



Food and Agriculture Organization  
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pour l'alimentation et l'agriculture

## 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*





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*Guide d'utilisation & table de composition des aliments condensée*

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## Foreword

The updated Food Composition Table for Western Africa (WAFCT 2019) is the result of almost four years of hard work, collaboration and teamwork among INFOODS network researchers in Africa and the Nutrition and Food Systems Division of FAO in Rome.

There was a great need to update the West African Food Composition Table of 2012, as it lacked some important components, foods and recipes. WAFCT 2019 contains almost three times as many food entries and double the number of components. Furthermore, the overall quality of the data has been improved. Many of the data points from WAFCT 2012 have been replaced with better data – mostly analytical data from Africa, with a special emphasis on Western Africa. These improvements are essential to understanding the nutrient composition of foods in the region and to promoting their appropriate use.

Food composition data are useful throughout the food system: for nutrition-sensitive agriculture; for improved processing methods that ensure greater nutrient retention in foods; for nutrition labelling; and finally to inform, educate and protect consumers through food-based dietary guidelines, nutrition education and communication, and legislation. I am therefore confident that these new data will support further research towards an expanded and improved evidence base and that overall, the WAFCT 2019 will support better, more informed decisions and effective policies and programmes for improved nutrition in Africa.

### **Anna Lartey**

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## Avant-propos

Cette dernière version de la Table de composition des aliments pour l’Afrique de l’Ouest (TCAAO 2019) est le fruit de près de quatre ans d’un dur travail, mené en collaboration entre des chercheurs africains du réseau INFOODS, et la Division de la nutrition et des systèmes alimentaires de la FAO, à Rome.

Il était urgent de mettre à jour la Table de composition des aliments pour l’Afrique de l’Ouest de 2012, dans laquelle il manquait des composants, des aliments et des recettes importants. La TCAAO 2019 contient près de trois fois plus d’aliments et deux fois plus de composants. En outre, la qualité globale des données a été améliorée. Bon nombre de celles qui figuraient dans la TCAAO 2012 ont été mieux précisées - principalement des données analytiques provenant d’Afrique et plus particulièrement d’Afrique de l’Ouest. Ces améliorations sont essentielles pour comprendre la composition nutritionnelle des aliments de la région et promouvoir leur utilisation appropriée.

Les données sur la composition des aliments sont utiles dans l’ensemble du système alimentaire pour: promouvoir une agriculture sensible à la nutrition; concevoir des méthodes de transformation qui assurent une meilleure rétention des nutriments dans les aliments; réaliser l’étiquetage nutritionnel, et enfin informer, éduquer et protéger les consommateurs par le biais de directives spécifiques, de campagnes d’éducation et de communication sur la nutrition et de la législation. Je suis donc convaincue que ces nouvelles données permettront d’approfondir les recherches pour développer et améliorer la base scientifique et que, globalement, la TCAAO 2019 fournira des informations qui permettront de prendre des décisions plus éclairées et d’élaborer des politiques et des programmes efficaces pour améliorer la nutrition en Afrique.

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This 2019 edition of the WAFCT would not have been possible without the financial support of the Bill & Melinda Gates Foundation within the International Dietary Data Expansion (INDDEX) Project. We would also like to express our gratitude for support received from the entire INDDEX Project team, in particular the coordinating team at Tufts University's Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy (Jennie Coates, Sarah Wafa, Brooke Colaiezzi, Jerome Some, Beatrice Rogers, Cathleen Prata); the Technical Advisory Team, especially Rosalind Gibson; and the team at FAO, especially Anna Lartey, Catherine Leclercq, Pauline Allemand, Michele Rude, Jo Lyons, Lydie Ange Gahama, Mawuli Sablah, Morgane Fialon, Agnieszka Balcerzak, Victoria Padula De Quadros, Chiara Deligia and Natascia Alessi. Without their kind assistance, this publication would not have been possible.

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# Abbreviations, acronyms and symbols

<b>*</b>	Values calculated using the mixed recipe calculation method (symbol)
<b>[ ]</b>	Value of lower quality (symbol)
<b>AAS</b>	Atomic absorption spectroscopy
<b>AOAC</b>	Association of Official Analytical Chemists
<b>Biblioid</b>	Bibliographic identifier assigned to all sources of food composition data used in WAFCT 2019
<b>DFE</b>	Dietary folate equivalents
<b>EP</b>	Edible portion on fresh weight basis
<b>FA</b>	Fatty acid
<b>FAO</b>	Food and Agriculture Organization of the United Nations
<b>FCDB</b>	Food composition database
<b>FCT</b>	Food composition table
<b>FLF</b>	Fat loss factor
<b>FW</b>	Fresh weight basis
<b>g</b>	Gram
<b>GC</b>	Gas chromatography
<b>GLC</b>	Gas liquid chromatography
<b>HPLC</b>	High performance liquid chromatography
<b>ICP-MS</b>	Inductively coupled plasma mass spectrometry
<b>INDDX</b>	International Dietary Data Expansion (Project)
<b>INFOODS</b>	International Network of Food Data Systems
<b>IP</b>	Inositol phosphate
<b>IP3</b>	Inositol triphosphate
<b>IP4</b>	Inositol tetraphosphate
<b>IP5</b>	Inositol pentaphosphate
<b>IP6</b>	Inositol hexaphosphate

<b>IUPAC</b>	International Union of Pure and Applied Chemistry
<b>IZiNCG</b>	International Zinc Nutrition Consultative Group
<b>kcal</b>	Kilocalorie
<b>kJ</b>	Kilojoule
<b>Max-min</b>	Maximum-minimum (symbol)
<b>mcg</b>	Microgram
<b>mg</b>	Milligram
<b>n</b>	Number of data points (symbol)
<b>N</b>	Nitrogen
<b>NIN</b>	National Institute of Nutrition
<b>NV</b>	Nutrient value
<b>oa</b>	Data taken from sources outside of Africa (symbol)
<b>SOP</b>	Sum of proximate components
<b>RAE</b>	Retinol activity equivalents
<b>RDI</b>	Recommended daily intake
<b>RE</b>	Retinol equivalents
<b>RF</b>	Retention factor
<b>SD</b>	Standard deviation (symbol)
<b>tr</b>	Trace (symbol)
<b>USDA</b>	United States Department of Agriculture
<b>WAFCT 2012</b>	2012 edition of the West African Food Composition Table
<b>WAFCT 2019</b>	2019 edition of the FAO/INFOODS Food Composition Table for Western Africa
<b>WHO</b>	World Health Organization
<b>XFA</b>	Fatty acid conversion factor
<b>XN</b>	Nitrogen conversion factor
<b>YF</b>	Yield factor

## Abréviations, sigles et symboles

<b>*</b>	Valeurs déterminées au moyen de la méthode mixte de calcul des recettes (symbole)
<b>[ ]</b>	Valeur de faible qualité (symbole)
<b>AG</b>	Acide gras
<b>AJR</b>	Apport journalier recommandé
<b>AOAC</b>	Association des chimistes analystes officiels
<b>BDCA</b>	Base de données sur la composition des aliments
<b>Biblioid</b>	Identifiant bibliographique attribué à toutes les sources de données sur la composition des aliments utilisées dans la TCAAO 2019
<b>CG</b>	Chromatographie gazeuse
<b>CGL</b>	Chromatographie gaz/liquide
<b>CLHP</b>	Chromatographie liquide à haute performance
<b>DFE</b>	Équivalents folates alimentaires
<b>ET</b>	Écart-type
<b>FAO</b>	Organisation des Nations Unies pour l'alimentation et l'agriculture
<b>FPG</b>	Facteur de perte de graisse
<b>FRN</b>	Facteur de rendement
<b>FRT</b>	Facteur de rétention
<b>g</b>	Gramme
<b>ICP-MS</b>	Spectrométrie de masse avec plasma à couplage inductif
<b>INDDX</b>	International Dietary Data Expansion (Projet)
<b>INFOODS</b>	Réseau international de systèmes de données sur les aliments
<b>INN</b>	Institut national de la nutrition
<b>IP</b>	Inositol phosphate
<b>IP3</b>	Inositol triphosphate
<b>IP4</b>	Inositol tétraphosphate
<b>IP5</b>	Inositol pentaphosphate
<b>IP6</b>	Inositol hexaphosphate

<b>IZiNCG</b>	Groupe consultatif international sur la nutrition en zinc
<b>kcal</b>	Kilocalorie
<b>kJ</b>	Kilojoule
<b>Max-min</b>	Maximum-minimum (symbole)
<b>mcg</b>	Microgramme
<b>mg</b>	Milligramme
<b>n</b>	Nombre de points de données (symbole)
<b>N</b>	Azote
<b>oa</b>	Données de sources non africaines (symbole)
<b>OMS</b>	Organisation mondiale de la Santé
<b>PC</b>	Portion comestible, en poids frais
<b>PF</b>	Poids frais
<b>RAE</b>	Équivalent activité rétinol
<b>RE</b>	Équivalent rétinol
<b>SAA</b>	Spectroscopie d'absorption atomique
<b>SOP</b>	Somme des macronutriments
<b>TCA</b>	Table de composition des aliments
<b>TCAAO 2012</b>	Édition 2012 de la Table de composition des aliments pour l'Afrique de l'Ouest
<b>TCAAO 2019</b>	Édition 2019 de la Table de composition des aliments pour l'Afrique de l'Ouest
<b>tr</b>	Trace (symbole)
<b>UICPA</b>	Union internationale de chimie pure et appliquée
<b>USDA</b>	Département de l'agriculture des États-Unis
<b>VN</b>	Valeur du nutriment
<b>XFA</b>	Facteur de conversion des acides gras
<b>XN</b>	Facteur de conversion de l'azote [en protéines]

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# USER GUIDE

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## 1 INTRODUCTION

### 1.1 Background

The Food and Agriculture Organization of the United Nations (FAO) first published a food composition table (FCT) for West Africa in 2010, entitled **Composition of Selected Foods from West Africa**. A second edition soon followed, with the release in 2012 of the **West African Food Composition Table/Table de composition des aliments pour l'Afrique de l'Ouest**. The 2012 version, which was bilingual, was widely used in Africa (Vila-Real *et al.*, 2018) but still lacked important foods, and did not include mixed dishes or fortified foods.

The third and present version of the Food Composition Table for Western Africa (WAFCT 2019), was developed as part of the International Dietary Data Expansion (INDDEX) Project, implemented by Tufts University's Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy, with funding from the Bill & Melinda Gates Foundation. WAFCT 2019 is the result of close collaboration between FAO and International Network of Food Data Systems (INFOODS) partners in Benin, Burkina Faso, Cameroon, Ghana, Mali, Nigeria and South Africa, who collected and compiled locally available compositional data from scientific papers, theses, university reports and other sources. These were complemented with data from food composition analysis programmes in Ghana and Kenya and from existing food composition tables and databases (FCT/FCDB) from inside and outside Africa.

### 1.2 Objectives and principles

Every edition of the WAFCT has sought to provide high-quality and relevant food composition data for foods consumed in Western Africa, for use in nutrition and/or agriculture. The objective of this latest update, resulting in WAFCT 2019, was to improve usefulness and data quality by providing more foods and components, and by including more analytical data from Africa. The preparation of WAFCT 2019 thus focused on the following:

- identifying and including data on relevant foods that were not covered in the 2012 edition;
- searching for new analytical food composition data from sources across Western Africa such as university reports and theses, as well as scientific papers;
- replacing data borrowed from sources outside Africa with data from Africa, where possible;
- updating data borrowed from international FCT/FCDB to reflect the latest editions of those international FCT/FCDB;
- including data derived from recipe calculations for commonly consumed mixed dishes;
- including fortified foods;
- including new components such as saturated fatty acids, monounsaturated fatty acids, polyunsaturated fatty acids, cholesterol and phytate; and
- providing value documentation that identifies data borrowed from sources outside Africa.

These key principles were followed in preparing WAFCT 2019:

- compilation of complete nutrient datasets for foods by reporting as few missing values as possible;
- representation of the mean composition of foods based on available analytical data;
- use of non-analytical data from international FCT/FCDB only if no (or very few) analytical data from Africa were found;
- representation of intra-species variation in component values (as much as available data allow), especially due to:
  - » variety (particularly colour); and
  - » maturity.

- description of foods as precisely as original data allow;
- use of data closest to the exact food or species when borrowing data;
- evaluation, standardization, compilation and documentation of data according to international FAO/INFOODS standards; and
- use of the following FAO/INFOODS tools:
  - » FAO/INFOODS *Guidelines for checking food composition data prior to the publication of a user table/database*. Version 1.0 (FAO/INFOODS, 2012a);
  - » FAO/INFOODS *Guidelines for converting units, denominators and expressions*. Version 1.0 (FAO/INFOODS, 2012b);
  - » *Guidelines for food matching*. Version 1.2 (FAO/INFOODS, 2012c);
  - » *Tagnames for Food Components* (FAO/INFOODS, 2019); and
  - » *Compilation Tool Version 1.2.1 and User Guidelines* (FAO/INFOODS, 2011).

### 1.3 Inputs, work and time required to develop WAFCT 2019

Many underestimate the time and expertise needed to develop or update an existing FCT/FCDB. The development of WAFCT 2019 took about 75 person months over four years.

Identifying food composition experts who are able to collect, evaluate, compile, aggregate, estimate and calculate data according to international standards requires time, as does the process of training less experienced staff, and ensuring that rigorous checking and controls are applied to the data compiled. An overview of the approximate time required to complete different tasks is provided in [TABLE 1](#). It should be noted, however, that indicated timelines can increase by up to 30 percent due to unforeseen challenges.

### 1.4 Outputs, structure and format of WAFCT 2019

WAFCT 2019 consists of a food composition table and user guide. Due to space and format considerations, these are disseminated in two parts, as follows:

- **User Guide & Condensed Food Composition Table**  
The present document is available in both print (hard copy) and in digital/electronic format (i.e. PDF file, for viewing in Adobe Acrobat Reader or similar software). It provides details on the components, foods and recipes included in WAFCT 2019, as well as the process, principles and methodologies used to compile and calculate the data. The **Condensed Food Composition Table** included in the *User Guide* presents data on 39 of the full 57 components for all foods present in WAFCT 2019, with statistics and documentation for data taken from outside Africa. Selected additional data are included in the Annexes of the *User Guide*, as listed in [TABLE 2](#).
- **Full Set of Datasheets (published in Microsoft Excel)**  
The *Excel Datasheets* are available in digital/electronic format only (i.e. XLS/XLSX file, for use in Microsoft Excel or similar software). They comprise a total of 12 datasheets, as listed in [TABLE 2](#).

The digital/electronic versions of both parts of WAFCT 2019 are available at the FAO/INFOODS website: <http://www.fao.org/infoods>

[TABLE 2](#) provides an overview of the individual specific outputs of WAFCT 2019 in further detail, including information on dissemination format (i.e. what is available in the *User Guide* and what is available in the *Excel Datasheets*).

TABLE 1  
TIME NEEDED TO DEVELOP WAFCT 2019

TASKS	PERSON MONTHS OVER TIME PERIOD
<b>Preparatory work and development of archival database</b>	
Preparation of files (assembling reference dataset, identifying data to be updated and developing templates for data collection and management)	3.5 working months of an expert, over 1 year
Selection of foods, data collection, data entry into FAO/INFOODS Compilation Tool, on-the-job training and data checking (including work in seven countries)	30 working months of an expert, over 2 years
Collection of recipe data, cooking, recording and entry of data into template in Burkina Faso, and data checking at FAO in Rome	7 working months of an expert, over 1.5 years
Sampling and sample preparation in Ghana, shipping, analysis in India and data checking of 25 analysed foods from Ghana	5 working months of an expert, over 2 years
<b>Development of reference database</b>	
Aggregation and compilation of foods in all 14 food groups	10 working months of an expert, over 2.5 years
Collection of fortified foods data and compilation of their nutrient composition	2.5 working months of an expert, over 1.5 years
Data checking and correction of 494 raw foods (before calculation of nutrient composition of cooked foods and recipes)	1 working months of an expert, over 3 months
Calculation of nutrient composition of 440 cooked foods and 94 recipes, and data checking	2 working months of an expert, over 1.5 years
<b>Preparatory work for publication</b>	
Data checking before publication	0.5 working months of an expert, over 3 months
Preparation of <i>User Guide</i>	1.5 working months of an expert, over 3 months
Preparation of files for publication ( <i>Excel Datasheets</i> , FoodEx2 coding, layout for <i>User Guide</i> , and final checking)	5 working months of an expert, over 10 months
Translation from English into French and checking	2 working months of an expert, over 4 months
<b>Administrative support</b>	
Contracting, budgeting, reporting, and assistance for travel arrangements	2 working months of an expert, over 3.5 years
<b>Coordination</b>	
Identifying and recruiting appropriate consultants, reporting, supervision and management, communications with donor and other project staff, and meetings	3 working months of an expert, over 3.5 years
<b>Total</b>	<b>75 working months of an expert, over 4 years</b>

TABLE 2  
STRUCTURE OF WAFCT 2019

OUTPUT/CONTENT	DESCRIPTION	AVAILABLE IN USER GUIDE	AVAILABLE IN EXCEL DATASHEETS
Overview of updated WAFCT 2019	Includes the documentation related to foods, recipes and components included in WAFCT 2019; as well as methodologies, sources, and quality considerations; recommendations for future work; and bibliography.	Yes: Sections 1–11	No
Brief introduction to <i>Excel Datasheets</i>	Gives an introduction to the tables, including information on copyright and disclaimer.	No	Yes: Datasheet 01 <i>Introduction</i>
Components	Gives an overview of all components, listing INFOODS tagnames, descriptions, recommended units, maximal decimal places and significant digits.	Yes: Section 5, Table 4	Yes: Datasheet 02 <i>Components</i>
Condensed food composition table without statistics	Presents compiled component values per 100 g EP for all foods for <b>39</b> components – <b>without</b> statistics or documentation for data taken from outside Africa.	No	Yes: Datasheet 03 <i>NV_sum_39 (per 100 g EP)</i>
Condensed food composition table with statistics	Presents compiled component values per 100 g EP for all foods and <b>39</b> components – <b>with</b> statistics and documentation for data taken from outside Africa. NOTE: This table is included in both the <i>User Guide</i> and the <i>Excel Datasheets</i> . However, due to space considerations, the version included in the <i>User Guide</i> (i.e. the present document) does not include the statistic <b>median</b> .	Yes: Condensed Food Composition Table	Yes: Datasheet 04 <i>NV_stat_39 (per 100 g EP)</i>
Full food composition table without statistics	Presents compiled component values per 100 g EP for all foods and <b>57</b> components – <b>without</b> statistics or documentation for data taken from outside Africa.	No	Yes: Datasheet 05 <i>NV_sum_57 (per 100 g EP)</i>
Full food composition table with statistics	Presents compiled component values per 100 g EP for all foods and <b>57</b> components – <b>with</b> statistics and documentation for data taken from outside Africa.	No	Yes: Datasheet 06 <i>NV_stat_57 (per 100 g EP)</i>
Food index in English	List of all foods in alphabetical order of English names, along with food code, BibliolD and location (page number) in WAFCT 2019.	Yes: Annex A	No
Food index in French	List of all foods in alphabetical order of French names, along with food code, BibliolD and location (page number) in WAFCT 2019.	Yes: Annex B	No
Yield factors for single ingredient recipes	Yield factors used in single ingredient cooked foods, including source(s) for each food.	Yes: Annex C	Yes: Datasheet 07 <i>Yield Factors, sing_ing</i>
Retention factors	Retention factors used in calculating single ingredient cooked foods and mixed dishes in English and French.	Yes: Annex D	Yes: Datasheet 08 <i>Retention Factors</i>
Mixed dishes	Recipes of mixed dishes, including recipe description and yield factors, in English and French.	No	Yes: Datasheet 09 <i>Mixed Dishes</i>
FoodEx2 codes	List of food names, food codes and the corresponding FoodEx2 code.	No	Yes: Datasheet 10 <i>FoodEx2 Codes</i>
WAFCT 2012 vs WAFCT 2019 names and codes	Comparison of names and food codes between the 2012 and 2019 editions of WAFCT	No	Yes: Datasheet 11 <i>2012 vs 2019 Names and codes</i>
Data sources with BibliolD	List of publications and sources used for all data compiled, ordered by corresponding BibliolD.	Yes: Annex E	Yes: Datasheet 12 <i>Data sources with BibliolD</i>

In addition to these outputs, and as part of the overall process of preparing WAFCT 2019, several young professionals in Benin, Burkina Faso, Cameroon, Ghana, Mali, Nigeria and South Africa were trained to collect compositional data and to enter them into a food composition database management system (i.e. the FAO/INFOODS Compilation Tool).

## 2 CHANGES BETWEEN WAFCT 2012 AND WAFCT 2019

WAFCT 2019 represents a significant improvement in terms of coverage of food, mixed dishes, components and data sources from within and outside Africa. It includes:

- 1 028 food entries (compared to 472 foods in WAFCT 2012), of which 94 are mixed dishes. This increase springs from the inclusion of new raw foods (including fortified foods), additional cooking methods and new mixed dishes.
- Updated food names where appropriate (while retaining WAFCT 2012 food codes as much as possible).
- 29 new components: (1) edible portion: from as described to as eaten, (2) sum of proximate components, (3) alcohol, (4) saturated fatty acids, (5) monounsaturated fatty acids, (6) polyunsaturated fatty acids, (7) linoleic acid, (8) alpha-linolenic acid, (9) cholesterol, (10) niacin equivalents, (11) tryptophan, (12) folic acid, (13) naturally occurring folate (food folate), (14) dietary folate equivalents (DFE), (15) alpha-carotene, (16) beta-carotene, (17) beta-cryptoxanthin, (18) vitamin A in retinol activity equivalents, (19) alpha-tocopherol, (20) beta-tocopherol, (21) gamma-tocopherol, (22) delta-tocopherol, (23) total phytate, (24) IP6, (25) IP5, (26) IP4, (27) IP3, (28) nitrogen conversion factor, and (29) fatty acid conversion factor. Some components are featured only in the full food composition table in the *Excel Datasheets* and not in the Condensed Food Composition Table of the *User Guide* (see [Section 5](#), [TABLE 4](#)).
- More than 300 new data sources (predominantly from Western Africa), raising the number of sources from 121 (WAFCT 2012) to 467, and thereby increasing the reliability of the values published in WAFCT 2019. Thanks to these additional data sources, data that had previously been borrowed from international FCT/FCDB could be replaced with data from Africa.
- Updates of data from international FCT/FCDB (e.g. replacing USDA, 2011a with USDA, 2015).
- Minor changes to food names, food codes and food group assignments for consistency and clarity. For example, plantains were moved from the food group *05 Fruits and their products* to *02 Starchy roots, tubers and their products*, and some herbs were moved to *04 Vegetables and their products*. Because food codes include the food group number, these foods were assigned a new food code. Food names and food codes for the 2012 and 2019 editions can be found in the *Excel Datasheet 11 WAFCT 2012 vs 2019 food names and codes*. An additional food group was added, *14 Soups and sauces*, to accommodate many of the new mixed dishes.
- Updated yield factors for single ingredient cooked foods based on work done for uPulses1.0 (FAO, 2017c) and uFiSh1.0 (FAO, 2016), as well as for the *Kenya Food Composition Tables* (FAO and Government of Kenya, 2018). Yield factors are published in [ANNEX C](#) of the *User Guide* and in *Excel Datasheet 07 Yield Factors, sing\_ing*.
- Some updated and new retention factors, e.g. for phytate, based on work done for uPulses1.0 (FAO, 2017c) and for the *Kenya Food Composition Tables* (FAO and Government of Kenya, 2018). Retention factors are published in [ANNEX D](#) of the *User Guide* and in *Excel Datasheet 08 Retention Factors*.
- FoodEx2 (EFSA, 2015) coding for all foods (except mixed dishes).

## 3 FOODS AND FOOD GROUPS

### 3.1 Food groups

As far as possible, the food groups and food codes used in WAFCT 2012 were retained, to ensure coherence and user-friendliness; one food group was added to accommodate certain recipes (see [TABLE 3](#)).

Foods were classified by their common use. For example, peanuts are in *06 Nuts, seeds and their products*, and plantains are in *02 Starchy roots, tubers and their products*.

Mixed dishes were classified on the basis of their primary ingredients. The food group *14 Soups and sauces* contains mixed dishes, i.e. soups and sauces that include a mix of ingredients and cannot be classified into other groups.

TABLE 3  
**LIST OF FOOD GROUPS IN WAFCT 2019**

FOOD GROUP NUMBER	FOOD GROUP NAME	NUMBER OF FOOD ENTRIES			
		RAW	COOKED	MIXED DISH	TOTAL
01	<i>Cereals and their products</i>	83	75	25	183
02	<i>Starchy roots, tubers and their products</i>	37	40	19	96
03	<i>Legumes and their products</i>	36	88	13	137
04	<i>Vegetables and their products</i>	58	74	0	132
05	<i>Fruits and their products</i>	52	0	1	53
06	<i>Nuts, seeds and their products</i>	34	0	0	34
07	<i>Meat, poultry and their products</i>	43	83	2	128
08	<i>Eggs and their products</i>	8	6	0	14
09	<i>Fish and its products</i>	32	74	0	106
10	<i>Milk and its products</i>	27	0	0	27
11	<i>Fats and oils</i>	35	0	0	35
12	<i>Beverages</i>	24	0	0	24
13	<i>Miscellaneous</i>	25	0	0	25
14	<i>Soups and sauces</i>	0	0	34	34
Total		494	440	94	1 028

### 3.2 Foods and food names

There are 1 028 food entries, of which 94 are mixed dishes. Food names are presented in English and French, with scientific names where appropriate. The most recognizable and descriptive food name was chosen for each food, along with descriptions of the edible portion, factors that influence nutrient content (e.g. maturity, colour, physical state) and cooking method (e.g. raw, boiled). Where possible, the food name includes further information on origin or variety. Only food entries with sufficient data quality and quantity were included (i.e. those with few or no missing values), and priority was given to quality data from Africa. Foods are presented by food group, and ordered alphabetically therein. The raw food is listed first (by its English name), and followed by cooked or fortified versions of the same.

### 3.3 Food codes

Each food entry was assigned a unique food code, which includes the food group code and the food number within the food group. For example, *Millet, whole grain, raw* has the code 01\_015, where 01 indicates the food group *01 Cereals and their products*.

### 3.4 FoodEx2 codes

Developed and maintained by the European Food Safety Authority (EFSA, 2015), FoodEx2 is a comprehensive but flexible food classification and description system designed to describe and group foods in data collections across different domains in a harmonized way, thereby facilitating data linking and matching. FAO is working with EFSA to render FoodEx2 more globally applicable and, together with other organizations, strongly recommends the coding of existing and future food-related data (e.g. food composition, food consumption, food safety, food prices and other food-related data) using FoodEx2, in order to facilitate national and international data linkages across domains. WAFCT 2019 was therefore coded using FoodEx2 system standards.

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 always based on the available information. In this way, foods can be described in as much detail as necessary.



For example, for 'Rice, parboiled, fortified with iron, boiled' the FoodEx2 code would be A001D#F09.A0EXD\$F28.A07LK\$F28.A07GL. It describes: Rice grain (A001D), PROCESS = Parboiling / pre-gelatinising (F09.A0EXD), PROCESS = Boiling (F28.A07LK), FORTIFICATION-AGENT = Iron (F28.A07GL).

Further information on the FoodEx2 system can be found at the [EFSA website](#).

## 4 SELECTION OF FOODS & DATA COLLECTION

The update began by identifying important foods and mixed dishes that were missing in WAFCT 2012. Each INFOODS partner from Benin, Burkina Faso, Cameroon, Ghana, Mali and Nigeria developed a national list of missing foods with different levels of detail depending on the data source used. Due to time and budget constraints, the foods selected for the WAFCT 2019 update were limited to:

- foods that were common across two or more national lists;
- foods that were reported in household consumption and expenditure surveys in Western Africa; and
- foods that were ingredients of mixed dishes.

For the selected new and existing foods, compositional data were collected and compiled at country level in Benin, Burkina Faso, Cameroon, Ghana, Mali, Nigeria and South Africa. Where good data for foods not on the priority list were found, they were also compiled. Data from South Africa were collated and used to replace data that had previously been borrowed from FCT/FCDB from outside Africa. To ensure that data were local and not borrowed from international sources, emphasis was placed on collecting analytical data rather than data that had been previously compiled into FCT/FCDB. Data came primarily from articles in scientific journals and from university theses and reports. The data were then compiled into the FAO/INFOODS Compilation Tool (FAO/INFOODS, 2011) at country level and evaluated and harmonized at FAO in Rome. Half of the data found at country level could not be compiled due to poor food descriptions, unclear analytical methods or unclear denominator (i.e. fresh weight or dry matter basis). In the opinion of the country level INFOODS members, the data compiled so far represents nearly all the good quality data available across Benin, Burkina Faso, Cameroon, Ghana, Mali and Nigeria.

All food composition data from AnFoodD2.0 (FAO, 2017a), BioFoodComp4.0 (FAO, 2017b) and PhyFoodComp1.0 (FAO/IZiNCG, 2018) from Africa were also included, as were data for 62 foods specifically analysed for the *Kenya Food Composition Tables* (FAO and Government of Kenya, 2018).

An additional 25 foods from Ghana were also analysed for the updated WAFCT 2019. Fermented starchy roots and grain foods are important staples in Western Africa, but hardly any analytical data are available. Therefore, many of these were sampled in Ghana, according to a specific sample plan for each food. Fermented foods were either purchased as such, or prepared according to a pre-defined processing method. The related grains were also sampled to establish retention factors (RF) for fermentation in the future. And commonly consumed foods without compositional data (including nuts, pulses and potash) were also analysed. The fermented foods were freeze dried, while the other foods were milled in Ghana, and the foods were analysed at the National Institute of Nutrition (NIN) in Hyderabad, India.

For most of the mixed dishes identified in the different countries, the ingredients and their quantities were known, but the weight of the cooked dish was not, meaning that nutrient compositions could not be calculated correctly. Therefore, about 120 important mixed dishes for Western Africa were selected. A data collection template and methodology were developed, and the preparation of the mixed dishes and data collection was carried out in Burkina Faso. After several rounds of data checking (including a comparison with analytical water values for similar mixed dishes), this process resulted in a list of 94 mixed dishes for which the composition could be calculated.

## 5 COMPONENTS

WAFCT 2019 includes 57 components. Due to space and layout considerations, the **Condensed Food Composition Table** in the *User Guide* includes only 39 components, while the full food composition table in the *Excel Datasheets* contain all 57 components.

All values, including for beverages and other liquids, are presented per 100 g edible portion on fresh weight basis (EP).

The values per component have been standardized and are expressed in a fixed maximal number of decimal points, as summarized in the *Excel Datasheet 02 Components*. **TABLE 4** presents the full list of components, along with units, common analytical/determination methods or definitions and INFOODS component identifiers (known as tagnames). Components with an asterisk (\*) are not included in the Condensed Food Composition Table in the *User Guide*, but are included in the *Excel Datasheets 05 NV\_sum\_57 (per 100 g EP)* and *06 NV\_stat\_57 (per 100 g EP)*. Values presented between square brackets ( [ ] ) are of lower quality, either because of doubtful data, a different analytical method, definition or expression, or (in mixed dishes) because at least one of the ingredients has a missing or lower quality value.

TABLE 4  
**COMPONENTS, UNITS, ANALYTICAL/DETERMINATION METHODS/DEFINITIONS AND CORRESPONDING INFOODS COMPONENT IDENTIFIERS**

COMPONENT	UNIT (per 100 g EP)	ANALYTICAL/DETERMINATION METHOD/DEFINITION	INFOODS COMPONENT IDENTIFIER (TAGNAME)
Edible portion 1	–	Edible portion coefficient (from as purchased to as described)	EDIBLE1
Edible portion 2*	–	Edible portion coefficient (from as described to as eaten)	EDIBLE2
Sum of proximate components (SOP)*	g	Calculated (see formula below)	SOP
Energy	kJ, kcal	Calculated (see formulae below)	ENERC
Water	g	Drying	WATER
Protein, total	g	Calculated using the nitrogen conversion factor (XN) and analysed total nitrogen (mainly Kjeldahl method), see formula below	PROTCNT
Fat, total or [fat, derived by analysis using continuous extraction]	g	Mixed solvent extraction or [Soxhlet method with continuous extraction]	FAT or [FATCE]
Carbohydrate, available; calculated by difference	g	Calculated (see formula below)	CHOAVLDF
Fibre, total dietary or [fibre, crude]	g	AOAC Prosky method (AOAC 991.43) or [Weende method]	FIBTG or [FIBC]
Alcohol*	g	GLC or distillation	ALC
Ash	g	Gravimetric methods	ASH
Calcium	mg	AAS, ICP-MS	CA
Iron	mg	AAS, ICP-MS	FE
Magnesium	mg	AAS, ICP-MS	MG
Phosphorus	mg	AAS, ICP-MS	P
Potassium	mg	AAS, ICP-MS	K
Sodium	mg	AAS, ICP-MS	NA
Zinc	mg	AAS, ICP-MS	ZN
Copper	mg	AAS, ICP-MS	CU

TABLE 4 (CONTINUED)

COMPONENT	UNIT (per 100 g EP)	ANALYTICAL/DETERMINATION METHOD/DEFINITION	INFOODS COMPONENT IDENTIFIER (TAGNAME)
Vitamin A (expressed in retinol equivalents)	mcg	Calculated (see formula below)	VITA
Vitamin A (expressed in retinol activity equivalents)	mcg	Calculated (see formula below)	VITA_RAE
Retinol	mcg	HPLC	RETOL
Beta-carotene equivalents or [beta-carotene]	mcg	Calculated (see formula below) or [HPLC]	CARTBEQ or [CARTB]
Alpha-carotene*	mcg	HPLC	CARTA
Beta-carotene*	mcg	HPLC	CARTB
Beta-cryptoxanthin*	mcg	HPLC	CRYPXB
Vitamin D	mcg	= Vitamin D <sub>2</sub> + vitamin D <sub>3</sub> ; analysed by HPLC	VITD
Vitamin E (expressed in alpha-tocopherol equivalents) or [alpha-tocopherol]	mg	Calculated (see formula below) or [HPLC]	VITE or [TOCPHA]
Alpha-tocopherol*	mg	HPLC	TOCPHA
Beta-tocopherol*	mg	HPLC	TOCPHB
Gamma-tocopherol*	mg	HPLC	TOCPHG
Delta-tocopherol*	mg	HPLC	TOCPHD
Thiamine (vitamin B <sub>1</sub> )	mg	HPLC, microbiological	THIA
Riboflavin (vitamin B <sub>2</sub> )	mg	HPLC, microbiological	RIBF
Niacin equivalents or [niacin, preformed] (vitamin B <sub>3</sub> )	mg	Calculated (see formula below) or [HPLC, microbiological]	NIAEQ or [NIA]
Niacin, preformed	mg	HPLC, microbiological	NIA
Tryptophan	mg	Ion exchange chromatography	TRP
Vitamin B <sub>6</sub>	mg	HPLC, microbiological	VITB6C
Folic acid (synthetic)*	mcg	From literature sources	FOLAC
Folate, naturally occurring (food folate)*	mcg	Microbiological	FOLFD
Folate, total or [folate, sum of vitamers] (vitamin B <sub>9</sub> )	mcg	Microbiological or [HPLC]	FOL or [FOLSUM]
Folate, dietary folate equivalents (DFE)	mcg	Calculated (see formula below)	FOLDFE
Vitamin B <sub>12</sub>	mcg	HPLC, microbiological	VITB12
Vitamin C	mg	Various methods (see further details below)	VITC
Cholesterol	mg	HPLC	CHOLE
Fatty acid conversion factor*	–	From literature sources	XFA
Fatty acids, total saturated	g	Calculated (see formula below)	FASAT
Fatty acids, total monounsaturated	g	Calculated (see formula below)	FAMS
Fatty acids, total polyunsaturated	g	Calculated (see formula below)	FAPU

TABLE 4 (CONTINUED)

COMPONENT	UNIT (per 100 g EP)	ANALYTICAL/DETERMINATION METHOD/DEFINITION	INFOODS COMPONENT IDENTIFIER (TAGNAME)
Linoleic acid	g	Calculated (see formula below)	F18D2CN6
Alpha-linolenic acid	g	Calculated (see formula below)	F18D3CN3
Phytate, total or [phytate, determined by direct precipitation] or [phytate, determined by indirect precipitation]	mg	Calculated from phytate phosphorus by anion exchange method (AOAC 986.11) or [determined by direct precipitation] or [determined by indirect precipitation]	PHYTCPP or [PHYTCPPD] or [PHYTCPP1]
Inositol triphosphate (IP3)*	mg	HPLC	IP3
Inositol tetraphosphate (IP4)*	mg	HPLC	IP4
Inositol pentaphosphate (IP5)*	mg	HPLC	IP5
Inositol hexaphosphate (IP6)*	mg	HPLC	IP6
Conversion factor for calculating total protein from total nitrogen*	–	From literature sources	XN

\*Available in the *Excel Datasheets* only.

AAS = Atomic absorption spectroscopy, GLC = Gas liquid chromatography, HPLC = High performance liquid chromatography, ICP-MS = Inductively coupled plasma mass spectrometry.

### Edible portion

Two edible portion coefficients are presented. The first is from the whole food as purchased to the food as described. The second is for the food as described to as eaten. For example, *Tuna, fillet, raw* has an edible portion coefficient from as purchased (whole fish) to as described (fillet) of 0.76. The edible portion coefficient from as described (fillet) to as eaten is 0.97, to account for inedible parts of the fillet such as bones. The value of the second edible portion coefficient is important for fish; for other foods it is 1.0.

### Sum of proximate components (g)

The sum of proximate components (SOP) is calculated according to the following formula:

$$\text{Sum of proximate components (g/100 g EP)} = \text{water (g/100 g EP)} + \text{total fat (g/100 g EP)} + \text{available carbohydrate (g/100 g EP)} + \text{total protein (g/100 g EP)} + \text{ash (g/100 g EP)} + \text{total dietary fibre (g/100 g EP)} + \text{alcohol (g/100 g EP)}$$

The preferable range for the sum of proximate components is 97–103 g (Greenfield and Southgate, 2003), and the acceptable range is 95–105 g (FAO/INFOODS, 2012a).

### Energy (kJ, kcal)

Metabolizable energy is presented in both kilojoules (kJ) and kilocalories (kcal) for all food. Metabolizable energy is calculated based on protein, fat, available carbohydrate, dietary fibre and alcohol values by applying the energy conversion factors shown in [TABLE 5](#), according to the formulae below.

$$\text{Energy (kJ/100 g EP)} = \text{total protein (g/100 g EP)} \times 17 + \text{total fat (g/100 g EP)} \times 37 + \text{available carbohydrate (g/100 g EP)} \times 17 + \text{total dietary fibre (g/100 g EP)} \times 8 + \text{alcohol (g/100 g EP)} \times 29$$

$$\text{Energy (kcal/100 g EP)} = \text{total protein (g/100 g EP)} \times 4 + \text{total fat (g/100 g EP)} \times 9 + \text{available carbohydrate (g/100 g EP)} \times 4 + \text{total dietary fibre (g/100 g EP)} \times 2 + \text{alcohol (g/100 g EP)} \times 7$$

TABLE 5  
METABOLIZABLE ENERGY CONVERSION FACTORS

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

\* The alcohol content for alcoholic beverages is included in the food name in the [Condensed Food Composition Table](#) in the *User Guide*.

### Water (g)

Water is measured as the decrease in weight after drying the food sample to constant weight. Data on water may derive from different analytical methods for drying.

### Protein, total (g) and XN

The main analytical method used to determine total nitrogen is the Kjeldahl method. Total protein is then estimated from the total amount of nitrogen in the food sample, using the following formula:

$$\text{Total protein (g/100 g EP)} = \text{nitrogen conversion factor (XN)} \times \text{total nitrogen (g/100 g EP)}$$

All total protein values were calculated using the factors in Table 6. In cases where analytical data for total protein did not mention the conversion factor, the values were converted to total nitrogen by assuming the standard factor of 6.25, and then to total protein by using the nitrogen conversion factors in [TABLE 6](#).

Where no nitrogen conversion factors were available for a food, the standard factor of 6.25 was used.

TABLE 6  
NITROGEN CONVERSION FACTORS USED IN WAFCT 2019

FOOD	FACTOR (XN)
All foods not listed below	6.25
<b>Animal products</b>	
Meat, offals, insects	6.25
Gelatine	5.55
Milk and cheese**	6.38
Human milk**	6.37
Egg, whole	6.25
<b>Plant products</b>	
Wheat – whole kernel	5.83
Wheat – bran	6.31
Wheat – embryo	5.80
Wheat – endosperm	5.70
Rice, whole grain and refined	5.95
Products of rice	5.95
Rye	5.83
Barley	5.83
Oats	5.83

TABLE 6 (CONTINUED)

FOOD	FACTOR (XN)
Products of rye, barley and oat	5.83
Millet, whole grain and refined #	5.83
Maize (corn), whole grain and refined	6.25
Sorghum, whole grain and refined #	6.25
Soya and soya milk	5.71
Beans: adzuki; jack; lima; mung; navy; velvet, whole grain and processed	6.25
Mushrooms*	4.38
Chocolate and cocoa*	4.74
Yeast*	5.7
Coffee*	5.3
<b>Nuts and seeds</b>	
Almond	5.18
Brazil	5.46
Peanut (groundnut)	5.46
Others (butternut; cashew; chestnut; coconut; hazelnut; hickory; pecans; pine nut; pistachio; walnut; other tree nuts)#	5.3
Seeds (cantaloupe; cottonseed; flaxseed; hempseed; pumpkin; sesame; sunflower; other seeds)	5.3

Source: Table as published in FAO/INFOODS (2012a), Table 8; from Jones (1941), except as indicated: \*USDA (2011b); #Merrill and Watt (1973); \*\*FAO and WHO (1973).

Analytical data for PROTCNT were used in preference to PROT- (protein derived by an unknown or mixed method). However, as the Kjeldahl method is so widely used, it was assumed that data for protein derived by an unknown method used this method. Values from unknown methods are therefore not highlighted as being of lower quality.

### Fat, total (g)

Total fat (which includes triglycerides, phospholipids, sterols and related compounds) is derived by mixed solvent extraction, or by continuous extraction (Soxhlet method). Continuous extraction methods are considered to underestimate total fat. In WAFCT 2012 this consideration was applied only to cereals, but in WAFCT 2019 it is considered an underestimation for all foods. Data for FAT (mixed solvent extraction) were preferred, but in the absence of FAT data, data for FATCE (Soxhlet method with continuous extraction) were used, and are presented between square brackets ([ ]), to indicate their lower quality. Fat data of unknown or mixed method (FAT-) were used only when FAT and FATCE data were not available, and are also presented between square brackets ([ ]).

### Carbohydrate, available; calculated by difference (g)

There are very few analytical data for available carbohydrate for foods from Western Africa. Available carbohydrate was therefore calculated by difference using the following formula:

$$\text{Carbohydrate, available; calculated by difference (g/100 g EP)} = 100 - (\text{water} + \text{total fat} + \text{total protein} + \text{ash} + \text{total dietary fibre} + \text{alcohol}) \text{ (g/100 g EP)}$$

In cases where crude fibre (FIBC) is used, available carbohydrate will be overestimated.

For foods known not to contain carbohydrates (such as muscle meat, fish, oils, water and salt), available carbohydrate was assumed to be zero.

### Fibre, total dietary (g)

The recommended method for determining total dietary fibre is the Association of Official Analytical Chemists (AOAC) Prosky method (AOAC 991.43). This method measures non-starch polysaccharides, lignin, resistant starch and resistant oligosaccharides.

In cases where only crude fibre was available, the value is presented between square brackets ([ ]). Because crude fibre significantly underestimates total dietary fibre, total dietary fibre data from international FCT/FCDB were used in preference to crude fibre data from Western Africa.

Data from newer methods (which include smaller oligosaccharides and other minor components), are available for very few foods. Data from these methods were therefore not included in WAFCT 2019.

### Ash (g)

The ash content of foods is determined by gravimetric methods.

### Minerals (mg)

Several methods for mineral analysis were reported (AAS or ICP-MS) in the sources, but they are not considered to provide significantly different results. Only values of lower or questionable quality are presented between square brackets ([ ]).

### Vitamin A (mcg)

Retinol and carotenes are analysed using HPLC. Vitamin A in retinol equivalents (RE) was calculated according to the following formula:

$$\text{Vitamin A in retinol equivalents (mcg/100 g EP)} = \text{retinol (mcg/100 g EP)} + \text{beta-carotene equivalents (mcg/100 g EP)} / 6$$

Vitamin A in retinol activity equivalents (RAE) was calculated according to the following formula:

$$\text{Vitamin A in retinol activity equivalents (mcg/100 g EP)} = \text{retinol (mcg/100 g EP)} + \text{beta-carotene equivalents (mcg/100 g EP)} / 12$$

Recommended daily intake (RDIs) for vitamin A is commonly presented in either RE or RAE. Values for both definitions have been included so users can select as appropriate for the RDI they are working with.

### Beta-carotene equivalents, beta-carotene, alpha-carotene, beta-cryptoxanthin (mcg)

Beta-carotene equivalents were calculated according to the following formula:

$$\text{Beta-carotene equivalents (mcg/100 g EP)} = \text{beta-carotene (mcg/100 g EP)} + \text{alpha-carotene (mcg/100 g EP)} / 2 + \text{beta-cryptoxanthin (mcg/100 g EP)} / 2$$

Where only beta-carotene data were available, and where alpha-carotene and beta-cryptoxanthin were expected to contribute to total vitamin A activity, the beta-carotene equivalents value is presented between square brackets ([ ]).

For a few foods, data were available for beta-carotene equivalents only, and not for the individual carotenes. These data were assumed to be calculated using the formula above, and have not been presented between square brackets ([ ]).

### Vitamin D (mcg)

Very limited data on vitamin D were available from analyses in Western Africa; therefore the majority of data are from international FCT/FCDB, primarily the USDA National Nutrient Database for Standard Reference, Release 28 (USDA, 2015), the *Indian Food Composition Tables* (Longvah *et al.*, 2017), the *Composition of Foods Integrated Dataset* (CoFID) from the UK (Food Standards Agency, 2015) and the *Danish Food Composition Tables* (Technical University of Denmark, 2016).

The USDA (2015) defines vitamin D as:

$$\text{Vitamin D (mcg/100 g EP)} = \text{ergocalciferol (vitamin D}_2\text{) (mcg/100 g EP)} + \text{cholecalciferol (vitamin D}_3\text{) (mcg/100 g EP)}$$

where cholecalciferol is the form of vitamin D found in animal-origin foods and ergocalciferol the form found in plant-origin foods. With the exception of mushrooms, the USDA (2015) identified plant products as not containing vitamin D and therefore sets the vitamin D value for these foods to zero.

The UK CoFID (Food Standards Agency, 2015), and the Danish FCT (Technical University of Denmark, 2016) define vitamin D as:

$$\text{Vitamin D (mcg/100 g EP)} = \text{ergocalciferol (vitamin D}_2\text{) (mcg/100 g EP)} + \text{cholecalciferol (vitamin D}_3\text{) (mcg/100 g EP)} + 5 \times \text{25-hydroxycholecalciferol (mcg/100 g EP)}$$

The Indian FCT (Longvah *et al.*, 2017) reports significant quantities of ergocalciferol in many plant-origin foods, and indicates vitamin D values in plant-origin foods that are often much higher than vitamin D values in animal-origin foods. This is in contrast to the other FCT/FCDB, which report zero values for vitamin D in all unfortified plant-origin foods.

For WAFCT 2019, vitamin D has been assumed to be zero in plant-origin foods, and the same formula was used as in USDA (2015). There was a wide variation in vitamin D values for the same foods from different FCT/FCDB, particularly for fish. As a result, vitamin D data were carefully reviewed and compared across all the data sources before inclusion in WAFCT 2019.

### Vitamin E (mg)

There are a number of definitions for total vitamin E activity based on individual tocopherols and tocotrienols. For WAFCT 2019, the following formula was used:

$$\text{Vitamin E expressed in alpha-tocopherol equivalents (mg/100 g EP)} = \text{alpha-tocopherol (mg/100 g EP)} + 0.4 \times \text{beta-tocopherol (mg/100 g EP)} + 0.1 \times \text{gamma-tocopherol (mg/100 g EP)} + 0.01 \times \text{delta-tocotrienol (mg/100 g EP)}$$

Where only alpha-tocopherol data were available, and other tocopherols were expected to contribute to total vitamin E activity, the vitamin E value is presented between square brackets ([ ]). Many of the alpha-tocopherol values in WAFCT 2012 were replaced by vitamin E values in WAFCT 2019.

### Thiamine (vitamin B<sub>1</sub>), riboflavin (vitamin B<sub>2</sub>) (mg) and vitamin B<sub>12</sub> (mcg)

For most foods, no specific analytical method was reported for the determination of vitamin B<sub>1</sub>, B<sub>2</sub> and B<sub>12</sub> content. It is however assumed that most values were analysed using microbiological methods and/or HPLC.

### Niacin equivalents (vitamin B<sub>3</sub>), preformed niacin and tryptophan (mg)

Niacin equivalents are calculated from preformed niacin and tryptophan, according to the following formula:

$$\text{Niacin equivalents (mg/100 g EP)} = \text{niacin (mg/100 g EP)} + \text{tryptophan (mg/100 g EP)} / 60$$

Where tryptophan data were not available, the niacin value is presented between square brackets ([ ]).



### Vitamin B<sub>6</sub> (mg)

Vitamin B<sub>6</sub> can be determined by microbiological methods (total vitamin B<sub>6</sub>) or by the sum of pyridoxine, pyridoxal and pyridoxamine and their phosphates, as determined by HPLC. In WAFCT 2019, data from both methods are presented interchangeably.

### Folate (vitamin B<sub>9</sub>) (mcg)

WAFCT 2019 includes four components related to folate:

Folate, total (FOL) is the total folate in a food, measured by microbiological assay. Where total folate was determined by summation of individual folate vitamers (FOLSUM) it is presented between square brackets ([ ]).

Folic acid (synthetic) (FOLAC) is synthetic folic acid used to fortify foods. In WAFCT 2019, its values are based on the levels prescribed by mandatory fortification programmes, and do not come from analysis (see [Section 6.2](#)).

Folate, naturally occurring (food folate) (FOLFD) is the folate that occurs naturally in a food. For unfortified foods, this is the same as total folate (FOL or [FOLSUM]).

Dietary folate equivalents (DFE) are calculated according to the following formula (to account for the greater activity of added synthetic folic acid):

$$\text{Dietary folate equivalents (mcg/100 g EP)} = \text{naturally occurring food folates (mcg/100 g EP)} + 1.7 \times \text{synthetic folic acid (mcg/100 g EP)}$$

All four folate components are included in the *Excel Datasheets 05 NV\_sum\_57 (per 100 g EP)* and *06 NV\_stat\_57 (per 100 g EP)*, whereas the **Condensed Food Composition Table** included in the *User Guide* features the total folate and dietary folate equivalents only.

### Vitamin C (mg)

Total vitamin C (VITC) is the sum of L-ascorbic acid (ASCL) and L-dehydroascorbic acid (ASCDL). Titrimetry measures ascorbic acid only (ASCL), whereas other methods measure both components and give a value for total vitamin C. In raw foods, dehydroascorbic acid is present in very low amounts relative to ascorbic acid, so data from all methods are presented interchangeably in WAFCT 2019.

### Cholesterol (mg)

Cholesterol is predominantly borrowed from international FCT/FCDB (see [Section 9](#)), and were generally determined by gas liquid chromatography (GLC).

### Fatty acid conversion factor, XFA

The fatty acid conversion factor (XFA) estimates the fraction of fatty acids in total fat, according to the following formula:

$$\text{Total fatty acids (g/100 g EP)} = \text{XFA} \times \text{total fat (g/100 g EP)}$$

Fatty acid conversion factors used in WAFCT 2019 are listed in [TABLE 7](#).

TABLE 7  
CONVERSION FACTORS APPLIED TO TOTAL FAT TO GIVE VALUES FOR TOTAL FATTY ACIDS IN THE FAT

FOOD	FATTY ACID CONVERSION FACTOR (XFA)	NOTES
<b>Plant foods</b>		
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
Coconut oil	0.942	Assumed applicable to coconut flesh
Fats and oils (except coconut)	0.956	Not applied to butter and ghee
<b>Animal foods</b>		
Brain	0.561	
Liver	0.741	
Kidney	0.747	
Tripe**	0.92	
Pork – lean	0.91	Applied to foods with 10% fat or less
Pork – fat	0.953	Applied to foods with 10% fat or more
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)	
Crustaceans, very lean (total fat <0.55 g/100 g EP)***	0.459	
Crustaceans (total fat >0.55 g/100 g EP)	XFA = 0.956–0.237 / total fat (g/100 g EP)	
Molluscs, very lean (total fat <0.55 g/100 g EP)***	0.417	
Molluscs (total fat >0.55 g/100 g EP)	XFA = 0.956–0.296 / 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

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

In some cases, where all components were borrowed from an international FCT/FCDB, XFA was also borrowed; for example, for bay leaves, beef cubes, crocodile meat, certain spices and yeast. The XFA for individual foods is provided in the *Excel Datasheets* only (not in the Condensed Food Composition Table included in the *User Guide*), in 05 NV\_sum\_57 (per 100 g EP) and 06 NV\_stat\_57 (per 100 g EP).

### Fatty acids, total saturated; fatty acids, total monounsaturated; and fatty acids, total polyunsaturated (g)

Data for these components are predominantly borrowed from international FCT/FCDB (see [Section 9](#)), which were generally determined by gas chromatography (GC) or gas liquid chromatography (GLC). They are often derived from analyses of total saturated fatty acids, total monounsaturated fatty acids or total polyunsaturated fatty acids, and are not always the sum of individual fatty acids. They were therefore recalculated (whether from international FCT/FCDB or compiled data) as a percentage of total fatty acids (% of total FA, according to the formulae below), and were not used as absolute values in g/100 g EP.

$$\text{Fatty acids, total saturated (\% of total FA)} = \text{fatty acids, total saturated (g/100 g EP)} \times 100 / \text{total fatty acids (g/100 g EP)}$$

$$\text{Fatty acids, total monounsaturated (\% of total FA)} = \text{fatty acids, total monounsaturated (g/100 g EP)} \times 100 / \text{total fatty acids (g/100 g EP)}$$

$$\text{Fatty acids, total polyunsaturated (\% of total FA)} = \text{fatty acids, total polyunsaturated (g/100 g EP)} \times 100 / \text{total fatty acids (g/100 g EP)}$$

In order to express fatty acid fractions consistent with total fat values, the above percentages were then used to calculate fatty acids in g/100 g EP, based on the total fat value of the food, according to the following formulae:

$$\text{Fatty acids, total saturated (g/100 g EP)} = \text{fatty acids, total saturated (\% of total FA)} \times \text{fatty acid conversion factor} \times \text{fat, total (g/100 g EP)} / 100$$

$$\text{Fatty acids, total monounsaturated (g/100 g EP)} = \text{fatty acids, total monounsaturated (\% of total FA)} \times \text{fatty acid conversion factor} \times \text{fat, total (g/100 g EP)} / 100$$

$$\text{Fatty acids, total polyunsaturated (g/100 g EP)} = \text{fatty acids, total polyunsaturated (\% of total FA)} \times \text{fatty acid conversion factor} \times \text{fat, total (g/100 g EP)} / 100$$

Some international FCT/FCDB included data for both *cis* and *trans* forms of unsaturated fatty acids, while others included only the *cis* form, and presented the *trans* fatty acid data separately. In cases where *trans* fatty acids were presented separately for total mono- and polyunsaturated fatty acids, the (generally low) data for *trans* fatty acids were not included in the calculations.

*Trans* fatty acids are present in negligible amounts in starchy roots and tubers, fruits and vegetables, and in low amounts (up to approximately 5 percent of total fat) in grains, legumes, nuts, meat, poultry, fish, eggs, dairy products and non-hydrogenated fats and oils.

### Linoleic and alpha-linolenic acid (g)

Linoleic acid is a polyunsaturated omega-6, *cis* fatty acid (International Union of Pure and Applied Chemistry (IUPAC) name: (9Z,12Z)-octadeca-9,12-dienoic acid). Alpha-linolenic acid is a polyunsaturated omega-3 *cis* fatty acid (IUPAC name: (9Z,12Z,15Z)-octadeca-9,12,15-trienoic acid).

Data for these components are predominantly borrowed from international FCT/FCDB (see [Section 9](#)), which were generally determined by gas liquid chromatography (GLC). As for the fatty acid (FA) fractions, the linoleic and alpha-linolenic acid values (whether from international FCT/FCDB or compiled data) were taken as a percentage of total polyunsaturated fatty acids, and not as absolute values in g/100 g EP, according to the following formulae:

$$\text{Linoleic acid (\% of polyunsaturated FA)} = \text{linoleic acid (g/100 g EP)} \times 100 / \text{fatty acids, total polyunsaturated (g/100 g EP)}$$

$\text{Alpha-linolenic acid (\% of polyunsaturated FA)} = \text{alpha-linolenic acid (g/100 g EP)} \times 100 / \text{fatty acids, total polyunsaturated (g/100 g EP)}$

The above percentages were then used to calculate fatty acids in g/100 g EP, based on the calculated value of total polyunsaturated fatty acids for each food, according to the following formulae:

$\text{Linoleic acid (g/100 g EP)} = \text{linoleic acid (\% of polyunsaturated FA)} \times \text{fatty acids, total polyunsaturated (g/100 g EP)} / 100$

$\text{Alpha-linolenic acid (g/100 g EP)} = \text{alpha-linolenic acid (\% of polyunsaturated FA)} \times \text{fatty acids, total polyunsaturated (g/100 g EP)} / 100$

### Phytate, total (mg)

Phytate is an anti-nutrient that reduces the absorption of iron and zinc from the diet, but also has positive health effects. Significant work has been done to compile existing phytate data and to establish the comparability of different analytical methods for phytate (FAO/IZiNCG, 2018).

Strictly speaking, total phytate refers to myo-inositol hexaphosphate, an inositol ring with six phosphate ester groups, which binds minerals (also known as IP6, in reference to the six phosphate groups). However, inositol phosphates with three to five phosphate ester groups (IP3–IP5) also exist, and IP5 (and potentially IP4) can also bind minerals. Measuring individual inositol phosphates is preferable, but as this analytical method is difficult and expensive to perform (and as there is almost no standard reference material for all IP forms), few laboratories carry out this analysis. As a result, very few IP data are available.

More commonly used analytical methods for total phytate are based on measuring phosphorus from phytate, directly or indirectly, and on the assumption that all phosphate is present as the IP6 form. Of these methods, the preferred method is by anion exchange (AOAC method 986.11, tagname PHYTCPP). Where data were only available from other methods – mainly direct precipitation (PHYTCPPD) and indirect precipitation (PHYTCPPI) – the total phytate value is presented between square brackets ([ ]). Data for total phytate are included in the **Condensed Food Composition Table** in the *User Guide*, while the few individual inositol phosphates are included in the *Excel Datasheets 05 NV\_sum\_57 (per 100 g EP)* and *06 NV\_stat\_57 (per 100 g EP)*.

## 6 PRINCIPLES OF COMPILATION AND CALCULATION

### 6.1 Raw foods

#### Food aggregation

Nearly all food entries in WAFCT 2019 include data from multiple sources and analyses. Separate food entries were created if significant differences in nutrient composition existed, for example due to processing or other factors that affect nutrient content.

In general, data were aggregated or matched by scientific name (after checking for synonyms) and food description. Preference was given to identification based on scientific names (after verification of sources and synonyms), rather than common names. This was particularly important in:

- 04 Vegetables and their products
- 05 Fruits and their products
- 09 Fish and its products

However, this was not possible for some foods; for instance, due to the number of different species of insects, these were matched according to common name. The component data were then checked to ensure they matched the food description, for example: the proximate composition for all foods; the fat and fibre

content for grain flours (to account for the level of refinement); the fat content of animal products and meat cuts; the beta-carotene content in coloured foods; and the fortification differences between West African countries and international FCT/FCDB.

Different food entries were created where enough data were available, for example to reflect differences in biodiversity, colour or processing. These food descriptors are included in the food names given in WAFCT 2019.

Weighting factors were not applied to account for different production or market share, nor to certain data sources, for example data points from international FCT/FCDB (as compared to articles from scientific literature or analytical reports).

### Order of preference of data

In general, preference was given to analytical data from Africa. The majority of data were compiled from Western Africa and supplemented by analytical data from South Africa, as well as by data from elsewhere in Africa, including AnFood2.0 (FAO, 2017a), BioFoodComp4.0 (FAO, 2017b), PhyFoodComp1.0 (FAO/IZiNCG, 2018), and data from the analytical programme for the *Kenya Food Composition Tables* (FAO and Government of Kenya, 2018) and Ghana (analysed for WAFCT 2019). Analytical data from scientific articles and reports were always used in preference to compiled data from FCT/FCDB. Where analytical data were not available, data were borrowed from FCT/FCDB from other countries (see [Section 9](#)).

Primary among these were the *Indian Food Composition Tables* (Longvah *et al.*, 2017), because the data are new and entirely analytical, and the *Condensed Food Composition Tables for South Africa* (Wolmarans *et al.*, 2010), because of geographic proximity. Data from Australia (Food Standards Australia New Zealand, 2014), the United States of America (USDA, 2015), the United Kingdom of Great Britain and Northern Ireland (Food Standards Agency, 2015) and Denmark (Technical University of Denmark, 2016) were also used. The food specific FCDB uFiSh1.0 (FAO, 2016) was used in *09 Fish and its products* (this included unpublished data compiled for uFiSh), and the FCDB uPulses1.0 (FAO, 2017c) was used for foods in *03 Legumes and their products*. For a small number of foods, additional data were borrowed from other international FCT/FCDB, such as the *Thai Food Composition Database* (Judprasong *et al.*, 2015), *China food composition: Book 1* (Institute of Nutrition and Food Safety, 2002), the *Tabela brasileira de composição de alimentos* or Brazilian Food Composition Table (NEPA, 2011) and the *CIQUAL French food composition table version 2017* or French Food Composition Table (ANSES, 2017).

### Generic profiles

In some cases no data were available for particular components in a food (either from Africa, from similar foods, or from international FCT/FCDB). To fill these gaps, a generic food with an 'average' profile was developed, based on similar foods in WAFCT 2019. Generic profiles were used for:

- Legumes, using data from uPulses1.0 (FAO, 2017c);
- Green leafy vegetables, using data from the Indian FCT (Longvah *et al.*, 2017);
- Lean fish (<5 percent fat), using data from multiple international FCT/FCDB; and
- Nuts and seeds, using data from multiple international FCT/FCDB.

### Assumed values

Based on current knowledge of foods, the value of some components were assumed to be zero, as follows:

- Alcohol values were assumed to be zero for all foods except alcoholic beverages.
- Cholesterol, retinol and vitamin D values were assumed to be zero in unfortified plant-origin foods.
- Vitamin B12 values were assumed to be zero in unfortified plant-origin foods, except for foods that had been fermented and/or contained yeast.
- Phytate and fibre values were assumed to be zero in animal-origin foods (excluding insects).
- Carbohydrate values were assumed to be zero in mammal and poultry muscle meat, fish, most fats and oils, and some foods (such as salt).
- Vitamin C values were assumed to be zero in eggs and finfish.
- Folic acid values were assumed to be zero in all unfortified foods.
- Fatty acid and cholesterol values were assumed to be zero in foods where the total fat value was zero.

### Borrowing data

Data was borrowed mainly from the reference datasets (see **Section 9**). This was done only where there was no available analytical data from Africa. In a few instances, data was borrowed from other similar foods in the table; e.g. between raw and dried versions of the same food.

- Data to be used for borrowing were matched as described above in **Food aggregation**; data were borrowed from the reference dataset where the proximate composition was as similar as possible to the food in WAFCT 2019.
- For foods in *01 Cereals and their products* and *02 Starchy roots, tubers and their products*, some data were borrowed from species whose composition was expected to be similar, for example with fonio and millet, and with different yam species.
- For foods in *07 Meat, poultry and their products*, data were borrowed from different cuts of the same species, and in some cases from different species (where the composition was expected to be similar, for example between poultry with similar proximate composition).
- For foods in *08 Eggs and their products*, data were borrowed from different species where the composition was expected to be similar.
- For foods in *09 Fish and its products* data were borrowed from the closest available species or genus.
- Data for beta-carotene and/or beta-carotene equivalents were borrowed from foods with similar colours within the same food group, and values were estimated as zero in very pale foods.
- Data for fortified foods were taken from legislation or scientific articles (see **Section 6.2**). All data borrowed from international FCT/FCDB were carefully checked against fortification requirements in the country of origin of the data, and data for fortified components were not used.

### Adjusting borrowed data

When borrowing data, the *FAO/INFOODS Guidelines for checking food composition data prior to the publication of a user table/database* (FAO/INFOODS, 2012a) recommend adjusting proximates and water-soluble components when the moisture content between the foods differs by more than 10 percent, and adjusting fat-soluble components when the fat content differs by more than 10 percent. Based on discussion within the INFOODS community, the recommendations in the *Guidelines* were updated for WAFCT 2019, and the following rules and considerations were applied for borrowing data:

- Proximates, minerals and water-soluble components were adjusted for moisture content where the moisture content differed by more than 10 percent.
- Fat-soluble components (vitamins A, D and E, including carotenes and retinol) were not adjusted; these are often unrelated to fat content and instead differ due to other factors, such as colour, biodiversity, maturity or feed.
- Tryptophan was adjusted for total protein content where total protein content differed by more than 10 percent.
- Cholesterol was adjusted for total fat content where total fat content differed by more than 10 percent. It should be noted however, that skimmed dairy products have a higher ratio of cholesterol to fat than whole dairy products. Similarly, with meat, the ratio of cholesterol to fat differs between intramuscular and separable fat. As a result, data were not borrowed between whole and skimmed dairy or between meat cuts with very different trimming.
- When borrowing data from fresh foods for dried foods (especially vegetables, nuts and seeds, and fish), all components were adjusted for the difference in moisture content.

## 6.2 Fortified foods

Many countries in Western Africa have mandatory or voluntary food fortification programmes. Fortificants are typically added to processed foods (such as grain flours and refined cooking oils) at the time of manufacture. Levels of fortificants in fortified foods can vary for a range of reasons. For example, fortificants are added during manufacture and perfect mixing is difficult to achieve, so fortificant levels may vary throughout a batch of food. Fortificants can also degrade over time or during additional processing (e.g. in bread made from fortified flour). And industry compliance may also be low. Research in Nigeria found that only 8–13 percent of cereal flour, oil and sugar samples were compliant with vitamin A fortification standards, and that only 10 percent of sampled cereal flours were compliant with iron fortification standards (Ogunmoyela *et al.*, 2013; Uchendu and Atinmo, 2016). For these reasons, the best way to assess fortification levels is through the analysis of fortified foods as they are available to the consumer. Unfortunately however, there were few analytical data from Western Africa for fortified foods.

In order to include fortified foods in the database, research was undertaken on required fortification levels for foods in Western Africa. Advice and available information on the topic were provided by INFOODS partners and by the FAO Regional Office for Africa to the team at FAO in Rome. Some 20 sources were found, of which 12 were used. These included original government legislation (République du Bénin 2012a, 2012b; République du Mali, 2017), scientific articles (Hess *et al.*, 2013; Nyumuah *et al.*, 2012; Rohner *et al.*, 2016; Sablah, Grant and Fiedler, 2013), relevant reports and other data sources (Food Fortification Initiative, 2018; Global Fortification Data Exchange, 2018; Hoogendoorn *et al.*, 2016; Robinson *et al.*, 2014; Traore, 2008). The information was compiled and used to adjust the component values for fortified foods to the fortification levels of the different countries.

The following points were used to develop the fortified food entries:

- Only mandatory fortification was considered.
- Only refined cereal products were considered to be fortified; wholegrain products (e.g. wholegrain maize meal) were not.
- Where up-to-date legislation specifying fortification levels was available, this information was considered to be correct. Otherwise, where sources were limited to scientific articles, papers or reports, required fortification levels were taken from the most authoritative of these.
- Where no information was available on required fortification levels for a country, it was not included in WAFCT 2019.
- Fortification was not considered for processed products of fortified foods such as bread and cereals.
- Where fortification levels were given for a vitamin or mineral and no fortificant was specified, they were assumed to be the levels present in the food.
- Where fortification levels were given for a vitamin or mineral and fortificants were specified, the vitamin/mineral was converted to the expression used in WAFCT 2019 (e.g. 1 mg retinol palmitate equals 0.55 mg vitamin A in retinol equivalents; 1 mg ferrous fumarate equals 0.33 mg iron).
- The additional vitamin or mineral content from fortification was added to the vitamin or mineral present in the unfortified food.
- The legislation for the vitamin A fortification of cooking oils usually referred to an acceptable range, not a point value. For this reason, and given the uncertainty around exact levels of fortificants in foods (as explained above), the entries in *11 Fats and oils* were grouped into two approximate levels of fortification.

### 6.3 Calculation of cooked foods

Component values for cooked foods were calculated from raw foods, using yield and retention factors according to the mixed recipe calculation method in the *FAO/INFOODS E-Learning Course on Food Composition Data* (2013). Nutrient retention factors (RF) estimate the loss/damage to micronutrients during cooking. Yield factors (YF) estimate the loss or gain of moisture and/or fat during cooking. Food entries were created for foods that are usually consumed cooked, including cereals, tubers, vegetables, meat and eggs, as well as fish and shellfish.

The cooking methods were grouped as follows:

- *Steamed*, and *boiled + drained*: Values for these foods 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; stewed*; and *boiled, consumed with cooking liquid*: Values for these foods were calculated using retention factors that assume the cooking liquid is also consumed, for example rice cooked by absorption and foods cooked in soups or stews. Therefore, minerals have a RF of 1 (i.e. no loss of minerals).
- *Grilled*: Values for these foods were calculated using retention factors that account for the loss of vitamins and minerals in the discarded drippings.
- For pulses, a distinction is made between *soaked* and *not soaked*, as this has significant impact on the loss of phytate.

### 6.4 Retention factors

Retention factors were taken primarily from a EuroFIR technical report on recipe calculation (Vásquez-Caicedo *et al.*, 2008). There are certain gaps in this report with respect to zinc and copper retention factors

for boiled, steamed, stewed and braised meats; these retention factors were taken from Bognár (2002). Phytate retention factors were extrapolated from original research for uPulses1.0 (FAO, 2017c) and for the *Kenya Food Composition Tables* (FAO and Government of Kenya, 2018).

There are few foods and nutrients for which data exists in the literature regarding retention factors on drying. As a result, some approximations were made for drying. If a value for a certain nutrient of a dried food was missing and a value for the corresponding raw food existed, the EuroFIR retention factor for 'cooked by dry heat' was applied. However, for vitamin C and vitamin A, other factors were used; this was because for dried vegetables (sun-dried or dried), both observations from the literature and own calculations showed a loss of vitamin C and A of about 80–90 percent compared to the content in the raw foods.

Component values in cooked foods are calculated according to the following formula:

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

NV = component value. *x* is the unit of the component (e.g. g, mg, mcg).

## 6.5 Yield factors

The yield factors were drawn from a wide range of sources and are presented with their sources in **Annex C**. Where a yield factor for a particular food was not available it was borrowed from a similar food.

When yield factors are measured the calculation is based on the following formula:

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

Most of the weight change after cooking is due to the loss or gain of water in the food. For fatty food however, the weight change can also be attributed to a loss of fat. Fat loss factors were used to indicate if the weight loss corresponds solely to a loss of water or to a combination of water and fat loss. If the fat content of the food is higher than 5 percent, the change in weight is assumed to be caused partly by water and partly by fat. In this case, the fat loss factors (as shown in **TABLE 8**) were applied to the cooking methods *grilled, steamed and boiled* for the food groups *07 Meat, poultry and their products* and *09 Fish and its products*.

TABLE 8  
**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

For foods with fat greater than 5 percent, fat in the cooked food is calculated according to the following formula:

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

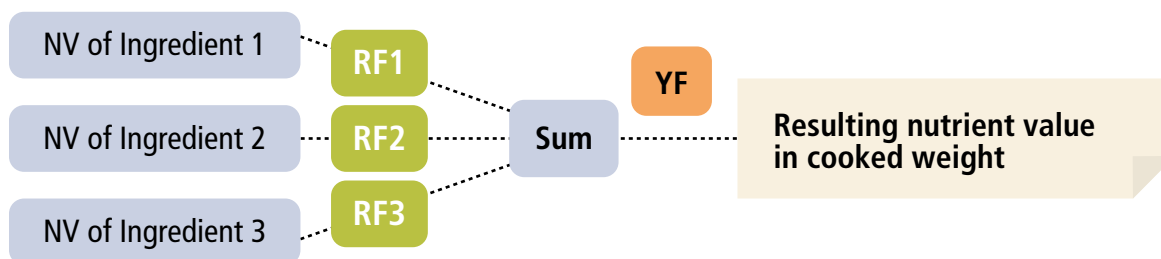


## 6.6 Calculation of mixed dishes

Mixed dishes were calculated using the mixed recipe calculation method, in which retention factors are applied at ingredient level and yield factors at recipe level, as shown in [FIGURE 1](#); according to FAO/INFOODS, this is the most recommended and widely used recipe calculation method for estimating the composition of mixed dishes (FAO, 2013).

FIGURE 1

### HOW RETENTION FACTORS AND YIELD FACTORS ARE APPLIED IN THE MIXED RECIPE METHOD



Source: FAO (2013). NV = Nutrient value.

The following assumptions were used in calculating the composition of mixed dishes:

- Trace values (tr) were converted to 0 for calculation.
- Where an ingredient is missing a component value or the value is of lower quality (i.e. presented between square brackets), the component value for the mixed dish is presented in square brackets ([ ]).
- Where an ingredient was subject to two cooking methods (for example, sautéed then boiled) the retention factor for the cooking method that caused the greatest losses was used.
- Fat losses were not considered, as fat is supposed to remain in the mixed dish.

Recipes are listed with all their ingredients, weights and yield factors, together with a short description, in the *Excel Datasheets* only (*09 Mixed Dishes*).

## 7 FOOD AND VALUE DOCUMENTATION

### Statistics

The component values for food entries are the average of the selected compositional data. In the *Excel Datasheets*, the following statistics are provided for values:

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

In the **Condensed Food Composition Table** included in the *User Guide*, the following statistics are provided for values:

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

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

### 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 E** and in the *Excel Datasheet 12 Data sources with BiblioID*.

### Documentation at component level

A key new inclusion in WAFCT 2019 is that values from sources outside of Africa are indicated with 'oa' to highlight where there are gaps in compositional data from Africa. If data from outside of Western Africa would have been marked, many more values would have been marked as 'oa'. This documentation is presented for all components except energy and sum of proximate components. This documentation is not presented for mixed dishes or cooked foods calculated using retention and yield factors.

### Food and value documentation symbols

Food and value documentation symbols are shown in **TABLE 9**.

TABLE 9  
**VALUE DOCUMENTATION SYMBOLS**

SYMBOL	DESCRIPTION	NOTES
SD	Standard deviation	Presented where the number of data points for the component value is three or greater. Not included for calculated values.
Max-min	Maximum–minimum	Presented where there are two data points for the component value. Not included for calculated values.
n	Number of data points	Not included for calculated values.
tr	Trace	Where 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	For all components except energy and sum of proximate components. Not included for mixed dishes or cooked foods calculated using retention and yield factors.
[ ]	Value of lower quality	Either because of doubtful data or different analytical method, definition or expression. In mixed dishes, it means that at least one of the ingredients has a missing or lower quality value.
*	Value calculated using the mixed recipe calculation method	Given at food level and included in the food name.

## 8 QUALITY CONSIDERATIONS

The values in WAFCT 2019 are the result of a comprehensive search across published and unpublished data from Western Africa, analytical data from Ghana, Kenya and South Africa, and appropriate international FCT/FCDB. The authors consider that WAFCT 2019 includes the majority of good quality food composition data available for Western Africa. Data were carefully scrutinized during data collection and compilation using international guidelines. Final values were cross-checked and compared with international FCT/FCDBs. Data should however be interpreted and used with regard to the following quality considerations:

- There is a serious lack of data from Western Africa for vitamins and (to a lesser degree) for minerals. Many of these data were therefore borrowed from international FCT/FCDB. While great care has been taken to correctly match foods from Western Africa to foods from international FCT/FCDB, there are many factors that affect the nutrient contents of foods. For example, iron levels in foods from Western

Africa are higher than values from international sources for most foods. This is likely due to the high iron content of soils in Western Africa (Koreissi-Dembélé *et al.*, 2013), or to other factors such as cooking vessels and contamination.

- The vast majority of compositional data do not come from representative samples of food, either for a country or for the region. While data from many countries in Western Africa have been compiled and food entries often contain data from more than one country, no food entries include data from all countries in Western Africa.
- Data have not been weighted according to production volumes or market share, as these data were not available.
- Where similar foods are included in the database, e.g. *Pearl millet, whole grains, raw* and *Pearl millet, decorticated, raw* they usually come from separate sampling schemes. Differences in nutrient contents may be due to differences in the analysed samples, rather than expressions of the effect of processing.
- WAFCT 2019 presents the average of available and selected data for each food, but it is important to know that the composition of different food samples of the same or similar foods can vary considerably. Users are encouraged to carefully study the available statistics given for average components to understand the potential variation in component values for a food.
- Even though processed or manufactured foods are increasingly consumed in Western Africa (e.g. cakes and biscuits, savoury snack foods, bottled beverages), few of these foods are included in WAFCT 2019. The data from Western Africa for these foods was not sufficient for their inclusion, and as the nutrient content is dependent on local manufacturing processes, ingredients and recipes, it is difficult to borrow them from international sources. It should be noted, moreover, that even in international FCT/FCDB, processed and manufactured foods are rarely included. This represents a major challenge for food consumption survey investigators.
- Calculated nutrient contents are only valid for the mixed dishes as they are published in WAFCT 2019. These nutrient compositions are not accurate for mixed dishes with different ingredients or different ingredient proportions. To allow users to evaluate if their recipes correspond to the ones published in WAFCT 2019, the list of all ingredients, including their raw weight, is provided together with a short recipe description, the cooked weight and the yield factor in the *Excel Datasheet 09 Mixed Dishes*.
- Component values in fortified foods were based on available information for each country's required fortification levels (see [Section 6.2](#)). However, fortification levels can be significantly higher or lower due to 'overages' (additional fortificants added to ensure the product is adequately fortified until the end of its shelf life), manufacturing processes or inconsistent compliance by manufacturers with fortification requirements. These values should therefore be used with caution.

## 9 REFERENCE DATASET USED IN WAFCT 2019

A reference dataset comprising selected international FCT/FCDB was prepared at the beginning of the WAFCT 2019 update, and served as:

- a source of data to borrow from when there were gaps in the data compiled from Africa;
- a reference to check that the compiled values in WAFCT 2019 were reasonable.

For each FCT/FCDB, the component names were assigned to INFOODS tagnames, and appropriate unit conversions were carried out if necessary. Fatty acids were borrowed as a proportion of total fat or total polyunsaturated fatty acids (see [Section 5](#) for further detail).

Data were matched using scientific names, food names and food descriptions. Fortification programmes for the United Kingdom of Great Britain and Northern Ireland, the United States of America, Australia and South Africa were checked, and data that reflected these programmes were excluded (this was particularly important for wheat products). [TABLE 10](#) lists the FCT/FCDB included in the reference database.

TABLE 10  
**FCT/FCDB USED AS REFERENCES IN WAFCT 2019**

SHORT NAME	BiblioID	REFERENCE
AUSNUT	AU14	<b>Food Standards Australia New Zealand (FSANZ)</b> . 2014. <i>AUSNUT 2011–13 – Australian Food Composition Database</i> [online]. Canberra. [Cited December 2018]. <a href="http://www.foodstandards.gov.au">http://www.foodstandards.gov.au</a>
Indian FCT	IN17	<b>Longvah, T., Ananthan, R., Bhaskarachary, K. &amp; Venkaiah, K.</b> 2017. <i>Indian Food Composition Tables</i> . Hyderabad, India, National Institute of Nutrition. (also available at <a href="http://www.ifct2017.com/frame.php?page=home">http://www.ifct2017.com/frame.php?page=home</a> ).
South African FCT	SA10	<b>Wolmarans P., Danster N., Dalton A., Rossouw K. &amp; Schönfeldt, H., eds.</b> 2010. <i>Condensed Food Composition Tables for South Africa</i> . Cape Town, South Africa, South African Medical Research Council.
uFish1.0	UF1	<b>FAO/INFOODS Global Food Composition Database for Fish and Shellfish</b> . Version 1.0 – uFish1.0. Rome. (also available at <a href="http://www.fao.org/infoods/infoods/tables-and-databases/faoinfoods-databases/en/">http://www.fao.org/infoods/infoods/tables-and-databases/faoinfoods-databases/en/</a> ).
UK FCT	UK7	<b>Food Standards Agency</b> . 2015. McCance and Widdowson's The Composition of Foods Integrated Dataset (CoFID) 2015. London, Institute of Food Research, Public Health England. (also available at <a href="https://www.gov.uk/government/publications/composition-of-foods-integrated-dataset-cofid">https://www.gov.uk/government/publications/composition-of-foods-integrated-dataset-cofid</a> ).
uPulses1.0	UP1	<b>FAO</b> . 2017c. <i>FAO/INFOODS Global Food Composition Database for Pulses</i> . Version 1.0 – uPulses1.0. Rome. (also available at <a href="http://www.fao.org/infoods/infoods/tables-and-databases/faoinfoods-databases/en/">http://www.fao.org/infoods/infoods/tables-and-databases/faoinfoods-databases/en/</a> ).
USDA	US28	<b>United States Department of Agriculture (USDA)</b> . 2015. USDA National Nutrient Database for Standard Reference, Release 28. In: <i>USDA Agricultural Research Service</i> [online]. Washington, DC. [Cited April 2018]. <a href="http://ndb.nal.usda.gov/">http://ndb.nal.usda.gov/</a> (Note: This was the current version until April 2018.)

Some other international FCT/FCDB (as shown in TABLE 11) were used to borrow data for specific foods, but in these cases the entire FCT/FCDB was not included in the reference dataset for WAFCT 2019.

TABLE 11  
**FCT/FCDB USED AS REFERENCES FOR PARTICULAR FOODS IN WAFCT 2019**

SHORT NAME	BiblioID	REFERENCE
Brazilian FCT	1T	<b>Núcleo de Estudos e pesquisas em Alimentação (NEPA)</b> . 2011. <i>Tabela brasileira de composição de alimentos</i> . Campinas, Brazil. 164 pp. (also available at <a href="http://www.nepa.unicamp.br/taco/tabela.php?ativo=tabela">http://www.nepa.unicamp.br/taco/tabela.php?ativo=tabela</a> ).
China FCT	CH02	<b>Institute of Nutrition and Food Safety</b> . 2002. <i>China food composition: Book 1</i> , 2nd Edition. Beijing, Peking University Medical Press.
Danish FCT	DK2	<b>Technical University of Denmark (DTU)</b> . 2016. <i>Frida Food Data</i> , version 2 [online]. Copenhagen, National Food Institute. [Cited November 2017]. <a href="http://frida.fooddata.dk">http://frida.fooddata.dk</a>
French FCT	F09	<b>French Agency for Food, Environmental and Occupational Health &amp; Safety (ANSES)</b> . 2017. <i>CIQUAL French food composition table version 2017</i> [online]. Maisons-Alfort, France. [Cited November 2018]. <a href="https://ciqual.anses.fr/">https://ciqual.anses.fr/</a>
Kenyan FCT	KEN18	<b>FAO &amp; Government of Kenya</b> . 2018. <i>Kenya Food Composition Tables</i> [online]. Nairobi. [Cited December 2018]. <a href="http://www.kilimo.go.ke/wp-content/uploads/2018/10/KENYA-FOOD-COMPOSITION-TABLES-2018.pdf">http://www.kilimo.go.ke/wp-content/uploads/2018/10/KENYA-FOOD-COMPOSITION-TABLES-2018.pdf</a>
Thai FCT	Thai16	<b>Judprasong, K., Puwastien, P., Nitithamyong, A., Sridonpai, P. &amp; Somjai, A.</b> 2015. <i>Thai Food Composition Database</i> [online]. Bangkok, Institute of Nutrition, Mahidol University (INMU). [Cited October 2018]. <a href="http://www.inmu.mahidol.ac.th/thaifcd">http://www.inmu.mahidol.ac.th/thaifcd</a>

## 10 RECOMMENDATIONS FOR FUTURE WORK

High-quality compositional data are needed for action in many different areas of nutrition and agriculture. WAFCT 2019 marks a step towards broader access to such high-quality compositional data in Western Africa. However, further efforts are needed to develop more national FCT/FCDB, and to update existing FCT/FCDB with up-to-date analytical data, as many FCT/FCDB in Western Africa are from (or are based on data from) the 1960s–1980s.

Thus there is a great need to generate more high-quality analytical data for local foods, including biodiverse and processed foods, and to publish it with enough detail for it to be widely useable. Much of the food composition data found during the preparation of WAFCT2019 could not be used due to insufficient food or component descriptions, insufficient descriptions of or inappropriate use of analytical methods, or unclear denominator (i.e. fresh weight or dry matter basis). Additionally, few data came from analyses of representative food samples for either a country or the region. The authors of this publication encourage food composition researchers to make use of guidance resources such as the *FAO/INFOODS E-Learning Course on Food Composition Data* (FAO, 2013) and the FAO/INFOODS food composition guidelines, all of which are available at the INFOODS website: <http://www.fao.org/infoods/infoods/>.

Many laboratories in Western Africa are able to generate compositional data for proximates, and to a lesser extent for minerals – these analyses are relatively easy and inexpensive. But gaps remain in high quality data from Western Africa, especially for vitamins and phytate (in particular the individual forms IP4, IP5 and IP6) which require more complex and costly analyses. The costs of laboratory equipment, certified reference material, chemicals, maintenance and trained chemists are high, and the low number of food composition analyses being carried out can make it difficult to justify these expenses. However, these expenses become will become cost-effective when the demand for analytical food composition data increases. New investment and donor interest in building analytical capacity and driving demand for food composition data is therefore required to close the current data gaps.

WAFCT 2019 values that come from outside Africa are identified in the value documentation (see **Section 7**); the authors encourage researchers and potential donors to use this information to identify priorities for future food composition analysis.

Only when adequate food composition data are available for most foods consumed in the different countries of Western Africa will it be possible for food consumption data to be correctly translated into good nutrient intake estimations, and for the proportions of populations with adequate or inadequate nutrient intakes to be correctly estimated. With this information there will be less likelihood of subjects being classified as false positives and negatives, and research results will reflect a situation with less bias. Only then will governments and other stakeholders be in a position to design and implement programmes and policies that are better targeted and more cost-effective, with higher chances of reducing malnutrition rates, hopefully using local foods with high micronutrient density. Investments in food composition and consumption data generation, compilation and publication might in the long run be more cost-effective than implementing ill-targeted programmes and policies which have little impact on malnutrition rates. This paradigm still needs to be fully understood by governments, donors and decision-makers.

# GUIDE D'UTILISATION

## 1 INTRODUCTION

### 1.1 Historique

L'Organisation des Nations Unies pour l'alimentation et l'agriculture (FAO) a publié en 2010 la première Table de composition des aliments pour l'Afrique de l'Ouest, en anglais, sous le titre **Composition of Selected Foods from West Africa**. Cette version a rapidement été suivie d'une deuxième édition, bilingue, mise en circulation en 2012 et intitulée **West African Food Composition Table/Table de composition des aliments pour l'Afrique de l'Ouest**. La version 2012 a été largement utilisée en Afrique (Vila-Real *et al.*, 2018), mais elle était incomplète: des aliments importants manquaient et elle ne contenait ni plats composés ni aliments enrichis.

Cette troisième édition de la Table de composition des aliments pour l'Afrique de l'Ouest (TCAAO 2019) a été élaborée dans le cadre du Projet International Dietary Data Expansion (INDDEX), mis en œuvre par la Friedman School of Nutrition Science and Policy de la Tufts University, avec un financement de la Fondation Bill et Melinda Gates. La TCAAO 2019 est le fruit d'une collaboration étroite entre la FAO et des partenaires du Réseau international de systèmes de données sur les aliments (INFOODS) basés en Afrique du Sud, au Bénin, au Burkina Faso, au Cameroun, au Ghana, au Mali et au Nigéria, qui ont recueilli et compilé des données sur la composition des aliments issues d'articles scientifiques, de thèses, de rapports universitaires et d'autres sources, et disponibles au niveau local. Ces données ont été complétées par des données provenant de programmes d'analyse de la composition des aliments mis en œuvre au Ghana et au Kenya et de tables et de bases de données existantes (TCA/BDCA) provenant d'Afrique et d'ailleurs.

### 1.2 Objectifs et principes

Chaque édition de la TCAAO s'est efforcée de fournir des données pertinentes et de qualité concernant les aliments consommés en Afrique de l'Ouest, pour les utiliser dans les domaines de la nutrition et/ou de l'agriculture. L'objectif de cette dernière mise à jour, à l'issue de laquelle a été établie la TCAAO 2019, était d'accroître l'utilité de la table et la qualité de ses données en ajoutant des aliments et des composants, et en incluant davantage de données analytiques africaines. La préparation de la TCAAO 2019 a donc principalement consisté à:

- identifier et inclure des données sur des aliments pertinents qui ne figuraient pas dans l'édition 2012;
- rechercher de nouvelles données analytiques sur la composition des aliments auprès de diverses sources d'Afrique de l'Ouest, telles que rapports et thèses universitaires ou articles scientifiques;
- dans la mesure du possible, remplacer les données de sources non africaines par des données provenant d'Afrique;
- mettre à jour les données empruntées à des TCA/BDCA internationales pour refléter les dernières éditions de ces tables ou bases de données;
- inclure des données dérivées de calculs des recettes pour les plats composés de consommation courante;
- inclure les aliments enrichis;
- inclure de nouveaux composants tels que les acides gras saturés, mono-insaturés et poly-insaturés, le cholestérol et les phytates; et
- indiquer, dans la documentation des valeurs, les données de sources non africaines.

La TCAAO 2019 a été établie selon les principes suivants:

- compiler des ensembles de données nutritionnelles complets en réduisant au minimum les valeurs manquantes;
- représenter la composition moyenne des aliments sur la base des données analytiques disponibles;
- n'utiliser des données non analytiques extraites de TCA/BDCA internationales qu'en cas d'absence ou d'insuffisance de données analytiques africaines;

- représenter (dans la mesure où les données disponibles le permettent) la variation intra-spécifique des valeurs des composants, en particulier selon:
  - » la variété (en particulier la couleur);
  - » la maturité
- décrire les aliments de façon aussi précise que les données originales le permettent;
- utiliser les données les plus proches de l'aliment ou de l'espèce local/e lorsque l'on doit emprunter des données;
- évaluer, normaliser, compiler et documenter les données conformément aux normes internationales FAO/INFOODS; et
- utiliser les outils FAO/INFOODS ci-après:
  - » *Directives FAO/INFOODS pour la vérification des données sur la composition des aliments avant la publication d'une table/base de données utilisateur*. Version 1.0 (FAO/INFOODS, 2012a)
  - » *Directives FAO/INFOODS relatives à la conversion des unités de mesure, des dénominateurs et des expressions*. Version 1.0 (FAO/INFOODS, 2012b)
  - » *Directives FAO/INFOODS sur l'appariement des aliments*. Version 1.2 (FAO/INFOODS, 2012c)
  - » *Identifiants des composants alimentaires* (FAO/INFOODS, 2019); et
  - » *Compilation Tool Version 1.2.1 and User Guidelines* (FAO/INFOODS, 2011).

### 1.3 Apports, travail et temps requis pour l'élaboration de la TCAA 2019

Beaucoup de gens sous-estiment le temps et les compétences nécessaires pour élaborer ou mettre à jour une TCA/BDCA. Il a fallu environ 75 personnes-mois pendant quatre ans pour établir la TCAA 2019.

Il faut du temps pour identifier les experts en composition des aliments capables de collecter, évaluer, compiler, agréger, estimer et calculer des données conformément aux normes internationales, de même que pour former le personnel moins expérimenté et pour vérifier et contrôler de façon rigoureuse les données compilées. On trouvera au [TABLEAU 1](#) un aperçu du temps approximatif nécessaire pour les différentes tâches. Il convient cependant de noter que les temps indiqués peuvent être augmentés de 30 pour cent, en cas d'imprévus.

### 1.4 Produits, structure et format de la TCAA 2019

La TCAA 2019 est constituée d'une table de composition des aliments et d'un guide d'utilisation. Pour des raisons de place et de présentation, ces éléments sont divisés en deux parties, de la façon suivante:

- **Guide d'utilisation & Table de composition des aliments condensée**  
Le présent document est disponible en version imprimée (papier) et numérique (fichier PDF, lisible avec Adobe Acrobat Reader ou un logiciel similaire). Il donne des détails sur les composants, les aliments et les recettes inclus dans la TCAA 2019, ainsi que sur le processus, les principes et les méthodes utilisées pour la compilation et le calcul des données. La **Table de composition des aliments condensée** incluse dans le *Guide d'utilisation* présente des données sur **39** des **57** composants présents dans cette TCAA 2019, avec des statistiques et une documentation pour les données obtenues en dehors de l'Afrique. Une sélection de données supplémentaires est incluse dans les Annexes du *Guide d'utilisation*, comme indiqué au [TABLEAU 2](#).
- **Ensemble complet de Feuilles de données (publiées en format Microsoft Excel)**  
Les *Feuilles de données Excel* sont disponibles uniquement en format électronique/numérique (fichier XLS/XLSX file, utilisable sous Microsoft Excel ou un logiciel similaire). L'ensemble est constitué de 12 feuilles de données, énumérées au [TABLEAU 2](#).

Les versions électroniques/numériques des deux parties de la TCAA 2019 sont disponibles sur le site web FAO/INFOODS: <http://www.fao.org/infoods/infoods/fr/>

Le [TABLEAU 2](#) offre une vue d'ensemble plus détaillée de certains produits individuels de la TCAA 2019 et donne des précisions sur le format de diffusion (en indiquant ce qui se trouve dans le *Guide d'utilisation* et dans les *Feuilles de données Excel*).

TABLEAU 1  
**TEMPS REQUIS POUR ÉLABORER LA TCAA 2019**

TÂCHES	PERSONNES-MOIS AU COURS D'UNE PÉRIODE
<b>Travaux préparatoires et élaboration de la base de données d'archivage</b>	
Préparation des fichiers (assemblage des données de référence, identification des données à mettre à jour, et élaboration de modèles pour la collecte et la gestion des données)	3,5 mois de travail d'un expert, sur une période d'1 an
Sélection des aliments, collecte des données, saisie des données dans l'outil de compilation FAO/INFOODS, formation sur le tas et vérification des données (couvrant des travaux dans sept pays)	30 mois de travail d'un expert, sur une période de 2 ans
Collecte de données sur les recettes et la cuisson, enregistrement et saisie des données dans un fichier modèle au Burkina Faso, et vérification des données au siège de la FAO, à Rome	7 mois de travail d'un expert, sur une période de 1,5 ans
Échantillonnage et préparation des échantillons au Ghana, expédition, analyse en Inde et vérification des données de 25 aliments du Ghana analysés	5 mois de travail d'un expert, sur une période de 2 ans
<b>Élaboration d'une base de données de référence</b>	
Agrégation et compilation des aliments dans les 14 groupes d'aliments	10 mois de travail d'un expert, sur une période de 2,5 ans
Collecte de données sur les aliments enrichis et compilation de leur composition en nutriments	2,5 mois de travail d'un expert, sur une période de 1,5 ans
Vérification et correction des données sur 494 aliments crus (avant calcul de la composition nutritionnelle des aliments cuits et des recettes)	1 mois de travail d'un expert, sur une période de 3 mois
Calcul de la composition nutritionnelle de 440 aliments cuits et de 94 recettes, et vérification des données	2 mois de travail d'un expert, sur une période de 1,5 ans
<b>Travaux préalables à la publication</b>	
Vérification des données avant publication	0,5 mois de travail d'un expert, sur une période de 3 mois
Préparation du <i>Guide d'utilisation</i>	1,5 mois de travail d'un expert, sur une période de 3 mois
Préparation des fichiers pour la publication ( <i>Feuilles de données Excel</i> , codage FoodEx2, mise en page du <i>Guide d'utilisation</i> et vérification finale)	5 mois de travail d'un expert, sur une période de 10 mois
Traduction de l'anglais vers le français et vérification	2 mois de travail d'un expert, sur une période de 4 mois
<b>Appui administratif</b>	
Établissement des contrats, du budget, des rapports, et assistance pour l'organisation des voyages	2 mois de travail d'un expert, sur une période de 3,5 ans
<b>Coordination</b>	
Sélection et recrutement de consultants, établissement de rapports, supervision et gestion, liaison avec les donateurs et avec le personnel de projet	3 mois de travail d'un expert, sur une période de 3,5 ans
<b>Total</b>	<b>75 mois de travail sur une période de 4 ans</b>



TABLEAU 2  
STRUCTURE DE LA TCAA 2019

PRODUIT/CONTENU	DESCRIPTION	DISPONIBLE DANS LE GUIDE D'UTILISATION	DISPONIBLE DANS LES FEUILLES DE DONNÉES EXCEL
Vue d'ensemble de la TCAA 2019 mise à jour	Inclut la documentation relative aux aliments, aux recettes et aux composants figurant dans TCAA 2019, des informations sur les méthodes, les sources et les considérations de qualité; des recommandations pour les travaux futurs; et des références bibliographiques.	Oui: Sections 1-11	Non
Présentation succincte des <i>Feuilles de données Excel</i>	Présentation des tableaux, incluant des informations sur les droits d'auteur et une clause de non-responsabilité.	Non	Oui: Feuille de données 01 <i>Introduction</i>
Composants	Offre un aperçu de tous les composants, avec leurs identifiants INFOODS, descriptions, unités recommandées, nombre maximal de décimales et chiffres significatifs.	Oui: Section 5, tableau 4	Oui: Feuille de données 02 <i>Components</i>
Table de composition des aliments condensée, sans information statistique	Présente les valeurs des nutriments compilées pour 100 g de PC pour tous les aliments et pour <b>39</b> composants - <b>sans</b> information statistique ni documentation pour les données extra-africaines.	Non	Oui: Feuille de données 03 <i>NV_sum_39 (per 100 g EP)</i>
Table de composition des aliments condensée, avec information statistique	Présente les valeurs des nutriments compilées pour 100 g de PC pour tous les aliments et <b>39</b> composants - <b>avec</b> information statistique et documentation pour les données extra-africaines. NOTE: Ce tableau figure à la fois dans le <i>Guide d'utilisation</i> et dans les <i>Feuilles de données Excel</i> . Toutefois, pour des raisons de place, la version incluse dans le <i>Guide d'utilisation</i> (c-à-d. dans le présent document) n'inclut pas la statistique <b>médiane</b> .	Oui: Table de composition des aliments condensée	Oui: Feuille de données 04 <i>NV_stat_39 (per 100 g EP)</i>
Table de composition des aliments complète sans statistiques	Présente les valeurs des nutriments compilées pour 100 g de PC pour tous les aliments et <b>57</b> composants - <b>sans</b> statistiques ni documentation pour les données extra-africaines.	Non	Oui: Feuille de données 05 <i>NV_sum_57 (per 100 g EP)</i>
Table de composition des aliments complète, avec statistiques	Présente les valeurs des nutriments compilées pour 100 g de PC, pour tous les aliments et <b>57</b> composants - <b>avec</b> statistiques et documentation concernant les données extra-africaines.	Non	Oui: Feuille de données 06 <i>NV_stat_57 (per 100 g EP)</i>
Index des aliments en anglais	Liste de tous les aliments dans l'ordre alphabétique des noms anglais, avec le code de l'aliment, l'identifiant BibliID et l'emplacement (numéro de page) dans la TCAA 2019.	Oui: Annexe A	Non
Index des aliments en français	Liste de tous les aliments dans l'ordre alphabétique des noms français, avec le code de l'aliment, l'identifiant BibliID et l'emplacement (numéro de page) dans la TCAA 2019.	Oui: Annexe B	Non
Facteurs de rendement pour les recettes à ingrédient unique	Facteurs de rendement utilisés pour les aliments cuits à un seul ingrédient, avec les sources pour chaque aliment.	Oui: Annexe C	Oui: Feuille de données 07 <i>Yield Factors, sing_ing</i>
Facteurs de rétention	Facteurs de rétention utilisés pour le calcul des aliments cuits à un seul ingrédient et des plats composés, en anglais et en français.	Oui: Annexe D	Oui: Feuille de données 08 <i>Retention Factors</i>
Plats composés	Recettes de plats composés, avec description de la recette et facteurs de rendement, en anglais et en français.	Non	Oui: Feuille de données 09 <i>Mixed Dishes</i>
Codes FoodEx2	Liste des noms d'aliments, des codes d'aliments et du code FoodEx2 correspondant.	Non	Oui: Feuille de données 10 <i>FoodEx2 Codes</i>
Noms et codes comparés TCAA 2012 / TCAA 2019	Comparaison des noms et des codes d'aliments des éditions 2012 et 2019 de la TCAA.	Non	Oui: Feuille de données 11 <i>2012 vs 2019 Names and codes</i>
Sources des données avec BibliID	Liste des publications et des sources utilisées pour toutes les données compilées, dans l'ordre de l'identifiant BibliID correspondant.	Oui: Annexe E	Oui: Feuille de données 12 <i>Data sources with BibliID</i>

En plus de ces résultats, et dans le cadre de la préparation de la TCAAO 2019, plusieurs jeunes cadres travaillant en Afrique du Sud, au Bénin, au Burkina Faso, au Cameroun, au Ghana, au Mali, au Nigéria ont reçu une formation pour collecter des données sur la composition des aliments et les saisir dans un système de gestion de base de données sur la composition des aliments (ici, l'outil de compilation FAO/INFOODS).

## 2 CE QUI A CHANGÉ ENTRE LA TCAAO 2012 ET LA TCAAO 2019

La TCAAO 2019 représente une amélioration significative en termes de couverture des aliments, des plats composés, des composants et des sources de données africaines et extra-africaines. Elle comprend:

- 1 028 entrées d'aliments (contre 472 dans l'édition de 2012), dont 94 entrées de plats composés. Cette augmentation découle de l'inclusion de nouveaux aliments crus (notamment d'aliments enrichis), de méthodes de cuisson supplémentaires et de nouveaux plats composés.
- des noms d'aliments mis à jour le cas échéant (en conservant toutefois dans la mesure du possible les codes alimentaires de la TCAAO 2012).
- 29 nouveaux composants: (1) portion comestible: de l'aliment tel qu'il est décrit à tel qu'il est consommé, (2) somme des macronutriments (3) alcool, (4) acides gras saturés, (5) acides gras monoinsaturés, (6) acides gras polyinsaturés, (7) acide linoléique, (8) acide alpha-linolénique, (9) cholestérol, (10) équivalent niacine, (11) tryptophane, (12) acide folique, (13) folates naturels (folates alimentaires), (14) équivalent folates alimentaires (DFE), (15) alpha-carotène, (16) bêta-carotène, (17) bêta-cryptoxanthine, (18) vitamine A en équivalent activité rétinol, (19) alpha-tocophérol, (20) bêta-tocophérol, (21) gamma-tocophérol, (22) delta-tocophérol, (23) phytate total, (24) Inositol hexaphosphate IP6, (25) IP5, (26) IP4, (27) IP3, (28) facteur de conversion de l'azote, (29) facteur de conversion des acides gras. Certains composants ne figurent que dans la table de composition des aliments complète dans les *Feuilles de données Excel* mais pas dans la Table de composition des aliments condensée du *Guide d'utilisation* (cf. [Section 5](#), [TABLEAU 4](#)).
- plus de 300 nouvelles sources de données (provenant principalement d'Afrique de l'Ouest), ce qui implique une augmentation du nombre de sources, passé de 121 (TCAAO 2012) à 467, et accroît la fiabilité des valeurs publiées dans l'édition 2019. Ces sources de données additionnelles ont permis de remplacer des données qui avaient préalablement été empruntées à des TCA/BDCA internationales par des données de sources africaines.
- des mises à jour des données provenant de TCA/BDCA internationales (ex: remplacement des données USDA, 2011a par USDA, 2015).
- des modifications mineures des codes, noms et groupes d'aliments, dans un souci de cohérence et de clarté. Par exemple, les bananes plantains ont été transférées du groupe d'aliments *05 Fruits et produits dérivés* au groupe *02 Racines amyliacées, tubercules et produits dérivés*; et certaines herbes ont été transférées dans le groupe *04 Légumes et produits dérivés*. Étant donné que les codes des aliments incluent le numéro du groupe d'aliments, un nouveau code a été attribué aux aliments concernés. Les codes et les noms des aliments des éditions 2012 et 2019 sont à rechercher dans la *Feuille de données Excel 11 2012 vs 2019 Names and codes*. Le groupe d'aliments 14 Soupes et sauces a été ajouté afin d'intégrer un grand nombre de nouveaux plats composés.
- une mise à jour des facteurs de rendement pour les aliments cuits à un seul ingrédient, basée sur les travaux effectués pour uPulses 1.0 (FAO, 2017c) et uFiSh 1.0 (FAO, 2016) ainsi que pour la *Table de composition des aliments du Kenya* (FAO et Gouvernement du Kenya, 2018). Les facteurs de rendement sont publiés dans l'[Annexe C](#) du *Guide d'utilisation* et dans la *Feuille de données Excel 07 Yield Factors, sing\_ing*.
- la mise à jour et l'ajout de quelques facteurs de rétention, par exemple, pour le phytate, sur la base des travaux effectués pour uPulses 1.0, (FAO, 2017c) et pour la *Table de composition des aliments du Kenya* (FAO et Gouvernement du Kenya, 2018). Les facteurs de rétention sont publiés dans l'[Annexe D](#) du *Guide d'utilisation* et dans la *Feuille de données Excel 08 Retention Factors*.
- tous les aliments (à l'exception des plats composés) sont codés avec FoodEx2 (EFSA, 2015).

## 3 ALIMENTS ET GROUPES D'ALIMENTS

### 3.1 Groupe d'aliments

Dans un souci de cohérence, on a conservé dans tous les cas où c'était possible les groupes et les codes d'aliments utilisés dans la TCAAO 2012; un groupe d'aliments a été ajouté pour intégrer certaines recettes (cf. TABLEAU 3).

Les aliments ont été classés en fonction de leur utilisation courante. Par exemple, les arachides figurent dans *06 Noix, graines et produits dérivés*; les plantains dans *02 Racines amyliacées, tubercules et produits dérivés*.

Les plats composés ont été classés en fonction de leurs ingrédients principaux. Le groupe d'aliments *14 Soupes et sauces* contient des plats composés, décrits comme des soupes et des sauces, qui contiennent divers ingrédients et ne peuvent être classés dans aucun autre groupe.

TABLEAU 3  
LISTE DES GROUPES D'ALIMENTS DANS LA TCAAO 2019

NUMÉRO DU GROUPE D'ALIMENTS	NOM DU GROUPE D'ALIMENTS	NOMBRE D'ENTRÉES D'ALIMENTS			
		CRU	CUIT	PLAT COMPOSÉ	TOTAL
01	<i>Céréales et produits dérivés</i>	83	75	25	183
02	<i>Racines amyliacées, tubercules et produits dérivés</i>	37	40	19	96
03	<i>Légumineuses et produits dérivés</i>	36	88	13	137
04	<i>Légumes et produits dérivés</i>	58	74	0	132
05	<i>Fruits et produits dérivés</i>	52	0	1	53
06	<i>Noix, graines et produits dérivés</i>	34	0	0	34
07	<i>Viande, volaille et produits dérivés</i>	43	83	2	128
08	<i>Œufs et produits dérivés</i>	8	6	0	14
09	<i>Poisson et produits dérivés</i>	32	74	0	106
10	<i>Lait et produits dérivés</i>	27	0	0	27
11	<i>Graisses et huiles</i>	35	0	0	35
12	<i>Boissons</i>	24	0	0	24
13	<i>Divers</i>	25	0	0	25
14	<i>Soupes et sauces</i>	0	0	34	34
	Total	494	440	94	1 028

### 3.2 Aliments et noms d'aliments

Il y a 1028 entrées d'aliments, dont 94 plats composés. Les noms d'aliments sont indiqués en anglais et en français, avec les noms scientifiques, le cas échéant. Chaque aliment est désigné par le nom qui le reflète et le décrit le mieux, et est accompagné de descriptions de la portion comestible, des facteurs qui influent la teneur en nutriments (ex: maturité, couleur, état physique) et du mode de cuisson (ex: cru, bouilli). Lorsque possible, le nom de l'aliment contient d'autres informations sur l'origine ou la variété. Seuls les aliments pour lesquels on dispose de données de quantité et de qualité suffisante (ayant très peu de valeurs manquantes) ont été saisis, et les données de bonne qualité de source africaine ont été privilégiées. Les aliments sont présentés par groupe d'aliments, et dans l'ordre alphabétique. L'aliment cru est indiqué en premier (selon son nom anglais), avant ses variantes cuites ou enrichies.

### 3.3 Codes des aliments

Chaque entrée d'aliment a un code unique, lequel inclut le code du groupe d'aliments et le numéro de l'aliment au sein du groupe. Par exemple, *Mil, grain entier, cru* porte le code 01\_015, où 01 indique le groupe d'aliments *01 Céréales et produits dérivés*.

### 3.4 Codes FoodEx2

FoodEx2, créé et tenu à jour par l'Autorité européenne de sécurité des aliments (EFSA, 2015), est un système de classification et de description des aliments complet mais flexible qui a pour objet de décrire et regrouper les aliments dans des collections de données couvrant divers domaines de manière harmonisée, afin de les relier et de les apparier plus facilement. La FAO collabore avec l'EFSA pour rendre FoodEx2 plus applicable à l'échelle mondiale et, avec d'autres organisations, elle recommande vivement d'utiliser le système FoodEx2 pour coder les données existantes et futures sur les aliments (ex: données sur la composition, la consommation, les prix et la sécurité sanitaire des aliments, et autres données apparentées), afin de faciliter les liaisons entre les données nationales et internationales des différents domaines. La TCAAO 2019 a donc été codée selon les normes du système FoodEx2.

Le code FoodEx2 est constitué d'un terme de base principal qui décrit l'aliment ainsi que de codes descripteurs appelés 'facettes', qui peuvent être ajoutés en insérant un hashtag (#) après le terme de base. Chaque facette supplémentaire est séparée par le symbole du dollar (\$). Le niveau de détail (nombre de facettes ajoutées) dépend toujours des informations disponibles. Les aliments peuvent ainsi être décrits de façon aussi détaillée que nécessaire.

Par exemple, pour *Riz, étuvé, enrichi en fer, bouilli* le code FoodEx2 est A001D#F09.A0EXD\$F28.A07LK\$F28.A07GL. Il décrit: Rice grain (A001D), PROCESS = Parboiling / pre-gelatinising (F09.A0EXD), PROCESS = Boiling (F28.A07LK), FORTIFICATION-AGENT = Iron (F28.A07GL).

D'autres informations sur le système FoodEx2 sont disponibles sur le [site Web de l'EFSA](#).

## 4 SÉLECTION DES ALIMENTS & COLLECTE DES DONNÉES

La première étape de cette mise à jour a été celle de l'identification des aliments et des plats composés importants qui ne figuraient pas dans la TCAAO 2012. Chaque partenaire INFOODS du Bénin, du Burkina Faso, du Cameroun, du Ghana, du Mali et du Nigéria a dressé une liste nationale des aliments manquants, plus ou moins détaillée selon les sources de données utilisées. En raison de contraintes de temps ou de budget, les seuls produits sélectionnés pour la mise à jour de la TCAAO 2019 sont:

- les aliments figurant dans au moins deux listes nationales;
- les aliments figurant dans les enquêtes sur la consommation et les dépenses des ménages en Afrique de l'Ouest; et
- les aliments entrant dans la composition de plats composés.

Des données sur la composition des aliments sélectionnés (existants et nouveaux) ont été recueillies et compilées en Afrique du Sud, au Bénin, au Burkina Faso, au Cameroun, au Ghana, au Mali et au Nigeria. Lorsque de bonnes données ont été trouvées pour des aliments ne figurant pas sur la liste des priorités, elles ont également été compilées. Des données provenant d'Afrique du Sud ont été rassemblées et utilisées pour remplacer des données puisées dans des TCA/BDCA non africaines. Afin de s'assurer que les données étaient locales et non empruntées à des sources internationales, on a mis l'accent sur la collecte de données analytiques, plutôt que sur l'utilisation de données précédemment compilées dans des TCA/BDCA. Les données proviennent principalement d'articles scientifiques, ainsi que de thèses et de rapports universitaires. Les données ont ensuite été compilées dans l'Outil de compilation FAO/INFOODS (FAO, 2011) à l'échelon national, et évaluées et harmonisées au siège de la FAO à Rome. La moitié des données trouvées dans les pays n'a pas pu être compilée en raison de descriptions incomplètes, ou du manque de précision des méthodes d'analyse ou du dénominateur (ex: matière sèche ou poids frais). Selon les membres d'INFOODS dans les pays, les données compilées jusqu'à présent représentent la quasi-totalité des données de bonne qualité disponibles au Bénin, au Burkina Faso, au Cameroun, au Ghana, au Mali et au Nigéria.

Toutes les données sur la composition des aliments provenant d'AnFood2.0 (FAO, 2017a), de BioFoodComp4.0 (FAO, 2017b) et de PhyFoodComp 1.0 (FAO/IZiNCG, 2018) en provenance d'Afrique ont également été incluses, ainsi que des données concernant 62 aliments spécifiquement analysés pour la *Table de composition des aliments du Kenya* (FAO et Gouvernement du Kenya, 2018).

Par ailleurs, 25 aliments du Ghana ont aussi été analysés pour la mise à jour de la TCAAO 2019. Alors que les racines amylacées et les céréales fermentées sont des aliments de base importants en Afrique de l'Ouest, il existe très peu de données analytiques à leur sujet. C'est la raison pour laquelle beaucoup d'entre eux ont été échantillonnés au Ghana selon un plan d'échantillonnage spécifique pour chaque aliment. Les aliments fermentés ont été achetés tels quels ou préparés selon un procédé de traitement prédéfini. Les grains correspondants ont également été échantillonnés pour définir des facteurs de rétention (FRT) futurs pour la fermentation. On a également analysé des aliments de consommation courante (comme les noix, les légumineuses), dont la composition n'était pas documentée. Les aliments fermentés ont été lyophilisés et les autres ont été usinés au Ghana; les aliments ont été analysés à l'Institut national de la nutrition (INN) d'Hyderabad (Inde).

Pour la plupart des plats composés identifiés dans les différents pays, les ingrédients et leurs quantités étaient connus, mais le poids du plat cuisiné ne l'était pas, de sorte que leur composition en nutriments ne pouvait pas être calculée correctement. C'est pourquoi environ 120 plats composés importants pour l'Afrique de l'Ouest ont été sélectionnés. On a mis au point un modèle et une méthodologie de collecte des données et la préparation des plats composés et la collecte des données ont été effectuées au Burkina Faso. Après plusieurs cycles de vérification des données (incluant une comparaison avec les valeurs analytiques des teneurs en eau de plats composés similaires), une liste de 94 plats composés dont la composition pouvait être calculée a été dressée.

## 5 COMPOSANTS

La TCAAO 2019 comprend 57 composants. Pour des raisons de place et de mise en page, la **Table de composition des aliments condensée** présentée dans le *Guide d'utilisation* ne comprend que 39 composants, tandis que la table de composition complète figurant dans les *Feuilles de données Excel* contient les 57 composants.

Toutes les valeurs, y compris celles concernant les boissons et autres liquides, sont présentées pour 100 g de portion comestible (PC), en poids frais (PF).

Les valeurs par composant ont été normalisées et sont exprimées avec un nombre maximal fixe de décimales, comme indiqué de façon succincte dans la *Feuille de données Excel 02 Components*. Le **TABLEAU 4** présente la liste complète des composants accompagnée des unités, des méthodes d'analyse/détermination ou des définitions courantes et des identifiants des composants INFOODS (« tagnames »). Les composants assortis d'un astérisque (\*) ne sont pas inclus dans la Table de composition des aliments condensée du *Guide d'utilisation*, mais ils figurent dans les *Feuilles de données Excel 05 NV\_sum\_57 (per 100 g EP)* et *06 NV\_stat\_57 (per 100 g EP)*. Les valeurs indiquées entre crochets ([ ]) sont de moins bonne qualité, en raison du manque de fiabilité des données, ou de l'utilisation d'une méthode analytique, d'une définition ou d'une expression différente, ou encore d'une valeur de qualité manquante ou plus faible.

TABLEAU 4  
**COMPOSANTS, UNITÉS, MÉTHODES D'ANALYSE/DE DÉTERMINATION/ DÉFINITIONS ET IDENTIFIANTS DES COMPOSANTS INFOODS CORRESPONDANTS**

COMPOSANT	UNITÉ (pour 100g de PC)	MÉTHODE D'ANALYSE/DE DÉTERMINATION/DÉFINITION	IDENTIFIANT DE COMPOSANT INFOODS
Portion comestible 1	–	Coefficient de la portion comestible (rapport entre l'aliment décrit et l'aliment acheté)	EDIBLE1
Portion comestible 2*	–	Coefficient de la portion comestible (rapport entre l'aliment consommé et l'aliment décrit)	EDIBLE2
Somme des macro-nutriments (SOP)*	g	Calculée (voir formule ci-dessous)	SOP
Énergie	kJ, kcal	Calculée (voir formule ci-dessous)	ENERC
Eau	g	Séchage	WATER
Protéines totales	g	Calculées au moyen du facteur de conversion de l'azote (XN) et de l'azote total analysé (principalement méthode de Kjeldahl), selon la formule ci-dessous.	PROTCNT
Lipides totaux ou [lipides dérivés d'une analyse par extraction continue]	g	Extraction par solvant mixte ou [méthode de Soxhlet avec extraction continue]	FAT or [FATCE]
Glucides disponibles; calculés par différence	g	Calculés (voir formule ci-dessous)	CHOAVLDF
Fibres alimentaire totales ou [fibres brutes]	g	Méthode AOAC Prosky (AOAC 991.43) ou [méthode Weende]	FIBTG or [FIBC]
Alcool*	g	CGL ou distillation	ALC
Cendres	g	Méthodes gravimétriques	ASH
Calcium	mg	SAA, ICP-MS	CA
Fer	mg	SAA, ICP-MS	FE
Magnésium	mg	SAA, ICP-MS	MG
Phosphore	mg	SAA, ICP-MS	P
Potassium	mg	SAA, ICP-MS	K
Sodium	mg	SAA, ICP-MS	NA
Zinc	mg	SAA, ICP-MS	ZN
Cuivre	mg	SAA, ICP-MS	CU
Vitamine A (exprimée en équivalent rétinol)	mcg	Calculée (voir formule ci-dessous)	VITA
Vitamine A (exprimée en équivalent activité rétinol)	mcg	Calculée (voir formule ci-dessous)	VITA_RAE
Rétinol	mcg	CLHP	RETOL
Équivalent bêta-carotène ou [bêta-carotène]	mcg	Calculée (voir formule ci-dessous) ou [CLHP]	CARTBEQ or [CARTB]
Alpha-carotène*	mcg	CLHP	CARTA
Bêta-carotène*	mcg	CLHP	CARTB
Bêta-cryptoxanthine*	mcg	CLHP	CRYPXB
Vitamine D	mcg	= Vitamine D <sub>2</sub> + Vitamine D <sub>3</sub> ; analysé par CLHP	VITD
Vitamine E (exprimée en équivalent alphanatocophérol) ou [alphanatocophérol]	mg	Calculée (voir formule ci-dessous) ou [CLHP]	VITE or [TOCPHA]
Alpha-tocophérol*	mg	CLHP	TOCPHA
Bêta-tocophérol*	mg	CLHP	TOCPHB

TABLEAU 4 (SUITE)

COMPOSANT	UNITÉ (pour 100g de PC)	MÉTHODE D'ANALYSE/DE DÉTERMINATION/DÉFINITION	IDENTIFIANT DE COMPOSANT INFOODS
Gamma-tocophérol*	mg	CLHP	TOCPHG
Delta-tocophérol*	mg	CLHP	TOCPHD
Thiamine (vitamine B <sub>1</sub> )	mg	CLHP, microbiologique	THIA
Riboflavine (vitamine B <sub>2</sub> )	mg	CLHP, microbiologique	RIBF
Équivalent niacine ou [niacine, (préformée)] (vitamine B <sub>3</sub> )	mg	Calculée (voir formule ci-dessous) ou [CLHP, microbiologique]	NIAEQ or [NIA]
Niacine, préformée	mg	CLHP, microbiologique	NIA
Tryptophane	mg	Chromatographie par échange d'ions	TRP
Vitamine B <sub>6</sub>	mg	CLHP, microbiologique	VITB6C
Acide folique (synthétique)*	mcg	De sources documentaires	FOLAC
Folate, naturel (folate alimentaire)*	mcg	Microbiologique	FOLFD
Folate, total ou [somme des vitamères] (vitamine B <sub>9</sub> )	mcg	Microbiologique ou [CLHP]	FOL or [FOLSUM]
Folate, équivalent folates alimentaires (DFE)	mcg	Calculée (voir formule ci-dessous)	FOLDFE
Vitamine B <sub>12</sub>	mcg	CLHP, microbiologique	VITB <sub>12</sub>
Vitamine C	mg	Méthodes diverses (voir ci-dessous pour plus de détails)	VITC
Cholestérol	mg	CLHP	CHOLE
Facteur de conversion des acides gras*	–	De sources documentaires	XFA
Acides gras saturés totaux	g	Calculée (voir formule ci-dessous)	FASAT
Acides gras mono-insaturés totaux	g	Calculée (voir formule ci-dessous)	FAMS
Acides gras poly-insaturés totaux	g	Calculée (voir formule ci-dessous)	FAPU
Acide linoléique	g	Calculée (voir formule ci-dessous)	F18D2CN6
Acide alpha-linolénique	g	Calculée (voir formule ci-dessous)	F18D3CN3
Phytate, total ou [phytate, déterminé par précipitation directe] ou [phytate, déterminé par précipitation indirecte]	mg	Calculé à partir du phosphore de phytate par la méthode d'échange d'anions (AOAC 986.11) ou [déterminé par précipitation directe] ou [déterminé par précipitation indirecte]	PHYTCPP or [PHYTCPPD] or [PHYTCPPI]
Inositol triphosphate (IP3)*	mg	CLHP	IP3
Inositol tétraphosphate (IP4)*	mg	CLHP	IP4
Inositol pentaphosphate (IP5)*	mg	CLHP	IP5
Inositol hexaphosphate (IP6)*	mg	CLHP	IP6
Facteur de conversion de l'azote total en protéines totales*	–	De sources documentaires	XN

\*Disponible uniquement dans les *Feuilles de données Excel*.

SAA = Spectroscopie d'absorption atomique, CLHP = chromatographie liquide à haute performance, CGL = Chromatographie gaz/liquide, ICP-MS = spectrométrie de masse avec plasma à couplage inductif.

### Portion comestible

Deux coefficients de portion comestible sont présentés. Le premier correspond au rapport entre l'aliment tel qu'il est acheté et l'aliment tel qu'il est décrit. Le second correspond au rapport entre l'aliment tel qu'il est consommé et l'aliment tel qu'il est décrit. Par exemple, le *filet de thon cru* a un coefficient de portion comestible de 0,76 si l'on compare le produit acheté (poisson entier) au produit décrit dans la table (filet). Le coefficient de portion comestible est de 0,97 si l'on considère le produit décrit (filet) par rapport au produit consommé (après déduction des parties non comestibles du filet, telles que les arêtes). La valeur du coefficient de la deuxième portion comestible est importante pour le poisson, alors que pour les autres aliments, elle est de 1.0.

### Somme des macronutriments (g)

La somme des macronutriments (SOP) se calcule selon la formule suivante:

$$\text{Somme des macronutriments (g/100 g PC)} = \text{eau (g/100 g PC)} + \text{lipides totaux (g/100 g PC)} + \text{glucides disponibles (g/100 g PC)} + \text{protéines totales (g/100 g PC)} + \text{cendres (g/100 g PC)} + \text{fibres alimentaires totales (g/100 g PC)} + \text{alcool (g/100 g PC)}$$

La somme des macronutriments devrait être comprise entre 97 et 103 g (fourchette préférable) (Greenfield et Southgate, 2007) et la fourchette acceptable va de 95 à 105 g (FAO / INFOODS, 2012a).

### Énergie (kJ, kcal)

Les valeurs de l'énergie métabolisable sont exprimées en kilojoules (kJ) et en kilocalories (kcal) pour tous les aliments. L'énergie métabolisable est calculée sur la base des valeurs des protéines, des lipides, des glucides disponibles, des fibres alimentaires et de l'alcool, en appliquant les facteurs de conversion de l'énergie indiqués dans le [TABLEAU 5](#), selon la formule ci-dessous.

TABLEAU 5

#### FACTEUR DE CONVERSION DE L'ÉNERGIE MÉTABOLISABLE

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

\* La teneur en alcool des boissons alcoolisées est incluse dans le nom de l'aliment dans la [Table de composition des aliments condensée](#).

$$\text{Énergie (kJ/100 g PC)} = \text{protéines totales (g/100 g PC)} \times 17 + \text{lipides totaux (g/100 g PC)} \times 37 + \text{glucides disponibles (g/100 g PC)} \times 17 + \text{fibres alimentaires totales (g/100 g PC)} \times 8 + \text{alcool (g/100 g PC)} \times 29$$

$$\text{Énergie (kcal/100 g PC)} = \text{protéines totales (g/100 g PC)} \times 4 + \text{lipides totaux (g/100 g PC)} \times 9 + \text{glucides disponibles (g/100 g PC)} \times 4 + \text{fibres alimentaires totales (g/100 g PC)} \times 2 + \text{alcool (g/100 g PC)} \times 7$$

### Eau (g)

L'eau est mesurée par le rapport entre la diminution de poids après séchage de l'échantillon et le poids constant. Les données relatives à l'eau peuvent être dérivées de différentes méthodes d'analyse de séchage.

### Protéines totales (g) et XN

La méthode analytique principalement utilisée pour déterminer l'azote total est la méthode de Kjeldahl. La teneur en protéines totales est ensuite estimée à partir de la quantité totale d'azote dans l'échantillon alimentaire, au moyen de la formule suivante:

$$\text{Protéines totales (g/100 g PC)} = \text{facteur de conversion de l'azote (XN)} \times \text{azote total (g/100 g PC)}$$



Toutes les valeurs des protéines totales ont été calculées au moyen des facteurs de conversion de l'azote (XN) indiquées dans le [TABLEAU 6](#). Lorsque les données analytiques relatives aux protéines totales ne mentionnaient pas le facteur de conversion, les valeurs ont été converties en azote total sur la base d'un facteur standard de 6,25, puis en protéines totales en utilisant les facteurs de conversion de l'azote du [TABLEAU 6](#).

Lorsqu'aucun facteur de conversion de l'azote n'était disponible pour un aliment, le facteur standard de 6,25 a été utilisé.

TABLEAU 6  
FACTEURS DE CONVERSION DE L'AZOTE UTILISÉS DANS LA TCAA 2019

ALIMENT	FACTEUR (XN)
Tous les aliments non énumérés ci-dessous	6,25
<b>Produits d'origine animale</b>	
Viande, abats, insectes	6,25
Gélatine	5,55
Lait et fromage**	6,38
Lait maternel humain**	6,37
Œuf, entier	6,25
<b>Produits d'origine végétale</b>	
Blé - grain entier	5,83
Blé - son	6,31
Blé - embryon	5,80
Blé - endosperme	5,70
Riz, grain entier et raffiné	5,95
Produits à base de riz	5,95
Seigle	5,83
Orge	5,83
Avoine	5,83
Produits à base de seigle, orge et avoine	5,83
Mil, grain entier et raffiné #	5,83
Maïs, grain entier et raffiné	6,25
Sorgho, grain entier et raffiné #	6,25
Soja et lait de soja	5,71
Haricots: adzuki; jack; lima; mung; marine; velours - entiers et transformés	6,25
Champignons*	4,38
Chocolat et cacao*	4,74
Levure*	5,7
Café*	5,3
<b>Noix et graines</b>	
Amande	5,18
Noix du Brésil	5,46
Arachide	5,46
Autres (noix cendrée, noix de cajou; châtaigne; noix de coco; noisette; noix de caryer; noix de pécan; pignon de pin; pistache; noix; autres noix) #	5,3
Graines de cantaloup, de coton, de lin, de chanvre, de citrouille, de sésame, de tournesol, autres graines	5,3

Source: Tableau publié dans FAO/INFOODS (2012a), Tableau 8; d'après Jones (1941), sauf indication contraire: USDA (2011b); #Merrill and Watt (1973); \*\* FAO/OMS (1973)

Les données analytiques de PROTCNT ont été préférées aux données PROT- (protéines dérivées par une méthode inconnue ou mixte). Toutefois, comme la méthode de Kjeldahl est largement utilisée, on a supposé que les données relatives aux protéines dérivées d'une méthode inconnue avaient été obtenues par cette méthode. Les valeurs dérivées de méthodes inconnues ne sont donc pas signalées comme étant de faible qualité.

### Lipides totaux (g)

Les valeurs des lipides totaux (incluant les triglycérides, les phospholipides, les stérols et les composés apparentés) sont dérivées de la méthode d'extraction par mélange de solvants ou de la méthode d'extraction continue (méthode de Soxhlet). On a considéré que les méthodes d'extraction continue sous-estimaient les lipides totaux pour tous les aliments, alors que dans la TCAA 2012 cette considération s'appliquait uniquement aux céréales. Les données FAT (extraction par mélange de solvants) ont été privilégiées, mais quand il n'en existait pas, on a eu recours à des données FATCE (méthode de Soxhlet avec extraction continue) indiquées entre crochets ([ ]) pour signaler leur faible qualité. Les données obtenues par une méthode inconnue ou mixte (FAT-) ont été utilisées uniquement en l'absence de données FAT et FATCE, et elles figurent également entre crochets ([ ]).

### Glucides disponibles; calculés par différence (g)

Il existe très peu de données analytiques pour les glucides disponibles dans les aliments d'Afrique de l'Ouest de sorte qu'ils ont été estimés par différence, au moyen de la formule ci-après:

$$\text{Glucides disponibles; calculés par différence (g/100 g PC)} = 100 - (\text{eau} + \text{lipides totaux} + \text{protéines totales} + \text{cendres} + \text{fibres alimentaires totales} + \text{alcool}) \text{ (g/100 g PC)}$$

Si l'on utilise les fibres brutes (FIBC), la valeur des glucides disponibles sera surestimée.

Pour les aliments dont on sait qu'ils ne contiennent pas de glucides (comme la chair musculaire, le poisson, l'huile, l'eau et le sel), on a supposé que la valeur des glucides disponibles était nulle.

### Fibres alimentaires totales (g)

La méthode recommandée pour déterminer les fibres alimentaires totales est la méthode Prosky de l'Association des chimistes analystes officiels (AOAC 991.43). Cette méthode mesure les polysaccharides non amyliacés, la lignine, l'amidon résistant et les oligosaccharides résistants.

Dans les cas où seules les fibres brutes (FIBC) étaient disponibles, la valeur est indiquée entre crochets ([ ]). Comme les fibres brutes sous-estiment considérablement les fibres alimentaires totales, on a privilégié les données issues de TCA/BDCA internationales par rapport aux données sur les fibres brutes provenant d'Afrique de l'Ouest.

Comme les données provenant de méthodes plus récentes (qui déterminent aussi les oligosaccharides de petite taille et d'autres composants mineurs) sont disponibles pour très peu d'aliments, elles n'ont pas été incluses dans la TCAA 2019.

### Cendres (g)

La teneur en cendres des aliments est déterminée par des méthodes gravimétriques.

### Minéraux (mg)

Plusieurs méthodes d'analyse des minéraux ont été indiquées (SAA ou ICP-MS) dans les sources, mais on considère que leurs résultats ne présentent pas de différences significatives. Seules les valeurs de qualité médiocre ou incertaine sont indiquées entre crochets ([ ]).

### Vitamine A (mcg)

Le rétinol et les carotènes sont analysés par CLHP. La vitamine A en équivalent rétinol (RE) a été calculée au moyen de la formule suivante:

$$\text{Vitamine A en équivalent rétinol (mcg/100 g PC)} = \text{rétinol (mcg/100 g PC)} + \text{équivalent bêta-carotène (mcg/100 g PC)} / 6$$

La vitamine A en équivalent activité rétinol (RAE) a été calculée selon la formule suivante:

$$\text{Vitamine A en équivalent activité rétinol (mcg/100 g PC)} = \text{rétinol (mcg/100 g PC)} + \text{équivalent bêta-carotène (mcg/100 g PC)} / 12$$

L'apport journalier recommandé (AJR) en vitamine A est couramment présenté en RE ou en RAE. Les deux définitions ont été incluses pour permettre aux utilisateurs de choisir la plus appropriée à leurs besoins.

### Équivalent bêta-carotène, bêta-carotène, alpha-carotène, bêta-cryptoxanthine (mcg)

L'équivalent bêta-carotène a été calculé selon la formule suivante:

$$\text{Équivalent bêta-carotène (mcg/100 g PC)} = \text{bêta-carotène (mcg/100 g PC)} + \text{alpha-carotène (mcg/100g PC)} / 2 + \text{bêta-cryptoxanthine (mcg/100 g PC)} / 2$$

Lorsque les seules valeurs disponibles étaient celles du bêta-carotène, alors que l'alpha-carotène et la bêta-cryptoxanthine étaient censées contribuer à l'activité vitaminique A totale, les données relatives à l'équivalent bêta-carotène sont présentées entre crochets ([ ]).

Pour quelques aliments, des données étaient disponibles pour l'équivalent bêta-carotène, mais pas pour les carotènes individuels. On a supposé que ces données avaient été calculées au moyen de la formule ci-dessus et elles ne sont pas indiquées entre crochets ([ ]).

### Vitamine D (mcg)

Compte tenu des données très limitées sur la vitamine D provenant d'analyses effectuées en Afrique de l'Ouest, la majorité des données utilisées sont issues de TCA/BDCA internationales, principalement de l'USDA National Nutrient Database for Standard Reference, Release 28 (USDA, 2015), de la *Table indienne de composition des aliments* (Longvah *et al.*, 2017), de la *Base de données intégrée sur la composition des aliments* du Royaume-Uni (Food Standards Agency, 2015) et des *Tables danoises sur la composition des aliments* (Université technique du Danemark, 2016).

L'USDA (2015) définit la vitamine D comme suit:

$$\text{Vitamine D (mcg/100 g PC)} = \text{ergocalciférol (vitamine D}_2\text{)} (mcg/100 g PC) + \text{cholécalférol (vitamine D}_3\text{)} (mcg/100 g PC)$$

où le cholécalférol est la forme de vitamine D que l'on trouve dans les aliments d'origine animale et où l'ergocalciférol est celle qui se trouve dans les aliments d'origine végétale. L'USDA (2015) a posé comme postulat que les produits d'origine végétale (à l'exception des champignons) ne contenaient pas de vitamine D et établi que la teneur en vitamine D de ces aliments est égale à 0.

La CoFID du Royaume-Uni et la TCA danoise (Université technique du Danemark, 2016) définissent la vitamine D comme suit:

$$\text{Vitamine D (mcg/100 g PC)} = \text{ergocalciférol (vitamine D}_2\text{)} (mcg/100 g PC) + \text{cholécalférol (vitamine D}_3\text{)} (mcg/100 g PC) + 5 \times \text{25-hydroxycholécalférol (mcg/100 g PC)}$$

La TCA indienne (Longvah *et al.*, 2017) fait état de quantités importantes d'ergocalciférol dans de nombreux aliments d'origine végétale, et de teneurs en vitamine D beaucoup plus élevées dans les aliments d'origine végétale que dans les aliments d'origine animale. Ces données sont en contraste avec celles des autres TCA/BDCA, qui indiquent des valeurs nulles pour la vitamine D dans tous les aliments d'origine végétale non enrichis.

Dans la TCAAO 2019, la vitamine D est supposée égale à zéro dans les aliments d'origine végétale, et la formule utilisée est la même que dans USDA (2015). Les teneurs en vitamine D des mêmes aliments varient considérablement selon les TCA/BDCA, en particulier celles des poissons. Il s'ensuit que les données sur la vitamine D ont été revues avec une grande attention et comparées entre toutes les sources de données avant d'être incluses dans la TCAAO 2019.

### Vitamine E (mg)

Il existe un certain nombre de définitions de l'activité vitaminique E totale basées sur les tocophérols et les tocotriénols individuels. Dans la TCAAO 2019, la formule suivante a été utilisée:

$$\text{Vitamine E exprimée en équivalent alpha-tocophérol (mg/100 g PC)} = \text{alpha-tocophérol (mg/100 g PC)} + 0,4 \times \text{bêta-tocophérol (mg/100 g PC)} + 0,1 \times \text{gamma-tocophérol (mg/100 g PC)} + 0,01 \times \text{deltatocotriénol (mg/100 g PC)}$$

Lorsque seules les données sur l'alpha-tocophérol étaient disponibles, alors que d'autres tocophérols étaient censés contribuer à l'activité vitaminique E totale, la valeur de la vitamine E est indiquée entre crochets ([ ]). Bon nombre des valeurs d'alpha-tocophérol figurant dans la TCAAO 2012 ont été remplacées par des valeurs de la vitamine E dans la TCAAO 2019.

### Thiamine (vitamine B<sub>1</sub>), riboflavine (vitamine B<sub>2</sub>) (mg) et vitamine B<sub>12</sub> (mcg)

Pour la majorité des aliments, aucune méthode analytique spécifique n'a été spécifiée pour la détermination de la teneur en vitamines B<sub>1</sub>, B<sub>2</sub> et B<sub>12</sub>. On suppose toutefois que la plupart des valeurs ont été analysées à l'aide de méthodes microbiologiques et/ou par CLHP.

### Équivalent niacine (vitamine B<sub>3</sub>) (mg), niacine et tryptophane préformés (mg)

L'équivalent niacine est calculé à partir de niacine et de tryptophane préformés selon la formule:

$$\text{Équivalent niacine (mg/100 g PC)} = \text{niacine (mg/100 g PC)} + \text{tryptophane (mg/100 g PC)} / 60$$

Lorsque l'on ne disposait pas de données sur le tryptophane, la valeur de la niacine est indiquée entre crochets ([ ]).

### Vitamine B<sub>6</sub> (mg)

La valeur de la vitamine B<sub>6</sub> peut être déterminée par des méthodes microbiologiques (vitamine B<sub>6</sub> totale) ou par la somme pyridoxine plus pyridoxal plus pyridoxamine et leurs phosphates, déterminée par CLHP. Dans la TCAAO 2019, les données dérivées de ces deux méthodes sont présentées et interchangeables.

### Folates (vitamine B<sub>9</sub>) (mcg)

La TCAAO 2019 comprend quatre composants afférents au folate.

Le folate total (FOL) est le folate total contenu dans un aliment, mesuré par dosage microbiologique. Lorsque le folate total a été mesuré par la méthode FOLSUM, consistant à additionner les vitamines des folates individuels (FOLSUM), sa valeur est indiquée entre crochets ([ ]).

L'acide folique (synthétique) (FOLAC) est l'acide folique synthétique utilisé pour enrichir les aliments. Dans la TCAAO 2019, ses valeurs n'ont pas été déterminées par des analyses, mais établies sur la base des niveaux prescrits par les programmes d'enrichissement obligatoire (cf. [Section 6.2](#)).

Le folate naturel (folate alimentaire) (FOLFD) est le folate naturellement présent dans un aliment. Dans les aliments non enrichis, sa valeur est égale à celle du folate total (FOL ou [FOLSUM]).

L'équivalent folates alimentaires (DFE) est calculé selon la formule suivante (pour tenir compte de la plus grande activité de l'acide folique synthétique ajouté):

$$\text{Équivalent folates alimentaires (mcg/100 g PC)} = \text{folates alimentaires naturels (mcg/100 g PC)} + 1,7 \times \text{acide folique synthétique (mcg/100 g PC)}$$

Les quatre composants du folate sont inclus dans les *Feuilles de données Excel 05 NV\_sum\_57 (per 100 g EP)* et *06 NV\_stat\_57 (per 100 g EP)*, alors que la [Table de composition des aliments condensée](#) présentée dans le *Guide d'utilisation* rend compte uniquement du folate total et de l'équivalent folates alimentaires.

### Vitamine C (mg)

La vitamine C totale est la somme de l'acide ascorbique (ASCL) et de l'acide déshydro-ascorbique (ASCDL). La titrimétrie ne mesure que l'acide ascorbique (ASCL), alors que d'autres méthodes mesurent les deux composants et donnent une valeur de la vitamine C totale. Dans les aliments crus, l'acide déshydro-ascorbique (ASCDL) est présent en quantités infinitésimales par rapport à l'acide ascorbique, de sorte que les données dérivées de toutes les méthodes sont présentées de façon interchangeable dans la TCAA 2019.

### Cholestérol (mg)

Les valeurs du cholestérol sont principalement empruntées à des TCA/BDCA internationales (cf. [Section 9](#)) et elles ont généralement été déterminées par chromatographie gaz/liquide (CGL).

### Facteur de conversion des acides gras, XFA

Le facteur de conversion des acides gras (XFA) estime la fraction des acides gras dans les graisses totales, selon la formule suivante :

$$\text{Acides gras totaux (g/100 g PC)} = \text{XFA} \times \text{lipides totaux (g/100 g PC)}$$

Les facteurs de conversion des acides gras utilisés dans la TCAA 2019 sont présentés dans le [TABLEAU 7](#).

TABLEAU 7

#### FACTEURS DE CONVERSION APPLIQUÉS AUX LIPIDES TOTAUX POUR OBTENIR LES ACIDES GRAS TOTAUX CONTENUS DANS LES MATIÈRES GRASSES

ALIMENT	FACTEUR DE CONVERSION DES ACIDES GRAS (XFA)	NOTES
Aliments d'origine végétale		
Blé, orge et seigle - grains entiers	0,72	Supposé applicable au mil, au sorgho et au fonio complets
Blé, orge et seigle - farine	0,67	Supposé applicable à la farine de mil, de sorgho et de fonio raffinée
Blé, orge et seigle - son	0,82	
Riz - usiné	0,85	
Riz - complet*	0,92	
Maïs et produits à base de maïs *	0,86	
Avoine, complète	0,94	
Fruits et légumes (à l'exception de l'avocat)	0,8	Également utilisé pour les racines amylicées et les tubercules
Avocat	0,956	
Légumineuses*	0,775	
Soja*	0,93	Également utilisé pour d'autres légumineuses riches en graisse
Noix (sauf noix de coco)	0,956	Supposé applicable aux arachides/cacahuètes; appliqué aux graines et produits dérivés
Huile de coco	0,942	Supposé applicable à la chair de noix de coco
Graisses et huiles (sauf huile de coco)	0,956	Non appliqué au beurre et au ghee
Aliments d'origine animale		
Cervelle	0,561	
Foie	0,741	
Rognons	0,747	
Tripes**	0,92	

TABLEAU 7 (SUITE)

ALIMENT	FACTEUR DE CONVERSION DES ACIDES GRAS (XFA)	NOTES
Porc - maigre	0,91	Appliqué aux aliments contenant au maximum 10% de matières grasses
Porc - gras	0,953	Appliqué aux aliments contenant au moins 10% de matières grasses
Bœuf et agneau - maigre	0,916	Appliqué à la viande de gibier; aux aliments contenant au maximum 10% de matières grasses
Bœuf et agneau - gras	0,953	Appliqué aux aliments contenant au moins 10% de matières grasses
Volaille	0,945	
Œufs	0,83	
Poisson, très maigre (lipides totaux <0,55 g/100 g PC)	0,673	
Poisson (lipides totaux >0,55 g/100 g PC)	XFA = 0.933–0.143 / lipides totaux (g/100 g PC)	
Crustacés, très maigres (lipides totaux <0,55 g/100 g PC) ***	0,459	
Crustacés (lipides totaux >0,55 g/100 g PC)	XFA = 0.956–0.237 / lipides totaux (g/100 g PC)	
Mollusques, très maigres (lipides totaux <0,55 g/100 g PC) ***	0,417	
Mollusques (lipides totaux >0,55 g/100 g PC)	XFA = 0.956–0.296 / lipides totaux (g/100 g PC)	
Lait et produits laitiers	0,945	Supposé applicable aux autres laits que le lait de vache; supposé applicable au beurre et au ghee

Source: Greenfield et Southgate (2003), sauf: \*Danish Food Informatics (2018); \*\*USDA (2015); \*\*\*Nowak et al., (2014).

Lorsque tous les composants ont été empruntés à une TCA/BDCA internationale, le XFA l'a également été; cela a été le cas pour les feuilles de laurier, les bouillons-cube de bœuf, la viande de crocodile, certaines épices, et la levure. Le XFA des aliments individuels est indiqué uniquement dans les *Feuilles de données Excel* (mais pas dans la **Table de composition des aliments condensée** du *Guide d'utilisation*), dans 05 NV\_sum\_57 (per 100 g EP) et 06 NV\_stat\_57 (per 100 g EP).

#### Acides gras totaux saturés, acides gras totaux monoinsaturés et acides gras totaux polyinsaturés (g)

Les données relatives à ces composants sont principalement empruntées à des TCA/BDCA internationales (cf. **Section 9**), généralement déterminées par chromatographie gazeuse (CG) ou par chromatographie gaz/liquide (CGL). Elles sont souvent dérivées d'analyses des acides gras totaux saturés, des acides gras totaux monoinsaturés ou des acides gras totaux polyinsaturés, et elles ne correspondent pas toujours à la somme des acides gras individuels. De ce fait, ces valeurs ont été recalculées (qu'elles proviennent de TCA/BDCA internationales ou de données compilées) en proportion des acides gras totaux (% des AG totaux selon les formules ci-dessous) et elles n'ont pas été utilisées comme des valeurs absolues dans g/100g PC).

$$\text{Acides gras totaux saturés (\% d'AG totaux)} = \text{acides gras totaux saturés (g/100g PC)} \times 100 / \text{acides gras totaux (g/100 g PC)}$$

$$\text{Acides gras totaux monoinsaturés (\% d'AG totaux)} = \text{acides gras totaux monoinsaturés (g/100 g PC)} \times 100 / \text{acides gras totaux (g/100 g PC)}$$

$$\text{Acides gras totaux polyinsaturés (\% d'AG totaux)} = \text{acides gras totaux polyinsaturés (g/100 g PC)} \times 100 / \text{acides gras totaux (g/100 g PC)}$$

Afin d'exprimer des fractions d'acides gras cohérentes par rapport aux valeurs des lipides totaux, les proportions ci-dessus ont ensuite été utilisées pour calculer les acides gras en g/100 g PC sur la base de la teneur en lipides totaux de l'aliment, selon les formules suivantes:

$$\text{Acides gras totaux saturés (g/100 g PC)} = \text{acides gras totaux saturés (\% d'AG totaux)} \times \text{facteur de conversion des acides gras} \times \text{lipides totaux (g/100 g PC)} / 100$$

$$\text{Acides gras totaux monoinsaturés (g/100 g PC)} = \text{acides gras totaux monoinsaturés (\% d'AG totaux)} \times \text{facteur de conversion des acides gras} \times \text{lipides totaux (g/100 g PC)} / 100$$

$$\text{Acides gras totaux polyinsaturés (g/100 g PC)} = \text{acides gras totaux polyinsaturés (\% d'AG totaux)} \times \text{facteur de conversion des acides gras} \times \text{lipides totaux (g/100 g PC)} / 100$$

Certaines TCA/BDCA internationales incluait des données pour les formes *cis* et *trans* des acides gras insaturés, alors que d'autres n'en contenaient que pour la forme *cis* et présentaient les valeurs des acides gras *trans* à part. Lorsque les acides gras *trans* étaient présentés séparément pour les acides gras totaux monoinsaturés et polyinsaturés, les valeurs (généralement faibles) de la fraction des acides gras *trans* n'ont pas été incluses dans les calculs.

Les acides gras *trans* sont présents en quantités négligeables dans les racines amylicées et les tubercules, les fruits et les légumes, et en faible quantité (jusqu'à environ 5% des lipides totaux) dans les céréales, les légumineuses, les noix, la viande, la volaille, le poisson, les œufs, les produits laitiers et les graisses et huiles non hydrogénées.

#### Acide linoléique et acide alpha-linolénique (g)

L'acide linoléique est un acide gras polyinsaturé oméga-6, *cis* (nom Union Internationale de Chimie Pure et Appliquée (IUPAC): acide (9Z, 12Z) -octadéca-9,12-diénoïque). L'acide alpha-linolénique est un acide gras oméga-3 *cis* polyinsaturé (nom IUPAC: acide (9Z, 12Z, 15Z) -octadéca-9,12,15-triénoïque).

Les données relatives à ces composants sont principalement issues de TCA/BDCA internationales (voir [Section 9](#)), généralement déterminées par chromatographie gaz/liquide (CGL). Comme pour les fractions d'acides gras (AG) les valeurs d'acide linoléique et alpha-linolénique, (qu'il s'agisse de données empruntées à des TCA/BDCA internationales ou de données compilées) ne sont pas des valeurs absolues dans g/100 g PC, mais des valeurs calculées en pourcentage des acides gras polyinsaturés totaux, à l'aide des formules suivantes:

$$\text{Acide linoléique (\% d'AG polyinsaturés)} = \text{acide linoléique (g/100 g PC)} \times 100 / \text{acides gras totaux polyinsaturés (g/100 g PC)}$$

$$\text{Acide alpha-linolénique (\% d'AG polyinsaturés)} = \text{acide alpha-linolénique (g/100 g PC)} \times 100 / \text{acides gras totaux polyinsaturés (g/100 g PC)}$$

Les pourcentages ci-dessus ont ensuite été utilisées pour calculer les acides gras en g/100 g PC sur la base de la valeur calculée des acides gras polyinsaturés totaux de chaque aliment, selon les formules suivantes:

$$\text{Acide linoléique (g/100 g PC)} = \text{acide linoléique (\% d'AG polyinsaturés)} \times \text{acides gras totaux polyinsaturés (g/100 g PC)} / 100$$

$$\text{Acide alpha-linolénique (g/100 g PC)} = \text{acide alpha-linolénique (\% d'AG polyinsaturés)} \times \text{acides gras totaux polyinsaturés (g/100 g PC)} / 100$$

#### Phytate total (mg)

Le phytate est un anti-nutriment qui réduit l'absorption de fer et de zinc, mais a également des effets positifs sur la santé. Des travaux importants ont été effectués pour compiler les données existantes sur les phytates et garantir la comparabilité des différentes méthodes d'analyse du phytate (FAO/IZiNCG, 2018).

Au sens strict, le phytate total est le myo-inositol hexaphosphate, un cycle d'inositol à six groupements d'esters phosphoriques, qui lie les minéraux (également connu sous le nom de IP6, en référence aux six groupements de phosphates). Cependant, il existe aussi des inositols qui ont de trois à cinq groupements d'esters phosphoriques (IP3-IP5), et l'IP5 (et potentiellement l'IP4) peuvent également lier les minéraux. Il serait préférable de mesurer individuellement chaque phosphate d'inositol, mais c'est une méthode analytique complexe et coûteuse qui est peu utilisée par les laboratoires d'autant qu'il n'existe guère de matériel de référence standard pour toutes les formes d'IP. Il existe donc très peu de données sur les IP.

Les méthodes analytiques les plus couramment utilisées pour la détermination du phytate total reposent sur la mesure, directe ou indirecte, du phosphore de phytate et sur l'hypothèse que tout le phosphate est présent sous la forme IP6. Parmi ces méthodes, la préférée est la méthode par échange d'anions (méthode AOAC 986.11, identifiant PHYTCPP). Lorsque les seules données disponibles provenaient d'autres méthodes - principalement précipitation directe (PHYTCPPI) et précipitation indirecte (PHYTCPPD) - la valeur du phytate total est indiquée entre crochets ([ ]). Les données relatives au phytate total sont incluses dans la **Table de composition des aliments condensée** du *Guide d'utilisation*, tandis que les valeurs des rares phosphates d'inositol individuels sont incluses dans les *Feuilles de données Excel 05 NV\_sum\_57 (per 100 g EP)* et *06 NV\_stat\_57 (per 100 g EP)*.

## 6 PRINCIPES DE COMPILATION ET DE CALCUL

### 6.1 Aliments crus

#### Agrégation d'aliments

Dans la TCAAO 2019, pratiquement toutes les entrées aliments comprennent des données provenant de sources et d'analyses multiples. Des entrées d'aliments séparées ont été créées lorsqu'il existait des différences significatives dans la composition en nutriments, découlant par exemple de la transformation ou d'autres facteurs ayant une incidence sur la teneur en nutriments.

En général, les données ont été agrégées ou appariées selon le nom scientifique (après vérification des synonymes) et la description de l'aliment. On a préféré identifier les aliments par leur nom scientifique plutôt que par leur nom commun (après vérification des sources et des synonymes), en particulier pour :

- 04 Légumes et produits dérivés
- 05 Fruits et produits dérivés
- 09 Poisson et produits dérivés

Toutefois, cela n'a pas été possible pour tous les aliments; par exemple, comme il existe un grand nombre d'espèces différentes d'insectes, ces derniers ont été appariés en fonction de leur nom commun. Les données sur les composants ont ensuite été vérifiées pour s'assurer de leur conformité à la description de l'aliment, par exemple: la composition en macronutriments pour tous les aliments; la teneur en graisses et en fibres pour les farines de céréales (pour tenir compte du degré de raffinage); la teneur en graisses des produits d'origine animale et des découpes de viande; la teneur en bêta-carotène des aliments colorés; et les différences d'enrichissement entre les pays ouest-africains et les TCA/BDCA internationales.

Des entrées d'aliments différentes ont été créées lorsque l'on disposait de données suffisantes, par exemple pour refléter des différences dans la biodiversité, la couleur ou le procédé de transformation. Ces descripteurs sont inclus dans les noms des aliments indiqués dans la TCAAO 2019.

Aucun facteur de pondération n'a été appliqué pour tenir compte des différences de production ou de part de marché, ou de certaines sources de données, par exemple entre les points de données issus de TCA/BDCA internationales (et ceux provenant d'articles scientifiques ou de rapports analytiques).



### Ordre de préférence des données

De manière générale, la préférence a été donnée aux données analytiques africaines. La majorité des données compilées proviennent de l'Afrique de l'Ouest et ont été complétées par des données analytiques provenant de l'Afrique du Sud et d'autres pays d'Afrique, telles que AnFoods 2.0 (FAO, 2017a), BioFoodComp 4.0 (FAO, 2017b), PhyFoodComp 1.0 (FAO/IZiNCG, 2018), ainsi que du programme analytique afférent à la *Table de composition des aliments du Kenya* (FAO/Gouvernement du Kenya, 2018) et du Ghana (analysées pour la TCAAO 2019). Les données analytiques extraites d'articles et de rapports scientifiques ont toujours été privilégiées par rapport aux données compilées empruntées à des TCA/BDCA. En l'absence de données analytiques, on a puisé dans les TCA/BDCA provenant d'autres pays (cf. **Section 9**). Les principales sont les *Tables indiennes de composition des aliments* (Longvah *et al.*, 2017), car elles contiennent des données nouvelles et entièrement analytiques, et les *Tables de composition des aliments condensées de l'Afrique du Sud* (Wolmarans *et al.*, 2010) en raison de la proximité géographique. Des données provenant d'Australie (Food Standards Australia New Zealand, 2013), des États-Unis d'Amérique (USDA, 2015), du Royaume-Uni de Grande Bretagne et d'Irlande du Nord (Food Standards Agency, 2015) et du Danemark (Université technique du Danemark, 2016) ont aussi été utilisées. La BDCA spécifique uFiSh 1.0 (FAO, 2016) a été utilisée dans *09 Poissons et produits dérivés* (avec notamment des données non publiées compilées pour uFiSh) et la BDCA uPulses 1.0 (FAO, 2017c) pour les aliments figurant dans *03 Légumineuses et produits dérivés*. Pour un petit nombre d'aliments, des données supplémentaires ont été empruntées à d'autres TCA/BDCA, telles que la *Base de données thaïlandaise sur la composition des aliments* (Judasprong *et al.*, 2015), *le livre 1 de la TCA chinoise* (Institut de la nutrition et de la sécurité sanitaire des aliments, 2002), la *Tabela brasileira de composição de alimentos*, ou TCA brésilienne (NEPA, 2011) et la *Table CIQUAL de composition nutritionnelle des aliments 2017* ou TCA française (ANSES, 2017).

### Profils génériques

Dans certains cas, on ne disposait d'aucune donnée concernant certains composants (qu'elles proviennent d'Afrique, d'aliments similaires ou de TCA/BDCA internationales). Pour combler ces lacunes, un aliment générique avec un profil «moyen» a été créé, sur la base d'aliments similaires figurant dans la TCAAO 2019. Ces profils génériques ont été utilisés pour :

- Les légumineuses, sur la base des données d'uPulses 1.0. (FAO, 2017c);
- Les légumes-feuilles, sur la base des données de la TCA indienne (Longvah *et al.*, 2017);
- Le poisson maigre (teneur en mat.grasse <5%), sur la base de données provenant de plusieurs TCA/BDCA internationales; et
- Les noix et graines, sur la base de données empruntées à plusieurs TCA/BDCA internationales.

### Valeurs supposées

Sur la base de notre connaissance actuelle des aliments, on a supposé que la valeur de certains composants était égale à zéro. C'est le cas de :

- l'alcool dans tous les aliments, à l'exception des boissons alcoolisées;
- le cholestérol, le rétinol et la vitamine D, dans les aliments d'origine végétale non enrichis;
- la vitamine B<sub>12</sub> dans les aliments d'origine végétale non enrichis, à l'exception des aliments fermentés et/ou contenant de la levure;
- les phytates et les fibres dans les aliments d'origine animale (à l'exception des insectes);
- les glucides dans la viande musculaire des mammifères et des volailles, le poisson, la plupart des graisses et huiles et certains aliments (comme le sel);
- la vitamine C dans les œufs et le poisson;
- l'acide folique dans tous les aliments non enrichis; et
- les acides gras et le cholestérol dans les aliments dont la teneur en lipides totaux est égale à zéro.

### Emprunt des données

Des données ont été empruntées, principalement aux bases de données de référence (cf. **Section 9**) et uniquement quand il n'existait pas de données analytiques africaines. Dans de rares cas, des données ont été empruntées à d'autres aliments similaires figurant dans la table (ex: entre les versions crues et séchées d'un même aliment).

- Les données à emprunter ont été appariées comme indiqué plus haut dans la section **Agrégation des aliments**; des données ont été puisées dans les données de référence lorsque la composition en macronutriments était très proche de celle de l'aliment figurant dans la TCAAO 2019.

- Pour les aliments classés dans 01 *Céréales et produits dérivés* et 02 *Racines amyliacées, tubercules et produits dérivés*, quelques données ont été empruntées à des espèces de composition similaire; cela a notamment été le cas avec le fonio et le mil et avec différentes espèces d'igname.
- Pour les aliments classés dans 07 *Viande, volaille et produits dérivés*, des données ont été empruntées à des découpes différentes de la même espèce, ou dans certains cas d'espèces différentes (dont la composition était censée être la même, par exemple entre volailles dont la teneur en macronutriments était similaire).
- Pour les aliments classés dans 08 *Cœufs et produits dérivés*, des données ont été empruntées à des espèces différentes dont la composition était censée être similaire.
- Pour les aliments classés dans 09 *Poisson et produits dérivés*, des données ont été empruntées à l'espèce ou au genre disponible le plus proche.
- Les données relatives au bêta-carotène et/ou à ses équivalents ont été empruntées à des aliments de couleurs similaires appartenant au même groupe d'aliments et on a estimé que les valeurs étaient égales à zéro dans les aliments très pâles.
- Les données relatives aux aliments enrichis sont issues de la législation ou d'articles scientifiques (cf. [Section 6.2](#)). Toutes les données empruntées à des TCA/BDCA internationales ont été vérifiées avec soin par rapport aux exigences d'enrichissement dans le pays d'origine des données, et les données relatives aux composants enrichis n'ont pas été utilisées.

### Ajustement des données empruntées

Lorsque l'on emprunte des données, les *Directives FAO/INFOODS pour la vérification des données sur la composition des aliments avant la publication d'une table/base de données utilisateur* (FAO/INFOODS, 2012a) recommandent d'ajuster les macronutriments et les composants hydrosolubles lorsque la teneur en eau des différents aliments varie de plus de 10%, et d'ajuster les composants liposolubles lorsque la teneur en graisse varie de plus de 10%. Après discussion au sein de la communauté INFOODS, les recommandations formulées dans les Directives ont été mises à jour pour la TCAAO 2019 et les règles et considérations ci-après ont été appliquées pour les emprunts de données :

- Les valeurs des macronutriments, des minéraux et des composants hydrosolubles ont été ajustées lorsque la teneur en eau variait de plus de 10%.
- Les valeurs des composants liposolubles (vitamines A, D et E, y compris carotènes et rétinol) n'ont pas été ajustées, car elles ne sont généralement pas liées à la teneur en lipides mais varient en fonction d'autres facteurs comme la couleur, la biodiversité, la maturité ou l'alimentation de l'animal.
- Les valeurs du tryptophane ont été ajustées lorsque la teneur en protéines totales variait de plus de 10%.
- Les valeurs du cholestérol ont été ajustées lorsque la teneur en lipides totaux variait de plus de 10%. Il convient toutefois de noter que le rapport cholestérol/graisse est plus élevé dans les produits à base de lait écrémé que dans ceux à base de lait entier. De la même manière, dans la viande, le rapport cholestérol/graisse varie selon qu'il s'agit de graisses intramusculaires ou de graisses séparables. On a donc évité les emprunts de données entre produits à base de lait entier et écrémé, ou entre découpes de viande parées de façon très différente.
- Pour les données empruntées des aliments frais aux aliments séchés (en particulier légumes, noix, graines et poisson), tous les composants ont été ajustés pour tenir compte des variations de la teneur en eau.

## 6.2 Aliments enrichis

De nombreux pays d'Afrique de l'Ouest ont des programmes obligatoires ou volontaires d'enrichissement des aliments. Les fortifiants sont généralement ajoutés aux aliments transformés (comme les farines de céréales ou les huiles de cuisine raffinées) au moment de la fabrication. Les niveaux des fortifiants ajoutés aux aliments enrichis peuvent varier pour diverses raisons. Si les fortifiants sont ajoutés en cours de fabrication et que le mélange parfait est difficile à obtenir, il se peut que les niveaux des fortifiants varient dans un lot d'aliments. Les fortifiants peuvent également se dégrader avec le temps ou au cours d'un traitement supplémentaire (p.ex., pour du pain fabriqué à partir de farine enrichie). La conformité de l'industrie à la législation peut également être faible. D'après des recherches menées au Nigéria, 8 à 13% seulement des échantillons de farine de céréales, d'huile et de sucre étaient conformes aux normes d'enrichissement en vitamine A, et 10% seulement des farines de céréales échantillonnées étaient conformes aux normes d'enrichissement en fer (Ogunmoyela *et al.*, 2013; Uchendu et Atinmo, 2016). Le meilleur moyen d'évaluer les niveaux d'enrichissement consiste donc à analyser les aliments enrichis quand ils sont disponibles à la consommation. Malheureusement, on disposait de très peu de données analytiques sur les aliments enrichis d'Afrique de l'Ouest.

Afin d'inclure les aliments enrichis dans la base de données, des recherches ont été entreprises sur les niveaux de fortification obligatoires en Afrique de l'Ouest. Les partenaires d'INFOODS et le Bureau régional de la FAO pour l'Afrique ont fourni à l'équipe de la FAO à Rome des avis et des informations à ce sujet. Une vingtaine de sources ont été trouvées, dont 12 ont été utilisées. Il s'agissait notamment de législations gouvernementales originales (République du Bénin 2012a, 2012b; République du Mali, 2017), d'articles scientifiques (Hess *et al.*, 2013; Nyumuah *et al.*, 2012; Rohner *et al.*, 2016; Sablah, Grant et Fiedler, 2013), de rapports et d'autres sources de données pertinentes (Food Fortification Initiative, 2019; Global Fortification Data Exchange, 2018; Hoogendoorn *et al.*, 2016; Robinson *et al.*, 2014; Traore, 2008). Ces informations ont été compilées et utilisées pour ajuster les valeurs des composants des aliments enrichis aux niveaux de fortification prescrits dans les différents pays.

Les règles suivantes ont été adoptées pour définir les entrées d'aliments enrichis:

- Seul l'enrichissement obligatoire a été pris en considération.
- Seuls les produits céréaliers raffinés ont été considérés comme enrichis; les produits à base de céréales complètes (par exemple, la farine de maïs complète) ne l'ont pas été.
- Lorsqu'il existait une législation à jour spécifiant les niveaux d'enrichissement, cette information a été considérée comme correcte. En revanche, lorsque les seules sources étaient des articles ou des rapports scientifiques, on a retenu les niveaux de fortification indiqués dans les sources les plus fiables.
- En l'absence d'informations sur les niveaux d'enrichissement requis dans un pays, cette donnée n'a pas été incluse dans la TCAAO 2019.
- L'enrichissement n'a pas été pris en considération dans les produits transformés d'aliments enrichis, tels que le pain et les céréales.
- Lorsque des niveaux d'enrichissement ont été donnés pour une vitamine ou un minéral sans préciser l'agent fortifiant, on a supposé qu'ils correspondaient aux niveaux présents dans l'aliment.
- Lorsque le niveau d'enrichissement a été donné pour une vitamine ou un minéral et que l'agent fortifiant a été spécifié, la vitamine/le minéral a été converti/e à l'expression du composant utilisée dans la TCAAO 2019 (par exemple, 1 mg de palmitate de rétinol équivaut à 0,55 mg de vitamine A en équivalent rétinol; 1 mg de fumarate ferreux est égal à 0,33 mg de fer).
- La teneur supplémentaire en vitamines ou en minéraux provenant de l'enrichissement a été ajoutée à la vitamine ou aux minéraux présents dans les aliments non enrichis.
- La législation sur l'enrichissement en vitamine A des huiles de cuisine prévoyait généralement une fourchette acceptable, et non une valeur numérique. Compte tenu de cela et de l'incertitude entourant les teneurs exactes en agents fortifiants dans les aliments (comme expliqué ci-dessus), les entrées répertoriées dans *11 Graisses et huiles* ont été regroupées en deux niveaux approximatifs d'enrichissement.

### 6.3 Calcul des aliments cuits

Les valeurs des composants des aliments cuits ont été calculées à partir des aliments crus, en appliquant des facteurs de rendement et de rétention selon la méthode mixte de calcul des recettes décrite dans *le cours FAO/INFOODS d'apprentissage en ligne sur la composition des aliments* (2013). Alors que les facteurs de rétention des nutriments (FRT) permettent d'estimer la perte/dégradation de micronutriments au cours de la cuisson, les facteurs de rendement (FRN) permettent d'estimer la perte ou le gain d'eau et/ou de graisse au cours de la cuisson. Des entrées ont été créées pour les aliments qui se consomment habituellement cuits, notamment les céréales, les tubercules, les légumes, la viande, les œufs, les poissons et les crustacés.

Les modes de cuisson ont été regroupés comme suit:

- *Cuit à la vapeur, et bouilli + égoutté*: Les valeurs de ces aliments ont été calculées au moyen de facteurs de rétention (FRT) tenant compte de la perte de vitamines et de minéraux contenus dans l'eau de cuisson rejetée.
- *Bouilli dans le cadre d'une recette; braisé; et bouilli, consommé avec le liquide de cuisson*: Les valeurs de ces aliments ont été calculées au moyen de facteurs de rétention supposant que le liquide de cuisson est également consommé (ex: riz cuit par absorption et aliments cuits dans des soupes ou des ragoûts. Par conséquent, les minéraux ont un FRT de 1 (correspondant à une perte de nutriments nulle).

- *Grillé*: Les valeurs nutritionnelles de ces aliments ont été calculées au moyen de facteurs de rétention représentant la perte de vitamines et de minéraux dans les jus de cuisson rejetés.
- Pour les légumineuses, une distinction est faite entre *trempées* et *non trempées*, car cet élément a un impact significatif sur la perte de phytates.

## 6.4 Facteurs de rétention

Les facteurs de rétention (FRT) sont principalement extraits d'un rapport technique d'EuroFIR sur le calcul des recettes (Vásquez-Caicedo *et al.*, 2008). Dans ce rapport, il manque les facteurs de rétention du zinc et du cuivre pour les viandes bouillies, cuites à la vapeur, en ragoût et braisées. Ces facteurs ont été extraits de Bognár (2002). Les facteurs de rétention des phytates ont été extrapolés à partir d'une recherche originale effectuée pour uPulses 1.0 (FAO, 2017c) et pour la *Table de composition des aliments du Kenya* (FAO et Gouvernement du Kenya, 2018).

Comme il existe peu d'aliments et de nutriments pour lesquels il existe des données dans la littérature concernant les facteurs de rétention pour le séchage, on a dû faire des approximations pour le séchage. Lorsqu'il manquait une valeur relative à un nutriment déterminé d'un aliment séché et que cette valeur existait pour le même aliment cru, on a appliqué le facteur de rétention EuroFIR correspondant à «cuit à la chaleur sèche». En revanche, pour la vitamine C et la vitamine A, d'autres facteurs ont été utilisés; en effet, pour les légumes séchés (séchés au soleil ou séchés), les observations provenant de la littérature et de nos propres calculs ont mis en évidence une perte de vitamine C et A d'environ 80 à 90% par rapport à la teneur de l'aliment cru.

Les valeurs des composants des aliments cuits ont été calculées selon la formule suivante:

$$VN \text{ dans l'aliment cuit } \left( \frac{x}{100 \text{ g}} PC \right) = \frac{VN \text{ dans l'aliment cru } \left( \frac{x}{100 \text{ g}} PC \right) \times FRT}{FRN}$$

VN = valeur du nutriment.  $x$  étant l'unité du nutriment (par exemple, g, mg, mcg).

## 6.5 Facteurs de rendement

Les facteurs de rendement ont été puisés dans diverses sources, avec lesquelles ils sont présentés à l'**Annexe C**. Lorsqu'un facteur de rendement relatif à un aliment particulier n'était pas disponible, on a emprunté celui d'un aliment similaire.

Pour les facteurs de rendement calculés, on a appliqué la formule suivante:

$$\text{Facteur de rendement (FRN)} = \frac{\text{poids d'une portion comestible d'un aliment après cuisson}}{\text{poids d'une portion comestible d'un ingrédient cru avant cuisson}}$$

La majeure partie du changement de poids après cuisson est due à la perte ou au gain d'eau dans les aliments. Toutefois dans le cas des aliments gras, le changement de poids peut aussi être attribué à une perte de graisse. Des facteurs de perte de graisse (FPG) ont été utilisés pour indiquer si la perte de poids correspond uniquement à une perte d'eau ou à une perte combinée d'eau et de graisse. Si la teneur en graisse de l'aliment est supérieure à 5%, on suppose que la variation de poids est due en partie à l'eau et en partie à la graisse. Dans ce cas, les facteurs de perte de graisse (cf. **TABLEAU 8**), ont été appliqués aux méthodes de cuisson *grillé, cuit à la vapeur et bouilli* pour les groupes d'aliments 07 *Viande, volaille et produits dérivés* et 09 *Poisson et produits dérivés*.

TABLEAU 8  
FACTEURS DE PERTE DE GRAISSE (FPG)

	TENEUR EN GRAISSE DES ALIMENTS < 5%	TENEUR EN GRAISSE DES ALIMENTS 5-15%	TENEUR EN GRAISSE DES ALIMENTS >15%
Perte de graisse	0%	7%	13-15%*
Perte d'eau	100%	93%	85-87%*
FPG	0	0,07	0,13

\*On s'est basé sur une perte de graisse de 13% pour les calculs.

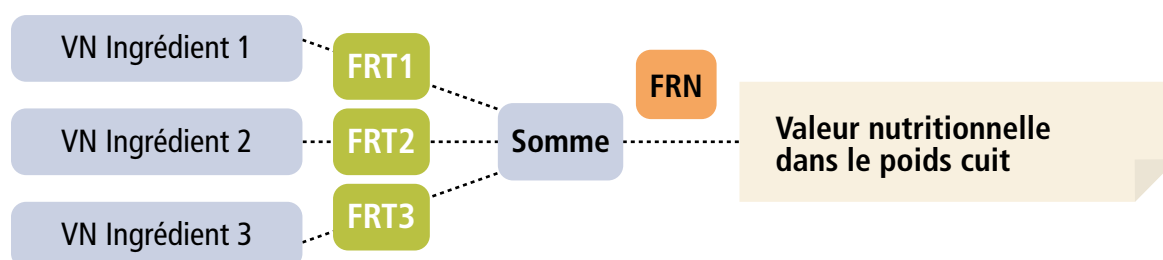
Pour les aliments contenant plus de 5% de matières grasses, la teneur en graisses de l'aliment cuit se calcule selon la formule suivante:

$$\text{Graisse dans l'aliment cuit} \left( \frac{g}{100g} PC \right) = \frac{\text{graisse dans l'aliment cru} \left( \frac{g}{100g} PC \right) - (1 - FRN) \times 100 \times FPG}{FRN}$$

## 6.6 Calcul des plats composés

Les valeurs nutritionnelles des plats composés ont été calculées à l'aide de la méthode mixte de calcul des recettes, où le facteur de rétention est appliqué au niveau de/s ingrédient/s et le facteur de rendement au niveau de la recette (cf. FIGURE 1). Selon FAO/INFOODS, c'est la méthode la plus recommandée et la plus répandue pour estimer la composition des plats composés (FAO, 2013).

FIGURE 1  
APPLICATION DES FACTEURS DE RÉTENTION ET DES FACTEURS DE RENDEMENT DANS LA MÉTHODE MIXTE DE CALCUL DES RECETTES



Source: FAO (2013). VN = valeur nutritionnelle.

On s'est basé sur les hypothèses suivantes pour calculer les valeurs nutritionnelles des plats composés:

- Les valeurs trace (tr) ont été converties à 0 pour les calculs.
- Lorsqu'un ingrédient a une valeur manquante concernant un nutriment ou une valeur de faible qualité (indiquée entre crochets), la valeur nutritionnelle du plat composé figure entre crochets ([ ]).
- Pour les ingrédients soumis à deux modes de cuisson (ex: sautés, puis bouillis), on a utilisé le facteur de rétention du mode de cuisson qui cause les pertes les plus importantes.
- Les pertes de graisse n'ont pas été prises en considération car les graisses sont censées être encore présentes dans le plat composé.

Les recettes sont présentées, avec tous leurs ingrédients, leurs poids, leurs facteurs de rendement et une description succincte de leur préparation, dans les *Feuilles de données Excel* uniquement (09 Mixed Dishes).

## 7 DOCUMENTATION DES ALIMENTS ET DES VALEURS

### Statistiques

Les valeurs nutritionnelles des entrées d'aliments correspondent à la moyenne des données de composition sélectionnées. Dans les *Feuilles de données Excel*, les statistiques fournies pour les valeurs sont les suivantes:

- Nombre de points de données (n)
- Si le nombre de points de données est égal à 2, valeur minimum (min) et valeur maximum (max);
- Si le nombre de points de données est égal ou supérieur à 3, maximum (max), minimum (min), écart-type (ET) et médiane.

Dans la **Table de composition des aliments condensée** présentée dans le *Guide d'utilisation*, les statistiques fournies pour les valeurs sont les suivantes:

- Nombre de points de données (n)
- Si le nombre de points de données est égal à 2, valeur minimum (min) et valeur maximum (max);
- Si le nombre de points de données est égal ou supérieur à 3, écart-type (ET).

Aucune statistique n'est fournie pour les valeurs calculées, c'est à dire pour les plats composés, les valeurs des aliments cuits calculées à l'aide de facteurs de rétention et de rendement, ou les valeurs calculées au moyen d'une formule telle que la somme des macronutriments, de l'énergie et de la vitamine A.

### Documentation des aliments

Pour chaque aliment, les sources des données sont indiquées par des identifiants bibliographiques (BiblioID). Une liste de ces codes, avec les sources de données correspondantes, est présentée à l' **Annexe E** et dans la *Feuille de données Excel 12 Data sources with BiblioID*.

### Documentation des composants

Dans la TCAAO 2019, les données provenant de sources non africaines sont annotées «oa» pour mettre en évidence les lacunes dans les données sur la composition provenant d'Afrique, ce qui est une des principales nouveautés de cette édition. Si les données extérieures à l'Afrique de l'Ouest avaient été signalées, la table contiendrait beaucoup plus de valeurs «oa». Les sources sont documentées pour tous les composants à l'exception de l'énergie et de la somme des macronutriments. Cette documentation n'est pas présentée pour les plats composés ou les aliments cuits calculés au moyen de facteurs de rétention et de rendement.

### Symboles de documentation des aliments et des valeurs

Les symboles de documentation des aliments et des valeurs sont indiqués dans le **TABLEAU 9**.

TABLEAU 9

#### SYMBOLES DE DOCUMENTATION DES VALEURS

SYMBOLE	DESCRIPTION	NOTES
ET	Écart-type	Indiqué si le nombre de points de données pour le composant est égal ou supérieur à 3. Non inclus pour les valeurs calculées.
Max-min	Maximum-minimum	Indiqué s'il y a deux points de données pour le composant. Non inclus pour les valeurs calculées.
n	Nombre de points de données	Non inclus pour les valeurs calculées.
Tr	Trace	Si les données compilées indiquent la présence d'un composant à des concentrations si faibles qu'il ne peut être quantifié.
oa	Données provenant de sources extérieures à l'Afrique	Pour tous les composants à l'exception de l'énergie et de la somme des macronutriments. Non inclus pour les plats composés ou les aliments cuits calculés au moyen de facteurs de rétention et de rendement.
[ ]	Valeur de faible qualité	En cas de manque de fiabilité des données, ou d'utilisation d'une méthode analytique, d'une définition ou d'une expression différente. Dans les plats composés, ce symbole signifie qu'au moins un des ingrédients a une valeur manquante ou de faible qualité.
*	Valeur calculée par la méthode mixte de calcul des recettes	Indiqué au niveau de l'aliment et inclus dans son nom.

## 8 CONSIDÉRATIONS DE QUALITÉ

Les valeurs indiquées dans la TCAAO 2019 sont le fruit d'une recherche approfondie à travers des données publiées et non publiées provenant d'Afrique de l'Ouest, des données analytiques en provenance du Ghana, du Kenya et d'Afrique du Sud et des TCA/BDCA internationales appropriées. Les auteurs considèrent que cette édition 2019 inclut la majorité des données de bonne qualité sur la composition des aliments disponibles pour l'Afrique de l'Ouest. Les données ont été passées au crible au cours de la collecte et de la compilation, suivant les directives internationales. Les valeurs finales ont été vérifiées par recoupement et comparées avec celles des TCA/BDCA internationales. Les données doivent néanmoins être interprétées et utilisées en tenant compte des considérations de qualité suivantes:

- Les données en provenance d'Afrique de l'Ouest présentent de nombreuses lacunes, en ce qui concerne les vitamines et (dans une moindre mesure) les minéraux, de sorte qu'une grande partie des données présentées sont issues de TCA/BDCA internationales. De gros efforts ont été déployés pour appairer correctement les données ouest-africaines et celles empruntées à des TCA/BDCA internationales, mais il existe de nombreux facteurs qui peuvent altérer la teneur en nutriments des aliments. À titre d'exemple, les teneurs en fer des aliments d'Afrique de l'Ouest sont plus élevées que celles indiquées pour la plupart des aliments dans les sources de données internationales. Cette différence est probablement due à la teneur en fer élevée des sols d'Afrique de l'Ouest (Koreissi-Dembélé, 2013) ou à d'autres facteurs tels que les récipients de cuisson et la contamination.
- La grande majorité des données compositionnelles ne proviennent pas d'échantillons d'aliments représentatifs, pour un pays ou pour l'ensemble de la région. Alors que des données provenant de nombreux pays d'Afrique de l'Ouest ont été compilées et que les entrées d'aliments contiennent souvent des données provenant de plusieurs pays, aucune ne comprend des données provenant de tous les pays de cette région.
- Faute de données disponibles, les valeurs n'ont pas été pondérées en fonction des volumes de production ou de la part de marché.
- Lorsque des aliments similaires sont inclus dans la base de données (ex: *Mil à chandelle, grain entier, cru* et *Mil à chandelle, décortiqué, cru*), ils proviennent généralement de plans d'échantillonnage distincts. Les écarts des teneurs en nutriments peuvent être dus à des différences dans les échantillons analysés plutôt qu'à l'effet de la transformation.
- La TCAAO 2019 présente la moyenne des données disponibles sélectionnées pour chaque aliment, mais il faut savoir que la composition d'échantillons différents d'un même aliment ou d'un aliment similaire peut varier considérablement. Les utilisateurs sont invités à examiner avec attention les statistiques disponibles fournies pour la moyenne des composants afin de comprendre comment peuvent varier les valeurs des nutriments d'un aliment.
- Bien que les aliments transformés ou fabriqués (ex: gâteaux et biscuits, biscuits apéritif salés, boissons en bouteilles) soient de plus en plus consommés en Afrique de l'Ouest, la TCAAO 2019 en contient peu. En effet, il n'y avait pas assez de données provenant de la région pour les inclure dans la Table et comme la teneur en nutriments dépend des procédés de fabrication, des ingrédients et des recettes utilisés au niveau local, il est difficile de les emprunter à des sources internationales. En outre, même dans les TCA/BDCA internationales, les produits transformés et manufacturés sont rarement inclus, ce complique considérablement la tâche de ceux qui enquêtent sur la consommation alimentaire.
- Les teneurs en nutriments calculées sont valables pour les plats composés publiés dans la TCAAO 2019, mais les valeurs indiquées ne sont pas exactes pour les plats composés préparés avec des ingrédients différents ou utilisés dans d'autres proportions. Pour permettre aux utilisateurs de comparer leurs recettes avec celles publiées dans la TCAAO 2019, la liste de tous les ingrédients est fournie avec leur poids cru, une brève description de la recette, le poids cuit et le facteur de rendement dans la *Feuille de données Excel 09 Mixed Dishes*.
- Les valeurs des composants des aliments enrichis ont été estimées sur la base des informations disponibles concernant les niveaux d'enrichissement prescrits dans chaque pays (cf. [Section 6.2](#)). Toutefois, les niveaux d'enrichissement peuvent être sensiblement plus élevés ou plus faibles en raison de «surdosages» (ajout de fortifiants additionnels pour assurer un enrichissement suffisant jusqu'à la fin de la durée de conservation du produit), des procédés de fabrication et du manque de constance dans le respect des règlements concernant l'enrichissement des aliments. Ces valeurs sont donc sujettes à caution.

## 9 DONNÉES DE RÉFÉRENCE UTILISÉES DANS LA TCAA0 2019

Une base de données de référence incluant des TCA/BDCA internationales sélectionnées, a été créée au début de la mise à jour de la TCAA0 2019, et utilisée comme:

- source de données dans laquelle puiser en cas de lacunes dans les données compilées provenant d'Afrique;
- référence pour vérifier si les valeurs compilées dans la TCAA0 2019 sont acceptables-

Pour chaque TCA/BDCA, des identifiants INFOODS ont été attribués aux noms des composants, et les valeurs ont été converties dans les unités appropriées, le cas échéant. Les valeurs des acides gras ont été empruntées en pourcentage des acides gras totaux ou des acides gras polyinsaturés totaux (cf. **Section 5** pour plus de détails).

Les données ont été appariées selon les noms scientifiques, les noms communs et les descriptions d'aliments. Les programmes de fortification du Royaume-Uni de Grande Bretagne et d'Irlande du Nord, des États-Unis, de l'Australie et de l'Afrique du Sud ont été vérifiés et les valeurs couvertes par ces programmes ont été exclues (en particulier pour les produits à base de blé). Le **TABLEAU 10** recense les TCA/BDCA incluses dans la base de données de référence.

TABLEAU 10  
TCA/BDCA UTILISÉES COMME RÉFÉRENCES DANS LA TCAA0 2019

NOM ABRÉGÉ	BiblioID	RÉFÉRENCE
AUSNUT	AU14	<b>Food Standards Australia New Zealand (FSANZ)</b> . 2014. <i>AUSNUT 2011–13 – Australian Food Composition Database</i> [online]. Canberra. [Cited December 2018]. <a href="http://www.foodstandards.gov.au">http://www.foodstandards.gov.au</a>
Indian FCT	IN17	<b>Longvah, T., Ananthan, R., Bhaskarachary, K. &amp; Venkaiah, K.</b> 2017. <i>Indian Food Composition Tables</i> . Hyderabad, Inde, National Institute of Nutrition. (Également disponible à l'adresse <a href="http://www.ifct2017.com/frame.php?page=home">http://www.ifct2017.com/frame.php?page=home</a> ).
South African FCT	SA10	<b>Wolmarans P., Danster N., Dalton A., Rossouw K. &amp; Schönfeldt, H., eds.</b> 2010. <i>Condensed Food Composition Tables for South Africa</i> . Cape Town, South Africa, South African Medical Research Council.
uFiSh1.0	UF1	<b>FAO/INFOODS Global Food Composition Database for Fish and Shellfish</b> . Version 1.0 – uFiSh1.0. Rome. (Également disponible à l'adresse <a href="http://www.fao.org/infoods/infoods/tables-and-databases/faoinfoods-databases/en/">http://www.fao.org/infoods/infoods/tables-and-databases/faoinfoods-databases/en/</a> ).
UK FCT	UK7	<b>Food Standards Agency</b> . 2015. McCance and Widdowson's The Composition of Foods Integrated Dataset (CoFID) 2015. London, Institute of Food Research, Public Health England. (Également disponible à l'adresse <a href="https://www.gov.uk/government/publications/composition-of-foods-integrated-dataset-cofid">https://www.gov.uk/government/publications/composition-of-foods-integrated-dataset-cofid</a> ).
uPulses1.0	UP1	<b>FAO</b> . 2017c. <i>FAO/INFOODS Global Food Composition Database for Pulses</i> . Version 1.0 – uPulses1.0. Rome. (Également disponible à l'adresse <a href="http://www.fao.org/infoods/infoods/tables-and-databases/faoinfoods-databases/en/">http://www.fao.org/infoods/infoods/tables-and-databases/faoinfoods-databases/en/</a> ).
USDA	US28	<b>United States Department of Agriculture (USDA)</b> . 2015. USDA National Nutrient Database for Standard Reference, Release 28. In: <i>USDA Agricultural Research Service</i> [online]. Washington, DC. [Cité en avril 2018]. <a href="http://ndb.nal.usda.gov/">http://ndb.nal.usda.gov/</a> (Note: Version en cours jusqu'en avril 2018.)

D'autres TCA/BDCA internationales (cf. **TABLEAU 11**) ont aussi été utilisées pour emprunter des données concernant certains aliments; dans ce cas, la totalité des TCA/BDCA est exclue de la base de données de référence de la TCAA0 2019.



TABLEAU 11  
FCT/FCDB USED AS REFERENCES FOR PARTICULAR FOODS IN WAFCT 2019

NOM ABRÉGÉ	BibliolD	RÉFÉRENCE
Brazilian FCT	1T	<b>Núcleo de Estudos e pesquisas em Alimentação (NEPA)</b> . 2011. <i>Tabela brasileira de composição de alimentos</i> . Campinas, Brazil. 164 pp. (également disponible à l'adresse <a href="http://www.nepa.unicamp.br/taco/tabela.php?ativo=tabela">http://www.nepa.unicamp.br/taco/tabela.php?ativo=tabela</a> ).
China FCT	CH02	<b>Institute of Nutrition and Food Safety</b> . 2002. <i>China food composition: Book 1</i> , 2nd Edition. Beijing, Peking University Medical Press.
Danish FCT	DK2	<b>Technical University of Denmark (DTU)</b> . 2016. <i>Frida Food Data</i> , version 2 [online]. Copenhagen, National Food Institute. [Cité en novembre 2017]. <a href="http://frida.fooddata.dk">http://frida.fooddata.dk</a>
French FCT	F09	<b>French Agency for Food, Environmental and Occupational Health &amp; Safety (ANSES)</b> . 2017. <i>CIQUAL French food composition table version 2017</i> [online]. Maisons-Alfort, France. [Cité en novembre 2018]. <a href="https://ciqual.anses.fr/">https://ciqual.anses.fr/</a>
Kenyan FCT	KEN18	<b>FAO &amp; Government of Kenya</b> . 2018. <i>Kenya Food Composition Tables</i> [online]. Nairobi. [Cité en décembre 2018]. <a href="http://www.kilimo.go.ke/wp-content/uploads/2018/10/KENYA-FOOD-COMPOSITION-TABLES-2018.pdf">http://www.kilimo.go.ke/wp-content/uploads/2018/10/KENYA-FOOD-COMPOSITION-TABLES-2018.pdf</a>
Thai FCT	Thai16	<b>Judprasong, K., Puwastien, P., Nitithamyong, A., Sridonpai, P. &amp; Somjai, A.</b> 2015. <i>Thai Food Composition Database</i> [online]. Bangkok, Institute of Nutrition, Mahidol University (INMU). [Cité en octobre 2018]. <a href="http://www.inmu.mahidol.ac.th/thaifcd">http://www.inmu.mahidol.ac.th/thaifcd</a>

## 10 RECOMMANDATIONS POUR LES TRAVAUX FUTURS

Des données nutritionnelles de bonne qualité sont nécessaires pour agir dans de nombreux domaines de la nutrition et de l'agriculture. La TCAA0 2019 marque une avancée dans ce sens en Afrique de l'Ouest. Cependant, des efforts supplémentaires doivent être faits pour mettre à jour les TCA/BDCA nationales et en créer de nouvelles, car celles qui existent en Afrique de l'Ouest datent généralement des années 1960-1980 (ou sont basées sur des données de cette époque).

Il est donc impératif de générer davantage de données analytiques de bonne qualité sur les aliments locaux, notamment sur des produits biodiversifiés et transformés, et de les publier avec des données suffisamment détaillées pour les rendre largement utilisables. Une bonne partie des données sur la composition des aliments trouvées lors de l'élaboration de la TCAA0 2019 n'ont pas pu être utilisées en raison de descriptions insuffisantes des aliments ou de leurs composants, de descriptions incomplètes, de l'utilisation inappropriée des méthodes d'analyse, ou de l'imprécision des dénominateurs (ex: poids frais, ou matière sèche). En outre, peu de données étaient issues d'analyses d'échantillons représentatifs pour un pays ou pour la région. Les auteurs de la présente publication encouragent les chercheurs en composition des aliments à se référer à des ressources telles que le *Cours FAO/INFOODS d'apprentissage en ligne sur la composition des aliments* (FAO, 2013) et les directives FAO/INFOODS sur la composition des aliments, disponibles sur le site Web INFOODS à l'adresse <http://www.fao.org/infoods/infoods/fr/>.

De nombreux laboratoires d'Afrique de l'Ouest sont en mesure de générer des données sur la composition en macronutriments et dans une moindre mesure en minéraux, car ces analyses sont relativement faciles à réaliser et peu coûteuses. Pourtant on manque encore de données de qualité en provenance d'Afrique de l'Ouest, notamment pour les vitamines et les phytates (en particulier les formes individuelles IP4, IP5 et IP6), qui nécessitent des analyses plus complexes et coûteuses. Le coût des équipements des laboratoires, du matériel de référence certifié, des produits chimiques, de la maintenance et de la formation des chimistes est élevé et parfois difficile à justifier compte tenu du faible nombre d'analyses de la composition des aliments. Ces dépenses deviendront cependant rentables avec l'augmentation de la demande de données analytiques sur ce sujet. Pour combler les lacunes de données actuelles, il faudrait de nouveaux investissements et un regain d'intérêt des donateurs pour renforcer les capacités analytiques et stimuler la demande de données sur la composition des aliments.

Dans la TCAA 2019, les données de source non africaine sont identifiées dans la section sur la documentation des valeurs (cf. [Section 7](#)) et les auteurs encouragent les chercheurs et les donateurs potentiels à utiliser ces informations pour définir des priorités pour les analyses futures sur la composition des aliments.

Il faudra attendre que des données sur la composition des aliments adéquates soient disponibles pour la plupart des aliments consommés dans les différents pays d'Afrique de l'Ouest pour estimer correctement les apports en nutriments et les pourcentages de la population pour lesquels ces apports sont adéquats ou inadéquats. Avec ces informations, le nombre de sujets classés comme faux positifs ou négatifs devrait diminuer et les résultats des recherches devraient être moins biaisés. Les gouvernements et les autres parties prenantes seront en mesure de concevoir et de mettre en œuvre des programmes et des politiques mieux ciblés, plus rentables et mieux à même de réduire les taux de malnutrition, de préférence en utilisant des aliments locaux riches en micronutriments. Les investissements dans la production, la compilation et la publication de données sur la composition et la consommation des aliments pourraient à long terme être plus rentables que la mise en œuvre de programmes et de politiques mal ciblés qui n'ont guère d'impact sur les taux de malnutrition. Les gouvernements, les donateurs et les décideurs ne comprennent pas encore bien ce paradigme.

