.0	4.0	2.2	0	0.4
Non-African data										
070155	Beef, tripe, stew, with carrot, onion, oil, spices and salt	*Tripa wot*	1.00	1310(316)	49.2	11.7	26.1	7.3	2.5	3.2
070014	Calf (veal), brain, raw	*Ye'tija angol, ti're*	0.97	565(135)	76.0	10.4	[8.1]	5.2	0	0.3
Non-African data										
070085	Calf (veal), heart, boiled, as part of a recipe (without salt)	*Yetekekele ye'tija libe kenewuhaw*	0.64	1030(247)	56.9	24.8	15.9	1.3	0	1.2
070084	Calf (veal), heart, boiled, drained (without salt)	*Yetekekele ye'tija libe*	0.64	1030(247)	56.9	24.8	15.9	1.3	0	1.2

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Meat, poultry, and their products											
070156	Beef, meat, lean, stir fried, with onion, tomato, oil, green pepper, butter, spices and salt	21	2.8	24	114	208	479	3.44	0.11	0.14	10
070004	Beef, meat, with spiced chili powder, dried, raw	38	9.9	88	636	1300	2040	14.10	0.22		51
Non-African data											
070075	Beef, sausage, grilled (without salt or fat)	56	1.3	35	623	316	815	4.56	0.11	0.25	110
070010	Beef, sausage, raw	42	1.0	26	492	279	679	3.42	0.08	0.19	79
Non-African data									oa	oa	
070077	Beef, tongue, boiled, as part of recipe (without salt)	18	2.7	29	150	333	115	4.24	0.17	0.05	19
070076	Beef, tongue, boiled, drained (without salt)	14	2.6	23	105	200	69	3.61	0.13	0.05	19
070011	Beef, tongue, raw	14	2.1	23	117	260	90	3.31	0.13	0.04	15
Non-African data				oa		oa	oa	oa	oa	oa	oa
070154	Beef, tongue, tripe and meat, stir fried, with onion, oil, spices, butter and salt	47	2.2	27	108	279	442	3.00	0.19	0.14	14
070079	Beef, tripe, boiled, as part of a recipe (without salt)	61	0.4	20	52	380	65	1.55	0.13	0.04	14
070087	Beef, tripe, boiled, drained (without salt)	49	0.4	16	37	228	39	1.32	0.10	0.04	14
070080	Beef, tripe, grilled (without salt or fat)	61	0.4	17	42	285	55	1.32	0.10	0.04	14
070012	Beef, tripe, raw	43	0.3	14	37	270	46	1.10	0.09	0.03	10
Non-African data										oa	oa
070155	Beef, tripe, stew, with carrot, onion, oil, spices and salt	61	1.4	27	65	311	924	1.22	0.19	0.26	9
070014	Calf (veal), brain, raw	8	4.0	14	334	306	115	1.11	0.24	0.03	15
Non-African data				oa		oa	oa	oa	oa	oa	oa
070085	Calf (veal), heart, boiled, as part of a recipe (without salt)	12	12.5	30	241	367	95	2.67	0.46	0.07	19
070084	Calf (veal), heart, boiled, drained (without salt)	9	11.8	24	169	220	57	2.27	0.37	0.07	19

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Meat, poultry, and their products									
070156	Beef, meat, lean, stir fried, with onion, tomato, oil, green pepper, butter, spices and salt	0.03	0.11	4.6	2.0	0.08	6	1.30	10
070004	Beef, meat, with spiced chili powder, dried, raw	0.08	0.23	23.0	18.0	0.47	[tr]	5.30	0
Non-African data									
070075	Beef, sausage, grilled (without salt or fat)	0.03	0.13	6.8	4.3	0.10	10	1.70	0
070010	Beef, sausage, raw	0.03	0.10	5.7	3.8	0.10	9	1.40	0
Non-African data					oa	oa			oa
070077	Beef, tongue, boiled, as part of recipe (without salt)	0.08	0.29	6.0	2.3	0.19	13	3.70	1
070076	Beef, tongue, boiled, drained (without salt)	0.07	0.24	5.0	1.3	0.11	12	2.90	1
070011	Beef, tongue, raw	0.08	0.23	4.9	2.0	0.19	14	3.80	1
Non-African data						oa	oa	oa	oa
070154	Beef, tongue, tripe and meat, stir fried, with onion, oil, spices, butter and salt	0.07	0.23	7.0	3.3	0.12	13	1.60	11
070079	Beef, tripe, boiled, as part of a recipe (without salt)	0.15	0.35	9.4	5.2	0.10	5	1.50	0
070087	Beef, tripe, boiled, drained (without salt)	0.13	0.28	7.1	2.9	0.06	5	1.20	0
070080	Beef, tripe, grilled (without salt or fat)	0.16	0.33	9.1	4.9	0.10	6	1.50	0
070012	Beef, tripe, raw	0.13	0.25	7.1	4.1	0.09	5	1.40	0
Non-African data									
070155	Beef, tripe, stew, with carrot, onion, oil, spices and salt	0.09	0.21	5.9	3.1	0.18	12	0.84	6
070014	Calf (veal), brain, raw	0.11	0.10	5.6	3.2	0.30	3	12.00	14
Non-African data					oa	oa	oa	oa	oa
070085	Calf (veal), heart, boiled, as part of a recipe (without salt)	0.28	0.79	11.0	5.3	0.54	2	17.00	10
070084	Calf (veal), heart, boiled, drained (without salt)	0.24	0.63	8.8	3.0	0.30	2	14.00	9

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Meat, poultry, and their products								
070156	Beef, meat, lean, stir fried, with onion, tomato, oil, green pepper, butter, spices and salt	125	12	33	23	0.1		1.20
070004	Beef, meat, with spiced chili powder, dried, raw	197	tr	33	16	tr	0.64	0.64
Non-African data								
070075	Beef, sausage, grilled (without salt or fat)	65	150	161	155	0.6		1.10
070010	Beef, sausage, raw	54	125	134	130	0.5		0.92
Non-African data						oa		oa
070077	Beef, tongue, boiled, as part of recipe (without salt)	5	3	4	4	0.7	0.14	0.14
070076	Beef, tongue, boiled, drained (without salt)	5	3	4	3	0.7	0.13	0.13
070011	Beef, tongue, raw	5	3	4	3	0.6	0.11	0.11
Non-African data			oa			oa		oa
070154	Beef, tongue, tripe and meat, stir fried, with onion, oil, spices, butter and salt	78	9	22	15	0.2		1.70
070079	Beef, tripe, boiled, as part of a recipe (without salt)	0	5	5	5	0.3	0.58	0.58
070087	Beef, tripe, boiled, drained (without salt)	0	5	5	5	0.3	0.52	0.52
070080	Beef, tripe, grilled (without salt or fat)	0	5	5	5	0.3	0.58	0.58
070012	Beef, tripe, raw	0	4	4	4	0.2	0.41	0.41
Non-African data			oa			oa		oa
070155	Beef, tripe, stew, with carrot, onion, oil, spices and salt	3400	2	569	285	0.1		2.60
070014	Calf (veal), brain, raw	88	1	16	9	0.6	0.10	0.10
Non-African data			oa			oa		oa
070085	Calf (veal), heart, boiled, as part of a recipe (without salt)	0	7	7	7	0	0.16	0.16
070084	Calf (veal), heart, boiled, drained (without salt)	0	6	6	6	0	0.15	0.15

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Meat, poultry, and their products								
070156	Beef, meat, lean, stir fried, with onion, tomato, oil, green pepper, butter, spices and salt	2	39	4.43	3.58	3.80	3.62	0.07
070004	Beef, meat, with spiced chili powder, dried, raw	0	163	5.62	4.31	0.75	0.43	0.07
Non-African data								
070075	Beef, sausage, grilled (without salt or fat)	0	45	7.78	6.42	2.38	1.43	0.38
070010	Beef, sausage, raw	0	34	7.29	6.01	2.23	1.34	0.36
Non-African data							oa	oa
070077	Beef, tongue, boiled, as part of recipe (without salt)	0	236	10.80	8.15	0.83	0.59	tr
070076	Beef, tongue, boiled, drained (without salt)	0	236	10.80	8.15	0.83	0.59	tr
070011	Beef, tongue, raw	0	184	8.43	6.36	0.65	0.46	tr
Non-African data			oa	oa	oa	oa	oa	oa
070154	Beef, tongue, tripe and meat, stir fried, with onion, oil, spices, butter and salt	3	101	6.25	6.49	8.11	7.93	0.08
070079	Beef, tripe, boiled, as part of a recipe (without salt)	0	117	3.08	1.99	0.11	0.06	tr
070087	Beef, tripe, boiled, drained (without salt)	0	117	3.08	1.99	0.11	0.06	tr
070080	Beef, tripe, grilled (without salt or fat)	0	117	3.08	1.99	0.11	0.06	tr
070012	Beef, tripe, raw	0	83	2.19	1.41	0.08	0.04	tr
Non-African data							oa	oa
070155	Beef, tripe, stew, with carrot, onion, oil, spices and salt	7	71	4.27	7.12	13.40	13.30	0.07
070014	Calf (veal), brain, raw	0	1590	2.35	1.56	0.64	0.05	0.01
Non-African data			oa	oa	oa	oa	oa	oa
070085	Calf (veal), heart, boiled, as part of a recipe (without salt)	0	416	6.32	2.95	3.28	2.39	0.01
070084	Calf (veal), heart, boiled, drained (without salt)	0	416	6.32	2.95	3.28	2.39	0.01

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Meat, poultry, and their products										
070015	Calf (veal), heart, raw	*Ye'tija lib, ti're*	0.74	629(151)	73.7	15.1	[9.7]	0.8	0	0.7
	Non-African data									
070088	Calf (veal), kidney, boiled, drained (without salt)	*Yetekekele ye'tija kulalit*	0.82	681(162)	64.3	26.1	4.9	3.2	0	1.5
070089	Calf (veal), kidney, grilled (without salt or fat)	*Yetetebese ye'tija kulalit*	0.82	649(154)	65.9	24.9	4.7	3.1	0	1.4
070016	Calf (veal), kidney, raw	*Ye'tija kulalit, ti're*	0.88	415(99)	78.2	15.9	[3.0]	2.0	0	0.9
	Non-African data									
070090	Calf (veal), liver, boiled, drained (without salt)	*Yetekekele ye'tija gubet*	0.97	828(197)	52.1	32.6	6.4	2.3	0	6.7
070092	Calf (veal), liver, grilled (without salt or fat)	*Yetetebese ye'tija gubet*	0.98	666(158)	61.5	26.2	5.1	1.8	0	5.4
070017	Calf (veal), liver, raw	*Ye'tija gubet, ti're*	0.98	546(130)	68.4	21.5	[4.2]	1.5	0	4.4
	Non-African data									
070082	Calf (veal), meat, lean, boiled, as part of a recipe (without salt or fat)	*Yetekekele ye'tija siga kenewuhaw*	0.93	612(145)	63.9	31.1	2.3	0	0	1.7
070081	Calf (veal), meat, lean, boiled, drained (without salt)	*Yetekekele ye'tija siga*	0.93	612(145)	63.9	31.1	2.3	0	0	1.7
070083	Calf (veal), meat, lean, grilled (without salt or fat)	*Yetetebese ye'tija siga*	0.93	539(127)	68.3	27.3	2.0	0	0	1.5
070058	Calf (veal), meat, lean, raw	*Ye'tija siga, keye, ti're*	0.95	404(96)	76.2	20.5	1.5	0	0	1.1
	Non-African data						oa			
070097	Calf (veal), tongue, boiled, as part of recipe (without salt)	*Yetekekele ye'tija milas kenewuhaw*	0.89	776(185)	64.2	23.6	9.4	1.6	0	1.2
070096	Calf (veal), tongue, boiled, drained (without salt)	*Yetekekele ye'tija milas*	0.89	776(185)	64.2	23.6	9.4	1.6	0	1.2
070019	Calf (veal), tongue, raw	*Ye'tija melase, ti're*	0.91	605(145)	72.1	18.4	[7.3]	1.3	0	0.9
	Non-African data									
070094	Calf (veal), tripe, boiled, as part of a recipe (without salt)	*Yetekekele ye'tija tripe kenewuhaw*	1.00	546(130)	71.7	21.8	3.9	1.7	0	0.8
070093	Calf (veal), tripe, boiled, drained (without salt)	*Yetekekele ye'tija tripe*	1.00	546(130)	71.7	21.8	3.9	1.7	0	0.8
070095	Calf (veal), tripe, grilled (without salt or fat)	*Yetetebese ye'tija tripe*	1.00	546(130)	71.7	21.8	3.9	1.7	0	0.8
070018	Calf (veal), tripe, raw	*Ye'tija tripe, ti're*	1.00	388(92)	79.9	15.5	[2.8]	1.2	0	0.6
	Non-African data									

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Meat, poultry, and their products											
070015	Calf (veal), heart, raw	7	7.6	18	147	224	58	1.63	0.28	0.04	12
Non-African data				oa		oa	oa	oa	oa	oa	oa
070088	Calf (veal), kidney, boiled, drained (without salt)	17	12.5	23	278	203	171	2.20	0.28	0.10	150
070089	Calf (veal), kidney, grilled (without salt or fat)	20	11.9	23	303	241	231	2.10	0.26	0.09	140
070016	Calf (veal), kidney, raw	13	8.0	17	242	206	174	1.58	0.21	0.06	91
Non-African data				oa		oa	oa	oa	oa	oa	oa
070090	Calf (veal), liver, boiled, drained (without salt)	6	18.1	23	365	279	50	4.89	1.26	0.29	30
070092	Calf (veal), liver, grilled (without salt or fat)	6	14.6	20	336	281	57	3.94	1.01	0.23	24
070017	Calf (veal), liver, raw	5	12.6	19	344	307	55	3.80	1.04	0.19	20
Non-African data				oa		oa	oa	oa	oa	oa	oa
070082	Calf (veal), meat, lean, boiled, as part of a recipe (without salt or fat)	23	4.6	35	294	489	138	2.33	0.27	0	0
070081	Calf (veal), meat, lean, boiled, drained (without salt)	18	4.6	22	200	254	69	2.17	0.26	0	0
070083	Calf (veal), meat, lean, grilled (without salt or fat)	18	3.6	27	228	366	106	2.05	0.23	0	0
070058	Calf (veal), meat, lean, raw	15	3.0	23	194	323	91	1.54	0.18	0	0
Non-African data				oa						oa	oa
070097	Calf (veal), tongue, boiled, as part of recipe (without salt)	18	3.4	20	209	305	117	3.42	0.18	0.04	14
070096	Calf (veal), tongue, boiled, drained (without salt)	14	3.2	16	146	183	71	2.91	0.14	0.04	14
070019	Calf (veal), tongue, raw	14	2.6	15	163	238	92	2.67	0.14	0.03	11
Non-African data			oa	oa		oa	oa	oa	oa	oa	oa
070094	Calf (veal), tripe, boiled, as part of a recipe (without salt)	24	5.6	20	154	380	65	1.55	0.13	0.04	14
070093	Calf (veal), tripe, boiled, drained (without salt)	19	5.4	16	107	228	39	1.32	0.10	0.04	14
070095	Calf (veal), tripe, grilled (without salt or fat)	24	5.4	17	123	285	55	1.32	0.10	0.04	14
070018	Calf (veal), tripe, raw	17	4.0	14	109	270	46	1.10	0.09	0.03	10
Non-African data											

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Meat, poultry, and their products									
070015	Calf (veal), heart, raw	0.21	0.48	7.2	3.6	0.41	2	14.00	8
Non-African data						oa	oa	oa	oa
070088	Calf (veal), kidney, boiled, drained (without salt)	0.37	2.10	9.4	4.2	0.22	22	28.00	6
070089	Calf (veal), kidney, grilled (without salt or fat)	0.43	2.30	12.0	6.8	0.38	28	33.00	6
070016	Calf (veal), kidney, raw	0.32	1.60	8.3	5.1	0.30	21	28.00	5
Non-African data						oa	oa	oa	oa
070090	Calf (veal), liver, boiled, drained (without salt)	0.43	3.80	15.0	7.5	0.40	120	54.00	1
070092	Calf (veal), liver, grilled (without salt or fat)	0.43	3.60	17.0	10.0	0.58	130	55.00	1
070017	Calf (veal), liver, raw	0.41	3.10	15.0	9.9	0.59	130	60.00	1
Non-African data						oa	oa	oa	oa
070082	Calf (veal), meat, lean, boiled, as part of a recipe (without salt or fat)	0.10	0.15	13.0	6.7	0.82	7	2.00	0
070081	Calf (veal), meat, lean, boiled, drained (without salt)	0.06	0.10	11.0	4.2	0.51	6	1.60	0
070083	Calf (veal), meat, lean, grilled (without salt or fat)	0.09	0.12	12.0	5.9	0.67	6	2.00	0
070058	Calf (veal), meat, lean, raw	0.10	0.10	9.9	5.5	0.80	6	1.80	0
Non-African data						oa			
070097	Calf (veal), tongue, boiled, as part of recipe (without salt)	0.08	0.17	9.8	3.7	0.17	5	5.90	5
070096	Calf (veal), tongue, boiled, drained (without salt)	0.07	0.13	8.1	2.1	0.10	4	4.70	4
070019	Calf (veal), tongue, raw	0.08	0.13	7.9	3.2	0.17	5	6.10	5
Non-African data						oa	oa	oa	oa
070094	Calf (veal), tripe, boiled, as part of a recipe (without salt)	0.05	0.24	8.6	3.2	0.10	5	1.50	0
070093	Calf (veal), tripe, boiled, drained (without salt)	0.04	0.19	7.1	1.8	0.06	5	1.20	0
070095	Calf (veal), tripe, grilled (without salt or fat)	0.05	0.23	8.4	3.0	0.10	6	1.50	0
070018	Calf (veal), tripe, raw	0.04	0.17	6.3	2.5	0.09	5	1.40	0
Non-African data									

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Meat, poultry, and their products								
070015	Calf (veal), heart, raw	0	5	5	5	0	0.10	0.10
Non-African data			oa			oa		oa
070088	Calf (veal), kidney, boiled, drained (without salt)	18	126	129	127	0	0.15	0.15
070089	Calf (veal), kidney, grilled (without salt or fat)	20	135	138	136	0	0.16	0.16
070016	Calf (veal), kidney, raw	14	96	98	97	0	0.10	0.10
Non-African data			oa			oa		oa
070090	Calf (veal), liver, boiled, drained (without salt)	28	11700	11700	11700	0	0.68	0.68
070092	Calf (veal), liver, grilled (without salt or fat)	25	10600	10600	10600	0	0.61	0.61
070017	Calf (veal), liver, raw	23	9660	9670	9670	0	0.50	0.50
Non-African data			oa			oa		oa
070082	Calf (veal), meat, lean, boiled, as part of a recipe (without salt or fat)	0	0	0	0	0	0.41	0.41
070081	Calf (veal), meat, lean, boiled, drained (without salt)	0	0	0	0	0	0.32	0.32
070083	Calf (veal), meat, lean, grilled (without salt or fat)	0	0	0	0	0	0.26	0.26
070058	Calf (veal), meat, lean, raw	0	0	0	0	0	0.27	0.27
Non-African data			oa					
070097	Calf (veal), tongue, boiled, as part of recipe (without salt)	0	5	5	5	0	0.13	0.13
070096	Calf (veal), tongue, boiled, drained (without salt)	0	5	5	5	0	0.12	0.12
070019	Calf (veal), tongue, raw	0	5	5	5	0	0.10	0.10
Non-African data			oa			oa		oa
070094	Calf (veal), tripe, boiled, as part of a recipe (without salt)	0	5	5	5	0.3	0.58	0.58
070093	Calf (veal), tripe, boiled, drained (without salt)	0	5	5	5	0.3	0.52	0.52
070095	Calf (veal), tripe, grilled (without salt or fat)	0	5	5	5	0.3	0.58	0.58
070018	Calf (veal), tripe, raw	0	4	4	4	0.2	0.41	0.41
Non-African data						oa		

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Meat, poultry, and their products								
070015	Calf (veal), heart, raw	0	253	3.85	1.80	2.00	1.46	0.01
Non-African data			oa	oa	oa	oa	oa	oa
070088	Calf (veal), kidney, boiled, drained (without salt)	0	444	2.06	0.93	0.69	0.34	tr
070089	Calf (veal), kidney, grilled (without salt or fat)	0	423	1.96	0.88	0.66	0.33	tr
070016	Calf (veal), kidney, raw	0	271	1.25	0.57	0.42	0.21	tr
Non-African data			oa	oa	oa	oa	oa	oa
070090	Calf (veal), liver, boiled, drained (without salt)	0	464	2.60	1.08	1.04	0.44	0.01
070092	Calf (veal), liver, grilled (without salt or fat)	0	373	2.09	0.87	0.83	0.35	tr
070017	Calf (veal), liver, raw	0	306	1.72	0.71	0.68	0.29	tr
Non-African data			oa	oa	oa	oa	oa	oa
070082	Calf (veal), meat, lean, boiled, as part of a recipe (without salt or fat)	0	83	1.05	0.91	0.13	0.05	0.01
070081	Calf (veal), meat, lean, boiled, drained (without salt)	0	83	1.05	0.91	0.13	0.05	0.01
070083	Calf (veal), meat, lean, grilled (without salt or fat)	0	73	0.92	0.80	0.12	0.04	0.01
070058	Calf (veal), meat, lean, raw	0	55	0.69	0.60	0.09	0.03	0.01
Non-African data			oa				oa	oa
070097	Calf (veal), tongue, boiled, as part of recipe (without salt)	0	106	4.60	3.60	0.60	0.36	tr
070096	Calf (veal), tongue, boiled, drained (without salt)	0	106	4.60	3.60	0.60	0.36	tr
070019	Calf (veal), tongue, raw	0	83	3.59	2.81	0.47	0.28	tr
Non-African data			oa	oa	oa	oa	oa	oa
070094	Calf (veal), tripe, boiled, as part of a recipe (without salt)	0	116	2.16	1.39	0.08	0.04	tr
070093	Calf (veal), tripe, boiled, drained (without salt)	0	116	2.16	1.39	0.08	0.04	tr
070095	Calf (veal), tripe, grilled (without salt or fat)	0	116	2.16	1.39	0.08	0.04	tr
070018	Calf (veal), tripe, raw	0	83	1.53	0.99	0.06	0.03	tr
Non-African data								

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Meat, poultry, and their products										
070098	Camel meat, fresh, boiled, drained (without salt)	*Yetekekele ye'gimel siga*	1.00	1190(284)	45.5	37.3	15.0	0	0	1.5
070100	Camel meat, fresh, grilled (without salt or fat)	*Yetetebese ye'gimel siga*	1.00	891(212)	57.3	31.1	9.8	0	0	1.3
070020	Camel meat, fresh, raw	*Ye'gimel siga, ti're*	1.00	714(171)	67.3	22.4	9.0	0	0	0.9
	Non-African data									
070101	Chicken, assorted parts, meat and skin, boiled, drained (without salt)	*Yetekekele ye'doro siga kene kodaw*	1.00	1120(269)	53.0	25.9	18.4	0	0	1.1
070103	Chicken, assorted parts, meat and skin, grilled, (without salt or fat)	*Yetetebese ye'doro siga*	1.00	1180(282)	50.1	28.2	18.9	0	0	1.1
070029	Chicken, assorted parts, meat and skin, raw	*Ye'doro siga, ti're (mulu doro)*	1.00	968(233)	61.2	19.7	17.1	0	0	0.8
	Non-African data									
070104	Chicken, assorted parts, meat, without skin, boiled (without salt or fat)	*Yetekekele ye'doro siga yalekodaw*	1.00	721(171)	61.9	31.7	4.9	0	0	1.5
070106	Chicken, assorted parts, meat, without skin, grilled (without salt or fat)	*Yetetebese ye'doro siga yalekodawu*	1.00	783(186)	58.6	34.4	5.4	0	0	1.7
070030	Chicken, assorted parts, meat, without skin, raw	*Ye'doro siga, ti're (qodaw yetegefefe)*	1.00	548(130)	71.0	24.1	3.8	0	0	1.2
	Non-African data									
070157	Chicken, meat and skin, roasted, with oil, onion, condiment and salt	*Doro arusto*	1.00	1780(429)	30.0	26.9	33.6	4.3	0.9	2.7
070152	Chicken, meat, without skin, stew, with onion, oil, egg, spices, butter and salt	*Doro wot*	1.00	908(219)	64.2	6.8	18.4	5.1	2.9	2.6
070116	Goat meat, fresh, lean, boiled, as part of a recipe (without salt)	*Yetekekel keye ye'fiyel siga kenewuhaw*	1.00	957(228)	53.9	32.0	11.2	0	0	1.5
070036	Goat meat, fresh, lean, raw	*Ye'fiyel siga, keye, ti're*	1.00	727(174)	66.8	21.4	9.8	0	0	1.0
	Non-African data									
070118	Goat meat, fresh, lean, roasted (without salt or fat)	*Yetetebese keye ye'fiyel siga*	1.00	836(200)	60.7	26.5	10.4	0	0	1.2
070031	Goat, brain, raw	*Ye'fiyel, angol, ti're*	0.87	662(159)	73.8	10.0	[12.0]	2.8	0	1.4
	Non-African data									
070108	Goat, heart, boiled, as part of a recipe (without salt)	*Yetekekele ye'fiyel libe kenewuhaw*	1.00	718(171)	64.3	25.0	6.8	2.4	0	1.5

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Meat, poultry, and their products											
070098	Camel meat, fresh, boiled, drained (without salt)	8	3.8	18	199	201	57	7.44	0.19	0.14	48
070100	Camel meat, fresh, grilled (without salt or fat)	8	2.9	22	215	274	83	6.67	0.16	0.12	40
070020	Camel meat, fresh, raw	6	2.3	18	176	232	68	4.80	0.12	0.09	29
	Non-African data									oa	
070101	Chicken, assorted parts, meat and skin, boiled, drained (without salt)	13	0.9	20	159	109	30	1.71	0.03	0.02	20
070103	Chicken, assorted parts, meat and skin, grilled, (without salt or fat)	16	1.1	23	198	236	65	1.86	0.07	0.03	21
070029	Chicken, assorted parts, meat and skin, raw	12	0.8	22	173	206	57	1.30	0.05	0.02	15
	Non-African data									oa	
070104	Chicken, assorted parts, meat, without skin, boiled (without salt or fat)	21	1.4	27	237	157	43	2.63	0.04	0.02	22
070106	Chicken, assorted parts, meat, without skin, grilled (without salt or fat)	26	1.7	32	294	340	94	2.86	0.09	0.02	24
070030	Chicken, assorted parts, meat, without skin, raw	19	1.3	30	257	298	82	2.00	0.07	0.01	17
	Non-African data									oa	
070157	Chicken, meat and skin, roasted, with oil, onion, condiment and salt	21	1.4	30	198	226	536	1.82	0.09	0.10	21
070152	Chicken, meat, without skin, stew, with onion, oil, egg, spices, butter and salt	24	1.2	16	85	167	332	0.62	0.09	0.25	6
070116	Goat meat, fresh, lean, boiled, as part of a recipe (without salt)	7	1.6	31	279	381	89	6.21	0.14	0	19
070036	Goat meat, fresh, lean, raw	5	1.1	21	187	266	62	4.20	0.09	0	17
	Non-African data									oa	
070118	Goat meat, fresh, lean, roasted (without salt or fat)	6	1.3	23	200	243	67	5.19	0.10	0	21
070031	Goat, brain, raw	13	4.8	14	302	296	132	1.08	0.30	0.04	22
	Non-African data			oa		oa	oa	oa	oa	oa	oa
070108	Goat, heart, boiled, as part of a recipe (without salt)	10	6.6	30	251	367	120	2.38	0.56	0.05	25

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Meat, poultry, and their products									
070098	Camel meat, fresh, boiled, drained (without salt)	0.02	0.18	10.0	4.0	0.08	tr	1.70	0
070100	Camel meat, fresh, grilled (without salt or fat)	0.03	0.20	10.0	5.3	0.09	tr	2.00	0
070020	Camel meat, fresh, raw	0.03	0.16	8.5	4.8	0.11	[tr]	1.70	0
	Non-African data							oa	
070101	Chicken, assorted parts, meat and skin, boiled, drained (without salt)	0.04	0.09	8.4	4.5	0.17	tr	0.41	0
070103	Chicken, assorted parts, meat and skin, grilled, (without salt or fat)	0.05	0.10	11.0	6.5	0.19	tr	0.59	0
070029	Chicken, assorted parts, meat and skin, raw	0.06	0.07	8.7	5.7	0.22	[tr]	0.63	0
	Non-African data								
070104	Chicken, assorted parts, meat, without skin, boiled (without salt or fat)	0.05	0.09	12.0	6.7	0.13	tr	0.27	0
070106	Chicken, assorted parts, meat, without skin, grilled (without salt or fat)	0.06	0.09	16.0	9.7	0.14	tr	0.38	0
070030	Chicken, assorted parts, meat, without skin, raw	0.07	0.07	13.0	8.5	0.17	[tr]	0.41	0
	Non-African data							oa	
070157	Chicken, meat and skin, roasted, with oil, onion, condiment and salt	0.06	0.09	10.0	6.1	0.20	2	0.54	1
070152	Chicken, meat, without skin, stew, with onion, oil, egg, spices, butter and salt	0.03	0.05	2.6	1.5	0.08	8	0.18	4
070116	Goat meat, fresh, lean, boiled, as part of a recipe (without salt)	0.07	0.14	12.0	6.6	0.15	tr	2.00	0
070036	Goat meat, fresh, lean, raw	0.07	0.10	9.2	5.2	0.13	[tr]	1.70	0
	Non-African data						oa		
070118	Goat meat, fresh, lean, roasted (without salt or fat)	0.05	0.11	10.0	5.1	0.10	tr	1.60	0
070031	Goat, brain, raw	0.11	0.05	4.3	2.0	0.28	[1]		
	Non-African data				oa	oa	oa		
070108	Goat, heart, boiled, as part of a recipe (without salt)	0.42	0.54	14.0	8.8	0.30	2		2

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Meat, poultry, and their products								
070098	Camel meat, fresh, boiled, drained (without salt)	2	0	0	0	tr	1.20	1.20
070100	Camel meat, fresh, grilled (without salt or fat)	2	0	0	0	tr	0.93	0.93
070020	Camel meat, fresh, raw	2	0	0	0	tr	0.92	0.92
Non-African data			oa					
070101	Chicken, assorted parts, meat and skin, boiled, drained (without salt)	0	29	29	29	tr	0.27	0.23
070103	Chicken, assorted parts, meat and skin, grilled, (without salt or fat)	0	43	43	43	tr	0.42	0.37
070029	Chicken, assorted parts, meat and skin, raw	0	40	40	40	tr	0.37	0.32
Non-African data			oa					
070104	Chicken, assorted parts, meat, without skin, boiled (without salt or fat)	0	15	15	15	tr	0.14	0.13
070106	Chicken, assorted parts, meat, without skin, grilled (without salt or fat)	0	21	21	21	tr	0.22	0.21
070030	Chicken, assorted parts, meat, without skin, raw	0	20	20	20	tr	0.19	0.18
Non-African data			oa					
070157	Chicken, meat and skin, roasted, with oil, onion, condiment and salt	3	40	40	40	0		4.10
070152	Chicken, meat, without skin, stew, with onion, oil, egg, spices, butter and salt	10	16	18	17	0.1		5.30
070116	Goat meat, fresh, lean, boiled, as part of a recipe (without salt)	0	12	12	12	tr	1.90	1.90
070036	Goat meat, fresh, lean, raw	0	9	9	9	tr	1.30	1.30
Non-African data								
070118	Goat meat, fresh, lean, roasted (without salt or fat)	0	8	8	8	tr	1.20	1.20
070031	Goat, brain, raw	44	2	9	6	0.3	0.08	0.08
Non-African data			oa			oa		oa
070108	Goat, heart, boiled, as part of a recipe (without salt)	0	9	9	9	0.9	0.15	0.15

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Meat, poultry, and their products								
070098	Camel meat, fresh, boiled, drained (without salt)	0	118	9.17	4.03	0.57	0.67	0.18
070100	Camel meat, fresh, grilled (without salt or fat)	0	98	5.98	2.63	0.37	0.44	0.12
070020	Camel meat, fresh, raw	0	71	5.50	2.42	0.34	0.40	0.11
Non-African data							oa	oa
070101	Chicken, assorted parts, meat and skin, boiled, drained (without salt)	0	106	4.81	7.95	4.62	4.11	0.23
070103	Chicken, assorted parts, meat and skin, grilled, (without salt or fat)	0	116	4.93	8.15	4.74	4.21	0.24
070029	Chicken, assorted parts, meat and skin, raw	0	81	4.47	7.39	4.30	3.82	0.21
Non-African data								
070104	Chicken, assorted parts, meat, without skin, boiled (without salt or fat)	0	78	1.34	1.94	1.39	1.17	0.03
070106	Chicken, assorted parts, meat, without skin, grilled (without salt or fat)	0	84	1.45	2.11	1.51	1.27	0.04
070030	Chicken, assorted parts, meat, without skin, raw	0	59	1.01	1.48	1.06	0.89	0.03
Non-African data								
070157	Chicken, meat and skin, roasted, with oil, onion, condiment and salt	7	107	7.09	12.60	12.10	11.40	0.32
070152	Chicken, meat, without skin, stew, with onion, oil, egg, spices, butter and salt		13	3.14	4.98	9.29	9.15	0.09
070116	Goat meat, fresh, lean, boiled, as part of a recipe (without salt)	0	101	5.00	4.71	0.52	0.24	0.07
070036	Goat meat, fresh, lean, raw	0	67	4.38	4.13	0.45	0.21	0.06
Non-African data								
070118	Goat meat, fresh, lean, roasted (without salt or fat)	0	83	4.68	4.41	0.48	0.23	0.07
070031	Goat, brain, raw	0	1340	3.18	2.15	1.40	0.06	0.02
Non-African data			oa	oa	oa	oa	oa	oa
070108	Goat, heart, boiled, as part of a recipe (without salt)	0	314	3.08	1.63	0.68	0.46	tr

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Meat, poultry, and their products										
070107	Goat, heart, boiled, drained (without salt)	*Yetekekele ye'fiyel libe*	1.00	697(166)	65.7	23.8	6.8	2.3	0	1.4
070032	Goat, heart, raw	*Ye'fiyel, libe, ti're*	1.00	539(129)	75.5	15.3	[6.9]	1.5	0	0.9
Non-African data			oa							
070033	Goat, intestine, raw	*Ye'fiyel, anjet, ti're*	1.00	308(73)	84.0	11.2	[2.5]	1.5	0	0.8
Non-African data										
070110	Goat, kidney, boiled, drained (without salt)	*Yetekekele ye'fiyel kulalit*	0.90	610(144)	66.4	24.4	3.4	4.0	0	1.8
070112	Goat, kidney, grilled (without salt or fat)	*Yetetebese ye'fiyel kulalit*	0.90	581(138)	68.0	23.2	3.3	3.8	0	1.7
070034	Goat, kidney, raw	*Ye'fiyel, kulalit, ti're*	0.90	372(88)	79.5	14.9	[2.1]	2.4	0	1.1
Non-African data			oa							
070113	Goat, liver, boiled, drained (without salt)	*Yetetekekele ye'fiyel gubet*	0.97	823(195)	54.5	29.2	4.3	9.9	0	2.1
070115	Goat, liver, grilled (without salt or fat)	*Yetetebese ye'fiyel gubet*	0.98	713(169)	62.0	23.5	4.8	8.0	0	1.7
070035	Goat, liver, raw	*Ye'fiyel, gubet, ti're*	0.98	631(150)	67.6	19.3	[5.2]	6.6	0	1.4
Non-African data										
070158	Goat, meat, stir fried, with tomato, onion, oil, water, butter, green pepper, spices and salt	*Ye'fiyel siga tibs*	1.00	1070(258)	56.1	14.4	20.2	3.5	1.8	3.3
070120	Goat, tongue, boiled, as part of a recipe (without salt)	*Yetekekele ye'fiyel milas kenewuhaw*	0.98	739(176)	65.7	22.4	8.7	2.2	0	1.0
070119	Goat, tongue, boiled, drained (without salt)	*Yetekekele ye'fiyel milas*	0.98	739(176)	65.7	22.4	8.7	2.2	0	1.0
070039	Goat, tongue, raw	*Ye'fiyel, milas, ti're*	0.98	634(152)	71.7	17.5	[8.3]	1.7	0	0.8
Non-African data										
070122	Goat, tripe, boiled, as part of a recipe (without salt)	*Yetekekele ye'fiyel tripe kenewuhaw*	1.00	422(100)	76.3	18.0	1.8	2.9	0	1.0
070121	Goat, tripe, boiled, drained (without salt)	*Yetekekele ye'fiyel tripe*	1.00	422(100)	76.3	18.0	1.8	2.9	0	1.0
070123	Goat, tripe, grilled (without salt or fat)	*Yetetebese ye'fiyel tripe*	1.00	422(100)	76.3	18.0	1.8	2.9	0	1.0
070040	Goat, tripe, raw	*Ye'fiyele, tripe, ti're*	1.00	300(71)	83.2	12.8	[1.3]	2.1	0	0.7
Non-African data										

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Meat, poultry, and their products											
070107	Goat, heart, boiled, drained (without salt)	8	5.9	23	167	210	69	1.93	0.43	0.05	23
070032	Goat, heart, raw	6	4.0	18	153	224	73	1.45	0.34	0.03	15
Non-African data				oa		oa	oa	oa	oa	oa	oa
070033	Goat, intestine, raw	11	5.6	7	150	130	7	1.12	0.06	0.05	26
Non-African data				oa		oa	oa	oa	oa	oa	oa
070110	Goat, kidney, boiled, drained (without salt)	30	3.7	24	213	192	181	2.41	0.33	0.13	230
070112	Goat, kidney, grilled (without salt or fat)	36	3.6	25	233	229	244	2.30	0.31	0.13	220
070034	Goat, kidney, raw	23	2.4	19	186	195	184	1.73	0.25	0.08	140
Non-African data				oa		oa	oa	oa	oa	oa	oa
070113	Goat, liver, boiled, drained (without salt)	7	9.4	22	296	258	50	4.48	4.48	0.39	73
070115	Goat, liver, grilled (without salt or fat)	7	7.6	19	272	260	57	3.61	3.61	0.32	59
070035	Goat, liver, raw	6	6.6	18	279	284	55	3.48	3.70	0.26	48
Non-African data			oa	oa		oa	oa	oa	oa	oa	oa
070158	Goat, meat, stir fried, with tomato, onion, oil, water, butter, green pepper, spices and salt	14	1.2	24	119	223	683	2.67	0.12	0.20	11
070120	Goat, tongue, boiled, as part of a recipe (without salt)	4	2.7	25	151	286	151	3.13	0.21	0.05	29
070119	Goat, tongue, boiled, drained (without salt)	3	2.6	20	106	172	91	2.66	0.16	0.05	29
070039	Goat, tongue, raw	3	2.1	19	118	223	118	2.44	0.16	0.04	23
Non-African data			oa	oa		oa	oa	oa	oa	oa	oa
070122	Goat, tripe, boiled, as part of a recipe (without salt)	90	2.5	18	187	63	32	2.34	0.10	0.10	22
070121	Goat, tripe, boiled, drained (without salt)	72	2.4	15	131	38	19	1.99	0.08	0.10	22
070123	Goat, tripe, grilled (without salt or fat)	90	2.4	16	150	48	27	1.99	0.08	0.10	22
070040	Goat, tripe, raw	64	1.8	13	133	45	22	1.66	0.07	0.07	16
Non-African data				oa		oa	oa	oa	oa	oa	oa

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Meat, poultry, and their products									
070107	Goat, heart, boiled, drained (without salt)	0.35	0.41	9.9	4.7	0.16	2		2
070032	Goat, heart, raw	0.32	0.33	9.3	6.0	0.23	[2]		2
	Non-African data				oa	oa	oa		
070033	Goat, intestine, raw	0.07	0.20	3.4	0.6	0.21	[2]		10
	Non-African data				oa	oa	oa		
070110	Goat, kidney, boiled, drained (without salt)	0.64	0.90	11.0	4.5	0.30	73		12
070112	Goat, kidney, grilled (without salt or fat)	0.74	1.00	13.0	7.3	0.50	91		12
070034	Goat, kidney, raw	0.56	0.69	9.2	5.5	0.40	[69]		10
	Non-African data				oa	oa	oa		
070113	Goat, liver, boiled, drained (without salt)	0.34	0.45	16.0	9.8	0.44	180	58.00	15
070115	Goat, liver, grilled (without salt or fat)	0.33	0.43	18.0	13.0	0.63	180	59.00	13
070035	Goat, liver, raw	0.32	0.37	17.0	13.0	0.65	[180]	64.00	14
	Non-African data		oa		oa	oa	oa	oa	oa
070158	Goat, meat, stir fried, with tomato, onion, oil, water, butter, green pepper, spices and salt	0.05	0.08	5.4	2.8	0.10	6	0.82	11
070120	Goat, tongue, boiled, as part of a recipe (without salt)	0.19	0.29	8.9	3.5	0.17	2		3
070119	Goat, tongue, boiled, drained (without salt)	0.17	0.24	7.4	1.9	0.10	2		3
070039	Goat, tongue, raw	0.19	0.23	7.3	3.0	0.17	[3]		3
	Non-African data				oa	oa	oa		
070122	Goat, tripe, boiled, as part of a recipe (without salt)	0.05	0.18	5.0	1.0	0.23	2		7
070121	Goat, tripe, boiled, drained (without salt)	0.04	0.15	4.6	0.6	0.13	2		7
070123	Goat, tripe, grilled (without salt or fat)	0.05	0.17	5.0	1.0	0.23	3		7
070040	Goat, tripe, raw	0.04	0.13	3.7	0.8	0.20	[2]		7
	Non-African data				oa	oa	oa		

