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Food Composition Tables

for Use in the English
Speaking Caribbean

Supplement



The Caribbean Food and Nutrition Institute
P.O. Box 140, Mona, Kingston 7, Jamaica

Pan American Health Organization
Pan American Sanitary Bureau,
Regional Office of the World Health Organization

PAHO/CFNI/2000.J7

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SUPPLEMENT



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Caribbean Food and Nutrition Institute is a specialized centre of the Pan American Health Organization (PAHO) which represents the World Health Organization (WHO) in the Region of the Americas.

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SOURCES OF DATA

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18. Caribbean Food and Nutrition Institute (CFNI) (Unpublished)

FOODS MOST COMMONLY CONSUMED BY THE JAMAICAN POPULATION

Focus group methodology was employed in a study conducted in Jamaica, aimed at providing critical information on priority foods to be included in a food composition database¹. The list below shows the foods determined to be the most commonly consumed.

Meat and Meat Products	Starchy Roots and Tubers	Cereals and Cereal Products	Mixed Dishes
Beef	Yellow Yam (<i>Dioscorea cayenensis</i>)	Brown Bread	Rice and Peas
Pork	Renta Yam (<i>Dioscorea alata</i>)	Sliced White Bread	Soups (beef, chicken foot, peas, beans)
Goat's Flesh	St. Vincent Yam (<i>Dioscorea alata</i>)	Hard dough White Bread	Dumplings (boiled, fried)
Corned Beef	Sweet Yam (<i>Dioscorea alata</i>)	Water Crackers	Beef Patty
Beef Liver	Tau Yam (<i>Dioscorea rotundata</i>)	Spiced Bun (sweet, yeast bread)	Cornmeal Porridge
Cow's Head	Breadfruit (<i>Artocarpus altiss</i>)	Bulla (flat, baking soda cake)	Banana Porridge
Frankfurter	Sweet Potato (<i>Ipomoea batatas</i>)	Biscuits	Oats Porridge
	Irish Potato (<i>Solanum tuberosum</i>)	Oats (<i>Avena sativa</i> L.)	Rice Porridge
	Coco (Taro) (<i>Colocasia esculenta</i>)	Macaroni	
	Green Banana (<i>Musa paradisiaca</i>)	Corn flakes	
	Plantain (<i>Musa paradisiaca</i>)	Rice (<i>Oryza sativa</i> L.)	
Poultry	Milk and Milk Products	Green Leafy and Yellow Vegetables	Fruits
Chicken (whole)	Condensed Milk	Cabbage (<i>B. oleracea</i> var. <i>capitata</i>)	Orange (<i>Citrus sinensis</i>)
Chicken Back	Cheddar Cheese	Callaloo (<i>Amaranthus viridis</i>)	Orange Juice
		Lettuce (<i>Lactuca sativa</i>)	Mango (<i>Mangifera</i>)
Fish	Nuts	Carrot (<i>Daucus carota</i>)	Grapefruit (<i>Citrus paradisi</i>)
Fish (fresh)	Peanuts (<i>Arachis hypogaea</i>)	Chocho (Christophene) (<i>Sechium edule</i>)	Papaya (<i>Carica papaya</i>)
Mackerel (pickled)		Sweet Pepper (<i>Capsicum annum</i>)	Ripe Banana (<i>Musa sapientum</i>)
Mackerel (canned)		Pumpkin (<i>Cucurbita maxima</i>)	West Indian Cherries (<i>Malpighia punicifortia</i>)
Codfish (salted)		<i>Pak Choi</i> (<i>Brassica rapa</i>)	Guava (<i>Psidium guajava</i>)
Sardines		String Beans (<i>Phaseolus vulgaris</i>)	Water melon (<i>Citrullus lanatus</i>)
Eggs		Other Vegetables	
Boiled, fried, scrambled		Ackee (<i>Blighia sapida</i>)	Okra (<i>Abelmoschus esculentus</i>)
		Cucumber (<i>Cucumis sativus</i>)	Tomato (<i>Lycopersicon asculenta</i>)

¹Source: Identifying Foods Commonly Consumed by the Jamaican population: the focus group approach; Pauline Samuda, Richard A. Cook, Cristanna M. Cook and Fitzroy Henry.

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FOREWORD

Compilation of any food composition database is an ongoing activity as increased processing, production and trade broaden the range of foods available in the food system. The nutrient composition of processed foods will change in line with changes in processing techniques and product formulation. Of importance also, is that improvements in analytical methods and standards will result in the availability and production of more accurate nutrient data.

The process of compiling a database is even more difficult in the Caribbean, which constitutes several countries, with a diverse heritage of peoples, and hence diverse dietary patterns and practices.

Direct chemical analysis of the nutrient content of foods constitutes a costly and time-consuming activity. Consequently all of the nutrient data published in the Food Composition Tables previously were 'borrowed' from other databases and publications, while making every effort to as closely as possible replicate the foods consumed in our own region. Since 1996, however, CFNI has worked to carry out actual chemical analyses on several of the foods common in the Caribbean diet. This publication of nutrient content of 130 single foods and composite dishes represents the extensive work done in this area.

The foods/dishes included in this publication are those identified as most commonly eaten by the Jamaican population

as indicated by results of focus group discussions conducted around the island. Although of Jamaican origin, many of the foods, are common to the other countries of the region. This supplement is an effort to provide comprehensive nutrient data on these foods/dishes at both the raw and 'as consumed' levels. Nutrient values for foods presented in this supplement supersede values for the same foods given in previous publications of the Caribbean Food and Nutrition Institute (CFNI).

Data were arrived at using both the direct analytical method and the indirect method of drawing nutrient values from the literature. Samples of foods/dishes included under the new category: *Home Cooked and Commercially Prepared Foods/Dishes* were collected and chemically analysed. Where available, direct analytical data, as supplied by producers and manufacturers, are also presented for brand-named products. The major literature sources drawn on were the USDA's *Composition of Foods*, Hand Book No.8 and the British McCance and Widdowson's *Immigrant Foods*.

This is the first Supplement to the *Food Composition Tables for Use in the English-Speaking Caribbean*. It is intended that as new and more data are generated, the information will be compiled in a comprehensive database under the name CARICOMFOODS which will allow for electronic accessing of nutrient data on Caribbean foods. For now, CFNI is pleased to offer its member countries the most current food composition data available to us.

ACKNOWLEDGEMENT

The Caribbean Food and Nutrition Institute acknowledges the valuable contribution of several individuals and organizations to the generation and compilation of the data for this supplement to the Food Composition Tables for use in the Caribbean. Drs. Richard Cook and Alfred Bushway of the Department of Human Nutrition and Food Science at the University of Maine provided valuable assistance with the major research work for this publication. The U.S.D.A food composition laboratory gave guidance in sample selection and collection.

CFNI's Nutritionists, Dr. Pauline Samuda and Ms. Audrey Morris, under the guidance of the Director, Dr. Fitzroy Henry, were responsible for the scientific data gathering, compilation and technical editing.

Chemical determinations for home cooked and prepared foods/dishes were carried out by Dr. Pauline Samuda (University of Maine, U.S.A.); Technological Solutions, Kingston; Jamaica Bureau of Standards and the Biochemistry Department of the University of the West Indies, Mona campus. Analytical data (unpublished), for various items were provided by the Jamaica Biscuit Company, Jamaica Bureau of Standards and the Scientific Research Council.

Editorial responsibilities were undertaken by the following persons: Ms. Kamla Hamilton and Ms. Jacinth Waugh assisted with typing and Mrs. Ennet Noble who did the indexing. Printing of the publication was undertaken by the CFNI's Printery.