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# REFERENCES / RÉFÉRENCES

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# CONDENSED FOOD COMPOSITION TABLE

## TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Cereals and their products/Céréales et produits dérivés										
01_172	Baling béinné (northern Burkina Faso)*: sorghum porridge with monkey bread. tamarind. water. milk and sugar	Baling béinné (nord du Burkina Faso)*: bouillie de sorgho avec pain de singe. tamarin. eau. lait et sucre		329(78)	80.1	2.5	[0.2]	16.1	[0.6]	0.5
01_173	Baling ni zièm béinné (Burkina Faso)*: porridge of degermed sorghum with potash. water and sugar	Baling ni zièm béinné (Burkina Faso)*: bouillie de sorgho dégermé avec potasse. eau et sucre		277(65)	83.3	0.9	[0.2]	14.8	0.5	0.3
01_168	Beenkida (Burkina Faso)*: maize porridge with maize granules	Beenkida (Burkina Faso)*: bouillie de maïs avec grumaux de maïs		426(100)	74.6	2.1	0.3	21.7	1.1	0.2
01_188	Biscuit. sweet. plain. unfortified	Biscuit. sucré. nature. non enrichi	1.00	2 010(479)	4.6	6.2	21.2	64.9	2.0	1.1
Non-African data						oa	oa	oa	oa	oa
SD or min-max						2.6	0.6	6.3	0.4	0.2
n					1	9	9	6	6	4
01_177	Boalboal (Burkina Faso)*: millet balls with fried fish and vegetables	Boalboal (Burkina Faso)*: boulettes de mil avec poisson frit et légumes		1 050(252)	54.7	5.4	17.0	18.0	2.8	1.5
01_047	Bread. wheat. white for toasting. unfortified	Pain. blé. blanc à griller. non enrichi	1.00	1 040(246)	37.9	8.8	2.2	46.4	2.7	1.9
Non-African data						oa	oa	oa	oa	oa
SD or min-max						1.3	0.8	0.9	0.2	1.8-2.0
n					1	3	3	3	3	2
01_046	Bread. wheat. white. unfortified	Pain. blé. blanc. non enrichi	1.00	1 060(249)	36.2	7.4	1.3	50.5	2.9	1.7
Non-African data										
SD or min-max						4.9	0.9	1.2-1.4	0.6	0.8
n					1	9	7	2	4	4
01_048	Bread. wheat. wholemeal. unfortified	Pain. blé. complet. non enrichi	1.00	980(232)	40.0	11.1	2.8	37.6	6.4	2.2
Non-African data						oa	oa	oa	oa	oa
SD or min-max						1.1	1.4	0.6	0.6	2.0-2.32
n					1	3	3	3	3	2
01_045	Bread/rolls. white. unfortified	Pain/petit pain. blanc. non enrichi	1.00	1 150(271)	32.3	9.5	2.7	51.0	2.5	1.9
Non-African data						oa	oa	oa	oa	oa
SD or min-max						3.6	1.2	2.6-2.8	0.4	1.7-2.2
n					1	3	3	2	3	2

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Cereals and their products/Céréales et produits dérivés													
01_172	Baling béinnré (northern Burkina Faso)*: sorghum porridge with monkey bread, tamarind, water, milk and sugar	61	0.5	12	54	119	23	0.34	0.03	1	0	0	2
01_173	Baling ni zièm béinnré (Burkina Faso)*: porridge of degermed sorghum with potash, water and sugar	10	[0.9]	7	11	35	49	0.16	0.02	0	0	0	1
01_168	Beenkida (Burkina Faso)*: maize porridge with maize granules	5	0.2	13	14	25	3	0.18	0.03	0	0	0	0
01_188	Biscuit, sweet, plain, unfortified	67	1.3	16	109	119	390	0.54	0.10	111	106	101	[61]
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max		51	0.5	4	71	37	126	0.21	0.02			62	
n		9	9	9	9	9	9	9	5			4	
01_177	Boalboal (Burkina Faso)*: millet balls with fried fish and vegetables	16	4.3	35	143	201	227	0.84	0.17	33	21	10	136
01_047	Bread, wheat, white for toasting, unfortified	26	1.5	24	97	128	451	0.79	0.12	0	0	0	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max				2	2	9	46	0.05	0.10-0.14				
n		1	1	3	3	3	3	3	2			1	
01_046	Bread, wheat, white, unfortified	33	2.5	29	90	139	676	0.99	0.13	0	0	0	0
Non-African data										oa	oa		oa
SD or min-max		29	1.6	10	50	44	185	0.37	0.07				
n		9	8	4	8	5	5	5	5			1	
01_048	Bread, wheat, wholemeal, unfortified	92	2.2	68	195	235	438	1.56	0.23	0	0	0	1
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max		78-106	2.0-2.4	7	22	33	33	0.23	0.23-0.23				
n		2	2	3	3	3	3	3	2			1	
01_045	Bread/rolls, white, unfortified	26	1.0	24	106	139	456	0.87	0.13	0	0	0	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max				2	14	6	51	0.13	0.00				
n		1	1	3	3	3	3	3	3			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Cereals and their products/Céréales et produits dérivés													
01_172	Baling béinnré (northern Burkina Faso)*: sorghum porridge with monkey bread, tamarind, water, milk and sugar	[0.0]	[0.01]	0.03	0.08	0.7	0.2	32	0.02	[4]	[4]	0.12	2
01_173	Baling ni zièm béinnré (Burkina Faso)*: porridge of degermed sorghum with potash, water and sugar	0.0	0.01	0.01	0.01	0.3	0.1	9	0.01	[2]	[2]	0.00	0
01_168	Beenkida (Burkina Faso)*: maize porridge with maize granules	0.0	0.08	0.02	0.00	0.2	0.1	7	0.04	1	1	0.00	0
01_188	Biscuit, sweet, plain, unfortified	0.1	[2.60]	0.11	0.04	2.3	1.0	72	0.05	12	12	0.06	1
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max		0.0-0.2		0.03	0.03		0.5	17	0.01			0.07	4
n		2		9	9		9	7	4	1		9	9
01_177	Boalboa (Burkina Faso)*: millet balls with fried fish and vegetables	0.2	[2.80]	0.09	0.09	2.7	1.7	60	0.11	[37]	[37]	1.22	6
01_047	Bread, wheat, white for toasting, unfortified	0	[0.26]	0.14	0.06	4.7	2.2	148	0.08	20	20	0.03	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max					0.04-0.08			120-175	0.00	8		0.06	0
n		1		1	2		1	2	3	3		3	3
01_046	Bread, wheat, white, unfortified	0	0.51	0.12	0.06	3.7	2.2	87	0.08	21	21	0.03	0
Non-African data									oa			oa	
SD or min-max				0.09	0.03		1.8	13		5		0.06	
n		1		7	7		3	3	1	4		3	1
01_048	Bread, wheat, wholemeal, unfortified	0	1.60	0.25	0.06	5.6	4.1	90	0.14	31	31	0.03	0
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max					0.05-0.07		0.3		0.07	17		0.06	0
n		1		1	2		3	1	3	3		3	3
01_045	Bread/rolls, white, unfortified	0	0.88	0.14	0.06	3.2	1.5	101	0.06	29	29	0.04	0
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max					0.05-0.06			81-120	0.03	2		0.08	0
n		1		1	2		1	2	3	3		3	3



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Cereals and their products/Céréales et produits dérivés								
01_172	Baling béinnré (northern Burkina Faso)*: sorghum porridge with monkey bread, tamarind, water, milk and sugar	1	[0.10]	[0.10]	[0.00]	[0.00]	[0.00]	[23]
01_173	Baling ni zièm béinnré (Burkina Faso)*: porridge of degermed sorghum with potash, water and sugar	0	0.00	0.04	0.00	0.00	0.00	21
01_168	Beenkida (Burkina Faso)*: maize porridge with maize granules	0	0.05	0.12	0.13	0.12	0.00	41
01_188	Biscuit, sweet, plain, unfortified	30	10.30	7.65	2.38	2.03	0.28	
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max		28						
n		6						
01_177	Boalboal (Burkina Faso)*: millet balls with fried fish and vegetables	8	2.65	5.11	8.08	7.81	0.10	[55]
01_047	Bread, wheat, white for toasting, unfortified	0	0.33	0.45	0.72	0.65	0.05	93
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max		0						
n		3						1
01_046	Bread, wheat, white, unfortified	0	0.22	0.44	0.20	0.18	0.00	93
Non-African data								
SD or min-max								
n		1						1
01_048	Bread, wheat, wholemeal, unfortified	0	0.45	0.59	0.95	0.86	0.10	
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max		0						
n		3						
01_045	Bread/rolls, white, unfortified	0	0.47	0.59	0.75	0.67	0.07	93
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Cereals and their products/Céréales et produits dérivés										
01_187	Cake. plain. unfortified	Gâteau. nature. non enrichi	1.00	1 530(363)	25.4	6.1	14.5	51.4	1.4	1.1
Non-African data					oa	oa	oa	oa	oa	oa
SD or min-max					4.5	1.8	2.9		0.2	0.5
n					1	6	5	5	5	4
01_160	Cantonese rice with fish and noodles (Burkina Faso)*	Riz cantonnais avec poisson et vermicelles (Burkina Faso)*		1 080(259)	47.5	5.5	11.9	31.7	1.6	1.4
01_182	Cornflakes (breakfast cereal). unfortified	Cornflakes (céréales pour petit-déjeuner). non enrichis	1.00	1 620(383)	4.7	6.3	2.9	80.6	4.6	1.0
Non-African data					oa	oa	oa	oa	oa	oa
SD or min-max										
n					1	1	1		1	1
01_189	Croissant. plain. unfortified	Croissant. nature. non enrichi	1.00	1 560(373)	27.8	8.3	19.4	39.7	3.0	1.8
Non-African data					oa	oa	oa	oa	oa	oa
SD or min-max					3.2	7.6-9.1	19.1-19.7		2.8-3.1	
n					1	3	2	2	2	1
01_002	Fonio. black. whole grains. raw	Fonio. noir. grains entiers. cru	1.00	1 400(332)	10.3	8.3	[3.0]	59.8	16.4	2.2
Non-African data										
SD or min-max										
n					1	1	1		1	1
01_124	Fonio. black. whole grains. boiled* (as part of a recipe)	Fonio. noir. grains entiers. bouilli* (ingrédient de recette)	1.00	583(138)	62.6	3.5	[1.3]	24.9	6.8	0.9
01_049	Fonio. black. whole grains. boiled* (without salt). drained	Fonio. noir. grains entiers. bouilli* (sans sel). égoutté	1.00	583(138)	62.6	3.5	[1.3]	24.9	6.8	0.9
01_050	Fonio. decorticated grains (bran removed). dry. raw	Fonio. grains décortiqués (sans son). sec. cru	1.00	1 510(356)	10.9	7.1	1.7	76.9	2.2	1.2
Non-African data										
SD or min-max						1.5	1.2		1.9-2.6	0.8
n					1	10	10	1	2	8
01_126	Fonio. decorticated grains (bran removed). boiled* (as part of a recipe)	Fonio. grains décortiqués (sans son). bouilli* (ingrédient de recette)	1.00	629(148)	62.9	3.0	0.7	32.0	0.9	0.5
01_051	Fonio. decorticated grains (bran removed). boiled* (without salt). drained	Fonio. grains décortiqués (sans son). bouilli* (sans sel). égoutté	1.00	629(148)	62.9	3.0	0.7	32.0	0.9	0.5
01_078	Fonio. decorticated grains (bran removed). washed (mid wet). raw	Fonio. grains décortiqués (sans son). lavé (humide). cru	1.00	1 020(241)	39.9	4.4	1.2	52.8	1.0	0.8
Non-African data										
SD or min-max						1.7	0.4	0.1	0.3	
n					1	12	12	12	12	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Cereals and their products/Céréales et produits dérivés													
01_187	Cake, plain, unfortified	49	0.8	14	194	127	383	0.44	0.10	93	89	85	[53]
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max		16	0.3	4	128	15	74	0.06				33	
n		6	6	6	6	6	6	6	1			4	
01_160	Cantonese rice with fish and noodles (Burkina Faso)*	16	0.8	22	103	189	273	0.64	0.17	83	44	6	457
01_182	Cornflakes (breakfast cereal), unfortified	3	1.0	34	130	140	270	0.70		0	0	0	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
01_189	Croissant, plain, unfortified	69	1.4	22	105	132	392	0.78	0.16	78	77	77	[10]
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max		15	0.6	4	22	7	64	0.10	0.05-0.26			10-143	
n		3	3	3	3	3	3	3	2			2	
01_002	Fonio, black, whole grains, raw	51	[10.0]	430	234	340	8	3.80	0.44	5	2	0	28
Non-African data										oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
01_124	Fonio, black, whole grains, boiled* (as part of a recipe)	21	[4.2]	179	98	142	3	1.58	0.18	2	1	0	11
01_049	Fonio, black, whole grains, boiled* (without salt), drained	21	[4.2]	179	93	113	3	1.50	0.18	2	1	0	11
01_050	Fonio, decorticated grains (bran removed), dry, raw	24	2.1	41	113	178	5	1.71	0.94	0	0	0	2
Non-African data										oa	oa		oa
SD or min-max		4	1.2	69	16	138-151	7	0.93	0.45				
n		4	7	3	4	2	3	6	3			1	
01_126	Fonio, decorticated grains (bran removed), boiled* (as part of a recipe)	10	0.9	17	47	74	2	0.71	0.39	0	0	0	1
01_051	Fonio, decorticated grains (bran removed), boiled* (without salt), drained	10	0.8	17	45	41	1	0.68	0.37	0	0	0	1
01_078	Fonio, decorticated grains (bran removed), washed (mid wet), raw	16	0.8	28	76	120	4	1.31	0.64	0	0	0	1
Non-African data										oa	oa		oa
SD or min-max			0.2					0.18					
n		1	12	1	1	1	1	12	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Cereals and their products/Céréales et produits dérivés													
01_187	Cake, plain, unfortified		[1.10]	0.07	0.12	1.7	0.6	70	0.05	15	15	0.15	0
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max				0.01	0.04		0.1	12	0.02			0.08	0
n		1		6	6		6	5	4	1		6	6
01_160	Cantonese rice with fish and noodles (Burkina Faso)*	0.1	[2.30]	0.05	0.06	2.5	1.5	63	0.09	[9]	[9]	0.77	5
01_182	Cornflakes (breakfast cereal), unfortified	0	[0.10]	0.05	0.02	2.0	1.3	39	0.03	6	6	0	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
01_189	Croissant, plain, unfortified	0.1	0.66	0.16	0.14	3.3	1.4	112	0.04	60	60	0.10	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max		0.1-0.1		0.04	0.04		0.6					0.00-0.20	0
n		2		3	3		3	1	1	1		2	3
01_002	Fonio, black, whole grains, raw	0	0.25	0.26	0.10	3.3	1.6	104	0.16	120	120	0	0
Non-African data			oa						oa	oa	oa		oa
SD or min-max									0.16	85-160			
n		1		1	1		1	1	5	2		1	1
01_124	Fonio, black, whole grains, boiled* (as part of a recipe)	0	0.11	0.08	0.04	1.4	0.6	43	0.05	41	41	0	0
01_049	Fonio, black, whole grains, boiled* (without salt), drained	0	0.11	0.05	0.03	1.2	0.5	43	0.03	36	36	0	0
01_050	Fonio, decorticated grains (bran removed), dry, raw	0	0.12	0.16	0.18	3.2	1.4	105	0.16	62	62	0	0
Non-African data			oa						oa	oa	oa		oa
SD or min-max				0.09	0.08		0.6						
n		1		3	3		3	1	1	1		1	1
01_126	Fonio, decorticated grains (bran removed), boiled* (as part of a recipe)	0	0.05	0.05	0.07	1.3	0.6	44	0.05	21	21	0	0
01_051	Fonio, decorticated grains (bran removed), boiled* (without salt), drained	0	0.05	0.03	0.04	1.2	0.4	44	0.03	18	18	0	0
01_078	Fonio, decorticated grains (bran removed), washed (mid wet), raw	0	0.11	0.11	0.12	2.0	1.0	64	0.11	[83]	[83]	0	0
Non-African data			oa						oa	oa	oa		oa
SD or min-max													
n		1		1	1		1	1	1	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCP(mg)
Cereals and their products/Céréales et produits dérivés								
01_187	Cake, plain, unfortified	69	6.51	5.67	1.66	1.42	0.22	
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max		36						
n		5						
01_160	Cantonese rice with fish and noodles (Burkina Faso)*	5	1.85	3.66	5.74	5.58	0.05	[38]
01_182	Cornflakes (breakfast cereal), unfortified	0	0.37	0.72	1.40	1.36	0.00	
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						
01_189	Croissant, plain, unfortified	35	11.70	5.46	1.43	1.12	0.20	
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max		18-52						
n		2						
01_002	Fonio, black, whole grains, raw	0	0.47	0.65	1.04	0.96	0.08	
Non-African data								
SD or min-max								
n		1						
01_124	Fonio, black, whole grains, boiled* (as part of a recipe)	0	0.20	0.27	0.43	0.40	0.00	
01_049	Fonio, black, whole grains, boiled* (without salt), drained	0	0.20	0.27	0.43	0.40	0.00	
01_050	Fonio, decorticated grains (bran removed), dry, raw	0	0.25	0.35	0.56	0.52	0.00	[115]
Non-African data								
SD or min-max								
n		1						1
01_126	Fonio, decorticated grains (bran removed), boiled* (as part of a recipe)	0	0.11	0.14	0.23	0.22	0.00	[24]
01_051	Fonio, decorticated grains (bran removed), boiled* (without salt), drained	0	0.11	0.14	0.23	0.22	0.00	[24]
01_078	Fonio, decorticated grains (bran removed), washed (mid wet), raw	0	0.17	0.23	0.38	0.35	0.00	[78]
Non-African data								
SD or min-max								35
n		1						12

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Cereals and their products/Céréales et produits dérivés										
01_128	Fonio. decorticated grains (bran removed). washed (mid wet). boiled* (as part of a recipe)	Fonio. grains décortiqués (sans son). lavé (humide). bouilli* (ingrédient de recette)	1.00	640(151)	62.4	2.7	0.7	33.0	0.6	0.5
01_127	Fonio. decorticated grains (bran removed). washed (mid wet). boiled* (without salt). drained	Fonio. grains décortiqués (sans son). lavé (humide). bouilli* (sans sel). égoutté	1.00	640(151)	62.4	2.7	0.7	33.0	0.6	0.5
01_001	Fonio. white. whole grains. raw	Fonio. blanc. grains entiers. cru	1.00	1 410(334)	9.8	7.1	3.8	59.7	16.4	3.2
Non-African data										
SD or min-max					1.0	0.6	0.3		1.4	1.5
n					1	13	14	12	12	13
01_125	Fonio. white. whole grains. boiled* (as part of a recipe)	Fonio. blanc. grains entiers. bouilli* (ingrédient de recette)	1.00	586(139)	62.4	2.9	1.6	24.9	6.8	1.3
01_003	Fonio. white. whole grains. boiled* (without salt). drained	Fonio. blanc. grains entiers. bouilli* (sans sel). égoutté	1.00	586(139)	62.4	2.9	1.6	24.9	6.8	1.3
01_176	Fura saamdin (Burkina Faso)*: fermented pearl millet porridge with milk. water and sugar	Fura saamdin (Burkina Faso)*: bouillie de mil à chandelle fermentée avec lait. eau et sucre		457(108)	74.4	2.5	2.0	19.4	1.3	0.5
01_174	Gappal (Burkina Faso)*: pearl millet porridge with milk and sugar	Gappal (Burkina Faso)*: bouillie de mil à chandelle avec lait et sucre		543(129)	69.4	3.4	3.0	21.4	1.2	1.6
01_180	Gnon (Burkina Faso)*: steamed balls of cowpea leaves with groundnut flour. potash and pearl millet	Gnon (Burkina Faso)*: boules de feuilles de niébé cuites à la vapeur. avec farine d'arachide. potasse et mil à chandelle		1 110(266)	46.5	6.6	14.7	24.6	4.3	3.2
01_077	Instant noodles (Indomie). made from wheat flour. previously fried and dried. without flavouring. unprepared	Nouilles instantanées (Indomie). de farine de blé. préalablement frites et séchées. sans aromatisants. non préparées	1.00	1 920(457)	6.7	12.7	[18.8]	57.7	2.9	1.2
Non-African data										
SD or min-max					oa			oa	oa	
n							13.6-24			0.5-1.8
n					1	1	1	2	1	2
01_103	Instant noodles (Indomie). made from wheat flour. previously fried and dried. without flavouring. boiled and drained*	Nouilles instantanées (Indomie). de farine de blé. préalablement frites et séchées. sans aromatisants. bouillies et égouttées*	1.00	841(200)	59.1	5.6	[8.3]	25.3	1.3	0.5
01_164	Jollof fonio (Burkina Faso)*: fonio with fish and vegetables	Fonio Jollof (Burkina Faso)*: fonio avec poisson et légumes		600(143)	69.5	3.3	6.0	18.6	1.0	1.4
01_156	Jollof macaroni (Burkina Faso)*: macaroni in tomato sauce with mutton	Macaroni Jollof (Burkina Faso)*: macaroni sauce tomate avec mouton		840(201)	60.7	5.1	[10.6]	20.5	1.6	1.5
01_157	Jollof spaghetti (Burkina Faso)*: spaghetti in vegetable sauce	Spaghetti Jollof (Burkina Faso)*: spaghetti sauce légumes		877(210)	58.1	4.3	10.4	23.8	1.8	1.7
01_165	Kaman péélég sagabo (Burkina Faso)*: stiff porridge from white degermed maize flour	Kaman péélég sagabo (Burkina Faso)*: bouillie épaisse de farine de maïs blanc dégermé		299(70)	82.2	1.8	0.3	14.8	0.9	0.1
01_167	Ki béinré (northern Burkina Faso)*: pearl millet porridge with water and sugar	Ki béinré (nord du Burkina Faso)*: bouillie de mil à chandelle avec eau et sucre		263(62)	84.7	1.2	0.6	12.6	0.7	0.2

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Cereals and their products/Céréales et produits dérivés													
01_128	Fonio, decorticated grains (bran removed), washed (mid wet), boiled* (as part of a recipe)	10	0.5	17	48	75	2	0.82	0.40	0	0	0	1
01_127	Fonio, decorticated grains (bran removed), washed (mid wet), boiled* (without salt), drained	10	0.5	17	45	41	1	0.78	0.38	0	0	0	1
01_001	Fonio, white, whole grains, raw	40	[29.4]	430	191	340	8	2.79	0.44	0	0	0	1
Non-African data										0a	0a		0a
SD or min-max		38-41	14.5					0.46					
n		2	12	1	1	1	1	12	1			1	
01_125	Fonio, white, whole grains, boiled* (as part of a recipe)	16	[12.3]	179	80	142	3	1.16	0.18	0	0	0	1
01_003	Fonio, white, whole grains, boiled* (without salt), drained	16	[12.3]	179	76	113	3	1.10	0.18	0	0	0	1
01_176	Fura saamdin (Burkina Faso)*: fermented pearl millet porridge with milk, water and sugar	41	1.9	18	88	82	17	0.70	0.06	14	13	13	6
01_174	Gappal (Burkina Faso)*: pearl millet porridge with milk and sugar	83	2.1	21	127	142	363	0.77	0.07	28	27	26	12
01_180	Gnon (Burkina Faso)*: steamed balls of cowpea leaves with groundnut flour, potash and pearl millet	136	[6.8]	77	170	390	654	1.25	0.32	143	71	0	857
01_077	Instant noodles (Indomie), made from wheat flour, previously fried and dried, without flavouring, unprepared	28	1.0	28	128	85	494	0.51	0.13	0	0	0	0
Non-African data										0a	0a		0a
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
01_103	Instant noodles (Indomie), made from wheat flour, previously fried and dried, without flavouring, boiled and drained*	12	0.3	10	53	22	108	0.22	0.05	0	0	0	0
01_164	Jollof fonio (Burkina Faso)*: fonio with fish and vegetables	14	0.8	16	51	122	308	0.50	0.25	72	39	5	405
01_156	Jollof macaroni (Burkina Faso)*: macaroni in tomato sauce with mutton	17	0.7	18	71	156	297	0.58	0.13	37	19	1	213
01_157	Jollof spaghetti (Burkina Faso)*: spaghetti in vegetable sauce	18	0.6	18	67	139	388	0.44	0.14	35	17	0	209
01_165	Kaman péélég sagabo (Burkina Faso)*: stiff porridge from white degermed maize flour	4	0.1	11	12	20	3	0.15	0.02	0	0	0	0
01_167	Ki béinré (northern Burkina Faso)*: pearl millet porridge with water and sugar	2	0.8	15	50	41	4	0.35	0.06	0	0	0	0

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)	
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)	
Cereals and their products/Céréales et produits dérivés														
01_128	Fonio, decorticated grains (bran removed), washed (mid wet), boiled* (as part of a recipe)	0	0.07	0.05	0.08	1.2	0.6	40	0.05	[41]	[41]	0	0	
01_127	Fonio, decorticated grains (bran removed), washed (mid wet), boiled* (without salt), drained	0	0.07	0.03	0.04	1.1	0.5	40	0.03	[36]	[36]	0	0	
01_001	Fonio, white, whole grains, raw	0	0.24	0.26	0.10	3.3	1.6	104	0.16	120	120	0	0	
Non-African data			oa						oa		oa			
SD or min-max					0.27-0.28	0.10-0.10	1.3-1.9		85-160					
n			1	2		2	2	1	1	2	1		1	
01_125	Fonio, white, whole grains, boiled* (as part of a recipe)	0	0.11	0.08	0.04	1.4	0.6	43	0.05	41	41	0	0	
01_003	Fonio, white, whole grains, boiled* (without salt), drained	0	0.11	0.05	0.03	1.2	0.5	43	0.03	36	36	0	0	
01_176	Fura saamdin (Burkina Faso)*: fermented pearl millet porridge with milk, water and sugar	0.0	0.06	0.06	0.11	0.7	0.3	27	0.04	9	9	0.18	0	
01_174	Gappal (Burkina Faso)*: pearl millet porridge with milk and sugar	0.1	0.16	0.06	0.20	1.0	0.3	41	0.06	[24]	[24]	0.38	0	
01_180	Gnon (Burkina Faso)*: steamed balls of cowpea leaves with groundnut flour, potash and pearl millet	0.0	[3.70]	0.15	0.19	3.1	1.9	72	0.19	[49]	[49]	0.00	13	
01_077	Instant noodles (Indomie), made from wheat flour, previously fried and dried, without flavouring, unprepared	0	2.50	0.31	0.36	3.3	1.0	137	0.12	16	16	1.00	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	
01_103	Instant noodles (Indomie), made from wheat flour, previously fried and dried, without flavouring, boiled and drained*	0.0	1.10	0.12	0.12	1.4	0.4	60	0.05	5	5	0.44	0	
01_164	Jollof fonio (Burkina Faso)*: fonio with fish and vegetables	0.1	[1.10]	0.05	0.07	1.6	1.0	40	0.07	[15]	[15]	0.59	5	
01_156	Jollof macaroni (Burkina Faso)*: macaroni in tomato sauce with mutton	0.0	[1.80]	0.05	0.05	2.0	1.0	58	0.09	9	9	0.17	12	
01_157	Jollof spaghetti (Burkina Faso)*: spaghetti in vegetable sauce	0.0	[2.00]	0.05	0.04	1.7	0.8	52	0.07	9	9	0.00	14	
01_165	Kaman péèlég sagabo (Burkina Faso)*: stiff porridge from white degermed maize flour	0.0	0.07	0.02	0.00	0.2	0.1	6	0.03	1	1	0.00	0	
01_167	Ki béinré (northern Burkina Faso)*: pearl millet porridge with water and sugar	0.0	[0.08]	0.02	0.02	0.5	0.2	14	0.04	5	5	0.00	0	



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE (mg)	FASAT (g)	FAMS (g)	FAPU (g)	F18D2CN6 (g)	F18D3CN3 (g)	PHYTCPP (mg)
Cereals and their products/Céréales et produits dérivés								
01_128	Fonio, decorticated grains (bran removed), washed (mid wet), boiled* (as part of a recipe)	0	0.11	0.15	0.24	0.22	0.00	[25]
01_127	Fonio, decorticated grains (bran removed), washed (mid wet), boiled* (without salt), drained	0	0.11	0.15	0.24	0.22	0.00	[25]
01_001	Fonio, white, whole grains, raw	0	0.59	0.81	1.30	1.20	0.10	[464]
Non-African data								
SD or min-max								77
n		1						11
01_125	Fonio, white, whole grains, boiled* (as part of a recipe)	0	0.25	0.34	0.54	0.50	0.00	[99]
01_003	Fonio, white, whole grains, boiled* (without salt), drained	0	0.25	0.34	0.54	0.50	0.00	[99]
01_176	Fura saamdin (Burkina Faso)*: fermented pearl millet porridge with milk, water and sugar	5	0.82	0.46	0.36	0.00	0.00	[0]
01_174	Gappal (Burkina Faso)*: pearl millet porridge with milk and sugar	9	1.52	0.79	0.37	0.31	0.00	40
01_180	Gnon (Burkina Faso)*: steamed balls of cowpea leaves with groundnut flour, potash and pearl millet	0	2.41	5.22	6.18	6.08	0.09	[105]
01_077	Instant noodles (Indomie), made from wheat flour, previously fried and dried, without flavouring, unprepared	5	8.97	7.01	2.02	1.93	0.00	
Non-African data								
SD or min-max		0a						
n		1						
01_103	Instant noodles (Indomie), made from wheat flour, previously fried and dried, without flavouring, boiled and drained*	2	3.93	3.07	0.88	0.85	0.00	
01_164	Jollof fonio (Burkina Faso)*: fonio with fish and vegetables	4	0.96	1.80	2.80	2.68	0.00	[14]
01_156	Jollof macaroni (Burkina Faso)*: macaroni in tomato sauce with mutton	5	2.14	3.45	4.44	4.33	0.08	[2]
01_157	Jollof spaghetti (Burkina Faso)*: spaghetti in vegetable sauce	0	1.53	3.20	5.10	5.03	0.06	[2]
01_165	Kaman péèlég sagabo (Burkina Faso)*: stiff porridge from white degermed maize flour	0	0.00	0.10	0.10	0.10	0.00	[34]
01_167	Ki béinré (northern Burkina Faso)*: pearl millet porridge with water and sugar	0	0.10	0.10	0.23	0.21	0.00	[5]

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Cereals and their products/Céréales et produits dérivés										
01_171	Ki saagbo né zìèm (Burkina Faso)*: tô (porridge) from pearl millet and potash	Ki saagbo né zìèm (Burkina Faso)*: tô (bouillie) de mil à chandelle et potasse		236(56)	85.6	1.1	0.5	11.4	0.7	0.7
01_181	Kiou gonré (Burkina Faso)*: steamed balls of fonio. cowpea leaves. groundnut flour and potash	Kiou gonré (Burkina Faso)*: boules de fornio cuites à la vapeur. feuilles de niébé. farine d'arachide et potasse		561(133)	63.5	4.0	0.7	26.4	2.6	2.9
01_170	Kiou saagbo né zìèm (Burkina Faso)*: tô (porridge) from fonio with potash and maize flour	Kiou saagbo né zìèm (Burkina Faso)*: tô (bouillie) de fonio avec potasse et farine de maïs		300(71)	81.3	1.6	0.3	15.1	0.7	1.0
01_178	Kôrkôrkô-dôrkô (Burkina Faso)*: tô (porridge) from white sorghum and maize flour	Kôrkôrkô-dôrkô (Burkina Faso)*: tô (bouillie) de sorgho blanc et farine de maïs		342(81)	79.2	2.2	0.6	15.7	2.0	0.3
01_052	Macaroni. dry. unfortified	Macaroni. séché. non enrichi	1.00	1 520(358)	9.7	12.3	1.5	72.2	3.2	1.0
Non-African data						0a	0a	0a	0a	0a
SD or min-max						1.0	0.9	0.1	3.2-3.2	0.9-1.1
n					1	3	3	3	2	2
01_053	Macaroni. boiled* (without salt). drained	Macaroni. bouilli* (sans sel). égoutté	1.00	524(124)	68.9	4.3	0.5	24.9	1.1	0.3
01_099	Maize dough. fermented (kenkey). from whole white maize with salt added. cooked	Maïs. pâte. fermentée (kenkey) de maïs blanc complet. salée. cuite	1.00	588(139)	65.8	3.7	2.0	25.2	2.6	0.6
Non-African data						8.9	1.7	0.2	2.6-2.7	0.3
SD or min-max						19	8	6	2	7
n					1	19	8	6	2	7
01_098	Maize dough. fermented (tô). from decorticated white maize only. cooked	Maïs. pâte. fermentée (tô). pure. de maïs blanc décortiqué. cuite	1.00	322(76)	80.6	2.1	1.0	13.4	2.6	0.3
Non-African data						3.2	0.7	0.9-1.1	2.4-2.8	0.3-0.3
SD or min-max						3	3	2	2	2
n					1	3	3	2	2	2
01_100	Maize porridge. fermented (ogi). from decorticated white maize only. cooked	Maïs. bouillie. fermentée (ogi). pure. de maïs blanc décortiqué. cuite	1.00	217(51)	87.6	1.1	1.0	8.8	1.4	0.1
Non-African data						5.2	0.5	1-1	1.4-1.5	0.0
SD or min-max						4	9	2	2	5
n					1	4	9	2	2	5
01_008	Maize. Gougba variety. whole kernel. dry. raw (Benin). n=1	Maïs. variété Gougba. grain entier. sec. cru (Bénin). n=1	1.00	1 410(333)	13.1	8.7	[2.5]	63.2	11.5	1.0
Non-African data										
01_009	Maize. Gbaévè variety. whole kernel. dry. raw (Benin). n=1	Maïs. variété Gbaévè. grain entier. sec. cru (Bénin). n=1	1.00	1 420(335)	13.0	8.1	[2.9]	63.2	11.5	1.2
Non-African data										

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Cereals and their products/Céréales et produits dérivés													
01_171	Ki saagbo né zìèm (Burkina Faso)*: tô (porridge) from pearl millet and potash	14	[2.3]	18	48	56	120	0.37	0.06	0	0	0	0
01_181	Kiou gonré (Burkina Faso)*: steamed balls of fonio, cowpea leaves, groundnut flour and potash	126	4.9	41	64	257	604	0.79	0.43	135	68	0	811
01_170	Kiou saagbo né zìèm (Burkina Faso)*: tô (porridge) from fonio with potash and maize flour	24	[2.6]	15	19	50	192	0.24	0.11	0	0	0	0
01_178	Kôrkôrô-dôrô (Burkina Faso)*: tô (porridge) from white sorghum and maize flour	5	0.7	20	46	45	3	0.35	0.04	0	0	0	0
01_052	Macaroni, dry, unfortified	21	1.3	43	180	199	4	1.07	0.29	0	0	0	0
Non-African data		0a	0a	0a	0a	0a	0a	0a	0a	0a	0a	0a	0a
SD or min-max		3	0.3	12	9	50	2	0.42	0.29-0.30				
n		3	3	3	3	3	3	3	2			1	
01_053	Macaroni, boiled* (without salt), drained	7	0.3	13	59	41	1	0.37	0.09	0	0	0	0
01_099	Maize dough, fermented (kenkey), from whole white maize with salt added, cooked	3	2.9	30	78	74	270	0.78	0.07	0	0	0	0
Non-African data													
SD or min-max		3	2.4	29-31	44	72-77	262-277	0.14	0.02				
n		10	8	2	7	2	2	9	9			1	
01_098	Maize dough, fermented (tô), from decorticated white maize only, cooked	2	1.2	18	83	63	1	0.36	0.04	0	0	0	0
Non-African data													
SD or min-max		2-2	0.3	17-20	79-87	58-68	0-1	0.26	0.04-0.04				
n		2	3	2	2	2	2	3	2			1	
01_100	Maize porridge, fermented (ogi), from decorticated white maize only, cooked	9	4.2	9	59	14	15	0.66	0.39	0	0	0	0
Non-African data													
SD or min-max		8	4.5	5	56-61	11	16	0.39	0.30				
n		9	9	9	2	9	9	9	5			1	
01_008	Maize, Gougba variety, whole kernel, dry, raw (Benin), n=1	23	3.3	89	267	316	15	2.20	0.34			0	
Non-African data													
01_009	Maize, Gbaévè variety, whole kernel, dry, raw (Benin), n=1	23	3.3	89	267	316	15	2.20	0.34			0	
Non-African data													

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Cereals and their products/Céréales et produits dérivés													
01_171	Ki saagbo né zìèm (Burkina Faso)*: tô (porridge) from pearl millet and potash	0.0	0.09	0.02	0.02	0.4	0.2	13	0.04	[5]	[5]	0.00	0
01_181	Kiou gonré (Burkina Faso)*: steamed balls of fonio, cowpea leaves, groundnut flour and potash	0.0	[1.20]	0.11	0.19	2.1	1.2	55	0.12	47	47	0.00	13
01_170	Kiou saagbo né zìèm (Burkina Faso)*: tô (porridge) from fonio with potash and maize flour	0.0	0.05	0.02	0.02	0.4	0.2	13	0.03	5	5	0.00	0
01_178	Kôrkôrô-dôrô (Burkina Faso)*: tô (porridge) from white sorghum and maize flour	0.0	[0.13]	0.03	0.02	0.7	0.5	13	0.04	7	7	0.00	0
01_052	Macaroni, dry, unfortified	0	0.32	0.11	0.05	4.7	2.0	158	0.13	18	18	0	0
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max				0.05	0.02		1.1	23	0.02	2			
n		1		3	3		3	3	3	3		1	1
01_053	Macaroni, boiled* (without salt), drained	0	0.11	0.03	0.01	1.5	0.6	54	0.04	4	4	0	0
01_099	Maize dough, fermented (kenkey), from whole white maize with salt added, cooked	0	0.01	0.11	0.03	1.1	0.5	35	0.07	14	14	0	0
Non-African data													
SD or min-max				0.05	0.00		0.5-0.5	32-38	0.07-0.08	14-14			0-0
n		1		3	3		2	2	2	2		1	2
01_098	Maize dough, fermented (tô), from decorticated white maize only, cooked	0	0.00	0.06	0.01	0.8	0.5	17	0.07	9	9	0	0
Non-African data													
SD or min-max				0.06-0.07	0.01-0.01		0.4-0.5	17-1	0.07-0.07	8-9			0-0
n		1		2	2		2	2	2	2		1	2
01_100	Maize porridge, fermented (ogi), from decorticated white maize only, cooked	0	0.00	0.05	0.01	0.4	0.3	6	0.04	6	6	0	0
Non-African data													
SD or min-max				0.05-0.05	0.01-0.01		0.3-0.3	5-7	0.04-0.05	6-6			0-0
n		1		2	2		2	2	2	2		1	2
01_008	Maize, Gougba variety, whole kernel, dry, raw (Benin), n=1	0	0.88	0.32	0.09	3.0	1.8	74	0.35	71	71	0	2
Non-African data													
01_009	Maize, Gbaévè variety, whole kernel, dry, raw (Benin), n=1	0	0.88	0.32	0.09	2.9	1.8	68	0.35	71	71	0	2
Non-African data													

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Cereals and their products/Céréales et produits dérivés								
01_171	Ki saagbo né zìèm (Burkina Faso)*: tô (porridge) from pearl millet and potash	0	0.07	0.08	0.17	0.16	0.00	28
01_181	Kiou gonré (Burkina Faso)*: steamed balls of fonio, cowpea leaves, groundnut flour and potash	0	0.11	0.13	0.23	0.20	0.00	[19]
01_170	Kiou saagbo né zìèm (Burkina Faso)*: tô (porridge) from fonio with potash and maize flour	0	0.00	0.09	0.11	0.10	0.00	24
01_178	Kôrkôrô-dôrô (Burkina Faso)*: tô (porridge) from white sorghum and maize flour	0	0.08	0.20	0.16	0.16	0.00	[65]
01_052	Macaroni, dry, unfortified	0	0.25	0.16	0.60	0.55	0.00	
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						
01_053	Macaroni, boiled* (without salt), drained	0	0.09	0.06	0.21	0.19	0.00	
01_099	Maize dough, fermented (kenkey), from whole white maize with salt added, cooked	0	0.33	0.52	0.92	0.89	0.00	151
Non-African data								
SD or min-max								62
n		1						5
01_098	Maize dough, fermented (tô), from decorticated white maize only, cooked	0	0.17	0.26	0.46	0.45	0.00	42
Non-African data								
SD or min-max								
n		1						1
01_100	Maize porridge, fermented (ogi), from decorticated white maize only, cooked	0	0.16	0.26	0.46	0.45	0.00	42
Non-African data								
SD or min-max								
n		1						1
01_008	Maize, Gougba variety, whole kernel, dry, raw (Benin), n=1	0	0.38	0.73	1.06	1.04	0.00	646
Non-African data								oa
01_009	Maize, Gbaévé variety, whole kernel, dry, raw (Benin), n=1	0	0.45	0.86	1.26	1.22	0.00	646
Non-African data								oa

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Cereals and their products/Céréales et produits dérivés										
01_010	Maize. DMR-ESR-W variety. whole kernel. dry. raw (Benin). n=1	Maïs. variété DMR-ESR-W. grain entier. sec. cru (Bénin). n=1	1.00	1 430(340)	13.2	8.8	[3.9]	61.6	11.5	1.1
Non-African data										
01_011	Maize. POZA - RICA 7843 - SR variety. whole kernel. dry. raw (Benin). n=1	Maïs. variété POZA - RICA 7843 - SR. grain entier. sec. cru (Bénin). n=1	1.00	1 400(333)	13.4	9.0	[2.6]	62.5	11.5	1.0
Non-African data										
01_012	Maize. TZPB-SR variety. whole kernel. dry. raw (Benin). n=1	Maïs. variété TZPB-SR. grain entier. sec. cru (Bénin). n=1	1.00	1 430(339)	14.0	8.8	[4.5]	60.1	11.5	1.1
Non-African data										
01_013	Maize. Gnonli variety. whole kernel. dry. raw (Benin). n=1	Maïs. variété Gnonli. grain entier. sec. cru (Bénin). n=1	1.00	1 390(330)	13.6	7.6	[2.4]	63.8	11.5	1.2
Non-African data										
01_014	Maize. combined varieties. whole kernel. dry. raw (Benin)	Maïs. mélange de variétés. grain entier. sec. cru (Bénin)	1.00	1 410(335)	13.4	8.4	[3.2]	62.4	11.5	1.1
Non-African data										
SD or min-max					0.3	0.5	0.8			0.1
n			1		7	7	7		1	7
01_123	Maize. combined varieties. whole kernel (Benin). boiled* (as part of a recipe)	Maïs. mélange de variétés. grain entier (Bénin). bouilli* (ingrédient de recette)	1.00	456(108)	72.1	2.7	[1.0]	20.1	3.7	0.4
01_062	Maize. combined varieties. whole kernel (Benin). boiled* (without salt). drained	Maïs. mélange de variétés. grain entier (Bénin). bouilli* (sans sel). égoutté	1.00	456(108)	72.1	2.7	[1.0]	20.1	3.7	0.4
01_060	Maize. white. grit. degermed. raw	Maïs. blanc. gruau. dégermé. cru	1.00	1 470(346)	10.9	8.1	0.8	73.7	6.2	0.4
Non-African data										
SD or min-max					1.4	0.8	0.7-0.8			0.3-0.4
n			1		3	3	2		1	2
01_080	Maize. white. meal. sifted. unfortified	Maïs. blanc. farine tamisée. non enrichi	1.00	1 490(353)	11.5	8.7	3.3	68.6	7.0	0.9
Non-African data										
SD or min-max					1.0	0.6	0.1	oa	oa	
n			1		4	3	3		6.7-7.3	0.1
01_091	Maize. white. meal. sifted. fortified with vitamin A (Nigeria)	Maïs. blanc. farine tamisée. enrichi en vitamine A (Nigeria)	1.00	1 490(353)	11.5	8.7	3.3	68.6	7.0	0.9
Non-African data										
SD or min-max					1.0	0.6	0.1	oa	oa	
n			1		4	3	3		6.7-7.3	0.1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Cereals and their products/Céréales et produits dérivés													
01_010	Maize, DMR-ESR-W variety, whole kernel, dry, raw (Benin), n=1	23	3.3	89	267	316	15	2.20	0.34			0	
Non-African data													
01_011	Maize, POZA - RICA 7843 - SR variety, whole kernel, dry, raw (Benin), n=1	23	3.3	89	267	316	15	2.20	0.34			0	
Non-African data													
01_012	Maize, TZPB-SR variety, whole kernel, dry, raw (Benin), n=1	23	3.3	89	267	316	15	2.20	0.34			0	
Non-African data													
01_013	Maize, Gnonli variety, whole kernel, dry, raw (Benin), n=1	23	3.3	89	267	316	15	2.20	0.34			0	
Non-African data													
01_014	Maize, combined varieties, whole kernel, dry, raw (Benin)	23	3.3	89	267	316	15	2.20	0.34			0	
Non-African data													
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
01_123	Maize, combined varieties, whole kernel (Benin), boiled* (as part of a recipe)	7	1.1	29	86	102	5	0.71	0.11			0	
01_062	Maize, combined varieties, whole kernel (Benin), boiled* (without salt), drained	7	1.1	29	82	82	4	0.67	0.11			0	
01_060	Maize, white, grit, degermed, raw	6	1.3	19	58	73	4	0.42	0.06	0	0	0	0
Non-African data													
SD or min-max													
n		4-7	0.5-2.0		40-75			0.41-0.43					1
01_080	Maize, white, meal, sifted, unfortified	15	3.2	90	153	197	4	2.01	0.17	0	0	0	0
Non-African data													
SD or min-max													
n		12-18	1.7		55	196-197	3-4	0.29	0.02	oa	oa		oa
01_091	Maize, white, meal, sifted, fortified with vitamin A (Nigeria)	15	3.2	90	153	197	4	2.01	0.17	900	900	900	0
Non-African data													
SD or min-max													
n		12-18	1.7		55	196-197	3-4	0.29	0.02	oa	oa		oa
Non-African data													
SD or min-max													
n		2	3	1	3	2	2	3	3			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Cereals and their products/Céréales et produits dérivés													
01_010	Maize, DMR-ESR-W variety, whole kernel, dry, raw (Benin), n=1	0	0.88	0.32	0.09	3.0	1.8	74	0.35	71	71	0	2
Non-African data													
01_011	Maize, POZA - RICA 7843 - SR variety, whole kernel, dry, raw (Benin), n=1	0	0.88	0.32	0.09	3.0	1.8	76	0.35	71	71	0	2
Non-African data													
01_012	Maize, TZPB-SR variety, whole kernel, dry, raw (Benin), n=1	0	0.88	0.32	0.09	3.0	1.8	74	0.35	71	71	0	2
Non-African data													
01_013	Maize, Gnonli variety, whole kernel, dry, raw (Benin), n=1	0	0.88	0.32	0.09	2.8	1.8	64	0.35	71	71	0	2
Non-African data													
01_014	Maize, combined varieties, whole kernel, dry, raw (Benin)	0	0.88	0.32	0.09	2.9	1.8	71	0.35	71	71	0	2
Non-African data													
SD or min-max								4					
n		1		1	1		1	7	1	1		1	1
01_123	Maize, combined varieties, whole kernel (Benin), boiled* (as part of a recipe)	0	0.28	0.08	0.03	0.9	0.5	23	0.09	18	18	0	1
01_062	Maize, combined varieties, whole kernel (Benin), boiled* (without salt), drained	0	0.28	0.05	0.02	0.8	0.4	23	0.06	16	16	0	1
01_060	Maize, white, grit, degermed, raw	0	0.42	0.09	0.12	1.0	0.6	27	0.16	9	9	0	0
Non-African data													
SD or min-max				0.03	0.05-0.19	0.3-0.8							
n		1		3	2		2	1	1	1		1	1
01_080	Maize, white, meal, sifted, unfortified	0	0.59	0.32	0.07	2.3	1.0	80	0.31	29	29	0	0
Non-African data													
SD or min-max				0.26-0.38	0.05-0.08								
n		1		2	2		1	1	1	1		1	1
01_091	Maize, white, meal, sifted, fortified with vitamin A (Nigeria)	0	0.59	0.32	0.07	2.3	1.0	80	0.31	29	29	0	0
Non-African data													
SD or min-max				0.26-0.38	0.05-0.08								
n		1		2	2		1	1	1	1		1	1



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE (mg)	FASAT (g)	FAMS (g)	FAPU (g)	F18D2CN6 (g)	F18D3CN3 (g)	PHYTCPP (mg)
Cereals and their products/Céréales et produits dérivés								
01_010	Maize, DMR-ESR-W variety, whole kernel, dry, raw (Benin), n=1	0	0.59	1.13	1.65	1.61	0.00	646
Non-African data								oa
01_011	Maize, POZA - RICA 7843 - SR variety, whole kernel, dry, raw (Benin), n=1	0	0.40	0.76	1.11	1.08	0.00	646
Non-African data								oa
01_012	Maize, TZPB-SR variety, whole kernel, dry, raw (Benin), n=1	0	0.69	1.30	1.91	1.86	0.05	646
Non-African data								oa
01_013	Maize, Gnonli variety, whole kernel, dry, raw (Benin), n=1	0	0.37	0.70	1.02	0.99	0.00	646
Non-African data								oa
01_014	Maize, combined varieties, whole kernel, dry, raw (Benin)	0	0.48	0.91	1.34	1.30	0.00	646
Non-African data								oa
SD or min-max								
n		1						1
01_123	Maize, combined varieties, whole kernel (Benin), boiled* (as part of a recipe)	0	0.15	0.29	0.43	0.42	0.00	106
01_062	Maize, combined varieties, whole kernel (Benin), boiled* (without salt), drained	0	0.15	0.29	0.43	0.42	0.00	106
01_060	Maize, white, grit, degermed, raw	0	0.12	0.26	0.27	0.26	0.00	
Non-African data								
SD or min-max								
n		1						
01_080	Maize, white, meal, sifted, unfortified	0	0.49	0.94	1.37	1.34	0.00	792
Non-African data								
SD or min-max								
n		1						1
01_091	Maize, white, meal, sifted, fortified with vitamin A (Nigeria)	0	0.49	0.94	1.37	1.34	0.00	792
Non-African data								
SD or min-max								
n		1						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Cereals and their products/Céréales et produits dérivés										
01_057	Maize. white. meal. whole grains	Maïs. blanc. farine complète	1.00	1 460(346)	11.0	9.7	3.8	62.6	11.5	1.4
Non-African data										
SD or min-max					1.4	1.9	1.3		1.8	0.5
n					1	28	28	28	3	26
01_058	Maize. white. refined flour (special). unfortified	Maïs. blanc. farine raffinée (spécial). non enrichi	1.00	1 480(350)	13.0	6.2	2.9	72.2	5.1	0.6
Non-African data										
SD or min-max					0.9	1.7	0.1		0.5	0.2
n					1	7	7	3	3	7
01_092	Maize. white. refined flour (special). fortified with vitamin A (Nigeria)	Maïs. blanc. farine raffinée (spécial). enrichi en vitamine A (Nigéria)	1.00	1 480(350)	13.0	6.2	2.9	72.2	5.1	0.6
Non-African data										
SD or min-max					0.9	1.7	0.1		0.5	0.2
n					1	7	7	3	3	7
01_081	Maize. white. refined flour (super). unfortified	Maïs. blanc. farine raffinée (super). non enrichie	1.00	1 520(358)	9.5	9.0	1.5	74.9	4.5	0.6
Non-African data										
SD or min-max					1.8	2.0	0.2		4.1-4.9	0.3
n					1	4	4	3	2	4
01_093	Maize. white. refined flour (super). fortified with vitamin A (Nigeria)	Maïs. blanc. farine raffinée (super). enrichie en vitamine A (Nigéria)	1.00	1 520(358)	9.5	9.0	1.5	74.9	4.5	0.6
Non-African data										
SD or min-max					1.8	2.0	0.2		4.1-4.9	0.3
n					1	4	4	3	2	4
01_004	Maize. white. whole kernel. dry. raw	Maïs. blanc. grain entier. sec. cru	1.00	1 460(346)	11.0	9.7	3.8	62.6	11.5	1.4
Non-African data										
SD or min-max					1.4	1.9	1.3		1.8	0.5
n					1	28	28	28	3	26
01_104	Maize. white. whole kernel. boiled* (as part of a recipe)	Maïs. blanc. grain entier. bouilli* (ingrédient de recette)	1.00	472(112)	71.3	3.1	1.2	20.2	3.7	0.5
01_005	Maize. white. whole kernel. boiled* (without salt). drained	Maïs. blanc. grain entier. bouilli* (sans sel). égoutté	1.00	472(112)	71.3	3.1	1.2	20.2	3.7	0.5
01_094	Maize. white. whole kernel. dry. decorticated. raw	Maïs. blanc. grain entier. sec. décortiqué. cru	1.00	1 440(340)	11.7	8.1	0.7	72.9	5.2	1.4
Non-African data										
SD or min-max					11.7-11.7	7.9-8.3	0.7-0.7		5.0-5.4	2.5-2.6
n					1	2	2	2	2	2

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Cereals and their products/Céréales et produits dérivés													
01_057	Maize, white, meal, whole grains	23	3.3	89	267	316	15	2.20	0.34	0	0	0	0
Non-African data													
SD or min-max		14	1.9	20	74	76	18	0.99	0.22				
n		25	17	16	15	9	6	8	12			1	
01_058	Maize, white, refined flour (special), unfortified	20	1.2	50	170	172	8	1.53	0.18	0	0	0	0
Non-African data													
SD or min-max					62	19	4		0.14-0.22				
n		1	1	1	3	3	3	1	2			1	
01_092	Maize, white, refined flour (special), fortified with vitamin A (Nigeria)	20	1.2	50	170	172	8	1.53	0.18	900	900	900	0
Non-African data													
SD or min-max					62	19	4		0.14-0.22				
n		1	1	1	3	3	3	1	2			1	
01_081	Maize, white, refined flour (super), unfortified	20	0.7	50	60	103	3	0.74	0.10	0	0	0	0
Non-African data													
SD or min-max					60-60	98-108	3-3	0.58-0.90	0.10-0.10				
n		1	1	1	2	2	2	2	2			1	
01_093	Maize, white, refined flour (super), fortified with vitamin A (Nigeria)	20	0.7	50	60	103	3	0.74	0.10	900	900	900	0
Non-African data													
SD or min-max					60-60	98-108	3-3	0.58-0.90	0.10-0.10				
n		1	1	1	2	2	2	2	2			1	
01_004	Maize, white, whole kernel, dry, raw	23	3.3	89	267	316	15	2.20	0.34	0	0	0	0
Non-African data													
SD or min-max		14	1.9	20	74	76	18	0.99	0.22				
n		25	17	16	15	9	6	8	12			1	
01_104	Maize, white, whole kernel, boiled* (as part of a recipe)	7	1.1	29	86	102	5	0.71	0.11	0	0	0	0
01_005	Maize, white, whole kernel, boiled* (without salt), drained	7	1.1	29	82	82	4	0.67	0.11	0	0	0	0
01_094	Maize, white, whole kernel, dry, decorticated, raw	6	0.4	7	116	69	0	0.44	0.03	0	0	0	0
Non-African data													
SD or min-max				7-8	112-119	64-74	0-1	0.43-0.45	0.03-0.03				
n		1	1	2	2	2	2	2	2			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Cereals and their products/Céréales et produits dérivés													
01_057	Maize, white, meal, whole grains	0	0.34	0.32	0.09	3.1	1.8	80	0.35	71	71	0	2
Non-African data			oa										
SD or min-max				0.04	0.02		0.3	77-87	0.13				2
n		1		9	9		9	2	3	1		1	5
01_058	Maize, white, refined flour (special), unfortified	0	0.56	0.38	0.05	1.8	0.9	54	0.37	42	42	0	0
Non-African data													
SD or min-max													
n		1		1	1		1	1	1	1		1	1
01_092	Maize, white, refined flour (special), fortified with vitamin A (Nigeria)	0	0.56	0.38	0.05	1.8	0.9	54	0.37	42	42	0	0
Non-African data													
SD or min-max													
n		1		1	1		1	1	1	1		1	1
01_081	Maize, white, refined flour (super), unfortified	0	0.35	0.13	0.02	1.1	0.6	30	0.17	8	8	0	0
Non-African data													
SD or min-max													
n		1		1	1		1	1	1	1		1	1
01_093	Maize, white, refined flour (super), fortified with vitamin A (Nigeria)	0	0.35	0.13	0.02	1.1	0.6	30	0.17	8	8	0	0
Non-African data													
SD or min-max													
n		1		1	1		1	1	1	1		1	1
01_004	Maize, white, whole kernel, dry, raw	0	0.88	0.32	0.09	3.1	1.8	82	0.35	71	71	0	2
Non-African data													
SD or min-max				0.04	0.02		0.3	77-87	0.13				2
n		1		9	9		9	2	3	1		1	5
01_104	Maize, white, whole kernel, boiled* (as part of a recipe)	0	0.28	0.08	0.03	1.0	0.5	26	0.09	18	18	0	1
01_005	Maize, white, whole kernel, boiled* (without salt), drained	0	0.28	0.05	0.02	0.9	0.4	26	0.06	16	16	0	1
01_094	Maize, white, whole kernel, dry, decorticated, raw	0	0.01	0.23	0.02	1.9	1.0	52	0.05	[25]	[25]	0	0
Non-African data													
SD or min-max				0.23-0.23	0.02-0.02		1.0-1.0	52-53	0.04-0.05	25-26			0-0
n		1		2	2		2	2	2	2		1	2

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Cereals and their products/Céréales et produits dérivés								
01_057	Maize, white, meal, whole grains	0	0.57	1.09	1.59	1.55	0.00	646
Non-African data								oa
SD or min-max								
n		1						1
01_058	Maize, white, refined flour (special), unfortified	0	0.45	1.01	1.06	1.03	0.00	
Non-African data								
SD or min-max								
n		1						
01_092	Maize, white, refined flour (special), fortified with vitamin A (Nigeria)	0	0.45	1.01	1.06	1.03	0.00	
Non-African data								
SD or min-max								
n		1						
01_081	Maize, white, refined flour (super), unfortified	0	0.23	0.51	0.53	0.52	0.00	[211]
Non-African data								
SD or min-max								
n		1						1
01_093	Maize, white, refined flour (super), fortified with vitamin A (Nigeria)	0	0.23	0.51	0.53	0.52	0.00	[211]
Non-African data								
SD or min-max								
n		1						1
01_004	Maize, white, whole kernel, dry, raw	0	0.57	1.09	1.59	1.55	0.00	646
Non-African data								oa
SD or min-max								
n		1						1
01_104	Maize, white, whole kernel, boiled* (as part of a recipe)	0	0.18	0.35	0.51	0.50	0.00	106
01_005	Maize, white, whole kernel, boiled* (without salt), drained	0	0.18	0.35	0.51	0.50	0.00	106
01_094	Maize, white, whole kernel, dry, decorticated, raw	0	0.13	0.13	0.31	0.30	0.00	
Non-African data								
SD or min-max								
n		1						

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Cereals and their products/Céréales et produits dérivés										
01_119	Maize. white. whole kernel. decorticated. boiled* (as part of a recipe)	Mais. blanc. grain entier. décortiqué. bouilli* (ingrédient de recette)	1.00	466(110)	71.5	2.6	0.2	23.5	1.7	0.5
01_118	Maize. white. whole kernel. decorticated. boiled* (without salt). drained	Mais. blanc. grain entier. décortiqué. bouilli* (sans sel). égoutté	1.00	466(110)	71.5	2.6	0.2	23.5	1.7	0.5
01_055	Maize. yellow. grit. degermed. raw	Mais. jaune. gruau. dégermé. cru	1.00	1 470(346)	11.0	7.8	0.7	74.0	6.2	0.4
Non-African data										
SD or min-max										
n										
01_054	Maize. yellow. meal. whole grains. unfortified	Mais. jaune. farine complète. non enrichie	1.00	1 480(350)	10.9	9.4	3.7	65.2	9.4	1.4
Non-African data										
SD or min-max										
n										
01_006	Maize. yellow. whole kernel. dry. raw	Mais. jaune. grain entier. sec. cru	1.00	1 480(350)	10.9	9.4	3.7	65.2	9.4	1.4
Non-African data										
SD or min-max										
n										
01_120	Maize. yellow. whole kernel. boiled* (as part of a recipe)	Mais. jaune. grain entier. bouilli* (ingrédient de recette)	1.00	477(113)	71.3	3.0	1.2	21.0	3.0	0.5
01_007	Maize. yellow. whole kernel. boiled* (without salt). drained	Mais. jaune. grain entier. bouilli* (sans sel). égoutté	1.00	477(113)	71.3	3.0	1.2	21.0	3.0	0.5
01_097	Millet dough (tchobal/fura). from decorticated millet only. cooked	Mil. pâte (tchobal/fura). pure. de mil décortiqué. cuite	1.00	738(175)	57.0	3.8	2.3	33.2	3.2	0.5
Non-African data										
SD or min-max										
n										
01_153	Millet dough (tô). from whole millet only. cooked	Mil. pâte (tô). pure. de mil complet. cuite	1.00	390(93)	76.8	1.8	1.5	16.7	2.7	0.5
Non-African data										
SD or min-max										
n										
01_102	Millet porridge. fermented (hausa koko/ben saalga). from whole millet grains only. cooked	Mil. bouillie. fermentée (hausa koko/ben saalga). pure. de mil complet. cuite	1.00	291(69)	88.0	0.9	0.8	8.9	1.2	0.1
Non-African data										
SD or min-max										
n										

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Cereals and their products/Céréales et produits dérivés													
01_119	Maize, white, whole kernel, decorticated, boiled* (as part of a recipe)	2	0.1	2	37	22	0	0.14	0.01	0	0	0	0
01_118	Maize, white, whole kernel, decorticated, boiled* (without salt), drained	2	0.1	2	35	12	0	0.14	0.01	0	0	0	0
01_055	Maize, yellow, grit, degermed, raw	7	1.3	19	58	73	4	0.42	0.06	26	13	0	159
Non-African data										oa	oa		oa
SD or min-max		4	0.5-2.0		40-75			0.41-0.43					
n		6	2	1	2	1	1	2	1			1	
01_054	Maize, yellow, meal, whole grains, unfortified	21	3.4	89	248	319	23	1.99	0.37	26	13	0	159
Non-African data													
SD or min-max		14	1.9	22	58	87	18	1.07	0.23				
n		28	14	14	13	7	4	6	10			1	
01_006	Maize, yellow, whole kernel, dry, raw	21	3.4	89	248	319	23	1.99	0.37	26	13	0	159
Non-African data										oa	oa		oa
SD or min-max		14	1.9	22	58	87	18	1.07	0.23				
n		28	14	14	13	7	4	6	10			1	
01_120	Maize, yellow, whole kernel, boiled* (as part of a recipe)	7	1.1	29	80	103	7	0.64	0.12	8	4	0	49
01_007	Maize, yellow, whole kernel, boiled* (without salt), drained	7	1.1	29	76	82	6	0.61	0.12	8	4	0	46
01_097	Millet dough (tchobal/fura), from decorticated millet only, cooked	7	4.7	34	131	85	2	1.24	0.13	0	0	0	0
Non-African data													
SD or min-max		6-7	4.7-4.8	33-35	129-134	84-87	2-2	1.18-1.29	0.12-0.13				
n		2	2	2	2	2	2	2	2			1	
01_153	Millet dough (tô), from whole millet only, cooked	4	4.7	24	97	86	1	1.03	0.13	0	0	0	0
Non-African data													
SD or min-max		4-4		23-25	95-98	82-90	0-1	0.99-1.07	0.13-0.13				
n		2	1	2	2	2	2	2	2			1	
01_102	Millet porridge, fermented (hausa koko/ben saalga), from whole millet grains only, cooked	2	1.9	4	39	17	0	0.18	0.04	0	0	0	0
Non-African data													
SD or min-max		2-2	1.1	3-5	36-43	15-19	0-0	0.04	0.03-0.04				
n		2	3	2	2	2	2	3	2				

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Cereals and their products/Céréales et produits dérivés													
01_119	Maize, white, whole kernel, decorticated, boiled* (as part of a recipe)	0	0.00	0.06	0.01	0.6	0.3	17	0.01	[7]	[7]	0	0
01_118	Maize, white, whole kernel, decorticated, boiled* (without salt), drained	0	0.00	0.04	0.00	0.5	0.2	17	0.01	[6]	[6]	0	0
01_055	Maize, yellow, grit, degermed, raw	0	0.42	0.08	0.07	1.9	0.6	80	0.16	9	9	0	0
Non-African data													
SD or min-max													
n													
01_054	Maize, yellow, meal, whole grains, unfortified	0	0.34	0.23	0.08	2.7	1.4	80	0.34	71	71	0	3
Non-African data													
SD or min-max													
n													
01_006	Maize, yellow, whole kernel, dry, raw	0	0.34	0.23	0.08	2.7	1.4	80	0.35	71	71	0	3
Non-African data													
SD or min-max													
n													
01_120	Maize, yellow, whole kernel, boiled* (as part of a recipe)	0	0.11	0.06	0.03	0.9	0.4	26	0.09	18	18	0	1
01_007	Maize, yellow, whole kernel, boiled* (without salt), drained	0	0.11	0.04	0.02	0.8	0.3	26	0.06	16	16	0	1
01_097	Millet dough (tchobal/fura), from decorticated millet only, cooked	0	0.00	0.13	0.08	1.2	0.6	36	0.07	18	18	0	0
Non-African data													
SD or min-max													
n													
01_153	Millet dough (tô), from whole millet only, cooked	0	0.00	0.07	0.06	0.8	0.5	16	0.07	16	16	0	0
Non-African data													
SD or min-max													
n													
01_102	Millet porridge, fermented (hausa koko/ben saalga), from whole millet grains only, cooked	0	0.00	0.06	0.02	0.3	0.2	5	0.02	[7]	[7]	0	0
Non-African data													
SD or min-max													
n													



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE (mg)	FASAT (g)	FAMS (g)	FAPU (g)	F18D2CN6 (g)	F18D3CN3 (g)	PHYTCPP (mg)
Cereals and their products/Céréales et produits dérivés								
01_119	Maize, white, whole kernel, decorticated, boiled* (as part of a recipe)	0	0.00	0.04	0.10	0.10	0.00	
01_118	Maize, white, whole kernel, decorticated, boiled* (without salt), drained	0	0.00	0.04	0.10	0.10	0.00	
01_055	Maize, yellow, grit, degermed, raw	0	0.11	0.24	0.29	0.28	0.00	
Non-African data								
SD or min-max								
n		1						
01_054	Maize, yellow, meal, whole grains, unfortified	0	0.55	1.20	1.43	1.40	0.00	630
Non-African data								
SD or min-max								
n		1						1
01_006	Maize, yellow, whole kernel, dry, raw	0	0.55	1.20	1.43	1.40	0.00	630
Non-African data								
SD or min-max								
n		1						1
01_120	Maize, yellow, whole kernel, boiled* (as part of a recipe)	0	0.18	0.39	0.46	0.45	0.00	104
01_007	Maize, yellow, whole kernel, boiled* (without salt), drained	0	0.18	0.39	0.46	0.45	0.00	104
01_097	Millet dough (tchobal/fura), from decorticated millet only, cooked	0	0.35	0.36	0.80	0.06	0.06	
Non-African data								
SD or min-max								
n		1						
01_153	Millet dough (tô), from whole millet only, cooked	0	0.24	0.25	0.56	0.52	0.00	
Non-African data								
SD or min-max								
n		1						
01_102	Millet porridge, fermented (hausa koko/ben saalga), from whole millet grains only, cooked	0	0.13	0.14	0.33	0.31	0.00	
Non-African data								
SD or min-max								
n								

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Cereals and their products/Céréales et produits dérivés										
01_161	Moui béinné (Burkina Faso)*: rice porridge with water, milk and sugar	Moui béinné (Burkina Faso)*: bouillie de riz avec eau, lait et sucre		319(75)	81.3	1.2	0.3	16.9	0.3	0.1
01_158	Moui naagdme (Burkina Faso)*: rice with fish and vegetables	Moui naagdme (Burkina Faso)*: riz avec poisson et légumes		658(157)	65.8	3.9	5.6	22.0	1.4	1.0
01_159	Moui nin kalogo (Burkina Faso)*: rice with fish, onion and fermented African locust beans	Moui nin kalogo (Burkina Faso)*: riz avec poisson, oignon et néré fermenté		713(170)	64.2	4.1	6.8	22.8	0.9	1.0
01_101	Oats, rolled, raw	Avoine, flocons, cru	1.00	1 590(377)	8.8	11.9	7.8	59.7	10.2	1.6
Non-African data						oa	oa	oa	oa	oa
SD or min-max						2.2	1.2	1.2		1.5-1.8
n					1	4	4	3	1	2
01_133	Oats, porridge* (without salt)	Avoine, bouillie* (sans sel)	1.00	275(65)	84.2	2.1	1.4	10.3	1.8	0.3
01_018	Pearl millet, IKMV 8201 variety, whole grains, raw (Burkina Faso), n=1	Mil à chandelle, variété IKMV 8201, grain entier, cru (Burkina Faso), n=1	1.00	1 580(375)	7.5	9.5	6.8	64.8	8.8	2.8
Non-African data										
01_019	Pearl millet, IKMP 1 variety, whole grains, raw (Burkina Faso), n=1	Mil à chandelle, variété IKMP 1, grain entier, cru (Burkina Faso), n=1	1.00	1 550(367)	10.1	8.6	6.2	65.7	7.2	2.2
Non-African data										
01_020	Pearl millet, IKMP 2 variety, whole grains, raw (Burkina Faso), n=1	Mil à chandelle, variété IKMP 2, grain entier, cru (Burkina Faso), n=1	1.00	1 560(370)	9.4	8.2	6.4	65.7	8.3	2.0
Non-African data										
01_021	Pearl millet, IKMP 3 variety, whole grains, raw (Burkina Faso), n=1	Mil à chandelle, variété IKMP 3, grain entier, cru (Burkina Faso), n=1	1.00	1 610(382)	6.7	13.5	8.4	57.8	10.5	3.2
Non-African data										
01_022	Pearl millet, IKMP 4 variety, whole grains, raw (Burkina Faso), n=1	Mil à chandelle, variété IKMP 4, grain entier, cru (Burkina Faso), n=1	1.00	1 580(375)	9.1	12.2	8.2	58.6	8.8	3.1
Non-African data										
01_023	Pearl millet, IKMP 5 variety, whole grains, raw (Burkina Faso), n=1	Mil à chandelle, variété IKMP 5, grain entier, cru (Burkina Faso), n=1	1.00	1 640(391)	6.0	13.3	9.6	56.9	11.7	2.5
Non-African data										
01_024	Pearl millet, IKMP 6 variety, whole grains, raw (Burkina Faso), n=1	Mil à chandelle, variété IKMP 6, grain entier, cru (Burkina Faso), n=1	1.00	1 560(371)	8.8	14.5	6.3	60.1	7.6	2.6
Non-African data										
01_025	Pearl millet, IKMP 7 variety, whole grains, raw (Burkina Faso), n=1	Mil à chandelle, variété IKMP 7, grain entier, cru (Burkina Faso), n=1	1.00	1 590(376)	6.4	10.9	6.4	64.5	8.6	3.2
Non-African data										

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Cereals and their products/Céréales et produits dérivés													
01_161	Moui béinré (Burkina Faso)*: rice porridge with water, milk and sugar	8	0.2	5	32	22	6	0.22	0.05	2	2	2	1
01_158	Moui naagdme (Burkina Faso)*: rice with fish and vegetables	18	0.9	15	77	132	220	0.51	0.14	13	9	5	50
01_159	Moui nin kalogo (Burkina Faso)*: rice with fish, onion and fermented African locust beans	16	0.8	14	78	72	260	0.51	0.12	5	5	5	1
01_101	Oats, rolled, raw	54	4.4	153	491	362	12	3.18	0.36	0	0	0	0
Non-African data		oa	oa							oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
01_133	Oats, porridge* (without salt)	9	0.8	26	81	50	2	0.52	0.06	0	0	0	0
01_018	Pearl millet, IKMV 8201 variety, whole grains, raw (Burkina Faso), n=1	23	15.2	96	402	332	12	2.58	0.45	1	0	0	3
Non-African data													
01_019	Pearl millet, IKMP 1 variety, whole grains, raw (Burkina Faso), n=1	23	15.2	96	402	332	12	2.58	0.45	1	0	0	3
Non-African data													
01_020	Pearl millet, IKMP 2 variety, whole grains, raw (Burkina Faso), n=1	23	15.2	96	402	332	12	2.58	0.45	1	0	0	3
Non-African data													
01_021	Pearl millet, IKMP 3 variety, whole grains, raw (Burkina Faso), n=1	23	15.2	96	402	332	12	2.58	0.45	1	0	0	3
Non-African data													
01_022	Pearl millet, IKMP 4 variety, whole grains, raw (Burkina Faso), n=1	23	15.2	96	402	332	12	2.58	0.45	1	0	0	3
Non-African data													
01_023	Pearl millet, IKMP 5 variety, whole grains, raw (Burkina Faso), n=1	23	15.2	96	402	332	12	2.58	0.45	1	0	0	3
Non-African data													
01_024	Pearl millet, IKMP 6 variety, whole grains, raw (Burkina Faso), n=1	23	15.2	96	402	332	12	2.58	0.45	1	0	0	3
Non-African data													
01_025	Pearl millet, IKMP 7 variety, whole grains, raw (Burkina Faso), n=1	23	15.2	96	402	332	12	2.58	0.45	1	0	0	3
Non-African data													

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Cereals and their products/Céréales et produits dérivés													
01_161	Moui béinnré (Burkina Faso)*: rice porridge with water, milk and sugar	0.0	0.02	0.01	0.02	0.4	0.2	14	0.01	2	2	0.03	0
01_158	Moui naagdme (Burkina Faso)*: rice with fish and vegetables	0.1	[1.00]	0.03	0.05	1.4	1.0	27	0.06	[8]	[8]	[0.58]	4
01_159	Moui nin kalogo (Burkina Faso)*: rice with fish, onion and fermented African locust beans	0.1	[1.10]	0.02	0.04	1.7	0.9	43	0.04	[5]	[5]	[0.66]	1
01_101	Oats, rolled, raw	0	0.48	0.76	0.14	3.3	0.8	148	0.12	33	33	0	0
Non-African data			oa										
SD or min-max													
n													
01_133	Oats, porridge* (without salt)	0	0.08	0.07	0.02	0.5	0.1	26	0.01	4	4	0	0
01_018	Pearl millet, IKMV 8201 variety, whole grains, raw (Burkina Faso), n=1	0	0.36	0.29	0.19	3.8	2.0	113	0.35	160	160	0	0
Non-African data													
01_019	Pearl millet, IKMP 1 variety, whole grains, raw (Burkina Faso), n=1	0	0.36	0.29	0.19	3.8	2.0	113	0.35	160	160	0	0
Non-African data													
01_020	Pearl millet, IKMP 2 variety, whole grains, raw (Burkina Faso), n=1	0	0.36	0.29	0.19	3.8	2.0	113	0.35	160	160	0	0
Non-African data													
01_021	Pearl millet, IKMP 3 variety, whole grains, raw (Burkina Faso), n=1	0	0.36	0.29	0.19	3.8	2.0	113	0.35	160	160	0	0
Non-African data													
01_022	Pearl millet, IKMP 4 variety, whole grains, raw (Burkina Faso), n=1	0	0.36	0.29	0.19	3.8	2.0	113	0.35	160	160	0	0
Non-African data													
01_023	Pearl millet, IKMP 5 variety, whole grains, raw (Burkina Faso), n=1	0	0.36	0.29	0.19	3.8	2.0	113	0.35	160	160	0	0
Non-African data													
01_024	Pearl millet, IKMP 6 variety, whole grains, raw (Burkina Faso), n=1	0	0.36	0.29	0.19	3.8	2.0	113	0.35	160	160	0	0
Non-African data													
01_025	Pearl millet, IKMP 7 variety, whole grains, raw (Burkina Faso), n=1	0	0.36	0.29	0.19	3.8	2.0	113	0.35	160	160	0	0
Non-African data													

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE (mg)	FASAT (g)	FAMS (g)	FAPU (g)	F18D2CN6 (g)	F18D3CN3 (g)	PHYTCPP (mg)
Cereals and their products/Céréales et produits dérivés								
01_161	Moui béinré (Burkina Faso)*: rice porridge with water, milk and sugar	1	0.14	0.07	0.00	0.00	0.00	20
01_158	Moui naagdme (Burkina Faso)*: rice with fish and vegetables	4	0.92	1.69	2.64	2.54	0.00	[37]
01_159	Moui nin kalogo (Burkina Faso)*: rice with fish, onion and fermented African locust beans	4	1.10	2.06	3.21	3.09	0.00	39
01_101	Oats, rolled, raw	0	1.52	2.71	3.15	3.04	0.09	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						
01_133	Oats, porridge* (without salt)	0	0.26	0.47	0.54	0.53	0.00	
01_018	Pearl millet, IKMV 8201 variety, whole grains, raw (Burkina Faso), n=1	0	1.10	1.26	2.50	2.33	0.17	[1 060]
Non-African data								
01_019	Pearl millet, IKMP 1 variety, whole grains, raw (Burkina Faso), n=1	0	1.01	1.16	2.30	2.14	0.16	[872]
Non-African data								
01_020	Pearl millet, IKMP 2 variety, whole grains, raw (Burkina Faso), n=1	0	1.05	1.20	2.38	2.22	0.16	[761]
Non-African data								
01_021	Pearl millet, IKMP 3 variety, whole grains, raw (Burkina Faso), n=1	0	1.36	1.57	3.11	2.90	0.21	[1 180]
Non-African data								
01_022	Pearl millet, IKMP 4 variety, whole grains, raw (Burkina Faso), n=1	0	1.33	1.53	3.03	2.83	0.21	[809]
Non-African data								
01_023	Pearl millet, IKMP 5 variety, whole grains, raw (Burkina Faso), n=1	0	1.56	1.79	3.55	3.31	0.24	[1 070]
Non-African data								
01_024	Pearl millet, IKMP 6 variety, whole grains, raw (Burkina Faso), n=1	0	1.02	1.18	2.33	2.17	0.16	[1 300]
Non-African data								
01_025	Pearl millet, IKMP 7 variety, whole grains, raw (Burkina Faso), n=1	0	1.03	1.19	2.36	2.20	0.16	[711]
Non-African data								

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)	
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)	
Cereals and their products/Céréales et produits dérivés											
01_026	Pearl millet. IKMP 8 variety. whole grains. raw (Burkina Faso). n=1	Mil à chandelle. variété IKMP 8. grain entier. cru (Burkina Faso). n=1	1.00	1 610(382)	6.0	7.9	6.8	68.3	8.3	2.8	
Non-African data											
01_027	Pearl millet. IKMP 9 variety. whole grains. raw (Burkina Faso). n=1	Mil à chandelle. variété IKMP 9. grain entier. cru (Burkina Faso). n=1	1.00	1 620(386)	6.5	9.9	7.9	64.0	9.5	2.2	
Non-African data											
01_028	Pearl millet. IKMP 10 variety. whole grains. raw (Burkina Faso). n=1	Mil à chandelle. variété IKMP 10. grain entier. cru (Burkina Faso). n=1	1.00	1 540(366)	10.5	7.8	7.0	63.6	9.1	2.1	
Non-African data											
01_029	Pearl millet. IKMP 11 variety. whole grains. raw (Burkina Faso). n=1	Mil à chandelle. variété IKMP 11. grain entier. cru (Burkina Faso). n=1	1.00	1 560(369)	9.2	7.4	7.0	64.7	8.7	3.0	
Non-African data											
01_030	Pearl millet. IKMP 12 variety. whole grains. raw (Burkina Faso). n=1	Mil à chandelle. variété IKMP 12. grain entier. cru (Burkina Faso). n=1	1.00	1 610(382)	6.6	9.8	6.9	65.7	9.0	2.1	
Non-African data											
01_031	Pearl millet. IKMP 13 variety. whole grains. raw (Burkina Faso). n=1	Mil à chandelle. variété IKMP 13. grain entier. cru (Burkina Faso). n=1	1.00	1 620(384)	6.6	9.5	7.1	66.2	8.5	2.0	
Non-African data											
01_032	Pearl millet. combined varieties. whole grains. raw (Burkina Faso)	Mil à chandelle. mélange de variétés. grains entiers. cru (Burkina Faso)	1.00	1 590(377)	7.8	10.2	7.2	63.3	8.9	2.6	
Non-African data											
SD or min-max						1.6	2.3	1.0		1.1	0.5
n					1	14	14	14		14	14
01_132	Pearl millet. combined varieties. whole grains (Burkina Faso). boiled* (as part of a recipe)	Mil à chandelle. mélange de variétés. grains entiers. (Burkina Faso). bouilli* (ingrédient de recette)	1.00	662(157)	61.6	4.3	3.0	26.4	3.7	1.1	
01_064	Pearl millet. combined varieties. whole grains (Burkina Faso). boiled* (without salt). drained	Mil à chandelle. mélange de variétés. grains entiers. (Burkina Faso). bouilli* (sans sel). égoutté	1.00	662(157)	61.6	4.3	3.0	26.4	3.7	1.1	
01_095	Pearl millet. decorticated. raw	Mil à chandelle. décortiqué. cru	1.00	1 560(370)	10.0	8.3	4.8	70.8	5.2	1.0	
Non-African data											
SD or min-max						9.9-10.1	8.1-8.5	4.8-4.8		4.9-5.5	0.9-1.0
n					1	2	2	2		2	2
01_131	Pearl millet. decorticated. boiled* (as part of a recipe)	Mil à chandelle. décortiqué. bouilli* (ingrédient de recette)	1.00	651(154)	62.5	3.5	2.0	29.5	2.2	0.4	
01_130	Pearl millet. decorticated. boiled* (without salt). drained	Mil à chandelle. décortiqué. bouilli* (sans sel). égoutté	1.00	651(154)	62.5	3.5	2.0	29.5	2.2	0.4	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Cereals and their products/Céréales et produits dérivés													
01_026	Pearl millet, IKMP 8 variety, whole grains, raw (Burkina Faso), n=1	23	15.2	96	402	332	12	2.58	0.45	1	0	0	3
Non-African data													
01_027	Pearl millet, IKMP 9 variety, whole grains, raw (Burkina Faso), n=1	23	15.2	96	402	332	12	2.58	0.45	1	0	0	3
Non-African data													
01_028	Pearl millet, IKMP 10 variety, whole grains, raw (Burkina Faso), n=1	23	15.2	96	402	332	12	2.58	0.45	1	0	0	3
Non-African data													
01_029	Pearl millet, IKMP 11 variety, whole grains, raw (Burkina Faso), n=1	23	15.2	96	402	332	12	2.58	0.45	1	0	0	3
Non-African data													
01_030	Pearl millet, IKMP 12 variety, whole grains, raw (Burkina Faso), n=1	23	15.2	96	402	332	12	2.58	0.45	1	0	0	3
Non-African data													
01_031	Pearl millet, IKMP 13 variety, whole grains, raw (Burkina Faso), n=1	23	15.2	96	402	332	12	2.58	0.45	1	0	0	3
Non-African data													
01_032	Pearl millet, combined varieties, whole grains, raw (Burkina Faso)	23	15.2	96	402	332	12	2.58	0.45	1	0	0	3
Non-African data													
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
01_132	Pearl millet, combined varieties, whole grains (Burkina Faso), boiled* (as part of a recipe)	10	6.3	40	168	138	5	1.08	0.19	0	0	0	1
01_064	Pearl millet, combined varieties, whole grains (Burkina Faso), boiled* (without salt), drained	10	6.0	40	159	76	3	1.02	0.18	0	0	0	1
01_095	Pearl millet, decorticated, raw	13	5.4	94	358	279	12	2.42	0.38	0	0	0	0
Non-African data													
SD or min-max													
n		12-13		92-97	342-374	279-280			0.37-0.38				
01_131	Pearl millet, decorticated, boiled* (as part of a recipe)	5	2.3	39	149	116	5	1.01	0.16	0	0	0	0
01_130	Pearl millet, decorticated, boiled* (without salt), drained	5	2.1	39	142	64	3	0.96	0.15	0	0	0	0

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Cereals and their products/Céréales et produits dérivés													
01_026	Pearl millet, IKMP 8 variety, whole grains, raw (Burkina Faso), n=1	0	0.36	0.29	0.19	3.8	2.0	113	0.35	160	160	0	0
Non-African data													
01_027	Pearl millet, IKMP 9 variety, whole grains, raw (Burkina Faso), n=1	0	0.36	0.29	0.19	3.8	2.0	113	0.35	160	160	0	0
Non-African data													
01_028	Pearl millet, IKMP 10 variety, whole grains, raw (Burkina Faso), n=1	0	0.36	0.29	0.19	3.8	2.0	113	0.35	160	160	0	0
Non-African data													
01_029	Pearl millet, IKMP 11 variety, whole grains, raw (Burkina Faso), n=1	0	0.36	0.29	0.19	3.8	2.0	113	0.35	160	160	0	0
Non-African data													
01_030	Pearl millet, IKMP 12 variety, whole grains, raw (Burkina Faso), n=1	0	0.36	0.29	0.19	3.8	2.0	113	0.35	160	160	0	0
Non-African data													
01_031	Pearl millet, IKMP 13 variety, whole grains, raw (Burkina Faso), n=1	0	0.36	0.29	0.19	3.8	2.0	113	0.35	160	160	0	0
Non-African data													
01_032	Pearl millet, combined varieties, whole grains, raw (Burkina Faso)	0	0.36	0.29	0.19	3.8	2.0	113	0.35	160	160	0	0
Non-African data													
SD or min-max													
n		1		1	1		1	1	1	1		1	1
01_132	Pearl millet, combined varieties, whole grains (Burkina Faso), boiled* (as part of a recipe)	0	0.15	0.09	0.08	1.6	0.8	47	0.12	54	54	0	0
01_064	Pearl millet, combined varieties, whole grains (Burkina Faso), boiled* (without salt), drained	0	0.15	0.06	0.04	1.4	0.6	47	0.07	47	47	0	0
01_095	Pearl millet, decorticated, raw	0	0.56	0.20	0.20	3.6	1.9	101	0.32	[47]	[47]	0	0
Non-African data													
SD or min-max													
n		1		2	2		2	2	2	2		1	2
01_131	Pearl millet, decorticated, boiled* (as part of a recipe)	0	0.24	0.06	0.08	1.4	0.7	42	0.11	[16]	[16]	0	0
01_130	Pearl millet, decorticated, boiled* (without salt), drained	0	0.24	0.04	0.04	1.3	0.6	42	0.07	[14]	[14]	0	0



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE (mg)	FASAT (g)	FAMS (g)	FAPU (g)	F18D2CN6 (g)	F18D3CN3 (g)	PHYTCPP (mg)
Cereals and their products/Céréales et produits dérivés								
01_026	Pearl millet, IKMP 8 variety, whole grains, raw (Burkina Faso), n=1	0	1.10	1.26	2.51	2.34	0.17	[1 160]
Non-African data								
01_027	Pearl millet, IKMP 9 variety, whole grains, raw (Burkina Faso), n=1	0	1.28	1.47	2.91	2.71	0.20	[870]
Non-African data								
01_028	Pearl millet, IKMP 10 variety, whole grains, raw (Burkina Faso), n=1	0	1.13	1.30	2.59	2.41	0.18	[537]
Non-African data								
01_029	Pearl millet, IKMP 11 variety, whole grains, raw (Burkina Faso), n=1	0	1.14	1.31	2.59	2.42	0.18	[491]
Non-African data								
01_030	Pearl millet, IKMP 12 variety, whole grains, raw (Burkina Faso), n=1	0	1.12	1.29	2.56	2.39	0.17	[925]
Non-African data								
01_031	Pearl millet, IKMP 13 variety, whole grains, raw (Burkina Faso), n=1	0	1.15	1.33	2.63	2.45	0.18	[682]
Non-African data								
01_032	Pearl millet, combined varieties, whole grains, raw (Burkina Faso)	0	1.17	1.35	2.67	2.49	0.18	[887]
Non-African data								
SD or min-max								243
n								14
01_132	Pearl millet, combined varieties, whole grains (Burkina Faso), boiled* (as part of a recipe)	0	0.49	0.56	1.11	1.04	0.08	[189]
01_064	Pearl millet, combined varieties, whole grains (Burkina Faso), boiled* (without salt), drained	0	0.49	0.56	1.11	1.04	0.08	[189]
01_095	Pearl millet, decorticated, raw	0	0.71	0.77	1.71	1.59	0.12	
Non-African data								
SD or min-max								
n								1
01_131	Pearl millet, decorticated, boiled* (as part of a recipe)	0	0.29	0.32	0.71	0.66	0.05	
01_130	Pearl millet, decorticated, boiled* (without salt), drained	0	0.29	0.32	0.71	0.66	0.05	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Cereals and their products/Céréales et produits dérivés										
01_063	Pearl millet. flour (bran removed)	Mil à chandelle. farine (sans son)	1.00	1 550(367)	9.1	7.3	3.2	75.0	4.6	0.8
Non-African data										
SD or min-max										
n			1		4.6	1.3	1.0			
01_017	Pearl millet. whole grains (with bran). raw	Mil à chandelle. grain entier (avec son). cru	1.00	1 540(365)	9.4	9.3	5.9	64.2	9.0	2.1
Non-African data										
SD or min-max										
n			1		2.8	1.9	1.6		1.2	0.7
01_129	Pearl millet. whole grains. boiled* (as part of a recipe)	Mil à chandelle. grain entier. bouilli* (ingrédient de recette)	1.00	642(152)	62.2	3.9	2.5	26.8	3.8	0.9
01_033	Pearl millet. whole grains. boiled* (without salt). drained	Mil à chandelle. grain entier. bouilli* (sans sel). égoutté	1.00	642(152)	62.2	3.9	2.5	26.8	3.8	0.9
01_175	Pigri (Burkina Faso)*: steamed pearl millet balls	Pigri (Burkina Faso)*: boules de mil à chandelle cuites à la vapeur		801(190)	52.3	4.8	3.1	33.4	4.7	1.7
01_061	Porridge. soft. from degermed white maize grit* (without salt)	Bouillie. liquide. de gruau de maïs blanc dégermé* (sans sel)	1.00	201(47)	87.8	1.1	0.1	10.1	0.8	0.1
01_056	Porridge. soft. from degermed yellow maize grit* (without salt)	Bouillie. liquide. de gruau de maïs jaune dégermé* (sans sel)	1.00	201(47)	87.8	1.1	0.1	10.1	0.8	0.0
01_154	Porridge. soft. from refined (special) white maize flour fortified with vitamin A (Nigeria)* (without salt)	Bouillie. liquide. de farine de maïs blanc raffinée (spécial). enrichie en vitamine A (Nigéria)* (sans sel)	1.00	203(48)	88.1	0.9	0.4	9.9	0.7	0.1
01_112	Porridge. soft. from refined (special) white maize flour. unfortified* (without salt)	Bouillie. liquide. de farine de maïs blanc raffinée (spécial). non enrichie* (sans sel)	1.00	203(48)	88.1	0.9	0.4	9.9	0.7	0.1
01_117	Porridge. soft. from refined (super) white maize flour fortified with vitamin A (Nigeria)* (without salt)	Bouillie. liquide. de farine de maïs blanc raffinée (super). enrichie en vitamine A (Nigéria)* (sans sel)	1.00	208(49)	87.6	1.2	0.2	10.3	0.6	0.1
01_115	Porridge. soft. from refined (super) white maize flour. unfortified* (without salt)	Bouillie. liquide. de farine de maïs blanc raffinée (super). non enrichie* (sans sel)	1.00	208(49)	87.6	1.2	0.2	10.3	0.6	0.1
01_110	Porridge. soft. from sifted white maize meal fortified with vitamin A (Nigeria)* (without salt)	Bouillie. liquide. de farine de maïs blanc tamisée. enrichie en vitamine A (Nigéria)* (sans sel)	1.00	204(48)	87.9	1.2	0.4	9.4	1.0	0.1
01_108	Porridge. soft. from sifted white maize meal. unfortified* (without salt)	Bouillie. liquide. de farine de maïs blanc tamisée. non enrichie* (sans sel)	1.00	204(48)	87.9	1.2	0.4	9.4	1.0	0.1
01_106	Porridge. soft. from wholegrain white maize meal* (without salt)	Bouillie. liquide. de farine de maïs blanc complète* (sans sel)	1.00	200(47)	87.8	1.3	0.5	8.6	1.6	0.2
01_122	Porridge. soft. from wholegrain yellow maize meal* (without salt)	Bouillie. liquide. de farine de maïs jaune complète* (sans sel)	1.00	203(48)	87.8	1.3	0.5	8.9	1.3	0.2
01_076	Porridge. stiff. from degermed white maize grit* (without salt)	Bouillie. épaisse. de gruau de maïs blanc dégermé* (sans sel)	1.00	543(128)	67.0	3.0	0.3	27.3	2.3	0.1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Cereals and their products/Céréales et produits dérivés													
01_063	Pearl millet, flour (bran removed)	8	5.4	94	312	279	12	2.42	0.38	0	0	0	0
Non-African data													
SD or min-max		4	2.3		11			0.93					
n		9	12	1	6	1	1	6	1			1	
01_017	Pearl millet, whole grains (with bran), raw	23	15.2	96	402	332	12	2.58	0.45	1	0	0	3
Non-African data													
SD or min-max		14	13.2	12	174	75	11	0.93	0.09				
n		17	14	5	11	6	5	12	5			1	
01_129	Pearl millet, whole grains, boiled* (as part of a recipe)	10	6.3	40	168	138	5	1.08	0.19	0	0	0	1
01_033	Pearl millet, whole grains, boiled* (without salt), drained	10	6.3	40	159	111	4	1.02	0.19	0	0	0	1
01_175	Pigri (Burkina Faso)*: steamed pearl millet balls	25	[9.3]	55	210	187	126	1.35	0.24	0	0	0	2
01_061	Porridge, soft, from degermed white maize grit* (without salt)	1	0.2	3	8	10	1	0.06	0.01	0	0	0	0
01_056	Porridge, soft, from degermed yellow maize grit* (without salt)	1	0.2	3	8	10	1	0.06	0.01	3	2	0	21
01_154	Porridge, soft, from refined (special) white maize flour fortified with vitamin A (Nigeria)* (without salt)	3	0.2	7	23	24	1	0.21	0.02	117	117	117	0
01_112	Porridge, soft, from refined (special) white maize flour, unfortified* (without salt)	3	0.2	7	23	24	1	0.21	0.02	0	0	0	0
01_117	Porridge, soft, from refined (super) white maize flour fortified with vitamin A (Nigeria)* (without salt)	3	0.1	7	8	14	0	0.10	0.01	117	117	117	0
01_115	Porridge, soft, from refined (super) white maize flour, unfortified* (without salt)	3	0.1	7	8	14	0	0.10	0.01	0	0	0	0
01_110	Porridge, soft, from sifted white maize meal fortified with vitamin A (Nigeria)* (without salt)	2	0.4	12	21	27	0	0.27	0.02	117	117	117	0
01_108	Porridge, soft, from sifted white maize meal, unfortified* (without salt)	2	0.4	12	21	27	0	0.27	0.02	0	0	0	0
01_106	Porridge, soft, from wholegrain white maize meal* (without salt)	3	0.5	12	37	43	2	0.30	0.05	0	0	0	0
01_122	Porridge, soft, from wholegrain yellow maize meal* (without salt)	3	0.5	12	34	44	3	0.27	0.05	3	2	0	21
01_076	Porridge, stiff, from degermed white maize grit* (without salt)	2	0.5	7	21	27	1	0.16	0.02	0	0	0	0

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Cereals and their products/Céréales et produits dérivés													
01_063	Pearl millet, flour (bran removed)	0	0.56	0.18	0.14	2.8	1.3	89	0.32	[47]	[47]	0	0
Non-African data			oa										
SD or min-max				0.03	0.04	1.7							
n		1	3		3	3		1	1	1	1		1
01_017	Pearl millet, whole grains (with bran), raw	0	0.36	0.29	0.19	3.8	2.0	113	0.35	160	160	0	0
Non-African data													
SD or min-max				0.05	0.08	0.4		60	0.35-0.35				
n		1	11		10	9		4	2	1	1		1
01_129	Pearl millet, whole grains, boiled* (as part of a recipe)	0	0.15	0.09	0.08	1.6	0.8	47	0.12	54	54	0	0
01_033	Pearl millet, whole grains, boiled* (without salt), drained	0	0.15	0.06	0.06	1.4	0.6	47	0.07	47	47	0	0
01_175	Pigri (Burkina Faso)*: steamed pearl millet balls	0.0	0.18	0.11	0.10	1.9	1.0	59	0.14	67	67	0.00	0
01_061	Porridge, soft, from degermed white maize grit* (without salt)	0	0.06	0.01	0.02	0.1	0.1	4	0.02	1	1	0	0
01_056	Porridge, soft, from degermed yellow maize grit* (without salt)	0	0.06	0.01	0.01	0.3	0.1	11	0.02	1	1	0	0
01_154	Porridge, soft, from refined (special) white maize flour fortified with vitamin A (Nigeria)* (without salt)	0	0.08	0.04	0.01	0.2	0.1	7	0.04	5	5	0	0
01_112	Porridge, soft, from refined (special) white maize flour, unfortified* (without salt)	0	0.08	0.04	0.01	0.2	0.1	7	0.04	5	5	0	0
01_117	Porridge, soft, from refined (super) white maize flour fortified with vitamin A (Nigeria)* (without salt)	0	0.05	0.01	0.00	0.1	0.1	4	0.02	1	1	0	0
01_115	Porridge, soft, from refined (super) white maize flour, unfortified* (without salt)	0	0.05	0.01	0.00	0.1	0.1	4	0.02	1	1	0	0
01_110	Porridge, soft, from sifted white maize meal fortified with vitamin A (Nigeria)* (without salt)	0	0.08	0.03	0.01	0.3	0.1	11	0.03	3	3	0	0
01_108	Porridge, soft, from sifted white maize meal, unfortified* (without salt)	0	0.08	0.03	0.01	0.3	0.1	11	0.03	3	3	0	0
01_106	Porridge, soft, from wholegrain white maize meal* (without salt)	0	0.05	0.03	0.01	0.4	0.2	11	0.04	8	8	0	0
01_122	Porridge, soft, from wholegrain yellow maize meal* (without salt)	0	0.05	0.02	0.01	0.4	0.2	11	0.04	8	8	0	0
01_076	Porridge, stiff, from degermed white maize grit* (without salt)	0	0.16	0.02	0.04	0.4	0.2	10	0.05	3	3	0	0

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Cereals and their products/Céréales et produits dérivés								
01_063	Pearl millet, flour (bran removed)	0	0.47	0.51	1.14	1.06	0.08	225
Non-African data								
SD or min-max								210-240
n								2
01_017	Pearl millet, whole grains (with bran), raw	0	0.96	1.10	2.19	2.04	0.15	401
Non-African data								
SD or min-max								193-610
n								2
01_129	Pearl millet, whole grains, boiled* (as part of a recipe)	0	0.40	0.46	0.91	0.85	0.06	85
01_033	Pearl millet, whole grains, boiled* (without salt), drained	0	0.40	0.46	0.91	0.85	0.06	85
01_175	Pigri (Burkina Faso)*: steamed pearl millet balls	0	0.50	0.57	1.14	1.06	0.08	106
01_061	Porridge, soft, from degermed white maize grit* (without salt)	0	0.00	0.04	0.00	0.00	0.00	
01_056	Porridge, soft, from degermed yellow maize grit* (without salt)	0	0.00	0.03	0.00	0.00	0.00	
01_154	Porridge, soft, from refined (special) white maize flour fortified with vitamin A (Nigeria)* (without salt)	0	0.06	0.14	0.14	0.14	0.00	
01_112	Porridge, soft, from refined (special) white maize flour, unfortified* (without salt)	0	0.06	0.14	0.14	0.14	0.00	
01_117	Porridge, soft, from refined (super) white maize flour fortified with vitamin A (Nigeria)* (without salt)	0	0.00	0.07	0.07	0.07	0.00	[15]
01_115	Porridge, soft, from refined (super) white maize flour, unfortified* (without salt)	0	0.00	0.07	0.07	0.07	0.00	[15]
01_110	Porridge, soft, from sifted white maize meal fortified with vitamin A (Nigeria)* (without salt)	0	0.07	0.13	0.19	0.18	0.00	55
01_108	Porridge, soft, from sifted white maize meal, unfortified* (without salt)	0	0.07	0.13	0.19	0.18	0.00	55
01_106	Porridge, soft, from wholegrain white maize meal* (without salt)	0	0.08	0.15	0.22	0.21	0.00	45
01_122	Porridge, soft, from wholegrain yellow maize meal* (without salt)	0	0.07	0.16	0.20	0.19	0.00	44
01_076	Porridge, stiff, from degermed white maize grit* (without salt)	0	0.00	0.10	0.10	0.10	0.00	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
<i>INFOODS TAGNAMES</i>										
Cereals and their products/Céréales et produits dérivés										
01_075	Porridge. stiff. from degermed yellow maize grit* (without salt)	Bouillie. épaisse. de gruau de maïs jaune dégermé* (sans sel)	1.00	543(128)	67.0	2.9	0.3	27.4	2.3	0.1
01_113	Porridge. stiff. from refined (special) white maize flour fortified with vitamin A (Nigeria)* (without salt)	Bouillie. épaisse. de farine de maïs blanc raffinée (spécial). enrichie en vitamine A (Nigéria)* (sans sel)	1.00	549(130)	67.8	2.3	1.1	26.8	1.9	0.2
01_111	Porridge. stiff. from refined (special) white maize flour. unfortified* (without salt)	Bouillie. épaisse. de farine de maïs blanc raffinée (spécial). non enrichie* (sans sel)	1.00	549(130)	67.8	2.3	1.1	26.8	1.9	0.2
01_116	Porridge. stiff. from refined (super) white maize flour fortified with vitamin A (Nigeria)* (without salt)	Bouillie. épaisse. de farine de maïs blanc raffinée (super). enrichie en vitamine A (Nigéria)* (sans sel)	1.00	562(133)	66.5	3.3	0.5	27.7	1.7	0.2
01_114	Porridge. stiff. from refined (super) white maize flour. unfortified* (without salt)	Bouillie. épaisse. de farine de maïs blanc raffinée (super). non enrichie* (sans sel)	1.00	562(133)	66.5	3.3	0.5	27.7	1.7	0.2
01_109	Porridge. stiff. from sifted white maize meal fortified with vitamin A (Nigeria)* (without salt)	Bouillie. épaisse. de farine de maïs blanc raffinée tamisée. enrichie en vitamine A (Nigéria)* (sans sel)	1.00	552(131)	67.2	3.2	1.2	25.4	2.6	0.3
01_107	Porridge. stiff. from sifted white maize meal. unfortified* (without salt)	Bouillie. épaisse. de farine de maïs blanc tamisée. non enrichie* (sans sel)	1.00	552(131)	67.2	3.2	1.2	25.4	2.6	0.3
01_105	Porridge. stiff. from wholegrain white maize meal* (without salt)	Bouillie. épaisse. de farine de maïs blanc complète* (sans sel)	1.00	541(128)	67.0	3.6	1.4	23.2	4.2	0.5
01_121	Porridge. stiff. from wholegrain yellow maize meal* (without salt)	Bouillie. épaisse. de farine de maïs jaune complète* (sans sel)	1.00	548(130)	67.0	3.5	1.4	24.2	3.5	0.5
01_150	Porridge. tô. from degermed white maize grit* (without salt)	Bouillie. tô. de gruau de maïs blanc dégermé* (sans sel)	1.00	293(69)	82.2	1.6	0.2	14.7	1.2	0.1
01_155	Porridge. tô. from degermed yellow maize grit* (without salt)	Bouillie. tô. de gruau de maïs jaune dégermé* (sans sel)	1.00	293(69)	82.2	1.6	0.1	14.8	1.2	0.1
01_166	Porridge. tô. from maize and cassava flour (Burkina Faso)*	Bouillie. tô. de farine de maïs et de manioc (Burkina Faso)*		381(90)	77.1	1.6	0.3	19.6	1.1	0.3
01_147	Porridge. tô. from refined (special) white maize flour fortified with vitamin A (Nigeria)* (without salt)	Bouillie. tô. de farine de maïs blanc raffinée (spécial). enrichie en vitamine A (Nigéria)* (sans sel)	1.00	297(70)	82.6	1.2	0.6	14.4	1.0	0.1
01_146	Porridge. tô. from refined (special) white maize flour. unfortified* (without salt)	Bouillie. tô. de farine de maïs blanc raffinée (spécial). non enrichie* (sans sel)	1.00	297(70)	82.6	1.2	0.6	14.4	1.0	0.1
01_149	Porridge. tô. from refined (super) white maize flour fortified with vitamin A (Nigeria)* (without salt)	Bouillie. tô. de farine de maïs blanc raffinée (super). enrichie en vitamine A (Nigéria)* (sans sel)	1.00	303(72)	81.9	1.8	0.3	15.0	0.9	0.1
01_148	Porridge. tô. from refined (super) white maize flour. unfortified* (without salt)	Bouillie. tô. de farine de maïs blanc raffinée (super). non enrichie* (sans sel)	1.00	303(72)	81.9	1.8	0.3	15.0	0.9	0.1
01_144	Porridge. tô. from sifted white maize meal fortified with vitamin A (Nigeria)* (without salt)	Bouillie. tô. de farine de maïs blanc tamisée. enrichie en vitamine A (Nigéria)* (sans sel)	1.00	298(71)	82.3	1.7	0.7	13.7	1.4	0.2
01_145	Porridge. tô. from sifted white maize meal. unfortified* (without salt)	Bouillie. tô. de farine de maïs blanc tamisée. non enrichie* (sans sel)	1.00	298(71)	82.3	1.7	0.7	13.7	1.4	0.2
01_143	Porridge. tô. from wholegrain white maize meal* (without salt)	Bouillie. tô. de farine de maïs blanc complète* (sans sel)	1.00	292(69)	82.2	1.9	0.8	12.5	2.3	0.3

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Cereals and their products/Céréales et produits dérivés													
01_075	Porridge, stiff, from degermed yellow maize grit* (without salt)	3	0.5	7	21	27	1	0.16	0.02	9	5	0	56
01_113	Porridge, stiff, from refined (special) white maize flour fortified with vitamin A (Nigeria)* (without salt)	7	0.4	19	63	64	3	0.57	0.07	317	317	317	0
01_111	Porridge, stiff, from refined (special) white maize flour, unfortified* (without salt)	7	0.4	19	63	64	3	0.57	0.07	0	0	0	0
01_116	Porridge, stiff, from refined (super) white maize flour fortified with vitamin A (Nigeria)* (without salt)	7	0.3	19	22	38	1	0.27	0.04	317	317	317	0
01_114	Porridge, stiff, from refined (super) white maize flour, unfortified* (without salt)	7	0.3	19	22	38	1	0.27	0.04	0	0	0	0
01_109	Porridge, stiff, from sifted white maize meal fortified with vitamin A (Nigeria)* (without salt)	6	1.2	33	57	73	1	0.74	0.06	317	317	317	0
01_107	Porridge, stiff, from sifted white maize meal, unfortified* (without salt)	6	1.2	33	57	73	1	0.74	0.06	0	0	0	0
01_105	Porridge, stiff, from wholegrain white maize meal* (without salt)	8	1.2	33	99	117	6	0.82	0.13	0	0	0	0
01_121	Porridge, stiff, from wholegrain yellow maize meal* (without salt)	8	1.3	33	92	118	8	0.74	0.14	9	5	0	56
01_150	Porridge, t0, from degermed white maize grit* (without salt)	1	0.3	4	12	15	1	0.08	0.01	0	0	0	0
01_155	Porridge, t0, from degermed yellow maize grit* (without salt)	1	0.3	4	12	15	1	0.08	0.01	5	3	0	30
01_166	Porridge, t0, from maize and cassava flour (Burkina Faso)*	10	0.3	14	19	36	4	0.14	0.03	0	0	0	0
01_147	Porridge, t0, from refined (special) white maize flour fortified with vitamin A (Nigeria)* (without salt)	4	0.2	10	34	34	2	0.31	0.04	171	171	171	0
01_146	Porridge, t0, from refined (special) white maize flour, unfortified* (without salt)	4	0.2	10	34	34	2	0.31	0.04	0	0	0	0
01_149	Porridge, t0, from refined (super) white maize flour fortified with vitamin A (Nigeria)* (without salt)	4	0.1	10	12	21	1	0.15	0.02	171	171	171	0
01_148	Porridge, t0, from refined (super) white maize flour, unfortified* (without salt)	4	0.1	10	12	21	1	0.15	0.02	0	0	0	0
01_144	Porridge, t0, from sifted white maize meal fortified with vitamin A (Nigeria)* (without salt)	3	0.6	18	31	39	1	0.40	0.03	0	0	0	0
01_145	Porridge, t0, from sifted white maize meal, unfortified* (without salt)	3	0.6	18	31	39	1	0.40	0.03	171	171	171	0
01_143	Porridge, t0, from wholegrain white maize meal* (without salt)	5	0.7	18	53	63	3	0.44	0.07	0	0	0	0

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Cereals and their products/Céréales et produits dérivés													
01_075	Porridge, stiff, from degermed yellow maize grit* (without salt)	0	0.16	0.02	0.03	0.7	0.2	30	0.05	3	3	0	0
01_113	Porridge, stiff, from refined (special) white maize flour fortified with vitamin A (Nigeria)* (without salt)	0	0.21	0.11	0.02	0.6	0.3	20	0.11	12	12	0	0
01_111	Porridge, stiff, from refined (special) white maize flour, unfortified* (without salt)	0	0.21	0.11	0.02	0.6	0.3	20	0.11	12	12	0	0
01_116	Porridge, stiff, from refined (super) white maize flour fortified with vitamin A (Nigeria)* (without salt)	0	0.13	0.04	0.01	0.4	0.2	11	0.05	2	2	0	0
01_114	Porridge, stiff, from refined (super) white maize flour, unfortified* (without salt)	0	0.13	0.04	0.01	0.4	0.2	11	0.05	2	2	0	0
01_109	Porridge, stiff, from sifted white maize meal fortified with vitamin A (Nigeria)* (without salt)	0	0.22	0.09	0.02	0.8	0.4	30	0.09	9	9	0	0
01_107	Porridge, stiff, from sifted white maize meal, unfortified* (without salt)	0	0.22	0.09	0.02	0.8	0.4	30	0.09	9	9	0	0
01_105	Porridge, stiff, from wholegrain white maize meal* (without salt)	0	0.13	0.09	0.03	1.1	0.6	30	0.10	21	21	0	1
01_121	Porridge, stiff, from wholegrain yellow maize meal* (without salt)	0	0.13	0.06	0.03	1.0	0.5	30	0.10	21	21	0	1
01_150	Porridge, t0, from degermed white maize grit* (without salt)	0	0.08	0.01	0.02	0.2	0.1	5	0.03	1	1	0	0
01_155	Porridge, t0, from degermed yellow maize grit* (without salt)	0	0.08	0.01	0.01	0.4	0.1	16	0.03	1	1	0	0
01_166	Porridge, t0, from maize and cassava flour (Burkina Faso)*	0	0.06	0.02	0.01	0.3	0.2	6	0.03	[8]	[8]	0.00	0
01_147	Porridge, t0, from refined (special) white maize flour fortified with vitamin A (Nigeria)* (without salt)	0	0.11	0.06	0.01	0.4	0.2	11	0.06	7	7	0	0
01_146	Porridge, t0, from refined (special) white maize flour, unfortified* (without salt)	0	0.11	0.06	0.01	0.4	0.2	11	0.06	7	7	0	0
01_149	Porridge, t0, from refined (super) white maize flour fortified with vitamin A (Nigeria)* (without salt)	0	0.07	0.02	0.00	0.2	0.1	6	0.03	1	1	0	0
01_148	Porridge, t0, from refined (super) white maize flour, unfortified* (without salt)	0	0.07	0.02	0.00	0.2	0.1	6	0.03	1	1	0	0
01_144	Porridge, t0, from sifted white maize meal fortified with vitamin A (Nigeria)* (without salt)	0	0.12	0.05	0.01	0.5	0.2	16	0.05	5	5	0	0
01_145	Porridge, t0, from sifted white maize meal, unfortified* (without salt)	0	0.12	0.05	0.01	0.5	0.2	16	0.05	5	5	0	0
01_143	Porridge, t0, from wholegrain white maize meal* (without salt)	0	0.07	0.05	0.02	0.6	0.3	16	0.06	11	11	0	0



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE (mg)	FASAT (g)	FAMS (g)	FAPU (g)	F18D2CN6 (g)	F18D3CN3 (g)	PHYTCPP (mg)
Cereals and their products/Céréales et produits dérivés								
01_075	Porridge, stiff, from degermed yellow maize grit* (without salt)	0	0.00	0.09	0.11	0.10	0.00	
01_113	Porridge, stiff, from refined (special) white maize flour fortified with vitamin A (Nigeria)* (without salt)	0	0.17	0.37	0.39	0.38	0.00	
01_111	Porridge, stiff, from refined (special) white maize flour, unfortified* (without salt)	0	0.17	0.37	0.39	0.38	0.00	
01_116	Porridge, stiff, from refined (super) white maize flour fortified with vitamin A (Nigeria)* (without salt)	0	0.08	0.19	0.20	0.19	0.00	[40]
01_114	Porridge, stiff, from refined (super) white maize flour, unfortified* (without salt)	0	0.08	0.19	0.20	0.19	0.00	[40]
01_109	Porridge, stiff, from sifted white maize meal fortified with vitamin A (Nigeria)* (without salt)	0	0.18	0.35	0.51	0.50	0.00	150
01_107	Porridge, stiff, from sifted white maize meal, unfortified* (without salt)	0	0.18	0.35	0.51	0.50	0.00	150
01_105	Porridge, stiff, from wholegrain white maize meal* (without salt)	0	0.21	0.40	0.59	0.57	0.00	122
01_121	Porridge, stiff, from wholegrain yellow maize meal* (without salt)	0	0.20	0.44	0.53	0.52	0.00	119
01_150	Porridge, tô, from degermed white maize grit* (without salt)	0	0.00	0.05	0.05	0.05	0.00	
01_155	Porridge, tô, from degermed yellow maize grit* (without salt)	0	0.00	0.05	0.06	0.06	0.00	
01_166	Porridge, tô, from maize and cassava flour (Burkina Faso)*	0	0.06	0.10	0.09	0.09	0.00	[40]
01_147	Porridge, tô, from refined (special) white maize flour fortified with vitamin A (Nigeria)* (without salt)	0	0.09	0.20	0.21	0.21	0.00	
01_146	Porridge, tô, from refined (special) white maize flour, unfortified* (without salt)	0	0.09	0.20	0.21	0.21	0.00	
01_149	Porridge, tô, from refined (super) white maize flour fortified with vitamin A (Nigeria)* (without salt)	0	0.00	0.10	0.11	0.10	0.00	[22]
01_148	Porridge, tô, from refined (super) white maize flour, unfortified* (without salt)	0	0.00	0.10	0.11	0.10	0.00	[22]
01_144	Porridge, tô, from sifted white maize meal fortified with vitamin A (Nigeria)* (without salt)	0	0.10	0.19	0.27	0.27	0.00	81
01_145	Porridge, tô, from sifted white maize meal, unfortified* (without salt)	0	0.10	0.19	0.27	0.27	0.00	81
01_143	Porridge, tô, from wholegrain white maize meal* (without salt)	0	0.11	0.22	0.32	0.31	0.00	66

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Cereals and their products/Céréales et produits dérivés										
01_151	Porridge. tô. from wholegrain yellow maize meal* (without salt)	Bouillie. tô. de farine de maïs jaune complète* (sans sel)	1.00	296(70)	82.2	1.9	0.7	13.0	1.9	0.3
01_163	Rice cakes. fried in unfortified vegetable oil*	Galettes de riz. frites dans l'huile végétale non enrichie*		1 280(303)	32.8	3.2	7.6	54.8	1.3	0.3
01_079	Rice flour. white	Riz. farine. blanche	1.00	1 490(352)	11.9	6.0	1.4	77.7	2.4	0.6
Non-African data					oa		oa	oa	oa	oa
SD or min-max										
n					1	1	1		1	1
01_162	Rice with fish and vegetable curry (Burkina Faso)*	Riz au curry avec poisson et légumes (Burkina Faso)*		725(173)	62.2	3.8	6.2	24.8	1.4	1.3
01_034	Rice. brown. raw	Riz. brun. cru	1.00	1 460(345)	12.4	7.7	1.6	72.9	4.4	1.1
Non-African data								oa	oa	
SD or min-max					7.5-12.4	7.6-7.7				0.8-1.3
n					1	2	2	1	1	2
01_152	Rice. brown. boiled* (as part of a recipe)	Riz. brun. bouilli* (ingrédient de recette)	1.00	585(138)	65.0	3.1	0.6	29.1	1.8	0.4
01_035	Rice. brown. boiled* (without salt). drained	Riz. brun. bouilli* (sans sel). égoutté	1.00	585(138)	65.0	3.1	0.6	29.1	1.8	0.4
01_065	Rice. red native. hulled. raw	Riz. rouge. indigène. décortiqué. cru	1.00	1 490(352)	11.3	7.4	[2.2]	73.6	4.1	1.4
Non-African data								oa	oa	
SD or min-max										
n					1	1	1		1	1
01_136	Rice. red native. hulled. boiled* (as part of a recipe)	Riz. rouge. indigène. décortiqué. bouilli* (ingrédient de recette)	1.00	596(141)	64.5	3.0	[0.9]	29.4	1.6	0.6
01_066	Rice. red native. hulled. boiled* (without salt). drained	Riz. rouge. indigène. décortiqué. bouilli* (sans sel). égoutté	1.00	596(141)	64.5	3.0	[0.9]	29.4	1.6	0.6
01_067	Rice. red native. milled. raw	Riz. rouge. indigène. blanchi. cru	1.00	1 480(349)	11.4	6.3	[0.3]	78.8	2.8	0.4
Non-African data										
SD or min-max										
n					1	1	1		1	1
01_137	Rice. red native. milled. boiled* (as part of a recipe)	Riz. rouge. indigène. blanchi. bouilli* (ingrédient de recette)	1.00	497(117)	70.3	2.1	[0.1]	26.4	0.9	0.1
01_068	Rice. red native. milled. boiled* (without salt). drained	Riz. rouge. indigène. blanchi. bouilli* (sans sel). égoutté	1.00	497(117)	70.3	2.1	[0.1]	26.4	0.9	0.1
01_036	Rice. white. polished. raw	Riz. blanc. poli. cru	1.00	1 490(351)	11.6	6.8	0.6	78.6	1.9	0.5
Non-African data										
SD or min-max						0.7	0.8		1.3	0.1
n					1	10	10	7	5	6

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Cereals and their products/Céréales et produits dérivés													
01_151	Porridge, tô, from wholegrain yellow maize meal* (without salt)	4	0.7	18	50	64	5	0.40	0.07	5	3	0	30
01_163	Rice cakes, fried in unfortified vegetable oil*	6	0.2	19	52	41	1	0.43	0.08	0	0	0	0
01_079	Rice flour, white	10	0.4	35	98	76	0	0.80	0.13	0	0	0	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
01_162	Rice with fish and vegetable curry (Burkina Faso)*	17	0.7	17	81	100	318	0.51	0.12	56	31	6	303
01_034	Rice, brown, raw	51	2.0	67	162	275	4	1.68	0.37	0	0	0	0
Non-African data							oa	oa	oa	oa	oa		oa
SD or min-max		22-80			73-250								
n		2	1	1	2	1	1	1	1			1	
01_152	Rice, brown, boiled* (as part of a recipe)	20	0.8	27	65	110	1	0.67	0.15	0	0	0	0
01_035	Rice, brown, boiled* (without salt), drained	20	0.8	27	61	88	1	0.64	0.15	0	0	0	0
01_065	Rice, red native, hulled, raw	38	2.8	106	294	242	2	1.50	0.37	0	0	0	0
Non-African data				oa		oa	oa	oa	oa				
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
01_136	Rice, red native, hulled, boiled* (as part of a recipe)	15	1.1	42	118	97	1	0.60	0.15	0	0	0	0
01_066	Rice, red native, hulled, boiled* (without salt), drained	15	1.1	42	112	77	1	0.57	0.15	0	0	0	0
01_067	Rice, red native, milled, raw	22	1.7	19	98	194	2	1.21	0.23	0	0	0	0
Non-African data				oa			oa	oa	oa				
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
01_137	Rice, red native, milled, boiled* (as part of a recipe)	7	0.6	6	33	65	1	0.41	0.08	0	0	0	0
01_068	Rice, red native, milled, boiled* (without salt), drained	7	0.5	6	31	36	0	0.39	0.07	0	0	0	0
01_036	Rice, white, polished, raw	9	1.1	25	179	87	6	1.26	0.26	0	0	0	0
Non-African data													
SD or min-max		6	0.3	4	83	26	9	0.21	0.26-0.27				
n		8	6	3	5	3	3	8	2			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Cereals and their products/Céréales et produits dérivés													
01_151	Porridge, tó, from wholegrain yellow maize meal* (without salt)	0	0.07	0.03	0.02	0.5	0.3	16	0.05	11	11	0	0
01_163	Rice cakes, fried in unfortified vegetable oil*	0	[1.20]	0.06	0.01	1.9	1.2	38	0.21	1	1	0	0
01_079	Rice flour, white	0	[0.11]	0.14	0.02	3.8	2.6	72	0.44	4	4	0	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
01_162	Rice with fish and vegetable curry (Burkina Faso)*	0.1	[1.00]	0.03	0.04	1.8	1.0	43	0.06	[6]	[6]	0.67	2
01_034	Rice, brown, raw	0	0.68	0.36	0.06	6.5	5.2	77	0.37	22	22	0	0
Non-African data			oa			oa		oa	oa	oa	oa		
SD or min-max										20-23			
n			1		1	1		1	1	2		1	1
01_152	Rice, brown, boiled* (as part of a recipe)	0	0.27	0.11	0.02	2.5	2.0	31	0.12	7	7	0	0
01_035	Rice, brown, boiled* (without salt), drained	0	0.27	0.07	0.02	2.1	1.6	31	0.07	6	6	0	0
01_065	Rice, red native, hulled, raw	0	0.26	0.34	0.07	8.2	6.5	102	0.12	23	23	0	0
Non-African data			oa		oa	oa		oa	oa	oa	oa		oa
SD or min-max													
n			1		1	1		1	1	1		1	1
01_136	Rice, red native, hulled, boiled* (as part of a recipe)	0	0.10	0.10	0.03	3.2	2.5	41	0.04	7	7	0	0
01_066	Rice, red native, hulled, boiled* (without salt), drained	0	0.10	0.07	0.02	2.6	2.0	41	0.02	6	6	0	0
01_067	Rice, red native, milled, raw	0	0.05	0.06	0.05	3.3	2.0	80	0.12	8	8	0	0
Non-African data			oa		oa	oa		oa	oa	oa	oa		oa
SD or min-max										2			
n			1		1	1		1	1	3		1	1
01_137	Rice, red native, milled, boiled* (as part of a recipe)	0	0.02	0.02	0.02	1.1	0.6	27	0.03	2	2	0	0
01_068	Rice, red native, milled, boiled* (without salt), drained	0	0.02	0.01	0.01	1.0	0.5	27	0.02	2	2	0	0
01_036	Rice, white, polished, raw	0	0.06	0.06	0.04	2.6	1.2	84	0.11	10	10	0	0
Non-African data			oa										
SD or min-max					0.04	0.04		0.9	5	0.11-0.11	5		0-0
n			1		6	8		6	3	2	3	1	2

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Cereals and their products/Céréales et produits dérivés								
01_151	Porridge, tô, from wholegrain yellow maize meal* (without salt)	0	0.11	0.24	0.29	0.28	0.00	64
01_163	Rice cakes, fried in unfortified vegetable oil*	0	1.19	2.41	3.61	3.57	0.00	[0]
01_079	Rice flour, white	0	0.39	0.44	0.38	0.36	0.00	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						
01_162	Rice with fish and vegetable curry (Burkina Faso)*	4	1.01	1.92	2.92	[2.80]	0.00	[42]
01_034	Rice, brown, raw	0	0.48	0.28	0.71	0.68	0.00	742
Non-African data								oa
SD or min-max								
n		1						1
01_152	Rice, brown, boiled* (as part of a recipe)	0	0.19	0.11	0.28	0.27	0.00	151
01_035	Rice, brown, boiled* (without salt), drained	0	0.19	0.11	0.28	0.27	0.00	151
01_065	Rice, red native, hulled, raw	0	0.45	0.71	0.86		0.00	
Non-African data								
SD or min-max								
n		1						
01_136	Rice, red native, hulled, boiled* (as part of a recipe)	0	0.18	0.28	0.35		0.00	
01_066	Rice, red native, hulled, boiled* (without salt), drained	0	0.18	0.28	0.35		0.00	
01_067	Rice, red native, milled, raw	0	0.06	0.09	0.11		0.00	
Non-African data								
SD or min-max								
n		1						
01_137	Rice, red native, milled, boiled* (as part of a recipe)	0	0.00	0.03	0.00		0.00	
01_068	Rice, red native, milled, boiled* (without salt), drained	0	0.00	0.03	0.00		0.00	
01_036	Rice, white, polished, raw	0	0.15	0.13	0.22	0.21	0.00	266
Non-African data								oa
SD or min-max								
n		1						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Cereals and their products/Céréales et produits dérivés										
01_134	Rice. white. polished. boiled* (as part of a recipe)	Riz. blanc. poli. bouilli* (ingrédient de recette)	1.00	500(118)	70.3	2.3	0.2	26.4	0.6	0.2
01_069	Rice. white. polished. boiled* (without salt). drained	Riz. blanc. poli. bouilli* (sans sel). égoutté	1.00	500(118)	70.3	2.3	0.2	26.4	0.6	0.2
01_037	Rice. white. raw	Riz. blanc. cru	1.00	1 460(344)	12.1	7.0	[0.6]	75.9	3.6	0.8
Non-African data								oa	oa	
SD or min-max									2.8-4.4	0.3
n									2	4
01_135	Rice. white. boiled* (as part of a recipe)	Riz. blanc. bouilli* (ingrédient de recette)	1.00	490(115)	70.5	2.3	[0.2]	25.5	1.2	0.3
01_038	Rice. white. boiled* (without salt). drained	Riz. blanc. bouilli* (sans sel). égoutté	1.00	490(115)	70.5	2.3	[0.2]	25.5	1.2	0.3
01_072	Sorghum. flour. degermed	Sorgho. farine. dégermé	1.00	1 490(351)	11.3	10.4	1.7	71.2	4.7	0.8
Non-African data									4.6-4.7	
SD or min-max										
n									2	1
01_039	Sorghum. whole grains. raw	Sorgho. grains entiers. cru	1.00	1 460(345)	10.2	11.5	3.5	61.1	11.9	1.9
Non-African data										
SD or min-max										0.4
n									1	25
01_138	Sorghum. whole grains. boiled* (as part of a recipe)	Sorgho. grains entiers. bouilli* (ingrédient de recette)	1.00	607(144)	62.6	4.8	1.4	25.5	4.9	0.8
01_042	Sorghum. whole grains. boiled* (without salt). drained	Sorgho. grains entiers. bouilli* (sans sel). égoutté	1.00	607(144)	62.6	4.8	1.4	25.5	4.9	0.8
01_041	Sorghum. whole grains. red. raw	Sorgho. grains entiers. rouge. cru	1.00	1 450(344)	10.6	10.1	3.6	61.9	11.9	2.0
Non-African data										
SD or min-max										0.4
n									1	3
01_139	Sorghum. whole grains. red. boiled* (as part of a recipe)	Sorgho. grains entiers. rouge. bouilli* (ingrédient de recette)	1.00	605(143)	62.7	4.2	1.5	25.8	4.9	0.8
01_070	Sorghum. whole grains. red. boiled* (without salt). drained	Sorgho. grains entiers. rouge. bouilli* (sans sel). égoutté	1.00	605(143)	62.7	4.2	1.5	25.8	4.9	0.8
01_040	Sorghum. whole grains. white. raw	Sorgho. grains entiers. blanc. cru	1.00	1 450(344)	10.5	10.1	3.4	62.4	11.9	1.7
Non-African data										
SD or min-max										0.3
n									1	4
01_140	Sorghum. whole grains. white. boiled* (as part of a recipe)	Sorgho. grains entiers. blanc. bouilli* (ingrédient de recette)	1.00	606(144)	62.7	4.2	1.4	26.0	4.9	0.7
01_071	Sorghum. whole grains. white. boiled* (without salt). drained	Sorgho. grains entiers. blanc. bouilli* (sans sel). égoutté	1.00	606(144)	62.7	4.2	1.4	26.0	4.9	0.7

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Cereals and their products/Céréales et produits dérivés													
01_134	Rice, white, polished, boiled* (as part of a recipe)	3	0.4	8	60	29	2	0.42	0.09	0	0	0	0
01_069	Rice, white, polished, boiled* (without salt), drained	3	0.3	8	57	16	1	0.40	0.08	0	0	0	0
01_037	Rice, white, raw	14	1.9	46	168	181	3	1.45	0.30	0	0	0	0
Non-African data							oa	oa	oa	oa	oa		oa
SD or min-max		10	0.2		71		2-4	1.21-1.68	0.23-0.37				
n		5	3	1	3	1	2	2	2			1	
01_135	Rice, white, boiled* (as part of a recipe)	5	0.6	15	56	61	1	0.48	0.10	0	0	0	0
01_038	Rice, white, boiled* (without salt), drained	5	0.6	15	53	33	1	0.46	0.10	0	0	0	0
01_072	Sorghum, flour, degermed	11	3.5	31	87	145	1	1.78	0.01	0	0	0	1
Non-African data				oa	oa	oa	oa		oa				
SD or min-max		3	1.9					1.46					
n		4	5	1	1	1	1	7	1			1	
01_039	Sorghum, whole grains, raw	26	6.8	193	371	305	9	1.88	0.30	3	1	0	15
Non-African data										oa	oa		oa
SD or min-max		12	3.7	137	83	91	5	0.36	0.11				
n		27	23	5	20	5	3	7	4			1	
01_138	Sorghum, whole grains, boiled* (as part of a recipe)	11	2.8	81	155	127	4	0.79	0.12	1	0	0	6
01_042	Sorghum, whole grains, boiled* (without salt), drained	11	2.8	81	147	102	3	0.75	0.12	1	0	0	6
01_041	Sorghum, whole grains, red, raw	24	9.5	193	307	387	9	1.97	0.26	2	1	0	10
Non-African data										oa	oa		oa
SD or min-max		13	3.4-15.6		297-318								
n		3	2	1	2	1	1	1	1			1	
01_139	Sorghum, whole grains, red, boiled* (as part of a recipe)	10	4.0	81	128	161	4	0.82	0.11	1	0	0	4
01_070	Sorghum, whole grains, red, boiled* (without salt), drained	10	4.0	81	122	129	3	0.78	0.11	1	0	0	4
01_040	Sorghum, whole grains, white, raw	21	5.1	109	308	265	6	2.08	0.18	0	0	0	0
Non-African data													
SD or min-max		14	1.2	101-117	54	233-298		0.40					
n		4	4	2	3	2	1	3	1			1	
01_140	Sorghum, whole grains, white, boiled* (as part of a recipe)	9	2.1	45	128	111	3	0.87	0.08	0	0	0	0
01_071	Sorghum, whole grains, white, boiled* (without salt), drained	9	2.1	45	122	88	2	0.82	0.08	0	0	0	0

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Cereals and their products/Céréales et produits dérivés													
01_134	Rice, white, polished, boiled* (as part of a recipe)	0	0.02	0.02	0.01	0.9	0.4	28	0.03	3	3	0	0
01_069	Rice, white, polished, boiled* (without salt), drained	0	0.02	0.01	0.01	0.8	0.3	28	0.02	2	2	0	0
01_037	Rice, white, raw	0	0.06	0.12	0.03	3.3	1.9	89	0.25	16	16	0	0
Non-African data						oa		oa	oa	oa	oa		
SD or min-max							1.0-2.7		0.12-0.37	8-23			0-0
n		1		1	1		2	1	2	2		1	2
01_135	Rice, white, boiled* (as part of a recipe)	0	0.02	0.03	0.01	1.1	0.6	30	0.07	4	4	0	0
01_038	Rice, white, boiled* (without salt), drained	0	0.02	0.02	0.01	1.0	0.5	30	0.04	4	4	0	0
01_072	Sorghum, flour, degermed	0	0.07	0.18	0.12	3.2	1.4	113	0.07	[32]	[32]	0	0
Non-African data			oa						oa				
SD or min-max				0.06	0.11		0.9-1.8						
n		1		3	3		2	1	1	1		1	1
01_039	Sorghum, whole grains, raw	0	0.70	0.35	0.15	5.4	3.3	125	0.25	64	64	0	0
Non-African data			oa										
SD or min-max				0.10	0.07		0.4	37					0
n		1		11	9		6	4	1	1		1	4
01_138	Sorghum, whole grains, boiled* (as part of a recipe)	0	0.29	0.11	0.06	2.2	1.3	52	0.08	21	21	0	0
01_042	Sorghum, whole grains, boiled* (without salt), drained	0	0.29	0.07	0.05	1.9	1.0	52	0.05	19	19	0	0
01_041	Sorghum, whole grains, red, raw	0	0.70	0.29	0.28	6.3	3.7	154	0.28	64	64	0	0
Non-African data			oa						oa				
SD or min-max													
n		1		1	1		1	1	1	1		1	1
01_139	Sorghum, whole grains, red, boiled* (as part of a recipe)	0	0.29	0.09	0.12	2.5	1.5	64	0.09	21	21	0	0
01_070	Sorghum, whole grains, red, boiled* (without salt), drained	0	0.29	0.06	0.09	2.2	1.2	64	0.06	19	19	0	0
01_040	Sorghum, whole grains, white, raw	0	0.70	0.23	0.11	4.6	3.3	80	0.28	64	64	0	0
Non-African data			oa						oa				
SD or min-max				0.21-0.24									
n		1		2	1		1	1	1	1		1	1
01_140	Sorghum, whole grains, white, boiled* (as part of a recipe)	0	0.29	0.07	0.05	1.9	1.3	33	0.09	21	21	0	0
01_071	Sorghum, whole grains, white, boiled* (without salt), drained	0	0.29	0.05	0.04	1.6	1.0	33	0.06	19	19	0	0



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCP(mg)
<b>Cereals and their products/Céréales et produits dérivés</b>								
01_134	Rice, white, polished, boiled* (as part of a recipe)	0	0.05	0.05	0.07	0.07	0.00	46
01_069	Rice, white, polished, boiled* (without salt), drained	0	0.05	0.05	0.07	0.07	0.00	46
01_037	Rice, white, raw	0	0.15	0.14	0.22	0.21	0.00	[504]
Non-African data								
SD or min-max								
n		1						1
01_135	Rice, white, boiled* (as part of a recipe)	0	0.05	0.05	0.07	0.07	0.00	[86]
01_038	Rice, white, boiled* (without salt), drained	0	0.05	0.05	0.07	0.07	0.00	[86]
01_072	Sorghum, flour, degermed	0	0.29	0.37	0.46	0.45	0.00	528
Non-African data								
SD or min-max								
n		1						468-587
01_039	Sorghum, whole grains, raw	0	0.48	1.16	0.86	0.84	0.00	410
Non-African data								
SD or min-max								
n		1						103-717
01_138	Sorghum, whole grains, boiled* (as part of a recipe)	0	0.20	0.48	0.36	0.35	0.00	87
01_042	Sorghum, whole grains, boiled* (without salt), drained	0	0.20	0.48	0.36	0.35	0.00	87
01_041	Sorghum, whole grains, red, raw	0	0.50	1.20	0.89	0.86	0.00	
Non-African data								
SD or min-max								
n		1						
01_139	Sorghum, whole grains, red, boiled* (as part of a recipe)	0	0.21	0.50	0.37	0.36	0.00	
01_070	Sorghum, whole grains, red, boiled* (without salt), drained	0	0.21	0.50	0.37	0.36	0.00	
01_040	Sorghum, whole grains, white, raw	0	0.47	1.14	0.84	0.82	0.00	717
Non-African data								
SD or min-max								
n		1						1
01_140	Sorghum, whole grains, white, boiled* (as part of a recipe)	0	0.19	0.47	0.35	0.34	0.00	152
01_071	Sorghum, whole grains, white, boiled* (without salt), drained	0	0.19	0.47	0.35	0.34	0.00	152

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Cereals and their products/Céréales et produits dérivés										
01_184	Teff. whole grains. raw	Teff. grains entiers. cru	1.00	1 490(351)	8.8	13.3	2.4	65.1	8.0	2.4
Non-African data					oa	oa	oa	oa	oa	oa
SD or min-max										
n					1	1	1		1	1
01_186	Teff. whole grains. boiled* (as part of a recipe)	Teff. grains entiers. bouilli* (ingrédient de recette)	1.00	834(197)	48.8	7.5	1.3	36.6	4.5	1.3
01_185	Teff. whole grains. boiled* (without salt). drained	Teff. grains entiers. bouilli* (sans sel). égoutté	1.00	834(197)	48.8	7.5	1.3	36.6	4.5	1.3
01_183	Weet-Bix (breakfast cereal). unfortified	Weet-Bix (céréale de petit déjeuner). non enrichi	1.00	1 500(354)	5.9	6.3	1.4	73.6	11.0	1.9
Non-African data					oa	oa	oa	oa	oa	oa
SD or min-max										
n					1	1	1		1	1
01_169	Wèsln né souma (Burkina Faso)*: couscous from yellow maize with bambara groundnuts	Wèsln né souma (Burkina Faso)*: couscous de maïs jaune avec pois bambara		487(116)	68.2	5.2	1.3	17.4	6.9	1.0
01_043	Wheat flour. white. unfortified	Farine de blé. blanche. non enrichie	1.00	1 490(352)	12.2	10.4	1.8	72.2	2.8	0.6
Non-African data										
SD or min-max						1.0	0.9		0.2	0.1
n					1	12	10	6	5	8
01_083	Wheat flour. white. fortified with iron. zinc. folic acid and vitamins B1. B2. B3. B6. B12 (Benin)	Farine de blé. blanche. enrichie en fer. zinc. acide folique et vitamines B1. B2. B3. B6. B12 (Bénin)	1.00	1 490(352)	12.2	10.4	1.8	72.2	2.8	0.6
Non-African data										
SD or min-max						1.0	0.9		0.2	0.1
n					1	12	10	6	5	8
01_084	Wheat flour. white. fortified with iron. zinc. folic acid and vitamin B12 (Burkina Faso. Togo)	Farine de blé. blanche. enrichie en fer. zinc. acide folique et vitamine B12 (Burkina Faso. Togo)	1.00	1 490(352)	12.2	10.4	1.8	72.2	2.8	0.6
Non-African data										
SD or min-max						1.0	0.9		0.2	0.1
n					1	12	10	6	5	8
01_085	Wheat flour. white. fortified with iron and folic acid (Cabo Verde)	Farine de blé. blanche. enrichie en fer et acide folique (Cabo Verde)	1.00	1 490(352)	12.2	10.4	1.8	72.2	2.8	0.6
Non-African data										
SD or min-max						1.0	0.9		0.2	0.1
n					1	12	10	6	5	8

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Cereals and their products/Céréales et produits dérivés													
01_184	Teff, whole grains, raw	180	7.6	184	429	427	12	3.63	0.81	0	0	0	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
01_186	Teff, whole grains, boiled* (as part of a recipe)	101	4.3	103	241	240	7	2.04	0.46	0	0	0	0
01_185	Teff, whole grains, boiled* (without salt), drained	101	4.3	103	229	192	5	1.94	0.46	0	0	0	0
01_183	Weet-Bix (breakfast cereal), unfortified	31	4.1	110	290	107	290	2.70		0	0	0	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
01_169	Wèsln né souma (Burkina Faso)*: couscous from yellow maize with bambara groundnuts	14	0.9	42	64	253	100	0.57	0.18	3	2	0	21
01_043	Wheat flour, white, unfortified	17	2.0	20	100	111	4	0.50	0.10	0	0	0	2
Non-African data										oa	oa		oa
SD or min-max		12	0.7	9	55	16	3-5	0.05	0.10-0.10				
n		9	6	3	6	3	2	3	2			1	
01_083	Wheat flour, white, fortified with iron, zinc, folic acid and vitamins B1, B2, B3, B6, B12 (Benin)	17	3.9	20	100	111	4	4.90	0.10	0	0	0	2
Non-African data										oa	oa		oa
SD or min-max		12	0.7	9	55	16	3-5	0.05	0.10-0.10				
n		9	6	3	6	3	2	3	2			1	
01_084	Wheat flour, white, fortified with iron, zinc, folic acid and vitamin B12 (Burkina Faso, Togo)	17	3.9	20	100	111	4	4.90	0.10	0	0	0	2
Non-African data										oa	oa		oa
SD or min-max		12	0.7	9	55	16	3-5	0.05	0.10-0.10				
n		9	6	3	6	3	2	3	2			1	
01_085	Wheat flour, white, fortified with iron and folic acid (Cabo Verde)	17	8.0	20	100	111	4	0.50	0.10	0	0	0	2
Non-African data										oa	oa		oa
SD or min-max		12	0.7	9	55	16	3-5	0.05	0.10-0.10				
n		9	6	3	6	3	2	3	2			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Cereals and their products/Céréales et produits dérivés													
01_184	Teff, whole grains, raw	0	0.59	0.39	0.27	5.7	3.4	139	0.48	170	170	0	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
01_186	Teff, whole grains, boiled* (as part of a recipe)	0	0.33	0.16	0.15	3.1	1.8	78	0.22	75	75	0	1
01_185	Teff, whole grains, boiled* (without salt), drained	0	0.33	0.11	0.11	2.7	1.4	78	0.14	65	65	0	1
01_183	Weet-Bix (breakfast cereal), unfortified	0	[0.40]	0.34	0.10	9.5	5.0	270	0.01	90	90	0	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
01_169	Wèsln né souma (Burkina Faso)*: couscous from yellow maize with bambara groundnuts	0.0	0.11	0.04	0.04	1.0	0.4	38	0.05	[14]	[14]	0.00	0
01_043	Wheat flour, white, unfortified	0	0.14	0.21	0.09	4.3	2.4	118	0.45	240	240	0	0
Non-African data													
SD or min-max				0.19	0.11		2.8	100-135					
n		1		5	4		4	2	1	1		1	1
01_083	Wheat flour, white, fortified with iron, zinc, folic acid and vitamins B1, B2, B3, B6, B12 (Benin)	0	0.14	0.42	0.30	7.0	5.1	118	0.68	500	680	1.50	0
Non-African data													
SD or min-max				0.19	0.11		2.8	100-135					
n		1		5	4		4	2	1	1		1	1
01_084	Wheat flour, white, fortified with iron, zinc, folic acid and vitamin B12 (Burkina Faso, Togo)	0	0.14	0.21	0.09	4.3	2.4	118	0.45	500	680	1.50	0
Non-African data													
SD or min-max				0.19	0.11		2.8	100-135					
n		1		5	4		4	2	1	1		1	1
01_085	Wheat flour, white, fortified with iron and folic acid (Cabo Verde)	0	0.14	0.21	0.09	4.3	2.4	118	0.45	500	680	0	0
Non-African data													
SD or min-max				0.19	0.11		2.8	100-135					
n		1		5	4		4	2	1	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Cereals and their products/Céréales et produits dérivés								
01_184	Teff, whole grains, raw	0	0.36	0.48	0.87		0.11	1 520
Non-African data			oa	oa	oa		oa	
SD or min-max								
n		1						1
01_186	Teff, whole grains, boiled* (as part of a recipe)	0	0.20	0.27	0.49		0.06	436
01_185	Teff, whole grains, boiled* (without salt), drained	0	0.20	0.27	0.49		0.06	436
01_183	Weet-Bix (breakfast cereal), unfortified	0	0.19	0.18	0.64	0.59	0.00	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
01_169	Wèsln né souma (Burkina Faso)*: couscous from yellow maize with bambara groundnuts	0	0.36	0.23	0.44	0.42	0.00	[0]
01_043	Wheat flour, white, unfortified	0	0.24	0.21	0.76	0.71	0.00	123
Non-African data								oa
SD or min-max								
n		1						1
01_083	Wheat flour, white, fortified with iron, zinc, folic acid and vitamins B1, B2, B3, B6, B12 (Benin)	0	0.24	0.21	0.76	0.71	0.00	123
Non-African data								oa
SD or min-max								
n		1						1
01_084	Wheat flour, white, fortified with iron, zinc, folic acid and vitamin B12 (Burkina Faso, Togo)	0	0.24	0.21	0.76	0.71	0.00	123
Non-African data								oa
SD or min-max								
n		1						1
01_085	Wheat flour, white, fortified with iron and folic acid (Cabo Verde)	0	0.24	0.21	0.76	0.71	0.00	123
Non-African data								oa
SD or min-max								
n		1						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Cereals and their products/Céréales et produits dérivés										
01_086	Wheat flour. white. fortified with iron. zinc. folic acid and vitamins B1. B2. B3. B12 (Côte d'Ivoire. Mali. Niger. Senegal)	Farine de blé. blanche. enrichie en fer. zinc. acide folique et vitamines B1. B2. B3. B12 (Côte d'Ivoire. Mali. Niger. Sénégal)	1.00	1 490(352)	12.2	10.4	1.8	72.2	2.8	0.6
Non-African data										
SD or min-max										
n										
01_087	Wheat flour. white. fortified with iron. zinc. folic acid and vitamins A. B1. B2. B3. B12 (Ghana. Sierra Leone)	Farine de blé. blanche. enrichie en fer. zinc. acide folique et vitamines A. B1. B2. B3. B12 (Ghana. Sierra Leone)	1.00	1 490(352)	12.2	10.4	1.8	72.2	2.8	0.6
Non-African data										
SD or min-max										
n										
01_088	Wheat flour. white. fortified with iron. zinc. folic acid and vitamins B1. B2. B3. B12 (Liberia)	Farine de blé. blanche. enrichie en fer. zinc. acide folique et vitamines B1. B2. B3. B12 (Libéria)	1.00	1 490(352)	12.2	10.4	1.8	72.2	2.8	0.6
Non-African data										
SD or min-max										
n										
01_089	Wheat flour. white. fortified with iron and vitamins A. B1. B2. B3 (Nigeria)	Farine de blé. blanche. enrichie en fer. et vitamines A. B1. B2. B3 (Nigéria)	1.00	1 490(352)	12.2	10.4	1.8	72.2	2.8	0.6
Non-African data										
SD or min-max										
n										
01_090	Wheat flour. white. fortified with iron. zinc. folic acid and vitamins B1. B2. B3. B12 (Guinea)	Farine de blé. blanche. enrichie en fer. zinc. acide folique et vitamines B1. B2. B3. B12 (Guinée)	1.00	1 490(352)	12.2	10.4	1.8	72.2	2.8	0.6
Non-African data										
SD or min-max										
n										
01_082	Wheat flour. wholemeal. unfortified	Farine de blé. complète. non enrichie	1.00	1 490(354)	7.0	12.0	2.2	65.3	12.2	1.3
Non-African data										
SD or min-max										
n										

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Cereals and their products/Céréales et produits dérivés													
01_086	Wheat flour, white, fortified with iron, zinc, folic acid and vitamins B1, B2, B3, B12 (Côte d'Ivoire, Mali, Niger, Senegal)	17	8.0	20	100	111	4	4.90	0.10	0	0	0	2
Non-African data										oa	oa		oa
SD or min-max		12	0.7	9	55	16	3-5	0.05	0.10-0.10				
n		9	6	3	6	3	2	3	2			1	
01_087	Wheat flour, white, fortified with iron, zinc, folic acid and vitamins A, B1, B2, B3, B12 (Ghana, Sierra Leone)	17	7.8	20	100	111	4	3.33	0.10	200	200	200	2
Non-African data										oa	oa		oa
SD or min-max		12	0.7	9	55	16	3-5	0.05	0.10-0.10				
n		9	6	3	6	3	2	3	2			1	
01_088	Wheat flour, white, fortified with iron, zinc, folic acid and vitamins B1, B2, B3, B12 (Liberia)	17	8.0	20	100	111	4	10.00	0.10	0	0	0	2
Non-African data										oa	oa		oa
SD or min-max		12	0.7	9	55	16	3-5	0.05	0.10-0.10				
n		9	6	3	6	3	2	3	2			1	
01_089	Wheat flour, white, fortified with iron and vitamins A, B1, B2, B3 (Nigeria)	17	6.0	20	100	111	4	0.50	0.10	900	900	900	2
Non-African data										oa	oa		oa
SD or min-max		12	0.7	9	55	16	3-5	0.05	0.10-0.10				
n		9	6	3	6	3	2	3	2			1	
01_090	Wheat flour, white, fortified with iron, zinc, folic acid and vitamins B1, B2, B3, B12 (Guinea)	17	8.0	20	100	111	4	6.00	0.10	0	0	0	2
Non-African data										oa	oa	oa	oa
SD or min-max		12	0.7	9	55	16	3-5	0.05	0.10-0.10				
n		9	6	3	6	3	2	3	2			1	
01_082	Wheat flour, wholemeal, unfortified	45	4.9	68	244	356	5	2.00	0.27	0	0	0	3
Non-African data										oa	oa		oa
SD or min-max		36-54	3.6-6.1		208-279								
n		2	2	1	2	1	1	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Cereals and their products/Céréales et produits dérivés													
01_086	Wheat flour, white, fortified with iron, zinc, folic acid and vitamins B1, B2, B3, B12 (Côte d'Ivoire, Mali, Niger, Senegal)	0	0.14	0.42	0.30	7.0	5.1	118	0.45	500	680	1.50	0
Non-African data													
SD or min-max				0.19	0.11		2.8	100-135					
n		1		5	4		4	2	1	1		1	1
01_087	Wheat flour, white, fortified with iron, zinc, folic acid and vitamins A, B1, B2, B3, B12 (Ghana, Sierra Leone)	0	0.14	1.10	0.54	10.0	8.3	118	0.45	450	590	1.00	0
Non-African data													
SD or min-max				0.19	0.11		2.8	100-135					
n		1		5	4		4	2	1	1		1	1
01_088	Wheat flour, white, fortified with iron, zinc, folic acid and vitamins B1, B2, B3, B12 (Liberia)	0	0.14	1.10	0.59	10.0	8.3	118	0.45	500	680	4.00	0
Non-African data													
SD or min-max				0.19	0.11		2.8	100-135					
n		1		5	4		4	2	1	1		1	1
01_089	Wheat flour, white, fortified with iron and vitamins A, B1, B2, B3 (Nigeria)	0	0.14	0.83	0.46	9.3	7.3	118	0.45	240	240	0	0
Non-African data													
SD or min-max				0.19	0.11		2.8	100-135					
n		1		5	4		4	2	1	1		1	1
01_090	Wheat flour, white, fortified with iron, zinc, folic acid and vitamins B1, B2, B3, B12 (Guinea)	0	0.14	0.62	0.27	7.2	5.2	118	0.45	500	680	2.00	0
Non-African data													
SD or min-max				0.19	0.11		2.8	100-135					
n		1		5	4		4	2	1	1		1	1
01_082	Wheat flour, wholemeal, unfortified	0	0.23	0.37	0.09	5.3	3.3	118	0.49	40	40	0	0
Non-African data													
SD or min-max			oa			oa		oa					
n		1		0.36-0.37	0.08-0.09		2.8-3.8					1	1



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE (mg)	FASAT (g)	FAMS (g)	FAPU (g)	F18D2CN6 (g)	F18D3CN3 (g)	PHYTCPP (mg)
Cereals and their products/Céréales et produits dérivés								
01_086	Wheat flour, white, fortified with iron, zinc, folic acid and vitamins B1, B2, B3, B12 (Côte d'Ivoire, Mali, Niger, Senegal)	0	0.24	0.21	0.76	0.71	0.00	123
Non-African data								oa
SD or min-max								
n								1
01_087	Wheat flour, white, fortified with iron, zinc, folic acid and vitamins A, B1, B2, B3, B12 (Ghana, Sierra Leone)	0	0.24	0.21	0.76	0.71	0.00	123
Non-African data								oa
SD or min-max								
n								1
01_088	Wheat flour, white, fortified with iron, zinc, folic acid and vitamins B1, B2, B3, B12 (Liberia)	0	0.24	0.21	0.76	0.71	0.00	123
Non-African data								oa
SD or min-max								
n								1
01_089	Wheat flour, white, fortified with iron and vitamins A, B1, B2, B3 (Nigeria)	0	0.24	0.21	0.76	0.71	0.00	123
Non-African data								oa
SD or min-max								
n								1
01_090	Wheat flour, white, fortified with iron, zinc, folic acid and vitamins B1, B2, B3, B12 (Guinea)	0	0.24	0.21	0.76	0.71	0.00	123
Non-African data								oa
SD or min-max								
n								1
01_082	Wheat flour, wholemeal, unfortified	0	0.31	0.32	0.97	0.90	0.07	632
Non-African data								oa
SD or min-max								
n								1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Cereals and their products/Céréales et produits dérivés										
01_073	Wheat. bran. raw	Blé. son. cru	1.00	1 160(279)	9.8	15.1	4.6	23.3	42.0	5.3
Non-African data					oa	oa	oa	oa	oa	oa
SD or min-max					0.7	0.4	0.8			4.8-5.8
n					1	3	3		1	2
01_074	Wheat. whole grains. raw	Blé. grains entiers. cru	1.00	1 390(329)	12.8	12.0	2.2	59.1	12.2	1.6
Non-African data										
SD or min-max					0.7	0.3	0.4		1.7	0.1
n					1	7	3		3	5
01_142	Wheat. whole grains. boiled* (as part of a recipe)	Blé. grains entiers. bouilli* (ingrédient de recette)	1.00	781(185)	51.0	6.7	1.3	33.2	6.9	0.9
01_141	Wheat. whole grains. boiled* (without salt). drained	Blé. grains entiers. bouilli* (sans sel). égoutté	1.00	781(185)	51.0	6.7	1.3	33.2	6.9	0.9
Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés										
02_093	Banakou né barâand kanss saagbo (Burkina Faso)*: foutou of cassava and unripe plantain	Banakou né barâand kanss saagbo (Burkina Faso)*: foutou de manioc et banane plantain verte		492(116)	68.6	1.2	[0.5]	25.0	3.7	1.0
02_091	Banakou né barâand moomd saagbo (Burkina Faso)*: foutou of cassava and ripe plantain	Banakou né barâand moomd saagbo (Burkina Faso)*: foutou de manioc et banane plantain mûre		489(115)	69.2	1.1	[0.2]	25.9	2.8	0.8
02_092	Banakou né kou saagbo (Burkina Faso)*: foutou of yam and cassava	Banakou né kou saagbo (Burkina Faso)*: foutou d'igname et manioc		433(102)	71.6	1.5	0.3	21.5	3.9	1.2
02_021	Cassava. sweet. tuber. white flesh. dried	Manioc. doux. tubercule. chair blanche. séché	1.00	1 470(348)	6.7	1.3	[0.5]	80.0	9.1	2.4
Non-African data								oa	oa	
SD or min-max						1.9		0.1		0.5
n					1	3	1	3	1	3
02_041	Cassava. fermented paste from white cassava flour (wet fufu)	Manioc. pâte fermentée de farine blanche de manioc (foufou humide)	1.00	702(165)	57.6	1.0	[0.4]	38.7	1.7	0.5
Non-African data										
SD or min-max					1.00-1.00	11.6	0.6	0.3		0.3
n					2	10	8	5	1	6
02_038	Cassava. flour. from fermented white cassava (alibo/elubo/lafun)	Manioc. farine. de manioc blanc fermenté (alibo/elubo/lafun)	1.00	1 460(344)	11.1	1.5	0.6	81.2	3.9	1.7
Non-African data										
SD or min-max						2.5	0.6	0.6-0.7	0.1	0.9
n					1	16	19	2	3	16

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
<b>Cereals and their products/Céréales et produits dérivés</b>													
01_073	Wheat, bran, raw	71	10.1	483	1 030	1 220	4	6.69	1.02	1	0	0	6
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max		5	1.3	115	42	46	2	0.94	1.00-1.04				
n		3	3	3	3	3	3	3	2			1	
01_074	Wheat, whole grains, raw	39	5.8	68	284	356	5	2.00	0.27	1	0	0	3
Non-African data													
SD or min-max		21	2.4		85.0	297-414	2-8	0.9					
n		6	5	1	5	2	2	4	1			1	
01_142	Wheat, whole grains, boiled* (as part of a recipe)	22	3.2	38	160	200	3	1.12	0.15	0	0	0	2
01_141	Wheat, whole grains, boiled* (without salt), drained	22	3.2	38	152	160	2	1.07	0.15	0	0	0	2
<b>Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés</b>													
02_093	Banakou né baràand kanss saagbo (Burkina Faso)*: foutou of cassava and unripe plantain	21	0.9	18	32	286	13	1.15	0.08	2	1	0	13
02_091	Banakou né baràand moomd saagbo (Burkina Faso)*: foutou of cassava and ripe plantain	26	1.1	15	37	186	4	1.37	0.05	22	11	0	130
02_092	Banakou né kou saagbo (Burkina Faso)*: foutou of yam and cassava	23	1.2	14	40	244	6	0.86	0.07	4	2	0	26
02_021	Cassava, sweet, tuber, white flesh, dried	121	3.7	31	118	410	5	0.90	0.15	2	1	0	12
Non-African data										oa	oa		oa
SD or min-max								0.80-1.00	0.15-0.15				
n		1	1	1	1	1	1	2	2			1	
02_041	Cassava, fermented paste from white cassava flour (wet fufu)	20	0.9	19	28	208	4	0.56	0.07	0	0	0	0
Non-African data													
SD or min-max		9	0.3		21-35			0.11					
n		5	6	1	2	1	1	4	1			1	
02_038	Cassava, flour, from fermented white cassava (alibo/elubo/lafun)	68	3.4	41	137	488	1	0.47	0.14	0	0	0	0
Non-African data													
SD or min-max		30	1.3	26	40	175	1-1	0.47-0.47	0.03				
n		9	10	7	8	7	2	2	3			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Cereals and their products/Céréales et produits dérivés													
01_073	Wheat, bran, raw	0	1.40	0.71	0.31	25.0	19.6	297	0.87	85	85	0	0
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa		
SD or min-max				0.20	0.27		6.3	51					
n		1		3	3		3	3	1	1			1
01_074	Wheat, whole grains, raw	0	0.75	0.52	0.09	7.8	5.4	144	0.49	40	40	0	0
Non-African data			oa										
SD or min-max				0.34	0.03		1.50	115-172					
n		1		5	3		3	2	1	1		1	1
01_142	Wheat, whole grains, boiled* (as part of a recipe)	0	0.42	0.22	0.05	4.2	2.9	81	0.22	18	18	0	0
01_141	Wheat, whole grains, boiled* (without salt), drained	0	0.42	0.15	0.04	3.6	2.3	81	0.14	16	16	0	0
Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés													
02_093	Banakou né barâand kanss saagbo (Burkina Faso)*: foutou of cassava and unripe plantain	0.0	0.12	0.04	0.03	0.6	0.4	10	0.08	13	13	0.00	18
02_091	Banakou né barâand moomd saagbo (Burkina Faso)*: foutou of cassava and ripe plantain	0.0	0.15	0.04	0.03	0.6	0.5	10	0.09	14	14	0.00	19
02_092	Banakou né kou saagbo (Burkina Faso)*: foutou of yam and cassava	0.0	0.24	0.04	0.02	0.8	0.5	16	0.13	15	15	0.00	12
02_021	Cassava, sweet, tuber, white flesh, dried	0	0.43	0.11	0.07	1.6	1.4	12	0.17	46	46	0	7
Non-African data			oa						oa				
SD or min-max													
n		1		1	1		1	1	1	1		1	1
02_041	Cassava, fermented paste from white cassava flour (wet fufu)	0	0.02	0.04	0.03	1.0	0.8	9	0.04	[69]	[69]	0.60	27
Non-African data													
SD or min-max				0.03-0.04	0.02-0.04								18-35
n		1		2	2		1	1	1	1		1	2
02_038	Cassava, flour, from fermented white cassava (alibo/elubo/lafun)	0	0.05	0.10	0.08	2.0	1.7	17	0.08	[140]	[140]	1.00	4
Non-African data													
SD or min-max				0.04	0.04		0.6	2	0.08-0.08	140-150			4
n		1		5	3		3	3	2	2		1	5

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
<b>Cereals and their products/Céréales et produits dérivés</b>								
01_073	Wheat, bran, raw	0	0.73	0.69	2.37	1.68	0.12	
Non-African data			oa	oa	oa			
SD or min-max								
n		1						
01_074	Wheat, whole grains, raw	0	0.31	0.32	0.97	0.90	0.07	248
Non-African data								
SD or min-max								
n		1						1
01_142	Wheat, whole grains, boiled* (as part of a recipe)	0	0.18	0.18	0.54	0.51	0.00	71
01_141	Wheat, whole grains, boiled* (without salt), drained	0	0.18	0.18	0.54	0.51	0.00	71
<b>Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés</b>								
02_093	Banakou né barãand kanss saagbo (Burkina Faso)*: foutou of cassava and unripe plantain	0	0.13	0.03	0.22	0.16	0.06	41
02_091	Banakou né barãand moomd saagbo (Burkina Faso)*: foutou of cassava and ripe plantain	0	0.07	0.01	0.09	0.08	0.01	[35]
02_092	Banakou né kou saagbo (Burkina Faso)*: foutou of yam and cassava	0	0.07	0.02	0.12	0.10	0.02	22
02_021	Cassava, sweet, tuber, white flesh, dried	0	0.14	0.02	0.22	0.19	0.03	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						
02_041	Cassava, fermented paste from white cassava flour (wet fufu)	0	0.12	0.09	0.07	0.06	0.01	
Non-African data								
SD or min-max								
n		1						
02_038	Cassava, flour, from fermented white cassava (alibo/elubo/lafun)	0	0.21	0.16	0.13	0.11	0.02	
Non-African data								
SD or min-max								
n		1						

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Starchy roots, tubers and their products/Racines amyliacées, tubercules et produits dérivés										
02_040	Cassava, flour, from fermented white cassava (dry fufu)	Manioc, farine, de manioc blanc fermenté (foufou sec)	1.00	1 470(346)	11.4	2.1	[0.7]	80.9	3.6	1.3
Non-African data										
SD or min-max										
n			1		2.2	0.5				1.0-1.6
02_004	Cassava, flour, from white cassava	Manioc, farine, de manioc blanc	1.00	1 450(341)	11.8	1.6	0.7	79.9	4.3	1.7
Non-African data										
SD or min-max										
n			1		1.7	0.6	0.7-0.7		4.2-4.4	0.8
02_039	Cassava, grated, from fermented white cassava, toasted without oil (white gari)	Manioc, rapé, de manioc blanc fermenté, grillé sans huile (gari blanc)	1.00	1 490(351)	8.9	1.2	0.5	82.9	5.0	1.4
Non-African data										
SD or min-max										
n			1		3.1	0.6	0.2		1.9	0.5
02_001	Cassava, tuber, white flesh, raw	Manioc, tubercule, chair blanche, cru	0.84	600(142)	62.1	1.3	0.3	31.6	3.7	1.0
Non-African data										
SD or min-max										
n			1		6.6	0.5	0.2	oa	oa	
02_051	Cassava, tuber, white flesh, boiled* (as part of a recipe)	Manioc, tubercule, chair blanche, bouilli* (ingrédient de recette)	0.86	513(121)	67.6	1.1	0.3	27.0	3.2	0.9
02_003	Cassava, tuber, white flesh, boiled* (without salt), drained	Manioc, tubercule, chair blanche, bouilli* (sans sel), égoutté	0.86	513(121)	67.6	1.1	0.3	27.0	3.2	0.9
02_002	Cassava, tuber, white flesh, dried	Manioc, tubercule, chair blanche, séché	1.00	1 460(344)	10.3	1.7	0.9	79.3	5.6	2.2
Non-African data										
SD or min-max										
n			1		1.3	0.6	0.4		4.3-6.8	0.5
02_037	Cassava, tuber, yellow flesh, raw	Manioc, tubercule, chair jaune, cru	0.84	325(77)	79.0	0.7	0.2	16.6	2.9	0.6
Non-African data										
SD or min-max										
n			1		3.0					
02_053	Cassava, tuber, yellow flesh, boiled* (as part of a recipe)	Manioc, tubercule, chair jaune, bouilli* (ingrédient de recette)	0.86	277(66)	82.1	0.6	0.1	14.2	2.5	0.5
02_052	Cassava, tuber, yellow flesh, boiled* (without salt), drained	Manioc, tubercule, chair jaune, bouilli* (sans sel), égoutté	0.86	277(66)	82.1	0.6	0.1	14.2	2.5	0.5

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés													
02_040	Cassava, flour, from fermented white cassava (dry fufu)	52	1.8	30	127	434	7	1.17	0.14	0	0	0	0
Non-African data													
SD or min-max		113-141											
n		1	1	1	2	1	1	1	1			1	
02_004	Cassava, flour, from white cassava	66	2.0	51	104	209	3	0.17	0.08	0	0	0	0
Non-African data													
SD or min-max		16	1.2	51-51	49	208-211	3-3	0.17-0.18	0.03				
n		7	6	2	7	2	2	2	3			1	
02_039	Cassava, grated, from fermented white cassava, toasted without oil (white gari)	42	1.6	23	104	309	2	0.67	0.10	0	0	0	0
Non-African data													
SD or min-max		22	0.8	17	41	80	2-2	0.43	0.01				
n		11	11	5	6	5	2	5	3			1	
02_001	Cassava, tuber, white flesh, raw	37	1.5	13	50	167	2	2.05	0.04	4	2	0	25
Non-African data													
SD or min-max		15	0.4		11			2.00-2.10	0.04-0.05	oa	oa		oa
n		8	7	1	6	1	1	2	2			1	
02_051	Cassava, tuber, white flesh, boiled* (as part of a recipe)	32	1.3	11	43	142	2	1.75	0.04	4	2	0	21
02_003	Cassava, tuber, white flesh, boiled* (without salt), drained	30	1.2	10	40	114	1	1.58	0.03	3	2	0	20
02_002	Cassava, tuber, white flesh, dried	67	1.4	67	60	394	5	0.44	0.26	2	1	0	12
Non-African data													
SD or min-max		30	0.2		28					oa	oa		oa
n		3	3	1	5	1	1	1	1			1	
02_037	Cassava, tuber, yellow flesh, raw	21	0.7	7	28	94	1	0.90	0.02	[75]	[38]	0	[452]
Non-African data													
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
02_053	Cassava, tuber, yellow flesh, boiled* (as part of a recipe)	18	0.6	6	24	81	1	0.76	0.02	[64]	[32]	0	[386]
02_052	Cassava, tuber, yellow flesh, boiled* (without salt), drained	17	0.6	5	22	64	1	0.69	0.02	[61]	[31]	0	[367]

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés													
02_040	Cassava, flour, from fermented white cassava (dry fufu)	0	0.05	0.10	0.08	2.1	1.7	20	0.08	[140]	[140]	1.00	4
Non-African data													
SD or min-max													
n		1		1	1		1	1	1	1		1	1
02_004	Cassava, flour, from white cassava	0	0.04	0.09	0.04	1.5	1.4	10	0.04	[100]	[100]	0	1
Non-African data													
SD or min-max													
n		1		6	6		5	2	2	2		1	3
02_039	Cassava, grated, from fermented white cassava, toasted without oil (white gari)	0	0.04	0.22	0.02	1.0	0.9	8	0.07	[49]	[49]	1.00	2
Non-African data													
SD or min-max													
n		1		5	5		2	2	2	2		1	2
02_001	Cassava, tuber, white flesh, raw	0	0.19	0.05	0.03	0.8	0.6	12	0.07	24	24	0	30
Non-African data													
SD or min-max													
n		1	oa						oa				
SD or min-max													
n		1		2	4		2	2	3	1		1	3
02_051	Cassava, tuber, white flesh, boiled* (as part of a recipe)	0	0.16	0.04	0.02	0.6	0.5	10	0.06	16	16	0	23
02_003	Cassava, tuber, white flesh, boiled* (without salt), drained	0	0.16	0.03	0.02	0.6	0.4	10	0.05	13	13	0	18
02_002	Cassava, tuber, white flesh, dried	0	0.43	0.10	0.07	1.6	1.3	16	0.16	44	44	0	7
Non-African data													
SD or min-max													
n		1	oa	1	1		1	1	1	1		1	1
02_037	Cassava, tuber, yellow flesh, raw	0	0.20	0.03	0.02	0.5	0.3	7	0.06	14	14	0	17
Non-African data													
SD or min-max													
n		1	oa	1	1		1	1	1	1		1	1
02_053	Cassava, tuber, yellow flesh, boiled* (as part of a recipe)	0	0.17	0.02	0.01	0.4	0.3	6	0.04	9	9	0	13
02_052	Cassava, tuber, yellow flesh, boiled* (without salt), drained	0	0.17	0.02	0.01	0.3	0.2	6	0.04	7	7	0	10



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés								
02_040	Cassava, flour, from fermented white cassava (dry fufu)	0	0.24	0.19	0.15	0.13	0.03	
Non-African data								
SD or min-max								
n		1						
02_004	Cassava, flour, from white cassava	0	0.25	0.22	0.08	0.07	0.01	[154]
Non-African data								
SD or min-max								
n		1						1
02_039	Cassava, grated, from fermented white cassava, toasted without oil (white gari)	0	0.11	0.14	0.14	0.11	0.03	
Non-African data								
SD or min-max								
n		1						
02_001	Cassava, tuber, white flesh, raw	0	0.09	0.01	0.13	0.12	0.02	99
Non-African data								
SD or min-max								
n		1						1
02_051	Cassava, tuber, white flesh, boiled* (as part of a recipe)	0	0.07	0.01	0.11	0.10	0.02	50
02_003	Cassava, tuber, white flesh, boiled* (without salt), drained	0	0.07	0.01	0.11	0.10	0.02	50
02_002	Cassava, tuber, white flesh, dried	0	0.28	0.04	0.43	0.37	0.06	[323]
Non-African data								
SD or min-max								
n		1						154-492
02_037	Cassava, tuber, yellow flesh, raw	0	0.05	0.01	0.08	0.07	0.01	55
Non-African data								
SD or min-max								
n		1						1
02_053	Cassava, tuber, yellow flesh, boiled* (as part of a recipe)	0	0.04	0.01	0.06	0.06	0.01	28
02_052	Cassava, tuber, yellow flesh, boiled* (without salt), drained	0	0.04	0.01	0.06	0.06	0.01	28

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Starchy roots, tubers and their products/Racines amyliacées, tubercules et produits dérivés										
02_005	Cocoyam, tuber, white, raw	Chou caraïbe, tubercule, blanc, cru	0.81	575(136)	63.7	3.3	0.3	28.9	2.0	1.8
Non-African data								oa	oa	
SD or min-max					7.3	1.3	0.1			0.8
n			1		14	14	13		1	11
02_054	Cocoyam, tuber, white, boiled* (as part of a recipe)	Chou caraïbe, tubercule, blanc, bouilli* (ingrédient de recette)	0.80	605(143)	61.8	3.4	0.3	30.4	2.1	1.9
02_006	Cocoyam, tuber, white, boiled* (without salt), drained	Chou caraïbe, tubercule, blanc, bouilli* (sans sel), égoutté	0.80	605(143)	61.8	3.4	0.3	30.4	2.1	1.9
02_043	Cocoyam, tuber, yellow, raw	Chou caraïbe, tubercule, jaune, cru	0.81	474(112)	69.5	3.3	0.2	23.2	2.0	1.8
Non-African data								oa	oa	
SD or min-max										
n			1		1	1	1		1	1
02_056	Cocoyam, tuber, yellow, boiled* (as part of a recipe)	Chou caraïbe, tubercule, jaune, bouilli* (ingrédient de recette)	0.80	499(118)	67.9	3.4	0.2	24.4	2.1	1.9
02_055	Cocoyam, tuber, yellow, boiled* (without salt), drained	Chou caraïbe, tubercule, jaune, bouilli* (sans sel), égoutté	0.80	499(118)	67.9	3.4	0.2	24.4	2.1	1.9
02_086	Cou nin zindo (Burkina Faso)*: yam and vegetable stew	Cou nin zindo (Burkina Faso)*: ragoût d'igname et légumes		621(149)	68.3	1.8	7.6	16.5	3.8	2.1
02_081	French fries, deep fried in unfortified vegetable oil*	Pommes de terre, frites dans l'huile végétale non enrichie*		1 010(241)	50.0	2.6	11.5	30.3	2.9	2.6
02_089	Fufu of ripe and unripe plantain with red palm oil (Burkina Faso)*	Foufou de bananes plantain mûres et vertes avec huile de palme rouge (Burkina Faso)*		1 340(323)	44.5	1.3	23.0	26.0	3.5	1.8
02_088	Fufu of ripe plantain with red palm oil (Burkina Faso)*	Foufou de bananes plantain mûres avec huile de palme rouge (Burkina Faso)*		762(181)	59.7	1.2	6.4	28.7	2.0	2.0
02_096	Fufu of unripe plantain with red palm oil (Burkina Faso)*	Foufou de bananes plantain vertes avec huile de palme rouge (Burkina Faso)*		772(185)	58.0	1.5	7.5	25.2	5.1	2.7
02_099	Fufu of unripe plantain with shea butter (Burkina Faso)*	Foufou de bananes plantain vertes avec beurre de karité (Burkina Faso)*		787(188)	59.8	1.3	9.3	22.6	4.6	2.4
02_094	Kou né barâand kanss saagbo (Burkina Faso)*: foutou of yam and unripe plantain	Kou né barâand kanss saagbo (Burkina Faso)*: foutou d'igname et banane plantain verte		430(102)	71.6	1.6	[0.4]	20.6	4.4	1.3
02_098	Kou né barâand moomd saagbo (Burkina Faso)*: foutou of yam with ripe plantain	Kou né barâand moomd saagbo (Burkina Faso)*: foutou d'igname avec banane plantain mûre		486(115)	67.9	1.9	[0.3]	23.9	4.6	1.4
02_090	Kou né kamoag fufu (Burkina Faso)*: fufu of yam with shea butter	Kou né kamoag foufou (Burkina Faso)*: foufou d'igname au beurre de karité		635(152)	67.5	1.6	7.3	18.0	4.0	1.7
02_087	Kou né téhi kaam fufu (Burkina Faso)*: fufu of yam and red palm oil	Kou né téhi kaam foufou (Burkina Faso)*: foufou d'igname avec huile de palme rouge		773(185)	60.7	2.0	9.0	21.8	4.8	1.8
02_097	Kou saagbo (Burkina Faso)*: foutou of yam	Kou saagbo (Burkina Faso)*: foutou d'igname		408(97)	72.3	1.8	[0.3]	19.6	4.3	1.7
02_084	Plantain, deep fried in unfortified vegetable oil*	Banane plantain, frite dans l'huile végétale non enrichie*		1 570(375)	23.5	2.1	16.9	51.7	3.7	2.1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Starchy roots, tubers and their products/Racines amyliacées, tubercules et produits dérivés													
02_005	Cocoyam, tuber, white, raw	15	0.7	13	59	531	9	0.34	0.15	1	0	0	5
Non-African data										oa	oa		oa
SD or min-max		9	0.4	9	25	117	4	0.31-0.36	0.15-0.16				
n		9	6	3	7	3	5	2	2			1	
02_054	Cocoyam, tuber, white, boiled* (as part of a recipe)	16	0.8	14	62	559	10	0.36	0.16	1	0	0	5
02_006	Cocoyam, tuber, white, boiled* (without salt), drained	15	0.7	12	58	447	8	0.32	0.15	1	0	0	5
02_043	Cocoyam, tuber, yellow, raw	15	0.7	13	59	531	9	0.34	0.15	93	46	0	556
Non-African data													
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
02_056	Cocoyam, tuber, yellow, boiled* (as part of a recipe)	16	0.8	14	62	559	10	0.36	0.16	98	49	0	585
02_055	Cocoyam, tuber, yellow, boiled* (without salt), drained	15	0.7	12	58	447	8	0.32	0.15	93	46	0	556
02_086	Cou nin zindo (Burkina Faso)*: yam and vegetable stew	23	1.1	16	42	290	308	0.45	0.11	85	42	0	510
02_081	French fries, deep fried in unfortified vegetable oil*	11	1.7	45	89	818	182	0.64	0.18	0	0	0	0
02_089	Fufu of ripe and unripe plantain with red palm oil (Burkina Faso)*	15	[1.6]	32	23	487	278	0.22	0.11	[2 630]	[1 310]	0	[15 800]
02_088	Fufu of ripe plantain with red palm oil (Burkina Faso)*	9	0.9	34	24	434	494	0.13	0.08	[830]	[415]	0	[4 980]
02_096	Fufu of unripe plantain with red palm oil (Burkina Faso)*	10	0.4	31	21	557	540	0.33	0.15	[756]	[378]	0	[4 560]
02_099	Fufu of unripe plantain with shea butter (Burkina Faso)*	11	0.4	29	19	498	467	0.31	[0.17]	0	0	0	2
02_094	Kou né barâand kanss saagbo (Burkina Faso)*: foutou of yam and unripe plantain	16	0.9	19	34	359	13	0.43	0.10	4	2	0	21
02_098	Kou né barâand moomd saagbo (Burkina Faso)*: foutou of yam with ripe plantain	21	1.3	20	43	358	7	0.50	0.10	23	11	0	135
02_090	Kou né kamoag fufu (Burkina Faso)*: fufu of yam with shea butter	20	1.1	14	37	269	169	0.46	[0.11]	5	2	0	27
02_087	Kou né téhi kaam fufu (Burkina Faso)*: fufu of yam and red palm oil	23	1.3	16	45	326	132	0.54	0.10	997	499	0	5 980
02_097	Kou saagbo (Burkina Faso)*: foutou of yam	21	1.2	16	40	293	156	0.49	0.09	5	2	0	30
02_084	Plantain, deep fried in unfortified vegetable oil*	12	1.7	59	42	785	325	0.22	0.13	40	20	0	239

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Starchy roots, tubers and their products/Racines amylacées, tubercules et produits dérivés													
02_005	Cocoyam, tuber, white, raw	0	0.33	0.10	0.03	1.5	0.9	38	0.32	23	23	0	8
Non-African data			oa		oa		oa	oa	oa	oa	oa		
SD or min-max													
n		1		1	1		1	1	1	1		1	1
02_054	Cocoyam, tuber, white, boiled* (as part of a recipe)	0	0.35	0.09	0.03	1.5	0.9	40	0.31	19	19	0	8
02_006	Cocoyam, tuber, white, boiled* (without salt), drained	0	0.35	0.08	0.03	1.4	0.7	40	0.25	15	15	0	6
02_043	Cocoyam, tuber, yellow, raw	0	0.33	0.10	0.03	1.5	0.9	38	0.32	23	23	0	8
Non-African data			oa		oa		oa	oa	oa	oa	oa		
SD or min-max													
n		1		1	1		1	1	1	1		1	1
02_056	Cocoyam, tuber, yellow, boiled* (as part of a recipe)	0	0.35	0.09	0.03	1.5	0.9	40	0.31	19	19	0	8
02_055	Cocoyam, tuber, yellow, boiled* (without salt), drained	0	0.35	0.08	0.03	1.4	0.7	40	0.25	15	15	0	6
02_086	Cou nin zindo (Burkina Faso)*: yam and vegetable stew	0.0	[1.50]	0.05	0.03	0.9	0.6	17	0.16	15	15	0.00	12
02_081	French fries, deep fried in unfortified vegetable oil*	0.0	0.62	0.10	0.07	2.9	2.2	42	0.18	13	13	0.00	2
02_089	Fufu of ripe and unripe plantain with red palm oil (Burkina Faso)*	0.0	3.60	0.04	0.04	0.7	0.5	11	0.18	12	12	0.00	14
02_088	Fufu of ripe plantain with red palm oil (Burkina Faso)*	0.0	1.10	0.04	0.04	0.8	0.5	13	0.24	15	15	0.00	16
02_096	Fufu of unripe plantain with red palm oil (Burkina Faso)*	0.0	1.10	0.04	0.04	0.7	0.5	10	0.13	10	10	0.00	14
02_099	Fufu of unripe plantain with shea butter (Burkina Faso)*	0.0	[0.06]	0.03	0.03	0.6	0.4	9	0.12	9	9	0.00	13
02_094	Kou né barâand kanss saagbo (Burkina Faso)*: foutou of yam and unripe plantain	0.0	0.21	0.04	0.02	0.8	0.5	16	0.15	14	14	0.00	10
02_098	Kou né barâand moomd saagbo (Burkina Faso)*: foutou of yam with ripe plantain	0.0	0.30	0.05	0.02	1.0	0.6	20	0.20	18	18	0.00	11
02_090	Kou né kamoag fufu (Burkina Faso)*: fufu of yam with shea butter	0.0	[0.26]	0.04	0.02	0.8	0.5	17	0.15	15	15	0.00	8
02_087	Kou né téhi kaam fufu (Burkina Faso)*: fufu of yam and red palm oil	0.0	1.50	0.05	0.02	0.9	0.6	20	0.19	[18]	[18]	0.00	10
02_097	Kou saagbo (Burkina Faso)*: foutou of yam	0.0	0.28	0.05	0.02	0.8	0.5	18	0.17	16	16	0.00	9
02_084	Plantain, deep fried in unfortified vegetable oil*	0.0	0.96	0.07	0.08	1.4	1.0	24	0.44	27	27	0.00	29

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés								
02_005	Cocoyam, tuber, white, raw	0	0.08	0.04	0.14	0.13	0.02	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					
02_054	Cocoyam, tuber, white, boiled* (as part of a recipe)	0	0.08	0.04	0.15	0.13	0.02	
02_006	Cocoyam, tuber, white, boiled* (without salt), drained	0	0.08	0.04	0.15	0.13	0.02	
02_043	Cocoyam, tuber, yellow, raw	0	0.05	0.03	0.10	0.09	0.01	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					
02_056	Cocoyam, tuber, yellow, boiled* (as part of a recipe)	0	0.05	0.03	0.10	0.09	0.01	
02_055	Cocoyam, tuber, yellow, boiled* (without salt), drained	0	0.05	0.03	0.10	0.09	0.01	
02_086	Cou nin zindo (Burkina Faso)*: yam and vegetable stew	0	1.13	2.35	3.75	3.69	0.05	11
02_081	French fries, deep fried in unfortified vegetable oil*	0	1.65	3.64	5.73	5.67	0.06	56
02_089	Fufu of ripe and unripe plantain with red palm oil (Burkina Faso)*	0	11.06	8.37	2.44	2.30	0.13	[16]
02_088	Fufu of ripe plantain with red palm oil (Burkina Faso)*	0	3.13	2.35	0.66	0.63	0.03	[0]
02_096	Fufu of unripe plantain with red palm oil (Burkina Faso)*	0	3.43	2.51	1.08	0.92	0.15	34
02_099	Fufu of unripe plantain with shea butter (Burkina Faso)*	0	4.14	3.77	0.82	[0.26]	[0.12]	30
02_094	Kou né barâand kanss saagbo (Burkina Faso)*: foutou of yam and unripe plantain	0	0.11	0.03	0.21	0.15	0.06	19
02_098	Kou né barâand moomd saagbo (Burkina Faso)*: foutou of yam with ripe plantain	0	0.09	0.03	0.13	0.10	0.03	[13]
02_090	Kou né kamoag fufu (Burkina Faso)*: fufu of yam with shea butter	0	3.35	3.12	0.48	[0.09]	[0.03]	[12]
02_087	Kou né téhi kaam fufu (Burkina Faso)*: fufu of yam and red palm oil	0	4.28	3.23	0.99	0.94	0.06	15
02_097	Kou saagbo (Burkina Faso)*: foutou of yam	0	0.07	0.02	0.13	0.10	0.03	13
02_084	Plantain, deep fried in unfortified vegetable oil*	0	2.51	5.29	8.30	8.21	0.09	[0]

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION	ENERGY	WATER	PROTEIN	FAT	CHO AVAIL	FIBRE. TOTAL DIETARY	ASH
			1	(kJ(kcal))	(g)	(g)	(g)	(g)	(g)	(g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés										
02_042	Plantain, ripe, ivory flesh, raw	Banane plantain, mûre, chair ivoire, crue	0.61	608(143)	62.4	1.4	[0.2]	32.9	2.3	0.8
Non-African data										
SD or min-max					3.3	0.3	0.1		2.3-2.4	0.1
n					1	5	5	4	2	4
02_058	Plantain, ripe, ivory flesh, boiled* (as part of a recipe)	Banane plantain, mûre, chair ivoire, bouillie* (ingrédient de recette)	0.62	579(137)	64.2	1.3	[0.2]	31.3	2.2	0.8
02_057	Plantain, ripe, ivory flesh, boiled* (without salt), drained	Banane plantain, mûre, chair ivoire, bouillie* (sans sel), égouttée	0.60	640(151)	60.4	1.4	[0.2]	34.6	2.5	0.8
02_044	Plantain, ripe, orange flesh, raw	Banane plantain, mûre, chair orange, crue	0.61	566(134)	65.0	1.2	0.3	30.4	2.3	0.8
Non-African data										
SD or min-max										
n					1	1	1	1	1	1
02_060	Plantain, ripe, orange flesh, boiled* (as part of a recipe)	Banane plantain, mûre, chair orange, bouillie* (ingrédient de recette)	0.62	539(127)	66.7	1.1	0.3	28.9	2.2	0.8
02_059	Plantain, ripe, orange flesh, boiled* (without salt), drained	Banane plantain, mûre, chair orange, bouillie* (sans sel), égouttée	0.62	539(127)	66.7	1.1	0.3	28.9	2.2	0.8
02_046	Plantain, unripe, ivory flesh, raw	Banane plantain, verte, chair ivoire, crue	0.52	668(158)	56.9	1.9	[1.1]	31.9	6.5	1.7
Non-African data										
SD or min-max								oa	oa	
n					1	1	1	1	1	1
02_065	Plantain, unripe, ivory flesh, boiled* (as part of a recipe)	Banane plantain, verte, chair ivoire, bouillie* (ingrédient de recette)	0.53	636(151)	59.0	1.8	[1.1]	30.3	6.2	1.6
02_064	Plantain, unripe, ivory flesh, boiled* (without salt), drained	Banane plantain, verte, chair ivoire, bouillie* (sans sel), égouttée	0.53	636(151)	59.0	1.8	[1.1]	30.3	6.2	1.6
02_047	Plantain, unripe, orange flesh, raw	Banane plantain, verte, chair orange, crue	0.52	668(158)	56.9	1.9	[1.1]	31.9	6.5	1.7
Non-African data										
SD or min-max								oa	oa	
n					1	1	1	1	1	1
02_067	Plantain, unripe, orange flesh, boiled* (as part of a recipe)	Banane plantain, verte, chair orange, bouillie* (ingrédient de recette)	0.53	636(151)	59.0	1.8	[1.1]	30.3	6.2	1.6
02_066	Plantain, unripe, orange flesh, boiled* (without salt), drained	Banane plantain, verte, chair orange, bouillie* (sans sel), égouttée	0.53	636(151)	59.0	1.8	[1.1]	30.3	6.2	1.6

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés													
02_042	Plantain, ripe, ivory flesh, raw	6	1.1	37	27	499	4	0.14	0.08	126	63	0	759
Non-African data				oa		oa		oa					
SD or min-max		2	1.0-1.1										
n		3	2	1	1	1	1	1	1				1
02_058	Plantain, ripe, ivory flesh, boiled* (as part of a recipe)	6	1.0	35	26	475	4	0.13	0.08	120	60	0	723
02_057	Plantain, ripe, ivory flesh, boiled* (without salt), drained	6	1.0	35	26	420	3	0.13	0.08	126	63	0	759
02_044	Plantain, ripe, orange flesh, raw	8	1.3	37	38	499	4	0.14	0.08	171	86	0	1 030
Non-African data				oa		oa		oa					
SD or min-max													
n		1	1	1	1	1	1	1	1				1
02_060	Plantain, ripe, orange flesh, boiled* (as part of a recipe)	8	1.2	35	36	475	4	0.13	0.08	163	82	0	978
02_059	Plantain, ripe, orange flesh, boiled* (without salt), drained	7	1.2	32	34	380	3	0.12	0.07	155	77	0	929
02_046	Plantain, unripe, ivory flesh, raw	8	0.5	38	26	705	34	0.42	0.18	143	71	0	858
Non-African data						oa		oa					
SD or min-max													
n		1	1	1	1	1	1	1	1				1
02_065	Plantain, unripe, ivory flesh, boiled* (as part of a recipe)	8	0.5	36	25	671	32	0.40	0.17	136	68	0	817
02_064	Plantain, unripe, ivory flesh, boiled* (without salt), drained	8	0.5	32	23	537	26	0.36	0.15	129	65	0	776
02_047	Plantain, unripe, orange flesh, raw	8	0.5	38	26	705	34	0.42	0.18	255	128	0	1 530
Non-African data						oa		oa					
SD or min-max													
n		1	1	1	1	1	1	1	1				1
02_067	Plantain, unripe, orange flesh, boiled* (as part of a recipe)	8	0.5	36	25	671	32	0.40	0.17	243	122	0	1 460
02_066	Plantain, unripe, orange flesh, boiled* (without salt), drained	8	0.5	32	23	537	26	0.36	0.15	231	115	0	1 380

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés													
02_042	Plantain, ripe, ivory flesh, raw	0	0.14	0.05	0.05	1.0	0.7	15	0.30	22	22	0	20
Non-African data			oa			oa		oa	oa	oa	oa		
SD or min-max													
n		1		1	1		1	1	1	1		1	1
02_058	Plantain, ripe, ivory flesh, boiled* (as part of a recipe)	0	0.13	0.04	0.05	0.8	0.6	14	0.26	16	16	0	17
02_057	Plantain, ripe, ivory flesh, boiled* (without salt), drained	0	0.15	0.04	0.05	0.8	0.6	16	0.24	15	15	0	15
02_044	Plantain, ripe, orange flesh, raw	0	0.14	0.05	0.05	1.0	0.7	15	0.30	22	22	0	20
Non-African data			oa			oa		oa	oa	oa	oa		
SD or min-max													
n		1		1	1		1	1	1	1		1	1
02_060	Plantain, ripe, orange flesh, boiled* (as part of a recipe)	0	0.13	0.04	0.05	0.8	0.6	14	0.26	16	16	0	17
02_059	Plantain, ripe, orange flesh, boiled* (without salt), drained	0	0.13	0.04	0.04	0.7	0.5	14	0.21	13	13	0	13
02_046	Plantain, unripe, ivory flesh, raw	0	0.08	0.05	0.05	0.9	0.7	13	0.18	16	16	0	20
Non-African data			oa			oa		oa	oa				
SD or min-max													
n		1		1	1		1	1	1	1		1	1
02_065	Plantain, unripe, ivory flesh, boiled* (as part of a recipe)	0	0.08	0.04	0.05	0.8	0.6	12	0.16	12	12	0	17
02_064	Plantain, unripe, ivory flesh, boiled* (without salt), drained	0	0.08	0.04	0.04	0.7	0.5	12	0.13	10	10	0	13
02_047	Plantain, unripe, orange flesh, raw	0	0.08	0.05	0.05	0.9	0.7	13	0.18	16	16	0	20
Non-African data			oa			oa		oa	oa				
SD or min-max													
n		1		1	1		1	1	1	1		1	1
02_067	Plantain, unripe, orange flesh, boiled* (as part of a recipe)	0	0.08	0.04	0.05	0.8	0.6	12	0.16	12	12	0	17
02_066	Plantain, unripe, orange flesh, boiled* (without salt), drained	0	0.08	0.04	0.04	0.7	0.5	12	0.13	10	10	0	13



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés								
02_042	Plantain, ripe, ivory flesh, raw	0	0.09	0.02	0.04	0.03	0.01	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					
02_058	Plantain, ripe, ivory flesh, boiled* (as part of a recipe)	0	0.09	0.02	0.04	0.03	0.01	
02_057	Plantain, ripe, ivory flesh, boiled* (without salt), drained	0	0.09	0.02	0.05	0.03	0.01	
02_044	Plantain, ripe, orange flesh, raw	0	0.14	0.03	0.07	0.05	0.02	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					
02_060	Plantain, ripe, orange flesh, boiled* (as part of a recipe)	0	0.13	0.03	0.06	0.04	0.02	
02_059	Plantain, ripe, orange flesh, boiled* (without salt), drained	0	0.13	0.03	0.06	0.04	0.02	
02_046	Plantain, unripe, ivory flesh, raw	0	0.29	0.08	0.54	0.37	0.17	73
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
02_065	Plantain, unripe, ivory flesh, boiled* (as part of a recipe)	0	0.27	0.08	0.51	0.35	0.16	41
02_064	Plantain, unripe, ivory flesh, boiled* (without salt), drained	0	0.27	0.08	0.51	0.35	0.16	41
02_047	Plantain, unripe, orange flesh, raw	0	0.29	0.08	0.54	0.37	0.17	73
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
02_067	Plantain, unripe, orange flesh, boiled* (as part of a recipe)	0	0.27	0.08	0.51	0.35	0.16	41
02_066	Plantain, unripe, orange flesh, boiled* (without salt), drained	0	0.27	0.08	0.51	0.35	0.16	41

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés										
02_045	Plantain, unripe, pale flesh, raw	Banane plantain, verte, chair claire, crue	0.52	668(158)	56.9	1.9	[1.1]	31.9	6.5	1.7
Non-African data								oa	oa	
SD or min-max					6.6	1.3	0.9			0.7
n					1	11	5	6	1	8
02_063	Plantain, unripe, pale flesh, boiled* (as part of a recipe)	Banane plantain, verte, chair claire, bouillie* (ingrédient de recette)	0.53	636(151)	59.0	1.8	[1.1]	30.3	6.2	1.6
02_062	Plantain, unripe, pale flesh, boiled* (without salt), drained	Banane plantain, verte, chair claire, bouillie* (sans sel), égouttée	0.53	636(151)	59.0	1.8	[1.1]	30.3	6.2	1.6
02_048	Plantain, unripe, pale flesh, flour	Banane plantain, verte, chair claire, farine	1.00	1 390(329)	12.9	4.2	[3.0]	64.7	13.1	2.1
Non-African data								oa	oa	
SD or min-max					7.7	2.0	0.8			0.9
n					1	14	13	13	1	13
02_095	Porridge, tô, from gari and tomato paste (Burkina Faso)*	Bouillie, tô, de gari et concentré de tomate (Burkina Faso)*		567(134)	64.4	0.7	0.2	31.3	2.1	1.3
02_085	Potato nin zindo (Burkina Faso)*: potato and vegetable stew	Pomme de terre nin zindo (Burkina Faso)*: ragoût de pommes de terre et légumes		773(186)	67.7	1.5	13.7	13.5	1.6	2.0
02_009	Potato, raw	Pomme de terre, crue	0.90	335(79)	78.2	1.5	0.1	17.4	1.7	1.3
Non-African data										
SD or min-max					2.5	0.4	0.0			0.3
n					1	30	30	14	1	5
02_068	Potato, boiled* (as part of a recipe)	Pomme de terre, bouillie* (ingrédient de recette)	0.90	335(79)	78.2	1.5	0.1	17.4	1.7	1.3
02_010	Potato, boiled* (without salt), drained	Pomme de terre, bouillie* (sans sel), égouttée	0.90	335(79)	78.2	1.5	0.1	17.4	1.7	1.3
02_011	Sweet potato, deep yellow flesh, raw	Patate douce, chair jaune foncé, crue	0.79	492(116)	68.8	1.6	[0.2]	25.5	3.0	0.9
Non-African data								oa	oa	
SD or min-max										
n					1	1	1	1	1	1
02_070	Sweet potato, deep yellow flesh, boiled* (as part of a recipe)	Patate douce, chair jaune foncé, bouillie* (ingrédient de recette)	0.79	492(116)	68.8	1.6	[0.2]	25.5	3.0	0.9
02_012	Sweet potato, deep yellow flesh, boiled* (without salt), drained	Patate douce, chair jaune foncé, bouillie* (sans sel), égouttée	0.79	492(116)	68.8	1.6	[0.2]	25.5	3.0	0.9
02_049	Sweet potato, orange flesh, raw	Patate douce, chair orange, crue	0.84	385(91)	74.9	1.0	0.2	19.8	3.0	1.1
Non-African data								oa	oa	
SD or min-max					5.8	0.5	0.0			0.1
n					1	44	8	4	1	8

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Starchy roots, tubers and their products/Racines amyliacées, tubercules et produits dérivés													
02_045	Plantain, unripe, pale flesh, raw	8	0.5	38	26	705	34	0.42	0.18	1	0	0	3
Non-African data							oa	oa	oa	oa	oa		oa
SD or min-max		2	0.2		9	350-1 060							
n		3	6	1	5	2	1	1	1			1	
02_063	Plantain, unripe, pale flesh, boiled* (as part of a recipe)	8	0.5	36	25	671	32	0.40	0.17	0	0	0	3
02_062	Plantain, unripe, pale flesh, boiled* (without salt), drained	8	0.5	32	23	537	26	0.36	0.15	0	0	0	3
02_048	Plantain, unripe, pale flesh, flour	22	1.6	78	102	966	68	0.84	0.26	0	0	0	1
Non-African data								oa		oa	oa		oa
SD or min-max		18	0.3	15	8	125			0.05				
n		13	8	5	5	5	1	1	5			1	
02_095	Porridge, tô, from gari and tomato paste (Burkina Faso)*	19	0.6	13	43	173	240	0.30	0.08	22	11	0	132
02_085	Potato nin zindo (Burkina Faso)*: potato and vegetable stew	11	0.8	23	46	385	347	0.33	0.12	17	9	0	103
02_009	Potato, raw	6	1.0	26	51	469	8	0.37	0.10	0	0	0	0
Non-African data										oa	oa		oa
SD or min-max		4	0.3	5	10	89	1	0.07	0.02				
n		26	26	23	25	25	24	22	22			1	
02_068	Potato, boiled* (as part of a recipe)	6	1.0	26	51	469	8	0.37	0.10	0	0	0	0
02_010	Potato, boiled* (without salt), drained	5	0.9	23	47	375	6	0.33	0.09	0	0	0	0
02_011	Sweet potato, deep yellow flesh, raw	33	2.0	18	38	283	31	0.54	0.45	400	200	0	2 400
Non-African data													
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
02_070	Sweet potato, deep yellow flesh, boiled* (as part of a recipe)	33	2.0	18	38	283	31	0.54	0.45	400	200	0	2 400
02_012	Sweet potato, deep yellow flesh, boiled* (without salt), drained	31	1.9	16	35	226	25	0.49	0.41	380	190	0	2 280
02_049	Sweet potato, orange flesh, raw	54	0.9	28	44	288	20	0.62	0.09	1 580	791	0	9 490
Non-African data							oa			oa	oa		oa
SD or min-max		10	0.4	6	10	51	10-30	0.15	0.06				
n		37	40	40	40	40	2	36	4			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Starchy roots, tubers and their products/Racines amyliacées, tubercules et produits dérivés													
02_045	Plantain, unripe, pale flesh, raw	0	0.08	0.05	0.05	0.9	0.7	13	0.18	16	16	0	20
Non-African data			oa			oa		oa	oa				
SD or min-max													20-20
n		1		1	1		1	1	1	1		1	2
02_063	Plantain, unripe, pale flesh, boiled* (as part of a recipe)	0	0.08	0.04	0.05	0.8	0.6	12	0.16	12	12	0	17
02_062	Plantain, unripe, pale flesh, boiled* (without salt), drained	0	0.08	0.04	0.04	0.7	0.5	12	0.13	10	10	0	13
02_048	Plantain, unripe, pale flesh, flour	0	0.16	0.09	0.10	1.8	1.3	29	0.34	25	25	0	4
Non-African data			oa			oa		oa					
SD or min-max													
n		1		1	1		1	1	1	1		1	1
02_095	Porridge, tô, from gari and tomato paste (Burkina Faso)*	0.0	0.29	0.08	0.02	0.5	0.5	4	0.04	[15]	[15]	0.33	1
02_085	Potato nin zindo (Burkina Faso)*: potato and vegetable stew	0.0	[2.50]	0.06	0.04	1.3	1.0	20	0.10	7	7	0.00	10
02_009	Potato, raw	0	0.06	0.07	0.04	1.7	1.3	24	0.12	10	10	0	14
Non-African data			oa						oa				
SD or min-max													
n		1		3	3		3	2	5	4		1	2
02_068	Potato, boiled* (as part of a recipe)	0	0.06	0.07	0.04	1.6	1.2	24	0.11	8	8	0	12
02_010	Potato, boiled* (without salt), drained	0	0.06	0.06	0.03	1.4	1.0	24	0.09	6	6	0	10
02_011	Sweet potato, deep yellow flesh, raw	0	0.14	0.09	0.04	1.0	0.7	17	0.10	26	26	0	37
Non-African data			oa						oa				
SD or min-max													
n		1		1	1		1	1	1	1		1	1
02_070	Sweet potato, deep yellow flesh, boiled* (as part of a recipe)	0	0.14	0.08	0.04	0.9	0.6	17	0.09	20	20	0	33
02_012	Sweet potato, deep yellow flesh, boiled* (without salt), drained	0	0.14	0.07	0.04	0.8	0.5	17	0.07	17	17	0	26
02_049	Sweet potato, orange flesh, raw	0	0.14	0.03	0.05	1.3	1.0	16	0.10	11	11	0	31
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

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCP(mg)
Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés								
02_045	Plantain, unripe, pale flesh, raw	0	0.29	0.08	0.54	0.37	0.17	73
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
02_063	Plantain, unripe, pale flesh, boiled* (as part of a recipe)	0	0.27	0.08	0.51	0.35	0.16	41
02_062	Plantain, unripe, pale flesh, boiled* (without salt), drained	0	0.27	0.08	0.51	0.35	0.16	41
02_048	Plantain, unripe, pale flesh, flour	0	0.75	0.21	1.41	0.96	0.45	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					
02_095	Porridge, tô, from gari and tomato paste (Burkina Faso)*	0	0.05	0.06	0.07	0.05	0.01	[0]
02_085	Potato nin zindo (Burkina Faso)*: potato and vegetable stew	0	1.98	4.32	6.75	6.68	0.06	[24]
02_009	Potato, raw	0	0.01	0.00	0.02	0.01	0.01	59
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								3
n			1					3
02_068	Potato, boiled* (as part of a recipe)	0	0.01	0.00	0.02	0.01	0.01	35
02_010	Potato, boiled* (without salt), drained	0	0.01	0.00	0.02	0.01	0.01	35
02_011	Sweet potato, deep yellow flesh, raw	0	0.06	0.01	0.10	0.08	0.01	64
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
02_070	Sweet potato, deep yellow flesh, boiled* (as part of a recipe)	0	0.06	0.01	0.10	0.08	0.01	38
02_012	Sweet potato, deep yellow flesh, boiled* (without salt), drained	0	0.06	0.01	0.10	0.08	0.01	38
02_049	Sweet potato, orange flesh, raw	0	0.06	0.00	0.10	0.08	0.02	54
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés										
02_073	Sweet potato, orange flesh, boiled* (as part of a recipe)	Patate douce, chair orange, bouillie* (ingrédient de recette)	0.84	385(91)	74.9	1.0	0.2	19.8	3.0	1.1
02_072	Sweet potato, orange flesh, boiled* (without salt), drained	Patate douce, chair orange, bouillie* (sans sel), égouttée	0.84	385(91)	74.9	1.0	0.2	19.8	3.0	1.1
02_022	Sweet potato, pale flesh (white/cream/pale yellow), raw	Patate douce, chair claire (blanche/crème/jaune pâle), crue	0.83	406(96)	73.7	1.5	0.2	20.5	3.0	1.1
Non-African data								oa	oa	
SD or min-max									0.9	0.8
n									3	6
02_069	Sweet potato, pale flesh (white/cream/pale yellow), boiled* (as part of a recipe)	Patate douce, chair claire (blanche/crème/jaune pâle), bouillie* (ingrédient de recette)	0.83	406(96)	73.7	1.5	0.2	20.5	3.0	1.1
02_023	Sweet potato, pale flesh (white/cream/pale yellow), boiled* (without salt), drained	Patate douce, chair claire (blanche/crème/jaune pâle), bouillie* (sans sel), égouttée	0.83	406(96)	73.7	1.5	0.2	20.5	3.0	1.1
02_013	Sweet potato, yellow flesh, raw	Patate douce, chair jaune, crue	0.84	490(116)	68.9	1.5	[0.2]	25.5	3.0	0.9
Non-African data								oa	oa	
SD or min-max										68.8-69.0
n									1	1
02_071	Sweet potato, yellow flesh, boiled* (as part of a recipe)	Patate douce, chair jaune, bouillie* (ingrédient de recette)	0.84	490(116)	68.9	1.5	[0.2]	25.5	3.0	0.9
02_014	Sweet potato, yellow flesh, boiled* (without salt), drained	Patate douce, chair jaune, bouillie* (sans sel), égouttée	0.84	490(116)	68.9	1.5	[0.2]	25.5	3.0	0.9
02_083	Sweet potato, deep fried in unfortified vegetable oil*	Patate douce, frite dans de l'huile végétale non enrichie*		1 360(324)	25.6	3.1	9.9	52.6	6.2	2.5
02_015	Taro, tuber, white, raw	Taro, tubercule, blanc, cru	0.86	536(127)	65.9	2.7	0.8	25.2	4.1	1.3
Non-African data								oa	oa	
SD or min-max										10.6
n									1	7
02_074	Taro, tuber, white, boiled* (as part of a recipe)	Taro, tubercule, blanc, bouilli* (ingrédient de recette)	0.86	530(125)	66.2	2.6	0.8	24.9	4.1	1.3
02_016	Taro, tuber, white, boiled* (without salt), drained	Taro, tubercule, blanc, bouilli* (sans sel), égoutté	0.86	530(125)	66.2	2.6	0.8	24.9	4.1	1.3
02_026	Tiger nut, tuber, dried	Souchet comestible (« noix tigrée »), tubercule, séché	1.00	1 950(467)	7.6	4.8	[25.6]	48.5	11.7	1.8
Non-African data										
SD or min-max										0.2
n									3	7
02_024	Tiger nut, tuber, raw	Souchet comestible (« noix tigrée »), tubercule, cru	0.90	1 430(344)	33.7	4.4	20.2	32.1	8.4	1.2
Non-African data										
SD or min-max										7.1
n									1	5
										1.2
										7.1
										8.4-8.5
										0.2
										5
										2
										5

