

FAIS Food Composition Table

Commodity List		Energy (kcal)	Fat (g)	Iodine (µg)	Iron (mg)	Niacine (mg)	Protein (g)	Riboflavin (mg)	Thiamine (mg)	Vitamina (µgRE)	Vitamin B12 (µg)	Vitamin B6 (mg)	Vitamin B9* (µg)	Vitamin C (mg)	Zinc (mg)	Source
1	API															
2	APPLES	52	0.2		0.1	0.1	0.3	0.03	0.02	3.0	0.00	0.04	1.0	4.6	0.04	USDA_BDA
3	BARLEY	337	1.6		17.9	8.1	10.0	0.10	0.36	0.0			0			NUTVAL
4	BARLEY FLOUR	345	1.6		2.7	6.3	10.5	0.11	0.37	0.0	0.00	0.40	50.0	0	2.00	USDA_BDA
5	BEANS	291	2.0		8.0	2.3	23.6	0.10	0.40	3.0		0.08	60.0	3	0.20	INRAN
6	BEVERAGES															INRAN
7	BISCUITS	429	13.8		1.8	0.3	7.2	0.04	0.16	0.0		0.05	7.7	0	0.60	INRAN
8	BLENDED FOOD WHEAT SOYA MIX	370	6.0		20.8	9.1	20.0	0.60	1.50	498.0			40			WFP
9	BREAD	261	2.0	6.0	1.7	5.6	7.7	0.06	0.16	0.0	0.00	0.04	150.0	0	0.85	NUTVAL_USDA
10	BROAD BEANS	341	1.5		6.7	2.8	26.1	0.33	0.56	3.0	0.00	0.37	0.0	1.4	3.14	USDA
11	BROWN SUGAR	380	0.0		0.7	0.1	0.1	0.00	0.00	0.0	0.00	0.04	0.0	0	0.03	USDA
12	BUCKWHEAT	343	3.4		2.2	7.0	13.3	0.43	0.10	0.0	0.00	0.21	0.0	0	2.40	USDA
13	BULGUR WHEAT	350	1.5		3.7	4.5	11.0	0.14	0.28	0.0			0			NUTVAL
14	BUTTER	725	81.0	38.0	0.2	0.2	0.0	0.02	0.01	714.0	0.17	0.00	0.0	0	0.09	NUTVAL_USDA
15	BUTTER OIL	876	99.5		0.0	0.0	0.3	0.01	0.00	840.0	0.01	0.00	0.0	0	0.01	USDA
16	CANNED BEANS	45	0.5		1.9	0.1	4.1	0.02	0.03	0.0		0.03	4.7	0	0.60	INRAN
17	CANNED BEEF	246	17.6		2.2	4.3	20.5	0.17	0.02	0.0	1.66	0.17	0.0	0	4.87	USDA
18	CANNED CHICKEN	215	14.0		1.5	10.4	21.0	0.16	0.08	120.0	1.00	0.19	0.0	0	2.50	NUTVAL_USDA
19	CANNED FISH	305	24.0	19.0	2.7	6.5	22.0	0.30	0.40	0.0			0			NUTVAL
20	CANNED FISH MACKEREL PIKE	156	6.3		2.0	6.2	23.2	0.21	0.04	130.0	6.94	0.21	0.0	0.9	1.02	USDA
21	CANNED FISH, SARDIN. IN TOMATO	186	10.5	23.0	2.3	4.2	20.9	0.23	0.04	34.0	9.00	0.12	0.0	1	1.40	USDA_BDA
22	CANNED FISH, SARDINES	208	11.5	23.0	2.9	5.2	24.6	0.23	0.08	32.0	8.94	0.17	0.0	0	1.31	USDA_BDA
23	CANNED FRUITS	57	0.1		0.3	0.4	0.5	0.02	0.01	15.0		0.02	0.0	2.2	0.09	USDA
24	CANNED MAIZE	64	0.5		0.4	0.9	2.0	0.06	0.03	3.0	0.00	0.04	0.0	5.5	0.36	USDA
25	CANNED MEAT	220	15.0		4.1	6.6	21.0	0.23	0.20	0.0			0			NUTVAL