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11. Jamaican Home and Commercially Prepared Foods/Dishes (Minerals and Vitamins)

Values per 100 g

No.	Food and description	Ca (mg)	K (mg)	Fe (mg)	Mg (mg)	P (mg)	Na (mg)	Zn (mg)	Cu (mg)	Mn (mg)	Vit. A (R.E.)	Thiamin (mg)	Ribo-flavin (mg)	Niacin (mg)	Vit. C (mg)	Source ¹
110	Bammy	47.4	· ²	3.1	· ²	· ²	325	· ²	· ²	· ²	· ²	· ²	· ²	· ²	· ²	18
111	Beef, brown stewed	7.70	· ²	6.20	· ²	· ²	560	· ²	· ²	· ²	65	0.10	0.27	4.60	n.d ³	18
112	Beef Patty	112	· ²	1.80	· ²	· ²	376	· ²	· ²	· ²	<65	0.25	2.21	3.30	n.d ³	18
113	Breadfruit, boiled	29.5	239	<D.L. ^{4b}	14.3	23.0	222	<D.L. ^{4a}	0.45	0.09	· ²	· ²	· ²	· ²	· ²	17
114	Breadfruit, roasted	32.2	492	<D.L. ^{4b}	23.6	35.5	3.50	<D.L. ^{4a}	0.45	0.30	· ²	· ²	· ²	· ²	· ²	17
115	Bulla	109	· ²	2.60	· ²	· ²	334	· ²	· ²	· ²	n.d ³	0.17	0.18	3.80	n.d ³	18
116	Callaloo, steamed	301	537	3.45	161	55	242	0.08	1.87	0.88	· ²	· ²	· ²	· ²	· ²	17
117	Chicken, brown stewed	37.9	284	0.14	23.2	141	602	<D.L. ^{4a}	1.77	1.67	· ²	· ²	· ²	· ²	· ²	17
118	Chicken, curried	16.0	· ²	7.50	· ²	· ²	540	· ²	· ²	· ²	130	<0.10	0.24	4.80	n.d ³	18
119	Chicken, jerked	6.60	· ²	4.10	· ²	· ²	540	· ²	· ²	· ²	<65	<0.10	0.24	8.30	n.d ³	18
120	Fish, snapper, brown stewed	639	· ²	1.70	· ²	· ²	512	· ²	· ²	· ²	· ²	· ²	· ²	· ²	· ²	18
121	Fish, sprat, fried	562	· ²	1.50	· ²	· ²	221	· ²	· ²	· ²	· ²	· ²	· ²	· ²	· ²	18
122	Pak Chol, steamed	45.0	· ²	12.3	· ²	· ²	380	· ²	· ²	· ²	1108	<0.10	<0.10	0.70	0.01	18
123	Pork, brown stewed	3.10	· ²	2.40	· ²	· ²	570	· ²	· ²	· ²	<65	0.27	0.34	3.20	n.d ³	18
124	Porridge, commeal	8.60	· ²	1.40	· ²	· ²	280	· ²	· ²	· ²	n.d ³	<0.10	0.17	0.20	0.01	18
125	Porridge, oats	22.7	· ²	1.90	· ²	· ²	280	· ²	· ²	· ²	n.d ³	<0.10	<0.10	0.10	0.02	18
126	Porridge, rice	41.5	· ²	1.10	· ²	· ²	370	· ²	· ²	· ²	n.d ³	<0.10	<0.10	0.30	0.00	18
127	Rice, rice and peas	26.4	140	0.63	23.5	68	263	<D.L. ^{4a}	0.85	1.10	· ²	· ²	· ²	· ²	· ²	17
128	Sweet potato, pudding	79.0	· ²	6.00	96	· ²	· ²	· ²	· ²	· ²	n.d ³	0.15	<0.10	1.20	n.d ³	18
129	Yam, St. Vincent, boiled	8.60	· ²	2.20	· ²	· ²	170	· ²	· ²	· ²	n.d ³	<0.10	<0.10	0.20	0.01	18
130	Yam, Renta, boiled	7.40	· ²	1.40	· ²	· ²	280	· ²	· ²	· ²	n.d ³	<0.10	<0.10	0.30	0.01	18

¹ Sources are listed at the end of the tables, ² missing data, ³ not detected, ⁴ Below Detectable Level : ^a = 0.007, ^b = 0.01

EXPLANATION OF THE FOOD COMPOSITION TABLES

1. FOOD GROUPING AND LISTING

The food items are listed under 11 groupings modified from the sequence suggested by the Food and Agriculture Organization (FAO) of the United Nations for reporting food consumption surveys or compilation of food balance sheets.

The groups are as follows:

1. Cereals and Cereal Products
2. Starchy Roots and Tubers
3. Vegetables
4. Fruits
5. Meat and Meat Products
6. Fish
7. Eggs
8. Milk and Milk Products
9. Nuts
10. Mixed dishes
11. Home Cooked and Commercially Prepared Foods/Dishes

The foods are listed in alphabetical order in each group. Different preparations of a food are listed together.

Food items are numbered consecutively from 001 to 130; there is no distinction made between food groups in numbering. Data for each food are listed over two pages; the first page lists content of energy, proximates and lipid components per 100 grams edible portion while the facing page lists micronutrient content. The source of the data for each item is indicated in the 'source' column.

2. CONSTITUENTS AND MODES OF EXPRESSION

In addition to the nutrients listed in previous editions of the tables, the supplement now contains data for content of ash, magnesium, phosphorus, copper and manganese. Unlike previous editions, there are no data included for folic acid or vitamin B₁₂ content. Since the data are expressed for edible portion, no data for refuse is given. The term 'moisture' replaces 'water' used in previous editions.

A full listing of the chemical components and their units of expression in the tables follows:

Moisture	g
Energy	kcal, kJ
Protein	g
Total fat	g
Saturated fat	g
Cholesterol	g
Carbohydrate	g
Ash	g
Fibre	g
Calcium (Ca)	mg
Potassium (K)	Mn
Iron (Fe)	mg
Magnesium (Mg)	mg
Phosphorus (P)	mg
Sodium (Na)	mg
Zinc (Zn)	mg
Copper (Cu)	mg
Manganese (Mn)	mg
Vitamin A	R.E.
Thiamin	mg
Riboflavin	mg
Niacin	mg
Vitamin C	mg

physiological energy values and represent the energy value remaining after the losses in digestion and metabolism have been deducted. Caloric factors are based on the Atwater System for determining caloric values, that is, generally 4 kilocalories per gram of carbohydrate and protein and 9 kilocalories per gram of fat. Kilocalories were converted to kilojoules by multiplying by 4.184. However, specific factors were used for the determination of the energy contribution of carbohydrate, fat and protein in certain foods, and these are given in the following table.

Factors Used for Calculating the Caloric Value of Certain Foods

Food and Description	Protein Kcal/g	Fat Kcal/g	Carbohydrate Kcal/g
Chicken, brown stewed	4.27	9.02	Not Applicable
Callaloo, steamed	2.44	8.37	3.57
Rice and Peas	3.66	8.39	4.04
Breadfruit, boiled	2.78	8.37	4.03
Breadfruit, roasted	2.78	8.37	4.03

Energy values are for metabolizable energy; that is, as utilized by the body. When foods are analyzed in a laboratory, energy values need to be adjusted to reflect how that food would be utilized in the body. The metabolizable energy of a food is less than the value obtained by laboratory analysis, as food is not completely burned in the body whereas the food is completely burned when it is analyzed in a laboratory.