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
<b>Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés</b>													
02_073	Sweet potato, orange flesh, boiled* (as part of a recipe)	54	0.9	28	44	288	20	0.62	0.09	1 580	791	0	9 490
02_072	Sweet potato, orange flesh, boiled* (without salt), drained	52	0.9	25	41	230	16	0.56	0.09	1 500	751	0	9 010
02_022	Sweet potato, pale flesh (white/cream/pale yellow), raw	34	1.3	18	39	283	31	0.54	0.45	10	5	0	58
Non-African data										oa	oa		oa
SD or min-max		13	1.0	3	11	90	22	0.12					
n		20	21	12	17	13	3	12	1			1	
02_069	Sweet potato, pale flesh (white/cream/pale yellow), boiled* (as part of a recipe)	34	1.3	18	39	283	31	0.54	0.45	10	5	0	58
02_023	Sweet potato, pale flesh (white/cream/pale yellow), boiled* (without salt), drained	32	1.2	16	37	226	25	0.49	0.41	9	5	0	55
02_013	Sweet potato, yellow flesh, raw	40	1.9	18	38	283	20	0.54	0.26	255	127	0	1 530
Non-African data										oa	oa		oa
SD or min-max		33-46	1.8-2.0				10-30						
n		2	2	1	1	1	2	1	1			1	
02_071	Sweet potato, yellow flesh, boiled* (as part of a recipe)	40	1.9	18	38	283	20	0.54	0.26	255	127	0	1 530
02_014	Sweet potato, yellow flesh, boiled* (without salt), drained	38	1.8	16	35	226	16	0.49	0.23	242	121	0	1 450
02_083	Sweet potato, deep fried in unfortified vegetable oil*	83	3.9	37	79	584	295	1.11	0.54	105	53	0	631
02_015	Taro, tuber, white, raw	26	1.6	30	88	350	17	0.61	0.84	4	2	0	26
Non-African data										oa	oa		oa
SD or min-max		22	1.3	22-38		301-399	12-21	0.42-0.80					
n		3	3	2	1	2	2	2	1			1	
02_074	Taro, tuber, white, boiled* (as part of a recipe)	26	1.6	30	87	346	16	0.60	0.84	4	2	0	25
02_016	Taro, tuber, white, boiled* (without salt), drained	25	1.5	27	81	277	13	0.54	0.75	4	2	0	24
02_026	Tiger nut, tuber, dried	41	6.4	102	227	563	26	2.60	0.63	0	0	0	0
Non-African data													
SD or min-max		28	3.6	12	31	147	18-34	0.82	0.20				
n		7	7	5	7	5	2	5	5			1	
02_024	Tiger nut, tuber, raw	15	3.8	76	190	297	11	0.92	0.15	0	0	0	0
Non-African data													
SD or min-max		9	3.0	57	31	28	7	0.45	0.05				
n		5	5	3	5	3	3	3	3			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)	
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)	
Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés														
02_073	Sweet potato, orange flesh, boiled* (as part of a recipe)	0	0.14	0.03	0.05	1.2	0.9	16	0.09	9	9	0	28	
02_072	Sweet potato, orange flesh, boiled* (without salt), drained	0	0.14	0.02	0.04	1.0	0.8	16	0.08	7	7	0	22	
02_022	Sweet potato, pale flesh (white/cream/pale yellow), raw	0	0.14	0.09	0.04	0.9	0.6	17	0.10	26	26	0	22	
Non-African data									oa					
SD or min-max														
n		1		5	5		3	1	3	1		1	3	
02_069	Sweet potato, pale flesh (white/cream/pale yellow), boiled* (as part of a recipe)	0	0.14	0.08	0.03	0.8	0.5	17	0.09	20	20	0	20	
02_023	Sweet potato, pale flesh (white/cream/pale yellow), boiled* (without salt), drained	0	0.14	0.07	0.03	0.7	0.5	17	0.07	17	17	0	16	
02_013	Sweet potato, yellow flesh, raw	0	0.14	0.09	0.03	1.1	0.7	27	0.27	52	52	0	31	
Non-African data			oa											
SD or min-max														
n		1		1	2		1	1	1	1		1	2	
02_071	Sweet potato, yellow flesh, boiled* (as part of a recipe)	0	0.14	0.08	0.03	1.1	0.6	27	0.25	41	41	0	27	
02_014	Sweet potato, yellow flesh, boiled* (without salt), drained	0	0.14	0.07	0.03	1.0	0.5	27	0.20	33	33	0	21	
02_083	Sweet potato, deep fried in unfortified vegetable oil*	0.0	0.71	0.15	0.07	2.3	1.4	56	0.52	84	84	0.00	59	
02_015	Taro, tuber, white, raw	0	0.33	0.10	0.03	1.3	0.8	31	0.24	22	22	0	8	
Non-African data			oa		oa		oa		oa		oa			
SD or min-max														
n		1		1	1		1	1	1	1		1	1	
02_074	Taro, tuber, white, boiled* (as part of a recipe)	0	0.33	0.09	0.03	1.2	0.7	31	0.22	17	17	0	7	
02_016	Taro, tuber, white, boiled* (without salt), drained	0	0.33	0.08	0.03	1.1	0.6	31	0.18	14	14	0	6	
02_026	Tiger nut, tuber, dried	0	5.20	0.23	0.39	3.1	1.8	77	0.18	[160]	[160]	0	14	
Non-African data														
SD or min-max														
n		1		1	1		1	1	1	1		1	6	
02_024	Tiger nut, tuber, raw	0	3.80	0.22	0.29	2.4	1.4	60	0.13	[120]	[120]	0	9	
Non-African data														
SD or min-max														
n		1		3	3		3	2	2	2		1	4	



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés								
02_073	Sweet potato, orange flesh, boiled* (as part of a recipe)	0	0.06	0.00	0.10	0.08	0.02	32
02_072	Sweet potato, orange flesh, boiled* (without salt), drained	0	0.06	0.00	0.10	0.08	0.02	32
02_022	Sweet potato, pale flesh (white/cream/pale yellow), raw	0	0.06	0.01	0.12	0.10	0.02	64
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
02_069	Sweet potato, pale flesh (white/cream/pale yellow), boiled* (as part of a recipe)	0	0.06	0.01	0.12	0.10	0.02	38
02_023	Sweet potato, pale flesh (white/cream/pale yellow), boiled* (without salt), drained	0	0.06	0.01	0.12	0.10	0.02	38
02_013	Sweet potato, yellow flesh, raw	0	0.06	0.01	0.10	0.08	0.01	64
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
02_071	Sweet potato, yellow flesh, boiled* (as part of a recipe)	0	0.06	0.01	0.10	0.08	0.01	38
02_014	Sweet potato, yellow flesh, boiled* (without salt), drained	0	0.06	0.01	0.10	0.08	0.01	38
02_083	Sweet potato, deep fried in unfortified vegetable oil*	0	1.47	3.01	4.91	4.83	0.07	78
02_015	Taro, tuber, white, raw	0	0.19	0.10	0.34	0.31	0.04	17
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
02_074	Taro, tuber, white, boiled* (as part of a recipe)	0	0.18	0.10	0.34	0.30	0.04	10
02_016	Taro, tuber, white, boiled* (without salt), drained	0	0.18	0.10	0.34	0.30	0.04	10
02_026	Tiger nut, tuber, dried	0	6.15	11.11	3.22	3.14	0.08	
Non-African data			oa	oa	oa			
SD or min-max								
n			1					
02_024	Tiger nut, tuber, raw	0	4.85	8.75	2.54	2.47	0.06	
Non-African data								
SD or min-max								
n			1					

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés										
02_075	Tiger nut. tuber. boiled* (as part of a recipe)	Souchet comestible (« noix tigrée »), tubercule. bouilli* (ingrédient de recette)	0.90	1 510(362)	30.2	4.6	21.2	33.8	8.9	1.3
02_025	Tiger nut. tuber. boiled* (without salt). drained	Souchet comestible (« noix tigrée »), tubercule. bouilli* (sans sel). égoutté	0.90	1 510(362)	30.2	4.6	21.2	33.8	8.9	1.3
02_017	Water yam. tuber. raw	Grande igname. tubercule. crue	0.84	490(117)	65.0	2.4	[0.1]	21.6	9.7	1.2
Non-African data								oa	oa	
SD or min-max						2.1	0.2	0.1		0.5
n			1		4	3	3		1	3
02_076	Water yam. tuber. boiled* (as part of a recipe)	Grande igname. tubercule. bouillie* (ingrédient de recette)	0.83	516(123)	63.2	2.5	0.1	22.7	10.2	1.2
02_018	Water yam. tuber. boiled* (without salt). drained	Grande igname. tubercule. bouillie* (sans sel). égouttée	0.83	516(123)	63.2	2.5	0.1	22.7	10.2	1.2
02_082	Yam. tuber. deep fried in unfortified vegetable oil*	Igname. tubercule. frit dans l'huile végétale non enrichie*		1 100(262)	36.9	3.6	8.0	39.6	8.8	3.2
02_036	Yam. tuber. flour. from white yam tuber	Igname. tubercule. blanc. farine	1.00	1 380(327)	9.3	6.8	[0.6]	66.3	14.4	2.6
Non-African data								oa	oa	
SD or min-max			1.00-1.00		2.9	2.6	0.4-0.8			1.3
n			2		5	4	2		1	5
02_019	Yam. tuber. pale. raw	Igname. tubercule. chair pâle. cru	0.83	531(126)	64.4	2.3	[0.4]	25.5	5.6	1.8
Non-African data								oa	oa	
SD or min-max						3.1	0.8	0.2		1.1
n			1		11	8	7		1	7
02_077	Yam. tuber. pale. boiled* (as part of a recipe)	Igname. tubercule. chair pâle. bouilli* (ingrédient de recette)	0.82	559(132)	62.6	2.4	[0.4]	26.8	5.9	1.8
02_020	Yam. tuber. pale. boiled* (without salt). drained	Igname. tubercule. chair pâle. bouilli* (sans sel). égoutté	0.82	559(132)	62.6	2.4	[0.4]	26.8	5.9	1.8
02_027	Yam. tuber. Isu akoko. raw (Nigeria). n=1	Igname. tubercule. Isu akoko. cru (Nigéria). n=1	0.83	589(139)	61.3	2.0	[0.2]	29.3	6.1	1.0
Non-African data								oa	oa	
02_028	Yam. tuber. Isu oko. raw (Nigeria). n=1	Igname. tubercule. Isu oko. cru (Nigéria). n=1	0.83	482(114)	68.4	1.6	[0.1]	24.1	5.0	0.8
Non-African data								oa	oa	
02_029	Yam. tuber. Amara. raw (Nigeria). n=1	Igname. tubercule. Amara. cru (Nigéria). n=1	0.83	612(145)	59.8	1.9	[0.2]	30.7	6.4	1.0
Non-African data								oa	oa	
02_030	Yam. tuber. Chika. kundu. raw (Nigeria). n=1	Igname. tubercule. Chika. kundu. cru (Nigéria). n=1	0.83	534(126)	64.8	1.6	[0.1]	27.0	5.6	0.9
Non-African data								oa	oa	
02_033	Yam. tuber. Giwa. raw (Nigeria). n=1	Igname. tubercule. Giwa. cru (Nigéria). n=1	0.83	563(133)	63.1	1.9	[0.2]	28.1	5.9	0.9
Non-African data								oa	oa	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés													
02_075	Tiger nut, tuber, boiled* (as part of a recipe)	15	4.0	80	199	313	12	0.97	0.16	0	0	0	0
02_025	Tiger nut, tuber, boiled* (without salt), drained	15	3.7	72	186	250	9	0.88	0.14	0	0	0	0
02_017	Water yam, tuber, raw	15	0.8	8	65	281	6	0.43	0.21	7	3	0	39
Non-African data						oa							
SD or min-max		8	0.8		8			0.39-0.48	0.19-0.22				
n		4	3	1	3	1	1	2	2			1	
02_076	Water yam, tuber, boiled* (as part of a recipe)	16	0.9	8	68	296	6	0.46	0.22	7	3	0	41
02_018	Water yam, tuber, boiled* (without salt), drained	15	0.8	7	63	237	5	0.41	0.20	7	3	0	39
02_082	Yam, tuber, deep fried in unfortified vegetable oil*	43	2.5	31	85	621	162	1.03	0.18	2	1	0	13
02_036	Yam, tuber, flour, from white yam tuber	66	2.0	48	110	976	19	1.62	0.29	tr	tr	0	tr
Non-African data													
SD or min-max			1.5										
n		1	3	1	1	1	1	1	1			1	
02_019	Yam, tuber, pale, raw	26	1.6	19	53	383	7	0.64	0.11	7	3	0	39
Non-African data													
SD or min-max		22	1.2	12	8	295-470	5-10	0.40-0.88	0.07-0.16				
n		9	7	3	5	2	2	2	2			1	
02_077	Yam, tuber, pale, boiled* (as part of a recipe)	27	1.6	20	55	403	8	0.67	0.12	7	3	0	41
02_020	Yam, tuber, pale, boiled* (without salt), drained	26	1.5	18	52	322	6	0.60	0.11	7	3	0	39
02_027	Yam, tuber, Isu akoko, raw (Nigeria), n=1	12	0.3	8	54	383	5	0.43	0.19			0	
Non-African data													
02_028	Yam, tuber, Isu oko, raw (Nigeria), n=1	9	0.3	8	51	383	5	0.38	0.16			0	
Non-African data													
02_029	Yam, tuber, Amara, raw (Nigeria), n=1	10	0.4	9	76	383	4	0.48	0.20			0	
Non-African data													
02_030	Yam, tuber, Chika, kundu, raw (Nigeria), n=1	7	0.4	8	37	383	6	0.39	0.14			0	
Non-African data													
02_033	Yam, tuber, Giwa, raw (Nigeria), n=1	8	0.3	10	52	383	5	0.41	0.15			0	
Non-African data													

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés													
02_075	Tiger nut, tuber, boiled* (as part of a recipe)	0	3.90	0.21	0.29	2.4	1.3	63	0.13	[94]	[94]	0	8
02_025	Tiger nut, tuber, boiled* (without salt), drained	0	3.90	0.18	0.27	2.1	1.1	63	0.10	[76]	[76]	0	6
02_017	Water yam, tuber, raw	0	0.37	0.05	0.03	0.9	0.5	24	0.03	26	26	0	15
Non-African data			oa						oa	oa	oa		
SD or min-max													
n		1		1	1		1	1	1	1		1	1
02_076	Water yam, tuber, boiled* (as part of a recipe)	0	0.39	0.05	0.03	0.9	0.5	25	0.03	21	21	0	14
02_018	Water yam, tuber, boiled* (without salt), drained	0	0.39	0.04	0.03	0.8	0.4	25	0.02	17	17	0	11
02_082	Yam, tuber, deep fried in unfortified vegetable oil*	0.0	0.95	0.09	0.04	1.9	1.2	39	0.36	34	36	0.00	19
02_036	Yam, tuber, flour, from white yam tuber	0	1.30	0.10	0.08	2.3	1.1	71	0.56	64	64	0	3
Non-African data			oa						oa	oa	oa	oa	
SD or min-max													
n		1		1	1		1	1	1	1		1	1
02_019	Yam, tuber, pale, raw	0	0.37	0.07	0.02	1.2	0.8	24	0.23	27	27	0	13
Non-African data			oa				oa	oa	oa	oa	oa		
SD or min-max													
n		1		3	2		2	1	1	1		1	3
02_077	Yam, tuber, pale, boiled* (as part of a recipe)	0	0.39	0.06	0.02	1.2	0.7	25	0.23	22	22	0	12
02_020	Yam, tuber, pale, boiled* (without salt), drained	0	0.39	0.05	0.02	1.0	0.6	25	0.19	18	18	0	9
02_027	Yam, tuber, Isu akoko, raw (Nigeria), n=1	0	0.37	0.07	0.02	1.1	0.8	21	0.26	29	29	0	13
Non-African data			oa				oa	oa	oa	oa	oa		
02_028	Yam, tuber, Isu oko, raw (Nigeria), n=1	0	0.37	0.07	0.02	1.0	0.8	16	0.21	24	24	0	13
Non-African data			oa				oa	oa	oa	oa	oa		
02_029	Yam, tuber, Amara, raw (Nigeria), n=1	0	0.37	0.07	0.02	1.1	0.8	20	0.27	30	30	0	13
Non-African data			oa				oa	oa	oa	oa	oa		
02_030	Yam, tuber, Chika, kundu, raw (Nigeria), n=1	0	0.37	0.07	0.02	1.0	0.8	16	0.23	27	27	0	13
Non-African data			oa				oa	oa	oa	oa	oa		
02_033	Yam, tuber, Giwa, raw (Nigeria), n=1	0	0.37	0.07	0.02	1.1	0.8	20	0.24	28	28	0	13
Non-African data			oa				oa	oa	oa	oa	oa		

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés								
02_075	Tiger nut, tuber, boiled* (as part of a recipe)	0	5.10	9.21	2.67	2.60	0.07	
02_025	Tiger nut, tuber, boiled* (without salt), drained	0	5.10	9.21	2.67	2.60	0.07	
02_017	Water yam, tuber, raw	0	0.03	0.01	0.06	0.05	0.01	92
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1
02_076	Water yam, tuber, boiled* (as part of a recipe)	0	0.04	0.01	0.06	0.05	0.01	57
02_018	Water yam, tuber, boiled* (without salt), drained	0	0.04	0.01	0.06	0.05	0.01	57
02_082	Yam, tuber, deep fried in unfortified vegetable oil*	0	1.21	2.50	3.93	3.84	0.09	28
02_036	Yam, tuber, flour, from white yam tuber	0	0.16	0.05	0.27	0.21	0.06	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					
02_019	Yam, tuber, pale, raw	0	0.10	0.03	0.16	0.13	0.04	29
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
02_077	Yam, tuber, pale, boiled* (as part of a recipe)	0	0.10	0.03	0.17	0.13	0.04	18
02_020	Yam, tuber, pale, boiled* (without salt), drained	0	0.10	0.03	0.17	0.13	0.04	18
02_027	Yam, tuber, Isu akoko, raw (Nigeria), n=1	0	0.05	0.02	0.09	0.07	0.02	32
Non-African data			oa	oa	oa	oa	oa	oa
02_028	Yam, tuber, Isu oko, raw (Nigeria), n=1	0	0.03	0.01	0.06	0.04	0.01	26
Non-African data			oa	oa	oa	oa	oa	oa
02_029	Yam, tuber, Amara, raw (Nigeria), n=1	0	0.04	0.01	0.07	0.06	0.02	33
Non-African data			oa	oa	oa	oa	oa	oa
02_030	Yam, tuber, Chika, kundu, raw (Nigeria), n=1	0	0.03	0.01	0.05	0.04	0.01	29
Non-African data			oa	oa	oa	oa	oa	oa
02_033	Yam, tuber, Giwa, raw (Nigeria), n=1	0	0.05	0.02	0.08	0.07	0.02	30
Non-African data			oa	oa	oa	oa	oa	oa

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés										
02_031	Yam, tuber. Isu Abuja. raw (Nigeria). n=1	Igname, tubercule. Isu Abuja. cru (Nigéria). n=1	0.83	451(107)	70.4	1.6	[0.1]	22.5	4.7	0.7
Non-African data								oa	oa	
02_032	Yam, tuber. Pepa. raw (Nigeria). n=1	Igname, tubercule. Pepa. cru (Nigéria). n=1	0.83	581(138)	61.8	2.0	[0.2]	29.0	6.1	1.0
Non-African data								oa	oa	
02_034	Yam, tuber. combined cultivars. raw (Nigeria)	Igname, tubercule. cultivars combinés. cru (Nigéria)	0.83	545(129)	64.2	1.8	[0.1]	27.2	5.7	0.9
Non-African data								oa	oa	
SD or min-max						3.9	0.2	0.0		0.1
n					1	7	7	7	1	7
02_078	Yam, tuber. combined cultivars (Nigeria). boiled* (as part of a recipe)	Igname, tubercule. cultivars combinés (Nigéria). bouilli* (ingrédient de recette)	0.82	573(136)	62.3	1.9	[0.2]	28.7	6.0	1.0
02_035	Yam, tuber. combined cultivars (Nigeria). boiled* (without salt). drained	Igname, tubercule. cultivars combinés (Nigéria). bouilli* (sans sel). égoutté	0.82	573(136)	62.3	1.9	[0.2]	28.7	6.0	1.0
02_050	Yam, tuber. three-leaved. pale. raw	Igname, tubercule. à trois feuilles. chair pâle. cru	0.82	483(114)	67.8	1.8	[0.2]	23.8	5.1	1.3
Non-African data								oa	oa	
SD or min-max						7.4	0.8	0.1		0.7
n					1	10	7	8	1	8
02_080	Yam, tuber. three-leaved. pale. boiled* (as part of a recipe)	Igname, tubercule. à trois feuilles. chair pâle. bouilli* (ingrédient de recette)	0.81	509(120)	66.1	1.9	[0.2]	25.1	5.4	1.4
02_079	Yam, tuber. three-leaved. pale. boiled* (without salt. drained)	Igname, tubercule. à trois feuilles. chair pâle. bouilli* (sans sel). égoutté	0.81	509(120)	66.1	1.9	[0.2]	25.1	5.4	1.4
Legumes and their products/Légumineuses et produits dérivés										
03_009	African locust bean. dry. raw	Néré. sec. cru	0.30	1 700(406)	7.8	29.0	[13.8]	37.8	[7.2]	4.4
Non-African data										
SD or min-max						1.9	2.8	4.4	3.0	0.6
n					1	7	5	6	6	7
03_042	African locust bean. fermented (soubala)	Néré. fermenté (soubala)	1.00	1 570(375)	15.1	33.1	15.6	18.4	14.5	3.3
Non-African data										
SD or min-max					0.00	3.5	3.7	15.6-15.6	3.0	1.3
n					4	8	8	2	4	5

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés													
02_031	Yam, tuber, Isu Abuja, raw (Nigeria), n=1	10	0.2	7	58	383	3	0.36	0.15			0	
Non-African data													
02_032	Yam, tuber, Pepa, raw (Nigeria), n=1	10	0.3	8	88	383	5	0.46	0.15			0	
Non-African data													
02_034	Yam, tuber, combined cultivars, raw (Nigeria)	9	0.3	8	59	383	5	0.41	0.16			0	
Non-African data													
	SD or min-max	2	0.1	1	17		1	0.05	0.02				
	n	7	7	7	7	1	7	7	7			1	
02_078	Yam, tuber, combined cultivars (Nigeria), boiled* (as part of a recipe)	10	0.3	9	62	403	5	0.44	0.17			0	
02_035	Yam, tuber, combined cultivars (Nigeria), boiled* (without salt), drained	9	0.3	8	58	322	4	0.39	0.15			0	
02_050	Yam, tuber, three-leaved, pale, raw	14	0.3	15	66	241	5	0.60	0.22	10	5	0	60
Non-African data													
	SD or min-max	7	0.0	16	21		1	0.28	0.15				
	n	8	5	6	7	1	6	8	6			1	
02_080	Yam, tuber, three-leaved, pale, boiled* (as part of a recipe)	15	0.3	16	70	254	5	0.63	0.23	11	5	0	63
02_079	Yam, tuber, three-leaved, pale, boiled* (without salt, drained)	14	0.3	15	65	203	4	0.57	0.21	10	5	0	60
Legumes and their products/Légumineuses et produits dérivés													
03_009	African locust bean, dry, raw	330	14.0	168	319	505	49	5.15	1.26	0	0	0	2
Non-African data													
	SD or min-max	291-369			253-384			0.37-0.87					
	n	2	1	1	2	1	1	2	1			1	
03_042	African locust bean, fermented (soubala)	435	15.2	154	443	465	45	4.74	1.21	tr	tr	0	tr
Non-African data													
	SD or min-max	93	14.7-15.7	20	153	75	15	0.47	1.19-1.24				
	n	8	2	3	4	3	3	5	2			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)		
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)		
Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés															
02_031	Yam, tuber, Isu Abuja, raw (Nigeria), n=1	0	0.37	0.07	0.02	1.1	0.8	17	0.20	22	22	0	13		
Non-African data			oa		oa		oa		oa		oa				
02_032	Yam, tuber, Pepa, raw (Nigeria), n=1	0	0.37	0.07	0.02	1.1	0.8	21	0.25	29	29	0	13		
Non-African data			oa		oa		oa		oa		oa				
02_034	Yam, tuber, combined cultivars, raw (Nigeria)	0	0.37	0.07	0.02	1.1	0.8	19	0.24	27	27	0	13		
Non-African data			oa		oa		oa		oa		oa				
SD or min-max				0.00		0.00									
n		1		7	7		1	1	1	1		1	1		
02_078	Yam, tuber, combined cultivars (Nigeria), boiled* (as part of a recipe)	0	0.39	0.06	0.02	1.1	0.7	20	0.23	22	22	0	12		
02_035	Yam, tuber, combined cultivars (Nigeria), boiled* (without salt), drained	0	0.39	0.05	0.02	0.9	0.6	20	0.19	18	18	0	9		
02_050	Yam, tuber, three-leaved, pale, raw	0	0.37	0.07	0.05	1.0	0.7	19	0.21	23	23	0	13		
Non-African data			oa		oa		oa		oa		oa				
SD or min-max								0.6-0.6							
n		1		1	1		2	1	1	1		1	1		
02_080	Yam, tuber, three-leaved, pale, boiled* (as part of a recipe)	0	0.39	0.07	0.05	1.0	0.7	20	0.21	19	19	0	12		
02_079	Yam, tuber, three-leaved, pale, boiled* (without salt, drained)	0	0.39	0.06	0.05	0.9	0.6	20	0.17	15	15	0	9		
Legumes and their products/Légumineuses et produits dérivés															
03_009	African locust bean, dry, raw	0	1.30	0.30	0.68	10.0	3.0	421	0.42	380	380	0	6		
Non-African data					oa		oa		oa		oa				
SD or min-max															
n		1		1	1		1	1	1	1		1	1		
03_042	African locust bean, fermented (soubala)	0	1.50	0.13	0.63	5.9	2.6	197	0.39	[130]	[130]		0		
Non-African data															
SD or min-max				0.10		0.15		0.9		166-227		0.39-0.40		130-130	
n		1		5	5		4	2	2	2			2		



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCP(mg)
Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés								
02_031	Yam, tuber, Isu Abuja, raw (Nigeria), n=1	0	0.03	0.01	0.05	0.04	0.01	24
Non-African data			oa	oa	oa	oa	oa	oa
02_032	Yam, tuber, Pepa, raw (Nigeria), n=1	0	0.04	0.01	0.07	0.05	0.02	31
Non-African data			oa	oa	oa	oa	oa	oa
02_034	Yam, tuber, combined cultivars, raw (Nigeria)	0	0.04	0.01	0.07	0.05	0.01	29
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1
02_078	Yam, tuber, combined cultivars (Nigeria), boiled* (as part of a recipe)	0	0.04	0.01	0.07	0.06	0.02	18
02_035	Yam, tuber, combined cultivars (Nigeria), boiled* (without salt), drained	0	0.04	0.01	0.07	0.06	0.02	18
02_050	Yam, tuber, three-leaved, pale, raw	0	0.04	0.01	0.07	0.06	0.02	26
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1
02_080	Yam, tuber, three-leaved, pale, boiled* (as part of a recipe)	0	0.05	0.01	0.08	0.06	0.02	16
02_079	Yam, tuber, three-leaved, pale, boiled* (without salt, drained)	0	0.05	0.01	0.08	0.06	0.02	16
Legumes and their products/Légumineuses et produits dérivés								
03_009	African locust bean, dry, raw	0	1.75	2.58	6.38	5.64	0.74	317
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
03_042	African locust bean, fermented (soubala)	0	2.91	3.10	6.08	5.71	0.37	63
Non-African data								
SD or min-max								
n		1						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Legumes and their products/Légumineuses et produits dérivés										
03_063	African locust bean. not soaked. boiled* (without salt). drained	Néré. non trempé. bouilli* (sans sel). égoutté	0.53	653(155)	64.7	11.1	[5.3]	14.5	[2.8]	1.7
03_064	African locust bean. not soaked. boiled* (without salt). with cooking liquid	Néré. non trempé. bouilli* (sans sel). avec liquide de cuisson	0.64	412(98)	77.7	7.0	[3.3]	9.2	[1.7]	1.1
03_065	African locust bean. soaked. boiled in different water* (without salt). drained	Néré. trempé. bouilli dans différentes eaux* (sans sel). égoutté	0.50	741(176)	59.9	12.6	[6.0]	16.4	[3.1]	1.9
03_066	African locust bean. soaked. boiled in different water* (without salt). with cooking liquid	Néré. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	0.58	532(127)	71.2	9.1	[4.3]	11.8	[2.2]	1.4
03_010	African yam bean. dry. raw	Haricot igname. sec. cru	1.00	1 330(316)	11.4	20.5	[1.5]	46.7	16.7	3.2
Non-African data										
SD or min-max					2.8	2.5	0.6		2.0	0.7
n					1	10	6	8	3	9
03_011	African yam bean. not soaked. boiled* (without salt). drained	Haricot igname. non trempé. bouilli* (sans sel). égoutté	1.00	510(121)	66.1	7.9	[0.6]	17.8	6.4	1.2
03_060	African yam bean. not soaked. boiled* (without salt). with cooking liquid	Haricot igname. non trempé. bouilli* (sans sel). avec liquide de cuisson	1.00	322(76)	78.6	5.0	[0.4]	11.3	4.0	0.8
03_061	African yam bean. soaked. boiled in different water* (without salt). drained	Haricot igname. trempé. bouilli dans différentes eaux* (sans sel). égoutté	1.00	579(137)	61.5	9.0	[0.7]	20.2	7.3	1.4
03_062	African yam bean. soaked. boiled in different water* (without salt). with cooking liquid	Haricot igname. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	1.00	416(99)	72.3	6.5	[0.5]	14.5	5.2	1.0
03_044	Afzelia africana. shelled. roasted. milled	Afzelia africana. égréné. grillé. moulu		1 620(392)	13.8	18.0	[25.1]	7.5	32.2	3.4
Non-African data										
SD or min-max										
n						1	1	1	1	1
03_001	Bambara groundnut. dry. raw	Pois bambara. sec. cru	1.00	1 350(323)	9.0	19.5	5.9	33.6	28.9	3.1
Non-African data										
SD or min-max						1.8	2.2	1.2	3.4	0.8
n					1	21	20	17	6	21
03_012	Bambara groundnut. not soaked. boiled* (without salt). drained	Pois bambara. non trempé. bouilli* (sans sel). égoutté	1.00	675(161)	54.5	9.8	2.9	16.8	14.5	1.6
03_068	Bambara groundnut. soaked. boiled in different water* (without salt). drained	Pois bambara. trempé. bouilli dans différentes eaux* (sans sel). égoutté	1.00	675(161)	54.5	9.8	2.9	16.8	14.5	1.6

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Legumes and their products/Légumineuses et produits dérivés													
03_063	African locust bean, not soaked, boiled* (without salt), drained	107	4.6	55	110	145	14	1.78	0.34	0	0	0	1
03_064	African locust bean, not soaked, boiled* (without salt), with cooking liquid	80	3.4	41	77	122	12	1.25	0.30	0	0	0	1
03_065	African locust bean, soaked, boiled in different water* (without salt), drained	122	5.2	62	125	165	16	2.01	0.38	0	0	0	1
03_066	African locust bean, soaked, boiled in different water* (without salt), with cooking liquid	103	4.4	52	100	158	15	1.61	0.39	0	0	0	1
03_010	African yam bean, dry, raw	40	4.1	186	253	1 290	2	2.00	0.95	3	1	0	15
Non-African data				oa					oa	oa	oa		oa
SD or min-max		9	0.3		15	46	1	0.66					
n		5	3	1	3	3	3	4	1			1	
03_011	African yam bean, not soaked, boiled* (without salt), drained	13	1.3	61	87	370	1	0.69	0.25	1	0	0	6
03_060	African yam bean, not soaked, boiled* (without salt), with cooking liquid	10	1.0	45	61	311	1	0.48	0.23	1	0	0	4
03_061	African yam bean, soaked, boiled in different water* (without salt), drained	15	1.5	69	99	419	1	0.78	0.29	1	1	0	7
03_062	African yam bean, soaked, boiled in different water* (without salt), with cooking liquid	13	1.3	58	79	402	1	0.62	0.30	1	0	0	5
03_044	Afzelia africana, shelled, roasted, milled	291	9.6		421			3.71				0	
Non-African data													
SD or min-max													
n		1	1		1			1				1	
03_001	Bambara groundnut, dry, raw	53	3.2	174	267	1 160	2	2.40	0.76	tr	tr	0	tr
Non-African data													
SD or min-max		19	1.4	31	66	273	1	1.20	0.23				
n		15	12	10	13	10	7	10	10			1	
03_012	Bambara groundnut, not soaked, boiled* (without salt), drained	22	1.4	74	120	433	1	1.08	0.27	tr	tr	0	tr
03_068	Bambara groundnut, soaked, boiled in different water* (without salt), drained	22	1.4	74	120	433	1	1.08	0.27	tr	tr	0	tr

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Legumes and their products/Légumineuses et produits dérivés													
03_063	African locust bean, not soaked, boiled* (without salt), drained	0	0.46	0.07	0.20	3.4	0.7	161	0.11	72	72	0	1
03_064	African locust bean, not soaked, boiled* (without salt), with cooking liquid	0	0.32	0.06	0.17	2.3	0.6	102	0.08	55	55	0	1
03_065	African locust bean, soaked, boiled in different water* (without salt), drained	0	0.52	0.08	0.22	3.9	0.8	183	0.13	82	82	0	2
03_066	African locust bean, soaked, boiled in different water* (without salt), with cooking liquid	0	0.41	0.08	0.21	2.9	0.8	131	0.10	71	71	0	1
03_010	African yam bean, dry, raw	0	0.48	0.67	0.18	6.0	2.4	217	0.34	480	480	0	2
Non-African data			oa		oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max													
n		1		1	1		1	4	1	1		1	1
03_011	African yam bean, not soaked, boiled* (without salt), drained	0	0.17	0.17	0.05	2.0	0.6	84	0.09	92	92	0	0
03_060	African yam bean, not soaked, boiled* (without salt), with cooking liquid	0	0.12	0.13	0.04	1.3	0.5	53	0.07	70	70	0	0
03_061	African yam bean, soaked, boiled in different water* (without salt), drained	0	0.19	0.19	0.06	2.3	0.7	95	0.10	100	100	0	1
03_062	African yam bean, soaked, boiled in different water* (without salt), with cooking liquid	0	0.15	0.17	0.06	1.7	0.6	68	0.09	90	90	0	0
03_044	Afzelia africana, shelled, roasted, milled	0										0	
Non-African data													
SD or min-max													
n		1										1	
03_001	Bambara groundnut, dry, raw	0	0.23	0.19	0.14	4.1	2.0	127	0.17	[100]	[100]	0	tr
Non-African data													
SD or min-max				0.21	0.08		0.3	24	0.17-0.17	100-100			tr
n		1		10	10		8	6	2	2		1	2
03_012	Bambara groundnut, not soaked, boiled* (without salt), drained	0	0.11	0.06	0.05	1.7	0.7	64	0.06	[25]	[25]	0	tr
03_068	Bambara groundnut, soaked, boiled in different water* (without salt), drained	0	0.11	0.06	0.05	1.7	0.7	64	0.06	[25]	[25]	0	tr

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Legumes and their products/Légumineuses et produits dérivés								
03_063	African locust bean, not soaked, boiled* (without salt), drained	0	0.67	0.99	2.44	2.16	0.28	98
03_064	African locust bean, not soaked, boiled* (without salt), with cooking liquid	0	0.42	0.62	1.54	1.36	0.18	62
03_065	African locust bean, soaked, boiled in different water* (without salt), drained	0	0.76	1.12	2.77	2.45	0.32	92
03_066	African locust bean, soaked, boiled in different water* (without salt), with cooking liquid	0	0.55	0.81	1.99	1.76	0.23	66
03_010	African yam bean, dry, raw	0	0.33	0.16	0.66	0.36	0.30	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						
03_011	African yam bean, not soaked, boiled* (without salt), drained	0	0.13	0.06	0.25	0.14	0.12	
03_060	African yam bean, not soaked, boiled* (without salt), with cooking liquid	0	0.08	0.04	0.16	0.09	0.07	
03_061	African yam bean, soaked, boiled in different water* (without salt), drained	0	0.15	0.07	0.29	0.15	0.13	
03_062	African yam bean, soaked, boiled in different water* (without salt), with cooking liquid	0	0.10	0.05	0.21	0.11	0.10	
03_044	Afzelia africana, shelled, roasted, milled	0						
Non-African data								
SD or min-max								
n		1						
03_001	Bambara groundnut, dry, raw	0	1.64	0.96	1.93	1.82	0.11	
Non-African data								
SD or min-max								
n		1						
03_012	Bambara groundnut, not soaked, boiled* (without salt), drained	0	0.82	0.48	0.97	0.91	0.06	
03_068	Bambara groundnut, soaked, boiled in different water* (without salt), drained	0	0.82	0.48	0.97	0.91	0.06	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Legumes and their products/Légumineuses et produits dérivés										
03_013	Bambara groundnut. black white-eye. dry. raw (Ghana). n=1	Pois bambara. œil noir et blanc. sec. cru (Ghana). n=1	1.00	1 310(312)	9.5	24.5	4.3	29.5	28.9	3.3
Non-African data										
03_014	Bambara groundnut. brown white-eye. dry. raw (Ghana). n=1	Pois bambara. œil brun et blanc. sec. cru (Ghana). n=1	1.00	1 330(318)	9.8	20.6	5.8	31.4	28.9	3.5
Non-African data										
03_015	Bambara groundnut. cream black-eye. dry. raw (Ghana). n=1	Pois bambara. œil crème et noir. sec. cru (Ghana). n=1	1.00	1 360(325)	8.8	17.6	6.1	35.4	28.9	3.2
Non-African data										
03_016	Bambara groundnut. cream pink-eye. dry. raw (Ghana). n=1	Pois bambara. œil crème et rose. sec. cru (Ghana). n=1	1.00	1 330(317)	8.9	23.2	4.7	30.8	28.9	3.4
Non-African data										
03_017	Bambara groundnut. maroon white-eye. dry. raw (Ghana). n=1	Pois bambara. œil bordeaux et blanc. sec. cru (Ghana). n=1	1.00	1 340(321)	9.8	18.1	6.3	33.4	28.9	3.4
Non-African data										
03_018	Bambara groundnut. combined varieties. dry. raw (Ghana)	Pois bambara. mélange de variétés. sec. cru (Ghana)	1.00	1 330(319)	9.4	20.8	5.5	32.1	28.9	3.4
Non-African data										
SD or min-max					8.8-8.9	17.6-23.2	4.7-6.1			
n					2	2	2	1	2	
03_019	Bambara groundnut. combined varieties (Ghana). not soaked. boiled* (without salt). drained	Pois bambara. mélange de variétés (Ghana). non trempé. bouilli* (sans sel). égoutté	1.00	666(159)	54.7	10.4	2.7	16.0	14.5	1.7
03_071	Bambara groundnut. combined varieties (Ghana). soaked. boiled in different water* (without salt). drained	Pois bambara. mélange de variétés (Ghana). trempé. bouilli dans différentes eaux* (sans sel). égoutté	1.00	666(159)	54.7	10.4	2.7	16.0	14.5	1.7
03_002	Bambara groundnut. red. dry. raw	Pois bambara. rouge. sec. cru	1.00	1 320(317)	8.1	18.4	6.0	30.4	34.0	3.2
Non-African data										
SD or min-max					8.0-8.1	18.4-18.4	5.5-6.4			
n					2	2	2	1	1	
03_020	Bambara groundnut. red. not soaked. boiled* (without salt). drained	Pois bambara. rouge. non trempé. bouilli* (sans sel). égoutté	1.00	661(158)	54.0	9.2	3.0	15.2	17.0	1.6
03_074	Bambara groundnut. red. soaked. boiled in different water* (without salt). drained	Pois bambara. rouge. trempé. bouilli dans différentes eaux* (sans sel). égoutté	1.00	661(158)	54.0	9.2	3.0	15.2	17.0	1.6
03_003	Bambara groundnut. white. dry. raw	Pois bambara. blanc. sec. cru	1.00	1 400(335)	7.9	20.0	6.5	35.7	26.8	3.1
Non-African data										
SD or min-max										0.2
n					1	1	1	1	1	3

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Legumes and their products/Légumineuses et produits dérivés													
03_013	Bambara groundnut, black white-eye, dry, raw (Ghana), n=1	62	6.0	174	283	1 160	2	2.40	0.76	tr	tr	0	tr
Non-African data													
03_014	Bambara groundnut, brown white-eye, dry, raw (Ghana), n=1	64	4.1	174	236	1 160	2	2.40	0.76	tr	tr	0	tr
Non-African data													
03_015	Bambara groundnut, cream black-eye, dry, raw (Ghana), n=1	73	3.0	174	262	1 160	2	2.40	0.76	tr	tr	0	tr
Non-African data													
03_016	Bambara groundnut, cream pink-eye, dry, raw (Ghana), n=1	63	3.6	174	305	1 160	2	2.40	0.76	tr	tr	0	tr
Non-African data													
03_017	Bambara groundnut, maroon white-eye, dry, raw (Ghana), n=1	57	5.6	174	284	1 160	2	2.40	0.76	tr	tr	0	tr
Non-African data													
03_018	Bambara groundnut, combined varieties, dry, raw (Ghana)	64	4.5	174	274	1 160	2	2.40	0.76	tr	tr	0	tr
Non-African data													
SD or min-max		63-73	3.0-3.6		262-305								
n		2	2	1	2	1	1	1	1			1	
03_019	Bambara groundnut, combined varieties (Ghana), not soaked, boiled* (without salt), drained	27	1.9	74	123	433	1	1.08	0.27	tr	tr	0	tr
03_071	Bambara groundnut, combined varieties (Ghana), soaked, boiled in different water* (without salt), drained	27	1.9	74	123	433	1	1.08	0.27	tr	tr	0	tr
03_002	Bambara groundnut, red, dry, raw	35	3.3	178	272	1 290	2	2.02	0.64	tr	tr	0	tr
Non-African data													
SD or min-max													
n		1	1	1	1	1		1	1			1	
03_020	Bambara groundnut, red, not soaked, boiled* (without salt), drained	15	1.4	76	122	484	1	0.91	0.22	tr	tr	0	tr
03_074	Bambara groundnut, red, soaked, boiled in different water* (without salt), drained	15	1.4	76	122	484	1	0.91	0.22	tr	tr	0	tr
03_003	Bambara groundnut, white, dry, raw	50	3.3	185	309	1 370	2	2.39	0.82	[tr]	[tr]	0	[tr]
Non-African data													
SD or min-max		44		18	23	63		0.33	0.09				
n		3	1	3	3	3	1	3	3			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Legumes and their products/Légumineuses et produits dérivés													
03_013	Bambara groundnut, black white-eye, dry, raw (Ghana), n=1	0	0.23	0.19	0.14	4.7	2.0	160	0.17	[100]	[100]	0	tr
Non-African data													
03_014	Bambara groundnut, brown white-eye, dry, raw (Ghana), n=1	0	0.23	0.19	0.14	4.2	2.0	134	0.17	[100]	[100]	0	tr
Non-African data													
03_015	Bambara groundnut, cream black-eye, dry, raw (Ghana), n=1	0	0.23	0.19	0.14	3.9	2.0	115	0.17	[100]	[100]	0	tr
Non-African data													
03_016	Bambara groundnut, cream pink-eye, dry, raw (Ghana), n=1	0	0.23	0.19	0.14	4.5	2.0	151	0.17	[100]	[100]	0	tr
Non-African data													
03_017	Bambara groundnut, maroon white-eye, dry, raw (Ghana), n=1	0	0.23	0.19	0.14	4.0	2.0	118	0.17	[100]	[100]	0	tr
Non-African data													
03_018	Bambara groundnut, combined varieties, dry, raw (Ghana)	0	0.23	0.19	0.14	4.3	2.0	136	0.17	[100]	[100]	0	tr
Non-African data													
SD or min-max													
n		1		1	1		1	1	1	1		1	1
03_019	Bambara groundnut, combined varieties (Ghana), not soaked, boiled* (without salt), drained	0	0.11	0.06	0.05	1.8	0.7	68	0.06	[25]	[25]	0	tr
03_071	Bambara groundnut, combined varieties (Ghana), soaked, boiled in different water* (without salt), drained	0	0.11	0.06	0.05	1.8	0.7	68	0.06	[25]	[25]	0	tr
03_002	Bambara groundnut, red, dry, raw	0	0.23	0.19	0.14	4.2	2.0	120	0.17	[100]	[100]	0	tr
Non-African data													
SD or min-max													
n		1		1	1		1	1	1	1		1	1
03_020	Bambara groundnut, red, not soaked, boiled* (without salt), drained	0	0.11	0.06	0.05	1.7	0.7	60	0.06	[26]	[26]	0	tr
03_074	Bambara groundnut, red, soaked, boiled in different water* (without salt), drained	0	0.11	0.06	0.05	1.7	0.7	60	0.06	[26]	[26]	0	tr
03_003	Bambara groundnut, white, dry, raw	0	0.23	0.19	0.14	4.2	2.0	130	0.17	100	100	0	tr
Non-African data													
SD or min-max													
n		1		1	1		1	1	1	1		1	1



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE (mg)	FASAT (g)	FAMS (g)	FAPU (g)	F18D2CN6 (g)	F18D3CN3 (g)	PHYTCPP (mg)
Legumes and their products/Légumineuses et produits dérivés								
03_013	Bambara groundnut, black white-eye, dry, raw (Ghana), n=1	0	1.21	0.70	1.42	1.34	0.08	
Non-African data								
03_014	Bambara groundnut, brown white-eye, dry, raw (Ghana), n=1	0	1.63	0.95	1.92	1.80	0.11	
Non-African data								
03_015	Bambara groundnut, cream black-eye, dry, raw (Ghana), n=1	0	1.71	1.00	2.02	1.90	0.12	
Non-African data								
03_016	Bambara groundnut, cream pink-eye, dry, raw (Ghana), n=1	0	1.33	0.78	1.57	1.48	0.09	
Non-African data								
03_017	Bambara groundnut, maroon white-eye, dry, raw (Ghana), n=1	0	1.78	1.04	2.09	1.97	0.12	
Non-African data								
03_018	Bambara groundnut, combined varieties, dry, raw (Ghana)	0	1.53	0.89	1.80	1.70	0.10	
Non-African data								
SD or min-max								
n								
03_019	Bambara groundnut, combined varieties (Ghana), not soaked, boiled* (without salt), drained	0	0.77	0.45	0.90	0.85	0.05	
03_071	Bambara groundnut, combined varieties (Ghana), soaked, boiled in different water* (without salt), drained	0	0.77	0.45	0.90	0.85	0.05	
03_002	Bambara groundnut, red, dry, raw	0	1.67	0.98	1.97	1.85	0.11	
Non-African data								
SD or min-max								
n								
03_020	Bambara groundnut, red, not soaked, boiled* (without salt), drained	0	0.84	0.49	0.98	0.93	0.06	
03_074	Bambara groundnut, red, soaked, boiled in different water* (without salt), drained	0	0.84	0.49	0.98	0.93	0.06	
03_003	Bambara groundnut, white, dry, raw	0	1.66	0.99	2.39	1.64	0.75	
Non-African data								
SD or min-max								
n								
		1	oa	oa	oa	oa	oa	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Legumes and their products/Légumineuses et produits dérivés										
03_021	Bambara groundnut. white. not soaked. boiled* (without salt). drained	Pois bambara. blanc. non trempé. bouilli* (sans sel). égoutté	1.00	701(167)	54.0	10.0	3.3	17.9	13.4	1.6
03_077	Bambara groundnut. white. soaked. boiled in different water* (without salt). drained	Pois bambara. blanc. trempé. bouilli dans différentes eaux* (sans sel). égoutté	1.00	701(167)	54.0	10.0	3.3	17.9	13.4	1.6
03_022	Bean. white. dry. raw	Haricot blanc. sec. cru	1.00	1 350(320)	9.8	21.3	2.3	44.2	18.6	3.7
Non-African data								oa	oa	
SD or min-max			1.00-1.00		0.7	2.6	0.8			0.6
n			2		14	13	13		1	11
03_023	Bean. white. not soaked. boiled* (without salt). drained	Haricot blanc. non trempé. bouilli* (sans sel). égoutté	1.00	519(123)	65.3	8.2	0.9	17.0	7.1	1.4
03_079	Bean. white. not soaked. boiled* (without salt). with cooking liquid	Haricot blanc. non trempé. bouilli* (sans sel). avec liquide de cuisson	1.00	312(74)	79.2	4.9	0.5	10.2	4.3	0.9
03_081	Bean. white. soaked. boiled in different water* (without salt). drained	Haricot blanc. trempé. bouilli dans différentes eaux* (sans sel). égoutté	1.00	519(123)	65.3	8.2	0.9	17.0	7.1	1.4
03_082	Bean. white. soaked. boiled in different water* (without salt). with cooking liquid	Haricot blanc. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	1.00	312(74)	79.2	4.9	0.5	10.2	4.3	0.9
03_144	Beng rougoudga (Burkina Faso)*: cowpeas and vegetables. boiled	Beng rougoudga (Burkina Faso)*: niébé et légumes. bouilli		742(177)	61.9	7.2	8.2	16.7	4.2	1.8
03_148	Beng rougoudga né ki wesla (Burkina Faso)*: cowpeas with pearl millet couscous	Beng rougoudga né ki wesla (Burkina Faso)*: niébé avec couscous de mil à chandelle		748(177)	55.8	7.2	3.1	28.0	4.1	1.8
03_149	Beng rougoudga né kmaan (Burkina Faso)*: cowpeas and degermed white maize. boiled	Beng rougoudga né kmaan (Burkina Faso)*: niébé et maïs blanc dégermé. bouilli		588(139)	62.5	6.5	0.5	25.2	3.9	1.3
03_150	Beng rougoudga né kui wesla (Burkina Faso)*: cowpeas and fonio. boiled	Beng rougoudga né kui wesla (Burkina Faso)*: niébé et fonio. bouilli		871(207)	50.4	8.2	5.7	28.6	4.2	2.9
03_151	Beng saagbo (Burkina Faso)*: tô (porridge) from cowpeas with maize flour and potash	Beng saagbo (Burkina Faso)*: tô (bouillie) de niébé avec farine de maïs et potasse		684(163)	63.3	6.7	6.2	18.3	3.7	1.8
03_154	Boussan touba (Burkina Faso)*: fried cowpea pancakes	Boussan touba (Burkina Faso)*: crêpes de niébé frites		1 060(253)	40.8	12.6	8.9	27.7	5.8	4.2
03_024	Broad bean. dry. raw	Fève. sèche. crue	1.00	1 370(327)	7.5	25.2	2.2	40.7	21.6	2.9
Non-African data								oa	oa	
SD or min-max										
n			1		1	1	1		1	1
03_025	Broad bean. not soaked. boiled* (without salt). drained	Fève. non trempée. bouillie* (sans sel). égouttée	1.00	491(117)	67.0	9.0	0.8	14.5	7.7	1.0
03_083	Broad bean. not soaked. boiled* (without salt). with cooking liquid	Fève. non trempée. bouillie* (sans sel). avec liquide de cuisson	1.00	299(71)	79.9	5.5	0.5	8.8	4.7	0.6

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Legumes and their products/Légumineuses et produits dérivés													
03_021	Bambara groundnut, white, not soaked, boiled* (without salt), drained	21	1.4	79	139	513	1	1.08	0.29	tr	tr	0	tr
03_077	Bambara groundnut, white, soaked, boiled in different water* (without salt), drained	21	1.4	79	139	513	1	1.08	0.29	tr	tr	0	tr
03_022	Bean, white, dry, raw	127	8.8	197	399	1 700	33	3.19	0.90	0	0	0	0
Non-African data										oa	oa		oa
SD or min-max		66	2.8				30-35	0.51	0.52-1.29				
n		4	3	1	1	1	2	3	2			1	
03_023	Bean, white, not soaked, boiled* (without salt), drained	41	2.9	64	138	491	9	1.11	0.24	0	0	0	0
03_079	Bean, white, not soaked, boiled* (without salt), with cooking liquid	29	2.0	45	92	393	8	0.74	0.21	0	0	0	0
03_081	Bean, white, soaked, boiled in different water* (without salt), drained	41	2.9	64	138	491	9	1.11	0.24	0	0	0	0
03_082	Bean, white, soaked, boiled in different water* (without salt), with cooking liquid	29	2.0	45	92	393	8	0.74	0.21	0	0	0	0
03_144	Beng rougoudga (Burkina Faso)*: cowpeas and vegetables, boiled	38	[2.8]	83	137	399	182	1.16	0.28	10	5	0	59
03_148	Beng rougoudga né ki wesla (Burkina Faso)*: cowpeas with pearl millet couscous	30	[3.4]	86	170	346	236	1.40	0.28	1	0	0	4
03_149	Beng rougoudga né kmaan (Burkina Faso)*: cowpeas and degermed white maize, boiled	24	[2.0]	61	102	261	167	0.86	0.19	1	0	0	4
03_150	Beng rougoudga né kui wesla (Burkina Faso)*: cowpeas and fonio, boiled	46	[3.9]	91	149	390	505	1.40	0.42	1	0	0	5
03_151	Beng saagbo (Burkina Faso)*: tô (porridge) from cowpeas with maize flour and potash	37	[3.1]	76	118	324	217	1.02	0.22	1	0	0	5
03_154	Boussan touba (Burkina Faso)*: fried cowpea pancakes	67	[6.5]	126	229	632	699	2.07	0.54	1	0	0	5
03_024	Broad bean, dry, raw	107	5.0	135	302	1 200	26	1.83	0.85	5	2	0	29
Non-African data										oa	oa	oa	oa
SD or min-max		101-114											
n		2	1	1	1	1	1	1	1			1	
03_025	Broad bean, not soaked, boiled* (without salt), drained	33	1.5	41	97	322	7	0.59	0.21	2	1	0	10
03_083	Broad bean, not soaked, boiled* (without salt), with cooking liquid	23	1.1	29	66	261	6	0.40	0.19	1	1	0	6

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Legumes and their products/Légumineuses et produits dérivés													
03_021	Bambara groundnut, white, not soaked, boiled* (without salt), drained	0	0.11	0.06	0.05	1.7	0.7	65	0.06	26	26	0	tr
03_077	Bambara groundnut, white, soaked, boiled in different water* (without salt), drained	0	0.11	0.06	0.05	1.7	0.7	65	0.06	26	26	0	tr
03_022	Bean, white, dry, raw	0	0.39	0.89	0.11	5.6	1.5	244	0.42	410	410	0	0
Non-African data			oa			oa	oa	oa	oa	oa	oa		
SD or min-max					0.80-0.97	0.02-0.20							
n			1		2	2	1	1	1	1		1	1
03_023	Bean, white, not soaked, boiled* (without salt), drained	0	0.14	0.22	0.03	1.9	0.4	94	0.11	78	78	0	0
03_079	Bean, white, not soaked, boiled* (without salt), with cooking liquid	0	0.09	0.16	0.03	1.2	0.3	56	0.08	56	56	0	0
03_081	Bean, white, soaked, boiled in different water* (without salt), drained	0	0.14	0.22	0.03	1.9	0.4	94	0.11	78	78	0	0
03_082	Bean, white, soaked, boiled in different water* (without salt), with cooking liquid	0	0.09	0.16	0.03	1.2	0.3	56	0.08	56	56	0	0
03_144	Beng rougoudga (Burkina Faso)*: cowpeas and vegetables, boiled	0.0	1.60	0.17	0.05	1.8	0.7	67	0.11	91	91	0.00	2
03_148	Beng rougoudga né ki wesla (Burkina Faso)*: cowpeas with pearl millet couscous	0.0	0.65	0.16	0.06	1.9	0.7	71	0.14	[80]	[80]	0.00	0
03_149	Beng rougoudga né kmaan (Burkina Faso)*: cowpeas and degermed white maize, boiled	0.0	[0.24]	0.13	0.05	1.4	0.5	51	0.09	65	65	0.00	0
03_150	Beng rougoudga né kui wesla (Burkina Faso)*: cowpeas and fonio, boiled	0.0	1.10	0.18	0.07	2.2	0.8	83	0.12	98	98	0.00	0
03_151	Beng saagbo (Burkina Faso)*: tô (porridge) from cowpeas with maize flour and potash	0.0	[1.17]	0.15	0.04	1.5	0.5	59	0.10	80	80	0.00	0
03_154	Boussan touba (Burkina Faso)*: fried cowpea pancakes	0.0	1.70	0.09	0.05	2.6	0.7	116	0.11	140	140	0.00	0
03_024	Broad bean, dry, raw	0	[0.04]	0.58	0.24	6.1	2.5	217	0.32	260	260	0	1
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
03_025	Broad bean, not soaked, boiled* (without salt), drained	0	[0.01]	0.13	0.06	1.9	0.6	78	0.08	46	46	0	0
03_083	Broad bean, not soaked, boiled* (without salt), with cooking liquid	0	[0.01]	0.10	0.05	1.2	0.4	47	0.06	34	34	0	0

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE (mg)	FASAT (g)	FAMS (g)	FAPU (g)	F18D2CN6 (g)	F18D3CN3 (g)	PHYTCPP (mg)
Legumes and their products/Légumineuses et produits dérivés								
03_021	Bambara groundnut, white, not soaked, boiled* (without salt), drained	0	0.83	0.50	1.19	0.82	0.38	
03_077	Bambara groundnut, white, soaked, boiled in different water* (without salt), drained	0	0.83	0.50	1.19	0.82	0.38	
03_022	Bean, white, dry, raw	0	0.44	0.22	1.14	0.43	0.71	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					
03_023	Bean, white, not soaked, boiled* (without salt), drained	0	0.17	0.08	0.44	0.17	0.27	
03_079	Bean, white, not soaked, boiled* (without salt), with cooking liquid	0	0.10	0.05	0.26	0.10	0.16	
03_081	Bean, white, soaked, boiled in different water* (without salt), drained	0	0.17	0.08	0.44	0.17	0.27	
03_082	Bean, white, soaked, boiled in different water* (without salt), with cooking liquid	0	0.10	0.05	0.26	0.10	0.16	
03_144	Beng rougougda (Burkina Faso)*: cowpeas and vegetables, boiled	0	1.24	2.47	4.10	3.96	0.13	[129]
03_148	Beng rougougda né ki wesla (Burkina Faso)*: cowpeas with pearl millet couscous	0	0.51	0.80	1.50	1.39	0.11	144
03_149	Beng rougougda né kmaan (Burkina Faso)*: cowpeas and degermed white maize, boiled	0	0.12	0.07	0.24	0.17	0.07	[91]
03_150	Beng rougougda né kui wesla (Burkina Faso)*: cowpeas and fonio, boiled	0	0.89	1.66	2.82	2.69	0.13	[139]
03_151	Beng saagbo (Burkina Faso)*: tô (porridge) from cowpeas with maize flour and potash	0	0.95	1.86	3.10	2.98	0.11	125
03_154	Boussan touba (Burkina Faso)*: fried cowpea pancakes	0	1.37	2.56	4.39	4.17	0.21	251
03_024	Broad bean, dry, raw	0	0.34	0.46	0.87	0.47	0.40	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					
03_025	Broad bean, not soaked, boiled* (without salt), drained	0	0.12	0.16	0.31	0.17	0.14	
03_083	Broad bean, not soaked, boiled* (without salt), with cooking liquid	0	0.07	0.10	0.19	0.10	0.09	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Legumes and their products/Légumineuses et produits dérivés										
03_084	Broad bean. soaked. boiled in different water* (without salt). drained	Fève. trempée. bouillie dans différentes eaux* (sans sel). égouttée	1.00	491(117)	67.0	9.0	0.8	14.5	7.7	1.0
03_085	Broad bean. soaked. boiled in different water* (without salt). with cooking liquid	Fève. trempée. bouillie dans différentes eaux* (sans sel). avec liquide de cuisson	1.00	299(71)	79.9	5.5	0.5	8.8	4.7	0.6
03_004	Cowpea. dry. raw	Niébé. sec. cru	1.00	1 370(325)	11.0	22.6	1.5	49.0	12.6	3.4
Non-African data										
SD or min-max					2.1	2.9	0.3		3.8	0.4
n					67	84	4		20	79
03_007	Cowpea. not soaked. boiled* (without salt). drained	Niébé. non trempé. bouilli* (sans sel). égoutté	1.00	514(122)	66.7	8.5	0.5	18.3	4.7	1.3
03_089	Cowpea. not soaked. boiled* (without salt). with cooking liquid	Niébé. non trempé. bouilli* (sans sel). avec liquide de cuisson	1.00	310(73)	79.9	5.1	0.3	11.1	2.8	0.8
03_090	Cowpea. soaked. boiled in different water* (without salt). drained	Niébé. trempé. bouilli dans différentes eaux* (sans sel). égoutté	1.00	514(122)	66.7	8.5	0.5	18.3	4.7	1.3
03_091	Cowpea. soaked. boiled in different water* (without salt). with cooking liquid	Niébé. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	1.00	310(73)	79.9	5.1	0.3	11.1	2.8	0.8
03_005	Cowpea. black. dry. raw	Niébé. noir. sec. cru	1.00	1 270(301)	12.7	20.5	1.6	40.8	21.0	3.5
Non-African data										
SD or min-max					0.2	17.7-23.4	1.5-1.6			0.3
n					3	2	2		1	3
03_026	Cowpea. black. not soaked. boiled* (without salt). drained	Niébé. noir. non trempé. bouilli* (sans sel). égoutté	1.00	475(113)	67.3	8.2	0.6	14.8	7.9	1.3
03_092	Cowpea. black. not soaked. boiled* (without salt). with cooking liquid	Niébé. noir. non trempé. bouilli* (sans sel). avec liquide de cuisson	1.00	287(68)	80.2	4.9	0.4	8.9	4.7	0.8
03_093	Cowpea. black. soaked. boiled in different water* (without salt). drained	Niébé. noir. trempé. bouilli dans différentes eaux* (sans sel). égoutté	1.00	475(113)	67.3	8.2	0.6	14.8	7.9	1.3
03_094	Cowpea. black. soaked. boiled in different water* (without salt). with cooking liquid	Niébé. noir. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	1.00	287(68)	80.2	4.9	0.4	8.9	4.7	0.8
03_027	Cowpea. brown. dry. raw	Niébé. brun. sec. cru	1.00	1 380(326)	11.0	23.6	[1.9]	47.1	12.8	3.5
Non-African data										
SD or min-max					2.2	2.7	0.8		4.1	0.8
n					18	24	26		6	28
03_028	Cowpea. brown. not soaked. boiled* (without salt). drained	Niébé. brun. non trempé. bouilli* (sans sel). égoutté	1.00	515(122)	66.7	8.9	[0.7]	17.6	4.8	1.3
03_095	Cowpea. brown. not soaked. boiled* (without salt). with cooking liquid	Niébé. brun. non trempé. bouilli* (sans sel). avec liquide de cuisson	1.00	311(74)	79.9	5.3	[0.4]	10.7	2.9	0.8

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Legumes and their products/Légumineuses et produits dérivés													
03_084	Broad bean, soaked, boiled in different water* (without salt), drained	33	1.5	41	97	322	7	0.59	0.21	2	1	0	10
03_085	Broad bean, soaked, boiled in different water* (without salt), with cooking liquid	23	1.1	29	66	261	6	0.40	0.19	1	1	0	6
03_004	Cowpea, dry, raw	82	6.2	249	416	1 120	22	3.55	0.75	2	1	0	14
Non-African data										oa	oa		oa
SD or min-max		16	2.1	86	80	264	12	0.88	0.31				
n		42	57	9	21	13	11	50	9			1	
03_007	Cowpea, not soaked, boiled* (without salt), drained	26	2.0	79	140	314	6	1.20	0.20	1	1	0	7
03_089	Cowpea, not soaked, boiled* (without salt), with cooking liquid	19	1.4	56	94	253	5	0.80	0.17	1	0	0	4
03_090	Cowpea, soaked, boiled in different water* (without salt), drained	26	2.0	79	140	314	6	1.20	0.20	1	1	0	7
03_091	Cowpea, soaked, boiled in different water* (without salt), with cooking liquid	19	1.4	56	94	253	5	0.80	0.17	1	0	0	4
03_005	Cowpea, black, dry, raw	80	5.8	202	402	1 380	22	3.88	0.60	3	2	0	19
Non-African data										oa	oa		oa
SD or min-max		20	1.3		390-415			0.11					
n		3	3	1	2	1	1	3	1			1	
03_026	Cowpea, black, not soaked, boiled* (without salt), drained	24	1.7	64	137	387	6	1.30	0.16	1	1	0	7
03_092	Cowpea, black, not soaked, boiled* (without salt), with cooking liquid	17	1.2	46	92	312	5	0.87	0.14	1	0	0	4
03_093	Cowpea, black, soaked, boiled in different water* (without salt), drained	24	1.7	64	137	387	6	1.30	0.16	1	1	0	7
03_094	Cowpea, black, soaked, boiled in different water* (without salt), with cooking liquid	17	1.2	46	92	312	5	0.87	0.14	1	0	0	4
03_027	Cowpea, brown, dry, raw	78	6.8	310	450	1 090	23	3.96	0.84	1	1	0	7
Non-African data										oa	oa		oa
SD or min-max		19	2.0	81	103	103	15	0.67	0.24				
n		19	20	4	7	6	6	20	3			1	
03_028	Cowpea, brown, not soaked, boiled* (without salt), drained	25	2.2	99	152	306	7	1.33	0.22	0	0	0	3
03_095	Cowpea, brown, not soaked, boiled* (without salt), with cooking liquid	18	1.5	70	102	246	5	0.90	0.19	0	0	0	2

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Legumes and their products/Légumineuses et produits dérivés													
03_084	Broad bean, soaked, boiled in different water* (without salt), drained	0	[0.01]	0.13	0.06	1.9	0.6	78	0.08	46	46	0	0
03_085	Broad bean, soaked, boiled in different water* (without salt), with cooking liquid	0	[0.01]	0.10	0.05	1.2	0.4	47	0.06	34	34	0	0
03_004	Cowpea, dry, raw	0	0.70	0.58	0.15	5.5	2.0	210	[0.36]	420	420	0	1
Non-African data			oa										
SD or min-max					0.37	0.04		196-224	0.20-0.51	400-440			1
n			1		8	6	1	2	2	2		1	5
03_007	Cowpea, not soaked, boiled* (without salt), drained	0	0.24	0.14	0.04	1.8	0.5	79	0.09	78	78	0	0
03_089	Cowpea, not soaked, boiled* (without salt), with cooking liquid	0	0.16	0.11	0.03	1.2	0.4	48	0.06	57	57	0	0
03_090	Cowpea, soaked, boiled in different water* (without salt), drained	0	0.24	0.14	0.04	1.8	0.5	79	0.09	78	78	0	0
03_091	Cowpea, soaked, boiled in different water* (without salt), with cooking liquid	0	0.16	0.11	0.03	1.2	0.4	48	0.06	57	57	0	0
03_005	Cowpea, black, dry, raw	0	0.70	0.57	0.15	5.1	2.0	191	0.35	410	410	0	1
Non-African data			oa										
SD or min-max													
n			1		1	1	1	1	1	1		1	1
03_026	Cowpea, black, not soaked, boiled* (without salt), drained	0	0.24	0.14	0.04	1.7	0.5	76	0.09	77	77	0	0
03_092	Cowpea, black, not soaked, boiled* (without salt), with cooking liquid	0	0.16	0.10	0.03	1.1	0.4	46	0.06	56	56	0	0
03_093	Cowpea, black, soaked, boiled in different water* (without salt), drained	0	0.24	0.14	0.04	1.7	0.5	76	0.09	77	77	0	0
03_094	Cowpea, black, soaked, boiled in different water* (without salt), with cooking liquid	0	0.16	0.10	0.03	1.1	0.4	46	0.06	56	56	0	0
03_027	Cowpea, brown, dry, raw	0	0.70	0.32	0.09	5.7	1.6	248	0.29	420	420	0	0
Non-African data			oa	oa	oa	oa	oa	oa	oa				oa
SD or min-max													
n			1		1	1	1	1	1	1		1	1
03_028	Cowpea, brown, not soaked, boiled* (without salt), drained	0	0.24	0.08	0.02	1.9	0.4	93	0.08	78	78	0	0
03_095	Cowpea, brown, not soaked, boiled* (without salt), with cooking liquid	0	0.16	0.06	0.02	1.2	0.3	56	0.05	57	57	0	0



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCP(mg)
Legumes and their products/Légumineuses et produits dérivés								
03_084	Broad bean, soaked, boiled in different water* (without salt), drained	0	0.12	0.16	0.31	0.17	0.14	
03_085	Broad bean, soaked, boiled in different water* (without salt), with cooking liquid	0	0.07	0.10	0.19	0.10	0.09	
03_004	Cowpea, dry, raw	0	0.36	0.08	0.70	0.44	0.26	779
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								173
n			1					34
03_007	Cowpea, not soaked, boiled* (without salt), drained	0	0.13	0.03	0.26	0.16	0.10	236
03_089	Cowpea, not soaked, boiled* (without salt), with cooking liquid	0	0.08	0.02	0.16	0.10	0.06	143
03_090	Cowpea, soaked, boiled in different water* (without salt), drained	0	0.13	0.03	0.26	0.16	0.10	196
03_091	Cowpea, soaked, boiled in different water* (without salt), with cooking liquid	0	0.08	0.02	0.16	0.10	0.06	118
03_005	Cowpea, black, dry, raw	0	0.38	0.08	0.74	0.46	0.28	595
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1
03_026	Cowpea, black, not soaked, boiled* (without salt), drained	0	0.14	0.03	0.28	0.17	0.11	181
03_092	Cowpea, black, not soaked, boiled* (without salt), with cooking liquid	0	0.09	0.02	0.17	0.11	0.06	109
03_093	Cowpea, black, soaked, boiled in different water* (without salt), drained	0	0.14	0.03	0.28	0.17	0.11	149
03_094	Cowpea, black, soaked, boiled in different water* (without salt), with cooking liquid	0	0.09	0.02	0.17	0.11	0.06	90
03_027	Cowpea, brown, dry, raw	0	0.47	0.10	0.91	0.57	0.34	792
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								133
n			1					13
03_028	Cowpea, brown, not soaked, boiled* (without salt), drained	0	0.18	0.04	0.34	0.21	0.13	240
03_095	Cowpea, brown, not soaked, boiled* (without salt), with cooking liquid	0	0.11	0.02	0.21	0.13	0.08	145

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Legumes and their products/Légumineuses et produits dérivés										
03_096	Cowpea. brown. soaked. boiled in different water* (without salt). drained	Niébé. brun. trempé. bouilli dans différentes eaux* (sans sel). égoutté	1.00	515(122)	66.7	8.9	[0.7]	17.6	4.8	1.3
03_097	Cowpea. brown. soaked. boiled in different water* (without salt). with cooking liquid	Niébé. brun. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	1.00	311(74)	79.9	5.3	[0.4]	10.7	2.9	0.8
03_006	Cowpea. white. dry. raw	Niébé. blanc. sec. cru	1.00	1 400(331)	10.7	23.0	1.8	50.3	10.6	3.6
Non-African data										
SD or min-max					2.3	2.8				0.6
n					1	15	15	1	1	13
03_029	Cowpea. white. not soaked. boiled* (without salt). drained	Niébé. blanc. non trempé. bouilli* (sans sel). égoutté	1.00	524(124)	66.5	8.6	0.7	18.8	4.0	1.3
03_098	Cowpea. white. not soaked. boiled* (without salt). with cooking liquid	Niébé. blanc. non trempé. bouilli* (sans sel). avec liquide de cuisson	1.00	316(75)	79.8	5.2	0.4	11.4	2.4	0.8
03_099	Cowpea. white. soaked. boiled in different water* (without salt). drained	Niébé. blanc. trempé. bouilli dans différentes eaux* (sans sel). égoutté	1.00	524(124)	66.5	8.6	0.7	18.8	4.0	1.3
03_100	Cowpea. white. soaked. boiled in different water* (without salt). with cooking liquid	Niébé. blanc. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	1.00	316(75)	79.8	5.2	0.4	11.4	2.4	0.8
03_045	Cowpea. dehulled. raw	Niébé. décortiqué. cru	1.00	1 410(334)	9.1	23.1	[1.4]	50.6	13.1	2.7
Non-African data										
SD or min-max					1.2	0.7	0.5			
n					1	4	4	4	1	1
03_101	Cowpea. dehulled. not soaked. boiled* (without salt). drained	Niébé. décortiqué. non trempé. bouilli* (sans sel). égoutté	1.00	529(125)	66.0	8.6	[0.5]	19.0	4.9	1.0
03_102	Cowpea. dehulled. not soaked. boiled* (without salt). with cooking liquid	Niébé. décortiqué. non trempé. bouilli* (sans sel). avec liquide de cuisson	1.00	319(76)	79.4	5.2	[0.3]	11.5	3.0	0.6
03_103	Cowpea. dehulled. soaked. boiled in different water* (without salt). drained	Niébé. décortiqué. trempé. bouilli dans différentes eaux* (sans sel). égoutté	1.00	529(125)	66.0	8.6	[0.5]	19.0	4.9	1.0
03_104	Cowpea. dehulled. soaked. boiled in different water* (without salt). with cooking liquid	Niébé. décortiqué. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	1.00	319(76)	79.4	5.2	[0.3]	11.5	3.0	0.6
03_143	Cowpeas and rice. boiled (Burkina Faso)*	Niébé et riz. bouillis (Burkina Faso)*		530(125)	66.3	6.2	0.4	22.5	3.2	1.4
03_146	Faro with eggs. cowpea. potash and vegetables (Burkina Faso)*	Faro avec œufs. niébé. potasse et légumes (Burkina Faso)*		625(149)	65.5	8.7	[5.5]	14.2	4.1	2.0
03_147	Haricot bambara (Burkina Faso)*: fried paste of cowpea and okra powder with egg and onion	Haricot bambara (Burkina Faso)*: pâte frite de niébé et gombo en poudre. avec œuf et oignon		777(186)	58.1	10.1	[8.0]	16.1	4.5	3.2
03_152	Gonré-1 (Burkina Faso)*: steamed paste of dehulled cowpea and potash	Gonré-1 (Burkina Faso)*: pâte de niébé décortiqué et potasse. cuite à la vapeur		617(146)	59.7	10.1	[0.6]	22.2	5.7	1.7

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Legumes and their products/Légumineuses et produits dérivés													
03_096	Cowpea, brown, soaked, boiled in different water* (without salt), drained	25	2.2	99	152	306	7	1.33	0.22	0	0	0	3
03_097	Cowpea, brown, soaked, boiled in different water* (without salt), with cooking liquid	18	1.5	70	102	246	5	0.90	0.19	0	0	0	2
03_006	Cowpea, white, dry, raw	75	6.7	218	414	1 100	24	3.77	0.96	1	1	0	8
Non-African data										0a	0a		0a
SD or min-max		19	2.9	198-239	111	255	16-32	0.95	0.90-1.02				
n		3	5	2	5	3	2	5	2			1	
03_029	Cowpea, white, not soaked, boiled* (without salt), drained	24	2.1	69	139	310	7	1.27	0.25	1	0	0	3
03_098	Cowpea, white, not soaked, boiled* (without salt), with cooking liquid	17	1.5	49	94	250	5	0.85	0.22	0	0	0	2
03_099	Cowpea, white, soaked, boiled in different water* (without salt), drained	24	2.1	69	139	310	7	1.27	0.25	1	0	0	3
03_100	Cowpea, white, soaked, boiled in different water* (without salt), with cooking liquid	17	1.5	49	94	250	5	0.85	0.22	0	0	0	2
03_045	Cowpea, dehulled, raw	119	3.9	155	416	1 270	10	2.49	0.97	2	1	0	14
Non-African data										0a	0a		0a
SD or min-max		0											
n		3	1	1	1	1	1	1	1			1	
03_101	Cowpea, dehulled, not soaked, boiled* (without salt), drained	38	1.3	49	140	356	3	0.84	0.25	1	1	0	7
03_102	Cowpea, dehulled, not soaked, boiled* (without salt), with cooking liquid	27	0.9	35	94	287	2	0.56	0.22	1	0	0	4
03_103	Cowpea, dehulled, soaked, boiled in different water* (without salt), drained	38	1.3	49	140	356	3	0.84	0.25	1	1	0	7
03_104	Cowpea, dehulled, soaked, boiled in different water* (without salt), with cooking liquid	27	0.9	35	94	287	2	0.56	0.22	1	0	0	4
03_143	Cowpeas and rice, boiled (Burkina Faso)*	26	[2.1]	64	123	278	166	1.01	0.22	1	0	0	4
03_146	Faro with eggs, cowpea, potash and vegetables (Burkina Faso)*	64	[3.2]	84	157	400	252	1.29	0.25	73	45	17	334
03_147	Haricot bambara (Burkina Faso)*: fried paste of cowpea and okra powder with egg and onion	80	[4.3]	62	186	437	616	1.14	0.34	27	26	25	11
03_152	Gonré-1 (Burkina Faso)*: steamed paste of dehulled cowpea and potash	64	[3.0]	71	183	566	114	1.09	0.43	1	1	0	8

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Legumes and their products/Légumineuses et produits dérivés													
03_096	Cowpea, brown, soaked, boiled in different water* (without salt), drained	0	0.24	0.08	0.02	1.9	0.4	93	0.08	78	78	0	0
03_097	Cowpea, brown, soaked, boiled in different water* (without salt), with cooking liquid	0	0.16	0.06	0.02	1.2	0.3	56	0.05	57	57	0	0
03_006	Cowpea, white, dry, raw	0	0.65	0.21	0.09	5.0	1.5	212	0.26	420	420	0	0
Non-African data			oa		oa	oa	oa	oa	oa				oa
SD or min-max				0.19-0.22									
n			1	2	1		1	1	1	1		1	1
03_029	Cowpea, white, not soaked, boiled* (without salt), drained	0	0.22	0.05	0.02	1.7	0.4	79	0.07	78	78	0	0
03_098	Cowpea, white, not soaked, boiled* (without salt), with cooking liquid	0	0.15	0.04	0.02	1.1	0.3	48	0.05	57	57	0	0
03_099	Cowpea, white, soaked, boiled in different water* (without salt), drained	0	0.22	0.05	0.02	1.7	0.4	79	0.07	78	78	0	0
03_100	Cowpea, white, soaked, boiled in different water* (without salt), with cooking liquid	0	0.15	0.04	0.02	1.1	0.3	48	0.05	57	57	0	0
03_045	Cowpea, dehulled, raw	0	0.23	0.35	0.12	6.6	1.8	286	0.19	430	430	0	0
Non-African data			oa	oa	oa	oa	oa	oa	oa				oa
SD or min-max													
n			1	1	1		1	1	1	1		1	1
03_101	Cowpea, dehulled, not soaked, boiled* (without salt), drained	0	0.08	0.09	0.03	2.2	0.4	107	0.05	80	80	0	0
03_102	Cowpea, dehulled, not soaked, boiled* (without salt), with cooking liquid	0	0.05	0.06	0.03	1.4	0.3	65	0.03	58	58	0	0
03_103	Cowpea, dehulled, soaked, boiled in different water* (without salt), drained	0	0.08	0.09	0.03	2.2	0.4	107	0.05	80	80	0	0
03_104	Cowpea, dehulled, soaked, boiled in different water* (without salt), with cooking liquid	0	0.05	0.06	0.03	1.4	0.3	65	0.03	58	58	0	0
03_143	Cowpeas and rice, boiled (Burkina Faso)*	0.0	0.17	0.12	0.04	1.5	0.5	61	0.08	60	60	0.00	0
03_146	Faro with eggs, cowpea, potash and vegetables (Burkina Faso)*	0.3	1.10	0.15	0.12	1.2	0.3	52	0.13	[86]	[86]	0.17	6
03_147	Haricot bambara (Burkina Faso)*: fried paste of cowpea and okra powder with egg and onion	0.4	[1.30]	0.12	0.15	2.9	0.7	129	0.10	[110]	[110]	0.28	0
03_152	Gonré-1 (Burkina Faso)*: steamed paste of dehulled cowpea and potash	0.0	0.10	0.12	0.05	2.7	0.6	125	0.07	110	110	0.00	0

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCP(mg)
Legumes and their products/Légumineuses et produits dérivés								
03_096	Cowpea, brown, soaked, boiled in different water* (without salt), drained	0	0.18	0.04	0.34	0.21	0.13	199
03_097	Cowpea, brown, soaked, boiled in different water* (without salt), with cooking liquid	0	0.11	0.02	0.21	0.13	0.08	120
03_006	Cowpea, white, dry, raw	0	0.44	0.11	0.85	0.52	0.32	564
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
03_029	Cowpea, white, not soaked, boiled* (without salt), drained	0	0.16	0.04	0.32	0.20	0.12	171
03_098	Cowpea, white, not soaked, boiled* (without salt), with cooking liquid	0	0.10	0.02	0.19	0.12	0.07	103
03_099	Cowpea, white, soaked, boiled in different water* (without salt), drained	0	0.16	0.04	0.32	0.20	0.12	142
03_100	Cowpea, white, soaked, boiled in different water* (without salt), with cooking liquid	0	0.10	0.02	0.19	0.12	0.07	86
03_045	Cowpea, dehulled, raw	0	0.34	0.05	0.73	0.52	0.22	170
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
03_101	Cowpea, dehulled, not soaked, boiled* (without salt), drained	0	0.13	0.02	0.28	0.19	0.08	52
03_102	Cowpea, dehulled, not soaked, boiled* (without salt), with cooking liquid	0	0.08	0.01	0.17	0.12	0.05	31
03_103	Cowpea, dehulled, soaked, boiled in different water* (without salt), drained	0	0.13	0.02	0.28	0.19	0.08	43
03_104	Cowpea, dehulled, soaked, boiled in different water* (without salt), with cooking liquid	0	0.08	0.01	0.17	0.12	0.05	26
03_143	Cowpeas and rice, boiled (Burkina Faso)*	0	0.12	0.04	0.23	0.16	0.08	166
03_146	Faro with eggs, cowpea, potash and vegetables (Burkina Faso)*	92	1.07	1.67	2.31	2.12	0.13	175
03_147	Haricot bambara (Burkina Faso)*: fried paste of cowpea and okra powder with egg and onion	127	1.50	2.47	3.30	3.11	0.10	[28]
03_152	Gonré-1 (Burkina Faso)*: steamed paste of dehulled cowpea and potash	0	0.15	0.02	0.32	0.23	0.09	60

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Legumes and their products/Légumineuses et produits dérivés										
03_153	Gonré-2 (Burkina Faso)*: steamed paste of non-dehulled cowpea and potash	Gonré-2 (Burkina Faso)*: pâte de niebé non décortiqué et potasse. cuite à la vapeur		455(108)	69.2	7.7	[0.6]	16.0	3.9	2.7
03_057	Ground bean. dry. raw	Haricot de terre. sec. cru	1.00	1 360(322)	9.3	23.8	[2.0]	43.2	17.9	3.8
Non-African data								oa	oa	
SD or min-max					9.2-9.3					3.3-4.3
n			1		2	1	1		1	2
03_113	Ground bean. not soaked. boiled* (without salt). drained	Haricot de terre. non trempé. bouilli* (sans sel). égoutté	1.00	520(123)	65.2	9.1	[0.8]	16.5	6.9	1.4
03_114	Ground bean. not soaked. boiled* (without salt). with cooking liquid	Haricot de terre. non trempé. bouilli* (sans sel). avec liquide de cuisson	1.00	329(78)	78.0	5.8	[0.5]	10.5	4.3	0.9
03_115	Ground bean. soaked. boiled in different water* (without salt). drained	Haricot de terre. trempé. bouilli dans différentes eaux* (sans sel). égoutté	1.00	520(123)	65.2	9.1	[0.8]	16.5	6.9	1.4
03_116	Ground bean. soaked. boiled in different water* (without salt). with cooking liquid	Haricot de terre. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	1.00	329(78)	78.0	5.8	[0.5]	10.5	4.3	0.9
03_052	Jack bean. whole. dry. raw	Haricot-sabre. entier. sec. cru	1.00	1 410(335)	11.1	24.1	[4.2]	42.4	15.6	2.6
Non-African data								oa	oa	
SD or min-max					2.3			5.1	3.2	0.6
n			1		7	7	7		1	6
03_109	Jack bean. not soaked. boiled* (without salt). drained	Haricot-sabre. non trempé. bouilli* (sans sel). égoutté	1.00	541(128)	65.9	9.2	[1.6]	16.3	6.0	1.0
03_110	Jack bean. not soaked. boiled* (without salt). with cooking liquid	Haricot-sabre. non trempé. bouilli* (sans sel). avec liquide de cuisson	1.00	342(81)	78.5	5.8	[1.0]	10.3	3.8	0.6
03_111	Jack bean. soaked. boiled in different water* (without salt). drained	Haricot-sabre. trempé. bouilli dans différentes eaux* (sans sel). égoutté	1.00	541(128)	65.9	9.2	[1.6]	16.3	6.0	1.0
03_112	Jack bean. soaked. boiled in different water* (without salt). with cooking liquid	Haricot-sabre. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	1.00	342(81)	78.5	5.8	[1.0]	10.3	3.8	0.6
03_030	Lentil. dry. raw	Lentille. sèche. crue	1.00	1 380(328)	8.7	23.6	1.7	46.3	17.0	2.8
Non-African data								oa	oa	
SD or min-max					0.8			3.1		0.4
n			1		4	3	1		1	3
03_031	Lentil. not soaked. boiled* (without salt). drained	Lentille. non trempée. bouillie* (sans sel). égouttée	1.00	523(124)	65.5	8.9	0.6	17.5	6.4	1.1
03_086	Lentil. not soaked. boiled* (without salt). with cooking liquid	Lentille. non trempée. bouillie* (sans sel). avec liquide de cuisson	1.00	326(77)	78.5	5.6	0.4	10.9	4.0	0.7
03_087	Lentil. soaked. boiled in different water* (without salt). drained	Lentille. trempée. bouillie dans différentes eaux* (sans sel). égouttée	1.00	523(124)	65.5	8.9	0.6	17.5	6.4	1.1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Legumes and their products/Légumineuses et produits dérivés													
03_153	Gonré-2 (Burkina Faso)*: steamed paste of non-dehulled cowpea and potash	85	[6.3]	83	139	435	310	1.25	0.34	44	22	0	265
03_057	Ground bean, dry, raw	60	10.0	186	367	264	9	1.12	0.52	3	1	0	15
Non-African data										oa	oa	oa	
SD or min-max		32-88	5.0-15.0	345-389									
n		2	2	1	2	1	1	1	1			1	
03_113	Ground bean, not soaked, boiled* (without salt), drained	20	3.3	61	127	76	3	0.39	0.14	1	0	0	6
03_114	Ground bean, not soaked, boiled* (without salt), with cooking liquid	15	2.4	45	89	64	2	0.27	0.13	1	0	0	4
03_115	Ground bean, soaked, boiled in different water* (without salt), drained	20	3.3	61	127	76	3	0.39	0.14	1	0	0	6
03_116	Ground bean, soaked, boiled in different water* (without salt), with cooking liquid	15	2.4	45	89	64	2	0.27	0.13	1	0	0	4
03_052	Jack bean, whole, dry, raw	119	4.4	126	305	889	6	2.42	0.70	3	1	0	15
Non-African data										oa	oa	oa	
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
03_109	Jack bean, not soaked, boiled* (without salt), drained	39	1.4	41	105	255	2	0.84	0.19	1	0	0	6
03_110	Jack bean, not soaked, boiled* (without salt), with cooking liquid	29	1.1	30	74	215	2	0.59	0.17	1	0	0	4
03_111	Jack bean, soaked, boiled in different water* (without salt), drained	39	1.4	41	105	255	2	0.84	0.19	1	0	0	6
03_112	Jack bean, soaked, boiled in different water* (without salt), with cooking liquid	29	1.1	30	74	215	2	0.59	0.17	1	0	0	4
03_030	Lentil, dry, raw	74	6.7	118	392	691	50	3.89	0.91	4	2	0	21
Non-African data										oa	oa	oa	
SD or min-max		27	109-126		290-495	504-878	28-71	3.84-3.93					
n		3	1	2	2	2	2	2	1			1	
03_031	Lentil, not soaked, boiled* (without salt), drained	24	2.1	38	133	196	14	1.32	0.24	1	1	0	8
03_086	Lentil, not soaked, boiled* (without salt), with cooking liquid	17	1.6	28	92	163	12	0.91	0.22	1	0	0	5
03_087	Lentil, soaked, boiled in different water* (without salt), drained	24	2.1	38	133	196	14	1.32	0.24	1	1	0	8

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Legumes and their products/Légumineuses et produits dérivés													
03_153	Gonré-2 (Burkina Faso)*: steamed paste of non-dehulled cowpea and potash	0.0	[0.56]	0.07	0.07	1.8	0.6	72	0.09	88	88	0.00	4
03_057	Ground bean, dry, raw	0	0.44	0.77	0.19	6.5	2.3	252	0.34	480	480	0	2
Non-African data			oa			oa		oa	oa	oa	oa		oa
SD or min-max													
n		1		1	1		1	1	1	1		1	1
03_113	Ground bean, not soaked, boiled* (without salt), drained	0	0.15	0.19	0.05	2.2	0.6	96	0.09	92	92	0	0
03_114	Ground bean, not soaked, boiled* (without salt), with cooking liquid	0	0.11	0.15	0.05	1.5	0.4	61	0.07	70	70	0	0
03_115	Ground bean, soaked, boiled in different water* (without salt), drained	0	0.15	0.19	0.05	2.2	0.6	96	0.09	92	92	0	0
03_116	Ground bean, soaked, boiled in different water* (without salt), with cooking liquid	0	0.11	0.15	0.05	1.5	0.4	61	0.07	70	70	0	0
03_052	Jack bean, whole, dry, raw	0	0.44	0.50	0.02	5.6	1.4	255	0.34	480	480	0	2
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
03_109	Jack bean, not soaked, boiled* (without salt), drained	0	0.15	0.12	0.01	2.0	0.3	98	0.09	92	92	0	0
03_110	Jack bean, not soaked, boiled* (without salt), with cooking liquid	0	0.11	0.10	0.00	1.3	0.3	62	0.07	70	70	0	0
03_111	Jack bean, soaked, boiled in different water* (without salt), drained	0	0.15	0.12	0.01	2.0	0.3	98	0.09	92	92	0	0
03_112	Jack bean, soaked, boiled in different water* (without salt), with cooking liquid	0	0.11	0.10	0.00	1.3	0.3	62	0.07	70	70	0	0
03_030	Lentil, dry, raw	0	0.20	0.33	0.13	5.3	2.5	165	0.40	[150]	[150]	0	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
03_031	Lentil, not soaked, boiled* (without salt), drained	0	0.07	0.08	0.04	1.7	0.6	62	0.10	[28]	[28]	0	2
03_086	Lentil, not soaked, boiled* (without salt), with cooking liquid	0	0.05	0.06	0.03	1.1	0.5	39	0.07	[21]	[21]	0	1
03_087	Lentil, soaked, boiled in different water* (without salt), drained	0	0.07	0.08	0.04	1.7	0.6	62	0.10	[28]	[28]	0	2



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE (mg)	FASAT (g)	FAMS (g)	FAPU (g)	F18D2CN6 (g)	F18D3CN3 (g)	PHYTCPP (mg)
Legumes and their products/Légumineuses et produits dérivés								
03_153	Gonré-2 (Burkina Faso)*: steamed paste of non-dehulled cowpea and potash	0	0.14	0.04	0.28	[0.17]	[0.10]	[142]
03_057	Ground bean, dry, raw	0	0.38	0.17	1.02	0.55	0.47	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					
03_113	Ground bean, not soaked, boiled* (without salt), drained	0	0.15	0.07	0.39	0.21	0.18	
03_114	Ground bean, not soaked, boiled* (without salt), with cooking liquid	0	0.09	0.04	0.25	0.13	0.11	
03_115	Ground bean, soaked, boiled in different water* (without salt), drained	0	0.15	0.07	0.39	0.21	0.18	
03_116	Ground bean, soaked, boiled in different water* (without salt), with cooking liquid	0	0.09	0.04	0.25	0.13	0.11	
03_052	Jack bean, whole, dry, raw	0	0.73	1.69	0.81	0.37	0.42	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					
03_109	Jack bean, not soaked, boiled* (without salt), drained	0	0.28	0.65	0.31	0.14	0.16	
03_110	Jack bean, not soaked, boiled* (without salt), with cooking liquid	0	0.18	0.41	0.20	0.09	0.10	
03_111	Jack bean, soaked, boiled in different water* (without salt), drained	0	0.28	0.65	0.31	0.14	0.16	
03_112	Jack bean, soaked, boiled in different water* (without salt), with cooking liquid	0	0.18	0.41	0.20	0.09	0.10	
03_030	Lentil, dry, raw	0	0.23	0.28	0.77	0.62	0.15	564
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
03_031	Lentil, not soaked, boiled* (without salt), drained	0	0.09	0.11	0.29	0.23	0.06	172
03_086	Lentil, not soaked, boiled* (without salt), with cooking liquid	0	0.05	0.07	0.18	0.15	0.04	107
03_087	Lentil, soaked, boiled in different water* (without salt), drained	0	0.09	0.11	0.29	0.23	0.06	143

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Legumes and their products/Légumineuses et produits dérivés										
03_088	Lentil, soaked, boiled in different water* (without salt), with cooking liquid	Lentille, trempée, bouillie dans différentes eaux* (sans sel), avec liquide de cuisson	1.00	326(77)	78.5	5.6	0.4	10.9	4.0	0.7
03_058	Lima bean, dry, raw	Haricot de Lima, sec, cru	1.00	1 330(315)	10.0	21.6	1.5	44.8	17.9	4.2
Non-African data										
SD or min-max					2.7	1.9	1.1		17.7-18.1	0.9
n					1	29	27	26	2	27
03_117	Lima bean, not soaked, boiled* (without salt), drained	Haricot de Lima, non trempé, bouilli* (sans sel), égoutté	1.00	531(126)	64.0	8.6	0.6	17.9	7.2	1.7
03_118	Lima bean, not soaked, boiled* (without salt), with cooking liquid	Haricot de Lima, non trempé, bouilli* (sans sel), avec liquide de cuisson	1.00	306(73)	79.2	5.0	0.3	10.3	4.1	1.0
03_119	Lima bean, soaked, boiled in different water* (without salt), drained	Haricot de Lima, trempé, bouilli dans différentes eaux* (sans sel), égoutté	1.00	531(126)	64.0	8.6	0.6	17.9	7.2	1.7
03_120	Lima bean, soaked, boiled in different water* (without salt), with cooking liquid	Haricot de Lima, trempé, bouilli dans différentes eaux* (sans sel), avec liquide de cuisson	1.00	306(73)	79.2	5.0	0.3	10.3	4.1	1.0
03_032	Pigeon pea, dry, raw	Pois d'Angole, sec, cru	1.00	1 300(310)	11.1	20.8	[2.1]	41.6	21.0	3.4
Non-African data										
SD or min-max					2.8	2.4	0.7		1.4	0.9
n					1	22	17	16	6	19
03_033	Pigeon pea, not soaked, boiled* (without salt), drained	Pois d'Angole, non trempé, bouilli* (sans sel), égoutté	1.00	567(135)	61.4	9.0	[0.9]	18.1	9.1	1.5
03_121	Pigeon pea, not soaked, boiled* (without salt), with cooking liquid	Pois d'Angole, non trempé, bouilli* (sans sel), avec liquide de cuisson	1.00	408(97)	72.2	6.5	[0.6]	13.0	6.6	1.1
03_122	Pigeon pea, soaked, boiled in different water* (without salt), drained	Pois d'Angole, trempé, bouilli dans différentes eaux* (sans sel), égoutté	1.00	567(135)	61.4	9.0	[0.9]	18.1	9.1	1.5
03_123	Pigeon pea, soaked, boiled in different water* (without salt), with cooking liquid	Pois d'Angole, trempé, bouilli dans différentes eaux* (sans sel), avec liquide de cuisson	1.00	408(97)	72.2	6.5	[0.6]	13.0	6.6	1.1
03_055	Pigeon pea, brown, dry, raw	Pois d'Angole, brun, sec, cru	1.00	1 300(309)	11.0	20.6	[2.0]	41.8	20.9	3.7
Non-African data										
SD or min-max					2.5	0.7	0.8		1.6	0.7
n					1	6	4	4	3	5
03_132	Pigeon pea, brown, not soaked, boiled* (without salt), drained	Pois d'Angole, brun, non trempé, bouilli* (sans sel), égoutté	1.00	566(134)	61.3	9.0	[0.9]	18.2	9.1	1.6
03_133	Pigeon pea, brown, not soaked, boiled* (without salt), with cooking liquid	Pois d'Angole, brun, non trempé, bouilli* (sans sel), avec liquide de cuisson	1.00	407(97)	72.2	6.5	[0.6]	13.1	6.5	1.2
03_134	Pigeon pea, brown, soaked, boiled in different water* (without salt), drained	Pois d'Angole, brun, trempé, bouilli dans différentes eaux* (sans sel), égoutté	1.00	566(134)	61.3	9.0	[0.9]	18.2	9.1	1.6

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Legumes and their products/Légumineuses et produits dérivés													
03_088	Lentil, soaked, boiled in different water* (without salt), with cooking liquid	17	1.6	28	92	163	12	0.91	0.22	1	0	0	5
03_058	Lima bean, dry, raw	56	4.6	140	383	1 350	5	1.97	0.50	tr	tr	0	tr
Non-African data													
SD or min-max		21	1.2	15	78	203	4	0.92	0.12				
n		7	5	5	5	5	5	6	4			1	
03_117	Lima bean, not soaked, boiled* (without salt), drained	19	1.6	48	138	404	2	0.71	0.14	tr	tr	0	tr
03_118	Lima bean, not soaked, boiled* (without salt), with cooking liquid	13	1.1	32	89	311	1	0.45	0.12	tr	tr	0	tr
03_119	Lima bean, soaked, boiled in different water* (without salt), drained	19	1.6	48	138	404	2	0.71	0.14	tr	tr	0	tr
03_120	Lima bean, soaked, boiled in different water* (without salt), with cooking liquid	13	1.1	32	89	311	1	0.45	0.12	tr	tr	0	tr
03_032	Pigeon pea, dry, raw	121	4.5	191	322	1 660	3	2.49	1.11	17	8	0	101
Non-African data													
SD or min-max		15	0.6	47	67	329	2	0.93	1.09-1.14				
n		8	8	3	9	6	7	11	2			1	
03_033	Pigeon pea, not soaked, boiled* (without salt), drained	45	1.7	71	126	542	1	0.98	0.34	7	4	0	44
03_121	Pigeon pea, not soaked, boiled* (without salt), with cooking liquid	38	1.4	60	101	520	1	0.78	0.35	5	3	0	32
03_122	Pigeon pea, soaked, boiled in different water* (without salt), drained	45	1.7	71	126	542	1	0.98	0.34	7	4	0	44
03_123	Pigeon pea, soaked, boiled in different water* (without salt), with cooking liquid	38	1.4	60	101	520	1	0.78	0.35	5	3	0	32
03_055	Pigeon pea, brown, dry, raw	109	4.6	187	328	1 800	2	2.40	1.09	17	8	0	101
Non-African data													
SD or min-max		3	0.7		70	346	1	1.09					
n		3	4	1	4	3	3	5	1			1	
03_132	Pigeon pea, brown, not soaked, boiled* (without salt), drained	40	1.7	69	128	588	1	0.94	0.33	7	4	0	44
03_133	Pigeon pea, brown, not soaked, boiled* (without salt), with cooking liquid	34	1.5	58	102	563	1	0.75	0.34	5	3	0	32
03_134	Pigeon pea, brown, soaked, boiled in different water* (without salt), drained	40	1.7	69	128	588	1	0.94	0.33	7	4	0	44

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Legumes and their products/Légumineuses et produits dérivés													
03_088	Lentil, soaked, boiled in different water* (without salt), with cooking liquid	0	0.05	0.06	0.03	1.1	0.5	39	0.07	[21]	[21]	0	1
03_058	Lima bean, dry, raw	0	0.37	0.44	0.14	6.8	2.7	248	0.21	[180]	[180]	0	0
Non-African data						oa		oa					
SD or min-max				0.42-0.46	0.13-0.15		2.6-2.7		0.21-0.22	180-190			
n		1		2	2		2	1	2	2		1	1
03_117	Lima bean, not soaked, boiled* (without salt), drained	0	0.13	0.11	0.04	2.3	0.7	99	0.06	[37]	[37]	0	0
03_118	Lima bean, not soaked, boiled* (without salt), with cooking liquid	0	0.08	0.08	0.03	1.4	0.5	57	0.04	[26]	[26]	0	0
03_119	Lima bean, soaked, boiled in different water* (without salt), drained	0	0.13	0.11	0.04	2.3	0.7	99	0.06	[37]	[37]	0	0
03_120	Lima bean, soaked, boiled in different water* (without salt), with cooking liquid	0	0.08	0.08	0.03	1.4	0.5	57	0.04	[26]	[26]	0	0
03_032	Pigeon pea, dry, raw	0	0.80	0.82	0.16	5.5	2.6	174	0.25	340	340	0	1
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
03_033	Pigeon pea, not soaked, boiled* (without salt), drained	0	0.31	0.23	0.05	2.0	0.7	76	0.07	74	74	0	0
03_121	Pigeon pea, not soaked, boiled* (without salt), with cooking liquid	0	0.25	0.20	0.05	1.6	0.6	54	0.06	64	64	0	0
03_122	Pigeon pea, soaked, boiled in different water* (without salt), drained	0	0.31	0.23	0.05	2.0	0.7	76	0.07	74	74	0	0
03_123	Pigeon pea, soaked, boiled in different water* (without salt), with cooking liquid	0	0.25	0.20	0.05	1.6	0.6	54	0.06	64	64	0	0
03_055	Pigeon pea, brown, dry, raw	0	0.80	0.82	0.16	5.9	2.6	200	0.25	340	340	0	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
03_132	Pigeon pea, brown, not soaked, boiled* (without salt), drained	0	0.31	0.23	0.05	2.2	0.7	87	0.07	74	74	0	0
03_133	Pigeon pea, brown, not soaked, boiled* (without salt), with cooking liquid	0	0.25	0.20	0.05	1.7	0.7	62	0.06	64	64	0	0
03_134	Pigeon pea, brown, soaked, boiled in different water* (without salt), drained	0	0.31	0.23	0.05	2.2	0.7	87	0.07	74	74	0	0

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE (mg)	FASAT (g)	FAMS (g)	FAPU (g)	F18D2CN6 (g)	F18D3CN3 (g)	PHYTCPP (mg)
Legumes and their products/Légumineuses et produits dérivés								
03_088	Lentil, soaked, boiled in different water* (without salt), with cooking liquid	0	0.05	0.07	0.18	0.15	0.04	89
03_058	Lima bean, dry, raw	0	0.40	0.08	0.69	0.52	0.18	
Non-African data								
SD or min-max								
n		1						
03_117	Lima bean, not soaked, boiled* (without salt), drained	0	0.16	0.03	0.28	0.21	0.07	
03_118	Lima bean, not soaked, boiled* (without salt), with cooking liquid	0	0.09	0.02	0.16	0.12	0.04	
03_119	Lima bean, soaked, boiled in different water* (without salt), drained	0	0.16	0.03	0.28	0.21	0.07	
03_120	Lima bean, soaked, boiled in different water* (without salt), with cooking liquid	0	0.09	0.02	0.16	0.12	0.04	
03_032	Pigeon pea, dry, raw	0	0.45	0.13	1.02	0.94	0.08	375
Non-African data								
SD or min-max								
n		1	oa	oa	oa	oa	oa	199
03_033	Pigeon pea, not soaked, boiled* (without salt), drained	0	0.19	0.05	0.45	0.41	0.04	132
03_121	Pigeon pea, not soaked, boiled* (without salt), with cooking liquid	0	0.14	0.04	0.32	0.29	0.03	95
03_122	Pigeon pea, soaked, boiled in different water* (without salt), drained	0	0.19	0.05	0.45	0.41	0.04	109
03_123	Pigeon pea, soaked, boiled in different water* (without salt), with cooking liquid	0	0.14	0.04	0.32	0.29	0.03	78
03_055	Pigeon pea, brown, dry, raw	0	0.43	0.12	0.98	0.90	0.08	432
Non-African data								
SD or min-max								
n		1	oa	oa	oa	oa	oa	260-604
03_132	Pigeon pea, brown, not soaked, boiled* (without salt), drained	0	0.19	0.05	0.43	0.39	0.03	152
03_133	Pigeon pea, brown, not soaked, boiled* (without salt), with cooking liquid	0	0.13	0.04	0.31	0.28	0.02	109
03_134	Pigeon pea, brown, soaked, boiled in different water* (without salt), drained	0	0.19	0.05	0.43	0.39	0.03	126

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Legumes and their products/Légumineuses et produits dérivés										
03_135	Pigeon pea. brown. soaked. boiled in different water* (without salt). with cooking liquid	Pois d'Angole. brun. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	1.00	407(97)	72.2	6.5	[0.6]	13.1	6.5	1.2
03_054	Pigeon pea. cream. dry. raw	Pois d'Angole. crème. sec. cru	1.00	1 270(303)	13.2	18.4	[2.0]	42.7	20.1	3.6
Non-African data										
SD or min-max					13.0-13.3			20.1-20.2		3.6-3.6
n			1	2		1	1	2		2
03_128	Pigeon pea. cream. not soaked. boiled* (without salt). drained	Pois d'Angole. crème. non trempé. bouilli* (sans sel). égoutté	1.00	554(132)	62.2	8.0	[0.9]	18.6	8.8	1.5
03_129	Pigeon pea. cream. not soaked. boiled* (without salt). with cooking liquid	Pois d'Angole. crème. non trempé. bouilli* (sans sel). avec liquide de cuisson	1.00	398(95)	72.9	5.8	[0.6]	13.3	6.3	1.1
03_130	Pigeon pea. cream. soaked. boiled in different water* (without salt). drained	Pois d'Angole. crème. trempé. bouilli dans différentes eaux* (sans sel). égoutté	1.00	554(132)	62.2	8.0	[0.9]	18.6	8.8	1.5
03_131	Pigeon pea. cream. soaked. boiled in different water* (without salt). with cooking liquid	Pois d'Angole. crème. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	1.00	398(95)	72.9	5.8	[0.6]	13.3	6.3	1.1
03_053	Pigeon pea. white. dry. raw	Pois d'Angole. blanc. sec. cru	1.00	1 300(310)	12.9	16.6	[3.7]	42.4	20.6	3.9
Non-African data										
SD or min-max					9.5-16.2					
n			1	2		1	1	1		1
03_124	Pigeon pea. white. not soaked. boiled* (without salt). drained	Pois d'Angole. blanc. non trempé. bouilli* (sans sel). égoutté	1.00	566(135)	62.1	7.2	[1.6]	18.4	8.9	1.7
03_125	Pigeon pea. white. not soaked. boiled* (without salt). with cooking liquid	Pois d'Angole. blanc. non trempé. bouilli* (sans sel). avec liquide de cuisson	1.00	407(97)	72.8	5.2	[1.1]	13.2	6.4	1.2
03_126	Pigeon pea. white. soaked. boiled in different water* (without salt). drained	Pois d'Angole. blanc. trempé. bouilli dans différentes eaux* (sans sel). égoutté	1.00	566(135)	62.1	7.2	[1.6]	18.4	8.9	1.7
03_127	Pigeon pea. white. soaked. boiled in different water* (without salt). with cooking liquid	Pois d'Angole. blanc. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	1.00	407(97)	72.8	5.2	[1.1]	13.2	6.4	1.2
03_142	Porridge of cowpeas, yam and potash (Burkina Faso)*	Bouillie de niébé. igname et potasse (Burkina Faso)*		511(121)	65.1	6.5	[0.6]	20.3	4.3	3.2
03_145	Soumma (Burkina Faso)*: bambara groundnuts boiled with potash	Soumma (Burkina Faso)*: pois bambara bouilli avec potasse		682(163)	53.3	9.7	2.9	17.2	14.4	2.4
03_008	Soya bean. dry. raw	Soja. sec. cru	1.00	1 590(381)	9.3	31.3	17.0	14.2	23.4	4.9
Non-African data										
SD or min-max					1.7			2.8		0.1
n			1	4		4	4	1		4

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Legumes and their products/Légumineuses et produits dérivés													
03_135	Pigeon pea, brown, soaked, boiled in different water* (without salt), with cooking liquid	34	1.5	58	102	563	1	0.75	0.34	5	3	0	32
03_054	Pigeon pea, cream, dry, raw	135	4.7	169	337	1 700	2	2.90	0.99	17	8	0	101
Non-African data										oa	oa		oa
SD or min-max		134-135	4.7-4.7		336-338	1 700-1 710	2-2	2.90-2.91					
n		2	2	1	2	2	2	2	1			1	
03_128	Pigeon pea, cream, not soaked, boiled* (without salt), drained	50	1.8	63	132	555	1	1.13	0.30	7	4	0	44
03_129	Pigeon pea, cream, not soaked, boiled* (without salt), with cooking liquid	42	1.5	53	105	532	1	0.91	0.31	5	3	0	32
03_130	Pigeon pea, cream, soaked, boiled in different water* (without salt), drained	50	1.8	63	132	555	1	1.13	0.30	7	4	0	44
03_131	Pigeon pea, cream, soaked, boiled in different water* (without salt), with cooking liquid	42	1.5	53	105	532	1	0.91	0.31	5	3	0	32
03_053	Pigeon pea, white, dry, raw	36	4.4	187	316	1 630	3	1.01	1.09	17	8	0	101
Non-African data										oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
03_124	Pigeon pea, white, not soaked, boiled* (without salt), drained	13	1.6	69	123	532	1	0.39	0.33	7	4	0	44
03_125	Pigeon pea, white, not soaked, boiled* (without salt), with cooking liquid	11	1.4	59	99	510	1	0.31	0.34	5	3	0	32
03_126	Pigeon pea, white, soaked, boiled in different water* (without salt), drained	13	1.6	69	123	532	1	0.39	0.33	7	4	0	44
03_127	Pigeon pea, white, soaked, boiled in different water* (without salt), with cooking liquid	11	1.4	59	99	510	1	0.31	0.34	5	3	0	32
03_142	Porridge of cowpeas, yam and potash (Burkina Faso)*	66	[6.9]	72	124	436	394	1.15	0.29	2	1	0	13
03_145	Soumma (Burkina Faso)*: bambara groundnuts boiled with potash	39	[2.7]	95	134	588	239	1.22	0.41	0	0	0	0
03_008	Soya bean, dry, raw	232	7.8	245	468	1 740	5	4.73	1.48	0	0	0	2
Non-African data										oa	oa		oa
SD or min-max		66	2.8		166	1 700-1 790							
n		4	4	1	4	2	1	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Legumes and their products/Légumineuses et produits dérivés													
03_135	Pigeon pea, brown, soaked, boiled in different water* (without salt), with cooking liquid	0	0.25	0.20	0.05	1.7	0.7	62	0.06	64	64	0	0
03_054	Pigeon pea, cream, dry, raw	0	0.80	0.80	0.15	5.1	2.5	155	0.24	330	330	0	1
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
03_128	Pigeon pea, cream, not soaked, boiled* (without salt), drained	0	0.31	0.23	0.05	1.8	0.7	67	0.07	72	72	0	0
03_129	Pigeon pea, cream, not soaked, boiled* (without salt), with cooking liquid	0	0.25	0.20	0.05	1.4	0.6	48	0.06	62	62	0	0
03_130	Pigeon pea, cream, soaked, boiled in different water* (without salt), drained	0	0.31	0.23	0.05	1.8	0.7	67	0.07	72	72	0	0
03_131	Pigeon pea, cream, soaked, boiled in different water* (without salt), with cooking liquid	0	0.25	0.20	0.05	1.4	0.6	48	0.06	62	62	0	0
03_053	Pigeon pea, white, dry, raw	0	0.80	0.80	0.15	4.9	2.6	140	0.24	330	330	0	1
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max													
n		1		1	1		2	1	1	1		1	1
03_124	Pigeon pea, white, not soaked, boiled* (without salt), drained	0	0.31	0.23	0.05	1.7	0.7	61	0.07	73	73	0	0
03_125	Pigeon pea, white, not soaked, boiled* (without salt), with cooking liquid	0	0.25	0.20	0.05	1.4	0.6	44	0.06	63	63	0	0
03_126	Pigeon pea, white, soaked, boiled in different water* (without salt), drained	0	0.31	0.23	0.05	1.7	0.7	61	0.07	73	73	0	0
03_127	Pigeon pea, white, soaked, boiled in different water* (without salt), with cooking liquid	0	0.25	0.20	0.05	1.4	0.6	44	0.06	63	63	0	0
03_142	Porridge of cowpeas, yam and potash (Burkina Faso)*	0	0.27	0.06	0.03	1.5	0.5	60	0.12	71	71	0.00	4
03_145	Soumma (Burkina Faso)*: bambara groundnuts boiled with potash	0.0	0.12	0.08	0.07	1.9	0.8	63	0.07	[30]	[30]	0.00	0
03_008	Soya bean, dry, raw	0	1.20	0.70	0.28	11.0	2.0	525	0.45	380	380	0	tr
Non-African data			oa			oa		oa	oa	oa	oa		oa
SD or min-max													
n		1		2	2		1	1	1	1		1	1



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCP(mg)
Legumes and their products/Légumineuses et produits dérivés								
03_135	Pigeon pea, brown, soaked, boiled in different water* (without salt), with cooking liquid	0	0.13	0.04	0.31	0.28	0.02	90
03_054	Pigeon pea, cream, dry, raw	0	0.43	0.12	1.00	0.91	0.08	366
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
03_128	Pigeon pea, cream, not soaked, boiled* (without salt), drained	0	0.19	0.05	0.43	0.40	0.04	129
03_129	Pigeon pea, cream, not soaked, boiled* (without salt), with cooking liquid	0	0.14	0.04	0.31	0.29	0.03	93
03_130	Pigeon pea, cream, soaked, boiled in different water* (without salt), drained	0	0.19	0.05	0.43	0.40	0.04	107
03_131	Pigeon pea, cream, soaked, boiled in different water* (without salt), with cooking liquid	0	0.14	0.04	0.31	0.29	0.03	77
03_053	Pigeon pea, white, dry, raw	0	0.79	0.22	1.82	1.67	0.15	432
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								260-604
n		1						2
03_124	Pigeon pea, white, not soaked, boiled* (without salt), drained	0	0.34	0.10	0.79	0.72	0.06	152
03_125	Pigeon pea, white, not soaked, boiled* (without salt), with cooking liquid	0	0.25	0.07	0.57	0.52	0.05	109
03_126	Pigeon pea, white, soaked, boiled in different water* (without salt), drained	0	0.34	0.10	0.79	0.72	0.06	126
03_127	Pigeon pea, white, soaked, boiled in different water* (without salt), with cooking liquid	0	0.25	0.07	0.57	0.52	0.05	90
03_142	Porridge of cowpeas, yam and potash (Burkina Faso)*	0	0.14	0.04	0.26	0.17	0.09	124
03_145	Soumma (Burkina Faso)*: bambara groundnuts boiled with potash	0	0.82	0.48	0.97	0.91	0.06	[0]
03_008	Soya bean, dry, raw	0	2.51	4.03	9.25	8.15	1.10	487
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Legumes and their products/Légumineuses et produits dérivés										
03_034	Soya bean. not soaked. boiled* (without salt). drained	Soja. non trempé. bouilli* (sans sel). égoutté	1.00	653(157)	62.7	12.9	7.0	5.8	9.6	2.0
03_136	Soya bean. soaked. boiled in different water* (without salt). drained	Soja. trempé. bouilli dans différentes eaux* (sans sel). égoutté	1.00	653(157)	62.7	12.9	7.0	5.8	9.6	2.0
03_036	Soya bean. Anidaso variety. dry. raw (Ghana). n=1	Soja. variété Anidaso. sec. cru (Ghana). n=1	1.00	1 590(382)	8.1	35.9	[15.8]	12.1	23.7	4.4
Non-African data										
03_038	Soya bean. Jenguma variety. dry. raw (Ghana). n=1	Soja. variété Jenguma. sec. cru (Ghana). n=1	1.00	1 640(395)	8.8	31.9	[18.6]	13.2	23.5	4.0
Non-African data										
03_037	Soya bean. Quarshie variety. dry. raw (Ghana). n=1	Soja. variété Quarshie. sec. cru (Ghana). n=1	1.00	1 580(379)	6.6	35.4	[13.1]	17.9	24.1	3.0
Non-African data										
03_035	Soya bean. Salintuya-1 variety. dry. raw (Ghana). n=1	Soja. variété Salintuya-1. sec. cru (Ghana). n=1	1.00	1 600(383)	8.1	35.5	[16.1]	12.2	23.7	4.3
Non-African data										
03_039	Soya bean. combined varieties. dry. raw (Ghana)	Soja. mélange de variétés. sec. cru (Ghana)	1.00	1 600(385)	7.9	34.7	[15.9]	13.8	23.8	3.9
Non-African data										
SD or min-max					0.9	1.9	2.3			0.7
n					4	4	4		1	4
03_040	Soya bean. combined varieties (Ghana). not soaked. boiled* (without salt). drained	Soja. mélange de variétés (Ghana). non trempé. bouilli* (sans sel). égoutté	1.00	660(158)	62.1	14.3	[6.5]	5.7	9.8	1.6
03_137	Soya bean. combined varieties (Ghana). soaked. boiled in different water* (without salt). drained	Soja. mélange de variétés (Ghana). trempé. bouilli dans différentes eaux* (sans sel). égoutté	1.00	660(158)	62.1	14.3	[6.5]	5.7	9.8	1.6
03_051	Sweet dattock. whole. raw	Détar sucré. entier. cru	1.00	1 550(372)	14.2	10.6	[17.2]	33.9	19.6	4.5
Non-African data										
SD or min-max					14.2-14.2	9.8-11.4	15.9-18.5	oa	oa	
n					1	2	2	2	1	1
03_105	Sweet dattock. not soaked. boiled* (without salt). drained	Détar sucré. non trempé. bouilli* (sans sel). égoutté	1.00	594(143)	67.1	4.1	[6.6]	13.0	7.5	1.7
03_106	Sweet dattock. not soaked. boiled* (without salt). with cooking liquid	Détar sucré. non trempé. bouilli* (sans sel). avec liquide de cuisson	1.00	375(90)	79.2	2.6	[4.2]	8.2	4.7	1.1
03_107	Sweet dattock. soaked. boiled in different water* (without salt). drained	Détar sucré. trempé. bouilli dans différentes eaux* (sans sel). égoutté	1.00	594(143)	67.1	4.1	[6.6]	13.0	7.5	1.7
03_108	Sweet dattock. soaked. boiled in different water* (without salt). with cooking liquid	Détar sucré. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	1.00	375(90)	79.2	2.6	[4.2]	8.2	4.7	1.1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Legumes and their products/Légumineuses et produits dérivés													
03_034	Soya bean, not soaked, boiled* (without salt), drained	81	2.7	86	173	538	2	1.75	0.43	0	0	0	1
03_136	Soya bean, soaked, boiled in different water* (without salt), drained	81	2.7	86	173	538	2	1.75	0.43	0	0	0	1
03_036	Soya bean, Anidaso variety, dry, raw (Ghana), n=1	208	7.3	248	577	1 770	5	4.79	1.50	0	0	0	2
Non-African data													
03_038	Soya bean, Jenguma variety, dry, raw (Ghana), n=1	201	6.5	247	566	1 750	5	4.75	1.49	0	0	0	3
Non-African data													
03_037	Soya bean, Quarshie variety, dry, raw (Ghana), n=1	197	3.9	253	400	1 800	5	4.87	1.52	0	0	0	2
Non-African data													
03_035	Soya bean, Salintuya-1 variety, dry, raw (Ghana), n=1	219	8.3	248	601	1 770	5	4.79	1.50	0	0	0	2
Non-African data													
03_039	Soya bean, combined varieties, dry, raw (Ghana)	206	6.5	249	536	1 770	5	4.80	1.50	0	0	0	2
Non-African data													
SD or min-max		10	1.9		92					oa	oa		oa
n		4	4	1	4	1	1	1	1			1	
03_040	Soya bean, combined varieties (Ghana), not soaked, boiled* (without salt), drained	72	2.3	87	199	547	2	1.78	0.43	0	0	0	1
03_137	Soya bean, combined varieties (Ghana), soaked, boiled in different water* (without salt), drained	72	2.3	87	199	547	2	1.78	0.43	0	0	0	1
03_051	Sweet dattock, whole, raw	300	7.5	206	154	1 460	120	3.64	1.17	1	0	0	3
Non-African data													
SD or min-max			oa			oa		oa	oa	oa	oa		oa
n		1	1	1	1	1	1	1	1			1	
03_105	Sweet dattock, not soaked, boiled* (without salt), drained	98	2.5	67	53	421	35	1.26	0.31	0	0	0	1
03_106	Sweet dattock, not soaked, boiled* (without salt), with cooking liquid	73	1.8	50	37	355	29	0.88	0.28	0	0	0	1
03_107	Sweet dattock, soaked, boiled in different water* (without salt), drained	98	2.5	67	53	421	35	1.26	0.31	0	0	0	1
03_108	Sweet dattock, soaked, boiled in different water* (without salt), with cooking liquid	73	1.8	50	37	355	29	0.88	0.28	0	0	0	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)	
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)	
Legumes and their products/Légumineuses et produits dérivés														
03_034	Soya bean, not soaked, boiled* (without salt), drained	0	0.43	0.19	0.08	4.1	0.5	216	0.13	77	77	0	tr	
03_136	Soya bean, soaked, boiled in different water* (without salt), drained	0	0.43	0.19	0.08	4.1	0.5	216	0.13	77	77	0	tr	
03_036	Soya bean, Anidaso variety, dry, raw (Ghana), n=1	0	1.10	0.71	0.28	9.7	2.0	457	0.46	380	380	0	tr	
Non-African data			oa						oa		oa			
03_038	Soya bean, Jenguma variety, dry, raw (Ghana), n=1	0	1.30	0.71	0.28	11.0	2.0	515	0.45	380	380	0	tr	
Non-African data			oa						oa		oa			
03_037	Soya bean, Quarshie variety, dry, raw (Ghana), n=1	0	0.88	0.73	0.28	9.8	2.1	463	0.46	390	390	0	tr	
Non-African data			oa						oa		oa			
03_035	Soya bean, Salintuya-1 variety, dry, raw (Ghana), n=1	0	1.10	0.71	0.28	9.7	2.0	462	0.46	380	380	0	tr	
Non-African data			oa						oa		oa			
03_039	Soya bean, combined varieties, dry, raw (Ghana)	0	1.10	0.72	0.28	9.9	2.0	473	0.46	380	380	0	tr	
Non-African data			oa						oa		oa			
SD or min-max														
n		1		1	1		1		1			1		
03_040	Soya bean, combined varieties (Ghana), not soaked, boiled* (without salt), drained	0	0.40	0.19	0.09	3.8	0.5	195	0.13	78	78	0	tr	
03_137	Soya bean, combined varieties (Ghana), soaked, boiled in different water* (without salt), drained	0	0.40	0.19	0.09	3.8	0.5	195	0.13	78	78	0	tr	
03_051	Sweet dattock, whole, raw	0	1.10	0.54	0.22	4.5	1.9	154	0.39	[270]	[270]	0	0	
Non-African data			oa		oa		oa		oa		oa		oa	
SD or min-max														
n		1		1	1		1	1	1	1		1	1	
03_105	Sweet dattock, not soaked, boiled* (without salt), drained	0	0.38	0.13	0.06	1.5	0.5	59	0.10	[52]	[52]	0	0	
03_106	Sweet dattock, not soaked, boiled* (without salt), with cooking liquid	0	0.27	0.10	0.05	1.0	0.4	37	0.08	[39]	[39]	0	0	
03_107	Sweet dattock, soaked, boiled in different water* (without salt), drained	0	0.38	0.13	0.06	1.5	0.5	59	0.10	[52]	[52]	0	0	
03_108	Sweet dattock, soaked, boiled in different water* (without salt), with cooking liquid	0	0.27	0.10	0.05	1.0	0.4	37	0.08	[39]	[39]	0	0	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Legumes and their products/Légumineuses et produits dérivés								
03_034	Soya bean, not soaked, boiled* (without salt), drained	0	1.03	1.66	3.81	3.35	0.45	162
03_136	Soya bean, soaked, boiled in different water* (without salt), drained	0	1.03	1.66	3.81	3.35	0.45	134
03_036	Soya bean, Anidaso variety, dry, raw (Ghana), n=1	0	2.34	3.75	8.62	7.60	1.03	493
Non-African data			oa	oa	oa	oa	oa	oa
03_038	Soya bean, Jenguma variety, dry, raw (Ghana), n=1	0	2.75	4.41	10.13	8.93	1.21	489
Non-African data			oa	oa	oa	oa	oa	oa
03_037	Soya bean, Quarshie variety, dry, raw (Ghana), n=1	0	1.93	3.09	7.11	6.27	0.85	501
Non-African data			oa	oa	oa	oa	oa	oa
03_035	Soya bean, Salintuya-1 variety, dry, raw (Ghana), n=1	0	2.38	3.81	8.76	7.72	1.04	493
Non-African data			oa	oa	oa	oa	oa	oa
03_039	Soya bean, combined varieties, dry, raw (Ghana)	0	2.35	3.77	8.66	0.00	0.00	494
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						
03_040	Soya bean, combined varieties (Ghana), not soaked, boiled* (without salt), drained	0	0.97	1.55	3.56	0.00	0.00	165
03_137	Soya bean, combined varieties (Ghana), soaked, boiled in different water* (without salt), drained	0	0.97	1.55	3.56	0.00	0.00	136
03_051	Sweet dattock, whole, raw	0	2.61	3.85	9.52	8.42	1.11	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						
03_105	Sweet dattock, not soaked, boiled* (without salt), drained	0	1.00	1.47	3.65	3.23	0.42	
03_106	Sweet dattock, not soaked, boiled* (without salt), with cooking liquid	0	0.63	0.93	2.31	2.04	0.27	
03_107	Sweet dattock, soaked, boiled in different water* (without salt), drained	0	1.00	1.47	3.65	3.23	0.42	
03_108	Sweet dattock, soaked, boiled in different water* (without salt), with cooking liquid	0	0.63	0.93	2.31	2.04	0.27	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Legumes and their products/Légumineuses et produits dérivés										
03_059	Velvet bean. dry. raw	Haricot velouté. sec. cru	1.00	1 400(334)	10.5	28.8	4.7	33.9	20.4	1.7
Non-African data										
SD or min-max					0.6	1.2	2.6		19.9-20.9	1.7-1.7
n					5	5	5		2	2
03_138	Velvet bean. not soaked. boiled* (without salt). drained	Haricot velouté. non trempé. bouilli* (sans sel). égoutté	1.00	538(128)	65.7	11.0	1.8	13.0	7.8	0.6
03_139	Velvet bean. not soaked. boiled* (without salt). with cooking liquid	Haricot velouté. non trempé. bouilli* (sans sel). avec liquide de cuisson	1.00	340(81)	78.3	7.0	1.1	8.2	4.9	0.4
03_140	Velvet bean. soaked. boiled in different water* (without salt). drained	Haricot velouté. trempé. bouilli dans différentes eaux* (sans sel). égoutté	1.00	538(128)	65.7	11.0	1.8	13.0	7.8	0.6
03_141	Velvet bean. soaked. boiled in different water* (without salt). with cooking liquid	Haricot velouté. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	1.00	340(81)	78.3	7.0	1.1	8.2	4.9	0.4
Vegetables and their products/Légumes et produits dérivés										
04_023	Amaranth. leaves. fresh. raw	Amaranthe. feuilles. fraîches. crues	0.76	167(40)	85.6	4.1	[0.4]	3.0	3.8	3.0
Non-African data										
SD or min-max					0.59-0.76	4.1	0.9	0.4	2.2	1.1
n					2	24	21	17	4	16
04_086	Amaranth. leaves. fresh. boiled* (as part of a recipe)	Amaranthe. feuilles. fraîches. bouillies* (ingrédient de recette)	0.75	178(42)	84.7	4.4	[0.5]	3.2	4.1	3.2
04_024	Amaranth. leaves. fresh. boiled* (without salt). drained	Amaranthe. feuilles. fraîches. bouillies* (sans sel). égouttées	0.76	171(41)	85.3	4.2	[0.4]	3.1	3.9	3.1
04_002	Baobab. leaves. dried	Baobab. feuilles. séchées	1.00	999(241)	7.5	13.7	2.3	19.8	42.9	13.8
Non-African data										
SD or min-max						0.9	0.6		42.1-43.6	12.9-14.6
n					1	5	4	1	2	2
04_001	Baobab. leaves. fresh. raw	Baobab. feuilles. fraîches. crues	0.54	259(62)	76.7	3.9	0.4	5.4	10.8	2.8
Non-African data										
SD or min-max						3.4	0.2	0.1		2.8-2.8
n					1	6	7	3	1	2
04_087	Baobab. leaves. fresh. boiled* (as part of a recipe)	Baobab. feuilles. fraîches. bouillies* (ingrédient de recette)	0.52	275(66)	75.2	4.2	0.4	5.7	11.5	3.0
04_025	Baobab. leaves. fresh. boiled* (without salt). drained	Baobab. feuilles. fraîches. bouillies* (sans sel). égouttées	0.53	264(64)	76.2	4.0	0.4	5.5	11.0	2.9
04_081	Bay. leaves. dried	Laurier. feuilles. séchées	1.00	1 480(353)	5.4	7.6	8.4	48.7	26.3	3.6
Non-African data										
SD or min-max						oa	oa	oa	oa	oa
n					1	1	1	1	1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Legumes and their products/Légumineuses et produits dérivés													
03_059	Velvet bean, dry, raw	96	5.4	129	401	987	0	3.10	1.57	tr	tr	0	tr
Non-African data													
SD or min-max		94-98	5.2-5.6	129-129	376-427	982-991	0-1	3.08-3.13	1.56-1.57				
n		2	2	2	2	2	2	2	2			1	
03_138	Velvet bean, not soaked, boiled* (without salt), drained	31	1.8	42	138	284	0	1.07	0.42	tr	tr	0	tr
03_139	Velvet bean, not soaked, boiled* (without salt), with cooking liquid	23	1.3	31	97	239	0	0.75	0.38	tr	tr	0	tr
03_140	Velvet bean, soaked, boiled in different water* (without salt), drained	31	1.8	42	138	284	0	1.07	0.42	tr	tr	0	tr
03_141	Velvet bean, soaked, boiled in different water* (without salt), with cooking liquid	23	1.3	31	97	239	0	0.75	0.38	tr	tr	0	tr
Vegetables and their products/Légumes et produits dérivés													
04_023	Amaranth, leaves, fresh, raw	368	7.2	160	69	545	7	0.66	0.29	451	225	0	2 710
Non-African data													
SD or min-max		83	3.7	58	18	189	4	0.16	0.09				
n		16	16	8	9	5	4	9	8			1	
04_086	Amaranth, leaves, fresh, boiled* (as part of a recipe)	391	7.7	171	74	580	7	0.70	0.31	432	216	0	2 590
04_024	Amaranth, leaves, fresh, boiled* (without salt), drained	357	5.5	98	64	278	5	0.51	0.28	414	207	0	2 480
04_002	Baobab, leaves, dried	1 240	13.7	206	336	1 490	166	3.56	0.72	286	143	0	1 720
Non-African data													
SD or min-max							oa						
n		1	1	1	1	1	1	1	1			1	
04_001	Baobab, leaves, fresh, raw	313	3.5	52	85	376	42	0.90	0.18	426	213	0	2 558
Non-African data													
SD or min-max		122	2.2	26-78	18			0.20					
n		6	6	2	3	1	1	4	1			1	
04_087	Baobab, leaves, fresh, boiled* (as part of a recipe)	333	3.7	55	90	400	44	0.95	0.19	408	204	0	2 450
04_025	Baobab, leaves, fresh, boiled* (without salt), drained	304	2.6	32	78	192	32	0.69	0.18	392	196	0	2 350
04_081	Bay, leaves, dried	834	43.0	120	113	529	23	3.70	0.42	618	309	0	3 710
Non-African data													
SD or min-max		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
n		1	1	1	1	1	1	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Legumes and their products/Légumineuses et produits dérivés													
03_059	Velvet bean, dry, raw	0	0.42	0.16	0.24	5.5	1.9	217	0.79	[140]	[140]	0	0
Non-African data													
SD or min-max				0.13-0.20	0.22-0.27		1.9-1.9	214-220	0.78-0.79	140-150			
n		1		2	2		2	2	2	2		1	1
03_138	Velvet bean, not soaked, boiled* (without salt), drained	0	0.14	0.04	0.07	1.9	0.5	83	0.21	[27]	[27]	0	0
03_139	Velvet bean, not soaked, boiled* (without salt), with cooking liquid	0	0.10	0.03	0.06	1.2	0.4	53	0.15	[21]	[21]	0	0
03_140	Velvet bean, soaked, boiled in different water* (without salt), drained	0	0.14	0.04	0.07	1.9	0.5	83	0.21	[27]	[27]	0	0
03_141	Velvet bean, soaked, boiled in different water* (without salt), with cooking liquid	0	0.10	0.03	0.06	1.2	0.4	53	0.15	[21]	[21]	0	0
Vegetables and their products/Légumes et produits dérivés													
04_023	Amaranth, leaves, fresh, raw	0	0.44	0.05	0.19	1.4	0.7	41	0.21	76	76	0	67
Non-African data													
SD or min-max				0.03	0.18					16			35
n		1		4	6		1	1	1	4		1	7
04_086	Amaranth, leaves, fresh, boiled* (as part of a recipe)	0	0.46	0.04	0.20	1.5	0.7	44	0.20	57	57	0	43
04_024	Amaranth, leaves, fresh, boiled* (without salt), drained	0	0.44	0.03	0.13	1.2	0.5	42	0.14	39	39	0	27
04_002	Baobab, leaves, dried	0	1.70	0.10	0.15	[6.1]			1.50	[300]	[300]	0	19
Non-African data													
SD or min-max			oa						oa	oa	oa		
n		1		1	1				1	1		1	1
04_001	Baobab, leaves, fresh, raw	0	0.42	0.03	0.04	1.9	0.7	68	0.40	[97]	[97]	0	47
Non-African data													
SD or min-max			oa						oa	oa	oa		42-52
n		1		1	1		1	1	1	1		1	2
04_087	Baobab, leaves, fresh, boiled* (as part of a recipe)	0	0.45	0.03	0.04	1.9	0.7	72	0.39	[72]	[72]	0	30
04_025	Baobab, leaves, fresh, boiled* (without salt), drained	0	0.43	0.02	0.03	1.6	0.5	69	0.27	[49]	[49]	0	19
04_081	Bay, leaves, dried	0		0.01	0.42	[2.0]	2.0		1.70	180	180	0	47
Non-African data													
SD or min-max				oa	oa	oa			oa	oa	oa		oa
n		1		1	1		1		1	1		1	1



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE (mg)	FASAT (g)	FAMS (g)	FAPU (g)	F18D2CN6 (g)	F18D3CN3 (g)	PHYTCPP (mg)
<b>Legumes and their products/Légumineuses et produits dérivés</b>								
03_059	Velvet bean, dry, raw	0	1.34	0.38	1.93	1.76	0.17	
Non-African data								
SD or min-max								
n		1						
03_138	Velvet bean, not soaked, boiled* (without salt), drained	0	0.51	0.15	0.74	0.68	0.07	
03_139	Velvet bean, not soaked, boiled* (without salt), with cooking liquid	0	0.32	0.09	0.47	0.43	0.04	
03_140	Velvet bean, soaked, boiled in different water* (without salt), drained	0	0.51	0.15	0.74	0.68	0.07	
03_141	Velvet bean, soaked, boiled in different water* (without salt), with cooking liquid	0	0.32	0.09	0.47	0.43	0.04	
<b>Vegetables and their products/Légumes et produits dérivés</b>								
04_023	Amaranth, leaves, fresh, raw	0	0.11	0.03	0.21	0.06	0.14	5
Non-African data								
SD or min-max								
n		1						1
04_086	Amaranth, leaves, fresh, boiled* (as part of a recipe)	0	0.12	0.03	0.22	0.07	0.15	3
04_024	Amaranth, leaves, fresh, boiled* (without salt), drained	0	0.11	0.03	0.21	0.07	0.15	5
04_002	Baobab, leaves, dried	0	0.64	0.16	1.06	0.35	0.71	
Non-African data								
SD or min-max								
n		1						
04_001	Baobab, leaves, fresh, raw	0	0.10	0.03	0.17	0.06	0.12	[80]
Non-African data								
SD or min-max								
n		1						1
04_087	Baobab, leaves, fresh, boiled* (as part of a recipe)	0	0.11	0.03	0.18	0.06	0.12	[46]
04_025	Baobab, leaves, fresh, boiled* (without salt), drained	0	0.11	0.03	0.18	0.06	0.12	[74]
04_081	Bay, leaves, dried	0	2.27	1.63	2.28			
Non-African data								
SD or min-max								
n		1						

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Vegetables and their products/Légumes et produits dérivés										
04_003	Bean. green. raw	Haricot vert. cru	0.92	167(40)	87.0	2.0	0.3	5.2	4.4	1.2
Non-African data								oa	oa	
SD or min-max					10.7	1.2	0.1			0.6-1.8
n			1		4	3	3		1	2
04_088	Bean. green. boiled* (as part of a recipe)	Haricot vert. bouilli* (ingrédient de recette)	0.91	180(43)	86.0	2.1	0.3	5.6	4.7	1.3
04_026	Bean. green. boiled* (without salt). drained	Haricot vert. bouilli* (sans sel). égoutté	0.91	184(44)	85.7	2.2	0.3	5.8	4.8	1.3
04_005	Cabbage. white. raw	Chou. blanc. cru	0.92	110(26)	91.7	1.6	[0.1]	3.6	2.2	0.7
Non-African data										
SD or min-max					1.4	0.1	0.0			0.1
n			1		5	3	5		1	4
04_090	Cabbage. white. boiled* (as part of a recipe)	Chou. blanc. bouilli* (ingrédient de recette)	0.82	119(28)	91.1	1.8	[0.1]	3.9	2.4	0.8
04_089	Cabbage. white. boiled* (without salt). drained	Chou. blanc. bouilli* (sans sel). égoutté	0.83	113(27)	91.5	1.7	[0.1]	3.7	2.3	0.8
04_006	Carrot. raw	Carotte. crue	0.92	142(34)	89.2	0.9	0.2	5.5	3.2	1.0
Non-African data										
SD or min-max					0.9	0.2	0.1			0.4
n			1		6	8	6		1	4
04_091	Carrot. boiled* (as part of a recipe)	Carotte. bouillie* (ingrédient de recette)	0.81	147(35)	88.7	1.0	0.2	5.8	3.4	1.0
04_007	Carrot. boiled* (without salt). drained	Carotte. bouillie* (sans sel). égouttée	0.81	151(36)	88.5	1.0	0.2	5.9	3.4	1.0
04_008	Cassava. leaves. fresh. raw	Manioc. feuilles. fraîches. crues	0.70	389(93)	72.1	7.6	1.1	9.1	7.9	2.1
Non-African data								oa	oa	
SD or min-max					0.85-1.00	3.3	0.7	0.2		0.6
n			2		11	11	10		1	8
04_092	Cassava. leaves. fresh. boiled* (as part of a recipe)	Manioc. feuilles. fraîches. bouillies* (ingrédient de recette)	0.69	414(99)	70.3	8.0	1.2	9.7	8.4	2.3
04_028	Cassava. leaves. fresh. boiled* (without salt). drained	Manioc. feuilles. fraîches. bouillies* (sans sel). égouttées	0.70	397(95)	71.5	7.7	1.2	9.3	8.1	2.2
04_009	Cocoyam. leaves. fresh. raw	Chou caraïbe. feuilles. fraîches. crues	0.60	161(39)	87.6	3.5	0.7	2.4	4.5	1.4
Non-African data								oa	oa	
SD or min-max					3.9	1.0	0.2			0.3
n			1		7	6	4		1	3
04_097	Cocoyam. leaves. fresh. boiled* (as part of a recipe)	Chou caraïbe. feuilles. fraîches. bouillies* (ingrédient de recette)	0.59	171(41)	86.8	3.7	0.7	2.5	4.7	1.5
04_029	Cocoyam. leaves. fresh. boiled* (without salt). drained	Chou caraïbe. feuilles. fraîches. bouillies* (sans sel). égouttées	0.60	164(39)	87.3	3.6	0.7	2.4	4.5	1.5

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
IN FOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Vegetables and their products/Légumes et produits dérivés													
04_003	Bean, green, raw	41	1.2	43	75	250	2	0.20	0.11	38	19	0	227
Non-African data				oa					oa	oa	oa		oa
SD or min-max		16	0.4		55-95	250-250	2-2						
n		4	4	1	2	2	2	1	1			1	
04_088	Bean, green, boiled* (as part of a recipe)	44	1.3	46	81	269	2	0.22	0.12	37	18	0	219
04_026	Bean, green, boiled* (without salt), drained	43	1.0	28	74	137	2	0.16	0.11	37	19	0	224
04_005	Cabbage, white, raw	43	1.2	9	45	313	13	0.16	0.03	tr	tr	0	5
Non-African data								oa	oa	oa	oa		oa
SD or min-max		13	1.2		18								
n		4	4	1	5	1	1	1	1			1	
04_090	Cabbage, white, boiled* (as part of a recipe)	46	1.3	10	48	336	14	0.17	0.03	tr	tr	0	5
04_089	Cabbage, white, boiled* (without salt), drained	41	0.9	6	41	159	10	0.12	0.03	tr	tr	0	5
04_006	Carrot, raw	36	0.8	14	48	225	35	0.25	0.07	1 270	637	0	7 640
Non-African data										oa	oa		oa
SD or min-max		7	0.4		14	200-250	21-49	0.20-0.30					
n		7	6	1	5	2	2	2	1			1	
04_091	Carrot, boiled* (as part of a recipe)	38	0.9	15	50	234	36	0.26	0.08	1 200	597	0	7 160
04_007	Carrot, boiled* (without salt), drained	37	65.2	9	46	108	20	0.20	0.07	1 220	610	0	7 320
04_008	Cassava, leaves, fresh, raw	298	5.5	73	145	711	6	1.29	0.16	574	287	0	34 40
Non-African data								oa		oa	oa		oa
SD or min-max		97	2.6	72-73	70	75	0						
n		8	8	2	7	4	3	1	1			1	
04_092	Cassava, leaves, fresh, boiled* (as part of a recipe)	317	5.9	77	154	757	6	1.38	0.17	550	275	0	3 300
04_028	Cassava, leaves, fresh, boiled* (without salt), drained	289	4.2	44	133	363	4	0.99	0.16	527	264	0	3 160
04_009	Cocoyam, leaves, fresh, raw	74	2.1	42	52	443	2	0.62	0.28	595	298	0	3 570
Non-African data										oa	oa		oa
SD or min-max		33	0.9	19-64	52-53	418-468							
n		4	4	2	2	2	1	1	1			1	
04_097	Cocoyam, leaves, fresh, boiled* (as part of a recipe)	79	2.3	44	56	471	2	0.66	0.30	570	285	0	3 420
04_029	Cocoyam, leaves, fresh, boiled* (without salt), drained	72	1.6	25	48	226	2	0.47	0.27	547	273	0	3 280

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Vegetables and their products/Légumes et produits dérivés													
04_003	Bean, green, raw	0	0.07	0.11	0.10	1.1	0.8	19	0.37	36	36	0	11
Non-African data						oa	oa	oa	oa				
SD or min-max				0.07-0.15	0.05-0.15								
n		1		2	2		1	1	1	1		1	1
04_088	Bean, green, boiled* (as part of a recipe)	0	0.08	0.11	0.10	1.2	0.8	20	0.36	27	27	0	9
04_026	Bean, green, boiled* (without salt), drained	0	0.08	0.08	0.07	0.9	0.6	21	0.26	20	20	0	8
04_005	Cabbage, white, raw	0	0.05	0.04	0.04	0.6	0.3	15	0.13	15	15	0	54
Non-African data			oa			oa		oa	oa	oa	oa		
SD or min-max				0.01	0.00								54-54
n		1		3	3		1	1	1	1		1	2
04_090	Cabbage, white, boiled* (as part of a recipe)	0	0.05	0.04	0.04	0.6	0.3	16	0.13	11	11	0	35
04_089	Cabbage, white, boiled* (without salt), drained	0	0.05	0.03	0.03	0.5	0.2	16	0.09	8	8	0	22
04_006	Carrot, raw	0	0.72	0.04	0.05	0.7	0.6	6	0.25	17	17	0	7
Non-African data			oa										
SD or min-max				0.01	0.01					8			1
n		1		5	5		1	1	1	3		1	4
04_091	Carrot, boiled* (as part of a recipe)	0	0.75	0.04	0.05	0.7	0.6	6	0.23	12	12	0	6
04_007	Carrot, boiled* (without salt), drained	0	0.76	0.03	0.03	0.6	0.4	6	0.19	9	9	0	3
04_008	Cassava, leaves, fresh, raw	0	0.42	0.25	0.46	4.2	2.4	110	0.48	[120]	[120]	0	33
Non-African data			oa						oa	oa	oa		
SD or min-max				0.00	0.29								17
n		1		3	4		1	1	1	1		1	3
04_092	Cassava, leaves, fresh, boiled* (as part of a recipe)	0	0.45	0.24	0.46	4.4	2.4	117	0.46	[86]	[86]	0	21
04_028	Cassava, leaves, fresh, boiled* (without salt), drained	0	0.43	0.17	0.30	3.5	1.6	112	0.32	[59]	[59]	0	13
04_009	Cocoyam, leaves, fresh, raw	0	0.07	0.08	0.42	1.4	0.8	35	0.10	130	130	0	29
Non-African data			oa	oa		oa	oa	oa	oa	oa	oa		
SD or min-max													21-37
n		1		1	1		1	1	1	1		1	2
04_097	Cocoyam, leaves, fresh, boiled* (as part of a recipe)	0	0.07	0.08	0.42	1.4	0.8	37	0.09	94	94	0	19
04_029	Cocoyam, leaves, fresh, boiled* (without salt), drained	0	0.07	0.05	0.28	1.1	0.5	35	0.06	64	64	0	12

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE (mg)	FASAT (g)	FAMS (g)	FAPU (g)	F18D2CN6 (g)	F18D3CN3 (g)	PHYTCPP (mg)
Vegetables and their products/Légumes et produits dérivés								
04_003	Bean, green, raw	0	0.07	0.01	0.13	0.06	0.07	6
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
04_088	Bean, green, boiled* (as part of a recipe)	0	0.08	0.01	0.14	0.06	0.07	4
04_026	Bean, green, boiled* (without salt), drained	0	0.08	0.01	0.14	0.07	0.08	6
04_005	Cabbage, white, raw	0	0.02	0.01	0.04	0.02	0.02	12
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
04_090	Cabbage, white, boiled* (as part of a recipe)	0	0.02	0.01	0.04	0.02	0.02	7
04_089	Cabbage, white, boiled* (without salt), drained	0	0.02	0.01	0.04	0.02	0.02	11
04_006	Carrot, raw	0	0.03	0.01	0.09	0.08	0.01	20
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
04_091	Carrot, boiled* (as part of a recipe)	0	0.03	0.01	0.09	0.08	0.01	11
04_007	Carrot, boiled* (without salt), drained	0	0.03	0.01	0.10	0.09	0.01	19
04_008	Cassava, leaves, fresh, raw	0	0.31	0.08	0.52	0.17	0.35	37
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1
04_092	Cassava, leaves, fresh, boiled* (as part of a recipe)	0	0.34	0.09	0.56	0.18	0.37	21
04_028	Cassava, leaves, fresh, boiled* (without salt), drained	0	0.32	0.08	0.53	0.18	0.36	34
04_009	Cocoyam, leaves, fresh, raw	0	0.20	0.02	0.33	0.17	0.16	[131]
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1
04_097	Cocoyam, leaves, fresh, boiled* (as part of a recipe)	0	0.21	0.02	0.35	0.18	0.17	[76]
04_029	Cocoyam, leaves, fresh, boiled* (without salt), drained	0	0.21	0.02	0.33	0.17	0.16	[120]

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Vegetables and their products/Légumes et produits dérivés										
04_031	Cowpea. leaves. dried	Niébé. feuilles. séchées	1.00	1 090(262)	10.3	24.4	[1.8]	19.9	34.1	9.5
Non-African data										
SD or min-max					10.0-10.6	3.1				9.0-10.0
n					1	2	3	1	1	2
04_010	Cowpea. leaves. fresh. raw	Niébé. feuilles. fraîches. crues	0.83	1 53(37)	87.1	4.4	[0.3]	1.7	4.9	1.6
Non-African data										
SD or min-max					1.7	0.5	0.1			0.2
n					1	6	8	6	1	5
04_098	Cowpea. leaves. fresh. boiled* (as part of a recipe)	Niébé. feuilles. fraîches. bouillies* (ingrédient de recette)	0.82	163(39)	86.3	4.6	[0.3]	1.8	5.2	1.7
04_030	Cowpea. leaves. fresh. boiled* (without salt). drained	Niébé. feuilles. fraîches. bouillies* (sans sel). égouttées	0.83	156(37)	86.8	4.5	[0.3]	1.8	5.0	1.7
04_032	Cucumber. unpeeled. raw	Concombre. non pelé. cru	0.97	48(12)	95.6	0.7	[0.1]	0.9	2.1	0.5
Non-African data										
SD or min-max					0.81-0.97	0.9	0.2	0.0		0.1
n					2	5	5	4	1	5
04_012	Eggplant. fruit. raw	Aubergine. fruit. cru	0.81	130(31)	90.0	1.1	[0.3]	4.0	4.0	0.7
Non-African data										
SD or min-max					0.6	0.2	0.2			0.1
n					1	3	4	4	1	3
04_102	Eggplant. fruit. boiled* (as part of a recipe)	Aubergine. fruit. bouilli* (ingrédient de recette)	0.77	162(39)	87.5	1.4	[0.4]	4.9	5.0	0.8
04_034	Eggplant. fruit. boiled* (without salt). drained	Aubergine. fruit. bouilli* (sans sel). égoutté	0.80	139(33)	89.2	1.2	[0.3]	4.3	4.3	0.7
04_013	Eggplant. leaves. fresh. raw	Aubergine. feuilles. fraîches. crues	0.67	200(48)	85.3	4.4	0.8	3.7	4.2	1.7
Non-African data										
SD or min-max					5.0	0.3	0.2			0.3
n					1	7	6	5	1	4
04_105	Eggplant. leaves. fresh. boiled* (as part of a recipe)	Aubergine. feuilles. fraîches. bouillies* (ingrédient de recette)	0.66	212(51)	84.4	4.7	0.9	3.9	4.4	1.8
04_035	Eggplant. leaves. fresh. boiled* (without salt). drained	Aubergine. feuilles. fraîches. bouillies* (sans sel). égouttées	0.67	204(49)	85.0	4.5	0.8	3.7	4.3	1.7
04_014	False sesame. leaves. dried	Faux sésame. feuilles. séchées	1.00	1 130(269)	13.6	17.7	3.6	29.1	24.5	11.5
Non-African data										
SD or min-max					11.8-15.4	14.2-21.2				
n					1	2	2	1	1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Vegetables and their products/Légumes et produits dérivés													
04_031	Cowpea, leaves, dried	1 060	35.0	380	364	3 300	290	3.91	1.88	600	300	0	3 600
Non-African data										oa	oa		oa
SD or min-max		813			348-380								
n		3	1	1	2	1	1	1	1			1	
04_010	Cowpea, leaves, fresh, raw	258	4.9	55	66	475	32	0.56	0.27	407	204	0	2 440
Non-African data										oa	oa		oa
SD or min-max		22	1.7		10			0.15					
n		6	6	1	4	1	1	4	1			1	
04_098	Cowpea, leaves, fresh, boiled* (as part of a recipe)	274	5.2	58	70	505	34	0.60	0.29	390	195	0	2 340
04_030	Cowpea, leaves, fresh, boiled* (without salt), drained	250	3.7	33	61	242	24	0.43	0.26	374	187	0	2 240
04_032	Cucumber, unpeeled, raw	13	0.6	20	29	134	10	0.17	0.04	4	2	0	25
Non-African data				oa				oa	oa	oa	oa		oa
SD or min-max		1	0.3		8	10	5						
n		4	5	1	5	3	3	1	1			1	
04_012	Eggplant, fruit, raw	14	1.4	8	26	295	4	0.28	0.22	8	4	0	47
Non-African data													
SD or min-max		0	0.1		26-26	240-350	3-4						
n		3	4	1	2	2	2	1	1			1	
04_102	Eggplant, fruit, boiled* (as part of a recipe)	18	1.7	10	33	369	5	0.34	0.28	9	4	0	53
04_034	Eggplant, fruit, boiled* (without salt), drained	14	1.1	5	25	159	3	0.22	0.22	8	4	0	45
04_013	Eggplant, leaves, fresh, raw	332	4.3	81	44	443	26	0.73	0.21	593	297	0	3 560
Non-African data				oa		oa	oa		oa	oa	oa		oa
SD or min-max		70	1.6-7.1		38-49								
n		4	2	1	2	1	1	1	1			1	
04_105	Eggplant, leaves, fresh, boiled* (as part of a recipe)	353	4.6	86	46	471	28	0.78	0.23	568	284	0	3 410
04_035	Eggplant, leaves, fresh, boiled* (without salt), drained	321	3.3	50	40	226	20	0.56	0.21	545	272	0	3 270
04_014	False sesame, leaves, dried	1 310	14.2	500	284	1 800	155	4.23	2.19	518	259	0	3 110
Non-African data				oa			oa			oa	oa		oa
SD or min-max		1 020-1 600			250-319								
n		2	1	1	2	1	1	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Vegetables and their products/Légumes et produits dérivés													
04_031	Cowpea, leaves, dried	0	[21.00]	1.00	2.40	18.0	14.0	296	1.60	640	640	0	40
Non-African data													
SD or min-max													
n		1		1	1		1	1	1	1		1	1
04_010	Cowpea, leaves, fresh, raw	0	[3.00]	0.20	0.37	3.0	2.1	56	0.24	120	120	0	57
Non-African data													
SD or min-max													
n		1		3	3		1	2	1	3		1	4
04_098	Cowpea, leaves, fresh, boiled* (as part of a recipe)	0	[3.20]	0.19	0.37	3.1	2.1	60	0.23	88	88	0	36
04_030	Cowpea, leaves, fresh, boiled* (without salt), drained	0	[3.10]	0.13	0.25	2.3	1.4	57	0.16	60	60	0	23
04_032	Cucumber, unpeeled, raw	0	0.02	0.02	0.01	0.3	0.3	2	0.04	6	6	0	14
Non-African data													
SD or min-max													
n		1	oa	4	4		2	1	2	1		1	3
04_012	Eggplant, fruit, raw	0	0.07	0.05	0.05	0.7	0.5	10	0.10	29	29	0	9
Non-African data													
SD or min-max													
n		1	oa	1	1		1	1	1	1		1	1
04_102	Eggplant, fruit, boiled* (as part of a recipe)	0	0.09	0.06	0.06	0.8	0.6	13	0.11	25	25	0	9
04_034	Eggplant, fruit, boiled* (without salt), drained	0	0.08	0.03	0.03	0.5	0.3	11	0.07	16	16	0	6
04_013	Eggplant, leaves, fresh, raw	0	0.42	0.08	0.17	1.6	0.7	55	0.29	[69]	[69]	0	79
Non-African data													
SD or min-max													
n		1	oa	1	1		1	1	1	1		1	1
04_105	Eggplant, leaves, fresh, boiled* (as part of a recipe)	0	0.45	0.08	0.18	1.7	0.7	59	0.28	[52]	[52]	0	50
04_035	Eggplant, leaves, fresh, boiled* (without salt), drained	0	0.43	0.05	0.12	1.4	0.5	56	0.19	[35]	[35]	0	32
04_014	False sesame, leaves, dried	0	1.90	0.37	0.85	7.8	3.4	265	1.40	[280]	[280]	0	12
Non-African data													
SD or min-max													
n		1	oa	1	1		1	1	1	1		1	1



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Vegetables and their products/Légumes et produits dérivés								
04_031	Cowpea, leaves, dried	0	0.49	0.18	0.76	[0.43]	[0.32]	
Non-African data						oa	oa	
SD or min-max								
n		1						
04_010	Cowpea, leaves, fresh, raw	0	0.08	0.03	0.12	[0.07]	[0.05]	
Non-African data						oa	oa	
SD or min-max								
n		1						
04_098	Cowpea, leaves, fresh, boiled* (as part of a recipe)	0	0.08	0.03	0.13	[0.07]	[0.05]	
04_030	Cowpea, leaves, fresh, boiled* (without salt), drained	0	0.08	0.03	0.12	[0.07]	[0.05]	
04_032	Cucumber, unpeeled, raw	0	0.04	0.01	0.04	0.03	0.00	18
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1
04_012	Eggplant, fruit, raw	0	0.07	0.02	0.15	0.13	0.02	12
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1
04_102	Eggplant, fruit, boiled* (as part of a recipe)	0	0.09	0.03	0.19	0.16	0.03	8
04_034	Eggplant, fruit, boiled* (without salt), drained	0	0.08	0.02	0.17	0.14	0.03	12
04_013	Eggplant, leaves, fresh, raw	0	0.22	0.06	0.36	0.12	0.24	[42]
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
04_105	Eggplant, leaves, fresh, boiled* (as part of a recipe)	0	0.23	0.06	0.39	0.13	0.26	[24]
04_035	Eggplant, leaves, fresh, boiled* (without salt), drained	0	0.22	0.06	0.37	0.12	0.25	[38]
04_014	False sesame, leaves, dried	0	1.00	0.26	1.65	0.54	1.11	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Vegetables and their products/Légumes et produits dérivés										
04_036	False sesame. leaves. fresh. raw	Faux sésame. feuilles. fraîches. crues	0.80	254(61)	80.6	5.3	[0.8]	5.4	5.5	2.4
Non-African data								oa	oa	
SD or min-max										0.8
n									1	3
04_106	False sesame. leaves. fresh. boiled* (as part of a recipe)	Faux sésame. feuilles. fraîches. bouillies* (ingrédient de recette)	0.79	270(65)	79.4	5.6	[0.8]	5.8	5.9	2.6
04_037	False sesame. leaves. fresh. boiled* (without salt). drained	Faux sésame. feuilles. fraîches. bouillies* (sans sel). égouttées	0.80	259(62)	80.2	5.4	[0.8]	5.5	5.6	2.5
04_015	Garlic. flesh. raw	Ail. chair. cru	0.85	532(126)	64.9	6.5	[0.3]	21.6	5.3	1.3
Non-African data								oa	oa	
SD or min-max										0.8
n									1	3
04_082	Ginger. root. raw	Gingembre. racine. crue	0.79	265(63)	81.3	2.2	0.9	9.0	5.4	1.3
Non-African data								oa	oa	oa
SD or min-max										0.8
n									1	1
04_131	Green leafy vegetable. average. fresh. raw	Légumes-feuilles verts. non spécifiés. frais. crus		181(43)	86.3	3.3	[0.7]	4.1	3.9	1.8
Non-African data								oa	oa	oa
SD or min-max										0.8
n									1	34
04_133	Green leafy vegetable. average. fresh. boiled* (as part of a recipe)	Légumes-feuilles verts. non spécifiés. frais. bouillis* (ingrédient de recette)		193(46)	85.4	3.6	[0.7]	4.3	4.1	1.9
04_132	Green leafy vegetable. average. fresh. boiled* (without salt). drained	Légumes-feuilles verts. non spécifiés. frais. bouillis* (sans sel). égouttés		185(44)	86.0	3.4	[0.7]	4.2	4.0	1.8
04_073	Hibiscus cannabinus. leaves. fresh. raw	Hibiscus cannabinus. feuilles. fraîches. crues	0.76	196(47)	85.5	2.8	0.6	5.2	4.6	1.3
Non-African data								oa	oa	
SD or min-max										0.8
n									1	1
04_100	Hibiscus cannabinus. leaves. fresh. boiled* (as part of a recipe)	Hibiscus cannabinus. feuilles. fraîches. bouillies* (ingrédient de recette)	0.75	208(50)	84.6	3.0	0.6	5.5	4.9	1.4
04_099	Hibiscus cannabinus. leaves. fresh. boiled* (without salt). drained	Hibiscus cannabinus. feuilles. fraîches. bouillies* (sans sel). égouttées	0.76	200(48)	85.2	2.9	0.6	5.3	4.7	1.3

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Vegetables and their products/Légumes et produits dérivés													
04_036	False sesame, leaves, fresh, raw	442	3.2	107	63	584	35	0.90	0.28	582	291	0	3 490
Non-African data				oa		oa	oa	oa	oa	oa	oa		oa
SD or min-max		123			20								
n		3	1	1	3	1	1	1	1			1	
04_106	False sesame, leaves, fresh, boiled* (as part of a recipe)	470	3.4	114	67	621	37	0.96	0.30	557	279	0	3 340
04_037	False sesame, leaves, fresh, boiled* (without salt), drained	428	2.4	66	58	298	27	0.69	0.27	535	267	0	3 210
04_015	Garlic, flesh, raw	33	1.7	26	195	442	10	0.85	0.15	0	0	0	0
Non-African data				oa		oa	oa	oa	oa	oa	oa		oa
SD or min-max				26-27		430-453	9-11	0.81-0.89	0.11-0.19				
n		1	1	2	1	2	2	2	2			1	
04_082	Ginger, root, raw	19	1.9	55	44	407	10	0.39	0.13	15	7	0	89
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
04_131	Green leafy vegetable, average, fresh, raw	213	3.9	76	55	413	25	0.64	0.20	582	291	0	3 490
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max		159	2.1	51	21	152	19	0.39	0.11				
n		34	34	34	34	34	34	34	34			1	
04_133	Green leafy vegetable, average, fresh, boiled* (as part of a recipe)	227	4.2	81	58	439	26	0.68	0.21	557	279	0	3 340
04_132	Green leafy vegetable, average, fresh, boiled* (without salt), drained	207	3.0	46	50	211	19	0.49	0.19	535	267	0	3 210
04_073	Hibiscus cannabinus, leaves, fresh, raw	145	7.7	83	42	260	12	0.65	0.23	881	441	0	5 280
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
04_100	Hibiscus cannabinus, leaves, fresh, boiled* (as part of a recipe)	154	8.1	88	45	277	13	0.69	0.24	843	422	0	5 060
04_099	Hibiscus cannabinus, leaves, fresh, boiled* (without salt), drained	141	5.9	51	39	133	9	0.50	0.22	809	405	0	4 850

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Vegetables and their products/Légumes et produits dérivés													
04_036	False sesame, leaves, fresh, raw	0	0.42	0.10	0.20	1.8	0.8	60	0.34	[81]	[81]	0	28
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
04_106	False sesame, leaves, fresh, boiled* (as part of a recipe)	0	0.45	0.09	0.20	1.9	0.8	63	0.32	[60]	[60]	0	18
04_037	False sesame, leaves, fresh, boiled* (without salt), drained	0	0.43	0.06	0.13	1.6	0.5	61	0.22	[41]	[41]	0	11
04_015	Garlic, flesh, raw	0	0.07	0.18	0.24	1.5	0.4	68	0.67	3	3	0	10
Non-African data			oa		oa	oa	oa		oa				
SD or min-max					0.23-0.25		0.4-0.4		0.56-0.77				
n		1		1	2		2	1	2	1		1	1
04_082	Ginger, root, raw	0	0.33	0.04	0.04	0.8	0.4	22	0.20	11	11	0	5
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
04_131	Green leafy vegetable, average, fresh, raw	0	0.42	0.07	0.14	1.3	0.6	42	0.24	[57]	[57]	0	50
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max					0.06	0.11	0.3	28					
n		1		34	34		34	34	1	1		1	1
04_133	Green leafy vegetable, average, fresh, boiled* (as part of a recipe)	0	0.45	0.07	0.14	1.3	0.6	45	0.23	[42]	[42]	0	32
04_132	Green leafy vegetable, average, fresh, boiled* (without salt), drained	0	0.43	0.05	0.09	1.1	0.4	43	0.16	[29]	[29]	0	20
04_073	Hibiscus cannabinus, leaves, fresh, raw	0	0.50	0.13	0.06	1.1	0.6	30	0.33	[75]	[75]	0	30
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
04_100	Hibiscus cannabinus, leaves, fresh, boiled* (as part of a recipe)	0	0.54	0.12	0.06	1.1	0.6	32	0.32	[56]	[56]	0	19
04_099	Hibiscus cannabinus, leaves, fresh, boiled* (without salt), drained	0	0.51	0.09	0.04	0.9	0.4	31	0.22	[38]	[38]	0	12

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Vegetables and their products/Légumes et produits dérivés								
04_036	False sesame, leaves, fresh, raw	0	0.21	0.05	0.35	0.11	0.23	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					
04_106	False sesame, leaves, fresh, boiled* (as part of a recipe)	0	0.22	0.06	0.37	0.12	0.25	
04_037	False sesame, leaves, fresh, boiled* (without salt), drained	0	0.21	0.06	0.36	0.12	0.24	
04_015	Garlic, flesh, raw	0	0.07	0.03	0.14	0.13	0.01	36
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								35-37
n			1					2
04_082	Ginger, root, raw	0	0.23	0.07	0.38	0.30	0.08	15
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
04_131	Green leafy vegetable, average, fresh, raw	0	0.18	0.05	0.30	0.10	0.20	34
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
04_133	Green leafy vegetable, average, fresh, boiled* (as part of a recipe)	0	0.19	0.05	0.32	0.10	0.21	19
04_132	Green leafy vegetable, average, fresh, boiled* (without salt), drained	0	0.18	0.05	0.30	0.10	0.20	31
04_073	Hibiscus cannabinus, leaves, fresh, raw	0	0.14	0.02	0.33	0.08	0.24	48
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
04_100	Hibiscus cannabinus, leaves, fresh, boiled* (as part of a recipe)	0	0.15	0.02	0.35	0.09	0.26	28
04_099	Hibiscus cannabinus, leaves, fresh, boiled* (without salt), drained	0	0.14	0.02	0.33	0.09	0.25	45

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Vegetables and their products/Légumes et produits dérivés										
04_016	Hibiscus. leaves. fresh. raw	Oseille de Guinée. feuilles. fraîches. crues	0.76	167(40)	87.1	2.7	[0.3]	4.5	4.2	1.2
Non-African data								oa	oa	
SD or min-max					3.6	0.6	0.1		3.9-4.6	0.3
n					1	8	9	8	2	6
04_117	Hibiscus. leaves. fresh. boiled* (as part of a recipe)	Oseille de Guinée. feuilles. fraîches. bouillies* (ingrédient de recette)	0.75	177(42)	86.2	2.9	[0.3]	4.8	4.5	1.3
04_056	Hibiscus. leaves. fresh. boiled* (without salt). drained	Oseille de Guinée. feuilles. fraîches. bouillies* (sans sel). égouttées	0.76	170(41)	86.8	2.8	[0.3]	4.6	4.3	1.2
04_075	Jute mallow (bush-okra). leaves. dried	Corète potagère. feuilles. séchées	1.00	1 100(264)	7.2	22.4	[2.5]	20.7	34.9	12.4
Non-African data									34.5-35.2	
SD or min-max					0.7	1.4	0.6			
n					1	5	5	4	2	1
04_038	Jute mallow (bush-okra). leaves. fresh. raw	Corète potagère. feuilles. fraîches. crues	0.48	201(48)	82.0	4.2	[0.3]	3.2	8.3	2.2
Non-African data										
SD or min-max					0.30	5.30	0.80	0.2		0.9
n					3	16	12	14	1	13
04_107	Jute mallow (bush-okra). leaves. fresh. boiled* (as part of a recipe)	Corète potagère. feuilles. fraîches. bouillies* (ingrédient de recette)	0.46	219(53)	80.6	4.6	[0.4]	3.4	8.8	2.3
04_039	Jute mallow (bush-okra). leaves. fresh. boiled* (without salt). drained	Corète potagère. feuilles. fraîches. bouillies* (sans sel). égouttées	0.47	210(50)	81.4	4.4	[0.3]	3.2	8.4	2.2
04_040	Lettuce. raw	Laitue. crue	0.70	69(17)	94.5	1.0	[0.3]	1.7	1.8	0.8
Non-African data								oa	oa	
SD or min-max					0.9	0.2	0.2-0.3			0.6-0.9
n					1	3	3	2	1	2
04_076	Maize. seeds. fresh. raw	Maïs. grains. frais. cru	0.68	759(178)	49.9	5.8	[3.4]	23.8	16.1	1.0
Non-African data										
SD or min-max					8.5	0.8	2.1-4.8			0.7-1.2
n					1	3	3	2	1	2
04_109	Maize. seeds. fresh. boiled* (as part of a recipe)	Maïs. grains. frais. bouilli* (ingrédient de recette)	0.67	791(189)	47.8	6.0	[3.6]	24.8	16.8	1.0
04_108	Maize. seeds. fresh. boiled* (without salt). drained	Maïs. grains. frais. bouilli* (sans sel). égoutté	0.67	791(189)	47.8	6.0	[3.6]	24.8	16.8	1.0

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Vegetables and their products/Légumes et produits dérivés													
04_016	Hibiscus, leaves, fresh, raw	212	5.0	79	65	211	13	0.66	0.20	435	218	0	2 610
Non-African data				oa		oa	oa		oa	oa	oa		oa
SD or min-max		74	3.5	76-83	19	161-260	12-14	0.43-0.90	0.16-0.23				
n		6	7	2	4	2	2	2	2			1	
04_117	Hibiscus, leaves, fresh, boiled* (as part of a recipe)	226	5.3	84	69	224	14	0.71	0.21	417	208	0	2 500
04_056	Hibiscus, leaves, fresh, boiled* (without salt), drained	206	3.8	49	59	107	10	0.51	0.19	400	200	0	2 400
04_075	Jute mallow (bush-okra), leaves, dried	1 420	42.6	401	333	1 390	63	2.89	1.05	1 930	965	0	11 600
Non-African data													
SD or min-max		125	7.0					0.47					
n		4	4	1	1	1	1	5	1			1	
04_038	Jute mallow (bush-okra), leaves, fresh, raw	282	7.2	77	111	273	12	0.76	0.46	549	275	0	3 500
Non-African data													
SD or min-max		98	5.9	43	23	262-283	6	0.44	0.32				
n		8	7	6	8	2	3	9	3			1	
04_107	Jute mallow (bush-okra), leaves, fresh, boiled* (as part of a recipe)	300	7.7	82	118	290	12	0.81	0.49	526	263	0	3 160
04_039	Jute mallow (bush-okra), leaves, fresh, boiled* (without salt), drained	273	5.5	47	102	139	9	0.58	0.45	505	252	0	3 030
04_040	Lettuce, raw	29	0.9	8	31	230	12	0.25	0.06	193	96	0	1 160
Non-African data				oa					oa				
SD or min-max		13	0.7		21-40			0.20-0.30					
n		3	3	1	2	1	1	2	1			1	
04_076	Maize, seeds, fresh, raw	25	1.5	39	140	250	2	0.62	0.68	11	6	0	66
Non-African data													
SD or min-max		18-32	0.7						0.11-1.25				
n		2	3	1	1	1	1	1	2			1	
04_109	Maize, seeds, fresh, boiled* (as part of a recipe)	26	1.6	40	146	260	2	0.65	0.71	11	5	0	65
04_108	Maize, seeds, fresh, boiled* (without salt), drained	26	1.6	40	139	208	2	0.61	0.71	10	5	0	62

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Vegetables and their products/Légumes et produits dérivés													
04_016	Hibiscus, leaves, fresh, raw	0	0.50	0.17	0.45	0.9	0.6	20	0.32	[82]	[82]	0	33
Non-African data			oa			oa	oa	oa	oa	oa	oa		
SD or min-max							0.6-0.6	19-20	0.31-0.33	75-89			20
n			1		1	1	2	2	2	2		1	3
04_117	Hibiscus, leaves, fresh, boiled* (as part of a recipe)	0	0.53	0.16	0.45	0.9	0.6	21	0.31	[61]	[61]	0	21
04_056	Hibiscus, leaves, fresh, boiled* (without salt), drained	0	0.51	0.11	0.30	0.7	0.4	20	0.21	[42]	[42]	0	14
04_075	Jute mallow (bush-okra), leaves, dried	0	2.20	0.16	2.50	7.3	4.9	142	2.80	460	460	0	38
Non-African data			oa			oa		oa					
SD or min-max					0.12	2.30-2.60							
n			1		3	2	1	1	1	1		1	1
04_038	Jute mallow (bush-okra), leaves, fresh, raw	0	0.42	0.12	0.31	1.5	1.0	28	0.60	120	120	0	74
Non-African data			oa			oa		oa	oa				
SD or min-max					0.04	0.22		0.4					25
n			1		5	5	3	1	1	1		1	4
04_107	Jute mallow (bush-okra), leaves, fresh, boiled* (as part of a recipe)	0	0.45	0.11	0.32	1.5	1.0	30	0.57	87	87	0	47
04_039	Jute mallow (bush-okra), leaves, fresh, boiled* (without salt), drained	0	0.43	0.08	0.21	1.2	0.7	28	0.40	59	59	0	30
04_040	Lettuce, raw	0	0.22	0.06	0.15	0.6	0.4	10	0.08	54	54	0	3
Non-African data									oa				
SD or min-max										19-89			
n			1		1	1	1	1	1	2		1	1
04_076	Maize, seeds, fresh, raw	0	0.10	0.16	0.08	2.0	1.3	41	0.10	78	78	0	4
Non-African data			oa			oa		oa					
SD or min-max								23-29					0-8
n			1		1	1	1	2	1	1		1	2
04_109	Maize, seeds, fresh, boiled* (as part of a recipe)	0	0.10	0.12	0.08	2.0	1.3	42	0.08	65	65	0	3
04_108	Maize, seeds, fresh, boiled* (without salt), drained	0	0.10	0.08	0.06	1.7	1.0	42	0.05	57	57	0	3



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCP(mg)
Vegetables and their products/Légumes et produits dérivés								
04_016	Hibiscus, leaves, fresh, raw	0	0.06	0.01	0.14	0.03	0.10	46
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								43-48
n			1					2
04_117	Hibiscus, leaves, fresh, boiled* (as part of a recipe)	0	0.06	0.01	0.14	0.04	0.11	26
04_056	Hibiscus, leaves, fresh, boiled* (without salt), drained	0	0.06	0.01	0.14	0.03	0.10	42
04_075	Jute mallow (bush-okra), leaves, dried	0	0.43	0.19	1.36	[1.32]	[0.02]	35
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1
04_038	Jute mallow (bush-okra), leaves, fresh, raw	0	0.06	0.03	0.18	[0.18]	[0.00]	[39]
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1
04_107	Jute mallow (bush-okra), leaves, fresh, boiled* (as part of a recipe)	0	0.06	0.03	0.20	[0.19]	[0.00]	[22]
04_039	Jute mallow (bush-okra), leaves, fresh, boiled* (without salt), drained	0	0.06	0.03	0.19	[0.18]	[0.00]	[36]
04_040	Lettuce, raw	0	0.07	0.01	0.12	0.04	0.08	42
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
04_076	Maize, seeds, fresh, raw	0	0.56	0.81	1.37	1.34	0.03	433
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
04_109	Maize, seeds, fresh, boiled* (as part of a recipe)	0	0.59	0.84	1.43	1.39	0.04	230
04_108	Maize, seeds, fresh, boiled* (without salt), drained	0	0.59	0.84	1.43	1.39	0.04	230

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Vegetables and their products/Légumes et produits dérivés										
04_085	Mint. leaves. raw	Menthe. feuilles. crues	0.70	192(46)	84.2	4.7	0.7	2.3	5.9	2.2
Non-African data					oa		oa	oa	oa	oa
SD or min-max										
n			1		1	1	1		1	1
04_011	Moringa (drumstick). leaves. fresh. raw	Moringa (ben oléifère). feuilles. fraîches. crues	0.62	338(81)	75.1	8.4	[1.4]	4.5	8.2	2.4
Non-African data								oa	oa	
SD or min-max										
n			1		1.0	1.9	0.3			2.3-2.5
04_101	Moringa (drumstick). leaves. fresh. boiled* (as part of a recipe)	Moringa (ben oléifère). feuilles. fraîches. bouillies* (ingrédient de recette)	0.61	359(86)	73.5	8.9	[1.5]	4.8	8.7	2.6
04_033	Moringa (drumstick). leaves. fresh. boiled* (without salt). drained	Moringa (ben oléifère). feuilles. fraîches. bouillies* (sans sel). égouttées	0.62	345(82)	74.6	8.5	[1.5]	4.6	8.4	2.4
04_074	Native eggplant. fruit. raw	Aubergine indigène. fruit. cru	0.59	135(32)	89.8	1.3	[0.4]	3.9	4.0	0.6
Non-African data								oa	oa	
SD or min-max										
n			1		1.4	0.1			0.3	0.6-0.6
04_104	Native eggplant. fruit. boiled* (as part of a recipe)	Aubergine indigène. fruit. bouilli* (ingrédient de recette)	0.54	169(40)	87.3	1.7	[0.5]	4.8	5.0	0.8
04_103	Native eggplant. fruit. boiled* (without salt). drained	Aubergine indigène. fruit. bouilli* (sans sel). égoutté	0.57	145(35)	89.0	1.4	[0.4]	4.2	4.3	0.6
04_004	Okra. leaves. fresh. raw	Gombo. feuilles. fraîches. crues	0.70	189(45)	85.2	2.5	[0.6]	5.1	4.9	1.7
Non-African data										
SD or min-max										
n			1		3.7	1.7	0.5-0.6			0.5
04_110	Okra. leaves. fresh. boiled* (as part of a recipe)	Gombo. feuilles. fraîches. bouillies* (ingrédient de recette)	0.69	202(48)	84.3	2.6	[0.6]	5.4	5.2	1.8
04_041	Okra. leaves. fresh. boiled* (without salt). drained	Gombo. feuilles. fraîches. bouillies* (sans sel). égouttées	0.70	193(46)	84.9	2.5	[0.6]	5.2	5.0	1.8
04_077	Okra. fruit. dried	Gombo. fruit. séché	1.00	1 020(245)	9.0	12.8	[1.7]	21.8	45.3	9.3
Non-African data										
SD or min-max										
n			0.00		3.1	3.2	0.4		1.4	1.0
n			3		10	11	7		4	6
04_017	Okra. fruit. fresh. raw	Gombo. fruit. frais. cru	0.86	141(34)	89.1	1.7	[0.2]	4.2	4.1	0.7
Non-African data								oa	oa	
SD or min-max										
n			1		3.2	0.3	0.1			0.3
n			1		7	7	4		1	4

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Vegetables and their products/Légumes et produits dérivés													
04_085	Mint, leaves, raw	205	8.6	110	65	539	17	0.75	0.37	767	384	0	4 600
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
04_011	Moringa (drumstick), leaves, fresh, raw	595	10.3	68	91	405	9	1.20	0.21	3 280	1 640	0	19 700
Non-African data							oa			oa	oa		oa
SD or min-max		152	2.2	72	70-112	260-550		1.10-1.30					
n		5	4	3	2	2	1	2	1			1	
04_101	Moringa (drumstick), leaves, fresh, boiled* (as part of a recipe)	633	10.9	73	103	428	10	1.28	0.22	3 140	1 570	0	18 900
04_033	Moringa (drumstick), leaves, fresh, boiled* (without salt), drained	577	7.9	42	89	205	7	0.92	0.20	3 020	1 510	0	18 100
04_074	Native eggplant, fruit, raw	12	1.1	24	29	239	4	0.23	0.13	22	11	0	131
Non-African data				oa		oa	oa	oa	oa	oa	oa		oa
SD or min-max		2		4		45	0	0.05	0.08				
n		3	1	5	1	5	5	5	5			1	
04_104	Native eggplant, fruit, boiled* (as part of a recipe)	15	1.4	30	36	299	4	0.29	0.16	25	12	0	148
04_103	Native eggplant, fruit, boiled* (without salt), drained	12	0.9	16	28	128	3	0.19	0.13	21	11	0	127
04_004	Okra, leaves, fresh, raw	303	0.6	59	70	297	6	0.46	0.01	134	67	0	802
Non-African data										oa	oa		oa
SD or min-max		75-530	0.5-0.7										
n		2	2	1	1	1	1	1	1			1	
04_110	Okra, leaves, fresh, boiled* (as part of a recipe)	322	0.7	62	74	316	6	0.49	0.01	128	64	0	768
04_041	Okra, leaves, fresh, boiled* (without salt), drained	293	0.5	36	64	151	4	0.35	0.01	123	61	0	737
04_077	Okra, fruit, dried	781	6.4	548	435	2 530	77	4.64	0.90	50	25	0	299
Non-African data													
SD or min-max		127			133		77-77	0.39	0.71-1.09				
n		9	1	1	6	1	2	8	2			1	
04_017	Okra, fruit, fresh, raw	87	0.8	77	54	382	11	0.55	0.09	86	43	0	515
Non-African data													
SD or min-max		53	0.5		31			0.10					
n		7	6	1	4	1	1	4	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Vegetables and their products/Légumes et produits dérivés													
04_085	Mint, leaves, raw	0	0.46	0.02	0.19	1.7	0.7	57	0.17	100	100	0	17
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
04_011	Moringa (drumstick), leaves, fresh, raw	0	0.27	0.22	0.77	2.6	0.8	106	1.20	40	40	0	221
Non-African data			oa						oa	oa	oa		
SD or min-max				0.01	0.77-0.77			81-131					2
n		1		3	2		1	2	1	1		1	3
04_101	Moringa (drumstick), leaves, fresh, boiled* (as part of a recipe)	0	0.29	0.21	0.78	2.7	0.8	113	1.20	30	30	0	141
04_033	Moringa (drumstick), leaves, fresh, boiled* (without salt), drained	0	0.27	0.15	0.51	2.4	0.5	108	0.80	20	20	0	90
04_074	Native eggplant, fruit, raw	0	0.09	0.07	0.11	0.8	0.6	13	0.06	[33]	[33]	0	2
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max				0.01	0.01		0.1	4	0.01	4			1
n		1		5	5		5	5	5	5		1	5
04_104	Native eggplant, fruit, boiled* (as part of a recipe)	0	0.12	0.08	0.14	1.0	0.7	16	0.07	[29]	[29]	0	2
04_103	Native eggplant, fruit, boiled* (without salt), drained	0	0.10	0.05	0.08	0.6	0.4	14	0.04	[18]	[18]	0	1
04_004	Okra, leaves, fresh, raw	0	0.42	0.16	0.40	0.7	0.2	31	0.24	[57]	[57]	0	64
Non-African data			oa		oa	oa		oa	oa	oa	oa		
SD or min-max				0.07-0.25									53-75
n		1		2	1		1	1	1	1		1	2
04_110	Okra, leaves, fresh, boiled* (as part of a recipe)	0	0.45	0.15	0.40	0.8	0.2	33	0.23	[42]	[42]	0	41
04_041	Okra, leaves, fresh, boiled* (without salt), drained	0	0.43	0.11	0.27	0.7	0.1	32	0.16	[29]	[29]	0	26
04_077	Okra, fruit, dried	0	4.10	0.32	0.57	9.7	8.5	74	2.10	[570]	[570]	0	16
Non-African data			oa						oa	oa	oa		
SD or min-max				0.22	0.33		7.5-9.5						5
n		1		6	6		2	1				1	3
04_017	Okra, fruit, fresh, raw	0	0.49	0.04	0.08	1.2	1.0	12	0.27	88	88	0	28
Non-African data			oa						oa				
SD or min-max													14
n		1		1	1		1	1	1	1		1	4

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Vegetables and their products/Légumes et produits dérivés								
04_085	Mint, leaves, raw	0	0.15	0.02	0.42	0.08	0.34	48
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1
04_011	Moringa (drumstick), leaves, fresh, raw	0	0.49	0.09	0.58	0.19	0.39	[128]
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1
04_101	Moringa (drumstick), leaves, fresh, boiled* (as part of a recipe)	0	0.52	0.09	0.62	0.21	0.41	[74]
04_033	Moringa (drumstick), leaves, fresh, boiled* (without salt), drained	0	0.50	0.09	0.59	0.20	0.40	[118]
04_074	Native eggplant, fruit, raw	0	0.09	0.03	0.20	0.17	0.04	14
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								1
n		1						5
04_104	Native eggplant, fruit, boiled* (as part of a recipe)	0	0.12	0.03	0.25	0.21	0.04	9
04_103	Native eggplant, fruit, boiled* (without salt), drained	0	0.10	0.03	0.22	0.18	0.04	14
04_004	Okra, leaves, fresh, raw	0	0.16	0.04	0.26	0.09	0.17	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						
04_110	Okra, leaves, fresh, boiled* (as part of a recipe)	0	0.17	0.04	0.28	0.09	0.19	
04_041	Okra, leaves, fresh, boiled* (without salt), drained	0	0.16	0.04	0.26	0.09	0.18	
04_077	Okra, fruit, dried	0	0.52	0.06	0.82	0.58	0.24	[118]
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n								1
04_017	Okra, fruit, fresh, raw	0	0.07	0.01	0.11	0.08	0.03	18
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Vegetables and their products/Légumes et produits dérivés										
04_111	Okra. fruit. fresh. boiled* (as part of a recipe)	Gombo. fruit. frais. bouilli* (ingrédient de recette)	0.86	141(34)	89.1	1.7	[0.2]	4.2	4.1	0.7
04_042	Okra. fruit. fresh. boiled* (without salt). drained	Gombo. fruit. frais. bouilli* (sans sel). égoutté	0.87	128(31)	90.1	1.5	[0.2]	3.8	3.7	0.7
04_044	Onion. dried	Oignon. séché	1.00	1 500(354)	4.2	9.6	1.1	71.1	10.7	3.4
Non-African data					oa	oa	oa	oa	oa	oa
SD or min-max					3.9-4.5	9.0-10.2	0.5-1.7		9.2-12.1	
n					1	2	2	2	2	1
04_018	Onion. fresh. raw	Oignon. frais. cru	0.89	158(37)	89.3	1.1	[0.1]	7.1	1.8	0.6
Non-African data								oa	oa	
SD or min-max					2.6	0.2	0.0		1.2-2.5	0.2
n					1	13	10	9	2	5
04_112	Onion. fresh. boiled* (as part of a recipe)	Oignon. frais. bouilli* (ingrédient de recette)	0.87	193(46)	87.0	1.4	[0.1]	8.7	2.2	0.7
04_043	Onion. fresh. boiled* (without salt). drained	Oignon. frais. bouilli* (sans sel). égoutté	0.87	193(46)	87.0	1.4	[0.1]	8.7	2.2	0.7
04_045	Parsley. fresh. raw	Persil. frais. cru	0.95	175(42)	85.8	3.5	[0.3]	3.9	4.8	1.8
Non-African data								oa	oa	oa
SD or min-max						3.2-3.7			1.0	1.6-1.9
n					1	1	2	1	3	2
04_049	Pepper. sweet. green. fresh. raw	Poivron vert. frais. cru	0.82	144(34)	90.0	0.9	[0.4]	5.6	2.4	0.7
Non-African data										
SD or min-max						4.3		0.4	2.2-2.6	0.7-0.8
n					1	3	1	3	2	2
04_114	Pepper. sweet. green. fresh. boiled* (as part of a recipe)	Poivron vert. frais. bouilli* (ingrédient de recette)	0.80	165(39)	88.5	1.0	[0.5]	6.4	2.7	0.8
04_050	Pepper. sweet. green. fresh. boiled* (without salt). drained	Poivron vert. frais. bouilli* (sans sel). égoutté	0.80	165(39)	88.5	1.0	[0.5]	6.4	2.7	0.8
04_047	Pepper. sweet. red. fresh. raw	Poivron rouge. frais. cru	0.82	204(48)	86.9	2.0	0.8	7.1	2.5	0.8
Non-African data										
SD or min-max						86.0-87.7			2.4-2.6	0.0
n					1	2	1	1	2	3
04_113	Pepper. sweet. red. fresh. boiled* (as part of a recipe)	Poivron rouge. frais. bouilli* (ingrédient de recette)	0.80	234(56)	84.9	2.3	0.9	8.1	2.9	0.9
04_048	Pepper. sweet. red. fresh. boiled* (without salt). drained	Poivron rouge. frais. bouilli* (sans sel). égoutté	0.80	234(56)	84.9	2.3	0.9	8.1	2.9	0.9

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Vegetables and their products/Légumes et produits dérivés													
04_111	Okra, fruit, fresh, boiled* (as part of a recipe)	87	0.8	77	54	382	11	0.55	0.09	77	39	0	464
04_042	Okra, fruit, fresh, boiled* (without salt), drained	75	0.5	42	44	174	8	0.38	0.08	70	35	0	422
04_044	Onion, dried	239	2.1	64	282	1 510	21	1.80	0.42	2	1	0	11
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa				
SD or min-max		220-257	1.6-2.6	35-92	260-303	1 390-1 620		1.70-1.89	0.42-0.43				
n		2	2	2	2	2	1	2	2			1	
04_018	Onion, fresh, raw	25	0.7	12	44	162	10	0.28	0.14	0	0	0	0
Non-African data													
SD or min-max		3	0.2		11	19	9-10	0.10-0.47					
n		12	8	1	9	3	2	2	1			1	
04_112	Onion, fresh, boiled* (as part of a recipe)	30	0.8	15	53	197	12	0.35	0.17	0	0	0	0
04_043	Onion, fresh, boiled* (without salt), drained	28	62.9	9	48	89	6	0.26	0.16	0	0	0	0
04_045	Parsley, fresh, raw	217	2.0	17	47	949	53	1.06	0.16	626	313	0	3 750
Non-African data						oa	oa	oa		oa	oa		oa
SD or min-max		206-228	1.5-2.5			539	5	0.32					
n		2	2	1	1	3	3	3	1			1	
04_049	Pepper, sweet, green, fresh, raw	28	0.9	10	23	177	10	0.24	0.17	122	61	0	734
Non-African data													
SD or min-max		2											
n		3	1	1	1	1	1	1	1			1	
04_114	Pepper, sweet, green, fresh, boiled* (as part of a recipe)	32	1.0	11	26	203	11	0.28	0.20	126	63	0	759
04_050	Pepper, sweet, green, fresh, boiled* (without salt), drained	30	0.8	7	24	102	9	0.21	0.19	126	63	0	759
04_047	Pepper, sweet, red, fresh, raw	22	2.2	20	50	177	10	0.12	0.07	207	104	0	1 240
Non-African data				oa									
SD or min-max		13	0.8		15								
n		3	3	1	3	1	1	1	1			1	
04_113	Pepper, sweet, red, fresh, boiled* (as part of a recipe)	25	2.5	22	58	203	11	0.14	0.08	214	107	0	1 290
04_048	Pepper, sweet, red, fresh, boiled* (without salt), drained	24	1.9	13	52	102	9	0.10	0.08	214	107	0	1 290

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Vegetables and their products/Légumes et produits dérivés													
04_111	Okra, fruit, fresh, boiled* (as part of a recipe)	0	0.49	0.04	0.08	1.2	1.0	12	0.24	62	62	0	22
04_042	Okra, fruit, fresh, boiled* (without salt), drained	0	0.45	0.02	0.05	0.8	0.6	11	0.16	40	40	0	16
04_044	Onion, dried	0	0.18	0.37	0.10	2.8	0.9	112	1.60	110	110	0	54
Non-African data				oa	oa	oa	oa		oa				oa
SD or min-max				0.23-0.50			0.8-1.0						33-75
n		1		2	1		2	1	1	1		1	2
04_018	Onion, fresh, raw	0	0.06	0.02	0.04	0.4	0.2	13	0.08	17	17	0	11
Non-African data			oa										
SD or min-max				0.01	0.01		0.2-0.2		0.04	14-19			2
n		1		6	7		2	1	4	2		1	6
04_112	Onion, fresh, boiled* (as part of a recipe)	0	0.07	0.02	0.05	0.5	0.2	16	0.08	14	14	0	12
04_043	Onion, fresh, boiled* (without salt), drained	0	0.07	0.02	0.04	0.4	0.2	16	0.06	10	10	0	6
04_045	Parsley, fresh, raw	0	0.68	0.18	0.25	1.6	0.9	44	0.14	100	100	0	163
Non-African data			oa			oa	oa		oa	oa			
SD or min-max							0.4		0.05	82			153-172
n		1		1	1		3	1	3	3		1	2
04_049	Pepper, sweet, green, fresh, raw	0	0.04	0.11	0.13	0.8	0.6	11	0.15	24	24	0	140
Non-African data			oa						oa				
SD or min-max				0.02	0.04								
n		1		3	3		1	1	1	1		1	1
04_114	Pepper, sweet, green, fresh, boiled* (as part of a recipe)	0	0.05	0.11	0.14	0.9	0.7	13	0.16	19	19	0	129
04_050	Pepper, sweet, green, fresh, boiled* (without salt), drained	0	0.05	0.08	0.09	0.7	0.4	13	0.11	14	14	0	105
04_047	Pepper, sweet, red, fresh, raw	0	0.19	0.11	0.16	2.5	2.1	25	0.37	24	24	0	190
Non-African data			oa										
SD or min-max				0.10-0.12	0.15-0.17		1.9-2.2						
n		1		2	2		2	1	1	1		1	1
04_113	Pepper, sweet, red, fresh, boiled* (as part of a recipe)	0	0.22	0.11	0.17	2.7	2.2	29	0.38	19	19	0	175
04_048	Pepper, sweet, red, fresh, boiled* (without salt), drained	0	0.22	0.08	0.12	2.0	1.5	29	0.28	14	14	0	142



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Vegetables and their products/Légumes et produits dérivés								
04_111	Okra, fruit, fresh, boiled* (as part of a recipe)	0	0.07	0.01	0.11	0.08	0.03	10
04_042	Okra, fruit, fresh, boiled* (without salt), drained	0	0.06	0.01	0.10	0.07	0.03	15
04_044	Onion, dried	0	0.21	0.17	0.48	0.45	0.03	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					
04_018	Onion, fresh, raw	0	0.03	0.01	0.05	0.04	0.00	7
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1
04_112	Onion, fresh, boiled* (as part of a recipe)	0	0.03	0.02	0.06	0.05	0.00	5
04_043	Onion, fresh, boiled* (without salt), drained	0	0.03	0.02	0.06	0.05	0.00	8
04_045	Parsley, fresh, raw	0	0.10	0.01	0.13	0.06	0.07	54
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
04_049	Pepper, sweet, green, fresh, raw	0	0.09	0.02	0.21	0.17	0.05	16
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
04_114	Pepper, sweet, green, fresh, boiled* (as part of a recipe)	0	0.11	0.02	0.24	0.19	0.05	10
04_050	Pepper, sweet, green, fresh, boiled* (without salt), drained	0	0.11	0.02	0.24	0.19	0.05	17
04_047	Pepper, sweet, red, fresh, raw	0	0.16	0.09	0.40	0.33	0.07	18
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
04_113	Pepper, sweet, red, fresh, boiled* (as part of a recipe)	0	0.18	0.10	0.45	0.38	0.08	11
04_048	Pepper, sweet, red, fresh, boiled* (without salt), drained	0	0.18	0.10	0.45	0.38	0.08	18