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26	CANNED PORK	271	22.0		2.1	3.7	16.0	0.16	0.70	0.0			0			NUTVAL
27	CANNED PORK/BEEF	259	19.8		2.2	4.0	18.3	0.16	0.36	0.0	1.66	0.17	0.0	0	4.87	AVG
28	CEREAL GENERAL	331	2.9		2.6	3.3	11.9	0.11	0.35	0.0		0.27	21.2	0	2.85	BDA avg
29	CHEESE	378	29.2	28.1	0.5	0.3	27.5	0.36	0.02	284.6	1.79	0.08	10.3	0.1428571	3.76	BDA avg
30	CHICK PEAS	364	6.0		6.2	4.6	19.3	0.21	0.48	20.0	0.00	0.54	0.0	4	3.43	NUTVAL_USDA
31	COCOA	270	21.0		14.0	3.1	17.0	0.30	0.10	4.0	1.18	0.32	0.0	0	3.44	NUTVAL_USDA
32	COFFEE	287	15.4	3.0	4.1	10.0	10.4	0.20	0.07	0.0	0.00	0.00	12.9	0	0.71	BDA
33	COFFEE BEANS	188	13.1	3.0	20.0	2.2	11.2	0.23	0.21	0.0	0.00	0.14	11.8	0	0.71	BDA
34	COFFEE SOLUBLE	98	0.0	0.0	4.6	24.8	20.4	0.21	0.04	0.0	0.00	0.02	6.5	0	1.10	BDA
35	COMMON WHEAT	317	2.6		3.3	5.4	12.3	0.14	0.42	0.0		0.27	24.1	0	2.63	INRAN
36	CONCENTRATED TOMATE PASTE	82	0.5		3.0	3.5	4.3	0.15	0.06	458.0				22		NUTVAL
37	CONDENSED MILK	321	8.7		0.2	0.2	7.9	0.42	0.09	74.0	0.44	0.05	0.0	2.6	0.94	USDA
38	CORN SOYA MASA FLOUR	365	3.8		2.9	3.5	9.3	0.26	0.44	662.0			0			NUTVAL
39	CORN-SOYA BLEND	400	6.0	2.0	12.8	10.0	18.0	0.70	0.44	501.0			50			NUTVAL
40	CORN-SOYA INSTANT MILK	380	6.0	56.9	18.0	8.0	20.0	0.60	0.80	510.0			40			NUTVAL
41	CORN-SOYA MILK	375	6.8	56.9	17.5	6.4	21.4	0.71	0.59	785.0			41			NUTVAL
42	DAIRY PRODUCTS															
43	DEFATTED SOYA FLOUR	339	2.4		13.7	2.6	45.0	0.25	0.69	2.0	0.00	0.57	0.0	0	5.06	USDA
44	DEHYDRATED POTATOES	354	0.4		1.2	6.3	8.3	0.11	0.99	1.0	0.00	0.75	0.0	81	0.70	USDA
45	DRD.FSH.STOCKFISH BLUE WHITING	356	3.5		3.3	3.5	80.1	0.50	0.14	0.0			0			INRAN
46	DRIED APPLES	243	0.3		1.4	0.9	0.9	0.16	0.00	0.0	0.00	0.13	0.0	3.9	0.20	USDA
47	DRIED FISH	244	2.6	110.0	2.6	3.0	54.6	0.37	0.11	8.5	8.00	0.68	11.5	0	1.25	BDA avg
48	DRIED FISH STOCKFISH COD	131	1.7				29.0						0			INRAN
49	DRIED FRUITS	243	0.5		2.7	1.9	2.5	0.16	0.04	122.0	0.00	0.16	0.0	3.8	0.50	USDA
50	DRIED FRUITS DATES	245	0.5		1.2	3.0	2.0	0.10	0.09	0.0			0			NUTVAL