3. NUTRIENT CONTENT

Energy: Food energy is expressed in terms of both kilocalories (kcal) and kilojoules (kJ). The data are for

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11. Jamaican Home and Commercially Prepared Foods/Dishes (Proximates and Lipids)

Values per 100 g

No.	Food and description	Moisture (g)	Energy		Protein (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (g)	Carbohydrate (g)	Ash (g)	Fiber ¹ (g)	Source ²
			Kcal	KJ								
110	Bammy	35.0	217	908	0.80	tr ⁶	- ³	- ³	53.5	- ³	- ³	18
111	Beef, brown stewed	67.1	158	661	21.7	7.00	2.50	60	2.10	- ³	- ³	18
112	Beef Patty	16.1	308	1289	12.4	14.0	6.80	20	33.2	- ³	- ³	18
113	Breadfruit, boiled	79.0	80	335	1.00	0.20	0.21	n.d ⁵	18.8	1.00	3.50	17
114	Breadfruit, roast	59.0	160	669	2.00	0.40	n.d ⁵	n.d ⁵	37.4	1.20	3.50	17
115	Bulla	16.9	318	1331	6.70	2.40	- ³	- ³	67.5	- ³	- ³	18
116	Callaloo, steamed	87.0	45	187	3.60	2.40	0.03	n.d ⁵	4.50	2.60	6.50	17
117	Chicken, brown stewed	65.0	197	825	21.8	11.6	0.70	142	ND ⁴	2.20	- ³	17
118	Chicken, curried	63.1	230	962	16.8	21.3	4.10	98	3.30	- ³	- ³	18
119	Chicken, jerked	59.0	207	866	29.3	10.0	2.80	133	2.10	- ³	- ³	18
120	Fish, snapper, brown stewed	64.0	170	711	21.7	9.90	2.00	78	n.d ⁵	- ³	- ³	18
121	Fish, sprat, fried	43.2	244	1021	18.7	18.5	3.60	121	n.d ⁵	- ³	- ³	18
122	Pak Choi, steamed	82.5	107	448	2.10	9.00	- ³	- ³	4.50	- ³	- ³	18
123	Pork, brown stewed	53.4	285	1192	22.5	21.3	7.00	76	0.80	- ³	- ³	18
124	Porridge, commmeal	82.2	71	297	0.60	0.40	- ³	- ³	16.3	- ³	- ³	18
125	Porridge, oats	83.7	67	280	1.40	0.80	- ³	- ³	13.6	- ³	- ³	18
126	Porridge, rice	82.7	69	289	0.40	0.30	- ³	- ³	16.3	- ³	- ³	18
127	Rice, rice and peas	63.0	152	635	4.30	2.10	0.23	n.d ⁵	29.2	1.00	4.60	17
128	Sweet potato, pudding	50.1	185	774	2.60	2.20	- ³	- ³	38.6	- ³	- ³	18
129	Yam, St. Vincent, boiled	78.9	82	343	1.00	0.10	- ³	- ³	19.3	- ³	- ³	18
130	Yam, Renta, boiled	74.4	99	414	1.10	0.00	- ³	- ³	23.8	- ³	- ³	18

¹ Total Dietary Fiber, ² Sources are listed at the end of the tables, ³ missing data, ⁴ Not determined, ⁵ none detected, ⁶ trace

10. Mixed Dishes (Minerals and Vitamins)

Values per 100 g

No.	Food and description	Ca (mg)	K (mg)	Fe (mg)	Mg (mg)	P (mg)	Na (mg)	Zn (mg)	Cu (mg)	Mn (mg)	Vit. A (R.E.)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit. C (mg)	Source ¹
109	Fried Dumplings	119	106	1.80	- ²	-	492	0.50	-	-	28	0.20	0.21	0.20	0	16

¹Sources are listed at the end of the table; ² missing data

Proximate Components: The values for fat represent those food components soluble in ethyl ether, including free fats, fatty acids, lecithin and some pigments. They may be referred to as 'crude fat', 'total fat' or 'ether extract'. Saturated fat includes primarily butyric, palmitic and stearic fatty acids. As was done in previous editions of the Tables, the values in this Supplement are presented per 100 grams of food.

The carbohydrate value given was calculated by 'difference', that is the difference between 100 percent and the sum of the percentages of water, protein, fat and ash. Thus carbohydrate values include dietary fibre.

Minerals: The mineral values represent the total amounts present in the food and include those amounts, if any, added to the product in preparation for the retail market.

Vitamins: Ascorbic acid values are expressed in terms of reduced ascorbic acid. The values for niacin do not include the niacin contributed by tryptophan, a niacin precursor. The values for vitamin A are expressed in Retinol Equivalents (R.E.) and include content of carotenes. The relationship between the units is as follows:

INTERNATIONAL UNITS (I.U.)

1 I.U. = 0.3 microgram (μg) retinol

1 I.U. = 0.6 microgram (μg) beta-carotene

RETINOL EQUIVALENTS (R.E.)

1 R.E. = 1 μg retinol

1 R.E. = 6 μg beta-carotene

1 R.E. = 12 μg other provitamin in plant foods

Losses: Percentage losses of vitamins in roots, leafy vegetables during cooking are as follows:

	Root Vegetables	Leafy Vegetables	Seeds
Carotene	0	0	0
Thiamine	25	40	30
Riboflavin	30	40	30
Niacin	30	40	30
Vitamin C	40	70	50
Total folic acid	50	20-40	50

(Source: Immigrant Foods, McCance and Widdowson, 1985)

Bio-availability: Bio-availability refers to the extent of digestion and absorption of a nutrient by the body, therefore the amount actually available for cell utilization. The values in these tables do not necessarily represent the amount of the nutrient available to the body. This is because the bio-availability of a nutrient is affected by many factors and a multiplicity of conditions about which present information is inadequate.

4. ABBREVIATIONS AND SYMBOLS USED IN THE TABLES

g	=	gram
mg	=	milligram
mL	=	millilitre
µg	=	microgram
D.L	=	detectable level
tr	=	negligible amount or trace
-	=	no data available or available data not reliable
0	=	none: containing none of the specific nutrient
n.d.	=	not detected
kcal	=	kilocalories
kJ	=	kilojoules
®	=	Registered Trade Mark

5. ENERGY CONVERSION

1 Kcal	=	4.184 kJ
1000 Kcal	=	4.184 MJ
1 MJ	=	239 kcal
1 kJ	=	1000 joules
1 MJ	=	1 million joules (10 ⁶)

USING THE TABLES

These tables are useful sources for reference to the nutritive value of some foods commonly eaten in the

Caribbean. They do not provide information on all the foods eaten neither do they give values for all the nutrients.

The tables can be used for many different purposes. It is recognized that there is a wide range of users of food composition data, each with its own requirements for food items, range of nutrients and different levels of accuracy from the calculations. Information provided in these tables will be useful for the following purposes:

1. Calculation of nutrient intakes from food consumption records for the:
 - population of a country where the food supplies are measured in raw commodities
 - individual where food has been measured as consumed
2. Formulation of diets or food supplies that will provide a specific intake of nutrient. Calculations can be made at several different levels, e.g.:
 - international agencies' estimates of desirable food supplies for a country or region
 - individual — dietitian's/nutritionist's formulation of a diet according to a physician's diet order
3. Calculations of the nutrient composition of a manufactured food or food product from its stated ingredients.

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10. Mixed Dishes (Proximates and Lipids)

Values per 100 g

No.	Food and description	Moisture (g)	Energy		Protein (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (g)	Carbohydrate (g)	Ash (g)	Fiber ¹ (g)	Source ²
			Kcal	KJ								
109	Fried Dumplings	36.3	363	1517	5.6	23.4	5.8	1	32.6	- ³	1.1	16

¹ Total Dietary Fiber; ² Sources are listed at end of the tables; ³ missing data

9. Nuts (Minerals and Vitamins)

Values per 100 g

No.	Food and description	Ca (mg)	K (mg)	Fe (mg)	Mg (mg)	P (mg)	Na (mg)	Zn (mg)	Cu (mg)	Mn (mg)	Vit. A (R.E.)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit. C (mg)	Source ¹
106	Peanuts, All types, raw	92	705	4.58	168	376	18	3.27	1.15	1.93	0	0.64	0.14	0.31	0	15
107	Peanuts, oil roasted	88	682	1.83	185	517	433 ²	6.63	1.30	2.08	0	0.25	0.11	14.28	0	15
108	Peanuts, dry roasted	54	658	2.26	176	358	813	3.31	0.67	2.08	0	0.44	0.10	13.53	0	15

¹Sources are listed at the end of the table; ² salt added

Variations in Food Composition Data

Foods are biological materials, and as such, show considerable variation in composition. Variety, conditions of production, storage, kind and extent of processing and preparation are among the factors that affect the content of nutrients in foods.

Values, once derived, may not apply to the foods indefinitely. New strains or varieties may be developed and changes introduced in storage conditions, processing, preserving and manufacturing. As a result, the values for the nutrients in foods may change. Differences in analytical procedures may also result in differences in values.