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Vegetables and their products/Légumes et produits dérivés										
04_046	Pepper. chilli. fresh. raw	Piment. frais. cru	0.73	197(47)	86.0	1.8	[0.3]	7.5	3.5	0.9
Non-African data										
SD or min-max										
n			1		1	1	1		1	1
04_055	Pumpkin. leaves. dried	Citrouille. feuilles. séchées	1.00	1 200(286)	10.0	38.3	[2.7]	18.3	17.7	13.0
Non-African data										
SD or min-max										
n			1		1	1	1		1	1
04_053	Pumpkin. leaves. fresh. raw	Citrouille. feuilles. fraîches. crues	0.41	134(32)	88.6	4.1	0.2	2.4	2.3	2.5
Non-African data										
SD or min-max										
n			1		3	3	3		1	3
04_116	Pumpkin. leaves. fresh. boiled* (as part of a recipe)	Citrouille. feuilles. fraîches. bouillies* (ingrédient de recette)	0.40	143(34)	87.8	4.3	0.2	2.5	2.4	2.7
04_054	Pumpkin. leaves. fresh. boiled* (without salt). drained	Citrouille. feuilles. fraîches. bouillies* (sans sel). égouttées	0.41	133(32)	88.7	4.0	0.2	2.4	2.2	2.5
04_051	Pumpkin. squash. light orange flesh. raw	Courge. chair orange clair. crue	0.68	143(34)	89.7	1.0	0.1	6.0	2.4	0.7
Non-African data										
SD or min-max										
n			1		6	1	2		1	3
04_115	Pumpkin. squash. light orange flesh. boiled* (as part of a recipe)	Courge. chair orange clair. bouillie* (ingrédient de recette)	0.71	126(30)	90.9	0.9	0.1	5.3	2.1	0.6
04_052	Pumpkin. squash. light orange flesh. boiled* (without salt). drained	Courge. chair orange clair. bouillie* (sans sel). égouttée	0.66	155(37)	88.9	1.1	0.1	6.6	2.6	0.8
04_071	Sicklepod. leaves. dried	Casse fétide. feuilles. séchées	1.00	1 200(286)	7.3	21.4	[0.9]	37.8	[20.9]	11.8
Non-African data										
SD or min-max										
n			1		1	2	3		1	1
04_084	Sicklepod. leaves. fresh. raw	Casse fétide. feuilles. fraîches. crues	1.00	401(95)	68.0	5.9	[0.2]	13.9	[7.2]	4.8
Non-African data										
SD or min-max										
n			1		1	2	2		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Vegetables and their products/Légumes et produits dérivés													
04_046	Pepper, chilli, fresh, raw	16	1.3	28	39	345	2	0.30	0.22	92	46	0	555
Non-African data										oa	oa	oa	
SD or min-max													
n		1	1	1	1	1	1	1	1				1
04_055	Pumpkin, leaves, dried	1 220	17.3	1 120	1 020	3 940	87	7.08	1.02	354	177	0	2 120
Non-African data													
SD or min-max													
n		1	1	1	1	1	1	1	1				1
04_053	Pumpkin, leaves, fresh, raw	383	2.2	142	130	500	11	0.90	0.13	225	112	0	1 350
Non-African data													
SD or min-max													
n		1	1	1	3	1	1	1	1				1
04_116	Pumpkin, leaves, fresh, boiled* (as part of a recipe)	407	2.3	151	138	532	12	0.96	0.14	215	108	0	1 290
04_054	Pumpkin, leaves, fresh, boiled* (without salt), drained	360	1.6	84	116	248	8	0.67	0.12	200	100	0	1 200
04_051	Pumpkin, squash, light orange flesh, raw	19	1.0	15	33	280	0	0.29	0.07	141	71	0	849
Non-African data										oa	oa	oa	oa
SD or min-max													
n		10	0.4		2	210-350							
n		3	4	1	3	2	1	1	1				1
04_115	Pumpkin, squash, light orange flesh, boiled* (as part of a recipe)	17	0.9	14	29	248	0	0.26	0.06	113	56	0	676
04_052	Pumpkin, squash, light orange flesh, boiled* (without salt), drained	20	0.8	10	32	152	0	0.24	0.07	138	69	0	830
04_071	Sicklepod, leaves, dried	388	16.1	112	359	2 790	166	2.14	0.36	497	249	0	2 980
Non-African data										oa	oa	oa	oa
SD or min-max													
n		195-580		74-150				0.61	0.03-0.70				
n		2	1	2	1	1	1	3	2				1
04_084	Sicklepod, leaves, fresh, raw	134	6.0	39	124	963	57	0.74	0.16	582	291	0	3 490
Non-African data										oa	oa	oa	oa
SD or min-max													
n		1	1	1	1	1	1	1	1				1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Vegetables and their products/Légumes et produits dérivés													
04_046	Pepper, chilli, fresh, raw	0	0.14	0.05	0.03	1.5	1.1	26	0.28	15	15	0	132
Non-African data									oa				
SD or min-max							0.3	18-34					
n		1		1	1		3	2	1	1		1	1
04_055	Pumpkin, leaves, dried	0	8.40	0.54	0.60	14.8	6.6	493	1.20	220	220	0	9
Non-African data									oa				
SD or min-max													
n		1		1	1		1	1	1	1		1	1
04_053	Pumpkin, leaves, fresh, raw	0	1.10	0.08	0.08	1.8	0.9	52	0.17	36	36	0	11
Non-African data									oa				
SD or min-max					0.03								
n		1		1	3		1	1	1	1		1	1
04_116	Pumpkin, leaves, fresh, boiled* (as part of a recipe)	0	1.10	0.08	0.08	1.8	0.9	56	0.16	27	27	0	7
04_054	Pumpkin, leaves, fresh, boiled* (without salt), drained	0	1.10	0.05	0.05	1.4	0.6	52	0.11	18	18	0	4
04_051	Pumpkin, squash, light orange flesh, raw	0	0.41	0.05	0.02	0.6	0.5	9	0.25	8	8	0	8
Non-African data			oa						oa				
SD or min-max													8-8
n		1		1	1		1	1	1	1		1	2
04_115	Pumpkin, squash, light orange flesh, boiled* (as part of a recipe)	0	0.36	0.04	0.02	0.5	0.4	8	0.20	5	5	0	6
04_052	Pumpkin, squash, light orange flesh, boiled* (without salt), drained	0	0.44	0.04	0.01	0.5	0.4	9	0.18	4	4	0	6
04_071	Sicklepod, leaves, dried	0	1.20	0.17	0.30	[7.1]	[4.6]	154	1.50	[300]	[300]	0	15
Non-African data			oa						oa	oa	oa		oa
SD or min-max					0.10-0.50								
n		1		1	2		1	1	1	1		1	1
04_084	Sicklepod, leaves, fresh, raw	0	0.42	0.07	0.14	[1.5]	[0.5]	60	0.55	[130]	[130]	0	50
Non-African data			oa	oa	oa				oa	oa	oa		oa
SD or min-max													
n		1		1	1		1	1	1	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCP(mg)
Vegetables and their products/Légumes et produits dérivés								
04_046	Pepper, chilli, fresh, raw	0	0.05	0.01	0.17	0.15	0.02	13
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
04_055	Pumpkin, leaves, dried	0	0.95	0.06	1.12	0.05	1.06	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					
04_053	Pumpkin, leaves, fresh, raw	0	0.06	0.00	0.07	0.00	0.07	38
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
04_116	Pumpkin, leaves, fresh, boiled* (as part of a recipe)	0	0.07	0.00	0.08	0.00	0.07	22
04_054	Pumpkin, leaves, fresh, boiled* (without salt), drained	0	0.06	0.00	0.07	0.00	0.07	34
04_051	Pumpkin, squash, light orange flesh, raw	0	0.02	0.01	0.05	0.02	0.03	11
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
04_115	Pumpkin, squash, light orange flesh, boiled* (as part of a recipe)	0	0.02	0.01	0.04	0.02	0.03	5
04_052	Pumpkin, squash, light orange flesh, boiled* (without salt), drained	0	0.03	0.01	0.05	0.02	0.03	10
04_071	Sicklepod, leaves, dried	0	0.24	0.06	0.40	0.13	0.27	18
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1
04_084	Sicklepod, leaves, fresh, raw	0	0.04	0.01	0.07	0.02	0.05	[80]
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Vegetables and their products/Légumes et produits dérivés										
04_094	Sicklepod. leaves. fresh. boiled* (as part of a recipe)	Casse fétide. feuilles. fraîches. bouillies* (ingrédient de recette)	1.00	427(101)	66.0	6.3	[0.2]	14.8	[7.7]	5.1
04_093	Sicklepod. leaves. fresh. boiled* (without salt). drained	Casse fétide. feuilles. fraîches. bouillies* (sans sel). égouttées	1.00	410(97)	67.3	6.1	[0.2]	14.2	[7.3]	4.9
04_072	Spider plant. leaves. fresh. raw	Plante-araignée. feuilles. fraîches. crues	0.28	182(44)	85.6	4.8	[0.9]	1.9	4.3	2.5
Non-African data										
SD or min-max										
n			1		1.8	0.8				0.9
04_096	Spider plant. leaves. fresh. boiled* (as part of a recipe)	Plante-araignée. feuilles. fraîches. bouillies* (ingrédient de recette)	0.27	194(46)	84.7	5.1	[1.0]	2.0	4.6	2.6
04_095	Spider plant. leaves. fresh. boiled* (without salt). drained	Plante-araignée. feuilles. fraîches. bouillies* (sans sel). égouttées	0.28	186(44)	85.3	4.9	[0.9]	2.0	4.4	2.5
04_057	Spinach. leaves. fresh. raw	Épinard. feuilles. fraîches. crues	0.85	98(23)	91.6	2.9	[0.4]	0.7	2.7	1.7
Non-African data										
SD or min-max										
n			1		1	1	1		1	1
04_118	Spinach. leaves. fresh. boiled* (as part of a recipe)	Épinard. feuilles. fraîches. bouillies* (ingrédient de recette)	0.83	116(28)	90.0	3.4	[0.5]	0.9	3.2	2.0
04_058	Spinach. leaves. fresh. boiled* (without salt). drained	Épinard. feuilles. fraîches. bouillies* (sans sel). égouttées	0.84	103(25)	91.2	3.0	[0.4]	0.8	2.8	1.8
04_059	Sweet potato. leaves. fresh. raw	Patate douce. feuilles. fraîches. crues	0.80	211(50)	83.0	4.6	[0.2]	4.9	5.3	2.0
Non-African data										
SD or min-max										
n			1		83.0-83.0	4.6-4.6	0.2-0.2			2.0-2.0
04_121	Sweet potato. leaves. fresh. boiled* (as part of a recipe)	Patate douce. feuilles. fraîches. bouillies* (ingrédient de recette)	0.79	225(54)	81.9	4.9	[0.2]	5.2	5.6	2.1
04_060	Sweet potato. leaves. fresh. boiled* (without salt). drained	Patate douce. feuilles. fraîches. bouillies* (sans sel). égouttées	0.79	220(53)	82.3	4.8	[0.2]	5.1	5.5	2.1
04_062	Tamarind. leaves. dried	Tamarin. feuilles. séchées	1.00	1 190(286)	3.9	14.0	3.5	26.4	46.7	5.5
Non-African data										
SD or min-max										
n			1		1	1	1		1	1
04_019	Tamarind. leaves. fresh. raw	Tamarin. feuilles. fraîches. crues	0.80	267(64)	78.0	3.1	0.8	5.8	10.7	1.6
Non-African data										
SD or min-max										
n			1			3.1-3.1				
n			1		1	2	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Vegetables and their products/Légumes et produits dérivés													
04_094	Sicklepod, leaves, fresh, boiled* (as part of a recipe)	142	6.4	41	132	1 020	61	0.79	0.17	557	279	0	3 340
04_093	Sicklepod, leaves, fresh, boiled* (without salt), drained	130	4.6	24	114	491	44	0.56	0.16	535	267	0	3 210
04_072	Spider plant, leaves, fresh, raw	268	6.9	92	46	478	19	0.75	0.42	531	265	0	3 190
Non-African data													
SD or min-max		109	6.4	48	12-80			0.25					
n		3	3	3	2	1	1	3	1			1	
04_096	Spider plant, leaves, fresh, boiled* (as part of a recipe)	285	7.4	98	49	509	21	0.80	0.45	508	254	0	3 050
04_095	Spider plant, leaves, fresh, boiled* (without salt), drained	259	5.3	57	42	244	15	0.58	0.41	488	244	0	2 920
04_057	Spinach, leaves, fresh, raw	99	2.7	79	49	558	79	0.53	0.13	319	159	0	1 910
Non-African data													
SD or min-max										oa	oa		oa
n		1	1	1	1	1	1	1	1			1	
04_118	Spinach, leaves, fresh, boiled* (as part of a recipe)	118	3.2	94	58	664	94	0.63	0.15	342	171	0	2 050
04_058	Spinach, leaves, fresh, boiled* (without salt), drained	99	2.1	50	46	294	62	0.42	0.13	302	151	0	1 810
04_059	Sweet potato, leaves, fresh, raw	78	[3.6]	70	84	569	6	0.29	0.04	285	142	0	1 710
Non-African data													
SD or min-max		oa		oa			oa						
n		1	2	1	2	2	1	1	1			1	
04_121	Sweet potato, leaves, fresh, boiled* (as part of a recipe)	83	[3.8]	74	89	605	6	0.31	0.04	273	136	0	1 640
04_060	Sweet potato, leaves, fresh, boiled* (without salt), drained	77	[2.8]	44	79	296	5	0.23	0.04	267	134	0	1 600
04_062	Tamarind, leaves, dried	227	12.4	184	379	1 090	14	2.70	0.26	24	12	0	147
Non-African data													
SD or min-max			oa	oa	oa	oa	oa		oa	oa	oa		oa
n		1	1	1	1	1	1	1	1			1	
04_019	Tamarind, leaves, fresh, raw	52	2.8	42	87	465	13	1.00	0.56	28	14	0	168
Non-African data													
SD or min-max			oa	oa	oa	oa	oa		oa				
n		1	1	1	1	1	1	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Vegetables and their products/Légumes et produits dérivés													
04_094	Sicklepod, leaves, fresh, boiled* (as part of a recipe)	0	0.45	0.07	0.14	1.6	[0.5]	64	0.53	[99]	[99]	0	32
04_093	Sicklepod, leaves, fresh, boiled* (without salt), drained	0	0.43	0.05	0.09	1.4	[0.3]	61	0.37	[68]	[68]	0	20
04_072	Spider plant, leaves, fresh, raw	0	[2.50]	0.10	0.09	2.4	1.3	65	0.35	350	350	0	64
Non-African data													
SD or min-max													
n		1		1		2		1	1	1		1	1
04_096	Spider plant, leaves, fresh, boiled* (as part of a recipe)	0	[2.60]	0.10	0.09	2.5	1.3	69	0.33	260	260	0	41
04_095	Spider plant, leaves, fresh, boiled* (without salt), drained	0	[2.50]	0.07	0.06	2.0	0.9	66	0.23	180	180	0	26
04_057	Spinach, leaves, fresh, raw	0	1.90	0.08	0.19	1.4	0.7	39	0.20	190	190	0	28
Non-African data													
SD or min-max													
n		1		1	1		1	1	1	1		1	1
04_118	Spinach, leaves, fresh, boiled* (as part of a recipe)	0	2.20	0.09	0.21	1.6	0.8	46	0.21	160	160	0	20
04_058	Spinach, leaves, fresh, boiled* (without salt), drained	0	2.00	0.05	0.13	1.2	0.5	41	0.13	100	100	0	12
04_059	Sweet potato, leaves, fresh, raw	0	0.96	0.10	0.28	1.5	0.9	35	0.19	80	80	0	11
Non-African data													
SD or min-max													
n		1		1	1		1	1	1	1		1	1
04_121	Sweet potato, leaves, fresh, boiled* (as part of a recipe)	0	1.00	0.10	0.28	1.5	0.9	37	0.18	60	60	0	7
04_060	Sweet potato, leaves, fresh, boiled* (without salt), drained	0	1.00	0.07	0.19	1.2	0.6	36	0.13	42	42	0	5
04_062	Tamarind, leaves, dried	0	3.50	0.38	0.46	9.3	3.3	361	0.57	[400]	[400]	0	3
Non-African data													
SD or min-max													
n		1	oa	1		oa	oa		oa	oa	oa		
04_019	Tamarind, leaves, fresh, raw	0	0.81	0.10	0.11	2.1	0.8	80	0.14	[120]	[120]	0	6
Non-African data													
SD or min-max													
n		1	oa	1	1		oa	oa	oa	oa	oa		



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCP(mg)
Vegetables and their products/Légumes et produits dérivés								
04_094	Sicklepod, leaves, fresh, boiled* (as part of a recipe)	0	0.05	0.01	0.08	0.03	0.05	[46]
04_093	Sicklepod, leaves, fresh, boiled* (without salt), drained	0	0.04	0.01	0.07	0.02	0.05	[74]
04_072	Spider plant, leaves, fresh, raw	0	0.18	0.04	0.50	0.16	0.33	
Non-African data						oa	oa	
SD or min-max								
n		1						
04_096	Spider plant, leaves, fresh, boiled* (as part of a recipe)	0	0.19	0.04	0.53	0.17	0.36	
04_095	Spider plant, leaves, fresh, boiled* (without salt), drained	0	0.19	0.04	0.51	0.17	0.34	
04_057	Spinach, leaves, fresh, raw	0	0.11	0.03	0.18	0.05	0.14	12
Non-African data						oa	oa	oa
SD or min-max								
n		1						1
04_118	Spinach, leaves, fresh, boiled* (as part of a recipe)	0	0.13	0.03	0.22	0.05	0.16	8
04_058	Spinach, leaves, fresh, boiled* (without salt), drained	0	0.12	0.03	0.19	0.05	0.14	11
04_059	Sweet potato, leaves, fresh, raw	0	0.05	0.01	0.10	[0.09]	[0.02]	
Non-African data						oa	oa	
SD or min-max								
n		1						
04_121	Sweet potato, leaves, fresh, boiled* (as part of a recipe)	0	0.05	0.01	0.11	[0.09]	[0.02]	
04_060	Sweet potato, leaves, fresh, boiled* (without salt), drained	0	0.05	0.01	0.11	[0.09]	[0.02]	
04_062	Tamarind, leaves, dried	0	0.96	0.25	1.59	0.52	1.07	
Non-African data						oa	oa	
SD or min-max								
n		1						
04_019	Tamarind, leaves, fresh, raw	0	0.21	0.05	0.37	0.09	0.28	34
Non-African data						oa	oa	oa
SD or min-max								
n		1						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Vegetables and their products/Légumes et produits dérivés										
04_122	Tamarind. leaves. fresh. boiled* (as part of a recipe)	Tamarin. feuilles. fraîches. bouillies* (ingrédient de recette)	0.79	284(68)	76.6	3.3	0.9	6.2	11.4	1.7
04_061	Tamarind. leaves. fresh. boiled* (without salt). drained	Tamarin. feuilles. fraîches. bouillies* (sans sel). égouttées	0.80	272(66)	77.6	3.2	0.8	5.9	10.9	1.6
04_020	Taro. leaves. fresh. raw	Taro. feuilles. fraîches. crues	0.60	163(39)	86.6	2.5	[0.8]	2.7	5.6	1.9
Non-African data								oa	oa	
SD or min-max										0.9
n									1	3
04_123	Taro. leaves. fresh. boiled* (as part of a recipe)	Taro. feuilles. fraîches. bouillies* (ingrédient de recette)	0.59	173(42)	85.7	2.7	[0.9]	2.8	6.0	2.0
04_063	Taro. leaves. fresh. boiled* (without salt). drained	Taro. feuilles. fraîches. bouillies* (sans sel). égouttées	0.60	166(40)	86.3	2.6	[0.8]	2.7	5.7	1.9
04_083	Thyme. dried	Thym. séché	1.00	1 240(298)	7.8	9.1	7.4	30.2	37.0	8.5
Non-African data								oa	oa	oa
SD or min-max										
n								1	1	1
04_065	Tomato. canned. packed in juice	Tomate. en conserve avec jus	1.00	74(18)	94.3	1.0	0.2	2.0	1.9	0.7
Non-African data								oa	oa	oa
SD or min-max										0.6-0.7
n								1	3	2
04_066	Tomato. paste. concentrated. without salt	Concentré de tomate. sans sel	1.00	336(80)	76.2	3.2	[0.5]	13.6	4.1	2.4
Non-African data									oa	oa
SD or min-max										75.9-76.5
n								1	2	1
04_067	Tomato. powder	Tomate. en poudre	1.00	1 360(321)	3.1	12.9	0.4	58.2	16.5	8.9
Non-African data								oa	oa	oa
SD or min-max										
n								1	1	1
04_021	Tomato. red. ripe. raw	Tomate. rouge. mûre. crue	0.91	93(22)	93.4	1.1	[0.2]	3.4	1.4	0.6
Non-African data										
SD or min-max										0.1
n								1	13	10
04_124	Tomato. red. ripe. boiled* (as part of a recipe)	Tomate. rouge. mûre. bouillie* (ingrédient de recette)	0.89	120(28)	91.5	1.4	[0.2]	4.4	1.8	0.7
04_064	Tomato. red. ripe. boiled* (without salt). drained	Tomate. rouge. mûre. bouillie* (sans sel). égouttée	0.89	120(28)	91.5	1.4	[0.2]	4.4	1.8	0.7

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Vegetables and their products/Légumes et produits dérivés													
04_122	Tamarind, leaves, fresh, boiled* (as part of a recipe)	55	3.0	45	92	495	14	1.06	0.60	27	13	0	161
04_061	Tamarind, leaves, fresh, boiled* (without salt), drained	50	2.2	26	80	237	10	0.77	0.54	26	13	0	154
04_020	Taro, leaves, fresh, raw	190	1.5	59	49	597	12	0.39	0.11	300	150	0	1 800
Non-African data				oa			oa			oa	oa		oa
SD or min-max		98-282	1.1-2.0										
n		2	2	1	1	1	1	1	1			1	
04_123	Taro, leaves, fresh, boiled* (as part of a recipe)	202	1.6	63	52	635	13	0.42	0.12	287	144	0	1 720
04_063	Taro, leaves, fresh, boiled* (without salt), drained	184	1.2	36	45	304	9	0.30	0.11	276	138	0	1 650
04_083	Thyme, dried	1 070	46.1	423	280	1 610	24	4.78	1.47	380	190	0	2 280
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
04_065	Tomato, canned, packed in juice	25	0.6	11	18	210	99	0.17	0.08	50	25	0	299
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max		12	0.3	1	1	35	54	0.11	0.03				
n		3	3	3	3	3	3	3	3			1	
04_066	Tomato, paste, concentrated, without salt	31	0.8	47	73	862	31	0.74	0.54	349	175	0	2 090
Non-African data										oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
04_067	Tomato, powder	166	4.6	178	295	1 930	134	1.71	1.24	1 720	862	0	10 300
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
04_021	Tomato, red, ripe, raw	14	0.7	13	33	235	13	0.22	0.06	88	44	0	527
Non-African data									oa	oa	oa		oa
SD or min-max		8	0.1	3	17	80	6	0.10					
n		13	7	3	10	4	4	5	1			1	
04_124	Tomato, red, ripe, boiled* (as part of a recipe)	17	0.9	17	42	301	16	0.29	0.08	101	51	0	608
04_064	Tomato, red, ripe, boiled* (without salt), drained	17	0.6	10	38	150	12	0.21	0.07	101	51	0	608

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Vegetables and their products/Légumes et produits dérivés													
04_122	Tamarind, leaves, fresh, boiled* (as part of a recipe)	0	0.86	0.10	0.11	2.2	0.8	85	0.13	[87]	[87]	0	4
04_061	Tamarind, leaves, fresh, boiled* (without salt), drained	0	0.82	0.07	0.07	1.9	0.5	82	0.09	[60]	[60]	0	2
04_020	Taro, leaves, fresh, raw	0	0.07	0.17	0.35	1.2	0.8	26	0.29	130	130	0	69
Non-African data			oa			oa	oa	oa	oa	oa	oa		
SD or min-max													55-83
n		1		1	1		1	1	1	1		1	2
04_123	Taro, leaves, fresh, boiled* (as part of a recipe)	0	0.07	0.16	0.35	1.3	0.8	27	0.28	94	94	0	44
04_063	Taro, leaves, fresh, boiled* (without salt), drained	0	0.07	0.11	0.23	1.0	0.5	26	0.19	64	64	0	28
04_083	Thyme, dried	0	[7.50]	0.51	0.40	8.0	4.9	186	0.55	120	120	0	50
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
04_065	Tomato, canned, packed in juice	0	0.96	0.22	0.04	0.8	0.7	9	0.11	17	17	0	12
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max				0.30	0.02		0.1	6-12	0.00	8			1
n		1		3	3		3	2	3	3		1	3
04_066	Tomato, paste, concentrated, without salt	0	4.00	0.14	0.17	3.2	2.8	22	0.22	21	21	0	14
Non-African data			oa						oa				
SD or min-max													
n		1		1	1		1	1	1	1		1	1
04_067	Tomato, powder	0	12.00	0.91	0.76	11.0	9.1	89	0.46	120	120	0	117
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
04_021	Tomato, red, ripe, raw	0	0.27	0.06	0.04	0.7	0.6	6	0.07	23	23	0	28
Non-African data			oa										
SD or min-max				0.01	0.00		0.5-0.6	4-8	0.06-0.08	7			15
n		1		9	9		2	2	2	3		1	11
04_124	Tomato, red, ripe, boiled* (as part of a recipe)	0	0.34	0.07	0.05	0.8	0.7	8	0.08	20	20	0	29
04_064	Tomato, red, ripe, boiled* (without salt), drained	0	0.34	0.05	0.03	0.6	0.5	8	0.06	15	15	0	24

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Vegetables and their products/Légumes et produits dérivés								
04_122	Tamarind, leaves, fresh, boiled* (as part of a recipe)	0	0.23	0.05	0.40	0.10	0.30	20
04_061	Tamarind, leaves, fresh, boiled* (without salt), drained	0	0.22	0.05	0.38	0.10	0.29	31
04_020	Taro, leaves, fresh, raw	0	0.24	0.03	0.38	0.20	0.19	14
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
04_123	Taro, leaves, fresh, boiled* (as part of a recipe)	0	0.25	0.03	0.41	0.21	0.20	8
04_063	Taro, leaves, fresh, boiled* (without salt), drained	0	0.24	0.03	0.39	0.20	0.19	13
04_083	Thyme, dried	0	3.70	0.64	1.61			
Non-African data			oa	oa	oa			
SD or min-max								
n			1					
04_065	Tomato, canned, packed in juice	0	0.03	0.04	0.10	[0.10]	[0.00]	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					
04_066	Tomato, paste, concentrated, without salt	0	0.08	0.09	0.21	0.20	0.01	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					
04_067	Tomato, powder	0	0.07	0.08	0.21	[0.17]	[0.01]	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					
04_021	Tomato, red, ripe, raw	0	0.03	0.02	0.08	0.07	0.01	4
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1
04_124	Tomato, red, ripe, boiled* (as part of a recipe)	0	0.04	0.03	0.10	0.09	0.01	3
04_064	Tomato, red, ripe, boiled* (without salt), drained	0	0.04	0.03	0.10	0.09	0.01	5

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION	ENERGY	WATER	PROTEIN	FAT	CHO AVAIL	FIBRE. TOTAL DIETARY	ASH
			1	(kJ(kcal))	(g)	(g)	(g)	(g)	(g)	(g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Vegetables and their products/Légumes et produits dérivés										
04_068	Turnip. raw	Navet. cru	0.74	118(28)	91.3	1.0	0.2	4.4	2.5	0.7
Non-African data								oa		oa
SD or min-max									0.9	
n									3	1
04_125	Turnip. boiled* (as part of a recipe)	Navet. bouilli* (ingrédient de recette)	0.72	131(31)	90.3	1.1	0.2	4.8	2.8	0.8
04_069	Turnip. boiled* (without salt). drained	Navet. bouilli* (sans sel). égoutté	0.72	131(31)	90.3	1.1	0.2	4.8	2.8	0.8
04_022	Vernonia. leaves. bitter. fresh. raw	Vernonie. feuilles. amères. fraîches. crues	0.80	273(65)	80.3	5.0	0.9	6.7	5.1	2.0
Non-African data										
SD or min-max										0.7
n									11	7
04_126	Vernonia. leaves. bitter. fresh. boiled* (as part of a recipe)	Vernonie. feuilles. amères. fraîches. bouillies* (ingrédient de recette)	0.79	290(69)	79.0	5.3	1.0	7.1	5.4	2.2
04_070	Vernonia. leaves. bitter. fresh. boiled* (without salt). drained	Vernonie. feuilles. amères. fraîches. bouillies* (sans sel). égouttées	0.80	279(66)	79.9	5.1	0.9	6.8	5.2	2.1
04_079	Vernonia. leaves. sweet. fresh. raw	Vernonie. feuilles. douces. fraîches. crues	0.80	234(56)	83.1	2.5	[0.4]	8.9	3.3	1.8
Non-African data										
SD or min-max										0.9
n									4	1
04_128	Vernonia. leaves. sweet. fresh. boiled* (as part of a recipe)	Vernonie. feuilles. douces. fraîches. bouillies* (ingrédient de recette)	0.79	249(59)	82.0	2.6	[0.4]	9.5	3.5	1.9
04_127	Vernonia. leaves. sweet. fresh. boiled* (without salt). drained	Vernonie. feuilles. douces. fraîches. bouillies* (sans sel). égouttées	0.80	239(57)	82.8	2.5	[0.4]	9.1	3.4	1.9
04_078	Waterleaf. leaves. fresh. raw	Feuille d'eau. feuilles. fraîches. crues	0.80	168(40)	87.2	2.3	[0.7]	4.3	3.9	1.6
Non-African data										
SD or min-max										0.4
n									9	7
04_120	Waterleaf. leaves. fresh. boiled* (as part of a recipe)	Feuille d'eau. feuilles. fraîches. bouillies* (ingrédient de recette)	1.00	179(43)	86.4	2.5	[0.7]	4.6	4.1	1.7
04_119	Waterleaf. leaves. fresh. boiled* (without salt). drained	Feuille d'eau. feuilles. fraîches. bouillies* (sans sel). égouttées	1.00	172(41)	86.9	2.4	[0.7]	4.4	4.0	1.6
04_080	Wild spinach. leaves. fresh. raw	Épinard sauvage. feuilles. fraîches. crues	0.80	187(45)	85.0	5.1	[0.7]	2.5	4.3	2.6
Non-African data										
SD or min-max										2.3-2.8
n									3	2

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FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Vegetables and their products/Légumes et produits dérivés													
04_068	Turnip, raw	41	0.3	15	35	262	44	0.22	0.10	8	4	0	46
Non-African data										oa	oa		oa
SD or min-max		3	0.2-0.3	7	3	21	23	0.20-0.23	0.06-0.14				
n		4	2	3	3	3	3	2	2			1	
04_125	Turnip, boiled* (as part of a recipe)	45	0.3	16	39	291	49	0.24	0.11	8	4	0	46
04_069	Turnip, boiled* (without salt), drained	43	20.8	10	35	131	27	0.18	0.10	8	4	0	46
04_022	Vernonia, leaves, bitter, fresh, raw	170	2.1	95	75	594	11	1.88	0.75	484	242	0	2 900
Non-African data						oa				oa	oa		oa
SD or min-max		29	1.5	19-172	67-83			11-12	0.79				
n		4	6	2	2	1	2	3	1			1	
04_126	Vernonia, leaves, bitter, fresh, boiled* (as part of a recipe)	181	2.2	101	80	632	12	2.00	0.80	464	232	0	2 780
04_070	Vernonia, leaves, bitter, fresh, boiled* (without salt), drained	165	1.6	58	69	303	9	1.44	0.73	445	222	0	2 670
04_079	Vernonia, leaves, sweet, fresh, raw	134	1.3	93	67	509	30	0.78	0.24	582	291	0	3 490
Non-African data				oa		oa	oa	oa	oa	oa	oa		oa
SD or min-max		0.0											
n		1	3	1	1	1	1	1	1			1	
04_128	Vernonia, leaves, sweet, fresh, boiled* (as part of a recipe)	143	1.4	99	72	541	32	0.83	0.26	557	279	0	3 340
04_127	Vernonia, leaves, sweet, fresh, boiled* (without salt), drained	130	1.0	57	62	259	23	0.60	0.24	535	267	0	3 210
04_078	Waterleaf, leaves, fresh, raw	100	1.1	163	27	413	38	0.84	0.05	554	277	0	3 330
Non-African data						oa							
SD or min-max		50	0.5	34	19-35			0.29-1.40					
n		4	3	3	2	1	1	2	1			1	
04_120	Waterleaf, leaves, fresh, boiled* (as part of a recipe)	107	1.1	173	29	439	40	0.90	0.05	531	265	0	3 180
04_119	Waterleaf, leaves, fresh, boiled* (without salt), drained	97	0.8	100	25	211	29	0.65	0.05	509	255	0	3 050
04_080	Wild spinach, leaves, fresh, raw	233	4.3	83	60	452	27	0.70	0.22	150	75	0	902
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa				
SD or min-max													
n		1	1	1	1	1	1	1	1			1	

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FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Vegetables and their products/Légumes et produits dérivés													
04_068	Turnip, raw	0	tr	0.04	0.04	0.7	0.5	11	0.08	24	24	0	24
Non-African data													
SD or min-max				0.01	0.02				0.01	11			6
n		1		4	4		1	1	3	3		1	3
04_125	Turnip, boiled* (as part of a recipe)	0	tr	0.04	0.04	0.7	0.5	13	0.08	19	19	0	22
04_069	Turnip, boiled* (without salt), drained	0	tr	0.03	0.03	0.6	0.4	13	0.06	13	13	0	11
04_022	Vernonia, leaves, bitter, fresh, raw	0	0.42	0.09	0.20	1.6	0.6	63	0.24	[57]	[57]	0	29
Non-African data													
SD or min-max			oa	oa	oa	oa	oa	oa	oa	oa	oa		
n		1		1	1		1	1	1	1		1	4
04_126	Vernonia, leaves, bitter, fresh, boiled* (as part of a recipe)	0	0.45	0.09	0.20	1.7	0.6	67	0.23	[42]	[42]	0	18
04_070	Vernonia, leaves, bitter, fresh, boiled* (without salt), drained	0	0.43	0.06	0.13	1.5	0.4	64	0.16	[29]	[29]	0	12
04_079	Vernonia, leaves, sweet, fresh, raw	0	0.42	0.08	0.18	1.2	0.7	31	0.29	[70]	[70]	0	15
Non-African data													
SD or min-max			oa	oa	oa	oa	oa	oa	oa	oa	oa		
n		1		1	1		1	1	1	1		1	1
04_128	Vernonia, leaves, sweet, fresh, boiled* (as part of a recipe)	0	0.45	0.08	0.18	1.3	0.7	33	0.28	[52]	[52]	0	10
04_127	Vernonia, leaves, sweet, fresh, boiled* (without salt), drained	0	0.43	0.06	0.12	1.0	0.5	32	0.19	[36]	[36]	0	6
04_078	Waterleaf, leaves, fresh, raw	0	0.93	0.03	0.17	0.9	0.5	30	0.24	[24]	[24]	0	34
Non-African data													
SD or min-max			oa			oa		oa	oa	oa	oa		18
n		1		1	1		1	1	1	1		1	5
04_120	Waterleaf, leaves, fresh, boiled* (as part of a recipe)	0	0.99	0.03	0.17	1.0	0.5	31	0.23	[18]	[18]	0	22
04_119	Waterleaf, leaves, fresh, boiled* (without salt), drained	0	0.95	0.02	0.11	0.8	0.3	30	0.16	[12]	[12]	0	14
04_080	Wild spinach, leaves, fresh, raw	0	0.42	0.07	0.16	1.7	0.6	64	0.26	[62]	[62]	0	44
Non-African data													
SD or min-max			oa	oa	oa	oa	oa	oa	oa	oa	oa		30-57
n		1		1	1		1	1	1	1		1	2



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCP(mg)
Vegetables and their products/Légumes et produits dérivés								
04_068	Turnip, raw	0	0.03	0.01	0.12	[0.03]	[0.09]	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					
04_125	Turnip, boiled* (as part of a recipe)	0	0.03	0.02	0.13	0.03	0.10	
04_069	Turnip, boiled* (without salt), drained	0	0.03	0.02	0.13	0.03	0.10	
04_022	Vernonia, leaves, bitter, fresh, raw	0	0.25	0.06	0.41	0.13	0.27	[212]
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1
04_126	Vernonia, leaves, bitter, fresh, boiled* (as part of a recipe)	0	0.26	0.07	0.44	0.14	0.29	[122]
04_070	Vernonia, leaves, bitter, fresh, boiled* (without salt), drained	0	0.25	0.06	0.42	0.14	0.28	[195]
04_079	Vernonia, leaves, sweet, fresh, raw	0	0.10	0.03	0.17	0.06	0.12	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					
04_128	Vernonia, leaves, sweet, fresh, boiled* (as part of a recipe)	0	0.11	0.03	0.18	0.06	0.12	
04_127	Vernonia, leaves, sweet, fresh, boiled* (without salt), drained	0	0.11	0.03	0.18	0.06	0.12	
04_078	Waterleaf, leaves, fresh, raw	0	0.18	0.05	0.30	0.10	0.20	[29]
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1
04_120	Waterleaf, leaves, fresh, boiled* (as part of a recipe)	0	0.19	0.05	0.31	0.10	0.21	[17]
04_119	Waterleaf, leaves, fresh, boiled* (without salt), drained	0	0.18	0.05	0.30	0.10	0.20	[27]
04_080	Wild spinach, leaves, fresh, raw	0	0.18	0.05	0.30	0.10	0.20	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Vegetables and their products/Légumes et produits dérivés										
04_130	Wild spinach. leaves. fresh. boiled* (as part of a recipe)	Épinard sauvage. feuilles. fraîches. bouillies* (ingrédient de recette)	[0.79]	198(47)	84.0	5.4	[0.7]	2.6	4.5	2.7
04_129	Wild spinach. leaves. fresh. boiled* (without salt). drained	Épinard sauvage. feuilles. fraîches. bouillies* (sans sel). égouttées	[0.80]	190(45)	84.7	5.2	[0.7]	2.5	4.3	2.6
Fruits and their products/Fruits et produits dérivés										
05_055	African black plum/chocolate berry. ripe. raw	Prune noire africaine. mûre. crue		475(112)	70.1	0.4	[0.2]	26.4	[1.4]	1.5
Non-African data										
SD or min-max						3.7	0.1-0.7	0.2-0.3	1.3-1.4	0.3
n						5	2	2	2	4
05_023	African fan palm. fruit. raw	Fruit du palmier rônier. cru		181(43)	87.6	0.5	[0.1]	8.8	2.4	0.6
Non-African data										
SD or min-max							0.2-0.8		oa	oa
n						1	2	1	1	1
05_024	African locust bean. flour from fruit	Néré. farine du fruit	1.00	1 250(299)	7.7	4.6	[1.3]	52.2	30.1	4.1
Non-African data										
SD or min-max						1.5	1.4	0.4		4.0-4.2
n					1	3	4	3	1	2
05_001	African locust bean. fruit. raw	Néré. fruit. cru		1 200(285)	13.6	3.3	1.8	49.8	28.2	3.2
Non-African data										
SD or min-max						13.2-14.0	0.1			2.9-3.5
n						2	3	1	1	2
05_053	African star apple. fruit. raw	Pomme-étoile africaine. fruit. cru		555(132)	70.7	3.4	[5.2]	16.4	[3.1]	1.1
Non-African data										
SD or min-max						4.6	0.6	4.9-5.5	1.6	
n						6	3	2	3	1
05_025	Akee. fruit. raw	Akée. fruit. cru		862(208)	69.2	4.4	[18.8]	4.7	[1.4]	1.5
Non-African data										
SD or min-max							3.8-5.0	2.2	0.3	0.4
n						1	2	3	3	3

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
<b>Vegetables and their products/Légumes et produits dérivés</b>													
04_130	Wild spinach, leaves, fresh, boiled* (as part of a recipe)	248	4.6	88	64	480	29	0.74	0.23	144	72	0	864
04_129	Wild spinach, leaves, fresh, boiled* (without salt), drained	226	3.3	51	55	230	21	0.53	0.21	138	69	0	828
<b>Fruits and their products/Fruits et produits dérivés</b>													
05_055	African black plum/chocolate berry, ripe, raw	25	1.1	21	53	637	8	0.00	0.00	tr	tr	0	tr
Non-African data													
SD or min-max		10	0.9	9	29-77	51							
n		5	4	5	2	3	1	1	1			1	
05_023	African fan palm, fruit, raw	16	2.5	2	30	158	1	0.05	0.01	tr	tr	0	tr
Non-African data													
SD or min-max		5-27	1.0-4.0				oa	oa					
n		2	2	1	1	1	1	1	1			1	
05_024	African locust bean, flour from fruit	162	3.8	94	132	1 780	6	1.09	0.02	87	43	0	519
Non-African data													
SD or min-max		145-178			104-141								
n		2	1	1	2	1	1	1	1			1	
05_001	African locust bean, fruit, raw	118	3.6	88	123	1 670	6	0.77	0.02	405	203	0	2 430
Non-African data													
SD or min-max		11	3.6-3.6	41-134	87-160								
n		3	2	2	2	1	1	1	1			1	
05_053	African star apple, fruit, raw	24	1.5	23	19	355	3	[0.98]	[0.65]	[1]	[0]	0	[5]
Non-African data													
SD or min-max		8	1.6	22-24	8	328-382	3-4	0.93-1.04					
n		3	3	2	3	2	2	2	1			1	
05_025	Akee, fruit, raw	36	2.7	97	51	340				93	46	0	555
Non-African data													
SD or min-max		22			16-86								
n		3	1	1	2	1						1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Vegetables and their products/Légumes et produits dérivés													
04_130	Wild spinach, leaves, fresh, boiled* (as part of a recipe)	0	0.44	0.07	0.16	1.8	0.6	68	0.25	[46]	[46]	0	28
04_129	Wild spinach, leaves, fresh, boiled* (without salt), drained	0	0.43	0.05	0.10	1.5	0.4	65	0.17	[32]	[32]	0	18
Fruits and their products/Fruits et produits dérivés													
05_055	African black plum/chocolate berry, ripe, raw	0		0.14	0.02	0.5	0.4	5				0	10
Non-African data													
SD or min-max				0.14-0.14	0.02-0.02		0.3-0.5						1-20
n		1		2	2		2	1				1	2
05_023	African fan palm, fruit, raw	0	0.01	0.03	0.01	0.4	0.3	4	0.07	[24]	[24]	0	3
Non-African data													
SD or min-max			oa						oa	oa	oa		
n		1		2	2		1	1	1	1		1	2
05_024	African locust bean, flour from fruit	0		0.99	0.72	1.7	1.0	41				0	25
Non-African data													
SD or min-max				1.10-1.10	0.70-0.71								225-242
n		1		2	2		1	1				1	2
05_053	African star apple, fruit, raw	0		[1.40]	[0.87]	[1.5]	[1.5]		[1.64]			0	127
Non-African data													
SD or min-max													17
n		1		1	1		1		1			1	3
05_025	Akee, fruit, raw	0		0.13	0.14	1.6	0.8	46	0.08	54	54	0	26
Non-African data													
SD or min-max						oa	oa	oa	oa	oa	oa		
n		1		1	1		1	1	1	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Vegetables and their products/Légumes et produits dérivés								
04_130	Wild spinach, leaves, fresh, boiled* (as part of a recipe)	0	0.19	0.05	0.31	0.10	0.21	
04_129	Wild spinach, leaves, fresh, boiled* (without salt), drained	0	0.18	0.05	0.30	0.10	0.20	
Fruits and their products/Fruits et produits dérivés								
05_055	African black plum/chocolate berry, ripe, raw	0						
Non-African data								
SD or min-max								
n		1						
05_023	African fan palm, fruit, raw	0	0.02	0.02	0.04	0.03	0.01	0
Non-African data								
SD or min-max								
n		1	oa	oa	oa	oa	oa	oa
05_024	African locust bean, flour from fruit	0						
Non-African data								
SD or min-max								
n		1						1
05_001	African locust bean, fruit, raw	0						
Non-African data								
SD or min-max								
n		1						
05_053	African star apple, fruit, raw	0						[275]
Non-African data								
SD or min-max								
n		1						1
05_025	Akee, fruit, raw	0						
Non-African data								
SD or min-max								
n		1						

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Fruits and their products/Fruits et produits dérivés										
05_046	Apple. green. with skin. raw	Pomme. verte. non épluchée. crue	0.90	249(59)	84.4	0.2	[0.5]	12.1	2.6	0.2
Non-African data										
SD or min-max										
n										
05_047	Apple. red. with skin. raw	Pomme. rouge. non épluchée. crue	0.90	261(62)	83.9	0.2	[0.6]	12.7	2.3	0.3
Non-African data										
SD or min-max										
n										
05_026	Apple. with skin. raw	Pomme. non épluchée. crue	0.90	247(59)	84.5	0.3	[0.4]	12.2	2.3	0.3
Non-African data										
SD or min-max										
n										
05_027	Apple. without skin. raw	Pomme. épluchée. crue	0.77	249(59)	84.5	0.2	0.2	13.2	1.7	0.2
Non-African data										
SD or min-max										
n										
05_002	Avocado. fruit. raw	Avocat. fruit. cru	0.71	641(156)	76.1	1.6	14.8	2.1	4.0	1.4
Non-African data										
SD or min-max										
n										
05_048	Banana. sweet. flesh. unripe (green). raw	Banane. chair. sucrée. non mûre (verte). crue	0.50	488(115)	69.1	1.0	[0.5]	24.9	3.6	0.9
Non-African data										
SD or min-max										
n										
05_003	Banana. white flesh. ripe. raw	Banane. chair blanche. mûre. crue	0.62	514(121)	68.2	1.3	0.2	27.7	1.9	0.8
Non-African data										
SD or min-max										
n										

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Fruits and their products/Fruits et produits dérivés													
05_046	Apple, green, with skin, raw	4	0.4	2	8	82	5	0.07	0.07	2	1	0	14
Non-African data													
	SD or min-max	2-6	0.3-0.4		5-10	69-95							
	n	2	2	1	2	2	1	1	1			1	
05_047	Apple, red, with skin, raw	6	0.3	4	8	129	1	0.10	0.09	2	1	0	14
Non-African data													
	SD or min-max	6-7	0.3-0.3										
	n	2	2	1	1	1	1	1	1			1	
05_026	Apple, with skin, raw	5	0.3	3	9	99	4	0.09	0.07	2	1	0	15
Non-African data													
	SD or min-max	2	0.1		7-10								
	n	3	3	1	2	1	1	1	1			1	
05_027	Apple, without skin, raw	4	0.1	3	7	113	0	0.04	0.03	4	2	0	27
Non-African data													
	SD or min-max									oa	oa		oa
	n	1	1	1	1	1	1	1	1			1	
05_002	Avocado, fruit, raw	14	1.3	25	47	414	4	0.36	0.30	3	2	0	20
Non-African data													
	SD or min-max	7	0.3		8	231	3	0.06					
	n	5	4	1	4	3	3	3	1			1	
05_048	Banana, sweet, flesh, unripe (green), raw	2	0.4	35	29	335	0	0.16	0.08	54	27	0	322
Non-African data													
	SD or min-max	oa	oa	oa			oa	oa	oa				
	n	1	1	2	1	2	1	2	2			1	
05_003	Banana, white flesh, ripe, raw	8	0.9	31	23	329	2	0.21	0.06	6	3	0	36
Non-African data													
	SD or min-max	3	0.5	10	4	77	1	0.02	0.04				
	n	7	4	3	4	3	3	3	3			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)		
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)		
Fruits and their products/Fruits et produits dérivés															
05_046	Apple, green, with skin, raw	0	0.10	0.02	0.01	0.2	0.2	2	0.08	1	1	0	6		
Non-African data		oa													
SD or min-max															
n		1		1	1		1	1	1	1		1	2		
05_047	Apple, red, with skin, raw	0	0.15	0.02	0.01	0.2	0.2	3	0.04	1	1	0	5		
Non-African data		oa		oa		oa									
SD or min-max				0.00		0.01									
n		1		1	3		1	1	3	1		1	2		
05_026	Apple, with skin, raw	0	0.16	0.02	0.02	0.2	0.2	3	0.05	1	1	0	4		
Non-African data		oa													
SD or min-max				0.02		0.02									
n		1		1	5		1	1	5	1		1	3		
05_027	Apple, without skin, raw	0	0.18	0.02	0.01	0.1	0.1	1	0.04	0	0	0	4		
Non-African data		oa		oa						oa	oa				
SD or min-max		0.04-0.04													
n		1		1	1		1	1	2	1		1	1		
05_002	Avocado, fruit, raw	0	0.60	0.05	0.15	2.1	1.8	17	0.22	22	22	0	18		
Non-African data															
SD or min-max								0.2		0.19-0.25					
n		1		1	1		3	1	2	1		1	1		
05_048	Banana, sweet, flesh, unripe (green), raw	0	0.08	0.04	0.05	0.4	0.3	7	0.59	19	19	0	18		
Non-African data		oa				oa		oa		oa					
SD or min-max				0.01-0.06		0.04-0.05		0.53-0.66							
n		1		2	2		1	1	2	1		1	2		
05_003	Banana, white flesh, ripe, raw	0	0.28	0.03	0.03	0.9	0.6	17	0.36	17	17	0	10		
Non-African data		oa				oa		oa							
SD or min-max				0.01		0.01		0.5-0.7		15-18		14-19			
n		1		4	4		2	2	1	2		1	4		



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Fruits and their products/Fruits et produits dérivés								
05_046	Apple, green, with skin, raw	0	0.12	0.04	0.23	0.18	0.05	1
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1
05_047	Apple, red, with skin, raw	0	0.16	0.05	0.26	0.22	0.04	0
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								0
n		1						3
05_026	Apple, with skin, raw	0	0.12	0.04	0.19	0.16	0.03	1
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								0
n		1						4
05_027	Apple, without skin, raw	0	0.06	0.01	0.10	0.08	0.02	
Non-African data						oa	oa	
SD or min-max								
n		1						
05_002	Avocado, fruit, raw	0	1.57	11.08	1.45	1.37	0.08	356
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1
05_048	Banana, sweet, flesh, unripe (green), raw	0	0.12	0.03	0.23	0.16	0.07	40
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1
05_003	Banana, white flesh, ripe, raw	0	0.07	0.01	0.08	0.03	0.04	14
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Fruits and their products/Fruits et produits dérivés										
05_028	Banana, yellow flesh, ripe, raw	Banane, chair jaune, mûre, crue	0.62	378(89)	75.7	1.3	[0.2]	19.2	2.7	0.8
Non-African data										
SD or min-max					74.4-77.0	1.1-1.5	0.1-0.3			
n			1		2	2	2		1	2
05_004	Baobab, fruit/monkey bread, raw	Baobab, fruit/pain de singe, cru	0.23	1 290(305)	16.2	2.1	[0.3]	70.0	[7.0]	4.4
Non-African data										
SD or min-max					4.3	0.5	0.3			
n			1		22	7	10		4	10
05_005	Breadfruit, fruit, raw	Arbre à pain, fruit, cru	0.78	403(96)	71.3	1.4	[0.3]	17.9	8.3	0.9
Non-African data										
SD or min-max					70.6-72.0	1.3-1.5	0.2-0.3			
n			1		2	2	2		1	2
05_050	Carambola (star fruit), raw	Carambole (fruit-étoile), cru	0.97	126(30)	91.2	0.8	0.3	4.6	2.8	0.3
Non-African data										
SD or min-max					oa	oa	oa	oa	oa	oa
n			1		1	1	1		1	1
05_006	Cashew apple, fruit, raw	Pomme de cajou, fruit, cru	1.00	231(55)	85.6	1.0	[0.4]	10.9	1.7	0.4
Non-African data										
SD or min-max					85.6-85.6	1.0-1.0	0.3-0.5	oa	oa	oa
n			1		2	2	2		1	1
05_029	Clementine, raw	Clémentine, crue	0.77	209(49)	86.6	0.9	0.2	10.3	1.7	0.4
Non-African data										
SD or min-max					oa	oa	oa	oa	oa	oa
n			1		1	1	1		1	1
05_031	Date, dried, raw	Date, séchée, crue	0.84	1 190(282)	24.2	2.2	[0.1]	64.1	7.8	1.6
Non-African data										
SD or min-max					5.8	0.3	0.1	9.0-9.1		
n			1		22	15	9		2	15

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Fruits and their products/Fruits et produits dérivés													
05_028	Banana, yellow flesh, ripe, raw	9	0.3	16	29	293	2	0.28	0.03	239	119	0	1 428
Non-African data				oa					oa	oa	oa		oa
SD or min-max					21-37	187-400		0.20-0.36					
n		1	1	1	2	2	1	2	1			1	
05_004	Baobab, fruit/monkey bread, raw	254	6.4	139	73	1 920	23	1.44	0.53	12	6	0	70
Non-African data													
SD or min-max		77	1.4	48	37	375	23	1.20	0.06				
n		10	8	6	7	4	4	5	3			1	
05_005	Breadfruit, fruit, raw	29	2.5	36	34	282	2	0.15	0.11	2	1	0	10
Non-African data				oa		oa	oa	oa	oa	oa	oa		oa
SD or min-max		28-29	2.0-3.0		33-34								
n		2	2	1	2	1	1	1	1			1	
05_050	Carambola (star fruit), raw	5	0.5	12	12	159	2	0.24	0.07	0	0	0	1
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
05_006	Cashew apple, fruit, raw	12	1.4	10	45	124	3	0.10	0.07	16	8	0	98
Non-African data				oa		oa	oa	oa	oa	oa	oa		oa
SD or min-max		12-12	1.4-1.4										
n		2	2	1	1	1	1	1	1			1	
05_029	Clementine, raw	30	0.1	10	21	177	1	0.06	0.04	13	6	0	75
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
05_031	Date, dried, raw	62	3.4	48	52	510	8	0.28	0.26	1	1	0	9
Non-African data								oa	oa				
SD or min-max		14	0.6	12	9	203	4	0.19	0.10				
n		7	7	7	7	11	11	19	13			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Fruits and their products/Fruits et produits dérivés													
05_028	Banana, yellow flesh, ripe, raw	0	0.28	0.03	0.03	0.9	0.6	17	0.35	19	19	0	10
Non-African data			oa										oa
SD or min-max													5-16
n		1		1	1		1	1	1	1		1	2
05_004	Baobab, fruit/monkey bread, raw	0		0.04	0.20	2.5	1.5	60	0.02	50	50	0	251
Non-African data													
SD or min-max													93
n		1		1	1		1	1	1	1		1	16
05_005	Breadfruit, fruit, raw	0	[0.10]	0.08	0.05	[0.9]	0.9		0.10	[14]	[14]	0	31
Non-African data			oa						oa	oa	oa		
SD or min-max													
n		1		1	1		1		1	1		1	1
05_050	Carambola (star fruit), raw	0	0.40	0.08	0.02	0.5	0.3	7	0.06	12	12	0	34
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
05_006	Cashew apple, fruit, raw	0		0.03	0.12	[0.4]	0.4		tr			0	252
Non-African data									oa				
SD or min-max													
n		1		1	1		1		1			1	1
05_029	Clementine, raw	0	0.20	0.09	0.03	0.8	0.6	9	0.08	24	24	0	49
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
05_031	Date, dried, raw	0	0.02	0.06	0.11	2.1	1.6	32	0.13	13	13	0	4
Non-African data			oa			oa	oa	oa	oa				oa
SD or min-max				0.03-0.09	0.10-0.13		0.6	21-44	0.14-0.15				4-4
n		1		2	2		3	2	2	1		1	2

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE (mg)	FASAT (g)	FAMS (g)	FAPU (g)	F18D2CN6 (g)	F18D3CN3 (g)	PHYTCPP (mg)
Fruits and their products/Fruits et produits dérivés								
05_028	Banana, yellow flesh, ripe, raw	0	0.07	0.01	0.07	0.03	0.04	14
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
05_004	Baobab, fruit/monkey bread, raw	0						
Non-African data								
SD or min-max								
n			1					
05_005	Breadfruit, fruit, raw	0	0.06	0.05	0.09	[0.06]	[0.02]	
Non-African data				oa	oa	oa	oa	
SD or min-max								
n			1					
05_050	Carambola (star fruit), raw	0	0.02	0.04	0.21	0.16	0.04	4
Non-African data				oa	oa	oa	oa	oa
SD or min-max								
n			1					1
05_006	Cashew apple, fruit, raw	0						
Non-African data								
SD or min-max								
n			1					
05_029	Clementine, raw	0	0.03	0.04	0.05	0.04	0.01	
Non-African data				oa	oa	oa	oa	
SD or min-max								
n			1					
05_031	Date, dried, raw	0	0.04	0.01	0.06	0.05	0.01	112
Non-African data				oa	oa	oa	oa	oa
SD or min-max								126-134
n			1					2

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Fruits and their products/Fruits et produits dérivés										
05_030	Date. soft. raw	Date. molle. crue	0.86	854(202)	45.9	1.6	0.1	45.8	[5.6]	1.1
Non-African data										
SD or min-max			0.86-1.00		8.2	0.3	0.1	oa	oa	0.1
n			2		3	12	10		1	12
05_008	Dattock. fruit. dried	Détar. fruit. séché	1.00	1 360(322)	14.0	3.4	[1.0]	71.2	[7.1]	3.3
Non-African data										
SD or min-max										
n			1		1	1	1		1	1
05_007	Dattock. fruit. raw	Détar. fruit. cru	0.47	530(125)	66.9	1.9	[0.4]	27.3	[2.3]	1.2
Non-African data										
SD or min-max										
n			1		1	1	1		1	1
05_033	Fig. dried	Figue. sèche	0.96	1 120(266)	28.4	3.1	[1.2]	56.0	9.3	2.0
Non-African data										
SD or min-max										
n			1		1	1	1		1	1
05_032	Fig. raw	Figue. crue	0.99	312(74)	79.1	1.0	0.6	13.9	4.6	0.8
Non-African data										
SD or min-max					78.6-79.5	0.9-1.2	0.2-0.9	oa	oa	
n			1		2	2	2		1	1
05_009	Fig. sycomorus. raw	Figue. sycomore. crue		284(67)	81.8	1.4	[0.9]	12.4	2.3	1.3
Non-African data										
SD or min-max					4.3	0.3	0.4			0.3
n					4	5	3		1	3
05_034	Fruit cocktail. canned in syrup. undrained	Cocktail de fruits au sirop. en conserve. non égoutté	1.00	311(73)	81.0	0.4	0.1	17.2	1.0	0.3
Non-African data										
SD or min-max							oa	oa	oa	
n			1		1	1	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Fruits and their products/Fruits et produits dérivés													
05_030	Date, soft, raw	38	2.5	30	33	295	5	0.17	0.17	6	3	0	34
Non-African data								oa	oa				
SD or min-max		11	0.2	7	5	102	1	0.05	0.06				
n		3	3	4	5	4	4	12	12			1	
05_008	Dattock, fruit, dried	110	1.4	53	125	897	5	0.26	0.27	14	7	0	86
Non-African data													
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
05_007	Dattock, fruit, raw	27	0.5	20	48	345	2	0.10	0.10	28	14	0	165
Non-African data													
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
05_033	Fig, dried	144	2.2	59	68	712	11	0.51	0.31	10	5	0	59
Non-African data										oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
05_032	Fig, raw	52	0.6	25	22	235	4	0.26	0.07	22	11	0	130
Non-African data										oa	oa		oa
SD or min-max		44-60	0.5-0.8	18-31	20-23	232-237	3-4						
n		2	2	2	2	2	2	1	1			1	
05_009	Fig, sycomorus, raw	90	2.4	31	41	347	6	0.37	0.10	34	17	0	206
Non-African data													
SD or min-max		73-108	1.7-3.1	10	21			0.36-0.38	0.07				
n		2	2	3	3	1	1	2	3			1	
05_034	Fruit cocktail, canned in syrup, undrained	6	0.3	5	11	88	6	0.08	0.07	9	5	0	55
Non-African data										oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Fruits and their products/Fruits et produits dérivés													
05_030	Date, soft, raw	0	0.05	0.06	0.07	1.1	0.7	23	0.12	25	25	0	18
Non-African data						oa		oa					
SD or min-max													14-22
n		1		1	1		1	1	1	1		1	2
05_008	Dattock, fruit, dried	0	0.08	0.29	0.12	2.3	1.5	50	0.14	14	14	0	3
Non-African data									oa				
SD or min-max													
n		1		1	1		1	1	1	1		1	1
05_007	Dattock, fruit, raw	0	0.03	0.13	0.05	1.1	0.6	28	0.07	15	15	0	[1 130]
Non-African data													
SD or min-max													
n		1		1	1		1	1	1	1		1	1
05_033	Fig, dried	0	0.39	0.07	0.09	1.1	0.7	26	0.22	8	8	0	1
Non-African data			oa										
SD or min-max													
n		1		1	1		1	1	1	1		1	1
05_032	Fig, raw	0	0.54	0.06	0.02	0.6	0.5	9	0.12	20	20	0	1
Non-African data			oa										
SD or min-max								10-17	0.11-0.14				
n		1		1	1		1	2	2	1		1	1
05_009	Fig, sycomorus, raw	0	0.54	0.04	0.05	0.7	0.5	13	0.12	[7]	[7]	0	12
Non-African data			oa							oa	oa		
SD or min-max				0.02	0.01		0.0						4
n		1		4	4		4	1	1	1		1	3
05_034	Fruit cocktail, canned in syrup, undrained	0	0.40	0.02	0.02	0.4	0.4	1	0.05	3	3	0	3
Non-African data			oa						oa				
SD or min-max													
n		1		1	1		1	1	1	1		1	1



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Fruits and their products/Fruits et produits dérivés								
05_030	Date, soft, raw	0	0.06	0.04	0.01			
Non-African data								
SD or min-max								
n		1						
05_008	Dattock, fruit, dried	0	0.31	0.08	0.45	0.39	0.05	
Non-African data								
SD or min-max								
n		1	oa	oa	oa	oa	oa	
05_007	Dattock, fruit, raw	0	0.16	0.12	0.04			
Non-African data								
SD or min-max								
n		1						
05_033	Fig, dried	0	0.21	0.24	0.51	[0.51]	0.00	
Non-African data								
SD or min-max								
n		1	oa	oa	oa	oa	oa	
05_032	Fig, raw	0	0.17	0.08	0.19	0.10	0.09	49
Non-African data								
SD or min-max								
n		1	oa	oa	oa	oa	oa	1
05_009	Fig, sycomorus, raw	0	0.27	0.13	0.29	0.15	0.14	
Non-African data								
SD or min-max								
n		1	oa	oa	oa	oa	oa	
05_034	Fruit cocktail, canned in syrup, undrained	0	0.01	0.02	0.05	0.04	0.01	
Non-African data								
SD or min-max								
n		1	oa	oa	oa	oa	oa	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Fruits and their products/Fruits et produits dérivés										
05_035	Grapefruit. white. raw	Pamplemousse. blanc. cru	0.56	134(32)	90.8	0.7	0.1	6.2	1.6	0.6
Non-African data										
SD or min-max			0.51-0.60		1.4	0.2	0.0		1.3-1.9	0.1
n			2		3	3	3		2	3
05_051	Grapes. raw	Raisins. crus	0.95	303(71)	81.3	0.6	[0.3]	16.0	1.3	0.6
Non-African data										
SD or min-max					1.9	0.6-0.7	0.0		0.0	0.1
n			1		6	2	4		4	6
05_010	Guava. fruit. raw	Goyave. fruit. crue	0.98	288(68)	80.0	1.0	[0.4]	12.3	5.7	0.6
Non-African data										
SD or min-max					6.4	0.2	0.3		0.6	0.1
n			1		8	6	6		3	3
05_011	Gumvine. fruit. raw	Liane goïne. fruit. cru	0.32	317(75)	80.5	0.6	[0.2]	17.0	[1.3]	0.4
Non-African data										
SD or min-max			0.28-0.36		2.7	0.2	0.1			
n			2		4	4	5		1	1
05_012	Jujube. raw	Jujube. cru	0.93	123(29)	90.3	0.7	[0.1]	4.6	3.7	0.6
Non-African data										
SD or min-max					5.9	0.8	0.1-0.1			0.8
n			1		4	4	2		1	3
05_013	Landolphia. fruit. raw	Liane à caoutchouc. fruit. crue	0.36	365(86)	77.8	0.7	[0.2]	19.8	[0.8]	0.6
Non-African data										
SD or min-max					7.4	0.1	0.2		0.3	0.1
n			1		6	7	8		5	5
05_014	Lemon. raw	Citron. cru	0.66	150(36)	90.2	0.7	0.6	5.8	2.5	0.4
Non-African data										
SD or min-max			oa					oa	oa	
n					1.0	0.1	0.2			0.2
n			1		6	6	5		1	6

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
IN FOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Fruits and their products/Fruits et produits dérivés													
05_035	Grapefruit, white, raw	23	0.5	9	19	177	4	0.05	0.04	3	1	0	18
Non-African data										oa	oa		oa
SD or min-max		3	0.2	8-9	2	38	2	0.04-0.06	0.04-0.04				
n		3	3	2	3	3	3	2	2			1	
05_051	Grapes, raw	10	0.3	7	22	215	2	0.06	0.08	4	2	0	26
Non-African data										oa	oa		oa
SD or min-max		3	0.0	1	3	21	0	0.01	0.07				
n		6	6	5	6	5	5	5	5			1	
05_010	Guava, fruit, raw	24	1.3	15	33	290	3	0.22	0.02	44	22	0	267
Non-African data										oa	oa		oa
SD or min-max		9	0.7		7		1-4	0.20-0.24					
n		7	6	1	6	1	2	2	1			1	
05_011	Gumvine, fruit, raw	54	1.3	[116]	33				0.03	tr	tr	0	tr
Non-African data													
SD or min-max		29	0.5	35	9								
n		4	4	3	4				1			1	
05_012	Jujube, raw	32	0.8	4	15	256	6	0.03	0.02	0	0	0	2
Non-African data										oa	oa		oa
SD or min-max		16	0.8-0.8	3	15			0.03-0.03	0.02				
n		3	2	3	3	1	1	2	3			1	
05_013	Landolphia, fruit, raw	11	0.6	31	14	185	5	0.32	0.26	tr	tr	0	tr
Non-African data													
SD or min-max		6	0.3	28	9	35	4	0.17	0.16				
n		6	5	8	6	5	3	4	8			1	
05_014	Lemon, raw	21	0.6	12	20	157	4	0.10	0.12	1	1	0	8
Non-African data													
SD or min-max		4	0.1	9-15	6	12	2						
n		6	6	2	6	3	4	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Fruits and their products/Fruits et produits dérivés													
05_035	Grapefruit, white, raw	0	0.15	0.06	0.03	0.4	0.2	10	0.03	12	12	0	37
Non-African data						oa		oa					
SD or min-max				0.01	0.01		0.2-0.2	10	0.03-0.03	12-12			30-44
n		1		3	3		2	3	2	2		1	2
05_051	Grapes, raw	0	0.07	0.06	0.01	0.3	0.2	3	0.10	4	4	0	3
Non-African data			oa						oa				
SD or min-max				0.01	0.01		0.0	1	0.01				
n		1		5	5		5	5	4	1		1	1
05_010	Guava, fruit, raw	0	0.14	0.06	0.04	1.5	1.3	9	0.14	[7]	[7]	0	268
Non-African data													
SD or min-max				0.00	0.01		0.0		0.14-0.14	7-7			100
n		1		4	4		4	1	2	2		1	3
05_011	Gumvine, fruit, raw	0		0.10	0.03	0.8	0.8	2	0.02			0	30
Non-African data													
SD or min-max				0.04-0.15	0.03-0.03								12-48
n		1		2	2		1	1	1			1	2
05_012	Jujube, raw	0	0.02	0.01	0.01	0.7	0.6	6	0.08	[6]	[6]	0	66
Non-African data			oa			oa	oa			oa	oa		
SD or min-max							0.3-0.9						
n		1		1	1		2	1	1	1		1	1
05_013	Landolphia, fruit, raw	0		0.05	0.13	0.8	0.8	2	0.06			0	44
Non-African data													
SD or min-max				0.04	0.22								43
n		1		6	5		1	1	1			1	5
05_014	Lemon, raw	0	0.13	0.04	0.02	0.3	0.3	3	0.04	17	17	0	43
Non-African data			oa			oa		oa					
SD or min-max				0.02	0.00		0.1	2-3	0.04-0.04				3
n		1		4	4		3	2	2	1		1	3

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Fruits and their products/Fruits et produits dérivés								
05_035	Grapefruit, white, raw	0	0.02	0.02	0.04	[0.03]	[0.01]	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						
05_051	Grapes, raw	0	0.10	0.01	0.12	0.09	0.04	1
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								0
n		1						4
05_010	Guava, fruit, raw	0	0.06	0.04	0.22	0.20	0.02	51
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								46-55
n		1						2
05_011	Gumvine, fruit, raw	0						
Non-African data								
SD or min-max								
n		1						
05_012	Jujube, raw	0	0.03	0.03	0.01	0.01	0.00	86
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1
05_013	Landolphia, fruit, raw	0						
Non-African data								
SD or min-max								
n		1						
05_014	Lemon, raw	0	0.16	0.04	0.27	0.21	0.06	0
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Fruits and their products/Fruits et produits dérivés										
05_036	Mango. deep orange flesh. raw	Mangue. chair orange foncé. crue	0.71	328(77)	79.7	0.4	[0.2]	17.7	1.6	0.3
Non-African data					oa	oa	oa	oa	oa	oa
SD or min-max										
n			1		1	1	1		1	1
05_015	Mango. orange flesh. ripe. raw	Mangue. chair orange. mûre. crue	0.71	294(70)	81.6	0.6	[0.2]	15.3	1.8	0.5
Non-African data								oa	oa	
SD or min-max										
n			1		4.6	0.1	0.2			0.1
n			1		13	10	8		1	5
05_037	Mango. pale flesh. raw	Mangue. chair pâle. crue	0.71	221(52)	85.8	0.9	[0.2]	10.7	2.1	0.3
Non-African data					oa	oa	oa	oa	oa	oa
SD or min-max										
n			1		1	1	1		1	1
05_039	Melon. cantaloupe. orange flesh. raw	Melon. cantaloup. chair orange. cru	0.51	161(38)	89.3	0.8	[0.1]	8.0	[1.0]	0.8
Non-African data										
SD or min-max										
n			1		1	1	1		1	1
05_038	Melon. honeydew. pale green flesh. raw	Melon. miellat. chair vert pâle. cru	0.46	181(43)	88.4	0.7	[0.2]	9.0	1.1	0.6
Non-African data										
SD or min-max										
n			1		1	1	1		1	1
05_052	Mombin/hog-plum. fruit. raw	Mombin/prune. fruit. cru	0.24	266(63)	82.9	1.6	0.3	12.6	1.9	0.7
Non-African data							oa	oa	oa	
SD or min-max										
n			1		1.8	0.9				0.3
n			1		3	3	1		1	3
05_040	Oil palm. fruit. raw	Noix de palme. crue	0.54	2 230(540)	28.1	1.9	[52.6]	12.9	[3.6]	1.0
Non-African data										
SD or min-max										
n			1		2.2	0.1	6.7		0.6	0.1
n			1		4	4	4		3	3

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Fruits and their products/Fruits et produits dérivés													
05_036	Mango, deep orange flesh, raw	12	0.1	9	14	157	2	0.09	0.09	728	364	0	4 370
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
05_015	Mango, orange flesh, ripe, raw	17	0.7	9	18	194	3	0.10	0.06	404	202	0	2 422
Non-African data													
SD or min-max		7	0.4		5	20		0.10-0.10	0.02-0.10				
n		10	4	1	6	3	1	2	2			1	
05_037	Mango, pale flesh, raw	8	0.1	7	14	138	tr	0.08	0.06	87	44	0	524
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa				
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
05_039	Melon, cantaloupe, orange flesh, raw	11	0.4	13	14	376	17	0.10	0.10	129	64	0	771
Non-African data										oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
05_038	Melon, honeydew, pale green flesh, raw	7	0.3	9	21	270	11	0.09	0.06	5	3	0	30
Non-African data										oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
05_052	Mombin/hog-plum, fruit, raw	30	3.0	16	36	233	16	0.20	0.10	100	50	0	598
Non-African data				oa			oa			oa	oa		oa
SD or min-max		29-32	2.7-3.2		36-37	195-270		0.20-0.20					
n		2	2	1	2	2	1	2	1			1	
05_040	Oil palm, fruit, raw	61	4.8	60	56	231	16	0.39	0.92	[10 600]	[5 310]	0	[63 700]
Non-African data				oa		oa	oa	oa	oa	oa	oa		oa
SD or min-max		25	0.3		47-65								
n		4	4	1	2	1	1	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Fruits and their products/Fruits et produits dérivés													
05_036	Mango, deep orange flesh, raw	0	0.99	0.09	0.03	0.5	0.4	8	0.13	40	40	0	66
Non-African data			oa	oa	oa								oa
SD or min-max													
n		1		1	1		1	1	1	1		1	1
05_015	Mango, orange flesh, ripe, raw	0	0.99	0.03	0.05	0.5	0.4	11	0.13	40	40	0	35
Non-African data													
SD or min-max				0.01	0.01		0.3-0.4		0.13-0.13				12
n		1		6	6		2	1	2	1		1	6
05_037	Mango, pale flesh, raw	0	0.99	0.03	0.04	0.6	0.4	16	0.03	40	40	0	8
Non-African data			oa		oa				oa				
SD or min-max													
n		1		1	1		1	1	1	1		1	1
05_039	Melon, cantaloupe, orange flesh, raw	0	0.01	0.04	0.01	0.8	0.7	4	0.04	22	22	0	39
Non-African data													
SD or min-max													
n		1		1	1		1	1	1	1		1	1
05_038	Melon, honeydew, pale green flesh, raw	0	0.02	0.04	0.01	0.6	0.5	4	0.04	16	16	0	27
Non-African data			oa										
SD or min-max													
n		1		1	1		1	1	1	1		1	1
05_052	Mombin/hog-plum, fruit, raw	0		0.09	0.07	0.9	0.5	22				0	37
Non-African data				oa									
SD or min-max													2
n		1		1	1		1	1				1	3
05_040	Oil palm, fruit, raw	0	4.90	0.13	0.08	[1.4]	1.4					0	8
Non-African data			oa										
SD or min-max				0.05-0.20	0.05-0.10								3-12
n		1		2	2		1					1	2



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Fruits and their products/Fruits et produits dérivés								
05_036	Mango, deep orange flesh, raw	0	0.06	0.05	0.03	0.01	0.03	82
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1
05_015	Mango, orange flesh, ripe, raw	0	0.08	0.07	0.05	0.01	0.04	82
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1
05_037	Mango, pale flesh, raw	0	0.07	0.06	0.04	0.01	0.03	82
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1
05_039	Melon, cantaloupe, orange flesh, raw	0	0.03	0.01	0.05	0.03	0.02	12
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1
05_038	Melon, honeydew, pale green flesh, raw	0	0.06	0.02	0.09	0.05	0.03	11
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1
05_052	Mombin/hog-plum, fruit, raw	0						
Non-African data								
SD or min-max								
n		1						
05_040	Oil palm, fruit, raw	0	18.01	19.24	4.61	0.49	0.01	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Fruits and their products/Fruits et produits dérivés										
05_016	Orange. raw	Orange. crue	0.73	187(44)	88.0	0.7	0.4	8.7	1.7	0.5
Non-African data										
SD or min-max					1.5	0.1	0.1		1.6-1.8	0.0
n					1	8	8	5	2	5
05_017	Papaya. fruit. ripe. raw	Papaye. fruit. mûr. cru	0.62	249(59)	84.0	0.4	[0.1]	13.0	2.1	0.4
Non-African data										
SD or min-max					11.0	0.1	0.1			0.1
n					1	12	10	9	1	7
05_018	Pineapple. fruit. raw	Ananas. fruit. cru	0.68	222(53)	85.9	0.4	[0.2]	11.4	1.8	0.3
Non-African data										
SD or min-max					1.7	0.1	0.1		0.5	0.0
n					1	8	9	6	3	5
05_041	Pomegranate. fruit. raw	Grenade. fruit. crue	0.56	319(76)	79.1	1.3	0.3	14.9	4.0	0.4
Non-African data										
SD or min-max			0.56-0.56		78.0-80.2	1.0-1.6	0.3-0.3		3.5-4.5	
n			2		2	2	2		2	1
05_044	Shea. fruit. raw	Noix de karité. crue	1.00	424(101)	72.8	1.5	0.9	19.8	3.8	1.3
Non-African data										
SD or min-max					1.7	1.0	0.4		1.2	0.2
n					1	7	7	7	6	6
05_019	Soapberry. fruit. raw	Pomme de savon. fruit. crue	0.57	465(110)	71.4	1.6	[0.1]	25.5	[0.5]	1.0
Non-African data										
SD or min-max										
n					1	1	1	1	1	1
05_054	Soursop. fruit. raw	Corossol. fruit. cru	0.72	325(77)	78.6	1.2	[0.8]	13.9	5.0	0.7
Non-African data										
SD or min-max								oa	oa	
n						4.2	0.5	0.1-1.5		0.5-0.8
n					1	4	3	2	1	2

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Fruits and their products/Fruits et produits dérivés													
05_016	Orange, raw	29	0.2	11	19	162	2	0.08	0.05	16	8	0	98
Non-African data								oa		oa	oa		oa
SD or min-max		1	0.1	10-12	4	21	1	0.03					
n		8	8	2	7	3	3	3	1			1	
05_017	Papaya, fruit, ripe, raw	21	0.8	8	16	220	4	0.15	0.01	126	63	0	757
Non-African data										oa	oa		oa
SD or min-max		11	0.3		5			0.10-0.20					
n		8	7	1	5	1	1	2	1			1	
05_018	Pineapple, fruit, raw	22	0.6	13	13	233	2	0.24	0.33	12	6	0	73
Non-African data				oa									
SD or min-max		14	0.2		3	29	0	0.10-0.37					
n		8	7	1	6	3	3	2	1			1	
05_041	Pomegranate, fruit, raw	13	0.8	6	31	246	4	0.40	0.12	5	3	0	30
Non-African data										oa	oa		oa
SD or min-max		12-13	0.7-1.0		25-37	245-247	3-4	0.40-0.40					
n		2	2	1	2	2	2	2	1			1	
05_044	Shea, fruit, raw	37	1.2	9	26	[18]	6	0.29	0.08	[133]	[66]	0	[795]
Non-African data													
SD or min-max		30	0.6	7		11	5	0.18-0.40					
n		6	6	5	1	5	6	2	1			1	
05_019	Soapberry, fruit, raw	22	3.0	2	90				0.05	60	30	0	360
Non-African data													
SD or min-max													
n		1	1	1	1				1			1	
05_054	Soursop, fruit, raw	20	0.4	18	41	264	7	0.17	0.14	0	0	0	2
Non-African data				oa		oa	oa		oa	oa	oa		oa
SD or min-max		16-23	0.3-0.4		26-55								
n		2	2	1	2	1	1	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Fruits and their products/Fruits et produits dérivés													
05_016	Orange, raw	0	0.32	0.02	0.03	0.3	0.2	5	0.05	37	37	0	46
Non-African data			oa		oa								
SD or min-max				0.00	0.00				0.05-0.05	37-37			1
n		1		5	6		1	1	2	2		1	4
05_017	Papaya, fruit, ripe, raw	0	0.03	0.03	0.03	0.4	0.4	5	0.02	37	37	0	52
Non-African data			oa							oa	oa		
SD or min-max				0.00	0.00		0.3-0.4	2-7					1
n		1		5	5		2	2	1	1		1	6
05_018	Pineapple, fruit, raw	0	0.36	0.07	0.03	0.2	0.2	3	0.09	18	18	0	34
Non-African data			oa										
SD or min-max				0.01	0.00		0.1-0.2		0.09-0.09	12			5
n		1		6	6		2	1	2	3		1	6
05_041	Pomegranate, fruit, raw	0	0.01	0.07	0.04	0.6	0.3	15	0.16	24	24	0	20
Non-African data			oa										
SD or min-max				0.05-0.09	0.03-0.06		0.1	6-24	0.12-0.20	10-38			
n		1		2	2		4	2	2	2		1	1
05_044	Shea, fruit, raw	0		0.01	0.03	[1.0]	1.0					0	28
Non-African data													
SD or min-max				0.00-0.02	0.02-0.03								4
n		1		2	2		1					1	5
05_019	Soapberry, fruit, raw	0		0.03	0.04	0.1	tr	8	tr			0	52
Non-African data													
SD or min-max				0.02-0.03	0.00-0.07								34-69
n		1		2	2		1	1	1			1	2
05_054	Soursop, fruit, raw	0	0.06	0.03	0.04	1.0	0.9	10	0.03	6	6	0	60
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

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Fruits and their products/Fruits et produits dérivés								
05_016	Orange, raw	0	0.10	0.05	0.13	0.10	0.03	0
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1
05_017	Papaya, fruit, ripe, raw	0	0.05	0.02	0.04	0.01	0.03	25
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1
05_018	Pineapple, fruit, raw	0	0.06	0.04	0.06	0.02	0.04	9
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
05_041	Pomegranate, fruit, raw	0	0.08	0.08	0.08	0.08	0.00	46
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1
05_044	Shea, fruit, raw	0						[0]
Non-African data								
SD or min-max								
n		1						1
05_019	Soapberry, fruit, raw	0						
Non-African data								
SD or min-max								
n		1						
05_054	Soursop, fruit, raw	0	0.27	0.08	0.27	0.16	0.11	3
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Fruits and their products/Fruits et produits dérivés										
05_045	Sweet apple. fruit. raw	Pomme-cannelle. fruit. crue	0.72	391(93)	73.6	1.5	[0.2]	18.8	5.1	1.0
Non-African data								oa	oa	
SD or min-max					1.3	0.1	0.1			0.9-1.0
n			1		3	3	3		1	2
05_056	Sweet baobab paste (Burkina Faso)*	Pâte de baobab sucrée (Burkina Faso)*		403(95)	74.7	0.4	[0.1]	22.4	[1.5]	1.0
05_020	Tamarind. immature fruit. raw	Tamarin. fruit. non mûr. cru		248(59)	80.2	2.0	[0.2]	8.2	[8.4]	1.0
Non-African data										
SD or min-max										
n					1	1	1		1	1
05_021	Tamarind. fruit. ripe. raw	Tamarin. fruit. mûr. cru	0.44	1 180(278)	26.8	3.7	[0.9]	61.3	4.9	2.4
Non-African data								oa	oa	
SD or min-max					5.4	2.4-5.0	0.3			0.1
n			1		11	2	3		1	3
05_022	Watermelon. fruit. raw	Pastèque. fruit. cru	0.55	105(25)	93.1	0.5	[0.1]	5.0	0.9	0.3
Non-African data										
SD or min-max					1.2	0.1	0.1-0.1			0.3-0.3
n			1		4	4	2		1	2
Nuts, seeds and their products/Noix, graines et produits dérivés										
06_031	African breadfruit. seed without hull. dried	Fruit de l'arbre à pain africain. graine sans coque. séchée	1.00	1 490(351)	10.5	13.3	[1.1]	70.9	[2.4]	1.8
Non-African data										
SD or min-max					3.1	3.5	0.1		3.0	0.9
n			1		7	7	5		6	7
06_039	Benniseed. dried. raw	Graine de sésame. séchée. crue	1.00	2 193(530)	4.6	17.4	[40.5]	17.1	13.6	6.9
Non-African data										
SD or min-max					0.8	2.3	7.1		6.2	3.0
n			1		6	6	6		6	6
06_033	Bitter cola. seeds. dried. raw	Petit cola (amer). graines. séché. cru	1.00	1 580(373)	7.8	5.2	[4.4]	76.3	[3.9]	2.3
Non-African data										
SD or min-max					3.1	3.8	6.0			1.8
n			1		5	5	5		1	6

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Fruits and their products/Fruits et produits dérivés													
05_045	Sweet apple, fruit, raw	23	0.8	31	36	264	9	0.20	0.15	0	0	0	0
Non-African data										oa	oa		oa
SD or min-max		7	0.7-0.8	21-40	34-37								
n		3	2	2	2	1	1	1	1			1	
05_056	Sweet baobab paste (Burkina Faso)*	54	1.4	30	15	407	7	0.31	0.12	2	1	0	15
05_020	Tamarind, immature fruit, raw	60	0.7	19	97	308	3	0.15	0.13	2	1	0	10
Non-African data													
SD or min-max		59-60											
n		2	1	1	1	1	1	1	1			1	
05_021	Tamarind, fruit, ripe, raw	166	3.1	80	135	733	6	0.54	0.46	8	4	0	45
Non-African data								oa	oa	oa	oa		oa
SD or min-max			1.6	66-94	79-190	570-897	3-8						
n		1	3	2	2	2	2	1	1			1	
05_022	Watermelon, fruit, raw	7	0.3	9	9	109	4	0.10	0.09	50	25	0	303
Non-African data				oa									
SD or min-max		1	0.1	7-10	9-9	98-120	3-4	0.10-0.10					
n		4	4	2	2	2	2	2	1			1	
Nuts, seeds and their products/Noix, graines et produits dérivés													
06_031	African breadfruit, seed without hull, dried	33	4.5	44	269	540	4	4.27	1.10	[22]	[11]	0	[130]
Non-African data										oa	oa		oa
SD or min-max		59	2.7	85			2-7	0.73-7.82	1.52				
n		6	6	4	1	1	2	2	4			1	
06_039	Benniseed, dried, raw	693	[42.3]	265	403	278	228	2.72	1.62	2	1	0	10
Non-African data										oa	oa		oa
SD or min-max		366	27.0	29	127	50	133		6.86				
n		5	5	5	5	5	3	1	5			1	
06_033	Bitter cola, seeds, dried, raw	59	4.9	138	447	577	9	3.33	2.98	[0]	[0]	0	[0]
Non-African data													
SD or min-max		82	4.2-5.6	106-170	174-720	211	6	2.87	2.50-3.47				
n		5	2	2	2	3	5	4	2			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Fruits and their products/Fruits et produits dérivés													
05_045	Sweet apple, fruit, raw	0	0.19	0.11	0.13	1.0	0.9	7	0.20	12	12	0	36
Non-African data		oa											
SD or min-max													
n		1		1	1		1	1	1	1		1	1
05_056	Sweet baobab paste (Burkina Faso)*	0.0	[0.00]	0.01	0.04	0.5	0.3	13	0.00	8	8	0.00	47
05_020	Tamarind, immature fruit, raw	0	0.02	0.18	0.09	0.7	0.4	15	0.02	[2]	[2]	0	9
Non-African data		oa											
SD or min-max													
n		1		1	1		1	1	1	1		1	1
05_021	Tamarind, fruit, ripe, raw	0	0.10	0.18	0.17	2.0	1.7	18	0.07	[9]	[9]	0	10
Non-African data		oa											
SD or min-max		0.09-0.24											
n		1		1	2		1	1	1	1		1	2
05_022	Watermelon, fruit, raw	0	0.10	0.03	0.04	0.2	0.1	6	0.07	8	8	0	6
Non-African data		oa											
SD or min-max		0.03-0.10											
n		1		3	3		1	1	2	3		1	3
Nuts, seeds and their products/Noix, graines et produits dérivés													
06_031	African breadfruit, seed without hull, dried	0	1.80	0.10	0.50	3.5	0.5	180	0.65	100	100	0	25
Non-African data		oa											
SD or min-max													
n		1		1	1		1	1	1	1		1	1
06_039	Benniseed, dried, raw	0	1.20	0.68	0.19	7.6	3.4	252	0.79	100	100	0	0
Non-African data		oa											
SD or min-max													
n		1		1	1		1	1	1	1		1	1
06_033	Bitter cola, seeds, dried, raw	0	3.20	0.39	0.13	2.4	1.1	78	0.34	62	62	0	13
Non-African data		oa											
SD or min-max													
n		1		1	1		1	1	1	1		1	1



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCP(mg)
<b>Fruits and their products/Fruits et produits dérivés</b>								
05_045	Sweet apple, fruit, raw	0	0.06	0.02	0.06	0.03	0.02	0
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
05_056	Sweet baobab paste (Burkina Faso)*	0	[0.00]	[0.00]	[0.00]	[0.00]	[0.00]	[0]
05_020	Tamarind, immature fruit, raw	0	0.05	0.07	0.04	0.01	0.03	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					
05_021	Tamarind, fruit, ripe, raw	0	0.26	0.33	0.17	0.05	0.12	3
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n			1					1
05_022	Watermelon, fruit, raw	0	0.03	0.01	0.04	0.03	0.01	1
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								0-1
n			1					2
<b>Nuts, seeds and their products/Noix, graines et produits dérivés</b>								
06_031	African breadfruit, seed without hull, dried	0	0.31	0.14	0.59	0.21	0.10	
Non-African data			oa	oa	oa			
SD or min-max								
n			1					
06_039	Benniseed, dried, raw	0	5.90	14.20	18.59	18.39	0.17	
Non-African data								
SD or min-max								
n			1					
06_033	Bitter cola, seeds, dried, raw	0	1.58	1.36	1.25	1.20	0.05	570
Non-African data								
SD or min-max								
n			1					1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Nuts, seeds and their products/Noix, graines et produits dérivés										
06_032	Bitter cola, seeds, fresh, raw	Petit cola (amer), graines, frais, cru	1.00	772(183)	54.9	2.6	[2.1]	37.3	[1.9]	1.1
Non-African data										
SD or min-max					49.4-60.5					
n			1		2	1	1		1	1
06_001	Cashew nut, raw	Noix de cajou, crue	1.00	2 455(591)	4.6	16.1	45.4	27.8	3.5	2.5
Non-African data										
SD or min-max					1.8 1.6 2.6 0.1					
n			1		7	7	4		1	5
06_005	Coconut, kernel, dried, raw	Noix de coco, amande, séchée, crue	1.00	2 391(579)	9.9	7.3	[51.3]	14.2	15.9	1.5
Non-African data										
SD or min-max					7.5-12.2 5.6-9.0 47.8-54.8 1.0-1.9					
n			1		2	2	2		1	2
06_004	Coconut, immature kernel, fresh, raw	Noix de coco, amande, non mûre, fraîche, crue	0.30	608(147)	76.0	1.5	[12.2]	6.1	[3.3]	0.8
Non-African data										
SD or min-max					8.6 0.2 4.6 2.9-3.7 0.7-0.9					
n			1		3	3	3		2	2
06_002	Coconut, mature kernel, fresh, raw	Noix de coco, amande, mûre, fraîche, crue	0.68	1 578(383)	44.4	3.3	36.8	5.0	9.5	1.0
Non-African data										
SD or min-max					0.65-0.70 2.1 1.6 1.5 0.2					
n			2		5	5	4		1	3
06_006	Coconut milk, fresh or canned	Noix de coco, lait, frais ou en conserve	1.00	829(201)	73.8	0.1	20.3	3.9	1.3	0.7
Non-African data										
SD or min-max					6.6 4.1 0.3					
n			1		3	1	3		1	3
06_019	Cola nut, dried, raw	Noix de cola, séchée, crue	1.00	1 178(282)	11.5	7.0	2.1	40.9	35.7	2.8
Non-African data										
SD or min-max					10.6-11.5 5.8-8.2 2.6-2.9					
n			1		2	2	1		1	2

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Nuts, seeds and their products/Noix, graines et produits dérivés													
06_032	Bitter cola, seeds, fresh, raw	29	2.4	67	218	282	4	1.63	1.46	[0]	[0]	0	[0]
Non-African data										oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
06_001	Cashew nut, raw	48	7.4	162	438	489	95	5.34	2.23	0	0	0	0
Non-African data					oa			oa	oa	oa	oa		oa
SD or min-max		15	2.6	78	114	151	167						
n		7	6	3	5	4	4	1	1			1	
06_005	Coconut, kernel, dried, raw	40	3.1	97	150	651	35	1.41	0.90	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	1			1	
06_004	Coconut, immature kernel, fresh, raw	19	2.2	18	111	218	8	0.22	0.18	0	0	0	0
Non-African data										oa	oa		oa
SD or min-max		13	0.9		57	190-245	7-9						
n		3	3	1	3	2	2	1	1			1	
06_002	Coconut, mature kernel, fresh, raw	16	2.6	36	118	409	20	0.90	0.42	0	0	0	3
Non-African data										oa	oa		oa
SD or min-max		5	0.5		24	377-440	17-22						
n		5	5	1	4	2	2	1	1			1	
06_006	Coconut milk, fresh or canned	13	1.9	31	73	210	16	0.50	0.24	0	0	0	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max		8	1.3	19	43	59	4	0.21	0.22-0.27				
n		3	3	3	3	3	3	3	2			1	
06_019	Cola nut, dried, raw	73	5.3	181	147	1 320	5	2.49	0.54	2	1	0	11
Non-African data													
SD or min-max		38-108	4.5-6.0		117-176								
n		2	2	1	2	1	1	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Nuts, seeds and their products/Noix, graines et produits dérivés													
06_032	Bitter cola, seeds, fresh, raw	0	1.60	0.19	0.06	1.2	0.6	38	0.16	30	30	0	6
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
06_001	Cashew nut, raw	0	1.60	0.46	0.24	4.4	1.6	169	0.16	68	68	0	0
Non-African data			oa			oa		oa	oa	oa	oa		oa
SD or min-max				0.16	0.06		0.2						
n		1		5	5		3	1	1	1		1	1
06_005	Coconut, kernel, dried, raw	0	6.06	0.04	0.04	1.5	0.7	45	0.15	9	9	0	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
06_004	Coconut, immature kernel, fresh, raw	0	1.00	0.07	0.05	0.8	0.6	13	0.02	1	1	0	7
Non-African data			oa	oa	oa	oa		oa	oa				
SD or min-max									0.02-0.02				6-8
n		1		1	1		1	1	2	1		1	2
06_002	Coconut, mature kernel, fresh, raw	0	2.70	0.04	0.02	1.4	0.6	46	0.07	26	26	0	3
Non-African data			oa			oa		oa					
SD or min-max				0.01	0.01				0.06-0.07				
n		1		3	3		1	1	2	1		1	1
06_006	Coconut milk, fresh or canned	0	[0.08]	0.02	tr	0.8	0.5	22	0.02	15	15	0	1
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max				0.01			0.4	7					1
n		1		3	1		3	3	1	1		1	3
06_019	Cola nut, dried, raw	0	7.40	0.30	0.56	3.4	2.2	74	0.27	[140]	[140]	0	0
Non-African data													
SD or min-max													
n		1		1	1		1	1	1	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Nuts, seeds and their products/Noix, graines et produits dérivés								
06_032	Bitter cola, seeds, fresh, raw	0	0.77	0.66	0.61	0.58	0.03	279
Non-African data								
SD or min-max								
n		1						1
06_001	Cashew nut, raw	0	7.85	28.03	7.51	7.46	0.06	929
Non-African data								
SD or min-max								
n		1	oa	oa	oa	oa	oa	oa
06_005	Coconut, kernel, dried, raw	0	43.63	3.75	0.94	0.94	0.00	390
Non-African data								
SD or min-max								
n		1	oa	oa	oa	oa	oa	oa
06_004	Coconut, immature kernel, fresh, raw	0	10.44	0.82	0.23	0.23	0.00	51
Non-African data								
SD or min-max								
n		1				oa	oa	oa
06_002	Coconut, mature kernel, fresh, raw	0	31.04	2.36	1.75	1.75	0.00	136
Non-African data								
SD or min-max								
n		1				oa	oa	oa
06_006	Coconut milk, fresh or canned	0	18.14	0.81	0.19	0.19	0.00	
Non-African data								
SD or min-max								
n		1	oa	oa	oa	oa	oa	
06_019	Cola nut, dried, raw	0	0.89	0.51	0.61	0.42	0.20	
Non-African data								
SD or min-max								
n		1						

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Nuts, seeds and their products/Noix, graines et produits dérivés										
06_018	Cola nut, fresh, raw	Noix de cola, fraîche, crue	1.00	564(135)	57.9	2.8	1.0	20.2	17.0	1.1
Non-African data										
SD or min-max										
n			1		6.3	0.6	1.0-1.0		16.8-17.1	0.4
06_008	Dikanut, kernel, dried, raw	Noix dika, amande, séchée, crue	1.00	2 677(650)	5.1	7.6	[62.6]	5.5	17.3	1.9
Non-African data										
SD or min-max										
n			1		0.5	1.4	3.0			0.7
06_009	False sesame seeds, dried, raw	Graines de faux sésame, séchées, crues	1.00	1 880(454)	5.9	15.4	[29.3]	20.4	[23.3]	5.7
Non-African data										
SD or min-max										
n			1		0.8	2.4	13.9		4.5	1.2
06_028	Groundnut flour, partially defatted	Farine d'arachide, partiellement dégraissée	1.00	1 599(381)	5.0	42.5	[9.9]	22.6	15.8	4.2
Non-African data										
SD or min-max										
n			1					oa	oa	
06_027	Groundnut flour, with fat	Farine d'arachide, non dégraissée	1.00	2 398(579)	6.2	25.9	46.4	9.6	9.9	2.1
Non-African data										
SD or min-max										
n			1		4.3-8.0					
06_026	Groundnut paste, from groundnuts only	Arachide, pâte pure	1.00	2 507(605)	4.6	23.9	[49.9]	11.0	8.3	2.3
Non-African data										
SD or min-max										
n			1		3.1	1.8	47.2-52.6			0.4
06_023	Groundnut, Chinese, shelled, dried, raw (Ghana), n=1	Arachide, Chinoise, décortiquée, séchée, crue (Ghana), n=1	1.00	2 333(562)	4.5	20.5	[41.1]	23.2	8.3	2.3
Non-African data										
06_021	Groundnut, F-mix variety, shelled, dried, raw (Ghana), n=1	Arachide, variété F-mix, décortiquée, séchée, crue (Ghana), n=1	1.00	2 382(575)	9.0	22.3	[47.6]	10.4	8.3	2.5
Non-African data										
06_022	Groundnut, JL 24 variety, shelled, dried, raw (Ghana), n=1	Arachide, variété JL 24, décortiquée, séchée, crue (Ghana), n=1	1.00	2 206(531)	8.0	25.2	[38.1]	17.6	8.3	2.7
Non-African data										

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Nuts, seeds and their products/Noix, graines et produits dérivés													
06_018	Cola nut, fresh, raw	43	2.1	86	155	629	3	1.18	0.26	[4]	[2]	0	[25]
Non-African data													
SD or min-max		10	2.1	31	56	471	1-4	0.50	0.09				
n		5	5	4	4	3	2	3	3			1	
06_008	Dikanut, kernel, dried, raw	105	3.4	287	192	16	2	3.21	0.14	[0]	[0]	0	[0]
Non-African data													
SD or min-max		44	0.3		13					oa	oa		oa
n		6	5	1	5	1	1	1	1			1	
06_009	False sesame seeds, dried, raw	846	[35.0]	287	485	666	28	3.21	1.70	5	2	0	29
Non-African data													
SD or min-max		805-887	32.0-38.0		36		oa	oa	oa	oa	oa		oa
n		2	2	1	3	1	1	1	1			1	
06_028	Groundnut flour, partially defatted	60	3.4	209	634	1 320	91	5.55	1.92	0	0	0	0
Non-African data													
SD or min-max		oa	oa	oa	oa	oa	oa	oa	oa				
n		1	1	1	1	1	1	1	1			1	
06_027	Groundnut flour, with fat	62	3.5	187	455	892	18	2.80	0.80	4	2	0	23
Non-African data													
SD or min-max		41-83								oa	oa		oa
n		2	1	1	1	1	1	1	1			1	
06_026	Groundnut paste, from groundnuts only	64	3.2	200	363	619	6	2.61	0.79	0	0	0	0
Non-African data													
SD or min-max		5								oa	oa		oa
n		3	1	1	1	1	1	1	1			1	
06_023	Groundnut, Chinese, shelled, dried, raw (Ghana), n=1	48	[3.2]	200	396	619	6	2.61	0.79	4	2	0	23
Non-African data													
SD or min-max										oa	oa		oa
n													
06_021	Groundnut, F-mix variety, shelled, dried, raw (Ghana), n=1	49	[5.3]	200	400	619	6	2.61	0.79	4	2	0	23
Non-African data													
SD or min-max										oa	oa		oa
n													
06_022	Groundnut, JL 24 variety, shelled, dried, raw (Ghana), n=1	50	[6.7]	200	411	619	6	2.61	0.79	4	2	0	23
Non-African data													
SD or min-max										oa	oa		oa
n													

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
06_018	Cola nut, fresh, raw	0	3.50	0.14	0.26	1.6	1.1	30	0.14	[88]	[88]	0	0
Non-African data													
SD or min-max				0.12	0.28		0.5	15	0.13-0.14	84-92			0-0
n		1		4	4		4	3	2	2		1	2
06_008	Dikanut, kernel, dried, raw	0	1.80	0.16	0.08	2.9	1.1	108	0.34	62	62	0	5
Non-African data			oa			oa	oa		oa	oa	oa		
SD or min-max													2
n		1		1	1		1	1	1	1		1	3
06_009	False sesame seeds, dried, raw	0	1.80	0.75	0.30	8.2	4.4	229	0.34	62	62	0	0
Non-African data			oa			oa		oa	oa	oa	oa		
SD or min-max													
n		1		1	1		1	1	1	1		1	1
06_028	Groundnut flour, partially defatted	0	[0.05]	0.54	0.20	38.0	31.0	413	0.40	190	190	0	0
Non-African data			oa						oa	oa	oa		oa
SD or min-max													
n		1		1	1		1	1	1	1		1	1
06_027	Groundnut flour, with fat	0	8.50	0.39	0.14	14.0	9.9	230	0.23	110	110	0	1
Non-African data			oa						oa	oa	oa		
SD or min-max													
n		1		1	1		1	1	1	1		1	1
06_026	Groundnut paste, from groundnuts only	0	8.60	0.39	0.14	19.0	15.0	212	0.33	110	110	0	1
Non-African data			oa			oa		oa	oa				
SD or min-max				0.39-0.39									
n		1		2	1		1	1	1	1		1	1
06_023	Groundnut, Chinese, shelled, dried, raw (Ghana), n=1	0	8.50	0.87	0.14	19.0	15.0	210	0.23	110	110	0	1
Non-African data			oa						oa				
06_021	Groundnut, F-mix variety, shelled, dried, raw (Ghana), n=1	0	8.50	0.87	0.14	19.0	15.0	228	0.23	110	110	0	1
Non-African data			oa						oa				
06_022	Groundnut, JL 24 variety, shelled, dried, raw (Ghana), n=1	0	8.50	0.87	0.14	19.0	15.0	259	0.23	110	110	0	1
Non-African data			oa						oa				



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Nuts, seeds and their products/Noix, graines et produits dérivés								
06_018	Cola nut, fresh, raw	0	0.42	0.24	0.29	0.20	0.09	
Non-African data								
SD or min-max								
n		1						
06_008	Dikanut, kernel, dried, raw	0						175
Non-African data								
SD or min-max								
n		1						1
06_009	False sesame seeds, dried, raw	0						
Non-African data								
SD or min-max								
n		1						
06_028	Groundnut flour, partially defatted	0	1.38	4.94	3.15	3.13	0.01	
Non-African data								
SD or min-max			oa	oa	oa			
n		1						
06_027	Groundnut flour, with fat	0	9.35	21.66	13.34	13.28	0.05	582
Non-African data								
SD or min-max								
n		1						1
06_026	Groundnut paste, from groundnuts only	0	10.06	23.29	14.35	14.28	0.05	339
Non-African data								
SD or min-max								
n		1						1
06_023	Groundnut, Chinese, shelled, dried, raw (Ghana), n=1	0	8.29	19.20	11.83	11.77	0.04	339
Non-African data								
06_021	Groundnut, F-mix variety, shelled, dried, raw (Ghana), n=1	0	9.59	22.20	13.68	13.61	0.05	339
Non-African data								
06_022	Groundnut, JL 24 variety, shelled, dried, raw (Ghana), n=1	0	7.68	17.79	10.96	10.90	0.04	339
Non-African data								

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Nuts, seeds and their products/Noix, graines et produits dérivés										
06_024	Groundnut, Manipintar variety, shelled, dried, raw (Ghana), n=1	Arachide, variété Manipintar, décortiquée, séchée, crue (Ghana), n=1	1.00	2 391(577)	7.1	23.3	[46.7]	11.7	8.3	2.8
Non-African data										
06_020	Groundnut, Sinkarzie variety, shelled, dried, raw (Ghana), n=1	Arachide, variété Sinkarzie, décortiquée, séchée, crue (Ghana), n=1	1.00	2 422(585)	7.5	20.6	[48.8]	11.7	8.3	3.0
Non-African data										
06_025	Groundnut, combined varieties, shelled, dried, raw (Ghana)	Arachide, mélange de variétés, décortiquées, séchées, crues (Ghana)	1.00	2 344(566)	7.2	22.4	[44.5]	14.7	8.6	2.6
Non-African data										
SD or min-max					1.7	2.0	4.6			0.3
n					1	5	5		1	5
06_012	Groundnut, red, shelled, dried, raw (Benin)	Arachide, rouge, décortiquée, séchée, crue (Bénin)	1.00	2 392(577)	5.1	21.7	45.1	16.5	9.4	2.3
Non-African data										
SD or min-max										
n					1	1	1	1	1	1
06_011	Groundnut, rose, shelled, dried, raw (Benin)	Arachide, rose, décortiquée, séchée, crue (Bénin)	1.00	2 354(567)	6.2	20.4	43.2	20.3	7.7	2.2
Non-African data										
SD or min-max										
n					1	1	1	1	1	1
06_010	Groundnut, shelled, dried, raw	Arachide, décortiquée, séchée, crue	1.00	2 380(574)	5.4	22.4	44.2	17.4	8.3	2.2
Non-African data										
SD or min-max						2.2	1.6	3.4		0.5
n					1	19	13	4	1	13
06_030	Hibiscus seed, red, dried, raw	Graines d'oseille de Guinée (datou), rouges, séchées, crues	1.00	1 745(417)	7.6	0.6	17.8	58.1	[11.0]	4.9
Non-African data										
SD or min-max						7.0-8.2	0.0			
n					1	2	3	1	1	1
06_035	Melon seed (citrullus spp.), kernel only, dried, raw	Graines de pastèque (citrullus spp.), séchées, crues	0.37	2 342(565)	7.7	19.5	[44.4]	19.0	6.0	3.5
Non-African data										
SD or min-max								oa	oa	
n					1	12	8	6	1	9

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)	
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)	
Nuts, seeds and their products/Noix, graines et produits dérivés														
06_024	Groundnut, Manipintar variety, shelled, dried, raw (Ghana), n=1	53	[8.2]	200	347	619	6	2.61	0.79	4	2	0	23	
Non-African data										oa	oa	oa		
06_020	Groundnut, Sinkarzie variety, shelled, dried, raw (Ghana), n=1	56	[7.4]	200	415	619	6	2.61	0.79	4	2	0	23	
Non-African data										oa	oa	oa		
06_025	Groundnut, combined varieties, shelled, dried, raw (Ghana)	51	[6.2]	200	394	619	6	2.61	0.79	4	2	0	23	
Non-African data										oa	oa	oa		
SD or min-max		3	2.0	27										
n		5	5	1	5	1	1	1	1	1				
06_012	Groundnut, red, shelled, dried, raw (Benin)	44	2.3	193	335	791	6	2.84	1.04	4	2	0	23	
Non-African data										oa	oa	oa		
SD or min-max														
n		1	1	1	1	1	1	1	1	1				
06_011	Groundnut, rose, shelled, dried, raw (Benin)	34	3.7	195	336	711	6	3.65	1.12	4	2	0	23	
Non-African data										oa	oa	oa		
SD or min-max														
n		1	1	1	1	1	1	1	1	1				
06_010	Groundnut, shelled, dried, raw	45	3.5	200	445	619	6	2.61	0.79	4	2	0	23	
Non-African data										oa	oa	oa		
SD or min-max		17	0.8	22	154	127	1.02		0.34					
n		12	8	6	11	6	1	7	4	1				
06_030	Hibiscus seed, red, dried, raw	362	4.5	48	462	666	28	4.30	0.31	5	2	0	29	
Non-African data										oa	oa	oa		
SD or min-max		10	0.5	0.60-8.00										
n		3	3	1	1	1	1	2	1	1				
06_035	Melon seed (citrullus spp.), kernel only, dried, raw	37	8.7	454	434	485	233	4.93	1.56	0	0	0	0	
Non-African data										oa	oa	oa		
SD or min-max		13	3.6	87	152	58	53	3.73	0.14					
n		7	9	6	6	6	5	10	6	1				

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Nuts, seeds and their products/Noix, graines et produits dérivés													
06_024	Groundnut, Manipintar variety, shelled, dried, raw (Ghana), n=1	0	8.50	0.87	0.14	19.0	15.0	239	0.23	110	110	0	1
Non-African data			oa		oa								
06_020	Groundnut, Sinkarzie variety, shelled, dried, raw (Ghana), n=1	0	8.50	0.87	0.14	19.0	15.0	211	0.23	110	110	0	1
Non-African data			oa		oa								
06_025	Groundnut, combined varieties, shelled, dried, raw (Ghana)	0	8.50	0.87	0.14	19.0	15.0	229	0.23	110	110	0	1
Non-African data			oa		oa								
SD or min-max													
n		1		1	1		1	1	1	1		1	1
06_012	Groundnut, red, shelled, dried, raw (Benin)	0	8.50	0.87	0.14	19.0	15.0	230	0.23	110	110	0	1
Non-African data			oa										
SD or min-max													
n		1		1	1		1	1	1	1		1	1
06_011	Groundnut, rose, shelled, dried, raw (Benin)	0	8.50	0.87	0.14	19.0	15.0	230	0.23	110	110	0	1
Non-African data			oa										
SD or min-max													
n		1		1	1		1	1	1	1		1	1
06_010	Groundnut, shelled, dried, raw	0	8.50	0.87	0.14	19.0	15.0	230	0.23	110	110	0	1
Non-African data			oa		oa								
SD or min-max													
n		1		5	5		1	2	1	1		1	1
06_030	Hibiscus seed, red, dried, raw	0	1.80	0.09	0.25	6.2	1.4	292	0.34	62	62	0	0
Non-African data			oa										
SD or min-max													
n		1		0.03	0.12		1.3-1.4	2	1	1		1	1
06_035	Melon seed (citrullus spp.), kernel only, dried, raw	0	5.70	0.10	0.12	8.7	2.1	397	0.09	58	58	0	0
Non-African data			oa		oa		oa	oa	oa	oa	oa		
SD or min-max													
n		1		1	1		1	1	1	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE (mg)	FASAT (g)	FAMS (g)	FAPU (g)	F18D2CN6 (g)	F18D3CN3 (g)	PHYTCPP (mg)
Nuts, seeds and their products/Noix, graines et produits dérivés								
06_024	Groundnut, Manipintar variety, shelled, dried, raw (Ghana), n=1	0	9.42	21.80	13.43	13.36	0.05	339
Non-African data								
06_020	Groundnut, Sinkarzie variety, shelled, dried, raw (Ghana), n=1	0	9.84	22.78	14.03	13.96	0.05	339
Non-African data								
06_025	Groundnut, combined varieties, shelled, dried, raw (Ghana)	0	8.96	20.76	12.79	12.72	0.04	339
Non-African data								
SD or min-max								
n		1						1
06_012	Groundnut, red, shelled, dried, raw (Benin)	0	9.09	21.04	12.96	12.90	0.05	339
Non-African data								
SD or min-max								
n		1						1
06_011	Groundnut, rose, shelled, dried, raw (Benin)	0	8.72	20.18	12.44	12.37	0.04	339
Non-African data								
SD or min-max								
n		1						1
06_010	Groundnut, shelled, dried, raw	0	8.92	20.65	12.72	12.65	0.04	339
Non-African data								
SD or min-max								
n		1						1
06_030	Hibiscus seed, red, dried, raw	0						
Non-African data								
SD or min-max								
n		1						
06_035	Melon seed (citrullus spp.), kernel only, dried, raw	0	10.94	7.57	23.89	23.54	0.14	178
Non-African data								
SD or min-max								
n		1	oa	oa	oa	oa	oa	61
								3

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Nuts, seeds and their products/Noix, graines et produits dérivés										
06_013	Melon seed, kernel only, dried, raw	Graines d'égousi/pistache africaine, séchées, crues	0.37	2 380(574)	6.3	27.6	45.0	11.6	6.0	3.4
Non-African data			oa					oa	oa	
SD or min-max					0.6	4.9	3.7			0.5
n			1		6	6	6		1	4
06_036	Melon seed, small, elongated, kernel only, dried, raw	Graines de pastèque, petites et allongées, séchées, crues	0.37	2 348(566)	5.3	15.1	[41.9]	29.0	6.0	2.7
Non-African data			oa					oa	oa	
SD or min-max										
n			1		1	1	1		1	1
06_037	Melon seed, small, flat, kernel only, dried, raw	Graines d'égousi/pistache africaine, petites et plates, séchées, crues	0.37	2 432(587)	6.4	23.3	[47.9]	12.6	6.0	3.7
Non-African data			oa					oa	oa	
SD or min-max					0.8	1.6	2.3			
n			1		3	3	3		1	1
06_029	Oil palm, nut (kernel), shelled, raw	Noix de palme (amande), décortiquée, crue		2 311(558)	14.3	6.2	[45.8]	28.1	[4.0]	1.6
Non-African data										
SD or min-max					7.3	0.9	7.9		3.0-5.0	0.2
n					8	7	6		2	6
06_038	Pumpkin seed, kernel only, dried, raw	Graines de courge, séchées, crues	0.76	2 352(567)	5.5	27.7	45.4	9.0	6.0	6.4
Non-African data			oa					oa	oa	
SD or min-max					1.8	3.1	4.8			3.2
n			1		7	6	7		1	6
06_015	Sesame seed, whole, dried, raw	Sésame, graines complètes, séchées, crues	1.00	2 481(601)	4.9	16.6	54.1	4.9	14.3	5.3
Non-African data										
SD or min-max					0.6	1.9				1.2
n			1		8	8	1		1	7
06_016	Shea nut, kernel, dried, raw	Karité, noix, séchée, crue	0.72	2 352(567)	6.3	6.8	[43.5]	34.1	[5.9]	3.4
Non-African data										
SD or min-max					5.7-6.9		5.7		0.8	1.8
n			1		2	1	3		3	3

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
IN FOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Nuts, seeds and their products/Noix, graines et produits dérivés													
06_013	Melon seed, kernel only, dried, raw	118	6.3	383	836	610	37	4.54	1.51	0	0	0	0
Non-African data										oa	oa		oa
SD or min-max		91	0.9	337-430	123	43	54	4.07-5.00	1.40-1.62				
n		5	5	2	3	3	3	2	2			1	
06_036	Melon seed, small, elongated, kernel only, dried, raw	58	9.0	454	680	485	233	4.93	1.56	0	0	0	0
Non-African data										oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
06_037	Melon seed, small, flat, kernel only, dried, raw	80	6.1	454	867	648	99	4.93	1.56	0	0	0	0
Non-African data										oa	oa		oa
SD or min-max		80	1.1		755-978								
n		3	3	1	2	1	1	1	1			1	
06_029	Oil palm, nut (kernel), shelled, raw	81	8.0	232	239	270	68	2.37	1.49	[0]	[0]	0	[0]
Non-African data										oa	oa		oa
SD or min-max		33	3.0	200-265	44	248-292	55-81	2.24-2.51	1.46-1.52				
n		5	4	2	3	2	2	2	2			1	
06_038	Pumpkin seed, kernel only, dried, raw	62	8.3	534	1 480	579	5	8.89	4.68	4	2	0	24
Non-African data										oa	oa		oa
SD or min-max		53	6.5-10.0	530-538		547-610	1-9	7.10-10.70	1.46-7.90				
n		3	2	2	1	2	2	2	2			1	
06_015	Sesame seed, whole, dried, raw	777	11.2	347	631	458	45	2.10	1.65	2	1	0	10
Non-African data										oa	oa		oa
SD or min-max		324	3.8		47			1.72-2.48					
n		4	3	1	3	1	1	2	1			1	
06_016	Shea nut, kernel, dried, raw	100	3.4	287	82	666	28	3.21	1.72	[0]	[0]	0	[0]
Non-African data										oa	oa		oa
SD or min-max			3.0-3.8		40-124								
n		1	2	1	2	1	1	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Nuts, seeds and their products/Noix, graines et produits dérivés													
06_013	Melon seed, kernel only, dried, raw	0	5.70	0.10	0.12	8.2	2.1	365	0.09	58	58	0	0
Non-African data			oa			oa	oa		oa				
SD or min-max													
n		1		1	1		1	1	1	1		1	1
06_036	Melon seed, small, elongated, kernel only, dried, raw	0	5.70	0.10	0.12	5.4	2.1	200	0.14	58	58	0	0
Non-African data			oa							oa	oa		
SD or min-max													
n		1		1	1		1	1	1	1		1	1
06_037	Melon seed, small, flat, kernel only, dried, raw	0	5.70	0.06	0.64	7.2	2.1	308	0.14	58	58	0	0
Non-African data			oa						oa				
SD or min-max				0.01-0.10	0.12-1.15								
n		1		2	2		1	1	1	1		1	1
06_029	Oil palm, nut (kernel), shelled, raw	0	[0.24]	0.36	0.12	2.6	1.1	92	0.31	57	57	0	[1]
Non-African data			oa			oa		oa					
SD or min-max													
n		1		1	1		1	1	1	1		1	1
06_038	Pumpkin seed, kernel only, dried, raw	0	1.10	0.25	0.24	12.0	3.3	506	0.14	58	58	0	2
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
06_015	Sesame seed, whole, dried, raw	0	1.20	0.68	0.19	7.6	3.4	252	0.79	100	100	0	0
Non-African data			oa										oa
SD or min-max								213-290					
n		1		1	1		1	2	1	1		1	1
06_016	Shea nut, kernel, dried, raw	0	1.80	0.52	0.13	2.8	1.1	101	0.34	62	62	0	[1]
Non-African data			oa			oa		oa					
SD or min-max													
n		1		1	1		1	1	1	1		1	1



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Nuts, seeds and their products/Noix, graines et produits dérivés								
06_013	Melon seed, kernel only, dried, raw	0	11.11	7.68	24.26	23.90	0.14	178
Non-African data			oa	oa	oa			
SD or min-max								
n		1						1
06_036	Melon seed, small, elongated, kernel only, dried, raw	0	10.34	7.15	22.57	22.24	0.13	178
Non-African data			oa	oa	oa			
SD or min-max								
n		1						1
06_037	Melon seed, small, flat, kernel only, dried, raw	0	11.83	8.18	25.82	25.44	0.15	178
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
06_029	Oil palm, nut (kernel), shelled, raw	0	37.78	5.28	0.74	0.74	0.00	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						
06_038	Pumpkin seed, kernel only, dried, raw	0	8.19	15.37	19.84	19.55	0.11	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						
06_015	Sesame seed, whole, dried, raw	0	7.89	18.98	24.85	24.57	0.23	898
Non-African data								oa
SD or min-max								
n		1						1
06_016	Shea nut, kernel, dried, raw	0	20.23	19.10	2.26	2.24	0.01	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Meat, poultry and their products/Viande, volaille et produits dérivés										
07_008	Ant. flying, dried	Fourmi, volante, séchée	1.00	2 140(514)	2.9	42.2	[31.9]	11.2	6.7	5.0
Non-African data					oa	oa	oa	oa	oa	oa
SD or min-max						8.5	17.2			1.9
n					1	3	3		1	3
07_026	Bamboo caterpillar, deep fried, salted	Chenille de bambou, frite, salée	1.00	[2 670]([644])	4.5	25.5	55.3	11.0		3.7
Non-African data					oa	oa	oa	oa		oa
SD or min-max										
n					1	1	1			1
07_019	Beef kidney, raw	Rognon de bœuf, cru	0.84	413(98)	78.8	16.4	3.6	0	0	1.1
Non-African data										
SD or min-max										
n					1	1	1		1	1
07_090	Beef kidney, boiled* (without salt), drained	Rognon de bœuf, bouilli* (sans sel), égoutté	0.77	657(156)	66.3	26.0	5.8	0.1	0	1.8
07_091	Beef kidney, grilled* (without salt or fat)	Rognon de bœuf, grillé* (sans sel ni graisse)	0.77	647(154)	66.9	25.6	5.7	0.1	0	1.8
07_020	Beef kidney, stewed* (as part of a recipe)	Rognon de bœuf, mijoté* (ingrédient de recette)	0.77	657(156)	66.3	26.0	5.8	0.1	0	1.8
07_001	Beef liver, raw	Foie de bœuf, cru	1.00	540(128)	71.8	19.3	4.2	3.4	0	1.3
Non-African data										
SD or min-max						2.1	0.4	0.9		0.1
n					1	4	5	5	1	3
07_018	Beef liver, boiled* (without salt), drained	Foie de bœuf, bouilli* (sans sel), égoutté	1.00	819(194)	57.3	29.2	6.3	5.2	0	2.0
07_088	Beef liver, grilled* (without salt or fat)	Foie de bœuf, grillé* (sans sel ni graisse)	1.00	667(158)	65.2	23.8	5.2	4.2	0	1.7
07_089	Beef liver, stewed* (as part of a recipe)	Foie de bœuf, mijoté* (ingrédient de recette)	1.00	720(171)	62.4	25.7	5.6	4.5	0	1.8
07_014	Beef meat, fatty, ca. 30% fat, raw	Viande de bœuf, grasse, environ 30% de matière grasse, crue	1.00	1 330(321)	54.1	17.5	27.9	0	0	0.9
Non-African data										
SD or min-max						3.9	1.2	3.4		0.1
n					1	11	11	11	1	9
07_015	Beef meat, fatty, ca. 30% fat, boiled* (without salt), drained	Viande de bœuf, grasse, environ 30% de matière grasse, bouillie* (sans sel), égouttée	1.00	1 890(456)	32.2	29.1	37.8	0	0	1.5
07_016	Beef meat, fatty, ca. 30% fat, grilled* (without salt or fat)	Viande de bœuf, grasse, environ 30% de matière grasse, grillée* (sans sel ni graisse)	1.00	1 660(400)	41.3	24.3	33.7	0	0	1.2

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Meat, poultry and their products/Viande, volaille et produits dérivés													
07_008	Ant, flying, dried	112	22.1	68	625	595	176	9.72	2.83	[72]	[66]	[61]	[65]
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max		60	12.7		138	202	143-209						
n		3	3	1	3	3	2	1	1			1	
07_026	Bamboo caterpillar, deep fried, salted	4	2.7		356	[674]	609						
Non-African data		oa	oa		oa	oa	oa						
SD or min-max													
n		1	1		1	1	1						
07_019	Beef kidney, raw	6	4.1	17	210	257	179	2.62	0.47	163	131	98	[390]
Non-African data										oa	oa	oa	oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
07_090	Beef kidney, boiled* (without salt), drained	8	6.2	22	233	245	170	3.53	0.60	207	166	124	495
07_091	Beef kidney, grilled* (without salt or fat)	9	6.1	23	263	301	238	3.48	0.59	229	184	138	548
07_020	Beef kidney, stewed* (as part of a recipe)	10	6.5	27	333	408	284	4.16	0.75	233	186	140	557
07_001	Beef liver, raw	33	9.8	17	363	159	75	3.56	3.34	19 500	19 500	19 500	244
Non-African data										oa	oa	oa	oa
SD or min-max		57	0.5		5			3.00-4.12					
n		5	5	1	3	1	1	2	1			1	
07_018	Beef liver, boiled* (without salt), drained	40	14.1	20	385	145	68	4.59	4.05	23 600	23 600	23 600	296
07_088	Beef liver, grilled* (without salt or fat)	41	11.5	17	358	147	79	3.74	3.30	21 700	21 700	21 600	271
07_089	Beef liver, stewed* (as part of a recipe)	44	13.1	22	484	212	100	4.75	4.45	23 400	23 400	23 400	293
07_014	Beef meat, fatty, ca. 30% fat, raw	30	1.1	15	138	232	91	3.09	0.14	28	28	28	0
Non-African data										oa	oa		oa
SD or min-max		30	0.5	3	25	55	19	0.62	0.06				
n		11	11	11	11	11	11	11	10			1	
07_015	Beef meat, fatty, ca. 30% fat, boiled* (without salt), drained	40	1.8	15	149	194	69	5.15	0.22	35	35	35	0
07_016	Beef meat, fatty, ca. 30% fat, grilled* (without salt or fat)	37	1.4	17	172	274	108	4.29	0.19	30	30	30	0

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Meat, poultry and their products/Viande, volaille et produits dérivés													
07_008	Ant, flying, dried	[6.7]	[3.60]	0.64	3.30	[5.7]	5.7		0.27	95	95		1
Non-African data		oa	oa	oa	oa				oa	oa	oa		oa
SD or min-max				0.44	1.20		3.5						
n		1	1	3	3		3						
07_026	Bamboo caterpillar, deep fried, salted												
Non-African data													
SD or min-max													
n													
07_019	Beef kidney, raw	0.5	0.08	0.38	2.60	12.0	8.0	226	0.51	80	80	27.00	9
Non-African data			oa										
SD or min-max													
n		1		1	1		1	1	1	1		1	1
07_090	Beef kidney, boiled* (without salt), drained	0.8	0.11	0.42	3.60	12.0	6.3	359	0.65	83	83	28.00	10
07_091	Beef kidney, grilled* (without salt or fat)	0.8	0.13	0.50	3.80	17.0	11.0	353	0.64	110	110	32.00	11
07_020	Beef kidney, stewed* (as part of a recipe)	0.8	0.13	0.54	4.00	17.0	11.0	359	0.69	89	89	36.00	11
07_001	Beef liver, raw	1.1	0.60	0.23	1.50	18.0	14.0	221	0.94	270	270	110.00	22
Non-African data			oa										
SD or min-max					0.36-2.60			161-280					
n		1		1	2		1	2	1	1		1	1
07_018	Beef liver, boiled* (without salt), drained	1.5	0.82	0.24	2.00	16.0	11.0	334	1.10	260	260	110.00	23
07_088	Beef liver, grilled* (without salt or fat)	1.3	0.74	0.24	1.80	19.0	15.0	272	0.93	280	280	100.00	20
07_089	Beef liver, stewed* (as part of a recipe)	1.4	0.80	0.28	2.00	22.0	17.0	294	1.10	250	250	130.00	24
07_014	Beef meat, fatty, ca. 30% fat, raw	0.9	0.76	0.10	0.11	6.1	4.2	116	0.37	10	10	1.60	0
Non-African data		oa	oa						oa				
SD or min-max				0.02	0.03		0.5	28		4			
n		1		10	11		11	11	1	8		1	1
07_015	Beef meat, fatty, ca. 30% fat, boiled* (without salt), drained	1.1	0.96	0.06	0.14	6.7	3.5	194	0.25	11	11	1.60	1
07_016	Beef meat, fatty, ca. 30% fat, grilled* (without salt or fat)	0.7	0.58	0.09	0.13	7.3	4.6	162	0.31	12	12	1.80	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Meat, poultry and their products/Viande, volaille et produits dérivés								
07_008	Ant, flying, dried		14.40	17.40	2.72			
Non-African data								
SD or min-max								
n								
07_026	Bamboo caterpillar, deep fried, salted							
Non-African data								
SD or min-max								
n								
07_019	Beef kidney, raw	397	1.14	0.78	0.79	0.40	0.02	0
Non-African data								
SD or min-max								
n								
07_090	Beef kidney, boiled* (without salt), drained	631	1.82	1.24	1.25	0.64	0.04	0
07_091	Beef kidney, grilled* (without salt or fat)	621	1.79	1.22	1.23	0.63	0.04	0
07_020	Beef kidney, stewed* (as part of a recipe)	631	1.82	1.24	1.25	0.64	0.04	0
07_001	Beef liver, raw	262	1.43	0.59	1.08	0.30	0.08	0
Non-African data								
SD or min-max								
n								
07_018	Beef liver, boiled* (without salt), drained	398	2.16	0.89	1.63	0.45	0.12	0
07_088	Beef liver, grilled* (without salt or fat)	324	1.76	0.73	1.33	0.37	0.10	0
07_089	Beef liver, stewed* (as part of a recipe)	350	1.90	0.79	1.43	0.40	0.10	0
07_014	Beef meat, fatty, ca. 30% fat, raw	74	14.40	11.00	1.17	0.41	0.34	0
Non-African data								
SD or min-max								
n								
07_015	Beef meat, fatty, ca. 30% fat, boiled* (without salt), drained	123	19.50	14.90	1.59	0.55	0.46	0
07_016	Beef meat, fatty, ca. 30% fat, grilled* (without salt or fat)	102	17.30	13.30	1.41	0.49	0.41	0

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Meat, poultry and their products/Viande, volaille et produits dérivés										
07_087	Beef meat, fatty, ca. 30% fat, stewed* (as part of a recipe)	Viande de bœuf, grasse, environ 30% de matière grasse, mijotée* (ingrédient de recette)	1.00	1 870(452)	35.3	24.6	39.3	0	0	1.2
07_023	Beef meat, ground, ca. 10% fat, raw	Viande de bœuf, hachée, environ 10% de matière grasse, crue	1.00	726(174)	68.9	20.3	10.3	0	0	0.9
Non-African data										
SD or min-max										
			1		1.5	0.7	1.4			0.1
			1		13	11	11		1	12
07_024	Beef meat, ground, ca. 10% fat, grilled* (without salt or fat)	Viande de bœuf, hachée, environ 10% de matière grasse, grillée* (sans sel ni graisse)	1.00	908(217)	59.5	28.1	11.6	0	0	1.3
07_134	Beef meat, ground, ca. 10% fat, stewed* (as part of a recipe)	Viande de bœuf, hachée, environ 10% de matière grasse, mijotée* (ingrédient de recette)	1.00	1 010(242)	56.7	28.1	14.3	0	0	1.3
07_009	Beef meat, lean, ca. 5% fat, raw	Viande de bœuf, maigre, environ 5% de matière grasse, crue	1.00	552(131)	71.4	22.5	4.6	0	0	1.0
Non-African data										
SD or min-max										
			1		5.0	1.1	1.7			0.1
			1		8	7	4		1	7
07_010	Beef meat, lean, ca. 5% fat, boiled* (without salt), drained	Viande de bœuf, maigre, environ 5% de matière grasse, bouillie* (sans sel), égouttée	1.00	920(219)	52.4	37.5	7.6	0	0	1.7
07_011	Beef meat, lean, ca. 5% fat, grilled* (without salt or fat)	Viande de bœuf, maigre, environ 5% de matière grasse, grillée* (sans sel ni graisse)	1.00	766(182)	60.3	31.3	6.3	0	0	1.4
07_085	Beef meat, lean, ca. 5% fat, stewed* (as part of a recipe)	Viande de bœuf, maigre, environ 5% de matière grasse, mijotée* (ingrédient de recette)	1.00	777(185)	59.8	31.7	6.4	0	0	1.5
07_017	Beef meat, lean, cured, dried	Viande de bœuf, maigre, fumée, séchée	1.00	600(142)	53.8	31.1	1.9	0	0	10.4
Non-African data										
SD or min-max										
			1		oa	oa	oa			oa
			1		1	1	1		1	1
07_002	Beef meat, moderately fat, ca. 20% fat, raw	Viande de bœuf, teneur modérée en matière grasse (env. 20%), crue	1.00	991(239)	61.3	18.6	18.2	0	0	0.9
Non-African data										
SD or min-max										
			1		3.3	2.3	2.2			0.1
			1		21	22	20		1	14
07_012	Beef meat, moderately fat, ca. 20% fat, boiled* (without salt), drained	Viande de bœuf, teneur modérée en matière grasse (env. 20%), bouillie* (sans sel), égouttée	1.00	1 330(320)	44.2	31.0	21.7	0	0	1.6
07_013	Beef meat, moderately fat, ca. 20% fat, grilled* (without salt or fat)	Viande de bœuf, teneur modérée en matière grasse (env. 20%), grillée* (sans sel ni graisse)	1.00	1 190(286)	51.3	25.9	20.3	0	0	1.3

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Meat, poultry and their products/Viande, volaille et produits dérivés													
07_087	Beef meat, fatty, ca. 30% fat, stewed* (as part of a recipe)	42	1.5	21	194	327	129	4.35	0.19	32	32	32	0
07_023	Beef meat, ground, ca. 10% fat, raw	11	1.2	18	175	313	95	3.43	0.27	0	0	0	0
Non-African data										0a	0a	0a	0a
SD or min-max		5	0.9	4	15	46	30	0.86	0.24				
n		13	13	11	11	11	11	11	11			1	
07_024	Beef meat, ground, ca. 10% fat, grilled* (without salt or fat)	14	1.6	21	219	369	112	4.76	0.37	0	0	0	0
07_134	Beef meat, ground, ca. 10% fat, stewed* (as part of a recipe)	15	1.7	25	243	435	131	4.76	0.37	0	0	0	0
07_009	Beef meat, lean, ca. 5% fat, raw	18	2.4	21	187	304	99	3.54	0.12	7	6	6	10
Non-African data													
SD or min-max		21	1.4	3	47	65	21	1.07	0.03				
n		8	8	4	7	5	5	4	3			1	
07_010	Beef meat, lean, ca. 5% fat, boiled* (without salt), drained	24	3.9	21	202	253	75	5.91	0.18	9	8	7	13
07_011	Beef meat, lean, ca. 5% fat, grilled* (without salt or fat)	23	3.1	25	233	359	117	4.92	0.16	7	7	6	10
07_085	Beef meat, lean, ca. 5% fat, stewed* (as part of a recipe)	26	3.3	29	263	428	140	4.99	0.16	8	7	6	11
07_017	Beef meat, lean, cured, dried	8	2.4	19	181	235	2 790	4.93	0.07	0	0	0	0
Non-African data													
SD or min-max		0a	0a	0a	0a	0a	0a	0a	0a	0a	0a	0a	0a
n		1	1	1	1	1	1	1	1			1	
07_002	Beef meat, moderately fat, ca. 20% fat, raw	15	1.2	20	164	290	91	3.40	0.24	18	16	16	11
Non-African data										0a	0a	0a	
SD or min-max		4	0.8	3	19	42	17	0.81	0.15				
n		22	21	19	21	21	21	21	14			1	
07_012	Beef meat, moderately fat, ca. 20% fat, boiled* (without salt), drained	19	2.1	20	177	241	68	5.66	0.37	22	21	20	14
07_013	Beef meat, moderately fat, ca. 20% fat, grilled* (without salt or fat)	18	1.6	23	205	342	107	4.72	0.33	19	18	17	12

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Meat, poultry and their products/Viande, volaille et produits dérivés													
07_087	Beef meat, fatty, ca. 30% fat, stewed* (as part of a recipe)	1.0	1.10	0.08	0.15	7.4	4.7	164	0.31	12	12	1.60	1
07_023	Beef meat, ground, ca. 10% fat, raw	0.1	[0.17]	0.11	0.11	8.4	5.1	197	0.23	13	13	1.80	0
Non-African data									oa			oa	oa
SD or min-max				0.03	0.03		1.0	20					
n		1		12	12		11	11	1	1		1	1
07_024	Beef meat, ground, ca. 10% fat, grilled* (without salt or fat)	0.1	[0.13]	0.10	0.14	10.0	5.7	274	0.19	15	15	2.00	0
07_134	Beef meat, ground, ca. 10% fat, stewed* (as part of a recipe)	0.1	[0.24]	0.09	0.15	10.0	5.7	274	0.19	14	14	1.80	0
07_009	Beef meat, lean, ca. 5% fat, raw	0.5	[0.95]	0.13	0.15	8.9	5.6	197	0.11	7	7	2.40	0
Non-African data		oa	oa		oa								
SD or min-max				0.06	0.05		0.9	36		4			0-0
n		1		5	6		4	5	1	4		1	2
07_010	Beef meat, lean, ca. 5% fat, boiled* (without salt), drained	0.6	[1.20]	0.09	0.20	10.0	4.7	328	0.07	8	8	2.40	0
07_011	Beef meat, lean, ca. 5% fat, grilled* (without salt or fat)	0.4	[0.73]	0.13	0.19	11.0	6.2	274	0.09	9	9	2.70	0
07_085	Beef meat, lean, ca. 5% fat, stewed* (as part of a recipe)	0.6	[1.30]	0.11	0.21	11.0	6.3	277	0.09	8	8	2.40	0
07_017	Beef meat, lean, cured, dried	0	[0.38]	0.07	0.16	8.3	5.2	189	0.39	10	10	1.60	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n		1		1	1		1	1	1	1		1	1
07_002	Beef meat, moderately fat, ca. 20% fat, raw	0.5	0.50	0.10	0.11	7.7	4.1	215	0.48	10	10	1.10	0
Non-African data		oa	oa						oa				
SD or min-max				0.02	0.06		0.3	192-237		4			
n		1		22	21		7	2	1	13		1	1
07_012	Beef meat, moderately fat, ca. 20% fat, boiled* (without salt), drained	0.6	0.62	0.07	0.14	9.4	3.4	358	0.32	11	11	1.10	0
07_013	Beef meat, moderately fat, ca. 20% fat, grilled* (without salt or fat)	0.4	0.38	0.10	0.13	9.5	4.6	298	0.40	12	12	1.30	0



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCP(mg)
Meat, poultry and their products/Viande, volaille et produits dérivés								
07_087	Beef meat, fatty, ca. 30% fat, stewed* (as part of a recipe)	104	20.20	15.50	1.65	0.57	0.47	0
07_023	Beef meat, ground, ca. 10% fat, raw	65	4.87	4.35	0.23	0.14	0.05	0
Non-African data						oa	oa	
SD or min-max								
n		1						1
07_024	Beef meat, ground, ca. 10% fat, grilled* (without salt or fat)	91	5.48	4.90	0.26	0.15	0.05	0
07_134	Beef meat, ground, ca. 10% fat, stewed* (as part of a recipe)	91	6.76	6.05	0.32	0.19	0.07	0
07_009	Beef meat, lean, ca. 5% fat, raw	67	2.23	1.73	0.23	0.11	0.03	0
Non-African data								
SD or min-max		7						
n		5						1
07_010	Beef meat, lean, ca. 5% fat, boiled* (without salt), drained	111	3.71	2.88	0.38	0.18	0.04	0
07_011	Beef meat, lean, ca. 5% fat, grilled* (without salt or fat)	93	3.09	2.40	0.32	0.15	0.04	0
07_085	Beef meat, lean, ca. 5% fat, stewed* (as part of a recipe)	94	3.13	2.43	0.32	0.15	0.04	0
07_017	Beef meat, lean, cured, dried	79	0.91	0.80	0.07	0.03	0.01	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
07_002	Beef meat, moderately fat, ca. 20% fat, raw	75	8.51	8.37	0.50	0.29	0.08	0
Non-African data						oa	oa	
SD or min-max		11						
n		13						1
07_012	Beef meat, moderately fat, ca. 20% fat, boiled* (without salt), drained	124	10.10	9.97	0.60	0.34	0.09	0
07_013	Beef meat, moderately fat, ca. 20% fat, grilled* (without salt or fat)	104	9.46	9.30	0.56	0.32	0.08	0

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Meat, poultry and their products/Viande, volaille et produits dérivés										
07_086	Beef meat, moderately fat, ca. 20% fat, stewed* (as part of a recipe)	Viande de bœuf, teneur modérée en matière grasse (env. 20%), mijotée* (ingrédient de recette)	1.00	1 400(336)	45.5	26.2	25.7	0	0	1.3
07_021	Beef tripe, raw	Tripes de bœuf, crues	1.00	351(84)	81.4	12.0	4.0	0	0	0.4
Non-African data										
SD or min-max										
						9.4-14.5				
			1		1	2	1		1	1
07_022	Beef tripe, boiled* (without salt), drained	Tripes de bœuf, bouillies* (sans sel), égouttées	1.00	495(118)	83.1	16.8	5.6	0	0	0.6
07_133	Beef tripe, grilled* (without salt or fat)	Tripes de bœuf, grillées* (sans sel ni graisse)	1.00	495(118)	83.1	16.8	5.6	0	0	0.6
07_092	Beef tripe, stewed* (as part of a recipe)	Tripes de bœuf, mijotées* (ingrédient de recette)	1.00	495(118)	83.1	16.8	5.6	0	0	0.6
07_025	Beef, corned beef, canned	Bœuf, corned beef, en conserve	1.00	865(208)	63.0	17.2	[13.8]	3.6	0	2.4
Non-African data										
SD or min-max										
					3.9	8.4	6.6			0.5
			1		9	9	9		1	5
07_064	Camel meat, raw	Viande de chameau, crue	1.00	623(149)	72.3	19.9	7.7	0	0	1.1
Non-African data										
SD or min-max										
					0a		0a			
			1		2.6	0.5				0.1
			1		3	4	1		1	3
07_093	Camel meat, boiled* (without salt), drained	Viande de chameau, bouillie* (sans sel), égouttée	1.00	865(206)	58.5	33.1	8.2	0	0	1.8
07_094	Camel meat, grilled* (without salt or fat)	Viande de chameau, grillée* (sans sel ni graisse)	1.00	764(182)	64.3	27.6	8.0	0	0	1.5
07_095	Camel meat, stewed* (as part of a recipe)	Viande de chameau, mijotée* (ingrédient de recette)	1.00	877(210)	61.0	28.0	10.8	0	0	1.5
07_039	Chicken giblets, raw	Poulet, abats, crus	1.00	561(134)	73.8	17.6	6.6	1.0	0	1.0
Non-African data										
SD or min-max										
					0a	0a	0a	0a		0a
			1		72.9-74.7					
			1		2	1	1		1	1
07_106	Chicken giblets, boiled* (without salt), drained	Poulet, abats, bouillis* (sans sel), égouttés	1.00	704(167)	64.8	25.9	6.4	1.5	0	1.4
07_107	Chicken giblets, grilled* (without salt or fat)	Poulet, abats, grillés* (sans sel ni graisse)	1.00	697(166)	65.2	25.5	6.5	1.4	0	1.4
07_040	Chicken giblets, stewed* (as part of a recipe)	Poulet, abats, mijotés* (ingrédient de recette)	1.00	814(194)	62.1	25.5	9.6	1.4	0	1.4
07_041	Chicken liver, raw	Foie de poulet, cru	1.00	481(114)	75.3	18.3	4.0	1.3	0	1.1
Non-African data										
SD or min-max										
					1.5					0.0
			1		4	1	1		1	3

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Meat, poultry and their products/Viande, volaille et produits dérivés													
07_086	Beef meat, moderately fat, ca. 20% fat, stewed* (as part of a recipe)	20	1.8	28	231	408	128	4.78	0.33	20	19	18	12
07_021	Beef tripe, raw	43	0.3	14	37	270	46	1.10	0.09	4	4	4	0
Non-African data										oa	oa	oa	oa
SD or min-max		10-75	0.0-0.5										
n		2	2	1	1	1	1	1	1			1	
07_022	Beef tripe, boiled* (without salt), drained	48	0.3	16	37	228	39	1.32	0.10	5	5	5	0
07_133	Beef tripe, grilled* (without salt or fat)	60	0.3	17	42	285	55	1.32	0.10	5	5	5	0
07_092	Beef tripe, stewed* (as part of a recipe)	60	0.4	20	52	380	65	1.55	0.13	5	5	5	0
07_025	Beef, corned beef, canned	45	[2.0]	12	110	114	750	2.06	0.12	12	10	8	23
Non-African data				oa	oa		oa			oa	oa	oa	oa
SD or min-max		23				28		0.17	0.20				
n		5	1	1	1	4	1	4	4			1	
07_064	Camel meat, raw	10	3.2	19	187	243	70	3.55	0.16	2	1	0	10
Non-African data					oa					oa	oa	oa	oa
SD or min-max		1	0.3	5		11	3	0.45					
n		4	3	4	1	3	3	4	1			1	
07_093	Camel meat, boiled* (without salt), drained	13	5.3	21	249	223	70	5.92	0.25	2	1	0	13
07_094	Camel meat, grilled* (without salt or fat)	14	4.2	23	220	287	83	4.93	0.20	2	1	0	10
07_095	Camel meat, stewed* (as part of a recipe)	14	4.5	27	263	343	99	5.00	0.23	2	1	0	11
07_039	Chicken giblets, raw	10	6.1	17	177	239	80	3.10	0.28	4 080	4 080	4 080	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max		10-10	5.4-6.7	17-17	170-184	227-250	77-82	2.80-3.39	0.22-0.34			2 880-5 280	
n		2	2	2	2	2	2	2	2			2	
07_106	Chicken giblets, boiled* (without salt), drained	12	8.5	20	182	210	70	3.87	0.33	4 800	4 800	4 800	0
07_107	Chicken giblets, grilled* (without salt or fat)	15	8.3	21	205	259	98	3.81	0.32	5 320	5 320	5 320	0
07_040	Chicken giblets, stewed* (as part of a recipe)	15	8.8	25	257	346	115	4.49	0.40	5 320	5 320	5 320	0
07_041	Chicken liver, raw	6	9.5	18	280	240	69	3.16	0.43	7 020	7 020	7 010	61
Non-African data		oa	oa	oa	oa	oa	oa	oa		oa	oa	oa	oa
SD or min-max		2	0.5	2	26	14	6	0.57	0.12			4 330	
n		4	4	4	4	4	4	4	3			4	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Meat, poultry and their products/Viande, volaille et produits dérivés													
07_086	Beef meat, moderately fat, ca. 20% fat, stewed* (as part of a recipe)	0.6	0.70	0.09	0.15	9.7	4.6	302	0.41	11	11	1.10	0
07_021	Beef tripe, raw	0.2	0.41	0.13	0.25	6.3	4.1	130	0.09	5	5	1.40	0
Non-African data		oa	oa										
SD or min-max				0.06-0.20	0.20-0.29								
n		1		2	2		1	1	1	1		1	1
07_022	Beef tripe, boiled* (without salt), drained	0.3	0.52	0.13	0.30	5.9	2.9	183	0.10	5	5	1.30	0
07_133	Beef tripe, grilled* (without salt or fat)	0.3	0.58	0.16	0.33	8.0	4.9	183	0.10	6	6	1.50	0
07_092	Beef tripe, stewed* (as part of a recipe)	0.3	0.58	0.16	0.35	8.2	5.2	183	0.11	5	5	1.70	0
07_025	Beef, corned beef, canned	0.2	[0.53]	tr	0.07	4.9	2.3	156	0.04	9	9	3.20	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n		1		1	1		1	1	1	1		1	1
07_064	Camel meat, raw	0.4	[0.20]	0.04	0.20	8.8	6.0	171	0.53	8	8	1.70	0
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n		1		1	1		1	1	1	1		1	1
07_093	Camel meat, boiled* (without salt), drained	0.5	[0.27]	0.03	0.18	9.7	5.0	284	0.35	8	8	1.70	0
07_094	Camel meat, grilled* (without salt or fat)	0.4	[0.22]	0.03	0.25	11.0	6.6	237	0.48	8	8	1.90	0
07_095	Camel meat, stewed* (as part of a recipe)	0.5	[0.28]	0.04	0.28	11.0	6.7	240	0.56	8	8	1.70	0
07_039	Chicken giblets, raw	2.1	0.57	0.10	0.47	6.1	6.1	194	0.36	400	400	12.00	13
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max				0.08-0.11	0.13-0.82		5.9-6.2					9.40-14.00	
n		1	1	2	2		2	1	1	1		2	1
07_106	Chicken giblets, boiled* (without salt), drained	2.8	0.76	0.10	0.61	9.2	4.5	286	0.42	390	390	11.00	13
07_107	Chicken giblets, grilled* (without salt or fat)	2.9	0.83	0.12	0.65	12.0	7.5	282	0.42	500	500	13.00	14
07_040	Chicken giblets, stewed* (as part of a recipe)	2.9	0.83	0.12	0.69	13.0	7.9	282	0.44	410	410	14.00	15
07_041	Chicken liver, raw	1.3	0.66	0.34	1.50	12.0	8.6	227	0.87	1 000	1 000	23.00	21
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max				0.09	0.87		2.8	88				11.00	
n		1		4	4		4	3	1	1		3	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYT(mg)
Meat, poultry and their products/Viande, volaille et produits dérivés								
07_086	Beef meat, moderately fat, ca. 20% fat, stewed* (as part of a recipe)	105	12.00	11.80	0.71	0.40	0.11	0
07_021	Beef tripe, raw	83	2.19	1.41	0.08	0.04	0.01	0
Non-African data						oa	oa	
SD or min-max								
n		1						1
07_022	Beef tripe, boiled* (without salt), drained	116	3.09	1.99	0.11	0.06	0.01	0
07_133	Beef tripe, grilled* (without salt or fat)	116	3.09	1.99	0.11	0.06	0.01	0
07_092	Beef tripe, stewed* (as part of a recipe)	116	3.09	1.99	0.11	0.06	0.01	0
07_025	Beef, corned beef, canned	150	6.87	6.05	0.26	0.14	0.09	0
Non-African data						oa	oa	
SD or min-max								
n		1						1
07_064	Camel meat, raw	45	3.84	2.53	0.69	0.46	0.09	0
Non-African data						oa	oa	
SD or min-max								
n		1						1
07_093	Camel meat, boiled* (without salt), drained	74	4.07	2.68	0.73	0.49	0.10	0
07_094	Camel meat, grilled* (without salt or fat)	62	3.97	2.62	0.71	0.48	0.10	0
07_095	Camel meat, stewed* (as part of a recipe)	63	5.40	3.56	0.97	0.65	0.13	0
07_039	Chicken giblets, raw	310	2.36	1.96	1.93	1.36	0.27	0
Non-African data						oa	oa	
SD or min-max								
n		1						1
07_106	Chicken giblets, boiled* (without salt), drained	456	2.30	1.91	1.88	1.32	0.26	0
07_107	Chicken giblets, grilled* (without salt or fat)	449	2.30	1.91	1.88	1.33	0.26	0
07_040	Chicken giblets, stewed* (as part of a recipe)	449	3.42	2.84	2.80	1.97	0.39	0
07_041	Chicken liver, raw	335	1.22	0.85	0.90	0.24	0.04	0
Non-African data						oa	oa	
SD or min-max								
n		4						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Meat, poultry and their products/Viande, volaille et produits dérivés										
07_108	Chicken liver, boiled* (without salt), drained	Foie de poulet, bouilli* (sans sel), égoutté	1.00	728(173)	62.6	27.7	6.1	2.0	0	1.7
07_109	Chicken liver, grilled* (without salt or fat)	Foie de poulet, grillé* (sans sel ni graisse)	1.00	594(141)	69.6	22.6	4.9	1.6	0	1.4
07_042	Chicken liver, stewed* (as part of a recipe)	Foie de poulet, mijoté* (ingrédient de recette)	1.00	641(152)	67.1	24.4	5.3	1.7	0	1.5
07_030	Chicken, dark meat with skin, raw	Poulet, chair brune avec la peau, crue	1.00	962(232)	65.4	16.7	18.3	0	0	0.8
Non-African data					oa	oa	oa			oa
SD or min-max										
n			1		1	1	1		1	1
07_031	Chicken, dark meat with skin, boiled* (without salt), drained	Poulet, chair brune avec la peau, bouillie* (sans sel), égoutté	1.00	1 110(268)	58.6	22.0	20.0	0	0	1.0
07_032	Chicken, dark meat with skin, grilled* (without salt or fat)	Poulet, chair brune avec la peau, grillée* (sans sel ni graisse)	1.00	1 100(264)	59.3	21.4	19.8	0	0	1.0
07_103	Chicken, dark meat with skin, stewed* (as part of a recipe)	Poulet, chair brune avec la peau, mijotée* (ingrédient de recette)	1.00	1 370(331)	50.6	23.8	26.2	0	0	1.1
07_003	Chicken, dark meat without skin, raw	Poulet, chair brune sans la peau, crue	1.00	611(146)	72.8	19.4	7.6	0	0	1.0
Non-African data					oa	oa	oa			oa
SD or min-max					0.7	0.6				1.0-1.0
n			1		3	3	1		1	2
07_028	Chicken, dark meat without skin, boiled* (without salt), drained	Poulet, chair brune sans la peau, bouillie* (sans sel), égoutté	1.00	722(172)	66.0	25.5	7.8	0	0	1.3
07_029	Chicken, dark meat without skin, grilled* (without salt or fat)	Poulet, chair brune sans la peau, grillée* (sans sel ni graisse)	1.00	710(169)	66.7	24.8	7.8	0	0	1.3
07_102	Chicken, dark meat without skin, stewed* (as part of a recipe)	Poulet, chair brune sans la peau, mijotée* (ingrédient de recette)	1.00	873(209)	60.7	27.7	10.9	0	0	1.4
07_036	Chicken, light meat with skin, raw	Poulet, blanc avec la peau, cru	1.00	690(165)	69.6	20.1	9.4	0	0	1.0
Non-African data										
SD or min-max										
n			1		1	1	1		1	1
07_037	Chicken, light meat with skin, boiled* (without salt), drained	Poulet, blanc avec la peau, bouilli* (sans sel), égoutté	1.00	825(197)	62.2	26.4	10.2	0	0	1.3
07_038	Chicken, light meat with skin, grilled* (without salt or fat)	Poulet, blanc avec la peau, grillé* (sans sel ni graisse)	1.00	811(194)	63.0	25.8	10.1	0	0	1.3
07_104	Chicken, light meat with skin, stewed* (as part of a recipe)	Poulet, blanc avec la peau, mijoté* (ingrédient de recette)	1.00	985(236)	56.6	28.7	13.4	0	0	1.4
07_033	Chicken, light meat without skin, raw	Poulet, blanc sans la peau, cru	1.00	491(116)	74.9	23.0	2.7	0	0	1.1
Non-African data					oa	oa	oa			oa
SD or min-max										
n			1		1	1	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
<b>Meat, poultry and their products/Viande, volaille et produits dérivés</b>													
07_108	Chicken liver, boiled* (without salt), drained	7	13.6	22	297	218	62	4.06	0.52	8 510	8 510	8 500	73
07_109	Chicken liver, grilled* (without salt or fat)	7	11.1	19	277	222	72	3.31	0.42	7 800	7 800	7 790	67
07_042	Chicken liver, stewed* (as part of a recipe)	8	12.6	24	374	320	92	4.21	0.57	8 430	8 420	8 420	73
07_030	Chicken, dark meat with skin, raw	11	1.0	19	136	178	73	1.58	0.05	49	49	49	0
Non-African data		0a	0a	0a	0a	0a	0a	0a	0a	0a	0a		0a
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
07_031	Chicken, dark meat with skin, boiled* (without salt), drained	12	1.0	18	125	94	38	2.08	0.04	36	36	36	0
07_032	Chicken, dark meat with skin, grilled* (without salt or fat)	13	1.1	18	139	183	75	2.03	0.07	47	47	47	0
07_103	Chicken, dark meat with skin, stewed* (as part of a recipe)	16	1.4	27	194	254	104	2.26	0.08	56	56	56	0
07_003	Chicken, dark meat without skin, raw	11	1.3	23	197	294	85	1.65	0.07	24	24	24	0
Non-African data		0a	0a	0a	0a	0a	0a	0a	0a	0a	0a	0a	0a
SD or min-max		4	0.2		194-200	288-300	69-100	1.10-2.20					
n		3	3	1	2	2	2	2	1			1	
07_028	Chicken, dark meat without skin, boiled* (without salt), drained	12	1.4	21	181	155	45	2.17	0.05	17	17	17	0
07_029	Chicken, dark meat without skin, grilled* (without salt or fat)	13	1.5	22	202	302	87	2.12	0.09	23	23	23	0
07_102	Chicken, dark meat without skin, stewed* (as part of a recipe)	15	1.9	33	281	420	121	2.36	0.10	27	27	27	0
07_036	Chicken, light meat with skin, raw	12	0.4	24	217	260	39	0.67	0.04	22	22	22	0
Non-African data										0a	0a		0a
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
07_037	Chicken, light meat with skin, boiled* (without salt), drained	13	0.5	22	200	137	21	0.88	0.03	16	16	16	0
07_038	Chicken, light meat with skin, grilled* (without salt or fat)	15	0.5	23	223	267	40	0.86	0.05	21	21	21	0
07_104	Chicken, light meat with skin, stewed* (as part of a recipe)	17	0.6	34	310	371	56	0.96	0.06	25	25	25	0
07_033	Chicken, light meat without skin, raw	14	1.1	28	224	309	43	0.74	0.06	8	8	8	0
Non-African data		0a	0a	0a	0a	0a	0a	0a	0a	0a	0a	0a	0a
SD or min-max													
n		1	1	1	1	1	1	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Meat, poultry and their products/Viande, volaille et produits dérivés													
07_108	Chicken liver, boiled* (without salt), drained	1.8	0.90	0.36	2.00	12.0	6.5	343	1.10	1 000	1 000	22.00	23
07_109	Chicken liver, grilled* (without salt or fat)	1.5	0.82	0.36	1.70	14.0	9.1	280	0.86	1 100	1 100	21.00	20
07_042	Chicken liver, stewed* (as part of a recipe)	1.7	0.88	0.41	2.00	15.0	10.0	302	0.99	940	940	26.00	23
07_030	Chicken, dark meat with skin, raw	1.1	0.79	0.06	0.15	8.3	5.2	185	0.25	7	7	0.29	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n		1		1	1		1	1	1	1		1	1
07_031	Chicken, dark meat with skin, boiled* (without salt), drained	0.8	0.57	0.04	0.18	8.2	4.1	243	0.20	5	5	0.19	0
07_032	Chicken, dark meat with skin, grilled* (without salt or fat)	1.0	0.81	0.05	0.17	9.3	5.3	237	0.19	5	5	0.24	0
07_103	Chicken, dark meat with skin, stewed* (as part of a recipe)	1.2	1.10	0.06	0.21	10.0	6.0	264	0.29	7	7	0.29	0
07_003	Chicken, dark meat without skin, raw	0.1	0.35	0.11	0.12	7.5	3.5	237	0.20	2	2	0.37	3
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max				0.02	0.05		3.4-3.7					0.30-0.43	
n		1		3	3		2	1	1	1		2	1
07_028	Chicken, dark meat without skin, boiled* (without salt), drained	0.1	0.26	0.08	0.15	8.0	2.8	312	0.16	1	1	0.24	4
07_029	Chicken, dark meat without skin, grilled* (without salt or fat)	0.1	0.36	0.09	0.14	8.7	3.6	304	0.15	1	1	0.30	3
07_102	Chicken, dark meat without skin, stewed* (as part of a recipe)	0.1	0.50	0.11	0.18	9.7	4.0	339	0.23	2	2	0.37	3
07_036	Chicken, light meat with skin, raw	0.8	0.30	0.09	0.17	14.0	9.3	272	0.64	0	0	0.70	0
Non-African data			oa										
SD or min-max													
n		1		1	1		1	1	1	1		1	1
07_037	Chicken, light meat with skin, boiled* (without salt), drained	0.6	0.22	0.07	0.22	13.0	7.4	358	0.51	0	0	0.46	0
07_038	Chicken, light meat with skin, grilled* (without salt or fat)	0.8	0.31	0.07	0.20	15.0	9.5	349	0.49	0	0	0.58	0
07_104	Chicken, light meat with skin, stewed* (as part of a recipe)	0.9	0.43	0.09	0.25	17.0	11.0	389	0.73	0	0	0.70	0
07_033	Chicken, light meat without skin, raw	0.2	0.21	0.13	0.08	10.0	5.7	279	0.61	1	1	0.23	1
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n		1		1	1		1	1	1	1		1	1



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE (mg)	FASAT (g)	FAMS (g)	FAPU (g)	F18D2CN6 (g)	F18D3CN3 (g)	PHYTCPP (mg)
Meat, poultry and their products/Viande, volaille et produits dérivés								
07_108	Chicken liver, boiled* (without salt), drained	507	1.85	1.29	1.36	0.37	0.06	0
07_109	Chicken liver, grilled* (without salt or fat)	413	1.50	1.05	1.11	0.30	0.05	0
07_042	Chicken liver, stewed* (as part of a recipe)	446	1.62	1.14	1.19	0.33	0.05	0
07_030	Chicken, dark meat with skin, raw	81	5.40	7.86	4.07	3.24	0.15	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
07_031	Chicken, dark meat with skin, boiled* (without salt), drained	107	5.90	8.58	4.44	3.54	0.16	0
07_032	Chicken, dark meat with skin, grilled* (without salt or fat)	104	5.85	8.50	4.40	3.51	0.16	0
07_103	Chicken, dark meat with skin, stewed* (as part of a recipe)	116	7.72	11.20	5.81	4.63	0.21	0
07_003	Chicken, dark meat without skin, raw	62	2.07	3.15	1.99	1.87	0.09	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
07_028	Chicken, dark meat without skin, boiled* (without salt), drained	82	2.12	3.23	2.04	1.92	0.09	0
07_029	Chicken, dark meat without skin, grilled* (without salt or fat)	79	2.11	3.22	2.03	1.91	0.09	0
07_102	Chicken, dark meat without skin, stewed* (as part of a recipe)	88	2.95	4.50	2.84	2.67	0.12	0
07_036	Chicken, light meat with skin, raw	65	2.90	4.67	1.31	1.15	0.09	0
Non-African data						oa	oa	
SD or min-max								
n		1						1
07_037	Chicken, light meat with skin, boiled* (without salt), drained	86	3.14	5.05	1.42	1.24	0.10	0
07_038	Chicken, light meat with skin, grilled* (without salt or fat)	83	3.11	5.01	1.40	1.23	0.10	0
07_104	Chicken, light meat with skin, stewed* (as part of a recipe)	93	4.15	6.67	1.87	1.64	0.13	0
07_033	Chicken, light meat without skin, raw	41	0.77	1.08	0.70	0.66	0.02	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Meat, poultry and their products/Viande, volaille et produits dérivés										
07_034	Chicken, light meat without skin, boiled* (without salt), drained	Poulet, blanc sans la peau, bouilli* (sans sel), égoutté	1.00	647(153)	66.9	30.3	3.6	0	0	1.4
07_035	Chicken, light meat without skin, grilled* (without salt or fat)	Poulet, blanc sans la peau, grillé* (sans sel ni graisse)	1.00	630(149)	67.8	29.5	3.5	0	0	1.4
07_105	Chicken, light meat without skin, stewed* (as part of a recipe)	Poulet, blanc sans la peau, mijoté* (ingrédient de recette)	1.00	702(166)	64.1	32.9	3.9	0	0	1.5
07_075	Cricket, dried, raw	Sauterelle, séchée, crue	1.00	1 820(435)	8.1	54.5	[21.2]	1.5	10.0	4.6
Non-African data										
SD or min-max					4.5-11.6			2.9-6.4		
n			1		2	1	1		1	2
07_074	Cricket, fresh, raw	Sauterelle, frais, crue	1.00	632(151)	67.9	19.0	[7.4]	0.4	3.5	1.8
Non-African data										
SD or min-max					5.8	4.7	4.5			
n			1		23	14	15		1	14
07_076	Cricket, bush (katydid), raw	Sauterelle (katydid), crue	1.00	786(189)	69.0	[13.6]	[14.3]	0.9	[1.4]	0.8
Non-African data										
SD or min-max					3.2	12.8-14.5	1.4	1.3-1.4		
n			1		4	2	8	2		
07_044	Crocodile meat, raw	Viande de crocodile, crue	1.00	508(121)	71.7	19.4	4.8	0	0	1.0
Non-African data										
SD or min-max										
n			1		1	1	1	1		
07_045	Crocodile meat, boiled* (without salt), drained	Viande de crocodile, bouillie* (sans sel), égouttée	1.00	876(209)	51.2	33.5	8.3	0	0	1.7
07_110	Crocodile meat, grilled* (without salt or fat)	Viande de crocodile, grillée* (sans sel ni graisse)	1.00	876(209)	51.2	33.5	8.3	0	0	1.7
07_111	Crocodile meat, stewed* (as part of a recipe)	Viande de crocodile, mijotée* (ingrédient de recette)	1.00	876(209)	51.2	33.5	8.3	0	0	1.7
07_136	Fried mopane worms with vegetables (Burkina Faso)*	Chenille du mopane frite avec légumes (Burkina Faso)*		727(175)	67.0	9.2	12.7	4.7	2.6	3.8
07_027	Game meat, dried, salted	Viande de gibier, séchée, salée	1.00	1 390(330)	23.4	66.7	7.0	0	0	3.4
Non-African data										
SD or min-max										
n			1		1	1	1	1		

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Meat, poultry and their products/Viande, volaille et produits dérivés													
07_034	Chicken, light meat without skin, boiled* (without salt), drained	16	1.2	26	206	163	23	0.97	0.04	6	6	6	0
07_035	Chicken, light meat without skin, grilled* (without salt or fat)	17	1.3	27	230	317	44	0.95	0.07	8	8	8	0
07_105	Chicken, light meat without skin, stewed* (as part of a recipe)	20	1.6	40	320	441	61	1.06	0.09	9	9	9	0
07_075	Cricket, dried, raw	244	26.1	154	790	1 120	326	13.80	4.48	2	2	2	
Non-African data													
SD or min-max								1.90-25.70	2.05-6.91				
n		1	1	1	1	1	1	2	2			1	
07_074	Cricket, fresh, raw	85	9.1	40	276	389	114	6.70	0.56	1	1	1	
Non-African data													
SD or min-max		59	10.5	13	108	138	50	2.66	0.27				
n		16	15	10	17	11	11	9	8			1	
07_076	Cricket, bush (katydid), raw	[8]	[4.7]	[11]	[41]	[100]	[93]	[4.69]	[0.17]	76	76	76	
Non-African data													
SD or min-max		7-9	3.7-5.6	10-11	35-47	75-125	66-121	3.57-5.81	0.14-0.20			66	
n		2	2	2	2	2	2	2	2			8	
07_044	Crocodile meat, raw	6	0.2	21	189	370	61	1.80		0	0	0	0
Non-African data													
SD or min-max													
n		1	1	1	1	1	1	1				1	
07_045	Crocodile meat, boiled* (without salt), drained	9	0.2	25	228	255	42	3.10		0	0	0	0
07_110	Crocodile meat, grilled* (without salt or fat)	10	0.2	27	260	510	83	3.10		0	0	0	0
07_111	Crocodile meat, stewed* (as part of a recipe)	10	0.3	36	325	638	104	3.10		0	0	0	0
07_136	Fried mopane worms with vegetables (Burkina Faso)*	39	4.5	36	97	313	949	2.06	0.12	[48]	[24]	[0]	[290]
07_027	Game meat, dried, salted	15	9.9	67	586	923	2 210	6.06	0.73	0	0	0	0
Non-African data													
SD or min-max										oa	oa	oa	oa
n		1	1	1	1	1	1	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Meat, poultry and their products/Viande, volaille et produits dérivés													
07_034	Chicken, light meat without skin, boiled* (without salt), drained	0.1	0.15	0.09	0.10	11.0	4.5	367	0.48	1	1	0.15	1
07_035	Chicken, light meat without skin, grilled* (without salt or fat)	0.2	0.21	0.10	0.09	12.0	5.8	358	0.47	1	1	0.19	1
07_105	Chicken, light meat without skin, stewed* (as part of a recipe)	0.2	0.30	0.13	0.11	13.0	6.5	399	0.70	1	1	0.23	1
07_075	Cricket, dried, raw		[2.90]	0.44	5.00	13.0	7.2	373	0.66	[370]	[370]	12.00	1
Non-African data													
SD or min-max													
n				1	1		1	1	1	1		1	1
07_074	Cricket, fresh, raw		[1.20]	0.22	2.00	5.3	3.2	130	0.23	[150]	[150]	5.40	0
Non-African data													
SD or min-max													
n			oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
n				0.13	0.84		3.1-3.2						
n				6	6		2	1	1	1		1	1
07_076	Cricket, bush (katydid), raw		[8.00]		0.55	[1.8]	1.8			170	170		
Non-African data													
SD or min-max													
n			oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
n					0.46					1			
n					8		1			1			
07_044	Crocodile meat, raw		0.03	0.07	0.05	9.7	4.7	303	0.51	0	0	5.00	0
Non-African data													
SD or min-max													
n		oa	oa						oa				
n			1	1	1		1	1	1	1		1	1
07_045	Crocodile meat, boiled* (without salt), drained		0.03	0.07	0.08	14.0	4.9	522	0.53	0	0	4.30	0
07_110	Crocodile meat, grilled* (without salt or fat)		0.04	0.07	0.08	15.0	6.5	522	0.53	0	0	5.60	0
07_111	Crocodile meat, stewed* (as part of a recipe)		0.05	0.08	0.09	15.0	6.5	522	0.70	0	0	6.00	0
07_136	Fried mopane worms with vegetables (Burkina Faso)*	[0.0]	[2.90]	0.08	0.70	6.1	1.8	257	[0.06]	[5]	[5]	[0.00]	8
07_027	Game meat, dried, salted	0	0.58	0.64	1.40	33.0	19.0	854	1.10	12	12	3.70	0
Non-African data													
SD or min-max													
n			oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
n		1	1	1	1		1	1	1	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Meat, poultry and their products/Viande, volaille et produits dérivés								
07_034	Chicken, light meat without skin, boiled* (without salt), drained	53	1.02	1.42	0.92	0.87	0.03	0
07_035	Chicken, light meat without skin, grilled* (without salt or fat)	52	0.99	1.38	0.90	0.85	0.03	0
07_105	Chicken, light meat without skin, stewed* (as part of a recipe)	58	1.10	1.54	1.00	0.94	0.03	0
07_075	Cricket, dried, raw	559	6.48	4.32	7.90	5.78	2.05	
Non-African data								
SD or min-max								
n								
		1						
07_074	Cricket, fresh, raw	195	2.30	1.53	2.80	2.05	0.73	
Non-African data								
SD or min-max								
n								
		1						
07_076	Cricket, bush (katydid), raw		5.04	3.46	4.46	3.97	0.49	
Non-African data								
SD or min-max								
n								
		oa						
07_044	Crocodile meat, raw	70	1.39	1.84	1.13	0.57	0.03	0
Non-African data								
SD or min-max								
n								
		1						1
07_045	Crocodile meat, boiled* (without salt), drained	121	2.40	3.18	1.95	0.99	0.04	0
07_110	Crocodile meat, grilled* (without salt or fat)	121	2.40	3.18	1.95	0.99	0.04	0
07_111	Crocodile meat, stewed* (as part of a recipe)	121	2.40	3.18	1.95	0.99	0.04	0
07_136	Fried mopane worms with vegetables (Burkina Faso)*	[0]	[1.55]	[3.33]	[5.19]	[5.14]	[0.05]	[1]
07_027	Game meat, dried, salted	316	2.92	2.05	1.44	0.59	0.35	0
Non-African data								
SD or min-max								
n								
		1						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Meat, poultry and their products/Viande, volaille et produits dérivés										
07_069	Goat meat, lean, raw	Viande de chèvre, maigre, crue	1.00	484(115)	74.6	19.2	4.3	0	0	1.0
Non-African data										
SD or min-max										
n			1		1	3	1		1	1
07_113	Goat meat, lean, boiled* (without salt), drained	Viande de chèvre, maigre, bouillie* (sans sel), égouttée	0.66	723(172)	62.0	28.6	6.4	0	0	1.6
07_114	Goat meat, lean, grilled* (without salt or fat)	Viande de chèvre, maigre, grillée* (sans sel ni graisse)	0.66	702(167)	63.1	27.8	6.2	0	0	1.5
07_115	Goat meat, lean, stewed* (as part of a recipe)	Viande de chèvre, maigre, mijotée* (ingrédient de recette)	0.62	850(202)	55.4	33.6	7.5	0	0	1.8
07_046	Goat meat, moderately fat, ca. 10% fat, raw	Viande de chèvre, teneur modérée en matière grasse (env. 10%), crue	1.00	669(160)	68.1	17.6	10.0	0	0	1.1
Non-African data										
SD or min-max										
n			1		68.0-68.2	1.1	1.4			1.0-1.1
07_047	Goat meat, moderately fat, ca. 10% fat, boiled* (without salt), drained	Viande de chèvre, teneur modérée en matière grasse (env. 10%), bouillie* (sans sel), égouttée	0.66	871(208)	55.9	26.3	11.4	0	0	1.6
07_048	Goat meat, moderately fat, ca. 10% fat, grilled* (without salt or fat)	Viande de chèvre, teneur modérée en matière grasse (env. 10%), grillée* (sans sel ni graisse)	0.66	854(204)	56.9	25.6	11.3	0	0	1.5
07_112	Goat meat, moderately fat, ca. 10% fat, stewed* (as part of a recipe)	Viande de chèvre, teneur modérée en matière grasse (env. 10%), mijotée* (ingrédient de recette)	0.62	1 170(281)	44.1	31.0	17.5	0	0	1.9
07_070	Guinea fowl meat, raw	Viande de pintade, crue	1.00	449(106)	74.8	21.5	[2.2]	0	0	1.1
Non-African data										
SD or min-max										
n			1		1	1	1		1	1
07_116	Guinea fowl meat, boiled* (without salt), drained	Viande de pintade, bouillie* (sans sel), égouttée	1.00	590(140)	66.8	28.3	[2.9]	0	0	1.4
07_117	Guinea fowl meat, grilled* (without salt or fat)	Viande de pintade, grillée* (sans sel ni graisse)	1.00	575(136)	67.6	27.6	[2.9]	0	0	1.1
07_118	Guinea fowl meat, stewed* (as part of a recipe)	Viande de pintade, mijotée* (ingrédient de recette)	1.00	641(152)	63.9	30.7	[3.2]	0	0	1.5
07_135	Kédjénou (Burkina Faso)*: chicken stew with vegetables	Kédjénou (Burkina Faso)*: poulet mijoté avec légumes		201(48)	88.7	4.9	2.2	2.0	0.6	1.7
07_051	Lamb brain, raw	Cerveau d'agneau, crue	0.98	493(118)	78.4	13.1	[7.3]	0.1	0	1.2
Non-African data										
SD or min-max										
n			1		1	1	1		1	1

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FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Meat, poultry and their products/Viande, volaille et produits dérivés													
07_069	Goat meat, lean, raw	45	5.5	29	276	243	156	3.66	0.26	7	7	7	0
Non-African data													
SD or min-max		52	2.0										
n		3	3	1	1	1	1	1	1			1	
07_113	Goat meat, lean, boiled* (without salt), drained	53	8.1	28	330	199	139	5.46	0.37	9	9	9	0
07_114	Goat meat, lean, grilled* (without salt or fat)	65	7.5	36	340	299	192	5.30	0.34	8	8	8	0
07_115	Goat meat, lean, stewed* (as part of a recipe)	78	9.6	51	485	426	273	6.41	0.46	10	10	10	0
07_046	Goat meat, moderately fat, ca. 10% fat, raw	27	2.2	24	194	291	101	3.39	0.16	9	9	9	0
Non-African data													
SD or min-max		33	0.3	22-27	150-237	198-385	82-121	0.56		oa	oa		oa
n		4	3	2	2	2	2	3	1			2	
07_047	Goat meat, moderately fat, ca. 10% fat, boiled* (without salt), drained	32	3.3	24	231	239	91	5.05	0.23	11	11	11	0
07_048	Goat meat, moderately fat, ca. 10% fat, grilled* (without salt or fat)	39	3.1	30	239	359	125	4.91	0.21	10	10	10	0
07_112	Goat meat, moderately fat, ca. 10% fat, stewed* (as part of a recipe)	48	3.9	43	340	511	178	5.94	0.28	13	13	13	0
07_070	Guinea fowl meat, raw	24	1.2	24	118	128	17	1.38	0.05	12	12	12	0
Non-African data													
SD or min-max									oa	oa	oa	oa	oa
n		1	1	1	1	1	1	1	1			1	
07_116	Guinea fowl meat, boiled* (without salt), drained	27	1.2	22	109	72	9	1.82	0.03	9	9	9	0
07_117	Guinea fowl meat, grilled* (without salt or fat)	28	1.1	25	121	131	22	1.77	0.06	12	12	12	0
07_118	Guinea fowl meat, stewed* (as part of a recipe)	35	1.7	34	169	182	25	1.97	0.07	14	14	14	0
07_135	Kédjénou (Burkina Faso)*: chicken stew with vegetables	12	0.4	12	62	124	490	0.24	0.04	16	10	4	73
07_051	Lamb brain, raw	10	1.9	14	271	312	122	1.11	0.28	2	2	2	0
Non-African data													
SD or min-max										oa	oa	oa	oa
n		1	1	1	1	1	1	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Meat, poultry and their products/Viande, volaille et produits dérivés													
07_069	Goat meat, lean, raw	0.4	0.11	0.14	0.27	6.6	4.4	134	0.40	2	2	3.10	0
Non-African data		oa	oa			oa		oa	oa	oa	oa	oa	oa
SD or min-max				0.06	0.05								
n		1		3	3		1	1	1	1		1	1
07_113	Goat meat, lean, boiled* (without salt), drained	0.5	0.13	0.08	0.22	6.6	3.3	200	0.24	2	2	2.80	1
07_114	Goat meat, lean, grilled* (without salt or fat)	0.5	0.12	0.12	0.35	8.3	5.1	194	0.38	2	2	3.60	1
07_115	Goat meat, lean, stewed* (as part of a recipe)	0.6	0.19	0.17	0.48	10.0	6.1	235	0.53	2	2	3.80	1
07_046	Goat meat, moderately fat, ca. 10% fat, raw	0.5	0.22	0.18	0.26	8.4	4.7	225	0.29	3	3	1.70	0
Non-African data		oa	oa						oa				
SD or min-max				0.02	0.09		3.7-5.6	222-228		1-5		1.10-2.30	0-1
n		1		4	4		2	2	1	2		2	2
07_047	Goat meat, moderately fat, ca. 10% fat, boiled* (without salt), drained	0.6	0.26	0.11	0.21	9.1	3.5	336	0.17	3	3	1.60	1
07_048	Goat meat, moderately fat, ca. 10% fat, grilled* (without salt or fat)	0.6	0.26	0.15	0.33	11.0	5.4	326	0.27	3	3	2.00	0
07_112	Goat meat, moderately fat, ca. 10% fat, stewed* (as part of a recipe)	0.8	0.39	0.22	0.45	13.0	6.5	395	0.38	4	4	2.10	1
07_070	Guinea fowl meat, raw	1.0	1.30	0.13	0.21	11.0	6.6	241	0.47	6	6	0.37	[2]
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
07_116	Guinea fowl meat, boiled* (without salt), drained	0.7	0.94	0.09	0.25	10.0	5.2	317	0.37	4	4	0.24	[2]
07_117	Guinea fowl meat, grilled* (without salt or fat)	1.0	1.30	0.10	0.24	12.0	6.8	309	0.36	5	5	0.31	[2]
07_118	Guinea fowl meat, stewed* (as part of a recipe)	1.2	1.90	0.13	0.29	13.0	7.5	344	0.54	5	5	0.37	[2]
07_135	Kédjénou (Burkina Faso)*: chicken stew with vegetables	0.1	[0.12]	0.03	0.05	2.8	1.8	64	0.14	[4]	[4]	0.11	6
07_051	Lamb brain, raw	1.1	0.09	0.12	0.21	5.5	2.7	168	0.33	[2]	[2]	11.00	10
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



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Meat, poultry and their products/Viande, volaille et produits dérivés								
07_069	Goat meat, lean, raw	93	2.01	1.62	0.29	0.14	0.04	0
Non-African data						oa	oa	
SD or min-max								
n		1						1
07_113	Goat meat, lean, boiled* (without salt), drained	138	2.99	2.42	0.43	0.20	0.06	0
07_114	Goat meat, lean, grilled* (without salt or fat)	134	2.91	2.35	0.42	0.20	0.06	0
07_115	Goat meat, lean, stewed* (as part of a recipe)	162	3.52	2.85	0.51	0.24	0.07	0
07_046	Goat meat, moderately fat, ca. 10% fat, raw	93	4.91	3.63	0.60	0.25	0.10	0
Non-African data								
SD or min-max								
n		1						1
07_047	Goat meat, moderately fat, ca. 10% fat, boiled* (without salt), drained	138	5.64	4.16	0.69	0.29	0.11	0
07_048	Goat meat, moderately fat, ca. 10% fat, grilled* (without salt or fat)	134	5.57	4.11	0.68	0.29	0.11	0
07_112	Goat meat, moderately fat, ca. 10% fat, stewed* (as part of a recipe)	163	8.62	6.36	1.05	0.44	0.17	0
07_070	Guinea fowl meat, raw	84	0.71	0.61	0.79	0.65	0.02	0
Non-African data						oa	oa	
SD or min-max								
n		1						1
07_116	Guinea fowl meat, boiled* (without salt), drained	110	0.94	0.81	1.04	0.85	0.03	0
07_117	Guinea fowl meat, grilled* (without salt or fat)	107	0.91	0.79	1.01	0.83	0.03	0
07_118	Guinea fowl meat, stewed* (as part of a recipe)	119	1.02	0.88	1.13	0.92	0.03	0
07_135	Kédjénou (Burkina Faso)*: chicken stew with vegetables	14	0.67	1.05	0.31	0.28	0.02	2
07_051	Lamb brain, raw	1 340	2.04	1.18	0.87	0.04	0.09	0
Non-African data						oa	oa	
SD or min-max								
n		1						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Meat, poultry and their products/Viande, volaille et produits dérivés										
07_129	Lamb brain, boiled* (without salt), drained	Cervelle d'agneau, bouillie* (sans sel), égouttée	0.98	552(132)	74.7	16.3	[7.4]	0.1	0	1.5
07_130	Lamb brain, grilled* (without salt or fat)	Cervelle d'agneau, grillée* (sans sel ni graisse)	0.98	552(132)	74.7	16.3	[7.4]	0.1	0	1.5
07_052	Lamb brain, stewed* (as part of a recipe)	Cervelle d'agneau, mijotée* (ingrédient de recette)	0.98	617(148)	73.0	16.3	[9.1]	0.1	0	1.5
07_053	Lamb liver, raw	Foie d'agneau, cru	1.00	694(165)	65.6	19.5	6.6	7.0	0	1.4
Non-African data								oa	oa	
SD or min-max					61.2-69.9	0.8	4.3-8.9			
n			1		2	3	2		1	1
07_054	Lamb liver, boiled* (without salt), drained	Foie d'agneau, bouilli* (sans sel), égoutté	1.00	918(218)	51.4	29.5	6.4	10.6	0	2.1
07_131	Lamb liver, grilled* (without salt or fat)	Foie d'agneau, grillé* (sans sel ni graisse)	1.00	796(189)	59.1	24.0	6.5	8.6	0	1.7
07_132	Lamb liver, stewed* (as part of a recipe)	Foie d'agneau, mijoté* (ingrédient de recette)	1.00	926(220)	54.1	26.0	8.8	9.3	0	1.9
07_072	Lamb/mutton meat, lean, ca. 10% fat, raw	Viande d'agneau/mouton, maigre, environ 10% de matière grasse, crue	1.00	584(139)	72.7	19.3	6.9	0	0	2.0
Non-African data					oa	oa	oa	oa		oa
SD or min-max					2.2	1.3	3.0			0.9
n			1		12	12	12		1	12
07_126	Lamb/mutton meat, lean, ca. 10% fat, boiled* (without salt), drained	Viande d'agneau/mouton, maigre, environ 10% de matière grasse, bouillie* (sans sel), égouttée	0.75	744(177)	62.7	28.7	6.9	0	0	3.0
07_127	Lamb/mutton meat, lean, ca. 10% fat, grilled* (without salt or fat)	Viande d'agneau/mouton, maigre, environ 10% de matière grasse, grillée* (sans sel ni graisse)	0.76	730(174)	63.6	27.9	6.9	0	0	3.0
07_128	Lamb/mutton meat, lean, ca. 10% fat, stewed* (as part of a recipe)	Viande d'agneau/mouton, maigre, environ 10% de matière grasse, mijotée* (ingrédient de recette)	0.74	927(221)	56.7	30.6	11.0	0	0	3.2
07_004	Lamb/mutton meat, moderately fat, ca. 20% fat, raw	Viande d'agneau/mouton, teneur modérée en matière grasse (env. 20%), crue	1.00	1 060(255)	60.5	16.3	[21.1]	0	0	1.0
Non-African data					60.0-61.0	1.1	0.2			
SD or min-max					2	3	3		1	1
n			1							
07_049	Lamb/mutton meat, moderately fat, ca. 20% fat, boiled* (without salt), drained	Viande d'agneau/mouton, teneur modérée en matière grasse (env. 20%), bouillie* (sans sel), égouttée	0.75	1 340(324)	47.4	24.3	[25.1]	0	0	1.5
07_050	Lamb/mutton meat, moderately fat, ca. 20% fat, grilled* (without salt or fat)	Viande d'agneau/mouton, teneur modérée en matière grasse (env. 20%), grillée* (sans sel ni graisse)	0.76	1 320(318)	48.6	23.6	[24.8]	0	0	1.5
07_125	Lamb/mutton meat, moderately fat, ca. 20% fat, stewed* (as part of a recipe)	Viande d'agneau/mouton, teneur modérée en matière grasse (env. 20%), mijotée* (ingrédient de recette)	0.74	1 680(405)	37.3	25.9	[33.5]	0	0	1.6

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Meat, poultry and their products/Viande, volaille et produits dérivés													
07_129	Lamb brain, boiled* (without salt), drained	10	2.3	14	237	234	92	1.18	0.28	2	2	2	0
07_130	Lamb brain, grilled* (without salt or fat)	13	2.3	15	271	293	130	1.18	0.28	2	2	2	0
07_052	Lamb brain, stewed* (as part of a recipe)	13	2.4	18	339	390	153	1.39	0.35	2	2	2	0
07_053	Lamb liver, raw	7	10.1	24	304	322	65	3.52	14.10	14 100	14 100	14 100	[46]
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max		2	5.1	21-27	259-349	310-334	63-67	3.02-4.02	13.70-14.40				
n		3	3	2	2	2	2	2	2			1	
07_054	Lamb liver, boiled* (without salt), drained	9	14.6	29	322	293	59	4.53	17.00	17 100	17 100	17 100	[56]
07_131	Lamb liver, grilled* (without salt or fat)	9	11.9	25	300	298	68	3.69	13.90	15 700	15 700	15 700	[51]
07_132	Lamb liver, stewed* (as part of a recipe)	10	13.5	32	405	429	87	4.69	18.70	16 900	16 900	16 900	[55]
07_072	Lamb/mutton meat, lean, ca. 10% fat, raw	7	1.0	21	189	283	83	2.25	0.09	7	7	7	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max			0.2	4		52	14	0.61					
n		1	6	12	1	12	12	6	1			1	
07_126	Lamb/mutton meat, lean, ca. 10% fat, boiled* (without salt), drained	9	1.4	21	226	233	75	3.36	0.12	8	8	8	0
07_127	Lamb/mutton meat, lean, ca. 10% fat, grilled* (without salt or fat)	11	1.3	26	233	349	102	3.26	0.11	7	7	7	0
07_128	Lamb/mutton meat, lean, ca. 10% fat, stewed* (as part of a recipe)	12	1.5	34	300	450	132	3.57	0.14	9	9	9	0
07_004	Lamb/mutton meat, moderately fat, ca. 20% fat, raw	10	2.1	21	149	250	61	2.30	0.09	17	17	17	0
Non-African data		oa			oa				oa	oa	oa	oa	oa
SD or min-max		0	0.2		148-150								
n		3	3	1	2	1	1	1	1			1	
07_049	Lamb/mutton meat, moderately fat, ca. 20% fat, boiled* (without salt), drained	12	3.2	20	178	205	55	3.43	0.13	20	20	20	0
07_050	Lamb/mutton meat, moderately fat, ca. 20% fat, grilled* (without salt or fat)	15	2.9	25	184	308	75	3.33	0.12	19	19	19	0
07_125	Lamb/mutton meat, moderately fat, ca. 20% fat, stewed* (as part of a recipe)	16	3.4	33	237	397	97	3.65	0.15	22	22	22	0

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Meat, poultry and their products/Viande, volaille et produits dérivés													
07_129	Lamb brain, boiled* (without salt), drained	1.2	0.10	0.11	0.23	5.2	1.7	210	0.33	[2]	[2]	9.20	9
07_130	Lamb brain, grilled* (without salt or fat)	1.3	0.11	0.13	0.25	6.3	2.8	210	0.33	[2]	[2]	11.00	9
07_052	Lamb brain, stewed* (as part of a recipe)	1.3	0.11	0.14	0.26	6.5	3.0	210	0.35	[2]	[2]	12.00	10
07_053	Lamb liver, raw	0.3	0.81	0.30	2.50	20.0	16.0	232	0.26	[210]	[210]	90.00	20
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n		1		1	1		1	1	1	1		1	1
07_054	Lamb liver, boiled* (without salt), drained	0.4	1.10	0.32	3.30	18.0	12.0	351	0.32	[200]	[200]	89.00	21
07_131	Lamb liver, grilled* (without salt or fat)	0.4	1.00	0.31	2.90	21.0	16.0	286	0.26	[220]	[220]	83.00	19
07_132	Lamb liver, stewed* (as part of a recipe)	0.4	1.10	0.36	3.30	24.0	19.0	309	0.29	[190]	[190]	100.00	21
07_072	Lamb/mutton meat, lean, ca. 10% fat, raw	1.3	0.10	0.07	0.06	8.9	4.1	292	0.20	[2]	[2]	3.00	0
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max				0.04	0.03		2.4		0.04			1.10	
n		1		12	12		12	1	6	1		12	1
07_126	Lamb/mutton meat, lean, ca. 10% fat, boiled* (without salt), drained	1.6	0.12	0.04	0.05	10.0	3.0	436	0.12	[2]	[2]	2.60	0
07_127	Lamb/mutton meat, lean, ca. 10% fat, grilled* (without salt or fat)	1.5	0.12	0.06	0.08	12.0	4.7	424	0.19	[2]	[2]	3.40	0
07_128	Lamb/mutton meat, lean, ca. 10% fat, stewed* (as part of a recipe)	1.7	0.16	0.08	0.10	13.0	5.2	464	0.24	[2]	[2]	3.30	0
07_004	Lamb/mutton meat, moderately fat, ca. 20% fat, raw	0.1	0.46	0.13	0.19	6.9	4.2	166	0.40	12	12	2.90	0
Non-African data		oa	oa			oa		oa		oa	oa		oa
SD or min-max				0.12-0.15	0.17-0.20								
n		1		2	2		1	1	1	1		1	1
07_049	Lamb/mutton meat, moderately fat, ca. 20% fat, boiled* (without salt), drained	0.1	0.55	0.08	0.15	7.2	3.1	247	0.24	10	10	2.60	0
07_050	Lamb/mutton meat, moderately fat, ca. 20% fat, grilled* (without salt or fat)	0.1	0.53	0.12	0.24	8.8	4.8	240	0.38	12	12	3.40	0
07_125	Lamb/mutton meat, moderately fat, ca. 20% fat, stewed* (as part of a recipe)	0.1	0.73	0.15	0.29	9.7	5.3	263	0.48	13	13	3.20	0

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Meat, poultry and their products/Viande, volaille et produits dérivés								
07_129	Lamb brain, boiled* (without salt), drained	1 670	2.06	1.19	0.88	0.04	0.09	0
07_130	Lamb brain, grilled* (without salt or fat)	1 670	2.06	1.19	0.88	0.04	0.09	0
07_052	Lamb brain, stewed* (as part of a recipe)	1 670	2.55	1.48	1.08	0.05	0.11	0
07_053	Lamb liver, raw	584	2.48	1.05	1.38	0.47	0.10	0
Non-African data		oa	oa	oa	oa			
SD or min-max								
n		1						1
07_054	Lamb liver, boiled* (without salt), drained	885	2.40	1.02	1.34	0.46	0.10	0
07_131	Lamb liver, grilled* (without salt or fat)	721	2.44	1.03	1.36	0.46	0.10	0
07_132	Lamb liver, stewed* (as part of a recipe)	779	3.30	1.40	1.84	0.63	0.14	0
07_072	Lamb/mutton meat, lean, ca. 10% fat, raw	55	3.22	2.86	0.27	0.19	0.02	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max		9						
n		12						1
07_126	Lamb/mutton meat, lean, ca. 10% fat, boiled* (without salt), drained	83	3.21	2.84	0.27	0.19	0.02	0
07_127	Lamb/mutton meat, lean, ca. 10% fat, grilled* (without salt or fat)	80	3.21	2.84	0.27	0.19	0.02	0
07_128	Lamb/mutton meat, lean, ca. 10% fat, stewed* (as part of a recipe)	88	5.12	4.53	0.43	0.31	0.03	0
07_004	Lamb/mutton meat, moderately fat, ca. 20% fat, raw	64	10.10	8.77	1.27	0.62	0.38	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
07_049	Lamb/mutton meat, moderately fat, ca. 20% fat, boiled* (without salt), drained	95	12.00	10.40	1.51	0.74	0.45	0
07_050	Lamb/mutton meat, moderately fat, ca. 20% fat, grilled* (without salt or fat)	92	11.90	10.30	1.49	0.73	0.44	0
07_125	Lamb/mutton meat, moderately fat, ca. 20% fat, stewed* (as part of a recipe)	101	16.00	13.90	2.01	0.99	0.60	0

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Meat, poultry and their products/Viande, volaille et produits dérivés										
07_079	Larvae, fresh, raw	Larves, fraîches, crues	1.00	790(190)	65.2	15.2	[12.6]	2.8	[2.4]	1.9
Non-African data					oa	oa	oa	oa	oa	oa
SD or min-max					8.0	4.6	7.1		2.1-2.8	1.3
n					1	38	31	34	2	36
07_056	Mopane worm, canned	Chenille du mopane, en conserve	1.00	406(97)	77.3	14.1	3.6	0.7	2.6	1.7
Non-African data										
SD or min-max										
n					1	1	1	1	1	1
07_067	Ostrich meat, raw	Viande d'autruche, crue	1.00	445(105)	73.3	21.0	2.4	0	0	1.2
Non-African data										
SD or min-max						1.5	0.9	1.4		
n					1	8	8	8	1	1
07_099	Ostrich meat, boiled* (without salt), drained	Viande d'autruche, bouillie* (sans sel), égouttée	1.00	585(139)	64.9	27.6	3.1	0	0	1.6
07_100	Ostrich meat, grilled* (without salt or fat)	Viande d'autruche, grillée* (sans sel ni graisse)	1.00	570(135)	65.8	26.9	3.0	0	0	1.3
07_101	Ostrich meat, stewed* (as part of a recipe)	Viande d'autruche, mijotée* (ingrédient de recette)	1.00	635(150)	61.8	30.0	3.4	0	0	1.7
07_005	Pork meat, fatty, ca. 40% fat, raw	Viande de porc, grasse, environ 40% de matière grasse, crue	1.00	1 620(392)	48.0	12.5	38.0	0	0	1.0
Non-African data						oa	oa	oa		oa
SD or min-max						46.0-50.0	12.0-13.0	36.0-40.0		1.0-1.0
n					1	2	2	2	1	2
07_059	Pork meat, fatty, ca. 40% fat, boiled* (without salt), drained	Viande de porc, grasse, environ 40% de matière grasse, bouillie* (sans sel), égouttée	1.00	2 230(540)	27.0	19.2	51.5	0	0	1.5
07_060	Pork meat, fatty, ca. 40% fat, grilled* (without salt or fat)	Viande de porc, grasse, environ 40% de matière grasse, grillée* (sans sel ni graisse)	1.00	2 110(510)	31.3	17.9	48.7	0	0	1.4
07_123	Pork meat, fatty, ca. 40% fat, stewed* (as part of a recipe)	Viande de porc, grasse, environ 40% de matière grasse, mijotée* (ingrédient de recette)	1.00	2 490(603)	20.0	19.2	58.5	0	0	1.5
07_071	Pork meat, lean, ca. 10% fat, raw	Viande de porc, maigre, environ 10% de matière grasse, crue	1.00	634(152)	71.7	18.6	[8.6]	0	0	1.0
Non-African data										
SD or min-max						70.0-73.3	18.0-19.1	7.5-9.7		1.0-1.0
n					1	2	2	2	1	2
07_119	Pork meat, lean, ca. 10% fat, boiled* (without salt), drained	Viande de porc, maigre, environ 10% de matière grasse, bouillie* (sans sel), égouttée	1.00	835(199)	60.2	28.5	[9.5]	0	0	1.6

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Meat, poultry and their products/Viande, volaille et produits dérivés													
07_079	Larvae, fresh, raw	110	3.5	91	248	439	69	3.72	0.53				0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max		166	3.9	83	124	523	172	2.40	0.28				
n		25	19	21	24	19	19	20	17				
07_056	Mopane worm, canned	39	7.0	36	123	232	234	3.18	0.21				
Non-African data													
SD or min-max													
n		1	1	1	1	1	1	1	1				
07_067	Ostrich meat, raw	8	2.3	22	213	269	84	2.01	0.10	0	0	0	0
Non-African data										oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
07_099	Ostrich meat, boiled* (without salt), drained	9	2.4	20	196	152	44	2.64	0.07	0	0	0	0
07_100	Ostrich meat, grilled* (without salt or fat)	9	2.2	23	218	276	108	2.58	0.12	0	0	0	0
07_101	Ostrich meat, stewed* (as part of a recipe)	11	3.3	31	304	384	120	2.87	0.14	0	0	0	0
07_005	Pork meat, fatty, ca. 40% fat, raw	11	1.9	13	153	253	42	1.59	0.06	2	2	2	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max		10-11	1.8-2.0		130-175								
n		2	2	1	2	1	1	1	1			1	
07_059	Pork meat, fatty, ca. 40% fat, boiled* (without salt), drained	13	2.9	12	141	195	29	1.96	0.08	2	2	2	0
07_060	Pork meat, fatty, ca. 40% fat, grilled* (without salt or fat)	11	2.2	18	196	307	54	2.27	0.07	2	2	2	0
07_123	Pork meat, fatty, ca. 40% fat, stewed* (as part of a recipe)	16	2.9	20	235	389	65	2.45	0.08	2	2	2	0
07_071	Pork meat, lean, ca. 10% fat, raw	31	0.1	21	167	316	83	0.23	0.22	2	2	2	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	
07_119	Pork meat, lean, ca. 10% fat, boiled* (without salt), drained	39	0.2	20	154	243	58	0.28	0.32	2	2	2	0

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Meat, poultry and their products/Viande, volaille et produits dérivés													
07_079	Larvae, fresh, raw		[9.80]	0.21	0.88	5.7	3.1	159		[110]	[110]	0.34	2
Non-African data		oa	oa	oa	oa	oa	oa	oa		oa	oa		
SD or min-max				0.18	0.51		1.5	52		46		0.18	1
n				5	5		4	9		3		3	3
07_056	Mopane worm, canned			0.13	1.10	9.8	2.7	425					0
Non-African data													
SD or min-max													
n				1	1		1	1				1	1
07_067	Ostrich meat, raw		[0.20]	0.32	0.58	9.1	4.6	273	0.50	8	8	4.90	0
Non-African data			oa										
SD or min-max													
n				1	1		1	1	1	1		1	1
07_099	Ostrich meat, boiled* (without salt), drained		[0.14]	0.21	0.71	9.6	3.6	360	0.39	5	5	3.20	0
07_100	Ostrich meat, grilled* (without salt or fat)		[0.21]	0.25	0.67	11.0	4.7	350	0.38	6	6	4.10	0
07_101	Ostrich meat, stewed* (as part of a recipe)		[0.29]	0.32	0.83	12.0	5.2	390	0.57	7	7	4.90	0
07_005	Pork meat, fatty, ca. 40% fat, raw	1.7	0.61	0.60	0.14	5.8	3.1	160	0.38	4	4	0.61	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	
SD or min-max													
n		1		1	1		1	1	1	1		1	1
07_059	Pork meat, fatty, ca. 40% fat, boiled* (without salt), drained	2.0	0.70	0.28	0.15	6.5	2.4	246	0.26	4	4	0.56	0
07_060	Pork meat, fatty, ca. 40% fat, grilled* (without salt or fat)	1.9	0.74	0.60	0.17	7.4	3.5	229	0.35	5	5	0.78	0
07_123	Pork meat, fatty, ca. 40% fat, stewed* (as part of a recipe)	2.1	0.93	0.65	0.22	7.9	3.8	246	0.35	5	5	0.75	0
07_071	Pork meat, lean, ca. 10% fat, raw	0.5	0.08	0.41	0.02	9.4	5.2	254	0.36	[8]	[8]	0.30	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
07_119	Pork meat, lean, ca. 10% fat, boiled* (without salt), drained	0.6	0.10	0.19	0.02	10.0	4.0	391	0.25	[9]	[9]	0.28	0



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCP(mg)
Meat, poultry and their products/Viande, volaille et produits dérivés								
07_079	Larvae, fresh, raw	103						
Non-African data		oa	oa	oa	oa			
SD or min-max		65						
n		3						
07_056	Mopane worm, canned							
Non-African data								
SD or min-max								
n								
07_067	Ostrich meat, raw	45	0.57	0.96	0.72	0.38	0.04	0
Non-African data						oa	oa	
SD or min-max		4						
n		8						1
07_099	Ostrich meat, boiled* (without salt), drained	60	0.75	1.26	0.94	0.50	0.05	0
07_100	Ostrich meat, grilled* (without salt or fat)	58	0.73	1.23	0.92	0.49	0.05	0
07_101	Ostrich meat, stewed* (as part of a recipe)	65	0.82	1.37	1.02	0.54	0.06	0
07_005	Pork meat, fatty, ca. 40% fat, raw	80	14.00	17.90	4.28	3.70	0.34	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
07_059	Pork meat, fatty, ca. 40% fat, boiled* (without salt), drained	123	19.00	24.30	5.79	5.00	0.46	0
07_060	Pork meat, fatty, ca. 40% fat, grilled* (without salt or fat)	115	18.00	23.00	5.48	4.74	0.44	0
07_123	Pork meat, fatty, ca. 40% fat, stewed* (as part of a recipe)	123	21.50	27.60	6.58	5.68	0.53	0
07_071	Pork meat, lean, ca. 10% fat, raw	49	3.07	3.18	1.57	1.24	0.27	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
07_119	Pork meat, lean, ca. 10% fat, boiled* (without salt), drained	75	3.38	3.50	1.73	1.37	0.29	0

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Meat, poultry and their products/Viande, volaille et produits dérivés										
07_120	Pork meat, lean, ca. 10% fat, grilled* (without salt or fat)	Viande de porc, maigre, environ 10% de matière grasse, grillée* (sans sel ni graisse)	1.00	794(190)	62.5	26.5	[9.3]	0	0	1.4
07_121	Pork meat, lean, ca. 10% fat, stewed* (as part of a recipe)	Viande de porc, maigre, environ 10% de matière grasse, mijotée* (ingrédient de recette)	1.00	845(202)	62.2	24.7	[11.5]	0	0	1.4
07_006	Pork meat, moderately fat, ca. 20% fat, raw	Viande de porc, teneur modérée en matière grasse (env. 20%), crue	1.00	1 150(277)	59.1	16.3	[23.5]	0	0	1.2
Non-African data										
SD or min-max					56.0-62.2	14.5-18.0	23.5-23.5			
n					1	2	2	2	1	1
07_057	Pork meat, moderately fat, ca. 20% fat, boiled* (without salt), drained	Viande de porc, teneur modérée en matière grasse (env. 20%), bouillie* (sans sel), égouttée	1.00	1 500(362)	44.1	25.0	[29.2]	0	0	1.9
07_058	Pork meat, moderately fat, ca. 20% fat, grilled* (without salt or fat)	Viande de porc, teneur modérée en matière grasse (env. 20%), grillée* (sans sel ni graisse)	1.00	1 430(345)	47.1	23.2	[28.0]	0	0	1.7
07_122	Pork meat, moderately fat, ca. 20% fat, stewed* (as part of a recipe)	Viande de porc, teneur modérée en matière grasse (env. 20%), mijotée* (ingrédient de recette)	1.00	1 760(425)	37.1	25.0	[36.2]	0	0	1.9
07_007	Rabbit meat, raw	Viande de lapin, crue	0.76	595(142)	70.7	21.3	[6.3]	0	0	1.3
Non-African data										
SD or min-max					0.4					0.1
n					1	3	1	1	1	3
07_124	Rabbit meat, boiled* (without salt), drained	Viande de lapin, bouillie* (sans sel), égouttée	0.69	745(177)	60.7	30.9	[6.0]	0	0	1.8
07_062	Rabbit meat, grilled* (without salt or fat)	Viande de lapin, grillée* (sans sel ni graisse)	0.69	745(177)	60.7	30.9	[6.0]	0	0	1.8
07_061	Rabbit meat, stewed* (as part of a recipe)	Viande de lapin, mijotée* (ingrédient de recette)	0.69	862(205)	57.5	30.9	[9.1]	0	0	1.8
07_063	Sausage, wiener (beef, pork, chicken) canned	Saucisse viennoise (bœuf, porc, poulet) en conserve	1.00	968(234)	64.8	12.4	[19.9]	1.2	0	1.8
Non-African data					oa	oa	oa	oa	oa	oa
SD or min-max					64.6-64.9	10.9-13.9	19.6-20.2			
n					1	2	2	2	1	2
07_083	Snail, raw	Escargot, cru	0.65	371(88)	79.2	14.6	[1.7]	3.6	0	1.1
Non-African data										
SD or min-max					78.0-80.3	11.4-17.7	1.7-3.5			
n					1	2	2	2	1	2