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51	DRIED FRUIT'S FIGS	256	2.7		3.0	0.6	3.5	0.10	0.14	8.0				0		INRAN
52	DRIED FRUIT'S PEARS	262	0.6		2.1	1.4	1.9	0.15	0.01	0.0	0.00	0.07	0.0	7	0.39	USDA
53	DRIED FRUIT'S RAISINS	283	0.6		3.3	0.0	1.9	0.08	0.12	3.0				0		INRAN
54	DRIED SALTED FISH	270	7.5		2.8	8.6	47.0	0.11	0.07	0.0				0		NUTVAL
55	DRIED STOCKFISH	356	3.5	110.0	3.3	3.5	80.1	0.50	0.14	0.0	10.00	0.86	14.7	0	1.60	BDA
56	DRIED WHOLE MILK	500	27.0		0.5	6.8	25.0	1.21	0.28	280.0			0.0	0		NUTVAL
57	DURUM WHEAT	339	2.5		3.5	6.7	13.7	0.12	0.42	0.0	0.00	0.42	29.4	0	4.16	USDA
58	DURUM WHEAT FLOUR	314	2.8				12.9							0		INRAN
59	EDIBLE FAT	847	93.8	12.7	0.0	0.0	0.4	0.00	0.00	310.0	0.00	0.00	0.0	0	0.00	BDA avg
60	EDIBLE OIL	900	100.0	11.0	0.0	0.0	0.0	0.00	0.00	0.0	0.00	0.00	0.0	0	0.00	BDA
61	EDIBLE YEASTS															
62	EGGS	128	8.7	53.0	1.5	0.1	12.4	0.30	0.09	225.0	2.50	0.12	29.4	0	1.20	BDA
63	ENRICHED DRIED SKIM MILK	360	1.0	150.0	0.3	9.5	36.0	1.63	0.38	1.5	2.60	51.00		13	4.00	WFP_NUTVAL_BDA
64	EVAPORATED MILK	151	9.4	11.0	0.3	2.2	8.4	0.42	0.07	105.0				1		NUTVAL
65	FAFFA	342	5.2	0.1	3.6	3.8	17.2	0.21	0.47	18.3	0.00	0.41	58.3	0.4	2.78	WFP
66	FAFFA LOCAL CER, FAMIX DRINK	402	7.0		8.0	5.0	14.7	0.40	0.10					30		NUTVAL
67	FAFFA TEMFA															
68	FISH	86	1.5	40.5	0.9	2.5	17.6	0.10	0.07	21.0	2.17	0.20	5.0	0.67	1.28	BDA avg
69	FISH SAUCE	35	0.0		0.8	2.3	5.1	0.06	0.01	4.0	0.48	0.40	0.0	0.5	0.20	USDA
70	FRESH CHICKEN MEAT	171	10.6	8.0	0.6	5.0	19.0	0.14	0.08	0.0	0.00	0.30	5.3	0	1.10	BDA
71	FRESH FRUITS	47	0.3		0.5	0.4	0.9	0.05	0.04	111.4		0.14	14.1	49.6	0.16	BDA avg
72	FRESH VEGETABLES	19	0.2		1.0	0.8	1.9	0.13	0.05	119.0	0.00	0.11	40.8	25.71428	0.49	BDA avg
73	FROZEN BEEF	204	15.7		1.9	3.8	14.6	0.16	0.04	0.0	2.05	0.21	0.0	0	4.12	USDA
74	FROZEN MEAT UNSPECIFIED	199	14.5	2.7	1.2	4.3	16.4	0.17	0.26	0.7	0.90	0.29	3.0	0.2	2.50	USDA_AVERAGE
75	FROZEN PORK	221	17.2		0.9	4.0	15.4	0.21	0.67	2.0	0.64	0.35	0.0	0.6	2.28	USDA