Manufactured foods are usually subjected to quality control and they might therefore have a constant composition. However, in practice, manufactured foods may be as variable in composition as some unprocessed foods.

Calculation of Nutrient Intakes

In calculating nutrient intakes a selection must be made of the item in the tables which best corresponds with

the item consumed. If there is no corresponding item, a substitution of a related food can be made, e.g., use the values for 'red kidney beans' if 'pink beans' were consumed. Check the index carefully before substituting since the food could be listed under another food group.

In keeping with the decision to implement the use of metric measurements internationally, data in the Supplement are given in units of 100 g, and use of the metric system is encouraged. However, the appropriate weight conversion factor as listed below should be applied where necessary. One hundred grams is approximately 3.5 ounces.

To convert each of the quantities in the left column to the quantity in the column headings multiply by the figure given:

	Kilogram	100g	Gram	Pound	Ounce
Kilogram	1	10	1000	2.205	35.28
100g	0.1	1	100	0.2205	3.528
Gram	0.001	0.01	1	0.0022	0.035
Pound	0.4536	4.536	453.6	1	16
Ounce	0.02835	0.2835	28.35	0.0625	1

9. Nuts (Proximates and Lipids)

Values per 100 g

No.	Food and description	Moisture (g)	Energy		Protein (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (g)	Carbohydrate (g)	Ash (g)	Fiber ¹ (g)	Source ²
			Kcal	KJ								
106	Peanuts, All Types, raw	6.5	567	2374	25.8	49.2	6.83	0	16.1	2.3	4.9*	15
107	Peanuts, oil , roasted	2.0	581	2431	26.4	49.3	6.84	0	18.9	3.5	8.8	15
108	Peanuts, dry roasted	1.6	585	2449	23.7	49.7	6.89	0	21.5	3.6	8.0	15

¹ Total Dietary Fiber; ² Sources are listed at end of the tables; * Crude fiber

8. Milk and Milk Products (Minerals and Vitamins)

Values per 100 g

No.	Food and description	Ca (mg)	K (mg)	Fe (mg)	Mg (mg)	P (mg)	Na (mg)	Zn (mg)	Cu (mg)	Mn (mg)	Vit. A (R.E.)	Thiamin (mg)	Ribo-flavin (mg)	Niacin (mg)	Vit. C (mg)	Source ¹
104	Cheese, cheddar	721	98	0.68	28	512	620	3.11	-	-	303	0.03	0.34	0.80	0.00	14
105	Milk, condensed, sweetened, canned	284	371	0.19	26	253	127	0.94	- ²	-	81	0.09	0.42	0.21	2.60	14

¹ Sources are listed at the end of the table; ² missing data

1. Cereal and Cereal Products (Proximates and Lipids)

Values per 100 g

No.	Food and description	Moisture (g)	Energy		Protein (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (g)	Carbohydrate (g)	Ash (g)	Fiber ² (g)	Source ³
			Kcal	KJ								
001	Biscuits, Excelsior®, Animal Crackers	- ⁴	429	1795	6.6	8.3	1.65	0	79.2	-	3.3	3
002	Biscuits, Excelsior®, Cheese Krunches	-	405	1694	10.6	10.6	3.52	8.8	68.6	-	3.5	3
003	Biscuits, Excelsior®, Whole Wheat	-	424	1776	9.6	11.5	2.88	0	71.0	-	3.8	3
004	Biscuits, Excelsior®, Cream Crackers	-	396	1657	9.9	10.0	3.30	0	69.3	-	3.3	3
005	Bread, white, sliced	40.4	217	926	7.6	1.3	0.3	0	46.8	-	3.7	4
006	Bread, brown, sliced and unsliced	39.5	218	927	8.5	2.0	0.4	0	44.3	-	5.9	4
007	Bread, white, hard dough	-	261	1092	9.9	2.3	-	-	50.2	-	0.2*	5
008	Corn Flakes, Kellogg's®	2.6	389	1627	8.1	0.3	0.0	0	86.1	2.9	0.4*	1
009	Crackers, Excelsior® Watercracker	-	364	1521	15.2	0.0	0.0	0	72.7	-	3.0	3
010	Crackers, Soda Crackers	5.3	435	1820	9.6	13.2	0.18	0	69.7	2.2	0.5*	3
011	Macaroni, enriched, dry	10.5	371	1553	12.8	1.6	0.23	0	74.7	0.7	0.3*	2
012	Macaroni, enriched, cooked	66.0	141	590	4.8	0.7	0.10	0	28.3	0.2	0.1*	2
013	Macaroni, unenriched, dry	10.5	371	1553	12.8	1.6	0.23	0	74.7	0.7	0.3*	2
014	Macaroni, unenriched, cooked	66.0	141	590	4.8	1.6	0.10	0	28.3	0.2	0.1*	2
015	Oats, Rolled or Oatmeal, dry	8.8	384	1605	16.0	6.3	1.11	0	67.0	1.9	10.3	2
016	Oats, Rolled or Oatmeal, cooked	85.0	62	259	2.6	1.0	0.18	0	10.8	0.3	0.2*	2
017	Rice, brown, long-grain, raw	10.4	370	1548	8.0	2.9	0.6	0	77.2	1.3	3.5	2
018	Rice, brown, long-grain, raw, cooked	73.0	111	464	2.6	0.9	0.2	0	23.0	0.5	1.7	2
019	Rice, white, long-grain, regular, enriched, raw	11.6	365	1529	7.1	0.7	0.2	0	80.0	0.6	1.0	2
020	Rice, white, long-grain, regular, enriched, cooked	68.7	129	539	2.7	0.3	0.1	0	28.0	0.4	0.5	2

¹ Values are single listings from independent sources; * Crude fiber; ² Total Dietary Fiber; ² Sources are listed at the end of the tables; ³ missing data

Values per 100 g

1. Cereal and Cereal Products (Minerals and vitamins)																
No.	Food and description	Ca (mg)	K (mg)	Fe (mg)	Mg (mg)	P (mg)	Na (mg)	Zn (mg)	Cu (mg)	Mn (mg)	Vit. A (R.E.)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit. C (mg)	Source ¹
001	Biscuits, Excelsior®, Animal Crackers	0	- ³	1.20	-	-	462	-	-	-	0	-	-	-	0	3
002	Biscuits, Excelsior®, CheeseKrunches	28	-	2.25	-	-	1091	-	-	-	0	-	-	-	0	3
003	Biscuits, Excelsior®, Whole Wheat	28	-	1.50	-	-	557	-	-	-	0	-	-	-	0	3
004	Biscuits, Excelsior®, Cream Crackers	0	-	1.20	-	-	660	-	-	-	0	-	-	-	0	3
005	Bread, white, sliced	100	99	1.40	20	79	530	0.50	0.13	0.40	0	0.20	0.05	1.50	0	4
006	Bread, brown, sliced & unsliced	100	170	2.20	53	150	540	1.10	0.16	1.20	- ²	0.27	0.09	2.50	0	4
007	Bread, white, hard dough	82	-	3.50	-	-	431	-	-	-	-	0.62	0.26	4.00	-	5
008	Corn Flakes, Kellogg's®	3	92	6.30	12	63	1238 ²	0.28	0.07	0.08	1324	1.30	1.50	17.6	53	1
009	Crackers, Excelsior® Water crackers	-	-	1.52	-	-	667	-	-	-	-	-	-	-	-	3
010	Crackers, Soda Crackers	49	-	1.60	-	126	-	-	-	-	0	0.13	0.13	1.1	0	3
011	Macaroni, Enriched, dry	18	162	3.86	48	150	7	1.21	0.25	0.69	0	1.03	0.44	7.51	0	2
012	Macaroni, Enriched, cooked	7	31	1.40	18	54	1	0.53	0.10	0.29	0	0.20	0.10	1.67	0	2
013	Macaroni, Unenriched, dry	18	162	1.30	48	150	7	1.21	0.25	0.69	0	0.09	0.06	1.70	0	2
014	Macaroni, Unenriched, cooked	7	31	0.50	18	54	1	0.53	0.10	0.29	0	0.02	0.02	0.40	0	2
015	Oats, Rolled or Oatmeal, Dry	52	350	4.21	148	474	4	3.07	0.34	3.63	0	0.73	0.14	0.78	0	2
016	Oats, Rolled or Oatmeal cooked	8	56	0.68	24	76	1	0.49	0.06	0.59	0	0.11	0.02	0.13	0	2
017	Rice, brown, long-grain, raw	23	223	1.47	143	333	7	2.02	0.28	3.74	0	0.40	0.09	5.09	0	2
018	Rice, brown, long-grain, cooked	10	43	0.42	43	83	5	0.63	0.10	0.91	0	0.10	0.03	1.53	0	2
019	Rice, white, long-grain, regular, enriched, raw	28	115	4.31	25	115	5	1.09	0.22	1.09	0	0.58	0.05	4.19	0	2
020	Rice, white, long-grain, regular, enriched, cooked	11	39	1.10	13	47	2	0.46	0.06	0.47	0	0.16	0.01	1.48	0	2