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Meat, poultry and their products/Viande, volaille et produits dérivés													
07_120	Pork meat, lean, ca. 10% fat, grilled* (without salt or fat)	34	0.1	29	215	384	107	0.33	0.30	2	2	2	0
07_121	Pork meat, lean, ca. 10% fat, stewed* (as part of a recipe)	42	0.1	28	223	422	111	0.31	0.29	2	2	2	0
07_006	Pork meat, moderately fat, ca. 20% fat, raw	10	2.0	15	157	234	55	2.08	0.23	5	5	5	0
Non-African data				oa						oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
07_057	Pork meat, moderately fat, ca. 20% fat, boiled* (without salt), drained	12	3.1	14	145	180	38	2.56	0.34	6	6	6	0
07_058	Pork meat, moderately fat, ca. 20% fat, grilled* (without salt or fat)	11	2.3	20	202	284	71	2.97	0.31	5	5	5	0
07_122	Pork meat, moderately fat, ca. 20% fat, stewed* (as part of a recipe)	15	3.1	23	242	360	85	3.20	0.35	6	6	6	0
07_007	Rabbit meat, raw	31	1.8	29	243	375	52	1.62	0.30	6	6	6	0
Non-African data				oa						oa	oa	oa	oa
SD or min-max													
n		3	3	3	3	3	3	3	3			3	
07_124	Rabbit meat, boiled* (without salt), drained	39	2.1	29	246	217	30	2.35	0.22	5	5	5	0
07_062	Rabbit meat, grilled* (without salt or fat)	43	2.3	31	281	434	60	2.35	0.41	7	7	7	0
07_061	Rabbit meat, stewed* (as part of a recipe)	46	2.6	42	352	543	75	2.35	0.44	7	7	7	0
07_063	Sausage, wiener (beef, pork, chicken) canned	10	0.9	7	49	101	879	1.60	0.03	10	8	7	[17]
Non-African data				oa		oa		oa		oa	oa	oa	oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
07_083	Snail, raw	196	3.4	59	102	35	138	1.17	2.80	30	30	30	0
Non-African data						oa		oa		oa	oa	oa	oa
SD or min-max													
n		2	2	1	2	1	1	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Meat, poultry and their products/Viande, volaille et produits dérivés													
07_120	Pork meat, lean, ca. 10% fat, grilled* (without salt or fat)	0.6	0.10	0.41	0.02	12.0	5.9	363	0.33	[10]	[10]	0.39	0
07_121	Pork meat, lean, ca. 10% fat, stewed* (as part of a recipe)	0.5	0.11	0.38	0.03	11.0	5.5	339	0.29	[9]	[9]	0.32	0
07_006	Pork meat, moderately fat, ca. 20% fat, raw	1.7	0.37	0.61	0.10	7.8	4.0	230	0.41	[7]	[7]	0.40	0
Non-African data			oa			oa		oa		oa	oa	oa	
SD or min-max													
n		1		1	1		1	1	1	1		1	1
07_057	Pork meat, moderately fat, ca. 20% fat, boiled* (without salt), drained	2.0	0.43	0.28	0.11	9.0	3.1	354	0.28	[8]	[8]	0.37	0
07_058	Pork meat, moderately fat, ca. 20% fat, grilled* (without salt or fat)	1.9	0.45	0.61	0.12	10.0	4.6	329	0.38	[9]	[9]	0.51	0
07_122	Pork meat, moderately fat, ca. 20% fat, stewed* (as part of a recipe)	2.1	0.58	0.66	0.15	11.0	4.9	354	0.38	[9]	[9]	0.49	0
07_007	Rabbit meat, raw	0.6	0.92	0.03	0.11	11.0	5.6	329	0.27	[2]	[2]	5.30	0
Non-African data		oa	oa			oa	oa	oa		oa	oa		oa
SD or min-max		0.1		0.01	0.03		1.7	4					
n		3		3	3		3	3	1	1		1	1
07_124	Rabbit meat, boiled* (without salt), drained	0.5	0.74	0.02	0.15	13.0	4.9	477	0.23	[1]	[1]	3.80	0
07_062	Rabbit meat, grilled* (without salt or fat)	0.6	1.10	0.02	0.14	14.0	6.5	477	0.23	[2]	[2]	5.00	0
07_061	Rabbit meat, stewed* (as part of a recipe)	0.7	1.30	0.03	0.15	14.0	6.5	477	0.31	[2]	[2]	5.40	0
07_063	Sausage, wiener (beef, pork, chicken) canned	0.6	[0.22]	0.09	0.11	3.8	1.6	129	0.12	4	4	1.00	0
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n		1		1	1		1	1	1	1		1	1
07_083	Snail, raw	0	5.00	0.02	0.01	[1.7]	1.7		0.03	9	9	0.92	15
Non-African data		oa	oa	oa	oa	oa	oa		oa	oa	oa	oa	oa
SD or min-max													
n		1	1	1	1		1		1	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCP(mg)
Meat, poultry and their products/Viande, volaille et produits dérivés								
07_120	Pork meat, lean, ca. 10% fat, grilled* (without salt or fat)	70	3.32	3.43	1.70	1.34	0.29	0
07_121	Pork meat, lean, ca. 10% fat, stewed* (as part of a recipe)	65	4.10	4.24	2.10	1.66	0.36	0
07_006	Pork meat, moderately fat, ca. 20% fat, raw	55	9.00	10.60	2.78	2.40	0.22	0
Non-African data		oa	oa	oa	oa			
SD or min-max								
n		1						1
07_057	Pork meat, moderately fat, ca. 20% fat, boiled* (without salt), drained	85	11.20	13.20	3.45	2.98	0.28	0
07_058	Pork meat, moderately fat, ca. 20% fat, grilled* (without salt or fat)	79	10.70	12.60	3.32	2.86	0.27	0
07_122	Pork meat, moderately fat, ca. 20% fat, stewed* (as part of a recipe)	85	13.90	16.30	4.28	3.70	0.34	0
07_007	Rabbit meat, raw	80	2.47	1.88	1.40	0.96	0.30	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max		3						
n		3						1
07_124	Rabbit meat, boiled* (without salt), drained	115	2.34	1.78	1.33	0.91	0.29	0
07_062	Rabbit meat, grilled* (without salt or fat)	115	2.34	1.78	1.33	0.91	0.29	0
07_061	Rabbit meat, stewed* (as part of a recipe)	115	3.58	2.72	2.03	1.39	0.44	0
07_063	Sausage, wiener (beef, pork, chicken) canned	87	7.49	10.10	1.36	1.19	0.12	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
07_083	Snail, raw		0.39	0.27	0.53	0.25	0.03	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n								1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
<b>Meat, poultry and their products/Viande, volaille et produits dérivés</b>										
07_084	Snail, cooked	Escargot, cuit	0.60	586(138)	63.9	25.2	[0.5]	8.3	0	2.2
Non-African data								oa	oa	
SD or min-max										0.3
n									1	3
07_066	Springbok meat, raw	Viande de springbok, crue	1.00	468(111)	73.7	23.1	2.0	0	0	1.2
Non-African data										
SD or min-max										0.1
n									1	5
07_096	Springbok meat, boiled* (without salt), drained	Viande de springbok, bouillie* (sans sel), égouttée	1.00	780(185)	56.2	38.5	3.4	0	0	1.9
07_097	Springbok meat, grilled* (without salt or fat)	Viande de springbok, grillée* (sans sel ni graisse)	1.00	650(154)	63.5	32.1	2.8	0	0	1.6
07_098	Springbok meat, stewed* (as part of a recipe)	Viande de springbok, mijotée* (ingrédient de recette)	1.00	659(156)	63.0	32.6	2.9	0	0	1.6
07_082	Termite, dried, raw	Termite, séchée, crue	1.00	2 150(518)	9.7	34.1	[37.7]	8.7	[3.8]	6.1
Non-African data								oa	oa	
SD or min-max										3.8
n									1	9
07_081	Termite, fresh, raw	Termite, fraîche, crue	1.00	639(153)	70.9	11.9	[9.7]	3.2	[2.7]	1.5
Non-African data										
SD or min-max										0.6
n									1	9
<b>Eggs and their products/Œufs et produits dérivés</b>										
08_005	Egg, chicken, local breed, raw	Œuf, poule, race locale, cru	0.87	614(148)	74.6	12.7	[10.4]	0.8	0	1.5
Non-African data										
SD or min-max										
n									1	1
08_010	Egg, chicken, local breed, boiled* (without salt)	Œuf, poule, race locale, bouilli* (sans sel)	0.87	614.3(147.6)	74.6	12.7	[10.4]	0.8	0	1.5
08_001	Egg, chicken, raw	Œuf, poule, cru	0.87	626(150)	74.5	13.5	[10.6]	0.2	0	1.1
Non-African data										
SD or min-max										0.4
n									1	6

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
<b>Meat, poultry and their products/Viande, volaille et produits dérivés</b>													
07_084	Snail, cooked	105	2.9	102	177	25	55	2.86	1.49	47	47	47	0
Non-African data										oa	oa	oa	oa
SD or min-max		124	1.9	20		9	24	0.93					
n		4	3	3	1	3	3	4	1			1	
07_066	Springbok meat, raw	3	3.2	27	188	353	51	1.28	0.18	0	0	0	0
Non-African data													
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
07_096	Springbok meat, boiled* (without salt), drained	4	5.3	29	251	324	51	2.13	0.29	0	0	0	0
07_097	Springbok meat, grilled* (without salt or fat)	4	4.2	32	222	417	60	1.78	0.23	0	0	0	0
07_098	Springbok meat, stewed* (as part of a recipe)	4	4.5	38	265	497	72	1.80	0.25	0	0	0	0
07_082	Termite, dried, raw	166	[28.6]	68	427	205	73	9.72	2.83	72	66	61	[65]
Non-African data													
SD or min-max		94	28.5	62	277	175	33	6.41					
n		5	5	4	4	5	4	3	1			1	
07_081	Termite, fresh, raw	72	[16.3]	44	205	153	50	4.74	0.91	31	28	26	[28]
Non-African data													
SD or min-max		29	8.8	13	237	18	25	1.52	0.36			26-27	
n		6	6	6	6	5	5	6	6			2	
<b>Eggs and their products/Œufs et produits dérivés</b>													
08_005	Egg, chicken, local breed, raw	72	2.1	11	263	156	165	1.60	0.06	89	88	86	19
Non-African data													
SD or min-max				oa					oa	oa	oa		oa
n		1	1	1	1	1	1	1	1			1	
08_010	Egg, chicken, local breed, boiled* (without salt)	69	2.0	10	250	148	157	1.52	0.06	85	83	82	18
08_001	Egg, chicken, raw	57	2.2	14	233	150	165	1.51	0.12	123	122	121	14
Non-African data													
SD or min-max		18	0.3		42	21	11	0.35		oa	oa	56	
n		5	5	1	5	3	3	3	1			3	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
<b>Meat, poultry and their products/Viande, volaille et produits dérivés</b>													
07_084	Snail, cooked	0	8.60	0.03	0.02	[2.3]	2.3		0.04	12	12	1.40	21
Non-African data		oa	oa	oa	oa	oa	oa		oa	oa	oa	oa	oa
SD or min-max													
n		1	1	1	1		1		1	1		1	1
07_066	Springbok meat, raw		0.67	0.32	0.58	10.0	5.4	289	0.34	4	4	1.90	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n			1	1	1		1	1	1	1		1	1
07_096	Springbok meat, boiled* (without salt), drained		0.89	0.21	0.53	12.0	4.5	481	0.23	4	4	1.90	0
07_097	Springbok meat, grilled* (without salt or fat)		0.74	0.27	0.73	13.0	6.0	401	0.31	4	4	2.10	0
07_098	Springbok meat, stewed* (as part of a recipe)		0.94	0.32	0.82	13.0	6.1	406	0.36	4	4	1.80	0
07_082	Termite, dried, raw	6.7	[3.60]	0.06	3.20	17.0	5.8	702	0.27	95	95		1
Non-African data		oa	oa	oa	oa	oa	oa		oa	oa	oa	oa	oa
SD or min-max				0.03-0.09	2.40			692-712		90-100			
n		1		2	3		1	2	1	2			1
07_081	Termite, fresh, raw	2.2	[2.30]	0.02	4.20	5.0	2.8	132	0.09	190	190		0
Non-African data													
SD or min-max								102-162					
n		1		1	1		1	2	1	1			1
<b>Eggs and their products/Œufs et produits dérivés</b>													
08_005	Egg, chicken, local breed, raw	4.5	2.10	0.14	0.05	3.2	0.1	187	0.12	47	47	1.20	0
Non-African data		oa	oa	oa		oa	oa	oa		oa	oa		
SD or min-max													
n		1		1	1		1	1	1	1		1	1
08_010	Egg, chicken, local breed, boiled* (without salt)	4.3	2.10	0.11	0.04	3.2	0.1	187	0.10	38	38	1.00	0
08_001	Egg, chicken, raw	2.0	1.50	0.12	0.51	3.6	0.3	196	0.13	83	83	1.40	0
Non-African data		oa	oa										
SD or min-max					0.50-0.51				0.12-0.13			0.26	
n		1		1	2		1	1	2	1		3	1



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE (mg)	FASAT (g)	FAMS (g)	FAPU (g)	F18D2CN6 (g)	F18D3CN3 (g)	PHYTCPP (mg)
<b>Meat, poultry and their products/Viande, volaille et produits dérivés</b>								
07_084	Snail, cooked		0.08	0.06	0.19	0.06	0.01	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n								1
07_066	Springbok meat, raw	92	0.83	0.54	0.49	0.20	0.12	0
Non-African data		oa				oa	oa	
SD or min-max								
n		1						1
07_096	Springbok meat, boiled* (without salt), drained	153	1.38	0.89	0.82	0.34	0.20	0
07_097	Springbok meat, grilled* (without salt or fat)	127	1.15	0.75	0.68	0.28	0.17	0
07_098	Springbok meat, stewed* (as part of a recipe)	129	1.17	0.76	0.69	0.28	0.17	0
07_082	Termite, dried, raw	175	17.40	2.72	0.32			
Non-African data								
SD or min-max								
n		1						
07_081	Termite, fresh, raw	56	4.27	1.67	0.08			
Non-African data		oa						
SD or min-max		51-62						
n		2						
<b>Eggs and their products/Œufs et produits dérivés</b>								
08_005	Egg, chicken, local breed, raw	284	3.03	4.05	1.6	1.2	0.02	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
08_010	Egg, chicken, local breed, boiled* (without salt)	284	3.03	4.05	1.55	1.24	0.02	0
08_001	Egg, chicken, raw	607	2.89	3.68	2.24	1.79	0.03	0
Non-African data								
SD or min-max		418-796						
n		2						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Eggs and their products/Œufs et produits dérivés										
08_002	Egg, chicken, boiled* (without salt)	Œuf, poule, bouilli* (sans sel)	0.87	625.1(150.2)	74.5	13.5	[10.6]	0.2	0	1.1
08_003	Egg, chicken, fried in oil	Œuf, poule, frit dans l'huile	1.00	817(197)	68.5	13.6	14.9	2.0	0	1.0
Non-African data					oa	oa	oa	oa		oa
SD or min-max										
n			1		1	1	1		1	1
08_009	Egg, duck, raw	Œuf, canne, cru	0.88	742(179)	70.8	11.8	[13.6]	2.4	0	1.5
Non-African data					oa					
SD or min-max										
n			1		69.9-71.8	9.6-14.0	12.7-14.4			1.1-1.8
08_014	Egg, duck, boiled* (without salt)	Œuf, canne, bouilli* (sans sel)	0.88	744.6(179.2)	70.8	11.8	[13.6]	2.4	0	1.5
08_008	Egg, guinea fowl, raw	Œuf, pintade, cru	0.93	766(184)	69.1	12.9	[13.8]	2.2	0	2.1
Non-African data										
SD or min-max										
n			1		7.0	7.5				1.9
08_013	Egg, guinea fowl, boiled* (without salt)	Œuf, pintade, bouilli* (sans sel)	0.93	767.3(184.6)	69.1	12.9	[13.8]	2.2	0	2.1
08_006	Egg, quail, raw	Œuf, caille, cru	0.92	751(180)	68.9	15.6	[11.9]	2.7	0	0.9
Non-African data					oa					
SD or min-max										
n			1		67.1-70.7					0.9-1.0
08_011	Egg, quail, boiled* (without salt)	Œuf, caille, bouilli* (sans sel)	0.92	751.4(180.3)	68.9	15.6	[11.9]	2.7	0	0.9
08_007	Egg, turkey, raw	Œuf, dinde, cru	0.88	764(184)	68.8	11.5	[13.0]	5.1	0	1.6
Non-African data					oa					
SD or min-max										
n			1		1	1	1		1	1
08_012	Egg, turkey, boiled* (without salt)	Œuf, dinde, bouilli* (sans sel)	0.88	763.2(183.4)	68.8	11.5	[13.0]	5.1	0	1.6
08_004	Omelette, from chicken egg	Omelette, d'œufs de poule	1.00	622(150)	76.1	10.6	11.7	0.6	0	1.0
Non-African data					oa	oa	oa	oa		oa
SD or min-max										
n			1		1	1	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Eggs and their products/Œufs et produits dérivés													
08_002	Egg, chicken, boiled* (without salt)	54	2.1	13	221	143	157	1.43	0.11	117	116	115	13
08_003	Egg, chicken, fried in oil	51	2.1	13	194	151	162	1.22	0.08	144	142	140	24
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
08_009	Egg, duck, raw	52	2.5	12	247	228	113	1.49	0.11	188	184	181	41
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
08_014	Egg, duck, boiled* (without salt)	50	2.3	11	235	217	107	1.42	0.10	178	175	172	39
08_008	Egg, guinea fowl, raw	103	[7.2]	11	386	378	250	2.80	0.09	237	236	235	15
Non-African data				oa					oa	oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
08_013	Egg, guinea fowl, boiled* (without salt)	98	[6.8]	10	367	359	238	2.66	0.09	225	224	223	14
08_006	Egg, quail, raw	81	[5.3]	11	319	173	179	2.20	0.09	43	42	40	15
Non-African data				oa					oa	oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
08_011	Egg, quail, boiled* (without salt)	76	[5.0]	10	303	164	170	2.09	0.09	41	40	38	14
08_007	Egg, turkey, raw	99	[6.3]	13	265	197	203	2.60	0.06	81	80	79	14
Non-African data		oa		oa					oa	oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
08_012	Egg, turkey, boiled* (without salt)	94	[6]	12	251	187	193	2.47	0.06	77	76	75	14
08_004	Omelette, from chicken egg	48	1.5	11	167	117	155	1.09	0.06	174	172	169	32
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Eggs and their products/Œufs et produits dérivés													
08_002	Egg, chicken, boiled* (without salt)	1.9	1.50	0.09	0.40	3.5	0.2	196	0.10	66	66	1.10	0
08_003	Egg, chicken, fried in oil	2.2	2.10	0.06	0.44	2.9	0.1	172	0.12	89	89	1.30	0
Non-African data		oa	oa	oa	oa	oa	oa	oa		oa	oa	oa	oa
SD or min-max													
n		1		1	1		1	1	1	1		1	1
08_009	Egg, duck, raw	2.7	2.50	0.18	0.07	3.5	0.1	201	0.15	80	80	5.40	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	
SD or min-max													
n		1		1	1		1	1	1	1		1	1
08_014	Egg, duck, boiled* (without salt)	2.5	2.50	0.14	0.06	3.5	0.1	201	0.12	64	64	4.30	0
08_008	Egg, guinea fowl, raw	5.7	1.00	0.15	0.05	3.6	0.1	209	0.04	66	66	8.20	0
Non-African data		oa	oa	oa		oa	oa	oa		oa	oa		
SD or min-max													
n		1		1	1		1	1	1	1		1	1
08_013	Egg, guinea fowl, boiled* (without salt)	5.4	1.00	0.12	0.04	3.6	0.1	209	0.03	53	53	6.60	0
08_006	Egg, quail, raw	5.7	1.00	0.15	0.07	4.3	0.1	250	0.13	66	66	2.00	0
Non-African data		oa	oa	oa		oa	oa	oa		oa	oa		
SD or min-max													
n		1		1	1		1	1	1	1		1	1
08_011	Egg, quail, boiled* (without salt)	5.4	1.00	0.12	0.06	4.3	0.1	250	0.10	53	53	1.60	0
08_007	Egg, turkey, raw	[0.8]	1.50	0.11	0.05	3.1	tr	184	0.14	71	71	2.20	0
Non-African data		oa	oa	oa		oa	oa	oa		oa	oa		
SD or min-max													
n		1		1	1		1	1	1	1		1	1
08_012	Egg, turkey, boiled* (without salt)	[0.8]	1.50	0.09	0.04	3.1	tr	184	0.11	57	57	1.80	0
08_004	Omelette, from chicken egg	1.7	1.60	0.09	0.39	2.4	0.1	140	0.14	39	39	0.80	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n		1		1	1		1	1	1	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Eggs and their products/Œufs et produits dérivés								
08_002	Egg, chicken, boiled* (without salt)	607	2.89	3.68	2.24	1.79	0.03	0
08_003	Egg, chicken, fried in oil	527	3.00	6.71	2.65	2.18	0.29	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
08_009	Egg, duck, raw	747	3.41	6.14	1.70	1.47	0.05	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
08_014	Egg, duck, boiled* (without salt)	747	3.41	6.14	1.70	1.47	0.05	0
08_008	Egg, guinea fowl, raw	833	3.40	5.13	2.92	2.57	0.05	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
08_013	Egg, guinea fowl, boiled* (without salt)	833	3.40	5.13	2.92	2.57	0.05	0
08_006	Egg, quail, raw	844	2.93	4.43	2.52	2.22	0.05	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
08_011	Egg, quail, boiled* (without salt)	844	2.93	4.43	2.52	2.22	0.05	0
08_007	Egg, turkey, raw	1 020	3.97	5.00	1.81	1.45	0.03	0
Non-African data		oa	oa	oa	oa			
SD or min-max								
n		1						1
08_012	Egg, turkey, boiled* (without salt)	1 020	3.97	5.00	1.81	1.45	0.03	0
08_004	Omelette, from chicken egg	313	2.95	4.31	2.41	1.93	0.03	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Fish and its products/Poisson et produits dérivés										
09_007	African carp. fillet. raw	Carpe d'Afrique. filet. cru	0.60	380(90)	77.3	18.2	1.9	0	0	1.3
Non-African data			oa		oa	oa	oa	oa		oa
SD or min-max			0.52-0.69		3.4	2.9	1.2			0.3
n			2		5	5	7		1	6
09_061	African carp. fillet. boiled* (as part of a recipe)	Carpe d'Afrique. filet. bouilli* (ingrédient de recette)	0.56	459.1(108.7)	72.6	22.0	2.3	0	0	1.5
09_009	African carp. fillet. grilled* (without salt or fat)	Carpe d'Afrique. filet. grillé* (sans sel ni graisse)	0.51	548.7(129.9)	67.1	26.4	2.7	0	0	1.9
09_008	African carp. fillet. steamed* (without salt)	Carpe d'Afrique. filet. cuit à la vapeur* (sans sel)	0.56	459.1(108.7)	72.6	22.0	2.3	0	0	1.5
09_012	Anchovy. canned in oil. drained	Anchois à l'huile. en conserve. égoutté	1.00	851(203)	50.3	28.9	9.7	0	0	11.1
Non-African data					oa	oa	oa	oa		oa
SD or min-max										
n			1		1	1	1		1	1
09_001	Anchovy. fillet. raw	Anchois. filet. cru	0.62	485(116)	73.3	18.9	4.4	0	0	1.4
Non-African data			oa		oa	oa	oa	oa		oa
SD or min-max					4.0	2.4	2.3			0.2
n			1		10	6	5		1	4
09_062	Anchovy. fillet. boiled* (as part of a recipe)	Anchois. filet. bouilli* (ingrédient de recette)	0.58	583.7(138.9)	67.8	22.8	5.3	0	0	1.6
09_011	Anchovy. fillet. grilled* (without salt or fat)	Anchois. filet. grillé* (sans sel ni graisse)	0.53	702.6(167.2)	61.2	27.4	6.4	0	0	2.0
09_010	Anchovy. fillet. steamed* (without salt)	Anchois. filet. cuit à la vapeur* (sans sel)	0.58	583.7(138.9)	67.8	22.8	5.3	0	0	1.6
09_048	Atlantic cod (Northeast Atlantic). fillet. raw	Morue de l'Atlantique Nord-Est. filet. cru	0.34	339(80)	80.7	18.6	0.6	0	0	1.2
Non-African data			oa		oa	oa	oa	oa		oa
SD or min-max										
n			1		1	1	1		1	1
09_068	Atlantic cod (Northeast Atlantic). fillet. boiled* (as part of a recipe)	Morue de l'Atlantique Nord-Est. filet. bouilli* (ingrédient de recette)	0.30	415.5(98)	76.5	22.7	0.8	0	0	1.5
09_067	Atlantic cod (Northeast Atlantic). fillet. grilled* (without salt or fat)	Morue de l'Atlantique Nord-Est. filet. grillé* (sans sel ni graisse)	0.28	451.2(106.4)	74.3	24.8	0.8	0	0	1.6
09_066	Atlantic cod (Northeast Atlantic). fillet. steamed* (without salt)	Morue de l'Atlantique Nord-Est. filet. cuit à la vapeur* (sans sel)	0.30	415.5(98)	76.5	22.7	0.8	0	0	1.5
09_049	Atlantic horse mackerel. wild. fillet without skin. raw	Chinchard atlantique. sauvage. filet sans peau. cru	0.54	516(123)	72.9	18.6	5.4	0	0	1.6
Non-African data			oa		oa	oa	oa	oa		oa
SD or min-max										
n			1		1	1	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Fish and its products/Poisson et produits dérivés													
09_007	African carp, fillet, raw	34	0.9	29	185	317	51	1.03	0.05	4	4	4	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	
SD or min-max		20	0.2	3	36	303-330	14	0.25	0.05-0.05				
n		3	3	3	3	2	3	3	2			1	
09_061	African carp, fillet, boiled* (as part of a recipe)	41	1.1	35	222	381	62	1.24	0.06	4	4	4	0
09_009	African carp, fillet, grilled* (without salt or fat)	50	1.1	38	241	390	63	1.50	0.07	5	5	5	0
09_008	African carp, fillet, steamed* (without salt)	41	0.9	30	189	286	52	1.24	0.05	4	4	4	0
09_012	Anchovy, canned in oil, drained	232	4.6	69	252	180	3 668	2.44	0.34	12	12	12	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
09_001	Anchovy, fillet, raw	89	1.6	47	218	327	158	1.47	0.16	14	14	14	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	
SD or min-max		55	1.4	41-53	38	270-383	104-212	0.62	0.10			12-15	
n		3	3	2	3	2	2	4	3			2	
09_062	Anchovy, fillet, boiled* (as part of a recipe)	107	2.0	57	262	393	190	1.77	0.19	15	15	15	0
09_011	Anchovy, fillet, grilled* (without salt or fat)	128	2.0	61	284	402	195	2.13	0.22	18	18	18	0
09_010	Anchovy, fillet, steamed* (without salt)	107	1.6	48	223	295	162	1.77	0.17	15	15	15	0
09_048	Atlantic cod (Northeast Atlantic), fillet, raw	10	0.2	24	199	374	80	0.37	0.02	1	1	1	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
09_068	Atlantic cod (Northeast Atlantic), fillet, boiled* (as part of a recipe)	12	0.2	30	242	456	98	0.45	0.02	1	1	1	0
09_067	Atlantic cod (Northeast Atlantic), fillet, grilled* (without salt or fat)	14	0.2	29	239	423	91	0.50	0.03	1	1	1	0
09_066	Atlantic cod (Northeast Atlantic), fillet, steamed* (without salt)	12	0.2	25	206	342	83	0.45	0.02	1	1	1	0
09_049	Atlantic horse mackerel, wild, fillet without skin, raw	40	1.1	29	220	379	65	0.41	0.10	4	4	4	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Fish and its products/Poisson et produits dérivés													
09_007	African carp, fillet, raw	0.8	2.40	tr	0.04	5.7	2.3	205	0.24	[13]	[13]	2.70	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	
SD or min-max													
n		1		1	1		1	1	1	1		1	1
09_061	African carp, fillet, boiled* (as part of a recipe)	0.9	2.90	tr	0.05	6.8	2.7	247	0.25	[13]	[13]	3.00	0
09_009	African carp, fillet, grilled* (without salt or fat)	1.1	3.50	tr	0.05	8.0	3.0	297	0.31	[15]	[15]	3.60	0
09_008	African carp, fillet, steamed* (without salt)	0.9	2.90	tr	0.03	6.1	2.0	247	0.20	[11]	[11]	2.60	0
09_012	Anchovy, canned in oil, drained	1.7	3.40	0.05	0.36	19.0	14.0	324	0.20	13	13	0.88	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	
SD or min-max				0.02-0.08			7.9-20.0						
n		1		2	1		2	1	1	1		1	1
09_001	Anchovy, fillet, raw	2.8	0.73	0.05	0.15	11.0	7.5	195	0.10	9	9	0.62	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	
SD or min-max				0.02	0.04-0.26		0.9-14.0	161-228	0.06-0.14				
n		1		3	2		2	2	2	1		1	1
09_062	Anchovy, fillet, boiled* (as part of a recipe)	3.0	0.88	0.05	0.18	12.0	8.5	234	0.10	9	9	0.67	0
09_011	Anchovy, fillet, grilled* (without salt or fat)	3.6	1.10	0.07	0.19	14.0	9.7	282	0.13	10	10	0.81	0
09_010	Anchovy, fillet, steamed* (without salt)	3.0	0.88	0.05	0.12	10.0	6.3	234	0.09	8	8	0.60	0
09_048	Atlantic cod (Northeast Atlantic), fillet, raw	1.3	0.66	0.05	0.05	5.5	2.7	169	0.19	12	12	1.10	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	
SD or min-max													
n		1		1	1		1	1	1	1		1	1
09_068	Atlantic cod (Northeast Atlantic), fillet, boiled* (as part of a recipe)	1.4	0.80	0.05	0.07	6.5	3.1	206	0.20	12	12	1.20	0
09_067	Atlantic cod (Northeast Atlantic), fillet, grilled* (without salt or fat)	1.5	0.88	0.06	0.07	7.0	3.2	225	0.23	12	12	1.40	0
09_066	Atlantic cod (Northeast Atlantic), fillet, steamed* (without salt)	1.4	0.80	0.04	0.05	5.7	2.3	206	0.16	10	10	1.10	0
09_049	Atlantic horse mackerel, wild, fillet without skin, raw	[27.0]	0.52	0.08	0.15	7.8	4.3	211	0.34	2	2	6.80	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	
SD or min-max													
n		1		1	1		1	1	1	1		1	1



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCP(mg)
Fish and its products/Poisson et produits dérivés								
09_007	African carp, fillet, raw	48	0.51	0.65	0.46	[0.20]	0.03	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
09_061	African carp, fillet, boiled* (as part of a recipe)	57	0.62	0.79	0.55	[0.24]	0.03	0
09_009	African carp, fillet, grilled* (without salt or fat)	69	0.74	0.95	0.66	[0.28]	0.04	0
09_008	African carp, fillet, steamed* (without salt)	57	0.62	0.79	0.55	[0.24]	0.03	0
09_012	Anchovy, canned in oil, drained	85	2.30	3.94	2.68	1.73	0.20	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
09_001	Anchovy, fillet, raw	60	1.36	0.76	1.88	0.05	0.00	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
09_062	Anchovy, fillet, boiled* (as part of a recipe)	72	1.64	0.92	2.27	0.06	0.00	0
09_011	Anchovy, fillet, grilled* (without salt or fat)	87	1.97	1.10	2.72	0.07	0.00	0
09_010	Anchovy, fillet, steamed* (without salt)	72	1.64	0.92	2.27	0.06	0.00	0
09_048	Atlantic cod (Northeast Atlantic), fillet, raw	53	0.10	0.07	0.26	0.07	0.00	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
09_068	Atlantic cod (Northeast Atlantic), fillet, boiled* (as part of a recipe)	65	0.13	0.09	0.32	0.09	0.00	0
09_067	Atlantic cod (Northeast Atlantic), fillet, grilled* (without salt or fat)	71	0.14	0.10	0.34	0.09	0.00	0
09_066	Atlantic cod (Northeast Atlantic), fillet, steamed* (without salt)	65	0.13	0.09	0.32	0.09	0.00	0
09_049	Atlantic horse mackerel, wild, fillet without skin, raw	43	1.67	1.47	1.76	0.07	0.00	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)	
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)	
Fish and its products/Poisson et produits dérivés											
09_072	Atlantic horse mackerel. wild. fillet without skin. boiled* (as part of a recipe)	Chinchard atlantique. sauvage. filet sans peau. bouilli* (ingrédient de recette)	0.45	737.1(175.7)	61.3	26.6	7.7	0	0	2.2	
09_071	Atlantic horse mackerel. wild. fillet without skin. grilled* (without salt or fat)	Chinchard atlantique. sauvage. filet sans peau. grillé* (sans sel ni graisse)	0.48	581.1(138.2)	67.8	23.3	5.0	0	0	2.0	
09_070	Atlantic horse mackerel. wild. fillet without skin. steamed* (without salt)	Chinchard atlantique. sauvage. filet sans peau. cuit à la vapeur* (sans sel)	0.45	626.1(148.7)	64.3	26.6	4.7	0	0	2.2	
09_002	Barracuda. fillet. raw	Barracuda. filet. cru	0.64	354(84)	78.7	19.0	0.9	0	0	1.3	
Non-African data										oa	
SD or min-max					77.8-79.5	18.3-19.7	0.6-1.1				0.2
n			1		2	2	2		1	3	
09_063	Barracuda. fillet. boiled* (as part of a recipe)	Barracuda. filet. bouilli* (ingrédient de recette)	0.60	426.3(100.6)	74.3	22.9	1.0	0	0	1.5	
09_014	Barracuda. fillet. grilled* (without salt or fat)	Barracuda. filet. grillé* (sans sel ni graisse)	0.55	511.9(120.8)	69.1	27.5	1.2	0	0	1.8	
09_013	Barracuda. fillet. steamed* (without salt)	Barracuda. filet. cuit à la vapeur* (sans sel)	0.60	426.3(100.6)	74.3	22.9	1.0	0	0	1.5	
09_015	Bayad. fillet. raw	Bayad. filet. cru	0.60	335(79)	79.8	17.1	1.2	0	0	1.2	
Non-African data										oa	
SD or min-max					79.6-80.1	16.6-17.6	0.8-1.6				
n			1		2	2	2		1	1	
09_064	Bayad. fillet. boiled* (as part of a recipe)	Bayad. filet. bouilli* (ingrédient de recette)	0.55	402(95)	75.7	20.6	1.4	0	0	1.4	
09_017	Bayad. fillet. grilled* (without salt or fat)	Bayad. filet. grillé* (sans sel ni graisse)	0.51	484.5(114.5)	70.8	24.8	1.7	0	0	1.7	
09_016	Bayad. fillet. steamed* (without salt)	Bayad. filet. cuit à la vapeur* (sans sel)	0.55	402(95)	75.7	20.6	1.4	0	0	1.4	
09_021	Carp. fillet. raw	Carpe. filet. cru	0.54	493(117)	76.4	17.6	[5.2]	0	0	2.1	
Non-African data										oa	
SD or min-max					2.4	1.3	4.0-6.5				1.4
n			1		3	3	2		1	3	
09_065	Carp. fillet. boiled* (as part of a recipe)	Carpe. filet. bouilli* (ingrédient de recette)	0.49	593.5(141.5)	71.6	21.2	[6.3]	0	0	2.6	
09_023	Carp. fillet. grilled* (without salt or fat)	Carpe. filet. grillé* (sans sel ni graisse)	0.45	596.3(141.6)	69.0	25.5	[4.4]	0	0	3.1	
09_022	Carp. fillet. steamed* (without salt)	Carpe. filet. cuit à la vapeur* (sans sel)	0.49	541.7(128.9)	73.0	21.2	[4.9]	0	0	2.6	
09_018	Catfish. fillet. raw	Poisson-chat. filet. cru	0.52	423(101)	78.7	16.5	3.8	0	0	1.3	
Non-African data										oa	
SD or min-max					2.8	1.0	2.3				
n			1		4	3	5		1	1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Fish and its products/Poisson et produits dérivés													
09_072	Atlantic horse mackerel, wild, fillet without skin, boiled* (as part of a recipe)	57	1.5	42	314	541	92	0.59	0.14	6	6	6	0
09_071	Atlantic horse mackerel, wild, fillet without skin, grilled* (without salt or fat)	49	1.2	33	247	402	69	0.52	0.12	4	4	4	0
09_070	Atlantic horse mackerel, wild, fillet without skin, steamed* (without salt)	57	1.2	35	267	406	78	0.59	0.13	4	4	4	0
09_002	Barracuda, fillet, raw	21	0.8	30	175	453	39	0.42	0.04	25	25	25	0
Non-African data		oa	oa	oa		oa	oa	oa	oa	oa	oa	oa	
SD or min-max		8	0.2		160-190								
n		3	3	1	2	1	1	1	1			1	
09_063	Barracuda, fillet, boiled* (as part of a recipe)	25	0.9	36	211	546	47	0.51	0.05	27	27	27	0
09_014	Barracuda, fillet, grilled* (without salt or fat)	31	1.0	39	228	558	48	0.61	0.06	33	33	33	0
09_013	Barracuda, fillet, steamed* (without salt)	25	0.7	31	179	409	40	0.51	0.04	27	27	27	0
09_015	Bayad, fillet, raw	61	1.2	25	197	289	51	0.80	0.07	8	6	4	26
Non-African data				oa		oa			oa	oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
09_064	Bayad, fillet, boiled* (as part of a recipe)	73	1.4	30	237	348	61	0.96	0.08	9	7	4	28
09_017	Bayad, fillet, grilled* (without salt or fat)	88	1.5	33	257	356	63	1.16	0.09	11	8	5	34
09_016	Bayad, fillet, steamed* (without salt)	73	1.2	26	202	261	52	0.96	0.07	9	7	4	28
09_021	Carp, fillet, raw	41	1.2	29	415	194	24	1.03	0.06	9	9	9	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	
09_065	Carp, fillet, boiled* (as part of a recipe)	49	1.5	35	500	234	29	1.24	0.07	10	10	10	0
09_023	Carp, fillet, grilled* (without salt or fat)	59	1.5	38	541	239	29	1.50	0.08	10	10	10	0
09_022	Carp, fillet, steamed* (without salt)	49	1.2	30	425	176	24	1.24	0.06	8	8	8	0
09_018	Catfish, fillet, raw	78	1.6	25	202	289	48	0.70	0.07	7	5	3	26
Non-African data				oa		oa				oa	oa		oa
SD or min-max		61-95	1.2-1.9		197-206		48-48						
n		2	2	1	2	1	2	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Fish and its products/Poisson et produits dérivés													
09_072	Atlantic horse mackerel, wild, fillet without skin, boiled* (as part of a recipe)	[35.0]	0.74	0.10	0.21	11.0	5.9	301	0.41	2	2	8.80	0
09_071	Atlantic horse mackerel, wild, fillet without skin, grilled* (without salt or fat)	[27.0]	0.52	0.09	0.16	9.3	4.9	264	0.38	2	2	7.70	0
09_070	Atlantic horse mackerel, wild, fillet without skin, steamed* (without salt)	[27.0]	0.52	0.09	0.15	9.3	4.3	301	0.34	2	2	7.80	0
09_002	Barracuda, fillet, raw	1.8	0.36	0.12	0.09	7.1	3.1	243	0.11	[8]	[8]	3.00	0
Non-African data		oa	oa			oa		oa	oa	oa	oa	oa	
SD or min-max							2.1-4.1						
n		1		1	1		2	1	1	1		1	1
09_063	Barracuda, fillet, boiled* (as part of a recipe)	2.0	0.43	0.12	0.11	8.4	3.5	292	0.11	[8]	[8]	3.30	0
09_014	Barracuda, fillet, grilled* (without salt or fat)	2.3	0.52	0.16	0.12	9.9	4.0	352	0.14	[9]	[9]	3.90	0
09_013	Barracuda, fillet, steamed* (without salt)	2.0	0.43	0.11	0.08	7.5	2.6	292	0.09	[7]	[7]	2.90	0
09_015	Bayad, fillet, raw	0.9	0.62	0.23	0.06	7.1	3.2	233	0.25	14	14	3.50	0
Non-African data		oa	oa			oa		oa	oa	oa	oa	oa	
SD or min-max													
n		1		1	1		1	1	1	1		1	1
09_064	Bayad, fillet, boiled* (as part of a recipe)	1.0	0.75	0.24	0.07	8.4	3.7	281	0.26	14	14	3.80	0
09_017	Bayad, fillet, grilled* (without salt or fat)	1.2	0.90	0.30	0.08	9.8	4.2	338	0.33	16	16	4.60	0
09_016	Bayad, fillet, steamed* (without salt)	1.0	0.75	0.21	0.05	7.4	2.7	281	0.21	12	12	3.40	0
09_021	Carp, fillet, raw	0.8	1.20	0.12	0.06	5.0	1.6	200	0.19	15	15	1.50	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	
SD or min-max													
n		1		1	1		1	1	1	1		1	1
09_065	Carp, fillet, boiled* (as part of a recipe)	0.9	1.40	0.12	0.07	5.9	1.9	241	0.19	15	15	1.70	0
09_023	Carp, fillet, grilled* (without salt or fat)	1.0	1.40	0.15	0.07	6.9	2.1	290	0.25	17	17	2.00	0
09_022	Carp, fillet, steamed* (without salt)	0.7	1.00	0.10	0.05	5.4	1.4	241	0.16	13	13	1.50	0
09_018	Catfish, fillet, raw	0.9	0.53	0.14	0.07	4.9	1.6	197	0.25	14	14	3.50	0
Non-African data			oa			oa		oa	oa	oa	oa	oa	
SD or min-max													
n		1		1	1		1	1	1	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Fish and its products/Poisson et produits dérivés								
09_072	Atlantic horse mackerel, wild, fillet without skin, boiled* (as part of a recipe)	62	2.38	2.11	2.51	0.10	0.00	0
09_071	Atlantic horse mackerel, wild, fillet without skin, grilled* (without salt or fat)	54	1.54	1.37	1.63	0.06	0.00	0
09_070	Atlantic horse mackerel, wild, fillet without skin, steamed* (without salt)	62	1.45	1.29	1.53	0.06	0.00	0
09_002	Barracuda, fillet, raw	51	0.30	0.16	0.19	0.01	0.00	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max		14						
n		3						1
09_063	Barracuda, fillet, boiled* (as part of a recipe)	61	0.36	0.20	0.23	0.01	0.00	0
09_014	Barracuda, fillet, grilled* (without salt or fat)	74	0.43	0.24	0.27	0.01	0.00	0
09_013	Barracuda, fillet, steamed* (without salt)	61	0.36	0.20	0.23	0.01	0.00	0
09_015	Bayad, fillet, raw	43	0.34	0.18	0.46	0.02	0.00	0
Non-African data						oa	oa	
SD or min-max		39-47						
n		2						1
09_064	Bayad, fillet, boiled* (as part of a recipe)	52	0.41	0.21	0.55	0.03	0.00	0
09_017	Bayad, fillet, grilled* (without salt or fat)	62	0.50	0.25	0.66	0.04	0.00	0
09_016	Bayad, fillet, steamed* (without salt)	52	0.41	0.21	0.55	0.03	0.00	0
09_021	Carp, fillet, raw	66	1.82	2.14	0.78	0.36	0.00	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
09_065	Carp, fillet, boiled* (as part of a recipe)	80	2.19	2.58	0.94	0.44	0.00	0
09_023	Carp, fillet, grilled* (without salt or fat)	96	1.54	1.81	0.66	0.31	0.00	0
09_022	Carp, fillet, steamed* (without salt)	80	1.69	1.99	0.72	0.34	0.00	0
09_018	Catfish, fillet, raw	47	1.38	0.83	1.21	0.82	0.06	0
Non-African data						oa	oa	
SD or min-max		29-65						
n		2						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Fish and its products/Poisson et produits dérivés										
09_108	Catfish. fillet. boiled* (as part of a recipe)	Poisson-chat. filet. bouilli* (ingrédient de recette)	0.47	508.5(121)	74.3	19.9	4.6	0	0	1.6
09_020	Catfish. fillet. grilled* (without salt or fat)	Poisson-chat. filet. grillé* (sans sel ni graisse)	0.43	611.5(145.5)	69.1	24.0	5.5	0	0	1.9
09_019	Catfish. fillet. steamed* (without salt)	Poisson-chat. filet. cuit à la vapeur* (sans sel)	0.47	508.5(121)	74.3	19.9	4.6	0	0	1.6
09_055	Crab. flesh (body and claw). raw	Crabe. chair (corps et pinces). cru	0.20	393(93)	76.7	16.0	1.3	4.4	0	1.7
Non-African data			oa		oa	oa	oa	oa		
SD or min-max					72.2-81.2	15.9-16.0	0.9-1.7			
n			1		2	2	2		1	1
09_098	Crab. flesh (body and claw). boiled* (as part of a recipe)	Crabe. chair (corps et pinces). bouilli* (ingrédient de recette)	0.18	451.6(106.7)	73.2	18.3	1.5	5.0	0	1.9
09_097	Crab. flesh (body and claw). grilled* (without salt or fat)	Crabe. chair (corps et pinces). grillé* (sans sel ni graisse)	0.18	458.4(108.3)	72.9	18.6	1.5	5.1	0	1.9
09_096	Crab. flesh (body and claw). steamed* (without salt)	Crabe. chair (corps et pinces). cuit à la vapeur* (sans sel)	0.18	451.6(106.7)	73.2	18.3	1.5	5.0	0	1.9
09_053	Fish. whole. dried	Poisson. entier. séché	1.00	1 330(316)	13.5	60.4	8.2	0	0	7.1
Non-African data										
SD or min-max					5.2	7.2	2.1			4.2
n			1		9	8	3		1	5
09_003	Mackerel. fillet. raw	Maquereau. filet. cru	0.71	504(120)	69.9	19.6	4.6	0	0	1.5
Non-African data										
SD or min-max					5.8	1.7	3.2			1.4-1.6
n			1		3	4	3		1	2
09_069	Mackerel. fillet. boiled* (as part of a recipe)	Maquereau. filet. bouilli* (ingrédient de recette)	0.63	720.2(171.4)	57.0	28.0	6.6	0	0	2.1
09_025	Mackerel. fillet. grilled* (without salt or fat)	Maquereau. filet. grillé* (sans sel ni graisse)	0.66	631.1(150.2)	62.4	24.5	5.8	0	0	1.9
09_024	Mackerel. fillet. steamed* (without salt)	Maquereau. filet. cuit à la vapeur* (sans sel)	0.63	720.2(171.4)	57.0	28.0	6.6	0	0	2.1
09_109	Mackerel. jack. canned in oil. drained	Chinchard à l'huile. en conserve. égoutté	0.80	627(149)	69.2	23.2	6.3	0	0	1.7
Non-African data			oa		oa	oa	oa	oa		oa
SD or min-max										
n			1		1	1	1		1	1
09_050	Mahi mahi. fillet. raw	Mahi mahi. filet. cru		424(100)	76.4	22.1	[1.3]	0	0	1.2
Non-African data					oa	oa	oa	oa		oa
SD or min-max										
n					1	1	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Fish and its products/Poisson et produits dérivés													
09_108	Catfish, fillet, boiled* (as part of a recipe)	94	1.9	30	243	348	58	0.84	0.08	8	5	3	28
09_020	Catfish, fillet, grilled* (without salt or fat)	113	1.9	33	263	356	59	1.01	0.09	8	6	3	30
09_019	Catfish, fillet, steamed* (without salt)	94	1.5	26	206	261	49	0.84	0.07	6	4	2	22
09_055	Crab, flesh (body and claw), raw	63	1.6	24	240	259	293	4.27	0.73	97	232	58	[232]
Non-African data									oa	oa	oa	oa	oa
SD or min-max		34-92	0.7-2.5	16-32	191-290			3.54-5.00					
n		2	2	2	2	1	1	2	1			1	
09_098	Crab, flesh (body and claw), boiled* (as part of a recipe)	72	1.9	28	276	297	337	4.91	0.83	100	80	60	[240]
09_097	Crab, flesh (body and claw), grilled* (without salt or fat)	73	1.6	25	251	255	290	4.97	0.80	98	78	59	[235]
09_096	Crab, flesh (body and claw), steamed* (without salt)	72	1.5	23	235	223	286	4.91	0.75	92	74	56	[221]
09_053	Fish, whole, dried	1 939	7.4	75	1 525	707	147	7.67	0.20	141	141	141	0
Non-African data													
SD or min-max		1 377	3.6-11.1	46	1 150	417	140	4.20					
n		4	2	4	5	4	5	8	1			1	
09_003	Mackerel, fillet, raw	34	1.6	37	221	360	130	0.74	0.08	82	82	82	0
Non-African data				oa				oa	oa	oa	oa	oa	oa
SD or min-max		24-44	0.9		53								
n		2	3	1	3	1	1	1	1			1	
09_069	Mackerel, fillet, boiled* (as part of a recipe)	49	2.3	53	316	514	186	1.06	0.11	105	105	105	0
09_025	Mackerel, fillet, grilled* (without salt or fat)	43	1.7	42	249	383	138	0.93	0.10	92	92	92	0
09_024	Mackerel, fillet, steamed* (without salt)	49	1.8	45	269	386	158	1.06	0.10	105	105	105	0
09_109	Mackerel, jack, canned in oil, drained	241	2.0	37	301	194	379	1.02	0.15	130	130	130	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
09_050	Mahi mahi, fillet, raw	9	0.5	32	258	439	36	0.36	0.05	4	4	4	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	
SD or min-max													
n		1	1	1	1	1	1	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Fish and its products/Poisson et produits dérivés													
09_108	Catfish, fillet, boiled* (as part of a recipe)	1.0	0.64	0.14	0.09	5.8	1.8	237	0.26	14	14	3.80	0
09_020	Catfish, fillet, grilled* (without salt or fat)	1.1	0.62	0.18	0.09	6.9	2.1	286	0.33	16	16	4.60	0
09_019	Catfish, fillet, steamed* (without salt)	0.8	0.45	0.13	0.06	5.4	1.4	237	0.21	11	11	3.40	0
09_055	Crab, flesh (body and claw), raw	0.6	2.20	0.05	0.04	7.3	3.0	256	0.15	44	44	9.00	1
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max				0.02-0.08	0.02-0.04								
n		1		2	2		1	1	1	1		1	1
09_098	Crab, flesh (body and claw), boiled* (as part of a recipe)	0.7	2.60	0.05	0.05	8.2	3.3	295	0.15	43	43	9.30	1
09_097	Crab, flesh (body and claw), grilled* (without salt or fat)	0.6	2.40	0.05	0.05	8.1	3.1	298	0.16	41	41	9.40	1
09_096	Crab, flesh (body and claw), steamed* (without salt)	0.6	2.30	0.04	0.04	7.3	2.4	295	0.12	35	35	8.30	1
09_053	Fish, whole, dried	12.0	2.90	0.17	0.34	19.0	12.0	377	0.70	46	46	[60.00]	0
Non-African data		oa	oa						oa				
SD or min-max				0.01-0.34	0.16-0.52		6.6-18.0						
n		1		2	2		2	1	1	1		1	1
09_003	Mackerel, fillet, raw	1.6	0.67	0.12	0.23	12.0	8.1	206	0.16	[15]	[15]	10.00	0
Non-African data		oa	oa			oa		oa	oa	oa	oa		
SD or min-max				0.09-0.14	0.11-0.35		8.0-8.2						
n		1		2	2		2	1	1	1		1	1
09_069	Mackerel, fillet, boiled* (as part of a recipe)	2.0	0.96	0.14	0.33	16.0	11.0	294	0.19	[19]	[19]	13.00	0
09_025	Mackerel, fillet, grilled* (without salt or fat)	1.8	0.84	0.13	0.26	13.0	9.1	258	0.18	[15]	[15]	11.00	0
09_024	Mackerel, fillet, steamed* (without salt)	2.0	0.96	0.12	0.23	13.0	8.1	294	0.16	[15]	[15]	11.00	0
09_109	Mackerel, jack, canned in oil, drained	7.3	[1.00]	0.04	0.21	11.0	6.2	260	0.21	5	5	6.90	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	
SD or min-max													
n		1		1	1		1	1	1	1		1	1
09_050	Mahi mahi, fillet, raw	0.4	0.58	0.06	0.04	8.0	4.3	221	0.13	[14]	[14]	0.60	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	
SD or min-max													
n		1		1	1		1	1	1	1		1	1



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Fish and its products/Poisson et produits dérivés								
09_108	Catfish, fillet, boiled* (as part of a recipe)	57	1.66	1.00	1.46	0.98	0.07	0
09_020	Catfish, fillet, grilled* (without salt or fat)	68	2.00	1.21	1.75	1.18	0.08	0
09_019	Catfish, fillet, steamed* (without salt)	57	1.66	1.00	1.46	0.98	0.07	0
09_055	Crab, flesh (body and claw), raw	81	0.28	0.23	0.48	0.02	0.00	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
09_098	Crab, flesh (body and claw), boiled* (as part of a recipe)	93	0.32	0.27	0.55	0.02	0.00	0
09_097	Crab, flesh (body and claw), grilled* (without salt or fat)	94	0.33	0.27	0.56	0.02	0.00	0
09_096	Crab, flesh (body and claw), steamed* (without salt)	93	0.32	0.27	0.55	0.02	0.00	0
09_053	Fish, whole, dried	977	2.97	1.74	2.68	0.20	0.22	0
Non-African data								
SD or min-max								
n		1						1
09_003	Mackerel, fillet, raw	60	1.97	0.95	1.22	0.05	0.00	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
09_069	Mackerel, fillet, boiled* (as part of a recipe)	86	2.82	1.36	1.75	0.08	0.00	0
09_025	Mackerel, fillet, grilled* (without salt or fat)	75	2.46	1.19	1.53	0.07	0.00	0
09_024	Mackerel, fillet, steamed* (without salt)	86	2.82	1.36	1.75	0.08	0.00	0
09_109	Mackerel, jack, canned in oil, drained	79	0.19	0.22	0.17			0
Non-African data		oa	oa	oa	oa			
SD or min-max								
n		1						1
09_050	Mahi mahi, fillet, raw	14	0.44	0.20	0.46	0.01	0.00	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Fish and its products/Poisson et produits dérivés										
09_075	Mahi mahi. fillet. boiled* (as part of a recipe)	Mahi mahi. filet. bouilli* (ingrédient de recette)		511.4(120.8)	71.6	26.6	[1.6]	0	0	1.5
09_074	Mahi mahi. fillet. grilled* (without salt or fat)	Mahi mahi. filet. grillé* (sans sel ni graisse)		614.3(145.1)	65.8	32.0	[1.9]	0	0	1.8
09_073	Mahi mahi. fillet. steamed* (without salt)	Mahi mahi. filet. cuit à la vapeur* (sans sel)		511.4(120.8)	71.6	26.6	[1.6]	0	0	1.5
09_051	Mola carplet. small whole fish. viscera. fins and scales removed. raw	Mola carplet. petit poisson entier. vidé et écaillé. cru	0.87	440(105)	76.5	16.0	4.6	0	0	3.8
Non-African data			oa		oa	oa	oa	oa		oa
SD or min-max					75.6-77.3	14.7-17.3	4.5-4.6			3.5-4.0
n			1		2	2	2		1	2
09_078	Mola carplet. small whole fish. viscera. fins and scales removed. boiled* (as part of a recipe)	Mola carplet. petit poisson entier. vidé et écaillé. bouilli* (ingrédient de recette)	0.85	531.6(126.7)	71.6	19.3	5.5	0	0	4.5
09_077	Mola carplet. small whole fish. viscera. fins and scales removed. grilled* (without salt or fat)	Mola carplet. petit poisson entier. vidé et écaillé. grillé* (sans sel ni graisse)	0.82	638.6(152.2)	65.9	23.2	6.6	0	0	5.4
09_076	Mola carplet. small whole fish. viscera. fins and scales removed. steamed* (without salt)	Mola carplet. petit poisson entier. vidé et écaillé. cuit à la vapeur* (sans sel)	0.85	531.6(126.7)	71.6	19.3	5.5	0	0	4.5
09_026	Mormyrid. fillet. raw	Mormiridé. filet. cru	0.52	357(84)	78.4	18.2	1.3	0	0	1.1
Non-African data					2.1	1.0	0.2			1.0-1.1
SD or min-max					4	4	4		1	2
n			1		4	4	4		1	2
09_079	Mormyrid. fillet. boiled* (as part of a recipe)	Mormiridé. filet. bouilli* (ingrédient de recette)	0.47	431.5(102)	74.0	21.9	1.6	0	0	1.3
09_028	Mormyrid. fillet. grilled* (without salt or fat)	Mormiridé. filet. grillé* (sans sel ni graisse)	0.43	517.4(122.3)	68.7	26.3	1.9	0	0	1.5
09_027	Mormyrid. fillet. steamed* (without salt)	Mormiridé. filet. cuit à la vapeur* (sans sel)	0.47	431.5(102)	74.0	21.9	1.6	0	0	1.3
09_052	Mullet. fillet. raw	Mulet. filet. cru	0.65	397(94)	76.1	20.5	[1.3]	0	0	1.2
Non-African data					oa	oa	oa	oa		oa
SD or min-max					1	1	1		1	1
n			1		1	1	1		1	1
09_085	Mullet. fillet. boiled* (as part of a recipe)	Mulet. filet. bouilli* (ingrédient de recette)	0.61	479.1(113.2)	71.2	24.7	[1.6]	0	0	1.4
09_084	Mullet. fillet. grilled* (without salt or fat)	Mulet. filet. grillé* (sans sel ni graisse)	0.56	575.2(135.9)	65.4	29.7	[1.9]	0	0	1.7
09_083	Mullet. fillet. steamed* (without salt)	Mulet. filet. cuit à la vapeur* (sans sel)	0.61	479.1(113.2)	71.2	24.7	[1.6]	0	0	1.4
09_060	North African catfish. fillet. raw	Poisson-chat d'Afrique du Nord. filet. cru	0.40	432(103)	78.3	17.8	3.5	0	0	1.2
Non-African data			oa		oa	oa	oa	oa		oa
SD or min-max					1	1	1		1	1
n			1		1	1	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Fish and its products/Poisson et produits dérivés													
09_075	Mahi mahi, fillet, boiled* (as part of a recipe)	11	0.6	39	311	529	44	0.43	0.06	4	4	4	0
09_074	Mahi mahi, fillet, grilled* (without salt or fat)	14	0.6	42	337	541	45	0.52	0.07	5	5	5	0
09_073	Mahi mahi, fillet, steamed* (without salt)	11	0.5	33	264	397	37	0.43	0.05	4	4	4	0
09_051	Mola carplet, small whole fish, viscera, fins and scales removed, raw	1 127	5.7	42	700	105	35	3.70	0.05	332	332	332	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max		853-1 400		35-49		58-152	31-39	3.20-4.20				323-340	
n		2	1	2	1	2	2	2	1			2	
09_078	Mola carplet, small whole fish, viscera, fins and scales removed, boiled* (as part of a recipe)	1 357	6.9	51	843	127	42	4.46	0.06	359	359	359	0
09_077	Mola carplet, small whole fish, viscera, fins and scales removed, grilled* (without salt or fat)	1 633	7.0	55	913	129	43	5.36	0.06	432	432	432	0
09_076	Mola carplet, small whole fish, viscera, fins and scales removed, steamed* (without salt)	1 357	5.5	43	717	95	36	4.46	0.05	359	359	359	0
09_026	Mormyrid, fillet, raw	123	1.2	30	268	353	41	0.58	0.09	18	17	17	2
Non-African data				oa		oa			oa	oa	oa	oa	oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
09_079	Mormyrid, fillet, boiled* (as part of a recipe)	148	1.4	36	323	425	49	0.70	0.11	19	19	19	2
09_028	Mormyrid, fillet, grilled* (without salt or fat)	178	1.4	39	350	435	50	0.84	0.13	23	23	23	2
09_027	Mormyrid, fillet, steamed* (without salt)	148	1.1	31	274	319	41	0.70	0.10	19	19	19	2
09_052	Mullet, fillet, raw	34	1.3	15	222	331	66	0.45	0.02	18	18	18	0
Non-African data					oa	oa	oa	oa		oa	oa	oa	
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
09_085	Mullet, fillet, boiled* (as part of a recipe)	41	1.6	18	267	399	80	0.54	0.02	20	20	20	0
09_084	Mullet, fillet, grilled* (without salt or fat)	49	1.6	20	290	408	81	0.65	0.02	24	24	24	0
09_083	Mullet, fillet, steamed* (without salt)	41	1.3	15	227	299	68	0.54	0.02	20	20	20	0
09_060	North African catfish, fillet, raw	23	0.5	24	180	301	41	1.07	0.04	9	9	9	tr
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	
SD or min-max													
n		1	1	1	1	1	1	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Fish and its products/Poisson et produits dérivés													
09_075	Mahi mahi, fillet, boiled* (as part of a recipe)	0.5	0.70	0.06	0.05	9.3	4.9	266	0.13	[14]	[14]	0.65	0
09_074	Mahi mahi, fillet, grilled* (without salt or fat)	0.6	0.84	0.08	0.05	11.0	5.6	320	0.17	[16]	[16]	0.78	0
09_073	Mahi mahi, fillet, steamed* (without salt)	0.5	0.70	0.05	0.03	8.0	3.6	266	0.11	[12]	[12]	0.58	0
09_051	Mola carplet, small whole fish, viscera, fins and scales removed, raw	5.4	0.59	0.06	0.08	5.8	3.0	170	0.20	4	4	7.00	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	
SD or min-max												5.90-8.00	
n		1		1	1		1	1	1	1		2	1
09_078	Mola carplet, small whole fish, viscera, fins and scales removed, boiled* (as part of a recipe)	5.9	0.71	0.06	0.09	6.8	3.4	205	0.21	4	4	7.50	0
09_077	Mola carplet, small whole fish, viscera, fins and scales removed, grilled* (without salt or fat)	7.1	0.86	0.08	0.10	8.0	3.9	247	0.26	5	5	9.00	0
09_076	Mola carplet, small whole fish, viscera, fins and scales removed, steamed* (without salt)	5.9	0.71	0.06	0.06	5.9	2.5	205	0.17	4	4	6.70	0
09_026	Mormyrid, fillet, raw	2.6	0.66	0.06	0.09	4.2	1.0	193	0.20	11	11	2.70	0
Non-African data		oa	oa			oa		oa	oa	oa	oa	oa	
SD or min-max													
n		1		1	1		1	1	1	1		1	1
09_079	Mormyrid, fillet, boiled* (as part of a recipe)	2.9	0.79	0.06	0.11	5.0	1.1	233	0.21	12	12	3.00	0
09_028	Mormyrid, fillet, grilled* (without salt or fat)	3.4	0.95	0.07	0.12	6.0	1.3	280	0.26	13	13	3.60	0
09_027	Mormyrid, fillet, steamed* (without salt)	2.9	0.79	0.05	0.08	4.7	0.8	233	0.17	10	10	2.60	0
09_052	Mullet, fillet, raw	0.3	0.53	0.05	0.09	5.7	2.5	188	0.14	[12]	[12]	0.22	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
09_085	Mullet, fillet, boiled* (as part of a recipe)	0.3	0.64	0.05	0.11	6.7	2.9	227	0.14	[12]	[12]	0.24	0
09_084	Mullet, fillet, grilled* (without salt or fat)	0.4	0.77	0.07	0.12	7.9	3.3	273	0.18	[14]	[14]	0.29	0
09_083	Mullet, fillet, steamed* (without salt)	0.3	0.64	0.05	0.08	5.9	2.1	227	0.12	[10]	[10]	0.21	0
09_060	North African catfish, fillet, raw	[1.0]	[0.34]	0.07	0.03	6.4	3.0	202	0.25	14	14	3.50	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	
SD or min-max													
n		1		1	1		1	1	1	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCP(mg)
Fish and its products/Poisson et produits dérivés								
09_075	Mahi mahi, fillet, boiled* (as part of a recipe)	16	0.53	0.24	0.55	0.02	0.00	0
09_074	Mahi mahi, fillet, grilled* (without salt or fat)	20	0.64	0.29	0.66	0.02	0.00	0
09_073	Mahi mahi, fillet, steamed* (without salt)	16	0.53	0.24	0.55	0.02	0.00	0
09_051	Mola carplet, small whole fish, viscera, fins and scales removed, raw	101	1.53	1.10	1.48	0.10	0.05	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
09_078	Mola carplet, small whole fish, viscera, fins and scales removed, boiled* (as part of a recipe)	121	1.84	1.32	1.78	0.12	0.05	0
09_077	Mola carplet, small whole fish, viscera, fins and scales removed, grilled* (without salt or fat)	146	2.22	1.59	2.14	0.15	0.07	0
09_076	Mola carplet, small whole fish, viscera, fins and scales removed, steamed* (without salt)	121	1.84	1.32	1.78	0.12	0.05	0
09_026	Mormyrid, fillet, raw	42	0.40	0.29	0.39	0.03	0.01	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
09_079	Mormyrid, fillet, boiled* (as part of a recipe)	51	0.49	0.35	0.47	0.03	0.01	0
09_028	Mormyrid, fillet, grilled* (without salt or fat)	61	0.59	0.42	0.56	0.04	0.02	0
09_027	Mormyrid, fillet, steamed* (without salt)	51	0.49	0.35	0.47	0.03	0.01	0
09_052	Mullet, fillet, raw	18	0.46	0.31	0.32	0.01	0.00	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
09_085	Mullet, fillet, boiled* (as part of a recipe)	22	0.55	0.37	0.39	0.02	0.00	0
09_084	Mullet, fillet, grilled* (without salt or fat)	27	0.66	0.45	0.47	0.02	0.00	0
09_083	Mullet, fillet, steamed* (without salt)	22	0.55	0.37	0.39	0.02	0.00	0
09_060	North African catfish, fillet, raw	37	1.19	0.78	1.16	0.42	0.03	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Fish and its products/Poisson et produits dérivés										
09_082	North African catfish. fillet. boiled* (as part of a recipe)	Poisson-chat d'Afrique du Nord. filet. bouilli* (ingrédient de recette)	0.36	520.9(123.8)	73.9	21.5	4.2	0	0	1.4
09_081	North African catfish. fillet. grilled* (without salt or fat)	Poisson-chat d'Afrique du Nord. filet. grillé* (sans sel ni graisse)	0.32	627.3(149.1)	68.6	25.8	5.1	0	0	1.7
09_080	North African catfish. fillet. steamed* (without salt)	Poisson-chat d'Afrique du Nord. filet. cuit à la vapeur* (sans sel)	0.36	520.9(123.8)	73.9	21.5	4.2	0	0	1.4
09_032	Perch. Nile. fillet. raw	Perche du Nil. filet. cru	0.65	392(93)	76.4	20.5	1.2	0	0	1.2
Non-African data										
SD or min-max			0.61-0.69		75.5-77.4	19.0-21.9	0.9-1.5			1.1-1.2
n			2		2	2	2		1	2
09_086	Perch. Nile. fillet. boiled* (as part of a recipe)	Perche du Nil. filet. bouilli* (ingrédient de recette)	0.61	471.7(111.4)	71.6	24.7	1.4	0	0	1.4
09_034	Perch. Nile. fillet. grilled* (without salt or fat)	Perche du Nil. filet. grillé* (sans sel ni graisse)	0.56	567.8(134.1)	65.8	29.7	1.7	0	0	1.7
09_033	Perch. Nile. fillet. steamed* (without salt)	Perche du Nil. filet. cuit à la vapeur* (sans sel)	0.61	471.7(111.4)	71.6	24.7	1.4	0	0	1.4
09_037	Sardine. canned in oil. drained. with bones	Sardines à l'huile. en conserve. égouttées. avec arêtes	0.82	995(239)	56.1	24.8	15.5	0	0	3.6
Non-African data										
SD or min-max			oa							
n			1		1	1	1		1	1
09_004	Sardine. fillet. raw	Sardine. filet. cru	0.52	447(106)	74.2	19.8	3.0	0	0	2.6
Non-African data										
SD or min-max					2.2	1.5	1.4			0.8
n			1		10	6	10		1	8
09_087	Sardine. fillet. boiled* (as part of a recipe)	Sardine. filet. bouilli* (ingrédient de recette)	0.47	537.8(127.6)	68.9	23.8	3.6	0	0	3.2
09_036	Sardine. fillet. grilled* (without salt or fat)	Sardine. filet. grillé* (sans sel ni graisse)	0.43	650.7(154.4)	62.6	28.7	4.4	0	0	3.8
09_035	Sardine. fillet. steamed* (without salt)	Sardine. filet. cuit à la vapeur* (sans sel)	0.47	537.8(127.6)	68.9	23.8	3.6	0	0	3.2
09_056	Sea snail/whelk. flesh. raw	Escargot de mer/bulot. cru	0.15	552(130)	66.0	23.8	0.4	7.8	0	2.0
Non-African data										
SD or min-max					oa	oa	oa	oa		oa
n			1		1	1	1		1	1
09_101	Sea snail/whelk. boiled* (as part of a recipe)	Escargot de mer/bulot. bouilli* (ingrédient de recette)	0.13	664.5(156.5)	59.0	28.7	0.5	9.3	0	2.4
09_100	Sea snail/whelk. grilled* (without salt or fat)	Escargot de mer/bulot. grillé* (sans sel ni graisse)	0.11	800.8(188.6)	50.7	34.6	0.6	11.2	0	2.9
09_099	Sea snail/whelk. steamed* (without salt)	Escargot de mer/bulot. cuit à la vapeur* (sans sel)	0.13	664.5(156.5)	59.0	28.7	0.5	9.3	0	2.4

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Fish and its products/Poisson et produits dérivés													
09_082	North African catfish, fillet, boiled* (as part of a recipe)	28	0.6	29	217	363	49	1.29	0.05	10	10	10	tr
09_081	North African catfish, fillet, grilled* (without salt or fat)	33	0.6	31	235	371	51	1.55	0.06	12	12	12	0
09_080	North African catfish, fillet, steamed* (without salt)	28	0.5	25	184	272	42	1.29	0.04	10	10	10	0
09_032	Perch, Nile, fillet, raw	111	1.0	29	209	222	97	0.56	0.08	15	15	15	0
Non-African data									oa	oa	oa		oa
SD or min-max		89-133			137-282								
n		2	1	1	2	1	1	1	1			1	
09_086	Perch, Nile, fillet, boiled* (as part of a recipe)	134	1.2	35	252	267	117	0.67	0.10	16	16	16	0
09_034	Perch, Nile, fillet, grilled* (without salt or fat)	161	1.2	38	273	273	119	0.81	0.11	20	20	20	0
09_033	Perch, Nile, fillet, steamed* (without salt)	134	1.0	30	214	200	99	0.67	0.09	16	16	16	0
09_037	Sardine, canned in oil, drained, with bones	421	2.4	48	470	350	438	1.77	0.15	49	49	49	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max												32-65	
n		1	1	1	1	1	1	1	1			2	
09_004	Sardine, fillet, raw	50	1.7	44	363	228	54	1.53	0.05	14	13	13	[6]
Non-African data						oa				oa	oa	oa	oa
SD or min-max		42-57	0.4	41-47	182			1.50-1.57	0.04-0.07				
n		2	3	2	4	1	1	2	2			1	
09_087	Sardine, fillet, boiled* (as part of a recipe)	60	2.1	53	438	275	65	1.85	0.07	15	14	14	[7]
09_036	Sardine, fillet, grilled* (without salt or fat)	72	2.1	57	474	281	66	2.22	0.07	18	17	17	[8]
09_035	Sardine, fillet, steamed* (without salt)	60	1.7	45	372	206	55	1.85	0.06	15	14	14	[7]
09_056	Sea snail/whelk, flesh, raw	57	5.0	86	141	347	206	1.63	1.03	26	26	26	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
09_101	Sea snail/whelk, boiled* (as part of a recipe)	69	6.1	104	170	418	248	1.96	1.24	28	28	28	0
09_100	Sea snail/whelk, grilled* (without salt or fat)	83	6.2	112	184	427	254	2.36	1.42	33	33	33	0
09_099	Sea snail/whelk, steamed* (without salt)	69	4.8	88	144	314	211	1.96	1.12	26	26	26	0

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Fish and its products/Poisson et produits dérivés													
09_082	North African catfish, fillet, boiled* (as part of a recipe)	[1.1]	[0.41]	0.07	0.04	7.5	3.4	243	0.26	14	14	3.80	0
09_081	North African catfish, fillet, grilled* (without salt or fat)	[1.3]	[0.49]	0.09	0.04	8.8	3.9	293	0.33	16	16	4.60	0
09_080	North African catfish, fillet, steamed* (without salt)	[1.1]	[0.41]	0.06	0.03	6.6	2.5	243	0.21	12	12	3.40	0
09_032	Perch, Nile, fillet, raw	1.1	0.38	0.01	0.04	5.3	2.0	197	0.09	7	7	1.30	0
Non-African data		oa	oa	oa	oa				oa				
SD or min-max													
n		1		1	1		1	1	1	1		1	1
09_086	Perch, Nile, fillet, boiled* (as part of a recipe)	1.1	0.46	0.01	0.05	6.3	2.3	238	0.09	8	8	1.40	0
09_034	Perch, Nile, fillet, grilled* (without salt or fat)	1.4	0.55	0.01	0.05	7.4	2.6	286	0.12	8	8	1.70	0
09_033	Perch, Nile, fillet, steamed* (without salt)	1.1	0.46	0.01	0.03	5.7	1.7	238	0.08	6	6	1.30	0
09_037	Sardine, canned in oil, drained, with bones	4.2	[2.5]	0.03	0.26	11.0	6.8	261	0.15	6	6	9.00	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	
SD or min-max		3.6-4.8		0.04	0.03		1.5	245-276	0.13-0.17	5		6.00	
n		2		3	3		3	2	2	3		3	1
09_004	Sardine, fillet, raw	3.5	0.38	0.01	0.17	12.0	9.1	186	1.30	[23]	[23]	8.30	0
Non-African data		oa	oa							oa	oa	oa	
SD or min-max				0.01	0.12								
n		1		3	4		1	1	1	1		1	1
09_087	Sardine, fillet, boiled* (as part of a recipe)	3.8	0.46	0.01	0.21	14.0	10.0	224	1.30	[23]	[23]	9.00	0
09_036	Sardine, fillet, grilled* (without salt or fat)	4.6	0.55	0.02	0.23	16.0	12.0	270	1.70	[26]	[26]	11.00	0
09_035	Sardine, fillet, steamed* (without salt)	3.8	0.46	0.01	0.15	11.0	7.7	224	1.10	[19]	[19]	8.00	0
09_056	Sea snail/whelk, flesh, raw	0.0	[0.13]	0.03	0.11	6.2	1.1	309	0.34	6	6	9.00	4
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n		1		1	1		1	1	1	1		1	1
09_101	Sea snail/whelk, boiled* (as part of a recipe)	0.0	[0.16]	0.03	0.13	7.4	1.2	372	0.35	6	6	9.80	4
09_100	Sea snail/whelk, grilled* (without salt or fat)	0.0	[0.18]	0.03	0.14	8.9	1.4	448	0.45	7	7	12.00	5
09_099	Sea snail/whelk, steamed* (without salt)	0.0	[0.14]	0.02	0.09	7.1	0.9	372	0.29	5	5	8.70	4



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCP(mg)
Fish and its products/Poisson et produits dérivés								
09_082	North African catfish, fillet, boiled* (as part of a recipe)	45	1.43	0.94	1.39	0.51	0.03	0
09_081	North African catfish, fillet, grilled* (without salt or fat)	54	1.72	1.13	1.67	0.61	0.04	0
09_080	North African catfish, fillet, steamed* (without salt)	45	1.43	0.94	1.39	0.51	0.03	0
09_032	Perch, Nile, fillet, raw	61	0.34	0.20	0.42	0.03	0.00	0
Non-African data								
SD or min-max		9						
n		4						1
09_086	Perch, Nile, fillet, boiled* (as part of a recipe)	74	0.41	0.24	0.51	0.03	0.00	0
09_034	Perch, Nile, fillet, grilled* (without salt or fat)	89	0.49	0.29	0.61	0.04	0.00	0
09_033	Perch, Nile, fillet, steamed* (without salt)	74	0.41	0.24	0.51	0.03	0.00	0
09_037	Sardine, canned in oil, drained, with bones	126	3.54	4.66	6.12	2.24	0.42	0
Non-African data								
SD or min-max		0a	0a	0a	0a	0a	0a	
n		3						1
09_004	Sardine, fillet, raw	16	1.22	0.82	0.61	0.03	0.00	0
Non-African data								
SD or min-max		0a				0a	0a	
n		1						1
09_087	Sardine, fillet, boiled* (as part of a recipe)	20	1.47	0.99	0.74	0.04	0.00	0
09_036	Sardine, fillet, grilled* (without salt or fat)	24	1.77	1.19	0.89	0.05	0.00	0
09_035	Sardine, fillet, steamed* (without salt)	20	1.47	0.99	0.74	0.04	0.00	0
09_056	Sea snail/whelk, flesh, raw	65	0.06	0.06	0.05	0.01	0.00	0
Non-African data								
SD or min-max		0a	0a	0a	0a	0a	0a	
n		1						1
09_101	Sea snail/whelk, boiled* (as part of a recipe)	78	0.07	0.06	0.05	0.01	0.00	0
09_100	Sea snail/whelk, grilled* (without salt or fat)	94	0.08	0.07	0.06	0.01	0.00	0
09_099	Sea snail/whelk, steamed* (without salt)	78	0.07	0.06	0.05	0.01	0.00	0

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Fish and its products/Poisson et produits dérivés										
09_038	Shiny-nose. fillet. raw	Capitaine de mer. filet. cru	0.60	400(94)	76.7	21.1	[1.1]	0	0	1.6
Non-African data			oa							
SD or min-max					75.0-78.3	19.8-22.5	0.8			
n			1		2	2	3		1	1
09_088	Shiny-nose. fillet. boiled* (as part of a recipe)	Capitaine de mer. filet. bouilli* (ingrédient de recette)	0.55	481.6(113.7)	71.9	25.5	[1.3]	0	0	1.9
09_040	Shiny-nose. fillet. grilled* (without salt or fat)	Capitaine de mer. filet. grillé* (sans sel ni graisse)	0.51	581.1(137.2)	66.2	30.7	[1.6]	0	0	2.3
09_039	Shiny-nose. fillet. steamed* (without salt)	Capitaine de mer. filet. cuit à la vapeur* (sans sel)	0.55	481.6(113.7)	71.9	25.5	[1.3]	0	0	1.9
09_057	Shrimp (crayfish). whole. dried	Crevette. entière. séchée	1.00	1 360(322)	12.3	63.1	4.2	7.9	0.0	12.5
Non-African data										
SD or min-max			1.00-1.00		4.6	4.9	1.3		0.0-0.0	2.6
n			2		6	5	5		2	5
09_058	Shrimp. palaemonid. flesh. raw	Crevette. palaemonidae. chair. crue	0.57	434(103)	74.3	22.2	1.4	0.3	0	1.8
Non-African data			oa					oa		
SD or min-max					71.6-77.0	18.7-25.7	1.1-1.7			1.7-2.0
n			1		2	2	2		1	2
09_104	Shrimp. palaemonid. flesh. boiled* (as part of a recipe)	Crevette. palaemonidae. chair. bouillie* (ingrédient de recette)	0.52	521.9(123.3)	69.0	26.7	1.7	0.3	0	2.2
09_103	Shrimp. palaemonid. flesh. grilled* (without salt or fat)	Crevette. palaemonidae. chair. grillée* (sans sel ni graisse)	0.53	502.9(118.8)	70.1	25.8	1.6	0.3	0	2.1
09_102	Shrimp. palaemonid. flesh. steamed* (without salt)	Crevette. palaemonidae. chair. cuite à la vapeur* (sans sel)	0.52	521.9(123.3)	69.0	26.7	1.7	0.3	0	2.2
09_059	Shrimp. penaeid. flesh. raw	Crevette. penaeidae. chair. crue	0.57	416(98)	75.1	21.6	0.9	1.0	0	1.4
Non-African data			oa							
SD or min-max			0.52-0.52		0.8	3.4	0.8-0.9			0.4
n			2		3	3	2		1	3
09_107	Shrimp. penaeid. flesh. boiled* (as part of a recipe)	Crevette. penaeidae. chair. bouillie* (ingrédient de recette)	0.52	501.1(118.2)	70.0	26.0	1.0	1.3	0	1.7
09_106	Shrimp. penaeid. flesh. grilled* (without salt or fat)	Crevette. penaeidae. chair. grillée* (sans sel ni graisse)	0.53	484.1(114.2)	71.0	25.1	1.0	1.2	0	1.6
09_105	Shrimp. penaeid. flesh. steamed* (without salt)	Crevette. penaeidae. chair. cuite à la vapeur* (sans sel)	0.52	501.1(118.2)	70.0	26.0	1.0	1.3	0	1.7
09_041	Tilapia. fillet. raw	Tilapia. filet. cru	0.58	372(88)	77.6	18.6	[1.5]	0	0	1.9
Non-African data										
SD or min-max						17.5-19.7				1.1-2.8
n			1		1	2	1		1	2

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Fish and its products/Poisson et produits dérivés													
09_038	Shiny-nose, fillet, raw	104	0.2	30	112	375	52	1.00	0.02	2	2	2	0
Non-African data				oa		oa	oa		oa	oa	oa	oa	
SD or min-max		30-177			75-148								
n		2	1	1	2	1	1	1	1			1	
09_088	Shiny-nose, fillet, boiled* (as part of a recipe)	125	0.2	37	134	452	63	1.20	0.02	2	2	2	0
09_040	Shiny-nose, fillet, grilled* (without salt or fat)	150	0.2	40	145	462	64	1.45	0.03	2	2	2	0
09_039	Shiny-nose, fillet, steamed* (without salt)	125	0.2	31	114	339	54	1.20	0.02	2	2	2	0
09_057	Shrimp (crayfish), whole, dried	2 522	25.3	670	1 332	1 107	1 298	6.83	2.00	9	9	9	0
Non-African data													
SD or min-max		1 234	5.5	417	52	643	953	6.75-6.92	1.99-2.01			9-9	
n		5	5	5	4	5	3	2	2			2	
09_058	Shrimp, palaemonid, flesh, raw	44	2.7	53	242	270	158	2.28	1.02	4	6	3	[6]
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	
09_104	Shrimp, palaemonid, flesh, boiled* (as part of a recipe)	53	3.3	63	292	325	191	2.75	1.22	4	4	3	[6]
09_103	Shrimp, palaemonid, flesh, grilled* (without salt or fat)	51	2.7	55	253	267	156	2.65	1.12	4	3	3	[6]
09_102	Shrimp, palaemonid, flesh, steamed* (without salt)	53	2.6	54	248	244	162	2.75	1.10	4	3	3	[6]
09_059	Shrimp, penaeid, flesh, raw	66	1.6	37	267	196	126	1.30	0.43	20	56	11	[56]
Non-African data		oa		oa		oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max		59-72		31-43		140-252	61-191	1.16-1.43	0.41-0.45				
n		2	1	2	1	2	2	2	2			1	
09_107	Shrimp, penaeid, flesh, boiled* (as part of a recipe)	79	1.9	44	322	236	152	1.56	0.52	22	17	12	[61]
09_106	Shrimp, penaeid, flesh, grilled* (without salt or fat)	76	1.6	39	279	194	125	1.51	0.48	21	16	11	[56]
09_105	Shrimp, penaeid, flesh, steamed* (without salt)	79	1.5	38	273	177	129	1.56	0.47	20	16	11	[56]
09_041	Tilapia, fillet, raw	109	1.7	31	255	266	64	0.91	0.05	10	10	10	0
Non-African data													
SD or min-max			0.8-2.7	17-44	167-342	151-381		0.50-1.32					
n		1	2	2	2	2	1	2	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Fish and its products/Poisson et produits dérivés													
09_038	Shiny-nose, fillet, raw	1.2	1.00	0.02	0.01	4.6	0.7	229	0.11	[7]	[7]	2.70	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	
SD or min-max													
n		1		1	1		1	1	1	1		1	1
09_088	Shiny-nose, fillet, boiled* (as part of a recipe)	1.3	1.20	0.02	0.01	5.4	0.8	276	0.11	[7]	[7]	3.00	0
09_040	Shiny-nose, fillet, grilled* (without salt or fat)	1.5	1.50	0.03	0.01	6.5	1.0	332	0.14	[8]	[8]	3.50	0
09_039	Shiny-nose, fillet, steamed* (without salt)	1.3	1.20	0.02	0.01	5.2	0.6	276	0.09	[6]	[6]	2.60	0
09_057	Shrimp (crayfish), whole, dried	0.0	1.10	0.03	0.22	8.4	2.3	369	0.70	[140]	[140]	5.90	[37]
Non-African data												oa	
SD or min-max		0.0-0.0		0.03-0.03	0.19-0.26		2.2-2.3	367-372	0.67-0.73	140-150			37-37
n		2		2	2		2	2	2	2		1	2
09_058	Shrimp, palaemonid, flesh, raw	0.0	0.57	0.03	0.11	5.8	2.4	199	0.05	[13]	[13]	[7.00]	1
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n		1		1	1		1	1	1	1		1	1
09_104	Shrimp, palaemonid, flesh, boiled* (as part of a recipe)	0.0	0.69	0.03	0.14	6.8	2.8	240	0.05	[13]	[13]	[7.60]	1
09_103	Shrimp, palaemonid, flesh, grilled* (without salt or fat)	0.0	0.62	0.03	0.12	6.4	2.5	232	0.05	[12]	[12]	[7.30]	0
09_102	Shrimp, palaemonid, flesh, steamed* (without salt)	0.0	0.62	0.03	0.10	6.0	2.0	240	0.04	[11]	[11]	[6.80]	0
09_059	Shrimp, penaeid, flesh, raw	1.9	2.40	0.03	0.05	7.7	1.9	348	0.11	14	14	2.10	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max				0.02-0.03	0.03-0.07		1.2-2.7						
n		1		2	2		2	1	1	1		1	1
09_107	Shrimp, penaeid, flesh, boiled* (as part of a recipe)	2.0	2.90	0.03	0.06	9.2	2.2	419	0.11	14	14	2.30	0
09_106	Shrimp, penaeid, flesh, grilled* (without salt or fat)	1.9	2.60	0.03	0.05	8.7	2.0	404	0.12	13	13	2.20	0
09_105	Shrimp, penaeid, flesh, steamed* (without salt)	1.9	2.60	0.02	0.04	8.6	1.6	419	0.09	11	11	2.10	0
09_041	Tilapia, fillet, raw	2.0	1.90	0.02	0.09	6.1	3.2	171	0.18	5	5	1.50	0
Non-African data		oa	oa						oa				
SD or min-max		0.9-3.1			0.03-0.15			140-203					
n		2		1	2		1	2	1	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Fish and its products/Poisson et produits dérivés								
09_038	Shiny-nose, fillet, raw	69	0.40	0.19	0.29	0.02	0.00	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
09_088	Shiny-nose, fillet, boiled* (as part of a recipe)	83	0.48	0.23	0.35	0.02	0.00	0
09_040	Shiny-nose, fillet, grilled* (without salt or fat)	99	0.58	0.28	0.42	0.03	0.00	0
09_039	Shiny-nose, fillet, steamed* (without salt)	83	0.48	0.23	0.35	0.02	0.00	0
09_057	Shrimp (crayfish), whole, dried	290	1.83	0.92	1.05	0.24	0.00	0
Non-African data								
SD or min-max		284-295						
n		2						1
09_058	Shrimp, palaemonid, flesh, raw	180	0.36	0.22	0.52	0.13	0.00	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
09_104	Shrimp, palaemonid, flesh, boiled* (as part of a recipe)	217	0.43	0.27	0.63	0.16	0.00	0
09_103	Shrimp, palaemonid, flesh, grilled* (without salt or fat)	209	0.41	0.26	0.61	0.15	0.00	0
09_102	Shrimp, palaemonid, flesh, steamed* (without salt)	217	0.43	0.27	0.63	0.16	0.00	0
09_059	Shrimp, penaeid, flesh, raw	195	0.20	0.11	0.26	0.03	0.00	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
09_107	Shrimp, penaeid, flesh, boiled* (as part of a recipe)	235	0.24	0.14	0.32	0.03	0.00	0
09_106	Shrimp, penaeid, flesh, grilled* (without salt or fat)	227	0.23	0.13	0.31	0.03	0.00	0
09_105	Shrimp, penaeid, flesh, steamed* (without salt)	235	0.24	0.14	0.32	0.03	0.00	0
09_041	Tilapia, fillet, raw	63	0.49	0.46	0.30	0.16	0.02	0
Non-African data								
SD or min-max								
n		1						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Fish and its products/Poisson et produits dérivés										
09_089	Tilapia. fillet. boiled* (as part of a recipe)	Tilapia. filet. bouilli* (ingrédient de recette)	0.55	426.7(100.9)	74.3	21.4	[1.7]	0	0	2.2
09_043	Tilapia. fillet. grilled* (without salt or fat)	Tilapia. filet. grillé* (sans sel ni graisse)	0.52	471.5(111.5)	71.6	23.6	[1.9]	0	0	2.4
09_042	Tilapia. fillet. steamed* (without salt)	Tilapia. filet. cuit à la vapeur* (sans sel)	0.55	426.7(100.9)	74.3	21.4	[1.7]	0	0	2.2
09_110	Tuna. canned in water. drained	Thon au naturel. en conserve. égoutté	0.79	504(119)	73.9	24.9	2.2	0	0	1.5
Non-African data			oa		oa	oa	oa	oa		oa
SD or min-max					0.6		1.0			1.5-1.5
n			1		4	1	3		1	2
09_111	Tuna. canned in oil. drained	Thon à l'huile. en conserve. égoutté	0.80	780(186)	64.7	25.4	9.4	0	0	1.8
Non-African data			oa		oa	oa	oa	oa		oa
SD or min-max					2.2					1.5-2.2
n			1		3	1	1		1	2
09_005	Tuna. fillet. raw	Thon. filet. cru	0.76	499(118)	69.2	23.6	2.6	0	0	1.4
Non-African data			oa		oa	oa	oa	oa		oa
SD or min-max					5.2	2.9	1.9			0.3
n			1		16	14	11		1	12
09_092	Tuna. fillet. boiled* (as part of a recipe)	Thon. filet. bouilli* (ingrédient de recette)	0.72	623.6(147.7)	61.5	29.5	3.3	0	0	1.7
09_091	Tuna. fillet. grilled* (without salt or fat)	Thon. filet. grillé* (sans sel ni graisse)	0.70	671.8(159.1)	58.4	31.9	3.5	0	0	1.9
09_090	Tuna. fillet. steamed* (without salt)	Thon. filet. cuit à la vapeur* (sans sel)	0.72	623.6(147.7)	61.5	29.5	3.3	0	0	1.7
09_054	Venus clams. flesh. raw	Palourde vénus. chair. crue	0.27	259(61)	83.4	9.2	1.2	3.5	0	2.8
Non-African data			oa		oa	oa	oa	oa		oa
SD or min-max										
n			1		1	1	1		1	1
09_095	Venus clams. flesh. boiled* (as part of a recipe)	Palourde vénus. chair. bouillie* (ingrédient de recette)	0.19	412(97.5)	73.6	14.6	1.9	5.5	0	4.4
09_094	Venus clams. flesh. steamed* (without salt)	Palourde vénus. chair. cuite à la vapeur* (sans sel)	0.19	412(97.5)	73.6	14.6	1.9	5.5	0	4.4
09_006	White grouper. fillet. raw	Mérou blanc. filet. cru	0.60	406(96)	76.6	19.4	2.1	0	0	1.4
Non-African data			oa							
SD or min-max						19.2-19.5	0.3			
n			1		1	2	6		1	1
09_093	White grouper. fillet. boiled* (as part of a recipe)	Mérou blanc. filet. bouilli* (ingrédient de recette)	0.55	488.6(115.7)	71.8	23.3	2.5	0	0	1.7
09_047	White grouper. fillet. grilled* (without salt or fat)	Mérou blanc. filet. grillé* (sans sel ni graisse)	0.51	587(139)	66.1	28.0	3.0	0	0	2.0
09_046	White grouper. fillet. steamed* (without salt)	Mérou blanc. filet. cuit à la vapeur* (sans sel)	0.55	488.6(115.7)	71.8	23.3	2.5	0	0	1.7

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Fish and its products/Poisson et produits dérivés													
09_089	Tilapia, fillet, boiled* (as part of a recipe)	125	2.0	35	293	305	74	1.05	0.05	10	10	10	0
09_043	Tilapia, fillet, grilled* (without salt or fat)	138	1.9	35	290	286	69	1.15	0.06	11	11	11	0
09_042	Tilapia, fillet, steamed* (without salt)	125	1.6	30	249	229	63	1.05	0.05	10	10	10	0
09_110	Tuna, canned in water, drained	11	1.3	28	184	229	302	0.76	0.05	15	15	15	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max		3	0.3	3	24	12	76	0.20	0.02			9	
n		4	4	4	4	4	4	4	3			4	
09_111	Tuna, canned in oil, drained	7	0.9	33	224	292	402	0.72	0.09	17	17	17	1
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max		4	0.3	3	38	36	37	0.23	0.05-0.13			11	
n		3	3	3	3	3	3	3	2			3	
09_005	Tuna, fillet, raw	11	1.0	40	256	351	50	0.39	0.06	[14]	[14]	[14]	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	
SD or min-max		9	0.3	8	30	84	20	0.17	0.03			10-18	
n		7	7	6	7	7	6	6	5			2	
09_092	Tuna, fillet, boiled* (as part of a recipe)	14	1.2	50	320	439	62	0.49	0.07	[16]	[16]	[16]	0
09_091	Tuna, fillet, grilled* (without salt or fat)	15	1.1	48	312	404	57	0.53	0.07	[17]	[17]	[17]	0
09_090	Tuna, fillet, steamed* (without salt)	14	1.0	42	272	329	53	0.49	0.06	[16]	[16]	[16]	0
09_054	Venus clams, flesh, raw	183	6.6	80	133	202	510	1.17	0.15	81	12	79	[12]
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
09_095	Venus clams, flesh, boiled* (as part of a recipe)	290	10.5	127	211	321	809	1.85	0.23	116	115	113	[17]
09_094	Venus clams, flesh, steamed* (without salt)	290	8.4	108	179	241	688	1.85	0.21	107	106	105	[15]
09_006	White grouper, fillet, raw	33	1.3	35	188	358	51	1.30	0.05	2	2	2	0
Non-African data						oa	oa			oa	oa	oa	
SD or min-max		24-41	1.2-1.4			83	7						
n		2	2	1	1	5	5	1	1			1	
09_093	White grouper, fillet, boiled* (as part of a recipe)	39	1.6	42	227	432	61	1.57	0.05	2	2	2	0
09_047	White grouper, fillet, grilled* (without salt or fat)	47	1.6	46	245	442	63	1.88	0.06	3	3	3	0
09_046	White grouper, fillet, steamed* (without salt)	39	1.3	36	193	324	52	1.57	0.05	2	2	2	0

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Fish and its products/Poisson et produits dérivés													
09_089	Tilapia, fillet, boiled* (as part of a recipe)	2.0	2.10	0.02	0.11	6.8	3.5	197	0.18	5	5	1.60	0
09_043	Tilapia, fillet, grilled* (without salt or fat)	2.3	2.40	0.02	0.10	7.3	3.7	217	0.21	5	5	1.70	0
09_042	Tilapia, fillet, steamed* (without salt)	2.0	2.10	0.02	0.07	5.9	2.6	197	0.14	4	4	1.40	0
09_110	Tuna, canned in water, drained	1.6	0.85	0.02	0.08	15.0	9.8	306	0.25	9	9	2.20	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	
SD or min-max		1.1-2.0		0.01	0.03		3.1	46		12		1.20	
n		2		3	4		4	4	1	4		4	1
09_111	Tuna, canned in oil, drained	1.1	2.10	0.03	0.10	15.0	9.8	336	0.35	3	3	2.30	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max				0.02-0.05	0.02		2.1	38	0.32-0.43	3		1.10	
n		1		2	3		3	3	2	3		3	1
09_005	Tuna, fillet, raw	3.4	0.80	0.15	0.12	17.0	12.0	248	0.66	6	6	4.60	0
Non-African data		oa	oa	oa	oa				oa	oa	oa	oa	
SD or min-max		1.7		0.06	0.07		6.5	23	0.36	6		3.40	
n		4		5	6		6	3	4	4		4	1
09_092	Tuna, fillet, boiled* (as part of a recipe)	3.9	1.00	0.16	0.15	20.0	15.0	310	0.70	6	6	5.20	0
09_091	Tuna, fillet, grilled* (without salt or fat)	4.2	1.10	0.18	0.14	21.0	15.0	335	0.81	6	6	5.60	0
09_090	Tuna, fillet, steamed* (without salt)	3.9	1.00	0.14	0.10	16.0	11.0	310	0.58	5	5	4.60	0
09_054	Venus clams, flesh, raw	2.1	0.84	0.03	0.17	4.5	2.3	133	0.04	49	49	[38.0]	1
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n		1		1	1		1	1	1	1		1	1
09_095	Venus clams, flesh, boiled* (as part of a recipe)	3.0	1.30	0.03	0.27	6.9	3.4	211	0.05	66	66	[54.00]	1
09_094	Venus clams, flesh, steamed* (without salt)	2.7	1.20	0.03	0.19	6.0	2.5	211	0.04	54	54	[48.00]	1
09_006	White grouper, fillet, raw	0.9	0.34	0.07	0.05	5.4	1.2	252	0.09	11	11	0.60	0
Non-African data		oa	oa			oa	oa	oa	oa	oa	oa	oa	
SD or min-max		0.8		0.06-0.07	0.04-0.05		0.8		0.04	6			
n		4		2	2		4	1	4	5		1	1
09_093	White grouper, fillet, boiled* (as part of a recipe)	1.0	0.41	0.07	0.05	6.5	1.4	303	0.14	12	12	0.65	0
09_047	White grouper, fillet, grilled* (without salt or fat)	1.2	0.49	0.08	0.06	7.7	1.6	365	0.17	13	13	0.78	0
09_046	White grouper, fillet, steamed* (without salt)	1.0	0.41	0.06	0.04	6.1	1.0	303	0.11	10	10	0.58	0



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCP(mg)
Fish and its products/Poisson et produits dérivés								
09_089	Tilapia, fillet, boiled* (as part of a recipe)	72	0.56	0.53	0.34	0.19	0.02	0
09_043	Tilapia, fillet, grilled* (without salt or fat)	79	0.62	0.58	0.38	0.20	0.03	0
09_042	Tilapia, fillet, steamed* (without salt)	72	0.56	0.53	0.34	0.19	0.02	0
09_110	Tuna, canned in water, drained	47	0.20	0.13	0.24	0.01	0.00	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max		6						
n		3						1
09_111	Tuna, canned in oil, drained	39	0.09	0.19	0.30	0.27	0.01	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max		8						
n		3						1
09_005	Tuna, fillet, raw	35	0.78	0.60	0.91	0.05	0.00	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max		4						
n		4						1
09_092	Tuna, fillet, boiled* (as part of a recipe)	44	0.98	0.75	1.14	0.06	0.01	0
09_091	Tuna, fillet, grilled* (without salt or fat)	48	1.06	0.81	1.23	0.07	0.01	0
09_090	Tuna, fillet, steamed* (without salt)	44	0.98	0.75	1.14	0.06	0.01	0
09_054	Venus clams, flesh, raw	36	0.30	0.19	0.34	0.01	0.00	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
09_095	Venus clams, flesh, boiled* (as part of a recipe)	57	0.51	0.33	0.58	0.02	0.00	0
09_094	Venus clams, flesh, steamed* (without salt)	57	0.51	0.33	0.58	0.02	0.00	0
09_006	White grouper, fillet, raw	38	0.87	0.41	0.52	0.02	0.00	0
Non-African data		oa				oa	oa	
SD or min-max								
n		1						1
09_093	White grouper, fillet, boiled* (as part of a recipe)	45	1.05	0.49	0.62	0.03	0.00	0
09_047	White grouper, fillet, grilled* (without salt or fat)	54	1.26	0.59	0.75	0.03	0.00	0
09_046	White grouper, fillet, steamed* (without salt)	45	1.05	0.49	0.62	0.03	0.00	0

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Milk and its products/Lait et produits dérivés										
10_019	Breastmilk. colostrum	Lait maternel. colostrum	1.00	249(59)	88.2	1.9	2.6	7.1	0	0.2
Non-African data						oa	oa	oa		
SD or min-max										
n			1		1	1	1		1	1
10_004	Breastmilk. mature	Lait maternel	1.00	292(70)	86.8	1.1	[3.5]	8.4	0	0.2
Non-African data										
SD or min-max										
n			1		86.5-87.0	1.1-1.1	3.1-3.9		1	1
10_006	Cheese. cheddar. from cow's milk	Fromage. cheddar. de lait de vache	1.00	1 650(397)	37.4	24.7	32.3	1.8	0	3.8
Non-African data							oa	oa		
SD or min-max										
n			1		1	1	1		1	1
10_028	Cheese. fresh curd. from cow's milk	Fromage. blanc. frais. de lait de vache	1.00	909(219)	63.0	15.5	[15.7]	3.8	0	2.0
Non-African data									oa	
SD or min-max										
n			1		5.9	5.3	2.0		1	1
10_008	Cheese. Gouda. from cow's milk	Fromage. Gouda. de lait de vache	1.00	1 580(380)	40.6	23.9	31.5	0.3	0	3.7
Non-African data										
SD or min-max										
n			1		1	1	1		1	1
10_007	Cheese. hard type. from goat's milk	Fromage. de chèvre. à pâte dure	1.00	1 860(447)	29.0	30.5	35.6	1.2	0	3.7
Non-African data						oa	oa	oa	oa	oa
SD or min-max										
n			1		1	1	1		1	1
10_027	Cheese. processed. spreadable. shelf-stable (e.g. Laughing Cow)	Fromage. fondu à tartiner. longue conservation (ex. vache-qui-rit)	1.00	1 130(271)	52.8	14.8	20.4	7.0	0	5.0
Non-African data						oa	oa	oa		oa
SD or min-max										
n			1		5.2					5.0
n			1		3	1	1		1	3

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Milk and its products/Lait et produits dérivés													
10_019	Breastmilk, colostrum	28	0.1	3	14	70	47	0.60	0.05	178	166	155	135
Non-African data		oa	oa	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
10_004	Breastmilk, mature	26	0.2	3	16	60	6	0.20	0.05	61	61	60	7
Non-African data				oa					oa	oa	oa	oa	oa
SD or min-max		20-32			14-18								
n		2	1	1	2	1	1	1	1			1	
10_006	Cheese, cheddar, from cow's milk	788	0.7	30	532	82	487	3.93	0.07	272	263	255	104
Non-African data										oa	oa	oa	oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
10_028	Cheese, fresh curd, from cow's milk	630	1.1	31	443	153	31	0.61	0.10	116	114	113	19
Non-African data		oa		oa	oa					oa	oa	oa	oa
SD or min-max			0.1			20		0.60-0.61	0.10-0.10				
n		1	3	1	1	3	1	2	2			1	
10_008	Cheese, Gouda, from cow's milk	806	0.8	31	565	71	511	3.74	0.06	221	210	199	131
Non-African data										oa	oa	oa	oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
10_007	Cheese, hard type, from goat's milk	895	1.9	54	729	116	423	1.59	0.09	493	486	478	91
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
10_027	Cheese, processed, spreadable, shelf-stable (e.g. Laughing Cow)	524	0.3	26	837	220	1 000	2.33	0.19	202	195	188	87
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max		513	0.3	26	835	219	730	2.59	0.19			21	
n		3	3	3	3	3	3	3	3			3	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Milk and its products/Lait et produits dérivés													
10_019	Breastmilk, colostrum	tr	1.30	tr	0.03	0.8	0.1	42	tr	2	2	0.10	7
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n			1	1	1		1	1	1	1		1	1
10_004	Breastmilk, mature	0.1	0.34	0.02	0.04	0.5	0.2	17	0.01	5	5	0.05	4
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
10_006	Cheese, cheddar, from cow's milk	0.5	1.20	0.04	0.36	3.9	0.1	230	0.05	18	18	1.80	0
Non-African data		oa	oa						oa	oa	oa	oa	
SD or min-max													
n		1		1	1		1	1	1	1		1	1
10_028	Cheese, fresh curd, from cow's milk	0.1	0.20	0.03	0.13	3.8	0.1	220	0.05	33	33	[0.59]	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
10_008	Cheese, Gouda, from cow's milk	0.4	1.20	0.04	0.34	6.3	0.1	370	0.06	21	21	1.70	0
Non-African data		oa							oa			oa	
SD or min-max													
n		1		1	1		1	1	1	1		1	1
10_007	Cheese, hard type, from goat's milk	0.7	[0.31]	0.14	0.17	5.9	0.5	321	0.08	4	4	0.12	0
Non-African data		oa	oa	oa	oa	oa		oa	oa	oa	oa	oa	oa
SD or min-max													
n		1		1	1		1	1	1	1		1	1
10_027	Cheese, processed, spreadable, shelf-stable (e.g. Laughing Cow)	0.2	0.22	0.06	0.39	3.3	0.1	192	0.05	11	11	0.62	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa			oa	oa
SD or min-max				0.02	0.04		0.0	192-239				0.23	
n		1		3	3		3	2	1	1		3	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCP(mg)
Milk and its products/Lait et produits dérivés								
10_019	Breastmilk, colostrum	31	1.08	1.08	0.30	0.22	0.02	0
	Non-African data	oa	oa	oa	oa	oa	oa	
	SD or min-max							
	n	1						1
10_004	Breastmilk, mature	15	1.62	1.29	0.41	0.30	0.02	0
	Non-African data	oa	oa	oa	oa	oa	oa	
	SD or min-max							
	n	1						1
10_006	Cheese, cheddar, from cow's milk	101	20.60	9.07	0.84	0.47	0.19	0
	Non-African data	oa	oa	oa	oa	oa	oa	
	SD or min-max							
	n	1						1
10_028	Cheese, fresh curd, from cow's milk	57	9.81	4.51	0.54	0.23	0.07	0
	Non-African data							
	SD or min-max							
	n	1						1
10_008	Cheese, Gouda, from cow's milk	96	20.40	8.60	0.81	0.52	0.23	0
	Non-African data	oa	oa	oa	oa	oa	oa	
	SD or min-max							
	n	1						1
10_007	Cheese, hard type, from goat's milk	105	24.70	8.13	0.85	0.69	0.12	0
	Non-African data	oa	oa	oa	oa	oa	oa	
	SD or min-max							
	n	1						1
10_027	Cheese, processed, spreadable, shelf-stable (e.g. Laughing Cow)	64	13.20	5.41	0.63	0.39	0.15	0
	Non-African data	oa	oa	oa	oa	oa	oa	
	SD or min-max	15						
	n	3						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Milk and its products/Lait et produits dérivés										
10_009	Cream. from cow's milk. ca. 38% fat	Crème. de lait de vache. env. 38% de mat. grasse	1.00	1 450(351)	57.4	2.1	36.6	3.5	0	0.5
Non-African data										
SD or min-max										
n										
10_010	Cream. from cow's milk. reduced fat. ca. 18% fat	Crème. de lait de vache. faible teneur en matière grasse (env. 18%)	1.00	754(183)	75.5	2.7	17.3	4.0	0	0.5
Non-African data										
SD or min-max										
n										
10_011	Infant formula. powder. for 3 months. fortified	Lait infantile en poudre. 1er âge (3 mois). enrichi	1.00	2 170(519)	2.0	12.1	27.7	55.4	0	2.8
Non-African data										
SD or min-max										
n										
10_012	Infant formula. powder. for 6 months. fortified	Lait infantile en poudre. 2e âge (6 mois). enrichi	1.00	2 000(475)	2.0	18.0	19.7	56.6	0	3.8
Non-African data										
SD or min-max										
n										
10_018	Milk. camel. fresh	Lait. de chamelle. frais	1.00	241(58)	89.8	3.0	4.0	2.4	0	0.8
Non-African data										
SD or min-max										
n										
10_015	Milk. cow. canned. condensed. sweetened	Lait. de vache. en conserve. condensé. sucré	1.00	1 390(329)	26.9	7.5	8.5	55.6	0	1.6
Non-African data										
SD or min-max										
n										
10_016	Milk. cow. canned. evaporated	Lait. de vache. en conserve. concentré	1.00	657(157)	69.5	7.4	8.6	12.6	0	2.0
Non-African data										
SD or min-max										
n										

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Milk and its products/Lait et produits dérivés													
10_009	Cream, from cow's milk, ca. 38% fat	73	0.3	7	58	139	39	0.53	0.03	431	417	403	166
Non-African data													oa
SD or min-max		50-96	0.2-0.5	4-10	56-60	100-178	28-49					250-556	
n		2	2	2	2	2	2	1	1			2	
10_010	Cream, from cow's milk, reduced fat, ca. 18% fat	83	0.1	9	77	113	49	0.27	0.01	202	193	184	109
Non-African data													oa
SD or min-max		21	0.1	3	18	27	23	0.07				14	
n		3	3	3	3	3	3	3	1			3	
10_011	Infant formula, powder, for 3 months, fortified	358	9.3	31	280	482	140	3.90	0.37	467	467	467	0
Non-African data													oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	1
10_012	Infant formula, powder, for 6 months, fortified	810	8.5	66	458	704	225	3.50	0.41	488	488	488	0
Non-African data													oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	1
10_018	Milk, camel, fresh	116	0.2	13	87	151	61	0.35	0.15	13	13	13	[0]
Non-African data													
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
10_015	Milk, cow, canned, condensed, sweetened	279	0.4	28	238	372	325	0.95	0.10	92	90	87	30
Non-African data													
SD or min-max		9	0.4	27-28	230-246	370-374	128-521					84-90	
n		3	3	2	2	2	2	1	1			2	
10_016	Milk, cow, canned, evaporated	258	0.2	60	233	253	106	0.96	0.04	83	80	76	[44]
Non-African data										oa	oa	oa	oa
SD or min-max		7	0.1-0.3	56					0.02				
n		4	2	3	1	1	1	1	3			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Milk and its products/Lait et produits dérivés													
10_009	Cream, from cow's milk, ca. 38% fat	1.0	1.10	0.02	0.08	0.5	0.1	25	0.02	25	25	0.10	1
Non-African data		oa	oa	oa	oa		oa		oa				
SD or min-max													
n		1		1	1		1	1	1	1		1	1
10_010	Cream, from cow's milk, reduced fat, ca. 18% fat	1.1	0.61	0.02	0.16	0.8	0.1	45	0.02	24	24	0.21	1
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max				0.01	0.04		0.1	21-69				0.08	
n		1		3	3		3	2	1	1		3	1
10_011	Infant formula, powder, for 3 months, fortified	7.8	5.00	0.52	0.78	[3.9]	3.9		0.33	39	39	1.00	43
Non-African data													
SD or min-max													
n		1	1	1	1		1		1	1		1	1
10_012	Infant formula, powder, for 6 months, fortified	8.5	5.10	0.57	0.85	[4.3]	4.3		0.34	42	42	0.90	46
Non-African data													
SD or min-max													
n		1	1	1	1		1		1	1		1	1
10_018	Milk, camel, fresh				0.06	[0.9]		55					4
Non-African data					oa								
SD or min-max													0
n					1			1					3
10_015	Milk, cow, canned, condensed, sweetened	tr	[0.65]	0.09	0.38	2.0	0.2	105	0.05	11	11	0.50	4
Non-African data									oa	oa	oa		
SD or min-max				0.09-0.09	0.33-0.42								3-4
n		1		2	2		1	1	1	1		1	2
10_016	Milk, cow, canned, evaporated	tr	[0.21]	0.12	0.35	2.3	0.6	98	0.04	6	6	0.15	1
Non-African data						oa	oa		oa	oa	oa	oa	
SD or min-max				0.14	0.02			17					1-1
n		1		3	3		1	3	1	1		1	2



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCP(mg)
Milk and its products/Lait et produits dérivés								
10_009	Cream, from cow's milk, ca. 38% fat	124	23.20	10.40	0.93	0.49	0.14	0
Non-African data						oa	oa	
SD or min-max		110-138						
n		2						1
10_010	Cream, from cow's milk, reduced fat, ca. 18% fat	50	11.00	4.71	0.68	0.36	0.10	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max		10						
n		3						1
10_011	Infant formula, powder, for 3 months, fortified	32	11.70	8.54	5.91			0
Non-African data		oa	oa	oa	oa			
SD or min-max								
n		1						1
10_012	Infant formula, powder, for 6 months, fortified	6	8.33	6.08	4.21			0
Non-African data		oa	oa	oa	oa			
SD or min-max								
n		1						1
10_018	Milk, camel, fresh	9	1.74	1.07	0.15	0.06	0.04	0
Non-African data								
SD or min-max								
n		1						1
10_015	Milk, cow, canned, condensed, sweetened	27	5.35	2.46	0.22	0.14	0.07	0
Non-African data						oa	oa	
SD or min-max		23-30						
n		2						1
10_016	Milk, cow, canned, evaporated	24	5.72	2.21	0.16	0.09	0.03	0
Non-African data						oa	oa	
SD or min-max								
n		1						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Milk and its products/Lait et produits dérivés										
10_017	Milk. cow. powder. skimmed. unfortified	Lait. de vache. en poudre. écrémé. non enrichi	1.00	1 510(356)	4.2	36.4	[1.0]	50.4	0	8.0
Non-African data										
SD or min-max					4.0-4.4	36.0-36.7	1.0-1.0			
n			1		2	2	2		1	1
10_002	Milk. cow. powder. whole. unfortified	Lait. de vache. en poudre. entier. non enrichi	1.00	2 060(493)	4.5	25.8	[26.8]	37.3	0	5.7
Non-African data										
SD or min-max					4.0-5.0	25.5-26.0	26.0-27.5			
n			1		2	2	2		1	1
10_013	Milk. cow. reduced fat. 1.5-2% fat	Lait. de vache. partiellement écrémé. 1.5-2% de mat. grasse	1.00	202(48)	89.5	3.4	1.8	4.6	0	0.7
Non-African data										
SD or min-max			1.00-1.00		0.2	0.3	0.2			0.7-0.7
n			2		4	5	4		1	2
10_014	Milk. cow. skimmed. 0.5% fat	Lait. de vache. écrémé. 0.5% de mat. grasse	1.00	158(37)	90.6	3.5	0.6	4.6	0	0.7
Non-African data										
SD or min-max					90.5-90.8	3.4-3.6	0.4-0.8			
n			1		2	2	2		1	1
10_022	Milk. cow. whole. fermented	Lait. de vache. entier. fermenté	1.00	257(62)	88.4	3.3	3.6	4.0	0	0.7
Non-African data										
SD or min-max					0.6	0.8	1.9			
n			1		3	14	12		1	3
10_001	Milk. cow. whole. pasteurized or UHT. 3.5% fat	Lait. de vache. entier. pasteurisé ou stérilisé UHT. 3.5% de mat. grasse	1.00	268(64)	87.5	3.3	3.4	5.1	0	0.7
Non-African data										
SD or min-max					0.8	0.1	0.1			
n			1		4	3	4		1	4
10_029	Milk. cow. whole. raw. 4.5% fat	Lait. de vache. entier. cru. 4.5% de mat. grasse	1.00	323(78)	86.2	3.1	5.0	5.0	0	0.7
Non-African data										
SD or min-max			1.00-1.00		1.1	1.1	1.0			
n			2		18	17	14		1	7

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
10_017	Milk, cow, powder, skimmed, unfortified	1 270	0.9	123	1 010	1 680	468	3.77	0.08	5	5	4	9
	Non-African data									oa	oa	oa	oa
	SD or min-max	1 260-1 280	0.8-1.0										
	n	2	2	1	1	1	1	1	1			1	
10_002	Milk, cow, powder, whole, unfortified	925	0.8	85	680	1 140	380	3.34	0.08	344	329	329	88
	Non-African data												
	SD or min-max	900-950	0.7-0.8										
	n	2	2	1	1	1	1	1	1			1	
10_013	Milk, cow, reduced fat, 1.5–2% fat	128	0.1	31	85	150	50	0.39	0.02	22	22	22	4
	Non-African data												
	SD or min-max	16	0.0-0.1	42	4	25	8					5	
	n	5	2	5	4	4	4	1	1			4	
10_014	Milk, cow, skimmed, 0.5% fat	138	tr	22	97	113	63	0.40	0.01	0	0	0	1
	Non-African data		oa							oa	oa	oa	oa
	SD or min-max												
	n	1	1	1	1	1	1	1	1			1	
10_022	Milk, cow, whole, fermented	117	0.1	11	96	126	43	0.28	0.02	40	39	37	17
	Non-African data									oa	oa		oa
	SD or min-max	43	0.1-0.1	5	40	63	25	0.22-0.34				34-41	
	n	4	2	4	3	3	3	2	1			2	
10_001	Milk, cow, whole, pasteurized or UHT, 3.5% fat	119	0.1	12	111	147	45	0.63	0.01	43	42	40	17
	Non-African data									oa	oa		oa
	SD or min-max	1		0	39	11	6					3	
	n	3	1	3	3	3	3	1	1			3	
10_029	Milk, cow, whole, raw, 4.5% fat	191	0.1	13	90	159	45	0.32	0.01	30	29	27	17
	Non-African data												oa
	SD or min-max	145	0.1	10-16	7	27	17	0.30-0.33	0.00-0.02				
	n	8	4	2	5	3	3	2	2			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Milk and its products/Lait et produits dérivés													
10_017	Milk, cow, powder, skimmed, unfortified		[0.02]	0.34	1.60	9.3	0.9	506	0.34	50	50	3.00	17
Non-African data										oa	oa		
SD or min-max				0.24-0.45	1.50-1.60								
n				2	2		1	1	1	1		1	1
10_002	Milk, cow, powder, whole, unfortified		[1.10]	0.30	1.20	6.8	0.8	362	0.25	37	37	1.80	13
Non-African data										oa	oa		
SD or min-max				0.30-0.30	1.20-1.30		0.7-0.8						
n				2	2		2			1		1	1
10_013	Milk, cow, reduced fat, 1.5–2% fat		0.05	0.04	0.17	0.9	0.1	46	0.04	4	4	0.32	2
Non-African data			oa										
SD or min-max				0.01	0.01			8	0.03-0.04	3-5		0.23-0.40	1
n				3	3		1	3	2	2		2	3
10_014	Milk, cow, skimmed, 0.5% fat	[tr]	0.04	0.04	0.14	0.9	0.1	47	0.04	5	5	0.40	1
Non-African data													
SD or min-max													
n		1		1	1		1	1	1	1		1	1
10_022	Milk, cow, whole, fermented	0.1	0.17	0.04	0.20	0.7	tr	41	0.02	1	1	0.19	1
Non-African data		oa	oa										
SD or min-max					0.07			7		1-1		0.14-0.23	1-1
n		1		1	3		1	3	1	2		2	2
10_001	Milk, cow, whole, pasteurized or UHT, 3.5% fat	0.1	0.17	0.04	0.27	0.8	0.1	39	0.03	8	8	0.59	0
Non-African data		oa	oa										
SD or min-max								1	0.03-0.04				
n		1		1	1		1	3	2	1		1	1
10_029	Milk, cow, whole, raw, 4.5% fat	0.1	0.17	0.04	0.20	1.0	0.1	52	0.03	6	6	0.40	1
Non-African data		oa	oa										
SD or min-max				0.00	0.06								0
n		1		5	5		1	1	1	1		1	3

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Milk and its products/Lait et produits dérivés								
10_017	Milk, cow, powder, skimmed, unfortified	20	0.64	0.26	0.04	0.03	0.01	0
	Non-African data	oa				oa	oa	
	SD or min-max							
	n	1						1
10_002	Milk, cow, powder, whole, unfortified	104	16.70	7.91	0.67	0.46	0.18	0
	Non-African data					oa	oa	
	SD or min-max							
	n	1						1
10_013	Milk, cow, reduced fat, 1.5–2% fat	6	1.07	0.54	0.06	0.03	0.01	0
	Non-African data							
	SD or min-max	5-7						
	n	2						1
10_014	Milk, cow, skimmed, 0.5% fat	2	0.36	0.17	0.02	0.01	0.00	0
	Non-African data						oa	
	SD or min-max							
	n	1						1
10_022	Milk, cow, whole, fermented	8	2.20	1.09	0.12	0.04	0.02	0
	Non-African data							
	SD or min-max	6-11						
	n	2						1
10_001	Milk, cow, whole, pasteurized or UHT, 3.5% fat	14	2.11	0.98	0.12	0.05	0.01	0
	Non-African data							
	SD or min-max							
	n	1						1
10_029	Milk, cow, whole, raw, 4.5% fat	21	3.14	1.45	0.17	0.07	0.02	0
	Non-African data							
	SD or min-max							
	n	1						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)	
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)	
Milk and its products/Lait et produits dérivés											
10_003	Milk. goat. fresh	Lait. de chèvre. frais	1.00	345(83)	85.2	3.9	5.3	4.9	0	0.8	
Non-African data											
SD or min-max					2.8	0.8	1.8				0.7-0.8
n					1	10	11	9	1	2	
10_024	Milk. sheep or goat. fermented	Lait. de brebis ou de chèvre. fermenté	1.00	354(85)	83.6	4.8	[4.5]	6.4	0	0.8	
Non-African data											
SD or min-max						3.5-6.0	4.0-4.9				
n					1	1	2	2	1	1	
10_023	Milk. sheep. fresh	Lait. de brebis. frais	1.00	416(100)	82.1	5.9	[6.4]	4.7	0	1.0	
Non-African data											
SD or min-max						5.7-6.0					
n					1	1	2	1	1	1	
10_026	Yoghurt. from reduced fat/skimmed cow's milk. sweetened/with fruit	Yaourt. de lait de vache partiellement écrémé. sucré/avec fruits	1.00	351(83)	80.2	3.5	1.4	14.0	0.2	0.8	
Non-African data											
SD or min-max						0.2	0.6	0.4		0.7-0.8	
n					1	3	3	3	1	2	
10_025	Yoghurt. plain. from reduced fat/skimmed cow's milk	Yaourt. de lait de vache partiellement écrémé. nature	1.00	245(58)	86.4	3.8	1.4	7.5	0	0.9	
Non-African data											
SD or min-max						3.4-4.3	1.0-1.9				
n					1	1	2	2	1	1	
10_005	Yoghurt. plain. from whole cow's milk	Yaourt. de lait de vache entier. nature	1.00	343(82)	84.7	2.9	4.7	7.1	0	0.6	
Non-African data											
SD or min-max						oa		oa			
n					1	1	6	6	1	1	
Fats and oils/Graisses et huiles											
11_011	Butter. from cow's milk. salted	Beurre. de lait de vache. salé	1.00	3 040(739)	15.4	1.0	81.5	0.2	0	1.9	
Non-African data											
SD or min-max						oa		oa	oa	oa	
n					1	1	1	3	1	1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
<b>Milk and its products/Lait et produits dérivés</b>													
10_003	Milk, goat, fresh	159	0.1	20	116	185	55	0.38	0.02	38	37	37	7
Non-African data								oa					oa
SD or min-max		30		13-27	20	52	8					25-48	
n		4	1	2	3	3	3	1	1			2	
10_024	Milk, sheep or goat, fermented	145	0.1	13	129	166	48	0.48	0.02	42	41	41	7
Non-African data								oa		oa	oa		oa
SD or min-max		145-145		13-13					0.01-0.02				
n		2	1	2	1	1	1	1	2			1	
10_023	Milk, sheep, fresh	164	0.1	15	141	146	40	0.62	0.02	46	45	45	5
Non-African data								oa					
SD or min-max		145-183		13-16									
n		2	1	2	1	1	1	1	1			1	
10_026	Yoghurt, from reduced fat/skimmed cow's milk, sweetened/with fruit	147	0.1	17	102	182	64	0.42	0.01	19	18	18	2
Non-African data													
SD or min-max		6		6	14	24	9					7	
n		3	1	3	3	3	3	1	1			3	
10_025	Yoghurt, plain, from reduced fat/skimmed cow's milk	149	0.1	15	110	194	66	0.81	0.01	21	21	20	2
Non-African data										oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
10_005	Yoghurt, plain, from whole cow's milk	123	0.1	13	76	135	29	0.35	0.01	26	26	25	14
Non-African data										oa	oa	oa	oa
SD or min-max		32	0.1-0.2	10-16					0.01-0.02				
n		3	2	2	1	1	1	1	2			1	
<b>Fats and oils/Graisses et huiles</b>													
11_011	Butter, from cow's milk, salted	12	tr	2	15	12	716	0.08	0.01	864	838	812	307
Non-African data				oa			oa	oa	oa	oa	oa	oa	oa
SD or min-max									0.00-0.01				
n		1	1	1	1	1	1	1	2			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
<b>Milk and its products/Lait et produits dérivés</b>													
10_003	Milk, goat, fresh	0.1	[0.02]	0.07	0.17	1.1	0.4	41	0.03	1	1	0.10	1
	Non-African data	oa								oa	oa		
	SD or min-max			0.06-0.08	0.13-0.22			39-43					
	n	1		2	2		1	2	1	1		1	1
10_024	Milk, sheep or goat, fermented	0.1	[0.29]	0.04	0.13	1.1	0.4	43	0.05	1	1	0.30	1
	Non-African data	oa											
	SD or min-max			0.04-0.04	0.13-0.13			43-43					1-1
	n	1		2	2		1	2	1	1		1	2
10_023	Milk, sheep, fresh	0.2	[0.11]	0.05	0.18	1.2	0.5	43	0.08	5	5	0.50	3
	Non-African data	oa											
	SD or min-max			0.04-0.05	0.13-0.23								1-4
	n	1		2	2		1	1	1	1		1	2
10_026	Yoghurt, from reduced fat/skimmed cow's milk, sweetened/with fruit	0.0	0.06	0.04	0.18	0.8	0.1	40	0.08	10	10	0.25	0
	Non-African data												
	SD or min-max							39-40	0.06-0.10				
	n	1		1	1		1	2	2	1		1	1
10_025	Yoghurt, plain, from reduced fat/skimmed cow's milk	0.1	[0.05]	0.02	0.19	0.8	0.1	39	0.04	10	10	0.50	1
	Non-African data	oa											
	SD or min-max												
	n	1		1	1		1	1	1	1		1	1
10_005	Yoghurt, plain, from whole cow's milk	0.1	[0.13]	0.03	0.16	0.8	0.1	41	0.04	7	7	0.40	1
	Non-African data		oa										
	SD or min-max												
	n	1		1	1		1	1	1	1		1	1
<b>Fats and oils/Graisses et huiles</b>													
11_011	Butter, from cow's milk, salted	0.5	2.10	0.01	0.01	0.8	0.6	13	0	5	5	0.16	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



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCP(mg)
<b>Milk and its products/Lait et produits dérivés</b>								
10_003	Milk, goat, fresh	6	3.22	1.45	0.32	0.22	0.07	0
Non-African data						oa	oa	
SD or min-max								
n		1						1
10_024	Milk, sheep or goat, fermented	5	2.72	1.22	0.27	0.17	0.05	0
Non-African data						oa	oa	
SD or min-max								
n		1						1
10_023	Milk, sheep, fresh	6	4.11	1.61	0.33	0.15	0.06	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
10_026	Yoghurt, from reduced fat/skimmed cow's milk, sweetened/with fruit	5	0.90	0.35	0.07	0.03	0.01	0
Non-African data								
SD or min-max		4-6						
n		2						1
10_025	Yoghurt, plain, from reduced fat/skimmed cow's milk	5	0.89	0.42	0.04	0.02	0.01	0
Non-African data								
SD or min-max								
n		1						1
10_005	Yoghurt, plain, from whole cow's milk	17	2.98	1.28	0.14	0.06	0.02	0
Non-African data		oa	oa	oa	oa			
SD or min-max								
n		1						1
<b>Fats and oils/Graisses et huiles</b>								
11_011	Butter, from cow's milk, salted	198	54.50	20.10	2.53	1.45	0.44	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Fats and oils/Graisses et huiles										
11_001	Butter, from cow's milk, unsalted	Beurre, de lait de vache, doux	1.00	3 050(743)	16.0	1.0	81.5	1.2	0	0.2
Non-African data					oa		oa	oa		oa
SD or min-max					1.7		0.6			0.2-0.2
n					1	3	1	3	1	2
11_002	Coconut oil, unfortified	Huile de coco, non enrichie	1.00	3 700(900)	0	0	100.0	0	0	tr
Non-African data						oa				oa
SD or min-max							0.0			
n					1	1	1	3	1	1
11_018	Coconut oil, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	Huile de coco, enrichie en vitamine A, 600–1 000 mcg/100g (Ghana, Nigéria, Sierra Leone)	1.00	3 700(900)	0	0	100.0	0	0	tr
Non-African data							oa			oa
SD or min-max							0.0			
n					1	1	1	3	1	1
11_017	Coconut oil, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	Huile de coco, enrichie en vitamine A, 1 100–2 400 mcg/100g (Bénin, Burkina Faso, Côte d'Ivoire, Guinée, Guinée-Bissau, Libéria, Mali, Niger, Sénégal, Togo)	1.00	3 700(900)	0	0	100.0	0	0	tr
Non-African data							oa			oa
SD or min-max							0.0			
n					1	1	1	3	1	1
11_013	Corn (maize) oil, unfortified	Huile de maïs, non enrichie	1.00	3 700(899)	0	0	99.9	0	0	tr
Non-African data							oa			oa
SD or min-max										
n					1	1	1	1	1	1
11_033	Corn (maize) oil, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	Huile de maïs, enrichie en vitamine A, 600–1 000 mcg/100g (Ghana, Nigéria, Sierra Leone)	1.00	3 700(899)	0	0	99.9	0	0	tr
Non-African data							oa			oa
SD or min-max										
n					1	1	1	1	1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Fats and oils/Graisses et huiles													
11_001	Butter, from cow's milk, unsalted	12	tr	2	15	12	22	0.08	0.01	864	838	812	307
Non-African data				oa				oa	oa	oa	oa	oa	oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
11_002	Coconut oil, unfortified	0	0	0	2	1	1	0.01	0	0	0	0	0
Non-African data				oa		oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max		0-0											
n		2	1	1	1	1	1	1	1			1	
11_018	Coconut oil, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	0	0	0	2	1	1	0.01	0	800	800	800	0
Non-African data				oa		oa	oa	oa	oa				oa
SD or min-max		0-0											
n		2	1	1	1	1	1	1	1			1	
11_017	Coconut oil, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	0	0	0	2	1	1	0.01	0	1 750	1 750	1 750	0
Non-African data				oa		oa	oa	oa	oa				oa
SD or min-max		0-0											
n		2	1	1	1	1	1	1	1			1	
11_013	Corn (maize) oil, unfortified	0	tr	0	0	0	0	0.01	0.01	0	0	0	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
11_033	Corn (maize) oil, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	0	tr	0	0	0	0	0.01	0.01	800	800	800	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	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Fats and oils/Graisses et huiles													
11_001	Butter, from cow's milk, unsalted	0.5	2.10	0.01	0.01	0.8	0.6	13	0	5	5	0.16	0
Non-African data		oa	oa	oa		oa	oa	oa	oa	oa	oa	oa	
SD or min-max								12-14					
n		1		1	1		1	2	1	1		1	1
11_002	Coconut oil, unfortified	0	0.33	0	0	0	0	0	0	0	0	0	0
Non-African data		oa	oa				oa		oa	oa	oa		
SD or min-max													
n		1		1	1		1	1	1	1		1	1
11_018	Coconut oil, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	0	0.33	0	0	0	0	0	0	0	0	0	0
Non-African data		oa	oa				oa		oa	oa	oa		
SD or min-max													
n		1		1	1		1	1	1	1		1	1
11_017	Coconut oil, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	0	0.33	0	0	0	0	0	0	0	0	0	0
Non-African data		oa	oa				oa		oa	oa	oa		
SD or min-max													
n		1		1	1		1	1	1	1		1	1
11_013	Corn (maize) oil, unfortified	0	22.00	0	0	0	0	0	0	0	0	0	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
11_033	Corn (maize) oil, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	0	22.00	0	0	0	0	0	0	0	0	0	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

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCP(mg)
Fats and oils/Graisses et huiles								
11_001	Butter, from cow's milk, unsalted	198	53.80	20.70	2.50	1.44	0.44	0
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
11_002	Coconut oil, unfortified	0	88.30	4.67	1.18	1.18	0.00	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
11_018	Coconut oil, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	0	88.30	4.67	1.18	1.18	0.00	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
11_017	Coconut oil, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	0	88.30	4.67	1.18	1.18	0.00	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
11_013	Corn (maize) oil, unfortified	0	15.10	34.00	46.40	42.10	0.37	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
11_033	Corn (maize) oil, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	0	15.10	34.00	46.40	42.10	0.37	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Fats and oils/Graisses et huiles										
11_032	Corn (maize) oil. fortified with vitamin A. 1 100–2 400 mcg/100g (Benin. Burkina Faso. Côte d'Ivoire. Guinea. Guinea-Bissau. Liberia. Mali. Niger. Senegal. Togo)	Huile de maïs. enrichie en vitamine A. 1 100–2 400 mcg/100g (Bénin. Burkina Faso. Côte d'Ivoire. Guinée. Guinée-Bissau. Libéria. Mali. Niger. Sénégal. Togo)	1.00	3 700(899)	0	0	99.9	0	0	tr
Non-African data										
SD or min-max										
n										
11_005	Cottonseed oil. yellow brown. unfortified	Huile de graine de coton. jaune brun. non enrichie	1.00	3 700(900)	0	0	100.0	0	0	tr
Non-African data										
SD or min-max										
n										
11_020	Cottonseed oil. fortified with vitamin A. 600–1 000 mcg/100g (Ghana. Nigeria. Sierra Leone)	Huile de graine de coton. enrichie en vitamine A. 600–1 000 mcg/100g (Ghana. Nigéria. Sierra Leone)	1.00	3 700(900)	0	0	100.0	0	0	tr
Non-African data										
SD or min-max										
n										
11_019	Cottonseed oil. fortified with vitamin A. 1 100–2 400 mcg/100g (Benin. Burkina Faso. Côte d'Ivoire. Guinea. Guinea-Bissau. Liberia. Mali. Niger. Senegal. Togo)	Huile de graine de coton. enrichie en vitamine A. 1 100–2 400 mcg/100g (Bénin. Burkina Faso. Côte d'Ivoire. Guinée. Guinée-Bissau. Libéria. Mali. Niger. Sénégal. Togo)	1.00	3 700(900)	0	0	100.0	0	0	tr
Non-African data										
SD or min-max										
n										
11_003	Groundnut oil. unfortified	Huile d'arachide. non enrichie	1.00	3 700(900)	0	0	100.0	0	0	tr
Non-African data										
SD or min-max										
n										
11_021	Groundnut oil. fortified with vitamin A. 1 100–2 400 mcg/100g (Benin. Burkina Faso. Côte d'Ivoire. Guinea. Guinea-Bissau. Liberia. Mali. Niger. Senegal. Togo)	Huile d'arachide. enrichie en vitamine A. 1 100–2 400 mcg/100g (Bénin. Burkina Faso. Côte d'Ivoire. Guinée. Guinée-Bissau. Libéria. Mali. Niger. Sénégal. Togo)	1.00	3 700(900)	0	0	100.0	0	0	tr
Non-African data										
SD or min-max										
n										

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Fats and oils/Graisses et huiles													
11_032	Corn (maize) oil, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	0	tr	0	0	0	0	0.01	0.01	1 750	1 750	1 750	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	
11_005	Cottonseed oil, yellow brown, unfortified	0	0	0	0	0	0	0	0	0	0	0	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
11_020	Cottonseed oil, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	0	0	0	0	0	0	0	0	800	800	800	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	
11_019	Cottonseed oil, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	0	0	0	0	0	0	0	0	1 750	1 750	1 750	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	
11_003	Groundnut oil, unfortified	0	0.1	1	2	0	0	0.06	0	0	0	0	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	
11_021	Groundnut oil, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	0	0.1	1	2	0	0	0.06	0	1 750	1 750	1 750	0
Non-African data			oa	oa	oa	oa	oa	oa	oa				oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Fats and oils/Graisses et huiles													
11_032	Corn (maize) oil, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	0	22.00	0	0	0	0	0	0	0	0	0	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
11_005	Cottonseed oil, yellow brown, unfortified	0	32.00	0	0	0	0	0	0	0	0	0	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
11_020	Cottonseed oil, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	0	32.00	0	0	0	0	0	0	0	0	0	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
11_019	Cottonseed oil, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	0	32.00	0	0	0	0	0	0	0	0	0	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
11_003	Groundnut oil, unfortified	0	16.00	0	0	0	0	0	0	0	0	0	0
Non-African data			oa				oa		oa	oa	oa		
SD or min-max													
n		1		1	1		1	1	1	1		1	1
11_021	Groundnut oil, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	0	16.00	0	0	0	0	0	0	0	0	0	0
Non-African data			oa				oa		oa	oa	oa		
SD or min-max													
n		1		1	1		1	1	1	1		1	1



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCP(mg)
Fats and oils/Graisses et huiles								
11_032	Corn (maize) oil, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	0	15.10	34.00	46.40	42.10	0.37	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1
11_005	Cottonseed oil, yellow brown, unfortified	0	26.10	18.10	51.30	51.20	0.10	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1
11_020	Cottonseed oil, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	0	26.10	18.10	51.30	51.20	0.10	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1
11_019	Cottonseed oil, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	0	26.10	18.10	51.30	51.20	0.10	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1
11_003	Groundnut oil, unfortified	0	19.90	45.40	30.20	30.10	0.13	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1
11_021	Groundnut oil, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	0	19.90	45.40	30.20	30.10	0.13	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)		
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)		
Fats and oils/Graisses et huiles												
11_022	Groundnut oil. fortified with vitamin A. 600–1 000 mcg/100g (Ghana. Nigeria. Sierra Leone)	Huile d'arachide. enrichie en vitamine A. 600–1 000 mcg/100g (Ghana. Nigéria. Sierra Leone)	1.00	3 700(900)	0	0	100.0	0	0	tr		
Non-African data							oa					
SD or min-max							99.9-100.0					
n							1	1	2	1	1	
11_029	Margarine. fortified with vitamin A and D (Nigeria)	Margarine. enrichie en vitamines A et D (Nigéria)	1.00	2 990(728)	15.9	0.4	80.4	0.8	0	2.5		
Non-African data							oa	oa	oa	oa		
SD or min-max							15.3-16.5	80.0-80.7		1.9-3.1		
n							1	2	1	2		
11_006	Margarine. fortified with vitamin A	Margarine. enrichie en vitamine A	1.00	2 990(728)	15.9	0.4	80.4	0.8	0	2.5		
Non-African data							oa	oa	oa	oa		
SD or min-max							15.3-16.5	80.0-80.7		1.9-3.1		
n							1	2	1	2		
11_012	Palm kernel oil. unfortified	Huile de noix de palme. non enrichie	1.00	3 700(900)	0	0	100.0	0	0	0.2		
Non-African data							oa					
SD or min-max												
n							1	1	1	1	1	
11_026	Palm kernel oil. fortified with vitamin A. 600–1 000 mcg/100g (Ghana. Nigeria. Sierra Leone)	Huile de noix de palme. enrichie en vitamine A. 600–1 000 mcg/100g (Ghana. Nigéria. Sierra Leone)	1.00	3 700(900)	0	0	100.0	0	0	0.2		
Non-African data							oa					
SD or min-max												
n							1	1	1	1	1	
11_025	Palm kernel oil. fortified with vitamin A. 1 100–2 400 mcg/100g (Benin. Burkina Faso. Côte d'Ivoire. Guinea. Guinea-Bissau. Liberia. Mali. Niger. Senegal. Togo)	Huile de noix de palme. enrichie en vitamine A. 1 100–2 400 mcg/100g (Bénin. Burkina Faso. Côte d'Ivoire. Guinée. Guinée-Bissau. Libéria. Mali. Niger. Sénégal. Togo)	1.00	3 700(900)	0	0	100.0	0	0	0.2		
Non-African data							oa					
SD or min-max												
n							1	1	1	1	1	
11_004	Palm oil. red	Huile de palme. rouge	1.00	3 690(898)	0.5	0	99.8	0	0	0.1		
Non-African data												
SD or min-max							0.4	0.0	0.4	0.0		
n							1	7	7	3	1	4

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)	
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)	
Fats and oils/Graisses et huiles														
11_022	Groundnut oil, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	0	0.1	1	2	0	0	0.06	0	800	800	800	0	
Non-African data			oa	oa	oa	oa	oa	oa	oa				oa	
SD or min-max														
n			1	1	1	1	1	1	1				1	
11_029	Margarine, fortified with vitamin A and D (Nigeria)	7	tr	3	11	26	941	0	0	988	937	885	620	
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa			oa
SD or min-max			3-11		2-3	5-17	18-33	751-1 130	0.00-0.00					
n			2	1	2	2	2	2	2	1			1	
11_006	Margarine, fortified with vitamin A	7	tr	3	11	26	941	0	0	988	937	885	620	
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa			oa
SD or min-max			3-11		2-3	5-17	18-33	751-1 130	0.00-0.00					
n			2	1	2	2	2	2	1			1		
11_012	Palm kernel oil, unfortified	10	[10.0]	[4]	[3]	[40]	[37]	[2.82]	0	0	0	0	0	
Non-African data									oa	oa	oa			
SD or min-max			0-19	0.0-20.0										
n			2	2	1	1	1	1	1			1		
11_026	Palm kernel oil, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	10	[10.0]	[4]	[3]	[40]	[37]	[2.82]	0	800	800	800	0	
Non-African data									oa					
SD or min-max			0-19	0.0-20.0										
n			2	2	1	1	1	1	1			1		
11_025	Palm kernel oil, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	10	[10.0]	[4]	[3]	[40]	[37]	[2.82]	0	1 750	1 750	1 750	0	
Non-African data									oa					
SD or min-max			0-19	0.0-20.0										
n			2	2	1	1	1	1	1			1		
11_004	Palm oil, red	2	0.2	0	2	0	0	0	0	[11 400]	[5 720]	0	[68 700]	
Non-African data									oa					
SD or min-max			3					4						
n			4	1	1	3	1	1	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Fats and oils/Graisses et huiles													
11_022	Groundnut oil, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	0	16.00	0	0	0	0	0	0	0	0	0	0
Non-African data			oa				oa		oa	oa	oa		
SD or min-max													
n		1		1	1		1	1	1	1		1	1
11_029	Margarine, fortified with vitamin A and D (Nigeria)	74.0	11.00	0.01	0.02	0.1	0.1	0	0	0	0	0	0
Non-African data			oa	oa	oa	oa	oa		oa	oa	oa	oa	oa
SD or min-max				0.00-0.01	0.00-0.04		0.0-0.2						
n		1		2	2		2	1	1	1		1	1
11_006	Margarine, fortified with vitamin A	0	[9.00]	0.01	0.02	0.1	0.1	0	0	1	1	0.05	0
Non-African data			oa	oa	oa	oa	oa		oa	oa	oa	oa	oa
SD or min-max				0.00-0.01	0.00-0.04		0.0-0.2						
n		1		2	2		2	1	1	1		1	1
11_012	Palm kernel oil, unfortified	0	[3.80]	0	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		1	1
11_026	Palm kernel oil, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	0	[3.80]	0	0	0	0	0	0	0	0	0	0
Non-African data			oa			oa	oa	oa	oa	oa	oa		oa
SD or min-max													
n		1		1	1		1	1	1	1		1	1
11_025	Palm kernel oil, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	0	[3.80]	0	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		1	1
11_004	Palm oil, red	0	15.00	0.01	0.02	0	0	0	0	0	0	0	0
Non-African data						oa	oa		oa	oa	oa		
SD or min-max													0
n		1		1	1		1	1	1	1		1	3

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCP(mg)
Fats and oils/Graisses et huiles								
11_022	Groundnut oil, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	0	19.90	45.40	30.20	30.10	0.13	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1
11_029	Margarine, fortified with vitamin A and D (Nigeria)	0	25.30	36.40	15.10	13.50	0.82	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1
11_006	Margarine, fortified with vitamin A	0	25.30	36.40	15.10	13.50	0.82	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1
11_012	Palm kernel oil, unfortified	0	82.40	11.50	1.62	1.62	0.00	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1
11_026	Palm kernel oil, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	0	82.40	11.50	1.62	1.62	0.00	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1
11_025	Palm kernel oil, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	0	82.40	11.50	1.62	1.62	0.00	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1
11_004	Palm oil, red	0	48.50	37.00	9.84	9.56	0.28	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Fats and oils/Graisses et huiles										
11_007	Palm oil. refined and decoloured. unfortified	Huile de palme. raffinée et décolorée. non enrichie	1.00	3 700(900)	0	0	100.0	0	0	tr
Non-African data					oa	oa	oa			
SD or min-max										
n					1	1	1	1	1	1
11_024	Palm oil. refined and decoloured. fortified with vitamin A. 600–1 000 mcg/100g (Ghana. Nigeria. Sierra Leone)	Huile de palme. raffinée et décolorée. enrichie en vitamine A. 600–1 000 mcg/100g (Ghana. Nigéria. Sierra Leone)	1.00	3 700(900)	0	0	100.0	0	0	tr
Non-African data					oa	oa	oa			
SD or min-max										
n					1	1	1	1	1	1
11_023	Palm oil. refined and decoloured. fortified with vitamin A. 1 100–2 400 mcg/100g (Benin. Burkina Faso. Côte d'Ivoire. Guinea. Guinea-Bissau. Liberia. Mali. Niger. Senegal. Togo)	Huile de palme. raffinée et décolorée. enrichie en vitamine A. 1 100–2 400 mcg/100g (Bénin. Burkina Faso. Côte d'Ivoire. Guinée. Guinée-Bissau. Libéria. Mali. Niger. Sénégal. Togo)	1.00	3 700(900)	0	0	100.0	0	0	tr
Non-African data					oa	oa	oa			
SD or min-max										
n					1	1	1	1	1	1
11_008	Shea butter. white	Beurre de karité. blanc	1.00	3 700(900)	0	0	100.0	0	0	tr
Non-African data										
SD or min-max										
n					1	1	1	2	1	1
11_009	Soya oil. unfortified	Huile de soja. non enrichie	1.00	3 700(900)	0	0	100.0	0	0	tr
Non-African data										
SD or min-max										
n					1	1	1	1	1	1
11_027	Soya oil. fortified with vitamin A. 1 100–2 400 mcg/100g (Benin. Burkina Faso. Côte d'Ivoire. Guinea. Guinea-Bissau. Liberia. Mali. Niger. Senegal. Togo)	Huile de soja. enrichie en vitamine A. 1 100–2 400 mcg/100g (Bénin. Burkina Faso. Côte d'Ivoire. Guinée. Guinée-Bissau. Libéria. Mali. Niger. Sénégal. Togo)	1.00	3 700(900)	0	0	100.0	0	0	tr
Non-African data										
SD or min-max										
n					1	1	1	1	1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Fats and oils/Graisses et huiles													
11_007	Palm oil, refined and decoloured, unfortified	0	0.2	0	0	0	0	0	0	0	0	0	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
11_024	Palm oil, refined and decoloured, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	0	0.2	0	0	0	0	0	0	800	800	800	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	
11_023	Palm oil, refined and decoloured, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	0	0.2	0	0	0	0	0	0	1 750	1 750	1 750	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	
11_008	Shea butter, white	15	[0.1]	[1]	[0]	[4]	[11]	[0.10]	[0.41]	0	0	0	0
Non-African data					oa					oa	oa		oa
SD or min-max		13	0.1			4-5	8-14	0.00-0.19	0.10-0.72				
n		3	3	1	1	2	2	2	2			1	
11_009	Soya oil, unfortified	0	0.1	0	0	0	0	0.01	0.01	0	0	0	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
11_027	Soya oil, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	0	0.1	0	0	0	0	0.01	0.01	1 750	1 750	1 750	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	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Fats and oils/Graisses et huiles													
11_007	Palm oil, refined and decoloured, unfortified	0	12.00	0	0	0	0	0	0	0	0	0	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
11_024	Palm oil, refined and decoloured, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	0	12.00	0	0	0	0	0	0	0	0	0	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
11_023	Palm oil, refined and decoloured, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	0	12.00	0	0	0	0	0	0	0	0	0	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
11_008	Shea butter, white	0	[0.00]	0	0	0	0	0	0	0	0	0	0
Non-African data			oa						oa	oa	oa		oa
SD or min-max													
n		1		1	1		1	1	1	1		1	1
11_009	Soya oil, unfortified	0	13.00	0	0	0	0	0	0	0	0	0	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
11_027	Soya oil, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	0	13.00	0	0	0	0	0	0	0	0	0	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



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCP(mg)
Fats and oils/Graisses et huiles								
11_007	Palm oil, refined and decoloured, unfortified	0	48.60	37.10	9.87	9.58	0.29	0
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1
11_024	Palm oil, refined and decoloured, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	0	48.60	37.10	9.87	9.58	0.29	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
11_023	Palm oil, refined and decoloured, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	0	48.60	37.10	9.87	9.58	0.29	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
11_008	Shea butter, white	0	46.50	43.90	5.19			0
Non-African data			oa	oa	oa			
SD or min-max								
n		1						1
11_009	Soya oil, unfortified	0	15.80	24.50	55.30	46.60	4.07	0
Non-African data						oa	oa	
SD or min-max								
n		1						1
11_027	Soya oil, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	0	15.80	24.50	55.30	46.60	4.07	0
Non-African data						oa	oa	
SD or min-max								
n		1						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Fats and oils/Graisses et huiles										
11_028	Soya oil, fortified with vitamin A. 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	Huile de soja, enrichie en vitamine A. 600–1 000 mcg/100g (Ghana, Nigéria, Sierra Leone)	1.00	3 700(900)	0	0	100.0	0	0	tr
Non-African data						oa				
SD or min-max										
n			1		1	1	1		1	1
11_016	Sunflower oil, unfortified	Huile de tournesol, non enrichie	1.00	3 700(900)	0	0	100.0	0	0	tr
Non-African data						oa		oa		oa
SD or min-max										
n			1		1	1	1		1	1
11_035	Sunflower oil, fortified with vitamin A. 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	Huile de tournesol, enrichie en vitamine A. 600–1 000 mcg/100g (Ghana, Nigéria, Sierra Leone)	1.00	3 700(900)	0	0	100.0	0	0	tr
Non-African data						oa		oa		oa
SD or min-max										
n			1		1	1	1		1	1
11_034	Sunflower oil, fortified with vitamin A. 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	Huile de tournesol, enrichie en vitamine A. 1 100–2 400 mcg/100g (Bénin, Burkina Faso, Côte d'Ivoire, Guinée, Guinée-Bissau, Libéria, Mali, Niger, Sénégal, Togo)	1.00	3 700(900)	0	0	100.0	0	0	tr
Non-African data						oa		oa		oa
SD or min-max										
n			1		1	1	1		1	1
11_015	Oil, from cow's milk butter (ghee)	Beurre clarifié, de vache (ghee)	1.00	3 670(892)	0	0.2	99.0	0	0	tr
Non-African data						oa		oa		
SD or min-max										
n			1		3	3	3		1	2
11_014	Olive oil	Huile d'olive	1.00	3 700(900)	0	0	100.0	0	0	tr
Non-African data						oa		oa		oa
SD or min-max										
n			1		1	1	3		1	1
11_010	Vegetable oil, unfortified	Huile végétale, non enrichie	1.00	3 700(900)	0	0	100.0	0	0	tr
Non-African data										
SD or min-max										
n			1		1	1	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Fats and oils/Graisses et huiles													
11_028	Soya oil, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	0	0.1	0	0	0	0	0.01	0.01	800	800	800	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	
11_016	Sunflower oil, unfortified	0	tr	0	0	0	0	0.01	0.01	0	0	0	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max								0.00-0.01	0.00-0.01				
n		1	1	1	1	1	1	2	2			1	
11_035	Sunflower oil, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	0	tr	0	0	0	0	0.01	0.01	800	800	800	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa				oa
SD or min-max								0.00-0.01	0.00-0.01				
n		1	1	1	1	1	1	2	2			1	
11_034	Sunflower oil, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	0	tr	0	0	0	0	0.01	0.01	1 750	1 750	1 750	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa				oa
SD or min-max								0.00-0.01	0.00-0.01				
n		1	1	1	1	1	1	2	2			1	
11_015	Oil, from cow's milk butter (ghee)	3	0	0	3	5	2	0.01	0	964	893	823	845
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max		2		0	3-3	5-5	1	0.01-0.01				38	
n		3	1	1	2	2	3	2	1			3	
11_014	Olive oil	1	0.3	0	1	1	1	0.01	0.01	1	0	0	6
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max		0-1	0.3		0-1	0-1	0-2	0.00-0.01	0.00-0.01				
n		2	3	1	2	2	2	2	2			1	
11_010	Vegetable oil, unfortified	0	tr	0	0	0	0	0	0	0	0	0	0
Non-African data													
SD or min-max													
n		1	1	1	1	1	1	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Fats and oils/Graisses et huiles													
11_028	Soya oil, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	0	13.00	0	0	0	0	0	0	0	0	0	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
11_016	Sunflower oil, unfortified	0	49.00	0	0	0	0	0	0	0	0	0	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
11_035	Sunflower oil, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	0	49.00	0	0	0	0	0	0	0	0	0	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
11_034	Sunflower oil, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	0	49.00	0	0	0	0	0	0	0	0	0	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
11_015	Oil, from cow's milk butter (ghee)	0.6	[3.50]	0	0.01	0.1	tr	4	tr	0	0	0.01	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max		0.0-1.1			0.01-0.01			4-4				0.00-0.01	
n		2		1	2		1	2		1		2	1
11_014	Olive oil	0	12.00	0	0	0	0	0	0	0	0	0	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
11_010	Vegetable oil, unfortified	0	22.00	0	0	0	0	0	0	0	0	0	0
Non-African data			oa										oa
SD or min-max													
n		1		1	1		1	1	1	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Fats and oils/Graisses et huiles								
11_028	Soya oil, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	0	15.80	24.50	55.30	46.60	4.07	0
Non-African data						oa	oa	
SD or min-max								
n		1						1
11_016	Sunflower oil, unfortified	0	11.30	22.80	61.40	61.20	0.20	0
Non-African data						oa	oa	
SD or min-max								
n		1						1
11_035	Sunflower oil, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	0	11.30	22.80	61.40	61.20	0.20	0
Non-African data						oa	oa	
SD or min-max								
n		1						1
11_034	Sunflower oil, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	0	11.30	22.80	61.40	61.20	0.20	0
Non-African data						oa	oa	
SD or min-max								
n		1						1
11_015	Oil, from cow's milk butter (ghee)	264	63.70	26.50	3.43	2.17	1.08	0
Non-African data						oa	oa	
SD or min-max								
n		3						1
11_014	Olive oil	0	14.40	72.10	9.10	8.47	0.63	0
Non-African data						oa	oa	
SD or min-max								
n		1						1
11_010	Vegetable oil, unfortified	0	14.30	31.70	49.60	49.20	0.42	0
Non-African data						oa	oa	
SD or min-max								
n		1						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
<b>Fats and oils/Graisses et huiles</b>										
11_031	Vegetable oil, fortified with vitamin A. 600–1 000 mcg/100g (Ghana. Nigeria. Sierra Leone)	Huile végétale, enrichie en vitamine A. 600–1 000 mcg/100g (Ghana. Nigéria. Sierra Leone)	1.00	3 700(900)	0	0	100.0	0	0	tr
Non-African data										
SD or min-max										
n			1		1	1	1		1	1
11_030	Vegetable oil, fortified with vitamin A. 1 100–2 400 mcg/100g (Benin. Burkina Faso. Côte d'Ivoire. Guinea. Guinea-Bissau. Liberia. Mali. Niger. Senegal. Togo)	Huile végétale, enrichie en vitamine A. 1 100–2 400 mcg/100g (Bénin. Burkina Faso. Côte d'Ivoire. Guinée. Guinée-Bissau. Libéria. Mali. Niger. Sénégal. Togo)	1.00	3 700(900)	0	0	100.0	0	0	tr
Non-African data										
SD or min-max										
n			1		1	1	1		1	1
<b>Beverages/Boissons</b>										
12_001	Beer, European (4.6% v/v alcohol)	Bière, européenne (4.6% d'alcool)	1.00	1 72(41)	92.3	0.3	0	3.7	0	0.1
Non-African data										
SD or min-max										
n			1		1	1	1		1	1
12_020	Beer, European (>6% v/v alcohol)	Bière, européenne (>6% d'alcool)	1.00	255(61)	89.0	0.2	0	4.9	0	0.1
Non-African data										
SD or min-max										
n			1		1	5	1		1	1
12_002	Beer, maize (ca. 3% v/v alcohol)	Bière, de maïs (env. 3% d'alcool)	1.00	140(33)	93.2	0.6	0	3.3	[0.1]	0.3
Non-African data										
SD or min-max										
n			1		1	1	1		1	1
12_003	Beer, millet (ca. 3% v/v alcohol)	Bière, de mil (env. 3% d'alcool)	1.00	181(43)	90.9	0.7	0	5.7	[0.1]	0.2
Non-African data										
SD or min-max										
n			1		1	1	1		1	1
12_004	Beer, sorghum (ca. 3% v/v alcohol)	Bière, de sorgho (env. 3% d'alcool)	1.00	112(27)	95.0	0.4	0	1.9	[0.1]	0.2
Non-African data										
SD or min-max										
n			1		93.6-96.4	0.3-0.5				0.1-0.2
n			1		2	2	1		1	2

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
<b>Fats and oils/Graisses et huiles</b>													
11_031	Vegetable oil, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	0	tr	0	0	0	0	0	0	800	800	800	0
Non-African data													
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
11_030	Vegetable oil, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	0	tr	0	0	0	0	0	0	1 750	1 750	1 750	0
Non-African data													
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
<b>Beverages/Boissons</b>													
12_001	Beer, European (4.6% v/v alcohol)	4	tr	9	26	33	10	0.01	0.01	0	0	0	0
Non-African data													
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
12_020	Beer, European (>6% v/v alcohol)	tr	tr	10	69	2	1	0.03	0.01	0	0	0	0
Non-African data													
SD or min-max													
n		1	1	1	5	5	5	1	1			1	
12_002	Beer, maize (ca. 3% v/v alcohol)	4	0.2	14	6	80	3	0.07	0.01	0	0	0	0
Non-African data													
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
12_003	Beer, millet (ca. 3% v/v alcohol)	8	0.6	14	16	80	3	0.07	0.01	0	0	0	0
Non-African data													
SD or min-max													
n		1	5	1	1	4	4	4	4			1	
12_004	Beer, sorghum (ca. 3% v/v alcohol)	17	0.2	14	7	80	3	0.07	0.01	0	0	0	0
Non-African data													
SD or min-max													
n		2	5	1	1	4	4	4	4			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
<b>Fats and oils/Graisses et huiles</b>													
11_031	Vegetable oil, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	0	22.00	0	0	0	0	0	0	0	0	0	0
Non-African data			oa										oa
SD or min-max													
n		1		1	1		1	1	1	1		1	1
11_030	Vegetable oil, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	0	22.00	0	0	0	0	0	0	0	0	0	0
Non-African data			oa										oa
SD or min-max													
n		1		1	1		1	1	1	1		1	1
<b>Beverages/Boissons</b>													
12_001	Beer, European (4.6% v/v alcohol)	0	0	0.01	0.02	0.6	0.5	3	0.03	6	6	tr	0
Non-African data			oa	oa						oa	oa		
SD or min-max													
n		1		1	1		1	1	1	1		1	1
12_020	Beer, European (>6% v/v alcohol)	0	0	0.01	0.04	0.7	0.9	3	0.07	6	6	0.20	0
Non-African data			oa										
SD or min-max													
n		1		1	1		1	1	1	1		1	1
12_002	Beer, maize (ca. 3% v/v alcohol)	0	0	0.01	0.03	0.4	0.3	8	0.05	6	6	tr	0
Non-African data			oa						oa	oa	oa		
SD or min-max													
n		1		1	1		1	1	1	1		1	1
12_003	Beer, millet (ca. 3% v/v alcohol)	0	0	0.02	0.04	0.4	0.3	8	0.05	6	6	tr	0
Non-African data			oa							oa	oa		
SD or min-max													
n		1		1	1		1	1	1	1		1	1
12_004	Beer, sorghum (ca. 3% v/v alcohol)	0	0	0.04	0.05	0.5	0.4	8	0.05	6	6	tr	0
Non-African data			oa						oa	oa	oa		
SD or min-max													
n		1		1	1		1	1	1	1		1	1



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
<b>Fats and oils/Graisses et huiles</b>								
11_031	Vegetable oil, fortified with vitamin A, 600–1 000 mcg/100g (Ghana, Nigeria, Sierra Leone)	0	14.30	31.70	49.60	49.20	0.42	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1
11_030	Vegetable oil, fortified with vitamin A, 1 100–2 400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	0	14.30	31.70	49.60	49.20	0.42	0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n			1					1
<b>Beverages/Boissons</b>								
12_001	Beer, European (4.6% v/v alcohol)	0	0	0	0	0	0	
Non-African data								
SD or min-max								
n			1					
12_020	Beer, European (>6% v/v alcohol)	0	0	0	0	0	0	
Non-African data								
SD or min-max								
n			1					
12_002	Beer, maize (ca. 3% v/v alcohol)	0	0	0	0	0	0	
Non-African data								
SD or min-max								
n			1					
12_003	Beer, millet (ca. 3% v/v alcohol)	0	0	0	0	0	0	
Non-African data								
SD or min-max								
n			1					
12_004	Beer, sorghum (ca. 3% v/v alcohol)	0	0	0	0	0	0	
Non-African data								
SD or min-max								
n			1					

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Beverages/Boissons										
12_024	Carbonated drink (e.g. Coca-Cola. Sprite)	Boissons gazeuses (ex : coca-cola. sprite)	1.00	171(40)	90.0	tr	0.1	9.9	0	0.1
Non-African data					oa	oa	oa	oa		oa
SD or min-max					2.3		0.1			0.0
n					1	4	1	4	1	4
12_023	Coconut water	Eau de coco	1.00	93(22)	94.4	0.2	[0.5]	4.2	0	0.7
Non-African data										oa
SD or min-max					0.8	0.2-0.3	0.2			
n					1	3	2	3	1	1
12_005	Coffee. instant. powder	Café. instantané. en poudre	1.00	1 460(343)	3.1	17.5	0.5	64.8	5.0	9.2
Non-African data					oa	oa	oa	oa	oa	oa
SD or min-max					0.3	3.6	0.2		10.0	0.6
n					1	4	4	3	4	3
12_009	Coffee. liquid	Café. liquide	1.00	10(2)	99.2	0.1	0	0.4	0.1	0.1
Non-African data					oa	oa	oa	oa	oa	oa
SD or min-max					0.2	0.0			0.0-0.2	0.1-0.2
n					1	4	4	1	2	2
12_012	Juice. canned or bottled. sweetened (e.g. apple)	Jus. en boîte ou en bouteille. sucre ajouté (ex: de pomme)	1.00	203(48)	87.9	0.1	0.1	11.5	0.2	0.2
Non-African data					oa	oa	oa	oa	oa	oa
SD or min-max										
n					1	1	1	1	1	1
12_013	Juice. canned or bottled. unsweetened (e.g. grapefruit)	Jus. en boîte ou en bouteille. sans sucre ajouté (ex: de pamplemousse)	1.00	143(34)	91.3	0.3	0.1	7.9	0	0.4
Non-African data					oa	oa	oa	oa	oa	oa
SD or min-max										
n					1	1	1	1	1	1
12_010	Juice. lemon. fresh. unsweetened	Jus de citron. frais. sans sucre ajouté	1.00	153(36)	90.8	0.4	0.1	8.3	0.1	0.3
Non-African data								oa		oa
SD or min-max										
n					1	1	1	1	1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
<b>Beverages/Boissons</b>													
12_024	Carbonated drink (e.g. Coca-Cola, Sprite)	2	0.1	1	5	2	9	0.06	0.01	0	0	0	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max		2	0.0	1	5	2	5	0.05	0.01				
n		4	4	4	4	4	4	4	3			1	
12_023	Coconut water	24	0.2	23	22	205	41	0.10	0.04	0	0	0	0
Non-African data										oa	oa		oa
SD or min-max		1	0.1-0.3		18-25	130-280	5-77						
n		3	2	1	2	2	2	1	1			1	
12_005	Coffee, instant, powder	145	4.1	337	312	3 670	60	0.72	0.46	0	0	0	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max		6	0.7	23	13	118	26	0.44	0.28				
n		4	4	4	4	4	4	4	3			1	
12_009	Coffee, liquid	3	0.1	4	3	37	4	0.01	0.01	0	0	0	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max		1	0.0	1	1	12	1	0.01	0.01				
n		4	4	4	4	4	4	4	3			1	
12_012	Juice, canned or bottled, sweetened (e.g. apple)	9	0.3	5	6	80	10	0.04	0.01	0	0	0	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
12_013	Juice, canned or bottled, unsweetened (e.g. grapefruit)	9	0.1	8	12	112	14	0.06	0.04	0	0	0	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
12_010	Juice, lemon, fresh, unsweetened	7	0.1	6	7	123	1	0.05	0.04	0	0	0	3
Non-African data										oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Beverages/Boissons													
12_024	Carbonated drink (e.g. Coca-Cola, Sprite)	0	0	0	0	tr	tr	0	0	0	0	0	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
12_023	Coconut water	0	0.45	0.02	0.04	0.1	0.1	2	0.03	9	9	0	2
Non-African data			oa					oa		oa	oa		
SD or min-max					0.00-0.03	0.00-0.07		0.0-0.1					
n			1		2	2	2	1	1	1		1	1
12_005	Coffee, instant, powder	0	[0.05]	0.02	0.30	36.0	36.0	39	0.03	7	7	0	1
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max					0.02	0.35		17.0	30-47	0.01	7		2
n			1		4	4	4	2	4	4		1	4
12_009	Coffee, liquid	0	0.16	0	0	0.3	0.3	0	0	0	0	0	0
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max				0.28				0.2	0-0		0		0
n			1	3	1	1	4	2	1	4		1	4
12_012	Juice, canned or bottled, sweetened (e.g. apple)	0	[0.01]	0.02	0.02	0.1	0.1	1	0.03	0	0	0	1
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
12_013	Juice, canned or bottled, unsweetened (e.g. grapefruit)	0	0.20	0.04	0.01	0.2	0.2	1	0.01	2	2	0	28
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
12_010	Juice, lemon, fresh, unsweetened	0	0.04	0.04	0.01	0.1	0.1	2	0.05	16	16	0	37
Non-African data				oa				oa					
SD or min-max													
n			1		1	1	1	1	1	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Beverages/Boissons								
12_024	Carbonated drink (e.g. Coca-Cola, Sprite)	0	0	0	0			0
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						1
12_023	Coconut water	0	0.34	0.09	0.01	0.01	0	0
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1
12_005	Coffee, instant, powder	0	0.20	0.04	0.20	0.19	0.02	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						
12_009	Coffee, liquid	0	0	0	0	0	0	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						
12_012	Juice, canned or bottled, sweetened (e.g. apple)	0	0	0	0	0	0	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						
12_013	Juice, canned or bottled, unsweetened (e.g. grapefruit)	0	0	0	0	0	0	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						
12_010	Juice, lemon, fresh, unsweetened	0	0	0	0	0	0	0
Non-African data								oa
SD or min-max								
n		1						1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Beverages/Boissons										
12_011	Juice. orange. fresh. unsweetened	Jus d'orange. frais. sans sucre ajouté	1.00	178(42)	89.3	0.7	0.2	9.3	0.1	0.4
Non-African data										
SD or min-max										
n			1		1	1	1		1	1
12_016	Ovaltine beverage with reduced fat milk. without sugar. fortified*	Ovaltine. boisson au lait partiellement écrémé. sans sucre. enrichie*	1.00	354(84)	79.9	3.9	1.8	12.9	0.5	1.1
12_017	Ovaltine beverage with skimmed milk. without sugar. fortified*	Ovaltine. boisson au lait écrémé. sans sucre. enrichie*	1.00	317(75)	80.8	3.9	0.7	13.0	0.5	1.2
12_015	Ovaltine beverage with whole milk. without sugar. fortified*	Ovaltine. boisson au lait entier. sans sucre. enrichie*	1.00	454(108)	77.1	3.6	4.4	13.4	0.5	1.1
12_014	Nectar. mango. canned	Nectar de mangue. en conserve	1.00	224(53)	86.6	0.1	0.1	12.8	0.3	0.1
Non-African data										
SD or min-max										
n			1		1	1	1		1	1
12_006	Palm wine (ca. 3.8% v/v alcohol)	Vin de palme (env. 3.8% d'alcool)	1.00	143(34)	93.7	0.4	[0.1]	2.5	0	0.2
Non-African data										
SD or min-max										
n			1		93.4-94.0	0.1	0.0-0.1			0.2-0.2
n			1		2	3	2		1	2
12_007	Sap. palm. fresh (0.3% v/v alcohol)	Sève de palmier. fraîche (0.3% d'alcool)	1.00	197(47)	88.4	0.3	0	10.8	0	0.2
Non-African data										
SD or min-max										
n			1		1	1	1		1	1
12_025	Soybean milk. fluid. from soybeans only. unfortified	Lait de soja. liquide. uniquement à base de graines de soja. non enrichi	1.00	188(45)	90.3	3.0	[1.8]	3.9	0.6	0.4
Non-African data										
SD or min-max										
n			1		0.7	0.4	0.2			0.2-0.6
n			1		4	4	3		1	2
12_008	Tea. infusion	Thé. infusion	1.00	1(0)	99.8	0.1	0	0	0	tr
Non-African data										
SD or min-max										
n			1		0.1	0.0-0.1				
n			1		3	2	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
<b>Beverages/Boissons</b>													
12_011	Juice, orange, fresh, unsweetened	17	0.4	11	16	182	1	0.04	0.06	18	9	0	109
Non-African data										oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
12_016	Ovaltine beverage with reduced fat milk, without sugar, fortified*	202	1.6	70	123	150	58	1.46	0.17	109	108	108	5
12_017	Ovaltine beverage with skimmed milk, without sugar, fortified*	212	1.6	61	133	118	69	1.47	0.17	89	89	89	1
12_015	Ovaltine beverage with whole milk, without sugar, fortified*	241	1.7	53	134	153	53	1.48	0.17	124	123	122	17
12_014	Nectar, mango, canned	17	0.4	3	2	24	5	0.02	0.02	71	36	0	428
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
12_006	Palm wine (ca. 3.8% v/v alcohol)	2	0.5	9	5	84	2	0.01	0.01	0	0	0	0
Non-African data						oa	oa	oa		oa	oa		oa
SD or min-max		0	0.5	8-10									
n		3	3	2	1	1	1	1	1			1	
12_007	Sap, palm, fresh (0.3% v/v alcohol)	2	0.4	9	6	84	2	0.01	0.02	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	1			1	
12_025	Soybean milk, fluid, from soybeans only, unfortified	12	0.5	15	50	120	24	0.20	0.07	0	0	0	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max		10-13	0.5-0.5	9-21	30-69	48-191	3-44	0.15-0.24					
n		2	2	2	2	2	2	2	1			1	
12_008	Tea, infusion	2	0.1	1	1	18	1	0.03	0.03	0	0	0	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max		2-2	0.1-0.1	1-1	0	3	0-1						
n		2	2	2	3	3	2	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Beverages/Boissons													
12_011	Juice, orange, fresh, unsweetened	0	[0.20]	0.09	0.03	0.3	0.3	2	0.05	37	37	0	44
Non-African data													
SD or min-max													
n		1		1	1		1	1	1	1		1	1
12_016	Ovaltine beverage with reduced fat milk, without sugar, fortified*	0.6	1.40	0.16	0.31	2.7	1.9	50	0.19	26	41	0.28	1
12_017	Ovaltine beverage with skimmed milk, without sugar, fortified*	0.6	1.40	0.16	0.28	2.7	1.9	51	0.19	27	42	0.36	1
12_015	Ovaltine beverage with whole milk, without sugar, fortified*	0.7	1.50	0.16	0.34	2.6	1.9	46	0.18	28	44	0.44	1
12_014	Nectar, mango, canned	0	0.21	tr	tr	0.1	0.1	0	0.02	7	7	0	15
Non-African data													
SD or min-max													
n		1	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
12_006	Palm wine (ca. 3.8% v/v alcohol)	0	0.00	0.03	0.01	0.3	0.3	0	0.03	1	1	0	4
Non-African data													
SD or min-max													
n		1	oa	0.03-0.03	0.01-0.01			oa	oa	oa	oa		4-4
12_007	Sap, palm, fresh (0.3% v/v alcohol)	0	0.01	0.01	0.01	0.4	0.4	0	0.03	1	1	0	14
Non-African data													
SD or min-max													
n		1	oa	1	1		1	1	1	1	1	1	1
12_025	Soybean milk, fluid, from soybeans only, unfortified	0	0.96	0.02	0.03	0.8	0.1	42	0.03	14	14	0	0
Non-African data													
SD or min-max													
n		1	0.80-1.10	0.02-0.02	0.02-0.03		0.0-0.1	1	1	1		1	1
12_008	Tea, infusion	0	0	0	0.02	0.1	0.1	0	tr	5	5	0	1
Non-African data													
SD or min-max													
n		1	oa	oa	oa	oa	oa		oa	oa	oa		oa
SD or min-max													
n		1		1	2		3	1	1	2		1	3



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
<b>Beverages/Boissons</b>								
12_011	Juice, orange, fresh, unsweetened	0	0	0	0	0	0	0
Non-African data								
SD or min-max								
n		1						1
12_016	Ovaltine beverage with reduced fat milk, without sugar, fortified*	6	1.08	0.54	0.07	0.04	0.01	
12_017	Ovaltine beverage with skimmed milk, without sugar, fortified*	3	0.45	0.21	0.03	0.02	0.00	
12_015	Ovaltine beverage with whole milk, without sugar, fortified*	13	2.71	1.25	0.16	0.07	0.02	
12_014	Nectar, mango, canned	0	0	0	0	0	0	
Non-African data								
SD or min-max								
n		1	oa	oa	oa	oa	oa	
12_006	Palm wine (ca. 3.8% v/v alcohol)	0	0	0	0	0	0	0
Non-African data								
SD or min-max								
n		1						oa
12_007	Sap, palm, fresh (0.3% v/v alcohol)	0	0	0	0	0	0	0
Non-African data								
SD or min-max								
n		1						oa
12_025	Soybean milk, fluid, from soybeans only, unfortified	0	0.29	0.38	1.01	0.98	0.03	
Non-African data								
SD or min-max								
n		1	oa	oa	oa	oa	oa	
12_008	Tea, infusion	0	0	0	0	0	0	
Non-African data								
SD or min-max								
n		1	oa	oa	oa	oa	oa	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
<b>Beverages/Boissons</b>										
12_019	Water. tap	Eau du robinet	1.00	0(0)	100.0	0	0	0	0	tr
Non-African data										
SD or min-max										
n			1		1	1	1		1	1
12_021	Water with fresh lemon juice. unsweetened*	Eau avec jus de citron frais. sans sucre ajouté*	1.00	23(5)	98.6	0.1	0.0	1.3	0.0	0.1
12_022	Water with fresh lemon juice. sweetened*	Eau avec jus de citron frais. avec sucre ajouté*	1.00	191(45)	88.7	0.1	0.0	11.1	0.0	0.1
<b>Miscellaneous/Divers</b>										
13_016	Allspice. ground	Piment de la Jamaïque. moulu	1.00	1 460(348)	8.5	6.1	8.7	50.5	21.6	4.7
Non-African data										
SD or min-max										
n			1		1	1	1		1	1
13_004	Anis seed	Anis. graine	1.00	1 610(384)	9.5	17.6	15.9	35.4	14.6	7.0
Non-African data										
SD or min-max										
n			1		1	1	1		1	1
13_019	Baking soda (sodium bicarbonate)	Bicarbonate de soude	1.00	0(0)	0.2	0	0	0	0	36.9
Non-African data										
SD or min-max										
n			1		1	1	1		1	1
13_020	Calabash nutmeg. seed. dried	Noix de muscade calabasse. graine. séchée	1.00	1 470(352)	8.8	9.7	9.9	47.0	18.0	6.6
Non-African data										
SD or min-max										
n			1		1.8	4.5	5.0		8.2-27.8	4.0
n			1		3	3	3		2	3
13_006	Chilli pepper. dried	Piment rouge. séché	1.00	1 440(347)	8.0	15.0	15.5	21.2	31.1	9.2
Non-African data										
SD or min-max										
n			1		1	1	2		3	3
n			1		1	1	14.3-16.8		3.8	3.1
13_007	Cinnamon. ground	Cannelle. moulue	1.00	1 010(243)	10.6	4.0	1.2	27.5	53.1	3.6
Non-African data										
SD or min-max										
n			1		1	1	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
<b>Beverages/Boissons</b>													
12_019	Water, tap	1	tr	1	0	0	2	tr	0.01	0	0	0	0
Non-African data													
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
12_021	Water with fresh lemon juice, unsweetened*	1	0.0	2	1	18	2	0.01	0.01	0	0	0	0
12_022	Water with fresh lemon juice, sweetened*	1	0.0	2	1	16	2	0.01	0.01	0	0	0	0
<b>Miscellaneous/Divers</b>													
13_016	Allspice, ground	661	7.1	135	113	1 040	77	1.01	0.55	54	27	0	324
Non-African data													
SD or min-max													
n		1	1	1	1	1	1	1	1			1	1
13_004	Anis seed	646	37.0	170	440	1 440	16	5.30	0.91	32	16	0	192
Non-African data													
SD or min-max													
n		1	1	1	1	1	1	1	1			1	1
13_019	Baking soda (sodium bicarbonate)	0	0	0	0	0	27 400	0	0	0	0	0	0
Non-African data													
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
13_020	Calabash nutmeg, seed, dried	463	[22.3]	329	680	348	131	2.17	0.63			0	
Non-African data													
SD or min-max													
n		336-590	11.8-32.8	118-540		310-387	8-254	1.25-3.09	0.18-1.07			1	
13_006	Chilli pepper, dried	150	12.6	183	256	2 040	20	1.20	0.94	1 680	839	0	10 100
Non-African data													
SD or min-max													
n		1	3	3	1	3	2	1	2			1	
13_007	Cinnamon, ground	[1 000]	8.3	60	64	431	10	1.83	0.34	30	15	0	177
Non-African data													
SD or min-max													
n		1	1	1	1	1	1	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
<b>Beverages/Boissons</b>													
12_019	Water, tap	0	0	0	0	0	0	0	0	0	0	0	0
Non-African data													
SD or min-max													
n		1		1	1		1	1	1	1		1	2
12_021	Water with fresh lemon juice, unsweetened*	0	0.01	0.01	0.00	0.0	0.0	0	0.01	2	2	0	5
12_022	Water with fresh lemon juice, sweetened*	0	0.01	0.01	0.00	0.0	0.0	0	0.01	2	2	0	5
<b>Miscellaneous/Divers</b>													
13_016	Allspice, ground	0		0.10	0.06	[2.9]	2.9		0.21	36	36	0	39
Non-African data													
SD or min-max													
n		1		1	1		1		1	1		1	1
13_004	Anis seed	0		0.34	0.29	[3.1]	3.1		0.65	10	10	0	21
Non-African data													
SD or min-max													
n		1		1	1		1		1	1		1	1
13_019	Baking soda (sodium bicarbonate)	0	0	0	0	0	0	0	0	0	0	0	0
Non-African data													
SD or min-max													
n		1		1	1		1	1	1	1		1	1
13_020	Calabash nutmeg, seed, dried	0	[3.20]	tr	0	[0.1]	[0.1]		0			0	tr
Non-African data													
SD or min-max													
n		1		1	1	1	1		1			1	1
13_006	Chilli pepper, dried	0	0.98	0.35	0.85	10.0	8.8	87	0.42	19	19	0	0
Non-African data													
SD or min-max													
n		1		3	3		3	3	1	2		1	3
13_007	Cinnamon, ground	0	[3.40]	0.02	0.04	2.1	1.3	49	0.16	6	6	0	4
Non-African data													
SD or min-max													
n		1		1	1		1	1	1	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
<b>Beverages/Boissons</b>								
12_019	Water, tap	0	0	0	0	0	0	0
Non-African data								
SD or min-max								
n		1						1
12_021	Water with fresh lemon juice, unsweetened*	0	0.00	0.00	0.00	0.00	0.00	0
12_022	Water with fresh lemon juice, sweetened*	0	0.00	0.00	0.00	0.00	0.00	0
<b>Miscellaneous/Divers</b>								
13_016	Allspice, ground	0	2.55	0.66	2.36			
Non-African data								
SD or min-max								
n		1						
13_004	Anis seed	0	0.59	9.78	3.15			
Non-African data								
SD or min-max								
n		1						
13_019	Baking soda (sodium bicarbonate)	0	0	0	0	0	0	
Non-African data								
SD or min-max								
n		1						
13_020	Calabash nutmeg, seed, dried							
Non-African data								
SD or min-max								
n								
13_006	Chilli pepper, dried	0	2.41	2.53	7.49	7.03	0.46	264
Non-African data								
SD or min-max								
n		1						1
13_007	Cinnamon, ground	0	0.35	0.25	0.07		0.01	
Non-African data								
SD or min-max								
n		1						

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Miscellaneous/Divers										
13_008	Cube. beef. dry	Bouillon-cube. bœuf. sec	1.00	799(190)	4.3	15.5	7.4	15.5	0	57.4
	Non-African data				oa		oa	oa		oa
	SD or min-max				1.5	3.6	2.9			55.4-59.3
	n		1		3	3	3		1	2
13_009	Cumin. seed	Cumin. grains	1.00	1 590(385)	10.6	13.9	22.3	17.0	30.4	5.9
	Non-African data				oa	oa	oa	oa	oa	oa
	SD or min-max									
	n		1		1	1	1		1	1
13_022	Curry powder	Curry. en poudre	1.00	1 200(293)	8.7	11.9	12.4	6.8	53.2	7.1
	Non-African data				oa	oa	oa	oa	oa	oa
	SD or min-max				8.5-8.8	9.5-14.3	10.8-14.0			
	n		1		2	2	2		1	1
13_011	Ginger. root. dried	Gingembre. racine. séchée	1.00	1 390(329)	10.2	7.6	3.8	59.1	14.1	5.2
	Non-African data						oa	oa	oa	oa
	SD or min-max						3.3-4.2			
	n		1		1	1	2		1	1
13_001	Honey	Miel	1.00	1 380(326)	18.2	0.4	0	81.0	0.2	0.3
	Non-African data							oa	oa	
	SD or min-max				17.1-19.2	0.1				
	n		1		2	3	1		1	1
13_023	Jam or marmalade	Confiture ou marmelade	1.00	1 190(281)	29.1	0.4	0	69.4	0.9	0.2
	Non-African data								oa	oa
	SD or min-max								0.4	0.1
	n		1		1	1	1		6	4
13_013	Mustard. prepared. yellow	Moutarde. préparée. jaune	1.00	250(60)	83.7	3.7	3.3	1.8	4.0	3.4
	Non-African data				oa		oa	oa	oa	oa
	SD or min-max									
	n		1		1	1	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Miscellaneous/Divers													
13_008	Cube, beef, dry	57	2.0	36	222	381	19 000	0.47	0.35	2	1	0	12
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max		16	0.7	13	20	122	4 750	0.30	0.00-0.70			0-0	
n		3	3	3	3	3	3	3	2			2	
13_009	Cumin, seed	878	20.6	442	382	1 890	125	4.29	1.14	15	7	0	89
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
13_022	Curry powder	583	19.1	268	319	1 500	251	4.40	1.12	2	1	0	11
Non-African data										oa	oa		oa
SD or min-max		525-640		255-280	270-367	1 170-1 830	52-450	4.10-4.70	1.04-1.20				
n		2	1	2	2	2	2	2	2			1	
13_011	Ginger, root, dried	180	[33.3]	172	154	1 120	31	4.17	0.47	20	10	0	120
Non-African data			oa	oa	oa	oa	oa	oa	oa				
SD or min-max			19.8-46.8	130-214	140-168	910-1 320	27-34	3.64-4.70	0.45-0.48				
n		1	2	2	2	2	2	2	2			1	1
13_001	Honey	11	0.6	2	4	52	4	0.22	0.05	0	0	0	0
Non-African data				oa		oa	oa	oa		oa	oa		oa
SD or min-max		11-11											
n		2	1	1	1	1	1	1	1			1	
13_023	Jam or marmalade	24	1.0	6	16	85	15	0.20	0.16	5	2	0	29
Non-African data										oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
13_013	Mustard, prepared, yellow	63	1.6	48	108	152	1 100	0.64	0.07	11	5	0	65
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Miscellaneous/Divers													
13_008	Cube, beef, dry	0	[1.90]	0.17	0.19	4.7	3.2	92	0.26	23	23	0.50	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max				0.13-0.20	0.14-0.24		3.1-3.3					0.00-1.00	
n		1		2	2		2	1	1	1		2	1
13_009	Cumin, seed	0	1.50	0.52	0.13	5.1	2.9	132	0.39	10	10	0	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
13_022	Curry powder	0	2.70	0.21	0.24	5.2	3.4	110	0.11	56	56	0	1
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max				0.18-0.25	0.20-0.28		3.3-3.5						1-1
n		1		2	2		2	1	1	1		1	2
13_011	Ginger, root, dried	0	0.30	0.16	0.27	9.1	7.4	103	0.63	13	13	0	0
Non-African data			oa			oa	oa	oa	oa	oa	oa		oa
SD or min-max							5.1-9.6	54-152					0-1
n		1		1	1		2	2	1	1		1	2
13_001	Honey	0	0	0	0.05	0.2	0.1	6	0.02	2	2	0	1
Non-African data			oa			oa	oa		oa	oa	oa	oa	oa
SD or min-max							0.0-0.1					0.00-0.00	
n		1		1	1		2	1	1	1		2	1
13_023	Jam or marmalade	0	[0.05]	0	0	0.1	0	5	0.03	2	2	0	7
Non-African data			oa			oa		oa	oa				
SD or min-max								3	0.02				
n		1		1	1		1	4	4	1		1	1
13_013	Mustard, prepared, yellow	0	0.58	0.18	0.07	0.7	0.6	9	0.07	7	7	0	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



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Miscellaneous/Divers								
13_008	Cube, beef, dry	2	3.46	2.82	0.68	0.59	0.06	0
Non-African data		oa	oa	oa	oa			
SD or min-max		0-4						
n		2						1
13_009	Cumin, seed	0	0.99	13.40	6.90	6.83	0.07	445
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1
13_022	Curry powder	0	1.46	7.78	2.71		0.23	
Non-African data			oa	oa	oa		oa	
SD or min-max								
n		1						
13_011	Ginger, root, dried	0	1.87	0.72	0.42	0.33	0.09	70
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1
13_001	Honey	0	0	0	0	0	0	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						
13_023	Jam or marmalade	0	0	0	0	0	0	
Non-African data								
SD or min-max								
n		1						
13_013	Mustard, prepared, yellow	0	0.21	2.18	0.78	0.36	0.37	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Miscellaneous/Divers										
13_012	Mustard. powder	Moutarde. en poudre	1.00	2 150(518)	5.3	26.1	36.2	15.9	12.2	4.3
Non-African data					oa	oa	oa	oa	oa	oa
SD or min-max										
n			1		1	1	1		1	1
13_014	Pepper. black	Poivre. noir	1.00	1 150(276)	13.2	10.1	2.7	36.2	33.2	4.6
Non-African data					oa		oa	oa	oa	oa
SD or min-max										
n			1		1	1	1		1	1
13_024	Potash. solid	Potasse. solide	1.00	0(0)	13.2	0	0	0	0	83.2
Non-African data										
SD or min-max										
n						4.0				2.8
n			1		3	1	1		1	3
13_015	Salt	Sel	1.00	0(0)	0.5	0	0	0	0	99.8
Non-African data										oa
SD or min-max										
n						0.0-1.0				
n			1		2	1	1		1	1
13_002	Sugar. white	Sucre. blanc	1.00	1 700(400)	0	0	0	100.0	0	tr
Non-African data										oa
SD or min-max										
n			1		1	1	1		1	1
13_027	Sugar. white. fortified with vitamin A (Nigeria)	Sucre. blanc. enrichi en vitamine A (Nigéria)	1.00	1 700(400)	0	0	0	100.0	0	tr
Non-African data										oa
SD or min-max										
n			1		1	1	1		1	1
13_021	Sweets. chocolate. milk	Bonbons au chocolat au lait	1.00	2 220(532)	1.0	4.4	[31.1]	55.1	7.0	1.4
Non-African data								oa	oa	
SD or min-max										
n			1		1	1	1		1	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Miscellaneous/Divers													
13_012	Mustard, powder	266	9.2	370	828	738	13	6.08	0.65	3	2	0	18
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
13_014	Pepper, black	405	11.9	196	144	1 490	24	1.24	1.76	155	77	0	928
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
13_024	Potash, solid	1 890	[229.0]	459	212	2 210	18 400	0.41	0.34	0	0	0	0
Non-African data													
SD or min-max		1 750-2 020	218.0-240.0	317-601	187-237	2 130-2 300	16 700-20 100	0.14	0.29-0.39				
n		2	2	2	2	2	2	3	2			1	
13_015	Salt	216	1.3	39	5	5	38 800	0.10	0.08	0	0	0	0
Non-African data							oa	oa					
SD or min-max		100	0.3	28		3			0.02				
n		7	4	5	1	5	1	1	5			1	
13_002	Sugar, white	1	0.1	0	0	2	1	0.03	0.04	0	0	0	0
Non-African data								oa					
SD or min-max		1			0-0								
n		4	1	1	2	1	1	1	1			1	
13_027	Sugar, white, fortified with vitamin A (Nigeria)	1	0.1	0	0	2	1	0.03	0.04	750	750	750	0
Non-African data								oa					
SD or min-max		1			0-0								
n		4	1	1	2	1	1	1	1			1	
13_021	Sweets, chocolate, milk	45	4.3	114	172	400	24	1.38	0.81	23	21	19	23
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max		11	2.7	25	37	125	22	0.85	0.19				
n		4	4	4	4	4	4	4	3			1	

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Miscellaneous/Divers													
13_012	Mustard, powder	0	4.10	0.81	0.26	9.0	4.7	256	0.40	8	8	0	7
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
13_014	Pepper, black	0	1.30	0.06	0.09	1.8	0.9	56	0.27	14	14	0	0
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max										10-17			
n		1		1	1		1	1	1	2		1	1
13_024	Potash, solid	0	0	0	0	0	0	0.0	0	0	0	0	0
Non-African data													
SD or min-max										0-0			0-0
n		1		1	1		1	1	1	2		1	2
13_015	Salt	0	0	0	0	0	0	0	0	0	0	0	0
Non-African data													
SD or min-max													
n		1		1	1		1	1	1	1		1	1
13_002	Sugar, white	0	0	0	0.02	0	0	0	0	0	0	0	0
Non-African data					oa								
SD or min-max													0
n		1		1	1		1	1	1	1		1	3
13_027	Sugar, white, fortified with vitamin A (Nigeria)	0	0	0	0.02	0	0	0	0	0	0	0	0
Non-African data					oa								
SD or min-max													0
n		1		1	1		1	1	1	1		1	3
13_021	Sweets, chocolate, milk	0	1.20	0.05	0.08	1.6	0.7	52	0.04	12	12	0.08	0
Non-African data			oa	oa	oa	oa	oa	oa	oa				
SD or min-max				0.02	0.04		0.4	52-52	0.04-0.04	2		0.11	
n		1		4	4		4	2	2	3		4	1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE(mg)	FASAT(g)	FAMS(g)	FAPU(g)	F18D2CN6(g)	F18D3CN3(g)	PHYTCPP(mg)
Miscellaneous/Divers								
13_012	Mustard, powder	0	1.99	22.60	10.10	5.59	3.79	132
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1
13_014	Pepper, black	0	0.78	0.55	1.29	0.98	0.31	383
Non-African data			oa	oa	oa	oa	oa	oa
SD or min-max								
n		1						1
13_024	Potash, solid	0	0	0	0	0	0	0
Non-African data								
SD or min-max								
n		1						1
13_015	Salt	0	0	0	0	0	0	0
Non-African data								
SD or min-max								
n		1						1
13_002	Sugar, white	0	0	0	0	0	0	0
Non-African data								
SD or min-max								
n		1						1
13_027	Sugar, white, fortified with vitamin A (Nigeria)	0	0	0	0	0	0	0
Non-African data								
SD or min-max								
n		1						1
13_021	Sweets, chocolate, milk	0	18.60	9.95	1.14	1.04	0.09	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max		4						
n		3						

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
<b>Miscellaneous/Divers</b>										
13_028	Ovaltine powder. fortified	Ovaltine en poudre. enrichie	1.00	1 590(375)	2.0	7.3	1.9	80.1	4.3	4.4
Non-African data					oa	oa	oa	oa	oa	oa
SD or min-max										
n					1	1	1		1	1
13_026	Uda (Ethiopian pepper). fruit/seed. dried	Poivre de Guinée. fruit/graine. séché	1.00	1 510(361)	8.2	9.4	[10.6]	43.9	[26.3]	1.6
Non-African data										
SD or min-max						1.1	1.8		15.6	
n					1	4	4	3	3	1
13_003	Vinegar	Vinaigre	1.00	83(19)	95.1	0.1	0	4.7	0	tr
Non-African data										oa
SD or min-max						94.8-95.5	0.3			
n					1	2	3	1	1	1
13_017	Yeast. dried	Levure. séchée	1.00	1 430(342)	5.5	38.4	6.3	21.2	23.3	5.2
Non-African data						oa	oa	oa	oa	oa
SD or min-max						5.1-6.0	36.4-40.4	5.0-7.6	19.7-26.9	4.8-5.7
n					1	2	2	2	2	2
13_018	Yeast extract. Marmite	Extrait de levure. Marmite	1.00	655(155)	37.0	27.5	0.4	8.7	3.0	23.4
Non-African data						oa		oa	oa	oa
SD or min-max								0.5		
n					1	1	1	3	1	1
<b>Soups and sauces/Soupes et sauces</b>										
14_021	Babenda-1 (Burkina Faso)*: sauce from green leaves (amaranth. tchénébdo and hibiscus). groundnut powder. rice and onion	Babenda-1 (Burkina Faso)*: sauce de feuilles vertes (amaranthe. tchénébdo et oseille de Guinée). poudre d'arachide. riz et oignon		289(69)	83.7	3.2	3.0	6.4	2.1	1.5
14_030	Babenda-2 (Burkina Faso)*: sauce from green leaves (amaranth. hibiscus and spider plant). rice and groundnut powder	Babenda-2 (Burkina Faso)*: sauce de feuilles vertes (amaranthe. oseille de Guinée et plante-araignée). riz et poudre d'arachide		276(66)	85.0	3.0	2.6	6.7	1.9	0.9
14_025	Banakou vand zéédo (Burkina Faso)*: cassava leaf sauce with fish. vegetables and red palm oil	Banakou vand zéédo (Burkina Faso)*: sauce de feuilles de manioc avec poisson. légumes et huile de palme rouge		1 090(264)	58.9	6.4	23.7	4.6	3.5	2.3
14_029	Bengedo (Burkina Faso)*: cowpea leaf sauce with fish. vegetables. groundnut paste and fermented African locust beans	Bengedo (Burkina Faso)*: sauce de feuilles de niébé avec poisson. légumes. pâte d'arachide et néré fermenté (soubala)		646(156)	72.5	7.5	[12.2]	2.9	2.0	1.9

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
<b>Miscellaneous/Divers</b>													
13_028	Ovaltine powder, fortified	800	14.0	375	425	156	120	10.00	1.41	802	801	800	9
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
13_026	Uda (Ethiopian pepper), fruit/seed, dried	259	1.4	229	65	167	91	6.35	1.24			0	
Non-African data													
SD or min-max		58		159		83-250	16-167	3.44-9.26					
n		3	1	3	1	2	2	2	1			1	
13_003	Vinegar	3	tr	2	6	14	4	0.04	0.01	0	0	0	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max		3		2	3	17	2	0.06	0.01-0.01				
n		3	1	3	3	3	3	3	2			1	
13_017	Yeast, dried	24	2.8	75	749	1 210	111	13.00	0.44	0	0	0	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max		18-30	2.2-3.5	54-95	637-860	955-1 470	51-170	7.94-18.00					
n		2	2	2	2	2	2	2	1			1	
13_018	Yeast extract, Marmite	86	3.7	180	104	2 600	3 600	2.10	0.30	0	0	0	0
Non-African data		oa	oa	oa	oa	oa	oa	oa	oa	oa	oa		oa
SD or min-max													
n		1	1	1	1	1	1	1	1			1	
<b>Soups and sauces/Soupes et sauces</b>													
14_021	Babenda-1 (Burkina Faso)*: sauce from green leaves (amaranth, tchénebdo and hibiscus), groundnut powder, rice and onion	102	2.3	54	61	194	262	0.47	0.15	127	64	0	763
14_030	Babenda-2 (Burkina Faso)*: sauce from green leaves (amaranth, hibiscus and spider plant), rice and groundnut powder	89	2.5	49	52	188	7	0.44	0.16	162	81	0	974
14_025	Banakou vand zéédo (Burkina Faso)*: cassava leaf sauce with fish, vegetables and red palm oil	132	2.6	38	101	368	432	0.68	0.09	[1 510]	[762]	11	[9 010]
14_029	Bengedo (Burkina Faso)*: cowpea leaf sauce with fish, vegetables, groundnut paste and fermented African locust beans	51	[1.5]	44	102	267	369	0.59	0.18	69	42	15	323

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Miscellaneous/Divers													
13_028	Ovaltine powder, fortified	5.0	12.00	1.10	1.40	17.0	16.0	77	1.40	200	340	2.50	80
Non-African data		oa	oa	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
13_026	Uda (Ethiopian pepper), fruit/seed, dried	0	[0.72]	tr	tr	[0.1]			0.02			0	1
Non-African data													
SD or min-max													
n		1		1	1	1			1			1	1
13_003	Vinegar	0	0	0	0	0	0	0	0	0	0	0	0
Non-African data						oa	oa		oa	oa	oa	oa	
SD or min-max													
n		1		1	1		1	1	1	1		1	1
13_017	Yeast, dried	0	0	5.80	2.10	42.0	34.0	451	1.20	3 200	3 200	0.04	0
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max				0.59-11.00	0.12-4.00		28.0-40.0	361-540	0.82-1.50	2 300-4 000		0.00-0.07	0-0
n		1		2	2		2	2	2	2		2	2
13_018	Yeast extract, Marmite	0	0	9.70	14.00	99.0	97.0	144	1.30	2 300	2 300	12.00	0
Non-African data			oa	oa	oa	oa	oa	oa	oa	oa	oa	oa	oa
SD or min-max										1 200		10.00-15.00	
n		1		1	1		1	1	1	3		2	1
Soups and sauces/Soupes et sauces													
14_021	Babenda-1 (Burkina Faso)*: sauce from green leaves (amaranth, tchénebdo and hibiscus), groundnut powder, rice and onion	0.0	[0.67]	0.05	0.11	1.3	0.8	29	0.10	[23]	[23]	0.00	10
14_030	Babenda-2 (Burkina Faso)*: sauce from green leaves (amaranth, hibiscus and spider plant), rice and groundnut powder	0.0	[0.76]	0.04	0.05	1.2	0.7	31	0.09	[36]	[36]	0.00	10
14_025	Banakou vand zéédo (Burkina Faso)*: cassava leaf sauce with fish, vegetables and red palm oil	0.2	[0.98]	0.11	0.22	3.5	2.2	79	0.22	[36]	[36]	1.40	10
14_029	Bengedo (Burkina Faso)*: cowpea leaf sauce with fish, vegetables, groundnut paste and fermented African locust beans	0.3	[2.50]	0.08	0.12	4.5	3.2	73	0.11	[22]	[22]	[1.90]	5



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE (mg)	FASAT (g)	FAMS (g)	FAPU (g)	F18D2CN6 (g)	F18D3CN3 (g)	PHYTCPP (mg)
<b>Miscellaneous/Divers</b>								
13_028	Ovaltine powder, fortified	7	1.14	0.50	0.14	0.12	0.02	
Non-African data		oa	oa	oa	oa	oa	oa	
SD or min-max								
n		1						
13_026	Uda (Ethiopian pepper), fruit/seed, dried	0						782
Non-African data								
SD or min-max								
n		1						1
13_003	Vinegar	0	0	0	0	0	0	0
Non-African data								
SD or min-max								
n		1						1
13_017	Yeast, dried	0	0.83	3.57	0.01	0.01	tr	
Non-African data			oa	oa	oa	oa	oa	
SD or min-max								
n		1						
13_018	Yeast extract, Marmite	0	0.07	0.28	tr			
Non-African data			oa	oa	oa			
SD or min-max								
n		1						
<b>Soups and sauces/Soupes et sauces</b>								
14_021	Babenda-1 (Burkina Faso)*: sauce from green leaves (amaranth, tchénebdo and hibiscus), groundnut powder, rice and onion	0	0.61	1.32	0.87	0.82	0.04	40
14_030	Babenda-2 (Burkina Faso)*: sauce from green leaves (amaranth, hibiscus and spider plant), rice and groundnut powder	0	0.53	1.13	0.80	0.73	0.07	[36]
14_025	Banakou vand zéédo (Burkina Faso)*: cassava leaf sauce with fish, vegetables and red palm oil	9	11.40	8.53	2.63	2.24	0.21	9
14_029	Bengedo (Burkina Faso)*: cowpea leaf sauce with fish, vegetables, groundnut paste and fermented African locust beans	13	2.33	4.47	4.79	4.50	0.04	[29]

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Soups and sauces/Soupes et sauces										
14_014	Bite zindo (Burkina Faso)*: hibiscus leaf sauce with fish, fermented African locust beans and tomatoes	Bite zindo (Burkina Faso)*: sauce de feuilles d'oseille de Guinée avec poisson, néré fermenté (soumbala) et tomates		433(104)	80.7	3.5	7.9	3.6	2.2	1.6
14_015	Blouvank koèég zéédo (Burkina Faso)*: jute mallow leaf sauce with lamb, vegetables, fermented African locust beans and red palm oil	Blouvank koèég zéédo (Burkina Faso)*: sauce de feuilles de corète potagère avec agneau, légumes, néré fermenté et huile de palme rouge		351(85)	84.8	3.4	[7.0]	1.6	1.0	2.1
14_016	Blouvank zéédo (Burkina Faso)*: jute mallow leaf sauce with fish, vegetables and red palm oil	Blouvank zéédo (Burkina Faso)*: sauce de feuilles de corète potagère avec poisson, légumes et huile de palme rouge		310(75)	85.1	3.1	5.5	2.5	1.4	1.9
14_012	Clear sauce with fish, red palm oil and vegetables (Burkina Faso)*	Sauce claire avec poisson, huile de palme rouge et légumes (Burkina Faso)*		335(81)	82.6	5.4	5.4	2.1	1.3	2.3
14_027	Curry sauce with beef meat and vegetables (Burkina Faso)*	Sauce au curry avec viande de bœuf et légumes (Burkina Faso)*		456(110)	81.0	4.2	8.4	3.8	1.1	1.3
14_003	Éindo tomate ne ziim zéindo (Burkina Faso)*: sauce with fish, tomato and fermented African locust beans	Éindo tomate ne ziim zéindo (Burkina Faso)*: sauce avec poisson, tomate et néré fermenté (soumbala)		806(195)	68.6	7.2	[16.2]	4.2	1.5	2.6
14_004	Epinard zéédo (Burkina Faso)*: spinach sauce with fish and vegetables	Epinard zéédo (Burkina Faso)*: sauce épinards avec poisson et légumes		694(168)	69.5	6.7	13.6	3.5	2.2	3.5
14_001	Fish and vegetable soup for children (Burkina Faso)*	Soupe de poisson aux légumes pour enfants (Burkina Faso)*		269(64)	82.5	6.5	1.4	5.8	0.9	1.6
14_008	Groundnut sauce with fish and vegetables (Burkina Faso)*	Sauce d'arachide aux légumes et poisson (Burkina Faso)*		688(166)	70.6	6.6	12.5	5.3	2.6	1.7
14_026	Intro sauce with fish and vegetables (Burkina Faso)*	Sauce intro avec poisson et légumes (Burkina Faso)*		285(69)	84.5	2.8	4.6	2.4	3.2	2.1
14_031	Katre nagouri vând koèng zéindo (Burkina Faso)*: dried sicklepod leaf sauce with vegetables, shea butter, groundnut paste and fermented African locust beans	Katre nagouri vând koèng zéindo (Burkina Faso)*: sauce de feuilles sèches de casse fétide avec légumes, beurre de karité, pâte d'arachide et néré fermenté (soumbala)		942(228)	64.9	4.6	[20.5]	4.9	2.6	2.5
14_032	Katre nagouri vând maasse zéindo (Burkina Faso)*: fresh sicklepod leaf sauce with vegetables, shea butter, groundnut paste and fermented African locust beans	Katre nagouri vând maasse zéindo (Burkina Faso)*: sauce de feuilles de casse fétide fraîches avec légumes, beurre de karité, pâte d'arachide et néré fermenté (soumbala)		634(153)	72.0	4.1	[11.6]	6.5	[3.3]	2.6
14_013	Koum péèleg zindo (Burkina Faso)*: white eggplant sauce with lamb and vegetables	Koum péèleg zindo (Burkina Faso)*: sauce aubergine blanche avec agneau et légumes		554(134)	77.7	4.0	[11.0]	3.7	1.9	1.5
14_011	Koum vând zéédo (Burkina Faso)*: wild eggplant leaf sauce with fish and vegetables	Koum vând zéédo (Burkina Faso)*: sauce de feuilles d'aubergine sauvage avec poisson et légumes		853(206)	67.6	4.0	18.5	4.8	2.4	2.4
14_007	Koum zindo (Burkina Faso)*: eggplant sauce with fish and vegetables	Koum zindo (Burkina Faso)*: sauce aubergine avec poisson et légumes		664(161)	72.8	4.1	13.3	4.8	2.5	1.8
14_018	Maân koèg zéindo-1 (Burkina Faso)*: djoumblé (dried okra) sauce with beef, vegetables and red palm oil	Maân koèg zéindo-1 (Burkina Faso)*: sauce djoumblé (gombo séché) avec bœuf, légumes et huile de palme rouge		598(144)	75.3	6.0	11.7	2.4	2.6	1.7
14_017	Maân koèg zéindo-2 (Burkina Faso)*: dried okra sauce with lamb, vegetables and fermented African locust beans	Maân koèg zéindo-2 (Burkina Faso)*: sauce gombo séché avec agneau, légumes et néré fermenté (soumbala)		600(145)	74.3	4.7	[12.4]	2.2	2.9	2.0
14_019	Maân mâass zéindo (Burkina Faso)*: fresh okra sauce with fish, vegetables, red palm oil and fermented African locust beans	Maân mâass zéindo (Burkina Faso)*: sauce gombo frais avec poisson, légumes, huile de palme rouge et néré fermenté (soumbala)		306(74)	84.6	3.4	5.2	2.6	1.6	2.1