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76	FRUIT JUICE	56	0.1		0.3	0.3	0.3	0.03	0.01	0.0		0.04	0.6	60	0.10	BDA
77	GHEE															
78	GROUND NUTS	598	50.0		3.5	14.0	29.0	0.08	0.16	0.0		0.54	38.8	0	3.90	BDA
79	HARD BISCUITS															
80	HARD RED WINTER WHEAT	327	1.5		3.2	5.5	12.6	0.12	0.38	0.0	0.00	0.30	0.0	0	2.65	USDA
81	HARD SPRING RED WHEAT	329	1.9		3.6	5.7	15.4	0.11	0.50	0.0	0.00	0.34	0.0	0	2.78	USDA
82	HIGH ENERGY BISCUITS	450	15.0	75.0	11.0	6.0	12.0	0.70	0.50	250.0				20		NUTVAL
83	INDIA MIX	342	6.9	1.5	6.4	4.5	18.3	0.32	0.53	0.0	0.00	0.20	18.1	1.5	1.97	WFP
84	INKA MIX															
85	INSTANT CORN SOYA MASA FLOUR	363	3.7		2.9	3.5	11.4	0.26	0.44	662.0				0		NUTVAL
86	IODISED SALT	0	0.0	6.0	0.0	0.0	0.0	0.00	0.00	0.0				0		NUTVAL
87	JAM	278	0.1		0.5	0.0	0.4	0.08	0.02	0.0	0.00	0.02	0.0	8.8	0.06	USDA
88	LENTILS	338	1.0		9.0	6.8	28.1	0.25	0.48	12.0	0.00	0.54	0.0	4.4	4.78	NUTVAL_USDA
89	LIKUNI PHALA	355	5.2		3.4	1.7	13.4	0.22	0.43	50.1		0.54	43.0	0.3	2.22	AVG
90	LYOPHILISED FRUIT JUICE															
91	LYOPHILISED MEAT															
92	LYOPHILISED SOUP															
93	LYOPHILISED VEGETABLE SOUP	298	8.8		2.8	3.1	10.1	0.15	0.21					0		INRAN
94	MAIZE	355	3.8		2.4	1.5	9.2	0.20	0.36	62.0		0.62	0.0	0	2.21	BDA
95	MAIZE OR CORN FLOUR	365	2.7		1.8	1.9	8.7	0.10	0.35	67.0		0.00	0.0	0	1.00	BDA
96	MAIZE/SOYA/SORGHUM 33% EACG	367	8.7		4.6	2.3	19.1	0.29	0.53	21.3	0.00	0.50	185.0	0	3.26	AVG
97	MANIOC															
98	MARGARINE	760	84.0	0.0	0.3	0.0	0.7	0.00	0.00	628.0	0.00	0.00	0.0	0	0.00	BDA
99	MILK	63	3.6	15.0	0.2	0.1	3.3	0.19	0.04	40.0	0.20	0.04	0.6	1	0.30	BDA
100	MILK BISCUITS	417	8.5		1.9	2.4	13.8	0.26	0.29	0.0		0.03	6.5	0	0.40	BDA