¹Sources are listed at the end of the tables ² Source added; ³ missing data

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8. Milk and Milk Products (Proximates and Lipids)

Values per 100 g

No.	Food and description	Moisture (g)	Energy		Protein (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (g)	Carbohydrate (g)	Ash (g)	Fiber ¹ (g)	Source ²
			Kcal	KJ								
104	Cheese, cheddar	36.8	403	1685	24.9	33.1	21.01	105	1.3	3.9	0	14
105	Milk, condensed, sweetened, canned	27.2	321	1342	7.9	8.7	5.50	34	54.4	1.8	0	14

¹ Total Dietary Fiber; ² Sources are listed at the end of the tables

7. Eggs (Minerals and Vitamins)

Values per 100 g

No.	Food and description	Ca (mg)	K (mg)	Fe (mg)	Mg (mg)	P (mg)	Na (mg)	Zn (mg)	Cu (mg)	Mn (mg)	Vit. A (R.E.)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit. C (mg)	Source ¹
101	Eggs (Hen's), fried	55	132	1.56	11	194	353	1.19	0.02	0.03	248	0.06	0.52	0.08	0	14
102	Eggs (Hen's), hard boiled	50	126	1.19	10	172	124	1.05	0.01	0.03	168	0.07	0.51	0.06	0	14
103	Eggs (Hen's), scrambled	71	138	1.20	12	170	280	1.00	0.01	0.02	195	0.05	0.44	0.80	0	14

¹ Sources are listed at the end of the table

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2. Starchy Fruits, Roots and Tubers (Proximates and Lipids)

Values per 100 g

No.	Food and description	Moisture (g)	Energy		Protein (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (g)	Carbohydrate (g)	Ash (g)	Fiber ¹ (g)	Source ²
			Kcal	KJ								
021	Banana, green, raw	74.5	89	379	1.2	-	0.00	0	22.4	-	2.2	7
022	Coco, raw	70.6	107	450	1.5	0.2	0.04	0	26.5	1.2	0.8*	6
023	Coco, cooked	63.8	142	593	0.5	0.1	0.02	0	34.6	1.0	0.9	6
024	Plantain, green, flesh, raw	67.5	117	500	1.1	0.3	0.1	0	29.4	1.2	2.3	4
025	Plantain, green, fried, salt added	47.7	238	996	1.5	11.8	1.6	0	35.8	3	2.6	8, 6
026	Plantain, ripe, raw	65.3	122	512	1.3	0.4	-	-	31.9	1.2	0.5*	6
027	Plantain, ripe, fried in vegetable oil	34.7	278	1163	1.5	9.2	1.0	0	47.5	1.2	4.0	4
028	Potato, Irish, flesh, raw	79.0	79	331	2.1	0.1	0.03	0	18.0	0.9	1.6	6
029	Potato, Irish, baked	75.4	93	390	2.0	0.1	0.03	0	21.6	1.0	1.5	6
030	Potato, Irish, boiled with skin	77.0	87	365	1.9	0.1	0.03	0	20.1	0.9	1.5	6
031	Potato, Irish, boiled without skin	77.5	86	361	1.7	0.1	0.03	0	20.0	0.7	1.5	6
032	Potato, Sweet, raw, flesh only	73.7	87	372	1.2	0.3	0.10	0	21.3	1.0	2.3	4, 6
033	Potato, Sweet, boiled in salted water	74.7	84	358	1.1	0.3	0.10	0	20.5	1.0	2.1	4, 6
034	Yam, fresh root, raw	69.6	118	494	1.5	0.2	0.04	0	27.9	0.8	3	6
035	Yam, boiled, drained or baked	70.1	116	487	1.5	0.1	0.03	0	27.6	0.7	-	6

¹ Total Dietary Fiber; ² Sources are listed at the end of the tables; ³ missing data; * Crude fiber

2. Starchy Fruits, Roots and Tubers (Minerals and Vitamins)																Values per 100 g	
No.	Food and description	Ca (mg)	K (mg)	Fe (mg)	Mg (mg)	P (mg)	Na (mg)	Zn (mg)	Cu (mg)	Mn (mg)	Vit. A (R.E.)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit. C (mg)	Source ¹	
021	Banana, green, raw	5	400	0.20	33	-	2	0.20	0.11	-	12	0.03	0.02	0.40	14.0	7	
022	Coco, raw(*)	43	591	0.60	-	-	11	-	-	-	0	0.10	0.03	0.60	5		
023	Coco, cooked(*)	18	484	0.70	-	-	15	-	-	-	0	0.11	0.03	0.50	5		
024	Plantain, green, flesh, raw	9	500	0.50	37	36	4	0.10	0.08	²	60	0.10	0.05	0.70	15.0	4	
025	Plantain, green, fried, salt added	5	505	0.70	37	34	740	0.20	0.08	-	95	0.05	0.06	0.70	14.0	8, 6	
026	Plantain, ripe, raw	3	499	0.60	37	34	4	0.14	0.08	-	113	0.05	0.05	0.69	18.4	6	
027	Plantain, fried in vegetable oil	6	610	0.80	54	66	3	0.40	0.20	-	-	0.11	0.02	0.60	12.0	4	
028	Potato, Irish, flesh, raw	7	543	0.76	21	46	6	0.39	0.26	0.26	0	0.09	0.04	1.48	19.7	6	
029	Potato, Irish, flesh, baked	5	391	0.35	25	50	5	0.29	0.23	0.61	0	0.11	0.02	1.40	12.8	6	
030	Potato, Irish, flesh, boiled with skin	5	379	0.31	22	44	4	0.30	0.19	0.14	0	0.11	0.00	1.44	13.0	6	
031	Potato, Irish, boiled without skin	8	328	0.31	20	40	5	0.27	0.17	0.14	0	0.10	0.02	1.31	7.4	6	
032	Potato, sweet, raw, flesh only	24	370	0.70	18	50	40	0.30	0.14	0.40	655	0.17	tr ³	0.50	23.0	4, 6	
033	Potato, sweet, boiled in salt water	23	300	0.70	45	50	32	0.30	0.14	0.40	660	0.07	0.01	0.50	17.0	4, 6	
034	Yam, fresh, root, raw	17	816	0.54	21	55	9	0.24	0.18	²	0	0.11	0.03	0.76	17.1	6	
035	Yam, boiled, drained or baked	14	670	0.52	18	49	8	0.20	0.15	-	0	0.10	0.03	0.55	12.1	6	

¹Sources are listed at the end of the tables; ²missing data; ³trace,

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7. Eggs (Proximates and Lipids)													Values per 100 g	
No.	Food and description	Moisture (g)	Energy		Protein (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (g)	Carbohydrate (g)	Ash (g)	Fiber ¹ (g)	Source ²		
			Kcal	KJ										
101	Eggs (Hen's), fried	68.6	199	831	13.5	15.0	4.17	459	1.4	1.6	0	14		
102	Eggs (Hen's), hard boiled	74.6	155	647	12.6	10.6	3.27	425	1.1	1.1	0	14		
103	Eggs (Hen's), scrambled	73.2	166	695	11.1	12.2	3.68	352	2.2	1.4	0	14		