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Soups and sauces/Soupes et sauces													
14_014	Bite zindo (Burkina Faso)*: hibiscus leaf sauce with fish, fermented African locust beans and tomatoes	88	2.3	36	59	169	332	0.46	0.14	142	74	5	824
14_015	Blouvank koèég zéédo (Burkina Faso)*: jute mallow leaf sauce with lamb, vegetables, fermented African locust beans and red palm oil	52	[2.7]	20	43	114	524	0.50	0.08	58	30	2	335
14_016	Blouvank zéédo (Burkina Faso)*: jute mallow leaf sauce with fish, vegetables and red palm oil	78	[1.1]	23	51	162	419	0.25	0.04	[510]	[259]	8	[3 010]
14_012	Clear sauce with fish, red palm oil and vegetables (Burkina Faso)*	22	0.9	20	69	196	615	0.31	0.09	[413]	[215]	17	[2 370]
14_027	Curry sauce with beef meat and vegetables (Burkina Faso)*	16	0.7	12	46	120	355	0.75	0.04	13	8	2	64
14_003	Éindo tomate ne ziim zéindo (Burkina Faso)*: sauce with fish, tomato and fermented African locust beans	39	1.2	25	162	243	533	0.63	0.15	52	27	2	295
14_004	Epinard zéédo (Burkina Faso)*: spinach sauce with fish and vegetables	69	2.0	56	96	470	814	0.57	0.16	182	100	17	985
14_001	Fish and vegetable soup for children (Burkina Faso)*	18	0.9	22	89	284	270	0.38	0.07	127	75	22	627
14_008	Groundnut sauce with fish and vegetables (Burkina Faso)*	26	1.3	41	114	298	297	0.61	0.20	27	19	10	105
14_026	Intro sauce with fish and vegetables (Burkina Faso)*	64	1.4	33	53	211	505	0.36	0.14	[451]	[228]	6	[2 670]
14_031	Katre nagouri vând koèng zéindo (Burkina Faso)*: dried sicklepod leaf sauce with vegetables, shea butter, groundnut paste and fermented African locust beans	49	[2.3]	36	75	258	507	0.56	[0.20]	36	18	0	218
14_032	Katre nagouri vând maasse zéindo (Burkina Faso)*: fresh sicklepod leaf sauce with vegetables, shea butter, groundnut paste and fermented African locust beans	59	[2.7]	32	76	393	266	0.51	[0.16]	175	87	0	1 050
14_013	Koum péèleg zindo (Burkina Faso)*: white eggplant sauce with lamb and vegetables	15	1.1	14	52	239	286	0.64	0.13	35	19	3	194
14_011	Koum vând zéédo (Burkina Faso)*: wild eggplant leaf sauce with fish and vegetables	131	2.5	52	65	309	428	0.45	0.16	174	90	6	1 010
14_007	Koum zindo (Burkina Faso)*: eggplant sauce with fish and vegetables	30	1.2	18	67	311	343	0.36	0.15	108	59	11	582
14_018	Maân koèg zéindo-1 (Burkina Faso)*: djoumblé (dried okra) sauce with beef, vegetables and red palm oil	48	0.8	36	75	250	348	1.20	0.07	[665]	[334]	3	[3 970]
14_017	Maân koèg zéindo-2 (Burkina Faso)*: dried okra sauce with lamb, vegetables and fermented African locust beans	57	[1.5]	40	65	235	415	0.78	0.08	17	10	3	89
14_019	Maân mâass zéindo (Burkina Faso)*: fresh okra sauce with fish, vegetables, red palm oil and fermented African locust beans	63	[1.4]	30	55	183	508	0.32	0.06	[457]	[233]	8	[2 690]

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Soups and sauces/Soupes et sauces													
14_014	Bite zindo (Burkina Faso)*: hibiscus leaf sauce with fish, fermented African locust beans and tomatoes	0.1	[1.50]	0.07	0.18	1.4	0.9	29	0.13	[25]	[25]	[0.62]	14
14_015	Blouvank koèég zéédo (Burkina Faso)*: jute mallow leaf sauce with lamb, vegetables, fermented African locust beans and red palm oil	0.0	[0.79]	0.03	0.06	1.1	0.6	31	0.09	[10]	[10]	[0.26]	6
14_016	Blouvank zéédo (Burkina Faso)*: jute mallow leaf sauce with fish, vegetables and red palm oil	0.2	[0.77]	0.05	0.12	1.6	1.0	33	0.08	[13]	[13]	1.00	14
14_012	Clear sauce with fish, red palm oil and vegetables (Burkina Faso)*	0.3	[0.70]	0.04	0.08	3.0	2.1	54	0.07	[12]	[12]	2.10	3
14_027	Curry sauce with beef meat and vegetables (Burkina Faso)*	0.1	[0.97]	0.03	0.03	1.0	0.8	10	0.08	11	11	0.14	4
14_003	Éindo tomate ne ziim zéindo (Burkina Faso)*: sauce with fish, tomato and fermented African locust beans	0.2	[3.20]	0.06	0.07	2.2	1.0	73	0.11	[13]	[13]	[0.41]	9
14_004	Epinard zéédo (Burkina Faso)*: spinach sauce with fish and vegetables	0.3	[3.40]	0.08	0.17	3.6	2.4	73	0.16	[73]	[73]	2.10	15
14_001	Fish and vegetable soup for children (Burkina Faso)*	0.4	0.31	0.06	0.09	3.9	2.8	70	0.10	[9]	[9]	2.70	6
14_008	Groundnut sauce with fish and vegetables (Burkina Faso)*	0.2	[2.40]	0.13	0.08	4.2	3.1	67	0.10	[18]	[18]	1.20	9
14_026	Intro sauce with fish and vegetables (Burkina Faso)*	0.1	[0.72]	0.04	0.08	1.6	1.1	25	0.15	[28]	[28]	0.73	7
14_031	Katre nagouri vând koèng zéindo (Burkina Faso)*: dried sicklepod leaf sauce with vegetables, shea butter, groundnut paste and fermented African locust beans	0.0	[2.30]	0.06	0.06	2.2	1.6	36	0.12	[22]	[22]	[0.00]	11
14_032	Katre nagouri vând maasse zéindo (Burkina Faso)*: fresh sicklepod leaf sauce with vegetables, shea butter, groundnut paste and fermented African locust beans	0.0	[1.50]	0.05	0.07	1.7	1.1	38	0.19	[37]	[37]	[0.00]	14
14_013	Koum péèleg zindo (Burkina Faso)*: white eggplant sauce with lamb and vegetables	0.0	[1.50]	0.05	0.07	1.7	1.0	39	0.12	12	12	0.38	13
14_011	Koum vând zéédo (Burkina Faso)*: wild eggplant leaf sauce with fish and vegetables	0.1	[3.30]	0.05	0.10	1.8	1.1	41	0.13	[25]	[25]	0.79	23
14_007	Koum zindo (Burkina Faso)*: eggplant sauce with fish and vegetables	0.2	[2.50]	0.06	0.08	2.3	1.6	41	0.12	[16]	[16]	1.30	18
14_018	Maân koèg zéindo-1 (Burkina Faso)*: djoumblé (dried okra) sauce with beef, vegetables and red palm oil	0.1	[1.20]	0.04	0.07	1.6	1.4	10	0.19	[25]	[25]	0.21	6
14_017	Maân koèg zéindo-2 (Burkina Faso)*: dried okra sauce with lamb, vegetables and fermented African locust beans	0.0	1.70	0.04	0.08	1.9	1.2	39	0.17	[26]	[26]	[0.37]	4
14_019	Maân màass zéindo (Burkina Faso)*: fresh okra sauce with fish, vegetables, red palm oil and fermented African locust beans	0.2	[0.75]	0.04	0.09	1.7	1.2	33	0.10	[18]	[18]	[1.00]	10

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE (mg)	FASAT (g)	FAMS (g)	FAPU (g)	F18D2CN6 (g)	F18D3CN3 (g)	PHYTCPP (mg)
Soups and sauces/Soupes et sauces								
14_014	Bite zindo (Burkina Faso)*: hibiscus leaf sauce with fish, fermented African locust beans and tomatoes	4	1.27	2.40	3.80	3.64	0.07	11
14_015	Blouvank koèg zéédo (Burkina Faso)*: jute mallow leaf sauce with lamb, vegetables, fermented African locust beans and red palm oil	8	1.95	2.43	2.20	2.08	0.09	[3]
14_016	Blouvank zéédo (Burkina Faso)*: jute mallow leaf sauce with fish, vegetables and red palm oil	7	2.61	1.91	0.69	0.50	0.05	[1]
14_012	Clear sauce with fish, red palm oil and vegetables (Burkina Faso)*	14	2.49	1.77	0.77	0.47	0.02	[3]
14_027	Curry sauce with beef meat and vegetables (Burkina Faso)*	14	2.29	3.16	2.53	[2.43]	0.04	[4]
14_003	Éindo tomate ne ziim zéindo (Burkina Faso)*: sauce with fish, tomato and fermented African locust beans	20	2.69	5.22	7.43	7.12	0.07	[3]
14_004	Epinard zéédo (Burkina Faso)*: spinach sauce with fish and vegetables	14	2.30	4.14	6.49	6.09	0.12	[5]
14_001	Fish and vegetable soup for children (Burkina Faso)*	18	0.6	0.29	0.39	0.03	0.00	11
14_008	Groundnut sauce with fish and vegetables (Burkina Faso)*	8	2.36	4.82	4.75	4.55	0.04	[42]
14_026	Intro sauce with fish and vegetables (Burkina Faso)*	5	2.16	1.59	0.61	0.49	0.03	[7]
14_031	Katre nagouri vând koèg zéindo (Burkina Faso)*: dried sicklepod leaf sauce with vegetables, shea butter, groundnut paste and fermented African locust beans	0	5.62	8.03	5.87	[5.42]	[0.06]	29
14_032	Katre nagouri vând maasse zéindo (Burkina Faso)*: fresh sicklepod leaf sauce with vegetables, shea butter, groundnut paste and fermented African locust beans	0	3.00	4.55	3.44	[3.22]	[0.04]	34
14_013	Koum péèleg zindo (Burkina Faso)*: white eggplant sauce with lamb and vegetables	12	2.95	3.85	3.69	3.53	0.11	[3]
14_011	Koum vând zéédo (Burkina Faso)*: wild eggplant leaf sauce with fish and vegetables	5	2.82	5.76	9.06	8.81	0.14	[7]
14_007	Koum zindo (Burkina Faso)*: eggplant sauce with fish and vegetables	9	2.13	4.10	6.43	6.19	0.07	[6]
14_018	Maân koèg zéindo-1 (Burkina Faso)*: djoumblé (dried okra) sauce with beef, vegetables and red palm oil	20	5.59	4.75	0.85	0.76	0.05	[4]
14_017	Maân koèg zéindo-2 (Burkina Faso)*: dried okra sauce with lamb, vegetables and fermented African locust beans	12	3.13	4.25	4.40	4.22	0.12	[5]
14_019	Maân mâass zéindo (Burkina Faso)*: fresh okra sauce with fish, vegetables, red palm oil and fermented African locust beans	7	2.40	1.76	0.69	0.51	0.04	[3]

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	NOMS DES ALIMENTS EN FRANÇAIS	EDIBLE PORTION 1	ENERGY (kJ(kcal))	WATER (g)	PROTEIN (g)	FAT (g)	CHO AVAIL (g)	FIBRE. TOTAL DIETARY (g)	ASH (g)
INFOODS TAGNAMES			EDIBLE1	ENERC(kJ(kcal))	WATER(g)	PROTCNT(g)	FAT(g)	CHOAVLDF(g)	FIBTG(g)	ASH(g)
Soups and sauces/Soupes et sauces										
14_009	Nayoungn vand zindo (Burkina Faso)*: sweet potato leaf sauce. fish. red palm oil and vegetables	Nayoungn vand zindo (Burkina Faso)*: sauce de feuilles de patate douce avec poisson. huile de palme rouge et légumes		645(156)	72.5	5.0	12.6	4.3	2.7	2.3
14_002	Pésgo né tomate zéindo (Burkina Faso)*: sauce with lamb. tomato and vegetables	Pésgo né tomate zéindo (Burkina Faso)*: sauce avec agneau. tomate et légumes		776(188)	69.8	5.9	[15.9]	4.4	1.5	2.2
14_006	Siikam zéédo (Burkina Faso)*: groundnut sauce with vegetables. fish and fermented African locust beans	Siikam zéédo (Burkina Faso)*: sauce d'arachide avec poisson. légumes et néré fermenté (soubala)		558(135)	76.4	5.7	[10.4]	3.3	2.3	1.5
14_028	Siné zindo (Burkina Faso)*: sesame sauce with fish and vegetables	Siné zindo (Burkina Faso)*: sauce sésame avec poisson et légumes		841(203)	66.7	6.3	17.7	3.1	3.2	2.4
14_033	Soup from chicken. beer yeast. vegetables and fermented African locust beans (Burkina Faso)*	Soupe de poulet. levure de bière. légumes et néré fermenté (soubala) (Burkina Faso)*		336(81)	84.2	5.4	5.4	2.1	1.2	1.8
14_034	Soup with cabbage and vegetables (Burkina Faso)*	Soupe aux choux et légumes (Burkina Faso)*		88(21)	92.3	1.1	[0.1]	3.2	1.4	2.0
14_005	Téi kam zéédo (Burkina Faso)*: red palm oil sauce with fish and vegetables	Téi kam zéédo (Burkina Faso)*: sauce à l'huile de palme rouge avec poisson et légumes		527(127)	76.4	5.7	[9.5]	3.8	2.1	2.1
14_024	Téi né maane zéindo (Burkina Faso)*: oil palm fruit sauce with okra powder. fish and vegetables	Téi né maane zéindo (Burkina Faso)*: noix de palme en sauce avec poudre de gombo. poisson et légumes		399(96)	83.5	2.7	[8.0]	2.8	[1.4]	1.2
14_023	Téi zéindo (Burkina Faso)*: simple oil palm fruit sauce with fish and vegetables	Téi zéindo (Burkina Faso)*: sauce simple de noix de palme avec poisson et légumes		823(199)	71.5	1.7	[18.8]	5.1	[1.4]	0.9
14_020	Toeg koing zéédo (Burkina Faso)*: dried baobab leaf sauce with fish. vegetables and fermented African locust beans	Toeg koing zéédo (Burkina Faso)*: sauce de feuilles de baobab séchées avec poisson. légumes et néré fermenté (soubala)		181(44)	89.1	2.8	2.5	1.7	1.8	1.9
14_022	Toeg maas zéédo (Burkina Faso)*: fresh baobab leaf sauce with fish. vegetables and fermented African locust beans	Toeg maas zéédo (Burkina Faso)*: sauce de feuilles de baobab fraîches avec poisson. légumes et néré fermenté (soubala)		251(60)	86.7	3.1	4.1	1.9	1.9	1.9
14_010	Yassa sauce with lamb. onion and mustard (Burkina Faso)*	Sauce yassa avec agneau. oignon et moutarde (Burkina Faso)*		932(226)	65.4	4.3	[20.5]	5.1	1.9	2.7

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	PHOSPHORUS (mg)	POTASSIUM (mg)	SODIUM (mg)	ZINC (mg)	COPPER (mg)	VIT A RE (mcg)	VIT A RAE (mcg)	RETINOL (mcg)	BETA-CAROTENE EQUIV (mcg)
INFOODS TAGNAMES		CA(mg)	FE(mg)	MG(mg)	P(mg)	K(mg)	NA(mg)	ZN(mg)	CU(mg)	VITA(mcg)	VITA_RAE(mcg)	RETOL(mcg)	CARTBEQ(mcg)
Soups and sauces/Soupes et sauces													
14_009	Nayoungn vand zindo (Burkina Faso)*: sweet potato leaf sauce, fish, red palm oil and vegetables	42	[1.8]	37	81	354	413	0.33	0.07	[796]	[403]	10	[4 720]
14_002	Pésgo né tomate zéindo (Burkina Faso)*: sauce with lamb, tomato and vegetables	21	1.3	19	74	275	514	0.91	0.08	74	39	4	420
14_006	Siikam zéédo (Burkina Faso)*: groundnut sauce with vegetables, fish and fermented African locust beans	48	1.5	47	85	282	208	0.59	0.18	[333]	[170]	7	[1 960]
14_028	Siné zindo (Burkina Faso)*: sesame sauce with fish and vegetables	157	2.5	78	160	220	349	0.59	0.38	33	22	10	135
14_033	Soup from chicken, beer yeast, vegetables and fermented African locust beans (Burkina Faso)*	14	0.5	13	74	129	478	0.60	0.04	11	7	3	48
14_034	Soup with cabbage and vegetables (Burkina Faso)*	25	0.7	11	29	204	533	0.16	0.07	26	13	0	154
14_005	Téi kam zéédo (Burkina Faso)*: red palm oil sauce with fish and vegetables	25	1.1	34	85	239	490	0.50	0.17	[203]	[106]	8	[1 170]
14_024	Téi né maane zéindo (Burkina Faso)*: oil palm fruit sauce with okra powder, fish and vegetables	28	1.0	24	42	128	312	0.23	0.17	[1 140]	[572]	8	[6 770]
14_023	Téi zéindo (Burkina Faso)*: simple oil palm fruit sauce with fish and vegetables	26	1.8	26	34	113	305	0.20	0.34	[2 820]	[1 410]	3	[16 900]
14_020	Toeg koing zéédo (Burkina Faso)*: dried baobab leaf sauce with fish, vegetables and fermented African locust beans	64	[1.9]	19	42	130	389	0.28	0.07	37	22	7	183
14_022	Toeg maas zéédo (Burkina Faso)*: fresh baobab leaf sauce with fish, vegetables and fermented African locust beans	66	[1.5]	19	46	144	416	0.30	0.07	89	48	8	489
14_010	Yassa sauce with lamb, onion and mustard (Burkina Faso)*	31	1.1	20	74	175	759	0.67	0.10	5	4	2	16

CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	VIT D (mcg)	VIT E (mg)	THIAMINE (mg)	RIBOFLAVIN (mg)	NIACIN EQUIV (mg)	NIACIN (mg)	TRYPTOPHAN (mg)	VIT B6 (mg)	FOLATE (mcg)	FOLATE EQUIV (mcg)	VIT B12 (mcg)	VIT C (mg)
INFOODS TAGNAMES		VITD(mcg)	VITE(mg)	THIA(mg)	RIBF(mg)	NIAEQ(mg)	NIA(mg)	TRP(mg)	VITB6C(mg)	FOL(mcg)	FOLDFE(mcg)	VITB12(mcg)	VITC(mg)
Soups and sauces/Soupes et sauces													
14_009	Nayoungn vand zindo (Burkina Faso)*: sweet potato leaf sauce, fish, red palm oil and vegetables	0.2	[0.90]	0.07	0.15	2.3	1.6	46	0.12	[28]	[28]	1.20	12
14_002	Pésgo né tomate zéindo (Burkina Faso)*: sauce with lamb, tomato and vegetables	0.0	[2.10]	0.06	0.09	2.4	1.4	58	0.19	10	10	0.60	9
14_006	Siikam zéédo (Burkina Faso)*: groundnut sauce with vegetables, fish and fermented African locust beans	0.1	[1.60]	0.07	0.09	3.3	2.3	55	0.11	[33]	[33]	[0.84]	8
14_028	Siné zindo (Burkina Faso)*: sesame sauce with fish and vegetables	0.2	[1.70]	0.13	0.08	3.1	1.8	79	0.16	[16]	[16]	1.30	5
14_033	Soup from chicken, beer yeast, vegetables and fermented African locust beans (Burkina Faso)*	0.1	[0.67]	0.12	0.11	3.3	1.1	33	0.13	[57]	[57]	[0.09]	5
14_034	Soup with cabbage and vegetables (Burkina Faso)*	0.0	[0.25]	0.03	0.03	0.5	0.3	9	0.07	8	8	0.00	17
14_005	Téi kam zéédo (Burkina Faso)*: red palm oil sauce with fish and vegetables	0.2	[1.30]	0.07	0.07	3.4	2.5	54	0.09	[15]	[15]	1.00	6
14_024	Téi né maane zéindo (Burkina Faso)*: oil palm fruit sauce with okra powder, fish and vegetables	0.2	[0.84]	0.03	0.05	[1.6]	1.2	[24]	[0.05]	[9]	[9]	0.95	3
14_023	Téi zéindo (Burkina Faso)*: simple oil palm fruit sauce with fish and vegetables	0.1	[1.80]	0.04	0.04	[1.0]	0.8	[11]	[0.01]	[1]	[1]	0.42	4
14_020	Toeg koing zéédo (Burkina Faso)*: dried baobab leaf sauce with fish, vegetables and fermented African locust beans	0.1	[0.46]	0.02	0.04	[1.3]	1.0	[23]	0.07	[11]	[11]	[0.79]	5
14_022	Toeg maas zéédo (Burkina Faso)*: fresh baobab leaf sauce with fish, vegetables and fermented African locust beans	0.1	[0.74]	0.02	0.05	1.6	1.0	35	0.09	[14]	[14]	[0.92]	9
14_010	Yassa sauce with lamb, onion and mustard (Burkina Faso)*	0.0	[3.00]	0.05	0.07	1.4	0.8	39	0.11	9	9	0.33	6



CONDENSED FOOD COMPOSITION TABLE | TABLE DE COMPOSITION DES ALIMENTS CONDENSÉE

FOOD CODE	FOOD NAME IN ENGLISH	CHOLESTEROL (mg)	SAT FA (g)	MONOUNSAT FA (g)	POLYUNSAT FA (g)	LINOLEIC ACID (g)	ALPHA-LINOLENIC ACID (g)	PHYTATE (mg)
INFOODS TAGNAMES		CHOLE (mg)	FASAT (g)	FAMS (g)	FAPU (g)	F18D2CN6 (g)	F18D3CN3 (g)	PHYTCP (mg)
Soups and sauces/Soupes et sauces								
14_009	Nayoungn vand zindo (Burkina Faso)*: sweet potato leaf sauce, fish, red palm oil and vegetables	8	6.04	4.52	1.40	[1.20]	[0.04]	[2]
14_002	Pésgo né tomate zéindo (Burkina Faso)*: sauce with lamb, tomato and vegetables	19	4.41	5.64	5.12	4.87	0.16	[3]
14_006	Siikam zéédo (Burkina Faso)*: groundnut sauce with vegetables, fish and fermented African locust beans	6	3.44	4.25	2.22	2.05	0.05	[33]
14_028	Siné zindo (Burkina Faso)*: sesame sauce with fish and vegetables	8	2.77	5.87	8.24	7.99	0.07	[135]
14_033	Soup from chicken, beer yeast, vegetables and fermented African locust beans (Burkina Faso)*	11	1.08	2.03	1.95	1.90	0.04	[1]
14_034	Soup with cabbage and vegetables (Burkina Faso)*	0	0.04	0.03	0.04	0.03	0.01	[3]
14_005	Téi kam zéédo (Burkina Faso)*: red palm oil sauce with fish and vegetables	7	2.95	3.94	2.11	1.95	0.02	[33]
14_024	Téi né maane zéindo (Burkina Faso)*: oil palm fruit sauce with okra powder, fish and vegetables	6	2.77	2.83	0.80	0.09	0.01	[1]
14_023	Téi zéindo (Burkina Faso)*: simple oil palm fruit sauce with fish and vegetables	3	6.47	6.85	1.69	0.18	0.01	[0]
14_020	Toeg koing zéédo (Burkina Faso)*: dried baobab leaf sauce with fish, vegetables and fermented African locust beans	5	0.50	0.69	1.09	0.95	0.04	[1]
14_022	Toeg maas zéédo (Burkina Faso)*: fresh baobab leaf sauce with fish, vegetables and fermented African locust beans	6	0.74	1.20	1.87	1.71	0.04	[7]
14_010	Yassa sauce with lamb, onion and mustard (Burkina Faso)*	10	4.09	7.00	8.46	8.21	0.19	[3]

# ANNEX A: FOOD INDEX IN ENGLISH

## ANNEXE A: INDEX DES ALIMENTS EN ANGLAIS

FOOD CODE	FOOD NAME IN ENGLISH	SCIENTIFIC NAME	BIBLIOID	PAGE
05_055	African black plum/chocolate berry, ripe, raw	Vitex doniana	1B(13583), 1R, fr1BIO, fr14BIO, fr19BIO, fr24BIO, fr52BIO	232
06_031	African breadfruit, seed without hull, dried	Treculia Africana	16V(30), AU14:IN17:UK7:US28(average of nuts and seeds), NG1096, NG1190, NG1224, OSABOR, UK7(14-895), US28(12001)	260
09_061	African carp, fillet, boiled* (as part of a recipe)	Labeo spp.	calc. from / de 09_007	324
09_009	African carp, fillet, grilled* (without salt or fat)	Labeo spp.	calc. from / de 09_007	324
09_007	African carp, fillet, raw	Labeo spp.	1M(85), FAO(1252), fi69BIO, fi75BIO, fi98AnFood, fi155BIO, fi199BIO, fi367BIO, IN17(S006; P078), IN17:UF1:US28(average of raw fish <5% fat), UK7(16-172), US28(15008)	324
09_008	African carp, fillet, steamed* (without salt)	Labeo spp.	calc. from / de 09_007	324
05_023	African fan palm, fruit, raw	Borassus aethiopum	3B(African fan palm / Ronier fruit), FAO(853), IN17(E048)	232
03_009	African locust bean, dry, raw	Parkia biglobosa	2P(79), 22N, FAO(276), IN17(B024), NG1049, ph313, ph349, 03_042	148
03_042	African locust bean, fermented (soumbala)	Parkia biglobosa	1E, 1M(380), 22N, 25N, GH1025, GH2000, NRD	148
05_024	African locust bean, flour from fruit	Parkia biglobosa	1M(244), 7E, 9N, 11E(African locust bean, fruit, pulp, flour / Néré, farine de pulpe, sèche), 05_001	232
05_001	African locust bean, fruit, raw	Parkia biglobosa	2E, 3B(African locust bean, fresh pulp / Néré pulpe fraîche), FAO(854)	232
03_063	African locust bean, not soaked, boiled* (without salt), drained	Parkia biglobosa	calc. from / de 03_009	152
03_064	African locust bean, not soaked, boiled* (without salt), with cooking liquid	Parkia biglobosa	calc. from / de 03_009	152
03_065	African locust bean, soaked, boiled in different water* (without salt), drained	Parkia biglobosa	calc. from / de 03_009	152
03_066	African locust bean, soaked, boiled in different water* (without salt), with cooking liquid	Parkia biglobosa	calc. from / de 03_009	152
05_053	African star apple, fruit, raw	Chrysophyllum albidum	01FG, 04FG, 27N, d3BIO, NG1008, NG1216	232
03_010	African yam bean, dry, raw	Sphenostylis stenocarpa	8GH, 15N, 22N, AU14:IN17:UP1(average of all beans), FAO(359), pu120, pu130, pu133	152
03_011	African yam bean, not soaked, boiled* (without salt), drained	Sphenostylis stenocarpa	calc. from / de 03_010	152
03_060	African yam bean, not soaked, boiled* (without salt), with cooking liquid	Sphenostylis stenocarpa	calc. from / de 03_010	152
03_061	African yam bean, soaked, boiled in different water* (without salt), drained	Sphenostylis stenocarpa	calc. from / de 03_010	152
03_062	African yam bean, soaked, boiled in different water* (without salt), with cooking liquid	Sphenostylis stenocarpa	calc. from / de 03_010	152
03_044	Afzelia africana, shelled, roasted, milled	Afzelia africana	24N	152
05_025	Akee, fruit, raw	Blighia sapida	12B(Akee, fruit, raw / Blighia sapida, arille du fruit), 19N, FAO(497)	232
13_016	Allspice, ground	Pimenta dioica	UK7(13-801), US28(02001)	400
04_086	Amaranth, leaves, fresh, boiled* (as part of a recipe)	Amaranthus spp.	calc. from / de 04_023	188

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FOOD CODE	FOOD NAME IN ENGLISH	SCIENTIFIC NAME	BIBLIOID	PAGE
04_024	Amaranth, leaves, fresh, boiled* (without salt), drained	Amaranthus spp.	calc. from / de 04_023	188
04_023	Amaranth, leaves, fresh, raw	Amaranthus spp.	2P(117), 3B(Amaranth, thorny / Amarante épineuse), 3P(13), 4P, 10E, BF1023, CTA(207), dp10BIO, GH1059, IN17(C002), KEN18(004001), MA1018, NG1185, SA1002, SA1003, SGS, ve7BIO, ve27BIO, ve53BIO, ve56BIO, ve60BIO	188
09_012	Anchovy, canned in oil, drained		AU14(05A10666), US28(15002)	324
09_062	Anchovy, fillet, boiled* (as part of a recipe)	Engraulis encrasicolus	calc. from / de 09_001	324
09_011	Anchovy, fillet, grilled* (without salt or fat)	Engraulis encrasicolus	calc. from / de 09_001	324
09_001	Anchovy, fillet, raw	Engraulis encrasicolus	2P(215), 5B(Anchovy), FAO(1219), fi45AnFOod, fi57BIO, fi73BIO, fi80BIO, fi173BIO, IN17(P003), US28(15001)	324
09_010	Anchovy, fillet, steamed* (without salt)	Engraulis encrasicolus	calc. from / de 09_001	324
13_004	Anis seed	Pimpinella anisum	US28(02002)	400
07_008	Ant, flying, dried	Various species	SA10(4333), THAI16(U10; U6), 07_082	280
05_046	Apple, green, with skin, raw	Malus domestica	IN17(E002), KEN18(005001), SA10(4222)	236
05_047	Apple, red, with skin, raw	Malus domestica	IN17(E001; E003; E004), KEN18(005002), SA10(4223)	236
05_026	Apple, with skin, raw	Malus domestica	1T(221; 222), IN17(E001; E002; E003; E004), KEN18(005001; 005002), SA10(3532)	236
05_027	Apple, without skin, raw	Malus domestica	AU14(06D10538), SA10(3592), US28(09004)	236
09_068	Atlantic cod (Northeast Atlantic), fillet, boiled* (as part of a recipe)	Gadus morhua	calc. from / de 09_048	324
09_067	Atlantic cod (Northeast Atlantic), fillet, grilled* (without salt or fat)	Gadus morhua	calc. from / de 09_048	324
09_048	Atlantic cod (Northeast Atlantic), fillet, raw	Gadus morhua	UF1(091046), UK7(16-372), US28(15015)	324
09_066	Atlantic cod (Northeast Atlantic), fillet, steamed* (without salt)	Gadus morhua	calc. from / de 09_048	324
09_072	Atlantic horse mackerel, wild, fillet without skin, boiled* (as part of a recipe)	Trachurus trachurus	calc. from / de 09_049	328
09_071	Atlantic horse mackerel, wild, fillet without skin, grilled* (without salt or fat)	Trachurus trachurus	calc. from / de 09_049	328
09_049	Atlantic horse mackerel, wild, fillet without skin, raw	Trachurus trachurus	UF1(091059)	324
09_070	Atlantic horse mackerel, wild, fillet without skin, steamed* (without salt)	Trachurus trachurus	calc. from / de 09_049	328
05_002	Avocado, fruit, raw	Persea americana	2P(150), 11E(Avocado, fruit, raw / Avocat, fruit cru), 12B(411), CTA(151), IN17(E007), KEN18(005003), SA10(3656), SGS, tu4AnFOod	236
14_021	Babenda-1 (Burkina Faso)*: sauce from green leaves (amaranth, tchénébdo and hibiscus), groundnut powder, rice and onion		calc. from recipe / de recette	412
14_030	Babenda-2 (Burkina Faso)*: sauce from green leaves (amaranth, hibiscus and spider plant), rice and groundnut powder		calc. from recipe / de recette	412
13_019	Baking soda (sodium bicarbonate)		US28(18372)	400
01_172	Baling béinré (northern Burkina Faso)*: sorghum porridge with monkey bread, tamarind, water, milk and sugar		calc. from recipe / de recette	60
01_173	Baling ni zièm béinré (Burkina Faso)*: porridge of degermed sorghum with potash, water and sugar		calc. from recipe / de recette	60

## ANNEX A: FOOD INDEX IN ENGLISH | ANNEXE A: INDEX DES ALIMENTS EN ANGLAIS

FOOD CODE	FOOD NAME IN ENGLISH	SCIENTIFIC NAME	BIBLIOID	PAGE
03_013	Bambara groundnut, black white-eye, dry, raw (Ghana), n=1	<i>Vigna subterranea</i>	1GH, 03_001	156
03_014	Bambara groundnut, brown white-eye, dry, raw (Ghana), n=1	<i>Vigna subterranea</i>	1GH, 03_001	156
03_019	Bambara groundnut, combined varieties (Ghana), not soaked, boiled* (without salt), drained	<i>Vigna subterranea</i>	calc. from / de 03_018	156
03_071	Bambara groundnut, combined varieties (Ghana), soaked, boiled in different water* (without salt), drained	<i>Vigna subterranea</i>	calc. from / de 03_018	156
03_018	Bambara groundnut, combined varieties, dry, raw (Ghana)	<i>Vigna subterranea</i>	1GH, 03_001	156
03_015	Bambara groundnut, cream black-eye, dry, raw (Ghana), n=1	<i>Vigna subterranea</i>	1GH, 03_001	156
03_016	Bambara groundnut, cream pink-eye, dry, raw (Ghana), n=1	<i>Vigna subterranea</i>	1GH, 03_001	156
03_001	Bambara groundnut, dry, raw	<i>Vigna subterranea</i>	1E, 1GH, 2E, 2P(82), 6N, 7N, 16N, CTA(54), BF1012, dp10BIO, GH2000, MA1018, NG1124, NG1129	152
03_017	Bambara groundnut, maroon white-eye, dry, raw (Ghana), n=1	<i>Vigna subterranea</i>	1GH, 03_001	156
03_012	Bambara groundnut, not soaked, boiled* (without salt), drained	<i>Vigna subterranea</i>	calc. from / de 03_001	152
03_002	Bambara groundnut, red, dry, raw	<i>Vigna subterranea</i>	2E, 7N, 03_001	156
03_020	Bambara groundnut, red, not soaked, boiled* (without salt), drained	<i>Vigna subterranea</i>	calc. from / de 03_002	156
03_074	Bambara groundnut, red, soaked, boiled in different water* (without salt), drained	<i>Vigna subterranea</i>	calc. from / de 03_002	156
03_068	Bambara groundnut, soaked, boiled in different water* (without salt), drained	<i>Vigna subterranea</i>	calc. from / de 03_001	152
03_003	Bambara groundnut, white, dry, raw	<i>Vigna subterranea</i>	2E, IN17:UP1 (average of <i>Vigna</i> genus), 03_001	156
03_021	Bambara groundnut, white, not soaked, boiled* (without salt), drained	<i>Vigna subterranea</i>	calc. from / de 03_003	160
03_077	Bambara groundnut, white, soaked, boiled in different water* (without salt), drained	<i>Vigna subterranea</i>	calc. from / de 03_003	160
07_026	Bamboo caterpillar, deep fried, salted	<i>Omphisa fuscidentalis</i>	THAI16(U18)	280
02_093	Banakou né barâand kanss saagbo (Burkina Faso)*: foutou of cassava and unripe plantain		calc. from recipe / de recette	120
02_091	Banakou né barâand moomd saagbo (Burkina Faso)*: foutou of cassava and ripe plantain		calc. from recipe / de recette	120
02_092	Banakou né kou saagbo (Burkina Faso)*: foutou of yam and cassava		calc. from recipe / de recette	120
14_025	Banakou vand zéédo (Burkina Faso)*: cassava leaf sauce with fish, vegetables and red palm oil		calc. from recipe / de recette	412
05_048	Banana, sweet, flesh, unripe (green), raw	<i>Musa</i> spp.	05FG, 06FG, 11E(Banana, ripened / Banane douce, mûre), GH1039, IN17(D063), KEN18(002004), NG1068, NG1113, NG1209	236
05_003	Banana, white flesh, ripe, raw	<i>Musa</i> spp.	1P(54), 2P(151), 3B(Banana / Banane), 5B(Banana / Banane pulpe fraiche), 11E(Banana, ripened / Banane douce, mûre), dp13BIO, IN17(E012), tu4AnFood	236
05_028	Banana, yellow flesh, ripe, raw	<i>Musa</i> spp.	1T(175), CTA(153), IN17(E012), SGS	240

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05_004	Baobab, fruit/monkey bread, raw	Adansonia digitata	1B(13508), 2G(VD), 3B(Monkey bread, pulp / Baobab, pain de singe pulpe), 9B, 12B(Baobab, flour, from fruit / Pain de singe, Baobab, farine du fruit), 15B, dp24BIO, FAO(866), fr1BIO, fr5BIO, fr14BIO, fr15BIO, fr16BIO, fr18BIO, fr19BIO, fr21BIO, fr22BIO, KEN18(005005), SGS	240
04_002	Baobab, leaves, dried	Adansonia digitata	1M(377), BF1023, IN17(average of all green leafy vegetables), 04_001	188
04_087	Baobab, leaves, fresh, boiled* (as part of a recipe)	Adansonia digitata	calc. from / de 04_001	188
04_025	Baobab, leaves, fresh, boiled* (without salt), drained	Adansonia digitata	calc. from / de 04_001	188
04_001	Baobab, leaves, fresh, raw	Adansonia digitata	2P(119), 2G(256), 3B(Baobab tree, fresh leaves / Baobab feuilles fraîches), 6B, 10E, 23R, BF1023, FAO(517), IN17(average of all green leafy vegetables), 04_002	188
09_063	Barracuda, fillet, boiled* (as part of a recipe)	Sphyaena spp.	calc. from / de 09_002	328
09_014	Barracuda, fillet, grilled* (without salt or fat)	Sphyaena spp.	calc. from / de 09_002	328
09_002	Barracuda, fillet, raw	Sphyaena spp.	2P(219), FAO(1228), fi155BIO, IN17(P075), IN17:UF1:US28(average of raw fish <5% fat)	328
09_013	Barracuda, fillet, steamed* (without salt)	Sphyaena spp.	calc. from / de 09_002	328
04_081	Bay, leaves, dried	Laurus nobilis	US28(02004)	188
09_064	Bayad, fillet, boiled* (as part of a recipe)	Bagrus spp.	calc. from / de 09_015	328
09_017	Bayad, fillet, grilled* (without salt or fat)	Bagrus spp.	calc. from / de 09_015	328
09_015	Bayad, fillet, raw	Bagrus spp.	1M(116), FAO(1255), fi23BIO, fi28BIO, IN17(P018), UF1(091007)	328
09_016	Bayad, fillet, steamed* (without salt)	Bagrus spp.	calc. from / de 09_015	328
04_088	Bean, green, boiled* (as part of a recipe)	Phaseolus vulgaris	calc. from / de 04_003	192
04_026	Bean, green, boiled* (without salt), drained	Phaseolus vulgaris	calc. from / de 04_003	192
04_003	Bean, green, raw	Phaseolus vulgaris	10E, 11E(Green bean / Haricot vert), 12B(395), CTA(69), IN17(D049), US28(11052)	192
03_022	Bean, white, dry, raw	Phaseolus vulgaris	1M(384), AU14(13A20122), DK2(568), SA10(3184), pu255, pu261, pu263, pu112, UP1(PHV005)	160
03_023	Bean, white, not soaked, boiled* (without salt), drained	Phaseolus vulgaris	calc. from / de 03_022	160
03_079	Bean, white, not soaked, boiled* (without salt), with cooking liquid	Phaseolus vulgaris	calc. from / de 03_022	160
03_081	Bean, white, soaked, boiled in different water* (without salt), drained	Phaseolus vulgaris	calc. from / de 03_022	160
03_082	Bean, white, soaked, boiled in different water* (without salt), with cooking liquid	Phaseolus vulgaris	calc. from / de 03_022	160
07_090	Beef kidney, boiled* (without salt), drained	Bos taurus	calc. from / de 07_019	280
07_091	Beef kidney, grilled* (without salt or fat)	Bos taurus	calc. from / de 07_019	280
07_019	Beef kidney, raw	Bos taurus	AU14(08D10169), IN17(O035), SA10(4294), SA1004	280
07_020	Beef kidney, stewed* (as part of a recipe)	Bos taurus	calc. from / de 07_019	280
07_018	Beef liver, boiled* (without salt), drained	Bos taurus	calc. from / de 07_001	280
07_088	Beef liver, grilled* (without salt or fat)	Bos taurus	calc. from / de 07_001	280

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07_001	Beef liver, raw	Bos taurus	2P(176), 3B(Beef liver / Foie de bœuf), 4E(Liver, cow / Foie de bœuf), 12B(521), IN17(0032), SA10(1296), SGS, US28(13325)	280
07_089	Beef liver, stewed* (as part of a recipe)	Bos taurus	calc. from / de 07_001	280
07_015	Beef meat, fatty, ca. 30% fat, boiled* (without salt), drained	Bos taurus	calc. from / de 07_014	280
07_016	Beef meat, fatty, ca. 30% fat, grilled* (without salt or fat)	Bos taurus	calc. from / de 07_014	280
07_014	Beef meat, fatty, ca. 30% fat, raw	Bos taurus	AU14(08D10171), IN17(0025), SA1000, SGS	280
07_087	Beef meat, fatty, ca. 30% fat, stewed* (as part of a recipe)	Bos taurus	calc. from / de 07_014	284
07_024	Beef meat, ground, ca. 10% fat, grilled* (without salt or fat)	Bos taurus	calc. from / de 07_023	284
07_023	Beef meat, ground, ca. 10% fat, raw	Bos taurus	1P(59), 2P(174), AU14(08A11088), SA1000, US28(23562)	284
07_134	Beef meat, ground, ca. 10% fat, stewed* (as part of a recipe)	Bos taurus	calc. from / de 07_023	284
07_010	Beef meat, lean, ca. 5% fat, boiled* (without salt), drained	Bos taurus	calc. from / de 07_009	284
07_011	Beef meat, lean, ca. 5% fat, grilled* (without salt or fat)	Bos taurus	calc. from / de 07_009	284
07_009	Beef meat, lean, ca. 5% fat, raw	Bos taurus	AU14(08A11082; 08A11039), 1P(59), 2P(174), 11E(Beef meat, lean / Viande de bœuf, très maigre), 12B(501), SGS, SA1000, UK7(18-468)	284
07_085	Beef meat, lean, ca. 5% fat, stewed* (as part of a recipe)	Bos taurus	calc. from / de 07_009	284
07_017	Beef meat, lean, cured, dried	Bos taurus	US28(13350)	284
07_012	Beef meat, moderately fat, ca. 20% fat, boiled* (without salt), drained	Bos taurus	calc. from / de 07_002	284
07_013	Beef meat, moderately fat, ca. 20% fat, grilled* (without salt or fat)	Bos taurus	calc. from / de 07_002	284
07_002	Beef meat, moderately fat, ca. 20% fat, raw	Bos taurus	AU14(08A11018; 08A11006), 3B(Beef without bones / Viande de bœuf sans os), 11E(Beef meat, half-lean / Viande de bœuf, demi-maigre), IN17(0025), SA1000	284
07_086	Beef meat, moderately fat, ca. 20% fat, stewed* (as part of a recipe)	Bos taurus	calc. from / de 07_002	288
07_022	Beef tripe, boiled* (without salt), drained	Bos taurus	calc. from / de 07_021	288
07_133	Beef tripe, grilled* (without salt or fat)	Bos taurus	calc. from / de 07_021	288
07_021	Beef tripe, raw	Bos taurus	3B(Beef tripe / Bœuf tripes), 16V(170), IN17(0033), SA10(4342), US28(13341)	288
07_092	Beef tripe, stewed* (as part of a recipe)	Bos taurus	calc. from / de 07_021	288
07_025	Beef, corned beef, canned	Bos taurus	2P(177; 178; 179; 180; 181), AU14(08E30335), GH1034, US28(13348)	288
01_168	Beenkida (Burkina Faso)*: maize porridge with maize granules		calc. from recipe / de recette	60
12_020	Beer, European (>6% v/v alcohol)		AU14(01A10079), GH1063, SA10(4048), US28(14251; 14003)	388
12_001	Beer, European (4.6% v/v alcohol)		AU14(01A10082), SA10(4031), US28(14003)	388
12_002	Beer, maize (ca. 3% v/v alcohol)		FAO(1562), SA10(4039), US28(14003), 12_004	388

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12_003	Beer, millet (ca. 3% v/v alcohol)		FAO(1564), GH1046, SA10(4039), 12_004	388
12_004	Beer, sorghum (ca. 3% v/v alcohol)		12B(Sorghum beer / Bière de sorgho filtré), FAO(1565), GH1046, SA10(4039), US28(14003)	388
03_144	Beng rougoudga (Burkina Faso)*: cowpeas and vegetables, boiled		calc. from recipe / de recette	160
03_148	Beng rougoudga né ki wesla (Burkina Faso)*: cowpeas with pearl millet couscous		calc. from recipe / de recette	160
03_149	Beng rougoudga né kmaan (Burkina Faso)*: cowpeas and degermed white maize, boiled		calc. from recipe / de recette	160
03_150	Beng rougoudga né kui wesla (Burkina Faso)*: cowpeas and fonio, boiled		calc. from recipe / de recette	160
03_151	Beng saagbo (Burkina Faso)*: tô (porridge) from cowpeas with maize flour and potash		calc. from recipe / de recette	160
14_029	Bengedo (Burkina Faso)*: cowpea leaf sauce with fish, vegetables, groundnut paste and fermented African locust beans		calc. from recipe / de recette	412
06_039	Benniseed, dried, raw	Sesamum radiatum	6N, 10N, 18N, IN17(H009; H010; H011), 06_015	260
01_188	Biscuit, sweet, plain, unfortified		AU14(02C20287; 02C20364; 02C20286; 02C20314), SA10(3216; 3233; 3296), UK7(11-797; 11-796)	60
14_014	Bite zindo (Burkina Faso)*: hibiscus leaf sauce with fish, fermented African locust beans and tomatoes		calc. from recipe / de recette	416
06_033	Bitter cola, seeds, dried, raw	Garcinia kola	AU14:IN17:UK7:US28(average of nuts and seeds), d13BIO, NG1011, NG1116, NG2002, NG2003, NG2004, NG2005	260
06_032	Bitter cola, seeds, fresh, raw	Garcinia kola	AU14:IN17:UK7:US28(average of nuts and seeds), d13BIO, NG2002, 06_033	264
14_015	Blouvank koèég zéédo (Burkina Faso)*: jute mallow leaf sauce with lamb, vegetables, fermented African locust beans and red palm oil		calc. from recipe / de recette	416
14_016	Blouvank zéédo (Burkina Faso)*: jute mallow leaf sauce with fish, vegetables and red palm oil		calc. from recipe / de recette	416
01_177	Boalboal (Burkina Faso)*: millet balls with fried fish and vegetables		calc. from recipe / de recette	60
03_154	Boussan touba (Burkina Faso)*: fried cowpea pancakes		calc. from recipe / de recette	160
01_047	Bread, wheat, white for toasting, unfortified		AU14(02B10603; 02B10648), DK2(838), US28(18069), UK7(11-980), 01_046	60
01_046	Bread, wheat, white, unfortified		1M(1281), 2P(35), 3B(Wheat bread / Pain de blé), 5B(Wheat bread / Pain de blé), 16V(22), AU14(02B10603), FAO(26), PH040, PH081, SA1020, SA10(3210), UK7(11-980), US28(18069)	60
01_048	Bread, wheat, wholemeal, unfortified		AU14(02B10605), UK7(11-981), US28(18075)	60
01_045	Bread/rolls, white, unfortified		AU14(02B10648), DK2(838), UK7(11-483), US28(18342)	60
05_005	Breadfruit, fruit, raw	Artocarpus altilis	1E, 1T(196), 3E(Bread tree, fruit / Fruit à pain, bléfoutou), 16V(35), US28(09059)	240
10_019	Breastmilk, colostrum		UK7(12-038; 12-536)	352
10_004	Breastmilk, mature		1G(BM), 11E(Breastmilk / Lait maternel), UK7(12-536), US28(01107)	352
03_024	Broad bean, dry, raw	Vicia faba	AU14:IN17(average of all beans), PH001, pu261, UP1(VIF001), US28(16052)	160

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03_025	Broad bean, not soaked, boiled* (without salt), drained	Vicia faba	calc. from / de 03_024	160
03_083	Broad bean, not soaked, boiled* (without salt), with cooking liquid	Vicia faba	calc. from / de 03_024	160
03_084	Broad bean, soaked, boiled in different water* (without salt), drained	Vicia faba	calc. from / de 03_024	164
03_085	Broad bean, soaked, boiled in different water* (without salt), with cooking liquid	Vicia faba	calc. from / de 03_024	164
11_011	Butter, from cow's milk, salted		1P(43), 11E(Butter / Beurre), 16V(199), AU14(04A10074), UK7(17-685), US28(01001)	364
11_001	Butter, from cow's milk, unsalted		1P(43), 11E(Butter / Beurre), 16V(199), AU14(04A10076), UK7(17-661), US28(04415)	368
04_090	Cabbage, white, boiled* (as part of a recipe)	Brassica oleracea var. capitata	calc. from / de 04_005	192
04_089	Cabbage, white, boiled* (without salt), drained	Brassica oleracea var. capitata	calc. from / de 04_005	192
04_005	Cabbage, white, raw	Brassica oleracea var. capitata	2P(123), 4E(Cabbage, raw / Choux commun cru), 11E(Cabbage, raw / Chou, cru), AU14(13A11685), GH1011, IN17(C015), KEN18(004007), MA1018	192
01_187	Cake, plain, unfortified		AU14(02E10438; 02E10580; 02E10488; 02E10563), SA10(3291), UK7(11-833)	64
13_020	Calabash nutmeg, seed, dried	Monodora myristica	Ar2012, NG1026, NG1072	400
07_093	Camel meat, boiled* (without salt), drained	Camelus dromedarius	calc. from / de 07_064	288
07_094	Camel meat, grilled* (without salt or fat)	Camelus dromedarius	calc. from / de 07_064	288
07_064	Camel meat, raw	Camelus dromedarius	3B(Meat of camel, raw / Viande de chameau), AU14(08B10074; 08B10075), SA1005	288
07_095	Camel meat, stewed* (as part of a recipe)	Gallus gallus domesticus	calc. from / de 07_064	288
01_160	Cantonese rice with fish and noodles (Burkina Faso)*		calc. from recipe / de recette	64
05_050	Carambola (star fruit), raw	Averrhoa carambola	IN17(E062), US28(09060)	240
12_024	Carbonated drink (e.g. Coca-Cola, Sprite)		AU14(01B20508), US28(14148; 14145; 14150)	392
09_065	Carp, fillet, boiled* (as part of a recipe)	Cyprinus carpio	calc. from / de 09_021	328
09_023	Carp, fillet, grilled* (without salt or fat)	Cyprinus carpio	calc. from / de 09_021	328
09_021	Carp, fillet, raw	Cyprinus carpio	11E(Carp, raw / Carpe, crue), FAO(1251), IN17(S006; P078), TH2014, US28(15008)	328
09_022	Carp, fillet, steamed* (without salt)	Cyprinus carpio	calc. from / de 09_021	328
04_091	Carrot, boiled* (as part of a recipe)	Daucus carota	calc. from / de 04_006	192
04_007	Carrot, boiled* (without salt), drained	Daucus carota	calc. from / de 04_006	192
04_006	Carrot, raw	Daucus carota	1E, 2P(124), 3B(Carrot / Carotte), 4E(Carrot, raw / Carotte, crue), 10E, 11E(Carrot, root, raw / Carotte, racine, crue), CTA(154), IN17(F002), SGS	192
05_006	Cashew apple, fruit, raw	Anacardium occidentale	1B(13075), 1E, 1T(186), 11E(Cashew, fruit pulp, raw / Pomme de cajou, pulpe, fruit, cru), UK7(14-060)	240
06_001	Cashew nut, raw	Anacardium occidentale	1E, 2B(15019), 11E(Cashew, nut, dry / Cajou, noix, séchée), IN17(H005), MA1018, NG1108, SEF(53), UK7(14-811), US28(12087)	264



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02_041	Cassava, fermented paste from white cassava flour (wet fufu)	Manihot esculenta	1V, 1P(21), 2P(42), 16V(38), BF1069, NG2014, NG1117, NG1081, PH081	120
02_038	Cassava, flour, from fermented white cassava (alibo/elubo/lafun)	Manihot esculenta	1E, 3B(Cassava, flour, dried / Farine manioc séchée), 6GH, 16V(39), GH2000, PADONS, tu6BIO, NG1010, tu22AnFood, tu11AnFood, 02_001	120
02_040	Cassava, flour, from fermented white cassava (dry fufu)	Manihot esculenta	GH1064, NG1010, tu22AnFood, 02_038, 02_041	124
02_004	Cassava, flour, from white cassava	Manihot esculenta	1P(28), 2P(47), 3B(Cassava, flour, dried / Farine manioc séchée), 3E(Cassava flour / Farine fine de manioc), 11E(Cassava, common, bitter, flour / Manioc amer commun, farine), 12E, 16V(39), GH2000, tu15BIO	124
02_039	Cassava, grated, from fermented white cassava, toasted without oil (white gari)	Manihot esculenta	1P(29), 2P(46), 3E(Cassava flour / Gari), 4E(Gari), 11E(Cassava, flour, fermented, dried / Manioc, farine fermentée séchée (gari)), 12B(Gari), 16V(37), GH1066, GH2000, NG1035, NG1163, ph081, NG1010, tu22AnFood, 02_038	124
04_092	Cassava, leaves, fresh, boiled* (as part of a recipe)	Manihot esculenta	calc. from / de 04_008	192
04_028	Cassava, leaves, fresh, boiled* (without salt), drained	Manihot esculenta	calc. from / de 04_008	192
04_008	Cassava, leaves, fresh, raw	Manihot esculenta	2P(125), 3B(Cassava, fresh leaves / Feuilles fraîches manioc), 4E(Cassava, manioc, leaves, raw / Feuilles de manioc, crues), 6B, 9B, 11E(Cassava, leaves / Feuilles de manioc), 12B(300), BF1023, BF1073, CTA(221), IN17(average of all green leafy vegetables), NG1050, tu19Anfood, tu20AnFood, ve56Bio	192
02_021	Cassava, sweet, tuber, white flesh, dried	Manihot esculenta	FAO(224), NG1112, 02_001	120
02_051	Cassava, tuber, white flesh, boiled* (as part of a recipe)	Manihot esculenta	calc. from / de 02_001	124
02_003	Cassava, tuber, white flesh, boiled* (without salt), drained	Manihot esculenta	calc. from / de 02_001	124
02_002	Cassava, tuber, white flesh, dried	Manihot esculenta	2P(41), 2E, 5GH, BF1069, FAO(224), tu14AnFood, tu22AnFood, tu15BIO, 02_001	124
02_001	Cassava, tuber, white flesh, raw	Manihot esculenta	1P(18), 1T(130), 2P(39), 3B(Cassava, fresh / Manioc fais), 4E(Cassava, bitter variety, raw / Manioc amer, cru), 6GH, 8E, 9B, 11E(Cassava, common bitter, root, raw / Manioc amer, commun, racine, crue), 12B(100), 16V(36), AU14(13A11691), BF1069, CTA(45), IN17(F015), MA1018, NG1081, NG1010, tu6BIO	124
02_053	Cassava, tuber, yellow flesh, boiled* (as part of a recipe)	Manihot esculenta	calc. from / de 02_037	124
02_052	Cassava, tuber, yellow flesh, boiled* (without salt), drained	Manihot esculenta	calc. from / de 02_037	124
02_037	Cassava, tuber, yellow flesh, raw	Manihot esculenta	AU14(13A11689), NG1117, tu8BIO, 02_001	124
09_108	Catfish, fillet, boiled* (as part of a recipe)	Synodontis spp.	calc. from / de 09_018	332
09_020	Catfish, fillet, grilled* (without salt or fat)	Synodontis spp.	calc. from / de 09_018	332
09_018	Catfish, fillet, raw	Synodontis spp.	1M(96; 98), 4E(Wahrindi, raw/Silure, poisson - chat (Asson, cru); Wahrindi, raw/Silure, poisson - chat (Sossoglosso), cru), fi28BIO, fi23BIO, UF1(091007), US28(15234)	328
09_019	Catfish, fillet, steamed* (without salt)	Synodontis spp.	calc. from / de 09_018	332
10_006	Cheese, cheddar, from cow's milk		AU14(09B10181), SA10(2722), UK7(12-346), US28(01009)	352
10_028	Cheese, fresh curd, from cow's milk		16V(146), IN17(L003), NG1222, NG1223, UK7(12-495), 10_001	352
10_008	Cheese, Gouda, from cow's milk		AU14(09B10174), SA10(2723), UK7(12-358), US28(01018)	352
10_007	Cheese, hard type, from goat's milk		AU14(09B20079), UK7(12-357), US28(01156)	352
10_027	Cheese, processed, spreadable, shelf-stable (e.g. Laughing Cow)		F09(12310), UK7(12-540), US28(01048)	352

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FOOD CODE	FOOD NAME IN ENGLISH	SCIENTIFIC NAME	BIBLIOID	PAGE
07_106	Chicken giblets, boiled* (without salt), drained	Gallus gallus domesticus	calc. from / de 07_039	288
07_107	Chicken giblets, grilled* (without salt or fat)	Gallus gallus domesticus	calc. from / de 07_039	288
07_039	Chicken giblets, raw	Gallus gallus domesticus	IN17(N005; N006), UK7(18-393), US28(05115)	288
07_040	Chicken giblets, stewed* (as part of a recipe)	Gallus gallus domesticus	calc. from / de 07_039	288
07_108	Chicken liver, boiled* (without salt), drained	Gallus gallus domesticus	calc. from / de 07_041	292
07_109	Chicken liver, grilled* (without salt or fat)	Gallus gallus domesticus	calc. from / de 07_041	292
07_041	Chicken liver, raw	Gallus gallus domesticus	AU14(08D10194), IN17(N005), UK7(18-411), US28(05027)	288
07_042	Chicken liver, stewed* (as part of a recipe)	Gallus gallus domesticus	calc. from / de 07_041	292
07_031	Chicken, dark meat with skin, boiled* (without salt), drained	Gallus gallus domesticus	calc. from / de 07_030	292
07_032	Chicken, dark meat with skin, grilled* (without salt or fat)	Gallus gallus domesticus	calc. from / de 07_030	292
07_030	Chicken, dark meat with skin, raw	Gallus gallus domesticus	IN17(N008), US28(05034)	292
07_103	Chicken, dark meat with skin, stewed* (as part of a recipe)	Gallus gallus domesticus	calc. from / de 07_030	292
07_028	Chicken, dark meat without skin, boiled* (without salt), drained	Gallus gallus domesticus	calc. from / de 07_003	292
07_029	Chicken, dark meat without skin, grilled* (without salt or fat)	Gallus gallus domesticus	calc. from / de 07_003	292
07_003	Chicken, dark meat without skin, raw	Gallus gallus domesticus	1P(60), CTA(139), IN17(N002), SA10(4305), SA1007	292
07_102	Chicken, dark meat without skin, stewed* (as part of a recipe)	Gallus gallus domesticus	calc. from / de 07_003	292
07_037	Chicken, light meat with skin, boiled* (without salt), drained	Gallus gallus domesticus	calc. from / de 07_036	292
07_038	Chicken, light meat with skin, grilled* (without salt or fat)	Gallus gallus domesticus	calc. from / de 07_036	292
07_036	Chicken, light meat with skin, raw	Gallus gallus domesticus	AU14(08C10466), IN17(N009)	292
07_104	Chicken, light meat with skin, stewed* (as part of a recipe)	Gallus gallus domesticus	calc. from / de 07_036	292
07_034	Chicken, light meat without skin, boiled* (without salt), drained	Gallus gallus domesticus	calc. from / de 07_033	296
07_035	Chicken, light meat without skin, grilled* (without salt or fat)	Gallus gallus domesticus	calc. from / de 07_033	296
07_033	Chicken, light meat without skin, raw	Gallus gallus domesticus	IN17(N003), SA10(4302), SA1007, US28(05039)	292
07_105	Chicken, light meat without skin, stewed* (as part of a recipe)	Gallus gallus domesticus	calc. from / de 07_033	296
13_006	Chilli pepper, dried	Capsicum spp.	1G(BQ), AU14(10E10107), IN17(G022), US28(02009)	400
13_007	Cinnamon, ground	Cinnamomum verum	US28(02010)	400
14_012	Clear sauce with fish, red palm oil and vegetables (Burkina Faso)*		calc. from recipe / de recette	416
05_029	Clementine, raw	Citrus clementina	IN17(E047), KEN18(005036), SA10(3558; 3560), US28(09433)	240
06_006	Coconut milk, fresh or canned	Cocos nucifera	AU14(11B10217), US28(12117; 12118)	264

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FOOD CODE	FOOD NAME IN ENGLISH	SCIENTIFIC NAME	BIBLIOID	PAGE
11_017	Coconut oil, fortified with vitamin A, 1100–2400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	Cocos nucifera	1P(44), 2P(308), 4E(Coconut oil / Huile de coco), AU14(04C10100), FORT15, FORT17, FORT19, UK7(17-031), US28(04047)	368
11_018	Coconut oil, fortified with vitamin A, 600–1000 mcg/100g (Ghana, Nigeria, Sierra Leone)	Cocos nucifera	1P(44), 2P(308), 4E(Coconut oil / Huile de coco), AU14(04C10100), FORT07, FORT11, FORT16, FORT19, UK7(17-031), US28(04047)	368
11_002	Coconut oil, unfortified	Cocos nucifera	1P(44), 2P(308), 4E(Coconut oil / Huile de coco), AU14(04C10100), UK7(17-031), US28(04047)	368
12_023	Coconut water	Cocos nucifera	1B(18011), 2P(104), AU14(11B10212), CTA(266), IN17(K002), US28(12119)	392
06_004	Coconut, immature kernel, fresh, raw	Cocos nucifera	1B(15014), 2P(102), 16V(81), AU14(11B10213), IN17(H007), 06_002	264
06_005	Coconut, kernel, dried, raw	Cocos nucifera	11E(Coconut, almond, dried / Noix de coco, amande, sèche), IN17(H006), NG1138, US28(12108)	264
06_002	Coconut, mature kernel, fresh, raw	Cocos nucifera	1B(15006), 1P(38), 2P(103), 12B(230), CTA(74), IN17(H007)	264
04_097	Cocoyam, leaves, fresh, boiled* (as part of a recipe)	Xanthosoma sagittifolium	calc. from / de 04_009	192
04_029	Cocoyam, leaves, fresh, boiled* (without salt), drained	Xanthosoma sagittifolium	calc. from / de 04_009	192
04_009	Cocoyam, leaves, fresh, raw	Xanthosoma sagittifolium	1T(156), 2P(126), 3P(10), 4E(Cocoyam, leaves, raw / Macabo, yautia, feuilles crues), 4GH, BF1020, GH1011, GH1059, IN17(C018), US28(11520), ve56BIO	192
02_054	Cocoyam, tuber, white, boiled* (as part of a recipe)	Xanthosoma sagittifolium	calc. from / de 02_005	128
02_006	Cocoyam, tuber, white, boiled* (without salt), drained	Xanthosoma sagittifolium	calc. from / de 02_005	128
02_005	Cocoyam, tuber, white, raw	Xanthosoma sagittifolium	1P(31), 2P(52), 3GH, 4E(Cocoyam, raw / Macabo, yautia, cru), 6N, 12B(Taro, root, white, raw / Taro, racine, variété blanch), 18R, NG1016, NG1212, US28(11991)	128
02_056	Cocoyam, tuber, yellow, boiled* (as part of a recipe)	Xanthosoma sagittifolium	calc. from / de 02_043	128
02_055	Cocoyam, tuber, yellow, boiled* (without salt), drained	Xanthosoma sagittifolium	calc. from / de 02_043	128
02_043	Cocoyam, tuber, yellow, raw	Xanthosoma sagittifolium	NG1212, 02_005	128
12_005	Coffee, instant, powder		2B(18005), AU14(01B10303), UK7(17-158), US28(14214)	392
12_009	Coffee, liquid		AU14(01B10301), DK2(117), SA10(4037), US28(14215)	392
06_019	Cola nut, dried, raw	Cola nitida	2P(107), FAO(396), 06_018	264
06_018	Cola nut, fresh, raw	Cola nitida	3B(Cola nut, raw / Cola), 15GH, FAO(395), GH2000, NG2002	268
11_032	Corn (maize) oil, fortified with vitamin A, 1100–2400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	Zea mays	AU14(04C10095), FORT15, FORT17, FORT19, SGS, UK7(17-033), US28(04518)	372
11_033	Corn (maize) oil, fortified with vitamin A, 600–1000 mcg/100g (Ghana, Nigeria, Sierra Leone)	Zea mays	AU14(04C10095), FORT07, FORT11, FORT16, FORT19, SGS, UK7(17-033), US28(04518)	368
11_013	Corn (maize) oil, unfortified	Zea mays	AU14(04C10095), SGS, UK7(17-033), US28(04518)	368
01_182	Cornflakes (breakfast cereal), unfortified		AU14(02D10351)	64
11_019	Cottonseed oil, fortified with vitamin A, 1100–2400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	Gossypium spp.	FORT15, FORT17, FORT19, KA2003, UK7(17-034), US28(04502)	372
11_020	Cottonseed oil, fortified with vitamin A, 600–1000 mcg/100g (Ghana, Nigeria, Sierra Leone)	Gossypium spp.	FORT07, FORT11, FORT16, FORT19, KA2003, UK7(17-034), US28(04502)	372

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11_005	Cottonseed oil, yellow brown, unfortified	Gossypium spp.	KA2003, UK7(17-034), US28(04502)	372
02_086	Cou nin zindo (Burkina Faso)*: yam and vegetable stew		calc. from recipe / de recette	128
03_005	Cowpea, black, dry, raw	Vigna unguiculata	2E, 15N, IN17(B005), ph135, UP1(VUN001), 03_004	164
03_026	Cowpea, black, not soaked, boiled* (without salt), drained	Vigna unguiculata	calc. from / de 03_005	164
03_092	Cowpea, black, not soaked, boiled* (without salt), with cooking liquid	Vigna unguiculata	calc. from / de 03_005	164
03_093	Cowpea, black, soaked, boiled in different water* (without salt), drained	Vigna unguiculata	calc. from / de 03_005	164
03_094	Cowpea, black, soaked, boiled in different water* (without salt), with cooking liquid	Vigna unguiculata	calc. from / de 03_005	164
03_027	Cowpea, brown, dry, raw	Vigna unguiculata	2GH, 6N, 15N, IN17(B005), NG1186, NG1157, pu217, pu222, ph135, phy57, 03_004	164
03_028	Cowpea, brown, not soaked, boiled* (without salt), drained	Vigna unguiculata	calc. from / de 03_027	164
03_095	Cowpea, brown, not soaked, boiled* (without salt), with cooking liquid	Vigna unguiculata	calc. from / de 03_027	164
03_096	Cowpea, brown, soaked, boiled in different water* (without salt), drained	Vigna unguiculata	calc. from / de 03_027	168
03_097	Cowpea, brown, soaked, boiled in different water* (without salt), with cooking liquid	Vigna unguiculata	calc. from / de 03_027	168
03_101	Cowpea, dehulled, not soaked, boiled* (without salt), drained	Vigna unguiculata	calc. from / de 03_045	168
03_102	Cowpea, dehulled, not soaked, boiled* (without salt), with cooking liquid	Vigna unguiculata	calc. from / de 03_045	168
03_045	Cowpea, dehulled, raw	Vigna unguiculata	IN17(B010), pu158, pu188	168
03_103	Cowpea, dehulled, soaked, boiled in different water* (without salt), drained	Vigna unguiculata	calc. from / de 03_045	168
03_104	Cowpea, dehulled, soaked, boiled in different water* (without salt), with cooking liquid	Vigna unguiculata	calc. from / de 03_045	168
03_004	Cowpea, dry, raw	Vigna unguiculata	1E, 1P(34), 2GH, 2E, 3B(Cowpea, fresh / Niébe frais ou trempé), 3P(6), 6N, 9B, 12B(205), 15N, CTA(68), IN17(B005), NG1157, NG1184, NG1186, pu208, pu213, pu215, pu217, pu218, pu222, pu236, ph135, ph252, phy57, UP1(VUN001)	164
04_031	Cowpea, leaves, dried	Vigna unguiculata	3B(Cowpea, dried leaves / Niebe feuilles sèches), 11E(Cowpea, leaves, dry / Niébé, feuilles séchées), CTA(211), 04_010	196
04_098	Cowpea, leaves, fresh, boiled* (as part of a recipe)	Vigna unguiculata	calc. from / de 04_010	196
04_030	Cowpea, leaves, fresh, boiled* (without salt), drained	Vigna unguiculata	calc. from / de 04_010	196
04_010	Cowpea, leaves, fresh, raw	Vigna unguiculata	3B(Cowpea, fresh leaves / Niebe feuilles fraîches), 9B, 10E, 11E(Cowpea, leaves, raw / Niébé, feuilles crues), BF1023, CTA(209), SA10(4198), SA1003, SGS, US28(11201)	196
03_007	Cowpea, not soaked, boiled* (without salt), drained	Vigna unguiculata	calc. from / de 03_004	164
03_089	Cowpea, not soaked, boiled* (without salt), with cooking liquid	Vigna unguiculata	calc. from / de 03_004	164
03_090	Cowpea, soaked, boiled in different water* (without salt), drained	Vigna unguiculata	calc. from / de 03_004	164
03_091	Cowpea, soaked, boiled in different water* (without salt), with cooking liquid	Vigna unguiculata	calc. from / de 03_004	164
03_006	Cowpea, white, dry, raw	Vigna unguiculata	2E, 6N, 15N, IN17(B006), NG1184, pu208, pu217, pu222, 03_004	168
03_029	Cowpea, white, not soaked, boiled* (without salt), drained	Vigna unguiculata	calc. from / de 03_006	168
03_098	Cowpea, white, not soaked, boiled* (without salt), with cooking liquid	Vigna unguiculata	calc. from / de 03_006	168

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03_099	Cowpea, white, soaked, boiled in different water* (without salt), drained	<i>Vigna unguiculata</i>	calc. from / de 03_006	168
03_100	Cowpea, white, soaked, boiled in different water* (without salt), with cooking liquid	<i>Vigna unguiculata</i>	calc. from / de 03_006	168
03_143	Cowpeas and rice, boiled (Burkina Faso)*		calc. from recipe / de recette	168
09_098	Crab, flesh (body and claw), boiled* (as part of a recipe)	<i>Callinectes</i> spp.	calc. from / de 09_055	332
09_097	Crab, flesh (body and claw), grilled* (without salt or fat)	<i>Callinectes</i> spp.	calc. from / de 09_055	332
09_055	Crab, flesh (body and claw), raw	<i>Callinectes</i> spp.	2P(228), 3B(Fresh crab / Crabe fraise), IN17(Q002), UF1(092013), US28(15139)	332
09_096	Crab, flesh (body and claw), steamed* (without salt)	<i>Callinectes</i> spp.	calc. from / de 09_055	332
10_009	Cream, from cow's milk, ca. 38% fat		2B(19400), AU14(09A50042), SA1015, UK7(12-333), US28(01053)	356
10_010	Cream, from cow's milk, reduced fat, ca. 18% fat		AU14(09A50053), UK7(12-112), US28(01050)	356
07_076	Cricket, bush (katydid), raw	<i>Ruspolia differens</i>	i46BIO, i47BIO	296
07_075	Cricket, dried, raw	Various species	H2009, i30BIO, NG1023, NG1188, THAI16(U3), 07_074	296
07_074	Cricket, fresh, raw	Various species	i10BIO, i12BIO, i13BIO, i18BIO, i20BIO, i28BIO, i33BIO, i41BIO, i43BIO, i57BIO, i58BIO, i63BIO, THAI16(U3; U5), 07_075	296
07_045	Crocodile meat, boiled* (without salt), drained	<i>Crocodylus</i> spp.	calc. from / de 07_044	296
07_110	Crocodile meat, grilled* (without salt or fat)	<i>Crocodylus</i> spp.	calc. from / de 07_044	296
07_044	Crocodile meat, raw	<i>Crocodylus</i> spp.	AU14(08B10076; 08B10077), SA10(4329)	296
07_111	Crocodile meat, stewed* (as part of a recipe)	<i>Crocodylus</i> spp.	calc. from / de 07_044	296
01_189	Croissant, plain, unfortified		AU14(02E40103), SA10(3413), UK7(11-988)	64
13_008	Cube, beef, dry		AU14(10F60111), UK7(17-515), US28(06076)	404
04_032	Cucumber, unpeeled, raw	<i>Cucumis sativus</i>	1E, 2P(127), 11E(Cucumber, whole, raw / Concombre, entier, cru), CTA(159), IN17(D043), MA1018, US28(11205)	196
13_009	Cumin, seed	<i>Cuminum cyminum</i>	IN17(G025), US28(02014)	404
13_022	Curry powder		IN17(G033), UK7(13-876), US28(02015)	404
14_027	Curry sauce with beef meat and vegetables (Burkina Faso)*		calc. from recipe / de recette	416
05_031	Date, dried, raw	<i>Phoenix dactylifera</i>	5fBIO, 32fBIO, dp2BIO, dp12BIO, IN17(E017; E018), KEN18(005007), SA10(3543)	240
05_030	Date, soft, raw	<i>Phoenix dactylifera</i>	5fBIO, 32fBIO, dp12BIO, IN17(E017; E018), KEN18(005008), SA10(4245), UK7(14-083), 05_031	244
05_008	Dattock, fruit, dried	<i>Detarium senegalense</i>	1B(13526), FAO(904), 05_031	244
05_007	Dattock, fruit, raw	<i>Detarium senegalense</i>	1B(13525), FAO(903), 05_031	244
06_008	Dikanut, kernel, dried, raw	<i>Irvingia gabonensis</i>	3E(Almond wild apple / Amande de pomme sauvage, Assrouin), 4V, 22N, AU14:IN17:UK7:US28(average of nuts and seeds), BF1054, d6BIO, d7BIO, FAO(407)	268
08_002	Egg, chicken, boiled* (without salt)	<i>Gallus gallus domesticus</i>	calc. from / de 08_001	320
08_003	Egg, chicken, fried in oil	<i>Gallus gallus domesticus</i>	AU14(03A10088), US28(01128), 08_001	320

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08_010	Egg, chicken, local breed, boiled* (without salt)	Gallus gallus	calc. from / de 08_005	316
08_005	Egg, chicken, local breed, raw	Gallus gallus domesticus	IN17(M008), NG1179, 08_001	316
08_001	Egg, chicken, raw	Gallus gallus domesticus	2P(198), FAO(1208), IN17(M001), NG1179, NG1084, SA10(2901), SGS, US28(01123)	316
08_014	Egg, duck, boiled* (without salt)	Anas platyrhynchos	calc. from / de 08_009	320
08_009	Egg, duck, raw	Anas platyrhynchos	IN17(M012), NG1084, NG2000, US28(01138)	320
08_013	Egg, guinea fowl, boiled* (without salt)	Numida meleagris	calc. from / de 08_008	320
08_008	Egg, guinea fowl, raw	Numida meleagris	16V(162), IN17(M014), NG1179, NG2000, NG2001, US28(01140), 08_001	320
08_011	Egg, quail, boiled* (without salt)	Coturnix japonica	calc. from / de 08_006	320
08_006	Egg, quail, raw	Coturnix japonica	IN17(M014), NG1179, NG2000, US28(01140)	320
08_012	Egg, turkey, boiled* (without salt)	Meleagris gallopavo	calc. from / de 08_007	320
08_007	Egg, turkey, raw	Meleagris gallopavo	IN17(M001), NG1179, US28(01141), 08_001	320
04_102	Eggplant, fruit, boiled* (as part of a recipe)	Solanum melongena	calc. from / de 04_012	196
04_034	Eggplant, fruit, boiled* (without salt), drained	Solanum melongena	calc. from / de 04_012	196
04_012	Eggplant, fruit, raw	Solanum melongena	3B(Eggplant / Aubergine), 11E(Eggplant, raw / Aubergine, crue), CTA(149), IN17(D031), Ri1996, SA10(4098)	196
04_105	Eggplant, leaves, fresh, boiled* (as part of a recipe)	Solanum melongena	calc. from / de 04_013	196
04_035	Eggplant, leaves, fresh, boiled* (without salt), drained	Solanum melongena	calc. from / de 04_013	196
04_013	Eggplant, leaves, fresh, raw	Solanum melongena	2P(133), 4E(Eggplant/Gboma, leaves, raw / Gboma, feuilles crues), 10E, 11E(Eggplant, leaves, raw / Aubergine, feuilles crues), 34N, BF1023, BF1071, IN17(average of all green leafy vegetables)	196
14_003	Éíndo tomate ne zíim zéíndo (Burkina Faso)*: sauce with fish, tomato and fermented African locust beans		calc. from recipe / de recette	416
14_004	Epínard zéédo (Burkina Faso)*: spinach sauce with fish and vegetables		calc. from recipe / de recette	416
06_009	False sesame seeds, dried, raw	Ceratotheca sesamoides	2P(101), 35N, AU14:IN17:UK7:US28(average of nuts and seeds), FAO(410)	268
04_014	False sesame, leaves, dried	Ceratotheca sesamoides	2E, 2P(128), FAO(632), IN17(average of all green leafy vegetables), 04_036	196
04_106	False sesame, leaves, fresh, boiled* (as part of a recipe)	Ceratotheca sesamoides	calc. from / de 04_036	200
04_037	False sesame, leaves, fresh, boiled* (without salt), drained	Ceratotheca sesamoides	calc. from / de 04_036	200
04_036	False sesame, leaves, fresh, raw	Ceratotheca sesamoides	10E, 35N, FAO(631), IN17(average of all green leafy vegetables)	200
03_146	Faro with eggs, cowpea, potash and vegetables (Burkina Faso)*		calc. from recipe / de recette	168
05_033	Fig, dried	Ficus carica	SA10(3557), UK7(14-095), US28(09094)	244
05_032	Fig, raw	Ficus carica	1B(13012), IN17(E020), SA10(3544)	244
05_009	Fig, sycomorus, raw	Ficus sycomorus	1B(166), 3B(Fig / Ficus), 10B, dp10BIO, FAO(919), fr3BIO, 05_032	244
14_001	Fish and vegetable soup for children (Burkina Faso)*		calc. from recipe / de recette	416

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09_053	Fish, whole, dried	Various species	1G(AU; AB), 1M(112), 12E, FAO(120), SGS, tu3AnFood	332
01_124	Fonio, black, whole grains, boiled* (as part of a recipe)	Digitaria iburua	calc. from / de 01_002	64
01_049	Fonio, black, whole grains, boiled* (without salt), drained	Digitaria iburua	calc. from / de 01_002	64
01_002	Fonio, black, whole grains, raw	Digitaria iburua	1M(12), FAO(1), IN17(A010; A003; A016; A017), KEN18(001025), US28(20031), 01_001	64
01_126	Fonio, decorticated grains (bran removed), boiled* (as part of a recipe)	Digitaria exilis	calc. from / de 01_050	64
01_051	Fonio, decorticated grains (bran removed), boiled* (without salt), drained	Digitaria exilis	calc. from / de 01_050	64
01_050	Fonio, decorticated grains (bran removed), dry, raw	Digitaria exilis	1M(367), 6N, BF1044, FAO(4), IN17(A010; A003; A016; A017), KEN18(001025), NG1052, r002BIO, US28(20031), 01_001, 01_078	64
01_128	Fonio, decorticated grains (bran removed), washed (mid wet), boiled* (as part of a recipe)	Digitaria exilis	calc. from / de 01_078	68
01_127	Fonio, decorticated grains (bran removed), washed (mid wet), boiled* (without salt), drained	Digitaria exilis	calc. from / de 01_078	68
01_078	Fonio, decorticated grains (bran removed), washed (mid wet), raw	Digitaria exilis	IN17(A010; A003; A016; A017), KEN18(001025), PH023, US28(20031), 01_050, 01_001	64
01_125	Fonio, white, whole grains, boiled* (as part of a recipe)	Digitaria exilis	calc. from / de 01_001	68
01_003	Fonio, white, whole grains, boiled* (without salt), drained	Digitaria exilis	calc. from / de 01_001	68
01_001	Fonio, white, whole grains, raw	Digitaria exilis	3B(Fonio, whole seed, raw / Fonio grain entier), FAO(3), IN17(A010; A003; A016; A017), KEN18(001025), US28(20031), PH023, 01_002	68
02_081	French fries, deep fried in unfortified vegetable oil*		calc. from recipe / de recette	128
07_136	Fried mopane worms with vegetables (Burkina Faso)*		calc. from recipe / de recette	296
05_034	Fruit cocktail, canned in syrup, undrained		SA10(3665), US28(09100)	244
02_089	Fufu of ripe and unripe plantain with red palm oil (Burkina Faso)*		calc. from recipe / de recette	128
02_088	Fufu of ripe plantain with red palm oil (Burkina Faso)*		calc. from recipe / de recette	128
02_096	Fufu of unripe plantain with red palm oil (Burkina Faso)*		calc. from recipe / de recette	128
02_099	Fufu of unripe plantain with shea butter (Burkina Faso)*		calc. from recipe / de recette	128
01_176	Fura saamdin (Burkina Faso)*: fermented pearl millet porridge with milk, water and sugar		calc. from recipe / de recette	68
07_027	Game meat, dried, salted		AU14(08B10079; 08B10081; 08B10083; 08B10085), SA10(2912), US28(13350)	296
01_174	Gappal (Burkina Faso)*: pearl millet porridge with milk and sugar		calc. from recipe / de recette	68
04_015	Garlic, flesh, raw	Allium sativum	11E(Garlic, bulb, raw / Ail, bulbe, crue), 25N, IN17(G010; G011), SA10(3935)	200
13_011	Ginger, root, dried	Zingiber officinale	FAO(1607), IN17(G014), UK7(13-832), US28(02021)	404
04_082	Ginger, root, raw	Zingiber officinale	IN17(G014), US28(11216)	200
01_180	Gnon (Burkina Faso)*: steamed balls of cowpea leaves with groundnut flour, potash and pearl millet		calc. from recipe / de recette	68

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FOOD CODE	FOOD NAME IN ENGLISH	SCIENTIFIC NAME	BIBLIOID	PAGE
07_113	Goat meat, lean, boiled* (without salt), drained	Capra aegagrus hircus	calc. from / de 07_069	300
07_114	Goat meat, lean, grilled* (without salt or fat)	Capra aegagrus hircus	calc. from / de 07_069	300
07_069	Goat meat, lean, raw	Capra aegagrus hircus	1P(66; 67), AU14(08B10088), IN17(O002), SA10(4282), SGS	300
07_115	Goat meat, lean, stewed* (as part of a recipe)	Capra aegagrus hircus	calc. from / de 07_069	300
07_047	Goat meat, moderately fat, ca. 10% fat, boiled* (without salt), drained	Capra aegagrus hircus	calc. from / de 07_046	300
07_048	Goat meat, moderately fat, ca. 10% fat, grilled* (without salt or fat)	Capra aegagrus hircus	calc. from / de 07_046	300
07_046	Goat meat, moderately fat, ca. 10% fat, raw	Capra aegagrus hircus	3B(Goat without bones / Chèvre sans os), 11E(Goat / Chèvre), CTA(143), IN17(O001; 0003), SGS	300
07_112	Goat meat, moderately fat, ca. 10% fat, stewed* (as part of a recipe)	Capra aegagrus hircus	calc. from / de 07_046	300
03_152	Gonré-1 (Burkina Faso)*: steamed paste of dehulled cowpea and potash		calc. from recipe / de recette	168
03_153	Gonré-2 (Burkina Faso)*: steamed paste of non-dehulled cowpea and potash		calc. from recipe / de recette	172
05_035	Grapefruit, white, raw	Citrus × paradisi	11E(Grapefruit, pulp / Pamplemousse, pulpe), 16V(137), AU14(08B10079), CTA(186), SA10(3546), US28(09116)	248
05_051	Grapes, raw	Vitis vinifera	IN17(E022; E023; E024; E026), KEN18(005010), SA10(3550)	248
04_133	Green leafy vegetable, average, fresh, boiled* (as part of a recipe)	Brassica nigra	calc. from / de 04_131	200
04_132	Green leafy vegetable, average, fresh, boiled* (without salt), drained	Brassica nigra	calc. from / de 04_131	200
04_131	Green leafy vegetable, average, fresh, raw	Brassica nigra	IN17(average of all green leafy vegetables)	200
03_057	Ground bean, dry, raw	Macrotyloma geocarpum	AU14:IN17:UP1(average of all beans), MA1018, NG1051, NG1058	172
03_113	Ground bean, not soaked, boiled* (without salt), drained	Macrotyloma geocarpum	calc. from / de 03_057	172
03_114	Ground bean, not soaked, boiled* (without salt), with cooking liquid	Macrotyloma geocarpum	calc. from / de 03_057	172
03_115	Ground bean, soaked, boiled in different water* (without salt), drained	Macrotyloma geocarpum	calc. from / de 03_057	172
03_116	Ground bean, soaked, boiled in different water* (without salt), with cooking liquid	Macrotyloma geocarpum	calc. from / de 03_057	172
06_028	Groundnut flour, partially defatted	Arachis hypogaea	FAO(330), US28(16099; 06100), 06_010	268
06_027	Groundnut flour, with fat	Arachis hypogaea	1M(371), AU14(11B10194), IN17(H012), tu3Anfood, tu4Anfood, UK7(14-877), US28(16087), 06_010, 06_026	268
11_021	Groundnut oil, fortified with vitamin A, 1100–2400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	Arachis hypogaea	1E, 1G(VK), 2B(17040), 2P(309), 4E(Groundnut oil / Huile d'arachide), 16V(200), AU14(04C10092), FORT15, FORT17, FORT19, UK7(17-040), US28(04042)	372
11_022	Groundnut oil, fortified with vitamin A, 600–1000 mcg/100g (Ghana, Nigeria, Sierra Leone)	Arachis hypogaea	1E, 1G(VK), 2B(17040), 2P(309), 4E(Groundnut oil / Huile d'arachide), 16V(200), AU14(04C10092), FORT07, FORT11, FORT16, FORT19, UK7(17-040), US28(04042)	376
11_003	Groundnut oil, unfortified	Arachis hypogaea	1E, 1G(VK), 2B(17040), 2P(309), 4E(Groundnut oil / Huile d'arachide), 16V(200), AU14(04C10092), UK7(17-040), US28(04042)	372
06_026	Groundnut paste, from groundnuts only	Arachis hypogaea	2P(91), 11E(Groundnut paste / Pâte d'arachide), AU14(11B10223), FAO(331), IN17(H012), NG1177, US28(16397; 16398), 06_010	268
14_008	Groundnut sauce with fish and vegetables (Burkina Faso)*		calc. from recipe / de recette	416
06_023	Groundnut, Chinese, shelled, dried, raw (Ghana), n=1	Arachis hypogaea	7GH, 06_010	268



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FOOD CODE	FOOD NAME IN ENGLISH	SCIENTIFIC NAME	BIBLIOID	PAGE
06_025	Groundnut, combined varieties, shelled, dried, raw (Ghana)	Arachis hypogaea	7GH, 06_010	272
06_021	Groundnut, F-mix variety, shelled, dried, raw (Ghana), n=1	Arachis hypogaea	7GH, 06_010	268
06_022	Groundnut, JL 24 variety, shelled, dried, raw (Ghana), n=1	Arachis hypogaea	7GH, 06_010	268
06_024	Groundnut, Manipintar variety, shelled, dried, raw (Ghana), n=1	Arachis hypogaea	7GH, 06_010	272
06_012	Groundnut, red, shelled, dried, raw (Benin)	Arachis hypogaea	2E, 06_010	272
06_011	Groundnut, rose, shelled, dried, raw (Benin)	Arachis hypogaea	2E, 06_010	272
06_010	Groundnut, shelled, dried, raw	Arachis hypogaea	1G(TA), 1P(35), 2E, 2P(87), 3B(Groundnut, dried, shelled / Arachide séchée décortiquée), 3P(7), 4V, 11E(Groundnut, seed, whole, husked, dry / Arachide, graines entières, décortiquées, séchées), 12B(201), 22N, ATREZO, AU14(11B10194), CTA(57), IN17(H012), NG1177, NG1040, NG1076, ph081, SGS, UK7(14-877), US28(16087)	272
06_020	Groundnut, Sinkarzie variety, shelled, dried, raw (Ghana), n=1	Arachis hypogaea	7GH, 06_010	272
05_010	Guava, fruit, raw	Psidium guajava	2P(152), 3B(Guava, fresh / Goyave fraise), 4E(Guava, fruit, raw / Goyave, fruit cru), 12B(415), 16V(140), CTA(172), d11BIO, IN17(E028; E029), ph040, SA10(3551)	248
07_116	Guinea fowl meat, boiled* (without salt), drained	Numida meleagris	calc. from / de 07_070	300
07_117	Guinea fowl meat, grilled* (without salt or fat)	Numida meleagris	calc. from / de 07_070	300
07_070	Guinea fowl meat, raw	Numida meleagris	16V(173; 174), IN17(N013), NG1200, US28(05152)	300
07_118	Guinea fowl meat, stewed* (as part of a recipe)	Numida meleagris	calc. from / de 07_070	300
05_011	Gumvine, fruit, raw	Saba senegalensis	1B(13588), 3B(Gumvine, fruit / Landolphia senegalensis), 4R, 15B, FAO(940)	248
03_147	Haricot bambara (Burkina Faso)*: fried paste of cowpea and okra powder with egg and onion		calc. from recipe / de recette	168
04_100	Hibiscus cannabinus, leaves, fresh, boiled* (as part of a recipe)	Hibiscus cannabinus	calc. from / de 04_073	200
04_099	Hibiscus cannabinus, leaves, fresh, boiled* (without salt), drained	Hibiscus cannabinus	calc. from / de 04_073	200
04_073	Hibiscus cannabinus, leaves, fresh, raw	Hibiscus cannabinus	2P(135), IN17(C022), TK2004	200
06_030	Hibiscus seed, red, dried, raw	Hibiscus sabdariffa	1M(236), 3B(Hibiscus seeds / Graine oseille de guinée), AU14:IN17:UK7:US28(average of nuts and seeds), FAO(470)	272
04_117	Hibiscus, leaves, fresh, boiled* (as part of a recipe)	Hibiscus sabdariffa	calc. from / de 04_016	204
04_056	Hibiscus, leaves, fresh, boiled* (without salt), drained	Hibiscus sabdariffa	calc. from / de 04_016	204
04_016	Hibiscus, leaves, fresh, raw	Hibiscus sabdariffa	1G(BS), 6B, 9B, 10E, 11E(Guinean sorrel, leaves, raw / Oseille de guinée, feuille, crue), 12B(332), BF1023, FAO(793), IN17(C022;C023), TK2004	204
13_001	Honey		1E, 3B(Honey / Miel), US28(19296)	404
10_011	Infant formula, powder, for 3 months, fortified		SA10(2813), US28(03802)	356
10_012	Infant formula, powder, for 6 months, fortified		SA10(2809), US28(03913)	356
01_103	Instant noodles (Indomie), made from wheat flour, previously fried and dried, without flavouring, boiled and drained*		calc. from / de 01_077	68

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FOOD CODE	FOOD NAME IN ENGLISH	SCIENTIFIC NAME	BIBLIOID	PAGE
01_077	Instant noodles (Indomie), made from wheat flour, previously fried and dried, without flavouring, unprepared		AU14(02A10437; 02A10358), NG1061, NG1178, US28(06583)	68
14_026	Intro sauce with fish and vegetables (Burkina Faso)*		calc. from recipe / de recette	416
03_109	Jack bean, not soaked, boiled* (without salt), drained	Canavalia ensiformis	calc. from / de 03_052	172
03_110	Jack bean, not soaked, boiled* (without salt), with cooking liquid	Canavalia ensiformis	calc. from / de 03_052	172
03_111	Jack bean, soaked, boiled in different water* (without salt), drained	Canavalia ensiformis	calc. from / de 03_052	172
03_112	Jack bean, soaked, boiled in different water* (without salt), with cooking liquid	Canavalia ensiformis	calc. from / de 03_052	172
03_052	Jack bean, whole, dry, raw	Canavalia ensiformis	AU14:IN17:UP1 (average of all beans), pu039, pu043, pu046, pu048, pu084, pu136, pu272, THAI16(C104)	172
13_023	Jam or marmalade		AU14(12B10087; 12B10075), SA10(3985), UK7(17-073; 17-688; 17-078), US28(19303; 19297)	404
01_164	Jollof fonio (Burkina Faso)*: fonio with fish and vegetables		calc. from recipe / de recette	68
01_156	Jollof macaroni (Burkina Faso)*: macaroni in tomato sauce with mutton		calc. from recipe / de recette	68
01_157	Jollof spaghetti (Burkina Faso)*: spaghetti in vegetable sauce		calc. from recipe / de recette	68
12_012	Juice, canned or bottled, sweetened (e.g. apple)		DK2(194), US28(09016)	392
12_013	Juice, canned or bottled, unsweetened (e.g. grapefruit)		AU14(01B30324), DK2(275)	392
12_010	Juice, lemon, fresh, unsweetened		1B(18007), IN17(E033)	392
12_011	Juice, orange, fresh, unsweetened		1B(18013), SA10(3637)	396
05_012	Jujube, raw	Ziziphus spp.	1B(13064), 3B(Jujube, fresh pulp / Jujube, frais), 15B, fr1BIO, fr3BIO, fr19BIO, fr21BIO, IN17(E068), US28(09146)	248
04_075	Jute mallow (bush-okra), leaves, dried	Corchorus spp.	1M(378), BF1023, 04_038	204
04_107	Jute mallow (bush-okra), leaves, fresh, boiled* (as part of a recipe)	Corchorus spp.	calc. from / de 04_038	204
04_039	Jute mallow (bush-okra), leaves, fresh, boiled* (without salt), drained	Corchorus spp.	calc. from / de 04_038	204
04_038	Jute mallow (bush-okra), leaves, fresh, raw	Corchorus spp.	2P(122), 4P, 10E, BF1023, BF1071, dp10BIO, FAO(676), GH1011, IN17(average of all green leafy vegetables), KEN18(004018), MA1018, SA1003, SGS, TK2004, ve8BIO, SA1003, ve53BIO, ve60BIO, US28(11231)	204
01_165	Kaman péélég sagabo (Burkina Faso)*: stiff porridge from white degermed maize flour		calc. from recipe / de recette	68
14_031	Katre nagouri vând koèng zéindo (Burkina Faso)*: dried sicklepod leaf sauce with vegetables, shea butter, groundnut paste and fermented African locust beans		calc. from recipe / de recette	416
14_032	Katre nagouri vând maasse zéindo (Burkina Faso)*: fresh sicklepod leaf sauce with vegetables, shea butter, groundnut paste and fermented African locust beans		calc. from recipe / de recette	416
07_135	Kédjénou (Burkina Faso)*: chicken stew with vegetables		calc. from recipe / de recette	300
01_167	Ki béinré (northern Burkina Faso)*: pearl millet porridge with water and sugar		calc. from recipe / de recette	68
01_171	Ki saagbo né zìèm (Burkina Faso)*: tô (porridge) from pearl millet and potash		calc. from recipe / de recette	72
01_181	Kiou gonré (Burkina Faso)*: steamed balls of fonio, cowpea leaves, groundnut flour and potash		calc. from recipe / de recette	72

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01_170	Kiou saagbo né zîèm (Burkina Faso)*: tô (porridge) from fonio with potash and maize flour		calc. from recipe / de recette	72
01_178	Kôrôkôrô-dôrô (Burkina Faso)*: tô (porridge) from white sorghum and maize flour		calc. from recipe / de recette	72
02_094	Kou né barâand kanss saagbo (Burkina Faso)*: foutou of yam and unripe plantain		calc. from recipe / de recette	128
02_098	Kou né barâand moomd saagbo (Burkina Faso)*: foutou of yam with ripe plantain		calc. from recipe / de recette	128
02_090	Kou né kamoag fufu (Burkina Faso)*: fufu of yam with shea butter		calc. from recipe / de recette	128
02_087	Kou né téhi kaam fufu (Burkina Faso)*: fufu of yam and red palm oil		calc. from recipe / de recette	128
02_097	Kou saagbo (Burkina Faso)*: foutou of yam		calc. from recipe / de recette	128
14_013	Koum péèleg zindo (Burkina Faso)*: white eggplant sauce with lamb and vegetables		calc. from recipe / de recette	416
14_011	Koum vând zéédo (Burkina Faso)*: wild eggplant leaf sauce with fish and vegetables		calc. from recipe / de recette	416
14_007	Koum zindo (Burkina Faso)*: eggplant sauce with fish and vegetables		calc. from recipe / de recette	416
07_129	Lamb brain, boiled* (without salt), drained	Ovis aries	calc. from / de 07_051	304
07_130	Lamb brain, grilled* (without salt or fat)	Ovis aries	calc. from / de 07_051	304
07_051	Lamb brain, raw	Ovis aries	IN17(O017), AU14(08D10177)	300
07_052	Lamb brain, stewed* (as part of a recipe)	Ovis aries	calc. from / de 07_051	304
07_054	Lamb liver, boiled* (without salt), drained	Ovis aries	calc. from / de 07_053	304
07_131	Lamb liver, grilled* (without salt or fat)	Ovis aries	calc. from / de 07_053	304
07_053	Lamb liver, raw	Ovis aries	11E(Sheep, liver / Mouton, foie), US28(17199), SA1011	304
07_132	Lamb liver, stewed* (as part of a recipe)	Ovis aries	calc. from / de 07_053	304
07_126	Lamb/mutton meat, lean, ca. 10% fat, boiled* (without salt), drained	Ovis aries	calc. from / de 07_072	304
07_127	Lamb/mutton meat, lean, ca. 10% fat, grilled* (without salt or fat)	Ovis aries	calc. from / de 07_072	304
07_072	Lamb/mutton meat, lean, ca. 10% fat, raw	Ovis aries	AU14(08A20753), IN17(O015; 0016), SA1017, SA1018	304
07_128	Lamb/mutton meat, lean, ca. 10% fat, stewed* (as part of a recipe)	Ovis aries	calc. from / de 07_072	304
07_049	Lamb/mutton meat, moderately fat, ca. 20% fat, boiled* (without salt), drained	Ovis aries	calc. from / de 07_004	304
07_050	Lamb/mutton meat, moderately fat, ca. 20% fat, grilled* (without salt or fat)	Ovis aries	calc. from / de 07_004	304
07_004	Lamb/mutton meat, moderately fat, ca. 20% fat, raw	Ovis aries	4E(Sheep, meat / Mouton), 11E(Sheep, half-fat / Mouton, moyen gras), CTA(145), SA10(4335)	304
07_125	Lamb/mutton meat, moderately fat, ca. 20% fat, stewed* (as part of a recipe)	Ovis aries	calc. from / de 07_004	304
05_013	Landolphia, fruit, raw	Landolphia spp.	1B(13550), 3B(Landolphia), 4R, dp10BIO, fr2BIO	248
07_079	Larvae, fresh, raw	Various species	FAO(1096), i2BIO, i13BIO, i17BIO, i20BIO, i25BIO, i26BIO, i27BIO, i33BIO, i34BIO, i35BIO, i37BIO, i38BIO, i39BIO, i42BIO, i44BIO, i51BIO, i52BIO, i59BIO, i63BIO, i66BIO, i67BIO, i68BIO, THA116(U4)	308

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05_014	Lemon, raw	Citrus limon	2B(13009), 2P(153), 4E(Lemon, fruit, raw / Citron, fruit cru), 11E(Lemon, fruit / Citron, fruit), 12B(403), 16V(138), AU14(06B10080), CTA(157), IN17(E033), KEN18(005015), SA10(3669)	248
03_030	Lentil, dry, raw	Lens culinaris	IN17(B014), ph034, ph252, phy1, pu250, pu261, UP1(LECO01)	172
03_031	Lentil, not soaked, boiled* (without salt), drained	Lens culinaris	calc. from / de 03_030	172
03_086	Lentil, not soaked, boiled* (without salt), with cooking liquid	Lens culinaris	calc. from / de 03_030	172
03_087	Lentil, soaked, boiled in different water* (without salt), drained	Lens culinaris	calc. from / de 03_030	172
03_088	Lentil, soaked, boiled in different water* (without salt), with cooking liquid	Lens culinaris	calc. from / de 03_030	176
04_040	Lettuce, raw	Lactuca sativa	2P(137), 10E, CTA(200), IN17(C025), SA10(3723)	204
03_058	Lima bean, dry, raw	Phaseolus lunatus	1N, 2P(94), 12B(Bean, lima, raw / Haricot (Phaseolus lunatus), graine), 22N, GH2000, pu043, pu069, pu120, pu123, pu130, pu272, UP1(PHL001)	176
03_117	Lima bean, not soaked, boiled* (without salt), drained	Phaseolus lunatus	calc. from / de 03_058	176
03_118	Lima bean, not soaked, boiled* (without salt), with cooking liquid	Phaseolus lunatus	calc. from / de 03_058	176
03_119	Lima bean, soaked, boiled in different water* (without salt), drained	Phaseolus lunatus	calc. from / de 03_058	176
03_120	Lima bean, soaked, boiled in different water* (without salt), with cooking liquid	Phaseolus lunatus	calc. from / de 03_058	176
14_018	Maân koèg zéindo-1 (Burkina Faso)*: djoumblé (dried okra) sauce with beef, vegetables and red palm oil		calc. from recipe / de recette	416
14_017	Maân koèg zéindo-2 (Burkina Faso)*: dried okra sauce with lamb, vegetables and fermented African locust beans		calc. from recipe / de recette	416
14_019	Maân mâass zéindo (Burkina Faso)*: fresh okra sauce with fish, vegetables, red palm oil and fermented African locust beans		calc. from recipe / de recette	416
01_053	Macaroni, boiled* (without salt), drained		calc. from / de 01_052	72
01_052	Macaroni, dry, unfortified		AU14(02A10358), UK7(11-716), US28(20120)	72
09_069	Mackerel, fillet, boiled* (as part of a recipe)	Scomberomorus spp.	calc. from / de 09_003	332
09_025	Mackerel, fillet, grilled* (without salt or fat)	Scomberomorus spp.	calc. from / de 09_003	332
09_003	Mackerel, fillet, raw	Scomberomorus spp.	1P(68), 2P(232), 16V(180), FAO(1345), IN17(P087), US28(15046)	332
09_024	Mackerel, fillet, steamed* (without salt)	Scomberomorus spp.	calc. from / de 09_003	332
09_109	Mackerel, jack, canned in oil, drained	Trachurus symmetricus	AU14(05A10680), US28(15048)	332
09_075	Mahi mahi, fillet, boiled* (as part of a recipe)	Coryphaena hippurus	calc. from / de 09_050	336
09_074	Mahi mahi, fillet, grilled* (without salt or fat)	Coryphaena hippurus	calc. from / de 09_050	336
09_050	Mahi mahi, fillet, raw	Coryphaena hippurus	IN17(P053), US28(15023)	332
09_073	Mahi mahi, fillet, steamed* (without salt)	Coryphaena hippurus	calc. from / de 09_050	336
01_099	Maize dough, fermented (kenkey), from whole white maize with salt added, cooked	Zea mays	1P(1), 2P(17; 18; 19; 20; 21), GH1068, GH2000, PH081, 01_098	72

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01_098	Maize dough, fermented (tô), from decorticated white maize only, cooked	Zea mays	BF1023, GH2000	72
01_100	Maize porridge, fermented (ogi), from decorticated white maize only, cooked	Zea mays	1V, 10V, GH2000, NG1191, 01_098	72
01_123	Maize, combined varieties, whole kernel (Benin), boiled* (as part of a recipe)	Zea mays	calc. from / de 01_014	76
01_062	Maize, combined varieties, whole kernel (Benin), boiled* (without salt), drained	Zea mays	calc. from / de 01_014	76
01_014	Maize, combined varieties, whole kernel, dry, raw (Benin)	Zea mays	5E, 01_004	76
01_010	Maize, DMR-ESR-W variety, whole kernel, dry, raw (Benin), n=1	Zea mays	5E, 01_004	76
01_009	Maize, Gbaévè variety, whole kernel, dry, raw (Benin), n=1	Zea mays	5E, 01_004	72
01_013	Maize, Gnonli variety, whole kernel, dry, raw (Benin), n=1	Zea mays	5E, 01_004	76
01_008	Maize, Gougba variety, whole kernel, dry, raw (Benin), n=1	Zea mays	5E, 01_004	72
01_011	Maize, POZA - RICA 7843 - SR variety, whole kernel, dry, raw (Benin), n=1	Zea mays	5E, 01_004	76
04_109	Maize, seeds, fresh, boiled* (as part of a recipe)	Zea mays	calc. from / de 04_076	204
04_108	Maize, seeds, fresh, boiled* (without salt), drained	Zea mays	calc. from / de 04_076	204
04_076	Maize, seeds, fresh, raw	Zea mays	4E(Maize, whole seeds, fresh, raw / Maïs, grains entiers, frais), CTA(23), IN17(A008), KEN18(001023), NG1012	204
01_012	Maize, TZPB-SR variety, whole kernel, dry, raw (Benin), n=1	Zea mays	5E, 01_004	76
01_060	Maize, white, grit, degermed, raw	Zea mays	1M(368), FAO(74), SA10(3274; 3451; 3297), SA1013, 01_058	76
01_091	Maize, white, meal, sifted, fortified with vitamin A (Nigeria)	Zea mays	FAO(52), FORT16, PH001, PH081, SA10(3398; 3271), SA1013, 01_004	76
01_080	Maize, white, meal, sifted, unfortified	Zea mays	FAO(52), PH001, PH081, SA10(3269; 3449), SA1013, 01_004	76
01_057	Maize, white, meal, whole grains	Zea mays	1E, 2E, 3E(Maize, yellow, seed, dried / Grain de maïs jaune séché), 3P(1), 5N, 6N, 12B(004), 13V, 16V(2), 23N, FAO(42; 43; 44; 49), GH1032, GH2000, IN17(A006), NG1135, PH001, SA10(3271), SGS	80
01_092	Maize, white, refined flour (special), fortified with vitamin A (Nigeria)	Zea mays	FORT16, K2014, SA10(3270; 3271), SGS, SA1013	80
01_058	Maize, white, refined flour (special), unfortified	Zea mays	K2014, SA10(3270; 3271), SA1013, SGS	80
01_093	Maize, white, refined flour (super), fortified with vitamin A (Nigeria)	Zea mays	BF1052, BF1044, FORT16, SA10(3397; 3297), SA1013, tu4Anfood, 01_058	80
01_081	Maize, white, refined flour (super), unfortified	Zea mays	BF1044, BF1052, SA10(3397; 3297), SA1013, tu4Anfood, 01_058	80
01_104	Maize, white, whole kernel, boiled* (as part of a recipe)	Zea mays	calc. from / de 01_004	80
01_005	Maize, white, whole kernel, boiled* (without salt), drained	Zea mays	calc. from / de 01_004	80
01_119	Maize, white, whole kernel, decorticated, boiled* (as part of a recipe)	Zea mays	calc. from / de 01_094	84
01_118	Maize, white, whole kernel, decorticated, boiled* (without salt), drained	Zea mays	calc. from / de 01_094	84
01_094	Maize, white, whole kernel, dry, decorticated, raw	Zea mays	GH2000, 01_060	80
01_004	Maize, white, whole kernel, dry, raw	Zea mays	1E, 2E, 3E(Maize, yellow, seed, dried / Grain de maïs jaune séché), 3P(1), 5N, 6N, 12B(004), 13V, 16V(2), 23N, FAO(42; 43; 44; 49), GH1032, GH2000, IN17(A006), NG1135, PH001, SA10(3271), SGS	80
01_055	Maize, yellow, grit, degermed, raw	Zea mays	1M(367; 368), FAO(74), IN17(A006), SA10(1013; 3274; 3451; 3276), 01_006	84

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01_054	Maize, yellow, meal, whole grains, unfortified	Zea mays	1M(367), 2E, 3E(Maize, white, seed, dried / Grain de maïs blanc séché), 3P(1), 5N, 6N, 12B(004), 13V, 16V(2), 22N, 23N, FAO(43; 44; 42; 49), GH1032, IN17(A006), NG1135, PH001, SA10(3276), SGS, 01_004	84
01_120	Maize, yellow, whole kernel, boiled* (as part of a recipe)	Zea mays	calc. from / de 01_006	84
01_007	Maize, yellow, whole kernel, boiled* (without salt), drained	Zea mays	calc. from / de 01_006	84
01_006	Maize, yellow, whole kernel, dry, raw	Zea mays	1M(367), 2E, 3E(Maize, white, seed, dried / Grain de maïs blanc séché), 3P(1), 5N, 6N, 12B(004), 13V, 16V(2), 22N, 23N, FAO(43; 44; 42; 49), GH1032, IN17(A006), NG1135, PH001, SA10(3276), SGS, 01_004	84
05_036	Mango, deep orange flesh, raw	Mangifera indica	1T(229), 03BR	252
05_015	Mango, orange flesh, ripe, raw	Mangifera indica	1E, 1G(MB), 1P(57), 2P(155), 3B(Mango / Mangue mûre), 4E(Mango, ripe, fruit / Mangue mûre, fruit), 5R, 11E(Mango, fruit, ripened / Mangue, fruit mûr), 12B(417), 16V(141), CTA(180), d11BIO, IN17(E036; E037; E038; E039; E040; E041; E042), SA10(3556), tu4AnFood	252
05_037	Mango, pale flesh, raw	Mangifera indica	1T(231), d11BIO	252
11_006	Margarine, fortified with vitamin A		AU14(04B20079), FORT16, US28(04610)	376
11_029	Margarine, fortified with vitamin A and D (Nigeria)		AU14(04B20079), FORT16, US28(04610)	376
06_035	Melon seed (citrullus spp.), kernel only, dried, raw	Citrullus spp.	6N, 2P(110), 11E(Watermelon, seed, husked / Pastèque, grain entier, séché, décortiqué), GH1062, NG1154, ph327, UK7(14-826), US28(12174; 12014)	272
06_013	Melon seed, kernel only, dried, raw	Cucumeropsis edulis/ cucumeropsis manni	1P(37), 2P(99), 3P(9), FE2004, GH1062, MB2005, UK7(14-826), US28(12174; 12014)	276
06_036	Melon seed, small, elongated, kernel only, dried, raw	Citrullus spp.	2P(110), UK7(14-826), US28(12014)	276
06_037	Melon seed, small, flat, kernel only, dried, raw	Cucumeropsis edulis	1P(37), 2P(99), 3P(9), 06_035	276
05_039	Melon, cantaloupe, orange flesh, raw	Cucumis melo	IN17(E045), SA10(3541)	252
05_038	Melon, honeydew, pale green flesh, raw	Cucumis melo	IN17(E046), SA10(3575), US28(09184)	252
10_018	Milk, camel, fresh	Camelus dromedarius	2m, 6m, 7m, 9m, 39m, SGS	356
10_015	Milk, cow, canned, condensed, sweetened		2B(19027), 4E(Milk, cow, condensed, sweet / Lait de vache, condensé, sucré), AU14(09A20028), SA1015, UK7(12-520), US28(01095)	356
10_016	Milk, cow, canned, evaporated		1P(70), 2P(288; 289; 290; 291), 3B(Evaporated milk / Lait concentré non sucré), AU14(09A20030), SA1024, UK7(12-522), US28(01096)	356
10_017	Milk, cow, powder, skimmed, unfortified		4E(Milk, cow, powder, skimmed / Lait de vache, en poudre, écrémé), AU14(09A30028), SA10(2720), SA1015, UK7(12-521), US28(01155)	360
10_002	Milk, cow, powder, whole, unfortified		4E(Milk, cow, powder, whole / Lait de vache, en poudre, entier), 11E(Milk, powder, whole / Laid en poudre entier), AU14(09A30026), SA10(2721), US28(01090)	360
10_013	Milk, cow, reduced fat, 1.5–2% fat	Bos taurus	2B(19042; 19041), 3B(Semi-skimmed milk / Laid 1/2 écrémé en bouteille), SA10(2772), SA1024, SA1029, US28(01079), 10_001	360
10_014	Milk, cow, skimmed, 0.5% fat	Bos taurus	4E(Milk, cow, liquid, skimmed / Lait de vache, liquide, écrémé), AU14(09A10188), SA10(2775), SA1024, UK7(12-307; 12-554), US28(01085), 10_001	360

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10_022	Milk, cow, whole, fermented		3B(Curdled whole cow milk / Lait caillé entier de vache), 11E(Cowmilk, curd / Lait caillé), 12R, AU14(09A10185), IN17(L002), SGS, SA10(2787), SA1012, UK7(12-320), US28(01211)	360
10_001	Milk, cow, whole, pasteurized or UHT, 3.5% fat	Bos taurus	2P(287), IN17(L002), SA10(2718), SA1029, SGS, 10_029	360
10_029	Milk, cow, whole, raw, 4.5% fat	Bos taurus	1G(CF), 2P(284; 285), 3B(Milk, cow, fresh / Lait frais de vache), 4E(Milk, cow, liquid, whole / Lait frais entier), 7B(Milk, fresh, whole / Lait frais entier), 8R, 11E(Milk, cow, fresh / Lait de vache frais), 13R, CTA(132), IN17(L002), P2013, SA10(2718), 10_001	360
10_003	Milk, goat, fresh	Capra aegagrus hircus	3B(Milk, goat, whole / Lait entier frais de chèvre), 136mBIO, 142mBIO, AU14(09A10187), CTA(128), SA1024, UK7(12-328), US28(01106)	364
10_024	Milk, sheep or goat, fermented		3B(Curdled whole ewe milk / Lait caillé de brebis entier; Curdled whole goat milk / Lait caillé entier de chèvre), AU14(09A10187), UK7(12-328; 12-329), US28(01106; 01109), 10_003, 10_023	364
10_023	Milk, sheep, fresh		2B(19100), 3B(Whole fresh ewe milk / Lait frais de brebis entier), UK7(12-329), US28(01109)	364
01_097	Millet dough (tchobal/fura), from decorticated millet only, cooked	Pennisetum glaucum	BF1018, GH2000	84
01_153	Millet dough (tô), from whole millet only, cooked	Pennisetum glaucum	BF1018, GH2000, 01_097	84
01_102	Millet porridge, fermented (hausa koko/ben saalga), from whole millet grains only, cooked	Pennisetum glaucum	2R, GH2000	84
04_085	Mint, leaves, raw	Mentha spp.	IN17(G016), US28(02065)	208
09_078	Mola carplet, small whole fish, viscera, fins and scales removed, boiled* (as part of a recipe)	Amblypharyngodon mola	calc. from / de 09_051	336
09_077	Mola carplet, small whole fish, viscera, fins and scales removed, grilled* (without salt or fat)	Amblypharyngodon mola	calc. from / de 09_051	336
09_051	Mola carplet, small whole fish, viscera, fins and scales removed, raw	Amblypharyngodon mola	fi367BIO, IN17:UF1:US28(average of raw fish <5% fat)	336
09_076	Mola carplet, small whole fish, viscera, fins and scales removed, steamed* (without salt)	Amblypharyngodon mola	calc. from / de 09_051	336
05_052	Mombin/hog-plum, fruit, raw	Spondias mombin	01BR, 1T(185), 02BR, 03FG, 28N, d8BIO	252
07_056	Mopane worm, canned	Gonimbrasia belina	SA10(4284)	308
04_101	Moringa (drumstick), leaves, fresh, boiled* (as part of a recipe)	Moringa oleifera	calc. from / de 04_011	208
04_033	Moringa (drumstick), leaves, fresh, boiled* (without salt), drained	Moringa oleifera	calc. from / de 04_011	208
04_011	Moringa (drumstick), leaves, fresh, raw	Moringa oleifera	3B(Drumstick tree, fresh leaves / Neverday feuilles fraîches), 6B, 8B, 10E, BF1065, FAO(665), GH1059, IN17(C019), NG1187, UK7(13-236), US28(11222)	208
09_079	Mormyrid, fillet, boiled* (as part of a recipe)	Mormyrus spp.	calc. from / de 09_026	336
09_028	Mormyrid, fillet, grilled* (without salt or fat)	Mormyrus spp.	calc. from / de 09_026	336
09_026	Mormyrid, fillet, raw	Mormyrus spp.	1M(103), FAO(1240; 1281), IN17:UF1:US28(average of raw fish <5% fat)	336
09_027	Mormyrid, fillet, steamed* (without salt)	Mormyrus spp.	calc. from / de 09_026	336
01_161	Moui béinré (Burkina Faso)*: rice porridge with water, milk and sugar		calc. from recipe / de recette	88

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01_158	Moui naagdme (Burkina Faso)*: rice with fish and vegetables		calc. from recipe / de recette	88
01_159	Moui nin kalogo (Burkina Faso)*: rice with fish, onion and fermented African locust beans		calc. from recipe / de recette	88
09_085	Mullet, fillet, boiled* (as part of a recipe)	Mugil cephalus	calc. from / de 09_052	336
09_084	Mullet, fillet, grilled* (without salt or fat)	Mugil cephalus	calc. from / de 09_052	336
09_052	Mullet, fillet, raw	Mugil cephalus	3B(Mullet / Mulet), IN17(P039), US28(15055)	336
09_083	Mullet, fillet, steamed* (without salt)	Mugil cephalus	calc. from / de 09_052	336
13_012	Mustard, powder	Brassica nigra	AU14(10E10095), IN17(H013), US28(02024)	408
13_013	Mustard, prepared, yellow		AU14(10E10094), US28(02046)	404
04_104	Native eggplant, fruit, boiled* (as part of a recipe)	Solanum macrocarpon	calc. from / de 04_074	208
04_103	Native eggplant, fruit, boiled* (without salt), drained	Solanum macrocarpon	calc. from / de 04_074	208
04_074	Native eggplant, fruit, raw	Solanum macrocarpon	2P(131), 10E, FAO(150), IN17(D010; D011; D012; D013; D014)	208
14_009	Nayounng vand zindo (Burkina Faso)*: sweet potato leaf sauce, fish, red palm oil and vegetables		calc. from recipe / de recette	420
12_014	Nectar, mango, canned		US28(09436)	396
09_082	North African catfish, fillet, boiled* (as part of a recipe)	Clarias gariepinus	calc. from / de 09_060	340
09_081	North African catfish, fillet, grilled* (without salt or fat)	Clarias gariepinus	calc. from / de 09_060	340
09_060	North African catfish, fillet, raw	Clarias gariepinus	UF1(091009)	336
09_080	North African catfish, fillet, steamed* (without salt)	Clarias gariepinus	calc. from / de 09_060	340
01_133	Oats, porridge* (without salt)	Avena sativa	calc. from / de 01_101	88
01_101	Oats, rolled, raw	Avena sativa	AU14(02A10349), SA10(3304), UK7(11-788), US28(08120)	88
05_040	Oil palm, fruit, raw	Elaeis guineensis	01CH, 1P(39), 2P(111), 04BR, FAO(996)	252
06_029	Oil palm, nut (kernel), shelled, raw	Elaeis guineensis	1P(39), 2P(112), 4V, 5V, AU14:IN17:UK7:US28(average of nuts and seeds), FAO(445), NG1037, US28(04513), W2010	276
11_015	Oil, from cow's milk butter (ghee)		AU14(04A10077), UK7(17-640), US28(01003)	384
04_077	Okra, fruit, dried	Abelmoschus esculentus	1M(379), 2E, 2P(139), 3B(Okra, dried / Gombo sec), 11E(Okra, dry / Gombo, sec), BF1023, BF1073, NG1181, 04_017	208
04_111	Okra, fruit, fresh, boiled* (as part of a recipe)	Abelmoschus esculentus	calc. from / de 04_017	212
04_042	Okra, fruit, fresh, boiled* (without salt), drained	Abelmoschus esculentus	calc. from / de 04_017	212
04_017	Okra, fruit, fresh, raw	Abelmoschus esculentus	1G(VX), 1P(48), 2P(138), 3B(Okra, raw / Gombo frais), 11E(Okra, raw / Gombo, cru), 22N, BF1023, IN17(D056), SA10(4139), tu3AnFood	208
04_110	Okra, leaves, fresh, boiled* (as part of a recipe)	Abelmoschus esculentus	calc. from / de 04_004	208
04_041	Okra, leaves, fresh, boiled* (without salt), drained	Abelmoschus esculentus	calc. from / de 04_004	208



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04_004	Okra, leaves, fresh, raw	Abelmoschus esculentus	5B(Okra, lady's finger / Gombo), BF1023, BF1073, CTA(220), IN17(average of all green leafy vegetables), NG1185, ve53BIO	208
11_014	Olive oil	Olea europaea	AU14(04C10094), UK7(17-038), US28(04053)	384
08_004	Omelette, from chicken egg		US28(01130), 08_001	320
04_044	Onion, dried	Allium cepa	UK7(13-590), US28(11284), 04_018	212
04_112	Onion, fresh, boiled* (as part of a recipe)	Allium cepa	calc. from / de 04_018	212
04_043	Onion, fresh, boiled* (without salt), drained	Allium cepa	calc. from / de 04_018	212
04_018	Onion, fresh, raw	Allium cepa	1E, 1G(BH), 1P(45), 2P(140; 146), 3P(12), 4E(Onion, bulb, ripe, raw / Oignon, bulbes mûrs, crus), 11E(Onion, bulb, ripe, raw / Oignon, bulbe, mûre, crue), 12B(390), 14E, 22N, CTA(183), IN17(G017; G018), MA1018, SA10(3755)	212
05_016	Orange, raw	Citrus aurantium	1G(VO), 1P(55), 2B(13034), 2P(156), 4E(Orange / Orange commune fruit), 5B(Orange), 11E(Orange, fruit), 12B(400), 16V(136), CTA(179), IN17(E047)	256
07_099	Ostrich meat, boiled* (without salt), drained	Struthio camelus	calc. from / de 07_067	308
07_100	Ostrich meat, grilled* (without salt or fat)	Struthio camelus	calc. from / de 07_067	308
07_067	Ostrich meat, raw	Struthio camelus	AU14(08C20018; 08C20019), SA10(3442), SA1025	308
07_101	Ostrich meat, stewed* (as part of a recipe)	Struthio camelus	calc. from / de 07_067	308
12_016	Ovaltine beverage with reduced fat milk, without sugar, fortified*		Calc. from recipe / de recette	396
12_017	Ovaltine beverage with skimmed milk, without sugar, fortified*		Calc. from recipe / de recette	396
12_015	Ovaltine beverage with whole milk, without sugar, fortified*		Calc. from recipe / de recette	396
13_028	Ovaltine powder, fortified		AU14(01B10316), SA10(2752), UK7(17-734), US28(14309)	412
11_025	Palm kernel oil, fortified with vitamin A, 1100–2400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	Elaeis guineensis	1P(41), FORT15, FORT17, FORT19, NG1037, US28(04513; 04656)	376
11_026	Palm kernel oil, fortified with vitamin A, 600–1000 mcg/100g (Ghana, Nigeria, Sierra Leone)	Elaeis guineensis	1P(41), FORT07, FORT11, FORT16, FORT19, NG1037, US28(04513; 04656)	376
11_012	Palm kernel oil, unfortified	Elaeis guineensis	1P(41), NG1037, US28(04513; 04656)	376
11_004	Palm oil, red	Elaeis guineensis	1E, 1G(VH), 1M(253), 1P(40), 2P(311), 4E(Palm oil / Huile de palme), 16V(204), KA2003, UK7(17-039), US28(04055)	376
11_023	Palm oil, refined and decoloured, fortified with vitamin A, 1100–2400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	Elaeis guineensis	FORT15, FORT17, FORT19, Ka2003, UK7(17-039), US28(04055)	380
11_024	Palm oil, refined and decoloured, fortified with vitamin A, 600–1000 mcg/100g (Ghana, Nigeria, Sierra Leone)	Elaeis guineensis	FORT07, FORT11, FORT16, FORT19, Ka2003, UK7(17-039), US28(04055)	380
11_007	Palm oil, refined and decoloured, unfortified	Elaeis guineensis	Ka2003, UK7(17-039), US28(04055)	380
12_006	Palm wine (ca. 3.8% v/v alcohol)		3B(Palm wine, fermented / Vin de palme, fermenté), 12B(900), FAO(1590), IN17(K001)	396
05_017	Papaya, fruit, ripe, raw	Carica papaya	1P(56), 2P(157), 3B(Papaya, pulp / Papaye), 4E(Papaya, fruit, ripe / Papaye, fruit, cru), 4P, 11E(Papaya, fruit, raw / Papaye, fruit, crue), 12B(418), AU14(06D10480), CTA(187), d11BIO, IN17(E049), Lb2000, SGS	256

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04_045	Parsley, fresh, raw	Petroselinum crispum	3B(Parsley, fresh / Persil frais), 4E(Parsley/ Persil), AU14(13A11721; 13A11722), IN17(C028), SA10(3847)	212
01_132	Pearl millet, combined varieties, whole grains (Burkina Faso), boiled* (as part of a recipe)	Pennisetum glaucum	calc. from / de 01_032	92
01_064	Pearl millet, combined varieties, whole grains (Burkina Faso), boiled* (without salt), drained	Pennisetum glaucum	calc. from / de 01_032	92
01_032	Pearl millet, combined varieties, whole grains, raw (Burkina Faso)	Pennisetum glaucum	PH262, 01_017	92
01_131	Pearl millet, decorticated, boiled* (as part of a recipe)	Pennisetum glaucum	calc. from / de 01_095	92
01_130	Pearl millet, decorticated, boiled* (without salt), drained	Pennisetum glaucum	calc. from / de 01_095	92
01_095	Pearl millet, decorticated, raw	Pennisetum glaucum	GH2000, 01_063, 01_017	92
01_063	Pearl millet, flour (bran removed)	Pennisetum glaucum	1M(370), PH111, PH112, 01_017, 01_095	96
01_019	Pearl millet, IKMP 1 variety, whole grains, raw (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	88
01_028	Pearl millet, IKMP 10 variety, whole grains, raw (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	92
01_029	Pearl millet, IKMP 11 variety, whole grains, raw (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	92
01_030	Pearl millet, IKMP 12 variety, whole grains, raw (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	92
01_031	Pearl millet, IKMP 13 variety, whole grains, raw (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	92
01_020	Pearl millet, IKMP 2 variety, whole grains, raw (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	88
01_021	Pearl millet, IKMP 3 variety, whole grains, raw (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	88
01_022	Pearl millet, IKMP 4 variety, whole grains, raw (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	88
01_023	Pearl millet, IKMP 5 variety, whole grains, raw (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	88
01_024	Pearl millet, IKMP 6 variety, whole grains, raw (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	88
01_025	Pearl millet, IKMP 7 variety, whole grains, raw (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	88
01_026	Pearl millet, IKMP 8 variety, whole grains, raw (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	92
01_027	Pearl millet, IKMP 9 variety, whole grains, raw (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	92
01_018	Pearl millet, IKMV 8201 variety, whole grains, raw (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	88
01_017	Pearl millet, whole grains (with bran), raw	Pennisetum glaucum	1E(Millet, seeds / Petit mil, grain), 1M(369), 2E, 2R, 3B(Millet, common, whole, Penospecies / Mil commune 'Penospecies' entier), 4E(Millet, whole seed, raw / Mil (grain entier)), 22N, 23N, FAO(78; 85), GH2000, MA1018, PH111, PH112, PH262, SGS, 01_063	96
01_129	Pearl millet, whole grains, boiled* (as part of a recipe)	Pennisetum glaucum	calc. from / de 01_017	96
01_033	Pearl millet, whole grains, boiled* (without salt), drained	Pennisetum glaucum	calc. from / de 01_017	96
13_014	Pepper, black	Piper nigrum	DK2(236), IN17(G031), US28(02030)	408
04_046	Pepper, chilli, fresh, raw	Capsicum spp.	1G(BP), IN17(G008), SA10(3977), US28(11670)	216
04_114	Pepper, sweet, green, fresh, boiled* (as part of a recipe)	Capsicum annum	calc. from / de 04_049	212

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FOOD CODE	FOOD NAME IN ENGLISH	SCIENTIFIC NAME	BIBLIOID	PAGE
04_050	Pepper, sweet, green, fresh, boiled* (without salt), drained	Capsicum annuum	calc. from / de 04_049	212
04_049	Pepper, sweet, green, fresh, raw	Capsicum annuum	1P(49), CTA(191), IN17(D033), MA1018, SA10(3733)	212
04_113	Pepper, sweet, red, fresh, boiled* (as part of a recipe)	Capsicum annuum	calc. from / de 04_047	212
04_048	Pepper, sweet, red, fresh, boiled* (without salt), drained	Capsicum annuum	calc. from / de 04_047	212
04_047	Pepper, sweet, red, fresh, raw	Capsicum annuum	2P(143), CTA(190), IN17(D034), MA1018, SA10(3734)	212
09_086	Perch, Nile, fillet, boiled* (as part of a recipe)	Lates niloticus	calc. from / de 09_032	340
09_034	Perch, Nile, fillet, grilled* (without salt or fat)	Lates niloticus	calc. from / de 09_032	340
09_032	Perch, Nile, fillet, raw	Lates niloticus	FAO(1368), fi23BIO, fi28BIO, fi98AnFooD, IN17(P015), SGS, US28(15060)	340
09_033	Perch, Nile, fillet, steamed* (without salt)	Lates niloticus	calc. from / de 09_032	340
14_002	Pésgo né tomate zéindo (Burkina Faso)*: sauce with lamb, tomato and vegetables		calc. from recipe / de recette	420
03_055	Pigeon pea, brown, dry, raw	Cajanus cajan	6N, 15N, 22N, IN17(B022), pu272, pu133, UP1(CAC001)	176
03_132	Pigeon pea, brown, not soaked, boiled* (without salt), drained	Cajanus cajan	calc. from / de 03_055	176
03_133	Pigeon pea, brown, not soaked, boiled* (without salt), with cooking liquid	Cajanus cajan	calc. from / de 03_055	176
03_134	Pigeon pea, brown, soaked, boiled in different water* (without salt), drained	Cajanus cajan	calc. from / de 03_055	176
03_135	Pigeon pea, brown, soaked, boiled in different water* (without salt), with cooking liquid	Cajanus cajan	calc. from / de 03_055	180
03_054	Pigeon pea, cream, dry, raw	Cajanus cajan	15N, IN17(B022), 15N, UP1(CAC001), 03_032	180
03_128	Pigeon pea, cream, not soaked, boiled* (without salt), drained	Cajanus cajan	calc. from / de 03_054	180
03_129	Pigeon pea, cream, not soaked, boiled* (without salt), with cooking liquid	Cajanus cajan	calc. from / de 03_054	180
03_130	Pigeon pea, cream, soaked, boiled in different water* (without salt), drained	Cajanus cajan	calc. from / de 03_054	180
03_131	Pigeon pea, cream, soaked, boiled in different water* (without salt), with cooking liquid	Cajanus cajan	calc. from / de 03_054	180
03_032	Pigeon pea, dry, raw	Cajanus cajan	1N, 2P(95), 15N, 16N, 22N, IN17(B022), NG1176, pu129, pu130, pu133, pu218, pu272, tu4AnFood, UP1(CAC001)	176
03_033	Pigeon pea, not soaked, boiled* (without salt), drained	Cajanus cajan	calc. from / de 03_032	176
03_121	Pigeon pea, not soaked, boiled* (without salt), with cooking liquid	Cajanus cajan	calc. from / de 03_032	176
03_122	Pigeon pea, soaked, boiled in different water* (without salt), drained	Cajanus cajan	calc. from / de 03_032	176
03_123	Pigeon pea, soaked, boiled in different water* (without salt), with cooking liquid	Cajanus cajan	calc. from / de 03_032	176
03_053	Pigeon pea, white, dry, raw	Cajanus cajan	22N, IN17(B022), pu133, UP1(CAC001), 03_032	180
03_124	Pigeon pea, white, not soaked, boiled* (without salt), drained	Cajanus cajan	calc. from / de 03_053	180
03_125	Pigeon pea, white, not soaked, boiled* (without salt), with cooking liquid	Cajanus cajan	calc. from / de 03_053	180
03_126	Pigeon pea, white, soaked, boiled in different water* (without salt), drained	Cajanus cajan	calc. from / de 03_053	180

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03_127	Pigeon pea, white, soaked, boiled in different water* (without salt), with cooking liquid	Cajanus cajan	calc. from / de 03_053	180
01_175	Pigri (Burkina Faso)*: steamed pearl millet balls		calc. from recipe / de recette	96
05_018	Pineapple, fruit, raw	Ananas comosus	1P(53), 2P(158), 3B(Pineapple, raw / Ananas frais), 4E(Pineapple, fruit, raw / Ananas, fruit cru), 11E(Pineapple, fruit, raw / Ananas, fruit, cru), 12B(410), 16V(143), 17FBIO, CTA(148), IN17(E053), SGS	256
02_084	Plantain, deep fried in unfortified vegetable oil*		calc. from recipe / de recette	128
02_058	Plantain, ripe, ivory flesh, boiled* (as part of a recipe)	Musa paradisiaca	calc. from / de 02_042	132
02_057	Plantain, ripe, ivory flesh, boiled* (without salt), drained	Musa paradisiaca	calc. from / de 02_042	132
02_042	Plantain, ripe, ivory flesh, raw	Musa paradisiaca	1P(25), 2P(57), 3P(4), 12B(Plantain, raw / Banane plantain), BF1001, IN17(D063), US28(09277)	132
02_060	Plantain, ripe, orange flesh, boiled* (as part of a recipe)	Musa spp.	calc. from / de 02_044	132
02_059	Plantain, ripe, orange flesh, boiled* (without salt), drained	Musa spp.	calc. from / de 02_044	132
02_044	Plantain, ripe, orange flesh, raw	Musa spp.	3P(4), IN17(D063), NC2009, 02_042	132
02_065	Plantain, unripe, ivory flesh, boiled* (as part of a recipe)	Musa spp.	calc. from / de 02_046	132
02_064	Plantain, unripe, ivory flesh, boiled* (without salt), drained	Musa spp.	calc. from / de 02_046	132
02_046	Plantain, unripe, ivory flesh, raw	Musa spp.	NC2009, 02_045	132
02_067	Plantain, unripe, orange flesh, boiled* (as part of a recipe)	Musa spp.	calc. from / de 02_047	132
02_066	Plantain, unripe, orange flesh, boiled* (without salt), drained	Musa spp.	calc. from / de 02_047	132
02_047	Plantain, unripe, orange flesh, raw	Musa spp.	NC2009, 02_045	132
02_063	Plantain, unripe, pale flesh, boiled* (as part of a recipe)	Musa spp.	calc. from / de 02_045	136
02_062	Plantain, unripe, pale flesh, boiled* (without salt), drained	Musa spp.	calc. from / de 02_045	136
02_048	Plantain, unripe, pale flesh, flour	Musa spp.	d14BIO, NG1140, NG1162, 02_045	136
02_045	Plantain, unripe, pale flesh, raw	Musa spp.	2P(58), 16V(48), 11E(Plantain banana, green / Banane plantain, verte), BF1001, GH1037, NG1175, NG1114, NG1220, IN17(D063), KEN18(002004)	136
05_041	Pomegranate, fruit, raw	Punica granatum	1B(13018), AU14(06D10494), CTA(173), IN17(E055)	256
07_059	Pork meat, fatty, ca. 40% fat, boiled* (without salt), drained	Sus domesticus	calc. from / de 07_005	308
07_060	Pork meat, fatty, ca. 40% fat, grilled* (without salt or fat)	Sus domesticus	calc. from / de 07_005	308
07_005	Pork meat, fatty, ca. 40% fat, raw	Sus domesticus	12B(514), CTA(146), US28(10001; 10070)	308
07_123	Pork meat, fatty, ca. 40% fat, stewed* (as part of a recipe)	Sus domesticus	calc. from / de 07_005	308
07_119	Pork meat, lean, ca. 10% fat, boiled* (without salt), drained	Sus domesticus	calc. from / de 07_071	308
07_120	Pork meat, lean, ca. 10% fat, grilled* (without salt or fat)	Sus domesticus	calc. from / de 07_071	312
07_071	Pork meat, lean, ca. 10% fat, raw	Sus domesticus	2P(194), AU14(08A30441), IN17(O049), SA1026, US28(10012)	308
07_121	Pork meat, lean, ca. 10% fat, stewed* (as part of a recipe)	Sus domesticus	calc. from / de 07_071	312

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07_057	Pork meat, moderately fat, ca. 20% fat, boiled* (without salt), drained	Sus domesticus	calc. from / de 07_006	312
07_058	Pork meat, moderately fat, ca. 20% fat, grilled* (without salt or fat)	Sus domesticus	calc. from / de 07_006	312
07_006	Pork meat, moderately fat, ca. 20% fat, raw	Sus domesticus	1P(58), 2P(195), AU14(08A30497), IN17(0048)	312
07_122	Pork meat, moderately fat, ca. 20% fat, stewed* (as part of a recipe)	Sus domesticus	calc. from / de 07_006	312
03_142	Porridge of cowpeas, yam and potash (Burkina Faso)*		calc. from recipe / de recette	180
01_061	Porridge, soft, from degermed white maize grit* (without salt)	Zea mays	calc. from / de 01_060	96
01_056	Porridge, soft, from degermed yellow maize grit* (without salt)	Zea mays	calc. from / de 01_055	96
01_154	Porridge, soft, from refined (special) white maize flour fortified with vitamin A (Nigeria)* (without salt)	Zea mays	calc. from / de 01_092	96
01_112	Porridge, soft, from refined (special) white maize flour, unfortified* (without salt)	Zea mays	calc. from / de 01_058	96
01_117	Porridge, soft, from refined (super) white maize flour fortified with vitamin A (Nigeria)* (without salt)	Zea mays	calc. from / de 01_093	96
01_115	Porridge, soft, from refined (super) white maize flour, unfortified* (without salt)	Zea mays	calc. from / de 01_081	96
01_110	Porridge, soft, from sifted white maize meal fortified with vitamin A (Nigeria)* (without salt)	Zea mays	calc. from / de 01_091	96
01_108	Porridge, soft, from sifted white maize meal, unfortified* (without salt)	Zea mays	calc. from / de 01_080	96
01_106	Porridge, soft, from wholegrain white maize meal* (without salt)	Zea mays	calc. from / de 01_057	96
01_122	Porridge, soft, from wholegrain yellow maize meal* (without salt)	Zea mays	calc. from / de 01_054	96
01_076	Porridge, stiff, from degermed white maize grit* (without salt)	Zea mays	calc. from / de 01_060	96
01_075	Porridge, stiff, from degermed yellow maize grit* (without salt)	Zea mays	calc. from / de 01_055	100
01_113	Porridge, stiff, from refined (special) white maize flour fortified with vitamin A (Nigeria)* (without salt)	Zea mays	calc. from / de 01_092	100
01_111	Porridge, stiff, from refined (special) white maize flour, unfortified* (without salt)	Zea mays	calc. from / de 01_058	100
01_116	Porridge, stiff, from refined (super) white maize flour fortified with vitamin A (Nigeria)* (without salt)	Zea mays	calc. from / de 01_093	100
01_114	Porridge, stiff, from refined (super) white maize flour, unfortified* (without salt)	Zea mays	calc. from / de 01_081	100
01_109	Porridge, stiff, from sifted white maize meal fortified with vitamin A (Nigeria)* (without salt)	Zea mays	calc. from / de 01_091	100
01_107	Porridge, stiff, from sifted white maize meal, unfortified* (without salt)	Zea mays	calc. from / de 01_080	100
01_105	Porridge, stiff, from wholegrain white maize meal* (without salt)	Zea mays	calc. from / de 01_057	100
01_121	Porridge, stiff, from wholegrain yellow maize meal* (without salt)	Zea mays	calc. from / de 01_054	100
01_150	Porridge, tô, from degermed white maize grit* (without salt)	Zea mays	calc. from / de 01_060	100
01_155	Porridge, tô, from degermed yellow maize grit* (without salt)	Zea mays	calc. from / de 01_055	100

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FOOD CODE	FOOD NAME IN ENGLISH	SCIENTIFIC NAME	BIBLIOID	PAGE
02_095	Porridge, tô, from gari and tomato paste (Burkina Faso)*		calc. from recipe / de recette	136
01_166	Porridge, tô, from maize and cassava flour (Burkina Faso)*		calc. from recipe / de recette	100
01_147	Porridge, tô, from refined (special) white maize flour fortified with vitamin A (Nigeria)* (without salt)	Zea mays	calc. from / de 01_092	100
01_146	Porridge, tô, from refined (special) white maize flour, unfortified* (without salt)	Zea mays	calc. from / de 01_058	100
01_149	Porridge, tô, from refined (super) white maize flour fortified with vitamin A (Nigeria)* (without salt)	Zea mays	calc. from / de 01_093	100
01_148	Porridge, tô, from refined (super) white maize flour, unfortified* (without salt)	Zea mays	calc. from / de 01_081	100
01_144	Porridge, tô, from sifted white maize meal fortified with vitamin A (Nigeria)* (without salt)	Zea mays	calc. from / de 01_080	100
01_145	Porridge, tô, from sifted white maize meal, unfortified* (without salt)	Zea mays	calc. from / de 01_091	100
01_143	Porridge, tô, from wholegrain white maize meal* (without salt)	Zea mays	calc. from / de 01_057	100
01_151	Porridge, tô, from wholegrain yellow maize meal* (without salt)	Zea mays	calc. from / de 01_054	104
13_024	Potash, solid		1M(273), GH2000	408
02_085	Potato nin zindo (Burkina Faso)*: potato and vegetable stew		calc. from recipe / de recette	136
02_068	Potato, boiled* (as part of a recipe)	Solanum tuberosum	calc. from / de 02_009	136
02_010	Potato, boiled* (without salt), drained	Solanum tuberosum	calc. from / de 02_009	136
02_009	Potato, raw	Solanum tuberosum	1T(92), 2P(74), 4E(Potato, raw / Pomme de terre crue), 11E(Potato / Pomme de terre, crue), 12B(106), 16V(50), AU14(13A11905), CTA(50), IN17(F006; F007; F008), MA1018, NG1142, SA10(4154; 4121), SA1016, SGS	136
06_038	Pumpkin seed, kernel only, dried, raw	Curcubita spp.	30R, BF1050, FE2004, GH1062, MB2005, NG1120, NG1159, UK7(14-842), US28(12014), Yi2015	276
04_055	Pumpkin, leaves, dried	Cucurbita pepo	11E(Pumpkin/gourd, leaves, dried / Courge, feuilles sèches), FAO(760), 04_053	216
04_116	Pumpkin, leaves, fresh, boiled* (as part of a recipe)	Cucurbita pepo/Cucurbita maxima	calc. from / de 04_053	216
04_054	Pumpkin, leaves, fresh, boiled* (without salt), drained	Cucurbita pepo/Cucurbita maxima	calc. from / de 04_053	216
04_053	Pumpkin, leaves, fresh, raw	Cucurbita pepo/Cucurbita maxima	11E(Pumpkin/gourd, leaves, raw / Courge, feuilles, crues), CTA(218), IN17(C030), NG1185, SA10(4204), SA1003	216
04_115	Pumpkin, squash, light orange flesh, boiled* (as part of a recipe)	Cucurbita pepo	calc. from / de 04_051	216
04_052	Pumpkin, squash, light orange flesh, boiled* (without salt), drained	Cucurbita pepo	calc. from / de 04_051	216
04_051	Pumpkin, squash, light orange flesh, raw	Cucurbita pepo	2P(145), 11E(Pumpkin/gourd (marrow), fruit, ripened, yellow-dark / Courge, fruit, mûr, jaune foncée), CTA(161), d11BIO, IN17(D077), MA1018	216
07_124	Rabbit meat, boiled* (without salt), drained	Oryctolagus cuniculus	calc. from / de 07_007	312
07_062	Rabbit meat, grilled* (without salt or fat)	Oryctolagus cuniculus	calc. from / de 07_007	312
07_007	Rabbit meat, raw	Oryctolagus cuniculus	AU14(08B10064), IN17(O061; O062; O063)	312

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07_061	Rabbit meat, stewed* (as part of a recipe)	Oryctolagus cuniculus	calc. from / de 07_007	312
01_163	Rice cakes, fried in unfortified vegetable oil*		calc. from recipe / de recette	104
01_079	Rice flour, white	Oryza sativa	AU14(02A20106), US28(20061)	104
01_162	Rice with fish and vegetable curry (Burkina Faso)*		calc. from recipe / de recette	104
01_152	Rice, brown, boiled* (as part of a recipe)	Oryza sativa	calc. from / de 01_034	104
01_035	Rice, brown, boiled* (without salt), drained	Oryza sativa	calc. from / de 01_034	104
01_034	Rice, brown, raw	Oryza sativa	11E(Rice, brown, husked / Riz, brun ou décortiqué), IN17(A013), r008bio, US28(20040; 20036)	104
01_136	Rice, red native, hulled, boiled* (as part of a recipe)	Oryza glaberrima	calc. from / de 01_065	104
01_066	Rice, red native, hulled, boiled* (without salt), drained	Oryza glaberrima	calc. from / de 01_065	104
01_065	Rice, red native, hulled, raw	Oryza glaberrima	FAO(117), UK7(11-876)	104
01_137	Rice, red native, milled, boiled* (as part of a recipe)	Oryza glaberrima	calc. from / de 01_067	104
01_068	Rice, red native, milled, boiled* (without salt), drained	Oryza glaberrima	calc. from / de 01_067	104
01_067	Rice, red native, milled, raw	Oryza glaberrima	FAO(119), IN17(A015), US28(20450; 20452; 20444)	104
01_135	Rice, white, boiled* (as part of a recipe)	Oryza sativa	calc. from / de 01_037	108
01_038	Rice, white, boiled* (without salt), drained	Oryza sativa	calc. from / de 01_037	108
01_134	Rice, white, polished, boiled* (as part of a recipe)	Oryza sativa	calc. from / de 01_036	108
01_069	Rice, white, polished, boiled* (without salt), drained	Oryza sativa	calc. from / de 01_036	108
01_036	Rice, white, polished, raw	Oryza sativa	1M(372), 12B(003), FAO(111), GH2000, IN17(A015), SGS, US28(20450; 20452; 20444)	104
01_037	Rice, white, raw	Oryza sativa	1P(13), 2P(29), 12B(002), FAO(110), IN17(A015; A013), US28(20444; 20036), 01_036, 01_034	108
13_015	Salt		1G(WL), 1M(274), 16GH, US28(02047)	408
12_007	Sap, palm, fresh (0.3% v/v alcohol)		FAO(1579), IN17(K001), 12_006	396
09_037	Sardine, canned in oil, drained, with bones	Sardinella spp.	2P(260), AU14(05A10675), UK7(16-439), US28(15088)	340
09_087	Sardine, fillet, boiled* (as part of a recipe)	Sardinella spp.	calc. from / de 09_004	340
09_036	Sardine, fillet, grilled* (without salt or fat)	Sardinella spp.	calc. from / de 09_004	340
09_004	Sardine, fillet, raw	Sardinella spp.	1M(95), 2P(252; 246; 247), 3B(Sardinella / Sardinelle), 7B(Sardinella / Sardinelle), 11E(Sardine, fresh / Sardinelle, frais), ASEA(AAG263), FAO(1396), fi139BIO, fi140BIO, fi58BIO, GH1076, IN17(P071), UK7(16-401)	340
09_035	Sardine, fillet, steamed* (without salt)	Sardinella spp.	calc. from / de 09_004	340
07_063	Sausage, wiener (beef, pork, chicken) canned		2P(189; 190), US28(07083)	312
09_101	Sea snail/whelk, boiled* (as part of a recipe)	Family: Buccinidae	calc. from / de 09_056	340
09_056	Sea snail/whelk, flesh, raw	Family: Buccinidae	NG1094, UK7(16-268), US28(15177)	340
09_100	Sea snail/whelk, grilled* (without salt or fat)	Family: Buccinidae	calc. from / de 09_056	340

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09_099	Sea snail/whelk, steamed* (without salt)	Family: Buccinidae	calc. from / de 09_056	340
06_015	Sesame seed, whole, dried, raw	Sesame spp.	2P(115), 5B(Oriental sesame (seed, dry) / Sésame (graines sèches)), FAO(462), IN17(H009; H010; H011), NG1990, ph001, SGS	276
11_008	Shea butter, white	Butyrospermum parkii	1P(42), 2P(310), MEGNIA, US28(04536)	380
06_016	Shea nut, kernel, dried, raw	Vitellaria paradoxa	2P(116), CK2007, FAO(246), US28(04536), AU14:IN17:UK7:US28(average of nuts and seeds)	276
05_044	Shea, fruit, raw	Vitellaria paradoxa	1B(13548), 1M(248), 02FG, 4R, 15B, 34f	256
09_088	Shiny-nose, fillet, boiled* (as part of a recipe)	Polydactylus spp.	calc. from / de 09_038	344
09_040	Shiny-nose, fillet, grilled* (without salt or fat)	Polydactylus spp.	calc. from / de 09_038	344
09_038	Shiny-nose, fillet, raw	Polydactylus spp.	1G(AX), FAO(1417), fi155BIO, IN17(P033), IN17:UF1:US28(average of raw fish <5% fat)	344
09_039	Shiny-nose, fillet, steamed* (without salt)	Polydactylus spp.	calc. from / de 09_038	344
09_057	Shrimp (crayfish), whole, dried	Families: Palaemonidae/ Penaeidae	12E, GH2000, NG1094, NG1045, UF1(092004), UK7(16-249)	344
09_104	Shrimp, palaemonid, flesh, boiled* (as part of a recipe)	Family: Palaemonidae	calc. from / de 09_058	344
09_103	Shrimp, palaemonid, flesh, grilled* (without salt or fat)	Family: Palaemonidae	calc. from / de 09_058	344
09_058	Shrimp, palaemonid, flesh, raw	Family: Palaemonidae	2P(266), fi189BIO, IN17(S009), UF1(092004)	344
09_102	Shrimp, palaemonid, flesh, steamed* (without salt)	Family: Palaemonidae	calc. from / de 09_058	344
09_107	Shrimp, penaeid, flesh, boiled* (as part of a recipe)	Family: Penaeidae	calc. from / de 09_059	344
09_106	Shrimp, penaeid, flesh, grilled* (without salt or fat)	Family: Penaeidae	calc. from / de 09_059	344
09_059	Shrimp, penaeid, flesh, raw	Family: Penaeidae	11E(Shrimp, raw / Crevette, crue), fi189BIO, IN17(Q008), UF1(092027)	344
09_105	Shrimp, penaeid, flesh, steamed* (without salt)	Family: Penaeidae	calc. from / de 09_059	344
04_071	Sicklepod, leaves, dried	Senna tora/Senna obtusifolia	3B(Cassefetide, leaves, powder / Cassefetide feuilles en poudre), BF1023, IN17(average of all green leafy vegetables), 04_084	216
04_094	Sicklepod, leaves, fresh, boiled* (as part of a recipe)	Senna tora/Senna obtusifolia	calc. from / de 04_084	220
04_093	Sicklepod, leaves, fresh, boiled* (without salt), drained	Senna tora/Senna obtusifolia	calc. from / de 04_084	220
04_084	Sicklepod, leaves, fresh, raw	Senna tora/Senna obtusifolia	1G(BU), 3B(Cassefetide, fresh leaves / Cassefetide feuilles fraîches), BF1023, IN17(average of all green leafy vegetables), 04_071	216
14_006	Siikam zéédo (Burkina Faso)*: groundnut sauce with vegetables, fish and fermented African locust beans		calc. from recipe / de recette	420
14_028	Siné zindo (Burkina Faso)*: sesame sauce with fish and vegetables		calc. from recipe / de recette	420
07_084	Snail, cooked	Achatina spp.	F09(10099; 10008), NG1170, ph081, 07_083	316
07_083	Snail, raw	Achatina spp.	2P(199), F09(10008), FAO(1423), 07_084	312
05_019	Soapberry, fruit, raw	Lepisanthes senegalensis	1B(13517), 3B(Soapberry / Cerise du Sénégal), FAO(1031)	256



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FOOD CODE	FOOD NAME IN ENGLISH	SCIENTIFIC NAME	BIBLIOID	PAGE
01_072	Sorghum, flour, degermed	Sorghum bicolor	1M(374), IN17(A005), PH111, tu4AnFooD, US28(20650), 01_039	108
01_138	Sorghum, whole grains, boiled* (as part of a recipe)	Sorghum bicolor	calc. from / de 01_039	108
01_042	Sorghum, whole grains, boiled* (without salt), drained	Sorghum bicolor	calc. from / de 01_039	108
01_039	Sorghum, whole grains, raw	Sorghum bicolor	1E, 1P(12), 2E, 2P(1), 3B(Sorghum, whole seed / Sorgho graine entier), 4E(Sorghum, whole seed, raw / Sorgho (grain entier)), 12B(Sorghum, whole, white, uncooked / Sorgho, grain entier, variété blanc; Sorghum, whole, red, uncooked / Sorgho, grain entier, variété rouge), 22N, 23N, CTA(36), FAO(126; 127; 128; 129; 130; 143; 145; 148; 149; 150; 151; 152; 155; 156; 157; 158), IN17(A005), MA1018, PH111, SGS, US28(20648)	108
01_139	Sorghum, whole grains, red, boiled* (as part of a recipe)	Sorghum bicolor	calc. from / de 01_041	108
01_070	Sorghum, whole grains, red, boiled* (without salt), drained	Sorghum bicolor	calc. from / de 01_041	108
01_041	Sorghum, whole grains, red, raw	Sorghum bicolor	2E, 12B(Sorghum, whole, red, uncooked / Sorgho, grain, entier, variété rouge), FAO(127), IN17(A005), US28(20648), 01_039	108
01_140	Sorghum, whole grains, white, boiled* (as part of a recipe)	Sorghum bicolor	calc. from / de 01_040	108
01_071	Sorghum, whole grains, white, boiled* (without salt), drained	Sorghum bicolor	calc. from / de 01_040	108
01_040	Sorghum, whole grains, white, raw	Sorghum bicolor	2E, 12B(Sorghum, whole, white, uncooked / Sorgho, grain, entier, variété blanc), FAO(128), IN17(A005), PH111, SGS, US28(20648)	108
03_145	Soumma (Burkina Faso)*: bambara groundnuts boiled with potash		calc. from recipe / de recette	180
14_033	Soup from chicken, beer yeast, vegetables and fermented African locust beans (Burkina Faso)*		calc. from recipe / de recette	420
14_034	Soup with cabbage and vegetables (Burkina Faso)*		calc. from recipe / de recette	420
05_054	Soursop, fruit, raw	Annona spp.	2P(160), 13E, AU14(06D10496), IN17(E061), ph040, se2BIO	256
03_036	Soya bean, Anidaso variety, dry, raw (Ghana), n=1	Glycine max	7GH, IN17(B025), US28(16108), 03_008	184
03_040	Soya bean, combined varieties (Ghana), not soaked, boiled* (without salt), drained	Glycine max	calc. from / de 03_039	184
03_137	Soya bean, combined varieties (Ghana), soaked, boiled in different water* (without salt), drained	Glycine max	calc. from / de 03_039	184
03_039	Soya bean, combined varieties, dry, raw (Ghana)	Glycine max	7GH, IN17(B025), US28(16108), 03_008	184
03_008	Soya bean, dry, raw	Glycine max	1E, 2E, 2P(96), CTA(64), IN17(B025), US28(16108)	180
03_038	Soya bean, Jenguma variety, dry, raw (Ghana), n=1	Glycine max	7GH, IN17(B025), US28(16108), 03_008	184
03_034	Soya bean, not soaked, boiled* (without salt), drained	Glycine max	calc. from / de 03_008	184
03_037	Soya bean, Quarshie variety, dry, raw (Ghana), n=1	Glycine max	7GH, IN17(B025), US28(16108), 03_008	184
03_035	Soya bean, Salintuya-1 variety, dry, raw (Ghana), n=1	Glycine max	7GH, IN17(B025), US28(16108), 03_008	184
03_136	Soya bean, soaked, boiled in different water* (without salt), drained	Glycine max	calc. from / de 03_008	184
11_027	Soya oil, fortified with vitamin A, 1100–2400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	Glycine max	AU14(04C10099), FORT15, FORT17, FORT19, Ka2003, SGS, UK7(17-044), US28(04044)	380

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11_028	Soya oil, fortified with vitamin A, 600–1000 mcg/100g (Ghana, Nigeria, Sierra Leone)	Glycine max	AU14(04C10099), FORT07, FORT11, FORT16, FORT19, Ka2003, SGS, UK7(17-044), US28(04044)	384
11_009	Soya oil, unfortified	Glycine max	AU14(04C10099), Ka2003, SGS, UK7(17-044), US28(04044)	380
12_025	Soybean milk, fluid, from soybeans only, unfortified	Glycine max	19GH, AU14(13B20216), CH02(31401), GH1029	396
04_096	Spider plant, leaves, fresh, boiled* (as part of a recipe)	Cleome gynandra	calc. from / de 04_072	220
04_095	Spider plant, leaves, fresh, boiled* (without salt), drained	Cleome gynandra	calc. from / de 04_072	220
04_072	Spider plant, leaves, fresh, raw	Cleome gynandra	dp10BIO, IN17(average of all green leafy vegetables), KEN18(040029), SA10(4197), SA1003	220
04_118	Spinach, leaves, fresh, boiled* (as part of a recipe)	Spinacia oleracea	calc. from / de 04_057	220
04_058	Spinach, leaves, fresh, boiled* (without salt), drained	Spinacia oleracea	calc. from / de 04_057	220
04_057	Spinach, leaves, fresh, raw	Spinacia oleracea	AU14(13A11705), IN17(C033), SA10(4167)	220
07_096	Springbok meat, boiled* (without salt), drained	Antidorcas marsupialis	calc. from / de 07_066	316
07_097	Springbok meat, grilled* (without salt or fat)	Antidorcas marsupialis	calc. from / de 07_066	316
07_066	Springbok meat, raw	Antidorcas marsupialis	AU14(08B10079; 08B10081; 08B10083; 08B10085), SA1023, UK7(18-468), US28(17144)	316
07_098	Springbok meat, stewed* (as part of a recipe)	Antidorcas marsupialis	calc. from / de 07_066	316
13_002	Sugar, white		1E, 1G(US), 1P(80), 3B(Sugar / Sucre), 11E(Sugar / Sucre), SA10(3989), US28(19335)	408
13_027	Sugar, white, fortified with vitamin A (Nigeria)		1E, 1G(US), 1P(80), 3B(Sugar / Sucre), 11E(Sugar / Sucre), FORT18, SA10(3989), US28(19335)	408
11_034	Sunflower oil, fortified with vitamin A, 1100–2400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)	Helianthus annuus	AU14(04C10098), FORT15, FORT17, FORT19, UK7(17-045), US28(04506)	384
11_035	Sunflower oil, fortified with vitamin A, 600–1000 mcg/100g (Ghana, Nigeria, Sierra Leone)	Helianthus annuus	AU14(04C10098), FORT07, FORT11, FORT16, FORT19, UK7(17-045), US28(04506)	384
11_016	Sunflower oil, unfortified	Helianthus annuus	AU14(04C10098), UK7(17-045), US28(04506)	384
05_045	Sweet apple, fruit, raw	Annona squamosa	1B(13058), 2P(160; 161), AU14(06D10496), FAO(1046)	260
05_056	Sweet baobab paste (Burkina Faso)*		calc. from recipe / de recette	260
03_105	Sweet dattock, not soaked, boiled* (without salt), drained	Detarium microcarpum	calc. from / de 03_051	184
03_106	Sweet dattock, not soaked, boiled* (without salt), with cooking liquid	Detarium microcarpum	calc. from / de 03_051	184
03_107	Sweet dattock, soaked, boiled in different water* (without salt), drained	Detarium microcarpum	calc. from / de 03_051	184
03_108	Sweet dattock, soaked, boiled in different water* (without salt), with cooking liquid	Detarium microcarpum	calc. from / de 03_051	184
03_051	Sweet dattock, whole, raw	Detarium microcarpum	6N, IN17(B024), NG1210	184
02_083	Sweet potato, deep fried in unfortified vegetable oil*	Ipomoea batatas	calc. from recipe / de recette	140
02_070	Sweet potato, deep yellow flesh, boiled* (as part of a recipe)	Ipomoea spp.	calc. from / de 02_011	136
02_012	Sweet potato, deep yellow flesh, boiled* (without salt), drained	Ipomoea spp.	calc. from / de 02_011	136
02_011	Sweet potato, deep yellow flesh, raw	Ipomoea spp.	FAO(247), 02_022	136

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04_121	Sweet potato, leaves, fresh, boiled* (as part of a recipe)	<i>Ipomoea batatas</i>	calc. from / de 04_059	220
04_060	Sweet potato, leaves, fresh, boiled* (without salt), drained	<i>Ipomoea batatas</i>	calc. from / de 04_059	220
04_059	Sweet potato, leaves, fresh, raw	<i>Ipomoea batatas</i>	11E(Sweet potato, leaves / Feuilles de patate), CTA(222), GH1067, GN2014, SA10(4208), US28(11505)	220
02_073	Sweet potato, orange flesh, boiled* (as part of a recipe)	<i>Ipomoea batatas</i>	calc. from / de 02_049	140
02_072	Sweet potato, orange flesh, boiled* (without salt), drained	<i>Ipomoea batatas</i>	calc. from / de 02_049	140
02_049	Sweet potato, orange flesh, raw	<i>Ipomoea batatas</i>	AU14(13A11712), 07FG, IN17(F013), NG1128, SA1019, 02_022	136
02_069	Sweet potato, pale flesh (white/cream/pale yellow), boiled* (as part of a recipe)	<i>Ipomoea batatas</i>	calc. from / de 02_022	140
02_023	Sweet potato, pale flesh (white/cream/pale yellow), boiled* (without salt), drained	<i>Ipomoea batatas</i>	calc. from / de 02_022	140
02_022	Sweet potato, pale flesh (white/cream/pale yellow), raw	<i>Ipomoea batatas</i>	1P(30), 1T(89), 2P(53), 6B, 07FG, 11E(Sweet potato / Patate douce), 12B(105), 16V(52; 54), AU14(13A12015), CTA(47), MA1018, IN17(F014), NG1039, SA10(4184)	140
02_071	Sweet potato, yellow flesh, boiled* (as part of a recipe)	<i>Ipomea batatas</i>	calc. from / de 02_013	140
02_014	Sweet potato, yellow flesh, boiled* (without salt), drained	<i>Ipomea batatas</i>	calc. from / de 02_013	140
02_013	Sweet potato, yellow flesh, raw	<i>Ipomea batatas</i>	3B(Sweet potato / Patate douce), 4E(Sweet potato, yellow, raw / Patate douce jaune, crue), 11E(Sweet potato, root, raw, yellow / Patate douce, racine crue, jaune), CTA(49), IN17(F013), 02_022	140
13_021	Sweets, chocolate, milk		AU14(12C10406), FAO(1594), SA10(4003), UK7(17-491), US28(19902)	408
05_021	Tamarind, fruit, ripe, raw	<i>Tamarindus indica</i>	1B(13080), 3B(Tamarind, dried pulp / Tamarin sec pulpe), 11E(Tamarind, fruit, dried / Tamarin, fruit, sec), fr1BIO, fr14BIO, fr16BIO, fr19BIO, fr21BIO, fr50BIO, FAO(1048), CTA(234), IN17(E064)	260
05_020	Tamarind, immature fruit, raw	<i>Tamarindus indica</i>	1B(13079), 11E(Tamarind, fruit, raw / Tamarin, fruit, cru), 15B, FAO(1047), 05_021	260
04_062	Tamarind, leaves, dried	<i>Tamarindus indica</i>	IN17(average of all green leafy vegetables), NRD, 04_019	220
04_122	Tamarind, leaves, fresh, boiled* (as part of a recipe)	<i>Tamarindus indica</i>	calc. from / de 04_019	224
04_061	Tamarind, leaves, fresh, boiled* (without salt), drained	<i>Tamarindus indica</i>	calc. from / de 04_019	224
04_019	Tamarind, leaves, fresh, raw	<i>Tamarindus indica</i>	3B(Tamarind, fresh leaves / Tamarin feuilles fraiches), 4E(Tamarind, leaves, raw / Tamarin, feuilles crues), 9B, IN17(C034), UK7(13-855)	220
04_123	Taro, leaves, fresh, boiled* (as part of a recipe)	<i>Colocasia esculenta</i>	calc. from / de 04_020	224
04_063	Taro, leaves, fresh, boiled* (without salt), drained	<i>Colocasia esculenta</i>	calc. from / de 04_020	224
04_020	Taro, leaves, fresh, raw	<i>Colocasia esculenta</i>	4E(Taro, leaves, raw / Taro, feuilles crues), BF1071, IN17(C018), Ri1996, SA10(4088), US28(11520), ve27BIO, ve56BIO	224
02_074	Taro, tuber, white, boiled* (as part of a recipe)	<i>Colocasia esculenta</i>	calc. from / de 02_015	140
02_016	Taro, tuber, white, boiled* (without salt), drained	<i>Colocasia esculenta</i>	calc. from / de 02_015	140
02_015	Taro, tuber, white, raw	<i>Colocasia esculenta</i>	3GH, 11E(Taro, tuber, raw / Taro, tubercule crue), 22N, AU14(13A11740), IN17(F004), NG1016, PH104, US28(11518)	140
12_008	Tea, infusion		2B(18020), DK2(115), UK7(17-171), US28(14355)	396
01_186	Teff, whole grains, boiled* (as part of a recipe)	<i>Eragrostis tef</i>	calc. from / de 01_084	112
01_185	Teff, whole grains, boiled* (without salt), drained	<i>Eragrostis tef</i>	calc. from / de 01_184	112

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01_184	Teff, whole grains, raw	Eragrostis tef	KEN18(001041), US28(20142)	112
14_005	Téi kam zéédo (Burkina Faso)*: red palm oil sauce with fish and vegetables		calc. from recipe / de recette	420
14_024	Téi né maane zéindo (Burkina Faso)*: oil palm fruit sauce with okra powder, fish and vegetables		calc. from recipe / de recette	420
14_023	Téi zéindo (Burkina Faso)*: simple oil palm fruit sauce with fish and vegetables		calc. from recipe / de recette	420
07_082	Termite, dried, raw	Macrotermes spp.	16V(230), 18V, FAO(1191), i22BIO, i30BIO, i46BIO, i64BIO, NG1007, NG1022, NG1023, 07_081	316
07_081	Termite, fresh, raw	Various species	FAO(1190), i13BIO, i21BIO, i29BIO, i46BIO, i55BIO, i56BIO, 07_087	316
04_083	Thyme, dried	Brassica nigra	US28(02042; 02049)	224
02_075	Tiger nut, tuber, boiled* (as part of a recipe)	Cyperus esculentus L.	calc. from / de 02_024	144
02_025	Tiger nut, tuber, boiled* (without salt), drained	Cyperus esculentus L.	calc. from / de 02_024	144
02_026	Tiger nut, tuber, dried	Cyperus esculentus L.	2P(78), 3EB, FAO(258), 02_024	140
02_024	Tiger nut, tuber, raw	Cyperus esculentus L.	2P(77), 3EB, FAO(257), GH2000	140
09_089	Tilapia, fillet, boiled* (as part of a recipe)	Oreochromis spp./Tilapia spp.	calc. from / de 09_041	348
09_043	Tilapia, fillet, grilled* (without salt or fat)	Oreochromis spp./Tilapia spp.	calc. from / de 09_041	348
09_041	Tilapia, fillet, raw	Oreochromis spp./Tilapia spp.	fi139BIO, fi140BIO, IN17(P083), SGS, UF1(091001)	344
09_042	Tilapia, fillet, steamed* (without salt)	Oreochromis spp./Tilapia spp.	calc. from / de 09_041	348
14_020	Toeg koing zéédo (Burkina Faso)*: dried baobab leaf sauce with fish, vegetables and fermented African locust beans		calc. from recipe / de recette	420
14_022	Toeg maas zéédo (Burkina Faso)*: fresh baobab leaf sauce with fish, vegetables and fermented African locust beans		calc. from recipe / de recette	420
04_065	Tomato, canned, packed in juice		DK2(596), UK7(13-530), US28(11531)	224
04_066	Tomato, paste, concentrated, without salt		AU14(13A11743), MA1000, SA10(3974), US28(11546)	224
04_067	Tomato, powder		US28(11548)	224
04_124	Tomato, red, ripe, boiled* (as part of a recipe)	Solanum lycopersicum	calc. from / de 04_021	224
04_064	Tomato, red, ripe, boiled* (without salt), drained	Solanum lycopersicum	calc. from / de 04_021	224
04_021	Tomato, red, ripe, raw	Solanum lycopersicum	1E, 1G(VT; BG), 1P(46), 2P(149), 3B(Tomato, ripe, fresh / Tomate fraiche mûre), 3P(11), 4E(Tomato, ripe, raw / Tomate, mûre entière), 11E(Tomato, raw, ripened, whole / Tomate, crue, mûre, entière), 12B(373), 22N, CTA(201), GH1078, IN17(D076), SGS	224
09_111	Tuna, canned in oil, drained		AU14(05A10680), UK7(16-417), US28(15124)	348
09_110	Tuna, canned in water, drained		AU14(05A10678), SA10(3054), UK7(16-416), US28(15126)	348

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09_092	Tuna, fillet, boiled* (as part of a recipe)	Thunnus spp.	calc. from / de 09_005	348
09_091	Tuna, fillet, grilled* (without salt or fat)	Thunnus spp.	calc. from / de 09_005	348
09_005	Tuna, fillet, raw	Thunnus spp.	11E(Tuna, raw / Thon, cru), DK2(0904), FAO(1455), fi45AnFood, fi56BIO, fi91AnFood, fi117BIO, fi131BIO, fi152AnFood, fi153BIO, fi156BIO, fi195AnFood, IN17(P028), UK7(16-399), US28(15117; 15127)	348
09_090	Tuna, fillet, steamed* (without salt)	Thunnus spp.	calc. from / de 09_005	348
04_125	Turnip, boiled* (as part of a recipe)	Brassica rapa	calc. from / de 04_068	228
04_069	Turnip, boiled* (without salt), drained	Brassica rapa	calc. from / de 04_068	228
04_068	Turnip, raw	Brassica rapa	2B(20064), 3B(Turnip, peeled, raw / Navet, pelé, cru), 5B(Turnip / Navet), SEF(390), US28(11564)	228
13_026	Uda (Ethiopian pepper), fruit/seed, dried	Xylopia aethiopica	26N, Ar2012, NG1026, TM2005	412
11_030	Vegetable oil, fortified with vitamin A, 1100–2400 mcg/100g (Benin, Burkina Faso, Côte d'Ivoire, Guinea, Guinea-Bissau, Liberia, Mali, Niger, Senegal, Togo)		AU14(04C10095; 04C10092; 04C10098), FORT15, FORT17, FORT19, Ka2003, SA10(3486), UK7(17-033; 17-040; 17-045), US28(04518; 04042; 04506)	388
11_031	Vegetable oil, fortified with vitamin A, 600–1000 mcg/100g (Ghana, Nigeria, Sierra Leone)		AU14(04C10095; 04C10092; 04C10098), FORT07, FORT11, FORT16, FORT19, Ka2003, SA10(3486), UK7(17-033; 17-040; 17-045), US28(04518; 04042; 04506)	388
11_010	Vegetable oil, unfortified		AU14(04C10095; 04C10092; 04C10098), Ka2003, SA10(3486), UK7(17-033; 17-040; 17-045), US28(04518; 04042; 04506)	384
03_059	Velvet bean, dry, raw	Mucuna pruriens	GH2000, pu022, pu043	188
03_138	Velvet bean, not soaked, boiled* (without salt), drained	Mucuna pruriens	calc. from / de 03_059	188
03_139	Velvet bean, not soaked, boiled* (without salt), with cooking liquid	Mucuna pruriens	calc. from / de 03_059	188
03_140	Velvet bean, soaked, boiled in different water* (without salt), drained	Mucuna pruriens	calc. from / de 03_059	188
03_141	Velvet bean, soaked, boiled in different water* (without salt), with cooking liquid	Mucuna pruriens	calc. from / de 03_059	188
09_095	Venus clams, flesh, boiled* (as part of a recipe)	Family: Veneridae	calc. from / de 09_054	348
09_054	Venus clams, flesh, raw	Family: Veneridae	IN17(R002), UF1(093025)	348
09_094	Venus clams, flesh, steamed* (without salt)	Family: Veneridae	calc. from / de 09_054	348
04_126	Vernonia, leaves, bitter, fresh, boiled* (as part of a recipe)	Gymnanthemum amygdalinum	calc. from / de 04_022	228
04_070	Vernonia, leaves, bitter, fresh, boiled* (without salt), drained	Gymnanthemum amygdalinum	calc. from / de 04_022	228
04_022	Vernonia, leaves, bitter, fresh, raw	Gymnanthemum amygdalinum	1E, 10E, BF1023, BF1011, E2007, IN17(average of all green leafy vegetables), NG1018, NG1020, NG1160, NG1219, ph108, SA1003, ve8BIO, ve56BIO	228
04_128	Vernonia, leaves, sweet, fresh, boiled* (as part of a recipe)	Baccharoides calvoana subsp. calvoana	calc. from / de 04_079	228
04_127	Vernonia, leaves, sweet, fresh, boiled* (without salt), drained	Baccharoides calvoana subsp. calvoana	calc. from / de 04_079	228
04_079	Vernonia, leaves, sweet, fresh, raw	Baccharoides calvoana subsp. calvoana	E2007, IN17(average of all green leafy vegetables), NG1160	228

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13_003	Vinegar		3B, AU14(10F20098), SA10(4036), UK7(17-339), US28(02053)	412
12_022	Water with fresh lemon juice, sweetened*		Calc. from recipe / de recette	400
12_021	Water with fresh lemon juice, unsweetened*		Calc. from recipe / de recette	400
02_076	Water yam, tuber, boiled* (as part of a recipe)	Dioscorea alata	calc. from / de 02_017	144
02_018	Water yam, tuber, boiled* (without salt), drained	Dioscorea alata	calc. from / de 02_017	144
02_017	Water yam, tuber, raw	Dioscorea alata	1T(103), 2P(76), 3B(Yam / Dioscorea alata), 6N, 22N, IN17(F018), MA1018, US28(11601), 02_019	144
12_019	Water, tap		AU14(01B10311), 1G(WT), 1M(264), DK2(53), SA10(4042), US28(14411)	400
04_120	Waterleaf, leaves, fresh, boiled* (as part of a recipe)	Talinum fruticosum	calc. from / de 04_078	228
04_119	Waterleaf, leaves, fresh, boiled* (without salt), drained	Talinum fruticosum	calc. from / de 04_078	228
04_078	Waterleaf, leaves, fresh, raw	Talinum fruticosum	10E, BF1011, BF1071, GH1059, IN17(average of all green leafy vegetables), NG1018, NG1145, NG1159, ve32BIO, ve53BIO	228
05_022	Watermelon, fruit, raw	Citrullus lanatus	1P(52), 10E, 11E(Watermelon, fruit, raw / Pastèque, fruit, cru), FAO(1055), IN17(E065; E066), KEN18(005038), SA10(3576)	260
01_183	Weet-Bix (breakfast cereal), unfortified		AU14(02D10351)	112
01_169	Wèsn né souma (Burkina Faso)*: couscous from yellow maize with bambara groundnuts		calc. from recipe / de recette	112
01_085	Wheat flour, white, fortified with iron and folic acid (Cabo Verde)	Triticum spp.	1M(375), 2P(34), FORT19, FAO(173; 174; 175), IN17(A018), K2014, SA1020, SGS	112
01_089	Wheat flour, white, fortified with iron and vitamins A, B1, B2, B3 (Nigeria)	Triticum spp.	1M(375), 2P(34), FAO(173; 174; 175), FORT16, IN17(A018), K2014, SA1020, SGS	116
01_084	Wheat flour, white, fortified with iron, zinc, folic acid and vitamin B12 (Burkina Faso, Togo)	Triticum spp.	1M(375), 2P(34), FAO(173; 174; 175), FORT19, IN17(A018), K2014, SA1020, SGS	112
01_087	Wheat flour, white, fortified with iron, zinc, folic acid and vitamins A, B1, B2, B3, B12 (Ghana, Sierra Leone)	Triticum spp.	1M(375), 2P(34), FAO(173; 174; 175), FORT01, FORT11, FORT13, FORT19, IN17(A018), K2014, SA1020, SGS	116
01_086	Wheat flour, white, fortified with iron, zinc, folic acid and vitamins B1, B2, B3, B12 (Côte d'Ivoire, Mali, Niger, Senegal)	Triticum spp.	1M(375), 2P(34), FAO(173; 174; 175), FORT01, FORT13, IN17(A018), K2014, SA1020, SGS	116
01_090	Wheat flour, white, fortified with iron, zinc, folic acid and vitamins B1, B2, B3, B12 (Guinea)	Triticum spp.	1M(375), 2P(34), FAO(173; 174; 175), FORT01, FORT19, IN17(A018), K2014, SA1020, SGS	116
01_088	Wheat flour, white, fortified with iron, zinc, folic acid and vitamins B1, B2, B3, B12 (Liberia)	Triticum spp.	1M(375), 2P(34), FAO(173; 174; 175), FORT01, FORT19, IN17(A018), K2014, SA1020, SGS	116
01_083	Wheat flour, white, fortified with iron, zinc, folic acid and vitamins B1, B2, B3, B6, B12 (Benin)	Triticum spp.	1M(375), 2P(34), FAO(173; 174; 175), FORT20, IN17(A018), K2014, SA1020, SGS	112
01_043	Wheat flour, white, unfortified	Triticum spp.	1M(375), 2P(34), FAO(173; 174; 175), IN17(A018), K2014, SA1020, SGS	112
01_082	Wheat flour, wholemeal, unfortified	Triticum spp.	FAO(171; 172), IN17(A019), NG1125	116
01_073	Wheat, bran, raw	Triticum spp.	AU14(02A10355), UK7(11-906), US28(20077)	120
01_142	Wheat, whole grains, boiled* (as part of a recipe)	Triticum spp.	calc. from / de 01_074	120
01_141	Wheat, whole grains, boiled* (without salt), drained	Triticum spp.	calc. from / de 01_074	120
01_074	Wheat, whole grains, raw	Triticum spp.	22N, FAO(168; 169; 170), IN17(A020), SA1020, 1M(5), SGS	120
09_093	White grouper, fillet, boiled* (as part of a recipe)	Epinephelus spp.	calc. from / de 09_006	348

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FOOD CODE	FOOD NAME IN ENGLISH	SCIENTIFIC NAME	BIBLIOID	PAGE
09_047	White grouper, fillet, grilled* (without salt or fat)	Epinephelus spp.	calc. from / de 09_006	348
09_006	White grouper, fillet, raw	Epinephelus spp.	3B(White grouper / Merou Bronze), FAO(1412), fi104BIO, IN17(P015; P023; P042), US28(15031)	348
09_046	White grouper, fillet, steamed* (without salt)	Epinephelus spp.	calc. from / de 09_006	348
04_130	Wild spinach, leaves, fresh, boiled* (as part of a recipe)	Gnetum africanum	calc. from / de 04_080	232
04_129	Wild spinach, leaves, fresh, boiled* (without salt), drained	Gnetum africanum	calc. from / de 04_080	232
04_080	Wild spinach, leaves, fresh, raw	Gnetum africanum	EJ2011, IN17(average of all green leafy vegetables), NG1185, ve27BIO	228
02_029	Yam, tuber, Amara, raw (Nigeria), n=1	Dioscorea dumetorum	6N, IN17(F018), US28(11601), 02_019	144
02_030	Yam, tuber, Chika, kundu, raw (Nigeria), n=1	Dioscorea dumetorum	6N, IN17(F018), US28(11601), 02_019	144
02_078	Yam, tuber, combined cultivars (Nigeria), boiled* (as part of a recipe)	Dioscorea spp.	calc. from / de 02_034	148
02_035	Yam, tuber, combined cultivars (Nigeria), boiled* (without salt), drained	Dioscorea spp.	calc. from / de 02_034	148
02_034	Yam, tuber, combined cultivars, raw (Nigeria)	Dioscorea spp.	6N, IN17(F018), US28(11601), 02_019	148
02_082	Yam, tuber, deep fried in unfortified vegetable oil*		calc. from recipe / de recette	144
02_036	Yam, tuber, flour, from white yam tuber	Dioscorea spp.	CTA(43), BF1044, IN17(F018), NG1193, US28(11601), 02_019	144
02_033	Yam, tuber, Giwa, raw (Nigeria), n=1	Dioscorea dumetorum	6N, IN17(F018), US28(11601), 02_019	144
02_031	Yam, tuber, Isu Abuja, raw (Nigeria), n=1	Dioscorea spp.	6N, IN17(F018), US28(11601), 02_019	148
02_027	Yam, tuber, Isu akoko, raw (Nigeria), n=1	Dioscorea spp.	6N, IN17(F018), US28(11601), 02_019	144
02_028	Yam, tuber, Isu oko, raw (Nigeria), n=1	Dioscorea spp.	6N, IN17(F018), US28(11601), 02_019	144
02_077	Yam, tuber, pale, boiled* (as part of a recipe)	Dioscorea spp.	calc. from / de 02_019	144
02_020	Yam, tuber, pale, boiled* (without salt), drained	Dioscorea spp.	calc. from / de 02_019	144
02_019	Yam, tuber, pale, raw	Dioscorea spp.	1P(32), 2P(67), 3B(Yam / Dioscorea praeensis), 3P(5), 4E(Yam, white, raw / Ignam blanche crue), 6N, 12B(Yam, raw / Ignames, nouvelle récolte), 22N, CTA(44), IN17(F018), NG1111, NG1106, NG1212, US28(11601)	144
02_032	Yam, tuber, Pepa, raw (Nigeria), n=1	Dioscorea dumetorum	6N, IN17(F018), US28(11601), 02_019	148
02_080	Yam, tuber, three-leaved, pale, boiled* (as part of a recipe)	Dioscorea dumetorum	calc. from / de 02_050	148
02_079	Yam, tuber, three-leaved, pale, boiled* (without salt, drained)	Dioscorea dumetorum	calc. from / de 02_050	148
02_050	Yam, tuber, three-leaved, pale, raw	Dioscorea dumetorum	6N, 22N, dp10BIO, FAO(42), IN17(F018), NG1212, US28(11601)	148
14_010	Yassa sauce with lamb, onion and mustard (Burkina Faso)*		calc. from recipe / de recette	420
13_018	Yeast extract, Marmite		AU14(10F40017), DK2(1207), UK7(17-517)	412
13_017	Yeast, dried		AU14(10F30011), US28(18375)	412
10_026	Yoghurt, from reduced fat/skimmed cow's milk, sweetened/with fruit		2B(19609), SA1024, SA1029, SA10(2732; 2756), US28(01120), 10_001	364
10_025	Yoghurt, plain, from reduced fat/skimmed cow's milk		12R, SA10(2734), SA1024, UK7(12-379), US28(01117), 10_001	364
10_005	Yoghurt, plain, from whole cow's milk		3B(Yoghurt whole / Yaourt entier), 4E(Yoghurt, whole / Yaourt, entier), 12R, AU14(09C10093), IN17(L002), P2013, US28(01116), 10_025, 10_001	364

# ANNEX B: FOOD INDEX IN FRENCH

## ANNEXE B: INDEX DES ALIMENTS EN FRANÇAIS

CODE	NOM D'ALIMENT EN FRANÇAIS	NOM SCIENTIFIQUE	BIBLIOID	PAGE
03_044	Afzelia africana, égréné, grillé, moulu	Afzelia africana	24N	152
04_015	Ail, chair, cru	Allium sativum	11E(Garlic, bulb, raw / Ail, bulbe, crue), 25N, IN17(G010; G011), SA10(3935)	200
05_025	Akée, fruit, cru	Blighia sapida	12B(Ackee, fruit, raw / Blighia sapida, arille du fruit), 19N, FAO(497)	232
04_086	Amaranthe, feuilles, fraîches, bouillies* (ingrédient de recette)	Amaranthus spp.	calc. from / de 04_023	188
04_024	Amaranthe, feuilles, fraîches, bouillies* (sans sel), égouttées	Amaranthus spp.	calc. from / de 04_023	188
04_023	Amaranthe, feuilles, fraîches, crues	Amaranthus spp.	2P(117), 3B(Amaranth, thorny / Amarante épineuse), 3P(13), 4P, 10E, BF1023, CTA(207), dp10BIO, GH1059, IN17(C002), KEN18(004001), MA1018, NG1185, SA1002, SA1003, SGS, ve7BIO, ve27BIO, ve53BIO, ve56BIO, ve60BIO	188
05_018	Ananas, fruit, cru	Ananas comosus	1P(53), 2P(158), 3B(Pineapple, raw / Ananas frais), 4E(Pineapple, fruit, raw / Ananas, fruit cru), 11E(Pineapple, fruit, raw / Ananas, fruit, cru), 12B(410), 16V(143), 17fBIO, CTA(148), IN17(E053), SGS	256
09_012	Anchois à l'huile, en conserve, égoutté		AU14(05A10666), US28(15002)	324
09_062	Anchois, filet, bouilli* (ingrédient de recette)	Engraulis encrasicolus	calc. from / de 09_001	324
09_001	Anchois, filet, cru	Engraulis encrasicolus	2P(215), 5B(Anchovy), FAO(1219), fi45AnFOod, fi57BIO, fi73BIO, fi80BIO, fi173BIO, IN17(P003), US28(15001)	324
09_010	Anchois, filet, cuit à la vapeur* (sans sel)	Engraulis encrasicolus	calc. from / de 09_001	324
09_011	Anchois, filet, grillé* (sans sel ni graisse)	Engraulis encrasicolus	calc. from / de 09_001	324
13_004	Anis, graine	Pimpinella anisum	US28(02002)	400
06_023	Arachide, Chinoise, décortiquée, séchée, crue (Ghana), n=1	Arachis hypogaea	7GH, 06_010	268
06_010	Arachide, décortiquée, séchée, crue	Arachis hypogaea	1G(TA), 1P(35), 2E, 2P(87), 3B(Groundnut, dried, shelled / Arachide séchée décortiquée), 3P(7), 4V, 11E(Groundnut, seed, whole, husked, dry / Arachide, graines entières, décortiquées, séchées), 12B(201), 22N, ATREZO, AU14(11B10194), CTA(57), IN17(H012), NG1177, NG1040, NG1076, ph081, SGS, UK7(14-877), US28(16087)	272
06_025	Arachide, mélange de variétés, décortiquées, séchées, crues (Ghana)	Arachis hypogaea	7GH, 06_010	272
06_026	Arachide, pâte pure	Arachis hypogaea	2P(91), 11E(Groundnut paste / Pâte d'arachide), AU14(11B10223), FAO(331), IN17(H012), NG1177, US28(16397; 16398), 06_010	268
06_011	Arachide, rose, décortiquée, séchée, crue (Bénin)	Arachis hypogaea	2E, 06_010	272
06_012	Arachide, rouge, décortiquée, séchée, crue (Bénin)	Arachis hypogaea	2E, 06_010	272
06_021	Arachide, variété F-mix, décortiquée, séchée, crue (Ghana), n=1	Arachis hypogaea	7GH, 06_010	268
06_022	Arachide, variété JL 24, décortiquée, séchée, crue (Ghana), n=1	Arachis hypogaea	7GH, 06_010	268
06_024	Arachide, variété Manipintar, décortiquée, séchée, crue (Ghana), n=1	Arachis hypogaea	7GH, 06_010	272
06_020	Arachide, variété Sinkarzie, décortiquée, séchée, crue (Ghana), n=1	Arachis hypogaea	7GH, 06_010	272
05_005	Arbre à pain, fruit, cru	Artocarpus altilis	1E, 1T(196), 3E(Bread tree, fruit / Fruit à pain, bléfoutou), 16V(35), US28(09059)	240



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CODE	NOM D'ALIMENT EN FRANÇAIS	NOM SCIENTIFIQUE	BIBLIOID	PAGE
04_104	Aubergine indigène, fruit, bouilli* (ingrédient de recette)	Solanum macrocarpon	calc. from / de 04_074	208
04_103	Aubergine indigène, fruit, bouilli* (sans sel), égoutté	Solanum macrocarpon	calc. from / de 04_074	208
04_074	Aubergine indigène, fruit, cru	Solanum macrocarpon	2P(131), 10E, FAO(150), IN17(D010; D011; D012; D013; D014)	208
04_105	Aubergine, feuilles, fraîches, bouillies* (ingrédient de recette)	Solanum melongena	calc. from / de 04_013	196
04_035	Aubergine, feuilles, fraîches, bouillies* (sans sel), égouttées	Solanum melongena	calc. from / de 04_013	196
04_013	Aubergine, feuilles, fraîches, crues	Solanum melongena	2P(133), 4E(Eggplant/Gboma, leaves, raw / Gboma, feuilles crues), 10E, 11E(Eggplant, leaves, raw / Aubergine, feuilles crues), 34N, BF1023, BF1071, IN17(average of all green leafy vegetables)	196
04_102	Aubergine, fruit, bouilli* (ingrédient de recette)	Solanum melongena	calc. from / de 04_012	196
04_034	Aubergine, fruit, bouilli* (sans sel), égoutté	Solanum melongena	calc. from / de 04_012	196
04_012	Aubergine, fruit, cru	Solanum melongena	3B(Eggplant / Aubergine), 11E(Eggplant, raw / Aubergine, crue), CTA(149), IN17(D031), Ri1996, SA10(4098)	196
05_002	Avocat, fruit, cru	Persea americana	2P(150), 11E(Avocado, fruit, raw / Avocat, fruit cru), 12B(411), CTA(151), IN17(E007), KEN18(005003), SA10(3656), SGS, tu4AnFood	236
01_133	Avoine, bouillie* (sans sel)	Avena sativa	calc. from / de 01_101	88
01_101	Avoine, flocons, cru	Avena sativa	AU14(02A10349), SA10(3304), UK7(11-788), US28(08120)	88
14_021	Babenda-1 (Burkina Faso)*: sauce de feuilles vertes (amaranthe, tchénebdo et oseille de Guinée), poudre d'arachide, riz et oignon		calc. from recipe / de recette	412
14_030	Babenda-2 (Burkina Faso)*: sauce de feuilles vertes (amaranthe, oseille de Guinée et plante-araignée), riz et poudre d'arachide		calc. from recipe / de recette	412
01_172	Baling béinré (nord du Burkina Faso)*: bouillie de sorgho avec pain de singe, tamarin, eau, lait et sucre		calc. from recipe / de recette	60
01_173	Baling ni zièm béinré (Burkina Faso)*: bouillie de sorgho dégermé avec potasse, eau et sucre		calc. from recipe / de recette	60
02_093	Banakou né barâand kanss saagbo (Burkina Faso)*: foutou de manioc et banane plantain verte		calc. from recipe / de recette	120
02_091	Banakou né barâand moomd saagbo (Burkina Faso)*: foutou de manioc et banane plantain mûre		calc. from recipe / de recette	120
02_092	Banakou né kou saagbo (Burkina Faso)*: foutou d'igname et manioc		calc. from recipe / de recette	120
14_025	Banakou vand zéédo (Burkina Faso)*: sauce de feuilles de manioc avec poisson, légumes et huile de palme rouge		calc. from recipe / de recette	412
02_084	Banane plantain, frite dans l'huile végétale non enrichie*		calc. from recipe / de recette	128
02_058	Banane plantain, mûre, chair ivoire, bouillie* (ingrédient de recette)	Musa paradisiaca	calc. from / de 02_042	132
02_057	Banane plantain, mûre, chair ivoire, bouillie* (sans sel), égouttée	Musa paradisiaca	calc. from / de 02_042	132
02_042	Banane plantain, mûre, chair ivoire, crue	Musa paradisiaca	1P(25), 2P(57), 3P(4), 12B(Plantain, raw / Banane plantain), BF1001, IN17(D063), US28(09277)	132

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CODE	NOM D'ALIMENT EN FRANÇAIS	NOM SCIENTIFIQUE	BIBLIOID	PAGE
02_060	Banane plantain, mûre, chair orange, bouillie* (ingrédient de recette)	Musa spp.	calc. from / de 02_044	132
02_059	Banane plantain, mûre, chair orange, bouillie* (sans sel), égouttée	Musa spp.	calc. from / de 02_044	132
02_044	Banane plantain, mûre, chair orange, crue	Musa spp.	3P(4), IN17(D063), NC2009, 02_042	132
02_063	Banane plantain, verte, chair claire, bouillie* (ingrédient de recette)	Musa spp.	calc. from / de 02_045	136
02_062	Banane plantain, verte, chair claire, bouillie* (sans sel), égouttée	Musa spp.	calc. from / de 02_045	136
02_045	Banane plantain, verte, chair claire, crue	Musa spp.	2P(58), 16V(48), 11E(Plantain banana, green / Banane plantain, verte), BF1001, GH1037, NG1175, NG1114, NG1220, IN17(D063), KEN18(002004)	136
02_048	Banane plantain, verte, chair claire, farine	Musa spp.	d14BIO, NG1140, NG1162, 02_045	136
02_065	Banane plantain, verte, chair ivoire, bouillie* (ingrédient de recette)	Musa spp.	calc. from / de 02_046	132
02_064	Banane plantain, verte, chair ivoire, bouillie* (sans sel), égouttée	Musa spp.	calc. from / de 02_046	132
02_046	Banane plantain, verte, chair ivoire, crue	Musa spp.	NC2009, 02_045	132
02_067	Banane plantain, verte, chair orange, bouillie* (ingrédient de recette)	Musa spp.	calc. from / de 02_047	132
02_066	Banane plantain, verte, chair orange, bouillie* (sans sel), égouttée	Musa spp.	calc. from / de 02_047	132
02_047	Banane plantain, verte, chair orange, crue	Musa spp.	NC2009, 02_045	132
05_003	Banane, chair blanche, mûre, crue	Musa spp.	1P(54), 2P(151), 3B(Banana / Banana), 5B(Banana / Banane pulpe fraîche), 11E(Banana, ripened / Banane douce, mûre), dp13BIO, IN17(E012), tu4AnFood	236
05_028	Banane, chair jaune, mûre, crue	Musa spp.	1T(175), CTA(153), IN17(E012), SGS	240
05_048	Banane, chair, sucrée, non mûre (verte), crue	Musa spp.	05FG, 06FG, 11E(Banana, ripened / Banane douce, mûre), GH1039, IN17(D063), KEN18(002004), NG1068, NG1113, NG1209	236
04_087	Baobab, feuilles, fraîches, bouillies* (ingrédient de recette)	Adansonia digitata	calc. from / de 04_001	188
04_025	Baobab, feuilles, fraîches, bouillies* (sans sel), égouttées	Adansonia digitata	calc. from / de 04_001	188
04_001	Baobab, feuilles, fraîches, crues	Adansonia digitata	2P(119), 2G(256), 3B(Baobab tree, fresh leaves / Baobab feuilles fraîches), 6B, 10E, 23R, BF1023, FAO(517), IN17(average of all green leafy vegetables), 04_002	188
04_002	Baobab, feuilles, séchées	Adansonia digitata	1M(377), BF1023, IN17(average of all green leafy vegetables), 04_001	188
05_004	Baobab, fruit/pain de singe, cru	Adansonia digitata	1B(13508), 2G(VD), 3B(Monkey bread, pulp / Baobab, pain de singe pulpe), 9B, 12B(Baobab, flour, from fruit / Pain de singe, Baobab, farine du fruit), 15B, dp24BIO, FAO(866), fr1BIO, fr5BIO, fr14BIO, fr15BIO, fr16BIO, fr18BIO, fr19BIO, fr21BIO, fr22BIO, KEN18(005005), SGS	240
09_063	Barracuda, filet, bouilli* (ingrédient de recette)	Sphyræna spp.	calc. from / de 09_002	328
09_002	Barracuda, filet, cru	Sphyræna spp.	2P(219), FAO(1228), fi155BIO, IN17(P075), IN17:UF1:US28(average of raw fish <5% fat)	328
09_013	Barracuda, filet, cuit à la vapeur* (sans sel)	Sphyræna spp.	calc. from / de 09_002	328
09_014	Barracuda, filet, grillé* (sans sel ni graisse)	Sphyræna spp.	calc. from / de 09_002	328
09_064	Bayad, filet, bouilli* (ingrédient de recette)	Bagrus spp.	calc. from / de 09_015	328

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CODE	NOM D'ALIMENT EN FRANÇAIS	NOM SCIENTIFIQUE	BIBLIOID	PAGE
09_015	Bayad, filet, cru	Bagrus spp.	1M(116), FAO(1255), fi23BIO, fi28BIO, IN17(P018), UF1(091007)	328
09_016	Bayad, filet, cuit à la vapeur* (sans sel)	Bagrus spp.	calc. from / de 09_015	328
09_017	Bayad, filet, grillé* (sans sel ni graisse)	Bagrus spp.	calc. from / de 09_015	328
01_168	Beenkida (Burkina Faso)*: bouillie de maïs avec grumaux de maïs		calc. from recipe / de recette	60
03_144	Beng rougoudga (Burkina Faso)*: niébé et légumes, bouilli		calc. from recipe / de recette	160
03_148	Beng rougoudga né ki wesla (Burkina Faso)*: niébé avec couscous de mil à chandelle		calc. from recipe / de recette	160
03_149	Beng rougoudga né kmaan (Burkina Faso)*: niébé et maïs blanc dégermé, bouilli		calc. from recipe / de recette	160
03_150	Beng rougoudga né kui wesla (Burkina Faso)*: niébé et fonio, bouilli		calc. from recipe / de recette	160
03_151	Beng saagbo (Burkina Faso)*: tô (bouillie) de niébé avec farine de maïs et potasse		calc. from recipe / de recette	160
14_029	Bengedo (Burkina Faso)*: sauce de feuilles de niébé avec poisson, légumes, pâte d'arachide et néré fermenté (soumbala)		calc. from recipe / de recette	412
11_015	Beurre clarifié, de vache (ghee)		AU14(04A10077), UK7(17-640), US28(01003)	384
11_008	Beurre de karité, blanc	Butyrospermum parkii	1P(42), 2P(310), MEGNIA, US28(04536)	380
11_001	Beurre, de lait de vache, doux		1P(43), 11E(Butter / Beurre), 16V(199), AU14(04A10076), UK7(17-661), US28(04415)	368
11_011	Beurre, de lait de vache, salé		1P(43), 11E(Butter / Beurre), 16V(199), AU14(04A10074), UK7(17-685), US28(01001)	364
13_019	Bicarbonate de soude		US28(18372)	400
12_002	Bière, de maïs (env. 3% d'alcool)		FAO(1562), SA10(4039), US28(14003), 12_004	388
12_003	Bière, de mil (env. 3% d'alcool)		FAO(1564), GH1046, SA10(4039), 12_004	388
12_004	Bière, de sorgho (env. 3% d'alcool)		12B(Sorghum beer / Bière de sorgho filtré), FAO(1565), GH1046, SA10(4039), US28(14003)	388
12_020	Bière, européenne (>6% d'alcool)		AU14(01A10079), GH1063, SA10(4048), US28(14251; 14003)	388
12_001	Bière, européenne (4.6% d'alcool)		AU14(01A10082), SA10(4031), US28(14003)	388
01_188	Biscuit, sucré, nature, non enrichi		AU14(02C20287; 02C20364; 02C20286; 02C20314), SA10(3216; 3233; 3296), UK7(11-797; 11-796)	60
14_014	Bite zindo (Burkina Faso)*: sauce de feuilles d'oseille de Guinée avec poisson, néré fermenté (soumbala) et tomates		calc. from recipe / de recette	416
01_142	Blé, grains entiers, bouilli* (ingrédient de recette)	Triticum spp.	calc. from / de 01_074	120
01_141	Blé, grains entiers, bouilli* (sans sel), égoutté	Triticum spp.	calc. from / de 01_074	120
01_074	Blé, grains entiers, cru	Triticum spp.	22N, FAO(168; 169; 170), IN17(A020), SA1020, 1M(5), SGS	120
01_073	Blé, son, cru	Triticum spp.	AU14(02A10355), UK7(11-906), US28(20077)	120
14_015	Blouvank koèég zéédo (Burkina Faso)*: sauce de feuilles de corète potagère avec agneau, légumes, néré fermenté et huile de palme rouge		calc. from recipe / de recette	416
14_016	Blouvank zéédo (Burkina Faso)*: sauce de feuilles de corète potagère avec poisson, légumes et huile de palme rouge		calc. from recipe / de recette	416