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Meat, poultry, and their products								
070107	Goat, heart, boiled, drained (without salt)	0	7	7	7	0.8	0.13	0.13
070032	Goat, heart, raw	0	6	6	6	0.6	0.09	0.09
Non-African data			oa			oa		oa
070033	Goat, intestine, raw	14	3	5	4	0	0.19	0.19
Non-African data			oa			oa		oa
070110	Goat, kidney, boiled, drained (without salt)	11	90	92	91	0	0.13	0.13
070112	Goat, kidney, grilled (without salt or fat)	12	96	98	97	0	0.14	0.14
070034	Goat, kidney, raw	9	69	70	69	0	0.09	0.09
Non-African data			oa			oa		oa
070113	Goat, liver, boiled, drained (without salt)	125	19000	19000	19000	0.8	0.83	0.83
070115	Goat, liver, grilled (without salt or fat)	113	17200	17200	17200	0.7	0.74	0.74
070035	Goat, liver, raw	103	15700	15700	15700	0.6	0.61	0.61
Non-African data			oa			oa		oa
070158	Goat, meat, stir fried, with tomato, onion, oil, water, butter, green pepper, spices and salt	140	11	34	23	0.0		1.80
070120	Goat, tongue, boiled, as part of a recipe (without salt)	0	10	10	10	0.0	0.10	0.10
070119	Goat, tongue, boiled, drained (without salt)	0	9	9	9	0.0	0.09	0.09
070039	Goat, tongue, raw	0	9	9	9	0.0	0.08	0.08
Non-African data			oa			oa		oa
070122	Goat, tripe, boiled, as part of a recipe (without salt)	0	3	3	3	0	0.14	0.14
070121	Goat, tripe, boiled, drained (without salt)	0	2	2	2	0	0.13	0.13
070123	Goat, tripe, grilled (without salt or fat)	0	3	3	3	0	0.14	0.14
070040	Goat, tripe, raw	0	2	2	2	0	0.10	0.10
Non-African data			oa			oa		oa

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Meat, poultry, and their products								
070107	Goat, heart, boiled, drained (without salt)	0	299	3.09	1.63	0.68	0.47	tr
070032	Goat, heart, raw	0	191	3.11	1.65	0.69	0.47	tr
Non-African data			oa	oa	oa	oa	oa	oa
070033	Goat, intestine, raw	0	53	1.35	0.76	0.19	0.10	0
Non-African data			oa	oa	oa	oa	oa	oa
070110	Goat, kidney, boiled, drained (without salt)	0	492	1.34	0.67	0.56	0.28	tr
070112	Goat, kidney, grilled (without salt or fat)	0	469	1.28	0.63	0.54	0.26	tr
070034	Goat, kidney, raw	0	300	0.82	0.41	0.34	0.17	0
Non-African data			oa	oa	oa	oa	oa	oa
070113	Goat, liver, boiled, drained (without salt)	0	629	1.55	0.81	0.81	0.32	0.01
070115	Goat, liver, grilled (without salt or fat)	0	506	1.74	0.91	0.91	0.36	0.01
070035	Goat, liver, raw	0	415	1.89	0.98	0.99	0.39	0.02
Non-African data			oa	oa	oa	oa	oa	oa
070158	Goat, meat, stir fried, with tomato, onion, oil, water, butter, green pepper, spices and salt	4	44	5.61	6.34	7.07	6.84	0.10
070120	Goat, tongue, boiled, as part of a recipe (without salt)	0	160	3.83	3.75	0.58	0.38	tr
070119	Goat, tongue, boiled, drained (without salt)	0	160	3.83	3.75	0.58	0.38	tr
070039	Goat, tongue, raw	0	125	3.67	3.59	0.55	0.37	tr
Non-African data			oa	oa	oa	oa	oa	oa
070122	Goat, tripe, boiled, as part of a recipe (without salt)	0	62	0.92	0.63	0.13	0.08	tr
070121	Goat, tripe, boiled, drained (without salt)	0	62	0.92	0.63	0.13	0.08	tr
070123	Goat, tripe, grilled (without salt or fat)	0	62	0.92	0.63	0.13	0.08	tr
070040	Goat, tripe, raw	0	44	0.65	0.45	0.10	0.06	tr
Non-African data			oa	oa	oa	oa	oa	oa

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Meat, poultry, and their products										
070001	Pork, bacon, raw	*Becon, ti're*	1.00	2230(540)	27.5	12.4	[54.5]	0	0	5.6
Non-African data										
070128	Pork, ham, grilled (without salt or fat)	*Yetetebese ye'asama yechin siga*	0.77	1330(321)	45.1	26.7	23.6	0.3	0	4.3
070049	Pork, ham, raw	*Ham, ti're*	0.83	1060(255)	58.5	18.2	[20.2]	0.2	0	2.9
Non-African data										
070125	Pork, meat, fresh, boiled, as part of a recipe (without salt)	*Yetekekele ye'asama siga kenewuhaw*	0.91	1370(330)	42.5	26.9	24.7	0	0	1.4
070124	Pork, meat, fresh, boiled, drained (without salt)	*Yetekekele ye'asama siga*	0.91	1370(330)	42.5	26.9	24.7	0	0	1.4
070126	Pork, meat, fresh, grilled (without salt)	*Yetetebese ye'asama siga*	0.92	1310(315)	45.7	25.0	23.9	0	0	1.3
070045	Pork, meat, fresh, raw	*Ye'asama siga, ti're*	0.94	1060(255)	58.1	17.5	[20.6]	0	0	0.9
Non-African data										
SD or Min-Max										
n			1		1	1	1			1
070127	Pork, sausage, grilled (without salt or fat)	*Yetetebese ye'asama qualima*	1.00	1760(427)	37.0	16.0	39.4	1.3	1.8	4.6
070048	Pork, sausage, raw	*Ye'asama qwalima, ti're*	1.00	1410(340)	51.0	11.5	[32.0]	0.9	1.3	3.3
Non-African data										oa
070050	Sheep (mutton), brain, raw	*Ye'begi angol, ti're*	0.98	442(106)	80.5	9.4	[6.7]	2.0	0	1.4
Non-African data										
SD or Min-Max										
n					1	1	1			1
070134	Sheep (mutton), heart, boiled, as part of a recipe (without salt)	*Yetekekele ye'begi libe kenewuhaw*	1.00	649(154)	66.0	25.2	5.2	1.7	0	2.0
070133	Sheep (mutton), heart, boiled, drained (without salt)	*Yetekekele ye'begi libe*	1.00	649(154)	66.0	25.2	5.2	1.7	0	2.0
070051	Sheep (mutton), heart, raw	*Ye'begi lib, ti're*	1.00	497(119)	76.5	15.4	[5.9]	1.0	0	1.2
Non-African data										

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Meat, poultry, and their products											
070001	Pork, bacon, raw	14	1.0	24	303	277	1050	2.37	0.11	0.02	26
Non-African data				oa	oa	oa	oa	oa	oa	oa	oa
070128	Pork, ham, grilled (without salt or fat)	13	4.7	24	355	299	54	2.59	0.28	0.01	19
070049	Pork, ham, raw	12	4.0	17	268	239	40	1.76	0.20	0.01	13
Non-African data				oa		oa	oa	oa	oa	oa	oa
070125	Pork, meat, fresh, boiled, as part of a recipe (without salt)	31	6.2	20	255	389	89	2.45	0.35	0.03	43
070124	Pork, meat, fresh, boiled, drained (without salt)	25	6.2	12	153	195	40	1.96	0.34	0.03	43
070126	Pork, meat, fresh, grilled (without salt)	21	4.6	18	213	307	75	2.27	0.31	0.03	40
070045	Pork, meat, fresh, raw	20	4.0	13	166	253	58	1.59	0.23	0.02	28
Non-African data										oa	
SD or Min-Max										0.01	
n		1	1	1	1	1	1	1	1	3	1
070127	Pork, sausage, grilled (without salt or fat)	35	1.5	24	290	295	900	3.61	0.17	0.11	7
070048	Pork, sausage, raw	25	1.1	17	220	250	720	2.60	0.12	0.08	5
Non-African data				oa	oa	oa		oa	oa	oa	oa
070050	Sheep (mutton), brain, raw	7	3.9	14	303	312	122	1.11	0.28	0.04	35
Non-African data				oa		oa	oa	oa	oa	oa	oa
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
070134	Sheep (mutton), heart, boiled, as part of a recipe (without salt)	15	6.6	25	269	369	119	2.15	0.48	0.05	55
070133	Sheep (mutton), heart, boiled, drained (without salt)	12	6.2	20	188	221	71	1.83	0.38	0.05	55
070051	Sheep (mutton), heart, raw	9	4.0	15	164	225	73	1.31	0.29	0.03	33
Non-African data				oa		oa	oa	oa	oa	oa	oa

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Meat, poultry, and their products									
070001	Pork, bacon, raw	0.34	0.04	4.3	1.6	0.24	1	0.92	2
Non-African data						oa	oa	oa	
070128	Pork, ham, grilled (without salt or fat)	0.32	0.14	12.0	5.4	0.24	9	0.83	1
070049	Pork, ham, raw	0.31	0.11	9.0	4.6	0.25	7	0.63	1
Non-African data					oa	oa	oa	oa	oa
070125	Pork, meat, fresh, boiled, as part of a recipe (without salt)	0.58	0	11.0	4.4	0.41	5	0.74	0
070124	Pork, meat, fresh, boiled, drained (without salt)	0.29	0	8.9	2.8	0.28	4	0.55	0
070126	Pork, meat, fresh, grilled (without salt)	0.63	0	9.8	4.1	0.38	5	0.77	0
070045	Pork, meat, fresh, raw	0.63	0	7.6	3.6	0.41	4	0.60	0
Non-African data									
SD or Min-Max									
n		1	1		1	1	1	1	1
070127	Pork, sausage, grilled (without salt or fat)	0.04	0.16	5.4	2.8	0.33	15	0.49	0
070048	Pork, sausage, raw	0.04	0.12	4.3	2.4	0.32	13	0.39	0
Non-African data					oa	oa	oa	oa	oa
070050	Sheep (mutton), brain, raw	0.08	0.08	4.7	2.7	0.33	[2]		
Non-African data					oa	oa	oa		
SD or Min-Max									
n		1	1		1	1	1		
070134	Sheep (mutton), heart, boiled, as part of a recipe (without salt)	0.54	0.95	14.0	8.0	0.39	3		5
070133	Sheep (mutton), heart, boiled, drained (without salt)	0.47	0.76	10.0	4.5	0.22	2		5
070051	Sheep (mutton), heart, raw	0.41	0.58	9.0	5.4	0.30	[2]		4
Non-African data					oa	oa	oa		

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Meat, poultry, and their products								
070001	Pork, bacon, raw	0	6	6	6	0.5		0.43
Non-African data			oa			oa		oa
070128	Pork, ham, grilled (without salt or fat)	0	3	3	3	0.6	0.25	0.25
070049	Pork, ham, raw	0	3	3	3	0.5	0.20	0.20
Non-African data			oa			oa		oa
070125	Pork, meat, fresh, boiled, as part of a recipe (without salt)	0	0	0	0	2.1	0.31	0.31
070124	Pork, meat, fresh, boiled, drained (without salt)	0	0	0	0	2.0	0.23	0.23
070126	Pork, meat, fresh, grilled (without salt)	0	0	0	0	1.9	0.25	0.25
070045	Pork, meat, fresh, raw	0	0	0	0	1.7	0.20	0.20
Non-African data								oa
SD or Min-Max								0.10
n			1			1		3
070127	Pork, sausage, grilled (without salt or fat)	95	31	47	39	0.8	1.00	1.00
070048	Pork, sausage, raw	76	25	38	31	0.6	0.81	0.80
Non-African data						oa		oa
070050	Sheep (mutton), brain, raw	44	2	9	5	1.1	0.09	0.09
Non-African data			oa			oa		oa
SD or Min-Max								
n			1			1		1
070134	Sheep (mutton), heart, boiled, as part of a recipe (without salt)	0	7	7	7	1.2	0.25	0.25
070133	Sheep (mutton), heart, boiled, drained (without salt)	0	6	6	6	1.2	0.22	0.22
070051	Sheep (mutton), heart, raw	0	5	5	5	0.8	0.15	0.15
Non-African data			oa			oa		oa

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Meat, poultry, and their products								
070001	Pork, bacon, raw	0	70	21.10	25.70	5.10	4.28	0.41
Non-African data			oa	oa	oa	oa	oa	oa
070128	Pork, ham, grilled (without salt or fat)	0	69	8.53	10.30	3.64	6.29	0.17
070049	Pork, ham, raw	0	47	7.31	8.82	3.12	5.38	0.15
Non-African data			oa	oa	oa	oa	oa	oa
070125	Pork, meat, fresh, boiled, as part of a recipe (without salt)	0	71	9.99	11.20	2.34	1.96	0.02
070124	Pork, meat, fresh, boiled, drained (without salt)	0	71	9.99	11.20	2.34	1.96	0.02
070126	Pork, meat, fresh, grilled (without salt)	0	66	9.65	10.80	2.26	1.89	0.02
070045	Pork, meat, fresh, raw	0	46	8.33	9.34	1.95	1.63	0.02
Non-African data			oa	oa	oa	oa	oa	oa
SD or Min-Max			2					
n			3					
070127	Pork, sausage, grilled (without salt or fat)	0	111	15.20	17.60	4.81	3.81	0.44
070048	Pork, sausage, raw	0	80	12.30	14.30	3.91	3.09	0.35
Non-African data			oa	oa	oa	oa	oa	oa
070050	Sheep (mutton), brain, raw	0	1340	1.88	1.09	0.80	0.04	0.02
Non-African data			oa	oa	oa	oa	oa	oa
SD or Min-Max								
n			1					
070134	Sheep (mutton), heart, boiled, as part of a recipe (without salt)	0	184	2.39	1.24	0.47	0.29	tr
070133	Sheep (mutton), heart, boiled, drained (without salt)	0	184	2.39	1.24	0.47	0.29	tr
070051	Sheep (mutton), heart, raw	0	112	2.71	1.41	0.54	0.33	0.01
Non-African data			oa	oa	oa	oa	oa	oa

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Meat, poultry, and their products										
070136	Sheep (mutton), kidney, boiled, drained (without salt)	*Yetekekele ye'begi kulalit*	1.00	606(144)	67.0	24.1	4.1	2.6	0	2.1
070138	Sheep (mutton), kidney, grilled (without salt or fat)	*Yetetebese ye'begi kulalit*	1.00	578(137)	68.6	22.9	3.9	2.5	0	2.0
070054	Sheep (mutton), kidney, raw	*Ye'begi kulalit, ti're*	1.00	370(88)	79.9	14.7	[2.5]	1.6	0	1.3
	Non-African data									
070139	Sheep (mutton), liver, boiled, drained (without salt)	*Yetekekele ye'begi gubet*	0.82	836(198)	53.8	32.9	4.9	5.8	0	2.7
070141	Sheep (mutton), liver, grilled (without salt or fat)	*Yetetebese ye'begi gubet*	0.85	673(160)	62.8	26.4	3.9	4.7	0	2.2
070055	Sheep (mutton), liver, raw	*Ye'begi gubet, ti're*	0.87	552(131)	69.5	21.7	[3.2]	3.8	0	1.8
	Non-African data									
070129	Sheep (mutton), meat, fresh, boiled, drained (without salt)	*Yetekekele ye'begi siga*	1.00	770(182)	55.6	39.3	2.7	0	0	1.9
070053	Sheep (mutton), meat, fresh, raw	*Ye'begi siga, ti're*	1.00	439(104)	74.7	22.4	1.6	0	0	1.1
	Non-African data									
070131	Sheep (mutton), meat, fresh, roasted (without salt or fat)	*Yetetebese ye'begi siga*	1.00	655(155)	62.2	33.5	2.3	0	0	1.6
070052	Sheep (mutton), small intestine, raw	*Ye'begi anjet, ti're*	1.00	408(96)	77.4	19.7	1.6	0.8	0	0.6
	Non-African data									
070143	Sheep (mutton), tongue, boiled, as part of recipe (without salt)	*Yetekekele ye'begi milas kenewuhaw*	1.00	1380(332)	48.8	22.2	26.1	2.0	0	0.9
070142	Sheep (mutton), tongue, boiled, drained (without salt)	*Yetekekele ye'begi milas*	1.00	1380(332)	48.8	22.2	26.1	2.0	0	0.9
070056	Sheep (mutton), tongue, raw	*Ye'begi milas, ti're*	1.00	1180(284)	57.2	17.3	[23.2]	1.6	0	0.7
	Non-African data									
070145	Sheep (mutton), tripe, boiled, as part of a recipe (without salt)	*Yetekekele ye'begi tripe kenewuhaw*	1.00	615(146)	70.2	23.6	5.7	0.2	0	0.4
070144	Sheep (mutton), tripe, boiled, drained (without salt)	*Yetekekele ye'begi tripe*	1.00	615(146)	70.2	23.6	5.7	0.2	0	0.4

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Meat, poultry, and their products											
070136	Sheep (mutton), kidney, boiled, drained (without salt)	18	12.5	22	295	272	153	3.12	0.59	1.13	210
070138	Sheep (mutton), kidney, grilled (without salt or fat)	22	11.9	23	321	325	207	2.98	0.56	1.08	200
070054	Sheep (mutton), kidney, raw	14	8.0	17	257	277	156	2.24	0.45	0.69	130
Non-African data										oa	oa
070139	Sheep (mutton), liver, boiled, drained (without salt)	11	15.4	23	375	285	64	6.00	8.46	0.42	66
070141	Sheep (mutton), liver, grilled (without salt or fat)	11	12.4	20	345	286	73	4.83	6.81	0.34	53
070055	Sheep (mutton), liver, raw	9	10.7	19	354	313	70	4.66	6.98	0.28	43
Non-African data										oa	oa
070129	Sheep (mutton), meat, fresh, boiled, drained (without salt)	13	4.0	27	301	279	82	7.72	0.18	0	32
070053	Sheep (mutton), meat, fresh, raw	9	2.3	23	215	289	78	4.40	0.11	0	18
Non-African data										oa	
070131	Sheep (mutton), meat, fresh, roasted (without salt or fat)	12	3.3	29	273	345	99	6.57	0.16	0	27
070052	Sheep (mutton), small intestine, raw	27	3.0	14	161	287	162	2.30	0.11	0.09	32
Non-African data										oa	
070143	Sheep (mutton), tongue, boiled, as part of recipe (without salt)	18	6.4	43	218	386	324	4.31	0.30	0.05	41
070142	Sheep (mutton), tongue, boiled, drained (without salt)	14	6.1	34	153	231	195	3.67	0.24	0.05	41
070056	Sheep (mutton), tongue, raw	14	5.0	34	170	301	253	3.36	0.23	0.04	32
Non-African data				oa		oa	oa	oa	oa	oa	oa
070145	Sheep (mutton), tripe, boiled, as part of a recipe (without salt)	21	1.3	25	78	69	26	2.66	0.08	0.23	20
070144	Sheep (mutton), tripe, boiled, drained (without salt)	17	1.2	20	55	41	16	2.26	0.07	0.23	20

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Meat, poultry, and their products									
070136	Sheep (mutton), kidney, boiled, drained (without salt)	0.57	2.20	12.0	5.7	0.38	30	52.00	13
070138	Sheep (mutton), kidney, grilled (without salt or fat)	0.66	2.40	15.0	9.2	0.64	37	61.00	13
070054	Sheep (mutton), kidney, raw	0.50	1.70	11.0	6.9	0.51	28	52.00	11
Non-African data						oa			
070139	Sheep (mutton), liver, boiled, drained (without salt)	0.27	3.90	14.0	7.5	0.18	230	82.00	4
070141	Sheep (mutton), liver, grilled (without salt or fat)	0.26	3.70	16.0	10.0	0.25	240	82.00	4
070055	Sheep (mutton), liver, raw	0.25	3.20	14.0	9.9	0.26	230	90.00	4
Non-African data						oa			
070129	Sheep (mutton), meat, fresh, boiled, drained (without salt)	0.06	0.13	12.0	4.9	0.07	tr	2.90	0
070053	Sheep (mutton), meat, fresh, raw	0.08	0.14	9.8	5.5	0.10	[tr]	2.80	0
Non-African data								oa	oa
070131	Sheep (mutton), meat, fresh, roasted (without salt or fat)	0.08	0.16	12.0	5.8	0.09	tr	2.90	0
070052	Sheep (mutton), small intestine, raw	0	0.16	3.0	0.6	0.02	[tr]		tr
Non-African data									
070143	Sheep (mutton), tongue, boiled, as part of recipe (without salt)	0.22	0.26	8.2	3.2	0.16	2		2
070142	Sheep (mutton), tongue, boiled, drained (without salt)	0.19	0.21	6.8	1.8	0.09	2		2
070056	Sheep (mutton), tongue, raw	0.21	0.20	6.7	2.8	0.16	[2]		2
Non-African data			oa		oa	oa	oa		
070145	Sheep (mutton), tripe, boiled, as part of a recipe (without salt)	0.02	0.11	6.5	0.8	0.25	2		
070144	Sheep (mutton), tripe, boiled, drained (without salt)	0.02	0.09	6.2	0.4	0.14	2		

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Meat, poultry, and their products								
070136	Sheep (mutton), kidney, boiled, drained (without salt)	11	90	92	91	0.6	0.15	0.15
070138	Sheep (mutton), kidney, grilled (without salt or fat)	12	97	99	98	0.6	0.16	0.16
070054	Sheep (mutton), kidney, raw	9	69	70	69	0.4	0.10	0.10
	Non-African data		oa			oa		oa
070139	Sheep (mutton), liver, boiled, drained (without salt)	125	17100	17100	17100	0.6	0.82	0.82
070141	Sheep (mutton), liver, grilled (without salt or fat)	113	15500	15500	15500	0.5	0.73	0.73
070055	Sheep (mutton), liver, raw	103	14100	14100	14100	0.5	0.60	0.60
	Non-African data		oa					oa
070129	Sheep (mutton), meat, fresh, boiled, drained (without salt)	3	11	12	12	0	1.20	1.20
070053	Sheep (mutton), meat, fresh, raw	2	8	8	8	0	0.85	0.85
	Non-African data							
070131	Sheep (mutton), meat, fresh, roasted (without salt or fat)	2	10	10	10	0	1.00	1.00
070052	Sheep (mutton), small intestine, raw	14	3	5	4	0	0.46	0.46
	Non-African data		oa					
070143	Sheep (mutton), tongue, boiled, as part of recipe (without salt)	0	8	8	8	0	0.09	0.09
070142	Sheep (mutton), tongue, boiled, drained (without salt)	0	8	8	8	0	0.08	0.08
070056	Sheep (mutton), tongue, raw	0	7	7	7	0	0.07	0.07
	Non-African data		oa			oa		oa
070145	Sheep (mutton), tripe, boiled, as part of a recipe (without salt)	0	3	3	3	0	0.28	0.28
070144	Sheep (mutton), tripe, boiled, drained (without salt)	0	3	3	3	0	0.25	0.25

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Meat, poultry, and their products								
070136	Sheep (mutton), kidney, boiled, drained (without salt)	0	490	1.58	0.83	0.65	0.31	tr
070138	Sheep (mutton), kidney, grilled (without salt or fat)	0	467	1.51	0.79	0.62	0.30	tr
070054	Sheep (mutton), kidney, raw	0	299	0.97	0.50	0.40	0.19	tr
	Non-African data		oa	oa	oa	oa	oa	oa
070139	Sheep (mutton), liver, boiled, drained (without salt)	0	428	1.86	1.01	0.72	0.25	0.02
070141	Sheep (mutton), liver, grilled (without salt or fat)	0	345	1.50	0.81	0.58	0.20	0.01
070055	Sheep (mutton), liver, raw	0	283	1.23	0.67	0.48	0.16	0.01
	Non-African data		oa				oa	oa
070129	Sheep (mutton), meat, fresh, boiled, drained (without salt)	0	97	1.29	0.80	0.42	0.18	0.04
070053	Sheep (mutton), meat, fresh, raw	0	55	0.74	0.46	0.24	0.11	0.03
	Non-African data							
070131	Sheep (mutton), meat, fresh, roasted (without salt or fat)	0	82	1.10	0.68	0.36	0.16	0.04
070052	Sheep (mutton), small intestine, raw	0	361	0.76	0.35	0.37	0.11	0.02
	Non-African data							
070143	Sheep (mutton), tongue, boiled, as part of recipe (without salt)	0	462	11.00	11.60	1.86	0.79	0.07
070142	Sheep (mutton), tongue, boiled, drained (without salt)	0	462	11.00	11.60	1.86	0.79	0.07
070056	Sheep (mutton), tongue, raw	0	360	9.83	10.40	1.65	0.70	0.06
	Non-African data		oa	oa	oa	oa	oa	oa
070145	Sheep (mutton), tripe, boiled, as part of a recipe (without salt)	0	159	2.78	2.17	0.30	0.19	tr
070144	Sheep (mutton), tripe, boiled, drained (without salt)	0	159	2.78	2.17	0.30	0.19	tr

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Meat, poultry, and their products										
070146	Sheep (mutton), tripe, grilled (without salt or fat)	*Yetetebese ye'begi tripe*	1.00	615(146)	70.2	23.6	5.7	0.2	0	0.4
070057	Sheep (mutton), tripe, raw	*Ye'begi tripe, ti're*	1.00	437(104)	78.8	16.8	[4.1]	0.1	0	0.3
	Non-African data				oa		oa			oa
070147	Sheep, meat, stir fried, with onion, tomato, oil, butter, green pepper, salt and spices	*Ye'begi siga tibs*	1.00	876(210)	61.4	17.1	14.0	3.1	1.6	2.7
070151	Sheep, offal, stir fried, with onion, oil, green pepper, butter, spices and salt	*Dulet*	1.00	1270(304)	46.4	23.2	21.1	4.5	1.7	3.1
070132	Sheep, sausage, grilled (without salt or fat)	*Yetetebese ye'begi qualima*	1.00	609(145)	64.9	25.9	3.6	1.1	2.2	2.3
070044	Sheep, sausage, raw	*Ye'begi qwalima, ti're*	1.00	457(109)	73.7	19.4	[2.7]	0.8	1.7	1.7
	Non-African data								oa	
Eggs and their products										
080001	Egg, chicken, whole, raw	*Ye'doro enqulal, ti're*	0.88	494(118)	78.5	11.3	7.1	2.3	0	0.8
	Non-African data									
080015	Egg, chicken and beef meat, fried with tomato, onion, oil, butter, green pepper and salt	*Enqulal be'siga*	1.00	847(204)	65.7	13.0	15.3	3.2	0.6	1.8
080011	Egg, chicken, local breed, white, boiled, drained (without salt)	*Yetekekele ye'habesha doro enqulal nech kifl*	0.56	214(51)	86.6	11.4	0	1.2	0	0.8
080005	Egg, chicken, local breed, white, raw	*Ye'habesha doro enqulal nech kifl, ti're*	0.56	214(51)	86.6	11.4	tr	1.2	0	0.8
	Non-African data									
080010	Egg, chicken, local breed, whole, boiled, drained (without salt)	*Yetekekele ye'habesha doro enqulal*	0.87	625(150)	73.4	12.8	9.5	3.5	0	1.0
080004	Egg, chicken, local breed, whole, raw	*Ye'habesha doro enqulal, ti're*	0.87	625(150)	73.4	12.8	9.5	3.5	0	1.0
	Non-African data									
080012	Egg, chicken, local breed, yolk, boiled, drained (without salt)	*Yetekekele ye'habesha doro enqulal askual*	0.31	1200(289)	54.5	15.6	22.7	5.6	0	1.6

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Meat, poultry, and their products											
070146	Sheep (mutton), tripe, grilled (without salt or fat)	21	1.2	21	63	52	22	2.26	0.07	0.23	20
070057	Sheep (mutton), tripe, raw	15	0.9	18	56	49	18	1.89	0.06	0.16	14
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa
070147	Sheep, meat, stir fried, with onion, tomato, oil, butter, green pepper, salt and spices	17	2.1	24	151	246	463	3.20	0.13	0.18	13
070151	Sheep, offal, stir fried, with onion, oil, green pepper, butter, spices and salt	24	4.6	28	171	212	504	3.15	1.58	0.44	33
070132	Sheep, sausage, grilled (without salt or fat)	16	1.7	20	220	175	950	2.00	0.11	0.25	7
070044	Sheep, sausage, raw	12	1.3	15	174	154	792	1.50	0.08	0.19	5
Non-African data			oa	oa		oa	oa	oa	oa	oa	oa
Eggs and their products											
080001	Egg, chicken, whole, raw	38	1.8	11	138	108	137	0.97	0.05	0.02	28
Non-African data										oa	
080015	Egg, chicken and beef meat, fried with tomato, onion, oil, butter, green pepper and salt	32	2.4	19	130	182	436	2.06	0.09	0.06	19
080011	Egg, chicken, local breed, white, boiled, drained (without salt)	5	0.0	13	13	143	207	0.02	0.02	0	10
080005	Egg, chicken, local breed, white, raw	6	0.1	13	13	151	218	0.02	0.03	0	11
Non-African data										oa	
080010	Egg, chicken, local breed, whole, boiled, drained (without salt)	57	2.4	11	215	115	126	1.34	0.06	0.02	18
080004	Egg, chicken, local breed, whole, raw	60	2.5	11	226	121	133	1.41	0.06	0.02	19
Non-African data										oa	
080012	Egg, chicken, local breed, yolk, boiled, drained (without salt)	118	5.9	12	498	113	73	3.26	0.10	0.03	30

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Meat, poultry, and their products									
070146	Sheep (mutton), tripe, grilled (without salt or fat)	0.02	0.11	6.5	0.8	0.25	2		
070057	Sheep (mutton), tripe, raw	0.02	0.08	4.7	0.6	0.22	[2]		
	Non-African data	oa	oa		oa	oa	oa		
070147	Sheep, meat, stir fried, with onion, tomato, oil, butter, green pepper, salt and spices	0.06	0.11	6.6	3.4	0.08	6	1.60	9
070151	Sheep, offal, stir fried, with onion, oil, green pepper, butter, spices and salt	0.13	0.98	9.1	4.1	0.25	57		11
070132	Sheep, sausage, grilled (without salt or fat)	0.06	0.10	9.3	4.1	0.05	2	1.30	0
070044	Sheep, sausage, raw	0.06	0.08	7.5	3.6	0.05	2	1.10	0
	Non-African data					oa	oa	oa	oa
Eggs and their products									
080001	Egg, chicken, whole, raw	0.03	0.34	0.7	tr	0.06	47	2.20	0
	Non-African data						oa		
080015	Egg, chicken and beef meat, fried with tomato, onion, oil, butter, green pepper and salt	0.04	0.23	2.4	1.0	0.07	23	1.70	8
080011	Egg, chicken, local breed, white, boiled, drained (without salt)	0	0.26	0.6	0.0	0	0	0	0
080005	Egg, chicken, local breed, white, raw	0	0.32	0.6	tr	0	7	0	0
	Non-African data						oa		
080010	Egg, chicken, local breed, whole, boiled, drained (without salt)	0.05	0.27	0.9	0.0	0.06	37	0.29	0
080004	Egg, chicken, local breed, whole, raw	0.06	0.33	1.0	tr	0.08	46	0.37	0
	Non-African data								
080012	Egg, chicken, local breed, yolk, boiled, drained (without salt)	0.13	0.29	1.6	0	0.15	120	3.70	0

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Meat, poultry, and their products								
070146	Sheep (mutton), tripe, grilled (without salt or fat)	0	3	3	3	0	0.28	0.28
070057	Sheep (mutton), tripe, raw	0	3	3	3	0	0.20	0.20
Non-African data			oa			oa		oa
070147	Sheep, meat, stir fried, with onion, tomato, oil, butter, green pepper, salt and spices	116	17	36	27	0.1		1.30
070151	Sheep, offal, stir fried, with onion, oil, green pepper, butter, spices and salt	71	3290	3300	3300	0.2		1.80
070132	Sheep, sausage, grilled (without salt or fat)	0	24	24	24	0.7	0	0
070044	Sheep, sausage, raw	0	20	20	20	0.6	0	0
Non-African data			oa			oa		oa
Eggs and their products								
080001	Egg, chicken, whole, raw	tr	81	81	81	1.7	0.43	0.41
Non-African data								
080015	Egg, chicken and beef meat, fried with tomato, onion, oil, butter, green pepper and salt	124	57	78	68	1.0		1.10
080011	Egg, chicken, local breed, white, boiled, drained (without salt)	0	0	0	0	0	0.03	0.03
080005	Egg, chicken, local breed, white, raw	0	0	0	0	0	0.03	0.03
Non-African data								
080010	Egg, chicken, local breed, whole, boiled, drained (without salt)	83	112	126	119	4.5	3.40	3.40
080004	Egg, chicken, local breed, whole, raw	87	118	133	125	4.8	3.40	3.40
Non-African data								
080012	Egg, chicken, local breed, yolk, boiled, drained (without salt)	240	219	259	239	8.9	6.20	6.10

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Meat, poultry, and their products								
070146	Sheep (mutton), tripe, grilled (without salt or fat)	0	159	2.78	2.17	0.30	0.19	tr
070057	Sheep (mutton), tripe, raw	0	113	1.97	1.54	0.21	0.14	tr
Non-African data			oa	oa	oa	oa	oa	oa
070147	Sheep, meat, stir fried, with onion, tomato, oil, butter, green pepper, salt and spices	3	44	4.50	3.83	4.94	4.76	0.08
070151	Sheep, offal, stir fried, with onion, oil, green pepper, butter, spices and salt	4	179	5.24	5.86	8.64	8.38	0.08
070132	Sheep, sausage, grilled (without salt or fat)	0	19	1.69	1.45	0.16	0.10	0.04
070044	Sheep, sausage, raw	0	14	1.27	1.08	0.12	0.07	0.03
Non-African data			oa	oa	oa	oa	oa	oa
Eggs and their products								
080001	Egg, chicken, whole, raw	0	292	2.02	2.59	1.26	0.96	0.03
Non-African data								
080015	Egg, chicken and beef meat, fried with tomato, onion, oil, butter, green pepper and salt	1	179	5.35	4.62	4.08	3.80	0.06
080011	Egg, chicken, local breed, white, boiled, drained (without salt)	0	2	0.02	0.01	0	tr	tr
080005	Egg, chicken, local breed, white, raw	0	2	0.02	0.01	0	0	0
Non-African data								
080010	Egg, chicken, local breed, whole, boiled, drained (without salt)	0	439	2.73	3.50	1.61	1.10	0.09
080004	Egg, chicken, local breed, whole, raw	0	439	2.73	3.50	1.61	1.10	0.09
Non-African data								
080012	Egg, chicken, local breed, yolk, boiled, drained (without salt)	0	1100	6.79	8.94	3.13	2.11	0.16

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Eggs and their products										
080006	Egg, chicken, local breed, yolk, raw	*Ye'habesha doro enqulal askwal, ti're*	0.31	1200(289)	54.5	15.6	22.7	5.6	0	1.6
Non-African data										
080013	Egg, chicken, scrambled, with tomato, onion, oil, green pepper, butter and salt	*Ye'enqulal ferfer*	1.00	848(204)	67.4	9.9	16.6	3.5	0.6	2.1
080014	Egg, chicken, stew, with oil, onion, spices and salt	*Enqulal wot*	1.00	863(209)	68.2	6.8	18.4	3.3	1.1	2.1
080008	Egg, chicken, white, boiled, drained (without salt)	*Yetekekele ye'doro enqulal nech kifl*	0.56	253(60)	84.2	13.5	0	1.4	0	0.9
080002	Egg, chicken, white, raw	*Ye'doro enqulal nech kifl, ti're*	0.56	253(60)	84.2	13.5	tr	1.4	0	0.9
Non-African data										
080007	Egg, chicken, whole, boiled, drained (without salt)	*Yetekekele ye'doro enqulal*	0.88	494(118)	78.5	11.3	7.1	2.3	0	0.8
080009	Egg, chicken, yolk, boiled, drained (without salt)	*Yetekekele ye'doro enqulal askual*	0.31	1310(316)	54.3	15.0	27.8	1.4	0	1.5
080003	Egg, chicken, yolk, raw	*Ye'doro enqulal askwal, ti're*	0.31	1310(316)	54.3	15.0	27.8	1.4	0	1.5
Non-African data										
Fish, seafood, and their products										
090001	Carp, fresh, fillet, raw	*Dabe, ti're*	0.33	376(89)	77.4	20.3	0.8	0	0	1.2
Non-African data										
090014	Carp, fresh, fillet, boiled, as part of a recipe (without salt)	*Yetekekele ye'dabe feleto kenewuhaw*	0.29	453(107)	72.8	24.4	1.0	0	0	1.4
090016	Carp, fresh, fillet, grilled (without salt or fat)	*Yetetebese ye'dabe feleto*	0.25	545(129)	67.3	29.4	1.2	0	0	1.7
090015	Carp, fresh, fillet, steamed (without salt)	*Yetekekele ye'dabe feleto*	0.29	453(107)	72.8	24.4	1.0	0	0	1.4
090017	Catfish, fresh, wild, fillet, boiled, as part of a recipe (without salt)	*yetekekele ye'ambaza feleto kenewuhaw*	0.41	512(121)	73.2	22.8	3.4	0	0	1.4
090019	Catfish, fresh, wild, fillet, grilled (without salt or fat)	*Yetetebese ye'ambaza feleto*	0.37	616(146)	67.7	27.4	4.0	0	0	1.6
090002	Catfish, fresh, wild, fillet, raw	*Ambaza, ti're*	0.46	425(101)	77.7	18.9	2.8	0	0	1.1
Non-African data										
090018	Catfish, fresh, wild, fillet, steamed (without salt)	*yetekekele ye'ambaza feleto*	0.41	512	73.2	22.8	3.4	0	0	1.4

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Eggs and their products											
080006	Egg, chicken, local breed, yolk, raw	124	6.3	13	524	119	77	3.43	0.11	0.03	31
	Non-African data									oa	
080013	Egg, chicken, scrambled, with tomato, onion, oil, green pepper, butter and salt	37	1.8	16	125	143	582	0.88	0.08	0.06	23
080014	Egg, chicken, stew, with oil, onion, spices and salt	28	1.4	12	84	95	477	0.59	0.07	0.07	15
080008	Egg, chicken, white, boiled, drained (without salt)	6	0.0	14	12	153	235	0.01	0.02	0	13
080002	Egg, chicken, white, raw	7	0	15	13	161	248	0.02	0.02	0	14
	Non-African data									oa	
080007	Egg, chicken, whole, boiled, drained (without salt)	36	1.7	10	131	103	130	0.92	0.05	0.02	26
080009	Egg, chicken, yolk, boiled, drained (without salt)	110	5.6	11	489	90	70	2.84	0.13	0.03	54
080003	Egg, chicken, yolk, raw	116	5.9	11	515	95	73	2.99	0.13	0.03	57
	Non-African data									oa	
Fish, seafood, and their products											
090001	Carp, fresh, fillet, raw	68	0.9	37	231	420	37	0.51	0		47
	Non-African data									oa	
090014	Carp, fresh, fillet, boiled, as part of a recipe (without salt)	81	1.1	44	279	506	45	0.61	0		57
090016	Carp, fresh, fillet, grilled (without salt or fat)	98	1.1	48	302	518	46	0.74	0		68
090015	Carp, fresh, fillet, steamed (without salt)	81	0.8	38	237	380	38	0.61	0		51
090017	Catfish, fresh, wild, fillet, boiled, as part of a recipe (without salt)	63	1.9	33	203	467	57	1.33	0	0.01	53
090019	Catfish, fresh, wild, fillet, grilled (without salt or fat)	76	2.0	35	219	478	58	1.59	0	0.02	64
090002	Catfish, fresh, wild, fillet, raw	53	1.6	27	168	388	47	1.10	0	0.01	44
	Non-African data									oa	
090018	Catfish, fresh, wild, fillet, steamed (without salt)	63	1.5	28	172	351	49	1.33	0	0.01	48

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Eggs and their products									
080006	Egg, chicken, local breed, yolk, raw	0.16	0.36	1.6	0	0.19	150	4.60	0
Non-African data									
080013	Egg, chicken, scrambled, with tomato, onion, oil, green pepper, butter and salt	0.03	0.21	0.7	0.1	0.07	32	1.70	8
080014	Egg, chicken, stew, with oil, onion, spices and salt	0.02	0.16	0.5	0.1	0.05	23	0.97	2
080008	Egg, chicken, white, boiled, drained (without salt)	0	0.33	0.6	0.1	0	6	0	0
080002	Egg, chicken, white, raw	0	0.42	0.7	0.1	0	7	0	0
Non-African data							oa		
080007	Egg, chicken, whole, boiled, drained (without salt)	0.03	0.27	0.7	0.0	0.05	38	1.70	0
080009	Egg, chicken, yolk, boiled, drained (without salt)	0.14	0.34	2.7	0.0	0.17	90	4.10	0
080003	Egg, chicken, yolk, raw	0.17	0.43	2.8	0.1	0.21	[110]	5.10	0
Non-African data									
Fish, seafood, and their products									
090001	Carp, fresh, fillet, raw	0	0.05	5.0	2.5	0.05	15	1.50	2
Non-African data							oa	oa	
090014	Carp, fresh, fillet, boiled, as part of a recipe (without salt)	0	0.06	5.9	2.9	0.05	15	1.70	2
090016	Carp, fresh, fillet, grilled (without salt or fat)	0	0.07	6.9	3.3	0.07	17	2.00	2
090015	Carp, fresh, fillet, steamed (without salt)	0	0.04	5.1	2.1	0.04	13	1.50	2
090017	Catfish, fresh, wild, fillet, boiled, as part of a recipe (without salt)	0	0.05	5.6	2.3	0.06	14	3.80	tr
090019	Catfish, fresh, wild, fillet, grilled (without salt or fat)	0	0.05	6.6	2.7	0.08	16	4.60	tr
090002	Catfish, fresh, wild, fillet, raw	0	0.04	4.8	2.1	0.06	14	3.50	tr
Non-African data							oa	oa	oa
090018	Catfish, fresh, wild, fillet, steamed (without salt)	0	0.03	5.0	1.7	0.05	11	3.40	tr