¹Total Dietary Fiber; ²Source are listed at the end of the tables

6. Fish (Minerals and Vitamins)

Values per 100 g

No.	Food and description	Ca (mg)	K (mg)	Fe (mg)	Mg (mg)	P (mg)	Na (mg)	Zn (mg)	Cu (mg)	Mn (mg)	Vit. A (R.E.)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit. C (mg)	Source ¹
092	Codfish, fresh, raw	16	320	0.30	23	-	77	0.40	0.06	-	18	0.08	0.07	4.90	tr ³	7
093	Codfish, dried, salted, raw	225	-	-	-	-	-	-	-	-	-	-	-	-	-	7
094	Codfish, dried, salted, cooked	22	31	1.80	35	-	400	-	-	-	tr	tr	tr	6.10	tr	7
095	Mackerel, raw	24	360	1.0	30	- ²	130	0.50	0.19	-	45	0.09	0.35	11.60	-	7
096	Mackerel, salted	-	-	-	-	-	-	-	-	-	-	-	-	-	-	8
097	Mackerel, Grace® in Tomato Sauce	-	-	2.48	-	-	-	-	-	-	-	-	-	-	-	9
098	Mackerel, Atlantic®	185	-	2.10	-	-	-	-	-	-	-	-	-	-	-	9
099	Sardine, Brunswick®	-	-	2.40	-	-	-	-	-	-	-	-	-	-	-	9
100	Sardine, Atlantic®	354	560	3.50	-	-	510	-	-	-	-	-	-	-	-	9

¹ Sources are listed at the end of the table; ² missing data; ³ trace

3. Vegetables (Proximates and Lipids)

Values per 100 g

No.	Food and description	Moisture (g)	Energy		Protein (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (g)	Carbohydrate (g)	Ash (g)	Fiber ¹ (g)	Source ²
			Kcal	KJ								
	Ackee (<i>Blighia Sapida</i>)											
036	Ackee, fruit, raw	71.5	180	753	4.2	17.4	0	0	5.5	1.4	0.3*	10
037	Ackee, canned, drained	76.7	151	625	2.9	15.2	0	0	0.8	- ³	2.7	4
	Cabbage (<i>B.oleracea var. Capitata</i>)											
038	Cabbage, common, raw	91.1	26	109	1.7	0.4	0.10	0	4.1	0.8	2.9	4
039	Cabbage, boiled in unsalted water	93.1	16	67	1.0	0.4	0.10	0	2.2	0.7	2.3	4
	Carrot (<i>Daucus Carota</i>)											
040	Carrot, raw	87.8	43	181	1.0	0.2	0.03	0	10.1	0.9	3.2	6
041	Carrot, cooked, drained	87.4	45	188	1.1	0.2	0.03	0	10.5	0.9	1.5	6
042	Carrot, juice (Grace®)	85.8	42	176	0.4	0.0	0.00	0	10.1	0.5	- ³	9
	Chocho (<i>Sechium edule</i>)											
043	Chocho, fruit, raw	93.0	24	100	0.9	0.3	0.00	0	5.4	0.4	1.1	6
044	Chocho, fruit, boiled, drained	93.4	24	99	0.6	0.5	0.00	0	5.1	0.4	0.9	6
	Cucumber (<i>Cucumis Sativus</i>)											
045	Cucumber, fresh	96.4	10	43	0.6	0.1	tr ⁴	0	1.8	- ³	1.0	7
	Lettuce (<i>Lactuca Sativa</i>)											
046	Lettuce, green, unheaded	94.0	18	75	1.3	0.3	0.00	0	3.5	0.9	1.7	6
047	Lettuce, iceberg, headed	95.9	13	53	1.1	0.2	0.03	0	2.1	0.5	1.0	6
	Okra (<i>Hibiscus esculentus</i>)											
048	Okra, raw	89.6	38	158	2.0	0.1	0.03	0	7.6	0.7	0.9*	6
049	Okra, boiled, drained	89.9	32	133	1.9	0.2	0.05	0	7.2	0.8	0.9*	6

* Crude fiber; ¹ Total Dietary Fiber; ² Sources are listed at the end of the tables; ³ missing data; ⁴ traces

3. Vegetables (Minerals and Vitamins)

Values per 100 g

No.	Food and description	Ca (mg)	K (mg)	Fe (mg)	Mg (mg)	P (mg)	Na (mg)	Zn (mg)	Cu (mg)	Mn (mg)	Vit. A (R.E.)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit. C (mg)	Source ¹
	Ackee (<i>Blighia Sapida</i>)															
036	Ackee, fruit, raw	37	²	1.70	-	70	-	-	-	-	-	0.70	0.17	1.60	78	10
037	Ackee, canned, drained	35	270	0.70	40	-	240	0.60	0.27	-	0	0.03	0.07	1.10	30	4
	Carrot (<i>Daucus carota</i>)															
038	Carrot, raw	27	323	0.50	15	44	35	0.20	0.05	0.14	5	0.10	0.06	0.90	9	6
039	Carrot, cooked, drained	31	227	0.62	13	30	66	0.30	0.13	0.75	63	0.03	0.07	0.50	2	6
040	Carrot, juice (Grace®)	-	-	4.50	-	-	-	-	-	-	-	-	-	-	7	9
	Cabbage (<i>B. oleracea var Capitata</i>)															
041	Cabbage, common, raw	52	270	0.70	8	41	5	0.30	0.02	0.20	2813	0.15	0.02	0.50	48	4
042	Cabbage, boiled in salted water	33	120	0.30	4	25	8	0.10	0.01	0.20	2455	0.08	0.01	0.30	20	4
	Chocho (<i>Sechium edule</i>)															
043	Chocho, fruit, raw	19	150	0.40	14	26	4	-	-	-	6	0.03	0.04	0.50	11	6
044	Chocho, boiled, drained	13	173	0.22	12	29	1	-	-	-	5	0.03	0.04	0.40	8	6
	Cucumber (<i>Cucumis Sativus</i>)															
045	Cucumber, fresh	23	140	0.30	9	²	13	0.10	0.09	-	²	0.04	0.04	0.30	8.0	7
	Lettuce (<i>Lactuca Sativa</i>)															
046	Lettuce, green, unheaded	68	264	1.40	11	25	9	²	-	-	-	0.05	0.08	0.40	18	6
047	Lettuce, iceberg, headed	19	158	0.50	9	20	9	0.22	0.28	0.15	6	0.05	0.03	0.20	4	6
	Okra (<i>Hibiscus esculentus</i>)															
048	Okra, raw	81	303	0.80	57	63	8	0.60	0.09	0.99	66	0.20	0.06	1.00	21.1	6
049	Okra, boiled, drained	63	322	0.45	57	56	5	0.55	0.09	0.91	58	0.13	0.06	0.87	16.3	6

¹Sources are listed at end of the tables; ² missing data

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6. Fish (Proximates and Lipids)

Values per 100 g

No.	Food and description	Moisture (g)	Energy		Protein (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (g)	Carbohydrate (g)	Ash (g)	Fiber ¹ (g)	Source ²
			Kcal	KJ								
092	Codfish, fresh, raw	82.1	76	322	17.4	0.7	-	-	0.0	-	0	7
093	Codfish, dried, salted, raw	52.4	130	544	29.0	0.7	-	-	0.0	-	0	7
094	Codfish, dried, salted, cooked	65.0	138	586	32.5	0.9	-	-	0.0	-	0	7
095	Mackerel, raw	64.0	223	926	19.0	16.3	³	-	0.0	-	0	7
096	Mackerel, salted	43.0	219	916	23.8	13.0	-	-	0.0	-	0	8
097	Mackerel, Grace®, in Tomato Sauce	73.2	107	448	17.2	2.5	-	-	3.9	3.1	0.1*	9
098	Mackerel, Atlantic®	66.0	183	766	19.3	11.1	-	-	0.0	3.2	0	9
099	Sardine, Brunswick®	52.0	284	1187	20.5	20.5	-	-	4.3	2.7	-	9
100	Sardine, Atlantic®	50.6	311	1301	20.6	24.4	-	-	0.6	3.8	-	9