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01_177	Boalboal (Burkina Faso)*: boulettes de mil avec poisson frit et légumes		calc. from recipe / de recette	60
07_025	Bœuf, corned beef, en conserve	Bos taurus	2P(177; 178; 179; 180; 181), AU14(08E30335), GH1034, US28(13348)	288
12_024	Boissons gazeuses (ex : coca-cola, sprite)		AU14(01B20508), US28(14148; 14145; 14150)	392
13_021	Bonbons au chocolat au lait		AU14(12C10406), FAO(1594), SA10(4003), UK7(17-491), US28(19902)	408
03_142	Bouillie de niébé, igname et potasse (Burkina Faso)*		calc. from recipe / de recette	180
01_105	Bouillie, épaisse, de farine de maïs blanc complète* (sans sel)	Zea mays	calc. from / de 01_057	100
01_113	Bouillie, épaisse, de farine de maïs blanc raffinée (spécial), enrichie en vitamine A (Nigéria)* (sans sel)	Zea mays	calc. from / de 01_092	100
01_111	Bouillie, épaisse, de farine de maïs blanc raffinée (spécial), non enrichie* (sans sel)	Zea mays	calc. from / de 01_058	100
01_116	Bouillie, épaisse, de farine de maïs blanc raffinée (super), enrichie en vitamine A (Nigéria)* (sans sel)	Zea mays	calc. from / de 01_093	100
01_114	Bouillie, épaisse, de farine de maïs blanc raffinée (super), non enrichie* (sans sel)	Zea mays	calc. from / de 01_081	100
01_109	Bouillie, épaisse, de farine de maïs blanc raffinée tamisée, enrichie en vitamine A (Nigéria)* (sans sel)	Zea mays	calc. from / de 01_091	100
01_107	Bouillie, épaisse, de farine de maïs blanc tamisée, non enrichie* (sans sel)	Zea mays	calc. from / de 01_080	100
01_121	Bouillie, épaisse, de farine de maïs jaune complète* (sans sel)	Zea mays	calc. from / de 01_054	100
01_076	Bouillie, épaisse, de gruau de maïs blanc dégermé* (sans sel)	Zea mays	calc. from / de 01_060	96
01_075	Bouillie, épaisse, de gruau de maïs jaune dégermé* (sans sel)	Zea mays	calc. from / de 01_055	100
01_106	Bouillie, liquide, de farine de maïs blanc complète* (sans sel)	Zea mays	calc. from / de 01_057	96
01_154	Bouillie, liquide, de farine de maïs blanc raffinée (spécial), enrichie en vitamine A (Nigéria)* (sans sel)	Zea mays	calc. from / de 01_092	96
01_112	Bouillie, liquide, de farine de maïs blanc raffinée (spécial), non enrichie* (sans sel)	Zea mays	calc. from / de 01_058	96
01_117	Bouillie, liquide, de farine de maïs blanc raffinée (super), enrichie en vitamine A (Nigéria)* (sans sel)	Zea mays	calc. from / de 01_093	96
01_115	Bouillie, liquide, de farine de maïs blanc raffinée (super), non enrichie* (sans sel)	Zea mays	calc. from / de 01_081	96
01_110	Bouillie, liquide, de farine de maïs blanc tamisée, enrichie en vitamine A (Nigéria)* (sans sel)	Zea mays	calc. from / de 01_091	96
01_108	Bouillie, liquide, de farine de maïs blanc tamisée, non enrichie* (sans sel)	Zea mays	calc. from / de 01_080	96
01_122	Bouillie, liquide, de farine de maïs jaune complète* (sans sel)	Zea mays	calc. from / de 01_054	96
01_061	Bouillie, liquide, de gruau de maïs blanc dégermé* (sans sel)	Zea mays	calc. from / de 01_060	96
01_056	Bouillie, liquide, de gruau de maïs jaune dégermé* (sans sel)	Zea mays	calc. from / de 01_055	96
01_143	Bouillie, tôte, de farine de maïs blanc complète* (sans sel)	Zea mays	calc. from / de 01_057	100

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01_147	Bouillie, tô, de farine de maïs blanc raffinée (spécial), enrichie en vitamine A (Nigéria)* (sans sel)	Zea mays	calc. from / de 01_092	100
01_146	Bouillie, tô, de farine de maïs blanc raffinée (spécial), non enrichie* (sans sel)	Zea mays	calc. from / de 01_058	100
01_149	Bouillie, tô, de farine de maïs blanc raffinée (super), enrichie en vitamine A (Nigéria)* (sans sel)	Zea mays	calc. from / de 01_093	100
01_148	Bouillie, tô, de farine de maïs blanc raffinée (super), non enrichie* (sans sel)	Zea mays	calc. from / de 01_081	100
01_144	Bouillie, tô, de farine de maïs blanc tamisée, enrichie en vitamine A (Nigéria)* (sans sel)	Zea mays	calc. from / de 01_080	100
01_145	Bouillie, tô, de farine de maïs blanc tamisée, non enrichie* (sans sel)	Zea mays	calc. from / de 01_091	100
01_166	Bouillie, tô, de farine de maïs et de manioc (Burkina Faso)*		calc. from recipe / de recette	100
01_151	Bouillie, tô, de farine de maïs jaune complète* (sans sel)	Zea mays	calc. from / de 01_054	104
02_095	Bouillie, tô, de gari et concentré de tomate (Burkina Faso)*		calc. from recipe / de recette	136
01_150	Bouillie, tô, de gruau de maïs blanc dégermé* (sans sel)	Zea mays	calc. from / de 01_060	100
01_155	Bouillie, tô, de gruau de maïs jaune dégermé* (sans sel)	Zea mays	calc. from / de 01_055	100
13_008	Bouillon-cube, bœuf, sec		AU14(10F60111), UK7(17-515), US28(06076)	404
03_154	Boussan touba (Burkina Faso)*: crêpes de niébé frites		calc. from recipe / de recette	160
12_005	Café, instantané, en poudre		2B(18005), AU14(01B10303), UK7(17-158), US28(14214)	392
12_009	Café, liquide		AU14(01B10301), DK2(117), SA10(4037), US28(14215)	392
13_007	Cannelle, moulue	Cinnamomum verum	US28(02010)	400
09_088	Capitaine de mer, filet, bouilli* (ingrédient de recette)	Polydactylus spp.	calc. from / de 09_038	344
09_038	Capitaine de mer, filet, cru	Polydactylus spp.	1G(AX), FAO(1417), fi155BIO, IN17(P033), IN17:UF1:US28(average of raw fish <5% fat)	344
09_039	Capitaine de mer, filet, cuit à la vapeur* (sans sel)	Polydactylus spp.	calc. from / de 09_038	344
09_040	Capitaine de mer, filet, grillé* (sans sel ni graisse)	Polydactylus spp.	calc. from / de 09_038	344
05_050	Carambole (fruit-étoile), cru	Averrhoa carambola	IN17(E062), US28(09060)	240
04_091	Carotte, bouillie* (ingrédient de recette)	Daucus carota	calc. from / de 04_006	192
04_007	Carotte, bouillie* (sans sel), égouttée	Daucus carota	calc. from / de 04_006	192
04_006	Carotte, crue	Daucus carota	1E, 2P(124), 3B(Carrot / Carotte), 4E(Carrot, raw / Carotte, crue), 10E, 11E(Carrot, root, raw / Carotte, racine, crue), CTA(154), IN17(F002), SGS	192
09_061	Carpe d'Afrique, filet, bouilli* (ingrédient de recette)	Labeo spp.	calc. from / de 09_007	324
09_007	Carpe d'Afrique, filet, cru	Labeo spp.	1M(85), FAO(1252), fi69BIO, fi75BIO, fi98AnFood, fi155BIO, fi199BIO, fi367BIO, IN17(S006; P078), IN17:UF1:US28(average of raw fish <5% fat), UK7(16-172), US28(15008)	324
09_008	Carpe d'Afrique, filet, cuit à la vapeur* (sans sel)	Labeo spp.	calc. from / de 09_007	324

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09_009	Carpe d'Afrique, filet, grillé* (sans sel ni graisse)	Labeo spp.	calc. from / de 09_007	324
09_065	Carpe, filet, bouilli* (ingrédient de recette)	Cyprinus carpio	calc. from / de 09_021	328
09_021	Carpe, filet, cru	Cyprinus carpio	11E(Carp, raw / Carpe, crue), FAO(1251), IN17(S006; P078), TH2014, US28(15008)	328
09_022	Carpe, filet, cuit à la vapeur* (sans sel)	Cyprinus carpio	calc. from / de 09_021	328
09_023	Carpe, filet, grillé* (sans sel ni graisse)	Cyprinus carpio	calc. from / de 09_021	328
04_094	Casse fétide, feuilles, fraîches, bouillies* (ingrédient de recette)	Senna tora/Senna obtusifolia	calc. from / de 04_084	220
04_093	Casse fétide, feuilles, fraîches, bouillies* (sans sel), égouttées	Senna tora/Senna obtusifolia	calc. from / de 04_084	220
04_084	Casse fétide, feuilles, fraîches, crues	Senna tora/Senna obtusifolia	1G(BU), 3B(Cassefetide, fresh leaves / Cassefetide feuilles fraîches), BF1023, IN17(average of all green leafy vegetables), 04_071	216
04_071	Casse fétide, feuilles, séchées	Senna tora/Senna obtusifolia	3B(Cassefetide leaves, powder / Cassefetide feuilles en poudre), BF1023, IN17(average of all green leafy vegetables), 04_084	216
07_129	Cervelle d'agneau, bouillie* (sans sel), égouttée	Ovis aries	calc. from / de 07_051	304
07_051	Cervelle d'agneau, crue	Ovis aries	IN17(O017), AU14(08D10177)	300
07_130	Cervelle d'agneau, grillée* (sans sel ni graisse)	Ovis aries	calc. from / de 07_051	304
07_052	Cervelle d'agneau, mijotée* (ingrédient de recette)	Ovis aries	calc. from / de 07_051	304
07_026	Chenille de bambou, frite, salée	Omphisa fuscidentalis	THAI16(U18)	280
07_136	Chenille du mopane frite avec légumes (Burkina Faso)*		calc. from recipe / de recette	296
07_056	Chenille du mopane, en conserve	Gonimbrasia belina	SA10(4284)	308
09_109	Chinard à l'huile, en conserve, égoutté	Trachurus symmetricus	AU14(05A10680), US28(15048)	332
09_072	Chinard atlantique, sauvage, filet sans peau, bouilli* (ingrédient de recette)	Trachurus trachurus	calc. from / de 09_049	328
09_049	Chinard atlantique, sauvage, filet sans peau, cru	Trachurus trachurus	UF1(091059)	324
09_070	Chinard atlantique, sauvage, filet sans peau, cuit à la vapeur* (sans sel)	Trachurus trachurus	calc. from / de 09_049	328
09_071	Chinard atlantique, sauvage, filet sans peau, grillé* (sans sel ni graisse)	Trachurus trachurus	calc. from / de 09_049	328
04_097	Chou caraïbe, feuilles, fraîches, bouillies* (ingrédient de recette)	Xanthosoma sagittifolium	calc. from / de 04_009	192
04_029	Chou caraïbe, feuilles, fraîches, bouillies* (sans sel), égouttées	Xanthosoma sagittifolium	calc. from / de 04_009	192
04_009	Chou caraïbe, feuilles, fraîches, crues	Xanthosoma sagittifolium	1T(156), 2P(126), 3P(10), 4E(Cocoyam, leaves, raw / Macabo, yautia, feuilles crues), 4GH, BF1020, GH1011, GH1059, IN17(C018), US28(11520), ve56BIO	192
02_054	Chou caraïbe, tubercule, blanc, bouilli* (ingrédient de recette)	Xanthosoma sagittifolium	calc. from / de 02_005	128
02_006	Chou caraïbe, tubercule, blanc, bouilli* (sans sel), égoutté	Xanthosoma sagittifolium	calc. from / de 02_005	128

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02_005	Chou caraïbe, tubercule, blanc, cru	Xanthosoma sagittifolium	1P(31), 2P(52), 3GH, 4E(Cocoyam, raw / Macabo, yautia, cru), 6N, 12B(Taro, root, white, raw / Taro, racine, variété blanch), 18R, GH1074, NG1016, NG1212, US28(11991)	128
02_056	Chou caraïbe, tubercule, jaune, bouilli* (ingrédient de recette)	Xanthosoma sagittifolium	calc. from / de 02_043	128
02_055	Chou caraïbe, tubercule, jaune, bouilli* (sans sel), égoutté	Xanthosoma sagittifolium	calc. from / de 02_043	128
02_043	Chou caraïbe, tubercule, jaune, cru	Xanthosoma sagittifolium	NG1212, 02_005	128
04_090	Chou, blanc, bouilli* (ingrédient de recette)	Brassica oleracea var. capitata	calc. from / de 04_005	192
04_089	Chou, blanc, bouilli* (sans sel), égoutté	Brassica oleracea var. capitata	calc. from / de 04_005	192
04_005	Chou, blanc, cru	Brassica oleracea var. capitata	2P(123), 4E(Cabbage, raw / Choux commun cru), 11E(Cabbage, raw / Chou, cru), AU14(13A11685), GH1011, IN17(C015), KEN18(004007), MA1018	192
05_014	Citron, cru	Citrus limon	2B(13009), 2P(153), 4E(Lemon, fruit, raw / Citron, fruit cru), 11E(Lemon, fruit / Citron, fruit), 12B(403), 16V(138), AU14(06B10080), CTA(157), IN17(E033), KEN18(005015), SA10(3669)	248
04_116	Citrouille, feuilles, fraîches, bouillies* (ingrédient de recette)	Cucurbita pepo/Cucurbita maxima	calc. from / de 04_053	216
04_054	Citrouille, feuilles, fraîches, bouillies* (sans sel), égouttées	Cucurbita pepo/Cucurbita maxima	calc. from / de 04_053	216
04_053	Citrouille, feuilles, fraîches, crues	Cucurbita pepo/Cucurbita maxima	11E(Pumpkin/Gourd, leaves, raw / Courge, feuilles, crues), CTA(218), IN17(C030), NG1185, SA10(4204), SA1003	216
04_055	Citrouille, feuilles, séchées	Cucurbita pepo	11E(Pumpkin/Gourd, leaves, dried / Courge, feuilles sèches), FAO(760), 04_053	216
05_029	Clémentine, crue	Citrus clementina	IN17(E047), KEN18(005036), SA10(3558; 3560), US28(09433)	240
05_034	Cocktail de fruits au sirop, en conserve, non égoutté		SA10(3665), US28(09100)	244
04_066	Concentré de tomate, sans sel		AU14(13A11743), MA1000, SA10(3974), US28(11546)	224
04_032	Concombre, non pelé, cru	Cucumis sativus	1E, 2P(127), 11E(Cucumber, whole, raw / Concombre, entier, cru), CTA(159), IN17(D043), MA1018, US28(11205)	196
13_023	Confiture ou marmelade		AU14(12B10087; 12B10075), SA10(3985), UK7(17-073; 17-688; 17-078), US28(19303; 19297)	404
04_107	Corète potagère, feuilles, fraîches, bouillies* (ingrédient de recette)	Corchorus spp.	calc. from / de 04_038	204
04_039	Corète potagère, feuilles, fraîches, bouillies* (sans sel), égouttées	Corchorus spp.	calc. from / de 04_038	204
04_038	Corète potagère, feuilles, fraîches, crues	Corchorus spp.	2P(122), 4P, 10E, BF1023, BF1071, dp10BIO, FAO(676), GH1011, IN17(average of all green leafy vegetables), KEN18(004018), MA1018, SA1003, SGS, TK2004, ve8BIO, SA1003, ve53BIO, ve60BIO, US28(11231)	204
04_075	Corète potagère, feuilles, séchées	Corchorus spp.	1M(378), BF1023, 04_038	204
01_182	Cornflakes (céréales pour petit-déjeuner), non enrichis		AU14(02D10351)	64
05_054	Corossol, fruit, cru	Annona spp.	2P(160), 13E, AU14(06D10496), IN17(E061), ph040, se2BIO	256
02_086	Cou nin zindo (Burkina Faso)*: ragoût d'igname et légumes		calc. from recipe / de recette	128

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04_115	Courge, chair orange clair, bouillie* (ingrédient de recette)	Cucurbita pepo	calc. from / de 04_051	216
04_052	Courge, chair orange clair, bouillie* (sans sel), égouttée	Cucurbita pepo	calc. from / de 04_051	216
04_051	Courge, chair orange clair, crue	Cucurbita pepo	2P(145), 11E(Pumpkin/Gourd(marrow), fruit, ripened,yellow-dark / Courge, fruit, mûr, jaune foncée), CTA(161), d11BIO, IN17(D077), MA1018	216
09_098	Crabe, chair (corps et pinces), bouilli* (ingrédient de recette)	Callinectes spp.	calc. from / de 09_055	332
09_055	Crabe, chair (corps et pinces), cru	Callinectes spp.	2P(228), 3B(Fresh crab / Crabe fraise), IN17(Q002), UF1(092013), US28(15139)	332
09_096	Crabe, chair (corps et pinces), cuit à la vapeur* (sans sel)	Callinectes spp.	calc. from / de 09_055	332
09_097	Crabe, chair (corps et pinces), grillé* (sans sel ni graisse)	Callinectes spp.	calc. from / de 09_055	332
10_009	Crème, de lait de vache, env. 38% de mat. grasse		2B(19400), AU14(09A50042), SA1015, UK7(12-333), US28(01053)	356
10_010	Crème, de lait de vache, faible teneur en matière grasse (env. 18%)		AU14(09A50053), UK7(12-112), US28(01050)	356
09_057	Crevette, entière, séchée	Families: Palaemonidae/ Penaeidae	12E, GH2000, NG1094, NG1045, UF1(092004), UK7(16-249)	344
09_104	Crevette, palaemonidae, chair, bouillie* (ingrédient de recette)	Family: Palaemonidae	calc. from / de 09_058	344
09_058	Crevette, palaemonidae, chair, crue	Family: Palaemonidae	2P(266), fi189BIO, IN17(S009), UF1(092004)	344
09_102	Crevette, palaemonidae, chair, cuite à la vapeur* (sans sel)	Family: Palaemonidae	calc. from / de 09_058	344
09_103	Crevette, palaemonidae, chair, grillée* (sans sel ni graisse)	Family: Palaemonidae	calc. from / de 09_058	344
09_107	Crevette, penaeidae, chair, bouillie* (ingrédient de recette)	Family: Penaeidae	calc. from / de 09_059	344
09_059	Crevette, penaeidae, chair, crue	Family: Penaeidae	11E(Shrimp, raw / Crevette, crue), fi189BIO, IN17(Q008), UF1(092027)	344
09_105	Crevette, penaeidae, chair, cuite à la vapeur* (sans sel)	Family: Penaeidae	calc. from / de 09_059	344
09_106	Crevette, penaeidae, chair, grillée* (sans sel ni graisse)	Family: Penaeidae	calc. from / de 09_059	344
01_189	Croissant, nature, non enrichi		AU14(02E40103), SA10(3413), UK7(11-988)	64
13_009	Cumin, grains	Cuminum cyminum	IN17(G025), US28(02014)	404
13_022	Curry, en poudre		IN17(G033), UK7(13-876), US28(02015)	404
05_030	Date, molle, crue	Phoenix dactylifera	5FBIO, 32fBIO, dp12BIO, IN17(E017; E018), KEN18(005008), SA10(4245), UK7(14-083), 05_031	244
05_031	Date, séchée, crue	Phoenix dactylifera	5FBIO, 32fBIO, dp2BIO, dp12BIO, IN17(E017; E018), KEN18(005007), SA10(3543)	240
03_051	Détar sucré, entier, cru	Detarium microcarpum	6N, IN17(B024), NG1210	184
03_106	Détar sucré, non trempé, bouilli* (sans sel), avec liquide de cuisson	Detarium microcarpum	calc. from / de 03_051	184
03_105	Détar sucré, non trempé, bouilli* (sans sel), égoutté	Detarium microcarpum	calc. from / de 03_051	184
03_108	Détar sucré, trempé, bouilli dans différentes eaux* (sans sel), avec liquide de cuisson	Detarium microcarpum	calc. from / de 03_051	184
03_107	Détar sucré, trempé, bouilli dans différentes eaux* (sans sel), égoutté	Detarium microcarpum	calc. from / de 03_051	184
05_007	Détar, fruit, cru	Detarium senegalense	1B(13525), FAO(903), 05_031	244



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05_008	Détar, fruit, séché	Detarium senegalense	1B(13526), FAO(904), 05_031	244
12_022	Eau avec jus de citron frais, avec sucre ajouté*		Calc. from recipe / de recette	400
12_021	Eau avec jus de citron frais, sans sucre ajouté*		Calc. from recipe / de recette	400
12_023	Eau de coco	Cocos nucifera	1B(18011), 2P(104), AU14(11B10212), CTA(266), IN17(K002), US28(12119)	392
12_019	Eau du robinet		AU14(01B10311), 1G(WT), 1M(264), DK2(53), SA10(4042), US28(14411)	400
14_003	Éindo tomate ne ziim zéindo (Burkina Faso)*: sauce avec poisson, tomate et néré fermenté (soumbala)		calc. from recipe / de recette	416
04_130	Épinard sauvage, feuilles, fraîches, bouillies* (ingrédient de recette)	Gnetum africanum	calc. from / de 04_080	232
04_129	Épinard sauvage, feuilles, fraîches, bouillies* (sans sel), égouttées	Gnetum africanum	calc. from / de 04_080	232
04_080	Épinard sauvage, feuilles, fraîches, crues	Gnetum africanum	EJ2011, IN17(average of all green leafy vegetables), NG1185, ve27BIO	228
14_004	Épinard zéédo (Burkina Faso)*: sauce épinards avec poisson et légumes		calc. from recipe / de recette	416
04_118	Épinard, feuilles, fraîches, bouillies* (ingrédient de recette)	Spinacia oleracea	calc. from / de 04_057	220
04_058	Épinard, feuilles, fraîches, bouillies* (sans sel), égouttées	Spinacia oleracea	calc. from / de 04_057	220
04_057	Épinard, feuilles, fraîches, crues	Spinacia oleracea	AU14(13A11705), IN17(C033), SA10(4167)	220
09_101	Escargot de mer/bulot, bouilli* (ingrédient de recette)	Family: Buccinidae	calc. from / de 09_056	340
09_056	Escargot de mer/bulot, cru	Family: Buccinidae	NG1094, UK7(16-268), US28(15177)	340
09_099	Escargot de mer/bulot, cuit à la vapeur* (sans sel)	Family: Buccinidae	calc. from / de 09_056	340
09_100	Escargot de mer/bulot, grillé* (sans sel ni graisse)	Family: Buccinidae	calc. from / de 09_056	340
07_083	Escargot, cru	Achatina spp.	2P(199), F09(10008), FAO(1423), 07_084	312
07_084	Escargot, cuit	Achatina spp.	F09(10099; 10008), NG1170, ph081, 07_083	316
13_018	Extrait de levure, Marmite		AU14(10F40017), DK2(1207), UK7(17-517)	412
06_027	Farine d'arachide, non dégraissée	Arachis hypogaea	1M(371), AU14(11B10194), IN17(H012), tu3Anfood, tu4Anfood, UK7(14-877), US28(16087), 06_010, 06_026	268
06_028	Farine d'arachide, partiellement dégraissée	Arachis hypogaea	FAO(330), US28(16099; 06100), 06_010	268
01_085	Farine de blé, blanche, enrichie en fer et acide folique (Cabo Verde)	Triticum spp.	1M(375), 2P(34), FORT19, FAO(173; 174; 175), IN17(A018), K2014, SA1020, SGS	112
01_089	Farine de blé, blanche, enrichie en fer, et vitamines A, B1, B2, B3 (Nigéria)	Triticum spp.	1M(375), 2P(34), FAO(173; 174; 175), FORT16, IN17(A018), K2014, SA1020, SGS	116
01_084	Farine de blé, blanche, enrichie en fer, zinc, acide folique et vitamine B12 (Burkina Faso, Togo)	Triticum spp.	1M(375), 2P(34), FAO(173; 174; 175), FORT19, IN17(A018), K2014, SA1020, SGS	112
01_087	Farine de blé, blanche, enrichie en fer, zinc, acide folique et vitamines A, B1, B2, B3, B12 (Ghana, Sierra Leone)	Triticum spp.	1M(375), 2P(34), FAO(173; 174; 175), FORT01, FORT11, FORT13, FORT19, IN17(A018), K2014, SA1020, SGS	116
01_086	Farine de blé, blanche, enrichie en fer, zinc, acide folique et vitamines B1, B2, B3, B12 (Côte d'Ivoire, Mali, Niger, Sénégal)	Triticum spp.	1M(375), 2P(34), FAO(173; 174; 175), FORT01, FORT13, IN17(A018), K2014, SA1020, SGS	116

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01_090	Farine de blé, blanche, enrichie en fer, zinc, acide folique et vitamines B1, B2, B3, B12 (Guinée)	Triticum spp.	1M(375), 2P(34), FAO(173; 174; 175), FORT01, FORT19, IN17(A018), K2014, SA1020, SGS	116
01_088	Farine de blé, blanche, enrichie en fer, zinc, acide folique et vitamines B1, B2, B3, B12 (Libéria)	Triticum spp.	1M(375), 2P(34), FAO(173; 174; 175), FORT01, FORT19, IN17(A018), K2014, SA1020, SGS	116
01_083	Farine de blé, blanche, enrichie en fer, zinc, acide folique et vitamines B1, B2, B3, B6, B12 (Bénin)	Triticum spp.	1M(375), 2P(34), FAO(173; 174; 175), FORT20, IN17(A018), K2014, SA1020, SGS	112
01_043	Farine de blé, blanche, non enrichie	Triticum spp.	1M(375), 2P(34), FAO(173; 174; 175), IN17(A018), K2014, SA1020, SGS	112
01_082	Farine de blé, complète, non enrichie	Triticum spp.	FAO(171; 172), IN17(A019), NG1125	116
03_146	Faro avec œufs, niébé, potasse et légumes (Burkina Faso)*		calc. from recipe / de recette	168
04_106	Faux sésame, feuilles, fraîches, bouillies* (ingrédient de recette)	Ceratotheca sesamoides	calc. from / de 04_036	200
04_037	Faux sésame, feuilles, fraîches, bouillies* (sans sel), égouttées	Ceratotheca sesamoides	calc. from / de 04_036	200
04_036	Faux sésame, feuilles, fraîches, crues	Ceratotheca sesamoides	10E, 35N, FAO(631), IN17(average of all green leafy vegetables)	200
04_014	Faux sésame, feuilles, séchées	Ceratotheca sesamoides	2E, 2P(128), FAO(632), IN17(average of all green leafy vegetables), 04_036	196
04_120	Feuille d'eau, feuilles, fraîches, bouillies* (ingrédient de recette)	Talinum fruticosum	calc. from / de 04_078	228
04_119	Feuille d'eau, feuilles, fraîches, bouillies* (sans sel), égouttées	Talinum fruticosum	calc. from / de 04_078	228
04_078	Feuille d'eau, feuilles, fraîches, crues	Talinum fruticosum	10E, BF1011, BF1071, GH1059, IN17(average of all green leafy vegetables), NG1018, NG1145, NG1159, ve32BIO, ve53BIO	228
03_083	Fève, non trempée, bouillie* (sans sel), avec liquide de cuisson	Vicia faba	calc. from / de 03_024	160
03_025	Fève, non trempée, bouillie* (sans sel), égouttée	Vicia faba	calc. from / de 03_024	160
03_024	Fève, sèche, crue	Vicia faba	AU14:IN17(average of all beans), PH001, pu261, UP1(VIF001), US28(16052)	160
03_085	Fève, trempée, bouillie dans différentes eaux* (sans sel), avec liquide de cuisson	Vicia faba	calc. from / de 03_024	164
03_084	Fève, trempée, bouillie dans différentes eaux* (sans sel), égouttée	Vicia faba	calc. from / de 03_024	164
05_032	Figue, crue	Ficus carica	1B(13012), IN17(E020), SA10(3544)	244
05_033	Figue, sèche	Ficus carica	SA10(3557), UK7(14-095), US28(09094)	244
05_009	Figue, sycamore, crue	Ficus sycomorus	1B(166), 3B(Fig / Ficus), 10B, dp10BIO, FAO(919), fr3BIO, 05_032	244
07_054	Foie d'agneau, bouilli* (sans sel), égoutté	Ovis aries	calc. from / de 07_053	304
07_053	Foie d'agneau, cru	Ovis aries	11E(Sheep, liver / Mouton, foie), US28(17199)	304
07_131	Foie d'agneau, grillé* (sans sel ni graisse)	Ovis aries	calc. from / de 07_053	304
07_132	Foie d'agneau, mijoté* (ingrédient de recette)	Ovis aries	calc. from / de 07_053	304
07_018	Foie de bœuf, bouilli* (sans sel), égoutté	Bos taurus	calc. from / de 07_001	280
07_001	Foie de bœuf, cru	Bos taurus	2P(176), 3B(Beef liver / Foie de bœuf), 4E(Liver, cow / Foie de bœuf), 12B(521), IN17(O032), SA10(1296), SGS, US28(13325)	280

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07_088	Foie de bœuf, grillé* (sans sel ni graisse)	Bos taurus	calc. from / de 07_001	280
07_089	Foie de bœuf, mijoté* (ingrédient de recette)	Bos taurus	calc. from / de 07_001	280
07_108	Foie de poulet, bouilli* (sans sel), égoutté	Gallus gallus domesticus	calc. from / de 07_041	292
07_041	Foie de poulet, cru	Gallus gallus domesticus	AU14(08D10194), IN17(N005), UK7(18-411), US28(05027)	288
07_109	Foie de poulet, grillé* (sans sel ni graisse)	Gallus gallus domesticus	calc. from / de 07_041	292
07_042	Foie de poulet, mijoté* (ingrédient de recette)	Gallus gallus domesticus	calc. from / de 07_041	292
01_164	Fonio Jollof (Burkina Faso)*: fonio avec poisson et légumes		calc. from recipe / de recette	68
01_125	Fonio, blanc, grains entiers, bouilli* (ingrédient de recette)	Digitaria exilis	calc. from / de 01_001	68
01_003	Fonio, blanc, grains entiers, bouilli* (sans sel), égoutté	Digitaria exilis	calc. from / de 01_001	68
01_001	Fonio, blanc, grains entiers, cru	Digitaria exilis	3B(Fonio, whole seed, raw / Fonio grain entier), FAO(3), IN17(A010; A003; A016; A017), KEN18(001025), US28(20031), PH023, 01_002	68
01_126	Fonio, grains décortiqués (sans son), bouilli* (ingrédient de recette)	Digitaria exilis	calc. from / de 01_050	64
01_051	Fonio, grains décortiqués (sans son), bouilli* (sans sel), égoutté	Digitaria exilis	calc. from / de 01_050	64
01_128	Fonio, grains décortiqués (sans son), lavé (humide), bouilli* (ingrédient de recette)	Digitaria exilis	calc. from / de 01_078	68
01_127	Fonio, grains décortiqués (sans son), lavé (humide), bouilli* (sans sel), égoutté	Digitaria exilis	calc. from / de 01_078	68
01_078	Fonio, grains décortiqués (sans son), lavé (humide), cru	Digitaria exilis	IN17(A010; A003; A016; A017), KEN18(001025), PH023, US28(20031), 01_050, 01_001	64
01_050	Fonio, grains décortiqués (sans son), sec, cru	Digitaria exilis	1M(367), 6N, BF1044, FAO(4), IN17(A010; A003; A016; A017), KEN18(001025), NG1052, r002BIO, US28(20031), 01_001, 01_078	64
01_124	Fonio, noir, grains entiers, bouilli* (ingrédient de recette)	Digitaria iburua	calc. from / de 01_002	64
01_049	Fonio, noir, grains entiers, bouilli* (sans sel), égoutté	Digitaria iburua	calc. from / de 01_002	64
01_002	Fonio, noir, grains entiers, cru	Digitaria iburua	1M(12), FAO(1), IN17(A010; A003; A016; A017), KEN18(001025), US28(20031), 01_001	64
02_088	Foufou de bananes plantain mûres avec huile de palme rouge (Burkina Faso)*		calc. from recipe / de recette	128
02_089	Foufou de bananes plantain mûres et vertes avec huile de palme rouge (Burkina Faso)*		calc. from recipe / de recette	128
02_099	Foufou de bananes plantain vertes avec beurre de karité (Burkina Faso)*		calc. from recipe / de recette	128
02_096	Foufou de bananes plantain vertes avec huile de palme rouge (Burkina Faso)*		calc. from recipe / de recette	128
07_008	Fourmi, volante, séchée	Various species	SA10(4333), THAI16(U10; U6), 07_082	280
10_028	Fromage, blanc, frais, de lait de vache		16V(146), IN17(L003), NG1222, NG1223, UK7(12-495), 10_001	352
10_006	Fromage, cheddar, de lait de vache		AU14(09B10181), SA10(2722), UK7(12-346), US28(01009)	352
10_007	Fromage, de chèvre, à pâte dure		AU14(09B20079), UK7(12-357), US28(01156)	352
10_027	Fromage, fondu à tartiner, longue conservation (ex. vache-qui-rit)		F09(12310), UK7(12-540), US28(01048)	352

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10_008	Fromage, Gouda, de lait de vache		AU14(09B10174), SA10(2723), UK7(12-358), US28(01018)	352
06_031	Fruit de l'arbre à pain africain, graine sans coque, séchée	Treculia Africana	16V(30), AU14:IN17:UK7:US28(average of nuts and seeds), NG1096, NG1190, NG1224, OSABOR, UK7(14-895), US28(12001)	260
05_023	Fruit du palmier rônier, cru	Borassus aethiopum	3B(African fan palm / Ronier fruit), FAO(853), IN17(E048)	232
01_176	Fura saamdin (Burkina Faso)*: bouillie de mil à chandelle fermentée avec lait, eau et sucre		calc. from recipe / de recette	68
01_163	Galettes de riz, frites dans l'huile végétale non enrichie*		calc. from recipe / de recette	104
01_174	Gappal (Burkina Faso)*: bouillie de mil à chandelle avec lait et sucre		calc. from recipe / de recette	68
01_187	Gâteau, nature, non enrichi		AU14(02E10438; 02E10580; 02E10488; 02E10563), SA10(3291), UK7(11-833)	64
04_082	Gingembre, racine, crue	Zingiber officinale	IN17(G014), US28(11216)	200
13_011	Gingembre, racine, séchée	Zingiber officinale	FAO(1607), IN17(G014), UK7(13-832), US28(02021)	404
01_180	Gnon (Burkina Faso)*: boules de feuilles de niébé cuites à la vapeur, avec farine d'arachide, potasse et mil à chandelle		calc. from recipe / de recette	68
04_110	Gombo, feuilles, fraîches, bouillies* (ingrédient de recette)	Abelmoschus esculentus	calc. from / de 04_004	208
04_041	Gombo, feuilles, fraîches, bouillies* (sans sel), égouttées	Abelmoschus esculentus	calc. from / de 04_004	208
04_004	Gombo, feuilles, fraîches, crues	Abelmoschus esculentus	5B(Okra, lady's finger / Gombo), BF1023, BF1073, CTA(220), IN17(average of all green leafy vegetables), NG1185, ve53BIO	208
04_111	Gombo, fruit, frais, bouilli* (ingrédient de recette)	Abelmoschus esculentus	calc. from / de 04_017	212
04_042	Gombo, fruit, frais, bouilli* (sans sel), égoutté	Abelmoschus esculentus	calc. from / de 04_017	212
04_017	Gombo, fruit, frais, cru	Abelmoschus esculentus	1G(VX), 1P(48), 2P(138), 3B(Okra, raw / Gombo frais), 11E(Okra, raw / Gombo, cru), 22N, BF1023, IN17(D056), SA10(4139), tu3AnFood	208
04_077	Gombo, fruit, séché	Abelmoschus esculentus	1M(379), 2E, 2P(139), 3B(Okra, dried / Gombo sec), 11E(Okra, dry / Gombo, sec), BF1023, BF1073, NG1181, 04_017	208
03_152	Gonré-1 (Burkina Faso)*: pâte de niébé décortiqué et potasse, cuite à la vapeur		calc. from recipe / de recette	168
03_153	Gonré-2 (Burkina Faso)*: pâte de niébé non décortiqué et potasse, cuite à la vapeur		calc. from recipe / de recette	172
05_010	Goyave, fruit, crue	Psidium guajava	2P(152), 3B(Guava, fresh / Goyave fraise), 4E(Guava, fruit, raw / Goyave, fruit cru), 12B(415), 16V(140), CTA(172), d11BIO, IN17(E028; E029), ph040, SA10(3551)	248
06_039	Graine de sésame, séchée, crue	Sesamum radiatum	6N, 10N, 18N, IN17(H009; H010; H011), 06_015	260
06_037	Graines d'égousi/pistache africaine, petites et plates, séchées, crues	Cucumeropsis edulis	1P(37), 2P(99), 3P(9), 06_035	276
06_013	Graines d'égousi/pistache africaine, séchées, crues	Cucumeropsis edulis/ cucumeropsis manni	1P(37), 2P(99), 3P(9), FE2004, GH1062, MB2005, UK7(14-826), US28(12174; 12014)	276
06_030	Graines d'oseille de Guinée (datou), rouges, séchées, crues	Hibiscus sabdariffa	1M(236), 3B(Hibiscus seeds / Graine oseille de guinée), AU14:IN17:UK7:US28(average of nuts and seeds), FAO(470)	272
06_038	Graines de courge, séchées, crues	Curcubita spp.	30R, BF1050, FE2004, GH1062, MB2005, NG1120, NG1159, UK7(14-842), US28(12014), Yi2015	276

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06_009	Graines de faux sésame, séchées, crues	Ceratotherca sesamoides	2P(101), 35N, AU14:IN17:UK7:US28(average of nuts and seeds), FAO(410)	268
06_035	Graines de pastèque (citrullus spp.), séchées, crues	Citrullus spp.	6N, 2P(110), 11E(Watermelon, seed, husked / Pastèque, grain entier, séché, décortiqué), GH1062, NG1154, ph327, UK7(14-826), US28(12174; 12014)	272
06_036	Graines de pastèque, petites et allongées, séchées, crues	Citrullus spp.	2P(110), UK7(14-826), US28(12014)	276
02_076	Grande igname, tubercule, bouillie* (ingrédient de recette)	Dioscorea alata	calc. from / de 02_017	144
02_018	Grande igname, tubercule, bouillie* (sans sel), égouttée	Dioscorea alata	calc. from / de 02_017	144
02_017	Grande igname, tubercule, crue	Dioscorea alata	1T(103), 2P(76), 3B(Yams / Dioscorea alata), 6N, 22N, IN17(F018), MA1018, US28(11601), 02_019	144
05_041	Grenade, fruit, crue	Punica granatum	1B(13018), AU14(06D10494), CTA(173), IN17(E055)	256
03_147	Haricot bambara (Burkina Faso)*: pâte frite de niébé et gombo en poudre, avec œuf et oignon		calc. from recipe / de recette	168
03_079	Haricot blanc, non trempé, bouilli* (sans sel), avec liquide de cuisson	Phaseolus vulgaris	calc. from / de 03_022	160
03_023	Haricot blanc, non trempé, bouilli* (sans sel), égoutté	Phaseolus vulgaris	calc. from / de 03_022	160
03_022	Haricot blanc, sec, cru	Phaseolus vulgaris	1M(384), AU14(13A20122), DK2(568), SA10(3184), pu255, pu261, pu263, pu112, UP1(PHV005)	160
03_082	Haricot blanc, trempé, bouilli dans différentes eaux* (sans sel), avec liquide de cuisson	Phaseolus vulgaris	calc. from / de 03_022	160
03_081	Haricot blanc, trempé, bouilli dans différentes eaux* (sans sel), égoutté	Phaseolus vulgaris	calc. from / de 03_022	160
03_118	Haricot de Lima, non trempé, bouilli* (sans sel), avec liquide de cuisson	Phaseolus lunatus	calc. from / de 03_058	176
03_117	Haricot de Lima, non trempé, bouilli* (sans sel), égoutté	Phaseolus lunatus	calc. from / de 03_058	176
03_058	Haricot de Lima, sec, cru	Phaseolus lunatus	1N, 2P(94), 12B(Bean, lima, raw / Haricot (Phaseolus lunatus), graine), 22N, GH2000, pu043, pu069, pu120, pu123, pu130, pu272, UP1(PHL001)	176
03_120	Haricot de Lima, trempé, bouilli dans différentes eaux* (sans sel), avec liquide de cuisson	Phaseolus lunatus	calc. from / de 03_058	176
03_119	Haricot de Lima, trempé, bouilli dans différentes eaux* (sans sel), égoutté	Phaseolus lunatus	calc. from / de 03_058	176
03_114	Haricot de terre, non trempé, bouilli* (sans sel), avec liquide de cuisson	Macrotyloma geocarpum	calc. from / de 03_057	172
03_113	Haricot de terre, non trempé, bouilli* (sans sel), égoutté	Macrotyloma geocarpum	calc. from / de 03_057	172
03_057	Haricot de terre, sec, cru	Macrotyloma geocarpum	AU14:IN17:UP1(average of all beans), MA1018, NG1051, NG1058	172
03_116	Haricot de terre, trempé, bouilli dans différentes eaux* (sans sel), avec liquide de cuisson	Macrotyloma geocarpum	calc. from / de 03_057	172
03_115	Haricot de terre, trempé, bouilli dans différentes eaux* (sans sel), égoutté	Macrotyloma geocarpum	calc. from / de 03_057	172
03_060	Haricot igname, non trempé, bouilli* (sans sel), avec liquide de cuisson	Sphenostylis stenocarpa	calc. from / de 03_010	152
03_011	Haricot igname, non trempé, bouilli* (sans sel), égoutté	Sphenostylis stenocarpa	calc. from / de 03_010	152
03_010	Haricot igname, sec, cru	Sphenostylis stenocarpa	8GH, 15N, 22N, AU14:IN17:UP1(average of all beans), FAO(359), pu120, pu130, pu133	152

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03_062	Haricot igname, trempé, bouilli dans différentes eaux* (sans sel), avec liquide de cuisson	Sphenostylis stenocarpa	calc. from / de 03_010	152
03_061	Haricot igname, trempé, bouilli dans différentes eaux* (sans sel), égoutté	Sphenostylis stenocarpa	calc. from / de 03_010	152
03_139	Haricot velouté, non trempé, bouilli* (sans sel), avec liquide de cuisson	Mucuna pruriens	calc. from / de 03_059	188
03_138	Haricot velouté, non trempé, bouilli* (sans sel), égoutté	Mucuna pruriens	calc. from / de 03_059	188
03_059	Haricot velouté, sec, cru	Mucuna pruriens	GH2000, pu022, pu043	188
03_141	Haricot velouté, trempé, bouilli dans différentes eaux* (sans sel), avec liquide de cuisson	Mucuna pruriens	calc. from / de 03_059	188
03_140	Haricot velouté, trempé, bouilli dans différentes eaux* (sans sel), égoutté	Mucuna pruriens	calc. from / de 03_059	188
04_088	Haricot vert, bouilli* (ingrédient de recette)	Phaseolus vulgaris	calc. from / de 04_003	192
04_026	Haricot vert, bouilli* (sans sel), égoutté	Phaseolus vulgaris	calc. from / de 04_003	192
04_003	Haricot vert, cru	Phaseolus vulgaris	10E, 11E(Bean, green, bean / Haricot vert), 12B(395), CTA(69), IN17(D049), US28(11052)	192
03_052	Haricot-sabre, entier, sec, cru	Canavalia ensiformis	AU14:IN17:UP1 (average of all beans), pu039, pu043, pu046, pu048, pu084, pu136, pu272, THAI16(C104)	172
03_110	Haricot-sabre, non trempé, bouilli* (sans sel), avec liquide de cuisson	Canavalia ensiformis	calc. from / de 03_052	172
03_109	Haricot-sabre, non trempé, bouilli* (sans sel), égoutté	Canavalia ensiformis	calc. from / de 03_052	172
03_112	Haricot-sabre, trempé, bouilli dans différentes eaux* (sans sel), avec liquide de cuisson	Canavalia ensiformis	calc. from / de 03_052	172
03_111	Haricot-sabre, trempé, bouilli dans différentes eaux* (sans sel), égoutté	Canavalia ensiformis	calc. from / de 03_052	172
04_100	Hibiscus cannabinus, feuilles, fraîches, bouillies* (ingrédient de recette)	Hibiscus cannabinus	calc. from / de 04_073	200
04_099	Hibiscus cannabinus, feuilles, fraîches, bouillies* (sans sel), égouttées	Hibiscus cannabinus	calc. from / de 04_073	200
04_073	Hibiscus cannabinus, feuilles, fraîches, crues	Hibiscus cannabinus	2P(135), IN17(C022), TK2004	200
11_021	Huile d'arachide, enrichie en vitamine A, 1100–2400 mcg/100g (Bénin, Burkina Faso, Côte d'Ivoire, Guinée, Guinée-Bissau, Libéria, Mali, Niger, Sénégal, Togo)	Arachis hypogaea	1E, 1G(VK), 2B(17040), 2P(309), 4E(Groundnut oil / Huile d'arachide), 16V(200), AU14(04C10092), FORT15, FORT17, FORT19, UK7(17-040), US28(04042)	372
11_022	Huile d'arachide, enrichie en vitamine A, 600–1000 mcg/100g (Ghana, Nigéria, Sierra Leone)	Arachis hypogaea	1E, 1G(VK), 2B(17040), 2P(309), 4E(Groundnut oil / Huile d'arachide), 16V(200), AU14(04C10092), FORT07, FORT11, FORT16, FORT19, UK7(17-040), US28(04042)	376
11_003	Huile d'arachide, non enrichie	Arachis hypogaea	1E, 1G(VK), 2B(17040), 2P(309), 4E(Groundnut oil / Huile d'arachide), 16V(200), AU14(04C10092), UK7(17-040), US28(04042)	372
11_014	Huile d'olive	Olea europaea	AU14(04C10094), UK7(17-038), US28(04053)	384
11_017	Huile de coco, enrichie en vitamine A, 1100–2400 mcg/100g (Bénin, Burkina Faso, Côte d'Ivoire, Guinée, Guinée-Bissau, Libéria, Mali, Niger, Sénégal, Togo)	Cocos nucifera	1P(44), 2P(308), 4E(Coconut oil / Huile de coco), AU14(04C10100), FORT15, FORT17, FORT19, UK7(17-031), US28(04047)	368
11_018	Huile de coco, enrichie en vitamine A, 600–1000 mcg/100g (Ghana, Nigéria, Sierra Leone)	Cocos nucifera	1P(44), 2P(308), 4E(Coconut oil / Huile de coco), AU14(04C10100), FORT07, FORT11, FORT16, FORT19, UK7(17-031), US28(04047)	368
11_002	Huile de coco, non enrichie	Cocos nucifera	1P(44), 2P(308), 4E(Coconut oil / Huile de coco), AU14(04C10100), UK7(17-031), US28(04047)	368

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11_019	Huile de graine de coton, enrichie en vitamine A, 1100–2400 mcg/100g (Bénin, Burkina Faso, Côte d'Ivoire, Guinée, Guinée-Bissau, Libéria, Mali, Niger, Sénégal, Togo)	Gossypium spp.	FORT15, FORT17, FORT19, KA2003, UK7(17-034), US28(04502)	372
11_020	Huile de graine de coton, enrichie en vitamine A, 600–1000 mcg/100g (Ghana, Nigéria, Sierra Leone)	Gossypium spp.	FORT07, FORT11, FORT16, FORT19, KA2003, UK7(17-034), US28(04502)	372
11_005	Huile de graine de coton, jaune brun, non enrichie	Gossypium spp.	KA2003, UK7(17-034), US28(04502)	372
11_032	Huile de maïs, enrichie en vitamine A, 1100–2400 mcg/100g (Bénin, Burkina Faso, Côte d'Ivoire, Guinée, Guinée-Bissau, Libéria, Mali, Niger, Sénégal, Togo)	Zea mays	AU14(04C10095), FORT15, FORT17, FORT19, SGS, UK7(17-033), US28(04518)	372
11_033	Huile de maïs, enrichie en vitamine A, 600–1000 mcg/100g (Ghana, Nigéria, Sierra Leone)	Zea mays	AU14(04C10095), FORT07, FORT11, FORT16, FORT19, SGS, UK7(17-033), US28(04518)	368
11_013	Huile de maïs, non enrichie	Zea mays	AU14(04C10095), SGS, UK7(17-033), US28(04518)	368
11_025	Huile de noix de palme, enrichie en vitamine A, 1100–2400 mcg/100g (Bénin, Burkina Faso, Côte d'Ivoire, Guinée, Guinée-Bissau, Libéria, Mali, Niger, Sénégal, Togo)	Elaeis guineensis	1P(41), FORT15, FORT17, FORT19, NG1037, US28(04513; 04656)	376
11_026	Huile de noix de palme, enrichie en vitamine A, 600–1000 mcg/100g (Ghana, Nigéria, Sierra Leone)	Elaeis guineensis	1P(41), FORT07, FORT11, FORT16, FORT19, NG1037, US28(04513; 04656)	376
11_012	Huile de noix de palme, non enrichie	Elaeis guineensis	1P(41), NG1037, US28(04513; 04656)	376
11_023	Huile de palme, raffinée et décolorée, enrichie en vitamine A, 1100–2400 mcg/100g (Bénin, Burkina Faso, Côte d'Ivoire, Guinée, Guinée-Bissau, Libéria, Mali, Niger, Sénégal, Togo)	Elaeis guineensis	FORT15, FORT17, FORT19, Ka2003, UK7(17-039), US28(04055)	380
11_024	Huile de palme, raffinée et décolorée, enrichie en vitamine A, 600–1000 mcg/100g (Ghana, Nigéria, Sierra Leone)	Elaeis guineensis	FORT07, FORT11, FORT16, FORT19, Ka2003, UK7(17-039), US28(04055)	380
11_007	Huile de palme, raffinée et décolorée, non enrichie	Elaeis guineensis	Ka2003, UK7(17-039), US28(04055)	380
11_004	Huile de palme, rouge	Elaeis guineensis	1E, 1G(VH), 1M(253), 1P(40), 2P(311), 4E(Palm oil / Huile de palme), 16V(204), KA2003, UK7(17-039), US28(04055)	376
11_027	Huile de soja, enrichie en vitamine A, 1100–2400 mcg/100g (Bénin, Burkina Faso, Côte d'Ivoire, Guinée, Guinée-Bissau, Libéria, Mali, Niger, Sénégal, Togo)	Glycine max	AU14(04C10099), FORT15, FORT17, FORT19, Ka2003, SGS, UK7(17-044), US28(04044)	380
11_028	Huile de soja, enrichie en vitamine A, 600–1000 mcg/100g (Ghana, Nigéria, Sierra Leone)	Glycine max	AU14(04C10099), FORT07, FORT11, FORT16, FORT19, Ka2003, SGS, UK7(17-044), US28(04044)	384
11_009	Huile de soja, non enrichie	Glycine max	AU14(04C10099), Ka2003, SGS, UK7(17-044), US28(04044)	380
11_034	Huile de tournesol, enrichie en vitamine A, 1100–2400 mcg/100g (Bénin, Burkina Faso, Côte d'Ivoire, Guinée, Guinée-Bissau, Libéria, Mali, Niger, Sénégal, Togo)	Helianthus annuus	AU14(04C10098), FORT15, FORT17, FORT19, UK7(17-045), US28(04506)	384
11_035	Huile de tournesol, enrichie en vitamine A, 600–1000 mcg/100g (Ghana, Nigéria, Sierra Leone)	Helianthus annuus	AU14(04C10098), FORT07, FORT11, FORT16, FORT19, UK7(17-045), US28(04506)	384
11_016	Huile de tournesol, non enrichie	Helianthus annuus	AU14(04C10098), UK7(17-045), US28(04506)	384
11_030	Huile végétale, enrichie en vitamine A, 1100–2400 mcg/100g (Bénin, Burkina Faso, Côte d'Ivoire, Guinée, Guinée-Bissau, Libéria, Mali, Niger, Sénégal, Togo)		AU14(04C10095; 04C10092; 04C10098), FORT15, FORT17, FORT19, Ka2003, SA10(3486), UK7(17-033; 17-040; 17-045), US28(04518; 04042; 04506)	388
11_031	Huile végétale, enrichie en vitamine A, 600–1000 mcg/100g (Ghana, Nigéria, Sierra Leone)		AU14(04C10095; 04C10092; 04C10098), FORT07, FORT11, FORT16, FORT19, Ka2003, SA10(3486), UK7(17-033; 17-040; 17-045), US28(04518; 04042; 04506)	388

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11_010	Huile végétale, non enrichie		AU14(04C10095; 04C10092; 04C10098), Ka2003, SA10(3486), UK7(17-033; 17-040; 17-045), US28(04518; 04042; 04506)	384
02_080	Igname, tubercule, à trois feuilles, chair pâle, bouilli* (ingrédient de recette)	Dioscorea dumetorum	calc. from / de 02_050	148
02_079	Igname, tubercule, à trois feuilles, chair pâle, bouilli* (sans sel), égoutté	Dioscorea dumetorum	calc. from / de 02_050	148
02_050	Igname, tubercule, à trois feuilles, chair pâle, cru	Dioscorea dumetorum	6N, 22N, dp10BIO, FAO(42), IN17(F018), NG1212, US28(11601)	148
02_029	Igname, tubercule, Amara, cru (Nigéria), n=1	Dioscorea dumetorum	6N, IN17(F018), US28(11601), 02_019	144
02_036	Igname, tubercule, blanc, farine	Dioscorea spp.	CTA(43), BF1044, IN17(F018), NG1193, US28(11601), 02_019	144
02_077	Igname, tubercule, chair pâle, bouilli* (ingrédient de recette)	Dioscorea spp.	calc. from / de 02_019	144
02_020	Igname, tubercule, chair pâle, bouilli* (sans sel), égoutté	Dioscorea spp.	calc. from / de 02_019	144
02_019	Igname, tubercule, chair pâle, cru	Dioscorea spp.	1P(32), 2P(67), 3B(Yams / Dioscorea praehensis), 3P(5), 4E(Yam, white, raw / Ignam blanche crue), 6N, 12B(Yam, raw / Ignames, nouvelle récolte), 22N, CTA(44), IN17(F018), NG1111, NG1106, NG1212, US28(11601)	144
02_030	Igname, tubercule, Chika, kundu, cru (Nigéria), n=1	Dioscorea dumetorum	6N, IN17(F018), US28(11601), 02_019	144
02_078	Igname, tubercule, cultivars combinés (Nigéria), bouilli* (ingrédient de recette)	Dioscorea spp.	calc. from / de 02_034	148
02_035	Igname, tubercule, cultivars combinés (Nigéria), bouilli* (sans sel), égoutté	Dioscorea spp.	calc. from / de 02_034	148
02_034	Igname, tubercule, cultivars combinés, cru (Nigéria)	Dioscorea spp.	6N, IN17(F018), US28(11601), 02_019	148
02_082	Igname, tubercule, frit dans l'huile végétale non enrichie*		calc. from recipe / de recette	144
02_033	Igname, tubercule, Giwa, cru (Nigéria), n=1	Dioscorea dumetorum	6N, IN17(F018), US28(11601), 02_019	144
02_031	Igname, tubercule, Isu Abuja, cru (Nigéria), n=1	Dioscorea spp.	6N, IN17(F018), US28(11601), 02_019	148
02_027	Igname, tubercule, Isu akoko, cru (Nigéria), n=1	Dioscorea spp.	6N, IN17(F018), US28(11601), 02_019	144
02_028	Igname, tubercule, Isu oko, cru (Nigéria), n=1	Dioscorea spp.	6N, IN17(F018), US28(11601), 02_019	144
02_032	Igname, tubercule, Pepa, cru (Nigéria), n=1	Dioscorea dumetorum	6N, IN17(F018), US28(11601), 02_019	148
05_012	Jujube, cru	Ziziphus spp.	1B(13064), 3B(Jujube, fresh pulp / Jujube, frais), 15B, fr1BIO, fr3BIO, fr19BIO, fr21BIO, IN17(E068), US28(09146)	248
12_011	Jus d'orange, frais, sans sucre ajouté		1B(18013), SA10(3637)	396
12_010	Jus de citron, frais, sans sucre ajouté		1B(18007), IN17(E033)	392
12_013	Jus, en boîte ou en bouteille, sans sucre ajouté (ex: de pamplemousse)		AU14(01B30324), DK2(275)	392
12_012	Jus, en boîte ou en bouteille, sucre ajouté (ex: de pomme)		DK2(194), US28(09016)	392
01_165	Kaman péélég sagabo (Burkina Faso)*: bouillie épaisse de farine de maïs blanc dégermé		calc. from recipe / de recette	68
06_016	Karité, noix, séchée, crue	Vitellaria paradoxa	2P(116), CK2007, FAO(246), US28(04536), AU14:IN17:UK7:US28(average of nuts and seeds)	276
14_031	Katre nagouri vând koèng zéindo (Burkina Faso)*: sauce de feuilles sèches de casse fétide avec légumes, beurre de karité, pâte d'arachide et néré fermenté (soumbala)		calc. from recipe / de recette	416



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14_032	Katre nagouri vând maasse zéindo (Burkina Faso)*: sauce de feuilles de casse fétide fraîches avec légumes, beurre de karité, pâte d'arachide et néré fermenté (soumbala)		calc. from recipe / de recette	416
07_135	Kédjénou (Burkina Faso)*: poulet mijoté avec légumes		calc. from recipe / de recette	300
01_167	Ki béinré (nord du Burkina Faso)*: bouillie de mil à chandelle avec eau et sucre		calc. from recipe / de recette	68
01_171	Ki saagbo né zièm (Burkina Faso)*: tô (bouillie) de mil à chandelle et potasse		calc. from recipe / de recette	72
01_181	Kiou gonré (Burkina Faso)*: boules de fornio cuites à la vapeur, feuilles de niébé, farine d'arachide et potasse		calc. from recipe / de recette	72
01_170	Kiou saagbo né zièm (Burkina Faso)*: tô (bouillie) de fonio avec potasse et farine de maïs		calc. from recipe / de recette	72
01_178	Kôrkôrkô-dôro (Burkina Faso)*: tô (bouillie) de sorgho blanc et farine de maïs		calc. from recipe / de recette	72
02_094	Kou né barâand kanss saagbo (Burkina Faso)*: foutou d'igname et banane plantain verte		calc. from recipe / de recette	128
02_098	Kou né barâand moomd saagbo (Burkina Faso)*: foutou d'igname avec banane plantain mûre		calc. from recipe / de recette	128
02_090	Kou né kamoag fougou (Burkina Faso)*: fougou d'igname au beurre de karité		calc. from recipe / de recette	128
02_087	Kou né téhi kaam fougou (Burkina Faso)*: fougou d'igname avec huile de palme rouge		calc. from recipe / de recette	128
02_097	Kou saagbo (Burkina Faso)*: foutou d'igname		calc. from recipe / de recette	128
14_013	Koum péèleg zindo (Burkina Faso)*: sauce aubergine blanche avec agneau et légumes		calc. from recipe / de recette	416
14_011	Koum vând zéédo (Burkina Faso)*: sauce de feuilles d'aubergine sauvage avec poisson et légumes		calc. from recipe / de recette	416
14_007	Koum zindo (Burkina Faso)*: sauce aubergine avec poisson et légumes		calc. from recipe / de recette	416
12_025	Lait de soja, liquide, uniquement à base de graines de soja, non enrichi	Glycine max	19GH, AU14(13B20216), CH02(31401), GH1029	396
10_011	Lait infantile en poudre, 1er âge (3 mois), enrichi		SA10(2813), US28(03802)	356
10_012	Lait infantile en poudre, 2e âge (6 mois), enrichi		SA10(2809), US28(03913)	356
10_004	Lait maternel		1G(BM), 11E(Breastmilk / Lait maternel), UK7(12-536), US28(01107)	352
10_019	Lait maternel, colostrum		UK7(12-038; 12-536)	352
10_024	Lait, de brebis ou de chèvre, fermenté		3B(Curdled whole ewe milk / Lait caillé de brebis entier; Curdled whole goat milk / Lait caillé entier de chèvre), AU14(09A10187), UK7(12-328; 12-329), US28(01106; 01109), 10_003, 10_023	364
10_023	Lait, de brebis, frais		2B(19100), 3B(Whole fresh ewe milk / Lait frais de brebis entier), UK7(12-329), US28(01109)	364
10_018	Lait, de chamelle, frais	Camelus dromedarius	2m, 6m, 7m, 9m, 39m, SGS	356
10_003	Lait, de chèvre, frais	Capra aegagrus hircus	3B(Milk, goat, whole / Lait entier frais de chèvre), 136mBIO, 142mBIO, AU14(09A10187), CTA(128), SA1024, UK7(12-328), US28(01106)	364

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10_014	Lait, de vache, écrémé, 0.5% de mat. grasse	Bos taurus	4E(Milk, cow, liquid, skimmed / Lait d vache, liquide, écrémé), AU14(09A10188), SA10(2775), SA1024, UK7(12-307; 12-554), US28(01085), 10_001	360
10_016	Lait, de vache, en conserve, concentré		1P(70), 2P(288; 289; 290; 291), 3B(Evaporated milk / Lait concentré non sucré), AU14(09A20030), SA1024, UK7(12-522), US28(01096)	356
10_015	Lait, de vache, en conserve, condensé, sucré		2B(19027), 4E(Milk, cow, condensed, sweet / Lait de vache, condensé, sucré), AU14(09A20028), SA1015, UK7(12-520), US28(01095)	356
10_017	Lait, de vache, en poudre, écrémé, non enrichi		4E(Milk, cow, powder, skimmed / Lait de vache, en poudre, écrémé), AU14(09A30028), SA10(2720), SA1015, UK7(12-521), US28(01155)	360
10_002	Lait, de vache, en poudre, entier, non enrichi		4E(Milk, cow, powder, whole / Lait de vache, en poudre, entier), 11E(Milk, powder, whole / Laid en poudre entier), AU14(09A30026), SA10(2721), US28(01090)	360
10_029	Lait, de vache, entier, cru, 4.5% de mat. grasse	Bos taurus	1G(CF), 2P(284; 285), 3B(Milk, cow, fresh / Lait frais de vache), 4E(Milk, cow, liquid, whole / Lait frais entier), 7B(Milk, fresh, whole / Lait frais entier), 8R, 11E(Milk, cow, fresh / Laid de vache frais), 13R, CTA(132), IN17(L002), P2013, SA10(2718), 10_001	360
10_022	Lait, de vache, entier, fermenté		3B(Curdled whole cow milk / Lait caillé entier de vache), 11E(Cowmilk, curd / Lait caillé), 12R, AU14(09A10185), IN17(L002), SGS, SA10(2787), SA1012, UK7(12-320), US28(01211)	360
10_001	Lait, de vache, entier, pasteurisé ou stérilisé UHT, 3.5% de mat. grasse	Bos taurus	2P(287), IN17(L002), SA10(2718), SA1029, SGS, 10_029	360
10_013	Lait, de vache, partiellement écrémé, 1.5-2% de mat. grasse	Bos taurus	2B(19042; 19041), 3B(Semi-skimmed milk / Laid 1/2 écrémé en bouteille), SA10(2772), SA1024, SA1029, US28(01079), 10_001	360
04_040	Laitue, crue	Lactuca sativa	2P(137), 10E, CTA(200), IN17(C025), SA10(3723)	204
07_079	Larves, fraîches, crues	Various species	FAO(1096), i2BIO, i13BIO, i17BIO, i20BIO, i25BIO, i26BIO, i27BIO, i33BIO, i34BIO, i35BIO, i37BIO, i38BIO, i39BIO, i42BIO, i44BIO, i51BIO, i52BIO, i59BIO, i63BIO, i66BIO, i67BIO, i68BIO, THA116(U4)	308
04_081	Laurier, feuilles, séchées	Laurus nobilis	US28(02004)	188
04_133	Légumes-feuilles verts, non spécifiés, frais, bouillis* (ingrédient de recette)	Brassica nigra	calc. from / de 04_131	200
04_132	Légumes-feuilles verts, non spécifiés, frais, bouillis* (sans sel), égouttés	Brassica nigra	calc. from / de 04_131	200
04_131	Légumes-feuilles verts, non spécifiés, frais, crus	Brassica nigra	IN17(average of all green leafy vegetables)	200
03_086	Lentille, non trempée, bouillie* (sans sel), avec liquide de cuisson	Lens culinaris	calc. from / de 03_030	172
03_031	Lentille, non trempée, bouillie* (sans sel), égouttée	Lens culinaris	calc. from / de 03_030	172
03_030	Lentille, sèche, crue	Lens culinaris	IN17(B014), ph034, ph252, phy1, pu250, pu261, UP1(LEC001)	172
03_088	Lentille, trempée, bouillie dans différentes eaux* (sans sel), avec liquide de cuisson	Lens culinaris	calc. from / de 03_030	176
03_087	Lentille, trempée, bouillie dans différentes eaux* (sans sel), égouttée	Lens culinaris	calc. from / de 03_030	172
13_017	Levure, séchée		AU14(10F30011), US28(18375)	412
05_013	Liane à caoutchouc, fruit, crue	Landolphia spp.	1B(13550), 3B(Landolphia), 4R, 12_fru, dp10BIO, fr2BIO	248
05_011	Liane goïne, fruit, cru	Saba senegalensis	1B(13588), 3B(Gumvine, fruit / Landolphia senegalensis), 4R, 15B, FAO(940)	248

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14_018	Maân koèg zéindo-1 (Burkina Faso)*: sauce djoumlé (gombo séché) avec bœuf, légumes et huile de palme rouge		calc. from recipe / de recette	416
14_017	Maân koèg zéindo-2 (Burkina Faso)*: sauce gombo séché avec agneau, légumes et néré fermenté (soumbala)		calc. from recipe / de recette	416
14_019	Maân mâass zéindo (Burkina Faso)*: sauce gombo frais avec poisson, légumes, huile de palme rouge et néré fermenté (soumbala)		calc. from recipe / de recette	416
01_156	Macaroni Jollof (Burkina Faso)*: macaroni sauce tomate avec mouton		calc. from recipe / de recette	68
01_053	Macaroni, bouilli* (sans sel), égoutté		calc. from / de 01_052	72
01_052	Macaroni, séché, non enrichi		AU14(02A10358), UK7(11-716), US28(20120)	72
09_075	Mahi mahi, filet, bouilli* (ingrédient de recette)	Coryphaena hippurus	calc. from / de 09_050	336
09_050	Mahi mahi, filet, cru	Coryphaena hippurus	IN17(P053), US28(15023)	332
09_073	Mahi mahi, filet, cuit à la vapeur* (sans sel)	Coryphaena hippurus	calc. from / de 09_050	336
09_074	Mahi mahi, filet, grillé* (sans sel ni graisse)	Coryphaena hippurus	calc. from / de 09_050	336
01_057	Maïs, blanc, farine complète	Zea mays	1E, 2E, 3E(Maize, yellow, seed, dried / Grain de maïs jaune séché), 3P(1), 5N, 6N, 12B(004), 13V, 16V(2), 23N, FAO(42; 43; 44; 49), GH1032, GH2000, IN17(A006), NG1135, PH001, SA10(3271), SGS	80
01_092	Maïs, blanc, farine raffinée (spécial), enrichi en vitamine A (Nigéria)	Zea mays	FORT16, K2014, SA10(3270; 3271), SGS, SA1013	80
01_058	Maïs, blanc, farine raffinée (spécial), non enrichi	Zea mays	K2014, SA10(3270; 3271), SA1013, SGS	80
01_093	Maïs, blanc, farine raffinée (super), enrichie en vitamine A (Nigéria)	Zea mays	BF1052, BF1044, FORT16, SA10(3397; 3297), SA1013, tu4Anfood, 01_058	80
01_081	Maïs, blanc, farine raffinée (super), non enrichie	Zea mays	BF1044, BF1052, SA10(3397; 3297), SA1013, tu4Anfood, 01_058	80
01_091	Maïs, blanc, farine tamisée, enrichi en vitamine A (Nigéria)	Zea mays	FAO(52), FORT16, PH001, PH081, SA10(3398; 3271), SA1013, 01_004	76
01_080	Maïs, blanc, farine tamisée, non enrichi	Zea mays	FAO(52), PH001, PH081, SA10(3269; 3449), SA1013, 01_004	76
01_104	Maïs, blanc, grain entier, bouilli* (ingrédient de recette)	Zea mays	calc. from / de 01_004	80
01_005	Maïs, blanc, grain entier, bouilli* (sans sel), égoutté	Zea mays	calc. from / de 01_004	80
01_119	Maïs, blanc, grain entier, décortiqué, bouilli* (ingrédient de recette)	Zea mays	calc. from / de 01_094	84
01_118	Maïs, blanc, grain entier, décortiqué, bouilli* (sans sel), égoutté	Zea mays	calc. from / de 01_094	84
01_004	Maïs, blanc, grain entier, sec, cru	Zea mays	1E, 2E, 3E(Maize, yellow, seed, dried / Grain de maïs jaune séché), 3P(1), 5N, 6N, 12B(004), 13V, 16V(2), 23N, FAO(42; 43; 44; 49), GH1032, GH2000, IN17(A006), NG1135, PH001, SA10(3271), SGS	80
01_094	Maïs, blanc, grain entier, sec, décortiqué, cru	Zea mays	GH2000, 01_060	80
01_060	Maïs, blanc, gruau, dégermé, cru	Zea mays	1M(368), FAO(74), SA10(3274; 3451; 3297), SA1013, 01_058	76
01_100	Maïs, bouillie, fermentée (ogi), pure, de maïs blanc décortiqué, cuite	Zea mays	1V, 10V, GH2000, NG1191, 01_098	72
04_109	Maïs, grains, frais, bouilli* (ingrédient de recette)	Zea mays	calc. from / de 04_076	204
04_108	Maïs, grains, frais, bouilli* (sans sel), égoutté	Zea mays	calc. from / de 04_076	204

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04_076	Maïs, grains, frais, cru	Zea mays	4E(Maize, whole seeds, fresh, raw / Maïs, grains entiers, frais), CTA(23), IN17(A008), KEN18(001023), NG1012	204
01_054	Maïs, jaune, farine complète, non enrichie	Zea mays	1M(367), 2E, 3E(Maize, white, seed, dried / Grain de maïs blanc séché), 3P(1), 5N, 6N, 12B(004), 13V, 16V(2), 22N, 23N, FAO(43; 44; 42; 49), GH1032, IN17(A006), NG1135, PH001, SA10(3276), SGS, 01_004	84
01_120	Maïs, jaune, grain entier, bouilli* (ingrédient de recette)	Zea mays	calc. from / de 01_006	84
01_007	Maïs, jaune, grain entier, bouilli* (sans sel), égoutté	Zea mays	calc. from / de 01_006	84
01_006	Maïs, jaune, grain entier, sec, cru	Zea mays	1M(367), 2E, 3E(Maize, white, seed, dried / Grain de maïs blanc séché), 3P(1), 5N, 6N, 12B(004), 13V, 16V(2), 22N, 23N, FAO(43; 44; 42; 49), GH1032, IN17(A006), NG1135, PH001, SA10(3276), SGS, 01_004	84
01_055	Maïs, jaune, gruau, dégermé, cru	Zea mays	1M(367; 368), FAO(74), IN17(A006), SA10(1013; 3274; 3451; 3276), 01_006	84
01_123	Maïs, mélange de variétés, grain entier (Bénin), bouilli* (ingrédient de recette)	Zea mays	calc. from / de 01_014	76
01_062	Maïs, mélange de variétés, grain entier (Bénin), bouilli* (sans sel), égoutté	Zea mays	calc. from / de 01_014	76
01_014	Maïs, mélange de variétés, grain entier, sec, cru (Bénin)	Zea mays	5E, 01_004	76
01_099	Maïs, pâte, fermentée (kenkey) de maïs blanc complet, salée, cuite	Zea mays	1P(1), 2P(17; 18; 19; 20; 21), GH1068, GH2000, PH081, 01_098	72
01_098	Maïs, pâte, fermentée (tô), pure, de maïs blanc décortiqué, cuite	Zea mays	BF1023, GH2000	72
01_010	Maïs, variété DMR-ESR-W, grain entier, sec, cru (Bénin), n=1	Zea mays	5E, 01_004	76
01_009	Maïs, variété Gbaévé, grain entier, sec, cru (Bénin), n=1	Zea mays	5E, 01_004	72
01_013	Maïs, variété Gnonli, grain entier, sec, cru (Bénin), n=1	Zea mays	5E, 01_004	76
01_008	Maïs, variété Gougba, grain entier, sec, cru (Bénin), n=1	Zea mays	5E, 01_004	72
01_011	Maïs, variété POZA - RICA 7843 - SR, grain entier, sec, cru (Bénin), n=1	Zea mays	5E, 01_004	76
01_012	Maïs, variété TZPB-SR, grain entier, sec, cru (Bénin), n=1	Zea mays	5E, 01_004	76
05_036	Mangue, chair orange foncé, crue	Mangifera indica	1T(229), 03BR	252
05_015	Mangue, chair orange, mûre, crue	Mangifera indica	1E, 1G(MB), 1P(57), 2P(155), 3B(Mango / Mangue mure), 4E(Mango, ripe, fruit / Mangue mûre, fruit), 5R, 11E(Mango, fruit, ripened / Mangue, fruit mûr), 12B(417), 16V(141), CTA(180), d11BIO, IN17(E036; E037; E038; E039; E040; E041; E042), SA10(3556), tu4AnFood	252
05_037	Mangue, chair pâle, crue	Mangifera indica	1T(231), d11BIO	252
02_021	Manioc, doux, tubercule, chair blanche, séché	Manihot esculenta	FAO(224), NG1112, 02_001	120
02_004	Manioc, farine, de manioc blanc	Manihot esculenta	1P(28), 2P(47), 3B(Cassava, flour, dried / Farine manioc séchée), 3E(Cassava flour / Farine fine de manioc), 11E(Cassava, common, bitter, flour / Manioc amer commun, farine), 12E, 16V(39), GH2000, tu15BIO	124
02_038	Manioc, farine, de manioc blanc fermenté (alibo/elubo/lafun)	Manihot esculenta	1E, 3B(Cassava, flour, dried / Farine manioc séchée), 6GH, 16V(39), GH2000, PADONS, tu6BIO, tu2AnFood, tu22AnFood, tu11AnFood, 02_001	120
02_040	Manioc, farine, de manioc blanc fermenté (foufou sec)	Manihot esculenta	GH1064, NG1010, tu22AnFood, 02_038, 02_041	124
04_092	Manioc, feuilles, fraîches, bouillies* (ingrédient de recette)	Manihot esculenta	calc. from / de 04_008	192
04_028	Manioc, feuilles, fraîches, bouillies* (sans sel), égouttées	Manihot esculenta	calc. from / de 04_008	192

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04_008	Manioc, feuilles, fraîches, crues	Manihot esculenta	2P(125), 3B(Cassava, fresh leaves / Feuilles fraîches manioc), 4E(Cassava, manioc, leaves, raw / Feuilles de manioc, crues), 6B, 9B, 11E(Cassava leaves / Feuilles de manioc), 12B(300), BF1023, BF1073, CTA(221), IN17(average of all green leafy vegetables), NG1050, tu19Anfood, tu20AnFood, ve56Bio	192
02_041	Manioc, pâte fermentée de farine blanche de manioc (foufou humide)	Manihot esculenta	1V, 1P(21), 2P(42), 16V(38), BF1069, NG2014, NG1117, NG1081, PH081	120
02_039	Manioc, rapé, de manioc blanc fermenté, grillé sans huile (gari blanc)	Manihot esculenta	1P(29), 2P(46), 3E(Cassava flour / Gari), 4E(Gari), 11E(Cassava, flour, fermented, dried / Manioc, farine fermentée séchée (gari)), 12B(Gari), 16V(37), GH1066, GH2000, NG1035, NG1163, ph081, tu2AnFood, tu22AnFood, 02_038	124
02_051	Manioc, tubercule, chair blanche, bouilli* (ingrédient de recette)	Manihot esculenta	calc. from / de 02_001	124
02_003	Manioc, tubercule, chair blanche, bouilli* (sans sel), égoutté	Manihot esculenta	calc. from / de 02_001	124
02_001	Manioc, tubercule, chair blanche, cru	Manihot esculenta	1P(18), 1T(130), 2P(39), 3B(Cassava, fresh / Manioc fais), 4E(Cassava, bitter variety, raw / Manioc amer, cru), 6GH, 8E, 9B, 11E(Cassava, common bitter, root, raw / Manioc amer, commun, racine, crue), 12B(100), 16V(36), AU14(13A11691), BF1069, CTA(45), IN17(F015), MA1018, NG1081, tu2AnFood, tu6BIO	124
02_002	Manioc, tubercule, chair blanche, séché	Manihot esculenta	2P(41), 2E, 5GH, BF1069, FAO(224), NG1146, tu14AnFood, tu22AnFood, ph075, 02_001	124
02_053	Manioc, tubercule, chair jaune, bouilli* (ingrédient de recette)	Manihot esculenta	calc. from / de 02_037	124
02_052	Manioc, tubercule, chair jaune, bouilli* (sans sel), égoutté	Manihot esculenta	calc. from / de 02_037	124
02_037	Manioc, tubercule, chair jaune, cru	Manihot esculenta	AU14(13A11689), NG1117, tu8BIO, 02_001	124
09_069	Maquereau, filet, bouilli* (ingrédient de recette)	Scomberomorus spp.	calc. from / de 09_003	332
09_003	Maquereau, filet, cru	Scomberomorus spp.	1P(68), 2P(232), 16V(180), FAO(1345), IN17(P087), US28(15046)	332
09_024	Maquereau, filet, cuit à la vapeur* (sans sel)	Scomberomorus spp.	calc. from / de 09_003	332
09_025	Maquereau, filet, grillé* (sans sel ni graisse)	Scomberomorus spp.	calc. from / de 09_003	332
11_006	Margarine, enrichie en vitamine A		AU14(04B20079), FORT16, US28(04610)	376
11_029	Margarine, enrichie en vitamines A et D (Nigéria)		AU14(04B20079), FORT16, US28(04610)	376
05_039	Melon, cantaloup, chair orange, cru	Cucumis melo	IN17(E045), SA10(3541)	252
05_038	Melon, miellat, chair vert pâle, cru	Cucumis melo	IN17(E046), SA10(3575), US28(09184)	252
04_085	Menthe, feuilles, crues	Mentha spp.	IN17(G016), US28(02065)	208
09_093	Mérou blanc, filet, bouilli* (ingrédient de recette)	Epinephelus spp.	calc. from / de 09_006	348
09_006	Mérou blanc, filet, cru	Epinephelus spp.	3B(White grouper / Merou Bronze), FAO(1412), fi104BIO, IN17(P015; P023; P042), US28(15031)	348
09_046	Mérou blanc, filet, cuit à la vapeur* (sans sel)	Epinephelus spp.	calc. from / de 09_006	348
09_047	Mérou blanc, filet, grillé* (sans sel ni graisse)	Epinephelus spp.	calc. from / de 09_006	348
13_001	Miel		1E, 3B(Honey / Miel), US28(19296)	404
01_131	Mil à chandelle, décortiqué, bouilli* (ingrédient de recette)	Pennisetum glaucum	calc. from / de 01_095	92
01_130	Mil à chandelle, décortiqué, bouilli* (sans sel), égoutté	Pennisetum glaucum	calc. from / de 01_095	92
01_095	Mil à chandelle, décortiqué, cru	Pennisetum glaucum	GH2000, 01_063, 01_017	92

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01_063	Mil à chandelle, farine (sans son)	Pennisetum glaucum	1M(370), PH111, PH112, 01_017, 01_095	96
01_017	Mil à chandelle, grain entier (avec son), cru	Pennisetum glaucum	1E(Millet, seeds / Petit mil, grain), 1M(369), 2E, 2R, 3B(Millet, common, whole, Penospecies / Mil commune 'Penospecies' entier), 4E(Millet, whole seed, raw / Mil (grain entier)), 22N, 23N, FAO(78; 85), GH2000, MA1018, PH111, PH112, PH262, SGS, 01_063	96
01_129	Mil à chandelle, grain entier, bouilli* (ingrédient de recette)	Pennisetum glaucum	calc. from / de 01_017	96
01_033	Mil à chandelle, grain entier, bouilli* (sans sel), égoutté	Pennisetum glaucum	calc. from / de 01_017	96
01_132	Mil à chandelle, mélange de variétés, grains entiers, (Burkina Faso), bouilli* (ingrédient de recette)	Pennisetum glaucum	calc. from / de 01_032	92
01_064	Mil à chandelle, mélange de variétés, grains entiers, (Burkina Faso), bouilli* (sans sel), égoutté	Pennisetum glaucum	calc. from / de 01_032	92
01_032	Mil à chandelle, mélange de variétés, grains entiers, cru (Burkina Faso)	Pennisetum glaucum	PH262, 01_017	92
01_019	Mil à chandelle, variété IKMP 1, grain entier, cru (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	88
01_028	Mil à chandelle, variété IKMP 10, grain entier, cru (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	92
01_029	Mil à chandelle, variété IKMP 11, grain entier, cru (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	92
01_030	Mil à chandelle, variété IKMP 12, grain entier, cru (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	92
01_031	Mil à chandelle, variété IKMP 13, grain entier, cru (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	92
01_020	Mil à chandelle, variété IKMP 2, grain entier, cru (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	88
01_021	Mil à chandelle, variété IKMP 3, grain entier, cru (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	88
01_022	Mil à chandelle, variété IKMP 4, grain entier, cru (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	88
01_023	Mil à chandelle, variété IKMP 5, grain entier, cru (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	88
01_024	Mil à chandelle, variété IKMP 6, grain entier, cru (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	88
01_025	Mil à chandelle, variété IKMP 7, grain entier, cru (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	88
01_026	Mil à chandelle, variété IKMP 8, grain entier, cru (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	92
01_027	Mil à chandelle, variété IKMP 9, grain entier, cru (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	92
01_018	Mil à chandelle, variété IKMV 8201, grain entier, cru (Burkina Faso), n=1	Pennisetum glaucum	PH262, 01_017	88
01_102	Mil, bouillie, fermentée (hausa koko/ben saalga), pure, de mil complet, cuite	Pennisetum glaucum	2R, GH2000	84
01_097	Mil, pâte (tchobal/fura), pure, de mil décortiqué, cuite	Pennisetum glaucum	BF1018, GH2000	84
01_153	Mil, pâte (tô), pure, de mil complet, cuite	Pennisetum glaucum	BF1018, GH2000, 01_097	84
09_078	Mola carplet, petit poisson entier, vidé et écaillé, bouilli* (ingrédient de recette)	Amblypharyngodon mola	calc. from / de 09_051	336
09_051	Mola carplet, petit poisson entier, vidé et écaillé, cru	Amblypharyngodon mola	fi367BIO, IN17:UF1:US28(average of raw fish <5% fat)	336
09_076	Mola carplet, petit poisson entier, vidé et écaillé, cuit à la vapeur* (sans sel)	Amblypharyngodon mola	calc. from / de 09_051	336

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09_077	Mola carplet, petit poisson entier, vidé et écaillé, grillé* (sans sel ni graisse)	Amblypharyngodon mola	calc. from / de 09_051	336
05_052	Mombin/prune, fruit, cru	Spondias mombin	01BR, 1T(185), 02BR, 03FG, 28N, d8BIO	252
04_101	Moringa (ben oléifère), feuilles, fraîches, bouillies* (ingrédient de recette)	Moringa oleifera	calc. from / de 04_011	208
04_033	Moringa (ben oléifère), feuilles, fraîches, bouillies* (sans sel), égouttées	Moringa oleifera	calc. from / de 04_011	208
04_011	Moringa (ben oléifère), feuilles, fraîches, crues	Moringa oleifera	3B(Drumstick tree, fresh leaves / Neverday feuilles fraîches), 6B, 8B, 10E, BF1065, FAO(665), GH1059, IN17(C019), NG1187, UK7(13-236), US28(11222)	208
09_079	Mormiridé, filet, bouilli* (ingrédient de recette)	Mormyrus spp.	calc. from / de 09_026	336
09_026	Mormiridé, filet, cru	Mormyrus spp.	1M(103), FAO(1240; 1281), IN17:UF1:US28(average of raw fish <5% fat)	336
09_027	Mormiridé, filet, cuit à la vapeur* (sans sel)	Mormyrus spp.	calc. from / de 09_026	336
09_028	Mormiridé, filet, grillé* (sans sel ni graisse)	Mormyrus spp.	calc. from / de 09_026	336
09_068	Morue de l'Atlantique Nord-Est, filet, bouilli* (ingrédient de recette)	Gadus morhua	calc. from / de 09_048	324
09_048	Morue de l'Atlantique Nord-Est, filet, cru	Gadus morhua	UF1(091046), UK7(16-372), US28(15015)	324
09_066	Morue de l'Atlantique Nord-Est, filet, cuit à la vapeur* (sans sel)	Gadus morhua	calc. from / de 09_048	324
09_067	Morue de l'Atlantique Nord-Est, filet, grillé* (sans sel ni graisse)	Gadus morhua	calc. from / de 09_048	324
01_161	Moui béinré (Burkina Faso)*: bouillie de riz avec eau, lait et sucre		calc. from recipe / de recette	88
01_158	Moui naagdme (Burkina Faso)*: riz avec poisson et légumes		calc. from recipe / de recette	88
01_159	Moui nin kalogo (Burkina Faso)*: riz avec poisson, oignon et néré fermenté		calc. from recipe / de recette	88
13_012	Moutarde, en poudre	Brassica nigra	AU14(10E10095), IN17(H013), US28(02024)	408
13_013	Moutarde, préparée, jaune		AU14(10E10094), US28(02046)	404
09_085	Mulet, filet, bouilli* (ingrédient de recette)	Mugil cephalus	calc. from / de 09_052	336
09_052	Mulet, filet, cru	Mugil cephalus	3B(Mullet / Mulet), IN17(P039), US28(15055)	336
09_083	Mulet, filet, cuit à la vapeur* (sans sel)	Mugil cephalus	calc. from / de 09_052	336
09_084	Mulet, filet, grillé* (sans sel ni graisse)	Mugil cephalus	calc. from / de 09_052	336
04_125	Navet, bouilli* (ingrédient de recette)	Brassica rapa	calc. from / de 04_068	228
04_069	Navet, bouilli* (sans sel), égoutté	Brassica rapa	calc. from / de 04_068	228
04_068	Navet, cru	Brassica rapa	2B(20064), 3B(Turnip, peeled, raw / Navet, pelé, cru), 5B(Turnip / Navet), SEF(390), US28(11564)	228
14_009	Nayoungn vand zindo (Burkina Faso)*: sauce de feuilles de patate douce avec poisson, huile de palme rouge et légumes		calc. from recipe / de recette	420
12_014	Nectar de mangue, en conserve		US28(09436)	396
05_024	Néré, farine du fruit	Parkia biglobosa	1M(244), 7E, 9N, 11E(African locust bean, fruit, pulp, flour / Néré, farine de pulpe, sèche), 05_001	232

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03_042	Néré, fermenté (soumbala)	Parkia biglobosa	1E, 1M(380), 22N, 25N, fr49BIO, GH1025, GH2000	148
05_001	Néré, fruit, cru	Parkia biglobosa	2E, 3B(African locust bean, fresh pulp / Néré pulpe fraîche), FAO(854)	232
03_064	Néré, non trempé, bouilli* (sans sel), avec liquide de cuisson	Parkia biglobosa	calc. from / de 03_009	152
03_063	Néré, non trempé, bouilli* (sans sel), égoutté	Parkia biglobosa	calc. from / de 03_009	152
03_009	Néré, sec, cru	Parkia biglobosa	2P(79), 22N, FAO(276), IN17(B024), NG1049, ph313, ph349, 03_042	148
03_066	Néré, trempé, bouilli dans différentes eaux* (sans sel), avec liquide de cuisson	Parkia biglobosa	calc. from / de 03_009	152
03_065	Néré, trempé, bouilli dans différentes eaux* (sans sel), égoutté	Parkia biglobosa	calc. from / de 03_009	152
03_143	Niébé et riz, bouillis (Burkina Faso)*		calc. from recipe / de recette	168
03_098	Niébé, blanc, non trempé, bouilli* (sans sel), avec liquide de cuisson	Vigna unguiculata	calc. from / de 03_006	168
03_029	Niébé, blanc, non trempé, bouilli* (sans sel), égoutté	Vigna unguiculata	calc. from / de 03_006	168
03_006	Niébé, blanc, sec, cru	Vigna unguiculata	2E, 6N, 15N, IN17(B006), NG1184, pu208, pu217, pu222, 03_004	168
03_100	Niébé, blanc, trempé, bouilli dans différentes eaux* (sans sel), avec liquide de cuisson	Vigna unguiculata	calc. from / de 03_006	168
03_099	Niébé, blanc, trempé, bouilli dans différentes eaux* (sans sel), égoutté	Vigna unguiculata	calc. from / de 03_006	168
03_095	Niébé, brun, non trempé, bouilli* (sans sel), avec liquide de cuisson	Vigna unguiculata	calc. from / de 03_027	164
03_028	Niébé, brun, non trempé, bouilli* (sans sel), égoutté	Vigna unguiculata	calc. from / de 03_027	164
03_027	Niébé, brun, sec, cru	Vigna unguiculata	2GH, 6N, 15N, IN17(B005), NG1186, NG1157, pu217, pu222, ph135, phy57, 03_004	164
03_097	Niébé, brun, trempé, bouilli dans différentes eaux* (sans sel), avec liquide de cuisson	Vigna unguiculata	calc. from / de 03_027	168
03_096	Niébé, brun, trempé, bouilli dans différentes eaux* (sans sel), égoutté	Vigna unguiculata	calc. from / de 03_027	168
03_045	Niébé, décortiqué, cru	Vigna unguiculata	IN17(B010), pu158, pu188	168
03_102	Niébé, décortiqué, non trempé, bouilli* (sans sel), avec liquide de cuisson	Vigna unguiculata	calc. from / de 03_045	168
03_101	Niébé, décortiqué, non trempé, bouilli* (sans sel), égoutté	Vigna unguiculata	calc. from / de 03_045	168
03_104	Niébé, décortiqué, trempé, bouilli dans différentes eaux* (sans sel), avec liquide de cuisson	Vigna unguiculata	calc. from / de 03_045	168
03_103	Niébé, décortiqué, trempé, bouilli dans différentes eaux* (sans sel), égoutté	Vigna unguiculata	calc. from / de 03_045	168
04_098	Niébé, feuilles, fraîches, bouillies* (ingrédient de recette)	Vigna unguiculata	calc. from / de 04_010	196
04_030	Niébé, feuilles, fraîches, bouillies* (sans sel), égouttées	Vigna unguiculata	calc. from / de 04_010	196
04_010	Niébé, feuilles, fraîches, crues	Vigna unguiculata	3B(Cowpea, fresh leaves / Niebe feuilles fraîches), 9B, 10E, 11E(Cowpea, leaves, raw / Niébé, feuilles crues), BF1023, CTA(209), SA10(4198), SA1003, SGS, US28(11201)	196
04_031	Niébé, feuilles, séchées	Vigna unguiculata	3B(Cowpea, dried leaves / Niebe feuilles sèches), 11E(Cowpea, leaves, dry / Niébé, feuilles séchées), CTA(211), 04_010	196
03_092	Niébé, noir, non trempé, bouilli* (sans sel), avec liquide de cuisson	Vigna unguiculata	calc. from / de 03_005	164



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03_026	Niébé, noir, non trempé, bouilli* (sans sel), égoutté	Vigna unguiculata	calc. from / de 03_005	164
03_005	Niébé, noir, sec, cru	Vigna unguiculata	2E, 15N, IN17(B005), ph135, UP1(VUN001), 03_004	164
03_094	Niébé, noir, trempé, bouilli dans différentes eaux* (sans sel), avec liquide de cuisson	Vigna unguiculata	calc. from / de 03_005	164
03_093	Niébé, noir, trempé, bouilli dans différentes eaux* (sans sel), égoutté	Vigna unguiculata	calc. from / de 03_005	164
03_089	Niébé, non trempé, bouilli* (sans sel), avec liquide de cuisson	Vigna unguiculata	calc. from / de 03_004	164
03_007	Niébé, non trempé, bouilli* (sans sel), égoutté	Vigna unguiculata	calc. from / de 03_004	164
03_004	Niébé, sec, cru	Vigna unguiculata	1E, 1P(34), 2GH, 2E, 3B(Cowpea, fresh / Niébe frais ou trempé), 3P(6), 6N, 9B, 12B(205), 15N, CTA(68), IN17(B005), NG1157, NG1184, NG1186, pu208, pu213, pu215, pu217, pu218, pu222, pu236, ph135, ph252, phy57, UP1(VUN001)	164
03_091	Niébé, trempé, bouilli dans différentes eaux* (sans sel), avec liquide de cuisson	Vigna unguiculata	calc. from / de 03_004	164
03_090	Niébé, trempé, bouilli dans différentes eaux* (sans sel), égoutté	Vigna unguiculata	calc. from / de 03_004	164
06_001	Noix de cajou, crue	Anacardium occidentale	1E, 2B(15019), 11E(Cashew, nut, dry / Cajou, noix, séchée), IN17(H005), MA1018, NG1108, SEF(53), UK7(14-811), US28(12087)	264
06_002	Noix de coco, amande, mûre, fraîche, crue	Cocos nucifera	1B(15006), 1P(38), 2P(103), 12B(230), CTA(74), IN17(H007)	264
06_004	Noix de coco, amande, non mûre, fraîche, crue	Cocos nucifera	1B(15014), 2P(102), 16V(81), AU14(11B10213), IN17(H007), 06_002	264
06_005	Noix de coco, amande, séchée, crue	Cocos nucifera	11E(Coconut, almond, dried / Noix de coco, amande, sèche), IN17(H006), NG1138, US28(12108)	264
06_006	Noix de coco, lait, frais ou en conserve	Cocos nucifera	AU14(11B10217), US28(12117; 12118)	264
06_018	Noix de cola, fraîche, crue	Cola nitida	3B(Cola nut, raw / Cola), 15GH, FAO(395), GH2000, NG2002	268
06_019	Noix de cola, séchée, crue	Cola nitida	2P(107), FAO(396), 06_018	264
05_044	Noix de karité, crue	Vitellaria paradoxa	1B(13548), 1M(248), 02FG, 4R, 15B, 34f	256
13_020	Noix de muscade calebasse, graine, séchée	Monodora myristica	Ar2012, NG1026, NG1072	400
06_029	Noix de palme (amande), décortiquée, crue	Elaeis guineensis	1P(39), 2P(112), 4V, 5V, AU14:IN17:UK7:US28(average of nuts and seeds), FAO(445), NG1037, US28(04513), W2010	276
05_040	Noix de palme, crue	Elaeis guineensis	01CH, 1P(39), 2P(111), 04BR, FAO(996)	252
06_008	Noix dika, amande, séchée, crue	Irvingia gabonensis	3E(Almond wild apple / Amande de pomme sauvage, Assrouin), 4V, 22N, AU14:IN17:UK7:US28(average of nuts and seeds), BF1054, d6BIO, d7BIO, FAO(407)	268
01_103	Nouilles instantanées (Indomie), de farine de blé, préalablement frites et séchées, sans aromatisants, bouillies et égouttées*		calc. from / de 01_077	68
01_077	Nouilles instantanées (Indomie), de farine de blé, préalablement frites et séchées, sans aromatisants, non préparées		AU14(02A10437; 02A10358), NG1061, NG1178, US28(06583)	68
08_011	Œuf, caille, bouilli* (sans sel)	Coturnix japonica	calc. from / de 08_006	320
08_006	Œuf, caille, cru	Coturnix japonica	IN17(M014), NG1179, NG2000, US28(01140)	320
08_014	Œuf, canne, bouilli* (sans sel)	Anas platyrhynchos	calc. from / de 08_009	320
08_009	Œuf, canne, cru	Anas platyrhynchos	IN17(M012), NG1084, NG2000, US28(01138)	320

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08_012	Œuf, dinde, bouilli* (sans sel)	Meleagris gallopavo	calc. from / de 08_007	320
08_007	Œuf, dinde, cru	Meleagris gallopavo	IN17(M001), NG1179, US28(01141), 08_001	320
08_013	Œuf, pintade, bouilli* (sans sel)	Numida meleagris	calc. from / de 08_008	320
08_008	Œuf, pintade, cru	Numida meleagris	16V(162), IN17(M014), NG1179, NG2000, NG2001, US28(01140), 08_001	320
08_002	Œuf, poule, bouilli* (sans sel)	Gallus gallus domesticus	calc. from / de 08_001	320
08_001	Œuf, poule, cru	Gallus gallus domesticus	2P(198), FAO(1208), IN17(M001), NG1179, NG1084, SA10(2901), SGS, US28(01123)	316
08_003	Œuf, poule, frit dans l'huile	Gallus gallus domesticus	AU14(03A10088), US28(01128), 08_001	320
08_010	Œuf, poule, race locale, bouilli* (sans sel)	Gallus gallus	calc. from / de 08_005	316
08_005	Œuf, poule, race locale, cru	Gallus gallus domesticus	IN17(M008), NG1179, 08_001	316
04_112	Oignon, frais, bouilli* (ingrédient de recette)	Allium cepa	calc. from / de 04_018	212
04_043	Oignon, frais, bouilli* (sans sel), égoutté	Allium cepa	calc. from / de 04_018	212
04_018	Oignon, frais, cru	Allium cepa	1E, 1G(BH), 1P(45), 2P(140; 146), 3P(12), 4E(Onion, bulbs, ripe, raw / Oignon, bulbes mûrs, crus), 11E(Onion, bulb, ripe, raw / Oignon, bulbe, mûre, crue), 12B(390), 14E, 22N, CTA(183), IN17(G017; G018), MA1018, SA10(3755)	212
04_044	Oignon, séché	Allium cepa	UK7(13-590), US28(11284), 04_018	212
08_004	Omelette, d'œufs de poule		US28(01130), 08_001	320
05_016	Orange, crue	Citrus aurantium	1G(VO), 1P(55), 2B(13034), 2P(156), 4E(Orange / Orange commune fruit), 5B(Orange), 11E(Orange, fruit), 12B(400), 16V(136), CTA(179), IN17(E047)	256
04_117	Oseille de Guinée, feuilles, fraîches, bouillies* (ingrédient de recette)	Hibiscus sabdariffa	calc. from / de 04_016	204
04_056	Oseille de Guinée, feuilles, fraîches, bouillies* (sans sel), égouttées	Hibiscus sabdariffa	calc. from / de 04_016	204
04_016	Oseille de Guinée, feuilles, fraîches, crues	Hibiscus sabdariffa	1G(BS), 6B, 9B, 10E, 11E(Guinean sorrel, leaves, raw / Oseille de guinée, feuille, crue), 12B(332), BF1023, FAO(793), IN17(C022;C023), TK2004	204
13_028	Ovaltine en poudre, enrichie		AU14(01B10316), SA10(2752), UK7(17-734), US28(14309)	412
12_017	Ovaltine, boisson au lait écrémé, sans sucre, enrichie*		Calc. from recipe / de recette	396
12_015	Ovaltine, boisson au lait entier, sans sucre, enrichie*		Calc. from recipe / de recette	396
12_016	Ovaltine, boisson au lait partiellement écrémé, sans sucre, enrichie*		Calc. from recipe / de recette	396
01_047	Pain, blé, blanc à griller, non enrichi		AU14(02B10603; 02B10648), DK2(838), US28(18069), UK7(11-980), 01_046	60
01_046	Pain, blé, blanc, non enrichi		1M(1281), 2P(35), 3B(Wheat bread / Pain de blé), 5B(Wheat bread / Pain de blé), 16V(22), AU14(02B10603), FAO(26), PH040, PH081, SA1020, SA10(3210), UK7(11-980), US28(18069)	60
01_048	Pain, blé, complet, non enrichi		AU14(02B10605), UK7(11-981), US28(18075)	60
01_045	Pain/petit pain, blanc, non enrichi		AU14(02B10648), DK2(838), UK7(11-483), US28(18342)	60
09_095	Palourde vénéus, chair, bouillie* (ingrédient de recette)	Family: Veneridae	calc. from / de 09_054	348

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09_054	Palourde vénéus, chair, crue	Family: Veneridae	IN17(R002), UF1(093025)	348
09_094	Palourde vénéus, chair, cuite à la vapeur* (sans sel)	Family: Veneridae	calc. from / de 09_054	348
05_035	Pamplemousse, blanc, cru	Citrus × paradisi	11E(Grapefruit, pulp / Pamplemousse, pulpe), 16V(137), AU14(08B10079), CTA(186), SA10(3546), US28(09116)	248
05_017	Papaye, fruit, mûr, cru	Carica papaya	1P(56), 2P(157), 3B(Papaya, pulp / Papaye), 4E(Papaya, fruit, ripe / Papaye, fruit, cru), 4P, 11E(Papaya, fruit, raw / Papaye, fruit, crue), 12B(418), AU14(06D10480), CTA(187), d11BIO, IN17(E049), Lb2000, SGS	256
05_022	Pastèque, fruit, cru	Citrullus lanatus	1P(52), 10E, 11E(Watermelon, fruit, raw / Pastèque, fruit, cru), FAO(1055), IN17(E065; E066), KEN18(005038), SA10(3576)	260
02_069	Patate douce, chair claire (blanche/crème/jaune pâle), bouillie* (ingrédient de recette)	Ipomoea batatas	calc. from / de 02_022	140
02_023	Patate douce, chair claire (blanche/crème/jaune pâle), bouillie* (sans sel), égouttée	Ipomoea batatas	calc. from / de 02_022	140
02_022	Patate douce, chair claire (blanche/crème/jaune pâle), crue	Ipomoea batatas	1P(30), 1T(89), 2P(53), 6B, 07FG, 11E(Sweet potato / Patate douce), 12B(105), 16V(52; 54), AU14(13A12015), CTA(47), MA1018, IN17(F014), NG1039, SA10(4184)	140
02_070	Patate douce, chair jaune foncé, bouillie* (ingrédient de recette)	Ipomoea spp.	calc. from / de 02_011	136
02_012	Patate douce, chair jaune foncé, bouillie* (sans sel), égouttée	Ipomoea spp.	calc. from / de 02_011	136
02_011	Patate douce, chair jaune foncé, crue	Ipomoea spp.	FAO(247), 02_022	136
02_071	Patate douce, chair jaune, bouillie* (ingrédient de recette)	Ipomea batatas	calc. from / de 02_013	140
02_014	Patate douce, chair jaune, bouillie* (sans sel), égouttée	Ipomea batatas	calc. from / de 02_013	140
02_013	Patate douce, chair jaune, crue	Ipomea batatas	3B(Sweet potato / Patate douce), 4E(Sweet potato, yellow, raw / Patate douce jaune, crue), 11E(Sweet potato, root, raw, yellow / Patate douce, racine crue, jaune), CTA(49), IN17(F013), 02_022	140
02_073	Patate douce, chair orange, bouillie* (ingrédient de recette)	Ipomoea batatas	calc. from / de 02_049	140
02_072	Patate douce, chair orange, bouillie* (sans sel), égouttée	Ipomoea batatas	calc. from / de 02_049	140
02_049	Patate douce, chair orange, crue	Ipomoea batatas	AU14(13A11712), 07FG, IN17(F013), NG1128, SA1019, 02_022	136
04_121	Patate douce, feuilles, fraîches, bouillies* (ingrédient de recette)	Ipomoea batatas	calc. from / de 04_059	220
04_060	Patate douce, feuilles, fraîches, bouillies* (sans sel), égouttées	Ipomoea batatas	calc. from / de 04_059	220
04_059	Patate douce, feuilles, fraîches, crues	Ipomoea batatas	11E(Sweet potato leaves / Feuilles de patate), CTA(222), GH1067, GN2014, SA10(4208), US28(11505)	220
02_083	Patate douce, frite dans de l'huile végétale non enrichie*	Ipomoea batatas	calc. from recipe / de recette	140
05_056	Pâte de baobab sucrée (Burkina Faso)*		calc. from recipe / de recette	260
09_086	Perche du Nil, filet, bouilli* (ingrédient de recette)	Lates niloticus	calc. from / de 09_032	340
09_032	Perche du Nil, filet, cru	Lates niloticus	FAO(1368), fi23BIO, fi28BIO, fi98AnFood, IN17(P015), SGS, US28(15060)	340
09_033	Perche du Nil, filet, cuit à la vapeur* (sans sel)	Lates niloticus	calc. from / de 09_032	340
09_034	Perche du Nil, filet, grillé* (sans sel ni graisse)	Lates niloticus	calc. from / de 09_032	340
04_045	Persil, frais, cru	Petroselinum crispum	3B(Parsley, fresh / Persil frais), 4E(Parsley/ Persil), AU14(13A11721; 13A11722), IN17(C028), SA10(3847)	212

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14_002	Pésogo né tomate zéindo (Burkina Faso)*: sauce avec agneau, tomate et légumes		calc. from recipe / de recette	420
06_032	Petit cola (amer), graines, frais, cru	Garcinia kola	AU14:IN17:UK7:US28(average of nuts and seeds), d13BIO, NG2002, 06_033	264
06_033	Petit cola (amer), graines, séché, cru	Garcinia kola	AU14:IN17:UK7:US28(average of nuts and seeds), d13BIO, NG1011, NG1116, NG2002, NG2003, NG2004, NG2005	260
01_175	Pigri (Burkina Faso)*: boules de mil à chandelle cuites à la vapeur		calc. from recipe / de recette	96
13_016	Piment de la Jamaïque, moulu	Pimenta dioica	UK7(13-801), US28(02001)	400
13_006	Piment rouge, séché	Capsicum spp.	1G(BQ), AU14(10E10107), IN17(G022), US28(02009)	400
04_046	Piment, frais, cru	Capsicum spp.	1G(BP), IN17(G008), SA10(3977), US28(11670)	216
04_096	Plante-araignée, feuilles, fraîches, bouillies* (ingrédient de recette)	Cleome gynandra	calc. from / de 04_072	220
04_095	Plante-araignée, feuilles, fraîches, bouillies* (sans sel), égouttées	Cleome gynandra	calc. from / de 04_072	220
04_072	Plante-araignée, feuilles, fraîches, crues	Cleome gynandra	dp10BIO, IN17(average of all green leafy vegetables), KEN18(040029), SA10(4197), SA1003	220
03_021	Pois bambara, blanc, non trempé, bouilli* (sans sel), égoutté	Vigna subterranea	calc. from / de 03_003	160
03_003	Pois bambara, blanc, sec, cru	Vigna subterranea	2E, IN17:UP1(average of Vigna genus), 03_001	156
03_077	Pois bambara, blanc, trempé, bouilli dans différentes eaux* (sans sel), égoutté	Vigna subterranea	calc. from / de 03_003	160
03_019	Pois bambara, mélange de variétés (Ghana), non trempé, bouilli* (sans sel), égoutté	Vigna subterranea	calc. from / de 03_018	156
03_071	Pois bambara, mélange de variétés (Ghana), trempé, bouilli dans différentes eaux* (sans sel), égoutté	Vigna subterranea	calc. from / de 03_018	156
03_018	Pois bambara, mélange de variétés, sec, cru (Ghana)	Vigna subterranea	1GH, 03_001	156
03_012	Pois bambara, non trempé, bouilli* (sans sel), égoutté	Vigna subterranea	calc. from / de 03_001	152
03_017	Pois bambara, œil bordeaux et blanc, sec, cru (Ghana), n=1	Vigna subterranea	1GH, 03_001	156
03_014	Pois bambara, œil brun et blanc, sec, cru (Ghana), n=1	Vigna subterranea	1GH, 03_001	156
03_015	Pois bambara, œil crème et noir, sec, cru (Ghana), n=1	Vigna subterranea	1GH, 03_001	156
03_016	Pois bambara, œil crème et rose, sec, cru (Ghana), n=1	Vigna subterranea	1GH, 03_001	156
03_013	Pois bambara, œil noir et blanc, sec, cru (Ghana), n=1	Vigna subterranea	1GH, 03_001	156
03_020	Pois bambara, rouge, non trempé, bouilli* (sans sel), égoutté	Vigna subterranea	calc. from / de 03_002	156
03_002	Pois bambara, rouge, sec, cru	Vigna subterranea	2E, 7N, 03_001	156
03_074	Pois bambara, rouge, trempé, bouilli dans différentes eaux* (sans sel), égoutté	Vigna subterranea	calc. from / de 03_002	156
03_001	Pois bambara, sec, cru	Vigna subterranea	1E, 1GH, 2E, 2P(82), 6N, 7N, 16N, CTA(54), BF1012, dp10BIO, GH2000, MA1018, NG1124, NG1129	152
03_068	Pois bambara, trempé, bouilli dans différentes eaux* (sans sel), égoutté	Vigna subterranea	calc. from / de 03_001	152
03_125	Pois d'Angole, blanc, non trempé, bouilli* (sans sel), avec liquide de cuisson	Cajanus cajan	calc. from / de 03_053	180
03_124	Pois d'Angole, blanc, non trempé, bouilli* (sans sel), égoutté	Cajanus cajan	calc. from / de 03_053	180

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CODE	NOM D'ALIMENT EN FRANÇAIS	NOM SCIENTIFIQUE	BIBLIOID	PAGE
03_053	Pois d'Angole, blanc, sec, cru	Cajanus cajan	22N, IN17(B022), pu133, UP1(CAC001), 03_032	180
03_127	Pois d'Angole, blanc, trempé, bouilli dans différentes eaux* (sans sel), avec liquide de cuisson	Cajanus cajan	calc. from / de 03_053	180
03_126	Pois d'Angole, blanc, trempé, bouilli dans différentes eaux* (sans sel), égoutté	Cajanus cajan	calc. from / de 03_053	180
03_133	Pois d'Angole, brun, non trempé, bouilli* (sans sel), avec liquide de cuisson	Cajanus cajan	calc. from / de 03_055	176
03_132	Pois d'Angole, brun, non trempé, bouilli* (sans sel), égoutté	Cajanus cajan	calc. from / de 03_055	176
03_055	Pois d'Angole, brun, sec, cru	Cajanus cajan	6N, 15N, 22N, IN17(B022), pu272, pu133, UP1(CAC001)	176
03_135	Pois d'Angole, brun, trempé, bouilli dans différentes eaux* (sans sel), avec liquide de cuisson	Cajanus cajan	calc. from / de 03_055	180
03_134	Pois d'Angole, brun, trempé, bouilli dans différentes eaux* (sans sel), égoutté	Cajanus cajan	calc. from / de 03_055	176
03_129	Pois d'Angole, crème, non trempé, bouilli* (sans sel), avec liquide de cuisson	Cajanus cajan	calc. from / de 03_054	180
03_128	Pois d'Angole, crème, non trempé, bouilli* (sans sel), égoutté	Cajanus cajan	calc. from / de 03_054	180
03_054	Pois d'Angole, crème, sec, cru	Cajanus cajan	15N, IN17(B022), 15N, UP1(CAC001), 03_032	180
03_131	Pois d'Angole, crème, trempé, bouilli dans différentes eaux* (sans sel), avec liquide de cuisson	Cajanus cajan	calc. from / de 03_054	180
03_130	Pois d'Angole, crème, trempé, bouilli dans différentes eaux* (sans sel), égoutté	Cajanus cajan	calc. from / de 03_054	180
03_121	Pois d'Angole, non trempé, bouilli* (sans sel), avec liquide de cuisson	Cajanus cajan	calc. from / de 03_032	176
03_033	Pois d'Angole, non trempé, bouilli* (sans sel), égoutté	Cajanus cajan	calc. from / de 03_032	176
03_032	Pois d'Angole, sec, cru	Cajanus cajan	1N, 2P(95), 15N, 16N, 22N, IN17(B022), NG1176, phy80, pu128, pu129, pu130, pu133, pu218, pu272, tu4AnFood, UP1(CAC001)	176
03_123	Pois d'Angole, trempé, bouilli dans différentes eaux* (sans sel), avec liquide de cuisson	Cajanus cajan	calc. from / de 03_032	176
03_122	Pois d'Angole, trempé, bouilli dans différentes eaux* (sans sel), égoutté	Cajanus cajan	calc. from / de 03_032	176
09_053	Poisson, entier, séché	Various species	1G(AU; AB), 1M(112), 12E, FAO(120), SGS, tu3AnFood	332
09_082	Poisson-chat d'Afrique du Nord, filet, bouilli* (ingrédient de recette)	Clarias gariepinus	calc. from / de 09_060	340
09_060	Poisson-chat d'Afrique du Nord, filet, cru	Clarias gariepinus	UF1(091009)	336
09_080	Poisson-chat d'Afrique du Nord, filet, cuit à la vapeur* (sans sel)	Clarias gariepinus	calc. from / de 09_060	340
09_081	Poisson-chat d'Afrique du Nord, filet, grillé* (sans sel ni graisse)	Clarias gariepinus	calc. from / de 09_060	340
09_108	Poisson-chat, filet, bouilli* (ingrédient de recette)	Synodontis spp.	calc. from / de 09_018	332
09_018	Poisson-chat, filet, cru	Synodontis spp.	1M(96; 98), 4E(Wahrindi, raw/Silure, poisson - chat (Asson, cru); Wharindi, raw/Silure, poisson - chat (Sossoglosso), cru), fi28BIO, fi23BIO, UF1(091007), US28(15234)	328
09_019	Poisson-chat, filet, cuit à la vapeur* (sans sel)	Synodontis spp.	calc. from / de 09_018	332
09_020	Poisson-chat, filet, grillé* (sans sel ni graisse)	Synodontis spp.	calc. from / de 09_018	332

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CODE	NOM D'ALIMENT EN FRANÇAIS	NOM SCIENTIFIQUE	BIBLIOID	PAGE
13_026	Poivre de Guinée, fruit/graine, séché	Xylopiya aethiopica	26N, Ar2012, NG1026, TM2005	412
13_014	Poivre, noir	Piper nigrum	DK2(236), IN17(G031), US28(02030)	408
04_113	Poivron rouge, frais, bouilli* (ingrédient de recette)	Capsicum annuum	calc. from / de 04_047	212
04_048	Poivron rouge, frais, bouilli* (sans sel), égoutté	Capsicum annuum	calc. from / de 04_047	212
04_047	Poivron rouge, frais, cru	Capsicum annuum	2P(143), CTA(190), IN17(D034), MA1018, SA10(3734)	212
04_114	Poivron vert, frais, bouilli* (ingrédient de recette)	Capsicum annuum	calc. from / de 04_049	212
04_050	Poivron vert, frais, bouilli* (sans sel), égoutté	Capsicum annuum	calc. from / de 04_049	212
04_049	Poivron vert, frais, cru	Capsicum annuum	1P(49), CTA(191), IN17(D033), MA1018, SA10(3733)	212
05_006	Pomme de cajou, fruit, cru	Anacardium occidentale	1B(13075), 1E, 1T(186), 11E(Cashew, fruit pulp, raw / Pomme de cajou, pulpe, fruit, cru), UK7(14-060)	240
05_019	Pomme de savon, fruit, crue	Lepisanthes senegalensis	1B(13517), 3B(Soapberry / Cerise du Sénégal), FAO(1031)	256
02_085	Pomme de terre nin zindo (Burkina Faso)*: ragoût de pommes de terre et légumes		calc. from recipe / de recette	136
02_068	Pomme de terre, bouillie* (ingrédient de recette)	Solanum tuberosum	calc. from / de 02_009	136
02_010	Pomme de terre, bouillie* (sans sel), égouttée	Solanum tuberosum	calc. from / de 02_009	136
02_009	Pomme de terre, crue	Solanum tuberosum	1T(92), 2P(74), 4E(Potato, raw / Pomme de terre crue), 11E(Potato, Pomme de terre, crue), 12B(106), 16V(50), AU14(13A11905), CTA(50), IN17(F006; F007; F008), MA1018, NG1142, SA10(4154; 4121), SA1016, SGS	136
05_027	Pomme, épluchée, crue	Malus domestica	AU14(06D10538), SA10(3592), US28(09004)	236
05_026	Pomme, non épluchée, crue	Malus domestica	1T(221; 222), IN17(E001; E002; E003; E004), KEN18(005001; 005002), SA10(3532)	236
05_047	Pomme, rouge, non épluchée, crue	Malus domestica	IN17(E001; E003; E004), KEN18(005002), SA10(4223)	236
05_046	Pomme, verte, non épluchée, crue	Malus domestica	IN17(E002), KEN18(005001), SA10(4222)	236
05_045	Pomme-cannelle, fruit, crue	Annona squamosa	1B(13058), 2P(160; 161), AU14(06D10496), FAO(1046)	260
05_053	Pomme-étoile africaine, fruit, cru	Chrysophyllum albidum	01FG, 04FG, 27N, d3BIO, NG1008, NG1216	232
02_081	Pommes de terre, frites dans l'huile végétale non enrichie*		calc. from recipe / de recette	128
13_024	Potasse, solide		1M(273), GH2000	408
07_106	Poulet, abats, bouillis* (sans sel), égouttés	Gallus gallus domesticus	calc. from / de 07_039	288
07_039	Poulet, abats, crus	Gallus gallus domesticus	IN17(N005; N006), UK7(18-393), US28(05115)	288
07_107	Poulet, abats, grillés* (sans sel ni graisse)	Gallus gallus domesticus	calc. from / de 07_039	288
07_040	Poulet, abats, mijotés* (ingrédient de recette)	Gallus gallus domesticus	calc. from / de 07_039	288
07_037	Poulet, blanc avec la peau, bouilli* (sans sel), égoutté	Gallus gallus domesticus	calc. from / de 07_036	292
07_036	Poulet, blanc avec la peau, cru	Gallus gallus domesticus	AU14(08C10466), IN17(N009)	292
07_038	Poulet, blanc avec la peau, grillé* (sans sel ni graisse)	Gallus gallus domesticus	calc. from / de 07_036	292

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07_104	Poulet, blanc avec la peau, mijoté* (ingrédient de recette)	Gallus gallus domesticus	calc. from / de 07_036	292
07_034	Poulet, blanc sans la peau, bouilli* (sans sel), égoutté	Gallus gallus domesticus	calc. from / de 07_033	296
07_033	Poulet, blanc sans la peau, cru	Gallus gallus domesticus	IN17(N003), SA10(4302), SA1007, US28(05039)	292
07_035	Poulet, blanc sans la peau, grillé* (sans sel ni graisse)	Gallus gallus domesticus	calc. from / de 07_033	296
07_105	Poulet, blanc sans la peau, mijoté* (ingrédient de recette)	Gallus gallus domesticus	calc. from / de 07_033	296
07_031	Poulet, chair brune avec la peau, bouillie* (sans sel), égoutté	Gallus gallus domesticus	calc. from / de 07_030	292
07_030	Poulet, chair brune avec la peau, crue	Gallus gallus domesticus	IN17(N008), US28(05034)	292
07_032	Poulet, chair brune avec la peau, grillée* (sans sel ni graisse)	Gallus gallus domesticus	calc. from / de 07_030	292
07_103	Poulet, chair brune avec la peau, mijotée* (ingrédient de recette)	Gallus gallus domesticus	calc. from / de 07_030	292
07_028	Poulet, chair brune sans la peau, bouillie* (sans sel), égoutté	Gallus gallus domesticus	calc. from / de 07_003	292
07_003	Poulet, chair brune sans la peau, crue	Gallus gallus domesticus	1P(60), CTA(139), IN17(N002), SA10(4305), SA1007	292
07_029	Poulet, chair brune sans la peau, grillée* (sans sel ni graisse)	Gallus gallus domesticus	calc. from / de 07_003	292
07_102	Poulet, chair brune sans la peau, mijotée* (ingrédient de recette)	Gallus gallus domesticus	calc. from / de 07_003	292
05_055	Prune noire africaine, mûre, crue	Vitex doniana	1B(13583), 1R, fr1BIO, fr14BIO, fr19BIO, fr24BIO, fr52BIO	232
05_051	Raisins, crus	Vitis vinifera	IN17(E022; E023; E024; E026), KEN18(005010), SA10(3550)	248
01_162	Riz au curry avec poisson et légumes (Burkina Faso)*		calc. from recipe / de recette	104
01_160	Riz cantonnais avec poisson et vermicelles (Burkina Faso)*		calc. from recipe / de recette	64
01_135	Riz, blanc, bouilli* (ingrédient de recette)	Oryza sativa	calc. from / de 01_037	108
01_038	Riz, blanc, bouilli* (sans sel), égoutté	Oryza sativa	calc. from / de 01_037	108
01_037	Riz, blanc, cru	Oryza sativa	1P(13), 2P(29), 12B(002), FAO(110), IN17(A015; A013), US28(20444; 20036), 01_036, 01_034	108
01_134	Riz, blanc, poli, bouilli* (ingrédient de recette)	Oryza sativa	calc. from / de 01_036	108
01_069	Riz, blanc, poli, bouilli* (sans sel), égoutté	Oryza sativa	calc. from / de 01_036	108
01_036	Riz, blanc, poli, cru	Oryza sativa	1M(372), 12B(003), FAO(111), GH2000, IN17(A015), SGS, US28(20450; 20452; 20444)	104
01_152	Riz, brun, bouilli* (ingrédient de recette)	Oryza sativa	calc. from / de 01_034	104
01_035	Riz, brun, bouilli* (sans sel), égoutté	Oryza sativa	calc. from / de 01_034	104
01_034	Riz, brun, cru	Oryza sativa	11E(Rice, brown, husked / Riz, brun ou décortiqué), IN17(A013), r008bio, US28(20040; 20036)	104
01_079	Riz, farine, blanche	Oryza sativa	AU14(02A20106), US28(20061)	104
01_137	Riz, rouge, indigène, blanchi, bouilli* (ingrédient de recette)	Oryza glaberrima	calc. from / de 01_067	104
01_068	Riz, rouge, indigène, blanchi, bouilli* (sans sel), égoutté	Oryza glaberrima	calc. from / de 01_067	104

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01_067	Riz, rouge, indigène, blanchi, cru	<i>Oryza glaberrima</i>	FAO(119), IN17(A015), US28(20450; 20452; 20444)	104
01_136	Riz, rouge, indigène, décortiqué, bouilli* (ingrédient de recette)	<i>Oryza glaberrima</i>	calc. from / de 01_065	104
01_066	Riz, rouge, indigène, décortiqué, bouilli* (sans sel), égoutté	<i>Oryza glaberrima</i>	calc. from / de 01_065	104
01_065	Riz, rouge, indigène, décortiqué, cru	<i>Oryza glaberrima</i>	FAO(117), UK7(11-876)	104
07_090	Rognon de bœuf, bouilli* (sans sel), égoutté	<i>Bos taurus</i>	calc. from / de 07_019	280
07_019	Rognon de bœuf, cru	<i>Bos taurus</i>	AU14(08D10169), IN17(O035), SA10(4294), SA1004	280
07_091	Rognon de bœuf, grillé* (sans sel ni graisse)	<i>Bos taurus</i>	calc. from / de 07_019	280
07_020	Rognon de bœuf, mijoté* (ingrédient de recette)	<i>Bos taurus</i>	calc. from / de 07_019	280
09_087	Sardine, filet, bouilli* (ingrédient de recette)	<i>Sardinella spp.</i>	calc. from / de 09_004	340
09_004	Sardine, filet, cru	<i>Sardinella spp.</i>	1M(95), 2P(252; 246; 247), 3B(Sardinella / Sardinelle), 7B(Sardinella / Sardinelle), 11E(Sardine, fresh / Sardinelle, frais), ASEA(AAG263), FAO(1396), fi139BIO, fi140BIO, fi58BIO, GH1076, IN17(P071), UK7(16-401)	340
09_035	Sardine, filet, cuit à la vapeur* (sans sel)	<i>Sardinella spp.</i>	calc. from / de 09_004	340
09_036	Sardine, filet, grillé* (sans sel ni graisse)	<i>Sardinella spp.</i>	calc. from / de 09_004	340
09_037	Sardines à l'huile, en conserve, égouttées, avec arêtes	<i>Sardinella spp.</i>	2P(260), AU14(05A10675), UK7(16-439), US28(15088)	340
14_027	Sauce au curry avec viande de bœuf et légumes (Burkina Faso)*		calc. from recipe / de recette	416
14_012	Sauce claire avec poisson, huile de palme rouge et légumes (Burkina Faso)*		calc. from recipe / de recette	416
14_008	Sauce d'arachide aux légumes et poisson (Burkina Faso)*		calc. from recipe / de recette	416
14_026	Sauce intro avec poisson et légumes (Burkina Faso)*		calc. from recipe / de recette	416
14_010	Sauce yassa avec agneau, oignon et moutarde (Burkina Faso)*		calc. from recipe / de recette	420
07_063	Saucisse viennoise (bœuf, porc, poulet) en conserve		2P(189; 190), US28(07083)	312
07_076	Sauterelle (katydid), crue	<i>Ruspolia differens</i>	i46BIO, i47BIO	296
07_074	Sauterelle, frais, crue	Various species	i10BIO, i12BIO, i13BIO, i18BIO, i20BIO, i28BIO, i33BIO, i41BIO, i43BIO, i57BIO, i58BIO, i63BIO, THAI16(U3; U5), 07_075	296
07_075	Sauterelle, séchée, crue	Various species	H2009, i30BIO, NG1023, NG1188, THAI16(U3), 07_074	296
13_015	Sel		1G(WL), 1M(274), 16GH, US28(02047)	408
06_015	Sésame, graines complètes, séchées, crues	<i>Sesame spp.</i>	2P(115), 5B(Oriental sesame (seed, dry) / Sésame (graines sèches)), FAO(462), IN17(H009; H010; H011), NG1990, ph001, SGS	276
12_007	Sève de palmier, fraîche (0.3% d'alcool)		FAO(1579), IN17(K001), 12_006	396
14_006	Siikam zéédo (Burkina Faso)*: sauce d'arachide avec poisson, légumes et néré fermenté (soumbala)		calc. from recipe / de recette	420
14_028	Siné zindo (Burkina Faso)*: sauce sésame avec poisson et légumes		calc. from recipe / de recette	420
03_040	Soja, mélange de variétés (Ghana), non trempé, bouilli* (sans sel), égoutté	<i>Glycine max</i>	calc. from / de 03_039	184



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03_137	Soja, mélange de variétés (Ghana), trempé, bouilli dans différentes eaux* (sans sel), égoutté	Glycine max	calc. from / de 03_039	184
03_039	Soja, mélange de variétés, sec, cru (Ghana)	Glycine max	7GH, IN17(B025), US28(16108), 03_008	184
03_034	Soja, non trempé, bouilli* (sans sel), égoutté	Glycine max	calc. from / de 03_008	184
03_008	Soja, sec, cru	Glycine max	1E, 2E, 2P(96), CTA(64), IN17(B025), US28(16108)	180
03_136	Soja, trempé, bouilli dans différentes eaux* (sans sel), égoutté	Glycine max	calc. from / de 03_008	184
03_036	Soja, variété Anidaso, sec, cru (Ghana), n=1	Glycine max	7GH, IN17(B025), US28(16108), 03_008	184
03_038	Soja, variété Jenguma, sec, cru (Ghana), n=1	Glycine max	7GH, IN17(B025), US28(16108), 03_008	184
03_037	Soja, variété Quarshie, sec, cru (Ghana), n=1	Glycine max	7GH, IN17(B025), US28(16108), 03_008	184
03_035	Soja, variété Salintuya-1, sec, cru (Ghana), n=1	Glycine max	7GH, IN17(B025), US28(16108), 03_008	184
01_072	Sorgho, farine, dégermé	Sorghum bicolor	1M(374), IN17(A005), PH111, tu4AnFood, US28(20650), 01_039	108
01_140	Sorgho, grains entiers, blanc, bouilli* (ingrédient de recette)	Sorghum bicolor	calc. from / de 01_040	108
01_071	Sorgho, grains entiers, blanc, bouilli* (sans sel), égoutté	Sorghum bicolor	calc. from / de 01_040	108
01_040	Sorgho, grains entiers, blanc, cru	Sorghum bicolor	2E, 12B(Sorghum, whole, white, uncooked / Sorgho, grain, entier, variété blanc), FAO(128), IN17(A005), PH111, SGS, US28(20648)	108
01_138	Sorgho, grains entiers, bouilli* (ingrédient de recette)	Sorghum bicolor	calc. from / de 01_039	108
01_042	Sorgho, grains entiers, bouilli* (sans sel), égoutté	Sorghum bicolor	calc. from / de 01_039	108
01_039	Sorgho, grains entiers, cru	Sorghum bicolor	1E, 1P(12), 2E, 2P(1), 3B(Sorghum, whole seed / Sorgho graine entier), 4E(Sorghum, whole seed, raw / Sorgho (grain entier)), 12B(Sorghum, whole, white, uncooked / Sorgho, grain entier, variété blanc; Sorghum, whole, red, uncooked / Sorgho, grain entier, variété rouge), 22N, 23N, CTA(36), FAO(126; 127; 128; 129; 130; 143; 145; 148; 149; 150; 151; 152; 155; 156; 157; 158), IN17(A005), MA1018, PH111, SGS, US28(20648)	108
01_139	Sorgho, grains entiers, rouge, bouilli* (ingrédient de recette)	Sorghum bicolor	calc. from / de 01_041	108
01_070	Sorgho, grains entiers, rouge, bouilli* (sans sel), égoutté	Sorghum bicolor	calc. from / de 01_041	108
01_041	Sorgho, grains entiers, rouge, cru	Sorghum bicolor	2E, 12B(Sorghum, whole, red, uncooked / Sorgho, grain, entier, variété rouge), FAO(127), IN17(A005), US28(20648), 01_039	108
02_075	Souchet comestible (« noix tigrée »), tubercule, bouilli* (ingrédient de recette)	Cyperus esculentus L.	calc. from / de 02_024	144
02_025	Souchet comestible (« noix tigrée »), tubercule, bouilli* (sans sel), égoutté	Cyperus esculentus L.	calc. from / de 02_024	144
02_024	Souchet comestible (« noix tigrée »), tubercule, cru	Cyperus esculentus L.	2P(77), 3EB, FAO(257), GH2000	140
02_026	Souchet comestible (« noix tigrée »), tubercule, séché	Cyperus esculentus L.	2P(78), 3EB, FAO(258), 02_024	140
03_145	Soumma (Burkina Faso)*: pois bambara bouilli avec potasse		calc. from recipe / de recette	180
14_034	Soupe aux choux et légumes (Burkina Faso)*		calc. from recipe / de recette	420
14_001	Soupe de poisson aux légumes pour enfants (Burkina Faso)*		calc. from recipe / de recette	416

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14_033	Soupe de poulet, levure de bière, légumes et néré fermenté (soumbala) (Burkina Faso)*		calc. from recipe / de recette	420
01_157	Spaghetti Jollof (Burkina Faso)*: spaghetti sauce légumes		calc. from recipe / de recette	68
13_002	Sucre, blanc		1E, 1G(US), 1P(80), 3B(Sugar / Sucre), 11E(Sugar / Sucre), SA10(3989), US28(19335)	408
13_027	Sucre, blanc, enrichi en vitamine A (Nigéria)		1E, 1G(US), 1P(80), 3B(Sugar / Sucre), 11E(Sugar / Sucre), FORT18, SA10(3989), US28(19335)	408
04_122	Tamarin, feuilles, fraîches, bouillies* (ingrédient de recette)	Tamarindus indica	calc. from / de 04_019	224
04_061	Tamarin, feuilles, fraîches, bouillies* (sans sel), égouttées	Tamarindus indica	calc. from / de 04_019	224
04_019	Tamarin, feuilles, fraîches, crues	Tamarindus indica	3B(Tamarind, fresh leaves / Tamarin feuilles fraîches), 4E(Tamarind, leaves, raw / Tamarin, feuilles crues), 9B, IN17(C034), UK7(13-855)	220
04_062	Tamarin, feuilles, séchées	Tamarindus indica	IN17(average of all green leafy vegetables), NRD, 04_019	220
05_021	Tamarin, fruit, mûr, cru	Tamarindus indica	1B(13080), 3B(Tamarind, dried pulp / Tamarin sec pulpe), 11E(Tamarind, fruit, dried / Tamarin, fruit, sec), fr1BIO, fr14BIO, fr16BIO, fr19BIO, fr21BIO, fr50BIO, FAO(1048), CTA(234), IN17(E064)	260
05_020	Tamarin, fruit, non mûr, cru	Tamarindus indica	1B(13079), 11E(Tamarind, fruit, raw / Tamarin, fruit, cru), 15B, FAO(1047), 05_021	260
04_123	Taro, feuilles, fraîches, bouillies* (ingrédient de recette)	Colocasia esculenta	calc. from / de 04_020	224
04_063	Taro, feuilles, fraîches, bouillies* (sans sel), égouttées	Colocasia esculenta	calc. from / de 04_020	224
04_020	Taro, feuilles, fraîches, crues	Colocasia esculenta	4E(Taro, leaves, raw / Taro, feuilles crues), BF1071, IN17(C018), Ri1996, SA10(4088), US28(11520), ve27BIO, ve56BIO	224
02_074	Taro, tubercule, blanc, bouilli* (ingrédient de recette)	Colocasia esculenta	calc. from / de 02_015	140
02_016	Taro, tubercule, blanc, bouilli* (sans sel), égoutté	Colocasia esculenta	calc. from / de 02_015	140
02_015	Taro, tubercule, blanc, cru	Colocasia esculenta	3GH, 11E(Taro, tuber, raw / Taro, tubercule crue), 22N, AU14(13A11740), GH1074, IN17(F004), NG1016, PH104, US28(11518)	140
01_186	Teff, grains entiers, bouilli* (ingrédient de recette)	Eragrostis tef	calc. from / de 01_084	112
01_185	Teff, grains entiers, bouilli* (sans sel), égoutté	Eragrostis tef	calc. from / de 01_184	112
01_184	Teff, grains entiers, cru	Eragrostis tef	KEN18(001041), US28(20142)	112
14_005	Téi kam zéédo (Burkina Faso)*: sauce à l'huile de palme rouge avec poisson et légumes		calc. from recipe / de recette	420
14_024	Téi né maane zéindo (Burkina Faso)*: noix de palme en sauce avec poudre de gombo, poisson et légumes		calc. from recipe / de recette	420
14_023	Téi zéindo (Burkina Faso)*: sauce simple de noix de palme avec poisson et légumes		calc. from recipe / de recette	420
07_081	Termite, fraîche, crue	Various species	FAO(1190), i13BIO, i21BIO, i29BIO, i46BIO, i55BIO, i56BIO, 07_087	316
07_082	Termite, séchée, crue	Macrotermes spp.	16V(230), 18V, FAO(1191), i22BIO, i30BIO, i46BIO, i64BIO, NG1007, NG1022, NG1023, 07_081	316
12_008	Thé, infusion		2B(18020), DK2(115), UK7(17-171), US28(14355)	396
09_111	Thon à l'huile, en conserve, égoutté		AU14(05A10680), UK7(16-417), US28(15124)	348

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CODE	NOM D'ALIMENT EN FRANÇAIS	NOM SCIENTIFIQUE	BIBLIOID	PAGE
09_110	Thon au naturel, en conserve, égoutté		AU14(05A10678), SA10(3054), UK7(16-416), US28(15126)	348
09_092	Thon, filet, bouilli* (ingrédient de recette)	Thunnus spp.	calc. from / de 09_005	348
09_005	Thon, filet, cru	Thunnus spp.	11E(Tuna, raw / Thon, cru), DK2(0904), FAO(1455), fi45AnFood, fi56BIO, fi91AnFood, fi117BIO, fi131BIO, fi152AnFood, fi153BIO, fi156BIO, fi195AnFood, IN17(P028), UK7(16-399), US28(15117; 15127)	348
09_090	Thon, filet, cuit à la vapeur* (sans sel)	Thunnus spp.	calc. from / de 09_005	348
09_091	Thon, filet, grillé* (sans sel ni graisse)	Thunnus spp.	calc. from / de 09_005	348
04_083	Thym, séché	Brassica nigra	US28(02042; 02049)	224
09_089	Tilapia, filet, bouilli* (ingrédient de recette)	Oreochromis spp./Tilapia spp.	calc. from / de 09_041	348
09_041	Tilapia, filet, cru	Oreochromis spp./Tilapia spp.	fi139BIO, fi140BIO, IN17(P083), SGS, UF1(091001)	344
09_042	Tilapia, filet, cuit à la vapeur* (sans sel)	Oreochromis spp./Tilapia spp.	calc. from / de 09_041	348
09_043	Tilapia, filet, grillé* (sans sel ni graisse)	Oreochromis spp./Tilapia spp.	calc. from / de 09_041	348
14_020	Toeg koing zéédo (Burkina Faso)*: sauce de feuilles de baobab séchées avec poisson, légumes et néré fermenté (soubala)		calc. from recipe / de recette	420
14_022	Toeg maas zéédo (Burkina Faso)*: sauce de feuilles de baobab fraîches avec poisson, légumes et néré fermenté (soubala)		calc. from recipe / de recette	420
04_065	Tomate, en conserve avec jus		DK2(596), UK7(13-530), US28(11531)	224
04_067	Tomate, en poudre		US28(11548)	224
04_124	Tomate, rouge, mûre, bouillie* (ingrédient de recette)	Solanum lycopersicum	calc. from / de 04_021	224
04_064	Tomate, rouge, mûre, bouillie* (sans sel), égouttée	Solanum lycopersicum	calc. from / de 04_021	224
04_021	Tomate, rouge, mûre, crue	Solanum lycopersicum	1E, 1G(VT; BG), 1P(46), 2P(149), 3B(Tomato, ripe, fresh / Tomate fraiche mûre), 3P(11), 4E(Tomato, ripe, raw / Tomate, mûre entière), 11E(Tomato, raw, ripened, whole / Tomate, crue, mûre, entière), 12B(373), 22N, CTA(201), GH1078, IN17(D076), SGS	224
07_022	Tripes de bœuf, bouillies* (sans sel), égouttées	Bos taurus	calc. from / de 07_021	288
07_021	Tripes de bœuf, crues	Bos taurus	3B(Beef tripe / Bœuf tripes), 16V(170), IN17(O033), SA10(4342), US28(13341)	288
07_133	Tripes de bœuf, grillées* (sans sel ni graisse)	Bos taurus	calc. from / de 07_021	288
07_092	Tripes de bœuf, mijotées* (ingrédient de recette)	Bos taurus	calc. from / de 07_021	288
04_126	Vernonie, feuilles, amères, fraîches, bouillies* (ingrédient de recette)	Gymnanthemum amygdalinum	calc. from / de 04_022	228
04_070	Vernonie, feuilles, amères, fraîches, bouillies* (sans sel), égouttées	Gymnanthemum amygdalinum	calc. from / de 04_022	228

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04_022	Vernonie, feuilles, amères, fraîches, crues	Gymnanthemum amygdalinum	1E, 10E, BF1023, BF1011, E2007, IN17(average of all green leafy vegetables), NG1018, NG1020, NG1160, NG1219, ph108, SA1003, ve8BIO, ve56BIO	228
04_128	Vernonie, feuilles, douces, fraîches, bouillies* (ingrédient de recette)	Baccharoides calvoana subsp. calvoana	calc. from / de 04_079	228
04_127	Vernonie, feuilles, douces, fraîches, bouillies* (sans sel), égouttées	Baccharoides calvoana subsp. calvoana	calc. from / de 04_079	228
04_079	Vernonie, feuilles, douces, fraîches, crues	Baccharoides calvoana subsp. calvoana	E2007, IN17(average of all green leafy vegetables), NG1160	228
07_126	Viande d'agneau/mouton, maigre, environ 10% de matière grasse, bouillie* (sans sel), égouttée	Ovis aries	calc. from / de 07_072	304
07_072	Viande d'agneau/mouton, maigre, environ 10% de matière grasse, crue	Ovis aries	AU14(08A20753), IN17(0015; 0016), SA1017, SA1018	304
07_127	Viande d'agneau/mouton, maigre, environ 10% de matière grasse, grillée* (sans sel ni graisse)	Ovis aries	calc. from / de 07_072	304
07_128	Viande d'agneau/mouton, maigre, environ 10% de matière grasse, mijotée* (ingrédient de recette)	Ovis aries	calc. from / de 07_072	304
07_049	Viande d'agneau/mouton, teneur modérée en matière grasse (env. 20%), bouillie* (sans sel), égouttée	Ovis aries	calc. from / de 07_004	304
07_004	Viande d'agneau/mouton, teneur modérée en matière grasse (env. 20%), crue	Ovis aries	4E(Sheep, meat / Mouton), 11E(Sheep, half-fat / Mouton, moyen gras), CTA(145), SA10(4335)	304
07_050	Viande d'agneau/mouton, teneur modérée en matière grasse (env. 20%), grillée* (sans sel ni graisse)	Ovis aries	calc. from / de 07_004	304
07_125	Viande d'agneau/mouton, teneur modérée en matière grasse (env. 20%), mijotée* (ingrédient de recette)	Ovis aries	calc. from / de 07_004	304
07_099	Viande d'autruche, bouillie* (sans sel), égouttée	Struthio camelus	calc. from / de 07_067	308
07_067	Viande d'autruche, crue	Struthio camelus	AU14(08C20018; 08C20019), SA10(3442), SA1025	308
07_100	Viande d'autruche, grillée* (sans sel ni graisse)	Struthio camelus	calc. from / de 07_067	308
07_101	Viande d'autruche, mijotée* (ingrédient de recette)	Struthio camelus	calc. from / de 07_067	308
07_015	Viande de bœuf, grasse, environ 30% de matière grasse, bouillie* (sans sel), égouttée	Bos taurus	calc. from / de 07_014	280
07_014	Viande de bœuf, grasse, environ 30% de matière grasse, crue	Bos taurus	AU14(08D10171), IN17(0025), SA1000, SGS	280
07_016	Viande de bœuf, grasse, environ 30% de matière grasse, grillée* (sans sel ni graisse)	Bos taurus	calc. from / de 07_014	280
07_087	Viande de bœuf, grasse, environ 30% de matière grasse, mijotée* (ingrédient de recette)	Bos taurus	calc. from / de 07_014	284
07_023	Viande de bœuf, hachée, environ 10% de matière grasse, crue	Bos taurus	1P(59), 2P(174), AU14(08A11088), SA1000, US28(23562)	284
07_024	Viande de bœuf, hachée, environ 10% de matière grasse, grillée* (sans sel ni graisse)	Bos taurus	calc. from / de 07_023	284
07_134	Viande de bœuf, hachée, environ 10% de matière grasse, mijotée* (ingrédient de recette)	Bos taurus	calc. from / de 07_023	284

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07_010	Viande de bœuf, maigre, environ 5% de matière grasse, bouillie* (sans sel), égouttée	Bos taurus	calc. from / de 07_009	284
07_009	Viande de bœuf, maigre, environ 5% de matière grasse, crue	Bos taurus	AU14(08A11082; 08A11039), 1P(59), 2P(174), 11E(Beef meat, lean / Viande de bœuf, très maigre), 12B(501), SGS, SA1000, UK7(18-468)	284
07_011	Viande de bœuf, maigre, environ 5% de matière grasse, grillée* (sans sel ni graisse)	Bos taurus	calc. from / de 07_009	284
07_085	Viande de bœuf, maigre, environ 5% de matière grasse, mijotée* (ingrédient de recette)	Bos taurus	calc. from / de 07_009	284
07_017	Viande de bœuf, maigre, fumée, séchée	Bos taurus	US28(13350)	284
07_012	Viande de bœuf, teneur modérée en matière grasse (env. 20%), bouillie* (sans sel), égouttée	Bos taurus	calc. from / de 07_002	284
07_002	Viande de bœuf, teneur modérée en matière grasse (env. 20%), crue	Bos taurus	AU14(08A11018; 08A11006), 3B(Beef without bones / Viande de bœuf sans os), 11E(Beef meat, half-lean / Viande de bœuf, demi-maigre), IN17(O025), SA1000	284
07_013	Viande de bœuf, teneur modérée en matière grasse (env. 20%), grillée* (sans sel ni graisse)	Bos taurus	calc. from / de 07_002	284
07_086	Viande de bœuf, teneur modérée en matière grasse (env. 20%), mijotée* (ingrédient de recette)	Bos taurus	calc. from / de 07_002	288
07_093	Viande de chameau, bouillie* (sans sel), égouttée	Camelus dromedarius	calc. from / de 07_064	288
07_064	Viande de chameau, crue	Camelus dromedarius	3B(Meat of camel, raw / Viande de chameau), AU14(08B10074; 08B10075), SA1005	288
07_094	Viande de chameau, grillée* (sans sel ni graisse)	Camelus dromedarius	calc. from / de 07_064	288
07_095	Viande de chameau, mijotée* (ingrédient de recette)	Gallus gallus domesticus	calc. from / de 07_064	288
07_113	Viande de chèvre, maigre, bouillie* (sans sel), égouttée	Capra aegagrus hircus	calc. from / de 07_069	300
07_069	Viande de chèvre, maigre, crue	Capra aegagrus hircus	1P(66; 67), AU14(08B10088), IN17(O002), SA10(4282), SGS	300
07_114	Viande de chèvre, maigre, grillée* (sans sel ni graisse)	Capra aegagrus hircus	calc. from / de 07_069	300
07_115	Viande de chèvre, maigre, mijotée* (ingrédient de recette)	Capra aegagrus hircus	calc. from / de 07_069	300
07_047	Viande de chèvre, teneur modérée en matière grasse (env. 10%), bouillie* (sans sel), égouttée	Capra aegagrus hircus	calc. from / de 07_046	300
07_046	Viande de chèvre, teneur modérée en matière grasse (env. 10%), crue	Capra aegagrus hircus	3B(Goat without bones / Chèvre sans os), 11E(Goat / Chèvre), CTA(143), IN17(O001; 0003), SGS	300
07_048	Viande de chèvre, teneur modérée en matière grasse (env. 10%), grillée* (sans sel ni graisse)	Capra aegagrus hircus	calc. from / de 07_046	300
07_112	Viande de chèvre, teneur modérée en matière grasse (env. 10%), mijotée* (ingrédient de recette)	Capra aegagrus hircus	calc. from / de 07_046	300
07_045	Viande de crocodile, bouillie* (sans sel), égouttée	Crocodylus spp.	calc. from / de 07_044	296
07_044	Viande de crocodile, crue	Crocodylus spp.	AU14(08B10076; 08B10077), SA10(4329)	296
07_110	Viande de crocodile, grillée* (sans sel ni graisse)	Crocodylus spp.	calc. from / de 07_044	296

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07_111	Viande de crocodile, mijotée* (ingrédient de recette)	Crocodylus spp.	calc. from / de 07_044	296
07_027	Viande de gibier, séchée, salée		AU14(08B10079; 08B10081; 08B10083; 08B10085), SA10(2912), US28(13350)	296
07_124	Viande de lapin, bouillie* (sans sel), égouttée	Oryctolagus cuniculus	calc. from / de 07_007	312
07_007	Viande de lapin, crue	Oryctolagus cuniculus	AU14(08B10064), IN17(0061; 0062; 0063)	312
07_062	Viande de lapin, grillée* (sans sel ni graisse)	Oryctolagus cuniculus	calc. from / de 07_007	312
07_061	Viande de lapin, mijotée* (ingrédient de recette)	Oryctolagus cuniculus	calc. from / de 07_007	312
07_116	Viande de pintade, bouillie* (sans sel), égouttée	Numida meleagris	calc. from / de 07_070	300
07_070	Viande de pintade, crue	Numida meleagris	16V(173; 174), IN17(N013), NG1200, US28(05152)	300
07_117	Viande de pintade, grillée* (sans sel ni graisse)	Numida meleagris	calc. from / de 07_070	300
07_118	Viande de pintade, mijotée* (ingrédient de recette)	Numida meleagris	calc. from / de 07_070	300
07_059	Viande de porc, grasse, environ 40% de matière grasse, bouillie* (sans sel), égouttée	Sus domesticus	calc. from / de 07_005	308
07_005	Viande de porc, grasse, environ 40% de matière grasse, crue	Sus domesticus	12B(514), CTA(146), US28(10001; 10070)	308
07_060	Viande de porc, grasse, environ 40% de matière grasse, grillée* (sans sel ni graisse)	Sus domesticus	calc. from / de 07_005	308
07_123	Viande de porc, grasse, environ 40% de matière grasse, mijotée* (ingrédient de recette)	Sus domesticus	calc. from / de 07_005	308
07_119	Viande de porc, maigre, environ 10% de matière grasse, bouillie* (sans sel), égouttée	Sus domesticus	calc. from / de 07_071	308
07_071	Viande de porc, maigre, environ 10% de matière grasse, crue	Sus domesticus	2P(194), AU14(08A30441), IN17(0049), SA1026, US28(10012)	308
07_120	Viande de porc, maigre, environ 10% de matière grasse, grillée* (sans sel ni graisse)	Sus domesticus	calc. from / de 07_071	312
07_121	Viande de porc, maigre, environ 10% de matière grasse, mijotée* (ingrédient de recette)	Sus domesticus	calc. from / de 07_071	312
07_057	Viande de porc, teneur modérée en matière grasse (env. 20%), bouillie* (sans sel), égouttée	Sus domesticus	calc. from / de 07_006	312
07_006	Viande de porc, teneur modérée en matière grasse (env. 20%), crue	Sus domesticus	1P(58), 2P(195), AU14(08A30497), IN17(0048)	312
07_058	Viande de porc, teneur modérée en matière grasse (env. 20%), grillée* (sans sel ni graisse)	Sus domesticus	calc. from / de 07_006	312
07_122	Viande de porc, teneur modérée en matière grasse (env. 20%), mijotée* (ingrédient de recette)	Sus domesticus	calc. from / de 07_006	312
07_096	Viande de springbok, bouillie* (sans sel), égouttée	Antidorcas marsupialis	calc. from / de 07_066	316
07_066	Viande de springbok, crue	Antidorcas marsupialis	AU14(08B10079; 08B10081; 08B10083; 08B10085), SA1023, UK7(18-468), US28(17144)	316
07_097	Viande de springbok, grillée* (sans sel ni graisse)	Antidorcas marsupialis	calc. from / de 07_066	316
07_098	Viande de springbok, mijotée* (ingrédient de recette)	Antidorcas marsupialis	calc. from / de 07_066	316
12_006	Vin de palme (env. 3.8% d'alcool)		3B(Palm wine, fermented / Vin de palme, fermenté), 12B(900), FAO(1590), IN17(K001)	396

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13_003	Vinaigre		3B, AU14(10F20098), SA10(4036), UK7(17-339), US28(02053)	412
01_183	Weet-Bix (céréale de petit déjeuner), non enrichi		AU14(02D10351)	112
01_169	Wèsln né souma (Burkina Faso)*: couscous de maïs jaune avec pois bambara		calc. from recipe / de recette	112
10_005	Yaourt, de lait de vache entier, nature		3B(Yoghurt whole / Yaourt entier), 4E(Yoghourt, whole / Yaourt, entier), 12R, AU14(09C10093), IN17(L002), P2013, US28(01116), 10_025, 10_001	364
10_025	Yaourt, de lait de vache partiellement écrémé, nature		12R, SA10(2734), SA1024, UK7(12-379), US28(01117), 10_001	364
10_026	Yaourt, de lait de vache partiellement écrémé, sucré/avec fruits		2B(19609), SA1024, SA1029, SA10(2732; 2756), US28(01120), 10_001	364

# ANNEX C: YIELD FACTORS FOR SINGLE INGREDIENT RECIPES

## ANNEXE C: FACTEURS DE RENDEMENT POUR LES RECETTES À INGRÉDIENT UNIQUE

CODE	FOOD NAME IN ENGLISH	NOM D'ALIMENT EN FRANÇAIS	YIELD FACTOR / FACTOR DE RENDEMENT	SOURCE
Cereals and their products/Céréales et produits dérivés				
01_124	Fonio. black. whole grains. boiled* (as part of a recipe)	Fonio. noir. grains entiers. bouilli* (ingrédient de recette)	2.4	Bognár. 2002 (Millet. shacked corn. boiled)
01_049	Fonio. black. whole grains. boiled* (without salt). drained	Fonio. noir. grains entiers. bouilli* (sans sel). égoutté	2.4	Bognár. 2002 (Millet. shacked corn. boiled)
01_126	Fonio. decorticated grains (bran removed). boiled* (as part of a recipe)	Fonio. grains décortiqués (sans son). bouilli* (ingrédient de recette)	2.4	Bognár. 2002 (Millet. shacked corn. boiled)
01_051	Fonio. decorticated grains (bran removed). boiled* (without salt). drained	Fonio. grains décortiqués (sans son). bouilli* (sans sel). égoutté	2.4	Bognár. 2002 (Millet. shacked corn. boiled)
01_128	Fonio. decorticated grains (bran removed). washed (mid wet). boiled* (as part of a recipe)	Fonio. grains décortiqués (sans son). lavé (humide). bouilli* (ingrédient de recette)	1.6	Calculated to give same moisture content as for dry. cooked fonio
01_127	Fonio. decorticated grains (bran removed). washed (mid wet). boiled* (without salt). drained	Fonio. grains décortiqués (sans son). lavé (humide). bouilli* (sans sel). égoutté	1.6	Calculated to give same moisture content as for dry. cooked fonio
01_125	Fonio. white. whole grains. boiled* (as part of a recipe)	Fonio. blanc. grains entiers. bouilli* (ingrédient de recette)	2.4	Bognár. 2002 (Millet. shacked corn. boiled)
01_003	Fonio. white. whole grains. boiled* (without salt). drained	Fonio. blanc. grains entiers. bouilli* (sans sel). égoutté	2.4	Bognár. 2002 (Millet. shacked corn. boiled)
01_103	Instant noodles (Indomie). made from wheat flour. previously fried and dried. without flavouring. boiled and drained*	Nouilles instantanées (Indomie). de farine de blé. préalablement frites et séchées. sans aromatisants. bouillies et égouttées*	2.28	Own measurement (Instant noodles. boiled. drained)
01_053	Macaroni. boiled* (without salt). drained	Macaroni. bouilli* (sans sel). égoutté	2.9	Bergström. 1994 (Spaghetti. boiled)
01_123	Maize. combined varieties. whole kernel (Benin). boiled* (as part of a recipe)	Maïs. mélange de variétés. grain entier (Bénin). bouilli* (ingrédient de recette)	3.1	KEN18(01049 Maize. yellow. grain. dry. boiled. drained)
01_062	Maize. combined varieties. whole kernel (Benin). boiled* (without salt). drained	Maïs. mélange de variétés. grain entier (Bénin). bouilli* (sans sel). égoutté	3.1	KEN18(01049 Maize. yellow. grain. dry. boiled. drained)
01_104	Maize. white. whole kernel. boiled* (as part of a recipe)	Maïs. blanc. grain entier. bouilli* (ingrédient de recette)	3.1	KEN18(01049 Maize. yellow. grain. dry. boiled. drained)
01_005	Maize. white. whole kernel. boiled* (without salt). drained	Maïs. blanc. grain entier. bouilli* (sans sel). égoutté	3.1	KEN18(01049 Maize. yellow. grain. dry. boiled. drained)
01_119	Maize. white. whole kernel. decorticated. boiled* (as part of a recipe)	Maïs. blanc. grain entier. décortiqué. bouilli* (ingrédient de recette)	3.1	KEN18(01049 Maize. yellow. grain. dry. boiled. drained)
01_118	Maize. white. whole kernel. decorticated. boiled* (without salt). drained	Maïs. blanc. grain entier. décortiqué. bouilli* (sans sel). égoutté	3.1	KEN18(01049 Maize. yellow. grain. dry. boiled. drained)
01_120	Maize. yellow. whole kernel. boiled* (as part of a recipe)	Maïs. jaune. grain entier. bouilli* (ingrédient de recette)	3.1	KEN18(01049 Maize. yellow. grain. dry. boiled. drained)
01_007	Maize. yellow. whole kernel. boiled* (without salt). drained	Maïs. jaune. grain entier. bouilli* (sans sel). égoutté	3.1	KEN18(01049 Maize. yellow. grain. dry. boiled. drained)
01_133	Oats. porridge* (without salt)	Avoine. bouillie* (sans sel)	5.78	Matthews and Garrison. 1975 (1551 Oats. rolled. cooked - 1 part cereal in 2 to 2 1/4 parts water for 5 min.)
01_132	Pearl millet. combined varieties. whole grains (Burkina Faso). boiled* (as part of a recipe)	Mil à chandelle. mélange de variétés. grains entiers. (Burkina Faso). bouilli* (ingrédient de recette)	2.4	Bognár. 2002 (Millet. shacked corn. boiled)



## ANNEX C: YIELD FACTORS FOR SINGLE INGREDIENT RECIPES | ANNEXE C: FACTEURS DE RENDEMENT POUR LES RECETTES À INGRÉDIENT UNIQUE

CODE	FOOD NAME IN ENGLISH	NOM D'ALIMENT EN FRANÇAIS	YIELD FACTOR / FACTOR DE RENDEMENT	SOURCE
01_064	Pearl millet. combined varieties. whole grains (Burkina Faso). boiled* (without salt). drained	Mil à chandelle. mélange de variétés. grains entiers. (Burkina Faso). bouilli* (sans sel). égoutté	2.4	Bognár. 2002 (Millet. shacked corn. boiled)
01_131	Pearl millet. decorticated. boiled* (as part of a recipe)	Mil à chandelle. décortiqué. bouilli* (ingrédient de recette)	2.4	Bognár. 2002 (Millet. shacked corn. boiled)
01_130	Pearl millet. decorticated. boiled* (without salt). drained	Mil à chandelle. décortiqué. bouilli* (sans sel). égoutté	2.4	Bognár. 2002 (Millet. shacked corn. boiled)
01_129	Pearl millet. whole grains. boiled* (as part of a recipe)	Mil à chandelle. grain entier. bouilli* (ingrédient de recette)	2.4	Bognár. 2002 (Millet. shacked corn. boiled)
01_033	Pearl millet. whole grains. boiled* (without salt). drained	Mil à chandelle. grain entier. bouilli* (sans sel). égoutté	2.4	Bognár. 2002 (Millet. shacked corn. boiled)
01_061	Porridge. soft. from degermed white maize grit* (without salt)	Bouillie. liquide. de gruau de maïs blanc dégermé* (sans sel)	7.3	SA10(4405)
01_056	Porridge. soft. from degermed yellow maize grit* (without salt)	Bouillie. liquide. de gruau de maïs jaune dégermé* (sans sel)	7.3	SA10(4405)
01_154	Porridge. soft. from refined (special) white maize flour fortified with vitamin A (Nigeria)* (without salt)	Bouillie. liquide. de farine de maïs blanc raffinée (spécial). enrichie en vitamine A (Nigeria)* (sans sel)	7.3	SA10(4405)
01_112	Porridge. soft. from refined (special) white maize flour. unfortified* (without salt)	Bouillie. liquide. de farine de maïs blanc raffinée (spécial). non enrichie* (sans sel)	7.3	SA10(4405)
01_117	Porridge. soft. from refined (super) white maize flour fortified with vitamin A (Nigeria)* (without salt)	Bouillie. liquide. de farine de maïs blanc raffinée (super). enrichie en vitamine A (Nigeria)* (sans sel)	7.3	SA10(4405)
01_115	Porridge. soft. from refined (super) white maize flour. unfortified* (without salt)	Bouillie. liquide. de farine de maïs blanc raffinée (super). non enrichie* (sans sel)	7.3	SA10(4405)
01_110	Porridge. soft. from sifted white maize meal fortified with vitamin A (Nigeria)* (without salt)	Bouillie. liquide. de farine de maïs blanc tamisée. enrichie en vitamine A (Nigeria)* (sans sel)	7.3	SA10(4405)
01_108	Porridge. soft. from sifted white maize meal. unfortified* (without salt)	Bouillie. liquide. de farine de maïs blanc tamisée. non enrichie* (sans sel)	7.3	SA10(4405)
01_106	Porridge. soft. from wholegrain white maize meal* (without salt)	Bouillie. liquide. de farine de maïs blanc complète* (sans sel)	7.3	SA10(4405)
01_122	Porridge. soft. from wholegrain yellow maize meal* (without salt)	Bouillie. liquide. de farine de maïs jaune complète* (sans sel)	7.3	SA10(4405)
01_076	Porridge. stiff. from degermed white maize grit* (without salt)	Bouillie. épaisse. de gruau de maïs blanc dégermé* (sans sel)	2.7	SA10(4406)
01_075	Porridge. stiff. from degermed yellow maize grit* (without salt)	Bouillie. épaisse. de gruau de maïs jaune dégermé* (sans sel)	2.7	SA10(4406)
01_113	Porridge. stiff. from refined (special) white maize flour fortified with vitamin A (Nigeria)* (without salt)	Bouillie. épaisse. de farine de maïs blanc raffinée (spécial). enrichie en vitamine A (Nigeria)* (sans sel)	2.7	SA10(4406)
01_111	Porridge. stiff. from refined (special) white maize flour. unfortified* (without salt)	Bouillie. épaisse. de farine de maïs blanc raffinée (spécial). non enrichie* (sans sel)	2.7	SA10(4406)
01_116	Porridge. stiff. from refined (super) white maize flour fortified with vitamin A (Nigeria)* (without salt)	Bouillie. épaisse. de farine de maïs blanc raffinée (super). enrichie en vitamine A (Nigeria)* (sans sel)	2.7	SA10(4406)
01_114	Porridge. stiff. from refined (super) white maize flour. unfortified* (without salt)	Bouillie. épaisse. de farine de maïs blanc raffinée (super). non enrichie* (sans sel)	2.7	SA10(4406)
01_109	Porridge. stiff. from sifted white maize meal fortified with vitamin A (Nigeria)* (without salt)	Bouillie. épaisse. de farine de maïs blanc raffinée tamisée. enrichie en vitamine A (Nigeria)* (sans sel)	2.7	SA10(4406)
01_107	Porridge. stiff. from sifted white maize meal. unfortified* (without salt)	Bouillie. épaisse. de farine de maïs blanc tamisée. non enrichie* (sans sel)	2.7	SA10(4406)
01_105	Porridge. stiff. from wholegrain white maize meal* (without salt)	Bouillie. épaisse. de farine de maïs blanc complète* (sans sel)	2.7	SA10(4406)

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01_121	Porridge. stiff. from wholegrain yellow maize meal* (without salt)	Bouillie. épaisse. de farine de maïs jaune complète* (sans sel)	2.7	SA10(4406)
01_150	Porridge. tô. from degermed white maize grit* (without salt)	Bouillie. tô. de gruau de maïs blanc dégermé* (sans sel)	5	Own measurement (Tô)
01_155	Porridge. tô. from degermed yellow maize grit* (without salt)	Bouillie. tô. de gruau de maïs jaune dégermé* (sans sel)	5	Own measurement (Tô)
01_147	Porridge. tô. from refined (special) white maize flour fortified with vitamin A (Nigeria)* (without salt)	Bouillie. tô. de farine de maïs blanc raffinée (spécial). enrichie en vitamine A (Nigéria)* (sans sel)	5	Own measurement (Tô)
01_146	Porridge. tô. from refined (special) white maize flour. unfortified* (without salt)	Bouillie. tô. de farine de maïs blanc raffinée (spécial). non enrichie* (sans sel)	5	Own measurement (Tô)
01_149	Porridge. tô. from refined (super) white maize flour fortified with vitamin A (Nigeria)* (without salt)	Bouillie. tô. de farine de maïs blanc raffinée (super). enrichie en vitamine A (Nigéria)* (sans sel)	5	Own measurement (Tô)
01_148	Porridge. tô. from refined (super) white maize flour. unfortified* (without salt)	Bouillie. tô. de farine de maïs blanc raffinée (super). non enrichie* (sans sel)	5	Own measurement (Tô)
01_144	Porridge. tô. from sifted white maize meal fortified with vitamin A (Nigeria)* (without salt)	Bouillie. tô. de farine de maïs blanc tamisée. enrichie en vitamine A (Nigéria)* (sans sel)	5	Own measurement (Tô)
01_145	Porridge. tô. from sifted white maize meal. unfortified* (without salt)	Bouillie. tô. de farine de maïs blanc tamisée. non enrichie* (sans sel)	5	Own measurement (Tô)
01_143	Porridge. tô. from wholegrain white maize meal* (without salt)	Bouillie. tô. de farine de maïs blanc complète* (sans sel)	5	Own measurement (Tô)
01_151	Porridge. tô. from wholegrain yellow maize meal* (without salt)	Bouillie. tô. de farine de maïs jaune complète* (sans sel)	5	Own measurement (Tô)
01_152	Rice. brown. boiled* (as part of a recipe)	Riz. brun. bouilli* (ingrédient de recette)	2.5	Bergström. 1994 (Rice. brown. boiled)
01_035	Rice. brown. boiled* (without salt). drained	Riz. brun. bouilli* (sans sel). égoutté	2.5	Bergström. 1994 (Rice. brown. boiled)
01_136	Rice. red native. hulled. boiled* (as part of a recipe)	Riz. rouge. indigène. décortiqué. bouilli* (ingrédient de recette)	2.5	Bergström. 1994 (Rice. brown. boiled)
01_066	Rice. red native. hulled. boiled* (without salt). drained	Riz. rouge. indigène. décortiqué. bouilli* (sans sel). égoutté	2.5	Bergström. 1994 (Rice. brown. boiled)
01_137	Rice. red native. milled. boiled* (as part of a recipe)	Riz. rouge. indigène. blanchi. bouilli* (ingrédient de recette)	2.98	Bognár. 2002 (Rice. long corn. polished. boiled)
01_068	Rice. red native. milled. boiled* (without salt). drained	Riz. rouge. indigène. blanchi. bouilli* (sans sel). égoutté	2.98	Bognár. 2002 (Rice. long corn. polished. boiled)
01_135	Rice. white. boiled* (as part of a recipe)	Riz. blanc. bouilli* (ingrédient de recette)	2.98	Bognár. 2002 (Rice. long corn. polished. boiled)
01_038	Rice. white. boiled* (without salt). drained	Riz. blanc. bouilli* (sans sel). égoutté	2.98	Bognár. 2002 (Rice. long corn. polished. boiled)
01_134	Rice. white. polished. boiled* (as part of a recipe)	Riz. blanc. poli. bouilli* (ingrédient de recette)	2.98	Bognár. 2002 (Rice. long corn. polished. boiled)
01_069	Rice. white. polished. boiled* (without salt). drained	Riz. blanc. poli. bouilli* (sans sel). égoutté	2.98	Bognár. 2002 (Rice. long corn. polished. boiled)
01_138	Sorghum. whole grains. boiled* (as part of a recipe)	Sorgho. grains entiers. bouilli* (ingrédient de recette)	2.4	Bognár. 2002 (Millet. shacked corn. boiled)
01_042	Sorghum. whole grains. boiled* (without salt). drained	Sorgho. grains entiers. bouilli* (sans sel). égoutté	2.4	Bognár. 2002 (Millet. shacked corn. boiled)
01_139	Sorghum. whole grains. red. boiled* (as part of a recipe)	Sorgho. grains entiers. rouge. bouilli* (ingrédient de recette)	2.4	Bognár. 2002 (Millet. shacked corn. boiled)
01_070	Sorghum. whole grains. red. boiled* (without salt). drained	Sorgho. grains entiers. rouge. bouilli* (sans sel). égoutté	2.4	Bognár. 2002 (Millet. shacked corn. boiled)
01_140	Sorghum. whole grains. white. boiled* (as part of a recipe)	Sorgho. grains entiers. blanc. bouilli* (ingrédient de recette)	2.4	Bognár. 2002 (Millet. shacked corn. boiled)
01_071	Sorghum. whole grains. white. boiled* (without salt). drained	Sorgho. grains entiers. blanc. bouilli* (sans sel). égoutté	2.4	Bognár. 2002 (Millet. shacked corn. boiled)

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01_186	Teff. whole grains. boiled* (as part of a recipe)	Teff. grains entiers. bouilli* (ingrédient de recette)	1.78	Bognár. 2002 (Wheat. whole. boiled. stewed)
01_185	Teff. whole grains. boiled* (without salt). drained	Teff. grains entiers. bouilli* (sans sel). égoutté	1.78	Bognár. 2002 (Wheat. whole. boiled. stewed)
01_142	Wheat. whole grains. boiled* (as part of a recipe)	Blé. grains entiers. bouilli* (ingrédient de recette)	1.78	Bognár. 2002 (Wheat. whole. boiled. stewed)
01_141	Wheat. whole grains. boiled* (without salt). drained	Blé. grains entiers. bouilli* (sans sel). égoutté	1.78	Bognár. 2002 (Wheat. whole. boiled. stewed)
Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés				
02_051	Cassava. tuber. white flesh. boiled* (as part of a recipe)	Manioc. tubercule. chair blanche. bouilli* (ingrédient de recette)	1.17	KEN18(02023 Cassava. root. white. peeled. boiled with pressure. drained)
02_003	Cassava. tuber. white flesh. boiled* (without salt). drained	Manioc. tubercule. chair blanche. bouilli* (sans sel). égoutté	1.17	KEN18(02023 Cassava. root. white. peeled. boiled with pressure. drained)
02_053	Cassava. tuber. yellow flesh. boiled* (as part of a recipe)	Manioc. tubercule. chair jaune. bouilli* (ingrédient de recette)	1.17	KEN18(02023 Cassava. root. white. peeled. boiled with pressure. drained)
02_052	Cassava. tuber. yellow flesh. boiled* (without salt). drained	Manioc. tubercule. chair jaune. bouilli* (sans sel). égoutté	1.17	KEN18(02023 Cassava. root. white. peeled. boiled with pressure. drained)
02_054	Cocoyam. tuber. white. boiled* (as part of a recipe)	Chou caraïbe. tubercule. blanc. bouilli* (ingrédient de recette)	0.95	Bognár. 2002 (Root and tuber vegetables. boiled)
02_006	Cocoyam. tuber. white. boiled* (without salt). drained	Chou caraïbe. tubercule. blanc. bouilli* (sans sel). égoutté	0.95	Bognár. 2002 (Root and tuber vegetables. boiled)
02_056	Cocoyam. tuber. yellow. boiled* (as part of a recipe)	Chou caraïbe. tubercule. jaune. bouilli* (ingrédient de recette)	0.95	Bognár. 2002 (Root and tuber vegetables. boiled)
02_055	Cocoyam. tuber. yellow. boiled* (without salt). drained	Chou caraïbe. tubercule. jaune. bouilli* (sans sel). égoutté	0.95	Bognár. 2002 (Root and tuber vegetables. boiled)
02_058	Plantain. ripe. ivory flesh. boiled* (as part of a recipe)	Banane plantain. mûre. chair ivoire. bouillie* (ingrédient de recette)	1.05	UK6 (Calc. from 13323 and 13324)
02_057	Plantain. ripe. ivory flesh. boiled* (without salt). drained	Banane plantain. mûre. chair ivoire. bouillie* (sans sel). égouttée	1.05	UK6 (Calc. from 13323 and 13324)
02_060	Plantain. ripe. orange flesh. boiled* (as part of a recipe)	Banane plantain. mûre. chair orange. bouillie* (ingrédient de recette)	1.05	UK6 (Calc. from 13323 and 13324)
02_059	Plantain. ripe. orange flesh. boiled* (without salt). drained	Banane plantain. mûre. chair orange. bouillie* (sans sel). égouttée	1.05	UK6 (Calc. from 13323 and 13324)
02_065	Plantain. unripe. ivory flesh. boiled* (as part of a recipe)	Banane plantain. verte. chair ivoire. bouillie* (ingrédient de recette)	1.05	UK6 (Calc. from 13323 and 13324)
02_064	Plantain. unripe. ivory flesh. boiled* (without salt). drained	Banane plantain. verte. chair ivoire. bouillie* (sans sel). égouttée	1.05	UK6 (Calc. from 13323 and 13324)
02_067	Plantain. unripe. orange flesh. boiled* (as part of a recipe)	Banane plantain. verte. chair orange. bouillie* (ingrédient de recette)	1.05	UK6 (Calc. from 13323 and 13324)
02_066	Plantain. unripe. orange flesh. boiled* (without salt). drained	Banane plantain. verte. chair orange. bouillie* (sans sel). égouttée	1.05	UK6 (Calc. from 13323 and 13324)
02_063	Plantain. unripe. pale flesh. boiled* (as part of a recipe)	Banane plantain. verte. chair claire. bouillie* (ingrédient de recette)	1.05	UK6 (Calc. from 13323 and 13324)
02_062	Plantain. unripe. pale flesh. boiled* (without salt). drained	Banane plantain. verte. chair claire. bouillie* (sans sel). égouttée	1.05	UK6 (Calc. from 13323 and 13324)
02_068	Potato. boiled* (as part of a recipe)	Pomme de terre. bouillie* (ingrédient de recette)	1	Bognár. 2002 (Potato. without peel. boiled)
02_010	Potato. boiled* (without salt). drained	Pomme de terre. bouillie* (sans sel). égouttée	1	Bognár. 2002 (Potato. without peel. boiled)
02_070	Sweet potato. deep yellow flesh. boiled* (as part of a recipe)	Patate douce. chair jaune foncé. bouillie* (ingrédient de recette)	1	Matthews and Garrison. 1975 (2500 Sweet potatoes. boiled or steamed)
02_012	Sweet potato. deep yellow flesh. boiled* (without salt). drained	Patate douce. chair jaune foncé. bouillie* (sans sel). égouttée	1	Matthews and Garrison. 1975 (2500 Sweet potatoes. boiled or steamed)
02_073	Sweet potato. orange flesh. boiled* (as part of a recipe)	Patate douce. chair orange. bouillie* (ingrédient de recette)	1	Matthews and Garrison. 1975 (2500 Sweet potatoes. boiled or steamed)
02_072	Sweet potato. orange flesh. boiled* (without salt). drained	Patate douce. chair orange. bouillie* (sans sel). égouttée	1	Matthews and Garrison. 1975 (2500 Sweet potatoes. boiled or steamed)

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02_069	Sweet potato. pale flesh (white/cream/pale yellow). boiled* (as part of a recipe)	Patate douce. chair claire (blanche/crème/jaune pâle). bouillie* (ingrédient de recette)	1	Matthews and Garrison. 1975 (2500 Sweet potatoes. boiled or steamed)
02_023	Sweet potato. pale flesh (white/cream/pale yellow). boiled* (without salt). drained	Patate douce. chair claire (blanche/crème/jaune pâle). bouillie* (sans sel). égouttée	1	Matthews and Garrison. 1975 (2500 Sweet potatoes. boiled or steamed)
02_071	Sweet potato. yellow flesh. boiled* (as part of a recipe)	Patate douce. chair jaune. bouillie* (ingrédient de recette)	1	Matthews and Garrison. 1975 (2500 Sweet potatoes. boiled or steamed)
02_014	Sweet potato. yellow flesh. boiled* (without salt). drained	Patate douce. chair jaune. bouillie* (sans sel). égouttée	1	Matthews and Garrison. 1975 (2500 Sweet potatoes. boiled or steamed)
02_074	Taro. tuber. white. boiled* (as part of a recipe)	Taro. tubercule. blanc. bouilli* (ingrédient de recette)	1.01	Matthews and Garrison. 1975 (2528 Taro. boiled)
02_016	Taro. tuber. white. boiled* (without salt). drained	Taro. tubercule. blanc. bouilli* (sans sel). égoutté	1.01	Matthews and Garrison. 1975 (2528 Taro. boiled)
02_075	Tiger nut. tuber. boiled* (as part of a recipe)	Souchet comestible (« noix tigrée »). tubercule. bouilli* (ingrédient de recette)	0.95	Bognár. 2002 (Root and tuber vegetables. boiled)
02_025	Tiger nut. tuber. boiled* (without salt). drained	Souchet comestible (« noix tigrée »). tubercule. bouilli* (sans sel). égoutté	0.95	Bognár. 2002 (Root and tuber vegetables. boiled)
02_076	Water yam. tuber. boiled* (as part of a recipe)	Grande igname. tubercule. bouillie* (ingrédient de recette)	0.95	Bognár. 2002 (Root and tuber vegetables. boiled)
02_018	Water yam. tuber. boiled* (without salt). drained	Grande igname. tubercule. bouillie* (sans sel). égouttée	0.95	Bognár. 2002 (Root and tuber vegetables. boiled)
02_078	Yam. tuber. combined cultivars (Nigeria). boiled* (as part of a recipe)	Igname. tubercule. cultivars combinés (Nigéria). bouilli* (ingrédient de recette)	0.95	Bognár. 2002 (Root and tuber vegetables. boiled)
02_035	Yam. tuber. combined cultivars (Nigeria). boiled* (without salt). drained	Igname. tubercule. cultivars combinés (Nigéria). bouilli* (sans sel). égoutté	0.95	Bognár. 2002 (Root and tuber vegetables. boiled)
02_077	Yam. tuber. pale. boiled* (as part of a recipe)	Igname. tubercule. chair pâle. bouilli* (ingrédient de recette)	0.95	Bognár. 2002 (Root and tuber vegetables. boiled)
02_020	Yam. tuber. pale. boiled* (without salt). drained	Igname. tubercule. chair pâle. bouilli* (sans sel). égoutté	0.95	Bognár. 2002 (Root and tuber vegetables. boiled)
02_080	Yam. tuber. three-leaved. pale. boiled* (as part of a recipe)	Igname. tubercule. à trois feuilles. chair pâle. bouilli* (ingrédient de recette)	0.95	Bognár. 2002 (Root and tuber vegetables. boiled)
02_079	Yam. tuber. three-leaved. pale. boiled* (without salt). drained	Igname. tubercule. à trois feuilles. chair pâle. bouilli* (sans sel). égoutté	0.95	Bognár. 2002 (Root and tuber vegetables. boiled)
Legumes and their products/Légumineuses et produits dérivés				
03_063	African locust bean. not soaked. boiled* (without salt). drained	Néré. non trempé. bouilli* (sans sel). égoutté	2.61	uPulses (average of original YF for all pulses)
03_064	African locust bean. not soaked. boiled* (without salt). with cooking liquid	Néré. non trempé. bouilli* (sans sel). avec liquide de cuisson	4.13	uPulses (average of original YF for all pulses)
03_065	African locust bean. soaked. boiled in different water* (without salt). drained	Néré. trempé. bouilli dans différentes eaux* (sans sel). égoutté	2.3	uPulses (average of original YF for all pulses)
03_066	African locust bean. soaked. boiled in different water* (without salt). with cooking liquid	Néré. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	3.2	uPulses (average of original YF for all pulses)
03_011	African yam bean. not soaked. boiled* (without salt). drained	Haricot igname. non trempé. bouilli* (sans sel). égoutté	2.61	uPulses (average of original YF for all pulses)
03_060	African yam bean. not soaked. boiled* (without salt). with cooking liquid	Haricot igname. non trempé. bouilli* (sans sel). avec liquide de cuisson	4.13	uPulses (average of original YF for all pulses)
03_061	African yam bean. soaked. boiled in different water* (without salt). drained	Haricot igname. trempé. bouilli dans différentes eaux* (sans sel). égoutté	2.3	uPulses (average of original YF for all pulses)
03_062	African yam bean. soaked. boiled in different water* (without salt). with cooking liquid	Haricot igname. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	3.2	uPulses (average of original YF for all pulses)

## ANNEX C: YIELD FACTORS FOR SINGLE INGREDIENT RECIPES | ANNEXE C: FACTEURS DE RENDEMENT POUR LES RECETTES À INGRÉDIENT UNIQUE

CODE	FOOD NAME IN ENGLISH	NOM D'ALIMENT EN FRANÇAIS	YIELD FACTOR / FACTOR DE RENDEMENT	SOURCE
03_019	Bambara groundnut. combined varieties (Ghana). not soaked. boiled* (without salt). drained	Pois bambara. mélange de variétés (Ghana). non trempé. bouilli* (sans sel). égoutté	2	Own measurement (Bambara groundnuts boiled with potash)
03_071	Bambara groundnut. combined varieties (Ghana). soaked. boiled in different water* (without salt). drained	Pois bambara. mélange de variétés (Ghana). trempé. bouilli dans différentes eaux* (sans sel). égoutté	2	Own measurement (Bambara groundnuts boiled with potash)
03_012	Bambara groundnut. not soaked. boiled* (without salt). drained	Pois bambara. non trempé. bouilli* (sans sel). égoutté	2	Own measurement (Bambara groundnuts boiled with potash)
03_020	Bambara groundnut. red. not soaked. boiled* (without salt). drained	Pois bambara. rouge. non trempé. bouilli* (sans sel). égoutté	2	Own measurement (Bambara groundnuts boiled with potash)
03_074	Bambara groundnut. red. soaked. boiled in different water* (without salt). drained	Pois bambara. rouge. trempé. bouilli dans différentes eaux* (sans sel). égoutté	2	Own measurement (Bambara groundnuts boiled with potash)
03_068	Bambara groundnut. soaked. boiled in different water* (without salt). drained	Pois bambara. trempé. bouilli dans différentes eaux* (sans sel). égoutté	2	Own measurement (Bambara groundnuts boiled with potash)
03_021	Bambara groundnut. white. not soaked. boiled* (without salt). drained	Pois bambara. blanc. non trempé. bouilli* (sans sel). égoutté	2	Own measurement (Bambara groundnuts boiled with potash)
03_077	Bambara groundnut. white. soaked. boiled in different water* (without salt). drained	Pois bambara. blanc. trempé. bouilli dans différentes eaux* (sans sel). égoutté	2	Own measurement (Bambara groundnuts boiled with potash)
03_023	Bean. white. not soaked. boiled* (without salt). drained	Haricot blanc. non trempé. bouilli* (sans sel). égoutté	2.6	uPulses (PHV019)
03_079	Bean. white. not soaked. boiled* (without salt). with cooking liquid	Haricot blanc. non trempé. bouilli* (sans sel). avec liquide de cuisson	4.33	uPulses (PHV020)
03_081	Bean. white. soaked. boiled in different water* (without salt). drained	Haricot blanc. trempé. bouilli dans différentes eaux* (sans sel). égoutté	2.6	uPulses (PHV019)
03_082	Bean. white. soaked. boiled in different water* (without salt). with cooking liquid	Haricot blanc. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	4.33	uPulses (PHV020)
03_025	Broad bean. not soaked. boiled* (without salt). drained	Fève. non trempée. bouillie* (sans sel). égouttée	2.8	US28(Calc. from 16052 Broadbeans (fava beans). mature seeds. raw; 16053 Broadbeans (fava beans). mature seeds. cooked. boiled. without salt)
03_083	Broad bean. not soaked. boiled* (without salt). with cooking liquid	Fève. non trempée. bouillie* (sans sel). avec liquide de cuisson	4.6	uPulses (VIF004)
03_084	Broad bean. soaked. boiled in different water* (without salt). drained	Fève. trempée. bouillie dans différentes eaux* (sans sel). égouttée	2.8	US28(Calc. from 16052 Broadbeans (fava beans). mature seeds. raw; 16053 Broadbeans (fava beans). mature seeds. cooked. boiled. without salt)
03_085	Broad bean. soaked. boiled in different water* (without salt). with cooking liquid	Fève. trempée. bouillie dans différentes eaux* (sans sel). avec liquide de cuisson	4.6	uPulses (VIF004)
03_026	Cowpea. black. not soaked. boiled* (without salt). drained	Niébé. noir. non trempé. bouilli* (sans sel). égoutté	2.67	uPulses (VUN005)
03_092	Cowpea. black. not soaked. boiled* (without salt). with cooking liquid	Niébé. noir. non trempé. bouilli* (sans sel). avec liquide de cuisson	4.42	uPulses (VUN006)
03_093	Cowpea. black. soaked. boiled in different water* (without salt). drained	Niébé. noir. trempé. bouilli dans différentes eaux* (sans sel). égoutté	2.67	uPulses (VUN005)
03_094	Cowpea. black. soaked. boiled in different water* (without salt). with cooking liquid	Niébé. noir. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	4.42	uPulses (VUN006)
03_028	Cowpea. brown. not soaked. boiled* (without salt). drained	Niébé. brun. non trempé. bouilli* (sans sel). égoutté	2.67	uPulses (VUN005)
03_095	Cowpea. brown. not soaked. boiled* (without salt). with cooking liquid	Niébé. brun. non trempé. bouilli* (sans sel). avec liquide de cuisson	4.42	uPulses (VUN006)
03_096	Cowpea. brown. soaked. boiled in different water* (without salt). drained	Niébé. brun. trempé. bouilli dans différentes eaux* (sans sel). égoutté	2.67	uPulses (VUN005)

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CODE	FOOD NAME IN ENGLISH	NOM D'ALIMENT EN FRANÇAIS	YIELD FACTOR / FACTOR DE RENDEMENT	SOURCE
03_097	Cowpea. brown. soaked. boiled in different water* (without salt). with cooking liquid	Niébé. brun. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	4.42	uPulses (VUN006)
03_101	Cowpea. dehulled. not soaked. boiled* (without salt). drained	Niébé. décortiqué. non trempé. bouilli* (sans sel). égoutté	2.67	uPulses (VUN005)
03_102	Cowpea. dehulled. not soaked. boiled* (without salt). with cooking liquid	Niébé. décortiqué. non trempé. bouilli* (sans sel). avec liquide de cuisson	4.42	uPulses (VUN006)
03_103	Cowpea. dehulled. soaked. boiled in different water* (without salt). drained	Niébé. décortiqué. trempé. bouilli dans différentes eaux* (sans sel). égoutté	2.67	uPulses (VUN005)
03_104	Cowpea. dehulled. soaked. boiled in different water* (without salt). with cooking liquid	Niébé. décortiqué. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	4.42	uPulses (VUN006)
03_007	Cowpea. not soaked. boiled* (without salt). drained	Niébé. non trempé. bouilli* (sans sel). égoutté	2.67	uPulses (VUN005)
03_089	Cowpea. not soaked. boiled* (without salt). with cooking liquid	Niébé. non trempé. bouilli* (sans sel). avec liquide de cuisson	4.42	uPulses (VUN006)
03_090	Cowpea. soaked. boiled in different water* (without salt). drained	Niébé. trempé. bouilli dans différentes eaux* (sans sel). égoutté	2.67	uPulses (VUN005)
03_091	Cowpea. soaked. boiled in different water* (without salt). with cooking liquid	Niébé. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	4.42	uPulses (VUN006)
03_029	Cowpea. white. not soaked. boiled* (without salt). drained	Niébé. blanc. non trempé. bouilli* (sans sel). égoutté	2.67	uPulses (VUN005)
03_098	Cowpea. white. not soaked. boiled* (without salt). with cooking liquid	Niébé. blanc. non trempé. bouilli* (sans sel). avec liquide de cuisson	4.42	uPulses (VUN006)
03_099	Cowpea. white. soaked. boiled in different water* (without salt). drained	Niébé. blanc. trempé. bouilli dans différentes eaux* (sans sel). égoutté	2.67	uPulses (VUN005)
03_100	Cowpea. white. soaked. boiled in different water* (without salt). with cooking liquid	Niébé. blanc. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	4.42	uPulses (VUN006)
03_113	Ground bean. not soaked. boiled* (without salt). drained	Haricot de terre. non trempé. bouilli* (sans sel). égoutté	2.61	uPulses (average of original YF for all pulses)
03_114	Ground bean. not soaked. boiled* (without salt). with cooking liquid	Haricot de terre. non trempé. bouilli* (sans sel). avec liquide de cuisson	4.13	uPulses (average of original YF for all pulses)
03_115	Ground bean. soaked. boiled in different water* (without salt). drained	Haricot de terre. trempé. bouilli dans différentes eaux* (sans sel). égoutté	2.61	uPulses (average of original YF for all pulses)
03_116	Ground bean. soaked. boiled in different water* (without salt). with cooking liquid	Haricot de terre. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	4.13	uPulses (average of original YF for all pulses)
03_109	Jack bean. not soaked. boiled* (without salt). drained	Haricot-sabre. non trempé. bouilli* (sans sel). égoutté	2.61	uPulses (average of original YF for all pulses)
03_110	Jack bean. not soaked. boiled* (without salt). with cooking liquid	Haricot-sabre. non trempé. bouilli* (sans sel). avec liquide de cuisson	4.13	uPulses (average of original YF for all pulses)
03_111	Jack bean. soaked. boiled in different water* (without salt). drained	Haricot-sabre. trempé. bouilli dans différentes eaux* (sans sel). égoutté	2.61	uPulses (average of original YF for all pulses)
03_112	Jack bean. soaked. boiled in different water* (without salt). with cooking liquid	Haricot-sabre. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	4.13	uPulses (average of original YF for all pulses)
03_031	Lentil. not soaked. boiled* (without salt). drained	Lentille. non trempée. bouillie* (sans sel). égouttée	2.65	uPulses (LEC009)
03_086	Lentil. not soaked. boiled* (without salt). with cooking liquid	Lentille. non trempée. bouillie* (sans sel). avec liquide de cuisson	4.25	uPulses (LEC010)
03_087	Lentil. soaked. boiled in different water* (without salt). drained	Lentille. trempée. bouillie dans différentes eaux* (sans sel). égouttée	2.65	uPulses (LEC009)

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03_088	Lentil, soaked, boiled in different water* (without salt), with cooking liquid	Lentille, trempée, bouillie dans différentes eaux* (sans sel), avec liquide de cuisson	4.25	uPulses (LECO10)
03_117	Lima bean, not soaked, boiled* (without salt), drained	Haricot de Lima, non trempé, bouilli* (sans sel), égoutté	2.5	uPulses (PHL002)
03_118	Lima bean, not soaked, boiled* (without salt), with cooking liquid	Haricot de Lima, non trempé, bouilli* (sans sel), avec liquide de cuisson	4.33	uPulses (PHL003)
03_119	Lima bean, soaked, boiled in different water* (without salt), drained	Haricot de Lima, trempé, bouilli dans différentes eaux* (sans sel), égoutté	2.5	uPulses (PHL002)
03_120	Lima bean, soaked, boiled in different water* (without salt), with cooking liquid	Haricot de Lima, trempé, bouilli dans différentes eaux* (sans sel), avec liquide de cuisson	4.33	uPulses (PHL003)
03_132	Pigeon pea, brown, not soaked, boiled* (without salt), drained	Pois d'Angole, brun, non trempé, bouilli* (sans sel), égoutté	2.3	uPulses (CAC004)
03_133	Pigeon pea, brown, not soaked, boiled* (without salt), with cooking liquid	Pois d'Angole, brun, non trempé, bouilli* (sans sel), avec liquide de cuisson	3.2	uPulses (CAC005)
03_134	Pigeon pea, brown, soaked, boiled in different water* (without salt), drained	Pois d'Angole, brun, trempé, bouilli dans différentes eaux* (sans sel), égoutté	2.3	uPulses (CAC004)
03_135	Pigeon pea, brown, soaked, boiled in different water* (without salt), with cooking liquid	Pois d'Angole, brun, trempé, bouilli dans différentes eaux* (sans sel), avec liquide de cuisson	3.2	uPulses (CAC005)
03_128	Pigeon pea, cream, not soaked, boiled* (without salt), drained	Pois d'Angole, crème, non trempé, bouilli* (sans sel), égoutté	2.3	uPulses (CAC004)
03_129	Pigeon pea, cream, not soaked, boiled* (without salt), with cooking liquid	Pois d'Angole, crème, non trempé, bouilli* (sans sel), avec liquide de cuisson	3.2	uPulses (CAC005)
03_130	Pigeon pea, cream, soaked, boiled in different water* (without salt), drained	Pois d'Angole, crème, trempé, bouilli dans différentes eaux* (sans sel), égoutté	2.3	uPulses (CAC004)
03_131	Pigeon pea, cream, soaked, boiled in different water* (without salt), with cooking liquid	Pois d'Angole, crème, trempé, bouilli dans différentes eaux* (sans sel), avec liquide de cuisson	3.2	uPulses (CAC005)
03_033	Pigeon pea, not soaked, boiled* (without salt), drained	Pois d'Angole, non trempé, bouilli* (sans sel), égoutté	2.3	uPulses (CAC004)
03_121	Pigeon pea, not soaked, boiled* (without salt), with cooking liquid	Pois d'Angole, non trempé, bouilli* (sans sel), avec liquide de cuisson	3.2	uPulses (CAC005)
03_122	Pigeon pea, soaked, boiled in different water* (without salt), drained	Pois d'Angole, trempé, bouilli dans différentes eaux* (sans sel), égoutté	2.3	uPulses (CAC004)
03_123	Pigeon pea, soaked, boiled in different water* (without salt), with cooking liquid	Pois d'Angole, trempé, bouilli dans différentes eaux* (sans sel), avec liquide de cuisson	3.2	uPulses (CAC005)
03_124	Pigeon pea, white, not soaked, boiled* (without salt), drained	Pois d'Angole, blanc, non trempé, bouilli* (sans sel), égoutté	2.3	uPulses (CAC004)
03_125	Pigeon pea, white, not soaked, boiled* (without salt), with cooking liquid	Pois d'Angole, blanc, non trempé, bouilli* (sans sel), avec liquide de cuisson	3.2	uPulses (CAC005)
03_126	Pigeon pea, white, soaked, boiled in different water* (without salt), drained	Pois d'Angole, blanc, trempé, bouilli dans différentes eaux* (sans sel), égoutté	2.3	uPulses (CAC004)
03_127	Pigeon pea, white, soaked, boiled in different water* (without salt), with cooking liquid	Pois d'Angole, blanc, trempé, bouilli dans différentes eaux* (sans sel), avec liquide de cuisson	3.2	uPulses (CAC005)
03_040	Soya bean, combined varieties (Ghana), not soaked, boiled* (without salt), drained	Soja, mélange de variétés (Ghana), non trempé, bouilli* (sans sel), égoutté	2.43	Bergström, 1994 (Soyabeans, dried; av.)
03_137	Soya bean, combined varieties (Ghana), soaked, boiled in different water* (without salt), drained	Soja, mélange de variétés (Ghana), trempé, bouilli dans différentes eaux* (sans sel), égoutté	2.43	Bergström, 1994 (Soyabeans, dried; av.)