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Eggs and their products								
080006	Egg, chicken, local breed, yolk, raw	252	230	272	251	9.4	6.20	6.10
Non-African data								
080013	Egg, chicken, scrambled, with tomato, onion, oil, green pepper, butter and salt	94	72	88	80	1.3		1.20
080014	Egg, chicken, stew, with oil, onion, spices and salt	0	43	43	43	0.9		5.20
080008	Egg, chicken, white, boiled, drained (without salt)	0	0	0	0	0	0.06	0.06
080002	Egg, chicken, white, raw	0	0	0	0	0	0.06	0.06
Non-African data								
080007	Egg, chicken, whole, boiled, drained (without salt)	tr	77	77	77	1.6	0.43	0.41
080009	Egg, chicken, yolk, boiled, drained (without salt)	3	329	330	330	5.4	6.90	6.60
080003	Egg, chicken, yolk, raw	3	347	347	347	5.7	6.90	6.60
Non-African data								
Fish, seafood, and their products								
090001	Carp, fresh, fillet, raw	0	2	2	2	2.7	0.49	0.49
Non-African data			oa					
090014	Carp, fresh, fillet, boiled, as part of a recipe (without salt)	0	3	3	3	2.9	0.59	0.59
090016	Carp, fresh, fillet, grilled (without salt or fat)	0	3	3	3	3.5	0.71	0.71
090015	Carp, fresh, fillet, steamed (without salt)	0	3	3	3	2.9	0.59	0.59
090017	Catfish, fresh, wild, fillet, boiled, as part of a recipe (without salt)	4	27	28	28	0.6		1.00
090019	Catfish, fresh, wild, fillet, grilled (without salt or fat)	5	33	33	33	0.7		1.20
090002	Catfish, fresh, wild, fillet, raw	4	25	26	25	0.5	0.83	0.83
Non-African data								
090018	Catfish, fresh, wild, fillet, steamed (without salt)	4	27	28	28	0.6		1.00

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Eggs and their products								
080006	Egg, chicken, local breed, yolk, raw	0	1100	6.79	8.94	3.13	2.11	0.16
	Non-African data							
080013	Egg, chicken, scrambled, with tomato, onion, oil, green pepper, butter and salt	1	246	3.99	5.03	6.10	5.80	0.06
080014	Egg, chicken, stew, with oil, onion, spices and salt	2	162	2.66	5.23	9.16	8.95	0.07
080008	Egg, chicken, white, boiled, drained (without salt)	0	1	0.01	0.01	0	tr	tr
080002	Egg, chicken, white, raw	0	1	0.01	0.01	0	0	0
	Non-African data							
080007	Egg, chicken, whole, boiled, drained (without salt)	0	292	2.02	2.59	1.26	0.96	0.03
080009	Egg, chicken, yolk, boiled, drained (without salt)	0	975	2.11	2.69	1.24	0.95	0.03
080003	Egg, chicken, yolk, raw	0	975	2.11	2.69	1.24	0.95	0.03
	Non-African data							
Fish, seafood, and their products								
090001	Carp, fresh, fillet, raw	0	73	0.17	0.09	0.27	0.04	0.01
	Non-African data							
090014	Carp, fresh, fillet, boiled, as part of a recipe (without salt)	0	88	0.21	0.11	0.33	0.04	0.01
090016	Carp, fresh, fillet, grilled (without salt or fat)	0	106	0.25	0.13	0.39	0.05	0.02
090015	Carp, fresh, fillet, steamed (without salt)	0	88	0.21	0.11	0.33	0.04	0.01
090017	Catfish, fresh, wild, fillet, boiled, as part of a recipe (without salt)	0	108	1.82	0.35	0.45	0.08	0.05
090019	Catfish, fresh, wild, fillet, grilled (without salt or fat)	0	130	2.19	0.42	0.54	0.10	0.06
090002	Catfish, fresh, wild, fillet, raw	0	90	1.51	0.29	0.37	0.07	0.04
	Non-African data							
090018	Catfish, fresh, wild, fillet, steamed (without salt)	0	108	1.82	0.35	0.45	0.08	0.05

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Fish, seafood, and their products										
090013	Fish, small, whole, dried, raw	*Asa, yedereke, ti're*	1.00	1400(333)	11.2	59.5	10.6	0	0	10.0
	Non-African data									
090012	Fish, without bones, salted, dried, raw	*Asa, yedereke, ti're (atenete yelelew)*	1.00	770(182)	43.2	42.0	1.5	0	0	11.0
	Non-African data				oa		oa			oa
090023	Nile perch, fresh water, fillet, boiled as part of a recipe (without salt)	*Yetekekele ye'nech asa feleto*	1.00	424(100)	75.0	23.9	0.5	0	0	1.3
090025	Nile perch, fresh water, fillet, grilled (without salt or fat)	*Yetetebese ye'nech asa feleto*	1.00	510(120)	69.9	28.8	0.6	0	0	1.5
090006	Nile perch, fresh water, fillet, raw	*Nech asa, feleto, ti're*	1.00	352(83)	79.2	19.9	0.4	0	0	1.0
	Non-African data									
090024	Nile perch, fresh water, fillet, steamed (without salt)	*Be'enfalote yetekekele ye'nech asa feleto*	1.00	424(100)	75.0	23.9	0.5	0	0	1.3
090020	Nile tilapia, fresh water, fillet, boiled, as part of a recipe (without salt)	*Yetekekele ye'koroso feleto kenewuhaw*	0.31	438(104)	75.4	22.9	1.3	0	0	1.2
090022	Nile tilapia, fresh water, fillet, grilled (without salt)	*Yetetebese ye'koroso feleto*	0.29	483(114)	72.9	25.2	1.5	0	0	1.4
090004	Nile tilapia, fresh water, fillet, raw	*Koroso, feleto, ti're*	0.34	381(90)	78.6	19.9	1.2	0	0	1.1
	Non-African data									
090021	Nile tilapia, fresh water, fillet, steamed (without salt)	*Be'enfalot yetekekele ye'koroso feleto*	0.31	438(104)	75.4	22.9	1.3	0	0	1.2
090003	Sardine, whole, with bones, canned in oil, drained	*Sardine, yetashege (zeyete yelelew)*	0.82	995(239)	56.1	24.8	15.5	0	0	3.6
	Non-African data		oa							oa
090005	Tuna, canned in oil, drained	*Tuna, yetashege (zeyet yelelew)*	0.71	731(174)	65.2	26.4	7.6	0	0	1.7
	Non-African data				oa		oa			oa
090007	Tuna, canned in oil, undrained	*Tuna, yetashege (zeyet yalew)*	1.00	1130(271)	56.2	19.9	21.3	0	0	1.4
	Non-African data				oa		oa			oa
090008	Tuna, canned in water, salted, drained	*Tuna, yetashege (wiha yelelew)*	0.66	490(116)	72.1	26.6	1.0	0	0	1.2
	Non-African data		oa				oa			oa
090009	Tuna, canned in water, salted, undrained	*Tuna, yetashege (weha yalew)*	1.00	368(87)	78.1	20.1	0.7	0	0	1.3
	Non-African data				oa		oa			oa

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Fish, seafood, and their products											
090013	Fish, small, whole, dried, raw	2790	6.9	98	2730	800	300	16.00			22
Non-African data											
090012	Fish, without bones, salted, dried, raw	174	1.7	53	240	47	1730	1.20	0	0.01	78
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa
090023	Nile perch, fresh water, fillet, boiled as part of a recipe (without salt)	15	0.5	31	176	357	39	0.42	0	0.01	59
090025	Nile perch, fresh water, fillet, grilled (without salt or fat)	18	0.6	39	224	487	47	0.51	0	0.01	78
090006	Nile perch, fresh water, fillet, raw	12	0.5	30	172	396	38	0.35	0	0.01	54
Non-African data										oa	
090024	Nile perch, fresh water, fillet, steamed (without salt)	15	0.5	31	176	357	39	0.42	0	0.01	59
090020	Nile tilapia, fresh water, fillet, boiled, as part of a recipe (without salt)	17	0.6	36	204	466	48	0.51	0.02	0.01	48
090022	Nile tilapia, fresh water, fillet, grilled (without salt)	18	0.5	36	202	437	45	0.56	0.02	0.01	53
090004	Nile tilapia, fresh water, fillet, raw	14	0.5	32	177	406	42	0.44	0.02	0.01	42
Non-African data									oa	oa	
090021	Nile tilapia, fresh water, fillet, steamed (without salt)	17	0.5	31	173	350	41	0.51	0.02	0.01	43
090003	Sardine, whole, with bones, canned in oil, drained	382	2.9	39	490	397	307	1.31	0.19	0.11	53
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa
090005	Tuna, canned in oil, drained	8	0.8	29	220	270	360	0.71	0.06	0.01	90
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa
090007	Tuna, canned in oil, undrained	8	0.7	26	194	230	320	0.56	0.04	0.01	69
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa
090008	Tuna, canned in water, salted, drained	6	1.4	25	210	220	310	0.80	0.06	0.01	88
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa
090009	Tuna, canned in water, salted, undrained	5	1.0	29	240	270	340	0.54	0.04	0.01	67
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Fish, seafood, and their products									
090013	Fish, small, whole, dried, raw	0.34	0.52	24.0	18.0		46	60.00	tr
Non-African data									
090012	Fish, without bones, salted, dried, raw	0.06	0.31		7.5	0.50	0	0	0
Non-African data			oa		oa	oa	oa	oa	oa
090023	Nile perch, fresh water, fillet, boiled as part of a recipe (without salt)	0	0.02	3.1	1.1	0.01	6	1.30	0
090025	Nile perch, fresh water, fillet, grilled (without salt or fat)	0	0.03	4.2	1.7	0.02	8	1.70	0
090006	Nile perch, fresh water, fillet, raw	0	0.02	3.0	1.3	0.02	7	1.30	0
Non-African data									
090024	Nile perch, fresh water, fillet, steamed (without salt)	0	0.02	3.1	1.1	0.01	6	1.30	0
090020	Nile tilapia, fresh water, fillet, boiled, as part of a recipe (without salt)	0	0.12	6.1	3.0	0.04	5	1.60	1
090022	Nile tilapia, fresh water, fillet, grilled (without salt)	0	0.12	6.5	3.1	0.05	5	1.70	1
090004	Nile tilapia, fresh water, fillet, raw	0	0.11	5.4	2.8	0.04	5	1.50	1
Non-African data									oa
090021	Nile tilapia, fresh water, fillet, steamed (without salt)	0	0.09	5.3	2.2	0.03	4	1.40	1
090003	Sardine, whole, with bones, canned in oil, drained	0.08	0.23	12.0	5.2	0.17	10	8.90	0
Non-African data			oa		oa	oa	oa	oa	oa
090005	Tuna, canned in oil, drained	0	0.11	10.0	5.5	1.90	0	2.50	0
Non-African data						oa	oa		
090007	Tuna, canned in oil, undrained	0	0.09	7.9	4.2	1.60	0	2.90	0
Non-African data			oa		oa	oa	oa	oa	
090008	Tuna, canned in water, salted, drained	0	0.11	11.0	5.6	1.70	0	4.20	0
Non-African data						oa	oa	oa	oa
090009	Tuna, canned in water, salted, undrained	0.02	0.09	8.0	4.2	1.90	0	4.70	0
Non-African data			oa		oa	oa	oa	oa	oa

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Fish, seafood, and their products								
090013	Fish, small, whole, dried, raw		141					
Non-African data								
090012	Fish, without bones, salted, dried, raw	0	0	0	0	4.0		
Non-African data			oa			oa		
090023	Nile perch, fresh water, fillet, boiled as part of recipe (without salt)	0	16	16	16	23.0		
090025	Nile perch, fresh water, fillet, grilled (without salt or fat)	0	20	20	20	27.0		
090006	Nile perch, fresh water, fillet, raw	0	15	15	15	21.0		<LOD
Non-African data								
090024	Nile perch, fresh water, fillet, steamed (without salt)	0	16	16	16	23.0		
090020	Nile tilapia, fresh water, fillet, boiled, as part of a recipe (without salt)	0	10	10	10	19.0	0.57	0.57
090022	Nile tilapia, fresh water, fillet, grilled (without salt)	0	11	11	11	21.0	0.63	0.63
090004	Nile tilapia, fresh water, fillet, raw	0	10	10	10	18.0	0.50	0.50
Non-African data								
090021	Nile tilapia, fresh water, fillet, steamed (without salt)	0	10	10	10	19.0	0.57	0.57
090003	Sardine, whole, with bones, canned in oil, drained	0	32	32	32	4.8		0.60
Non-African data			oa			oa		oa
090005	Tuna, canned in oil, drained	0	0	0	0	1.8		1.20
Non-African data			oa			oa		oa
090007	Tuna, canned in oil, undrained	0	0	0	0	1.4		1.20
Non-African data			oa			oa		oa
090008	Tuna, canned in water, salted, drained	0	0	0	0	2.1		0.26
Non-African data			oa			oa		oa
090009	Tuna, canned in water, salted, undrained	0	0	0	0	1.7		0.26
Non-African data			oa			oa		oa

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Fish, seafood, and their products								
090013	Fish, small, whole, dried, raw	0	977	3.92	2.29	3.54		
	Non-African data							
090012	Fish, without bones, salted, dried, raw	0	90	0.36	0.18	0.72		
	Non-African data		oa	oa	oa	oa		
090023	Nile perch, fresh water, fillet, boiled as part of a recipe (without salt)	0	72	0.10	0.04	0.11	0.01	tr
090025	Nile perch, fresh water, fillet, grilled (without salt or fat)	0	87	0.12	0.05	0.14	0.01	tr
090006	Nile perch, fresh water, fillet, raw	0	60	0.08	0.03	0.09	0.01	tr
	Non-African data							
090024	Nile perch, fresh water, fillet, steamed (without salt)	0	72	0.10	0.04	0.11	0.01	tr
090020	Nile tilapia, fresh water, fillet, boiled, as part of a recipe (without salt)	0	61	0.41	0.22	0.33	0.04	0.05
090022	Nile tilapia, fresh water, fillet, grilled (without salt)	0	67	0.45	0.24	0.36	0.05	0.05
090004	Nile tilapia, fresh water, fillet, raw	0	53	0.36	0.19	0.28	0.04	0.04
	Non-African data							
090021	Nile tilapia, fresh water, fillet, steamed (without salt)	0	61	0.41	0.22	0.33	0.04	0.05
090003	Sardine, whole, with bones, canned in oil, drained	0	102	3.65	5.53	5.14	2.25	0.43
	Non-African data		oa	oa	oa	oa	oa	oa
090005	Tuna, canned in oil, drained	0	0	1.14	3.10	2.71	2.18	0.14
	Non-African data		oa	oa	oa	oa	oa	oa
090007	Tuna, canned in oil, undrained	0		2.87	9.40	7.45	6.73	0.35
	Non-African data		oa	oa	oa	oa	oa	oa
090008	Tuna, canned in water, salted, drained	0	45	0.27	0.14	0.38	0.01	0
	Non-African data		oa	oa	oa	oa	oa	oa
090009	Tuna, canned in water, salted, undrained	0	35	0.18	0.09	0.24	0.01	tr
	Non-African data		oa	oa	oa	oa	oa	oa

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Milk and its products										
100001	Butter milk, cow, fluid	*Ye'lame wetet arera*	1.00	162(38)	90.8	3.1	0.8	4.6	0	0.6
	Non-African data									
100029	Cheese, cottage, with butter, spices and salt	*Keye ayib*	1.00	778(187)	66.4	15.4	11.9	4.2	0.5	1.7
100021	Cheese mozzarella, low moisture, part skim	*Ye'lame wetet ayib (mozzarella)*	1.00	1230(295)	47.1	23.8	19.8	5.5	0	3.8
	Non-African data				oa		oa			oa
100003	Cheese, cottage, from cow's milk, homemade	*Ye'lame wetet ayib*	1.00	567(135)	72.9	16.6	6.0	3.8	0	0.8
	Non-African data									
100005	Cheese, ricotta, from cow's milk	*Ye'lame wetet ayib (ricotta)*	1.00	700(168)	71.7	11.3	11.8	4.2	0	1.0
	Non-African data						oa			
100006	Milk, camel, whole, fluid, fresh, unfortified	*Ye'gimel wetet, yaletenate*	1.00	279(66)	85.5	2.9	2.5	8.1	0	1.0
	Non-African data									
100028	Milk, camel, whole, fluid, fresh, unfortified, boiled for 3 min.	*Yetefela ye'gimel wetet*	1.00	328(78)	83.0	3.4	2.9	9.6	0	1.2
100009	Milk, cow, fat reduced , fluid, pasteurized, unfortified	*Ye'lame wetet, yetenate, pasteurized*	1.00	190(45)	90.7	2.5	2.1	4.1	0	0.6
	Non-African data									
100024	Milk, cow, fat reduced, fluid, pasteurized, unfortified, boiled for 3 min.	*Yetefela ye'lame wetet kebe yewetalet pasteurized*	1.00	224(53)	89.1	2.9	2.5	4.8	0	0.7
100010	Milk, cow, fluid, skimmed (0.5% fat), pasteurized, unfortified	*Ye'lame wetet, kebe yewetalet (0.5% yalew), pasteurized*	1.00	160(38)	90.6	3.5	0.6	4.6	0	0.7
	Non-African data									
100025	Milk, cow, fluid, skimmed (0.5% fat), unfortified, boiled for 3 min.	*Yetefela ye'lame wetet kebe yewetalet*	1.00	188(45)	88.9	4.1	0.7	5.4	0	0.8
100013	Milk, cow, powder, skimmed, unfortified	*Ye'lame wetet yetenate, duket*	1.00	1510(356)	4.2	34.0	1.0	52.8	0	8.0
	Non-African data									
	SD or Min-Max					1.6	0.2			
	n		1			8	8			1

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Milk and its products											
100001	Butter milk, cow, fluid	112	0.2	11	86	126	27	0.31	0.01	0	tr
	Non-African data									oa	
100029	Cheese, cottage, with butter, spices and salt	98	0.8	12	167	93	284	0.48	0.06	0.10	8
100021	Cheese mozzarella, low moisture, part skim	697	0.2	27	548	188	666	3.62	0.03	0.04	28
	Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa
100003	Cheese, cottage, from cow's milk, homemade	106	0.8	10	183	97	25	0.51	0.05	0	8
	Non-African data									oa	
100005	Cheese, ricotta, from cow's milk	207	0.4	11	158	105	84	1.16	0.02	0.01	5
	Non-African data									oa	oa
100006	Milk, camel, whole, fluid, fresh, unfortified	160	0.1	7	105	295	67	0.47	0.15	0.11	8
	Non-African data										
100028	Milk, camel, whole, fluid, fresh, unfortified, boiled for 3 min.	188	0.1	9	124	347	79	0.55	0.18	0.13	10
100009	Milk, cow, fat reduced , fluid, pasteurized, unfortified	80	0.1	8	72	96	27	0.25	0.02	0.01	tr
	Non-African data									oa	
100024	Milk, cow, fat reduced, fluid, pasteurized, unfortified, boiled for 3 min.	94	0.2	9	85	113	32	0.29	0.02	0.02	tr
100010	Milk, cow, fluid, skimmed (0.5% fat), pasteurized, unfortified	138	0.1	22	97	113	63	0.40	0.01	tr	1
	Non-African data									oa	
100025	Milk, cow, fluid, skimmed (0.5% fat), unfortified, boiled for 3 min.	162	0.1	26	114	133	74	0.47	0.01	0	1
100013	Milk, cow, powder, skimmed, unfortified	1270	0.9	123	1010	1680	468	3.77	0.08	0.03	1
	Non-African data									oa	oa
	SD or Min-Max										
	n										

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Milk and its products									
100001	Butter milk, cow, fluid	0.02	0.16	0.8	0.1	tr	6	0.30	tr
	Non-African data								
100029	Cheese, cottage, with butter, spices and salt	0.01	0.22	3.2	0.4	0	3	0.47	0
100021	Cheese mozzarella, low moisture, part skim	0.02	0.35	5.5	0.1	0.10	27	1.70	0
	Non-African data		oa		oa	oa		oa	oa
100003	Cheese, cottage, from cow's milk, homemade	0.01	0.24	3.5	0.5	tr	3	0.50	tr
	Non-African data						oa	oa	
100005	Cheese, ricotta, from cow's milk	0.01	0.20	2.2	0.1	0.01	12	0.30	0
	Non-African data					oa			
100006	Milk, camel, whole, fluid, fresh, unfortified	tr	0.03	1.7	0.5	0.01	8	0.60	tr
	Non-African data								
100028	Milk, camel, whole, fluid, fresh, unfortified, boiled for 3 min.	tr	0.03	2.0	0.6	0.01	8	0.67	tr
100009	Milk, cow, fat reduced , fluid, pasteurized, unfortified	0.01	0.14	0.6	tr	0.02	4	0.32	tr
	Non-African data								
100024	Milk, cow, fat reduced, fluid, pasteurized, unfortified, boiled for 3 min.	0.01	0.16	0.7	tr	0.02	4	0.36	tr
100010	Milk, cow, fluid, skimmed (0.5% fat), pasteurized, unfortified	0.04	0.14	0.8	0.1	0.04	5	0.40	1
	Non-African data								
100025	Milk, cow, fluid, skimmed (0.5% fat), unfortified, boiled for 3 min.	0.04	0.16	1.0	0.1	0.04	5	0.45	1
100013	Milk, cow, powder, skimmed, unfortified	0.34	1.60	9.3	0.9	0.34	38	3.00	17
	Non-African data						oa		
	SD or Min-Max								
	n	1	1		1	1	1	1	1

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Milk and its products								
100001	Butter milk, cow, fluid	1	4	4	4	0	0.01	0.01
	Non-African data		oa					oa
100029	Cheese, cottage, with butter, spices and salt	68	92	103	97	0.1	0.48	0.45
100021	Cheese mozzarella, low moisture, part skim	51	223	232	227	0.4		0.50
	Non-African data		oa			oa		oa
100003	Cheese, cottage, from cow's milk, homemade	47	66	74	70	0	0.21	0.21
	Non-African data							
100005	Cheese, ricotta, from cow's milk	81	98	112	105	0.1		0.35
	Non-African data		oa			oa		
100006	Milk, camel, whole, fluid, fresh, unfortified	0	13	13	13	tr	0.08	0.08
	Non-African data							
100028	Milk, camel, whole, fluid, fresh, unfortified, boiled for 3 min.	0	15	15	15	tr	0.09	0.09
100009	Milk, cow, fat reduced , fluid, pasteurized, unfortified	4	19	20	19	tr	0.05	0.05
	Non-African data							
100024	Milk, cow, fat reduced, fluid, pasteurized, unfortified, boiled for 3 min.	5	22	23	23	tr	0.06	0.06
100010	Milk, cow, fluid, skimmed (0.5% fat), pasteurized, unfortified	1	0	0	0	0.3		0.04
	Non-African data					oa		
100025	Milk, cow, fluid, skimmed (0.5% fat), unfortified, boiled for 3 min.	1	0	0	0	0.4		0.05
100013	Milk, cow, powder, skimmed, unfortified	7	8	9	9	0		0.02
	Non-African data		oa			oa		
	SD or Min-Max							
	n		1			1		1

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Milk and its products								
100001	Butter milk, cow, fluid	0	5	0.47	0.22	0.03	0.01	tr
Non-African data								
100029	Cheese, cottage, with butter, spices and salt		29	7.04	3.32	0.55	0.32	0.08
100021	Cheese mozzarella, low moisture, part skim	0	64	11.80	6.01	1.13	0.62	0.09
Non-African data			oa	oa	oa	oa		
100003	Cheese, cottage, from cow's milk, homemade	0	27	3.37	1.59	0.27	0.10	0.05
Non-African data								
100005	Cheese, ricotta, from cow's milk	0	50	7.70	3.17	0.34	0.24	0.10
Non-African data			oa	oa	oa	oa	oa	oa
100006	Milk, camel, whole, fluid, fresh, unfortified	0	20	1.31	0.71	0.11	0.05	0.03
Non-African data								
100028	Milk, camel, whole, fluid, fresh, unfortified, boiled for 3 min.	0	24	1.55	0.83	0.13	0.06	0.03
100009	Milk, cow, fat reduced , fluid, pasteurized, unfortified	0	7	1.25	0.56	0.08	0.04	0.01
Non-African data								
100024	Milk, cow, fat reduced, fluid, pasteurized, unfortified, boiled for 3 min.	0	9	1.46	0.65	0.09	0.05	0.01
100010	Milk, cow, fluid, skimmed (0.5% fat), pasteurized, unfortified	0	2	0.37	0.18	0.02	0.01	tr
Non-African data							oa	oa
100025	Milk, cow, fluid, skimmed (0.5% fat), unfortified, boiled for 3 min.	0	2	0.44	0.21	0.02	0.02	tr
100013	Milk, cow, powder, skimmed, unfortified	0	25	0.63	0.26	0.04	0.03	0.01
Non-African data			oa				oa	oa
SD or Min-Max								
n			1					

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Milk and its products										
100012	Milk, cow, powder, whole, unfortified	*Ye'lame wetet, duket*	1.00	2080(498)	2.7	24.9	26.6	39.7	0	6.0
	Non-African data									
	SD or Min-Max				0.3	1.3	1.5			
	n				35	34	35			1
100007	Milk, cow, raw, fluid, fresh, unfortified, collected from households	*Ye'lame wetet, yaletenate*	1.00	244(58)	88.0	3.2	2.6	5.5	0	0.8
	Non-African data									
100022	Milk, cow, raw, fluid, fresh, unfortified, collected from households, boiled for 3 min.	*Yetefela ye'lame wetet yaletenate*	1.00	287(68)	85.8	3.8	3.1	6.4	0	0.9
100011	Milk, cow, whole, evaporated, unsweetened	*Ye'lame wetet, yetashege (evaporated)*	1.00	657(157)	69.5	7.4	8.6	12.5	0	2.0
	Non-African data									
100008	Milk, cow, whole, fluid, pasteurized, unfortified	*Ye'lame wetet, pasteurized*	1.00	269(64)	87.5	0.5	3.4	7.9	0	0.7
	Non-African data									
	SD or Min-Max									
	n				1	1	1			1
100023	Milk, cow, whole, fluid, pasteurized, unfortified, boiled for 3 min.	*Yetefela ye'lame wetet pasteurized*	1.00	317(76)	85.3	0.6	4.0	9.2	0	0.8
100014	Milk, goat, whole, fluid, fresh, unfortified	*Ye'fiyele wetet, yaletenate*	1.00	495(119)	80.0	6.2	8.6	4.2	0	1.0
	Non-African data									
100026	Milk, goat, whole, fluid, fresh, unfortified, boiled for 3 min.	*Yetefela ye'fiyel wetet yaletenate*	1.00	536(129)	77.7	7.3	8.9	4.9	0	1.2
100016	Milk, sheep, fluid, whole, unfortified	*Ye'begi wetet, yaletenate*	1.00	349(84)	86.4	4.5	[6.4]	2.1	0	0.6
	Non-African data									
100027	Milk, sheep, fluid, whole, unfortified, boiled for 3 min.	*Yetefela ye'begi wetet yaletenate*	1.00	365(88)	85.2	5.3	6.3	2.5	0	0.7
100018	Sourmilk, cow, homemade	*Ye'lame wetet ergo*	1.00	276(66)	87.9	3.7	4.0	3.8	0	0.6
	Non-African data									

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Milk and its products											
100012	Milk, cow, powder, whole, unfortified	649	0.5	87	734	1160	387	3.24	0.08	0.02	12
Non-African data										oa	
SD or Min-Max								0.62			
n		5	1	1	1	1	1	5	1	1	1
100007	Milk, cow, raw, fluid, fresh, unfortified, collected from households	125	0.2	11	93	208	38	0.32	0.01	0.01	tr
Non-African data										oa	
100022	Milk, cow, raw, fluid, fresh, unfortified, collected from households, boiled for 3 min.	147	0.2	13	110	245	44	0.38	0.01	0.01	tr
100011	Milk, cow, whole, evaporated, unsweetened	258	0.2	60	233	253	106	0.96	0.04	0.01	6
Non-African data										oa	oa
100008	Milk, cow, whole, fluid, pasteurized, unfortified	119	0.1	12	111	147	45	0.63	0.01	tr	3
Non-African data										oa	oa
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
100023	Milk, cow, whole, fluid, pasteurized, unfortified, boiled for 3 min.	140	0.1	14	131	173	53	0.74	0.01	tr	4
100014	Milk, goat, whole, fluid, fresh, unfortified	230	0.1	17	154	184	33	0.70	0.02	0.03	5
Non-African data										oa	
100026	Milk, goat, whole, fluid, fresh, unfortified, boiled for 3 min.	271	0.1	19	181	216	38	0.82	0.02	0.03	6
100016	Milk, sheep, fluid, whole, unfortified	144	0	15	122	146	40	0.54	0.02	0.02	2
Non-African data										oa	
100027	Milk, sheep, fluid, whole, unfortified, boiled for 3 min.	169	0	18	144	172	47	0.64	0.02	0.02	2
100018	Sourmilk, cow, homemade	105	0.1	10	91	120	29	0.33	0.03	tr	tr
Non-African data										oa	

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Milk and its products									
100012	Milk, cow, powder, whole, unfortified	0.34	1.30	5.2	0.8	0.25	32	1.80	35
Non-African data							oa		
SD or Min-Max									29-40
n		1	1		1	1	1	1	2
100007	Milk, cow, raw, fluid, fresh, unfortified, collected from households	0.02	0.18	0.9	0.1	0.03	8	0.59	tr
Non-African data									
100022	Milk, cow, raw, fluid, fresh, unfortified, collected from households, boiled for 3 min.	0.03	0.20	1.1	0.1	0.03	8	0.66	tr
100011	Milk, cow, whole, evaporated, unsweetened	0.12	0.35	1.5	0.2	0	8	0.20	1
Non-African data						oa			
100008	Milk, cow, whole, fluid, pasteurized, unfortified	0.04	0.27	0.7	0.1	0.03	8	0.59	0
Non-African data									
SD or Min-Max									
n		1	1		1	1	1	1	1
100023	Milk, cow, whole, fluid, pasteurized, unfortified, boiled for 3 min.	0.04	0.30	0.9	0.1	0.03	8	0.66	0
100014	Milk, goat, whole, fluid, fresh, unfortified	0.02	0.17	1.5	0.1	0.03	tr	0.10	tr
Non-African data							oa		
100026	Milk, goat, whole, fluid, fresh, unfortified, boiled for 3 min.	0.02	0.19	1.8	0.1	0.03	tr	0.11	tr
100016	Milk, sheep, fluid, whole, unfortified	0.04	0.04	1.4	0.4	0.08	5	0.50	3
Non-African data									
100027	Milk, sheep, fluid, whole, unfortified, boiled for 3 min.	0.04	0.05	1.7	0.5	0.09	5	0.56	2
100018	Sourmilk, cow, homemade	0.02	0.21	0.7	tr	tr	1	0.10	tr
Non-African data									

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Milk and its products								
100012	Milk, cow, powder, whole, unfortified	88	329	344	336	0.8		1.10
Non-African data						oa		
SD or Min-Max								
n			1			1		1
100007	Milk, cow, raw, fluid, fresh, unfortified, collected from households	9	40	42	41	tr	0.11	0.11
Non-African data								
100022	Milk, cow, raw, fluid, fresh, unfortified, collected from households, boiled for 3 min.	10	47	49	48	tr	0.13	0.13
100011	Milk, cow, whole, evaporated, unsweetened	44	76	83	80	0.1		0.21
Non-African data								oa
100008	Milk, cow, whole, fluid, pasteurized, unfortified	17	40	43	41	0.3	0.18	0.13
Non-African data						oa		
SD or Min-Max								
n			1			1		1
100023	Milk, cow, whole, fluid, pasteurized, unfortified, boiled for 3 min.	20	47	50	49	0.4	0.21	0.15
100014	Milk, goat, whole, fluid, fresh, unfortified	26	94	98	96	tr	0.30	0.30
Non-African data								
100026	Milk, goat, whole, fluid, fresh, unfortified, boiled for 3 min.	30	111	116	113	tr	0.35	0.35
100016	Milk, sheep, fluid, whole, unfortified	5	45	46	45	0.2		0.12
Non-African data								
100027	Milk, sheep, fluid, whole, unfortified, boiled for 3 min.	6	53	54	53	0.2		0.14
100018	Sourmilk, cow, homemade	9	41	43	42	tr	0.48	0.48
Non-African data								

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Milk and its products								
100012	Milk, cow, powder, whole, unfortified	0	104	16.60	7.87	0.67	0.46	0.18
	Non-African data						oa	oa
	SD or Min-Max							
	n		1					
100007	Milk, cow, raw, fluid, fresh, unfortified, collected from households	0	10	1.53	0.69	0.09	0.05	0.01
	Non-African data							
100022	Milk, cow, raw, fluid, fresh, unfortified, collected from households, boiled for 3 min.	0	12	1.80	0.82	0.10	0.06	0.01
100011	Milk, cow, whole, evaporated, unsweetened	0	24	5.78	2.23	0.16	0.09	0.03
	Non-African data						oa	oa
100008	Milk, cow, whole, fluid, pasteurized, unfortified	0	14	2.16	0.99	0.12	0.14	0.01
	Non-African data							
	SD or Min-Max							
	n		1					
100023	Milk, cow, whole, fluid, pasteurized, unfortified, boiled for 3 min.	0	17	2.54	1.16	0.14	0.16	0.01
100014	Milk, goat, whole, fluid, fresh, unfortified	0	34	5.59	1.85	0.31	0.12	0.05
	Non-African data							
100026	Milk, goat, whole, fluid, fresh, unfortified, boiled for 3 min.	0	39	5.77	1.91	0.32	0.12	0.05
100016	Milk, sheep, fluid, whole, unfortified	0	6	4.22	1.58	0.28	0.09	0.08
	Non-African data						oa	oa
100027	Milk, sheep, fluid, whole, unfortified, boiled for 3 min.	0	7	4.15	1.55	0.28	0.09	0.08
100018	Sourmilk, cow, homemade	0	12	2.37	1.05	0.14	0.06	0.02
	Non-African data							

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Milk and its products										
100020	Yoghurt, cow, skimmed, plain	*Ye'lame wetet ergo, yetenate*	1.00	244(58)	86.4	3.8	1.4	7.5	0	0.9
Non-African data										
100019	Yoghurt, cow, whole, plain	*Ye'lame wetet ergo*	1.00	217(52)	89.6	3.0	2.6	4.1	0	0.7
Non-African data										
Fats and oils										
110001	Butter, from cow's milk, without spices, unsalted	*Ye'lame wetet kibe*	1.00	3030(736)	17.2	1.3	[81.1]	0.2	0	0.2
Non-African data										
110003	Butter, clarified, without spices, unsalted	*Ye'lame wetet kibe, yetetara*	1.00	3700(900)	0	0.3	99.9	0	0	1.7
Non-African data						oa	oa			oa
110002	Butter, from cow's milk, with spices, unsalted	*Ye'lame wetet kibe, yetenetere*	1.00	3600(874)	0.2	0.3	95.0	4.5	tr	0
Non-African data										
110020	Butter, from cow's milk, without spices, salted	*Ye'lame wetet kibe, chew yalew*	1.00	3030(736)	17.2	1.3	[81.1]	0.3	0	0.2
Non-African data										
110004	Cream, whipped	*Cream*	1.00	1450(350)	54.3	2.7	33.9	8.6	0	0.5
Non-African data					oa		oa			oa
110005	Fish oil, cod liver	*Ye'asa zeyet*	1.00	3700(900)	0	0	100.0	0	0	0
Non-African data					oa	oa	oa			oa
SD or Min-Max					0.0	0.0	100.0			0
n			1		2	2	2			2
110006	Mayonnaise, dressing, no cholesterol	*Mayonnaise*	1.00	2880(701)	21.7	0	77.8	0.1	0	0.4
Non-African data					oa		oa		oa	oa

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Milk and its products											
100020	Yoghurt, cow, skimmed, plain	149	0.1	15	110	194	66	0.81	0.01	0	1
	Non-African data									oa	oa
100019	Yoghurt, cow, whole, plain	106	0.2	10	85	124	37	0.31	0.01	0.01	tr
	Non-African data									oa	
Fats and oils											
110001	Butter, from cow's milk, without spices, unsalted	24	1.5	2	20	15	22	0.03	0	0	1
	Non-African data			oa				oa	oa	oa	oa
110003	Butter, clarified, without spices, unsalted	4	0	0	3	5	2	0.01	0	0	1
	Non-African data	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
110002	Butter, from cow's milk, with spices, unsalted	5	1.1	1	5	12	5	0.03	0	0	1
	Non-African data							oa		oa	oa
110020	Butter, from cow's milk, without spices, salted	24	1.5	2	15	12	547	0.05	0	0.01	1
	Non-African data			oa			oa	oa	oa	oa	oa
110004	Cream, whipped	62	0.1	7	55	89	26	0.23	0.01	0.01	3
	Non-African data	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
110005	Fish oil, cod liver	0	0	0	0	0	0	0	0	0	0
	Non-African data	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
	SD or Min-Max	0	0	0	0	0	0	0	0	0	0
	n	2	2	2	2	2	2	2	2	2	2
110006	Mayonnaise, dressing, no cholesterol	7	0.2	1	25	14	486	0.13	0		2
	Non-African data	oa	oa	oa	oa	oa	oa	oa	oa		oa

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Milk and its products									
100020	Yoghurt, cow, skimmed, plain	0.02	0.19	1.0	0.1	0.04	10	0.50	1
	Non-African data								
100019	Yoghurt, cow, whole, plain	0.02	0.07	0.7	tr	0.02	10	0.52	tr
	Non-African data								
Fats and oils									
110001	Butter, from cow's milk, without spices, unsalted	0	0.01	0.4	0.1	0	0	0.17	0
	Non-African data				oa	oa	oa	oa	
110003	Butter, clarified, without spices, unsalted	0	0.01	0.1	0	0	0	0	0
	Non-African data	oa	oa		oa	oa	oa	oa	oa
110002	Butter, from cow's milk, with spices, unsalted	0	0	0.1	tr	0	0	0.17	0
	Non-African data							oa	
110020	Butter, from cow's milk, without spices, salted	0	0.01	0.5	0.2	0.01	0	0.17	0
	Non-African data	oa				oa	oa	oa	oa
110004	Cream, whipped	0.02	0.18	0.1	0.1	0.03	4	0.15	1
	Non-African data	oa				oa	oa	oa	oa
110005	Fish oil, cod liver	0	0	0	0	0	0	0	0
	Non-African data	oa	oa		oa	oa	oa	oa	oa
	SD or Min-Max		0		0			0.00	
	n	1	2		2	1	1	2	1
110006	Mayonnaise, dressing, no cholesterol	0.01	0.06	0.0	0.0	0.01	0	0	0
	Non-African data	oa	oa		oa	oa	oa	oa	oa

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Milk and its products								
100020	Yoghurt, cow, skimmed, plain	0	12	12	12	0.0		0.05
	Non-African data		oa					
100019	Yoghurt, cow, whole, plain	2	20	20	20	tr	0.05	0.05
	Non-African data							
Fats and oils								
110001	Butter, from cow's milk, without spices, unsalted	491	720	802	761	1.5	2.50	2.10
	Non-African data		oa					oa
110003	Butter, clarified, without spices, unsalted	480	860	940	900	1.2		2.00
	Non-African data		oa			oa		oa
110002	Butter, from cow's milk, with spices, unsalted	368	470	531	501	1.5	4.20	3.90
	Non-African data							oa
110020	Butter, from cow's milk, without spices, salted	570	812	907	860	1.5	2.60	2.30
	Non-African data		oa					oa
110004	Cream, whipped	68	381	392	387	1.5		0.86
	Non-African data		oa			oa		oa
110005	Fish oil, cod liver	0	24000	24000	24000	230.0		20.00
	Non-African data		oa			oa		oa
	SD or Min-Max		18000-30000			210.0-250.0		
	n		2			2		1
110006	Mayonnaise, dressing, no cholesterol	0	0	0	0	0		12.00
	Non-African data		oa			oa		oa

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Milk and its products								
100020	Yoghurt, cow, skimmed, plain	0	5	0.88	0.39	0.06	0.03	0.01
Non-African data								
100019	Yoghurt, cow, whole, plain	0	10	1.53	0.70	0.11	0.07	0.01
Non-African data								
Fats and oils								
110001	Butter, from cow's milk, without spices, unsalted	0	0	53.50	20.50	2.65	1.87	0.55
Non-African data			oa	oa	oa	oa	oa	oa
110003	Butter, clarified, without spices, unsalted	0	290	68.10	24.40	1.88	1.29	0.48
Non-African data			oa	oa	oa	oa	oa	oa
110002	Butter, from cow's milk, with spices, unsalted	0	71	58.90	27.30	3.51	2.53	0.37
Non-African data				oa	oa	oa	oa	oa
110020	Butter, from cow's milk, without spices, salted	0	0	54.30	20.20	3.10	2.23	0.65
Non-African data				oa	oa	oa	oa	oa
110004	Cream, whipped	0	106	22.00	8.75	1.62	0.91	0.13
Non-African data			oa	oa	oa	oa	oa	oa
110005	Fish oil, cod liver	0	570	21.20	48.80	25.60		
Non-African data			oa	oa	oa	oa		
SD or Min-Max								
n			2					
110006	Mayonnaise, dressing, no cholesterol	0	0	10.80	18.00	45.60		
Non-African data			oa	oa	oa	oa		

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Fats and oils										
110008	Oil, canola, unfortified	*Ye'canola zeyet*	1.00	3700	0.0	0	100.0	0	0	0
Non-African data					oa	oa	oa			oa
SD or Min-Max					0.0	0.0	0.0			0
n			1		3	3	3			3
110009	Oil, corn, unfortified	*Ye'bekolo zeyet*	1.00	3700	0	0	99.9	0	0	0
Non-African data						oa				
110010	Oil, cotton, unfortified	*Ye'tete fire zeyet*	1.00	3700	0	0	100.0	0	0	0
Non-African data					oa	oa	oa			oa
110011	Oil, flaxseed, unfortified	*Ye'telba zeyet*	1.00	3700	0.1	0	99.9	0	0	0
Non-African data					oa	oa	oa			oa
SD or Min-Max					0.1	0.1	0.1			0
n			1		2	3	3			3
110007	Oil, niger seed	*Ye'nug zeyet*	1.00	3690	0.2	tr	99.8	0	0	tr
Non-African data										
110012	Oil, olive	*Ye'weyera zeyet*	1.00	3700	0	0	100.0	0	0	0
Non-African data										
110013	Oil, palm, refined, unfortified	*Ye'palm zeyet*	1.00	3700	0	0	100.0	0	0	0
Non-African data					oa		oa		oa	oa
SD or Min-Max					0.0	0.0	0.1		0	0
n					4	4	4		4	3
110014	Oil, peanut	*Ye'lewz (occoloni) zeyet*	1.00	3700	0	0	100.0	0	0	0
Non-African data					oa		oa			oa