¹ Total Dietary Fiber; ² Sources are listed at the end of the tables; ³ missing data; * Crude fiber

5. Meat and Meat Products (Minerals and Vitamins)

Values per 100 g

No.	Food and description	Ca (mg)	K (mg)	Fe (mg)	Mg (mg)	P (mg)	Na (mg)	Zn (mg)	Cu (mg)	Mn (mg)	Vit. A (R.E.)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit. C (mg)	Source ¹
074	Beef, sirloin, lean and fat, raw	9	260	1.60	16	150	49	3.10	0.13	0.04	tr ²	0.04	0.17	4.20	0	4
075	Beef, roast	10	300	1.90	19	170	54	4.60	0.18	0.04	tr	0.06	0.25	4.80	0	4
076	Beef, stewing steak, lean and fat, raw	8	320	2.10	18	140	72	3.80	0.15	0.04	tr	0.06	0.23	4.20	0	4
077	Beef, stewed	15	230	3.00	21	160	360	8.70	0.25	0.04	tr	0.03	0.33	3.60	0	4
078	Beef, corned beef, canned	20	60	4.40	- ³	-	946	-	-	-	tr	0.02	0.22	3.40	0	8
079	Beef Liver, raw	6	323	6.82	19	318	73	3.92	3.34	0.26	10503	0.26	2.78	12.78	22	13
080	Beef Liver, braised	7	235	6.77	20	404	70	6.07	4.51	0.41	10602	0.20	4.10	10.72	23	13
081	Beef Liver, pan fried	11	364	6.28	23	461	106	5.45	4.67	0.42	10729	0.21	4.14	14.44	23	13
082	Frankfurter, Grace® Raw	5	55	2.78	-	-	468	-	-	-	-	-	-	-	-	9
083	Frankfurter, Grace® Cooked	5	-	1.50	-	-	-	-	-	-	-	-	-	-	-	9
084	Frankfurter Grace® Chicken Vienna Sausage	8	-	2.45	-	-	-	-	-	-	-	-	-	-	-	9
085	Frankfurter, Grace® Pork Vienna Sausage	8	-	2.18	-	-	-	-	-	-	-	-	-	-	-	9
086	Goat's Flesh, Carcass Raw	11	-	2.20	-	-	-	-	-	-	0	0.17	0.32	5.60	0	10
087	Pork, lean and fat, stewed with vegetables	20	190	0.60	12	66	242	0.90	0.11	- ³	365	0.18	0.07	1.30	tr ³	12
088	Pork, chops, loin, lean and fat, raw	8	290	0.80	17	160	56	1.60	0.13	0.03	tr	0.57	0.14	4.20	0	4
089	Pork, Grilled	11	380	1.20	26	230	84	2.90	0.17	0.03	tr	0.66	0.20	5.70	0	4
090	Pork, leg, lean and fat, raw	7	300	0.80	18	160	59	1.80	0.12	0.03	tr	0.73	0.20	4.50	0	4
091	Pork, roast	10	350	1.30	22	200	79	2.90	0.25	0.03	tr	0.65	0.27	5.00	0	4

¹ Sources are listed at the end of the table; ² missing data; ³ trace

Vegetables (Proximates and Lipids continued)

Values per 100 g

No.	Food and description	Moisture (g)	Energy		Protein (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (g)	Carbohydrate (g)	Ash (g)	Fiber ¹ (g)	Source ²
			Kcal	KJ								
	Pepper (<i>Capsicum annum</i>)											
050	Pepper, green, raw	92.0	27	112	0.9	0.2	0.03	0	6.4	0.3	1.2	6
051	Pepper, boiled, drained	92.0	28	116	0.9	0.2	0.03	0	6.7	0.3	0.5*	6
	Pumpkin (<i>Cucurbita maxima</i>)											
052	Pumpkin, mature fruit, raw	92.0	26	109	1.0	0.1	0.1	0	6.5	0.8	1.1	6, 4
053	Pumpkin, boiled, drained	94.0	20	84	0.7	0.1	0	0	4.9	0.6	1.1	4
	Snap Beans, Stringed beans (<i>Phaseolus vulgaris</i>)											
054	Snap Beans, Stringed beans, raw	92.3	31	129	1.8	0.1	0.03	0	7.1	0.7	1.1*	6
055	Snap Beans, Stringed beans, boiled, drained	89.2	35	147	1.9	0.3	0.06	0	7.9	0.7	1.4*	6
	Tomato (<i>Lycopersicon esulentum</i>)											
056	Tomato, red, ripe, fresh, raw	93.4	14	60	0.9	0.3	0.05	0	2.8	0.4	1.5	6
057	Tomato, boiled, drained	92.2	27	113	1.1	0.4	0.06	0	5.8	0.5	0.8*	6

¹ Total Dietary Fiber; ² Sources are listed at the end of the tables; ³ missing data; * Crude fiber

Vegetables (Minerals and Vitamins continued)

Values per 100 g

No.	Food and description	Ca (mg)	K (mg)	Fe (mg)	Mg (mg)	P (mg)	Na (mg)	Zn (mg)	Cu (mg)	Mn (mg)	Vit. A (R.E.)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit. C (mg)	Source ¹
	Pepper (<i>Capsicum annuum</i>)															
050	Pepper, green, raw	9	177	0.46	10	19	2	0.12	0.07	0.12	63	0.07	0.03	0.51	89	6
051	Pepper, boiled, drained	9	166	0.46	10	18	2	0.12	0.07	0.12	59	0.07	0.03	0.48	74	6
	Pumpkin (<i>Cucurbita Maxima</i>)															
052	Pumpkin, mature fruit, raw	21	340	0.80	12	44	1	0.20	0.02	-	160	0.05	0.11	0.60	9	6, 4
053	Pumpkin, boiled, drained	15	230	0.57	9	30	1	0.20	0.02	-	108	0.03	0.08	0.40	5	4
	Snap Beans, Stringed Beans (<i>Phaseolus vulgaris</i>)															
054	Snap Beans, Stringed Beans, raw	37	209	1.04	25	38	6	0.24	0.07	0.21	67	0.08	0.12	0.75	16.3	6
055	Snap Beans, Stringed Beans, boiled, drained	46	299	1.28	25	39	3	0.36	0.10	0.29	67	0.07	0.10	0.61	9.7	6
	Tomato (<i>Lycopersicon esulentum</i>)															
056	Tomato, red, ripe, fresh, raw	13	290	0.40	11	24	3	0.20	0.10	0.11	62	0.06	0.04	0.80	20.0	6
057	Tomato, boiled, drained	6	279	0.56	14	31	11	0.11	0.09	0.13	74	0.07	0.06	0.75	22.8	6

¹ Sources are listed at the end of the tables; ² missing data; ³ trace

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5. Meat and Meat Products (Proximates and Lipids)