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101	MILK FORMULAR	70	3.8			1.8					0.02	42.00	10.5		0.42	WFP
102	MILK FORMULAR (1ST AGE GROUP)															
103	MILLET	378	4.2		3.0	4.7	11.0	0.21	0.42	0.0	0.00	0.38	0.0	0	1.68	USDA
104	MISCELLANEOUS															
105	MISCELLANEOUS POTATOES FRESH	85	1.0		0.6	2.5	2.1	0.04	0.10	3.0		0.44	20.6	15	0.27	BDA
106	MIXED AND BLENDED FOODS															
107	MUNG BEANS	279	1.1		6.0	2.1	23.9	0.26	0.36	4.0		0.38	82.4	0	2.70	BDA
108	MUSALAC	359	6.4	0.3	3.5	1.9	14.3	0.24	0.42	31.0	0.00	0.37	74.0	0.02	1.93	AVG
109	MUTTON	293	25.0	7.0	2.0	3.6	17.0	0.10	0.12	12.0	1.00	0.23	1.8	0	3.13	BDA
110	NUTS	387	23.9		0.8	1.8	6.2	0.12	0.11	2.0	0.00	0.53	0.0	0	0.51	USDA
111	OAT	389	6.9		4.7	1.0	16.9	0.14	0.76	0.0	0.00	0.12	0.0	0	3.97	USDA
112	OAT FLOUR	385	7.1		4.2	2.4	12.6	0.17	0.52	0.0		0.12	35.3	0	3.30	INRAN_BDA
113	OILS AND FATS	829	91.7	24.5	0.0	0.0	0.4	0.01	0.00	465.0	0.00	0.00	0.0	0	0.30	BDA avg
114	OLIVE OIL	899	99.9		0.2	0.0	0.0	0.00	0.00	36.0	0.00	0.00	0.0	0	0.00	BDA
115	PASTA	348	1.8		1.6	4.4	12.0	0.05	0.18	0.0			0			NUTVAL
116	PEA WHEAT BLENDED	425	6.0		8.0	4.8	15.0	0.45	0.13	50.0	1.20		35.3	48	5.00	WFP
117	PEANUT OR GROUNDNUT BUTTER	623	53.7		2.1	12.5	22.6	0.09	0.17	0.0	0.00	0.58	31.2	0	3.00	BDA
118	PEARL BARLEY	352	1.2		2.5	4.6	9.9	0.11	0.19	1.0	0.00	0.26	0.0	0	2.13	USDA
119	PEARS	58	0.1		0.2	0.2	0.4	0.03	0.01	1.0	0.00	0.03	0.0	4.2	0.10	USDA
120	PEAS	306	2.0		4.5	2.2	21.7	0.15	0.58	10.0		0.13	19.4	4	2.60	BDA
121	PINK BEANS	343	1.1		6.8	1.9	21.0	0.19	0.77	0.0	0.00	0.53	272.4	0	2.55	USDA
122	PINTO BEANS	347	1.2		5.1	1.2	21.4	0.21	0.71	0.0	0.00	0.47	308.8	6.3	2.28	USDA
123	PLAIN DRIED SKIM MILK	360	1.0		0.4		36.0		0.40	318.0						WFP
124	PRE-PACKAGED FOOD PARCELS															
125	PULSES	314	2.3		5.4	2.1	23.4	0.17	0.52	7.7		0.49	53.5	3.333333	3.10	BDA avg

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126	QUINOA	368	6.1		4.6	1.5	14.1	0.32	0.36	1.0	0.00	0.49			3.10	USDA
127	RAPESEED OIL, REFINED	899	99.9	0.0	0.1	0.0	0.0	0.00	0.00	0.0	0.00	0.00	0.0	0	0.00	BDA
128	RICE	332	0.4		0.8	1.3	6.7	0.03	0.11	0.0		0.30	11.8	0	1.30	INRAN_BDA
129	RICE FLOUR	366	1.4		0.4	2.6	6.0	0.02	0.14	0.0	0.00	0.44	0.0	0	0.80	USDA
130	ROLLED OAT	375	7.5		5.2	1.0	8.0	0.14	0.55	0.0		0.12	18.8	0	3.10	BDA
131	ROOTS AND TUBERS	104	0.3		0.7	0.9	1.3	0.07	0.05	230.2		0.14	12.6	9.6	0.23	BDA avg
132	RYE	339	6.9		4.7	1.0	16.9	0.14	0.76	0.0		0.12	32.9	0	4.00	BDA
133	RYE FLOUR	311	2.3		2.7	1.0	11.7	0.22	0.40	0.0		0.35	45.9	0	3.00	INRAN_BDA
134	SALT	0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.0			0			NUTVAL
135	SEMOLINA	360	1.1		1.2	3.3	12.7	0.08	0.28	0.0	0.00	0.10	0.0	0	1.05	USDA
136	SESAME SEED / SUGAR SWEET															
137	SOFT WHEAT FLOUR	321	1.9		3.0	5.0	11.9	0.16	0.40	0.0		0.50	33.5	0	2.90	BDA
138	SOFT WHITE WHEAT	340	2.0		5.4	4.8	10.7	0.11	0.41	0.0	0.00	0.38	0.0	0	3.46	USDA
139	SORGHUM	339	3.3		4.4	2.9	11.3	0.14	0.24	0.0	0.00			0		USDA
140	SOYA	407	19.1		6.9	2.5	36.9	0.52	0.99	2.0		0.38	217.7	0	4.30	INRAN
141	SOYA BEANS	416	19.9	6.0	15.7	10.4	36.5	0.87	0.87	7.0				6		NUTVAL
142	SOYA FLOUR	446	23.5		6.9	2.0	36.8	0.28	0.75	0.0		0.46	202.9	0	3.90	INRAN
143	SOYA OIL	899	99.9	0.0	0.1	0.0	0.0	0.00	0.00	0.0	0.00	0.00	0.0	0	0.00	INRAN
144	SOYA-FORTIFIED BULGUR WHEAT	350	1.5		2.9	3.5	17.0	0.26	0.44	662.0				0		NUTVAL
145	SOYA-FORTIFIED MAIZE MEAL	390	1.5		2.9	3.5	13.0	0.26	0.44	662.0				0		NUTVAL
146	SOYA-FORTIFIED ROLLED OAT	380	6.0		5.3	4.0	20.0	0.14	0.74	0.0				0		NUTVAL
147	SOYA-FORTIFIED SORGHUM GRIT'S	360	1.0		2.9	3.5	16.0	0.26	0.44	662.0				0		NUTVAL
148	SOYA-FORTIFIED WHEAT FLOUR	360	1.3		4.8	4.6	16.0	0.36	0.66	265.0				0		NUTVAL
149	SUGAR	392	0.0		0.3	0.0	0.0	0.00	0.00	0.0		0.00	0.0	0	0.10	INRAN
150	TAPIOCA	360	0.2		1.0	0.0	0.6	0.10	0.00	0.0		0.00	0.0	0	0.12	INRAN