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Fats and oils											
110008	Oil, canola, unfortified	0	0	0	0	0	0	0.01	0	0	0
	Non-African data	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
	SD or Min-Max	1	0	0	0	0	0	0.02	0		0
	n	3	3	3	3	3	3	3	3	2	3
110009	Oil, corn, unfortified	tr	0	0	0	0	0	0	0	0	0
	Non-African data	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
110010	Oil, cotton, unfortified	0	0	0	0	0	0	0	0	0	0
	Non-African data	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
110011	Oil, flaxseed, unfortified	1	0	0	0	0	0	0.02	0	0	0
	Non-African data	oa	oa	oa	oa	oa	oa	oa	oa	oa	
	SD or Min-Max	0-1	0	0	1	0	0	0.04			0
	n	2	3	3	3	3	3	3	1	1	2
110007	Oil, niger seed	1	0.2	0	1	7	0	<LOD	0		<LOD
	Non-African data										
110012	Oil, olive	tr	0.4	tr	1	0	tr	0.06	0	0	0
	Non-African data									oa	oa
110013	Oil, palm, refined, unfortified	0	0.1	0	0	0	0	0	0	0	0
	Non-African data	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
	SD or Min-Max	0	0.2	0	0	0	0	0			0
	n	3	4	3	3	3	3	3	2	1	2
110014	Oil, peanut	0	0.1	1	3	0	0	0.10	0.10	0.01	0
	Non-African data	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Fats and oils									
110008	Oil, canola, unfortified	0	0	0	0	0	0	0	0
Non-African data			oa		oa	oa	oa		oa
SD or Min-Max		0	0		0	0	0		0
n		3	3		3	3	3		3
110009	Oil, corn, unfortified	0	0	0	0	0	0	0	0
Non-African data			oa		oa	oa	oa		oa
110010	Oil, cotton, unfortified	0	0	0	0	0	0	0	0
Non-African data			oa		oa	oa	oa		oa
110011	Oil, flaxseed, unfortified	0	0	0	0	0	0	0	0
Non-African data			oa		oa	oa	oa		oa
SD or Min-Max			0		0		0	0	0
n		2	3		3	1	2	2	3
110007	Oil, niger seed	0	0	0	0	0	[0]	0	0
Non-African data									
110012	Oil, olive	0	0	0	0	0	0	0	0
Non-African data									
110013	Oil, palm, refined, unfortified	0	0	0	0	0	0	0	0
Non-African data			oa		oa	oa	oa	oa	oa
SD or Min-Max			0		0	0	0	0	0
n		2	3		3	3	3	4	4
110014	Oil, peanut	0	0	0	0	0	0	0	0
Non-African data			oa		oa	oa	oa		oa

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Fats and oils								
110008	Oil, canola, unfortified	0	0	0	0	0	20.00	16.00
	Non-African data		oa			oa		oa
	SD or Min-Max		0			0.0		1.70
	n		3			3		3
110009	Oil, corn, unfortified	0	0	0	0	0		17.00
	Non-African data							oa
110010	Oil, cotton, unfortified	0	0	0	0	0		28.00
	Non-African data		oa					
110011	Oil, flaxseed, unfortified	5	0	1	0	0		0.49
	Non-African data		oa			oa		oa
	SD or Min-Max		0			0.0		0.02
	n		3			3		3
110007	Oil, niger seed	78	0	13	7	0	42.00	39.00
	Non-African data							
110012	Oil, olive	11	0	2	1	0		17.00
	Non-African data		oa					oa
110013	Oil, palm, refined, unfortified	0	0	0	0	0		13.00
	Non-African data		oa			oa		oa
	SD or Min-Max		0			0.0		4.20
	n		4			3		3
110014	Oil, peanut	0	0	0	0	0		13.00
	Non-African data		oa			oa		oa

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Fats and oils								
110008	Oil, canola, unfortified	0	0	7.57	59.90	28.10	19.20	8.77
	Non-African data			oa	oa	oa	oa	oa
	SD or Min-Max							
	n							
110009	Oil, corn, unfortified	0	0	15.80	35.40	44.40	43.90	0.65
	Non-African data						oa	oa
110010	Oil, cotton, unfortified	0	0	25.90	17.80	51.90	51.60	0.20
	Non-African data			oa	oa	oa	oa	oa
110011	Oil, flaxseed, unfortified	0	0	8.44	15.00	72.10	14.90	56.90
	Non-African data			oa	oa	oa	oa	oa
	SD or Min-Max							
	n							
110007	Oil, niger seed	0	0	16.40	16.70	61.70	60.90	0.76
	Non-African data							
110012	Oil, olive	0	0	15.60	70.80	9.19	8.66	0.53
	Non-African data			oa	oa	oa	oa	oa
110013	Oil, palm, refined, unfortified	0	0	48.70	37.20	9.61	9.42	0.20
	Non-African data		oa	oa	oa	oa	oa	oa
	SD or Min-Max		0					
	n		3					
110014	Oil, peanut	0	0	17.50	50.60	27.50	27.30	0.25
	Non-African data			oa	oa	oa	oa	oa

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Fats and oils										
110015	Oil, rapseed	*Ye'gomenzer zeyet*	1.00	3680(896)	0.1	0	99.5	0	0	0
Non-African data					oa		oa			oa
SD or Min-Max					0.0-0.2	0.0	99.0-100.0			0
n					2	2	2			2
110016	Oil, safflower	*Ye'suf zeyet*	1.00	3680(896)	0.2	0	99.5	0	0	0
Non-African data						oa	oa			oa
110017	Oil, sesame	*Ye'selit zeyet*	1.00	3700(900)	0	0	100.0	0	0	0
Non-African data					oa	oa	oa			oa
110018	Oil, soybean, unfortified	*Ye'akuriater zeyet*	1.00	3700(900)	0	0	100.0	0	0	0
Non-African data										
110019	Oil, sunflower, unfortified	*Ye'suf zeyet*	1.00	3700(900)	0.1	0	100.0	0	0	0
Non-African data										
Beverages										
120029	Abara, fermented alcoholic beverage, cereal based	*Abara*	1.00	156(37)	91.6	1.0	0.9	3.6	1.3	0.4
Non-African data										
120002	Beer (5% v/v alcohol)	*Bira*	1.00	176(42)	92.3	0.3	0	3.4	0	0.1
Non-African data										oa
SD or Min-Max										
n					1	1	1		1	1
120003	Borde, fermented alcoholic beverage, maize based	*Borde, ye'bekolo*	1.00	180(43)	89.6	1.5	0.7	5.3	1.9	0.3
Non-African data										
120019	Borde, fermented alcoholic beverage, sorghum and millet based	*Borde, ye'mashela ena ye'zenegada*	1.00	256(61)	84.9	1.6	0.6	9.1	2.4	0.3
Non-African data										

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Fats and oils											
110015	Oil, rapseed	tr	0	0	tr	tr	0	tr	0	0	0
	Non-African data	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
	SD or Min-Max		0	0			0		0	0	0
	n	1	2	2	1	1	2	1	2	2	2
110016	Oil, safflower	0	0	0	0	0	0	0	0	0	0
	Non-African data	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
110017	Oil, sesame	0	0	0	0	0	0	0	0	0	0
	Non-African data	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
110018	Oil, soybean, unfortified	0	0.1	0	0	0	0	0.01	0	0	0
	Non-African data	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
110019	Oil, sunflower, unfortified	0	0	0	0	0	0	0	0	0	0
	Non-African data									oa	oa
Beverages											
120029	Abara, fermented alcoholic beverage, cereal based	3	3.5	26	66	63	tr	0.54	<LOD		<LOD
	Non-African data										
120002	Beer (5% v/v alcohol)	4	0	9	26	33	10	0.01	0.01	0.03	0
	Non-African data									oa	oa
	SD or Min-Max										
	n	1	1	1	1	1	1	1	1	1	1
120003	Borde, fermented alcoholic beverage, maize based	6	4.4	14	35	36	1	0.31	0.09		<LOD
	Non-African data										
120019	Borde, fermented alcoholic beverage, sorghum and millet based	8	2.5	23	35	58	tr	0.30	0.07		<LOD
	Non-African data										

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		THIA	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Fats and oils									
110015	Oil, rapseed	0	0	0	0	0	0	0	0
Non-African data			oa			oa	oa		oa
SD or Min-Max			0		0	0	0		0
n		2	2		2	2	2		2
110016	Oil, safflower	0	0	0	0	0	0	0	0
Non-African data			oa		oa	oa	oa		oa
110017	Oil, sesame	0	0	0	0	0	0	0	0
Non-African data			oa		oa	oa	oa		oa
110018	Oil, soybean, unfortified	0	0	0	0	0	0	0	0
Non-African data			oa		oa	oa	oa		oa
110019	Oil, sunflower, unfortified	0	0	0	0	0	0	0	0
Non-African data						oa			oa
Beverages									
120029	Abara, fermented alcoholic beverage, cereal based	0.04	tr		0.2	0.04	[0]		0
Non-African data									
120002	Beer (5% v/v alcohol)	0	0.02	0.6	0.5	0.03	6	0	0
Non-African data									
SD or Min-Max									
n		1	1		1	1	1	1	1
120003	Borde, fermented alcoholic beverage, maize based	0.02	tr	0.3	0.1	0.03	[0]		0
Non-African data									
120019	Borde, fermented alcoholic beverage, sorghum and millet based	0.04	tr	0.4	0.2	0.01	[0]		0
Non-African data									

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Fats and oils								
110015	Oil, rapseed	0	0	0	0	0		17.00
	Non-African data		oa			oa		oa
	SD or Min-Max		0			0.0		15.00-18.00
	n		2			2		2
110016	Oil, safflower	0	0	0	0	0		39.00
	Non-African data		oa			oa		oa
110017	Oil, sesame	0	0	0	0	0		1.40
	Non-African data		oa			oa		oa
110018	Oil, soybean, unfortified	0	0	0	0	0		6.70
	Non-African data		oa					
110019	Oil, sunflower, unfortified	0	0	0	0	0		47.00
	Non-African data		oa					oa
Beverages								
120029	Abara, fermented alcoholic beverage, cereal based	0	0	0	0	0.3		0.08
	Non-African data							
120002	Beer (5% v/v alcohol)	0	0	0	0	0		0
	Non-African data							oa
	SD or Min-Max							
	n							1
120003	Borde, fermented alcoholic beverage, maize based	0	0	0	0	tr		<LOD
	Non-African data							
120019	Borde, fermented alcoholic beverage, sorghum and millet based	0	0	0	0	0.3		0.08
	Non-African data							

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Fats and oils								
110015	Oil, rapseed	0	0	6.29	63.00	25.80	18.80	7.42
	Non-African data			oa	oa	oa	oa	oa
	SD or Min-Max							
	n							
110016	Oil, safflower	0	0	11.40	19.30	64.40	63.60	1.18
	Non-African data			oa	oa	oa	oa	oa
110017	Oil, sesame	0	0	13.80	40.00	41.90	41.60	0.30
	Non-African data			oa	oa	oa	oa	oa
110018	Oil, soybean, unfortified	0	0	16.60	25.60	53.30	46.60	6.27
	Non-African data						oa	oa
110019	Oil, sunflower, unfortified	0	0	10.50	26.30	58.80	58.50	0.29
	Non-African data			oa	oa	oa	oa	oa
Beverages								
120029	Abara, fermented alcoholic beverage, cereal based		0	0.18	0.26	0.30	0.30	0.01
	Non-African data							
120002	Beer (5% v/v alcohol)		0	0	0	0	0	0
	Non-African data							
	SD or Min-Max							
	n							
120003	Borde, fermented alcoholic beverage, maize based		0	0.12	0.20	0.26	0.24	0.01
	Non-African data							
120019	Borde, fermented alcoholic beverage, sorghum and millet based		0	0.11	0.19	0.16	0.15	0.01
	Non-African data							

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Beverages										
120005	Carbonated beverage, sugar-sweetened	*Lesilasa*	1.00	189(45)	88.9	0	0.1	10.9	0	0.1
Non-African data					oa		oa			oa
SD or Min-Max					88.5-89.4		0.0-0.2			0.0-0.1
n					2		2		1	2
120006	Cheka, fermented alcoholic beverage, cereal based	*Cheka*	1.00	323(77)	82.0	2.8	1.1	8.0	3.0	0.6
Non-African data										
120041	Coffee with milk and sugar	*Buna be'wetet*	1.00	330(78)	81.4	0.6	1.2	16.0	0.3	0.5
120007	Coffee, beverage, prepared with tap water (boiled, without sugar)	*Buna*	1.00	49(12)	96.4	0.7	0.1	1.7	0.6	0.5
Non-African data										
120042	Fenugreek, juice with sugar	*Absh juice*	1.00	158(38)	90.1	0.8	0.2	7.4	1.4	0.1
120008	Gin (47.9% v/v alcohol)	*Gin*	1.00	1150(278)	60.2	0	0	0	0	0
Non-African data							oa	oa		
SD or Min-Max										0
n					1		1	1	1	2
120039	Gruel from false banana tuber dough with water, sugar and butter	*Ye'bulla atmit*	1.00	397(94)	80.3	0	3.2	16.4	0.0	0.0
120033	Gruel from white barley (pearled) flour with water, sugar and salt	*Ye'tefetege nech gebs atmit*	1.00	194(46)	87.7	0.6	0.1	10.2	0.9	0.6
120040	Gruel with false banana tuber dough with water, milk, sugar and butter	*Ye'bulla atmit be'wetet*	1.00	423(101)	79.1	0.2	3.6	16.7	0.0	0.3
120038	Juice from honey with water	*Ye'mar wuha*	1.00	344(81)	79.9	0.2	0.2	19.6	0.1	0.1
120034	Juice from husked, roasted and spiced white barley flour with water and sugar	*Besso juice*	1.00	284(67)	82.1	1.4	0.4	13.4	2.4	0.4
120009	Juice, fruit, mixed, canned	*Ye'firafere chimaki, yetashege*	1.00	209(49)	87.2	0.2	0	11.7	0.8	0.1
Non-African data								oa		oa
120011	Juice, guava, packed, sweetened	*Ye'zeytuna chimaki, yetashege*	1.00	328	80.0	0.8	0.1	17.7	1.3	0.2
Non-African data									oa	oa

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Beverages											
120005	Carbonated beverage, sugar-sweetened	1	0	0	5	3	3	0	0	0	0
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or Min-Max			0	0	1-10	0-5	2-3	0	0	0	0
n		2	2	2	2	2	2	2	2	2	2
120006	Cheka, fermented alcoholic beverage, cereal based	13	8.9	38	77	79	10	0.69	0.10		6
Non-African data											
120041	Coffee with milk and sugar	45	0.2	14	46	142	17	0.23	0.01	0.17	1
120007	Coffee, beverage, prepared with tap water (boiled, without sugar)	6	0.3	17	13	163	2	0.02	0.01	0.30	<LOD
Non-African data										oa	oa
120042	Fenugreek, juice with sugar	4	0.3	4	17	31	3	0.13	0.04	0.05	0
120008	Gin (47.9% v/v alcohol)	0	0	0	4	2	1	0.04	0.02	0	0
Non-African data										oa	oa
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
120039	Gruel from false banana tuber dough with water, sugar and butter	4	0.3	1	2	9	3	0.04	0.01	0	0
120033	Gruel from white barley (pearled) flour with water, sugar and salt	5	0.5	7	17	20	186	0.23	0.04	0.08	0
120040	Gruel with false banana tuber dough with water, milk, sugar and butter	46	0.3	5	42	61	18	0.26	0.01	0	1
120038	Juice from honey with water	6	0.3	2	3	32	4	0.06	0.02	0.05	0
120034	Juice from husked, roasted and spiced white barley flour with water and sugar	9	3.0	18	55	63	35	0.58	0.07	0.25	1
120009	Juice, fruit, mixed, canned	5	0.3	6	4	46	3	0.06	0.04	0.36	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
120011	Juice, guava, packed, sweetened	7	0.1	7	11	225	4	0.17	0.03	0.05	
Non-African data										oa	

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Beverages									
120005	Carbonated beverage, sugar-sweetened	0	0	0	0	0	0	0	0
Non-African data			oa		oa	oa	oa		oa
SD or Min-Max			0		0	0	0		0
n		2	2		2	2	2	1	2
120006	Cheka, fermented alcoholic beverage, cereal based	0.04	tr	0.6	0.3	0.07	[0]		0
Non-African data									
120041	Coffee with milk and sugar	0.01	0.09	1.7	1.5	0.01	2	0.19	0
120007	Coffee, beverage, prepared with tap water (boiled, without sugar)	0	0	2.6	2.6	0	[0]	0	0
Non-African data									
120042	Fenugreek, juice with sugar	0.01	0.01	0.2	0	0.02	2	0	0
120008	Gin (47.9% v/v alcohol)	0.01	0	0	0	0	0	0	0
Non-African data						oa			
SD or Min-Max									
n		1	1		1	1	1	1	1
120039	Gruel from false banana tuber dough with water, sugar and butter	0	0	0.0	0	0	0	0.01	0
120033	Gruel from white barley (pearled) flour with water, sugar and salt	0.01	0	0.2	0.1	0.01	1	0	0
120040	Gruel with false banana tuber dough with water, milk, sugar and butter	0.01	0.09	0.3	0.0	0.01	2	0.20	0
120038	Juice from honey with water	0	0.01	0.1	0.1	0	2	0	0
120034	Juice from husked, roasted and spiced white barley flour with water and sugar	0.01	0	0.6	0.4	0.02	4	0	0
120009	Juice, fruit, mixed, canned	0.02	0.02	0.2	0.2	0.05	2	0	45
Non-African data						oa			
120011	Juice, guava, packed, sweetened	0.03	0.01	0.5	0.4	0.02	14	0	146
Non-African data						oa	oa		

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Beverages								
120005	Carbonated beverage, sugar-sweetened	0	0	0	0	0		0
	Non-African data							oa
	SD or Min-Max							
	n							1
120006	Cheka, fermented alcoholic beverage, cereal based	42	0	7	3	0.6		0.08
	Non-African data							
120041	Coffee with milk and sugar	6	14	15	14	0.1	0.06	0.05
120007	Coffee, beverage, prepared with tap water (boiled, without sugar)	0	0	0	0	0	0	0
	Non-African data							
120042	Fenugreek, juice with sugar	4	0	1	0	0	0	0
120008	Gin (47.9% v/v alcohol)	0	0	0	0	0		0
	Non-African data							oa
	SD or Min-Max							
	n							1
120039	Gruel from false banana tuber dough with water, sugar and butter	12	16	18	17	0.1	0.16	0.15
120033	Gruel from white barley (pearled) flour with water, sugar and salt	0	0	0	0	0	0	0
120040	Gruel with false banana tuber dough with water, milk, sugar and butter	15	26	29	28	0.2	0.18	0.16
120038	Juice from honey with water	16	0	3	1	0	0.02	0.02
120034	Juice from husked, roasted and spiced white barley flour with water and sugar	0	0	0	0	0	0	0
120009	Juice, fruit, mixed, canned	12	0	2	1	0		0.03
	Non-African data		oa					oa
120011	Juice, guava, packed, sweetened	24	0	4	2	0		0.10
	Non-African data							oa

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Beverages								
120005	Carbonated beverage, sugar-sweetened	0	0	0	0	0	0	0
Non-African data								
SD or Min-Max								
n		1						
120006	Cheka, fermented alcoholic beverage, cereal based		0	0.17	0.28	0.32	0.31	0.01
Non-African data								
120041	Coffee with milk and sugar		5	0.79	0.35	0.04	0.05	0
120007	Coffee, beverage, prepared with tap water (boiled, without sugar)		0	0.08	0.01	0	0	0
Non-African data							oa	
120042	Fenugreek, juice with sugar	17	0	0.04	0.03	0.16	0.10	0.04
120008	Gin (47.9% v/v alcohol)		0	0	0	0	0	0
Non-African data								
SD or Min-Max								
n								
120039	Gruel from false banana tuber dough with water, sugar and butter		2	1.97	0.91	0.12	0.08	0.01
120033	Gruel from white barley (pearled) flour with water, sugar and salt	20	0	0.03	0.01	0.05	0.05	0
120040	Gruel with false banana tuber dough with water, milk, sugar and butter		7	2.26	1.04	0.13	0.11	0.01
120038	Juice from honey with water		0	0.14	0.01	0	0	0
120034	Juice from husked, roasted and spiced white barley flour with water and sugar	52	0	0.08	0.03	0.13	0.12	0.01
120009	Juice, fruit, mixed, canned		0	0	0	0	0	0
Non-African data								
120011	Juice, guava, packed, sweetened		0	0.03	0.01	0.04		
Non-African data								

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Beverages										
120013	Juice, mango, packed	*Ye'mango chimaki, yetashege*	1.00	224(53)	86.6	0.1	0.1	12.8	0.3	0.1
	Non-African data						oa		oa	oa
	SD or Min-Max				86.6-86.7					
	n				2		1		1	1
120010	Juice, orange, canned (packed), sweetened	*Ye'birtukan chimaki, yetashege*	1.00	228(54)	86.5	0.7	0.2	12.2	0.2	0.2
	Non-African data								oa	oa
120012	Juice, pineapple, canned (packed)	*Ye'ananas chimaki, yetashege*	1.00	244(58)	85.5	0.3	0.1	13.8	0.1	0.2
	Non-African data									oa
120014	Korefe, fermented alcoholic beverage, cereal based	*Korefe*	1.00	144(35)	92.1	1.5	0.3	2.1	1.7	0.3
	Non-African data									
120016	Mead, birz, local non-alcoholic beverage, honey based	*Birz*	1.00	308(72)	81.9	0.4	tr	17.7	[0]	0.1
	Non-African data									
120017	Mead, tejj, local alcoholic beverage, honey based (6.3% v/v alcohol)	*Tejj*	1.00	250(60)	88.7	0.2	tr	6.1	tr	0.1
	Non-African data									
120018	Shamita, low-alcoholic beverage, cereal based	*Shameta*	1.00	279(66)	82.5	1.8	0.5	11.9	2.8	0.4
	Non-African data									
120032	Soybean milk, fluid, unfortified	*Ye'akuriater wetet*	1.00	155(37)	91.9	2.7	[1.4]	3.1	0.6	0.4
	Non-African data								oa	
	SD or Min-Max				2.4	0.3	0.3			0.1
	n				20	20	20		1	20
120037	Tea infusion with sugar	*Shay*	1.00	158(37)	90.7	0	0	9.3	0	0
120020	Tea, black, infusion with water (without sugar)	*Shay*	1.00	5(1)	99.7	0	0	0.3	0	0
	Non-African data									oa

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Beverages											
120013	Juice, mango, packed	5	0.5	7	9	31	2	0.71	0.01	0.03	0
Non-African data										oa	oa
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
120010	Juice, orange, canned (packed), sweetened	10	0.4	13	18	199	1	0.22	0.05	0.01	0
Non-African data										oa	oa
120012	Juice, pineapple, canned (packed)	17	0.1	13	8	134	1	0.11	0.02	0.33	0
Non-African data										oa	oa
120014	Korefe, fermented alcoholic beverage, cereal based	12	3.2	18	43	52	2	0.42	0.08		<LOD
Non-African data											
120016	Mead, birz, local non-alcoholic beverage, honey based	5	0.3	1	3	20	3	<LOD	<LOD		<LOD
Non-African data											
120017	Mead, tejj, local alcoholic beverage, honey based (6.3% v/v alcohol)	8	0.4	4	5	27	3	0.08	<LOD		<LOD
Non-African data											
120018	Shamita, low-alcoholic beverage, cereal based	8	2.3	16	39	52	49	0.46	0.10		<LOD
Non-African data											
120032	Soybean milk, fluid, unfortified	37	0.9	19	49	141	12	0.49	0.12	0.09	1
Non-African data										oa	oa
SD or Min-Max			0.2					0.14			
n		6	6	1	1	1	1	6	1	1	1
120037	Tea infusion with sugar	1	0.0	1	1	16	1	0.02	0.03	0.17	0
120020	Tea, black, infusion with water (without sugar)	1	0	1	1	18	1	0.02	0.03	0.18	0
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		THIA	RIBF	NIAEQ	NIA	VITB6C	FOL	VITB12	VITC
Beverages									
120013	Juice, mango, packed	0	0	0.1	0.1	0.02	7	0	33
Non-African data			oa		oa	oa	oa		
SD or Min-Max									
n		1	1		1	1	1	1	1
120010	Juice, orange, canned (packed), sweetened	0.07	0.02	0.4	0.3	0.04	41	0	40
Non-African data									
120012	Juice, pineapple, canned (packed)	0.06	0.02	0.4	0.3	0.04	23	0	11
Non-African data						oa			
120014	Korefe, fermented alcoholic beverage, cereal based	0.02	tr		0.3	0.03	[0]		0
Non-African data									
120016	Mead, birz, local non-alcoholic beverage, honey based	0	0.22		0	0	[0]	0	2
Non-African data									
120017	Mead, tejj, local alcoholic beverage, honey based (6.3% v/v alcohol)	0	0.26	0	0	tr	[0]		0
Non-African data									
120018	Shamita, low-alcoholic beverage, cereal based	0.01	0		0.4	0.02	[0]		1
Non-African data									
120032	Soybean milk, fluid, unfortified	0.02	0.07	0.8	0.1	0.03	14	0	0
Non-African data						oa	oa		
SD or Min-Max									
n		1	1		1	1	1	1	1
120037	Tea infusion with sugar	0	0.01	0	0	0	5	0	0
120020	Tea, black, infusion with water (without sugar)	0	0.01	0	0	0	5	0	0
Non-African data						oa			

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Beverages								
120013	Juice, mango, packed	415	0	69	35	0		0.21
	Non-African data							oa
	SD or Min-Max							
	n							1
120010	Juice, orange, canned (packed), sweetened	26	0	4	2	0		0.02
	Non-African data							oa
120012	Juice, pineapple, canned (packed)	4	0	1	0	0		0
	Non-African data							oa
120014	Korefe, fermented alcoholic beverage, cereal based	tr	0	0	0	0.2	0.17	0.08
	Non-African data							
120016	Mead, birz, local non-alcoholic beverage, honey based	46	0	8	4	0		<LOD
	Non-African data							
120017	Mead, tejj, local alcoholic beverage, honey based (6.3% v/v alcohol)	71	0	12	6	0		<LOD
	Non-African data							
120018	Shamita, low-alcoholic beverage, cereal based	0	0	0	0	0		0.08
	Non-African data							
120032	Soybean milk, fluid, unfortified	0	0	0	0	0		1.10
	Non-African data							oa
	SD or Min-Max							
	n		1					1
120037	Tea infusion with sugar	0	0	0	0	0		0
120020	Tea, black, infusion with water (without sugar)	0	0	0	0	0		0
	Non-African data							oa

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Beverages								
120013	Juice, mango, packed		0	0.01	0.02	0.01		
	Non-African data			oa	oa	oa		
	SD or Min-Max							
	n							
120010	Juice, orange, canned (packed), sweetened		0	0.03	0.06	0.06	0.05	0.02
	Non-African data			oa	oa	oa	oa	oa
120012	Juice, pineapple, canned (packed)		0	0.01	0.02	0.05	0.02	0.02
	Non-African data						oa	oa
120014	Korefe, fermented alcoholic beverage, cereal based		0	0.08	0.03	0.11	0.10	0.01
	Non-African data							
120016	Mead, birz, local non-alcoholic beverage, honey based		0	0.01	tr	tr	0	tr
	Non-African data							
120017	Mead, tejj, local alcoholic beverage, honey based (6.3% v/v alcohol)		0	0.02	0	0	tr	tr
	Non-African data							
120018	Shamita, low-alcoholic beverage, cereal based		0	0.11	0.04	0.19	0.15	0.04
	Non-African data							
120032	Soybean milk, fluid, unfortified		0	0.20	0.32	0.80	0.78	0.02
	Non-African data						oa	oa
	SD or Min-Max							
	n							
120037	Tea infusion with sugar		0	0	0	0	0	0
120020	Tea, black, infusion with water (without sugar)		0	0	0	0	0	0
	Non-African data							

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Beverages										
120021	Tella, fermented alcoholic beverage, cereal based (5.2 % v/v alcohol)	*Tella*	1.00	124(30)	98.4	0.1	0.1	0	tr	0.1
Non-African data										
120022	Vermouth, dry (17.8% v/v alcohol)	*Vermouth*	1.00	514(123)	79.5	0.1	0	6.4	0	0.1
Non-African data					oa		oa		oa	oa
120023	Vermouth, sweet (13% v/v alcohol)	*Vermouth*	1.00	654(156)	70.6	0	0	16.3	0	0.1
Non-African data					oa		oa		oa	oa
120028	Vodka or whisky (37.1% v/v alcohol)	*Vodka/whisky*	1.00	932(225)	66.9	0	0	2.3	0	0
Non-African data					oa		oa		oa	
SD or Min-Max										0
n					1		1		1	3
120024	Water, tap	*Water*	1.00	0(0)	100.0	0	0	0	0	0
Non-African data										
120025	Wine, red (11.02% v/v alcohol)	*Keye wein*	1.00	298(72)	88.4	0.2	0	2.3	0	0.3
Non-African data									oa	oa
SD or Min-Max										
n					1	1	1		1	
120027	Wine, rose (11.8% v/v alcohol)	*Rose wein*	1.00	310(75)	88.2	0.2	0	2.1	0	0.2
Non-African data					oa		oa		oa	oa
SD or Min-Max										
n					1		1		1	1
120026	Wine, white (11.7% v/v alcohol)	*Nech wein*	1.00	312(75)	88.1	0.1	0	2.4	0	0.1
Non-African data					oa				oa	oa
SD or Min-Max										
n					1		1		1	1

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Beverages											
120021	Tella, fermented alcoholic beverage, cereal based (5.2 % v/v alcohol)	5	0.6	6	13	19	tr	0.08	0		<LOD
Non-African data											
120022	Vermouth, dry (17.8% v/v alcohol)	7	0.3	5	7	40	17	0.04	0.06	0.07	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
120023	Vermouth, sweet (13% v/v alcohol)	6	0.4	4	6	30	28	0.03	0.04	0.07	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
120028	Vodka or whisky (37.1% v/v alcohol)	0	0	0	4	2	1	0.04	0.02	0	0
Non-African data										oa	oa
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
120024	Water, tap	2	0.1	0	0	0	3	0	0	0	0
Non-African data										oa	
120025	Wine, red (11.02% v/v alcohol)	3	0.3	7	16	78	2	0.20	0.10	0.13	0
Non-African data											oa
SD or Min-Max		3-4	0.2-0.3	6-8			2	0.18-0.22	0.05-0.15	0.11-0.15	
n		2	2	2	1	1	2	2	2	2	1
120027	Wine, rose (11.8% v/v alcohol)	8	0.1	11	27	51	5	0.06	0.02	0.11	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
120026	Wine, white (11.7% v/v alcohol)	3	0.1	7	14	74	2	0.26	0.06	0.17	0
Non-African data											oa
SD or Min-Max		3	0.1-0.2	7-8		70-77	2	0.24-0.27	0.06	0.16-0.19	
n		2	2	2	1	2	2	2	2	2	1

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Beverages									
120021	Tella, fermented alcoholic beverage, cereal based (5.2 % v/v alcohol)	0	0	tr	tr	0	[0]		1
Non-African data									
120022	Vermouth, dry (17.8% v/v alcohol)	0	0		0	0.01	0	0	0
Non-African data		oa	oa		oa	oa	oa	oa	oa
120023	Vermouth, sweet (13% v/v alcohol)	0	0	0	0	0	0	0	0
Non-African data		oa	oa		oa	oa	oa	oa	oa
120028	Vodka or whisky (37.1% v/v alcohol)	0.01	0	0	0	0	0	0	0
Non-African data						oa			
SD or Min-Max									
n		1	1		1	1	1	1	1
120024	Water, tap	0	0	0	0	0	[0]	0	0
Non-African data									
120025	Wine, red (11.02% v/v alcohol)	0	0	0.3	0.3	0	0	0	0
Non-African data						oa	oa		
SD or Min-Max									
n		1	1		1	1	1	1	1
120027	Wine, rose (11.8% v/v alcohol)	0	0	0.0	0	0	0	0	0
Non-African data		oa	oa		oa	oa	oa	oa	oa
SD or Min-Max									
n		1	1		1	1	1	1	1
120026	Wine, white (11.7% v/v alcohol)	0	0	0.1	0.1	0	0	0	1
Non-African data						oa			oa
SD or Min-Max									
n		1	1		1	1	1	1	1

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Beverages								
120021	Tella, fermented alcoholic beverage, cereal based (5.2 % v/v alcohol)	3	0	0	0	0		<LOD
	Non-African data							
120022	Vermouth, dry (17.8% v/v alcohol)	0	0	0	0	0		0
	Non-African data							oa
120023	Vermouth, sweet (13% v/v alcohol)	0	0	0	0	0		0
	Non-African data		oa					oa
120028	Vodka or whisky (37.1% v/v alcohol)	0	0	0	0	0		0
	Non-African data		oa					oa
	SD or Min-Max							
	n		1			1		1
120024	Water, tap	0	0	0	0	0	0	0
	Non-African data							
120025	Wine, red (11.02% v/v alcohol)	0	0	0	0	0		0
	Non-African data		oa					oa
	SD or Min-Max							
	n		1			1		1
120027	Wine, rose (11.8% v/v alcohol)	0	0	0	0	0		0
	Non-African data							oa
	SD or Min-Max							
	n					1		1
120026	Wine, white (11.7% v/v alcohol)	0	0	0	0	0		0
	Non-African data		oa					oa
	SD or Min-Max							
	n		1					1

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		PHYTCPP	CHOLE	FASAT	FAMS	FAPU	F18D2CN6	F18D3CN3
Beverages								
120021	Tella, fermented alcoholic beverage, cereal based (5.2 % v/v alcohol)		0	0.04	0.02	0.02	0.02	0
	Non-African data							
120022	Vermouth, dry (17.8% v/v alcohol)		0	0	0	0	0	0
	Non-African data							
120023	Vermouth, sweet (13% v/v alcohol)		0	0	0	0	0	0
	Non-African data							
120028	Vodka or whisky (37.1% v/v alcohol)		0	0	0	0	0	0
	Non-African data							
	SD or Min-Max							
	n							
120024	Water, tap	0	0	0	0	0	0	0
	Non-African data							
120025	Wine, red (11.02% v/v alcohol)		0	0	0	0	0	0
	Non-African data							
	SD or Min-Max							
	n							
120027	Wine, rose (11.8% v/v alcohol)		0	0	0	0	0	0
	Non-African data							
	SD or Min-Max							
	n							
120026	Wine, white (11.7% v/v alcohol)		0	0	0	0	0	0
	Non-African data							
	SD or Min-Max							
	n							

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Sugar and sweetened products										
130001	Candies, jellybeans	*Keremela*	1.00	1530(360)	9.5	0.1	0	89.4	0.9	0.1
Non-African data					oa		oa		oa	oa
130002	Chewing gum	*Mastika*	1.00	1660(390)	2.6	0	0.3	96.7	0	0.4
Non-African data							oa		oa	oa
130003	Chocolate, milk, plain	*Chocolate*	1.00	2250(538)	1.0	4.4	30.5	60.4	2.3	1.4
Non-African data							oa		oa	
130017	Cookies from white refined wheat flour (homemade)	*Cookies*	1.00	1650(393)	16.7	4.9	13.9	61.2	2.0	1.4
130019	Cream cake, vanilla flavoured	*Cream cake*	1.00	1410(336)	34.1	5.7	16.0	41.9	0.7	1.2
130009	Flavoured drink, powder, added vitamin C	*Taem yalew metet, duket*	1.00	1680(396)	1.2	0.1	0.6	97.4	0.2	0.6
Non-African data					oa		oa		oa	oa
130004	Honey, natural, unprocessed	*Mar*	1.00	1420(335)	16.6	0.7	0.8	81.0	0.5	0.4
Non-African data										
130005	Ice cream, dairy based, assorted flavours, regular fat	*Ice cream*	1.00	878(210)	58.9	3.9	10.1	25.3	0.9	0.9
Non-African data					oa		oa		oa	oa
SD or Min-Max					2.8	0.0	1.5		0.3	0.2
n			1		3	3	3		3	3
130006	Ice cream, dairy based, low fat	*Ice cream*	1.00	644(153)	66.6	3.6	[4.3]	24.8	0	0.7
Non-African data							oa		oa	
130007	Jam, fruit, with sugar	*Marmalat*	1.00	1170(275)	31.1	0.2	0.4	67.2	0.9	0.3
Non-African data									oa	
SD or Min-Max					1.7	0.1	0.2			0.1
n			1		12	12	12		1	12
130008	Marmalade, orange	*Marmalat, yebirtukan*	1.00	1200(282)	29.1	0.4	0	69.6	0.8	0.1
Non-African data									oa	oa

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Sugar and sweetened products											
130001	Candies, jellybeans	10	0.2	2	6	6	2	0.05	0.01	0.03	1
	Non-African data	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
130002	Chewing gum	0	0	0	0	4	6	0	0	0	1
	Non-African data	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
130003	Chocolate, milk, plain	220	1.6	55	240	420	120	0.20	0.30	0.33	6
	Non-African data									oa	oa
130017	Cookies from white refined wheat flour (homemade)	125	1.6	21	231	76	122	0.58	0.09	0.33	10
130019	Cream cake, vanilla flavoured	89	1.4	15	160	99	225	0.69	0.06	0.13	13
130009	Flavoured drink, powder, added vitamin C	39	0.2	1	16	3	187	0.03	0.01	0	1
	Non-African data	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
130004	Honey, natural, unprocessed	17	1.0	7	12	132	7	0.24	0.07	0.19	1
	Non-African data									oa	oa
130005	Ice cream, dairy based, assorted flavours, regular fat	119	0.4	19	104	212	72	0.54	0.07	0.08	2
	Non-African data	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
	SD or Min-Max	10	0.5	9	4	33	11	0.18	0.06	0.07	0
	n	3	3	3	3	3	3	3	3	3	3
130006	Ice cream, dairy based, low fat	98	0.1	12	84	200	48	0.23	0	0	1
	Non-African data		oa	oa	oa		oa	oa	oa	oa	oa
130007	Jam, fruit, with sugar	2	0.7	3	16	85	15	0.37	0.04	0	2
	Non-African data									oa	oa
	SD or Min-Max	0	0.1	0				0.14	0.01		
	n	12	12	12	1	1	1	7	7	1	
130008	Marmalade, orange	15	0.3	29	5	27	33	0.72	0.03	0	1
	Non-African data									oa	oa

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Sugar and sweetened products									
130001	Candies, jellybeans	tr	0		0	0	0	0	0
	Non-African data	oa	oa		oa	oa	oa	oa	oa
130002	Chewing gum	0	0	0	0	0	0	0	0
	Non-African data	oa	oa		oa	oa	oa	oa	oa
130003	Chocolate, milk, plain	0.10	0.23	1.2	0.2	0.08	12	0.08	0
	Non-African data					oa			
130017	Cookies from white refined wheat flour (homemade)	0.06	0.01	1.2	0.3	0.03	15	0	0
130019	Cream cake, vanilla flavoured	0.04	0.16	0.9	0.2	0.04	16	0.82	0
130009	Flavoured drink, powder, added vitamin C	0	0		0	0	0	0	140
	Non-African data	oa	oa		oa	oa	oa	oa	oa
130004	Honey, natural, unprocessed	0.01	0.04	0.3	0.2	0	[6]	0	0
	Non-African data							oa	
130005	Ice cream, dairy based, assorted flavours, regular fat	0.04	0.23	0.9	0.2	0.05	11	0.33	3
	Non-African data	oa	oa		oa	oa	oa	oa	oa
	SD or Min-Max	0	0.03		0.1	0.00	6	0.06	4
	n	3	3		3	3	3	3	3
130006	Ice cream, dairy based, low fat	0.05	0.24		0.8	0.04	4	0.31	1
	Non-African data	oa	oa		oa	oa	oa	oa	oa
130007	Jam, fruit, with sugar	0	0	0.1	0	0.04	2	0	7
	Non-African data					oa			
	SD or Min-Max								
	n	1	1		1	1	1	1	1
130008	Marmalade, orange	0	0	0	0	0.06	9	0	2
	Non-African data	oa	oa		oa	oa	oa	oa	oa

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Sugar and sweetened products								
130001	Candies, jellybeans	0	0	0	0	0		0
	Non-African data		oa			oa		oa
130002	Chewing gum	0	0	0	0	0	0	0
	Non-African data		oa			oa		oa
130003	Chocolate, milk, plain	7	19	20	20	0		0.40
	Non-African data							oa
130017	Cookies from white refined wheat flour (homemade)	6	0	1	1	0		4.60
130019	Cream cake, vanilla flavoured	69	164	176	170	1.0		0.65
130009	Flavoured drink, powder, added vitamin C	0	0	0	0	0		0
	Non-African data					oa		oa
130004	Honey, natural, unprocessed	66	0	11	6	0		0.08
	Non-African data							
130005	Ice cream, dairy based, assorted flavours, regular fat	19	109	113	111	0.2		0.30
	Non-African data		oa			oa		oa
	SD or Min-Max		12			0.2		0.3
	n		3			2		2
130006	Ice cream, dairy based, low fat	189	0	31	16	0.1		0.26
	Non-African data		oa			oa		oa
130007	Jam, fruit, with sugar	46	0	8	4	0		0.10
	Non-African data							oa
	SD or Min-Max							
	n							1
130008	Marmalade, orange	0	0	0	0	0		0.10
	Non-African data							oa