Values per 100 g

No.	Food and description	Moisture (g)	Energy		Protein (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (g)	Carbohydrate (g)	Ash (g)	Fiber ¹ (g)	Source ²
			Kcal	KJ								
074	Beef, sirloin, lean and fat, raw	59.4	272	1126	16.6	72.8	9.7	67	0.0	- ³	0.0	4
075	Beef, roast	54.3	284	1182	23.6	21.1	9.0	83	0.0	-	0.0	4
076	Beef, stewing steak, lean and fat, raw	68.7	176	736	20.2	10.6	4.5	63	0.0	-	0.0	4
077	Beef, stewed	57.1	223	932	31.0	11.0	4.7	82	0.0	-	0.0	4
078	Beef, corned beef, canned	59.0	218	914	26.0	11.8	5.0	98	0.0	-	0.0	8
079	Beef Liver, raw	69.0	143	597	20.0	3.9	1.5	354	5.8	1.3	0.0	13
080	Beef Liver, raised	66.0	161	676	24.4	4.9	1.9	389	3.4	1.3	0.0	13
081	Beef Liver, pan fried	56.0	217	907	26.7	8.0	2.7	482	7.9	1.3	0.0	13
082	Frankfurter, Grace® raw	52.8	118	493	16.8	20.3	-	-	8.0	2.3	0.4*	9
083	Frankfurter, Grace® cooked	27.3	294	1232	12.4	27.2	-	-	-	1.5	-	9
084	Frankfurter, Grace® Chicken Vienna Sausage	52.0	195	815	17.2	2.6	-	-	25.7	3.1	0.1*	9
085	Frankfurter, Grace® Pork Vienna Sausage	55.2	268	1122	12.5	21.7	-	-	5.7	0.2	0.4*	9
086	Goat's Flesh, carcass raw	71.0	165	690	18.7	9.4	-	-	0.0	0.9	-	10
087	Pork, lean and fat, stewed with vegetables	71.7	184	763	7.3	16.2	- ³	-	2.7	-	1.0	12
088	Pork, chops, loin, lean and fat, raw	54.3	329	1362	16.0	29.5	11.0	72	0.0	-	0.0	4
089	Pork, grilled	46.3	332	1380	28.5	24.2	9.00	108	0.0	-	0.0	4
090	Pork, leg, lean and fat, raw	59.5	269	1115	16.6	22.5	8.30	71	0.0	-	0.0	4
091	Pork, roast	51.9	286	1190	27.0	19.8	7.30	107	0.0	-	0.0	4

¹ Total Dietary Fiber; ² Sources are listed at the end of the tables; ³ missing data; * Crude fiber

Fruits (Minerals and Vitamins continued)

Values per 100 g

No.	Food and description	Ca (mg)	K (mg)	Fe (mg)	Mg (mg)	P (mg)	Na (mg)	Zn (mg)	Cu (mg)	Mn (mg)	Vit. A (R.E.)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit. C (mg)	Source ¹
071	Watermelon (<i>Citrullas Lantus</i>)															
	Watermelon, fresh, ripe	8	116	0.17	11	9	2	0.07	0.03	0.04	37	0.08	0.02	0.20	10	11
072	West Indian Cherries(W. I.) (<i>Malpighia Punicifortia</i>)															
	W. I. Cherries, fruit, ripe	12	146	0.20	- ²	-	7	-	-	-	77	0.02	0.06	0.40	1677	8
073	W. I. Cherries, juice, fresh	10	77	0.50	-	-	3	-	-	-	51	0.02	0.06	0.40	1600	8

¹ Sources are listed at the end of the table; ² missing data

4. Fruits (Proximates and Lipids)

Values per 100 g

No.	Food and description	Moisture (g)	Energy		Protein (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (g)	Carbohydrate (g)	Ash (g)	Fiber ¹ (g)	Source ²
			Kcal	KJ								
058	Banana (<i>Musa Sapientum</i>)											
	Banana, fresh, ripe	75.1	95	403	1.2	0.3	0.10	0	23.2	0.8	3.1	4
059	Grapefruit (<i>Citrus Paradisi</i>)											
	Grapefruit, raw, white, Florida	0.8	32	136	0.8	0.1	0.02	0	0.2	0.3	0.2*	11
060	Guava (<i>Psidium Guajava</i>)											
	Guava, fresh, weighed with skin	76.2	24	102	0.7	0.5	0.00	0	5.0	0.6	4.2	4
061	Guava, Pulp only	83.8	57	238	0.5	0.1	- ³	-	15.2	-	2.4	10
062	Mango (<i>Mangifera Indica</i>)											
	Mango, fruit, raw	81.7	65	273	0.5	0.3	0.07	0	17.1	0.5	1.5	11
063	Mango, canned in syrup	74.8	77	330	0.3	tr ⁴	0.10	0	20.3	-	1.0	7
064	Mango, nectar	79.2	80	336	0.3	0.2	0.00	0	20.0	-	0.6*	8
065	Papaya (<i>Carica Papaya</i>)											
	Papaya, fruit, fresh	88.8	39	161	0.6	0.1	0.04	0	9.8	0.6	0.8	4
066	Papaya, juice, fresh	90.0	39	163	0.5	0.1	0.02	0	9.2	0.2	-	4
067	Papaya, juice, canned, sweetened	87.4	46	194	0.6	0.1	0.01	0	11.1	0.8	0	4
068	Orange (<i>Citrus Sinesis</i>)											
	Orange, fresh, Florida	87.1	46	191	0.7	0.2	0.03	0	11.9	0.4	2.4	9
069	Orange, orange juice, fresh	88.3	45	187	0.7	0.2	0.02	0	10.4	0.4	0.1	11
070	Orange, orange juice, Grace	84.7	60	251	0.4	0.0	0.00	0	14.5	0.3	-	11

¹ Total Dietary Fiber; ² Sources are listed at the end of the tables; ³ missing data; * Crude fiber; ⁴ trace

4. Fruits (Minerals and Vitamins)

Values per 100 g

No.	Food and description	Ca (mg)	K (mg)	Fe (mg)	Mg (mg)	P (mg)	Na (mg)	Zn (mg)	Cu (mg)	Mn (mg)	Vit. A (R.E.)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vit. C (mg)	Source ¹
058	Banana (<i>Musa Sapientum</i>) Banana, fresh, ripe	6	400	0.30	34	28	1	0.20	0.10	0.40	8	0.04	0.06	0.70	11	4
059	Grapefruit (<i>Citrus Paradisi</i>) Grapefruit, raw, white, florida	15	150	0.05	9	7	0	0.07	0.06	0.01	1	0.04	0.02	0.20	37	11
060	Guava (<i>Psidium Guajava</i>) Guava, Fresh, weighed with skin	12	210	0.40	11	23	5	0.20	0.09	0.10	79	0.04	0.04	0.90	210	4
061	Guava, pulp only	20	-	0.60	-	13	-	-	-	-	70	0.01	0.04	0.50	72	10
062	Mango (<i>Mangifera Indica</i>) Mango, fruit, raw	10	156	0.13	9	11	2	0.94	0.11	0.30	389	0.60	0.60	0.58	28	11
063	Mango, canned in syrup	10	100	0.40	7	-	3	0.30	-	-	389	0.02	0.03	0.02	10	7
064	Mango, nectar	9	-	0.60	-	-	-	-	-	-	475	0.04	0.05	0.30	40	8
065	Papaya (<i>Carica Papaya</i>) Papaya, fruit, fresh	24	257	0.10	10	5	3	0.02	0.02	0.01	201	0.03	0.03	0.34	62	4
066	Papaya, juice, fresh	9	162	0.20	12	15	1	0.05	0.03	0.02	-	0.04	0.02	0.20	38	4
067	Papaya, juice, canned, sweetened	8	162	0.36	10	11	2	0.06	0.05	0.02	-	0.04	0.02	0.32	27	4
068	Orange (<i>Citrus Sinesis</i>) Orange, fresh, Florida	43	169	0.09	10	12	0	0.08	0.04	0.02	20	0.10	0.04	0.40	45	9
069	Orange, orange juice, fresh	11	280	0.20	11	17	1	0.05	0.04	0.02	20	0.09	0.03	0.40	50	11
070	Orange, orange juice, Grace®	10	199	1.50	- ²	-	1	-	-	-	-	-	-	-	55	11

¹Sources are listed at the end of the table; ² missing data

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Fruits (Proximates and Lipids continued)

Values per 100 g

No.	Food and description	Moisture (g)	Energy		Protein (g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (g)	Carbohydrate (g)	Ash (g)	Fiber ¹ (g)	Source ²
			Kcal	KJ								
071	Water Melon (<i>Citrullas Lanatus</i>) Water Melon, fresh ripe	91.5	32	132	0.6	0.4	0.00	0	7.2	0.3	0.3*	11
072	West Indian Cherries (W. I.) (<i>Malpighia Punicifolia</i>) W. I. Cherries, fruit, ripe	91.4	32	132	0.4	0.3	0.00	0	7.7	- ³	0.4*	8
073	W. I. Indian Cherries, juice, fresh	94.0	21	88	0.4	0.3	0.00	0	4.8	-	0.3*	8

¹ Total Dietary Fiber; ² Sources are listed at the end of the tables; ³ missing data; * Crude fiber