FAIS Food Composition Table

Commodity List		Energy (kcal)	Fat (g)	Iodine (µg)	Iron (mg)	Niacine (mg)	Protein (g)	Riboflavin (mg)	Thiamine (mg)	VitaminA (µgRE)	Vitamin B12 (µg)	Vitamin B6 (mg)	Vitamin B9* (µg)	Vitamin C (mg)	Zinc (mg)	Source
151	TEA	40	0.0	0.0	1.0	6.0	10.0	0.37	0.10	0.0			0			NUTVAL
152	TEFF	367	2.4		7.6	3.4	13.3	0.27	0.39	0.0		0.48			3.63	USDA
153	TEXTURED SOY PROTEINS	272	0.0				52.4						179.3			WFP
154	VARIOUS RATIONS FOR INFANTS															
155	VEGETABLE OIL	900	100.0	11.0	0.1	0.0	0.0	0.00	0.00	0.0	0.00	0.00	0.0	0	0.00	BDA
156	WHEAT FLOUR	350	1.5		1.2	3.4	11.5	0.04	0.12	0.0				0		NUTVAL
157	WHEAT-SOYA BLEND	400	6.0	1.0	12.0	7.9	20.0	0.66	0.41	600.0				49		NUTVAL
158	WHEAT-SOYA MILK	357	5.8	56.9	17.9	8.3	25.1	0.73	0.60	699.0				41		NUTVAL
159	WHOLE WHEAT MEAL	339	1.9		3.9	6.4	13.7	0.22	0.45	0.0	0.00	0.34	0.0	0	2.93	USDA
160	'CODRICA' RYE SOYA BLEND															
161	WHEY SOYA DRINK MIX															
162	WHITE PEA BEANS															
163	WHEAT PROTEIN CONC. BLEND															
164	SOYA-FORTIFIED RICE															
165	RICE MILK POWDER BLEND															
166	LYOPHILISED BEANS															
167	LACTO SOYA BLEND															
168	INSTANT CORN SOY BLEND															
169	CORN-MILK															
170	CASSAVA FLOUR															
171	CANNED PULSES															
172	WEANING CEREALS															
173	POTATO FLAKES/GRANULES															

* Folic Acid

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