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Sugar and sweetened products								
130001	Candies, jellybeans		0	0	0	0	0	0
	Non-African data							
130002	Chewing gum		0	0.05	0.09	0.15		
	Non-African data			oa	oa	oa		
130003	Chocolate, milk, plain		0	17.80	9.47	1.49	1.31	0.07
	Non-African data						oa	oa
130017	Cookies from white refined wheat flour (homemade)	63	0	1.51	3.52	8.01	7.95	0.05
130019	Cream cake, vanilla flavoured	22	121	9.30	4.11	1.02	0.74	0.10
130009	Flavoured drink, powder, added vitamin C		0	0.09	0.27	0.24		
	Non-African data			oa	oa	oa		
130004	Honey, natural, unprocessed		0	0.56	0.05	0.02	0.01	tr
	Non-African data							
130005	Ice cream, dairy based, assorted flavours, regular fat		36	6.31	2.87	0.40	0.27	0.06
	Non-African data		oa	oa	oa	oa	oa	oa
	SD or Min-Max		8					
	n		3					
130006	Ice cream, dairy based, low fat		38	2.09	1.64	0.38	0.38	0
	Non-African data		oa	oa	oa	oa	oa	oa
130007	Jam, fruit, with sugar		0	0.06	0.10	0.16	0.13	0.04
	Non-African data			oa	oa	oa	oa	oa
	SD or Min-Max							
	n							
130008	Marmalade, orange		0	0	0	0	0	0
	Non-African data							

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Sugar and sweetened products										
130016	Melewah from refined wheat flour with water, honey, oil, butter and salt	*Melewa*	1.00	1460(347)	28.5	5.3	14.0	48.9	2.1	1.2
130013	Sugar (cane), refined	*Sikuar*	1.00	1690(398)	0.5	0	[0]	99.5	0	0
Non-African data										
130011	Sugar cane, juice	*Ye'shenkora chimaki*	1.00	159(38)	90.2	0.1	[0.2]	8.5	0.6	0.4
Non-African data									oa	
130014	Syrup, blend, corn and sugar	*Corn syrup*	1.00	1430(336)	15.6	0	0	83.9	0	0.5
Non-African data					oa		oa		oa	oa
130015	Toffees	*Toffee*	1.00	1810(431)	7.2	3.0	13.0	74.7	1.5	0.7
Non-African data									oa	oa
Condiments and spices										
140019	Basil, dried, ground	*Besobila, yetefech*	1.00	1060(256)	6.4	14.4	4.0	20.4	40.5	14.3
Non-African data										
140018	Basil, leaves, fresh, raw	*Ye'besobila kitel, ertib*	1.00	114(27)	90.1	2.0	0.6	1.4	4.2	1.7
Non-African data					oa		oa		oa	oa
140001	Bishop's weed, seeds, dried, raw	*Nechazmud, yedereke*	1.00	1690(410)	7.3	11.4	27.9	11.8	32.9	8.7
Non-African data										
140003	Cardamom, seed, dried, raw	*Ye'shay kimem, yedereke*	1.00	1300(310)	8.1	7.4	[2.7]	52.5	23.3	6.1
Non-African data						oa	oa		oa	
SD or Min-Max					4.6-11.6	6.7-8.1	2.6-2.8		23.1-23.5	4.0-8.2
n					2	2	2		2	2
140005	Chili, dried, powder	*Mitmita, yetefech*	1.00	1290(312)	10.8	13.4	14.3	14.9	34.8	11.8
Non-African data					oa		oa		oa	oa

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Sugar and sweetened products											
130016	Melewah from refined wheat flour with water, honey, oil, butter and salt	50	1.7	24	130	96	246	0.64	0.10	0.37	11
130013	Sugar (cane), refined	0	0	0	0	2	1	0	0.04	0	0
Non-African data								oa		oa	oa
130011	Sugar cane, juice	10	1.1	13	22	150	1	0.14	0.03	0.33	0
Non-African data				oa	oa	oa	oa	oa	oa	oa	
130014	Syrup, blend, corn and sugar	23	0.7	9	8	63	71	0.03	0.06	0.09	1
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
130015	Toffees	133	1.2	25	90	180	248	0.39	0.40	0.09	4
Non-African data								oa		oa	oa
Condiments and spices											
140019	Basil, dried, ground	2110	42.0	422	490	3430	34	5.82	1.37	10.50	19
Non-African data										oa	oa
140018	Basil, leaves, fresh, raw	230	1.8	30	32	420	13	1.90	0.03	0.70	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
140001	Bishop's weed, seeds, dried, raw	1430	76.4	400	740	2050	9	5.30	0.69	6.86	90
Non-African data										oa	
140003	Cardamom, seed, dried, raw	345	8.1	308	125	1300	16	4.23	0.84	34.10	8
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or Min-Max		312-378	7.9-8.3	286-330	117-132	1260-1330	16	3.71-4.75	0.75-0.92	30.3-38.0	4-12
n		2	2	2	2	2	2	2	2	2	2
140005	Chili, dried, powder	330	17.3	149	300	1950	2870	4.30	0.43	2.17	20
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Sugar and sweetened products									
130016	Melewah from refined wheat flour with water, honey, oil, butter and salt	0.07	0.02	1.4	0.4	0.03	16	0.01	0
130013	Sugar (cane), refined	0	0	0	0	0	0	0	0
Non-African data									
130011	Sugar cane, juice	0.03	0.04	0.2	0.1	0.40	[45]	0	7
Non-African data		oa	oa		oa	oa	oa		oa
130014	Syrup, blend, corn and sugar	0.01	0.05	0	tr	0.01	3	0	0
Non-African data		oa	oa		oa	oa	oa	oa	oa
130015	Toffees	0.08	0.09		0.1	0.01	0	0	0
Non-African data						oa			
Condiments and spices									
140019	Basil, dried, ground	0.15	0.32	9.6	6.9	1.20	270	0	1
Non-African data									oa
140018	Basil, leaves, fresh, raw	0.04	0.22	1.1	0.7	0.16	64	0	53
Non-African data		oa	oa		oa	oa	oa		oa
140001	Bishop's weed, seeds, dried, raw	0.37	0.19	3.4	2.6	0.20	[52]	0	0
Non-African data							oa		
140003	Cardamom, seed, dried, raw	0.09	0.10	1.9	0.8	0.18	3	0	0
Non-African data		oa	oa		oa	oa	oa		oa
SD or Min-Max		0.05-0.12	0.07-0.13		0.5-1.1	0.15-0.20			0
n		2	2		2	2	1		2
140005	Chili, dried, powder	0.25	0.94	3.8	2.6	2.10	28	0	1
Non-African data		oa	oa		oa	oa	oa		oa

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Sugar and sweetened products								
130016	Melewah from refined wheat flour with water, honey, oil, butter and salt	49	50	58	54	0.1		2.70
130013	Sugar (cane), refined	0	0	0	0	0	0	0
	Non-African data							
130011	Sugar cane, juice	11	0	2	1	0.4	0.02	0.02
	Non-African data					oa		oa
130014	Syrup, blend, corn and sugar	0	0	0	0	0	0	0
	Non-African data		oa			oa		oa
130015	Toffees	23	73	77	75	0	0	0
	Non-African data	oa	oa					oa
Condiments and spices								
140019	Basil, dried, ground	2430	0	405	203	0		4.70
	Non-African data							oa
140018	Basil, leaves, fresh, raw	4420	0	737	368	0		3.50
	Non-African data							oa
140001	Bishop's weed, seeds, dried, raw	332	0	55	28	0	0.41	0.40
	Non-African data							
140003	Cardamom, seed, dried, raw	50	0	8	4	0	1.00	0.25
	Non-African data							oa
	SD or Min-Max							0.14-0.36
	n							2
140005	Chili, dried, powder	17800	0	2970	1480	0		38.00
	Non-African data							oa

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Sugar and sweetened products								
130016	Melewah from refined wheat flour with water, honey, oil, butter and salt		0	4.91	3.45	4.81	4.70	0.09
130013	Sugar (cane), refined	0	0	0	0	0	0	0
	Non-African data							
130011	Sugar cane, juice		0	0.07	0.01	0.08	0.07	0.01
	Non-African data			oa	oa	oa	oa	oa
130014	Syrup, blend, corn and sugar		0	0	0	0	0	0
	Non-African data							
130015	Toffees		10	9.46	1.72	0.98		
	Non-African data							
Condiments and spices								
140019	Basil, dried, ground		0	1.77	1.02	0.41	0.17	0.24
	Non-African data			oa	oa	oa	oa	oa
140018	Basil, leaves, fresh, raw		0	0.04	0.08	0.36	0.07	0.50
	Non-African data			oa	oa	oa	oa	oa
140001	Bishop's weed, seeds, dried, raw	895	0	1.23	16.30	4.83	4.74	0.06
	Non-African data	oa						
140003	Cardamom, seed, dried, raw	696	0	0.69	1.22	0.68	0.45	0.06
	Non-African data			oa	oa	oa	oa	oa
	SD or Min-Max	670-721						
	n	2						
140005	Chili, dried, powder	276	0	2.27	2.47	6.70	6.28	0.78
	Non-African data	oa		oa	oa	oa	oa	oa

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Condiments and spices										
140006	Chilli, seedless, dried, raw	*Mitmita, fire yelelew, yedereke*	1.00	1120(269)	6.1	9.8	[8.7]	22.3	31.2	21.9
	Non-African data								oa	
	SD or Min-Max				5.3-6.9	7.2-12.5				
	n		1		2	2	1		1	1
140013	Chilli, without spices, fresh, raw	*Ye'mitmita kariya, ti're*	0.49	369(88)	78.2	3.1	[2.5]	11.9	2.7	1.6
	Non-African data								oa	
140028	Chilli, green, fresh, raw	*Kariya, arenguade, ti're*	0.92	199(49)	80.9	2.8	0.3	2.2	12.9	0.9
	Non-African data		oa		oa	oa	oa		oa	oa
140027	Chilli, red, fresh, raw	*Kariya, keye, ti're*	0.95	256(62)	78.2	3.1	0.4	6.1	10.6	1.6
	Non-African data		oa				oa		oa	
140008	Cinnamon, dried	*Kerefa, yedereke*	1.00	1020(247)	11.0	2.7	1.2	29.8	53.1	2.2
	Non-African data						oa		oa	
	SD or Min-Max				9.2-12.8					1.6-2.8
	n				2	1	1		1	2
140009	Cloves, dried, raw	*Qurunfud, yedereke*	1.00	1390(334)	11.1	6.3	[13.3]	30.4	33.9	5.0
	Non-African data								oa	
	SD or Min-Max				8.9-13.4					4.2-5.7
	n				2	1	1		1	2
140010	Coriander, seed, dried, raw	*Ye'dinbilal fire, yedereke*	1.00	1370(333)	13.7	11.9	18.8	6.7	44.8	4.1
	Non-African data						oa		oa	
140004	False cardamom, fresh, dried, raw	*Korerima, yedereke*	1.00	1140(274)	8.9	6.4	0.8	40.7	39.1	4.1
	Non-African data									

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Condiments and spices											
140006	Chilli, seedless, dried, raw	241	27.0	231	266	2250	20	1.66	0.87	1.45	19
	Non-African data			oa		oa	oa	oa	oa	oa	oa
	SD or Min-Max										
	n	1	1	1	1	1	1	1	1	1	1
140013	Chilli, without spices, fresh, raw	19	3.7	45	78	605	12	0.53	0.31	0.42	1
	Non-African data			oa		oa	oa	oa	oa	oa	oa
140028	Chilli, green, fresh, raw	12	1.6	11	20	280	4	0.40	0.15	0.28	1
	Non-African data	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
140027	Chilli, red, fresh, raw	19	3.7	28	78	300	3	0.30	0.27	0.32	1
	Non-African data			oa		oa	oa	oa	oa	oa	oa
140008	Cinnamon, dried	661	7.0	60	35	431	10	1.83	0.34	17.50	3
	Non-African data			oa		oa	oa	oa	oa	oa	oa
	SD or Min-Max										
	n	1	1	1	1	1	1	1	1	1	1
140009	Cloves, dried, raw	663	21.0	259	138	1020	277	2.32	0.37	60.10	7
	Non-African data			oa		oa	oa	oa	oa	oa	oa
	SD or Min-Max										
	n	1	1	1	1	1	1	1	1	1	1
140010	Coriander, seed, dried, raw	846	34.0	245	298	1270	35	4.70	0.98	0	0
	Non-African data										
140004	False cardamom, fresh, dried, raw	125	5.2	163	201	1140	2	4.10	0.74	9.35	11
	Non-African data										

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Condiments and spices									
140006	Chilli, seedless, dried, raw	0.13	0.37	7.9	6.9	0.42	19	0	0
	Non-African data				oa	oa	oa		oa
	SD or Min-Max								
	n	1	1		1	1	1		1
140013	Chilli, without spices, fresh, raw	0.10	0.16	3.0	2.3	0.49	41	0	431
	Non-African data		oa			oa	oa		oa
140028	Chilli, green, fresh, raw	0.07	0.08	1.8	1.4	0	23	0	128
	Non-African data	oa	oa		oa	oa	oa		oa
140027	Chilli, red, fresh, raw	0.10	0.42	2.7	2.3	0.26	52	0	201
	Non-African data					oa	oa		oa
140008	Cinnamon, dried	0	0.02	1.9	1.3	0.16	6	0	4
	Non-African data				oa	oa	oa		oa
	SD or Min-Max								
	n	1	1		1	1	1		1
140009	Cloves, dried, raw	0.04	0.01	2.5	1.6	0.39	25	0	0
	Non-African data				oa	oa	oa		oa
	SD or Min-Max								
	n	1	1		1	1	1		1
140010	Coriander, seed, dried, raw	0.22	0.09	4.4	2.1	0.04	[22]	0	0
	Non-African data					oa	oa		
140004	False cardamom, fresh, dried, raw	0.32	0.15	1.8	1.5	0.12	[0]	0	0
	Non-African data								

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Condiments and spices								
140006	Chilli, seedless, dried, raw	2340	0	390	195	0	0.98	0.69
	Non-African data							oa
	SD or Min-Max							
	n							1
140013	Chilli, without spices, fresh, raw	708	0	118	59	0	0.89	0.69
	Non-African data							oa
140028	Chilli, green, fresh, raw	192	0	32	16	0	0.90	0.70
	Non-African data							oa
140027	Chilli, red, fresh, raw	1760	0	294	147	0	3.60	3.40
	Non-African data							oa
140008	Cinnamon, dried	177	0	30	15	0		2.30
	Non-African data							oa
	SD or Min-Max							
	n							1
140009	Cloves, dried, raw	97	0	16	8	0	8.80	8.80
	Non-African data							oa
	SD or Min-Max							
	n							1
140010	Coriander, seed, dried, raw	122	0	20	10	0	1.00	0.91
	Non-African data							oa
140004	False cardamom, fresh, dried, raw	0	0	0	0	0	<LOD	<LOD
	Non-African data							

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Condiments and spices								
140006	Chilli, seedless, dried, raw	290	0	1.55	0.98	4.43	4.19	0.16
	Non-African data	oa		oa	oa	oa	oa	oa
	SD or Min-Max							
	n	1						
140013	Chilli, without spices, fresh, raw	20	0	0.30	0.16	1.55	1.39	0.12
	Non-African data	oa		oa	oa	oa	oa	oa
140028	Chilli, green, fresh, raw	13	0	0.05	0.01	0.17	0.16	0.01
	Non-African data	oa		oa	oa	oa	oa	oa
140027	Chilli, red, fresh, raw	13	0	tr	tr	0.32	0.29	0.02
	Non-African data	oa		oa	oa	oa	oa	oa
140008	Cinnamon, dried		0	0.50	0.36	0.10	0.07	0.03
	Non-African data			oa	oa	oa	oa	oa
	SD or Min-Max							
	n							
140009	Cloves, dried, raw	422	0	4.55	1.42	4.67	6.89	1.37
	Non-African data	oa		oa	oa	oa	oa	oa
	SD or Min-Max							
	n	1						
140010	Coriander, seed, dried, raw	953	0	0.97	12.10	2.02	1.98	0.01
	Non-African data	oa		oa	oa	oa	oa	oa
140004	False cardamom, fresh, dried, raw		0	0.21	0.44	0.12	0.09	0.03
	Non-African data							

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Condiments and spices										
140031	Fenugreek, whole seed, roasted, flour	*Abish, yetekeola, duket*	1.00	1240(300)	9.4	21.9	[8.3]	10.9	46.8	2.8
Non-African data									oa	
SD or Min-Max					7.9-10.8	20.7-23.1	7.2-9.5			2.6-2.9
n					2	2	2		1	2
140014	Garlic, with peel, dried	*Nech shinkurt, yedereke*	1.00	885(216)	10.5	15.8	0.3	5.8	63.5	4.2
Non-African data										
140015	Ginger, root, dried, ground	*Zinjibil, yetefech*	1.00	1380(328)	9.9	6.9	4.2	58.6	14.1	6.3
Non-African data							oa		oa	
140053	Spice paste from green chilli, water, onion, spices and salt	*Ye'arenguade kariya dileh*	1.00	174(42)	83.3	2.0	0.6	3.7	6.8	3.6
140016	Nutmeg, dried, ground	*Gewiz, yetefech*	1.00	2090(506)	6.2	5.8	36.3	28.6	20.8	2.3
Non-African data					oa		oa		oa	oa
140017	Onion, dried, raw	*Keye shinkurt, yedereke, ti're*	1.00	1420(336)	4.5	8.8	1.2	62.9	19.3	3.4
Non-African data					oa		oa		oa	oa
140030	Oregano, dried	*Koseret, yedereke*	1.00	1100(265)	9.9	9.0	4.3	26.5	42.5	7.9
Non-African data					oa		oa		oa	oa
140002	Pepper, black, dried, raw	*Qundoberbere, yedereke*	1.00	1230(295)	7.8	10.1	2.7	40.9	33.2	5.4
Non-African data							oa		oa	
140046	Pepper, long, dry	*Timiz*	1.00	1140(274)	11.0	10.5	[2.3]	35.7	34.1	6.4
Non-African data					oa		oa		oa	oa
140007	Pepper, red, dry, powdered	*Berbere, kimeme yalegebabet*	1.00	1590(382)	8.0	9.6	[16.9]	36.4	[23.0]	6.0
Non-African data										oa
SD or Min-Max					0.6	8.4	11.2		2.3	
n					4	3	4		3	1
140052	Red chilli powder with salt and spices	*Mitmita*	1.00	1150(277)	5.8	10.4	11.2	19.3	29.1	24.3

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Condiments and spices											
140031	Fenugreek, whole seed, roasted, flour	153	11.2	172	283	570	11	4.72	1.14	1.57	10
Non-African data									oa	oa	oa
SD or Min-Max		133-173									
n		2	1	1	1	1	1	1	1	1	1
140014	Garlic, with peel, dried	393	37.3	86	399	1230	38	2.80	0.81	0.94	14
Non-African data										oa	
140015	Ginger, root, dried, ground	152	24.3	335	310	1320	27	3.64	0.45	26.50	5
Non-African data						oa	oa	oa	oa	oa	oa
140053	Spice paste from green chilli, water, onion, spices and salt	33	2.1	25	34	214	1140	0.37	0.14	0.53	1
140016	Nutmeg, dried, ground	184	3.0	183	213	350	16	2.15	1.20	3.42	7
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
140017	Onion, dried, raw	263	2.6	69	201	1210	100	1.20	0.35	0.90	5
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
140030	Oregano, dried	1600	36.8	270	148	1260	25	2.69	0.63	4.99	5
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
140002	Pepper, black, dried, raw	437	28.9	194	173	1260	44	1.42	1.13	7.50	12
Non-African data										oa	oa
140046	Pepper, long, dry	414	8.0	189	181	1850	16	1.52	1.34	1.85	21
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
140007	Pepper, red, dry, powdered	148	7.8	152	293	2010	30	2.48	0.37	2.00	9
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
140052	Red chilli powder with salt and spices	416	17.8	218	249	1560	7700	3.75	0.63	7.11	18

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Condiments and spices									
140031	Fenugreek, whole seed, roasted, flour	0.21	0.43	7.0	1.9	0.69	40	0	2
Non-African data						oa			
SD or Min-Max					1.7-2.0				
n		1	1		2	1	1		1
140014	Garlic, with peel, dried	0.45	0.07	2.8	0.9	0.83	45	0	0
Non-African data							oa		
140015	Ginger, root, dried, ground	0.16	0.27	5.3	4.2	0.63	13	0	0
Non-African data					oa		oa		oa
140053	Spice paste from green chilli, water, onion, spices and salt	0.06	0.05	1.0	0.7	0.06	12	0	52
140016	Nutmeg, dried, ground	0.35	0.06	2.2	1.3	0.16	76	0	3
Non-African data		oa	oa		oa	oa	oa		oa
140017	Onion, dried, raw	0.50	tr	2.6	0.8	1.60	170	0	33
Non-African data		oa	oa		oa	oa	oa		oa
140030	Oregano, dried	0.18	0.53	5.4	4.6	1.00	240	0	2
Non-African data		oa	oa		oa	oa	oa		oa
140002	Pepper, black, dried, raw	0.11	0.24	2.0	1.1	0.27	10	0	0
Non-African data						oa			oa
140046	Pepper, long, dry	0.06	0.14	3.4	1.1	0.60	[66]	0	0
Non-African data		oa	oa		oa	oa	oa		oa
140007	Pepper, red, dry, powdered	0	0.94	10.0	8.7	2.50	110	0	76
Non-African data		oa	oa		oa	oa	oa		oa
SD or Min-Max									
n		1	1		1	1	1		1
140052	Red chilli powder with salt and spices	0.21	0.63	3.0	2.0	1.40	37	0	3

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Condiments and spices								
140031	Fenugreek, whole seed, roasted, flour	128	0	21	11	0	0.03	0.02
	Non-African data							oa
	SD or Min-Max							
	n							1
140014	Garlic, with peel, dried	0	0	0	0	0	0.08	0.08
	Non-African data							
140015	Ginger, root, dried, ground	18	0	3	2	0	0.29	0
	Non-African data							oa
140053	Spice paste from green chilli, water, onion, spices and salt	94	0	16	8	0	0.40	0.32
140016	Nutmeg, dried, ground	15	0	3	1	0	1.20	1.20
	Non-African data							oa
140017	Onion, dried, raw	88	0	15	7	0	0.18	0.18
	Non-African data							oa
140030	Oregano, dried	1010	0	168	84	0		18.00
	Non-African data	oa						oa
140002	Pepper, black, dried, raw	928	0	155	77	0	1.40	0.59
	Non-African data							oa
140046	Pepper, long, dry	739	0	123	62	0	0.04	0.01
	Non-African data							oa
140007	Pepper, red, dry, powdered	25000	0	4160	2080	0		30.00
	Non-African data							oa
	SD or Min-Max							
	n							1
140052	Red chilli powder with salt and spices	10900	0	1820	909	0		

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Condiments and spices								
140031	Fenugreek, whole seed, roasted, flour		0	1.34	1.17	5.45	3.57	1.29
Non-African data				oa	oa	oa	oa	oa
SD or Min-Max								
n								
140014	Garlic, with peel, dried		0	0.11	0.04	0.09	0.08	0.01
Non-African data								
140015	Ginger, root, dried, ground	70	0	2.18	0.40	0.78	0.60	0.19
Non-African data		oa		oa	oa	oa	oa	oa
140053	Spice paste from green chilli, water, onion, spices and salt		0	0.06	0.25	0.18	0.16	0.02
140016	Nutmeg, dried, ground	782	0	30.50	3.79	0.41	0.41	0
Non-African data		oa		oa	oa	oa	oa	oa
140017	Onion, dried, raw	93	0	0.23	0.19	0.54	0.50	0.02
Non-African data		oa		oa	oa	oa	oa	oa
140030	Oregano, dried		0	1.47	0.69	1.30	0.70	0.59
Non-African data				oa	oa	oa	oa	oa
140002	Pepper, black, dried, raw	407	0	0.66	0.58	0.92	0.70	0.11
Non-African data		oa					oa	oa
140046	Pepper, long, dry	503	0	0.60	0.33	0.89	0.59	0.15
Non-African data		oa		oa	oa	oa	oa	oa
140007	Pepper, red, dry, powdered	284	0	2.72	2.54	8.27	7.81	0.83
Non-African data		oa		oa	oa	oa	oa	oa
SD or Min-Max								
n		1						
140052	Red chilli powder with salt and spices		0	1.82	2.63	4.55	4.18	0.51

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Condiments and spices										
140049	Red pepper spice blend with water and oil	*Awaze*	1.00	1300(315)	47.0	2.7	28.2	8.3	7.7	5.8
140033	Rosemary, dried	*Rosemary, yedereke*	1.00	1350(328)	9.3	4.9	15.2	21.5	42.6	6.5
Non-African data					oa		oa		oa	oa
140032	Rosemary, fresh, raw	*Rosemary*	1.00	498(121)	67.8	3.3	5.9	6.6	14.1	2.4
Non-African data					oa		oa		oa	oa
140022	Rue, seeds, dried, raw	*Ye'tenadam fire, yedereke*	1.00	1090(264)	9.0	10.5	5.2	22.4	42.7	10.3
Non-African data										
140029	Rue, seeds, fresh, raw	*Ten'adam, ertib*	1.00	184(44)	84.7	1.8	0.9	3.8	7.2	1.7
Non-African data										
140021	Sacred basil, dried, raw	*Besobila, yedereke*	1.00	955(232)	15.4	12.2	[5.6]	8.9	48.6	9.3
Non-African data										
140020	Sacred basil, fresh, raw	*Besobila, ertib*	1.00	343(83)	69.9	4.9	1.9	3.0	17.3	3.1
Non-African data										
140051	Spice blend from red pepper with salt and spices	*Berbere*	1.00	1160(278)	12.9	8.5	10.7	25.1	24.0	18.8
140048	Spice paste from chili, water, onion, spices and salt	*Ye'keye kariya dileh*	1.00	197(48)	82.3	2.1	0.6	5.4	5.9	3.7
140050	Spices, mixed	*Mekelesha*	1.00	1390(332)	8.5	8.0	8.6	42.0	27.7	5.3
140024	Tea, leaves, dried	*Ye'shay kitel, yedereke*	1.00	1130(271)	6.7	25.6	[1.2]	17.1	44.7	4.7
Non-African data									oa	
SD or Min-Max					6.1-7.2					3.4-6.1
n					2	1	1		1	2
140026	Thyme, dried	*Tosign, yedereke*	1.00	1180(285)	7.8	9.1	7.4	26.9	37.0	11.7
Non-African data					oa		oa		oa	oa

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Condiments and spices											
140049	Red pepper spice blend with water and oil	17	1.5	5	18	74	3	0.14	0.04		1
140033	Rosemary, dried	1280	29.3	220	70	955	50	3.23	0.55	1.87	5
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
140032	Rosemary, fresh, raw	317	6.7	91	66	668	26	0.93	0.30	0.96	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
140022	Rue, seeds, dried, raw	1970	74.6	335	470	2150	46	2.20	0.66	9.35	17
Non-African data											
140029	Rue, seeds, fresh, raw	331	12.5	56	79	362	8	0.37	0.11	1.57	3
Non-African data											
140021	Sacred basil, dried, raw	1500	65.0	430	404	1850	7	5.97	1.01	9.25	12
Non-African data										oa	
140020	Sacred basil, fresh, raw	498	21.3	153	200	660	3	2.13	0.36	1.15	4
Non-African data										oa	
140051	Spice blend from red pepper with salt and spices	223	13.1	168	251	1490	5500	2.21	0.55	3.19	9
140048	Spice paste from chili, water, onion, spices and salt	36	2.8	31	56	224	1070	0.33	0.19	0.66	1
140050	Spices, mixed	429	13.3	253	166	1150	36	3.15	0.94	21.50	9
140024	Tea, leaves, dried	478	14.1	192	415	2110	3	3.07	1.25	52.80	3
Non-African data				oa		oa	oa	oa	oa	oa	oa
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
140026	Thyme, dried	1890	124.0	220	201	814	55	6.18	0.86	7.87	5
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Condiments and spices									
140049	Red pepper spice blend with water and oil	0.02	0.02	0.4	0.1	0.03	2	0	0
140033	Rosemary, dried	0.51	0.43	2.3	1.0	1.70	310	0	61
	Non-African data	oa	oa		oa	oa	oa		oa
140032	Rosemary, fresh, raw	0.04	0.15	1.8	0.9	0.34	110	0	22
	Non-African data	oa	oa		oa	oa	oa		oa
140022	Rue, seeds, dried, raw	0.19	0.58	4.5	3.0	0.50	29	0	0
	Non-African data								
140029	Rue, seeds, fresh, raw	0.03	0.10	0.8	0.5	0.08	3	0	0
	Non-African data								
140021	Sacred basil, dried, raw	0.03	0.18	3.1	2.0	0.40	290	0	26
	Non-African data						oa		
140020	Sacred basil, fresh, raw	0.17	0.22	1.6	1.2	0.16	68	0	42
	Non-African data						oa		
140051	Spice blend from red pepper with salt and spices	0.08	0.56	6.6	5.4	1.50	72	0	45
140048	Spice paste from chili, water, onion, spices and salt	0.07	0.18	1.4	1.1	0.16	24	0	83
140050	Spices, mixed	0.13	0.11	2.3	1.1	0.24	25	0	2
140024	Tea, leaves, dried	0.14	1.40	11.0	3.9	0.31	1200	0	29
	Non-African data	oa	oa		oa	oa	oa		
	SD or Min-Max								
	n	1	1		1	1	1		1
140026	Thyme, dried	0.51	0.40	8.0	4.9	0.55	270	0	50
	Non-African data	oa	oa		oa	oa	oa		oa

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Condiments and spices								
140049	Red pepper spice blend with water and oil	7	0	1	1	0		12.00
140033	Rosemary, dried	1870	0	312	156	0		
Non-African data		oa						oa
140032	Rosemary, fresh, raw	4740	0	790	395	0		0.90
Non-African data		oa						oa
140022	Rue, seeds, dried, raw	886	0	148	74	0	0.02	<LOD
Non-African data								
140029	Rue, seeds, fresh, raw	149	0	25	12	0	0	<LOD
Non-African data								
140021	Sacred basil, dried, raw	4070	0	678	339	0	0.62	0.49
Non-African data								
140020	Sacred basil, fresh, raw	1610	0	268	134	0	0.22	0.17
Non-African data								
140051	Spice blend from red pepper with salt and spices	14100	0	2360	1180	0		17.00
140048	Spice paste from chili, water, onion, spices and salt	734	0	122	61	0	1.50	1.40
140050	Spices, mixed	317	0	53	26	0		0.92
140024	Tea, leaves, dried	13000	0	2170	1080	0		2.10
Non-African data		oa						oa
SD or Min-Max								
n								1
140026	Thyme, dried	2260	0	377	189	0		7.50
Non-African data		oa						oa

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Condiments and spices								
140049	Red pepper spice blend with water and oil		0	3.12	7.16	16.20	16.00	0.23
140033	Rosemary, dried		0	7.06	2.92	2.19	0	0
Non-African data				oa	oa	oa	oa	oa
140032	Rosemary, fresh, raw		0	2.72	1.13	0.84	0.44	0.41
Non-African data				oa	oa	oa	oa	oa
140022	Rue, seeds, dried, raw		0	0.54	0.61	3.00	1.22	1.77
Non-African data								
140029	Rue, seeds, fresh, raw		0	0.09	0.10	0.50	0.21	0.30
Non-African data								
140021	Sacred basil, dried, raw		0	0.67	0.25	3.57	0.87	2.64
Non-African data								
140020	Sacred basil, fresh, raw		0	0.23	0.08	1.22	0.30	0.90
Non-African data								
140051	Spice blend from red pepper with salt and spices		0	1.68	1.97	4.90	4.60	0.49
140048	Spice paste from chili, water, onion, spices and salt		0	0.04	0.19	0.23	0.20	0.03
140050	Spices, mixed		0	4.78	1.96	1.08	0.94	0.17
140024	Tea, leaves, dried		0	0.21	0.09	0.66	0.22	0.44
Non-African data								
SD or Min-Max								
n								
140026	Thyme, dried		0	3.70	0.64	1.61	0.68	0.93
Non-African data				oa	oa	oa	oa	oa

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Condiments and spices										
140023	Turmeric, dried, powder	*Erid, yetefech*	1.00	1250(299)	11.3	6.3	3.3	50.4	21.4	7.5
Non-African data							oa		oa	
SD or Min-Max					9.1-13.4					7.2-7.8
n					2	1	1		1	2
Miscellaneous										
150001	Baking powder, dry	*Baking powder*	1.00	411(97)	4.0	0.1	0	24.1	0	71.8
Non-African data					oa	oa	oa		oa	oa
150002	Salt, table	*Chew*	1.00	0(0)	0.2	0	0	0	0	99.8
Non-African data										
SD or Min-Max										
n					1		1		1	1
150003	Soybean sauce	*Ye'akuriater dilih*	1.00	294(69)	67.6	7.7	0	9.6	0	15.1
Non-African data									oa	oa
150004	Yeast, dry powder	*Ye'ersho duket*	1.00	1430(341)	5.1	40.4	7.6	14.3	26.9	5.7
Non-African data					oa	oa	oa		oa	oa
Soups and sauces										
160001	Broth, beef, ready-to-eat	*Ye'bere siga shorba*	1.00	27(6)	97.6	1.1	0.2	0.1	0	1.1
Non-African data									oa	oa
160010	Sauce from lentil, broad bean, spices and salt	*Elbet*	1.00	381(91)	74.4	7.6	0.7	11.1	4.7	1.5
160003	Sauce from red kidney bean stew with vegetables, oil, pasta and salt	*Ye'keye adenguare shorba*	1.00	422(101)	77.8	3.3	5.4	8.4	3.1	2.0
160009	Sauce from roasted and spiced white barley flour with butter milk	*Hazo*	1.00	498(118)	67.5	4.9	1.2	19.6	4.4	2.3
160002	Sauce from tomato, oil, onion, salt, pepper and spices	*Timatim silis*	1.00	492(119)	79.6	1.4	10.1	4.7	2.0	2.3
160005	Soup from fish onion, tomato, oil, spices and salt	*Ye'asa shorba*	1.00	348(83)	82.5	9.4	4.2	1.7	0.6	2.0

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Condiments and spices											
140023	Turmeric, dried, powder	137	36.0	231	268	2370	24	2.64	0.44	8.09	6
Non-African data						oa	oa	oa	oa	oa	oa
SD or Min-Max											
n		1	1	1	1	1	1	1	1	1	1
Miscellaneous											
150001	Baking powder, dry	7360	11.3	39	9920	5	7890	0.02	0.01	0.01	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
150002	Salt, table	29	0.4	290	8	0	38900	0.10	1.08	0.10	0
Non-African data											
SD or Min-Max			0.1-0.7						0.18-1.98		
n		1	2	1	1	1	1	1	2	1	1
150003	Soybean sauce	19	2.7	43	211	358	5720	0.20	0.10	0.34	11
Non-African data									oa	oa	oa
150004	Yeast, dry powder	30	2.2	54	637	955	51	7.94	0.44	0.31	8
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
Soups and sauces											
160001	Broth, beef, ready-to-eat	6	0.2	2	13	54	326	0	0	0.01	1
Non-African data				oa				oa	oa	oa	oa
160010	Sauce from lentil, broad bean, spices and salt	19	2.5	34	114	271	302	1.24	0.27	0.32	7
160003	Sauce from red kidney bean stew with vegetables, oil, pasta and salt	28	1.4	25	62	210	429	0.47	0.12	0.24	1
160009	Sauce from roasted and spiced white barley flour with butter milk	93	5.3	43	160	214	526	1.26	0.14	0.45	1
160002	Sauce from tomato, oil, onion, salt, pepper and spices	13	1.0	16	31	217	479	0.23	0.06	0.11	0
160005	Soup from fish onion, tomato, oil, spices and salt	17	0.5	23	91	264	506	0.29	0.07	0.12	19

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Condiments and spices									
140023	Turmeric, dried, powder	0.24	0.26	7.4	5.3	0.13	20	0	2
Non-African data						oa	oa		
SD or Min-Max									
n		1	1		1	1	1		1
Miscellaneous									
150001	Baking powder, dry	0	0	0	0	0	0	0	0
Non-African data		oa	oa		oa	oa	oa	oa	oa
150002	Salt, table	0	0	0	0	0	0	0	0
Non-African data									
SD or Min-Max									
n		1	1		1	1	1		1
150003	Soybean sauce	0.05	0.13	3.7	3.4	0.17	11	0	0
Non-African data									
150004	Yeast, dry powder	11.00	4.00	47.0	40.0	1.50	2300	0.07	0
Non-African data		oa	oa		oa	oa	oa	oa	oa
Soups and sauces									
160001	Broth, beef, ready-to-eat	0	0.02		0.8	0.01	2		0
Non-African data						oa	oa		
160010	Sauce from lentil, broad bean, spices and salt	0.08	0.05	1.2	0.5	0.10	25	0	1
160003	Sauce from red kidney bean stew with vegetables, oil, pasta and salt	0.06	0.02	1.0	0.3	0.08	25	0	2
160009	Sauce from roasted and spiced white barley flour with butter milk	0.05	0.12	1.5	0.7	0.06	10	0.21	1
160002	Sauce from tomato, oil, onion, salt, pepper and spices	0.05	0.04	0.6	0.4	0.07	14	0	20
160005	Soup from fish onion, tomato, oil, spices and salt	0.01	0.07	2.7	1.4	0.05	4	0.61	2

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		*CARTBEQ*	*RETOL*	*VITA*	*VITA_RAE*	*VITD*	*VITE*	*TOCPHA*
Condiments and spices								
140023	Turmeric, dried, powder	55	0	9	5	0	3.00	2.60
	Non-African data							oa
	SD or Min-Max							
	n							1
Miscellaneous								
150001	Baking powder, dry	0	0	0	0	0		0
	Non-African data		oa			oa		oa
150002	Salt, table	0	0	0	0	0	0	0
	Non-African data					oa		oa
	SD or Min-Max							
	n					1		1
150003	Soybean sauce	0	0	0	0	0	0	0
	Non-African data		oa					oa
150004	Yeast, dry powder	0	0	0	0	0		0
	Non-African data		oa			oa		oa
Soups and sauces								
160001	Broth, beef, ready-to-eat	0	0	0	0	0		0
	Non-African data		oa			oa		oa
160010	Sauce from lentil, broad bean, spices and salt	10	0	2	1	0	0.04	0.01
160003	Sauce from red kidney bean stew with vegetables, oil, pasta and salt	589	0	98	49	0		1.90
160009	Sauce from roasted and spiced white barley flour with butter milk	1	3	3	3	0	0.01	0.01
160002	Sauce from tomato, oil, onion, salt, pepper and spices	389	0	65	32	0		3.50
160005	Soup from fish onion, tomato, oil, spices and salt	66	4	15	10	7.3		1.70

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Condiments and spices								
140023	Turmeric, dried, powder	358	0	1.32	0.34	0.95	0.81	0.10
	Non-African data			oa	oa	oa	oa	oa
	SD or Min-Max							
	n	1						
Miscellaneous								
150001	Baking powder, dry	0	0	0	0	0	0	0
	Non-African data							
150002	Salt, table	0	0	0	0	0	0	0
	Non-African data							
	SD or Min-Max							
	n							
150003	Soybean sauce		0	0	0	0	0	0
	Non-African data							
150004	Yeast, dry powder	0	0	1.00	4.31	0.02	0.02	0
	Non-African data			oa	oa	oa	oa	oa
Soups and sauces								
160001	Broth, beef, ready-to-eat		0	0.10	0.08	0.01		
	Non-African data		oa					
160010	Sauce from lentil, broad bean, spices and salt		0	0.11	0.12	0.38	0.28	0.07
160003	Sauce from red kidney bean stew with vegetables, oil, pasta and salt		0	0.58	1.36	3.12	3.05	0.07
160009	Sauce from roasted and spiced white barley flour with butter milk		3	0.47	0.23	0.27	0.24	0.03
160002	Sauce from tomato, oil, onion, salt, pepper and spices	3	0	1.09	2.60	5.86	5.81	0.05
160005	Soup from fish onion, tomato, oil, spices and salt		24	0.58	1.03	2.25	2.11	0.04

Condensed Food Composition Table (1/5)

Code	Food name in English	Food name in Amharic	Edible portion	Energy (kJ(kcal))	Water (g)	Protein (g)	Fat (g)	CHO, available (g)	Fiber, total dietary (g)	Ash (g)
INFOODS Tagnames			*EDIBLE*	*ENERC*	*WATER*	*PROTCNT*	*FAT*	*CHOAVLDF*	*FIBTG*	*ASH*
Soups and sauces										
160008	Soup from flaked oats with water, milk and honey	*Ye'aja shorba be'mar*	1.00	342(81)	81.6	1.3	2.3	13.5	0.8	0.5
160007	Soup from flaked oats with water, milk, sugar and salt	*Ye'aja shorba be'sequar*	1.00	316(75)	83.1	1.4	2.4	11.7	0.9	0.6
160004	Soup from goat meat with onion, carrot, butter, green pepper, spices and salt	*Ye'fiyele siga kikil*	1.00	325(78)	84.9	5.6	5.1	2.0	0.9	1.3
160006	Soup from sheep meat with onion, carrot, green pepper, spices, salt and butter	*Ye'beg siga kikil*	1.00	283(67)	82.7	10.4	1.7	2.1	1.1	2.0
Mixed										
170011	Bread, unleavened, from white maize and fermented false banana with salt	*Sareta*	1.00	1070(258)	50.0	12.8	18.8	5.9	6.9	5.6
170001	Cottage cheese with boiled kale, butter, salt and spices	*Ayib be'gomen*	1.00	509(121)	67.2	5.4	1.1	19.1	6.4	0.8
170013	Fosesse from white maize and fermented false banana, cooked with potato, kale, red kidney bean, oil and salt	*Fosesse be'bekolo ena be'kocho*	1.00	748(180)	67.7	8.7	12.5	7.2	2.2	1.6
170007	Fosesse from white maize cooked with kale, oil and salt	*Fosesse be'bekolo*	1.00	757(181)	63.8	7.5	9.3	16.2	1.4	1.7
170010	Kurkufa from white maize flour and kale with onion, oil and salt	*Kurkufa be'bekolo ena be'gomen*	1.00	411(97)	73.1	6.4	0.6	14.0	5.1	0.7
170009	Kurkufa from white maize flour, fermented false banana and kale with oil, onion and salt	*Kurkufa be'bekolo, kocho ena gomen*	1.00	473(113)	72.0	3.2	4.0	14.3	3.3	3.1
170014	Lentil, split, and beef meat, stew, with oil, onion, butter, spices and salt	*Misir be'bere siga wot*	1.00	717(172)	66.6	3.0	11.3	13.0	3.3	2.7
170006	Maize, white, fresh and broad beans, seed, whole boiled, without salt	*Ye'bekolo ena bakela nifro*	1.00	558(134))	75.1	1.6	8.8	11.0	2.0	1.5
170012	Okra and beef, stew, with tomato, onion, oil, butter, spices and salt	*Kenkis*	1.00	715172)	66.1	3.0	10.0	15.5	3.5	1.8
170004	Pasta (boiled), baked with meat sauce and béchamel	*Pasta furno*	1.00	801(190)	50.5	3.3	1.8	37.8	4.5	2.0
170002	White wheat and chickpea, whole grains, boiled, without salt	*Ye'sindye ena shimbra nifro*	1.00	600(145)	73.8	6.7	10.7	4.0	2.7	1.9