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03_034	Soya bean. not soaked. boiled* (without salt). drained	Soja. non trempé. bouilli* (sans sel). égoutté	2.43	Bergström. 1994 (Soybeans. dried; av.)
03_136	Soya bean. soaked. boiled in different water* (without salt). drained	Soja. trempé. bouilli dans différentes eaux* (sans sel). égoutté	2.43	Bergström. 1994 (Soybeans. dried; av.)
03_105	Sweet dattock. not soaked. boiled* (without salt). drained	Détar sucré. non trempé. bouilli* (sans sel). égoutté	2.61	uPulses (average of original YF for all pulses)
03_106	Sweet dattock. not soaked. boiled* (without salt). with cooking liquid	Détar sucré. non trempé. bouilli* (sans sel). avec liquide de cuisson	4.13	uPulses (average of original YF for all pulses)
03_107	Sweet dattock. soaked. boiled in different water* (without salt). drained	Détar sucré. trempé. bouilli dans différentes eaux* (sans sel). égoutté	2.61	uPulses (average of original YF for all pulses)
03_108	Sweet dattock. soaked. boiled in different water* (without salt). with cooking liquid	Détar sucré. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	4.13	uPulses (average of original YF for all pulses)
03_138	Velvet bean. not soaked. boiled* (without salt). drained	Haricot velouté. non trempé. bouilli* (sans sel). égoutté	2.61	uPulses (average of original YF for all pulses)
03_139	Velvet bean. not soaked. boiled* (without salt). with cooking liquid	Haricot velouté. non trempé. bouilli* (sans sel). avec liquide de cuisson	4.13	uPulses (average of original YF for all pulses)
03_140	Velvet bean. soaked. boiled in different water* (without salt). drained	Haricot velouté. trempé. bouilli dans différentes eaux* (sans sel). égoutté	2.61	uPulses (average of original YF for all pulses)
03_141	Velvet bean. soaked. boiled in different water* (without salt). with cooking liquid	Haricot velouté. trempé. bouilli dans différentes eaux* (sans sel). avec liquide de cuisson	4.13	uPulses (average of original YF for all pulses)
Vegetables and their products/Légumes et produits dérivés				
04_086	Amaranth. leaves. fresh. boiled* (as part of a recipe)	Amaranthe. feuilles. fraîches. bouillies* (ingrédient de recette)	0.94	Bognár. 2002 (Leafy vegetables. stewed)
04_024	Amaranth. leaves. fresh. boiled* (without salt). drained	Amaranthe. feuilles. fraîches. bouillies* (sans sel). égouttées	0.98	Bognár. 2002 (Leafy vegetables. boiled)
04_087	Baobab. leaves. fresh. boiled* (as part of a recipe)	Baobab. feuilles. fraîches. bouillies* (ingrédient de recette)	0.94	Bognár. 2002 (Leafy vegetables. stewed)
04_025	Baobab. leaves. fresh. boiled* (without salt). drained	Baobab. feuilles. fraîches. bouillies* (sans sel). égouttées	0.98	Bognár. 2002 (Leafy vegetables. boiled)
04_088	Bean. green. boiled* (as part of a recipe)	Haricot vert. bouilli* (ingrédient de recette)	0.93	Bergström. 1994 (Beans. green. stewed)
04_026	Bean. green. boiled* (without salt). drained	Haricot vert. bouilli* (sans sel). égoutté	0.91	Bergström. 1994 (Beans. green. boiled)
04_090	Cabbage. white. boiled* (as part of a recipe)	Chou. blanc. bouilli* (ingrédient de recette)	0.93	Bognár. 2002 (White cabbage. stewed)
04_089	Cabbage. white. boiled* (without salt). drained	Chou. blanc. bouilli* (sans sel). égoutté	0.98	Bognár. 2002 (Cabbage. white/red. boiled)
04_091	Carrot. boiled* (as part of a recipe)	Carotte. bouillie* (ingrédient de recette)	0.96	Bognár. 2002 (Carrot. stewed)
04_007	Carrot. boiled* (without salt). drained	Carotte. bouillie* (sans sel). égouttée	0.94	Bognár. 2002 (Carrot. boiled)
04_092	Cassava. leaves. fresh. boiled* (as part of a recipe)	Manioc. feuilles. fraîches. bouillies* (ingrédient de recette)	0.94	Bognár. 2002 (Leafy vegetables. stewed)
04_028	Cassava. leaves. fresh. boiled* (without salt). drained	Manioc. feuilles. fraîches. bouillies* (sans sel). égouttées	0.98	Bognár. 2002 (Leafy vegetables. boiled)
04_097	Cocoyam. leaves. fresh. boiled* (as part of a recipe)	Chou caraïbe. feuilles. fraîches. bouillies* (ingrédient de recette)	0.94	Bognár. 2002 (Leafy vegetables. stewed)
04_029	Cocoyam. leaves. fresh. boiled* (without salt). drained	Chou caraïbe. feuilles. fraîches. bouillies* (sans sel). égouttées	0.98	Bognár. 2002 (Leafy vegetables. boiled)
04_098	Cowpea. leaves. fresh. boiled* (as part of a recipe)	Niébé. feuilles. fraîches. bouillies* (ingrédient de recette)	0.94	Bognár. 2002 (Leafy vegetables. stewed)
04_030	Cowpea. leaves. fresh. boiled* (without salt). drained	Niébé. feuilles. fraîches. bouillies* (sans sel). égouttées	0.98	Bognár. 2002 (Leafy vegetables. boiled)
04_102	Eggplant. fruit. boiled* (as part of a recipe)	Aubergine. fruit. bouilli* (ingrédient de recette)	0.8	Bognár. 2002 (Eggplant. stewed)



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04_034	Eggplant. fruit. boiled* (without salt). drained	Aubergine. fruit. bouilli* (sans sel). égoutté	0.93	Bergström. 1994 (Aubergine. boiled)
04_105	Eggplant. leaves. fresh. boiled* (as part of a recipe)	Aubergine. feuilles. fraîches. bouillies* (ingrédient de recette)	0.94	Bognár. 2002 (Leafy vegetables. stewed)
04_035	Eggplant. leaves. fresh. boiled* (without salt). drained	Aubergine. feuilles. fraîches. bouillies* (sans sel). égouttées	0.98	Bognár. 2002 (Leafy vegetables. boiled)
04_106	False sesame. leaves. fresh. boiled* (as part of a recipe)	Faux sésame. feuilles. fraîches. bouillies* (ingrédient de recette)	0.94	Bognár. 2002 (Leafy vegetables. stewed)
04_037	False sesame. leaves. fresh. boiled* (without salt). drained	Faux sésame. feuilles. fraîches. bouillies* (sans sel). égouttées	0.98	Bognár. 2002 (Leafy vegetables. boiled)
04_132	Green leafy vegetable. average. fresh. boiled* (without salt). drained	Légumes-feuilles verts. non spécifiés. frais. bouillis* (sans sel). égouttés	0.98	Bognár. 2002 (Leafy vegetables. boiled)
04_133	Green leafy vegetable. average. fresh. boiled* (as part of a recipe)	Légumes-feuilles verts. non spécifiés. frais. bouillis* (ingrédient de recette)	0.94	Bognár. 2002 (Leafy vegetables. stewed)
04_100	Hibiscus cannabinus. leaves. fresh. boiled* (as part of a recipe)	Hibiscus cannabinus. feuilles. fraîches. bouillies* (ingrédient de recette)	0.94	Bognár. 2002 (Leafy vegetables. stewed)
04_099	Hibiscus cannabinus. leaves. fresh. boiled* (without salt). drained	Hibiscus cannabinus. feuilles. fraîches. bouillies* (sans sel). égouttées	0.98	Bognár. 2002 (Leafy vegetables. boiled)
04_117	Hibiscus. leaves. fresh. boiled* (as part of a recipe)	Oseille de Guinée. feuilles. fraîches. bouillies* (ingrédient de recette)	0.94	Bognár. 2002 (Leafy vegetables. stewed)
04_056	Hibiscus. leaves. fresh. boiled* (without salt). drained	Oseille de Guinée. feuilles. fraîches. bouillies* (sans sel). égouttées	0.98	Bognár. 2002 (Leafy vegetables. boiled)
04_107	Jute mallow (bush-okra). leaves. fresh. boiled* (as part of a recipe)	Corète potagère. feuilles. fraîches. bouillies* (ingrédient de recette)	0.94	Bognár. 2002 (Leafy vegetables. stewed)
04_039	Jute mallow (bush-okra). leaves. fresh. boiled* (without salt). drained	Corète potagère. feuilles. fraîches. bouillies* (sans sel). égouttées	0.98	Bognár. 2002 (Leafy vegetables. boiled)
04_109	Maize. seeds. fresh. boiled* (as part of a recipe)	Maïs. grains. frais. bouilli* (ingrédient de recette)	0.96	USDA Yield 928 (Boiled or steamed corn kernels)
04_108	Maize. seeds. fresh. boiled* (without salt). drained	Maïs. grains. frais. bouilli* (sans sel). égoutté	0.96	USDA Yield 928 (Boiled or steamed corn kernels)
04_101	Moringa (drumstick). leaves. fresh. boiled* (as part of a recipe)	Moringa (ben oléifère). feuilles. fraîches. bouillies* (ingrédient de recette)	0.94	Bognár. 2002 (Leafy vegetables. stewed)
04_033	Moringa (drumstick). leaves. fresh. boiled* (without salt). drained	Moringa (ben oléifère). feuilles. fraîches. bouillies* (sans sel). égouttées	0.98	Bognár. 2002 (Leafy vegetables. boiled)
04_104	Native eggplant. fruit. boiled* (as part of a recipe)	Aubergine indigène. fruit. bouilli* (ingrédient de recette)	0.8	Bognár. 2002 (Eggplant. stewed)
04_103	Native eggplant. fruit. boiled* (without salt). drained	Aubergine indigène. fruit. bouilli* (sans sel). égoutté	0.93	Bergström. 1994 (Aubergine. boiled)
04_110	Okra. leaves. fresh. boiled* (as part of a recipe)	Gombo. feuilles. fraîches. bouillies* (ingrédient de recette)	0.94	Bognár. 2002 (Leafy vegetables. stewed)
04_041	Okra. leaves. fresh. boiled* (without salt). drained	Gombo. feuilles. fraîches. bouillies* (sans sel). égouttées	0.98	Bognár. 2002 (Leafy vegetables. boiled)
04_111	Okra. fruit. fresh. boiled* (as part of a recipe)	Gombo. fruit. frais. bouilli* (ingrédient de recette)	1	Own measurement (Okra. stewed)
04_042	Okra. fruit. fresh. boiled* (without salt). drained	Gombo. fruit. frais. bouilli* (sans sel). égoutté	1.1	Matthews and Garrison. 1975 (1555 okra. trimmed. whole. boiled or steamed)
04_112	Onion. fresh. boiled* (as part of a recipe)	Oignon. frais. bouilli* (ingrédient de recette)	0.82	Bergström. 1994 (Onions boiled; av.)
04_043	Onion. fresh. boiled* (without salt). drained	Oignon. frais. bouilli* (sans sel). égoutté	0.82	Bergström. 1994 (Onions boiled; av.)
04_114	Pepper. sweet. green. fresh. boiled* (as part of a recipe)	Poivron vert. frais. bouilli* (ingrédient de recette)	0.87	Bergström. 1994 (Pepper. boiled)
04_050	Pepper. sweet. green. fresh. boiled* (without salt). drained	Poivron vert. frais. bouilli* (sans sel). égoutté	0.87	Bergström. 1994 (Pepper. boiled)
04_113	Pepper. sweet. red. fresh. boiled* (as part of a recipe)	Poivron rouge. frais. bouilli* (ingrédient de recette)	0.87	Bergström. 1994 (Pepper. boiled)

## ANNEX C: YIELD FACTORS FOR SINGLE INGREDIENT RECIPES | ANNEXE C: FACTEURS DE RENDEMENT POUR LES RECETTES À INGRÉDIENT UNIQUE

CODE	FOOD NAME IN ENGLISH	NOM D'ALIMENT EN FRANÇAIS	YIELD FACTOR / FACTOR DE RENDEMENT	SOURCE
04_048	Pepper, sweet, red, fresh, boiled* (without salt), drained	Poivron rouge, frais, bouilli* (sans sel), égoutté	0.87	Bergström, 1994 (Pepper, boiled)
04_116	Pumpkin, leaves, fresh, boiled* (as part of a recipe)	Citrouille, feuilles, fraîches, bouillies* (ingrédient de recette)	0.94	Bognár, 2002 (Leafy vegetables, stewed)
04_054	Pumpkin, leaves, fresh, boiled* (without salt), drained	Citrouille, feuilles, fraîches, bouillies* (sans sel), égouttées	1.01	Matthews and Garrison, 1975 (2126 Pumpkin, leafy tips, steamed)
04_115	Pumpkin, squash, light orange flesh, boiled* (as part of a recipe)	Courge, chair orange clair, bouillie* (ingrédient de recette)	1.13	Bognár, 2002 (Pumpkin/squash, stewed)
04_052	Pumpkin, squash, light orange flesh, boiled* (without salt), drained	Courge, chair orange clair, bouillie* (sans sel), égouttée	0.92	Bognár, 2002 (Pumpkin/squash, boiled)
04_094	Sicklepod, leaves, fresh, boiled* (as part of a recipe)	Casse fétide, feuilles, fraîches, bouillies* (ingrédient de recette)	0.94	Bognár, 2002 (Leafy vegetables, stewed)
04_093	Sicklepod, leaves, fresh, boiled* (without salt), drained	Casse fétide, feuilles, fraîches, bouillies* (sans sel), égouttées	0.98	Bognár, 2002 (Leafy vegetables, boiled)
04_096	Spider plant, leaves, fresh, boiled* (as part of a recipe)	Plante-araignée, feuilles, fraîches, bouillies* (ingrédient de recette)	0.94	Bognár, 2002 (Leafy vegetables, stewed)
04_095	Spider plant, leaves, fresh, boiled* (without salt), drained	Plante-araignée, feuilles, fraîches, bouillies* (sans sel), égouttées	0.98	Bognár, 2002 (Leafy vegetables, boiled)
04_118	Spinach, leaves, fresh, boiled* (as part of a recipe)	Épinard, feuilles, fraîches, bouillies* (ingrédient de recette)	0.84	Bognár, 2002 (Spinach, stewed)
04_058	Spinach, leaves, fresh, boiled* (without salt), drained	Épinard, feuilles, fraîches, bouillies* (sans sel), égouttées	0.95	Bognár, 2002 (Spinach, boiled)
04_121	Sweet potato, leaves, fresh, boiled* (as part of a recipe)	Patate douce, feuilles, fraîches, bouillies* (ingrédient de recette)	0.94	Bognár, 2002 (Leafy vegetables, stewed)
04_060	Sweet potato, leaves, fresh, boiled* (without salt), drained	Patate douce, feuilles, fraîches, bouillies* (sans sel), égouttées	0.96	Matthews and Garrison, 1975 (2495 Sweet potatoes tops steamed for 15 minutes)
04_122	Tamarind, leaves, fresh, boiled* (as part of a recipe)	Tamarin, feuilles, fraîches, bouillies* (ingrédient de recette)	0.94	Bognár, 2002 (Leafy vegetables, stewed)
04_061	Tamarind, leaves, fresh, boiled* (without salt), drained	Tamarin, feuilles, fraîches, bouillies* (sans sel), égouttées	0.98	Bognár, 2002 (Leafy vegetables, boiled)
04_123	Taro, leaves, fresh, boiled* (as part of a recipe)	Taro, feuilles, fraîches, bouillies* (ingrédient de recette)	0.94	Bognár, 2002 (Leafy vegetables, stewed)
04_063	Taro, leaves, fresh, boiled* (without salt), drained	Taro, feuilles, fraîches, bouillies* (sans sel), égouttées	0.98	Bognár, 2002 (Leafy vegetables, boiled)
04_124	Tomato, red, ripe, boiled* (as part of a recipe)	Tomate, rouge, mûre, bouillie* (ingrédient de recette)	0.78	Bergström, 1994 (Tomatoes, boiled)
04_064	Tomato, red, ripe, boiled* (without salt), drained	Tomate, rouge, mûre, bouillie* (sans sel), égouttée	0.78	Bergström, 1994 (Tomatoes, boiled)
04_125	Turnip, boiled* (as part of a recipe)	Navet, bouilli* (ingrédient de recette)	0.9	Bergström, 1994 (Turnips, boiled)
04_069	Turnip, boiled* (without salt), drained	Navet, bouilli* (sans sel), égoutté	0.9	Bergström, 1994 (Turnips, boiled)
04_126	Vernonia, leaves, bitter, fresh, boiled* (as part of a recipe)	Vernonie, feuilles, amères, fraîches, bouillies* (ingrédient de recette)	0.94	Bognár, 2002 (Leafy vegetables, stewed)
04_070	Vernonia, leaves, bitter, fresh, boiled* (without salt), drained	Vernonie, feuilles, amères, fraîches, bouillies* (sans sel), égouttées	0.98	Bognár, 2002 (Leafy vegetables, boiled)
04_128	Vernonia, leaves, sweet, fresh, boiled* (as part of a recipe)	Vernonie, feuilles, douces, fraîches, bouillies* (ingrédient de recette)	0.94	Bognár, 2002 (Leafy vegetables, stewed)
04_127	Vernonia, leaves, sweet, fresh, boiled* (without salt), drained	Vernonie, feuilles, douces, fraîches, bouillies* (sans sel), égouttées	0.98	Bognár, 2002 (Leafy vegetables, boiled)
04_120	Waterleaf, leaves, fresh, boiled* (as part of a recipe)	Feuille d'eau, feuilles, fraîches, bouillies* (ingrédient de recette)	0.94	Bognár, 2002 (Leafy vegetables, stewed)
04_119	Waterleaf, leaves, fresh, boiled* (without salt), drained	Feuille d'eau, feuilles, fraîches, bouillies* (sans sel), égouttées	0.98	Bognár, 2002 (Leafy vegetables, boiled)
04_130	Wild spinach, leaves, fresh, boiled* (as part of a recipe)	Épinard sauvage, feuilles, fraîches, bouillies* (ingrédient de recette)	0.94	Bognár, 2002 (Leafy vegetables, stewed)
04_129	Wild spinach, leaves, fresh, boiled* (without salt), drained	Épinard sauvage, feuilles, fraîches, bouillies* (sans sel), égouttées	0.98	Bognár, 2002 (Leafy vegetables, boiled)

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Meat, poultry and their products/Viande, volaille et produits dérivés				
07_090	Beef kidney, boiled* (without salt), drained	Rognon de bœuf, bouilli* (sans sel), égoutté	0.63	Bergström, 1994 (Kidney beef, stewed)
07_091	Beef kidney, grilled* (without salt or fat)	Rognon de bœuf, grillé* (sans sel ni graisse)	0.64	Bergström, 1994 (Kidney beef, roasted)
07_020	Beef kidney, stewed* (as part of a recipe)	Rognon de bœuf, mijoté* (ingrédient de recette)	0.63	Bergström, 1994 (Kidney beef, stewed)
07_018	Beef liver, boiled* (without salt), drained	Foie de bœuf, bouilli* (sans sel), égoutté	0.66	Bergström, 1994 (Liver, beef, boiled)
07_088	Beef liver, grilled* (without salt or fat)	Foie de bœuf, grillé* (sans sel ni graisse)	0.81	Bergström, 1994 (Liver, beef, fried; av.)
07_089	Beef liver, stewed* (as part of a recipe)	Foie de bœuf, mijoté* (ingrédient de recette)	0.75	Bergström, 1994 (Liver, beef, stewed; av.)
07_015	Beef meat, fatty, ca. 30% fat, boiled* (without salt), drained	Viande de bœuf, grasse, environ 30% de matière grasse, bouillie* (sans sel), égouttée	0.6	Bergström, 1994 (Beef, small pieces, boiled, well done)
07_016	Beef meat, fatty, ca. 30% fat, grilled* (without salt or fat)	Viande de bœuf, grasse, environ 30% de matière grasse, grillée* (sans sel ni graisse)	0.72	Bognár, 2002 (Roast beef (Chuck, leg, shoulder, top round), medium, grill, broil, barbecue)
07_087	Beef meat, fatty, ca. 30% fat, stewed* (as part of a recipe)	Viande de bœuf, grasse, environ 30% de matière grasse, mijotée* (ingrédient de recette)	0.71	Bergström, 1994 (Beef, big pieces, braised, medium)
07_024	Beef meat, ground, ca. 10% fat, grilled* (without salt or fat)	Viande de bœuf, hachée, environ 10% de matière grasse, grillée* (sans sel ni graisse)	0.72	Bergström, 1994 (Beef, mince stewed)
07_134	Beef meat, ground, ca. 10% fat, stewed* (as part of a recipe)	Viande de bœuf, hachée, environ 10% de matière grasse, mijotée* (ingrédient de recette)	0.72	Bergström, 1994 (Beef, mince stewed)
07_010	Beef meat, lean, ca. 5% fat, boiled* (without salt), drained	Viande de bœuf, maigre, environ 5% de matière grasse, bouillie* (sans sel), égouttée	0.6	Bergström, 1994 (Beef, small pieces, boiled, well done)
07_011	Beef meat, lean, ca. 5% fat, grilled* (without salt or fat)	Viande de bœuf, maigre, environ 5% de matière grasse, grillée* (sans sel ni graisse)	0.72	Bognár, 2002 (Roast beef (Chuck, leg, shoulder, top round), medium, grill, broil, barbecue)
07_085	Beef meat, lean, ca. 5% fat, stewed* (as part of a recipe)	Viande de bœuf, maigre, environ 5% de matière grasse, mijotée* (ingrédient de recette)	0.71	Bergström, 1994 (Beef, big pieces, braised, medium)
07_012	Beef meat, moderately fat, ca. 20% fat, boiled* (without salt), drained	Viande de bœuf, teneur modérée en matière grasse (env. 20%), bouillie* (sans sel), égouttée	0.6	Bergström, 1994 (Beef, small pieces, boiled, well done)
07_013	Beef meat, moderately fat, ca. 20% fat, grilled* (without salt or fat)	Viande de bœuf, teneur modérée en matière grasse (env. 20%), grillée* (sans sel ni graisse)	0.72	Bognár, 2002 (Roast beef (Chuck, leg, shoulder, top round), medium, grill, broil, barbecue)
07_086	Beef meat, moderately fat, ca. 20% fat, stewed* (as part of a recipe)	Viande de bœuf, teneur modérée en matière grasse (env. 20%), mijotée* (ingrédient de recette)	0.71	Bergström, 1994 (Beef, big pieces, braised, medium)
07_022	Beef tripe, boiled* (without salt), drained	Tripes de bœuf, bouillies* (sans sel), égouttées	0.71	Bergström, 1994 (Tripes, beef, boiled)
07_133	Beef tripe, grilled* (without salt or fat)	Tripes de bœuf, grillées* (sans sel ni graisse)	0.71	Bergström, 1994 (Tripes, beef, boiled)
07_092	Beef tripe, stewed* (as part of a recipe)	Tripes de bœuf, mijotées* (ingrédient de recette)	0.71	Bergström, 1994 (Tripes, beef, boiled)
07_093	Camel meat, boiled* (without salt), drained	Viande de chameau, bouillie* (sans sel), égouttée	0.6	Bergström, 1994 (Beef, small pieces, boiled, well done)
07_094	Camel meat, grilled* (without salt or fat)	Viande de chameau, grillée* (sans sel ni graisse)	0.72	Bognár, 2002 (Roast beef (Chuck, leg, shoulder, top round), medium, grill, broil, barbecue)
07_095	Camel meat, stewed* (as part of a recipe)	Viande de chameau, mijotée* (ingrédient de recette)	0.71	Bergström, 1994 (Beef, big pieces, braised, medium)
07_106	Chicken giblets, boiled* (without salt), drained	Poulet, abats, bouillis* (sans sel), égouttés	0.68	Bergström, 1994 (Chicken, parts, boiled)

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07_107	Chicken giblets, grilled* (without salt or fat)	Poulet, abats, grillés* (sans sel ni graisse)	0.69	Bergström, 1994 (Chicken, parts, roasted)
07_040	Chicken giblets, stewed* (as part of a recipe)	Poulet, abats, mijotés* (ingrédient de recette)	0.69	Bergström, 1994 (Chicken, parts, braised)
07_108	Chicken liver, boiled* (without salt), drained	Foie de poulet, bouilli* (sans sel), égoutté	0.66	Bergström, 1994 (Liver, beef, boiled)
07_109	Chicken liver, grilled* (without salt or fat)	Foie de poulet, grillé* (sans sel ni graisse)	0.81	Bergström, 1994 (Liver, beef, fried)
07_042	Chicken liver, stewed* (as part of a recipe)	Foie de poulet, mijoté* (ingrédient de recette)	0.75	Bergström, 1994 (Liver, beef, stewed)
07_031	Chicken, dark meat with skin, boiled* (without salt), drained	Poulet, chair brune avec la peau, bouillie* (sans sel), égoutté	0.76	Bergström, 1994 (Chicken, boiled; av.)
07_032	Chicken, dark meat with skin, grilled* (without salt or fat)	Poulet, chair brune avec la peau, grillée* (sans sel ni graisse)	0.78	Bergström, 1994 (Chicken grilled)
07_103	Chicken, dark meat with skin, stewed* (as part of a recipe)	Poulet, chair brune avec la peau, mijotée* (ingrédient de recette)	0.7	Bergström, 1994 (Chicken, braised; av.)
07_028	Chicken, dark meat without skin, boiled* (without salt), drained	Poulet, chair brune sans la peau, bouillie* (sans sel), égoutté	0.76	Bergström, 1994 (Chicken, boiled; av.)
07_029	Chicken, dark meat without skin, grilled* (without salt or fat)	Poulet, chair brune sans la peau, grillée* (sans sel ni graisse)	0.78	Bergström, 1994 (Chicken grilled)
07_102	Chicken, dark meat without skin, stewed* (as part of a recipe)	Poulet, chair brune sans la peau, mijotée* (ingrédient de recette)	0.7	Bergström, 1994 (Chicken, braised; av.)
07_037	Chicken, light meat with skin, boiled* (without salt), drained	Poulet, blanc avec la peau, bouilli* (sans sel), égoutté	0.76	Bergström, 1994 (Chicken, boiled; av.)
07_038	Chicken, light meat with skin, grilled* (without salt or fat)	Poulet, blanc avec la peau, grillé* (sans sel ni graisse)	0.78	Bergström, 1994 (Chicken grilled)
07_104	Chicken, light meat with skin, stewed* (as part of a recipe)	Poulet, blanc avec la peau, mijoté* (ingrédient de recette)	0.7	Bergström, 1994 (Chicken, braised; av.)
07_034	Chicken, light meat without skin, boiled* (without salt), drained	Poulet, blanc sans la peau, bouilli* (sans sel), égoutté	0.76	Bergström, 1994 (Chicken, boiled; av.)
07_035	Chicken, light meat without skin, grilled* (without salt or fat)	Poulet, blanc sans la peau, grillé* (sans sel ni graisse)	0.78	Bergström, 1994 (Chicken grilled)
07_105	Chicken, light meat without skin, stewed* (as part of a recipe)	Poulet, blanc sans la peau, mijoté* (ingrédient de recette)	0.7	Bergström, 1994 (Chicken, braised; av.)
07_045	Crocodile meat, boiled* (without salt), drained	Viande de crocodile, bouillie* (sans sel), égouttée	0.58	SA10 (Calc. from Crocodile, raw and Crocodile, cooked)
07_110	Crocodile meat, grilled* (without salt or fat)	Viande de crocodile, grillée* (sans sel ni graisse)	0.58	SA10 (Calc. from Crocodile, raw and Crocodile, cooked)
07_111	Crocodile meat, stewed* (as part of a recipe)	Viande de crocodile, mijotée* (ingrédient de recette)	0.58	SA10 (Calc. from Crocodile, raw and Crocodile, cooked)
07_113	Goat meat, lean, boiled* (without salt), drained	Viande de chèvre, maigre, bouillie* (sans sel), égouttée	0.67	Bergström, 1994 (Lamb, brikset, boiled)
07_114	Goat meat, lean, grilled* (without salt or fat)	Viande de chèvre, maigre, grillée* (sans sel ni graisse)	0.69	UK6 (Lamb, loin chops, grilled)
07_115	Goat meat, lean, stewed* (as part of a recipe)	Viande de chèvre, maigre, mijotée* (ingrédient de recette)	0.57	Bergström, 1994 (Lamb, big pieces, meat only, braised)
07_047	Goat meat, moderately fat, ca. 10% fat, boiled* (without salt), drained	Viande de chèvre, teneur modérée en matière grasse (env. 10%), bouillie* (sans sel), égouttée	0.67	Bergström, 1994 (Lamb, brikset, boiled)
07_048	Goat meat, moderately fat, ca. 10% fat, grilled* (without salt or fat)	Viande de chèvre, teneur modérée en matière grasse (env. 10%), grillée* (sans sel ni graisse)	0.69	UK6 (Lamb, loin chops, grilled)
07_112	Goat meat, moderately fat, ca. 10% fat, stewed* (as part of a recipe)	Viande de chèvre, teneur modérée en matière grasse (env. 10%), mijotée* (ingrédient de recette)	0.57	Bergström, 1994 (Lamb, big pieces, meat only, braised)
07_116	Guinea fowl meat, boiled* (without salt), drained	Viande de pintade, bouillie* (sans sel), égouttée	0.76	Bergström, 1994 (Chicken, boiled; av.)
07_117	Guinea fowl meat, grilled* (without salt or fat)	Viande de pintade, grillée* (sans sel ni graisse)	0.78	Bergström, 1994 (Chicken grilled)

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07_118	Guinea fowl meat. stewed* (as part of a recipe)	Viande de pintade. mijotée* (ingrédient de recette)	0.7	Bergström. 1994 (Chicken. braised; av.)
07_129	Lamb brain. boiled* (without salt). drained	Cervelle d'agneau. bouillie* (sans sel). égouttée	0.8	US23(Calc. from 17185 Lamb. brain raw and 17186 Lamb.brain. simmered)
07_130	Lamb brain. grilled* (without salt or fat)	Cervelle d'agneau. grillée* (sans sel ni graisse)	0.8	US23(Calc. from 17185 Lamb. brain raw and 17186 Lamb.brain. simmered)
07_052	Lamb brain. stewed* (as part of a recipe)	Cervelle d'agneau. mijotée* (ingrédient de recette)	0.8	US23(Calc. from 17185 Lamb. brain raw and 17186 Lamb.brain. simmered)
07_054	Lamb liver. boiled* (without salt). drained	Foie d'agneau. bouilli* (sans sel). égoutté	0.66	Bergström. 1994 (Liver. beef. boiled)
07_131	Lamb liver. grilled* (without salt or fat)	Foie d'agneau. grillé* (sans sel ni graisse)	0.81	Bergström. 1994 (Liver. beef. fried; av.)
07_132	Lamb liver. stewed* (as part of a recipe)	Foie d'agneau. mijoté* (ingrédient de recette)	0.75	Bergström. 1994 (Liver. beef. stewed; av.)
07_126	Lamb/mutton meat. lean. ca. 10% fat. boiled* (without salt). drained	Viande d'agneau/mouton. maigre. environ 10% de matière grasse. bouillie* (sans sel). égouttée	0.67	Bergström. 1994 (Lamb. brikset. boiled)
07_127	Lamb/mutton meat. lean. ca. 10% fat. grilled* (without salt or fat)	Viande d'agneau/mouton. maigre. environ 10% de matière grasse. grillée* (sans sel ni graisse)	0.69	UK6 (Lamb. loin chops. grilled)
07_128	Lamb/mutton meat. lean. ca. 10% fat. stewed* (as part of a recipe)	Viande d'agneau/mouton. maigre. environ 10% de matière grasse. mijotée* (ingrédient de recette)	0.63	Bergström. 1994 (Lamb. big pieces with bones. braised)
07_049	Lamb/mutton meat. moderately fat. ca. 20% fat. boiled* (without salt). drained	Viande d'agneau/mouton. teneur modérée en matière grasse (env. 20%). bouillie* (sans sel). égouttée	0.67	Bergström. 1994 (Lamb. brikset. boiled)
07_050	Lamb/mutton meat. moderately fat. ca. 20% fat. grilled* (without salt or fat)	Viande d'agneau/mouton. teneur modérée en matière grasse (env. 20%). grillée* (sans sel ni graisse)	0.69	UK6 (Lamb. loin chops. grilled)
07_125	Lamb/mutton meat. moderately fat. ca. 20% fat. stewed* (as part of a recipe)	Viande d'agneau/mouton. teneur modérée en matière grasse (env. 20%). mijotée* (ingrédient de recette)	0.63	Bergström. 1994 (Lamb. big pieces with bones. braised)
07_099	Ostrich meat. boiled* (without salt). drained	Viande d'autruche. bouillie* (sans sel). égouttée	0.76	Bergström. 1994 (Chicken. boiled; av.)
07_100	Ostrich meat. grilled* (without salt or fat)	Viande d'autruche. grillée* (sans sel ni graisse)	0.78	Bergström. 1994 (Chicken grilled)
07_101	Ostrich meat. stewed* (as part of a recipe)	Viande d'autruche. mijotée* (ingrédient de recette)	0.7	Bergström. 1994 (Chicken. braised; av.)
07_059	Pork meat. fatty. ca. 40% fat. boiled* (without salt). drained	Viande de porc. grasse. environ 40% de matière grasse. bouillie* (sans sel). égouttée	0.65	Bergström. 1994 (Pork. pig pieces. boiled. steamed)
07_060	Pork meat. fatty. ca. 40% fat. grilled* (without salt or fat)	Viande de porc. grasse. environ 40% de matière grasse. grillée* (sans sel ni graisse)	0.7	Bergström. 1994 (Pork. grilled. av.)
07_123	Pork meat. fatty. ca. 40% fat. stewed* (as part of a recipe)	Viande de porc. grasse. environ 40% de matière grasse. mijotée* (ingrédient de recette)	0.65	Bergström. 1994 (Pork. fat. small pieces. braised)
07_119	Pork meat. lean. ca. 10% fat. boiled* (without salt). drained	Viande de porc. maigre. environ 10% de matière grasse. bouillie* (sans sel). égouttée	0.65	Bergström. 1994 (Pork. big pieces. boiled. steamed)
07_120	Pork meat. lean. ca. 10% fat. grilled* (without salt or fat)	Viande de porc. maigre. environ 10% de matière grasse. grillée* (sans sel ni graisse)	0.7	Bergström. 1994 (Pork. grilled. av.)
07_121	Pork meat. lean. ca. 10% fat. stewed* (as part of a recipe)	Viande de porc. maigre. environ 10% de matière grasse. mijotée* (ingrédient de recette)	0.75	Bergström. 1994 (Pork. fillet. steak. braised)
07_057	Pork meat. moderately fat. ca. 20% fat. boiled* (without salt). drained	Viande de porc. teneur modérée en matière grasse (env. 20%). bouillie* (sans sel). égouttée	0.65	Bergström. 1994 (Pork. pig pieces. boiled. steamed)
07_058	Pork meat. moderately fat. ca. 20% fat. grilled* (without salt or fat)	Viande de porc. teneur modérée en matière grasse (env. 20%). grillée* (sans sel ni graisse)	0.7	Bergström. 1994 (Pork. grilled. av.)

## ANNEX C: YIELD FACTORS FOR SINGLE INGREDIENT RECIPES | ANNEXE C: FACTEURS DE RENDEMENT POUR LES RECETTES À INGRÉDIENT UNIQUE

CODE	FOOD NAME IN ENGLISH	NOM D'ALIMENT EN FRANÇAIS	YIELD FACTOR / FACTOR DE RENDEMENT	SOURCE
07_122	Pork meat, moderately fat, ca. 20% fat, stewed* (as part of a recipe)	Viande de porc, teneur modérée en matière grasse (env. 20%), mijotée* (ingrédient de recette)	0.65	Bergström, 1994 (Pork, fat, small pieces, braised)
07_124	Rabbit meat, boiled* (without salt), drained	Viande de lapin, bouillie* (sans sel), égouttée	0.69	Bergström, 1994 (Rabbit, stewed)
07_062	Rabbit meat, grilled* (without salt or fat)	Viande de lapin, grillée* (sans sel ni graisse)	0.69	UK6 (Lamb, loin chops, grilled)
07_061	Rabbit meat, stewed* (as part of a recipe)	Viande de lapin, mijotée* (ingrédient de recette)	0.69	Bergström, 1994 (Rabbit, stewed)
07_096	Springbok meat, boiled* (without salt), drained	Viande de springbok, bouillie* (sans sel), égouttée	0.6	Bergström, 1994 (Beef, small pieces, boiled, well done)
07_097	Springbok meat, grilled* (without salt or fat)	Viande de springbok, grillée* (sans sel ni graisse)	0.72	Bognár, 2002 (Roast beef (Chuck, leg, shoulder, top round), medium, grill, broil, barbecue)
07_098	Springbok meat, stewed* (as part of a recipe)	Viande de springbok, mijotée* (ingrédient de recette)	0.71	Bergström, 1994 (Beef, big pieces, braised, medium)
<b>Eggs and their products/Ceufs et produits dérivés</b>				
08_002	Egg, chicken, boiled* (without salt)	Œuf, poule, bouilli* (sans sel)	1	Bergström, 1994 (Egg, with shell, boiled)
08_010	Egg, chicken, local breed, boiled* (without salt)	Œuf, poule, race locale, bouilli* (sans sel)	1	Bergström, 1994 (Egg, with shell, boiled)
08_014	Egg, duck, boiled* (without salt)	Œuf, canne, bouilli* (sans sel)	1	Bergström, 1994 (Egg, with shell, boiled)
08_013	Egg, guinea fowl, boiled* (without salt)	Œuf, pintade, bouilli* (sans sel)	1	Bergström, 1994 (Egg, with shell, boiled)
08_011	Egg, quail, boiled* (without salt)	Œuf, caille, bouilli* (sans sel)	1	Bergström, 1994 (Egg, with shell, boiled)
08_012	Egg, turkey, boiled* (without salt)	Œuf, dinde, bouilli* (sans sel)	1	Bergström, 1994 (Egg, with shell, boiled)
<b>Fish and its products/Poisson et produits dérivés</b>				
09_061	African carp, fillet, boiled* (as part of a recipe)	Carpe d'Afrique, filet, bouilli* (ingrédient de recette)	0.83	uFish (own estimation, av. boiled/poached/steamed fish filet)
09_009	African carp, fillet, grilled* (without salt or fat)	Carpe d'Afrique, filet, grillé* (sans sel ni graisse)	0.69	Bergström, 1994 (Fish, grilled, average)
09_008	African carp, fillet, steamed* (without salt)	Carpe d'Afrique, filet, cuit à la vapeur* (sans sel)	0.83	uFish (own estimation, av. boiled/poached/steamed fish filet)
09_062	Anchovy, fillet, boiled* (as part of a recipe)	Anchois, filet, bouilli* (ingrédient de recette)	0.83	uFish (own estimation, av. boiled/poached/steamed fish filet)
09_011	Anchovy, fillet, grilled* (without salt or fat)	Anchois, filet, grillé* (sans sel ni graisse)	0.69	Bergström, 1994 (Fish, grilled, average)
09_010	Anchovy, fillet, steamed* (without salt)	Anchois, filet, cuit à la vapeur* (sans sel)	0.83	uFish (own estimation, av. boiled/poached/steamed fish filet)
09_068	Atlantic cod (Northeast Atlantic), fillet, boiled* (as part of a recipe)	Morue de l'Atlantique Nord-Est, filet, bouilli* (ingrédient de recette)	0.82	uFish (091110)
09_067	Atlantic cod (Northeast Atlantic), fillet, grilled* (without salt or fat)	Morue de l'Atlantique Nord-Est, filet, grillé* (sans sel ni graisse)	0.75	uFish (091232)
09_066	Atlantic cod (Northeast Atlantic), fillet, steamed* (without salt)	Morue de l'Atlantique Nord-Est, filet, cuit à la vapeur* (sans sel)	0.82	uFish (091110)
09_072	Atlantic horse mackerel, wild, fillet without skin, boiled* (as part of a recipe)	Chinchard atlantique, sauvage, filet sans peau, bouilli* (ingrédient de recette)	0.7	uFish (091125)
09_071	Atlantic horse mackerel, wild, fillet without skin, grilled* (without salt or fat)	Chinchard atlantique, sauvage, filet sans peau, grillé* (sans sel ni graisse)	0.8	uFish (091247)
09_070	Atlantic horse mackerel, wild, fillet without skin, steamed* (without salt)	Chinchard atlantique, sauvage, filet sans peau, cuit à la vapeur* (sans sel)	0.7	uFish (091125)
09_063	Barracuda, fillet, boiled* (as part of a recipe)	Barracuda, filet, bouilli* (ingrédient de recette)	0.83	uFish (own estimation, av. boiled/poached/steamed fish filet)
09_014	Barracuda, fillet, grilled* (without salt or fat)	Barracuda, filet, grillé* (sans sel ni graisse)	0.69	Bergström, 1994 (Fish, grilled, average)

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09_013	Barracuda. fillet. steamed* (without salt)	Barracuda. filet. cuit à la vapeur* (sans sel)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)
09_064	Bayad. fillet. boiled* (as part of a recipe)	Bayad. filet. bouilli* (ingrédient de recette)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)
09_017	Bayad. fillet. grilled* (without salt or fat)	Bayad. filet. grillé* (sans sel ni graisse)	0.69	Bergström. 1994 (Fish. grilled. average)
09_016	Bayad. fillet. steamed* (without salt)	Bayad. filet. cuit à la vapeur* (sans sel)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)
09_065	Carp. fillet. boiled* (as part of a recipe)	Carpe. filet. bouilli* (ingrédient de recette)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)
09_023	Carp. fillet. grilled* (without salt or fat)	Carpe. filet. grillé* (sans sel ni graisse)	0.69	Bergström. 1994 (Fish. grilled. average)
09_022	Carp. fillet. steamed* (without salt)	Carpe. filet. cuit à la vapeur* (sans sel)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)
09_108	Catfish. fillet. boiled* (as part of a recipe)	Poisson-chat. filet. bouilli* (ingrédient de recette)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)
09_020	Catfish. fillet. grilled* (without salt or fat)	Poisson-chat. filet. grillé* (sans sel ni graisse)	0.69	Bergström. 1994 (Fish. grilled. average)
09_019	Catfish. fillet. steamed* (without salt)	Poisson-chat. filet. cuit à la vapeur* (sans sel)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)
09_098	Crab. flesh (body and claw). boiled* (as part of a recipe)	Crabe. chair (corps et pinces). bouilli* (ingrédient de recette)	0.87	uFish (092051)
09_097	Crab. flesh (body and claw). grilled* (without salt or fat)	Crabe. chair (corps et pinces). grillé* (sans sel ni graisse)	0.86	uFish (092141)
09_096	Crab. flesh (body and claw). steamed* (without salt)	Crabe. chair (corps et pinces). cuit à la vapeur* (sans sel)	0.87	uFish (092051)
09_069	Mackerel. fillet. boiled* (as part of a recipe)	Maquereau. filet. bouilli* (ingrédient de recette)	0.7	uFish (091125)
09_025	Mackerel. fillet. grilled* (without salt or fat)	Maquereau. filet. grillé* (sans sel ni graisse)	0.8	uFish (091247)
09_024	Mackerel. fillet. steamed* (without salt)	Maquereau. filet. cuit à la vapeur* (sans sel)	0.7	uFish (091125)
09_075	Mahi mahi. fillet. boiled* (as part of a recipe)	Mahi mahi. filet. bouilli* (ingrédient de recette)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)
09_074	Mahi mahi. fillet. grilled* (without salt or fat)	Mahi mahi. filet. grillé* (sans sel ni graisse)	0.69	Bergström. 1994 (Fish. grilled. average)
09_073	Mahi mahi. fillet. steamed* (without salt)	Mahi mahi. filet. cuit à la vapeur* (sans sel)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)
09_078	Mola carplet. small whole fish. viscera. fins and scales removed. boiled* (as part of a recipe)	Mola carplet. petit poisson entier. vidé et écaillé. bouilli* (ingrédient de recette)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)
09_077	Mola carplet. small whole fish. viscera. fins and scales removed. grilled* (without salt or fat)	Mola carplet. petit poisson entier. vidé et écaillé. grillé* (sans sel ni graisse)	0.69	Bergström. 1994 (Fish. grilled. average)
09_076	Mola carplet. small whole fish. viscera. fins and scales removed. steamed* (without salt)	Mola carplet. petit poisson entier. vidé et écaillé. cuit à la vapeur* (sans sel)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)
09_079	Mormyrid. fillet. boiled* (as part of a recipe)	Mormiridé. filet. bouilli* (ingrédient de recette)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)
09_028	Mormyrid. fillet. grilled* (without salt or fat)	Mormiridé. filet. grillé* (sans sel ni graisse)	0.69	Bergström. 1994 (Fish. grilled. average)
09_027	Mormyrid. fillet. steamed* (without salt)	Mormiridé. filet. cuit à la vapeur* (sans sel)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)
09_085	Mullet. fillet. boiled* (as part of a recipe)	Mulet. filet. bouilli* (ingrédient de recette)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)
09_084	Mullet. fillet. grilled* (without salt or fat)	Mulet. filet. grillé* (sans sel ni graisse)	0.69	Bergström. 1994 (Fish. grilled. average)
09_083	Mullet. fillet. steamed* (without salt)	Mulet. filet. cuit à la vapeur* (sans sel)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)

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09_082	North African catfish. fillet. boiled* (as part of a recipe)	Poisson-chat d'Afrique du Nord. filet. bouilli* (ingrédient de recette)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)
09_081	North African catfish. fillet. grilled* (without salt or fat)	Poisson-chat d'Afrique du Nord. filet. grillé* (sans sel ni graisse)	0.69	Bergström. 1994 (Fish. grilled. average)
09_080	North African catfish. fillet. steamed* (without salt)	Poisson-chat d'Afrique du Nord. filet. cuit à la vapeur* (sans sel)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)
09_086	Perch. Nile. fillet. boiled* (as part of a recipe)	Perche du Nil. filet. bouilli* (ingrédient de recette)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)
09_034	Perch. Nile. fillet. grilled* (without salt or fat)	Perche du Nil. filet. grillé* (sans sel ni graisse)	0.69	Bergström. 1994 (Fish. grilled. average)
09_033	Perch. Nile. fillet. steamed* (without salt)	Perche du Nil. filet. cuit à la vapeur* (sans sel)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)
09_087	Sardine. fillet. boiled* (as part of a recipe)	Sardine. filet. bouilli* (ingrédient de recette)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)
09_036	Sardine. fillet. grilled* (without salt or fat)	Sardine. filet. grillé* (sans sel ni graisse)	0.69	Bergström. 1994 (Fish. grilled. average)
09_035	Sardine. fillet. steamed* (without salt)	Sardine. filet. cuit à la vapeur* (sans sel)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)
09_101	Sea snail/whelk. boiled* (as part of a recipe)	Escargot de mer/bulot. bouilli* (ingrédient de recette)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)
09_100	Sea snail/whelk. grilled* (without salt or fat)	Escargot de mer/bulot. grillé* (sans sel ni graisse)	0.69	Bergström. 1994 (Fish. grilled. average)
09_099	Sea snail/whelk. steamed* (without salt)	Escargot de mer/bulot. cuit à la vapeur* (sans sel)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)
09_088	Shiny-nose. fillet. boiled* (as part of a recipe)	Capitaine de mer. filet. bouilli* (ingrédient de recette)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)
09_040	Shiny-nose. fillet. grilled* (without salt or fat)	Capitaine de mer. filet. grillé* (sans sel ni graisse)	0.69	Bergström. 1994 (Fish. grilled. average)
09_039	Shiny-nose. fillet. steamed* (without salt)	Capitaine de mer. filet. cuit à la vapeur* (sans sel)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)
09_104	Shrimp. palaemonid. flesh. boiled* (as part of a recipe)	Crevette. palaemonidae. chair. bouillie* (ingrédient de recette)	0.83	uFish (092042)
09_103	Shrimp. palaemonid. flesh. grilled* (without salt or fat)	Crevette. palaemonidae. chair. grillée* (sans sel ni graisse)	0.86	uFish (092118)
09_102	Shrimp. palaemonid. flesh. steamed* (without salt)	Crevette. palaemonidae. chair. cuite à la vapeur* (sans sel)	0.83	uFish (092042)
09_107	Shrimp. penaeid. flesh. boiled* (as part of a recipe)	Crevette. penaeidae. chair. bouillie* (ingrédient de recette)	0.83	uFish (092103)
09_106	Shrimp. penaeid. flesh. grilled* (without salt or fat)	Crevette. penaeidae. chair. grillée* (sans sel ni graisse)	0.86	uFish (092141)
09_105	Shrimp. penaeid. flesh. steamed* (without salt)	Crevette. penaeidae. chair. cuite à la vapeur* (sans sel)	0.83	uFish (092065)
09_089	Tilapia. fillet. boiled* (as part of a recipe)	Tilapia. filet. bouilli* (ingrédient de recette)	0.87	uFish (091128)
09_043	Tilapia. fillet. grilled* (without salt or fat)	Tilapia. filet. grillé* (sans sel ni graisse)	0.79	uFish (091189)
09_042	Tilapia. fillet. steamed* (without salt)	Tilapia. filet. cuit à la vapeur* (sans sel)	0.87	uFish (091067)
09_092	Tuna. fillet. boiled* (as part of a recipe)	Thon. filet. bouilli* (ingrédient de recette)	0.8	Bergström. 1994 (Tuna. boiled)
09_091	Tuna. fillet. grilled* (without salt or fat)	Thon. filet. grillé* (sans sel ni graisse)	0.74	Bergström. 1994 (Tuna. baked in oven)
09_090	Tuna. fillet. steamed* (without salt)	Thon. filet. cuit à la vapeur* (sans sel)	0.8	Bergström. 1994 (Tuna. boiled)
09_095	Venus clams. flesh. boiled* (as part of a recipe)	Palourde vénus. chair. bouillie* (ingrédient de recette)	0.63	uFish (093060)
09_094	Venus clams. flesh. steamed* (without salt)	Palourde vénus. chair. cuite à la vapeur* (sans sel)	0.63	uFish (093060)



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09_093	White grouper. fillet. boiled* (as part of a recipe)	Mérou blanc. filet. bouilli* (ingrédient de recette)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)
09_047	White grouper. fillet. grilled* (without salt or fat)	Mérou blanc. filet. grillé* (sans sel ni graisse)	0.69	Bergström. 1994 (Fish. grilled. average)
09_046	White grouper. fillet. steamed* (without salt)	Mérou blanc. filet. cuit à la vapeur* (sans sel)	0.83	uFish (own estimation. av. boiled/poached/steamed fish filet)

# ANNEX D: RETENTION FACTORS

## ANNEXE D: FACTEURS DE RÉTENTION

FOOD NAME IN ENGLISH	PROCESSING OF FOODS IN ENGLISH	FOOD NAME IN FRENCH	PROCESSING OF FOODS IN FRENCH	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	POTASSIUM	SODIUM	ZINC	COPPER
NOM D'ALIMENT EN ANGLAIS	TRANSFORMATION DES ALIMENTS EN ANGLAIS	NOM D'ALIMENT EN FRANÇAIS	TRANSFORMATION DES ALIMENTS EN FRANÇAIS	CALCIUM	FER	MAGNÉSIMUM	PHOSPHORE	POTASSIUM	SODIUM	ZINC	CUIVRE
INFOODS tagnames				CA	FE	MG	P	K	NA	ZN	CU
Cereals and their products/Céréales et produits dérivés											
Grain and grain product	Stewed	Grain et produit de grain	Mijoté	1	1	1	1	1	1	1	1
Grain and grain product	Boiled, steamed	Grain et produit de grain	Bouilli, cuit à la vapeur	1	1	1	1	1	1	1	1
Pasta	Boiled	Pâtes	Bouillies	0.95	0.75	0.85	0.95	0.6	0.5	1	0.9
Pasta	Boiled, with cooking liquid consumed	Pâtes	Bouillies, avec liquide de cuisson consommé	0.5	0.65	0.95	0.85	0.95	0.75	1	0.9
Pasta	Fried in oil	Pâtes	Frites dans l'huile	1	1	1	1	1	1	1	1
Rice and other grain, whole	Boiled	Riz et autres grains, complet	Bouilli	1	1	1	0.95	0.8	0.8	0.95	1
Rice and other grain, whole	Boiled, with cooking liquid consumed	Riz et autres grains, complet	Bouilli, avec liquide de cuisson consommé	1	1	1	1	1	1	1	1
Rice and other grain, polished	Boiled	Riz et autres grains, poli	Bouilli	1	0.95	1	0.95	0.55	0.6	0.95	0.95
Rice and other grain, polished	Boiled, with cooking liquid consumed	Riz et autres grains, poli	Bouilli, avec liquide de cuisson consommé	1	1	1	1	1	1	1	1
Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés											
Potato product	Deep fried	Produit à base de pomme de terre	Frit	1	1	1	1	1	1	1	1
Starchy root and potato	Boiled	Racine amylicée et pomme de terre	Bouilli	0.95	0.93	0.9	0.93	0.8	0.8	0.9	0.9
Starchy root and potato	Cooked with moist heat with cooking liquid	Racine amylicée et pomme de terre	Cuit par chaleur humide avec liquide de cuisson	1	1	1	1	1	1	1	1
Starchy root and potato	Deep fried	Racine amylicée et pomme de terre	Frit	1	1	1	1	1	1	1	1
Legumes and their products/Légumineuses et produits dérivés											
Pulses	Boiled (unsoaked)	Légumineuses	Bouillies (non trempées)	0.85	0.85	0.85	0.9	0.75	0.75	0.9	0.7
Pulses	Stewed (unsoaked)	Légumineuses	Mijotées (non trempées)	1	1	1	1	1	1	1	1
Pulses	Boiled (soaked and cooked in different water)	Légumineuses	Bouillies (trempées et cuites dans différentes eaux)	0.85	0.85	0.85	0.9	0.75	0.75	0.9	0.7
Pulses	Stewed (soaked and cooked in different water)	Légumineuses	Mijotées (trempées et cuites dans différentes eaux)	1	1	1	1	1	1	1	1

ANNEX D: RETENTION FACTORS | ANNEXE D FACTEURS DE RÉTENTION

FOOD NAME IN ENGLISH	PROCESSING OF FOODS IN ENGLISH	VITAMIN A	VITAMIN D	VITAMIN E	THIAMINE (VITAMIN B1)	RIBOFLAVIN (VITAMIN B2)	NIACIN	VITAMIN B6	FOLATE	VITAMIN B12	VITAMIN C	PHYTATE <sup>§</sup>	IP6 <sup>§</sup>
NOM D'ALIMENT EN ANGLAIS	TRANSFORMATION DES ALIMENTS EN ANGLAIS	VITAMINE A	VITAMINE D	VITAMINE E	THIAMINE (VITAMINE B1)	RIBOFLAVIN (VITAMINE B2)	NIACINE	VITAMINE B6	FOLATE	VITAMINE B12	VITAMINE C	PHYTATE <sup>§</sup>	IP6 <sup>§</sup>
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	PHYTCPP, PHYTCPPD, PHYTCPPI	IP6
Cereals and their products/Céréales et produits dérivés													
Grain and grain product	Stewed	0.95	1	1	0.75	1	0.95	0.8	0.8	0.95	0.7	0.51	0.51
Grain and grain product	Boiled, steamed	0.9	1	1	0.8	0.9	0.9	0.9	0.7	1	0.8	0.83	0.83
Pasta	Boiled	0.9	1	1	0.85	0.75	0.9	0.9	0.7	1	0.7	0.83	0.83
Pasta	Boiled, with cooking liquid consumed	0.95	1	1	0.8	0.9	0.9	0.85	0.7	1	0.7	0.83	0.83
Pasta	Fried in oil	0.9	1	1	0.9	0.9	0.9	0.9	0.7	1	0.85	1	1
Rice and other grain, whole	Boiled	0.9	1	1	0.5	0.75	0.75	0.5	0.7	0.75	0.7	0.51	0.51
Rice and other grain, whole	Boiled, with cooking liquid consumed	0.95	1	1	0.75	1	0.95	0.8	0.8	0.95	0.7	0.51	0.51
Rice and other grain, polished	Boiled	0.9	1	1	0.5	0.5	0.75	0.5	0.7	0.75	0.7	0.51	0.51
Rice and other grain, polished	Boiled, with cooking liquid consumed	0.95	1	1	0.75	1	0.95	0.8	0.8	0.95	0.7	0.51	0.51
Starchy roots, tubers and their products/Racines amylicées, tubercules et produits dérivés													
Potato product	Deep fried	0.2*	1	1	0.8	1	0.95	0.9	0.75	0.8	0.1*	0.54	0.54
Starchy root and potato	Boiled	0.95	1	1	0.78	0.88	0.75	0.75	0.63	0.75	0.7	0.59	0.59
Starchy root and potato	Cooked with moist heat with cooking liquid	1	1	1	0.9	0.95	0.9	0.93	0.78	0.9	0.9	0.59	0.59
Starchy root and potato	Deep fried	0.2*	0.95	1	0.83	0.98	0.95	0.93	0.78	0.85	0.1*	0.59	0.59
Legumes and their products/Légumineuses et produits dérivés													
Pulses	Boiled (unsoaked)	1	1	0.9	0.65	0.75	0.65	0.7	0.5	1	0.6	0.81	0.81
Pulses	Stewed (unsoaked)	1	1	1	0.8	1	0.8	0.8	0.6	1	0.6	0.81	0.81
Pulses	Boiled (soaked and cooked in different water)	1	1	0.9	0.65	0.75	0.65	0.7	0.5	1	0.6	0.67	0.67
Pulses	Stewed (soaked and cooked in different water)	1	1	1	0.8	1	0.8	0.8	0.6	1	0.6	0.67	0.67

## ANNEX D: RETENTION FACTORS | ANNEXE D FACTEURS DE RÉTENTION

FOOD NAME IN ENGLISH	PROCESSING OF FOODS IN ENGLISH	FOOD NAME IN FRENCH	PROCESSING OF FOODS IN FRENCH	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	POTASSIUM	SODIUM	ZINC	COPPER
NOM D'ALIMENT EN ANGLAIS	TRANSFORMATION DES ALIMENTS EN ANGLAIS	NOM D'ALIMENT EN FRANÇAIS	TRANSFORMATION DES ALIMENTS EN FRANÇAIS	CALCIUM	FER	MAGNÉSIIUM	PHOSPHORE	POTASSIUM	SODIUM	ZINC	CUIVRE
INFOODS tagnames				CA	FE	MG	P	K	NA	ZN	CU
Vegetables and their products/Légumes et produits dérivés											
Leafy vegetables	Boiled	Légumes-feuilles	Bouillis	0.95	0.75	0.6	0.9	0.5	0.75	0.75	0.95
Leafy vegetables	Stewed	Légumes-feuilles	Mijotés	1	1	1	1	1	1	1	1
Leafy vegetables	Baked or roasted	Légumes-feuilles	Cuits au four ou rôtis	1	1	1	1	1	1	1	1
Root, tuber and bulb vegetables	Boiled	Racines, tubercules et légumes-bulbes	Bouillis	0.95	0.75	0.6	0.9	0.45	0.55	0.75	0.95
Root, tuber and bulb vegetables	Stewed	Racines, tubercules et légumes-bulbes	Mijotés	1	1	1	1	1	1	1	1
Root, tuber and bulb vegetables	Sautéed, stir-fried	Racines, tubercules et légumes-bulbes	Sautés	1	1	1	1	1	1	1	1
Stem, flower, fruit, corn, seed	Boiled	Tige, fleur, fruit, maïs, graine	Bouilli	0.95	0.75	0.6	0.9	0.5	0.75	0.75	0.95
Stem, flower, fruit, corn, seed	Stewed	Tige, fleur, fruit, maïs, graine	Mijoté	1	1	1	1	1	1	1	1
Stem, flower, fruit, corn, seed	Baked or roasted	Tige, fleur, fruit, maïs, graine	Cuit au four ou rôti	1	1	1	1	1	1	1	1
Stem, flower, fruit, corn, seed	Sautéed, stir-fried	Tige, fleur, fruit, maïs, graine	Sauté	1	1	1	1	1	1	1	1
Meat, poultry and their products/Viande, volaille et produits dérivés											
Beef	Boiled, steamed	Bœuf	Bouilli, cuit à la vapeur	0.8	1	0.6	0.65	0.5	0.45	1#	0.95#
Beef	Broiled or grilled	Bœuf	Grillé	0.9	0.95	0.85	0.9	0.85	0.85	1	1
Beef, with sauce	Cooked with moist heat (boiled, steamed, stewed, braised)	Bœuf, avec sauce	Cuit par chaleur humide (bouilli, cuit à la vapeur, mijoté, braisé)	1	1	1	1	1	1	1#	1#
Chicken	Boiled, steamed	Poulet	Bouilli, cuit à la vapeur	0.85	0.8	0.7	0.7	0.4	0.4	1#	0.5#
Chicken	Broiled or grilled	Poulet	Grillé	0.95	0.9	0.75	0.8	0.8	0.8	1	0.95
Chicken, with sauce	Cooked with moist heat (boiled, steamed, stewed, braised)	Poulet, avec sauce	Cuit par chaleur humide (bouilli, vapeur, mijoté, braisé)	1	1	1	1	1	1	1#	1#
Lamb, mutton and game	Boiled, steamed	Agneau, mouton et gibier	Bouilli, cuit à la vapeur	0.8	1	0.65	0.8	0.55	0.6	1#	0.95#
Lamb, mutton and game	Broiled or grilled	Agneau, mouton et gibier	Grillé	1	0.95	0.85	0.85	0.85	0.85	1	0.9
Lamb, mutton and game, with sauce	Stewed, braised	Agneau, mouton et gibier, avec sauce	Mijoté, braisé	1	1	1	1	1	1	1#	1#
Meat and meat product	Boiled, steamed	Viande et produits carnés	Bouilli, cuit à la vapeur	0.83	0.93	0.78	0.77	0.6	0.59	1#	0.95#

ANNEX D: RETENTION FACTORS | ANNEXE D FACTEURS DE RÉTENTION

FOOD NAME IN ENGLISH	PROCESSING OF FOODS IN ENGLISH	VITAMIN A	VITAMIN D	VITAMIN E	THIAMINE (VITAMIN B1)	RIBOFLAVIN (VITAMIN B2)	NIACIN	VITAMIN B6	FOLATE	VITAMIN B12	VITAMIN C	PHYTATE <sup>§</sup>	IP6 <sup>§</sup>
NOM D'ALIMENT EN ANGLAIS	TRANSFORMATION DES ALIMENTS EN ANGLAIS	VITAMINE A	VITAMINE D	VITAMINE E	THIAMINE (VITAMINE B1)	RIBOFLAVIN (VITAMINE B2)	NIACINE	VITAMINE B6	FOLATE	VITAMINE B12	VITAMINE C	PHYTATE <sup>§</sup>	IP6 <sup>§</sup>
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	PHYTCPP, PHYTCPPD, PHYTCPPI	IP6
Vegetables and their products/Légumes et produits dérivés													
Leafy vegetables	Boiled	0.9	1	1	0.65	0.65	0.65	0.65	0.5	0.6	0.4	0.9	0.9
Leafy vegetables	Stewed	0.9	1	1	0.9	0.95	0.95	0.9	0.7	0.7	0.6	0.54	0.54
Leafy vegetables	Baked or roasted	0.2*	1	1	0.95	0.9	0.95	0.9	0.7	0.7	0.1*	0.54	0.54
Root, tuber and bulb vegetables	Boiled	0.9	1	1	0.7	0.7	0.7	0.7	0.5	0.6	0.4	0.9	0.9
Root, tuber and bulb vegetables	Stewed	0.9	1	1	0.9	0.95	0.95	0.9	0.7	0.7	0.85	0.54	0.54
Root, tuber and bulb vegetables	Sautéed, stir-fried	0.2*	1	1	0.9	0.95	0.95	0.9	0.7	0.9	0.1*	0.54	0.54
Stem, flower, fruit, corn, seed	Boiled	0.9	1	1	0.65	0.65	0.65	0.65	0.5	0.7	0.65	0.9	0.9
Stem, flower, fruit, corn, seed	Stewed	0.9	1	1	0.9	0.95	0.95	0.9	0.7	0.7	0.8	0.54	0.54
Stem, flower, fruit, corn, seed	Baked or roasted	0.2*	1	1	0.9	0.95	0.95	0.9	0.7	0.7	0.1*	1	1
Stem, flower, fruit, corn, seed	Sautéed, stir-fried	0.2*	1	1	0.9	0.95	0.95	0.9	0.7	0.8	0.1*	0.54	0.54
Meat, poultry and their products/Viande, volaille et produits dérivés													
Beef	Boiled, steamed	0.75	0.75	0.75	0.4	0.8	0.5	0.4	0.65	0.6	1	1	1
Beef	Broiled or grilled	0.75	0.55	0.55	0.7	0.9	0.8	0.6	0.85	0.8	0.8	1	1
Beef, with sauce	Cooked with moist heat (boiled, steamed, stewed, braised)	0.8	0.8	1	0.6	1	0.8	0.6	0.8	0.7	0.75	1	1
Chicken	Boiled, steamed	0.55	0.55	0.55	0.55	0.95	0.6	0.6	0.5	0.5	1	1	1
Chicken	Broiled or grilled	0.75	0.75	0.8	0.6	0.9	0.8	0.6	0.6	0.65	0.8	1	1
Chicken, with sauce	Cooked with moist heat (boiled, steamed, stewed, braised)	0.8	0.8	1	0.7	1	0.8	0.8	0.7	0.7	0.8	1	1
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	1	1
Lamb, mutton and game	Broiled or grilled	0.75	0.8	0.8	0.6	0.9	0.8	0.65	0.7	0.8	0.8	1	1
Lamb, mutton and game, with sauce	Stewed, braised	0.8	0.8	1	0.7	1	0.8	0.75	0.7	0.7	0.8	1	1
Meat and meat product	Boiled, steamed	0.75	0.78	0.78	0.58	0.84	0.59	0.55	0.61	0.6	0.7	1	1

ANNEX D: RETENTION FACTORS | ANNEXE D FACTEURS DE RÉTENTION

FOOD NAME IN ENGLISH	PROCESSING OF FOODS IN ENGLISH	FOOD NAME IN FRENCH	PROCESSING OF FOODS IN FRENCH	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	POTASSIUM	SODIUM	ZINC	COPPER
NOM D'ALIMENT EN ANGLAIS	TRANSFORMATION DES ALIMENTS EN ANGLAIS	NOM D'ALIMENT EN FRANÇAIS	TRANSFORMATION DES ALIMENTS EN FRANÇAIS	CALCIUM	FER	MAGNÉSIIUM	PHOSPHORE	POTASSIUM	SODIUM	ZINC	CUIVRE
INFOODS tagnames				CA	FE	MG	P	K	NA	ZN	CU
Meat and meat product	Broiled or grilled	Viande et produits carnés	Grillé	0.94	0.92	0.83	0.83	0.8	0.84	0.95	0.9
Meat and meat product. with sauce	Stewed. braised	Viande et produits carnés. avec sauce	Mijoté. braisé	0.96	0.99	1	1	0.96	0.96	1#	1#
Offal	Boiled. steamed	Abats	Bouillis. cuit à la vapeur	0.8	0.95	0.8	0.7	0.6	0.6	0.85#	0.8#
Offal	Broiled or grilled	Abats	Grillé	1	0.95	0.85	0.8	0.75	0.85	0.85	0.8
Offal. with sauce	Stewed. braised	Abats. avec sauce	Mijoté. braisé	1	1	1	1	1	1	1#	1#
Poultry	Boiled. steamed	Volaille	Bouilli. cuit à la vapeur	0.85	0.8	0.7	0.7	0.43	0.4	1#	0.5#
Poultry	Broiled or grilled	Volaille	Grillé	0.9	0.75	0.8	0.8	0.8	1	1	0.95
Poultry. with sauce	Stewed. braised	Volaille. avec sauce	Mijoté. braisé	1	1	1	1	1	1	1#	1#
Pork	Boiled. steamed	Porc	Bouilli. cuit à la vapeur	0.8	1	0.6	0.6	0.5	0.45	0.8#	0.95#
Pork	Broiled or grilled	Porc	Grillé	0.75	0.8	0.95	0.9	0.85	0.9	1	0.95
Pork. with sauce	Stewed. braised	Porc. avec sauce	Mijoté. braisé	1	1	1	1	1	1	1#	1#
Eggs and their products/Œufs et produits dérivés											
Egg and egg product	Cooked with moist heat (boiled)	Œufs et leurs produits	Cuit par chaleur humide (bouilli)	0.95	0.95	0.95	0.95	0.95	0.95	0.95	0.95
Fish and its products/Poisson et produits dérivés											
Fatty fish	Cooked with moist heat (boiled. steamed. stewed)	Poisson gras	Cuit par chaleur humide (bouilli. cuit à la vapeur. mijoté)	1	0.8	0.85	0.85	0.75	0.85	1	0.9
Fatty fish	Broiled or grilled	Poisson gras	Grillé	1	0.85	0.9	0.9	0.85	0.85	1	0.95
Fatty fish. with sauce	Cooked with moist heat (boiled. steamed. stewed)	Poisson gras. avec sauce	Cuit par chaleur humide (bouilli. cuit à la vapeur. mijoté)	1	1	1	1	1	1	1	1
Lean fish	Cooked with moist heat (boiled. steamed. stewed)	Poisson maigre	Cuit par chaleur humide (bouilli. cuit à la vapeur. mijoté)	1	0.8	0.85	0.85	0.75	0.85	1	0.9
Lean fish	Broiled or grilled	Poisson maigre	Grillé	1	0.85	0.9	0.9	0.85	0.85	1	0.95
Lean fish. with sauce	Cooked with moist heat (boiled. steamed. stewed)	Poisson maigre. avec sauce	Cuit par chaleur humide (bouilli. cuit à la vapeur. mijoté)	1	1	1	1	1	1	1	1

ANNEX D: RETENTION FACTORS | ANNEXE D FACTEURS DE RÉTENTION

FOOD NAME IN ENGLISH	PROCESSING OF FOODS IN ENGLISH	VITAMIN A	VITAMIN D	VITAMIN E	THIAMINE (VITAMIN B1)	RIBOFLAVIN (VITAMIN B2)	NIACIN	VITAMIN B6	FOLATE	VITAMIN B12	VITAMIN C	PHYTATE <sup>s</sup>	IP6 <sup>s</sup>
NOM D'ALIMENT EN ANGLAIS	TRANSFORMATION DES ALIMENTS EN ANGLAIS	VITAMINE A	VITAMINE D	VITAMINE E	THIAMINE (VITAMINE B1)	RIBOFLAVIN (VITAMINE B2)	NIACINE	VITAMINE B6	FOLATE	VITAMINE B12	VITAMINE C	PHYTATE <sup>s</sup>	IP6 <sup>s</sup>
		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	PHYTCPP, PHYTCPPD, PHYTCPPI	IP6
Meat and meat product	Broiled or grilled	0.8	0.81	0.84	0.71	0.91	0.82	0.68	0.75	0.74	0.78	1	1
Meat and meat product, with sauce	Stewed, braised	0.88	0.89	1	0.79	1	0.85	0.8	0.73	0.81	0.8	1	1
Offal	Boiled, steamed	0.8	0.9	0.9	0.7	0.88	0.5	0.8	0.65	0.65	0.7	1	1
Offal	Broiled or grilled	0.9	0.95	1	0.85	0.95	0.85	0.8	0.85	0.75	0.75	1	1
Offal, with sauce	Stewed, braised	0.9	0.95	1	0.9	1	0.9	0.85	0.7	0.85	0.8	1	1
Poultry	Boiled, steamed	0.55	0.55	0.55	0.5	0.93	0.6	0.6	0.5	0.5	1	1	1
Poultry	Broiled or grilled	0.75	0.75	0.8	0.6	0.9	0.8	0.6	0.6	0.65	0.8	1	1
Poultry, with sauce	Stewed, braised	0.8	0.8	1	0.7	1	0.8	0.8	0.63	0.7	0.8	1	1
Pork	Boiled, steamed	0.78	0.75	0.75	0.3	0.7	0.5	0.45	0.7	0.6	1	1	1
Pork	Broiled or grilled	0.75	0.8	0.85	0.7	0.85	0.8	0.65	0.85	0.9	0.8	1	1
Pork, with sauce	Stewed, braised	0.8	0.8	1	0.7	1	0.8	0.6	0.8	0.8	0.8	1	1
Eggs and their products/Oufs et produits dérivés													
Egg and egg product	Cooked with moist heat (boiled)	0.95	0.95	1	0.8	0.8	0.8	0.8	0.8	0.8	0.8	1	1
Fish and its products/Poisson et produits dérivés													
Fatty fish	Cooked with moist heat (boiled, steamed, stewed)	0.7	0.7	0.7	0.75	0.7	0.7	0.7	0.7	0.8	0.8	1	1
Fatty fish	Broiled or grilled	0.8	0.8	0.8	0.9	0.9	0.9	0.9	0.8	0.9	0.8	1	1
Fatty fish, with sauce	Cooked with moist heat (boiled, steamed, stewed)	0.9	0.9	1	0.85	1	0.95	0.85	0.85	0.9	0.85	1	1
Lean fish	Cooked with moist heat (boiled, steamed, stewed)	0.9	0.9	1	0.75	0.7	0.7	0.7	0.7	0.8	0.8	1	1
Lean fish	Broiled or grilled	0.9	0.9	1	0.9	0.9	0.9	0.9	0.8	0.9	0.8	1	1
Lean fish, with sauce	Cooked with moist heat (boiled, steamed, stewed)	0.9	0.9	1	0.85	1	0.95	0.85	0.85	0.9	0.85	1	1

ANNEX D: RETENTION FACTORS | ANNEXE D FACTEURS DE RÉTENTION

FOOD NAME IN ENGLISH	PROCESSING OF FOODS IN ENGLISH	FOOD NAME IN FRENCH	PROCESSING OF FOODS IN FRENCH	CALCIUM	IRON	MAGNESIUM	PHOSPHORUS	POTASSIUM	SODIUM	ZINC	COPPER
NOM D'ALIMENT EN ANGLAIS	TRANSFORMATION DES ALIMENTS EN ANGLAIS	NOM D'ALIMENT EN FRANÇAIS	TRANSFORMATION DES ALIMENTS EN FRANÇAIS	CALCIUM	FER	MAGNÉSIUM	PHOSPHORE	POTASSIUM	SODIUM	ZINC	CUIVRE
INFOODS tagnames				CA	FE	MG	P	K	NA	ZN	CU
Seafood and related product	Cooked with moist heat (boiled, steamed, stewed)	Fruits de mer et leurs produits	Cuit par chaleur humide (bouilli, cuit à la vapeur, mijoté)	1	0.8	0.85	0.85	0.75	0.85	1	0.9
Seafood and related product	Broiled or grilled	Fruits de mer et leurs produits	Grillé	1	0.85	0.9	0.9	0.85	0.85	1	0.95
Seafood and related product, with sauce	Cooked with moist heat (boiled, steamed, stewed)	Fruits de mer et leurs produits, avec sauce	Cuit par chaleur humide (bouilli, cuit à la vapeur, mijoté)	1	1	1	1	1	1	1	1



ANNEX D: RETENTION FACTORS | ANNEXE D FACTEURS DE RÉTENTION

FOOD NAME IN ENGLISH	PROCESSING OF FOODS IN ENGLISH	VITAMIN A	VITAMIN D	VITAMIN E	THIAMINE (VITAMIN B1)	RIBOFLAVIN (VITAMIN B2)	NIACIN	VITAMIN B6	FOLATE	VITAMIN B12	VITAMIN C	PHYTATE§	IP6§
NOM D'ALIMENT EN ANGLAIS	TRANSFORMATION DES ALIMENTS EN ANGLAIS	VITAMINE A	VITAMINE D	VITAMINE E	THIAMINE (VITAMINE B1)	RIBOFLAVIN (VITAMINE B2)	NIACINE	VITAMINE B6	FOLATE	VITAMINE B12	VITAMINE C	PHYTATE§	IP6§
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	PHYTCPP, PHYTCPPD, PHYTCPPI	IP6
Seafood and related product	Cooked with moist heat (boiled, steamed, stewed)	0.83	0.83	0.9	0.75	0.7	0.7	0.7	0.7	0.8	0.8	1	1
Seafood and related product	Broiled or grilled	0.87	0.87	0.93	0.9	0.9	0.9	0.9	0.8	0.9	0.8	1	1
Seafood and related product, with sauce	Cooked with moist heat (boiled, steamed, stewed)	0.9	0.9	1	0.85	1	0.95	0.85	0.85	0.9	0.85	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).

\* Retention factors for vitamin A and vitamin C were adopted from observations from the literature and own calculations.

# Values from: 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.

§ All retention factors for Phytate and IP6 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 [online]. Nairobi.

# ANNEX E: DATA SOURCES WITH BiblioID

## ANNEXE E: SOURCES DES DONNÉES AVEC BiblioID

BiblioID	REFERENCE
01BR	Rodriguez-Amaya, D.B., Kimura, M. & Amaya-Farfan, J. 2008. Fontes Brasileiras de carotenóides: tabela brasileira de composição de carotenóides em alimentos. Brasília, Ministério do Meio Ambiente. (also available at <a href="http://www.mma.gov.br/estruturas/sbf_agrobio/_publicacao/89_publicacao09032009113306.pdf">http://www.mma.gov.br/estruturas/sbf_agrobio/_publicacao/89_publicacao09032009113306.pdf</a> ).
01CH	Li, R., Xia, Q., Tang, M., Zhao, S., Chen, W., Lei, X. & Bai, X. 2012. Chemical composition of Chinese palm fruit and chemical properties of the oil extracts. <i>African Journal of Biotechnology</i> , 11(39): 9377–9382.
01FG	Onyekwelu, J.C., Oyewale, O., Stimm, B. & Mosandl, R. 2015. Antioxidant, nutritional and anti-nutritional composition of <i>Garcinia kola</i> and <i>Chrysophyllum albidum</i> from rainforest ecosystem of Ondo State, Nigeria. <i>Journal of Forestry Research</i> , 26(2): 417–424.
1B	Favier, J.C., Ireland-Ripert, J., Laussucq, C. & Feinberg, M. 1993. Répertoire général des aliments: 3. Table de composition des fruits exotiques, fruits de cueillette d'Afrique. Paris, Institut Français de Recherche Scientifique pour le Développement en Coopération (ORSTOM), Centre National d'Etudes Vétérinaires et Alimentaires (CNEVA), Centre Informatique sur la Qualité des Aliments (CIQUAL), Institut National de la Recherche Agronomique (INRA), Technique & Documentation (Lavoisier). 207 pp.
1E	SQR Benin. 2008. Pourquoi manger les produits vivriers de saison? Guide pour l'alimentation et la nutrition durables. Série "Accès au marché local". ONASA, VECCO, Slow Food, CTA.
1G	McCrae, J.E. & Paul, A.A. 1996. <i>Foods of Rural Gambia</i> , 2nd edition. Cambridge, UK and Keneba, the Gambia, Medical Research Council Dunn Nutrition Unit.
1GH	Nti, C.A. 2009. Effects of bambara groundnut ( <i>Vigna subterranea</i> ) variety and processing on the quality and consumer appeal for its products. <i>International Journal of Food Science &amp; Technology</i> , 44(11): 2234–2242.
1M	Barikmo, I., Ouattara, F. & Oshaug, A. 2004. Food Composition Table for Mali. TACAM, Research Series No. 9. Oslo, Akershus University College.
1N	Aletor, V.A. & Aladetimi, O.O. 1989. Compositional evaluation of some cowpea varieties and some under-utilized edible legumes in Nigeria. <i>Die Nahrung</i> , 33(10): 999–1007.
1P	University of Ghana. (no date). Nutritional content of some typical African Foods. Nutrition & Food Science Department. Accra.
1R	Glew, R.H., VanderJagt, D.J., Lockett, C., Grivetti, L.E., Smith, G.C., Pastuszyn, A. & Millson, M. 1997. Amino acid, fatty acid, and mineral composition of 24 indigenous plants of Burkina Faso. <i>Journal of Food Composition and Analysis</i> , 10(3): 205–217.
1T	Núcleo de Estudos e pesquisas em Alimentação (NEPA). 2011. Tabela brasileira de composição de alimentos. Campinas, Brazil. 164 pp. (also available at <a href="http://www.nepa.unicamp.br/taco/tabela.php?ativo=tabela">http://www.nepa.unicamp.br/taco/tabela.php?ativo=tabela</a> ).
1V	Sanusi, R.A. & Adebijoye, A.E. 2009. Proximate and mineral composition of commonly consumed foods in Nigeria. <i>Nigeria Journal of Nutritional Sciences</i> , 30(2): 54–63.
02BR	Mattietto, R.A., Lopes, A.S. & Menezes, H.C. 2010. Physical and physicochemical characterization of caja fruit ( <i>Spondias mombin</i> L.) and its pulp, obtained using two types of extractor. <i>Brazilian Journal of Food Technology</i> , 13(3): 156–164.
02FG	Oryema, C., Oryem-Origa, H. & Roos, N. 2016. Nutrient contents of the fresh pulps and dried pulp cakes of <i>Vitellaria paradoxa</i> of Gulu District, Uganda. <i>Pakistan Journal of Nutrition</i> , 15(1): 33–39.
2B	Favier, J.C., Ireland-Ripert, J., Toque, C. & Feinberg, M. 1995. Répertoire général des aliments: Table de composition. Paris, Centre National d'Etudes Vétérinaires et Alimentaires (CNEVA), Centre Informatique sur la Qualité des Aliments (CIQUAL), , Technique & Documentation (Lavoisier), Institut National de la Recherche Agronomique (INRA).
2E	Mitchikpe, E.C.S., Dossa, R.A.M., Ategbro, E.A.D., Van Raaij, J.M.A., Hulshof, P.J.M. & Kok, F.J. 2008. The supply of bioavailable iron and zinc may be affected by phytate in Beninese children. <i>Journal of Food Composition and Analysis</i> , 21(1): 17–25.
2G	Prynne, C.J. & Paul, A.A. 2011. <i>Food Composition Table for Use in the Gambia</i> . Cambridge, UK and Keneba, the Gambia, Medical Research Council Human Nutrition Research.
2GH	Plahar, W.A., Annan, N.T. & Nti, C.A. 1997. Cultivar and processing effects on the pasting characteristics, tannin content and protein quality and digestibility of cowpea ( <i>Vigna unguiculata</i> ). <i>Plant Foods for Human Nutrition</i> , 51(4): 343–356.
2m	Mohamed, H.E., Mousa, H.M. & Beynen, A.C. 2005. Ascorbic acid concentrations in milk from Sudanese camels. <i>Journal of Animal Physiology and Animal Nutrition</i> , 89(1–2): 35–7.
2P	Eyson, K.K. & Ankrach, E.K. 1975. Composition of foods commonly used in Ghana. Accra, Food Research Institute, Council for Scientific and Industrial Research.
2R	Mouquet-Rivier, C., Icard-Vernière, C., Guyot, J.P., Tou, E.H., Rochette, I. & Trèche, S. 2008. Consumption pattern, biochemical composition and nutritional value of fermented pearl millet gruels in Burkina Faso. <i>International Journal of Food Sciences and Nutrition</i> , 59(7–8): 716–729.
03BR	Tawata, N. 2010. Determinação de carotenóides em alimentos brasileiros in natura, processados e preparados para a tabela nacional de composição de alimentos. Faculdade de Engenharia de Alimentos, University of Campinas. (also available at <a href="http://repositorio.unicamp.br/bitstream/REPOSIP/256123/1/Tawata_Natalia_M.pdf">http://repositorio.unicamp.br/bitstream/REPOSIP/256123/1/Tawata_Natalia_M.pdf</a> ). (Dissertation)
03FG	Owolarafe, O.K., Adebooye, O.C. & Adegbenjo, O.A. 2006. Physical properties and food value of <i>Spondias mombin</i> L. – an underexploited fruit of Nigeria. <i>Journal of Food Science and Technology</i> , 43(6): 626–628.
3B	DANSE. 2006. <i>Aliments Africains</i> .
3E	Mikode, D.A., Alimi, I.I., Zinsou, I.S., Assongba, H.G. & Houngbenou, J.E. 2006. Table de composition alimentaire de quelques aliments locaux béninois. Project Afrofoods DANA/FAO, Rapport No. 7. Direction de l'Alimentation et de la Nutrition Appliquée (DANA).
3EB	Ene-Obong, H.N. & Ndubuisi, L.C. 2009. Evaluation of the food potentials of tiger nut tubers ( <i>Cyperus esculenta</i> ). Department of Home Science, Nutrition and Dietetics, University of Nigeria. (MSc research project)

## ANNEX E: DATA SOURCES WITH BibliOid | ANNEXE E: SOURCES DES DONNÉES AVEC BibliOid

BibliOid	REFERENCE
3GH	Sefa-Dedeh, S. & Agyir-Sackey, E.K. 2004. Chemical composition and the effect of processing on oxalate content of cocoyam <i>Xanthosoma sagittifolium</i> and <i>Colocasia esculenta</i> cornels. <i>Food Chemistry</i> , 85(4): 479–487.
3P	University of Ghana. (no date). Ghana Common Foods. Nutrition and Food Science Department. Accra.
04BR	Bora, P.S., Rocha, R.V.M., Narain, N., Moreira-Monteiro, A.C. & Moreira, R.A. 2003. Characterization of principal nutritional components of Brazilian oil palm ( <i>Elaeis guineensis</i> ) fruits. <i>Bioresource Technology</i> , 87(1): 1–5.
04FG	Olayiwola, I.O., Akinfenwa, V.O., Oguntona, C.O., Sanni, S.A., Onabanjo, O.O. & Afolabi, W.A.O. 2013. Phytonutrient, antioxidant and mineral composition of some wild fruits in South West Nigeria. <i>Nigerian Food Journal</i> , 31(2): 33–40.
4E	Direction de l'Alimentation et de la Nutrition Appliquée (DANA). 1994. Table des valeurs nutritives de quelques aliments. Ministère du Développement Rural.
4GH	Wallace, P.A., Marfo, E.K. & Plahar, W.A. 1999. Nutritional quality and antinutritional composition of four non-conventional leafy vegetables. <i>Food Chemistry</i> , 61(3): 287–291.
4P	Asibey-Berko, E. & Tayie, F.A.K. 1999. Proximate analysis of some under-utilized Ghanaian vegetables. <i>Ghana Journal of Science</i> , 39: 91–96.
4R	Parkouda, C., Diawara, B., Ganou, L. & Lamien, N. 2007. Potentialités nutritionnelles des produits de 16 espèces fruitières locales au Burkina Faso. <i>Science et technique, Sciences appliquées et Technologies</i> , 1(1): 35-47.
4V	Onyeike, E.N. & Acheru, G.N. 2002. Chemical composition of selected Nigerian oil seeds and physicochemical properties of the oil extracts. <i>Food Chemistry</i> , 77(4): 431–437.
05FG	Borges, M.T.M.R. 2003. Potencial vitamínico da banana verde e produtos derivados. Faculdade de Engenharia de Alimentos, University of Campinas. (PhD dissertation)
5B	Souci, S.W., Fachmann, W. & Kraut, H. 2008. <i>Food Composition and Nutrition Tables</i> , 7th edition. Stuttgart, Germany, MedPharm.
5E	Massenon, A. 1994. Characterization of some maize varieties cultivated in Benin and assessment of physico-chemical properties of first processing products. Thesis in Agricultural Engineering. Department of Nutrition and Food Sciences (DNSA), Faculty of Agricultural Sciences (FSA), University of Abomey-Calavi. (Dissertation)
5fBIO	Chaira, N., Mrabet, A. & Ferchichi, A. 2009. Evaluation of antioxidant activity, phenolics, sugar and mineral contents in date palm fruits. <i>Journal of Food Biochemistry</i> , 33(3): 390–403.
5GH	Chijindu, E.N. & Boateng, B.A. 2008. Effect of nutritional content of processed cassava chips on development of <i>Prostephanus truncatus</i> . <i>World Journal of Agricultural Sciences</i> , 4(3): 404–408.
5N	Oboh, G., Ademiluyi, A.O. & Akindahunsi, A.A. 2010. The effect of roasting on the nutritional and antioxidant properties of yellow and white maize varieties. <i>International Journal of Food Science and Technology</i> , 45(6): 1236–1242.
5R	Somda, M. 2008. Mémoire de DEA. Unite de Formation et de Recherche en Sciences de la Vie et de la Terre (UFR-SVT), University of Ouagadougou. (Dissertation)
5V	Akpanabiatu, M. I., Ekpa, O. D., Mauro, A. & Rizzo, R. 2001. Nutrient composition of Nigerian palm kernel from the dura and tenera varieties of the oil palm ( <i>Elaeis guineensis</i> ). <i>Food Chemistry</i> , 72(2): 173–177.
06FG	Yuyama, L.K.O., Macedo, S.H.M., Yonekura, L., Aguiar, J.P.L. & Yuyama, K. 2000. Perfil nutricional das diversas formas de consumo de banana ( <i>Musa paradisiaca</i> , variedade pacovã) da Amazônia Brasileira. <i>Acta Amazonica</i> , 30(4): 677–680.
6B	Ndong, M., Wade, S., Dossou, N., Guiro, A.T. & Gning, R.D. 2007. Valeur nutritionnelle du Moringa Oleifera. Étude de la biodisponibilité du fer, effet de l'enrichissement de divers plats traditionnels sénégalais avec la poudre des feuilles. <i>African Journal of Food, Agriculture, Nutrition and Development</i> , 7(3): 1–17.
6GH	Lamptey, A. D., Sakyi-Dawson, E., Torgbor, P.N.J. & Annor, G.A. 2008. Effects of different processing methods on the nutritional composition and cyanogen content of flour from cassava varieties in Ghana. <i>Journal of Root Crops</i> , 34(2): 157–163.
6m	Mehaia, M.A., Hablas, M.A., Abdel-Rahman K.M. & El-Mouhy, S.A. 1995. Milk composition of Majaheim, Wadah and Hamra camels in Saudi Arabia. <i>Food Chemistry</i> . 52(2): 115–122.
6N	Ndiaye, C. 2007. Final report of proximate composition and mineral analysis of commonly consumed staple foods in Nigeria. Ibadan, Nigeria, Food Basket Foundation International.
07FG	Laurie, S.M., van Jaarsveld, P.J., Faber, M., Philpott, M.F. & Labuschagne, M.T. 2012. Trans- $\beta$ -carotene, selected mineral content and potential nutritional contribution of 12 sweet potato varieties. <i>Journal of Food Composition and Analysis</i> , 27(2).
7B	Technologie Alimentaire. 2002. Table de composition de dix produits alimentaires sénégalais, complément rapport [online]. Dakar, Institut de Technologie Alimentaire. [Accessed April 2010]. <a href="http://www.ita.sn/">http://www.ita.sn/</a>
7E	Hongbete, F. 2001. Upgrading of Afitin technology: improvement of the fermentation process and development of taste raising product. Thesis in Agricultural Engineering. Department of Nutrition and Food Sciences (DNSA), Faculty of Agricultural Sciences (FSA), University of Abomey-Calavi. (Dissertation)
7GH	Eshun, G. 2009. Baseline Data on the Nutrient Content and Physicochemical Properties of Selected Varieties of Soybean, Groundnut and Rice for the Development of Nutritious, Energy-Dense Diets. Department of Biochemistry and Biotechnology, Kwame Nkrumah University of Science and Technology. (Dissertation)
7m	Elamin, F.M. & Wilcox, C.J. 1992. Milk composition of Majaheim camels. <i>Journal of Dairy Science</i> , 75(11): 3155–3157.
7N	Ojimelukwe, P.C. 1999. Cooking characteristics of four cultivars of bambara groundnuts seeds and starch isolate. <i>Journal of Food Biochemistry</i> , 23(1): 109–117.
8B	Tall, A. 2000. Contribution à l'étude de l'activité anti-inflammatoire du décocté lyophilisé des racines de <i>Moringa oleifera</i> (Moringaceae). Doctoral Thesis in Pharmacy. Faculté de Médecine et Pharmacie, Cheikh Anta Diop University. (PhD dissertation)
8E	Chabi China, L.A. 2000. Study of Lafou Production in Benin. National University of Benin. (Dissertation)

## ANNEX E: DATA SOURCES WITH BibliOid | ANNEXE E: SOURCES DES DONNÉES AVEC BibliOid

BibliOid	REFERENCE
8GH	Watson, J.D. 1977. Chemical composition of some less commonly used legumes in Ghana. <i>Food Chemistry</i> , 2(4): 267–271.
8R	Millogo, V. 2010. Milk production of hand milked dairy cattle in Burkina Faso. Doctoral Thesis No. 2010:4. Swedish University of Agricultural Sciences. (PhD dissertation)
9B	Sene, A. 1993. Contribution à l'étude de la composition chimique des fleurs de <i>Tamarindus indica</i> L. (Caesalpinaceae), utilisées dans l'alimentation des séreuses. Doctoral Thesis in Pharmacy. Faculté de Médecine et Pharmacie, Cheikh Anta Diop University. (PhD dissertation)
9m	Wangoh, J., Farah, Z. & Puhan, Z. 1998. Composition of milk from three camel ( <i>Camelus dromedarius</i> ) breeds in Kenya during lactation. <i>Milchwissenschaft</i> 53(3): 136–139.
9N	Gernah, D.I., Atolagbe, M.O. & Echegwo, C.C. 2007. Nutritional composition of the African locust bean ( <i>Parkia biglobosa</i> ) fruit pulp. <i>Nigerian Food Journal</i> , 25(1): 190–196.
10B	Ndiaye, L. 1993. Contribution à l'étude de l'activité anti-drépanocytaire du <i>Ficus gnaphalocarpa</i> (Miq.) Stend. Doctoral Thesis in Pharmacy. Faculté de Médecine et Pharmacie. (PhD dissertation)
10E	Achigan-Dako, E., Pasquini, M., Assogba-Comlan, F., Sognigbé, N., Dansi, A. & Ambrose-Oji, B. 2009. Traditional vegetables in Benin: Diversity, distribution, ecology, agronomy and utilisation. Darwin Initiative, INRAB, IFS. Cotonou, Benin, Institut National Des Recherches Agricoles.
10N	Yusuf, A.A., Ayedun, H. & Sanni, L.O. 2008. Chemical composition and functional properties of raw and roasted Nigerian benniseed ( <i>Sesamum indicum</i> ) and bambara groundnut ( <i>Vigna subterranean</i> ). <i>Food Chemistry</i> , 111(2): 277–282.
10V	Enujiugha, V.N. 2003. Supplementation of ogi, a maize-based infant weaning food, with African oil bean seed ( <i>Pentaclethra macrophylla</i> Benth). <i>International Journal of Postharvest Technology and Innovation</i> , 1(2): 202–211.
11E	Drame, A. & Keita, A. 1998. Table de composition chimique des aliments consommés en Guinée. Gamal Abdel Nasser University of Conakry. (Dissertation)
12B	Perisse, J., Le Berre, S., Bergeret, B. & Maseyeff, R. 1957. Tables de Composition de Quelques Aliments Tropicaux. Travail des Sections de Nutrition de l'Office de la Recherche Scientifique et Technique Outre-Mer. <i>Annales de la Nutrition et de l'Alimentation</i> , XI(5).
12E	Touré, F. 2000. Effect of fish and shrimp on iodine bioavailability in cassava and millet-based staple food in Guinea. Oklahoma State University. (MSc dissertation)
12R	Dabire, D.B. 2002. Analyse biochimique et microbiologique des yaourts et laits fermentés. Unite de Formation et de Recherche en Sciences de la Vie et de la Terre (UFR-SVT), University of Ouagadougou. (Dissertation)
13E	Diallo, T.I. 2003. Détermination de la composition chimique et évaluation de la valeur énergétique du fruit de <i>Annona muricata</i> . Gamal Abdel Nasser University of Conakry. (Dissertation)
13R	Ouadaogo, G.Z. 2003. Caractérisation physico-chimique et contrôle microbiologique du lait cru livré à Faso Kossam en saison des pluies. Unite de Formation et de Recherche en Sciences de la Vie et de la Terre (UFR-SVT), University of Ouagadougou. (Dissertation)
13V	Obasi, N.E. & Wogu, C.O. 2008. Effect of soaking time on proximate and mineral compositions and anti-nutritional factors of yellow maize ( <i>Zea mays</i> ). <i>Nigerian Food Journal</i> , 26(2): 69–77.
14E	Jean Mathos, K. 2008. Evaluation de la teneur en plomb dans les légumes et feuilles d'ignon cultivés dans la région de Conakry. Gamal Abdel Nasser University of Conakry. (Dissertation)
15B	Lamien-Meda, A., Lamien, C.E., Compaoré, M.M.Y., Meda, R.N.T., Kiendrebeogo, M., Zeba, M., Millogo, J.F. & Nacoulma, O.G. 2008. Polyphenol Content and Antioxidant Activity of Fourteen Wild Edible Fruits from Burkina Faso. <i>Molecules</i> , 13: 581–594.
15GH	Hemans, F.D. 2002. Extraction of Soluble Solids from Cola Nuts. NFS 94-08-F. Department of Nutrition and Food Science, University of Ghana. (BSc dissertation)
15N	Ene-Obong, H.N. & Carnovale E. 1992. A comparison of the proximate, mineral and amino acid composition of some known and lesser known legumes in Nigeria. <i>Food Chemistry</i> , 43(3): 169–175.
16GH	Krow, M. 1996. Mineralogy of traditional table salt in Ghana. NFS 96-15-F. Department of Nutrition and Food Science, University of Ghana. (BSc dissertation)
16N	Igbedioh, S.O., Olugbemi, K.T. & Akpapunam, M.A. 1994. Effects of processing methods on phytic acid level and some constituents in Bambara groundnut ( <i>Vigna subterranea</i> ) and pigeon pea ( <i>Cajanus cajan</i> ). <i>Food Chemistry</i> , 50(2): 147–151.
16V	Oguntona, E.B. & Akinyele, I.O. 1995. Nutrient composition of commonly eaten foods in Nigeria – Raw, processed and prepared. Food Basket Foundation Publication Series. Ibadan, Nigeria, Food Basket Foundation. 131 pp.
17fBIO	Bartolomé, A.P., Rupérez, P. & Fúster, C. 1995. Pineapple fruit: Morphological characteristics, chemical composition and sensory analysis of Red Spanish and Smooth Cayenne cultivars. <i>Food Chemistry</i> , 53(1): 75–79
18N	Dashak, D.A. & Pali, C.N. 1993. Chemical composition of four varieties of Nigerian benniseed ( <i>Sesamum indicum</i> ). <i>Food Chemistry</i> , 47(3): 253–255.
18R	Kabore, D. 2004. Etude des caractéristiques nutritionnelles et technologiques du Tabouchi [Tubercule de <i>Xanthosoma sagittifolium</i> (Schott)]. Unite de Formation et de Recherche en Sciences de la Vie et de la Terre (UFR-SVT), University of Ouagadougou. (Dissertation)
18V	Abulude, F.O. 2004. Studies on termites ( <i>Macrotermes</i> sp.): proximate composition, mineral contents and functional properties. <i>Advances in Food Sciences</i> , 26(4): 150–154.
19GH	Eyson, J.K. 1993. Processing of Soymilk – Process and Product Evaluation. NFS 93-13-F. Department of Nutrition and Food Science, University of Ghana. (BSc dissertation)
19N	Akintayo, E.T., Adebayo, E.A. & Arogundade, L.A. 2002. Chemical composition, physicochemical and functional properties of akee ( <i>Bilphia sapida</i> ) pulp and seed flours. <i>Food Chemistry</i> , 77(3): 333–336.
22N	Adeyeye, E.I., Arogundade, L.A., Akintayo, E.T., Aisida, O.A. & Alao, P.A. 2000. Calcium, zinc and phytate interrelationships in some foods of major consumption in Nigeria. <i>Food Chemistry</i> , 71(4): 435–441.

## ANNEX E: DATA SOURCES WITH BibliolD | ANNEXE E: SOURCES DES DONNÉES AVEC BibliolD

BibliolD	REFERENCE
23N	Adeyeye, A. & Ajewole, K. 1992. Chemical composition and fatty acid profiles of cereals in Nigeria. <i>Food Chemistry</i> , 44(1): 41–44.
23R	Sena, L.P., Vanderjagt, D.J., Rivera, C., Tsin, A.T.C., Muhamadu, I., Mahamadou, O., Millson, M., Pastuszyn, A. & Glew, R.H. 1998. Analysis of nutritional components of eight famine foods of the Republic of Niger. <i>Plant Foods for Human Nutrition</i> , 52(1): 17–30.
24N	Ene-Obong, H.N & Carnovale, E. 1992. Nigerian Soup Condiments: Traditional Processing and Potential as Dietary Fibre Sources. <i>Food Chemistry</i> , 43(1): 29–34.
25N	Odebunmi, E.O., Oluwaniyi, O.O. & Bashiru, M.O. 2010. Comparative proximate analysis of some food condiments. <i>Journal of Applied Sciences Research</i> , 6(3): 272–274.
26N	Adeyeye, E.I. & Fagbohun E.D. 2005. Proximate, mineral and phytate profiles of some selected spices found in Nigeria. <i>Pakistan Journal of Scientific and Industrial Research</i> , 48(1): 14–22.
27N	Edem, D.O., Eka, O.U. & Ifon, E.T. 1984. Chemical evaluation of nutritive value of the fruit of African starapple ( <i>Chrysophyllum albidum</i> ). <i>Food Chemistry</i> , 14(4): 303–311.
28N	Adepoju, O.T. 2009. Proximate composition and micronutrient potentials of three locally available wild fruits in Nigeria. <i>African Journal of Agricultural Research</i> , 4(9): 887–892.
30R	Glew, R.H., Glew, R.S., Chuang, L.T., Huang, Y.S., Millson, M., Constans, D. & Vanderjagt, D.J. 2006. Amino acid, mineral and fatty acid content of pumpkin seeds ( <i>Cucurbita</i> spp.) and <i>Cyperus esculentus</i> nuts in the Republic of Niger. <i>Plant Foods for Human Nutrition</i> , 61(2): 51–56.
32fBIO	Boudries, H., Kefalas, P. & Hornero-Méndez, D. 2007. Carotenoid composition of Algerian date varieties ( <i>Phoenix dactylifera</i> ) at different edible maturation stages. <i>Food Chemistry</i> , 101(4): 1372–1377.
34f	Al-Farsi, M., Alasalvar, C., Morris, A., Baron, M. & Shahidi, F. 2005. Compositional and sensory characteristics of three native sun-dried date ( <i>Phoenix dactylifera</i> L.) varieties grown in Oman. <i>Journal of Agricultural and Food Chemistry</i> , 53(19): 7586–7591.
34N	Oboh, G., Ekperigin, M.M. & Kazeem, M.I. 2005. Nutritional and haemolytic properties of eggplants ( <i>Solanum macrocarpon</i> ) leaves. <i>Journal of Food Composition and Analysis</i> , 18(2–3): 153–160.
35N	Fasakin, K. 2004. Proximate composition of bungu ( <i>Ceratotheca sesamoides</i> Endl.) leaves and seeds. <i>Biokemistri</i> , 16(2): 88–92.
39m	Abu-Lehia, I.H. 1987. Composition of camel milk. <i>Milchwissenschaft</i> , 42(6): 368–371.
136mBIO	Akinsoyinu, A.O. & Akinyele, I.O. 1979. Major elements in milk of the West African dwarf goats as affected by stage of lactation. <i>Journal of Dairy Research</i> , 46(3): 427–431.
142mBIO	Mba, A.U., Boyo, B.S. & Oyenuga, V.A. 1975. Studies on the milk composition of West African dwarf, Red Sokoto and Saanen goats at different stages of lactation. I. Total solids, butterfat, solids-not-fat, protein, lactose and energy contents of milk. <i>Journal of Dairy Research</i> , 42(2): 217–226.
Ah2010a	Ali, A., Adji, B.M., Saidou, C., Yaouba, A. & Tchiegang, C. 2010. Physico-chemical properties and safety of grasshoppers, important contributors to food security in the far North region of Cameroon. <i>Research Journal of Animal Sciences</i> , 4(5): 108–111.
Ar2012	Abdou Bouba, A., Njintang Yanou, N., Foyet, H.S., Scher, J., Montet, D. & Mbofung, C.M. 2012. Proximate composition, mineral and vitamin content of some wild plants used as spices in Cameroon. <i>Food and Nutrition Science</i> , 3(4): 423–432.
ASEA	Puwastien, P., Burlingame, B., Raroengwichit, M. & Sungpuag, P. 2000. ASEAN Food Composition Table. Bangkok, Institute of Nutrition, Mahidol University.
ATREZO	Atrey, B.C. & Zohounvo S.M. 2011. Effet des traitements thermiques sur la qualité physico-chimique, microbiologique et nutritionnelle de l'arachide. University of Abomey Calavi.
AU14	Food Standards Australia New Zealand (FSANZ). 2014. AUSNUT 2011–13 – Australian Food Composition Database [online]. Canberra. [Cited December 2018]. <a href="http://www.foodstandards.gov.au">http://www.foodstandards.gov.au</a>
BF1001	Assemam, E., Camara, F., Kouamé, F., Konan, V. & Kouamé, L.P. 2012. Caractérisation biochimique des fruits de plantain ( <i>Musa paradisiaca</i> L.) variété « Agnri » de Côte d'Ivoire et évaluation sensorielle de ses produits dérivés. <i>Journal of Applied Biosciences</i> , 60:4438–4447.
BF1011	Degbe, Y.K. 2011. Valorisation de quatres plantes alimentaires de la flora togolaise: Valeur nutritionnelle et influence de la cuisson sur les pertes en minéraux. University of Lomé. (Dissertation)
BF1012	N'Dri, D.D.Y. 2010. Potentialités nutritionnelles et antioxydantes de certaines plantes alimentaires spontanées et de quelques légumes et céréales cultivés en Côte d'Ivoire. Facoltà di Agraria, University of Parma. (Dissertation)
BF1018	Gnanou, F. 2006. Etude de la technologie de transformation et de la qualité nutritionnelle de quelques aliments à base de variétés de mil cultivé au Burkina Faso. University of Ouagadougou. (MSc dissertation)
BF1020	Go-Mar, K.W. 2007. Composition chimique et transformation des feuilles de Taro " <i>Xanthosoma sagittifolium</i> " en conserve de ragout. University of Lomé. (Dissertation)
BF1023	Greffeulle, V. & Mouquet-Rivier, C., eds., Icard-Vernière, C., Ouattara, L., Avallone, S., Hounhouigan, J., Kayodé, P., Amoussa, W. & Fatoumata, B.H. 2010. Traditional recipes of millet-, sorghum- and maize based dishes and related sauces frequently consumed by young children in Burkina Faso and Benin. European Project INSTAPA. Wageningen, the Netherlands, Wageningen University. 136 pp. (also available at <a href="http://www.nutripass.ird.fr/ressources-liens-utiles/ressources">http://www.nutripass.ird.fr/ressources-liens-utiles/ressources</a> ).
BF1044	Koudougou, K. 2010. Analyses de la valeur nutritive des produits transformés par les unités de transformation soutenues par Afrique Verte. Provisional Report. 36 pp.
BF1050	Nebie, S. 2013. Composition et caractéristiques physico-chimiques de la pulpe, des graines et des huiles de trois ecotypes de <i>Cucurbita pepo</i> du Burkina Faso. University of Ouagadougou. (MSc dissertation)
BF1052	Oboulbiga, B.E. 2013. Contrôle de la qualité physico-chimique des grains, des semoules et des farines de maïs. University of Ouagadougou. (Dissertation)
BF1054	Sahoré, A.D., Nemlin, J.G. & Tetchi, A.F. 2016. Study of Physicochemical Properties of Some Traditional Vegetables in Ivory Coast: Seeds of <i>Beilschmiedia mannii</i> (Lauraceae), Seeds of <i>Irvingia gabonensis</i> (Irvingiaceae) and <i>Volvariella volvacea</i> . <i>Food and Nutrition Sciences</i> , 3: 14–17.

## ANNEX E: DATA SOURCES WITH BibliolD | ANNEXE E: SOURCES DES DONNÉES AVEC BibliolD

BibliolD	REFERENCE
BF1065	Yaméogo, C.W. 2015. Valorisation nutritionnelle du Moringa pour l'amélioration de la santé. University of Ouagadougou. (Dissertation)
BF1069	Zoumenou, V., Aboua, F., Gnakri, D. & Kamenan, A. 1999. Etude des caractéristiques physico-chimiques de certains plats traditionnels dérivés du manioc (foutou, placali et kokondé). <i>Tropicultura</i> , 16–17(3): 120–126.
BF1071	Acho, C.F., Zoue, L.T., Akpa, E.E., Yapo, V.G. et Niamke, S.L. 2014. Leafy vegetables consumed in Southern Côte d'Ivoire: a source of high value nutrients. <i>Journal of Animal &amp; Plant Sciences</i> , 20(3): 3159–3170.
BF1073	Zoro, A.F., Zoué, L.T., Adom, N.J. & Niamké, S. 2016. Nutritive and antioxidant properties of shade dried leafy vegetables consumed in Western Côte d'Ivoire. <i>International Journal of Agricultural and Food Science</i> , 6(1): 6–13.
CH02	Institute of Nutrition and Food Safety. 2002. China food composition: Book 1, 2nd edition. Beijing, Peking University Medical Press.
CK2007	Kapseu, C., Nde Bup, D., Tchiegang, C., Fon Abi, C., Broto, F. & Parmentier, M. 2007. Effect of particle size and drying temperature on drying rate and oil extracted yields of <i>Bucchozia coreacea</i> (MVAN) and <i>Butyrospermum parhii</i> ENGL. <i>International Journal of Food Science &amp; Technology</i> , 42, 573–578.
CTA	West, C.E., Pepping, F. & Temalilwa, C.R., eds. 1988. The composition of foods commonly eaten in East Africa. Wageningen, the Netherlands, Wageningen University, and Dar es Salaam, the United Republic of Tanzania, Tanzania Food and Nutrition Centre.
d11BIO	Inocent, G., Ejoh, R.A., Issa, T.S., Schweigert, F.J. & Tchouanguep, M.F. 2007. Carotenoids content of some locally consumed fruits and yams in Cameroon. <i>Pakistan Journal of Nutrition</i> , 6(5): 497–501.
d13BIO	Essien, E.U., Esenowo, G.J. & Akpanabiatu, M.I. 1995. Lipid composition of lesser known tropical seeds. <i>Plant Foods for Human Nutrition</i> , 48(2): 135–140.
d14BIO	Adeniji, T.A., Sanni, L.O., Barimalaa, I.S. & Hart, A.D. 2007. Nutritional composition of five new Nigerian Musa hybrid cultivars: Implications for adoption in human nutrition. <i>Fruits</i> , 62(3): 135–142.
d3BIO	Abiodun, O.A. & Oladapo, A.S. 2011. Physico-chemical properties of African star apple ( <i>Chrysophyllum albidum</i> ) components. <i>Nutrition and Food Science</i> , 41(1): 8–11.
d6BIO	Giami, S.Y., Okonkwo, V.I. & Akusu, M.O. 1994. Chemical composition and functional properties of raw, heat-treated and partially proteolysed wild mango ( <i>Irvingia gabonensis</i> ) seed flour. <i>Food Chemistry</i> , 49(3): 237–243.
d7BIO	Ekpe, O.O., Umoh, I.B. & Eka, O.U. 2007. Effect of a typical rural processing method on the proximate composition and amino acid profile of bush mango seeds ( <i>Irvingia gabonensis</i> ). <i>African Journal of Food, Agriculture, Nutrition and Development</i> , 7(1).
d8BIO	Adepoju, O.T. & Karim S.A. 2004. Nutrient composition, anti-nutritional factors and jam preparation from <i>Spondias mombin</i> (hog plum, (Iyeye)) fruit pulp. <i>Nigerian Journal of Nutritional Sciences</i> , 25(1).
DK2	Technical University of Denmark (DTU). 2016. Frida Food Data, version 2 [online]. Copenhagen, National Food Institute. [Cited November 2017]. <a href="http://frida.fooddata.dk">http://frida.fooddata.dk</a>
dp10BIO	Wehmeyer, A.S. 1986. Edible wild plants of southern Africa: Data on the nutrient contents of over 300 species [online]. Pretoria, Council for Scientific and Industrial Research (CSIR). [Cited July 2016]. <a href="http://researchspace.csir.co.za/dspace/bitstream/10204/2337/1/Wehmeyer_1986.pdf">http://researchspace.csir.co.za/dspace/bitstream/10204/2337/1/Wehmeyer_1986.pdf</a>
dp12BIO	Ahmed, I.A., Ahmed, A.W.K. & Robinson, R.K. 1995. Chemical composition of date varieties as influenced by the stage of ripening. <i>Food Chemistry</i> , 54(3): 305–309.
dp13BIO	Arvanitoyannis, I.S. & Mavromatis, A. 2009. Banana cultivars, cultivation practices, and physicochemical properties. <i>Critical Reviews in Food Science and Nutrition</i> , 49(2): 113–135.
dp24BIO	Amarteifio, J.O. & Mosase, M.O. 2006. The chemical composition of selected fruits of Botswana. <i>Journal of Applied Sciences and Environmental Management</i> , 10(2): 43–47.
dp2BIO	Ismail, B., Haffar, I., Mechref, Y., Baalbaki, R. & Henry J. 2006. Physico-chemical characteristics and total quality of five date varieties grown in the United Arab Emirates. <i>International Journal of Food Science and Technology</i> , 41(8): 919–926.
E2007	Ejoh, R.A., Djuikwo, V.N., Gouado, I. & Mbofung, C.M. 2007. Nutritional components of some non-conventional leafy vegetables consumed in Cameroon. <i>Pakistan Journal of Nutrition</i> , 6(6): 712–717.
EJ2011	Djuikwo, V.N., Ejoh, R.A., Gouado, I., Mbofung, C.M. & Tanumihardjo, S.A. 2011. Determination of major carotenoids in processed tropical leafy vegetables indigenous to Africa. <i>Food and Nutrition Sciences</i> , 2(8): 793–802.
F09	French Agency for Food, Environmental and Occupational Health & Safety (ANSES). 2017. CIQUAL French food composition table version 2017 [online]. Maisons-Alfort, France. [Cited November 2018]. <a href="https://ciqual.anses.fr/">https://ciqual.anses.fr/</a>
FAO	FAO & USDA. 1968. Food Composition Table for Use in Africa. Rome, FAO. (also available at <a href="http://www.fao.org/docrep/003/X6877E/X6877E00.htm">http://www.fao.org/docrep/003/X6877E/X6877E00.htm</a> )
FE2004	Fokou, E., Achu, M.B. & Tchounguep, F.M. 2004. Preliminary nutritional evaluation of five species of egusi seeds in Cameroon. <i>African Journal of Food, Agriculture, Nutrition and Development</i> , 4(1).
fi104BIO	Louly, A.W.O.A., Gaydou, E.M. & Ould El Kabir, M.V. 2011. Muscle lipids and fatty acid profiles of three edible fish from the Mauritanian coast: <i>Epinephelus aeneus</i> , <i>Cephalopholis taeniops</i> and <i>Serranus scriba</i> . <i>Food Chemistry</i> , 124(1): 24–28.
fi117BIO	Vlieg, P., Murray, T. & Body, D.R. 1993. Nutritional data on six oceanic pelagic fish species from New Zealand waters. <i>Journal of Food Composition and Analysis</i> , 6(1): 45–54.
fi131BIO	Visentainer, J.V., D'Addio Noffs, M., de Oliveira Carvalho, P., de Almeida, V.V., de Oliveira, C.C. & de Souza, N.E. 2007. Lipid content and fatty acid composition of 15 marine fish species from the southeast coast of Brazil. <i>Journal of the American Oil Chemists' Society</i> , 84(6): 543–547.
fi139BIO	Steiner-Asiedu, M., Julshamn, K. & Lie, Ø. 1991. Effect of local processing methods (cooking, frying and smoking) on three fish species from Ghana: Part I. Proximate composition, fatty acids, minerals, trace elements and vitamins. <i>Food Chemistry</i> , 40: 309–321
fi140BIO	Steiner-Asiedu, M., Asiedu, D. & Njaa, L.R. 1991. Effect of local processing methods (cooking, frying and smoking) on three fish species from Ghana: Part II. Amino acids and protein quality. <i>Food Chemistry</i> , 41: 227–236

## ANNEX E: DATA SOURCES WITH Biblioid | ANNEXE E: SOURCES DES DONNÉES AVEC Biblioid

Biblioid	REFERENCE
fi152AnFood	Castro-González, M.I., Ojeda, A., Silncio, J.L., Cassis, L., Ledesma, H. & Pérez-Gil, F. 2004. Perfil lipídico de 25 pescados marinos mexicanos con especial énfasis en sus ácidos grasos n-3 como componentes nutracéuticos. <i>Archivos Latinoamericanos de Nutrición</i> , 54(3): 328–336.
fi153BIO	García-Arias, M.T., Navarro, M.P. & García-Linares, M.C. 2004. Effects of different thermal treatments and storage on the proximate composition and protein quality in canned tuna. <i>Archivos Latinoamericanos de Nutrición</i> , 54(1): 112–117.
fi155BIO	Mathew, S., Ammu, K. Viswanathan, N.P.G. & Devadasan, K. 1999. Cholesterol content of Indian fish and shellfish. <i>Food Chemistry</i> , 66(4): 455–461.
fi156BIO	Gordon, D.T., Roberts, G.L. & Heintz, D.M. 1979. Thiamin, riboflavin and niacin content and stability in pacific coast seafoods. <i>Journal of Agricultural and Food Chemistry</i> , 27(3): 483–490.
fi173BIO	Kalogeropoulos, N., Andrikopoulos, N.K. & Hassapidou, M. 2004. Dietary evaluation of Mediterranean fish and molluscs pan-fried in virgin olive oil. <i>Journal of the Science of Food and Agriculture</i> , 84(13): 1750–1758
fi189BIO	Balogun, A.M. & Akegbejo-Samsons, Y. 1992. Waste yield, proximate and mineral composition of shrimp resources of Nigeria's coastal waters. <i>Bioresource Technology</i> , 40(2): 157–161.
fi195AnFood	Stansby, M.E. 1976. Chemical characteristics of fish caught in the Northeast Pacific Ocean. <i>Marine Fisheries Review</i> , 38(9): 1–11.
fi199BIO	Roos, N., Leth, T., Jakobsen, J. & Thilsted, S.H. 2002. High vitamin A content in some small indigenous fish species in Bangladesh: perspectives for food-based strategies to reduce vitamin A deficiency. <i>International Journal of Food Science and Nutrition</i> , 53: 425–437
fi23BIO	Kwetegyeka, J., Mpango, G. & Grahl-Nielsen, O. 2008. Variation in fatty acid composition in muscle and heart tissues among species and populations of tropical fish in Lakes Victoria and Kyoga. <i>Lipids</i> , 43(11): 1017–1029.
fi28BIO	Masa, J., Ogwok, P., Muyonga, J.H., Kwetegyeka, J., Makokha, V. & Ocen, D. 2011. Fatty acid composition of muscle, liver and adipose tissue of freshwater fish from Lake Victoria, Uganda. <i>Journal of Aquatic Food Product Technology</i> , 20(1): 64–72.
fi367BIO	Bogard, J.R., Thilsted, S.H., Marks, G.C., Wahab, M.A., Hossain, M.A.R. & Jakobsen, J. 2015. Nutrient composition of important fish species in Bangladesh and potential contribution to recommended nutrient intakes. <i>Journal of Food Composition and Analysis</i> , 42: 120–133
fi45AnFood	Sirof, V., Oseredczuk, M., Bemrah-Aouachria, N., Volatier, J.-L. & Leblanc, J.-C. 2008. Lipid and fatty acid composition of fish and seafood consumed in France: CALIPSO study. <i>Journal of Food Composition and Analysis</i> , 21(1): 8–16.
fi56BIO	Nakamura, Y.-N., Ando, M., Seoka, M., Kawasaki, K.-I. & Tsukamasa, Y. 2007. Changes of proximate and fatty acid compositions of the dorsal and ventral ordinary muscles of the full-cycle cultured Pacific bluefin tuna <i>Thunnus orientalis</i> with growth. <i>Food Chemistry</i> , 103(1): 234–241.
fi57BIO	Güner, S., Dincer, B., Alemdag, N., Colak, A. & Tüfekci, M. 1998. Proximate composition and selected mineral content of commercially important fish species from the Black Sea. <i>Journal of the Science of Food and Agriculture</i> , 78(3): 337–342.
fi58BIO	Njinkoué J.-M., Barnathan, G., Miralles, J., Gaydou, E.-M. & Samb, A. 2002. Lipids and fatty acids in muscle, liver and skin of three edible fish from the Senegalese coast: <i>Sardinella maderensis</i> , <i>Sardinella aurita</i> and <i>Cephalopholis taeniops</i> . <i>Comparative Biochemistry and Physiology Part B: Biochemistry and Molecular Biology</i> , 131(3): 395–402
fi69BIO	Memon, N.N., Talpur, F.N., Bhangar, M.I. & Balouch, A. 2011. Changes in fatty acid composition in muscle of three farmed carp fish species ( <i>Labeo rohita</i> , <i>Cirrhinus mrigala</i> , <i>Catla catla</i> ) raised under the same conditions. <i>Food Chemistry</i> , 126: 405–410.
fi73BIO	Pirini, M., Testi, S., Ventrella, V., Pagliarini, A. & Badiani, A. 2010. Blue-back fish: Fatty acid profile in selected seasons and retention upon baking. <i>Food Chemistry</i> , 123(2): 306–314
fi75BIO	Swapna, H.C., Amit, K.R., Bhaskar, N. & Sachindra, N.M. 2010. Lipid classes and fatty acid profile of selected Indian fresh water fishes. <i>Journal of Food Science and Technology</i> , 47(4): 394–400.
fi80BIO	Karakoltsidis, P.A., Zotos, A. & Constantinides, S.M. 1995. Composition of the commercially important Mediterranean finfish, crustaceans, and molluscs. <i>Journal of Food Composition and Analysis</i> , 8(3): 258–273.
fi91AnFood	Yerlikaya, P., Gokoglu, N., Topuz, O.K. & Gokoglu, M. 2009. Changes in the proximate composition of bluefin tuna ( <i>Thunnus thynnus</i> ) reared in the cages located on the Gulf of Antalya (Turkey's western Mediterranean coast) during the fattening period. <i>Aquaculture Research</i> , 40: 1731–1734
fi98AnFood	Chandrashekar, K. & Deosthale, Y.G. 1993. Proximate composition, amino acid, mineral, and trace element content of the edible muscle of 20 Indian fish species. <i>Journal of Food Composition and Analysis</i> , 6(2): 195–200.
FORT01	Sablah, M., Grant, F. & Fiedler, J.L. 2013. Food fortification in Africa: Progress to date and priorities moving forward. <i>Sight and Life</i> , 27(3): 18–24.
FORT07	Traore, T. 2008. Regional harmonization for sustainable food fortification program. Regional Feasibility Study for the West African Health Organization. Human Development Department, Health Division, ECOWAS. (also available at <a href="http://www.smarterfutures.net/wp-content/uploads/2013/12/ECOWAS-wide_Fortification_Report_02_09_Final.pdf">http://www.smarterfutures.net/wp-content/uploads/2013/12/ECOWAS-wide_Fortification_Report_02_09_Final.pdf</a> ).
FORT11	Nyumuah, R.O., Hoang, T.C., Amoahful, E.F., Agble, R., Meyer, M., Wirth, J.P., Locatelli-Rossi, L. & Panagides, D. 2012. Implementing large-scale food fortification in Ghana: lessons learned. <i>Food and Nutrition Bulletin</i> , 33(4_suppl3): S293–S300.
FORT13	Hoogendoorn, A., Luthringer, C., Parvanta, I. & Garrett, G. 2016. Food Fortification Global Mapping Study 2016. European Commission. (also available at <a href="https://ec.europa.eu/europeaid/sites/devco/files/global-mapping-_study-2016.pdf">https://ec.europa.eu/europeaid/sites/devco/files/global-mapping-_study-2016.pdf</a> ).
FORT15	République du Mali. 2017. Rendant obligatoire l'enrichissement et vitamine A des huiles alimentaires destinées à la consommation humaine en République du Mali. Arrete Interministeriel No. 2017-0010. Ministre du Développement Industriel, Ministre de l'Economie et des Finances, Ministre de la Santé et de l'Hygiène Publique, Ministre du Commerce. Bamako.
FORT16	BASF. 2002. Africa: Food Fortification Regulations [online]. Ludwigshafen, Germany. [Cited November 2018]. <a href="http://www.food-fortification.com/Libraries/2017_About_us_Document/MANDATORY_FOOD_EN">http://www.food-fortification.com/Libraries/2017_About_us_Document/MANDATORY_FOOD_EN</a>
FORT17	République du Bénin. 2012b. Portant modalités de fortification en vitamine A des huiles alimentaires destinées à la consommation humaine et animale en République du Bénin. Arrete Interministeriel 2012, No. 0238. Ministre de la Santé, Ministre de l'Economie et des Finances, Ministre de l'Agriculture et de l'Elevage et de la Pêche, Ministre d'Industrie, du Commerce, des Petites et Moyennes Entreprises. Porto-Novo.
FORT18	Ogunmoyela, O.A., Adekoyeni, O., Aminu, F. & Umunna, L.O. 2013. A critical evaluation of survey results of vitamin A and Fe levels in the mandatory fortified food vehicles and some selected processed foods in Nigeria. <i>Nigeria Food Journal</i> , 31(2): 52–62.

## ANNEX E: DATA SOURCES WITH BibliolD | ANNEXE E: SOURCES DES DONNÉES AVEC BibliolD

BibliolD	REFERENCE
FORT19	Global Fortification Data Exchange (GFDx). 2019. Global Fortification Data Exchange [online]. [Cited October 2018]. <a href="https://fortificationdata.org">https://fortificationdata.org</a>
FORT20	République du Bénin. 2012a. Portant modalités de fortification en fer, acide folique, zinc et vitamines du groupe B de la farine de blé destinée à la consommation humaine et animale en République du Bénin. Arrête Interministeriel 2012, No. 0237. Ministre de la Santé, Ministre de l'Économie et des Finances, Ministre de l'Agriculture de l'Élevage et de la Pêche, Ministre d'Industrie, du Commerce, des Petites et Moyennes Entreprises. Porto-Novo.
fr14BIO	Eromosele, I.C., Eromosele, C.O. & Kuzhkuzha, D.M. 1991. Evaluation of mineral elements and ascorbic acid contents in fruits of some wild plants. <i>Plant Foods for Human Nutrition</i> , 4(2): 151–154.
fr15BIO	Nicol, B.M. 1957. Ascorbic acid content of baobab fruit. <i>Nature</i> , 176(1273): 180–287.
fr16BIO	Soloviev, P., Niang, T.D., Gaye, A. & Totte, A. 2004. Variabilité des caractères physico-chimiques des fruits de trois espèces ligneuses de cueillette récoltés au Sénégal: <i>Adansonia digitata</i> , <i>Balanites aegyptiaca</i> et <i>Tamarindus indica</i> . <i>Fruits</i> , 59: 109–119.
fr18BIO	Carr, W.R. 1955. Ascorbic Acid Content of Baobab Fruit. <i>Nature</i> , 176: 1273.
fr19BIO	Saka, J.D.K., Msonthi, J.D. & Sambo E.Y. 1992. Dry matter, acidity and ascorbic acid contents of edible wild fruits growing in Malawi. <i>Tropical Science</i> , 32(3): 217–221.
fr1BIO	Saka, J.D.K. & Msonthi, J.D. 1994. Nutritional value of edible fruits of indigenous wild trees in Malawi. <i>Forest Ecology and Management</i> , 64(1–2): 245–248.
fr21BIO	Diop, P.A., Franck, D., Grimm, P. & Hasselmann, C. 1988. High-performance liquid chromatographic determination of vitamin C in fresh fruits from West Africa. <i>Journal of Food Composition and Analysis</i> , 1(3): 265–269.
fr22BIO	Parkouda, C., Sanou, H., Tougiani, A., Korbo, A., Nielsen, D.S., Tano-Debrah, K., Raebild, A., Diawara, B. & Jensen, J.S. 2011. Variability of baobab ( <i>Adansonia digitata</i> L.) fruits' physical characteristics and nutrient content in the West African Sahel. <i>Agroforestry Systems</i> , 85(3): 455–463.
fr24BIO	Malaisse, F.P. & Parent, G. 1985. Edible wild vegetable products in the Zambezi woodland area: A nutritional and ecological approach. <i>Ecology of Food and Nutrition</i> , 18(1): 43–82.
fr2BIO	Wehmeyer, A.S. 1966. The nutrient composition of some edible wild fruits found in the Transvaal. <i>South African Medical Journal</i> , 40(45): 1102–1104.
fr3BIO	Lockett, C.T., Calvert, C.C. & Grivetti, L.L. 2000. Energy and micronutrient composition of dietary and medicinal wild plants consumed during drought. Study of rural Fulani, Northeastern Nigeria. <i>International Journal of Food Sciences and Nutrition</i> , 51(3): 195–208.
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. <i>Food Security</i> , 1(2): 207–129.
fr52BIO	Herzog, F., Farah, Z. & Amado, R. 1994. Composition and consumption of gathered wild fruits in the V-Baoulé, Côte d'Ivoire. <i>Ecology of Food and Nutrition</i> , 32(3–4): 181–196.
fr5BIO	Cissé, M., Sakho, M., Dornier, M., Mar Diop, C., Reynes, M. & Sock, O. 2008. Characterization of the baobab tree fruit and study of its processing into nectar. <i>Fruits</i> , 64(1): 19–34.
GH1011	Agbemafle, R., Obodai, E.A., Adukpoo, G.E. & Amprako, D.E. 2012. Effect of boiling time on the concentration of vitamin C and beta-carotene in five selected green vegetables consumed in Ghana. <i>Advances in Applied Science Research</i> , 3(5): 2815–2820.
GH1025	Appiah, F., Oduro, I., Ellis, W.O. & Adu, G. 2012. Comparative assessment of the performance of <i>Parkia biglobosa</i> , <i>Glycine max</i> and <i>Treculia africana</i> in the production of a local condiment (dawadawa) in Ghana. <i>African Journal of Food Science</i> , 6(5): 111–116.
GH1029	Brown, B.A. 2005. Enzymatic Modification of Soybean Milk for Improved Functionality. Department of Nutrition and Food Science, University of Ghana. (Dissertation)
GH1032	Gyamfi, D.O. 2012. The Effect of Fertilizer Application on the Chemical Composition and Functional Characteristics of Maize. Department of Nutrition and Food Science, University of Ghana. (Dissertation)
GH1034	Dagodzo, D.K. 2010. Proximate Composition and Sensory Analysis of Locally Made Sausages on the Open Ghanaian Market. Department of Nutrition and Food Science, University of Ghana. (Dissertation)
GH1037	Dzomeku, B.M., Adu-Kwarteng, E. & Darkey, S.K. 2007. Comparative study on the nutritional composition of two FHIA tetraploids FHIA-21 (Tetraploid French plantain) and FHIA-03 (Tetraploid cooking banana) in Ghana. <i>American Journal of Food Technology</i> , 2(5):452–456.
GH1039	Asare, E.K.O. 1999. Characterisation of banana cultivars and their suitability for processing. Department of Nutrition and Food Science, University of Ghana. (Dissertation)
GH1046	Duodu, G.O., Amartey, E.O., Asumadu-Sakyi, A.B., Adjei, C.A., Quashie, F.K., Nsiah-Akoto, I. & Ayanu, G. 2012. Mineral profile of pito from Accra, Tamale, Bolgatanga and Wa in Ghana. <i>Food and Public Health</i> , 2(1): 1–5.
GH1059	Kwenin, W.K.J., Woll, M. & Dzomeku, B.M. 2011. Assessing the nutritional value of some indigenous green leafy vegetables in Ghana. <i>Journal of Animal and Plant Sciences</i> , 10(2): 1300–1305.
GH1062	Steiner-Asiedu, M., Nuro-Ameyaw, P., Agbemafle, I., Hammond, S.H. & Tano-Debrah, K. 2014. Nutrient composition and protein quality of four species of the <i>Curcubitaceae</i> Family. <i>Advance Journal of Food Science and Technology</i> , 6(7): 843–851.
GH1063	Stephen, M. 2010. Nutrient Composition of Beer and the Implication on Nutritional Status. Department of Nutrition and Food Science, University of Ghana. (Dissertation)
GH1064	Nartey, R.A. 2010. Physico-Chemical and Rheological Characterization of Fufu Made from Fufu Flours. Department of Nutrition and Food Science, University of Ghana. (Dissertation)
GH1066	Oduro, I., Ellis, W.O., Dziedzoave, N.T. & Nimako-Yeboah, K. 2000. Quality of gari from selected processing zones in Ghana. <i>Food Control</i> , 11:297–303.
GH1067	Ofori, G., Oduro, I., Ellis, W.O. & Dapaah, K.H. 2009. Assessment of vitamin A content and sensory attributes of new sweet potato ( <i>Ipomoea batatas</i> ) genotypes in Ghana. <i>African Journal of Food Science</i> , 3(7): 184–192.
GH1068	Plahar, W.A. & Leung, H.K. 1983. Composition of Ghanaian fermented maize meal and the effect of soya fortification on sensory properties. <i>Journal of the Science of Food and Agriculture</i> , 34(4): 407–411.



## ANNEX E: DATA SOURCES WITH Biblioid | ANNEXE E: SOURCES DES DONNÉES AVEC Biblioid

Biblioid	REFERENCE
GH1076	Steiner-Asiedu, M., Julshamn, K. & Lie, O. 1991. Effect of local processing methods (cooking, frying, and smoking) on three fish species from Ghana: Part I. Proximate composition, fatty acids, minerals, trace elements and vitamins. <i>Food Chemistry</i> , 40(3): 309–321.
GH1078	Tahiru, H.S. 2011. Preservation of Tomatoes by Drying. Department of Nutrition and Food Science, University of Ghana. (Dissertation)
GH2000	FAO. 2017. Food composition analysis of foods sampled in Ghana and analysed for WAFCT 2019 by the National Institute for Nutrition, Hyderabad, India. (Unpublished)
GN2014	Nkongho, G.O., Achidi, A.U., Ntonifor, N.N., Numfor, F.A., Dingha, B.N., Jackai, L.E.N. & Bonsi, C.K. 2014. Sweet potatoes in Cameroon: Nutritional profile of leaves and their potential new use in local foods. <i>African Journal of Agricultural Research</i> , 9(18): 1371–1377.
H2009	Womeni, H.M., Linder, M., Tiencheu, B., Tchouanguép Mbiapo, F., Villeneuve, P., Fanni, J. & Parmentier, M. 2009. Oils of <i>Oryctes owarinsis</i> and <i>Homocoryphus nitidulus</i> consumed in Cameroon: Sources of linoleic acid. <i>Journal of Food Technology</i> , 7(2): 54–58.
i10BIO	Nurhasan, M., Maehre, H.K., Malde, M.K., Stormo, S.K., Halwart, M., James, D. & Elvevoll, E.O. 2010. Nutritional composition of aquatic species in Laotian rice field ecosystems. <i>Journal of Food Composition and Analysis</i> , 23(3): 205–213.
i11BIO	Ashiru, M.O. 1988. The food value of the larva of <i>Anaphe venata</i> butler (Lepidoptera: Notodontidae). <i>Ecology of Food and Nutrition</i> , 22(4): 313–320.
i12BIO	Pennino, M., Dierenfeld, E.S. & Behler, J.L. 1991. Retinol, alpha-tocopherol and proximate nutrient composition of invertebrates used as feed. <i>International Zoo Yearbook</i> , 30(1): 143–149
i13BIO	Punzo, F. 2003. Nutrient composition of some insects and arachnids. <i>Florida Scientist</i> , 66(2): 84–98.
i14bio	Ooninx, D.G.A.B & Vander Poel, A.F.B. 2010. Effects of diet on the chemical composition of migratory locusts ( <i>Locusta migratoria</i> ). <i>Zoo Biology</i> , 28: 1–8.
i16BIO	Barker, D., Fitzpatrick M. & Dierenfeld E.S. 1998. Nutrient composition of selected whole vertebrates. <i>Zoo Biology</i> , 17: 123–134.
i17BIO	Frye, F.L. & Calvert, C. 1989. Preliminary information on the nutritional content of mulberry silk moth ( <i>Bombyx mori</i> ) larvae. <i>Journal of Zoo and Wildlife Medicine</i> , 20(1): 73–75.
i18BIO	Studier, E.H. & Sevcik, S.H. 1992. Live mass, water content, nitrogen and mineral levels in some insects from south-central lower Michigan. <i>Comparative Biochemistry and Physiology Part A: Physiology</i> , 103(3): 579–595.
i19bio	Bird, D.M., Ho, S. & Paré, D. 1982. Nutritive values of three common prey items of the American kestrel. <i>Comparative Biochemistry and Physiology</i> , 73A(3): 513–515.
i20BIO	Finke, M.D. 2002. Complete nutrient composition of commercially raised invertebrates used as food for insectivores. <i>Zoo Biology</i> , 21: 269–285.
i21BIO	Redford, K.H. & Dorea, J.G. 1984. The nutritional value of invertebrates with emphasis on ants and termites as food for mammals. <i>Journal of Zoology</i> , 203(3): 385–395.
i22BIO	Niaba Koffi, P.V., Gbogouri Grodji, A., Beugre Avit, G., Ocho-Anin Atchibri, A.L. & Gnakri, D. 2011. Potentialités nutritionnelles du reproducteur ailé du termite <i>Macrotermes subhyalinus</i> capturé à Abobo-doumé, Côte d'Ivoire. <i>Journal of Applied Biosciences</i> , 40: 2706–2714.
i25BIO	Krá mar, S., Borkovcová, M., Höningová, M., Hedbávný, J., Fialová, M. & Zeman, L. 2005. Risk elements in insects used as a part of pets and farm animals diet. In S. Hredzak & L. Bindas, eds. XIV. Vedecké symposium o ekológii vybraných aglomeráciách Jeľavy - Lubenika a Stredného Spiša. 1. vyd. Košice: Ústav geotechniky SAV Košice. pp. 75–78.
i26BIO	Cerda, H., Martinez, R., Briceno, N., Pizzoferrato, L., Manzi, P., Tommaseo Pinzetta, M., Marin, O. & Paoletti, M.G. 2001. Palm worm: ( <i>Rhynchophorus palmarum</i> ) traditional food in Amazonas, Venezuela—nutritional composition, small scale production and tourist palatability. <i>Ecology of Food and Nutrition</i> , 40(1): 13–32.
i27BIO	Borkovcová, M., Höningová, M. & Krá mar, S. 2005. Insect as a part of pets and farm animals diet. In VI. Kábrtovy dietetické dny. 1. vyd. Brno: Veterinární a farmaceutická univerzita v Brn . pp. 101–104.
i28BIO	Bedná ová, M., Zorníková, G., Rozíková, V. & Borkovcová, M. 2011. Fat amount and composition in selected insect species (In Czech). In Proceedings of 37th International Conference on Foods and Raw materials quality – “Ingr Days”. pp 60–64.
i29BIO	Marconi, S., Manzi, P., Pizzoferrato, L., Buscardo, E., Cerda, H., Hernandez, D.L. & Paoletti M.G. 2002. Nutritional evaluation of terrestrial invertebrates as traditional food in Amazonia. <i>Biotropica</i> , 34(2): 273–280.
i2BIO	Idolo, I. 2010. Nutritional and quality attributes of wheat buns enriched with the larvae of <i>Rhynchophorus phoenicis</i> F. <i>Pakistan Journal of Nutrition</i> , 9(11): 1043–1046.
i30BIO	Agbigye, F.S., Ofuya T.I. & Akindele S.O. 2009. Marketability and nutritional qualities of some edible forest insects in Benue State, Nigeria. <i>Pakistan Journal of Nutrition</i> , 8(7): 917–922.
i31BIO	Chakravorty, J., Ghosh, S. & Meyer-Rochow, V.B. 2011. Chemical composition of <i>Aspongopus nepalensis</i> Westwood 1837 (Hemiptera; Pentatomidae), a common food insect of tribal people in Arunachal Pradesh (India). <i>International Journal for Vitamin and Nutrition Research</i> , 81(1): 1–14.
i32BIO	Defoliart, M.D., Finka, M.D. & Sunde, M.L. 1982. Potential value of the Mormon cricket ( <i>Orthoptera: Tettigoniidae</i> ) harvested as a high-protein feed for poultry. <i>Journal of Economic Entomology</i> , 75(5): 842–852.
i33BIO	Dierenfeld, E.S. & King J. 2008. Digestibility and mineral availability of Phoenix worms, <i>Hermetia illucens</i> , ingested by mountain chicken frogs, <i>Leptodactylus fallax</i> . <i>Journal of Herpetological Medicine and Surgery</i> , 18(3): 100–105.
i34BIO	Eijala, J.K., Egbogbo, O. & Anigboro, A.A. 2009. Proximate composition and cholesterol concentrations of <i>Rhynchophorus phoenicis</i> and <i>Oryctes monoceros</i> larvae subjected to different heat treatments. <i>African Journal of Biotechnology</i> , 8(10): 2346–2348.
i35BIO	Ekpo, K.E. 2010. Nutrient composition, functional properties and anti-nutrient content of <i>Rhynchophorus Phoenicis</i> (F) larva. <i>Annals of Biological Research</i> , 1(1): 178–190.
i36BIO	Ekpo, K.E. 2011. Nutritional and biochemical evaluation of the protein quality of four popular insects consumed in Southern Nigeria. <i>Archives of Applied Science Research</i> , 3(5): 428–444.

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i37BIO	Elemo, B.O., Elemo, G.N., Makinde, M.A. & Erukainure, O.L. 2011. Chemical evaluation of African palm weevil, <i>Rhychophorus phoenicis</i> , larvae as a food source. <i>Journal of Insect Science</i> , 11: 146.
i38BIO	Ghaly, A.E. 2009. The use of insects as human food in Zambia. <i>OnLine Journal of Biological Sciences</i> , 9(4): 93–104.
i39BIO	Ghaly, A.E. & Alkoik, F.N. 2009. The yellow mealworm as a novel source of protein. <i>American Journal of Agricultural and Biological Sciences</i> , 4(4): 319–331.
i41BIO	Hunt, A.S., Ward, A.M. & Ferguson, G. 2001. Effects of a high calcium diet on gut loading in varying ages of crickets ( <i>Acheta domesticus</i> ) and mealworms ( <i>Tenebrio molitor</i> ). In M. Edwards, K.J. Lisi, M.L. Schlegel & R.E. Bray, eds. <i>Proceedings of the Fourth Conference on Zoo and Wildlife Nutrition</i> . Lake Buena Vista, USA, AZA Nutrition Advisory Group.
i42BIO	Hocking, B. & Matsumura B. 1960. Bee brood as food. <i>Bee World</i> , 41(5): 113–120.
i43BIO	Gope, B. & Prasad, B. 1983. Preliminary observations on the nutritional value of some edible insects of Manipur. <i>Journal of Advanced Zoology</i> , 4(1): 55–61.
i44BIO	Jones, L.D., Cooper, R.W. & Harding, R.S. 1972. Composition of mealworm <i>Tenebrio molitor</i> Larvae. <i>Journal of Zoo and Animal Medicine</i> , 3(4): 34–41.
i45BIO	Kamarudin, N., Moslim, R., Arshad, O., Wahid, M.B. & Chong, A. 2007. Potential of using rhinoceros beetles ( <i>Oryctes rhinoceros</i> ) as an ornamental fish feed supplement. <i>Journal of Palm Oil Research</i> , 19: 313–318.
i46BIO	Kinyuru, J.N., Kenji, G.M., Muhoho, S.N. & Ayieko, M. 2010. Effect of processing methods on the In Vitro protein digestibility and vitamin content of edible winged termite ( <i>Macrotermes subhyllanus</i> ) and grasshopper ( <i>Ruspolia differens</i> ). <i>Food Bioprocess Technology</i> , 3(5): 778–782.
i47BIO	Kinyuru, J.N., Kenji, G.M., Muhoho, S.N. & Ayieko, M. 2010. Nutritional potential of longhorn grasshopper ( <i>Ruspolia differens</i> ) consumed in Siaya District Kenya. <i>Journal of Agriculture, Science and Technology</i> , 12(1): 32–46.
i48BIO	Mariod, A.A., Abdel-Wahab, S.I. & Ain, N.M. 2011. Proximate amino acid, fatty acids and mineral composition of two Sudanese edible pentatomid insects. <i>International Journal of Tropical Insect Science</i> , 31(3): 145–153.
i49BIO	Newton, G.L., Booram, C.F., Barker, R.W. & Hale, O.M. 1977. Dried <i>Hermetia illucens</i> larvae meal as a supplement for swine. <i>Journal of Animal Science</i> , 44(3): 395–400.
i50BIO	Landry, S., DeFoliart, G.R. & Sunde, M.L. 1986. Larval protein quality of six species of Lepidoptera (Saturniidae, Sphingidae, Noctuidae). <i>Journal of Economic Entomology</i> , 79(3): 600–604.
i51BIO	Ng, W-K., Liew, F-L., Ang, L-P & Wong, K-W. 2001. Potential of mealworm ( <i>Tenebrio molitor</i> ) as an alternative protein source in practical diets for African catfish, <i>Clarias gariepinus</i> . <i>Aquaculture Research</i> , 32(s1): 273–280.
i52BIO	Ohtsuka, R., Kawabe, T., Inaoka, T., Suzuki, T., Hongo, T., Akimichi, T. & Sugahara, T. 1984. Composition of local and purchased foods consumed by the <i>Gidra</i> in Lowland Papua. <i>Ecology of Food and Nutrition</i> , 15(2): 159–169.
i54BIO	Oonincx, D.G.A.B. & Dierenfeld, E. 2011. An investigation into the chemical composition of alternative invertebrate prey. <i>Zoo Biology</i> , 29: 1–15.
i55BIO	Oyarzun, S.E., Crawshaw, G.J. & Valdes, E.V. 1996. Nutrition of the Tamandua: I. Nutrient composition of termites ( <i>Nasutitermes</i> spp.) and stomach contents from wild tamanduas ( <i>Tamandua tetradactyla</i> ). <i>Zoo Biology</i> , 15(5): 509–524.
i56BIO	Phelps, R.J., Struthers, J.K. & Moyo, S.J. 1975. Investigations into the nutritive value of <i>Macrotermes falciger</i> (Isoptera: Termitidae). <i>Zoologica Africana</i> , 10(2): 123–132.
i57BIO	Yyoung-Aree, J., Puwastien, P. & Attig, G.A. 1997. Edible insects in Thailand: An unconventional protein source? <i>Ecology of Food and Nutrition</i> , 36(2–4): 133–149.
i58BIO	Barker, D. 1997. Preliminary observations on nutrient composition differences between adult and pinhead crickets, <i>Acheta domestica</i> . <i>Bulletin of the Association of Reptilian Amphibian Veterinarians</i> , 7(1): 10–13.
i59BIO	Dierenfeld, E.S. 2002. Some preliminary observations on herbivorous insect composition: Nutrient advantages from a Green Leaf Diet? In <i>Symposium of the Comparative Nutrition Society</i> . Antwerp, Belgium, Antwerp Zoo.
i60BIO	Ademolu, K.O., Idowu, A.B., & Olatunde, G.O. 2010. Nutritional value assessment of variegated grasshopper, <i>Zonocerus variegatus</i> (L.) (Acridoidea: Pygomorphae), during post-embryonic development. <i>African Entomology</i> , 18(2): 360–364.
i61BIO	El-Hassan, N.M., Hamed, S.Y., Hassan, A.B., Eltayeb, M.M. & Babiker, E.E. 2008. Nutritional evaluation and physicochemical properties of boiled and fried tree locust, <i>Pakistan Journal of Nutrition</i> , 7(2): 325–329.
i63BIO	Bernard, J.B. & Allen, M.E. 1997. Feeding captive insectivorous animals: Nutritional aspects of insects as food. <i>Nutrition Advisory Handbook Fact Sheet 003</i> . AZA Nutrition Advisory Group. (also available at <a href="https://nagonline.net/801/feeding-captive-insectivorous-animals-nutritional-aspects-insects-food/">https://nagonline.net/801/feeding-captive-insectivorous-animals-nutritional-aspects-insects-food/</a> ).
i64BIO	Igwe, C.U., Ujowundu, C.O., Nwaogu, L.A., Okwu, G.N. 2011. Chemical analysis of an edible African termite, <i>Macrotermes nigeriensis</i> ; a potential antidote to food security problem. <i>Biochemistry &amp; Analytical Biochemistry</i> , 1(1).
i66BIO	Grabowski, N.T. & Nowak, B. 2008. Proximate chemical composition of long-horned and short-horned grasshoppers ( <i>Acheta domesticus</i> , <i>Schistocerca gregaria</i> and <i>Phymateus saxosus</i> ) available commercially in Germany. <i>Archiv für Lebensmittelhygiene</i> , 59(6): 204–208.
i67BIO	Ghaly, A.E. & Alkoik, F.N. 2010. Nutritional value of the maize stalk borer and American bollworm as unconventional protein sources. <i>American Journal of Applied Sciences</i> , 7(1): 1–12.
i68BIO	Melo, V., Garcia, M., Sandoval, H., Jiménez, H.D. & Calvo, C. 2011. Quality proteins from edible indigenous insect food of Latin America and Asia. <i>Emirates Journal of Food and Agriculture</i> , 23(3): 283–289.
i7BIO	Okaraoye, C.C. & Ikewuchi, J.C. 2008. <i>Rhychophorus phoenicis</i> (F) larva meal: nutritional value and health implications. <i>Journal of Biological Sciences</i> , 8(7): 1221–1225.
IN17	Longvah, T., Ananthan, R., Bhaskarachary, K. & Venkaiah, K. 2017. <i>Indian Food Composition Tables</i> . Hyderabad, India, National Institute of Nutrition. (also available at <a href="http://www.ifct2017.com/frame.php?page=home">http://www.ifct2017.com/frame.php?page=home</a> ).

## ANNEX E: DATA SOURCES WITH BibliolD | ANNEXE E: SOURCES DES DONNÉES AVEC BibliolD

BibliolD	REFERENCE
k2014	Kameni, A., Kouebou, C., Aboubakar, D.A.K. & C., The. 2014. Effect of wheat flour substitution, maize variety and fermentation time on the characteristics of Akara, a deep oil fried dough product. <i>African Journal of Food Science</i> , 8(3): 104–111.
KA2003	Kansci, G., Genot, C., Kamdem, A.M., Chana, A., Viau, M., Rampon, V., Metro, B. & Moreau, N. 2003. Composition et niveau, d'oxydation de quelques huiles végétales consommées au Cameroun, déterminées par des méthodes classiques et par spectroscopie moyen infrarouge. <i>Sciences des Aliments</i> , 23(3): 425–442.
KEN18	FAO & Government of Kenya. 2018. Kenya Food Composition Tables [online]. Nairobi. [Cited December 2018]. <a href="http://www.kilimo.go.ke/wp-content/uploads/2018/10/KENYA-FOOD-COMPOSITION-TABLES-2018.pdf">http://www.kilimo.go.ke/wp-content/uploads/2018/10/KENYA-FOOD-COMPOSITION-TABLES-2018.pdf</a>
Lb2000	Loura, B.B., Mapongmetsem, P.M., Nkongmeneck, B.A., Foko, J., Kapchie, V. & Denedoumba, D. 2000. Caractérisation physico-chimique de deux Myrtacées alimentaires endémiques des savanes soudano-guinéennes (Adamaoua, Cameroun). <i>Cameroon Journal of Biological and Biochemical Sciences</i> , 10(1): 61–69.
MA1000	PROSLABS. 2016. Food composition analysis of foods sampled in Mali and analysed by PROSLABS. (Unpublished)
MA1018	Toury, R., Giorgi, R., Favier, J.C. & Savina, J.F. 1967. Aliments de l'Ouest Africain: Tables De Composition. <i>Annales de la Nutrition et de l'Alimentation</i> , 21(2): 73–127.
MB2005	Bih Achu, M., Fokou, E., Tchiégang, C., Fotso, M. & Mbiapo Tchouanguep, F. 2005. Nutritive value of some Cucurbitaceae oilseeds from different regions in Cameroon. <i>African Journal of Biotechnology</i> , 4(11): 1329–1334.
MEGNIA	Megnanou, R.M. & Niamke, S. 2015. Improving the optimized shea butter quality: a great potential of utilization for common consumers and industrials. <i>Springerplus</i> , 4(1): 667.
NC2009	Newilah, G.N., Dhuique-Mayer, C., Rojas-Gonzalez, J., Tomekpe, K., Fokou, E. & Etoa, F.X. 2009. Carotenoid contents during ripening of banana hybrids and cultivars grown in Cameroon. <i>Fruits</i> , 64(4): 197–206.
NG1007	Adepoju, O.T. & O. A. Omotayo. 2014. Nutrient composition and potential contribution of winged termites ( <i>Macrotermes bellicosus</i> smeachman) to micronutrient intake of consumers in Nigeria. <i>British Journal of Applied Science &amp; Technology</i> , 4(7): 1149–1158.
NG1008	Adepoju, O.T. & Adeniji, P.A. 2012. Nutrient composition and micronutrient potential of three wildy grown varieties of African star apple ( <i>Chrysothymum albidum</i> ) from Nigeria. <i>African Journal of Food Science</i> , 6(12): 344–351.
NG1010	Adepoju, O.T., Adekola, Y.G., Mustapha, S.O. & Ogunola, S.I. 2010. Effect of processing methods on nutrient retention and contribution of cassava ( <i>Manihot spp</i> ) to nutrient intake of Nigerian consumers. <i>African Journal of Food, Agriculture, Nutrition and Development</i> , 10(2): 1–13.
NG1011	Adesuyi, A.O., Elumm, I.K., Adaramola, F.B. & Nwokocho, A.G.M. 2012. Nutritional and phytochemical screening of <i>Garcinia kola</i> . <i>Advance Journal of Food Science and Technology</i> , 4(1): 9–14.
NG1012	Adetunde, O.T., Oluseyi, T.O., Oyeyiola, A.O., Silva, B.O., Olayinka, K.O. & Alo, B.I. 2012. Effects of roasting on the proximate composition and levels of polycyclic aromatic hydrocarbons in some roasted Nigerian delicacies. <i>Journal of Emerging Trends in Engineering and Applied Sciences (JETEAS)</i> , 3(5): 857–862.
NG1016	Afoakwa, E.O., Sefa-Dedeh, S. & Agyir-Sackey, E.K. 2003. Chemical composition and effect of processing on oxalate content of taro corms. <i>Food Chemistry</i> , 85(4): 479–487.
NG1018	Agbaire, P.O. 2011. Nutritional and anti-nutritional levels of some local vegetables ( <i>Vernonia amygdalina</i> , <i>Manihot esculenta</i> , <i>Teferia occidentalis</i> , <i>Talinum triangulare</i> , <i>Amaranthus spinosus</i> ) from Delta State, Nigeria. <i>Journal of Applied Sciences and Environmental Management</i> , 15(4): 625–628.
NG1020	Agomuo, J.K., Akajiakwu, L.O., Alaka, I.C. & Taiwo, M. 2016. Mineral and antinutrients of fresh and squeeze-washed bitter leaf ( <i>Vernonia amygdalina</i> ) as affected by traditional de-bittering methods. <i>European Journal of Food Science and Technology</i> , 4(2): 21–30.
NG1022	Ahmad, S.M., Birnin-Yauri, U.A., Bagudo, B.U & Sahabi, D.M. 2013. Comparative analysis on the nutritional values of crayfish and some insects. <i>African Journal of Food Science and Technology</i> , 4(1): 9–12.
NG1023	Ajai, A.I., Bankole, M., Jacob, J.O. & Audu, U.A. 2015. Determination of some essential minerals in selected edible insects. <i>African Journal of Pure and Applied Chemistry</i> , 7(5): 194–197.
NG1026	Aku, F.U. 2015. Composition and antimicrobial properties of selected local spices <i>Monodora myristica</i> (Ehuru), <i>Piper guineense</i> (Uziza), <i>Xylopia aethiopica</i> (Uda). Michael Okpara University of Agriculture. (Undergraduate project)
NG1035	Asegbeloyin, J.N. & Onyimonyi, A.E. 2007. The effect of different processing methods on the residual cyanide of gari. <i>Pakistan Journal of Nutrition</i> , 6(2): 163–166.
NG1037	Atasie, V.N. & Akinhanmi, T.F. 2009. Extraction, compositional studies and physico-chemical characteristics of palm kernel oil. <i>Pakistan Journal of Nutrition</i> , 8: 800–803.
NG1039	Aywa, A. K., Nawiri, M.P. & Nyambaka, H.N. 2013. Nutrient variation in colored varieties of <i>Ipomea batatas</i> grown in Vihiga County, Western Kenya. <i>International Food Research Journal</i> , 20(2): 819–825.
NG1040	Ayoola, P.B., Adeyeye, A. & Onawumi, O.O. 2012. Chemical evaluation of food value of groundnut ( <i>Arachi hypogaea</i> ) seeds. <i>American Journal of Food and Nutrition</i> , 2(3): 55–57.
NG1045	Bello, K. 2013. Effect of processing method on the proximate and mineral composition of prawn ( <i>Penaeus notialis</i> ). <i>Journal of Global Biosciences</i> , 2(2): 42–46.
ng1049	Boateng, M., Okai, D.B., Frimpong, Y.O. & Asabere, C.O. 2014. A comparative study of the nutritional and microbial profiles of the raw and processed seeds of the African Locust Bean ( <i>Parkia biglobosa</i> ). <i>Livestock Research for Rural Development</i> , 26(10): 178.
NG1050	Charlie, A.M. 2014. Proximate, Phytochemicals and Anti-Nutrient Composition of Selected Green Leafy Vegetables Consumed in Cross River State. Department of Biochemistry, University of Calabar. (Undergraduate project)
NG1051	Chikwendu, N.J. 2007. Chemical composition of four varieties of groundbean. <i>Journal of Agriculture, Food, Environment and Extension</i> , 6(2): 73–84.
NG1052	Chinma, C.E., Abu, J.O & Adani, O.P. 2012. Proximate composition, physical and sensory properties of non-wheat cakes from acha and bambara nut flour blends. <i>Nigerian Journal of Nutritional Sciences</i> , 33(1): 7–11

## ANNEX E: DATA SOURCES WITH Biblioid | ANNEXE E: SOURCES DES DONNÉES AVEC Biblioid

Biblioid	REFERENCE
NG1058	Echendu, C.A., Obizoba, I.C. & Anyika, J.U. 2009. Effects of heat treatments on chemical composition of groundbean ( <i>Kerstingiella geocarpa</i> harm). <i>Pakistan Journal of Nutrition</i> , 8(12): 1877–1883.
NG1061	Ejembi, D., Sanni, M., Emmanuel, F. & Abbah, O. 2014. Evaluation of the biochemical composition and proximate analysis of indomie noodles. <i>International Journal of Medical and Applied Sciences</i> , 3(1): 166–175.
NG1068	Elkhalifa, A.E., Ayat M.H & Abu Zei, M.E. 2014. Analytical quality and acceptability of baked and fried banana chips. <i>Journal of Human Nutrition &amp; Food Science</i> , 2(4): 1052.
NG1072	Ene-Obong, H.N., Onuoha, N.O., Aburime, L.C & Mbah, O. 2015. Nutrient composition, Phytochemical and Anti-Oxidant Activities of Some Indigenous Spices in Southern Nigeria. Paper presented at the 11th International Food Data Conference (IFDC), 3–5 November 2015, Hyderabad, India, National Institute of Nutrition (NIN).
NG1076	Etefia, J.E. 2016. Proximate and mineral composition of groundnut. Department of Biochemistry, University of Calabar. (Undergraduate project)
NG1081	Ezeokeagu, H.N. 2010. The effect of different traditional cooking methods on the nature of starch on some Nigerian starchy foods. Department of Home Science, Nutrition and Dietetics, University of Nigeria. (Post-graduate project)
NG1084	Fakai, I.M., Sani, I. & Olalekan, O.S. 2015. Proximate composition and cholesterol content of egg obtained from various bird species. <i>Journal of Harmonized Research in Medical and Health Sciences</i> , 2(22): 18–25.
NG1093	Ifie, I. & Emeruwa, C.H. 2011. Nutritional and anti-nutritional characteristics of the larva of <i>Oryctes monoceros</i> . <i>Agriculture and Biology Journal of North America</i> , 2(1): 42–46.
NG1094	Ifop, F.U. 2014. Analytical survey of nutrients and contaminants in seafoods consumed in Calabar, Cross River State. Department of Biochemistry, University of Calabar. (Undergraduate project)
NG1096	Igbokwe, O.F. 2014. Studies on fatty acid and amino acid profiles of African breadfruit ( <i>Treculia africana</i> ) seeds. Department of Food Science and Technology, Michael Okpara University of Agriculture. (Undergraduate Project)
NG1106	Kayodele, O.D. 2015. Impacts of handling strategies on supplement maintenance of white yam ( <i>Dioscorea rotundata</i> ) items to nourishing intake of Nigerians. <i>International Journal of Food Science and Microbiology</i> , 2(4): 072–075.
NG1108	Kosoko, S.B., Oluwole, O.B., Daramola, A.O., Adepoju, M.A., Oyelakin, A.J., Tugbobo-Amisu, A.O., Alagbe, G.O. & Elemo, G.N. 2014. Comparative quality evaluation of roasted cashew nut kernel: Effect of roasting methods. <i>Advance Journal of Food Science and Technology</i> , 6(12): 1362–1371.
NG1111	Lawal, O.O., Agiang, M.A. & Eteng, M.U. 2012. Proximate and antinutrient composition of white Guinea yam ( <i>Dioscorea rotundata</i> ) diets consumed in Ibarapa, South West region of Nigeria. <i>Journal of Natural Products of Plant Resources</i> , 2(2): 256–260.
NG1112	Madubuike, P.C., Onyema, C.T., Odinma, S.C. & Sokwaibe, C.E. 2014. Evaluation of mineral elements, cyanide and proximate composition of cassava ( <i>Mannihot esculenta</i> crantz) from Ebony State, Nigeria. <i>IOSR Journal of Environmental Science, Toxicology and Food Technology (IOSR-JESTFT)</i> , 8(8): 41–43.
NG1113	Maina, H.M., Heidi, E.S. & Shaqal, M.H. 2012. Analytical screening of nutritional and non-essential components in unripe and ripe fruits of banana ( <i>Musa sapientum</i> ). <i>International Journal of Medicinal Plant Research</i> , 1(3): 20–25.
NG1114	Makanjuola, O.M., Ajayi, A.B., Matthew, K. & Makanjuola, J.O. 2013. The proximate composition and mineral contents of three plantain cultivars harvested at matured green level. <i>International Journal of Innovations in Bio-Sciences</i> , 3(2): 23–26.
NG1116	Mazi, E., Okoronkwo, K.A & Ibe, U.K. 2013. Physico-chemical and nutritive properties of bitter kola ( <i>Garcinia Kola</i> ). <i>Journal of Nutrition &amp; Food Sciences</i> , 3(4): 218.
NG1117	Maziya-Dixon, B., Awoyale, W. & Dixon, A. 2015. Effect of processing on the retention of total carotenoid, iron and zinc contents of yellow-fleshed cassava roots. <i>Journal of Food and Nutrition Research</i> , 3(8): 483–488.
NG1120	Modawi, S.Y.H. 2006. Nutritional evaluation and functional properties of flour of roasted pumpkin seeds. Department of Food Science and Technology, University of Khartoum. (MSc dissertation)
NG1124	Ndidi, S.U., Ndidi, C.U., Aimola, I.A., Obed, Y.B., Mankilik, M & Adamu, Z. 2014. Effects of processing (boiling and roasting) on the nutritional and antinutritional properties of bambara groundnuts ( <i>Vigna subterranea</i> [L.] Verdc.) from Southern Kaduna, Nigeria. <i>Journal of Food Processing</i> , 2014: 1–9.
NG1125	Ndife, J., Abdulraheem, L.O. & Zakari, U.M. 2010. Evaluation of the nutritional and sensory quality of functional breads produced from whole wheat and soya bean flour blends. <i>African Journal of Food Science</i> , 5(8): 466–472.
NG1128	Nicanuru, C., Laswai, H.S. & Sila, D.N. 2015. Effect of sun-drying on nutrient content of orange fleshed sweet potato tubers in Tanzania. <i>Sky Journal of Food Science</i> , 4(7): 091–101.
NG1129	Njoku, J.N. 2005. Chemical, functional and sensory properties of blends of plantain flour, bambara groundnut flour and wheat flour for production of cake and biscuit. Michael Okpara University of Agriculture. (Undergraduate project)
NG1135	Nwauzon, E.N. 2004. Effect of fermentation on the nutrient content of quality protein Maize. Department of Biochemistry, University of Calabar. (Undergraduate project)
NG1138	Obasi, A., Ukadilonu, J., Eze, E., Akubugwo, E.I & Okorie, U.C. 2012. Proximate Composition, Extraction, Characterization and Comparative Assessment of Coconut ( <i>Cocos nucifera</i> ) and Melon ( <i>Colocynthis citrullus</i> ) Seeds and Seed Oils. <i>Pakistan Journal of Biological Sciences</i> , 15:1–9.
NG1140	Oboh, H.A. & Erema, V.G. 2010. Glycemic indices of processed unripe plantain ( <i>Musa paradisiaca</i> ) meals. <i>African Journal of Food Science</i> , 4(8): 514–521.
NG1142	Odebunmi, E.O., Oluwaniyi, O.O, Sanda, A.M. & Kolade, B.O. 2007. Nutritional composition of selected root crops used in Nigerian food preparation. <i>International Journal of Chemistry</i> , 17(1): 37–43.
NG1145	Ogbonnaya, E.C. & Chinedum, E.K. 2013. Vitamin and carotenoid composition of raw and decoctions of water leaf ( <i>Talinum triangulare</i> ). <i>Biochemistry &amp; Pharmacology</i> , 2(3): 121.
NG1154	Ojieh, G. Oluba, O. Ogunlowo, Y. Adebisi, K., Eidangbe, G. & Orole, R. 2007. Compositional studies of <i>Citrullus lanatus</i> (Egusi Melon) seed. <i>The Internet Journal of Nutrition and Wellness</i> , 6(1): 1–5.

## ANNEX E: DATA SOURCES WITH BiblioID | ANNEXE E: SOURCES DES DONNÉES AVEC BiblioID

BiblioID	REFERENCE
NG1157	Oke, D.B., Tewe, O.O & Fetuga, B.L. 1995. The nutrient composition of cowpea varieties. <i>Nigerian Journal of Animal Production</i> , 22(1): 32–36.
NG1159	Okeke, E.C., Ene-Obong, H.N., Uzuegbunam, A.O., Ozioko, A., Umeh, S.I & Chukwuone, N. 2009. The Igbo traditional food system documented in four states in southern Nigeria. In H.V. Kuhnlein, B. Erasmus & D. Spigelski, eds. <i>Indigenous Peoples' food systems: the many dimensions of culture, diversity and environment for nutrition and health</i> , pp. 251–281. Rome, FAO.
NG1160	Okeke, C.U., Ezeabara, C.A., Okoronkwo, O.F., Udechukwu, C.D. & Uka, C.J. 2015. Determination of nutritional and phytochemical compositions of two variants of bitter leaf ( <i>Vernonia amygdalina</i> Del). <i>Journal of Human Nutrition and Food Science</i> , 3(3): 1065.
NG1162	Oko, A.O., Famurewa, A.C. & Nwaza, J.O. 2015. Proximate composition, mineral elements and starch characteristics: study of eight (8) unripe plantain cultivars in Nigeria. <i>British Journal of Applied Science &amp; Technology</i> , 6(3): 285–294.
NG1163	Okolie, N.P. 2012. Comparative study on some selected garri samples sold in Lagos Metropolis. <i>Journal of Food Studies</i> , 1(1).
NG1170	Olatidoye, O.P & Sobowale, S.S. 2016. The effect of traditional processing methods on proximate, mineral composition and sensory qualities of three breeds of land snail reared in Edo State. <i>Journal of Scientific Research in Pharmaceutical, Chemical &amp; Biological Sciences</i> , 1(1).
NG1175	Onuoha, O.N., Eme, P.E. & Ekpo, U.E. 2014. Chemical evaluation of unripe plantain dishes commonly consumed by Type 2 diabetics attending the University of Uyo Teaching Hospital in Akwa Ibom State, Nigeria. <i>Pakistan Journal of Nutrition</i> , 13(6): 331–334.
NG1176	Onweluzo, J.C & Nwabugwu, C.C. 2009. Fermentation of millet ( <i>Pennisetum americanum</i> ) and pigeon pea ( <i>Cajanus cajan</i> ) seeds for flour production: Effects on Composition and Selected Functional Properties. <i>Pakistan Journal of Nutrition</i> , 8(6): 737–744.
NG1177	Onyeike, E.N. & Oguike, J.U. 2003. Influence of heat processing methods on the nutrient composition and lipid characterization of groundnut ( <i>Arachis hypogaea</i> ) seed pastes. <i>Biokemistri</i> , 15(1): 34–43.
NG1178	Onyema, C.T., Ekpunobi, U.C., Edowube, A.A., Odinma, S. & Sokwaibe, C.E. 2014. Quality assessment of common instant noodles sold in Nigeria markets. <i>American Journal of Analytical Chemistry</i> , 5(17): 1174–1177.
NG1179	Onyenweaku, E.O., Ene-Obong, H.N & Ima, W. 2016. Proximate, mineral and vitamin composition of some eggs species consumed in Nigeria, in their raw and boiled forms. (Unpublished)
NG1181	Osunde, Z.D. & Musa Makama, A.L. 2007. Assessment of changes in nutritional values of locally sun-dried vegetables. <i>AU Journal of Technology</i> , 10(4): 248–253.
NG1184	Otitoju, G.T.O., Otitoju, O., Nwamarah, J.U. & Baiyeri, S.O. 2015. Comparative study of the nutrient composition of four varieties of cowpea ( <i>Vigna unguiculata</i> ) and their products (beans-based products). <i>Pakistan Journal of Nutrition</i> , 14(9): 540–546.
NG1185	Ochala, F.O. 2014. The effect of drying method on the vitamin C content of selected green leafy vegetables. Department of Biochemistry, University of Calabar. (Dissertation)
NG1186	Oyewole, O.E & Tijani, A.G. 2014. Public health nutrition potentials of two cultivars of commonly consumed cowpeas ("Oloyin" and "drum") in south-west Nigeria. <i>Nigerian Journal of Nutritional Sciences</i> , 35(2): 74–79.
NG1187	Ozumba, N.N. 2010. Nutrient composition and sensory evaluation of odudu oyibo ( <i>Moringa oleifera</i> ) leaves, pods and products. Department of Human Nutrition and Dietetics, Michael Okpara University of Agriculture.
NG1188	Paiko, Y.B., Dauda, B.E., Sulaiman, M.A., Tanko, A.H & Jacob, J.O. 2013. Physico-chemical properties and metal ions content of oil extracted from cricket ( <i>Brachytrupes Membranaceus</i> ) in Bosso Local Government Area of Niger State, Nigeria. <i>Asian Journal of Science and Technology</i> , 4(5): 8–12.
NG1190	Philip, O.E. 2012. Nutrient content of seedless breadfruit ( <i>Atocarpus communis</i> ) in comparison to African breadfruit ( <i>Treulia africana</i> ). Department of Human Nutrition and Dietetics, Michael Okpara University of Agriculture. (Undergraduate project)
NG1191	Pikuda, O.O & Ilesaboye, N.O. 2013. Proximate and chemical composition of OGI prepared from whole and powdered grains (maize, sorghum and millet). <i>Annals of Biological Research</i> , 4(7): 239–242.
NG1193	Princewill-Ogbona, I.I. & Ibeji, C.C. 2015. Comparative study on nutritional and antinutritional compositions of three cultivars (red, green and yellow) of aerial yam ( <i>Dioscorea bulbifera</i> ). <i>IOSR Journal of Environmental Science, Toxicology and Food Technology</i> , 9(5): 79–86.
NG1200	Tihong, T.M. 2008. Meat quality of raw and processed guinea fowl ( <i>Numeda meleagris</i> ). Stellenbosch University. (MSc dissertation)
NG1209	Udofia, U.S. 2005. Effect of traditional processing techniques on leafy vegetables and starchy staples consumed in Akwa Ibom State, Nigeria. University of Nigeria. (PhD dissertation)
NG1210	Uhegbu, F.O., Onwuchekwa, C.C., Iweala, E.E. & Kanu, I. 2009. Effect of processing methods on nutritive and antinutritive properties of seeds of <i>Brachystegia eurycoma</i> and <i>Detarium microcarpum</i> from Nigeria. <i>Pakistan Journal of Nutrition</i> , 8(4): 316–320.
NG1212	Ukom, A.N., Ojmelukwe, P.C., Ezeama, C.F., Ortiz, D. & Aragon, I.I. 2014. Proximate composition and carotenoid profile of yams ( <i>Dioscorea</i> spp.) and cocoyam ( <i>Xanthosoma maffa</i> (Scoth)) root tubers from Nigeria. <i>American Journal of Food and Nutrition</i> , 4(1): 1–10.
NG1216	Ureigho, U.N. & Ekeke, B.A. 2010. Nutrient Values of <i>Chrysophyllum albidum</i> Linn African star apple as a domestic income plantation species. <i>African Research Review</i> , 4(2): 50–56.
NG1219	Yakubu, N., Amuzat, A.O & Hamza, R.U. 2012. Effect of processing methods on the nutritional contents of bitter leaf ( <i>Vernonia amygdalina</i> ). <i>American Journal of Nutrition and Food Science</i> , 2(1): 26–30.
NG1220	Yarkwan, B. & Uvir, B.H. 2015. Effects of drying methods on the nutritional composition of unripe plantain flour. <i>Food Science and Quality Management</i> , 41: 5–10.
NG1222	Adetunji, V.O. & Babalobi, O.O. 2011. A comparative assessment of the nutritional contents of 'Wara' a West African soft cheese using <i>Calotropis procera</i> and <i>Cymbopogon citratus</i> as coagulants. <i>African Journal of Food, Agriculture, Nutrition and Development</i> , 11(7): 5573–5585.
NG1223	Uzeh, R.E., Ohenhen, R.E. & Rojgubokan, A.K. 2006. Microbiological and nutritional qualities of dairy products Nono and Wara. <i>Nature and Science</i> , 4(3): 37–40.
NG1224	Ijeh, I.I., Ejike, C.E., Nkwonta, O.M. & Njoku, B.C. 2010. Effect of traditional processing techniques on the nutritional and phytochemical composition of African bread-fruit ( <i>Treulia africana</i> ) seeds. <i>Journal of Applied Sciences and Environment Management</i> , 14(4): 169–173.

## ANNEX E: DATA SOURCES WITH BibliolD | ANNEXE E: SOURCES DES DONNÉES AVEC BibliolD

BibliolD	REFERENCE
NG1990	Ngassoum, M.B., Tenin, D. & Kayem, G.J. 1990. Les sesames du Cameroun: Composition et potentiel de valorisation. Proceedings of the First Annual Conference of the Cameroon Biosciences Society, 1: 447–450.
NG2000	Oluwafemi, G. & Udeh, C. 2016. Comparative evaluation of nutritional values of guinea fowl, duck and quail eggs. <i>Journal of Environmental Science, Toxicology and Food Technology</i> , 10(1): 57–59.
NG2001	Bashir, L., Ossai, P.C., Shittu, O.K., Abubakar, A.N. & Caleb, T. 2015. Comparison of the nutritional value of egg yolk and egg albumin from domestic chicken, guinea fowl and hybrid chicken. <i>American Journal of Experimental Agriculture</i> , 6(5): 310.
NG2002	Odebumi, E.O., Oluwaniyi, O.O., Awolola, G.V. & Adediji, O.D. 2009. Proximate and nutritional composition of kola nut ( <i>Cola nitida</i> ), bitter cola ( <i>Garcinia kola</i> ) and alligator pepper ( <i>Aframomum melegueta</i> ). <i>African Journal of Biotechnology</i> , 8(2): 308–310.
NG2003	Eleyinmi, A.F., Bressler, D.C., Amoo, I.A., Sporns, P. & Oshodi, A.A. 2006. Chemical composition of bitter cola ( <i>Garcinia kola</i> ) seed and hulls. <i>Polish Journal of Food Nutrition Sciences</i> , 15(4): 395–400.
NG2004	Dike, M.C. & Asuquo, M.E. 2012. Proximate, phytochemical and mineral compositions of seeds of <i>Allanblackia floribunda</i> , <i>Garcinia kola</i> and <i>Poga oleosa</i> from Nigerian rainforest. <i>African Journal of Biotechnology</i> , 11(50): 11096–11098.
NG2005	Ebana, R.U.B., Edet, U.O., Ekanemesang, U.M., Ikon, G.M., Umoren, E.B., Ntukidem, N.W., Etim, O.E., Sambo, S. & Brown, U. 2017. Proximate composition and nutritional analysis of seeds and testas of <i>Dacryodes edulis</i> and <i>Garcinia kola</i> . <i>Asian Journal of Cell Biology</i> , 2(1): 1–8.
NG2014	Ngaha, D.W., Fombang, E.N. & Ejoh, R.A. 2014. Dietary intake of vitamin A and macronutrients among pregnant women in Ngaoundere Town, Adamawa Region, Cameroon. <i>Food and Nutrition Sciences</i> , 5(21): 2071–2080.
NRD	Nordeide, M.B., Hatløy, A., Følling, M., Lied, E. & Oshaug, A. 1996. Nutrient composition and nutritional importance of green leaves and wild food resources in an agricultural district, Koutiala, in southern Mali. <i>International Journal of Food Sciences and Nutrition</i> , 47(6): 455–468.
OSABOR	Osabor, V.N., Ogar, D.A., Okafor, P.C. & Egbung, G.E. 2009. Profile of the African bread fruit ( <i>Treculia africana</i> ). <i>Pakistan Journal of Nutrition</i> , 8(7): 1005–1008.
P2013	Ponka, R., Beaucher, E., Fokou, E., Kansci, G., Piot, M., Leonil, J. & Gaucheron, F. 2013. Composition of raw cow milk and artisanal yoghurt collected in Maroua (Cameroon). <i>African Journal of Biotechnology</i> , 12(49): 6866–6875.
PADONS	Padonou, S.W.G. 2005. Caractérisation physico-chimique et microbiologique du Lafun produit du Bénin. Department of Nutrition and Food Sciences (DNSA), Faculty of Agricultural Sciences (FSA), University of Abomey-Calavi. (Dissertation)
PH001	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. <i>Journal of Food Composition and Analysis</i> , 20(3): 161–168.
ph023	Koreissi-Dembélé, Y., Fanou-Fogny, N., Hulshof, P.J. & Brouwer, I.D. 2013. Fonio ( <i>Digitaria exilis</i> ) landraces in Mali: Nutrient and phytate content, genetic diversity and effect of processing. <i>Journal of Food Composition and Analysis</i> , 29(2): 134–143.
ph034	Hefnawy, T.H. 2011. Effect of processing methods on nutritional composition and anti-nutritional factors in lentils ( <i>Lens culinaris</i> ). <i>Annals of Agricultural Sciences</i> , 56(2): 57–61.
PH040	Umeta, M., West, C.E. & Fufa, H. 2005. Content of zinc, iron, calcium and their absorption inhibitors in foods commonly consumed in Ethiopia. <i>Journal of Food Composition and Analysis</i> , 18(8): 803–817.
PH081	Ferguson, E.L., Gibson, R.S., Opere-Obisaw, C., Osei-Opere, F., Stephen, A.M., Lehrfeld, J. & Thompson, L.U. 1993. The zinc, calcium, copper, manganese, non-starch polysaccharide and phytate content of seventy-eight locally grown and prepared African foods. <i>Journal of Food Composition and Analysis</i> , 6(1): 87–99.
ph104	Lewu, M.N., Adebola, P.O. & Afolayan, A.J. 2010. Comparative assessment of the nutritional value of commercially available cocoyam and potato tubers in South Africa. <i>Journal of Food Quality</i> , 33(4): 461–476.
ph108	Shokunbi, O.S., Anionwu, O.A., Sonuga, O.S. & Tayo, G.O. 2011. Effect of post-harvest processing on the nutrient and anti-nutrient compositions of <i>Vernonia amygdalina</i> leaf. <i>African Journal of Biotechnology</i> , 10(53): 10980–10985.
ph111	Hama, F., Icard-Vernière, C., Guyot, J.P., Picq, C., Diawara, B. & Mouquet-Rivier, C. 2011. Changes in micro- and macronutrient composition of pearl millet and white sorghum during in field versus laboratory decortication. <i>Journal of Cereal Science</i> , 54(3): 425–433.
PH112	Mohamed, E.A., Ali, N.A., Ahmed, S.H., Ahmed, I.A.M. & Babiker, E.E. 2010. Effect of radiation process on antinutrients and HCl extractability of calcium, phosphorus and iron during processing and storage. <i>Radiation Physics and Chemistry</i> , 79(7): 791–796.
ph135	Madodé, Y.E., Linnemann, A.R., Nout, M.J., Vosman, B., Hounhouigan, D.J. & Boekel, M.A. 2012. Nutrients, technological properties and genetic relationships among twenty cowpea landraces cultivated in West Africa. <i>International Journal of Food Science &amp; Technology</i> , 47(12): 2636–2647.
ph252	El-Niely, H.F. 2007. Effect of radiation processing on antinutrients, in-vitro protein digestibility and protein efficiency ratio bioassay of legume seeds. <i>Radiation Physics and Chemistry</i> , 76(6): 1050–1057.
ph262	Cheik, A.O., Aly, S., Yaya, B. & Alfred, T.S. 2006. A comparative study on nutritional and technological quality of fourteen (14) cultivars of pearl millets [ <i>Pennisetum glaucum</i> (L) Leeke] in Burkina Faso. <i>Pakistan Journal of Nutrition</i> , 5(6): 512–521.
ph313	Urua, I.S., Uyoh, E.A., Ntui, V.O. & Okpako, E.C. 2013. Effect of processing on proximate composition, anti-nutrient status and amino acid content in three accessions of African locust bean ( <i>Parkia biglobosa</i> (jacq.) benth. <i>International Journal of Food Sciences and Nutrition</i> , 64(1): 94–102.
ph327	Badifu, G.I.O. 2001. Effect of processing on proximate composition, antinutritional and toxic contents of kernels from Cucurbitaceae species grown in Nigeria. <i>Journal of Food Composition and Analysis</i> , 14(2): 153–161.
ph349	Oboh, G. & Ekperigin, M.M. 2004. Nutritional evaluation of some Nigerian wild seeds. <i>Molecular Nutrition &amp; Food Research</i> , 48(2): 85–87.
phy57	Farinu, G.O. & Ingraio, G. 1991. Gross composition, amino acid, phytic acid and trace element contents of thirteen cowpea cultivars and their nutritional significance. <i>Journal of the Science of Food and Agriculture</i> , 55(3): 401–410.
pu022	Tuleun, C.D., Carew, S.N. & Patrick, J.A. 2008. Fruit characteristics and chemical composition of some varieties of velvet beans ( <i>mucuna</i> spp) found in Benue State of Nigeria. <i>Livestock Research for Rural Development</i> , 20(10).

## ANNEX E: DATA SOURCES WITH BibliolD | ANNEXE E: SOURCES DES DONNÉES AVEC BibliolD

BibliolD	REFERENCE
pu039	Akingbade, A.A., Sodeinde, F.G., Olaniyi, C.O., Oyetayo, T.S., Fadare, O.R. & Rabiun, A.O. 2009. Proximate and mineral elements composition of water soaked <i>Carnivalia ensiformis</i> seeds. <i>Pakistan Journal of Nutrition</i> , 8(9): 1401–1403.
pu043	Ogunji, J.O., Wirth M. & Osuigwe D.I. 2003. Nutrient composition of some tropical legumes capable of substituting fish meal in fish diets. <i>Journal of Agriculture and Rural Development in the Tropics and Subtropics</i> , 104(2): 143–148.
pu046	Ajah, P.O. & Madubuike F.N. 1997. The proximate composition of some tropical legume seeds grown in two states in Nigeria. <i>Food Chemistry</i> , 59(3): 361–365.
pu048	Siddhuraju, P. & Becker, K. 2001. Species/variety differences in biochemical composition and nutritional value of Indian tribal legumes of the genus <i>Canavalia</i> . <i>Die Nahrung</i> , 45(4): 224–233.
pu069	Aletor, V.A. & Ojo, O.I. 1989. Changes in differently processed soya bean ( <i>Glycine max</i> ) and lima bean ( <i>Phaseolus lunatus</i> ) with particular reference to their chemical composition and their mineral and some inherent anti-nutritional constituents. <i>Die Nahrung</i> , 33(10): 1009–1016.
pu084	Ade-Omowaye, B.I.O, Tucker, G.A. & Smetanska, I. 2015. Nutritional potential of nine underexploited legumes in Southwest Nigeria. <i>International Food Research Journal</i> , 22(2): 798–806.
pu112	Shimelis, E.A. & Rakshit, S.K. 2005. Proximate composition and physico-chemical properties of improved dry bean ( <i>Phaseolus vulgaris</i> L.) varieties grown in Ethiopia. <i>LWT - Food Science and Technology</i> , 38(4): 331–338.
pu120	Oke, M.O., Sobowale S.S. & Ogunlakin G.O. 2013. Evaluation of the effect of processing methods on the nutritional and anti-nutritional compositions of two under-utilized Nigerian grain legumes. <i>Pakistan Journal of Biological Sciences</i> , 16(24): 2015–2020.
pu123	Ologhobo, A.D. & Fetuga, B.L. 1983. Compositional differences in some limabean ( <i>Phaseolus lunatus</i> ) varieties. <i>Food Chemistry</i> , 10(4): 297–307.
pu129	Onimawo, I.A. & Akpojovwo A.E. 2006. Toasting (dry heat) and nutrient composition, functional properties and antinutritional factors of pigeon pea ( <i>Cajanus cajan</i> ) flour. <i>Journal of Food Processing and Preservation</i> , 30(6): 742–753.
pu130	Fasoyiro, S.B., Ajibade, S.R., Omole, A.J., Adeniyun, O.N. & Farinde, E.O. 2006. Proximate, minerals and antinutritional factors of some underutilized grain legumes in south-western Nigeria. <i>Nutrition and Food Science</i> , 36(1): 18–23.
pu133	Nwokolo, E. & Oji U.I. 1985. Variation in metabolizable energy content of raw or autoclaved white and brown varieties of three tropical grain legumes. <i>Animal Feed Science and Technology</i> , 13(1–2): 141–146.
pu136	Aguilera, Y., Díaz, M.F., Jiménez, T., Benítez, V., Herrera, T., Cuadrado, C., Martín-Pedrosa, M. & Martín-Cabrejas, M.A. 2013. Changes in nonnutritional factors and antioxidant activity during germination of nonconventional legumes. <i>Journal of Agricultural and Food Chemistry</i> , 61(34): 8120–8125.
pu158	Sreerama, Y.N., Sashikala, V.B., Pratapa, V.M. & Singh, V. 2012. Nutrients and antinutrients in cowpea and horse gram flours in comparison to chickpea flour: Evaluation of their flour functionality. <i>Food Chemistry</i> , 131(2): 462–468.
pu188	Tshovhote, N.J., Nesamvuni, A.E., Raphulu, T. & Gous, R.M. 2003. The chemical composition, energy and amino acid digestibility of cowpeas used in poultry nutrition. <i>South African Journal of Animal Sciences</i> , 33(1): 65–69.
pu208	Mwangwela, A.M., Waniska, R.D. & Minnaar, A. 2006. Hydrothermal treatments of two cowpea ( <i>Vigna unguiculata</i> L. Walp) varieties: Effect of micronisation on physicochemical and structural characteristics. <i>Journal of the Science of Food and Agriculture</i> , 86(1): 35–45.
pu213	Giami, S.Y. 1993. Effect of processing on the proximate composition and functional properties of cowpea ( <i>Vigna unguiculata</i> ) flour. <i>Food Chemistry</i> , 47(2): 153–158.
pu215	Akinyele, I.O. 1989. Effects of traditional methods of processing on the nutrient content and some antinutritional factors in cowpeas ( <i>Vigna unguiculata</i> ). <i>Food Chemistry</i> , 33(4): 291–299.
pu217	Longe, O.G. 1980. Carbohydrate composition of different varieties of cowpea ( <i>Vigna unguiculata</i> ). <i>Food Chemistry</i> , 6(2): 153–161.
pu218	Ragab, H.I., Kijora, C., Abdel Ati, K.A. & Danier, J. 2010. Effect of traditional processing on the nutritional value of some legumes seeds produced in Sudan for poultry feeding. <i>International Journal of Poultry Science</i> , 9(2): 198–204.
pu222	Owolabi, A.O., Ndidi, U.S., James, B.D. & Amune, F.A. 2012. Proximate, antinutrient and mineral composition of five varieties (improved and local) of cowpea, <i>Vigna unguiculata</i> , commonly consumed in Samaru community, Zaria-Nigeria. <i>Advance Journal of Food Science and Technology</i> , 4(2): 70–72.
pu236	Akpapunam, M.A. & Achinewhu, S.C. 1985. Effects of cooking, germination and fermentation on the chemical composition of Nigerian Cowpea ( <i>Vigna unguiculata</i> ). <i>Qualitas Plantarum Plant Foods for Human Nutrition</i> , 35(4): 453–458.
pu250	Ladjal Ettoumi, Y. & Chibane, M. 2015. Some physicochemical and functional properties of pea, chickpea and lentil whole flours. <i>International Food Research Journal</i> , 22(3): 987–996.
pu255	Caprioli, G., Giusti, F., Ballini, R., Sagratini, G., Vila-Donat, P., Vittori, S. & Fiorini, D. 2016. Lipid nutritional value of legumes: Evaluation of different extraction methods and determination of fatty acid composition. <i>Food Chemistry</i> , 192: 965–971.
pu261	Sika, M., Terrab, A., Swan, P.B. & Hegarty, P.V.J. 1995. Composition of selected Moroccan cereals and legumes: Comparison with the FAO Table for use in Africa. <i>Journal of Food Composition and Analysis</i> , 8(1): 62–70.
pu263	Moyib, O.K., Alashiri, G.O. & Adejaye, O.D. 2015. Chemometric dissimilarity in nutritive value of popularly consumed Nigerian brown and white common beans. <i>Food Chemistry</i> , 166: 576–584.
pu272	Apata, D.F. & Ologhobo, A.D. 1994. Biochemical evaluation of some Nigerian legume seeds. <i>Food Chemistry</i> , 49(4): 333–338.
r002BIO	Echendu, C.A., Obizoba, I.C., Anyika, J.U. & Ojmelukwe, P.C. 2009. Changes in chemical composition of treated and untreated hungry rice "Acha" ( <i>Digitaria exilis</i> ). <i>Pakistan Journal of Nutrition</i> , 8(11): 1779–1785.
R008bio	Ebuehi, O.A.T. & Oyewole, A.C. 2007. Effect of cooking and soaking on physical characteristics, nutrient composition and sensory evaluation of indigenous and foreign rice varieties in Nigeria. <i>African Journal of Biotechnology</i> , 6(8): 1016–1020.
Ri1996	Ejoh, A.R., Mbiapo, F.T. & Fokou, E. 1996. Nutrient composition of the leaves and flowers of <i>Colocasia esculenta</i> and the fruits of <i>Solanum melongena</i> . <i>Plant Foods for Human Nutrition</i> , 49(2): 107–112.

## ANNEX E: DATA SOURCES WITH BibliolD | ANNEXE E: SOURCES DES DONNÉES AVEC BibliolD

BibliolD	REFERENCE
SA10	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.
SA1000	Schönfeldt, H.C., Visser, R.E., Van Niekerk, J.M. & Van Heerden, S.M. 1996. The nutritional content of South African Beef. Irene, South Africa, ARC-Animal Nutrition and Animal Products Institute.
SA1002	Odhav, B., Beekrum, S., Akula, U. & Baijnath, H. 2007. Preliminary assessment of nutritional value of traditional leafy vegetables in KwaZulu-Natal, South Africa. <i>Journal of Food Composition and Analysis</i> , 20(5): 430–435.
SA1003	Schönfeldt, H.C. & Pretorius, B. 2011. The nutrient content of five traditional South African dark green leafy vegetables—A preliminary study. <i>Journal of Food Composition and Analysis</i> , 24(8): 1141–1146.
SA1004	Van Heerden, S.M. & Morey, L. 2014. Nutrient content of South African C2 beef offal. <i>Food Measure</i> , 8(3): 249–258.
SA1005	Dawood, A.A. & Alkanhal, A.M. 1994. Nutrient composition of Najdi-camel meat. <i>Meat Science</i> , 39(1): 71–78.
SA1007	Van Heerden, S.M., Schönfeldt, H.C., Smith, M.F. & Jansen Van Rensburg, D.M. 2002. Nutrient content of South African chicken. <i>Journal of Food Composition and Analysis</i> , 15(1): 47–64.
SA1011	Bester, M., Schönfeldt, H.C., Pretorius, B. & Hall, N. (2018) The nutrient content of selected lamb and mutton organ meats (offal). <i>Food Chemistry</i> , 238: 3–8.
SA1012	Du Plooy, Z., Schönfeldt, H.C. & Hall, N. 2018. The role of traditional foods in food-based dietary guidelines – A South African case study on maas (cultured milk). <i>Food Chemistry</i> , 238: 22–28.
SA1013	Wolmarans, P., Danster, N. & Chetty, J. 2005. Energy and nutrient composition of South African maize meal. Cape Town, South Africa, South African Medical Research Council.
SA1015	Smit, L.E. & Schönfeldt, H.C. 2006. The Nutritional Content of South African Milk & Milk Products. Part 1. Irene, South Africa, ARC-Animal Nutrition and Animal Products Institute.
SA1016	Van Niekerk, C., Schönfeldt, H.C., Hall, N. & Pretorius, B. 2016. The role of biodiversity in food security and nutrition: A potato cultivar case study. <i>Food and Nutrition Security</i> , 7(5): 371–382.
SA1017	Sainsbury, J., Schönfeldt, H.C. & Van Heerden, S.M. 2011. The nutrient composition of South African mutton. <i>Journal of Food Composition and Analysis</i> , 24(4–5): 720–726.
SA1018	Van Heerden, S.M., Schönfeldt, H.C., Kruger, R. & Smit, M.F. 2007. The nutrient composition of South African lamb (A2 grade). <i>Journal of Food Composition and Analysis</i> , 20(8): 671–680.
SA1019	Leighton, C.S. 2007. Nutrient and sensory quality of orange flesh sweet potato. University of Pretoria. (Dissertation)
SA1020	Danster, N., Wolmarans, P., Buitendag, C.S. & De Jager, A. 2008. Energy and nutrient composition of South African wheat, wheat flour and bread. Technical report to the Winter Cereal Trust of South Africa. Cape Town, South Africa, Nutritional Intervention Research Unit, Medical Research Council.
SA1023	Viljoen, J.J. 1999. A comparison of the lipid components of springbok meat with those of beef and the related importance on aspects of health ('N Vergelyking van die lipiedkomponente van springbokvleis met die van beesvleis en die verwante belangrikheid vir aspekte van die menslike gesondheid). <i>South African Journal of Science and Technology (Suid-Afrikaanse Tydskrif vir Natuurwetenskap en Tegnologie)</i> , 18(2):51–53.
SA1024	Smit, L.E. & Schönfeldt, H.C. 2006. The Nutritional Content of South African Milk & Milk Products. Part 2. Irene, South Africa, ARC-Animal Nutrition and Animal Products Institute.
SA1025	Schönfeldt, H.C. 2008. Food composition analysis of ostrich meat in South Africa by CSIR. (Unpublished)
SA1026	Van Heerden, S.M., Smith, M.F., Sainsbury, J. & Meissner, H.H. 2008. The nutrient composition of three cuts obtained from P-class South African pork carcasses. Paper presented to the South Africa Pork Producers' Organisation, Stellenbosch, South Africa.
SA1029	Smit, L.E., Smith, N., Schönfeldt, H.C. & Heinze, P.H. 1998. The Nutritional Content of South African Milk & Liquid Milk Products. Irene, South Africa, Dairy Industry Centre, ARC-Animal Nutrition and Animal Products Institute.
se2BIO	Onimawo, I.A. 2002. Proximate composition and selected physicochemical properties of the seed, pulp and oil of sour sop ( <i>Annona muricata</i> ). <i>Plant Foods for Human Nutrition</i> , 57(2): 165–171.
SEF	Rimestad, A.H., Borgejordet, Å., Vesterhus, K., Sygnestveit, K.N., Løken, E.B., Trygg, K., Pollestad, M.L., Lund-Larsen, K., Ombolt-Jensen, G., Nordbotten, A. 2001. Den store matvaretabellen (Food Composition Table for Norway). Oslo, Statens råd for ernæring og fysisk aktivitet, Statens næringsmiddeltilsyn, Institutt for ernæringsforskning, Universitetet i Oslo. Gyldendal Undervisning.
SGS	FAO. 2016. Food composition analysis of foods sampled in Kenya and analysed for the Kenya Food Composition Tables by SGS International. (Unpublished)
TH2014	Tenyang, N., Womeni, H.M., Linder, M., Tiencheu, B., Villeneuve, P. & Tchouanguep Mbiapo, F. 2014. The chemical composition, fatty acid, amino acid profiles and mineral content of six fish species commercialized on the Wouri river coast in Cameroon. <i>Rivista Italiana delle Sostanze Grasse</i> , 91: 129–138.
THAI16	Judprasong, K., Puwastien, P., Nitithamyong, A., Sridonpai, P. & Somjai, A. 2015. Thai Food Composition Database [online]. Bangkok, Thailand, Institute of Nutrition, Mahidol University. [Cited October 2018]. <a href="http://www.inmu.mahidol.ac.th/thaifcd">http://www.inmu.mahidol.ac.th/thaifcd</a>
TK2004	Tchiégang, C. & Kitkil, A. 2004. Données ethno-nutritionnelles et caractéristiques physico-chimiques des légumes-feuilles consommés dans la savane de l'Adamaoua (Cameroun). <i>Tropicultura</i> , 22(1): 11–18.
TM2005	Tchiégang, C. & Mbougueng, P.D. 2005. Composition chimique des épices utilisées dans la préparation du Nah poh et du Nkui de l'ouest Cameroun. <i>Tropicultura</i> , 23(4): 193–200.
tu11AnFooD	Muzanila, Y.C., Brennan, J.G. & King, R.D. 2000. Residual cyanogens, chemical composition and aflatoxins in cassava flour from Tanzanian villages. <i>Food Chemistry</i> , 70(1): 45–49.
tu14AnFooD	Oghenechavwuoko, U.E., Saka, G.O., Adekunbi, T.K. & Taiwo, A.C. 2013. Effect of processing on the physico-chemical properties and yield of gari from dried chips. <i>Journal of Food Processing &amp; Technology</i> , 4(8): 255.

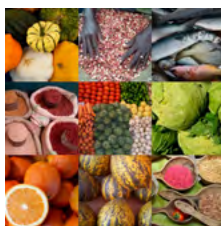


## ANNEX E: DATA SOURCES WITH BiblioID | ANNEXE E: SOURCES DES DONNÉES AVEC BiblioID

BiblioID	REFERENCE
tu15BIO	Teka, T.A, Emire, S.A., Haki, G.D. & Gezmu, T.B. 2013. Effect of processing on physicochemical composition and anti-nutritional factors of cassava ( <i>Manihot esculenta crantz</i> ) grown in Ethiopia. <i>International Journal of Science Innovations and Discoveries</i> , 3(2): 212–222.
tu19AnFood	Zoro, A.F., Zoué, L.T., Kra, S.A.K., Yepie, A.E. & Niamké, S.L. 2013. An overview of nutritive potential of leafy vegetables consumed in Western Côte d'Ivoire. <i>Pakistan Journal of Nutrition</i> , 12(10): 949–956.
tu20AnFood	Zoro, A.F., Zoué, L.T., Bédikou, M.E., Kra, S.A. & Niamké, S.L. 2014. Effect of cooking on nutritive and antioxidant characteristics of leafy vegetables consumed in Western Côte d'Ivoire. <i>Scholars Research Library: Archives of Applied Science Research</i> , 6(4): 114–123.
tu22AnFood	Longe, O.G. 1980. Effect of processing on the chemical composition and energy value of cassava. <i>Nutrition Reports International</i> , 21(6): 819–828.
tu3AnFood	Ferguson, E.L., Gibson, R.S. & Thompson, L.U. 1989. The mineral content of commonly consumed Malawian and Papua New Guinean Foods. <i>Journal of Food Composition and Analysis</i> , 2(3): 260–272.
tu4Anfood	Ferguson, E.L., Gibson, R.S. & Thompson, L.U. 1988. Phytate, zinc, and calcium contents of 30 East African foods and their calculated phytate:Zn, Ca:phytate, and [Ca]/phytate/[Zn] molar ratios. <i>Journal of Food Composition and Analysis</i> , 1(4): 316–325.
tu6BIO	Eleazu, C.O., Amajor, J.U., Ikpeama, A.I. & Awa, E. 2011. Studies on the nutrient composition, antioxidant activities, functional properties and microbial load of the flours of 10 elite cassava ( <i>Manihot esculenta</i> ) varieties. <i>Asian Journal of Clinical Nutrition</i> , 3(1): 33–39.
tu8BIO	Thakkar, S.K., Huo, T., Maziya-Dixon, B. & Failla, M.L. 2009. Impact of style of processing on retention and bioaccessibility of beta-carotene in cassava ( <i>Manihot esculenta</i> , Crantz). <i>Journal of Agricultural and Food Chemistry</i> , 57(4): 1344–1348.
UF1	FAO. 2016. FAO/INFOODS Global Food Composition Database for Fish and Shellfish. Version 1.0 – uFish1.0. Rome. (also available at <a href="http://www.fao.org/infoods/infoods/tables-and-databases/faoinfoods-databases/en/">http://www.fao.org/infoods/infoods/tables-and-databases/faoinfoods-databases/en/</a> ).
UK6	Food Standards Agency. 2002. McCance and Widdowson's The Composition of Foods Sixth Summary Edition and updated Composition of Foods Integrated Dataset (CoFID). Cambridge, UK, Royal Society of Chemistry.
UK7	Food Standards Agency. 2015. McCance and Widdowson's The Composition of Foods Integrated Dataset (CoFID) 2015. London, Institute of Food Research, Public Health England. (also available at <a href="https://www.gov.uk/government/publications/composition-of-foods-integrated-dataset-cofid">https://www.gov.uk/government/publications/composition-of-foods-integrated-dataset-cofid</a> ).
UP1	FAO. 2017. FAO/INFOODS Global Food Composition Database for Pulses. Version 1.0 – uPulses 1.0. Rome. (also available at <a href="http://www.fao.org/infoods/infoods/tables-and-databases/faoinfoods-databases/en/">http://www.fao.org/infoods/infoods/tables-and-databases/faoinfoods-databases/en/</a> ).
US23	United States Department of Agriculture (USDA). 2011. USDA National Nutrient Database for Standard Reference, Release 23. In: USDA Agricultural Research Service [online]. Washington. [Cited April 2011]. <a href="https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/nutrient-data-laboratory/docs/sr23-home-page/">https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/nutrient-data-laboratory/docs/sr23-home-page/</a>
US28	United States Department of Agriculture (USDA). 2015. USDA National Nutrient Database for Standard Reference, Release 28. In: USDA Agricultural Research Service [online]. Washington. [Cited April 2018]. <a href="http://ndb.nal.usda.gov/">http://ndb.nal.usda.gov/</a>
ve27BIO	Mepba, D.H., Eboh, L. & Banigo, B.E.D. 2007. Effects of processing treatments on the nutritive composition and consumer acceptance of some Nigerian edible leafy vegetables. <i>African Journal of Food, Agriculture, Nutrition and Development</i> , 7(1): 1–18.
ve32BIO	Onyeike, E.N., Ihugba, C.A. & George, C. 2003. Influence of heat processing on the nutrient composition of vegetables consumed in Nigeria. <i>Plant Food for Human Nutrition</i> , 58(3): 1–11.
ve53BIO	Ajayi, O.S., Oderinde, F.S. & Osibanio, O. 1980. Vitamin C losses in cooked fresh leafy vegetables. <i>Food Chemistry</i> , 5(3): 243–247.
ve56BIO	Oteng-Gyang, K. & Mbachui, I.J. 1986. Changes in the ascorbic acid content of some tropical leafy vegetables during traditional cooking and local processing. <i>Food Chemistry</i> , 23(1): 9–17.
ve60BIO	Getachew Addis, G., Asfaw, Z., Singh, V., Woldu, Z., Baidu-Forsen, J.J. & Bhattacharya, S. 2013. Dietary values of wild and semi-wild edible plants in Southern Ethiopia. <i>African Journal of Food, Agriculture, Nutrition and Development</i> , 13(2): 7485–7503.
ve7BIO	Sreeramulu, G., Ndossi, D.G. & Mtotomwema, K. 1983. Effect of cooking on the nutritive value of common food plants of Tanzania: Part 1: Vitamin C in some of the wild green leafy vegetables. <i>Food Chemistry</i> , 10(3): 205–210.
ve8BIO	Obob, G. 2005. Effect of blanching on the antioxidant properties of some tropical green leafy vegetables. <i>Swiss Society of Food Science and Technology</i> , 38(5): 513–517.
W2010	Macaire, W.H., Bernard, T., Noel, T., Michel, L., Félicité, T.M., Cesar, K. & Jacques, F. 2010. Extraction of palm kernel oil in Cameroon: Effects of Kernels Drying on the oil quality. <i>Journal of Food Technology</i> , 8(1): 1–7.
Yi2015	Yiagnigni, A.R. 2015. Fibres alimentaires, vitamine E et facteurs antinutritionnels des graines de Cucurbitacees du Cameroon. Thesis in Biochemistry: Food Science and Nutrition. Faculté des Sciences, University of Yaoundé I. (MSc dissertation)







**FAO/INFOODS Food Composition Table  
for Western Africa (2019)**

*User Guide & Condensed Food Composition Table*

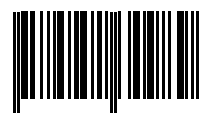
**Table de composition des aliments  
FAO/INFOODS pour l'Afrique de l'Ouest (2019)**  
*Guide d'utilisation & table de composition des aliments condensée*

**Food and Agriculture Organization  
of the United Nations**

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