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Compendium of Nutritional Data of Common Indian Food

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HOMOEOPATHY RESEARCH INSTITUTE FOR DISABILITIES, CHENNAI
Under Central Council for Research in Homoeopathy, Ministry of AYUSH

Compendium of Nutritional Data of Common Indian Food

BY

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(Central Council for Research in Homoeopathy , Ministry of Ayush , Govt. of India)

&

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Please seek advice from your healthcare provider for your personal health concerns prior to taking healthcare advice from this book.

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MESSAGE

A famous saying is, "You are what you eat". One could say about a person's appearance, energy levels and sleep pattern based on their dietary habits. As human beings, we need basic knowledge about the diet and its nutritive value.

This book shows the tireless efforts of various contributors to bring all humongous information sourced from authentic literature and put together into one book. Nowadays, calorie count/deficit is given much importance. This book will be a treasure for fitness freaks conscious about the calorie values of whatever they eat.

This work is one of the best examples and an easy guide for all, and it contains descriptive value for each ingredient. I heartily congratulate those striving to bring this excellent book to existence.

(Dr. Sunil Ramteke)
Deputy Director General

13.11.2023
New Delhi

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आज़ादी का अमृत महोत्सव

डॉ. सुभाष कौशिक
महानिदेशक
Dr. Subhash Kaushik
Director General

MESSAGE

Most people prefer fast food and instant products in this rapidly moving and developing world. In contrast, only a few tend to revert to old and traditional eating habits, thus leading to the emergence of various lifestyle disorders. However, people are noreturningo their old diet pattern containing indigenous foods.

Also, with the thought of putting together all nutrition-related topics, this book has been compiled as a quick reference. We usually ignore the ingredient list and the nutritive value behind it. But this book gives the exact information about the amount present in each ingredient.

I congratulate the contributors for their excellent compilation and wish for wide circulation of this book so that a large number of people benefit from it.

New Delhi
10.10.2023

(Subhash Kaushik)

जवाहर लाल नेहरू भारतीय चिकित्सा एवं होमियोपैथी अनुसन्धान भवन
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PREFACE

This book is useful for all Indians, who want to know about Nutrition, our daily energy & nutrition requirements, the importance of various nutrients and nutritional information of some common foods that we eat on day-to-day basis. This book contains information compiled from Dietary Guidelines for Indians – A Manual by NIN-ICMR, Second Edition, 2011, ICMR-NIN Expert Group on Nutrient Requirements for Indians, Recommended Dietary Allowances (RDA) and Estimated Average Requirements (EAR) – 2020, and Indian Food Composition Tables, NIN-ICMR, 2017.

Totally 60 foods have been hand-picked based on three factors:

- ✓ Procurability: Easily available in India
- ✓ Affordability: Affordable for all income groups
- ✓ Regularity: Regularly used in Indian homes for cooking

The foods are categorized based on the categories present in the IFCT, 2017 book

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INTRODUCTION

What is Nutrition?

Nutrition is the biochemical and physiological process by which we use food to support life. All forms of life require carbon, energy, and water as well as various other molecules. Humans require complex nutrients such as carbohydrates, lipids, and proteins. We obtain them by consuming various foods like vegetables, fruits and meat. It provides us with nutrients, which can be metabolized to create energy and chemical structures.

Nutrition is a critical part of health and development. Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes, hypertension and cardiovascular disease), and longevity. Healthy children learn better. People with adequate nutrition are generally more productive. Good nutrition will help you feel better, think more clearly, and be healthier.

Why should everyone know about Nutrition?

As stated above, Nutrition is an important process by which we can live a long, healthy and productive life. But without a proper knowledge of nutrition, we may eat in a disorderly manner, which would eventually result in mal-nutrition (both under nutrition and over nutrition) leading to many life-style disorders and chronic non-communicable diseases.

Failure to obtain sufficient nutrients causes malnutrition. Malnutrition, in every form, presents significant threats to human health. Today the world faces a double burden of malnutrition that includes both under-nutrition and over-nutrition (overweight), especially in low- and middle-income countries like Africa and India.

Equipped with good knowledge about nutrition, our daily energy and nutrition requirements, the importance & functions of various nutrients in our body we can maintain a healthy and productive life. By making a conscious effort to regularly choose healthier foods, you can help your body fight off disease.

What are nutrients?

The foods we eat contain nutrients. Nutrients are substances required by the body to perform its basic functions. Nutrients have one or more of three basic functions: they provide energy, contribute to body structure, and/or regulate chemical processes in the body. These basic functions allow us to grow, and reproduce.

What are the different types of nutrients?