Condensed Food Composition Table (2/5)

Code	Food name in English	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)
INFOODS Tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*	*MN*	*SE*
Soups and sauces											
160008	Soup from flaked oats with water, milk and honey	61	0.5	19	92	99	23	0.47	0.04	0.51	2
160007	Soup from flaked oats with water, milk, sugar and salt	64	0.5	20	97	97	65	0.48	0.04	0.53	2
160004	Soup from goat meat with onion, carrot, butter, green pepper, spices and salt	12	0.8	10	55	107	314	1.07	0.06	0.12	3
160006	Soup from sheep meat with onion, carrot, green pepper, spices, salt and butter	15	1.5	17	106	177	444	2.01	0.09	0.15	8
Mixed											
170011	Bread, unleavened, from white maize and fermented false banana with salt	584	6.2	53	146	385	682	0.90	0.11	1.81	6
170001	Cottage cheese with boiled kale, butter, salt and spices	42	2.2	47	129	208	1	1.24	0.18	1.07	6
170013	Fosesse from white maize and fermented false banana, cooked with potato, kale, red kidney bean, oil and salt	15	2.2	22	84	205	255	1.58	0.14	0.18	9
170007	Fosesse from white maize cooked with kale, oil and salt	89	1.3	20	125	141	328	1.38	0.08	0.24	8
170010	Kurkufa from white maize flour and kale with onion, oil and salt	21	1.5	35	104	209	5	0.98	0.18	0.41	2
170009	Kurkufa from white maize flour, fermented false banana and kale with oil, onion and salt	94	2.2	34	70	294	467	0.60	0.10		2
170014	Lentil, split, and beef meat, stew, with oil, onion, butter, spices and salt	151	3.0	41	73	230	685	0.61	0.08	0.57	2
170006	Maize, white, fresh and broad beans, seed, whole boiled, without salt	77	1.8	22	41	131	358	0.43	0.06		1
170012	Okra and beef, stew, with tomato, onion, oil, butter, spices and salt	122	2.8	38	82	216	363	0.65	0.09	0.51	2
170004	Pasta (boiled), baked with meat sauce and béchamel	36	3.2	44	111	180	519	1.14	0.13		3
170002	White wheat and chickpea, whole grains, boiled, without salt	49	1.7	37	79	203	239	1.50	0.09	0.22	4

Condensed Food Composition Table (3/5)

Code	Food name in English	Thiamin (mg)	Riboflavin (mg)	Niacin equiv (mg)	Niacin (mg)	Vit B_6 (mg)	Folate (mcg)	Vit B_{12} (mcg)	Vit C (mg)
INFOODS Tagnames		*THIA*	*RIBF*	*NIAEQ*	*NIA*	*VITB6C*	*FOL*	*VITB12*	*VITC*
Soups and sauces									
160008	Soup from flaked oats with water, milk and honey	0.05	0.13	0.6	0.1	0.02	4	0.24	0
160007	Soup from flaked oats with water, milk, sugar and salt	0.06	0.13	0.7	0.1	0.02	4	0.26	0
160004	Soup from goat meat with onion, carrot, butter, green pepper, spices and salt	0.02	0.03	2.2	1.1	0.06	2	0.33	3
160006	Soup from sheep meat with onion, carrot, green pepper, spices, salt and butter	0.04	0.07	4.0	2.0	0.07	3	0.86	4
Mixed									
170011	Bread, unleavened, from white maize and fermented false banana with salt	0.08	0.27	3.4	1.2	0.16	50	0.23	71
170001	Cottage cheese with boiled kale, butter, salt and spices	0.10	0.02	1.2	0.4	0.06	41	0	0
170013	Fosesse from white maize and fermented false banana, cooked with potato, kale, red kidney bean, oil and salt	0.04	0.06	2.1	0.8	0.09	7	0.41	1
170007	Fosesse from white maize cooked with kale, oil and salt	0.05	0.11	2.0	0.6	0.05	9	0.54	4
170010	Kurkufa from white maize flour and kale with onion, oil and salt	0.07	0.05	1.2	0.5	0.07	46	0	0
170009	Kurkufa from white maize flour, fermented false banana and kale with oil, onion and salt	0.06	0.05	1.0	0.5	0.11	20	0	19
170014	Lentil, split, and beef meat, stew, with oil, onion, butter, spices and salt	0.07	0.08	0.9	0.6	0.12	27	0	28
170006	Maize, white, fresh and broad beans, seed, whole boiled, without salt	0.03	0.04	0.5	0.3	0.06	14	0	13
170012	Okra and beef, stew, with tomato, onion, oil, butter, spices and salt	0.07	0.07	0.9	0.5	0.11	27	0	23
170004	Pasta (boiled), baked with meat sauce and béchamel	0.08	0.02	0.6	0.4	0.12	17	0	0
170002	White wheat and chickpea, whole grains, boiled, without salt	0.04	0.08	2.0	1.0	0.13	24	0.45	11

Condensed Food Composition Table (4/5)

Code	Food name in English	Beta-carotene equiv (mcg)	Retinol (mcg)	Vit A RE (mcg)	Vit A RAE (mcg)	Vit D (mcg)	Vit E (mg)	Alpha-tocopherol (mg)
INFOODS Tagnames		CARTBEQ	RETOL	VITA	VITA_RAE	VITD	VITE	TOCPHA
Soups and sauces								
160008	Soup from flaked oats with water, milk and honey	12	18	20	19	0.1	0.08	0.08
160007	Soup from flaked oats with water, milk, sugar and salt	8	19	21	20	0.2		0.08
160004	Soup from goat meat with onion, carrot, butter, green pepper, spices and salt	777	13	143	78	0.0	0.48	0.47
160006	Soup from sheep meat with onion, carrot, green pepper, spices, salt and butter	942	6	163	85	0.0	0.49	0.49
Mixed								
170011	Bread, unleavened, from white maize and fermented false banana with salt	2380	93	490	292	0.3	0.89	0.84
170001	Cottage cheese with boiled kale, butter, salt and spices	36	0	6	3	0	0.08	0.07
170013	Fosesse from white maize and fermented false banana, cooked with potato, kale, red kidney bean, oil and salt	10	10	11	10	0.0		3.70
170007	Fosesse from white maize cooked with kale, oil and salt	108	56	74	65	0.2		0.60
170010	Kurkufa from white maize flour and kale with onion, oil and salt	5	0	1	0	0	0.01	0.01
170009	Kurkufa from white maize flour, fermented false banana and kale with oil, onion and salt	327	0	55	27	0.0		1.30
170014	Lentil, split, and beef meat, stew, with oil, onion, butter, spices and salt	610	0	102	51	0		3.80
170006	Maize, white, fresh and broad beans, seed, whole boiled, without salt	266	0	44	22	0.0		3.00
170012	Okra and beef, stew, with tomato, onion, oil, butter, spices and salt	479	0	80	40	0		3.20
170004	Pasta (boiled), baked with meat sauce and béchamel	28	0	5	2	0.2	0.22	0.17
170002	White wheat and chickpea, whole grains, boiled, without salt	216	8	44	26	0.0		3.40

Condensed Food Composition Table (5/5)

Code	Food name in English	Phytate (mg)	Cholesterol (mg)	Saturated FA (g)	Monounsaturated FA (g)	Polyunsaturated FA (g)	Linoleic acid (g)	Alpha-linolenic acid (g)
INFOODS Tagnames		*PHYTCPP*	*CHOLE*	*FASAT*	*FAMS*	*FAPU*	*F18D2CN6*	*F18D3CN3*
Soups and sauces								
160008	Soup from flaked oats with water, milk and honey		6	1.14	0.74	0.27	0.27	0.01
160007	Soup from flaked oats with water, milk, sugar and salt		7	1.17	0.78	0.28	0.29	0.01
160004	Soup from goat meat with onion, carrot, butter, green pepper, spices and salt	3	18	2.72	1.77	0.27	0.18	0.03
160006	Soup from sheep meat with onion, carrot, green pepper, spices, salt and butter	3	25	0.84	0.45	0.22	0.15	0.02
Mixed								
170011	Bread, unleavened, from white maize and fermented false banana with salt	20	23	11.20	5.27	1.03	0.58	0.25
170001	Cottage cheese with boiled kale, butter, salt and spices	189	0	0.16	0.17	0.52	0.48	0.03
170013	Fosesse from white maize and fermented false banana, cooked with potato, kale, red kidney bean, oil and salt		14	2.73	3.35	5.70	5.59	0.07
170007	Fosesse from white maize cooked with kale, oil and salt	19	25	3.96	2.48	2.28	2.17	0.06
170010	Kurkufa from white maize flour and kale with onion, oil and salt	89	0	0.11	0.14	0.26	0.24	0.01
170009	Kurkufa from white maize flour, fermented false banana and kale with oil, onion and salt		0	0.47	1.04	2.28	2.21	0.06
170014	Lentil, split, and beef meat, stew, with oil, onion, butter, spices and salt	101	0	1.25	3.00	6.47	6.38	0.08
170006	Maize, white, fresh and broad beans, seed, whole boiled, without salt		0	0.97	2.33	5.09	5.04	0.05
170012	Okra and beef, stew, with tomato, onion, oil, butter, spices and salt	73	0	1.13	2.67	5.68	5.60	0.07
170004	Pasta (boiled), baked with meat sauce and béchamel		0	0.33	0.53	0.67	0.65	0.02
170002	White wheat and chickpea, whole grains, boiled, without salt	5	14	2.31	2.88	4.92	4.83	0.06

Annex A: Reference datasets used in the EFCT 2025

BiblioID	Country/ Region	Reference
KE18	**Kenya**	FAO & Government of Kenya. 2018. **Kenya Food Composition Tables**. Nairobi.
WA19	**Western Africa**	Vincent, A., Grande, F., Compaoré, E., Amponsah Annor, G., Addy, P.A., Aburime, L.C., Ahmed, D., Bih Loh, A.M., Dahdouh Cabia, S., Deflache, N., Dembélé, F.M., Dieudonné, B., Edwige, O.B., EneObong, H.N., Fanou Fogny, N., Ferreira, M., Omaghomi Jemide, J., Kouebou, P.C., Muller, C., Nájera Espinosa, S., Ouattara, F., Rittenschober, D., Schönfeldt, H., Stadlmayr, B., van Deventer, M., Razikou Yiagnigni, A. & Charrondière, U.R. 2020. **FAO/INFOODS Food Composition Table for Western Africa** (2019) User Guide & Condensed Food Composition Table / Table de composition des aliments FAO/INFOODS pour l'Afrique de l'Ouest (2019) Guide d'utilisation & table de composition des aliments condensée. Rome, FAO.
SA10	**South Africa**	Wolmarans, P., Danster, N., Dalton, A., Rossouw, K. & Schönfeldt, H., eds. 2010. **Condensed Food Composition Tables for South Africa**. Cape Town, South Africa, South African Medical Research Council.
IN17	**India**	Longvah, T., Ananthan, R., Bhaskarachary, K. & Venkaiah, K. 2017. **Indian Food Composition Tables. Hyderabad, India, National Institute of Nutrition.**
AU19	**Australia**	Food Standards Australia New Zealand (FSANZ). 2019. **The Australian Food Composition Database, release 1**. Canberra.
NZ19	**New Zealand**	**New Zealand Food Composition Database.** 2019. New Zealand FOODfilesTM 2018 Manual. The New Zealand Institute for Plant and Food Research Limited and Ministry of Health.
BA13	**Bangladesh**	Shaheen N., Rahim A.T.M.A., Mohiduzzaman Md., Banu C.P., Bari Md. L., Tukun A.B., Mannan M.A., Bhattacharjee L., Stadlmayr B. 2013. **Food Composition Table for Bangladesh**. Institute of Nutrition and Food Science, Centre for Advanced Research in Sciences, University of Dhaka.
BR11	**Brazil**	Núcleo de Estudos e pesquisas em Alimentação (NEPA). 2011. **Brazilian Food Composition Table**. Campinas, Brazil.
JA15	**Japan**	MEXT. 2015. **The Standard Tables of Food Composition in Japan 2015** (SeventhRevised Edition). Official Gazette Co-operation of Japan, Japan.
UK19	**United Kingdon**	Food Standards Agency. 2019. **McCance and Widdowson's The Composition of Foods Integrated Dataset** (CoFID) 2019. London, Institute of Food Research, Public Health England.
US19	**United States**	US Department of Agriculture (USDA), Agricultural Research Service, Nutrient Data Laboratory. 2019. **USDA National Nutrient Database for Standard Reference, Legacy**.
DK19	**Denmark**	**Frida.** 2019. **DTU Foods public food database**, version 4. National Food Institute, Technical University of Denmark.
UF16	**Global**	FAO. 2016. **FAO/INFOODS Global Food Composition Database for Fish and Shellfish**. Version 1.0 – uFiSh1.0. Rome.
UP17	**Global**	FAO. 2017. **FAO/INFOODS Global Food Composition Database for Pulses.** Version 1.0 – uPulses 1.0. Rome.
CH02	**China**	Institute of Nutrition and Food Safety. 2002. **China food composition: Book 1**, 2nd edition. Beijing, Peking University Medical Press.

Annex B: Conversion factors

Table B1: Metabolizable energy conversion factors

Component	kJ/g	kcal/g
Protein	17	4
Fat	37	9
Available Carbohydrate	17	4
Dietary fiber	8	2
Alcohol	29	7

Table B2. Nitrogen conversion factors used

Food	Factor (XN)
Other foods/beverages not included in this list	6.25
Animal Products	
Meat, offals, insects	6.25
Milk and Cheese	6.38
Egg	6.25
Plant Products	
Wheat-whole kernel and its products	5.83
Wheat-endosperm and its products	5.70
Ric- whole grain, refined and its products	5.95
Barley, whole grain, pearled, splitted and its products	5.83
Oats/Emmer wheat and its products	5.83
Millet, whole grain, refined and its products	5.83
Maize (corn), whole grain, refined, splitted and its products	6.25
Sorghum, whole grain, refined and its products	6.25
Soya and soya milk	5.71
Beans: whole grain and processed	6.25
Mushrooms	4.38
Chocolate and cocoa	4.74
Yeast	5.70
Coffee	5.30
Nuts and seeds	
Peanut (Groundnut) and its products	5.46
Others (butternut; cashew; chestnut; coconut; hazelnut; hickory; pecans; pine nut; pistachio; walnut; other tree nuts) #	5.30
Seeds (cantaloupe; cottonseed; flaxseed; hempseed; pumpkin; sesame; sunflower; niger seed; other seeds)	5.30

Sources: FAO/INFOODS (2012a), Jones (1941), except as indicated: *USDA (2011b); #Merrill and Watt (1973); **FAO and WHO (1973).

Table B3: Conversion factors applied to total fat to give value for total fatty acids in the fat

Food	Fatty acid conversion (XFA)	Remark
Plant foods		
Wheat, barley and rye – whole grain	0.72	Assumed applicable to wholegrain millet, sorghum and fonio
Wheat, barley and rye – flour	0.67	Assumed applicable to refined millet, sorghum and fonio
Wheat, barley and rye – bran	0.82	
Rice – milled	0.85	
Rice – whole grain*	0.92	
Corn (maize) – and corn products*	0.86	
Oats, whole grain	0.94	
Fruits and vegetables (except avocado)	0.8	Also used for starchy roots and tubers
Avocado	0.956	
Pulses*	0.775	
Soya*	0.93	Also used for other high fat legumes
Nuts (except coconut)	0.956	Assumed applicable to peanuts; applied to seeds and seed products
Fats and oils (except coconut)	0.956	Not applied to butter and ghee
Animal foods		
Brain	0.561	
Liver	0.741	
Kidney	0.747	
Tripe**	0.92	
Beef and lamb – lean	0.916	Applied to game meat; applied to foods with 10% fat or less
Beef and lamb – fat	0.953	Applied to foods with 10% fat or more
Poultry	0.945	
Eggs	0.83	
Fish, very lean (total fat <0.55 g/100 g EP)	0.673	
Fish (total fat >0.55 g/100 g EP)	XFA = 0.933−0.143 / total fat (g/100 g EP)	
Milk and milk products	0.945	Assumed applicable to milk other than cow; assumed applicable to butter and ghee

Sources: Greenfield and Southgate (2003), except as indicated: *Danish Food Informatics (2018); **USDA (2015); ***Nowak *et al*., (2014)

Annex C: Sampling sites

Table A: Sampling sites (*woredas*) across the three agroecological zones: Highland, Midland, and Lowland, EFCT 2024

Region	Zone	Woreda	Agroecology
SNNP	Kefa	Adiyio	Highland
SNNP	Gamo	Chencha	Highland
SNNP	Wolayita	Sodo Town	Highland
SNNP	South Omo	North Ari	Highland
SNNP	Gedeo	Gedeb	Highland
SNNP	Guraghe	Meskan	Highland
Sidama	Sidama	Shafamo	Highland
Sidama	Sidama	Wondo-Genet	Highland
Oromia	Bale	Goba (OR)	Highland
Oromia	East Hararge	Gursum (OR)	Highland
Oromia	North Shewa (OR)	Fiche town	Highland
Oromia	East Hararge	Kombolcha	Highland
Oromia	West Shewa	Ambo Town	Highland
Amhara	East Gojam	Enebse Sarmeder	Highland
Amhara	East Gojam	Debre Markos town	Highland
Amhara	South Wello	Mekane Selame	Highland
Amhara	North Wello	Woldiya town	Highland
Amhara	Wag Hamra	Gaz Gibla	Highland
Amhara	North Wello	Guba Lafto	Highland
Somali	Fafan	Jigjiga Town	Midland
SNNP	Bench Sheko	Shay Bench	Midland
SNNP	Hadiya	Shashogo	Midland
SNNP	Wolayita	Gesuba town	Midland
SNNP	Gofa	Uba Debre Tsehay	Midland
Oromia	West Hararge	Bedesa	Midland
Oromia	Borena	Yabelo Town	Midland
Oromia	South West Shewa	Woliso Town	Midland
Oromia	East Bale	Seweyna	Midland
Benishangul Gumz	Assosa	Assosa	Midland
Amhara	West Gojam	Bahirdar Zuria	Midland
Amhara	West Gojam	Bahir Dar town	Midland
Amhara	East Gojam	Aneded	Midland
Amhara	Awi	Jawi	Midland
Amhara	West Gojam	Mecha	Midland
Somali	Jerer	Burqod	Lowland
Somali	Jarar	Degahabur	Lowland
Somali	Fafan	Babile (SM)	Lowland

Region	Zone	Woreda	Agroecology
Somali	Erer	Fik	Lowland
SNNP	Konso	Karat town	Lowland
Oromia	West Arsi	Arsi Negele	Lowland
Oromia	Ilu Aba Bora	Metu Zuria	Lowland
Oromia	Buno Bedele	Chora (Buno Bedele)	Lowland
Oromia	East Hararge	Kurfa Chele	Lowland
Gambela	Agnewak	Gambela Town	Lowland
Gambela	Itang	Itang Special Woreda	Lowland
Afar	Awsi /Zone 1	Asayita	Lowland
Afar	Awsi /Zone 1	Dubti town	Lowland
Afar	Awsi /Zone 1	Mile	Lowland

Annex D: List of foods collected for primary analytical data generation

01. Cereals and their products	
1.	Barley, black, pearled, dry, raw
2.	Barley, white, pearled, dry, raw
3.	Barley, husked, roasted, spiced, flour (*Beso flour*)
4.	Barley, white, enjera
5.	Breakfast cereal, corn flakes, with sugar
6.	Emmer wheat, whole grain, dry, raw
7.	Maize (corn), white, on cob, fresh, raw
8.	Maize (corn), white, whole grain, dry, raw
9.	Maize (corn), white, split, dry, raw
10.	Maize (corn), white, enjera
11.	Millet, finger, white, whole grain, dry, raw
12.	Millet, finger, red, whole grain, dry, raw
13.	Millet, white, enjera
14.	Pasta (macaroni or spaghetti), white wheat refined flour, dry, unenriched, raw
15.	Rice, white/polished, raw (local)
16.	Sorghum, red, whole grain, dry, raw
17.	Sorghum, white, whole grain, dry, raw
18.	Sorghum, red, decorticated, flour, raw
19.	Sorghum, white, decorticated, flour, raw
20.	Sorghum, red, enjera
21.	Sorghum, white, enjera
22.	Teff, mixed, whole grain, flour, raw
23.	Teff, brown, whole grain, flour, raw
24.	Teff, white, whole grain, flour, raw
25.	Teff, mixed, enjera
26.	Teff, brown, enjera
27.	Teff, white, enjera
28.	Wheat, black, whole grain, dry, raw
29.	Wheat, white, whole grain, dry, raw
30.	Wheat, white, refined, flour, raw
31.	Bread, white wheat, refined flour, from bakery
32.	Bread, white wheat, whole grain flour, homemade
33.	Wheat, white, whole grain, enjera
02. Starchy roots, tubers and their products	
34.	False banana, corn/root, boiled (Amicho)
35.	False banana, tuber, dough, raw (bulla)
36.	False banana, fermented (kocho), raw
37.	Potato, Irish, unpeeled, raw
38.	Anchote, white, tuber, raw (unpeeled)
03. Legumes and their products	
39.	Broad beans, seed, roasted, dehulled, flour (shiro)
40.	Broad beans, seed, dehulled, split, dry, raw
41.	Chickpeas, whole, fresh, raw

42.	Chickpeas (Dessi), whole, dry, raw
43.	Chickpeas (Kabuli), whole, dry, raw
44.	Chickpeas (Desi), seed, roasted, dehulled, flour (shiro)
45.	Field peas, seed, roasted, dehulled, flour (shiro)
46.	Ethiopian field pea (*Pisum sativum* var. abyssinicum)
47.	Vetch (grass pea), dry, raw
48.	Vetch (grass pea), roasted, dehulled, flour (shiro)
04. Vegetables and their products	
49.	Cabbage, white, raw
50.	Ethiopian kale, leaves, raw
51.	Moringa, leaves, raw (*M. stenopetala*)
05. Fruits and their products	
52.	Avocado, fresh, raw
53.	Banana, fresh, ripe, raw
54.	Mango, ripe, fresh, raw
55.	Orange, fresh, raw
56.	Pineapple, fresh, raw
06. Nuts, seeds and their products	
57.	Groundnut (peanut), dry, roasted, no fat or salt added
58.	Niger seed, roasted
59.	Sesame seed, whole, dry roasted
07. Meat, poultry and their products	
60.	Beef, meat, assorted parts, untrimmed, fresh, raw
61.	Beef, meat, assorted parts, trimmed, fresh, raw
62.	Beef, meat, salted, dried, raw
63.	Camel, meat, raw
64.	Chicken, whole, meat and skin, raw
65.	Chicken, whole, meat, without skin, raw
66.	Goat, meat, fresh, raw
67.	Sheep, intestine, raw
68.	Sheep, meat, fresh, raw
08. Eggs and their products	
69.	Egg, chicken, local breed, whole, raw
70.	Egg, chicken, local breed, white, raw
71.	Egg, chicken, local breed, yolk, raw
72.	Egg, chicken, whole, raw
73.	Egg, chicken, white, raw
74.	Egg, chicken, yolk, raw
09. Fish, seafood and their products	
75.	Nile Tilapia, fillet, fresh, raw
76.	Nile Tilapia, whole, fried
77.	Nile perch, fillet, fresh, raw
78.	Common carp, fillet, fresh, raw
79.	Catfish, fresh, wild, fillet, raw
10. Milk and its products	
80.	Butter milk, cow, fluid, homemade

81.	Cheese, cottage, from cow's milk, homemade
82.	Milk, camel, whole, fluid, fresh (not fortified)
83.	Milk, cow, whole, fluid, fresh (not fortified)
84.	Milk, cow, whole, fluid, pasteurized, not fortified
85.	Milk, goat, whole, fluid, fresh (not fortified)
86.	Sourmilk, cow, homemade
87.	Yoghurt, cow, whole, plain
11. Fats and oils	
88.	Butter, spiced, without salt
89.	Oil, niger seed
12. Beverages	
90.	Borde
91.	Checka
92.	Coffee, beverage, prepared with water (boiled)
93.	Korefe
94.	Mead, birz
95.	Mead, tejj
96.	Shamita
97.	Sorghum and millet based, alcoholic beverage (home-made)
98.	Tella
99.	Water, tap
100.	Abara (homemade)
13. Sugar and sweetened products	
101.	Honey, natural
14. Condiments and spices	
102.	Bishop's weed, fresh, dried
103.	False Cardamon, fresh, dried
104.	Garlic, with peel, dried
105.	Sacred basil, fresh, raw
106.	Rue, seeds, dried, raw

Annex E: Yield factors for single ingredient recipes

Code	Food name in English	Yield factor	Data source
Cereals			
010144	Barley, pearled, black, dry, boiled, drained (without salt)	2.50	Bognár, 2002 (Barley, pearl, boiled)
010145	Barley, pearled, black, dry, boiled (as part of a recipe, without salt)	2.50	Bognár, 2002 (Barley, pearl, boiled)
010146	Barley, pearled, white, dry, boiled, drained (without salt)	2.50	Bognár, 2002 (Barley, pearl, boiled)
010147	Barley, pearled, white, dry, boiled (as part of a recipe, without salt)	2.50	Bognár, 2002 (Barley, pearl, boiled)
010148	Barley, pearled, dry, boiled, drained (without salt)	2.50	Bognár, 2002 (Barley, pearl, boiled)
010149	Barley, pearled, dry, boiled (as part of a recipe, without salt)	2.50	Bognár, 2002 (Barley, pearl, boiled)
010150	Maize (corn), grain, fresh, boiled, drained (without salt)	0.96	Matthews and Garrison, 1975 (928 Corn kernels, boiled or steamed)
010151	Maize (corn), grain, fresh, boiled (as part of a recipe, without salt)	0.96	Matthews and Garrison, 1975 (928 Corn kernels, boiled or steamed)
010152	Maize (corn), white, grain, fresh, boiled, drained (without salt)	0.96	Matthews and Garrison, 1975 (928 Corn kernels, boiled or steamed)
010153	Maize (corn), white, grain, fresh, boiled (as part of a recipe, without salt)	0.96	Matthews and Garrison, 1975 (928 Corn kernels, boiled or steamed)
010154	Maize (corn), yellow, grain, fresh, boiled, drained (without salt)	0.96	Matthews and Garrison, 1975 (928 Corn kernels, boiled or steamed)
010155	Maize (corn), yellow, grain, fresh, boiled (as part of a recipe, without salt)	0.96	Matthews and Garrison, 1975 (928 Corn kernels, boiled or steamed)
010156	Maize (corn), whole grain, dry, boiled, drained (without salt)	3.10	Kenya FCT, 2018 (01047 Maize, grain, white variety, whole, dry, boiled, drained)
010157	Maize (corn), whole grain, dry, boiled (as part of a recipe, without salt)	3.10	Kenya FCT, 2018 (01047 Maize, grain, white variety, whole, dry, boiled, drained)
010158	Maize (corn), white, whole grain, dry, boiled, drained (without salt)	3.10	Kenya FCT, 2018 (01047 Maize, grain, white variety, whole, dry, boiled, drained)
010159	Maize (corn), white, whole grain, dry, boiled (as part of a recipe, without salt)	3.10	Kenya FCT, 2018 (01047 Maize, grain, white variety, whole, dry, boiled, drained)
010160	Maize (corn), yellow, whole grain, dry, boiled, drained (without salt)	3.10	Kenya FCT, 2018 (01047 Maize, grain, white variety, whole, dry, boiled, drained)
010161	Maize (corn), yellow, whole grain, dry, boiled (as part of a recipe, without salt)	3.10	Kenya FCT, 2018 (01047 Maize, grain, white variety, whole, dry, boiled, drained)
010162	Noodles, wheat, instant (previously fried), boiled, drained	2.28	WAFCT, 2019 (01_103)
010163	Pasta (macaroni or spaghetti), white wheat refined flour, dry, unenriched, boiled, drained (without salt)	2.90	Bergström, 1994 (spaghetti, boiled)
010164	Pasta (macaroni or spaghetti), white wheat refined flour, dry, unenriched, boiled (as part of a recipe, without salt)	2.90	Bergström, 1994 (spaghetti, boiled)
010165	Rice, brown (whole grain), boiled, drained (without salt)	2.50	Bergström, 1994 (Rice, brown, boiled)
010166	Rice, brown (whole grain), boiled (as part	2.50	Bergström, 1994 (Rice, brown, boiled)

Code	Food name in English	Yield factor	Data source
	of a recipe, without salt)		
010167	Rice, white, polished (local), boiled, drained (without salt)	2.98	Bognár, 2002 (Rice, long corn, polished, boiled)
010168	Rice, white, polished (local), boiled (as part of a recipe, without salt)	2.98	Bognár, 2002 (Rice, long corn, polished, boiled)
010169	Rice, white, polished, basmati (imported), boiled, drained (without salt)	2.98	Bognár, 2002 (Rice, long corn, polished, boiled)
010170	Rice, white, polished, basmati (imported), boiled (as part of a recipe, without salt)	2.98	Bognár, 2002 (Rice, long corn, polished, boiled)
010171	Sorghum, mixed, whole grain, dry, boiled, drained (without salt)	2.40	Bognár, 2002 (Millet, shacked corn, boiled)
010172	Sorghum, mixed, whole grain, dry, boiled (as part of a recipe, without salt)	2.40	Bognár, 2002 (Millet, shacked corn, boiled)
010173	Sorghum, red, whole grain, dry, boiled, drained (without salt)	2.40	Bognár, 2002 (Millet, shacked corn, boiled)
010174	Sorghum, red, whole grain, dry, boiled (as part of a recipe, without salt)	2.40	Bognár, 2002 (Millet, shacked corn, boiled)
010175	Sorghum, white, whole grain, dry, boiled, drained (without salt)	2.40	Bognár, 2002 (Millet, shacked corn, boiled)
010176	Sorghum, white, whole grain, dry, boiled (as part of a recipe, without salt)	2.40	Bognár, 2002 (Millet, shacked corn, boiled)
010177	Wheat, mixed, whole grain, dry, boiled, drained (without salt)	1.78	Bognár, 2002 (Wheat, whole, boiled, stewed)
010178	Wheat, mixed, whole grain, dry, boiled (as part of a recipe, without salt)	1.78	Bognár, 2002 (Wheat, whole, boiled, stewed)
010179	Wheat, black, whole grain, dry, boiled, drained (without salt)	1.78	Bognár, 2002 (Wheat, whole, boiled, stewed)
010180	Wheat, black, whole grain, dry, boiled (as part of a recipe, without salt)	1.78	Bognár, 2002 (Wheat, whole, boiled, stewed)
010181	Wheat, white, whole grain, dry, boiled, drained (without salt)	1.78	Bognár, 2002 (Wheat, whole, boiled, stewed)
010182	Wheat, white, whole grain, dry, boiled (as part of a recipe, without salt)	1.78	Bognár, 2002 (Wheat, whole, boiled, stewed)
Starchy Roots and Tubers			
020024	Cassava, tuber, white flesh, peeled, boiled, drained (without salt)	1.17	Kenya FCT, 2018 (02023 Cassava, root, white, peeled, boiled, drained)
020025	Cassava, tuber, white flesh, peeled, boiled (as part of a recipe, without salt)	1.17	Kenya FCT, 2018 (02023 Cassava, root, white, peeled, boiled, drained)
020026	Potato, Irish, peeled, boiled, drained (without salt)	1.00	Bognár, 2002 (Potato, without peel, boiled)
020027	Potato, Irish, peeled, boiled (as part of a recipe, without salt)	1.00	Bognár, 2002 (Potato, without peel, boiled)
020028	Potato, Irish, peeled, baked (whithout salt or fat)	1.05	Bognár, 2002 (Potato, without peel, boiled)
020029	Potato, Irish, peeled, stewed (without salt)	0.81	Bognár, 2002 (Potato, without peel, boiled)
020030	Potato, Irish, with peel, baked (whithout salt or fat)	0.81	Bognár, 2002 (Potato, without peel, boiled)
020031	Taro, tuber, peeled, boiled, drained (without salt)	1.00	Matthews and Garrison, 1975 (2529 Taro, pared and sliced, steamed)

Code	Food name in English	Yield factor	Data source
020032	Taro, tuber, peeled, boiled (as part of a recipe, without salt)	1.00	Matthews and Garrison, 1975 (2529 Taro, pared and sliced, steamed)
020033	Anchote, white, tuber, boiled, drained (without salt)	1.09	Own measurement (Anchote, white, boiled)
020034	Anchote, white, tuber, boiled (as part of a recipe, without salt)	1.09	Own measurement (Anchote, white, boiled)
020035	Sweet potato, white/pale yellow flesh, boiled, drained (without salt)	1.00	Matthews and Garrison, 1975 (2500 Sweet potato, pared or unpared, boiled or steamed)
020036	Sweet potato, white/pale yellow flesh, boiled (as part of a recipe, without salt)	1.00	Matthews and Garrison, 1975 (2500 Sweet potato, pared or unpared, boiled or steamed)
020037	Sweet potato, orange flesh, boiled, drained (without salt)	1.00	Matthews and Garrison, 1975 (2500 Sweet potato, pared or unpared, boiled or steamed)
020038	Sweet potato, orange flesh, boiled (as part of a recipe, without salt)	1.00	Matthews and Garrison, 1975 (2500 Sweet potato, pared or unpared, boiled or steamed)
020039	Yam, peeled, boiled, drained (without salt)	0.95	Bognár, 2002 (Root and tuber vegetables, boiled)
020040	Yam, peeled, boiled (as part of a recipe, without salt)	0.95	Bognár, 2002 (Root and tuber vegetables, boiled)
Legumes			
030046	Broad beans, seed, whole, fresh, boiled, drained (without salt)	0.93	Matthews and Garrison, 1975 (938 Cowpea, immature, shelled, boiled)
030047	Broad beans, seed, whole, fresh, boiled, as part of a recipe (without salt)	0.93	Matthews and Garrison, 1975 (938 Cowpea, immature, shelled, boiled)
030048	Broad beans, seed, whole, dry, boiled, drained (without salt)	2.80	USDA, 2015 (Broadbean, cooked)
030049	Broad beans, seed, whole, dry, boiled, as part of a recipe (without salt)	2.80	USDA, 2015 (Broadbean, cooked)
030050	Chickpeas, seed, whole, fresh, boiled, drained (without salt)	0.93	Matthews and Garrison, 1975 (938 Cowpea, immature, shelled, boiled)
030051	Chickpeas, seed, whole, fresh, boiled, as part of a recipe (without salt)	0.93	Matthews and Garrison, 1975 (938 Cowpea, immature, shelled, boiled)
030052	Chickpeas, desi, seed, whole, dry, boiled, drained (without salt)	2.07	Matthews and Garrison, 1975 (859 Chickpeas, dry, soaked, boiled, drained)
030053	Chickpeas, desi, seed, whole, dry, boiled, as part of a recipe (without salt)	2.07	Matthews and Garrison, 1975 (859 Chickpeas, dry, soaked, boiled, drained)
030054	Chickpeas, kabuli, seed, whole, dry, boiled, drained (without salt)	2.07	Matthews and Garrison, 1975 (859 Chickpeas, dry, soaked, boiled, drained)
030055	Chickpeas, kabuli, seed, whole, dry, boiled, as part of a recipe (without salt)	2.07	Matthews and Garrison, 1975 (859 Chickpeas, dry, soaked, boiled, drained)
030059	Field peas, seed, whole, fresh, boiled, drained (without salt)	0.95	Matthews and Garrison, 1975 (1753 Pea, green, immature, shelled, boiled)
030060	Field peas, seed, whole, fresh, boiled, as part of a recipe (without salt)	0.95	Matthews and Garrison, 1975 (1753 Pea, green, immature, shelled, boiled)
030061	Field peas, seed, whole, dry, boiled, drained (without salt)	2.70	Holland et al, 1991 (Peas, whole, soaked and boiled)
030062	Field peas, seed, whole, dry, boiled, as part of a recipe (without salt)	2.70	Holland et al, 1991 (Peas, whole, soaked and boiled)
030063	Field peas, seed, split, seed coat removed, dry, boiled, drained (without salt)	2.50	Bergström, 1994 (Peas, split, dried, soaked, boiled)
030064	Field peas, seed, split, seed coat removed,	2.50	Bergström, 1994 (Peas, split, dried, soaked,

Code	Food name in English	Yield factor	Data source
	dry, boiled, as part of a recipe (without salt)		boiled)
030065	Field peas, Ethiopian, seed, creamy, split, dry, boiled, drained (without salt)	2.70	Holland et al, 1991 (Peas, whole, soaked and boiled)
030066	Field peas, Ethiopian, seed, creamy, split, dry, boiled, as part of a recipe (without salt)	2.70	Holland et al, 1991 (Peas, whole, soaked and boiled)
030067	Haricot (white) bean, seed, whole, dry, boiled, drained (without salt)	2.50	Bognár, 2002 (Beans, white and red, boiled/stewed)
030068	Haricot (white) bean, seed, whole, dry, boiled, as part of a recipe (without salt)	2.50	Bognár, 2002 (Beans, white and red, boiled/stewed)
030069	Kidney bean, red, seed, whole, fresh, boiled, drained (without salt)	0.93	Matthews and Garrison, 1975 (938 Cowpea, immature, shelled, boiled)
030070	Kidney bean, red, seed, whole, fresh, boiled, as part of a recipe (without salt)	0.93	Matthews and Garrison, 1975 (938 Cowpea, immature, shelled, boiled)
030071	Kidney bean, red, seed, whole, dry, boiled, drained (without salt)	2.61	Holland et al, 1991 (Kidney beans dried, soaked and boiled)
030072	Kidney bean, red, seed, whole, dry, boiled, as part of a recipe (without salt)	2.61	Holland et al, 1991 (Kidney beans dried, soaked and boiled)
030073	Lentil, whole, dry, boiled, drained (without salt)	2.73	Bognár, 2002 (Lentils, boiled/stewed)
030074	Lentil, whole, dry, boiled, as part of recipe (without salt)	2.73	Bognár, 2002 (Lentils, boiled/stewed)
030075	Lentil, split, seed coat removed, dry, boiled, drained (without salt)	2.50	Bergström, 1994 (Peas, split, dried, soaked, boiled)
030076	Lentil, split, seed coat removed, dry, boiled, as part of recipe (without salt)	2.50	Bergström, 1994 (Peas, split, dried, soaked, boiled)
030077	Lupine, whole, dry, boiled, drained (without salt)	2.33	uPulses 1.0, 2016 (LUS007 Lupin, whole, water-soaked, boiled in different water, without salt, drained)
030078	Lupine, whole, dry, boiled, as part of recipe (without salt)	2.33	uPulses 1.0, 2016 (LUS007 Lupin, whole, water-soaked, boiled in different water, without salt, drained)
030079	Soybean, whole, dry, boiled, drained (without salt)	2.43	Bergström, 1994 (Soyabeans, dried; av.)
030080	Soybean, whole, dry, boiled, as part of a recipe (without salt)	2.43	Bergström, 1994 (Soyabeans, dried; av.)
030081	Soybean, whole, dry, roasted (without salt or fat)	0.94	own measurement (soya bean, roasted)
030082	Vetch (grass pea), whole, dry, boiled, drained (without salt)	3.55	Bognár, 2002 (Grass pea, dry, boiled)
030083	Vetch (grass pea), whole, dry, boiled, as part of a recipe (without salt)	3.55	Bognár, 2002 (Grass pea, dry, boiled)
Vegetables			
040034	Beetroot, peeled, boiled, drained (without salt)	0.99	Bergström, 1994 (Beetroot, boiled)
040035	Beetroot, peeled, boiled, as part of a recipe (without salt)	0.99	Bergström, 1994 (Beetroot, boiled)
040036	Beetroot, peeled, stewed (without salt)	1.06	Bognár, 2002 (Beetroot without skin, stewed)
040037	Broccoli, tops and stems, fresh, boiled,	1.11	Bognár, 2002 (Broccoli, boiled)

Code	Food name in English	Yield factor	Data source
	drained (without salt)		
040038	Broccoli, tops and stems, fresh, boiled, as part of a recipe (without salt)	1.11	Bognár, 2002 (Broccoli, boiled)
040039	Broccoli, tops and stems, fresh, stewed (without salt)	1.02	Bognár, 2002 (Broccoli, stew)
040040	Cabbage, white, boiled, drained (without salt)	0.98	Bognár, 2002 (White cabbage, boiled)
040041	Cabbage, white, boiled, as part of a recipe (without salt)	0.98	Bognár, 2002 (White cabbage, boiled)
040042	Cabbage, white, stewed (without salt)	0.93	Bognár, 2002 (White cabbage, stewed)
040043	Carrot, peeled, boiled, drained (without salt)	0.94	Bognár, 2002 (Carrot, boiled)
040044	Carrot, peeled, boiled, as part of a recipe (without salt)	0.94	Bognár, 2002 (Carrot, boiled)
040045	Carrot, peeled, stewed (without salt)	0.92	Bognár, 2002 (Carrot, stew)
040046	Cauliflower, top and stems, boiled, drained (without salt)	1.00	Bognár, 2002 (Cauliflower, boiled)
040047	Cauliflower, top and stems, boiled, as part of a recipe (without salt)	1.00	Bognár, 2002 (Cauliflower, boiled)
040048	Celery, leaves, boiled, drained (without salt)	1.04	Bognár, 2002 (Celery,with skin boiled)
040049	Celery, leaves, boiled, as part of a recipe (without salt)	1.04	Bognár, 2002 (Celery,with skin boiled)
040050	Ethiopian Kale, leaves, boiled, drained (without salt)	1.05	Matthews and Garrison, 1975 (1308 Kale, boiled)
040051	Ethiopian Kale, leaves, boiled, as part of a recipe (without salt)	1.05	Matthews and Garrison, 1975 (1308 Kale, boiled)
040052	Eggplant, fruit, boiled, drained (without salt)	0.93	Bergström, 1994 (Aubergine, boiled)
040053	Eggplant, fruit, boiled, as part of a recipe (without salt)	0.93	Bergström, 1994 (Aubergine, boiled)
040054	Eggplant, fruit, stewed (without salt)	0.80	Bognár, 2002 (Egg-plants, stew)
040055	Leek, bulb and stem, boiled, as part of a recipe (without salt)	0.86	Bergström, 1994 (Leek, boiled; av.)
040056	Moringa, leaves, boiled, as part of a recipe (without salt)	0.98	Bognár, 2002 (Leafy vegetables, boiled without any ingredients)
040057	Mushrooms, oyster, stem and cap, boiled, drained (without salt)	0.73	Matthews and Garrison, 1975 (1511 Mushrooms, whole or sliced, boiled or simmered)
040058	Onion, peeled, boiled, drained (without salt)	0.82	Bergström, 1994 (Onions boiled; av.)
040059	Onion, peeled, boiled, as part of recipe (without salt)	0.82	Bergström, 1994 (Onions boiled; av.)
040060	Okra, boiled, drained (without salt)	1.10	Matthews and Garrison, 1975 (1555 Okra, trimmed, whole, boiled or steamed)
040061	Okra, boiled, as part of recipe (without salt)	1.10	Matthews and Garrison, 1975 (1555 Okra, trimmed, whole, boiled or steamed)
040062	Onion, shallot, pelled, boiled, drained (without salt)	0.82	Bergström, 1994 (Onions boiled; av.)

Code	Food name in English	Yield factor	Data source
040063	Onion, shallot, pelled, boiled, as part of recipe (without salt)	0.82	Bergström, 1994 (Onions boiled; av.)
040064	Pumpkin, flesh, boiled, drained (without salt)	0.92	Bognár, 2002 (pumpkin (squash), boiled)
040065	Pumpkin, flesh, boiled, as part of a recipe (without salt)	0.92	Bognár, 2002 (pumpkin (squash), boiled)
040066	Pumpkin, flesh, stewed (without salt)	1.13	Bognár, 2002 (pumpkin (squash), stewed)
040067	Squash, fresh, boiled, drained (without salt)	0.92	Bognár, 2002 (pumpkin (squash), boiled)
040068	Squash, fresh, boiled, as part of a recipe (without salt)	0.92	Bognár, 2002 (pumpkin (squash), boiled)
040069	Squash, fresh, stewed (without salt)	1.13	Bognár, 2002 (pumpkin (squash), stewed)
040070	Green beans, fresh, boiled, drained (without salt)	0.93	Bognár, 2002 (Green beans, boiled)
040071	Green beans, fresh, boiled, as part of a recipe (without salt)	0.93	Bognár, 2002 (Green beans, boiled)
040072	Green beans, fresh, stewed (without salt)	0.93	Bognár, 2002 (Green beans, stew)
040073	Spinach, leaves, boiled, drained (without salt)	0.95	Bognár, 2002 (Spinach, boiled)
040074	Spinach, leaves, boiled, as part of recipe (without salt)	0.95	Bognár, 2002 (Spinach, boiled)
040075	Spinach, leaves, stewed (without salt)	0.81	Bognár, 2002 (Spinach, stew)
040076	Swiss chard, leaves, boiled, drained (without salt)	0.91	Matthews and Garrison, 1975 (516 chard, swiss, trimmed leaves and stalks, boiled)
040077	Swiss chard, leaves, boiled, as part of a recipe (without salt)	0.91	Matthews and Garrison, 1975 (516 chard, swiss, trimmed leaves and stalks, boiled)
040078	Tomato, ripe, boiled, drained (without salt)	0.78	Bergström, 1994 (Tomatoes, boiled)
040079	Tomato, ripe, boiled, as part of a recipe (without salt)	0.78	Bergström, 1994 (Tomatoes, boiled)
Nuts and seeds			
060023	Linseed, whole, dried, roasted	0.94	Own measurement (Lineseed, whole, roasted)
060024	Sesame seed, kernel, roasted	0.96	Own measurement (Lineseed, whole, roasted)
Meat			
070059	Pork, bacon, grilled	0.70	Bergström, 1994 (Pork, grilled, average)
070060	Beef, meat, assorted parts, lean, fresh, boiled, as part of a recipe (without salt)	0.60	Bergström, 1994 (Beef, small pieces, boiled, well done)
070061	Beef, meat, assorted parts, lean, fresh, stewed (without salt)	0.71	Bergström, 1994 (Beef, big pieces, braised, medium)
070062	Beef, meat, assorted parts, lean, fresh, grilled (without salt or fat)	0.72	Bognár, 2002 (Roast beef (Chuck, leg, shoulder, top round), medium, grill, broil, barbecue)
070063	Beef, meat, assorted parts, medium fat, fresh, boiled, as part of a recipe (without salt)	0.60	Bergström, 1994 (Beef, small pieces, boiled, well done)
070064	Beef, meat, assorted parts, medium fat, fresh, stewed (without salt)	0.71	Bergström, 1994 (Beef, big pieces, braised, medium)
070065	Beef, meat, assorted parts, medium fat, fresh, grilled (without salt or fat)	0.72	Bognár, 2002 (Roast beef (chuck, leg, shoulder, top round) medium grill, broil, barbecue)
070066	Beef, heart, boiled, drained (without salt)	0.61	Matthews and Garrison, 1975 (270 Heart, beef,

Code	Food name in English	Yield factor	Data source
			simmered)
070067	Beef, heart, boiled, as part of a recipe (without salt)	0.61	Matthews and Garrison, 1975 (270 Heart, beef, simmered)
070068	Beef, heart, stewed (without salt)	0.71	Bergström, 1994 (Heart, beef, stewed)
070069	Beef, kidney, boiled, drained (without salt)	0.61	Bergström, 1994 (Kidney beef, stewed)
070070	Beef, kidney, stewed (without salt)	0.61	Bergström, 1994 (Kidney beef, stewed)
070071	Beef, kidney, grilled (without salt or fat)	0.64	Bergström, 1994 (Kidney beef, roasted)
070072	Beef, liver, boiled, drained (without salt)	0.66	Bergström, 1994 (Liver, beef, boiled)
070073	Beef, liver, stewed (without salt)	0.75	Bergström, 1994 (Liver, beef, stewed; av.)
070074	Beef, liver, grilled (without salt or fat)	0.82	Bognár, 2002 (Liver of beef, pan fried)
070075	Beef, sausage, grilled (without salt or fat)	0.75	Bergström, 1994 (sausage, beef, grilled)
070076	Beef, tongue, boiled, drained (without salt)	0.78	Matthews and Garrison, 1975 (2548 Tongue, beef, simmered)
070077	Beef, tongue, boiled, as part of recipe (without salt)	0.78	Matthews and Garrison, 1975 (2548 Tongue, beef, simmered)
070078	Beef, tripe, boiled, drained (without salt)	0.71	Bergström, 1994 (tripe, beef, boiled)
070079	Beef, tripe, boiled, as part of a recipe (without salt)	0.71	Bergström, 1994 (tripe, beef, boiled)
070080	Beef, tripe, grilled (without salt or fat)	0.71	Bergström, 1994 (tripe, beef, boiled)
070081	Calf (veal), meat, lean, boiled, drained (without salt)	0.66	Bergström, 1994 (Veal lean, boiled)
070082	Calf (veal), meat, lean, boiled, as part of a recipe (without salt or fat	0.66	Bergström, 1994 (Veal lean, boiled)
070083	Calf (veal), meat, lean, grilled (without salt or fat)	0.75	Bergström, 1994 (Veal, big pieces, grilled)
070084	Calf (veal), heart, boiled, drained (without salt)	0.61	Matthews and Garrison, 1975 (270 Heart, beef, simmered)
070085	Calf (veal), heart, boiled, as part of a recipe (without salt)	0.61	Matthews and Garrison, 1975 (270 Heart, beef, simmered)
070086	Calf (veal), heart, stewed (without salt)	0.71	Bergström, 1994 (Heart, beef, stewed)
070087	Calf (veal), kidney, boiled, drained (without salt)	0.61	Bergström, 1994 (Kidney beef, stewed)
070088	Calf (veal), kidney, stewed (without salt)	0.61	Bergström, 1994 (Kidney beef, stewed)
070089	Calf (veal), kidney, grilled (without salt or fat)	0.64	Bergström, 1994 (Kidney beef, roasted)
070090	Calf (veal), liver, boiled, drained (without salt)	0.66	Bergström, 1994 (Liver, beef, boiled)
070091	Calf (veal), liver, stewed (without salt)	0.75	Bergström, 1994 (Liver, beef, stewed; av.)
070092	Calf (veal), liver, grilled (without salt or fat)	0.82	Bognár, 2002 (Liver of beef, pan fried)
070093	Calf (veal), tripe, boiled, drained (without salt)	0.71	Bergström, 1994 (tripe, beef, boiled)
070094	Calf (veal), tripe, boiled, as part of a recipe (without salt)	0.71	Bergström, 1994 (tripe, beef, boiled)
070095	Calf (veal), tripe, grilled (without salt or fat)	0.71	Bergström, 1994 (tripe, beef, boiled)
070096	Calf (veal), tongue, boiled, drained (without salt)	0.78	Matthews and Garrison, 1975 (2548 Tongue, beef, simmered)
070097	Calf (veal), tongue, boiled, as part of recipe	0.78	Matthews and Garrison, 1975 (2548 Tongue,

Code	Food name in English	Yield factor	Data source
	(without salt)		beef, simmered)
070098	Camel meat, fresh, boiled, drained (without salt)	0.6	Bergström, 1994 (Beef, small pieces, boiled, well done)
070099	Camel meat, fresh, stewed (without salt)	0.71	Bergström, 1994 (Beef, big pieces, braised, medium)
070100	Camel meat, fresh, grilled (without salt or fat)	0.72	Bognár, 2002 (Roast beef (Chuck, leg, shoulder, top round), medium, grill, broil, barbecue)
070101	Chicken, assorted parts, meat and skin, boiled, drained (without salt)	0.76	Bergström, 1994 (Chicken, boiled; av.)
070102	Chicken, assorted parts, meat and skin, stewed (without salt)	0.78	Bergström, 1994 (Chicken grilled)
070103	Retrieving data. Wait a few seconds and try to cut or copy again.	0.70	Bergström, 1994 (Chicken, braised; av.)
070104	Chicken, assorted parts, meat, without skin, boiled (without salt or fat)	0.76	Bergström, 1994 (Chicken, boiled; av.)
070105	Chicken, assorted parts, meat, without skin, stewed (without salt)	0.78	Bergström, 1994 (Chicken grilled)
070106	Chicken, assorted parts, meat, without skin, grilled (without salt or fat)	0.70	Bergström, 1994 (Chicken, braised; av.)
070107	Goat, heart, boiled, drained (without salt)	0.64	Matthews and Garrison, 1975 (272 Heart, lamb, simmered)
070108	Goat, heart, boiled, as part of a recipe (without salt)	0.61	Matthews and Garrison, 1975 (272 Heart, lamb, simmered)
070109	Goat, heart, stewed (without salt)	0.53	Bergström, 1994 (Heart, lamb, braised)
070110	Goat, kidney, boiled, drained (without salt)	0.61	Bergström, 1994 (Kidney beef, stewed)
070111	Goat, kidney, stewed (without salt)	0.61	Bergström, 1994 (Kidney beef, stewed)
070112	Goat, kidney, grilled (without salt or fat)	0.64	Bergström, 1994 (Kidney beef, roasted)
070113	Goat, liver, boiled, drained (without salt)	0.66	Bergström, 1994 (Liver, beef, boiled)
070114	Goat, liver, stewed (without salt)	0.75	Bergström, 1994 (Liver, beef, stewed; av.)
070115	Goat, liver, grilled (without salt or fat)	0.82	Bognár, 2002 (Liver of beef, pan fried)
070116	Goat meat, fresh, lean, boiled, as part of a recipe (without salt)	0.67	Bergström, 1994 (Lamb, brisket, boiled)
070117	Goat meat, fresh, lean, stewed, (without salt or fat)	0.57	Bergström, 1994 (Lamb, big pieces, meat only, braised)
070118	Goat meat, fresh, lean, roasted (without salt or fat)	0.81	Bergström, 1994 (Lamb, breast, roasted)
070119	Goat, tongue, boiled, drained (without salt)	0.78	Matthews and Garrison, 1975 (2548 Tongue, beef, simmered)
070120	Goat, tongue, boiled, as part of a recipe (without salt)	0.78	Matthews and Garrison, 1975 (2548 Tongue, beef, simmered)
070121	Goat, tripe, boiled, drained (without salt)	0.71	Bergström, 1994 (tripe, beef, boiled)
070122	Goat, tripe, boiled, as part of a recipe (without salt)	0.71	Bergström, 1994 (tripe, beef, boiled)
070123	Goat, tripe, grilled (without salt or fat)	0.71	Bergström, 1994 (tripe, beef, boiled)
070124	Pork, meat, fresh, boiled, drained (without salt)	0.65	Bergström, 1994 (Pork, pig pieces, boiled/steamed)
070125	Pork, meat, fresh, boiled, as part of a recipe (without salt)	0.65	Bergström, 1994 (Pork, pig pieces, boiled/steamed)

Code	Food name in English	Yield factor	Data source
070126	Pork, meat, fresh, grilled (without salt)	0.7	Bergström, 1994 (Pork, grilled, average)
070127	Pork, sausage, grilled (without salt or fat)	0.72	Bergström, 1994 (Sausage, pork, grilled)
070128	Pork, ham, grilled (without salt or fat)	0.68	Matthews and Garrison, 1975 (1959 Ham, whole, boneless, roasted)
070129	Sheep (mutton), meat, fresh, boiled, drained (without salt)	0.57	Bognár, 2002 (Lamb, mutton (breast, leg, shoulder), boneless, boil/pressure boil)
070130	Sheep (mutton), meat, fresh, stewed (without salt)	0.57	Bognár, 2002 (Lamb, mutton (breast, leg, shoulder), boneless, boil/pressure boil)
070131	Sheep (mutton), meat, fresh, roasted (without salt or fat)	0.67	Bognár, 2002 (Lamb, mutton (breast, leg, shoulder), roasted; av.)
070132	Sheep, sausage, grilled (without salt or fat)	0.75	Bergström, 1994 (Sausage, beef, grilled)
070133	Sheep (mutton), heart, boiled, drained (without salt)	0.61	Matthews and Garrison, 1975 (270 Heart, beef, simmered)
070134	Sheep (mutton), heart, boiled, as part of a recipe (without salt)	0.61	Matthews and Garrison, 1975 (270 Heart, beef, simmered)
070135	Sheep (mutton), heart, stewed (without salt)	0.71	Bergström, 1994 (Heart, beef, stewed)
070136	Sheep (mutton), kidney, boiled, drained (without salt)	0.61	Bergström, 1994 (Kidney beef, stewed)
070137	Sheep (mutton), kidney, stewed (without salt)	0.61	Bergström, 1994 (Kidney beef, stewed)
070138	Sheep (mutton), kidney, grilled (without salt or fat)	0.64	Bergström, 1994 (Kidney beef, roasted)
070139	Sheep (mutton), liver, boiled, drained (without salt)	0.66	Bergström, 1994 (Liver, beef, boiled)
070140	Sheep (mutton), liver, stewed (without salt)	0.75	Bergström, 1994 (Liver, beef, stewed; av.)
070141	Sheep (mutton), liver, grilled (without salt or fat)	0.82	Bognár, 2002 (Liver of beef, pan fried)
070142	Sheep (mutton), tongue, boiled, drained (without salt)	0.78	Matthews and Garrison, 1975 (2548 Tongue, beef, simmered)
070143	Sheep (mutton), tongue, boiled, as part of recipe (without salt	0.78	Matthews and Garrison, 1975 (2548 Tongue, beef, simmered)
070144	Sheep (mutton), tripe, boiled, drained (without salt)	0.71	Bergström, 1994 (Tripes, beef, boiled)
070145	Sheep (mutton), tripe, boiled, as part of a recipe (without salt)	0.71	Bergström, 1994 (Tripes, beef, boiled)
070146	Sheep (mutton), tripe, grilled (without salt or fat)	0.71	Bergström, 1994 (Tripes, beef, boiled)
Egg			
080007	Egg, chicken, whole, boiled, drained (without salt)	1.00	Bergström, 1994 (Eggs, boiled)
080008	Egg, chicken, white, boiled, drained (without salt)	1.00	Bergström, 1994 (Eggs, boiled)
080009	Egg, chicken, yolk, boiled, drained (without salt)	1.00	Bergström, 1994 (Eggs, boiled)
080010	Egg, chicken, local breed, whole, boiled, drained (without salt)	1.00	Bergström, 1994 (Eggs, boiled)
080011	Egg, chicken, local breed, white, boiled,	1.00	Bergström, 1994 (Eggs, boiled)

Code	Food name in English	Yield factor	Data source
	drained (without salt)		
080012	Egg, chicken, local breed, yolk, boiled, drained (without salt)	1.00	Bergström, 1994 (Eggs, boiled)
Fish and Seafood			
090014	Carp, fresh, fillet, boiled, as part of a recipe (without salt)	0.83	uFiSh 1.0, 2016 (own estimation, av. boiled/poached/steamed fish filet)
090015	Carp, fresh, fillet, steamed (without salt)	0.83	uFiSh 1.0, 2016 (own estimation, av. boiled/poached/steamed fish filet)
090016	Carp, fresh, fillet, grilled (without salt or fat)	0.69	Bergström, 1994 (Fish, grilled, average)
090017	Catfish, fresh, wild, fillet, boiled, as part of a recipe (without salt)	0.83	uFiSh 1.0, 2016 (own estimation, av. boiled/poached/steamed fish filet)
090018	Catfish, fresh, wild, fillet, steamed (without salt)	0.83	uFiSh 1.0, 2016 (own estimation, av. boiled/poached/steamed fish filet)
090019	Catfish, fresh, wild, fillet, grilled (without salt or fat)	0.69	Bergström, 1994 (Fish, grilled, average)
090020	Nile tilapia, fresh water, fillet, boiled, as part of a recipe (without salt)	0.87	uFiSh 1.0, 2016 (091067 Nile tilapia, fillet, steamed)
090021	Nile tilapia, fresh water, fillet, steamed (without salt)	0.87	uFiSh 1.0, 2016 (091067 Nile tilapia, fillet, steamed)
090022	Nile tilapia, fresh water, fillet, grilled (without salt)	0.79	uFiSh 1.0, 2016 (091189 Nile tilapia, fillet, grilled)
090023	Nile perch, fresh water, fillet, boiled as part of recipe (without salt)	0.83	uFiSh 1.0, 2016 (own estimation, av. boiled/poached/steamed fish filet)
090024	Nile perch, fresh water, fillet, steamed (without salt)	0.83	uFiSh 1.0, 2016 (own estimation, av. boiled/poached/steamed fish filet)
090025	Nile perch, fresh water, fillet, grilled (without salt or fat)	0.69	Bergström, 1994 (Fish, grilled, average)
Milk			
100021	Milk, camel, whole, fluid, fresh, unfortified, boiled for 3 min.	0.85	Kenya FCT, 2018 (06029 Milk, cow, whole, fresh, boiled for 3 minutes)
100022	Milk, cow, raw, fluid, fresh, unfortified, collected from households, boiled for 3 min.	0.85	Kenya FCT, 2018 (06029 Milk, cow, whole, fresh, boiled for 3 minutes)
100023	Milk, cow, whole, fluid, pasteurized, unfortified, boiled for 3 min.	0.85	Kenya FCT, 2018 (06029 Milk, cow, whole, fresh, boiled for 3 minutes)
100024	Milk, cow, fat reduced, fluid, pasteurized, unfortified, boiled for 3 min.	0.85	Kenya FCT, 2018 (06029 Milk, cow, whole, fresh, boiled for 3 minutes)
100025	Milk, cow, fluid, skimmed (0.5% fat), unfortified, boiled for 3 min.	0.85	Kenya FCT, 2018 (06029 Milk, cow, whole, fresh, boiled for 3 minutes)
100026	Milk, goat, whole, fluid, fresh, unfortified, boiled for 3 min.	0.85	Kenya FCT, 2018 (06029 Milk, cow, whole, fresh, boiled for 3 minutes)
100027	Milk, sheep, fluid, whole, unfortified, boiled for 3 min.	0.85	Kenya FCT, 2018 (06029 Milk, cow, whole, fresh, boiled for 3 minutes)
Condiments and Spices			
140047	Fenugreek, dry, roasted (without salt)	0.96	Own measurement (roasted fenugreek)

Annex F: Retention factors

Components Group A: Minerals and Phytate

Food name in English	Cooking method	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Copper	Other minerals	Phytate[5]
INFOODS tagnames		*CA*	*FE*	*MG*	*P*	*K*	*NA*	*ZN*	*CU*		*PHYTCPP, PHYTCPPD, PHYTCPPI*
Cereals and their products											
Grain or grain product	Boiled, steamed	1	0.98	1	0.97	0.78	0.8	0.97	0.98	1	1
Grain or grain product	Toasted	1	1	1	1	1	1	1	1	1	1
Pasta	Boiled	0.95	0.75	0.85	0.95	0.6	0.5	1	0.9	1	1
Pasta	Boiled, with cooking liquid	0.95	0.75	0.85	0.95	0.65	0.5	1	0.9	1	1
Flour or grain product	Boiled, steamed	1	1	1	1	1	1	1	1	1	1
Rice or other grain, whole	Boiled	1	1	1	0.95	0.8	0.8	0.95	1	1	1
Rice or other grain, whole	Boiled, with cooking liquid	1	1	1	1	1	1	1	1	1	1
Rice or other grain, polished	Boiled	1	0.95	1	0.95	0.55	0.6	0.95	0.95	1	1
Flour or grain product	Boiled, steamed	1	1	1	1	1	1	1	1	1	1
Flour or starch	Baked or roasted	1	1	1	1	1	1	1	1	1	1
Rice or other grain, polished	Boiled, with cooking liquid	1	1	1	1	1	1	1	1	1	1
Flour or starch	Cooked by dry heat	1	1	1	1	1	1	1	1	1	1
Flour or starch	Deep fried	1	1	1	1	1	1	1	1	1	1
Starchy roots, tubers and their products											
Starchy root or potato	Stewed	1	1	1	1	1	1	1	1	1	1
Starchy root or potato	Boiled	0.95	0.93	0.9	0.93	0.8	0.8	0.9	0.9	0.9	1
Starchy root or potato	Cooked by moist heat with cooking liquid	1	1	1	1	1	1	1	1	1	1
Starchy root or potato	Baked or roasted	1	1	1	1	1	1	1	1	1	1
Starchy root or potato	Cooked by dry heat	1	1	1	1	1	1	1	1	1	1
Legumes and their products											
Pulse dish	Boiled	0.85	0.85	0.85	0.9	0.75	0.75	0.9	0.7	1	1

Food name in English	Cooking method	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Copper	Other minerals	Phytate[§]
Pulse dish	Stewed	1	1	1	1	1	1	1	1	1	1
Pulse dish	Baked or roasted	1	1	1	1	1	1	1	1	1	1
Pulse dish	Cooked by moist heat	0.93	0.93	0.93	0.95	0.88	0.88	0.95	0.85	1	1
Vegetables and their products											
Leafy vegetables	Boiled	0.95	0.75	0.6	0.9	0.5	0.75	0.75	0.95	0.9	1
Leafy vegetables	Stewed	1	1	1	1	1	1	1	1	1	1
Mushroom	Boiled	0.95	0.75	0.6	0.9	0.5	0.75	0.75	0.95	0.9	1
Root, tuber and bulb vegetables	Boiled	0.95	0.75	0.6	0.9	0.45	0.55	0.75	0.95	0.9	1
Root, tuber and bulb vegetables	Stewed	1	1	1	1	1	1	1	1	1	1
Root, tuber and bulb vegetables	Cooked by moist heat	0.97	0.87	0.82	0.95	0.77	0.78	0.88	0.98	0.95	1
Stem, flower, fruit, corn, seed	Boiled	0.95	0.75	0.6	0.9	0.5	0.75	0.75	0.95	0.9	1
Stem, flower, fruit, corn, seed	Cooked by moist heat with cooking liquid	1	1	1	1	1	1	1	1	1	1
Stem, flower, fruit, corn, seed	Stewed	1	1	1	1	1	1	1	1	1	1
Stem, flower, fruit, corn, seed	Sautéed, stir-fried										
Stem, flower, fruit, corn, seed	Sauteed/Stir fried	1	1	1	1	0.9	1	1	1	1	1
Root, tuber and bulb vegetables	Sauteed/Stir fried	1	1	1	1	1	1	1	1	1	1
Vegetable or vegetable product	Sauteed/Stir fried	1	1	1	1	0.98	1	1	1	1	1
Leafy vegetables	Sauteed/Stir fried	1	1	1	1	0.97	1	1	1	1	1
Potato dish	Stewed	1	1	1	1	1	1	1	1	1	1
Vegetable dish	Stewed	1	1	1	1	1	1	1	1	1	1
Meat, poultry and their products											
Beef	Broiled or grilled	0.9	0.95	0.85	0.9	0.85	0.85	1	1	1	1
Beef	Stewed, braised	0.85	1	0.65	0.8	0.5	0.45	1	1	1	1
Beef, with sauce	Cooked by moist heat (boiled, steamed, stewed, braised)	1	1	1	1	1	1	1	1	1	1
Beef	Cooked by moist heat	0.83	1	0.63	0.73	0.5	0.45	1	0.98	1	1
Red meat	Boiled, steamed	0.8	1	0.62	0.68	0.52	0.5	0.93	0.95	1	1

Food name in English	Cooking method	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Copper	Other minerals	Phytate[§]
Red meat	Stewed, braised	0.83	1	0.65	0.75	0.53	0.52	0.93	0.98	1	1
Red meat	Broiled or grilled	0.88	0.9	0.88	0.88	0.85	0.87	1	0.95	1	1
Chicken	Boiled, steamed	0.85	0.8	0.7	0.7	0.4	0.4	1	0.5	1	1
Chicken	Stewed, braised	0.85	0.8	0.7	0.7	0.5	0.4	0.9	0.5	1	1
Chicken	Cooked by dry heat	0.95	0.93	0.78	0.8	0.7	0.83	1	0.78	1	1
Meat or meat product	Sauteed/Stir fried	0.98	0.97	0.88	0.86	0.79	0.86	0.96	0.91	1	1
Chicken	Broiled or grilled	0.95	0.9	0.75	0.8	0.8	0.8	1	0.95	1	1
Meat and meat product	Stewed, braised	0.88	0.93	0.8	0.81	0.65	0.62	0.93	0.82	1	1
Meat and meat product, with sauce	Boiled, steamed	0.96	0.99	1	1	0.96	0.96	0.99	1	0.75	1
Meat and meat product, with sauce	Cooked by moist heat	0.96	0.99	1	1	0.96	0.96	1	1	0.75	1
Meat or meat product	Baked or roasted	0.96	0.97	0.89	0.87	0.74	0.87	1	0.89	1	1
Offal	Boiled, steamed	0.8	0.95	0.8	0.7	0.6	0.6	0.85	0.8	1	1
Offal	Stewed, braised	1	0.95	0.85	0.8	0.7	0.7	0.85	0.8	1	1
Offal, with sauce	Boiled, steamed	1	1	1	1	1	1	1	1	1	1
Offal	Broiled or grilled	1	0.95	0.85	0.8	0.75	0.85	0.85	0.8	1	1
Offal	Sauteed/Stir fried	1	0.95	0.85	0.8	0.75	0.85	0.85	0.8	1	1
Lamb, mutton and game	Boiled, steamed	0.8	1	0.65	0.8	0.55	0.6	1	0.95	1	1
Lamb, mutton and game	Stewed, braised	0.8	1	0.65	0.8	0.55	0.6	1	0.95	1	1
Lamb, mutton and game, with sauce	Cooked by moist heat	1	1	1	1	1	1	1	1	1	1
Lamb, mutton and game	Baked or roasted	0.9	0.95	0.85	0.85	0.8	0.85	1	0.95	1	1
Pork, with sauce	Boiled, steamed	1	1	1	1	1	1	1	1	1	1
Pork	Broiled or grilled	0.75	0.8	0.95	0.9	0.85	0.9	1	0.95	1	1
Fish											
Low fat fish	Cooked by moist heat (boiled, steamed, stewed)	1	0.8	0.85	0.85	0.75	0.85	1	0.9	0.9	1
Fat fish, with sauce	Cooked by moist heat (boiled, steamed, stewed)	1	1	1	1	1	1	1	1	1	1
Milk											
Milk, milk product or milk	Boiled	1	1	1	1	1	1	1	1	1	1

Food name in English	Cooking method	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Copper	Other minerals	Phytate[§]
substitute											
Milk, milk product or milk substitute	Stewed	1	1	1	1	1	1	1	1	1	1
Milk, milk product or milk substitute	Cooked by moist heat	1	1	1	1	1	1	1	1	1	1
Fat and Oil											
Fat or oil	Cooked by dry heat	1	1	1	1	1	1	1	1	1	1
Fat or oil	Boiled	0.95	0.95	0.95	0.95	0.95	0.95	0.95	0.95	0.95	1
Fat or oil	Cooked with fat or oil (fried)	1	1	1	1	1	1	1	1	1	1

Unless otherwise specified, all retention factors are from: Vásquez-Caicedo, A.L., Bell, S. & Hartmann, B. 2008. Report on collection of rules on use of recipe calculation procedures including the use of yield and retention factors for imputing nutrient values for composite foods. EuroFIR Technical Report (D2.2.9). European Food Information Resource (EuroFIR). § All retention factors for Phytate are from: FAO. 2017c. FAO/INFOODS Global Food Composition Database for Pulses. Version 1.0 – uPulses1.0. Rome; and from: FAO & Government of Kenya. 2018. Kenya Food Composition Tables. Nairobi.

Annex E: Retention factors

Components Group B: Vitamins

Food name in English	Cooking method	Vitamin A /Carotenoids	Vitamin D	Vitamin E	Thiamin	Riboflavin	Niacin	Vitamin B_6	Folate	Vitamin B_{12}	Vitamin C
INFOODS tagnames		*VITA, VITA_RAE, RETOL, CARTB, CARTA, CRYPXB*	VITD	VITE, TOCPHA, TOCPHB, TOCPHG, TOCPHD	THIA	RIBF	NIA, NIAEQ	VITB6C	FOL, FOLAC, FOLFD, FOLDFE, FOLSUM	VITB12	VITC
Cereals and their products											
Grain or grain product	Boiled, steamed	0.9	1	1	0.6	0.72	0.8	0.63	0.7	0.83	0.73
Grain or grain product	Toasted	0.95	1	1	0.8	1	1	1	0.85	1	0.85
Pasta	Boiled	0.9	1	1	0.85	0.75	0.9	0.9	0.7	1	0.7
Pasta	Boiled, with cooking liquid	0.95	1	1	0.8	0.9	0.9	0.85	0.7	1	0.7
Flour or grain product	Boiled, steamed	0.9	1	1	0.8	0.9	0.9	0.9	0.7	1	0.8
Rice or other grain, whole	Boiled	0.9	1	1	0.5	0.75	0.75	0.5	0.7	0.75	0.7
Rice or other grain, whole	Boiled, with cooking liquid	0.95	1	1	0.75	1	0.95	0.8	0.8	0.95	0.7
Rice or other grain, polished	Boiled	0.9	1	1	0.5	0.5	0.75	0.5	0.7	0.75	0.7
Flour or grain product	Boiled, steamed	0.9	1	1	0.8	0.9	0.9	0.9	0.7	1	0.8
Flour or starch	Baked or roasted	0.9	1	1	0.75	0.95	0.95	0.9	0.5	1	0.7
Rice or other grain, polished	Boiled, with cooking liquid	0.95	1	1	0.75	1	0.95	0.8	0.8	0.95	0.7
Flour or starch	Cooked by dry heat	0.93	1	1	0.78	0.98	0.98	0.95	0.68	1	0.78
Flour or starch	Deep fried	0.9	1	1	0.9	0.9	0.9	0.9	0.7	1	0.85
Starchy roots, tubers and their products											
Starchy root or potato	Stewed	0.95	1	1	0.9	0.95	0.95	0.9	0.73	0.75	0.88
Starchy root or potato	Boiled	0.95	1	1	0.78	0.88	0.75	0.75	0.63	0.75	0.7
Starchy root or potato	Cooked by moist heat with cooking liquid	1	1	1	0.9	0.95	0.9	0.93	0.78	0.9	0.9
Starchy root or potato	Baked or roasted	0.95	1	1	0.85	0.98	0.93	0.9	0.78	0.85	0.88
Starchy root or potato	Cooked by dry heat	0.95	1	1	0.85	0.98	0.93	0.9	0.78	0.85	0.88
Legumes and their products											

Food name in English	Cooking method	Vitamin A /Carotenoids	Vitamin D	Vitamin E	Thiamin	Riboflavin	Niacin	Vitamin B_6	Folate	Vitamin B_{12}	Vitamin C
Pulse dish	Boiled	1	1	0.9	0.65	0.75	0.65	0.7	0.5	1	0.6
Pulse dish	Stewed	1	1	1	0.8	1	0.8	0.8	0.6	1	0.6
Pulse dish	Baked or roasted	0.88	1	1	0.85	0.95	0.95	0.95	0.8	1	0.8
Pulse dish	Cooked by moist heat	1	1	0.95	0.73	0.88	0.73	0.75	0.55	1	0.6
Vegetables and their products											
Leafy vegetables	Boiled	0.9	1	1	0.65	0.65	0.65	0.65	0.5	0.6	0.4
Leafy vegetables	Stewed	0.9	1	1	0.9	0.95	0.95	0.9	0.7	0.7	0.6
Mushroom	Boiled	1	1	1	0.65	0.65	0.65	0.65	0.5	0.7	0.65
Root, tuber and bulb vegetables	Boiled	0.9	1	1	0.7	0.7	0.7	0.7	0.5	0.6	0.4
Root, tuber and bulb vegetables	Stewed	0.9	1	1	0.9	0.95	0.95	0.9	0.7	0.7	0.85
Root, tuber and bulb vegetables	Cooked by moist heat	0.9	1	1	0.8	0.85	0.82	0.82	0.6	0.63	0.68
Stem, flower, fruit, corn, seed	Boiled	0.9	1	1	0.65	0.65	0.65	0.65	0.5	0.7	0.65
Stem, flower, fruit, corn, seed	Cooked by moist heat with cooking liquid	0.9	1	1	0.85	0.95	0.95	0.9	0.5	0.8	0.85
Stem, flower, fruit, corn, seed	Stewed	0.9	1	1	0.9	0.95	0.95	0.9	0.7	0.7	0.8
Stem, flower, fruit, corn, seed	Sautéed, stir-fried										
Stem, flower, fruit, corn, seed	Sauteed/Stir fried	0.9	1	1	0.9	0.95	0.95	0.9	0.7	0.8	0.8
Root, tuber and bulb vegetables	Sauteed/Stir fried	0.9	1	1	0.9	0.95	0.95	0.9	0.7	0.9	0.85
Vegetable or vegetable product	Sauteed/Stir fried	0.94	1	1	0.9	0.95	0.95	0.91	0.74	0.82	0.85
Leafy vegetables	Sauteed/Stir fried	0.93	1	1	0.9	0.95	0.95	0.9	0.7	0.83	0.82
Potato dish	Stewed	0.9	1	1	0.9	0.95	0.95	0.9	0.75	0.8	0.85
Vegetable dish	Stewed	0.93	1	1	0.9	0.95	0.95	0.9	0.7	0.7	0.76
Meat, poultry and their products											
Beef	Broiled or grilled	0.75	0.55	0.55	0.7	0.9	0.8	0.6	0.85	0.8	0.8
Beef	Stewed, braised	0.75	0.75	0.75	0.45	0.85	0.6	0.45	0.65	0.6	1
Beef, with sauce	Cooked by moist heat (boiled, steamed, stewed, braised)	0.8	0.8	1	0.6	1	0.8	0.6	0.8	0.7	0.75
Beef	Cooked by moist heat	0.75	0.75	0.75	0.43	0.83	0.55	0.43	0.65	0.6	1

Food name in English	Cooking method	Vitamin A /Carotenoids	Vitamin D	Vitamin E	Thiamin	Riboflavin	Niacin	Vitamin B_6	Folate	Vitamin B_{12}	Vitamin C
Red meat	Boiled, steamed	0.77	0.77	0.77	0.37	0.68	0.5	0.42	0.65	0.6	1
Red meat	Stewed, braised	0.78	0.78	0.8	0.43	0.75	0.55	0.45	0.67	0.6	1
Red meat	Broiled or grilled	0.75	0.72	0.73	0.67	0.88	0.8	0.63	0.8	0.83	0.8
Chicken	Boiled, steamed	0.55	0.55	0.55	0.55	0.95	0.6	0.6	0.5	0.5	1
Chicken	Stewed, braised	0.6	0.6	0.6	0.55	0.95	0.6	0.6	0.5	0.5	1
Chicken	Cooked by dry heat	0.75	0.75	0.8	0.6	0.9	0.8	0.6	0.6	0.65	0.8
Meat or meat product	Sauteed/Stir fried	0.82	0.83	0.85	0.7	0.93	0.82	0.67	0.76	0.77	0.89
Chicken	Broiled or grilled	0.75	0.75	0.8	0.6	0.9	0.8	0.6	0.6	0.65	0.8
Meat and meat product	Stewed, braised	0.77	0.79	0.8	0.63	0.9	0.69	0.65	0.62	0.63	0.73
Meat and meat product, with sauce	Boiled, steamed	0.88	0.89	1	0.75	1	0.85	0.8	0.73	0.78	0.78
Meat and meat product, with sauce	Cooked by moist heat	0.88	0.89	1	0.77	1	0.85	0.8	0.73	0.8	0.79
Meat or meat product	Baked or roasted	0.75	0.75	0.77	0.63	0.89	0.8	0.64	0.75	0.77	0.91
Offal	Boiled, steamed	0.8	0.9	0.9	0.7	0.8	0.5	0.45	0.65	0.6	0.7
Offal	Stewed, braised	0.8	0.9	0.9	0.85	0.95	0.85	0.8	0.65	0.7	0.75
Offal, with sauce	Boiled, steamed	0.9	0.95	1	0.8	1	0.9	0.8	0.7	0.75	0.75
Offal	Broiled or grilled	0.9	0.95	1	0.85	0.95	0.85	0.8	0.85	0.75	0.75
Offal	Sauteed/Stir fried	0.9	0.95	1	0.85	0.95	0.85	0.8	0.85	0.75	0.75
Lamb, mutton and game	Boiled, steamed	0.8	0.8	0.8	0.4	0.55	0.5	0.4	0.6	0.6	1
Lamb, mutton and game	Stewed, braised	0.8	0.8	0.8	0.4	0.65	0.55	0.45	0.65	0.6	1
Lamb, mutton and game, with sauce	Cooked by moist heat	0.8	0.8	1	0.7	1	0.8	0.78	0.7	0.7	0.8
Lamb, mutton and game	Baked or roasted	0.8	0.8	0.8	0.6	0.8	0.7	0.6	0.8	0.7	1
Pork, with sauce	Boiled, steamed	0.8	0.8	1	0.6	1	0.8	0.65	0.8	0.8	0.8
Pork	Broiled or grilled	0.75	0.8	0.85	0.7	0.85	0.8	0.65	0.85	0.9	0.8
Fish											
Low fat fish	Cooked by moist heat (boiled, steamed, stewed)	0.9	0.9	1	0.75	0.7	0.7	0.7	0.7	0.8	0.8
Fat fish, with sauce	Cooked by moist heat (boiled, steamed, stewed)	0.9	0.9	1	0.85	1	0.95	0.85	0.85	0.9	0.85
Milk											

Food name in English	Cooking method	Vitamin A /Carotenoids	Vitamin D	Vitamin E	Thiamin	Riboflavin	Niacin	Vitamin B_6	Folate	Vitamin B_{12}	Vitamin C
Milk, milk product or milk substitute	Boiled	1	1	1	0.9	0.95	0.95	0.9	0.8	0.95	0.7
Milk, milk product or milk substitute	Stewed	1	1	1	0.8	0.95	0.95	0.8	0.5	0.9	0.7
Milk, milk product or milk substitute	Cooked by moist heat	1	1	1	0.85	0.95	0.95	0.85	0.65	0.93	0.7
Fat and oils											
Fat or oil	Cooked by dry heat	0.85	1	0.75	1	1	1	1	1	1	1
Fat or oil	Boiled	0.85	1	0.75	1	1	1	1	1	1	1
Fat or oil	Cooked with fat or oil (fried)	0.5	1	0.2	1	1	1	1	1	1	1

Unless otherwise specified, all retention factors are from: Vásquez-Caicedo, A.L., Bell, S. & Hartmann, B. 2008. Report on collection of rules on use of recipe calculation procedures including the use of yield and retention factors for imputing nutrient values for composite foods. EuroFIR Technical Report (D2.2.9). European Food Information Resource (EuroFIR).

Annex G: Data sources with BiblioID

BiblioID	REFERENCE
A00003	Gebeyehu H.R., Bayissa L.D. 2020. Levels of Heavy Metals in Soil and Vegetables and Associated Health Risks in Mojo Area, Ethiopia. PLoS ONE, 15 (1): e0227883. DOI: 10.1371/journal.pone.0227883
A00004	Gemede H.F. 2020. Nutritional and Antinutritional Evaluation of Complementary Foods Formulated from Maize, Pea, and Anchote Flour. Food Science and Nutrition, 8(4):2156-2164. DOI: 10.1002/fsn3.1516
A00005	Tasie, M.M., Gebreyes, B.G. 2020. Characterization of Nutritional, Antinutritional, and Mineral Contents of Thirty-Five Sorghum Varieties Grown in Ethiopia. International Journal of Food Science, 2020:8243617. DOI: 10.1155/2020/8243617
A00008	Wada E., Feyissa T., Tesfaye K. 2019. Proximate, Mineral and Antinutrient Contents of Cocoyam (*Xanthosoma sagittifolium* (l.) schott) from Ethiopia. International Journal of Food Science, 2019:8965476. DOI: 10.1155/2019/8965476
A00010	Daba M.D. 2019. Nutritional And Hydrogen Cyanide Compositions and Consumers Preference in Cassava Varieties Grown in East Hararghe Zone of Oromia, Ethiopia. International Journal of Scientific and Technology Research, 8 (2):14-19.
A00011	Adem M., J.A S., Worku A., Neela S. 2019. Optimization of Lupine (*Lupinus Albus* L.) Composition, Feed Moisture Content and Barrel Temperatures for Best Quality Maize Based Extruded Snack Food. Nutrition and Food Science, 50(5):853-869. DOI:10.1108/NFS-07-2019-0219
A00012	Yasin U.A., Horo J.T., Gebre B.A. 2019. Physicochemical and Sensory Properties of Tofu Prepared from Eight Popular Soybean [*Glycine max* (L.) Merrill] Varieties in Ethiopia. Scientific African, 6:e00179. DOI: 10.1016/j.sciaf.2019.e00179
A00015	Tekle B., Anuradha Jabasingh S., Fantaw D., Gebreslassie T., Ram Mohan Rao S., Baraki H., Gebregziabher K. 2019. An Insight into the Ethiopian Traditional Alcoholic Beverage: Tella Processing, Fermentation Kinetics, Microbial Profiling and Nutrient Analysis. LWT, 107:9-15. DOI: 10.1016/j.lwt.2019.02.080
A00019	Binitu Worku B., Gemede H.F., Woldegiorgis A.Z. 2018. Nutritional and Alcoholic Contents of Cheka: A Traditional Fermented Beverage in Southwestern Ethiopia. Food Science and Nutrition, 6 (8):2466-2472. DOI: 10.1002/fsn3.854
A00021	Agza B., Bekele R., Shiferaw L. 2018. Quinoa (*Chenopodium quinoa*, Wild.): as a Potential Ingredient of Injera in Ethiopia. Journal of Cereal Science, 82:170-174. DOI: 10.1016/j.jcs.2018.06.009
A00023	Gifty A.G., De Meulenaer B., Olango T.M. 2018. Variation in Tuber Proximate Composition, Sugars, Fatty Acids and Amino Acids of Eight Oromo Dinich (*Plectranthus Edulis*) Landraces Experimentally Grown in Ethiopia. Journal of Food Composition and Analysis, 67:191-200. DOI: 10.1016/j.jfca.2018.01.015
A00024	Habtamu F.G., Haki G.D., Fekadu B., Rakshit S.K., Ashagrie Z.W. 2018. Nutritional and Antinutritional Evaluation of Indigenous Ethiopian Okra (*Abelmoschus Esculentus*) Seed Accessions. African Journal of Food, Agriculture, Nutrition and Development, 18 (1):13019-13033. DOI: 10.18697/ajfand.81.16515
A00026	Asfaw A., Woldegiorgis G., Kolech S.A., Mulugeta G., Mulugeta D., Ngugi A., Burgos G., zum Felde T., Bonierbale M. 2018. Micro-Nutrient Composition and End-User Acceptable Quality in Potato in Ethiopia. Acta Agriculturae Scandinavica Section B: Soil and Plant Science, 68 (7):596-607. DOI: 10.1080/09064710.2018.1448885
A00028	Gurmu F., Hussein S., Laing M. 2017. Evaluation of Candidate Orange-Fleshed Sweetpotato Clones for Nutritional Traits. Acta Agriculturae Scandinavica Section B: Soil and Plant Science, 67 (7):651-659. DOI: 10.1080/09064710.2017.1327081
A00032	Mitiku D.H., Teka T.A. 2017. Nutrient and Antinutrient Composition of Improved Sweet Potato (*Ipomea Batatas* (L) Lam) Varieties Grown in Eastern Ethiopia. Nutrition and Food Science, 47 (3):369-380. DOI: 10.1108/NFS-07-2016-0098
A00033	Garbaba C.A., Denboba L.G., Ocho F.L., Hensel O. 2017. Nutritional Deterioration of Stored *Zea Mays* L. Along Supply Chain in Southwestern Ethiopia: Implication for Unseen Dietary Hunger. Journal of Stored Products Research, 70:7-17. DOI: 10.1016/j.jspr.2016.10.004

A00034 Abagoshu N.A., Ibrahim A.M., Teka T.A., Mekonnen T.B. 2017. Effect of Soybean Varieties and Processing Methods on Nutritional and Sensory Properties of Soymilk. Journal of Food Processing and Preservation, 41 (4):e13014. DOI: 10.1111/jfpp.13014

A00038 Belay A., Haki G.D., Birringer M., Borck H., Lee Y.-C., Cho C.-W., Kim K.-T., Bayissa B., Baye K., Melaku S. 2017. Sugar Profile and Physicochemical Properties of Ethiopian Monofloral Honey. International Journal of Food Properties, 20 (11):2855-2866. DOI: 10.1080/10942912.2016.1255898

A00039 Belay A., Haki G.D., Birringer M., Borck H., Lee Y.-C., Kim K.-T., Baye K., Melaku S. 2017. Enzyme Activity, Amino Acid Profiles and Hydroxymethylfurfural Content in Ethiopian Monofloral Honey. Journal of Food Science and Technology, 54 (9):2769-2778. DOI: 10.1007/s13197-017-2713-6

A00042 Solomon G., Aman D., Bachheti R.K. 2016. Fatty Acids, Metal Composition, Nutritional Value and Physicochemical Parameters of *Lepidium Sativium* Seed Oil Collected from Ethiopia. International Food Research Journal, 23 (2):827-831.

A00044 Hailu A.A., Addis G. 2016. The Content and Bioavailability of Mineral Nutrients of Selected Wild and Traditional Edible Plants as Affected by Household Preparation Methods Practiced by Local Community in Benishangul Gumuz Regional State, Ethiopia. International Journal of Food Science, 2016 ():7615853. DOI: 10.1155/2016/7615853

A00045 Heshe G.G., Haki G.D., Woldegiorgis A.Z., Gemede H.F. 2016. Effect of Conventional Milling on the Nutritional Value and Antioxidant Capacity of Wheat Types Common in Ethiopia and a Recovery Attempt with Bran Supplementation in Bread. Food Science and Nutrition, 4 (4):534-543. DOI: 10.1002/fsn3.315

A00054 Tewolde-Berhan, S., Remberg, S.F., Abegaz, K., Narvhus, J., Abay, F., Wicklund, T. 2015. Impact of Drying Methods on the Nutrient Profile of Fruits of *Cordia Africana* Lam. in Tigray, Northern Ethiopia. Fruits, 70 (2):77-90. DOI: 10.1051/fruits/2014048

A00055 Kidane G., Abegaz K., Mulugeta A., Singh P. 2013. Nutritional Analysis of Vitamin a Enriched Bread from Orange Flesh Sweet Potato and Locally Available Wheat Flours at Samre Woreda, Northern Ethiopia. Current Research in Nutrition and Food Science, 1 (1):49-57. DOI: 10.12944/CRNFSJ.1.1.05

A00060 Mariod A.A., Edris Y.A., Cheng S.F., Abdelwahab S.I. 2012. Effect of Germination Periods and Conditions on Chemical Composition, Fatty Acids and Amino Acids of Two Black Cumin Seeds. Acta Scientiarum Polonorum, Technologia Alimentaria, 11 (4):401-410.

A00061 Kebede A., Teshome B., Wondimu A., Belay A., Wodajo B., Lakew A. 2012. Detoxification and Consumption of Cassava-Based Foods in Southwest Ethiopia. Pakistan Journal of Nutrition, 11 (3):237-242. DOI: 10.3923/pjn.2012.237.242

A00062 Feyssa D.H., Njoka J.T., Asfaw Z., Nyangito M.M. 2012. Nutritional Value of Berchemia Discolor: A Potential to Food and Nutrition Security of Households. Journal of Biological Sciences, 12 (5):263-271. DOI: 10.3923jbs.2012.263.271 2012.263.271

A00064 Abebe, T., Wongchaochant, S., Taychasinpitak, T., Leelapon, O. 2012. Variation of Mineral Concentrations Among Different Potato Varieties Grown at Two Distinct Locations in Ethiopia. Kasetsart Journal - Natural Science, 46 (6):837-850.

A00067 Feyssa D.H., Njoka J.T., Asfaw Z., Nyangito M.M. 2011. Wild Edible Fruits of Importance for Human Nutrition in Semiarid Parts of East Shewa Zone, Ethiopia: Associated Indigenous Knowledge and Implications to Food Security. Pakistan Journal of Nutrition, 10 (1):40-50. DOI: 10.3923/pjn.2011.40.50

A00068 Esayas K., Shimelis A., Ashebir F., Negussie R., Tilahun B., Gulelat D. 2011. Proximate Composition, Mineral Content and Antinutritional Factors of Some Capsicum (*Capsicum Annum*) Varieties Grown in Ethiopia. Bulletin of the Chemical Society of Ethiopia, 25 (3):451-454. DOI:

A00070 Michael H.W., Bultosa G., Pant L.M. 2011. Nutritional Contents of Three Edible Oyster Mushrooms Grown on Two Substrates at Haramaya, Ethiopia, and Sensory Properties of Boiled Mushroom and Mushroom Sauce. International Journal of Food Science and Technology, 46 (4):732-738. DOI: 10.1111/j.1365-2621.2010.02543.x

A00073 Nurfeta, A., Tolera, A., Eik, L.O., Sundstøl, F. 2008. Yield and Mineral Content of Ten Enset (*Ensete Ventricosum*) Varieties. Tropical Animal Health and Production, 40 (4):299-309. DOI: 10.1007/s11250-007-9095-0

A00096 Abeshu Y., Kefale B. 2018. Effect of Processing Methods on Nutritional and Alkaloid Content of Lupine Varieties. Food Science and Nutrition Completed Research, Ethiopian Institute of Agricultural Research. In Proceedings of Food Science and Nutrition Completed Research 2018. pp 15-21.

A00097 Bajo W., Gudisa A., Nigusu Y. 2018. Optimization of Common Bean and Finger Millet Blends for Porridge. Food Science and Nutrition Completed Research, Ethiopian Institute of Agricultural Research. In Proceedings of Food Science and Nutrition Completed Research 2018. pp 23-34

A00098 Bajo W., Gudisa A., Nigusu Y. 2018. Evaluation of Traditional Bread Prepared from Wheat, Cowpea and Mung Bean Composite Flours. Food Science and Nutrition Completed Research, Ethiopian Institute of Agricultural Research. In Proceedings of Food Science and Nutrition Completed Research 2018. pp 35-43.

A00099 Kassahun C., Gebremicheal H. 2018. Nutritional and Sensory Quality of Breads from Bread Wheat and Soybean Flour Blends. Food Science and Nutrition Completed Research, Ethiopian Institute of Agricultural Research. In Proceedings of Food Science and Nutrition Completed Research 2018. pp 45-51.

A00100 Gutema B., Hailemichael F. 2018. Enhancement of Nutritional Value of Kocho Using Fish Protein Powder. Food Science and Nutrition Completed Research, Ethiopian Institute of Agricultural Research. In Proceedings of Food Science and Nutrition Completed Research 2018. pp 53-60.

A00101 Teshome G, Keba A, Assefa Z, Agza B., Kassa F. 2018. Evaluation of Yoghurt Flavored with Natural Fruit Juices. Food Science and Nutrition Completed Research, Ethiopian Institute of Agricultural Research. In Proceedings of Food Science and Nutrition Completed Research 2018. pp 75-84.

A00102 Hailu M, Tola A, Teshome G, Agza B. 2018. Development of Beverages from Traditional Whey and Natural Fruit Juices. Food Science and Nutrition Completed Research, Ethiopian Institute of Agricultural Research. In Proceedings of Food Science and Nutrition Completed Research 2018. pp 85-93.

A00103 Asrat U., Tola J., Agza B. 2018. Evaluation of Milk and Cheese Making Quality of Soybean Varieties. Food Science and Nutrition Completed Research, Ethiopian Institute of Agricultural Research. In Proceedings of Food Science and Nutrition Completed Research 2018. pp 95-104.

A00105 Yimam M., Yigrem L., Legese O., Kore T., Abebe W. 2018. Proximate and Mineral Composition of Released Tef Varieties. Food Science and Nutrition Completed Research, Ethiopian Institute of Agricultural Research. In Proceedings of Food Science and Nutrition Completed Research 2018. pp 113-121.

A00106 Tasie M.M., Abera D. 2018. Physico-chemical and Canning Quality Characteristics of Common Bean Varieties. Food Science and Nutrition Completed Research, Ethiopian Institute of Agricultural Research. In Proceedings of Food Science and Nutrition Completed Research 2018. pp 123-134.

A00107 Abishu Y., Abrha E. 2018. Proximate and Mineral Composition of Food Barley Varieties. Food Science and Nutrition Completed Research, Ethiopian Institute of Agricultural Research. In Proceedings of Food Science and Nutrition Completed Research 2018. pp 135-141.

A00109 Tasie M.M., Gebreyes B.G. 2018. Physico-Chemical, Nutritional and Antinutritional Composition of Sorghum Varieties. Food Science and Nutrition Completed Research, Ethiopian Institute of Agricultural Research. In Proceedings of Food Science and Nutrition Completed Research 2018. pp 153-161.

A00110 Kefale B., Sisay A. 2018. Proximate and Fatty Acid Composition of Sunflower and Safflower Cultivars. Food Science and Nutrition Completed Research, Ethiopian Institute of Agricultural Research. In Proceedings of Food Science and Nutrition Completed Research 2018. pp 163-167.

A00112 Bayata A., Gure A., Kedir K. 2018. Evaluation of Nutritional Compositions of Cassava Roots. Food Science and Nutrition Completed Research, Ethiopian Institute of Agricultural Research. In Proceedings of Food Science and Nutrition Completed Research 2018. pp 177-187.

A00113 Derib A., Wegayehu F., Amhaeyesus B., Mitiku A., Weldetsadik K. 2018. Characterization of Tef (*Eragrostis tef* zucc. Trotter [cv. Magna]) in Minjar Shenkora District of Central Ethiopia. Afr. J. Agric. Nutri. Dev., 18 (3):13664-13676.

A00114 Admassu S., Teamir M., Alemu D. 2009. Chemical Composition of Local and Improved Finger Millet [*Eleusine Corocana* (L.) Gaetrtin] Varieties Grown in Ethiopia. Ethiop. J. Health Sci., 19 (1):1-8.

A00116 Zewdie S., Urga K., Nigatu A. 1997. Co-fermentation of Kocho with Barley for an Improved Injera. Ethiop. J. Sci., 20 (2):261-270.

A00121 Kebebu A., Whiting S.J., Dahl W.J., Henry C.J. 2013. Formulation of a Complementary Food Fortified With Broad Beans (*Vicia Faba*) In Southern Ethiopia. Afr. J. Agric. Nutri. Dev., 13 (3):7789-7803.

A00126 Walle H., Moges D. 2017. Optimization of Cereal-Legume Blend Ratio to Enhance the Nutritional Quality and Functional Property of Complementary Food. Ethiop. J. Sci. & Technol., 10 (2):109-122.

A00127 Temesgen A., Bultosa G. 2017. Physicochemical Characteristics and Nutrient Composition of Three Grain Amaranth Species Grown in Hirna, Eastern Ethiopia. East African Journal of Sciences, 11 (1):17-26.

A00128 Geremew H., Abdisa M., Goshu G. 2020. Proximate Composition of Commercially Important Fish Species in Southern Gulf of Lake Tana, Ethiopia. Ethiop. J. Sci. & Technol., 13 (1):53-63.

A00129 Esayas K., Shimelis A., Ashebir F., Negussie R., Tilahun B., Gulelat D. 2011. Proximate Composition, Mineral Content and Antinutritional Factors of Some Capsicum (*Capsicum Annum*) Varieties Grown in Ethiopia. Bull. Chem. Soc. Ethiop., 25 (3):451-454.

A00134 Betsegaw M. 2019. Investigation on Mineral Characterization of Powder Injera. School Of Chemical and Bio Engineering, Addis Ababa Institute of Technology, Addis Ababa University, Thesis/Dissertation.

A00136 Debele B. 2019. Influence of Processing Methods on the Reduction of Bioactive Compounds of Quinoa (*Chenopodium quinoa*, Wild) Seeds. School of Chemical and Bio Engineering, Addis Ababa Institute of Technology, Addis Ababa University, Thesis/Dissertation.

A00137 Kebede M. 2019. Evaluation of the Pasting and Rheological Properties of Amaranthus (*Genus Amaranthus* L.) Based Composite Flours for Production of Gluten- Free Biscuits. School of Chemical and Bio Engineering, Addis Ababa Institute of Technology, Addis Ababa University, Thesis/Dissertation.

A00140 Berihu H. 2019. Enhancement of Quality and Storability of Avocado (*Persea americana*) Fruit using a blend of Aloe Vera Gel and Corn Starch as Surface Coating. School of Chemical and Bio Engineering, Addis Ababa Institute of Technology, Addis Ababa University, Thesis/Dissertation.

A00144 Nigussie M.A. 2018. Effect of process conditions on soymilk storage stability. School of Chemical and Bio Engineering, Addis Ababa Institute of Technology, Addis Ababa University, Thesis/Dissertation.

A00145 Tolesa T.C. 2018. Development and Characterization of Pineapple Jam and Utilization of its Peel for Vinegar Production. School of Chemical and Bio Engineering, Addis Ababa Institute of Technology, Addis Ababa University, Thesis/Dissertation.

A00146 Zeru, T. 2018. Characterization and Optimization of Casimiroa (*Casimiroa edulis* L) Fruit Juice. School of Chemical and Bio Engineering, Addis Ababa Institute of Technology, Addis Ababa University, Thesis/Dissertation.

A00148 Gemede H.F. 2017. Nutritional Quality, Antioxidant Properties, Functionaland Oil Characteristics of Indigenous Okra (*Abelmoschus esculentus*) Accessions Grown in Benishangul Gumuz Region, Ethiopia. College of Naturak and Computational Sciences, Center for Food Science and Nutrition, Addis Ababa University, Thesis/Dissertation.

A00149 Araya M. 2017. Effect of Organic and Inorganic Fertilizers on Biochemical Composition and Antioxidant Capacity of Teff [*Eragrostis tef* (Zucc.) Trotter]. College of Naturak and Computational Sciences, Center for Food Science and Nutrition, Addis Ababa University, Thesis/Dissertation.

A00152 Belay A. 2016. Extraction, Characterization and Optimazation of Essential Oil from Ethiopian Black Cumin Seed Varieties by Solvent Extraction. School of Chemical and Bio Engineering, Addis Ababa Institute of Technology, Addis Ababa University, Thesis/Dissertation.

A00153 Salih Y. 2016. Effects Of Various Processing Methods on Proximate Composition, Minerals and Beta-Carotene Content of Two Local Carrot Varieties. College of Natural Sciences, Center for Food Science and Nutrition, Addis Ababa University, Thesis/Dissertation.

A00155 Hailu K. 2016. Beta-carotene Retention and Changes in Nutrient Composition and Antinutrient Level of Traditional Foods Prepared from Yellow Maize Variety from Ethiopia. School of Graduate Studies of Natural Science, Addis Ababa University, Thesis/Dissertation.

A00157 Amanu M. 2015. Process Optimization of Milk Coagulant Extraction from Latex of Carica Papaya for Production of Pre Ripened Cheese. School of Chemical and Bio Engineering, Addis Ababa Institute of Technology, Addis Ababa University, Thesis/Dissertation.

A00160 Legesse S. 2015. Effect of Composite Flour Blend of Teff, Sorghum and Maize on Macro Nutritional Quality, Sensory Acceptability and Ph Fermentation Kinetics in Preparation of Injera. College of Natural Sciences, Center for Food Science and Nutrition, Addis Ababa University, Thesis/Dissertation.

A00161 Alemu G. 2015. Development and Characterization of Bread from Mushroom and Wheat Composite Flour. School of Chemical and Bio Engineering, Addis Ababa Institute of Technology, Addis Ababa University, Thesis/Dissertation.

A00163 Berhe A. 2014. Optimization of Process Variables to Develop Teff-Amaranth Based. School of Chemical and Bio Engineering, Addis Ababa Institute of Technology, Addis Ababa University, Thesis/Dissertation.

A00165 Assefa Y. 2014. Evaluation of Processing Factors in Screw Expeller and Comparison with Other Extraction Methods of Ethiopian Shea (*Vitlleria Paradoxa*) Butter. School of Chemical and Bio Engineering, Addis Ababa Institute of Technology, Addis Ababa University, Thesis/Dissertation.

A00166 Tolesa Y. 2014. Development of Value-Added Bread and Biscuits Supplemented with Chickpea Flour. School of Chemical and Bio Engineering, Addis Ababa Institute of Technology, Addis Ababa University, Thesis/Dissertation.

A00167 Girma Y. 2014. Development of Fruit Leather from Indigenous Tamarind (*Tamarindus indica* L.) Fruit. School of Chemical and Bio Engineering, Addis Ababa Institute of Technology, Addis Ababa University, Thesis/Dissertation.

A00168 Milkias M. 2014. Characterization of Local Honey and Development of Honey Based Extrudate. School of Chemical and Bio Engineering, Addis Ababa Institute of Technology, Addis Ababa University, Thesis/Dissertation.

A00169 Yishak Y. 2014. Byproducts Utilization from Wheat Milling Industries for Development of Value-Added Products. School of Chemical and Bio Engineering, Addis Ababa Institute of Technology, Addis Ababa University, Thesis/Dissertation.

A00170 Legesse E. 2013. Effect of Processing on Qualtiy Characteristics of Pearl Millet (*Pennisetum glaucum*) based Value Added Products. School of Chemical and Bio Engineering, Addis Ababa Institute of Technology, Addis Ababa University, Thesis/Dissertation.

A00171 Shebabaw H. 2013. Effect of Processing on Physicochemical and Antinutritional Factors of "Anchote" (*Coccinia Abyssinica*) and Development of Value-Added Biscuit. School of Graduate Studies, Department of Chemical Engineering, Addis Ababa University, Thesis/Dissertation.

A00172 Tesfaye Y. 2013. Effect of Oat Flour Addition on the Physico-chemical and Microbiological Quality of Probiotic Bio-yoghurt. School of Graduate Studies, Department of Chemical Engineering, Addis Ababa University, Thesis/Dissertation.

A00173 Taye A. 2013. Development of Ready to Eat Protein Enriched Extruded Product. School of Chemical and Bio Engineering, Addis Ababa Institute of Technology, Addis Ababa University, Thesis/Dissertation.

A00174 Silassie B.G. 2012. Effect of Processing on Phytochemicals and Nutrients Composition of Fenugreek (*Trigonella foenum-graecum* L.), and Development of Value-Added Products. School of Chemical and Bio Engineering, Addis Ababa Institute of Technology, Addis Ababa University, Thesis/Dissertation.

A00176 Bekele M. 2011. Effect Of Fermentation on Quality Protein Maize-Soybean Blends for the Production of Weaning Food. School of Graduate Studies, Department of Chemical Engineering, Addis Ababa University, Thesis/Dissertation.

A00177 Dida D. 2010. Study on the Effect of Traditional Processing on Proximate Composition and Bioavailability of Minerals in Chickpea (Cicer arietinum) grown in Ethiopia. School of Graduate Studies, Department of Chemical Engineering, Addis Ababa University, Thesis/Dissertation.

A00178 Gobezie G. 2010. Effects of Traditional Food Processing Methods on Nutrient Compositions and Anti-nutritional Factors of Grass Pea (*Lathyrus sativus* l.) Foods Consumed, in Ethiopia. College of Natural Sciences, Center for Food Science and Nutrition, Addis Ababa University, Thesis/Dissertation.

A00179 Teshome B. 2010. Effect of Processing on Some Quality Attributes of Mango (*Mangifera indica*) Fruit Leather. School of Graduate Studies, Institute of Technology, Department of Chemical Engeneering, Addis Ababa University, Thesis/Dissertation.

A00180 Tesfaye B. 2010. Development of Cookies from Wheat, Quality Protein. School of Graduate Studies, Institute of Technology, Department of Chemical Engeneering, Addis Ababa University, Thesis/Dissertation.

A00181 Getachew P. 2009. Chemical Composition and The Effects of Traditional Processing on Nutritional Composition of Gibto (*Lupinus Albus*. L) Grown in, Gojam Area. School of Graduate Studies, Faculty of Science, Addis Ababa University, Thesis/Dissertation.

A00183 Tizazu S. 2009. Improvement of Energy and Nutrients Density of Sorghum Based Weaning Food Using Germination. School of Graduate Studies, Addis Ababa University, Thesis/Dissertation.

A00185 Bekele E.K. 2009. Nutritional Composition, Physicochemical and Functional Properties of Some Capsicum Varieties Grown in Ethiopia. School of Graduate Studies, Addis Ababa University, Thesis/Dissertation.

A00186 Mekonnen M. 2009. Production and Characterization of Protein Isolates from Locally Produced Mustard Meal for the Development of Biscuit. Department of Chemical Engineering, Faculty of Technology, Addis Ababa University, Thesis/Dissertation.

A00187 Alemu M.K. 2009. The Effect of Natural Fermentation on Some Antinutritional Factors, Minerals, Proximate Composition and Sensory Characteristics in Sorghum Based Weaning Food. School of Graduate Studies, Addis Ababa University, Thesis/Dissertation.

A00189 Muhsin F. 2009. Effect Of Extrusion Cooking on Some Quality Attributes of Full-Fat Soy Flour and Soy Protein Concentrate from Locally Grown Soybean. School of Graduate Studies, Department of Chemical Engineering, Addis Ababa University, Thesis/Dissertation.

A00193 Tessema A.T. 2018. Nutritional Enhancements of Bread Produced from Wheat Flour Blended with Orange Flesh Sweet Potato and Sweet Lupine. Faculty of Chemical and Food Engineering of Bahir Dar University Institute of Technology, Thesis/Dissertation.

A00195 Weyya G. 2019. Development and Quality Evaluation of Complementary Food: A Composite of Bulla, Teff and Haricot Bean Using Extrusion Cooking. Faculty of Chemical and Food Engineering of Bahir Dar University Institute of Technology, Thesis/Dissertation.

A00196 Bekele M. 2019. Physico-Chemical Characterization of Some Mango Variety Grown in Ethiopian for Jam Suitability. Faculty of Chemical and Food Engineering of Bahir Dar University Institute of Technology, Thesis/Dissertation.

A00197 Adem M. 2018. Development and Quality Evaluation of Maize-Lupin (*Lupinus Albus* L.) Extruded Snack. Faculty of Chemical and Food Engineering of Bahir Dar University Institute of Technology, Thesis/Dissertation.

A00207 Forsido S.F., Hordofab A.A., Ayelign A., Belachew T., Hensel O. 2020. Effects Of Fermentation and Malt Addition on the Physicochemical Properties Of Cereal Based Complementary Foods in Ethiopia. Heliyon, 6:e04606-. DOI: 10.1016/j.heliyon.2020.e04606

A00209 Neme K., Bultosa G., Bussa N. 2015. Nutrient and Functional Properties of Composite Flours Processed from Pregelatinised Barley, Sprouted Faba Bean and Carrot Flours. International Journal of Food Science and Technology, 50(11):2375-2382. DOI: 10.1111/ijfs.12903

A00213 Reda T.H., Atsbha M.K. 2019. Nutritional Composition, Antinutritional Factors, Antioxidant Activities, Functional Properties, and Sensory Evaluation of Cactus Pear (*Opuntia ficus-indica*) Seeds Grown in Tigray Region, Ethiopia. International Journal of Food Science, 2019:5697052. DOI: 10.1155/2019/5697052

A00222 Gure A., Chandravanshi B.S., Godeto T.W. 2018. Assessment of Metals in Roasted Indigenous Coffee Varieties of Ethiopia. Bulletin of the Chemical Society of Ethiopia, 32 (1):27-38. DOI: 10.4314/bcse.v32i1.3

A00247 Bosha A., Dalbato A.L., Tana T., Mohammed W., Tesfaye B., Karlsson L.M. 2016. Nutritional And Chemical Properties of Fermented Food of Wild and Cultivated Genotypes of Enset (*Ensete Ventricosum*). Food Research International, 89 :806-811. DOI: 10.1016/j.foodres.2016.10.016

A00249 Amare E., Mouquet-Rivier C., Servent A., Morel G., Adish A., Haki G.D. 2015. Protein Quality of Amaranth Grains Cultivated in Ethiopia as Affected by Popping and Fermentation. Food and Nutrition Sciences, 6:38-48. DOI: 10.4236/fns.2015.61005

A00251 Birhanu E. 2019. Nutritional Compositions, Antinutritional Factors and Antioxidant Properties of Lima Bean (*Phaseolus Lunatus*) accessions Grown in East Shoa Zone, Ethiopia. Faculty of Engineering and Technology, Thesis/Dissertation.

A00254 Desalegn B.B., Tadesse F.T. 2015. Physical and Proximate Characterization of Anchote (*Coccinia abyssinica*) Accessions Grown under Hawassa and Wondo Genet Conditions, Southern Ethiopia. Food Science and Quality Management, 43:62-74.

A00255 Saba F.T. 2015. Comparative Study on the Proximate Composition, Mineral Content, Antinutritional Factors and Sensory Acceptability of Raw and Boiled Three Yam Species Grown in Gamo Gofa Zone,

Southern Ethiopia. Centre for Food Science and Nutrition. College of Natural Sciences. Addis Ababa University., Thesis/Dissertation.

A00256 Ayele A.A. 2013. Determination of Iron Fractions of Laboratory and Field Threshed Teff Flour, Fermented Dough and Injera: Implications to Iron Bioavailability. Centre for Food Science and Nutrition. Faculty of Science. Addis Ababa University.

A00258 Bekele H. 2015. Effect of Enset (*Ensete ventricosum* (wele) cheesman) Variety and Fermentation on Nutritional Composition, Anti-nutritional Factors, Physicochemical Characteristics and Functional property of Bulla. Addis Ababa University.

A00259 Kifle A. Effect of processing on Nutritional and Anti nutritional Compositions, and Functional Properties of Selected Sorghum Varieties Grown in Ethiopia. Center of Food Science and Nutrition. Addis Ababa University., Thesis/Dissertation.

A00261 Samuel T. 2016. Nutritional Composition, Antinutritional Factors and Antioxidant Properties of Different Local Varieties of Watermelon Fruit from Around Koka, Ethiopia. Center of Food Science and Nutrition. Addis Ababa University., Thesis/Dissertation.

A00263 Mitiku B.M. 2014. Preparation of Injera from Teff (*Eragrostis tef*), Fenugreek (*Trigonella foenum-graecum*) and Baobab (*Adansonia digitata* L) fruit pulp: Characterizing the Nutritional, Functional and Microbial quality. Center of Food Science and Nutrition. Addis Ababa University., Thesis/Dissertation.

A00265 Getachew E., Addis G., Desse G. Nutritive Value of Samma (*Urtica Simensis* Steudel) Leaves and Effect of Boiling on Its Composition and Sensory Acceptablity. 3(1):153-160.

A00267 Taksene K. 2020. Physicochemical, Antioxidant, Antinutritional and Sensory Properties of Tamarind (*Tamarindus indica*). Addis Ababa Science and Technology University, Thesis/Dissertation.

A00268 Araro T.S. 2020. Nutritional Formulation and Characterization of Complementary Foods from Blend of Orange Fleshed Sweet Potato, Brown Teff and Dark Red Kidney Beans. Addis Ababa Science and Technology University, Thesis/Dissertation.

A00275 Tadesse T.F., Nigusse G., Kurabachew H. 2015. Nutritional, Microbial and Sensory Properties of Flat-bread (kitta) Prepared from Blends of Maize (Zea mays L.) and Orange-fleshed Sweet Potato (*Ipomoea batatas* L.) Flours. International Journal of Food Science and Nutrition Engineering, 5 (1):33-39. DOI: 10.5923/j.food.20150501.05

A00280 Debebe A. 2006. Studies of Enset (*Enset Ventricosum*) for Major, Minor and Trace Elements. Addis Ababa University, Thesis/Dissertation.

A00282 Woldematiam D.M. 2008. Levels of Essential and Non-Essential Elements in Some Ethiopian Wines. Addis Ababa University, Thesis/Dissertation.

A00285 Bekele D. 2008. Determination of Levels of Major, Minor and Trace Elements in Ethiopian Ouzo Alcoholic Beverage. Addis Ababa University, Thesis/Dissertation.

A00288 Tilahun A. 2009. Effect of Processing on Some Physicochemical and Antinutritional Factors of Taro (*Colocasia Esculenta* (L.) Schott.) Cultivars Grown in Ethiopia. Addis Ababa University, Thesis/Dissertation.

A00291 Mebratu A. 2015. Evaluation of the Chemical and Microbial Properties of Domestic Commercial Pasteurized Milk Available in Addis Ababa, Ethiopia. Addis Ababa University, Thesis/Dissertation.

A00294 Gemeda M. 2018. Physicochemical and Antioxidant Properties of Honey and Pollen from West Shoa, Ethiopia. Addis Ababa University, Thesis/Dissertation.

A00299 Hailemichael T. 2016. Nutritional Composition, Antinutritional Factors, Antioxidant Activities, Functional Properties, Nutritional quality and Sensory Evaluation of Ambasha made from Wheat and Cactus Pear (*Opunta ficus indica*) Seed flour Grown in Hatset Kebele, Hawzen Woreda, Eastern Zone of Tigray, Ethiopia. Addis Ababa University, Thesis/Dissertation.

A00304 Ayalew Y. 2016. Nutritional and Phytochemical Evaluation of Anchote (*Coccinia abyssinica*) (Lam.) (Cogn.) Accessions to Promote its Contribution for Food Security and Medicinal Use. Addis Ababa University. College of Natural Sciences. Center for Food Science and Nutrition, Thesis/Dissertation.

A00306 EHNRI. 2013. Development of Suitable Processes Using Yellow Quality Protein Maize (Yellow QPM) in the Ethiopian Traditional Foods: Including Complementary Food. Ethiopian Health and Nutrition Research Institute. Addis Ababa, Ethiopia.

A00308 EPHI. 2016. Nutritional Profile of Moringa Stenopetala Species Samples Collected in Different Places in Ethiopia and Their Comparison with *Moringa Oleifera* Species. Ethiopian Public Health Institute. Addis

Ababa, Ethiopia.

A00309 EPHI. 2017. Formulation of complementary Foods for Infant andYoung Children to Afar Communities of Ethiopia. Ethiopian Public Health Institute. Addis Ababa, Ethiopia.

A00311 Fekadu H., Beyene F., Desse G. 2013. Effect of Traditional Processing Methods on Nutritional Composition and Anti-nutritional Factors of Anchote (*Coccinia Abyssinica* (lam.) Cogn) Tubers Grown in Western Ethiopia. Food Processing & Technology, 4 (7); DOI:10.4172/2157-7110.1000249

A00313 Abera A.A., Endalew E., Belay B. Nutritional Composition, Physicochemical, Cooking and Functional Properties of Selected Newly Introduced Low Land and Upland Rice Varieties Grown in Fogera and Pawi, Ethiopia. *Cogent Food & Agriculture*, *7*(1), 1945281

A00326 Tessema H.M. 2013. Morphogenetic and Phytochemical Characterization of Korarima (*Affframomum Corrorima* (Braun) P.C.M. Jansen) Capsules Collected from Different Growing Regions of Southwestern Ethiopia. Jimma University, Thesis/Dissertation.

A00328 Mohammed H.H. 2020. Effect of Pretreatments and Solar Tunnel Dryer Zones on Drying Characteristics and Quality of Pumpkin (*Cucurbita Maxima*) Pulp Slice and Powder. Jimma University, Thesis/Dissertation.

A00329 Akelom K.M. 2016. Dietary Quality Assessment of Existing Practice and Development of Teff Based Enriched Complementary Food in Jimma Town Southwest Ethiopia. Jimma University, Thesis/Dissertation.

A00337 Tsegaye N.K. 2015. Nutritional Status and Dietary Diversity of Under- Two Children in Selected Districts of Jimma Zone, Southwest Ethiopia. Jimma University, Thesis/Dissertation.

A00339 Abagoshu N.A. 2013. Evaluation of Soybean [*Glycine Max* (L.) Merrill] Varieties and Processing Methods for Production of Soymilk. Jimma University, Thesis/Dissertation.

A00340 Efeta O.F. 2014. Evaluation of Nutritional Quality and Sensory Acceptability of Complementary Food Blended from Maize (*Zea Mays*), Roasted Pea (*Pisum Sativum*) and Malted Barley (*Hordium Vulgare*). Jimma University, Thesis/Dissertation.

A00346 Muleta G.C. 2018. Assessment of the Post-Harvest Loss of Kale Leaves (*Brassica Carinata*) and Evaluation of the Effects of Harvesting Time and Handling Practices on its Physicochemical Properties. Jimma University, Thesis/Dissertation.

A00347 Abate W.T. 2014. Development of Hot and Cold Beverages from Coffee (*Coffea Arabica* L.) Husk. Jimma University, Thesis/Dissertation.

A00350 Ethiopian Public Health Institute 2020. Evaluation and Documentation of (Nutritional, Physico-Chemical and Functional Properties) on Six Traditional Food Materials for Standard Development.

B00001 Ethiopian Public Health Institute (EPHI). 2020. Unpublished analytical data.

B00002 Ethiopian Conformity Assessment. 2020. Unpublished analytical data.

B00003 Bless Agrifood Laboratory. 2017. Unpublished analytical data.

B00004 Bless Agrifood Laboratory. 2018. Unpublished analytical data.

B00005 Bless Agrifood Laboratory. 2019. Unpublished analytical data.

5TBIO Aga, H.F., Badada, K.U. 1997. Nutritional and antinutritional characteristics of Anchote (Coccinia abyssinica). Ethiopian Journal of Health and Nutrition, 11 (2):163-168.

fi118BIO Eckhoff K.M., Maage A. 1997. Iodine Content in Fish and Other Food Products from East Africa Analyzed by ICP-MS. Journal of Food Composition and Analysis, 10 (3):270-282. DOI: 10.1006/jfca.1997.0541

fr50BIO Fentahun. M.T., Hager, H. 2009. Exploiting Locally Available Resources for Food and Nutritional Security Enhancement: Wild Fruits Diversity, Potential and State of Exploitation in the Amhara Region of Ethiopia. Food Security, 1 (2):207-219. DOI: 10.1007/s12571-009-0017-z

ph001PHY Abebe Y., Bogale A., Hambidge K.M., Stoecker B.J., Bailey K., Gibson R.S. 2007. Phytate, Zinc, Iron and Calcium Content of Selected Raw and Prepared Foods Consumed in Rural Sidama, Southern Ethiopia, and Implications for Bioavailability. Journal of Food Composition and Analysis, 20(3-4):161-168. DOI: 10.1016/j.jfca.2006.09.003

ph040PHY Umeta M., West C.E., Fufa H. 2005. Content of Zinc, Iron, Calcium and their Absorption Inhibitors in Foods Commonly Consumed in Ethiopia. Journal of Food Composition and Analysis, 18(8):803-817.

DOI: 10.1016/j.jfca.2004.09.008

ph265PHY Amare E., Mouquet-Rivier C., Rochette I., Adish A., Haki G.D. 2016. Effect of Popping and Fermentation on Proximate Composition, Minerals and Absorption Inhibitors, and Mineral Bioavailability of *Amaranthus Caudatus* Grain Cultivated in Ethiopia. Journal of Food Science and Technology, 53 (7):2987-2994. DOI: 10.1007/s13197-016-2266-0

pu112BIO Shimelis E.A., Rakshit S.K. 2005. Proximate Composition and Physico-Chemical Properties of Improved Dry Bean (*Phaseolus Vulgaris* L.) Varieties Grown in Ethiopia. LWT - Food Science and Technology, 38 (4):331-338. DOI: 10.1016/j.lwt.2004.07.002

pu140BIO Desalegn, B.B. 2015. Effect of Soaking and Germination on Proximate Composition, Mineral Bioavailability and Functional Properties of Chickpea Flour. Food and Public Health, 5 (4):108-113. DOI: 10.5923/j.fph.20150504.02

pu191BIO Habtie T., Admassu S., Asres K. 2009. Effects of Processing Methods on Some Phytochemicals Present in the Seeds of *Lupinus Albus* L. Grown in Ethiopia. Ethiopian Pharmaceutical Journal, 27 (2):91-102.

tu15BIO Teka, A.T., Emire, S.A., Haki, G.D., Gezmu, T.B. 2013. Effect Of Processing on Physicochemical Composition and Antinutritional Factors of Cassava (*Manihot Esculenta* Crantz) Grown in Ethiopia. International Journal of Science Innovations and Discoveries, 3 (2):212-222.

tu9BIO Enidiok S.E., Attah L.E., Otuechere C.A. 2008. Evaluation of Moisture, Total Cyanide and Fiber Contents of Garri Produced from Cassava (*Manihot Utilissima*) Varieties Obtained from Awassa in Southern Ethiopia. Pakistan Journal of Nutrition, 7 (5):625-629. DOI: 10.3923/pjn.2008.625.629

ve60BIO Getachew Addis, Asfaw Z, Singh V, Woldu Z, Baidu-Forson JJ and S Bhattacharya 2013. Dietary Values of Wild and Semi-Wild Edible Plants in Southern Ethiopia. African Journal of Food, Agriculture, Nutrition and Development, 13 (2).





ጤና ሚኒስቴር - ኢትዮጵያ
MINISTRY OF HEALTH-ETHIOPIA

With technical support



Food and Agriculture Organization of the United Nations

ISBN 978-99990-0-953-9



Funded by
Gates Foundation