There are six classes of nutrients required for the body to function and maintain overall health. These nutrients are broadly categorised into Macronutrients and Micronutrients. Nutrients that are needed in large amounts like carbohydrates, lipids, and proteins are called Macronutrients. Macronutrients are major sources of energy. Micronutrients are nutrients required by the body in lesser amounts but are still essential for carrying out bodily functions. Micronutrients include all the essential minerals and vitamins. There are sixteen essential minerals and thirteen vitamins. Water is one other macronutrient that we must have in large quantities, but it does not contain any calorie.

What is Energy and how do you measure it?

Body needs energy for maintaining body temperature and metabolic activity for supporting physical work and growth. Energy is a fuel provided by the food we consume. The recommended energy allowances are developed to provide sufficient energy that would support satisfactory growth in infants and children and maintain appropriate body size and composition associated with good health in all stages of life. The factors which influence energy needs are age, gender, body size, level of physical activity and, to some extent, climate and altered physiological status such as pregnancy and lactation.

Humans get energy from the food we eat, hence we call it Food energy. A unit of measurement of food energy is the calorie. A kilocalorie (Calorie) is the amount of heat generated by a particular macronutrient that raises the temperature of 1 kilogram of water by 1 degree Celsius. The value of calorie is measured by the process of Calorimetry, performed using Calorimeter. The unit of energy, which has been in use in nutrition for a long time, is Kilocalories (Kcal). However, recently the International Union of Sciences and International Union of Nutritional Sciences (IUNS) have adopted 'Joule' as the unit of energy in the place of Kcal.

How much energy and nutrients do we need?

Humans need a wide range of nutrients to lead a healthy and active life. The required nutrients for different physiological groups can only be derived from a well-balanced diet. The amount of each nutrient needed for an individual depends upon his/her age, body weight and physiological status. For example, adults need nutrients to maintain a constant body weight and to maintain proper body function, but children need nutrients not only for maintenance but also for growth. Pregnant women and lactating mothers need additional nutritional demands for normal growth of infants in utero and during early post-natal life.

Our health is also determined by height, weight and the amount of fat in our body. Therefore, it is necessary to maintain an optimal weight throughout our life. We must also remember that disordered eating is also bad. For example, Calcium is good for bones and teeth, but a disordered eating habit of taking too much calcium is not good for the body. This is why a balanced diet is important, for it gives us a balance of all nutrients. Achieving balance in your diet entails not consuming one nutrient at the expense of another. Additionally, it

would be best to balance how many calories you consume with how many you burn every day. Eating any food in moderation is the best way to maintain all the aspects of healthy eating.

In India, the National Institute of Nutrition, under Indian Council for Medical Research has published Dietary Guidelines for Indians and Nutrient Requirement for Indians. These two books contain information regarding the Ideal Body Weight, Body Mass Index, Energy and other nutrients Recommended Daily Allowances (RDA) for Indian population. Indians can use this information to make healthy choices.

What is RDA & What it means?

RDA is short for Recommended Dietary Allowances. The RDA is for healthy individuals and may be prescribed to satisfy the nutritional needs of specific nutrients in a specific life stage and gender group and ensures that there is a very small risk of the nutrient intake being inadequate. With the RDA, there is also the risk of excess intake, since each individual may not actually require that much. There is no need to consume higher doses on regular basis or for prolonged period without supervision. In addition, nutrients are also toxic when ingested at very high doses.

What is Body Mass Index?

Body mass index (BMI) is a measure of body fat based on height and weight. Normal BMI range for Indian adults differ from BMI range for people from other countries. It also varies according to the age in children. Generally, a normal BMI range for Indians is 17.6 – 25.4 for males and 16.5 – 25 for females. A normal BMI means that the individual is having the correct proportion of height & weight and has a lower risk of developing life-style disorders and non-communicable chronic diseases. Ideal Body Weight / Reference body weight is the generally accepted weight for the given age and height. A detailed table of BMI and reference body weight is given in the appendix section.

DIETARY GOALS (from Dietary Guidelines for Indians)

1. Maintenance of a state of positive health and optimal performance by maintaining ideal body weight
2. Ensuring adequate nutritional status for pregnant women and lactating mothers
3. Improvement of birth weight and promotion of growth of infants, children and adolescents to achieve their full genetic potential
4. Achievement of adequacy in all nutrients and prevention of deficiency diseases
5. Prevention of chronic diet-related disorders
6. Maintenance of the health of the elderly and increasing the life expectancy.

DIETARY GUIDELINES (from Dietary Guidelines for Indians)

Right nutritional behavior and dietary choices are needed to achieve dietary goals. The following 15 dietary guidelines provide a broad framework for appropriate action:

1. Eat variety of foods to ensure a balanced diet

2. Promote exclusive breastfeeding for six months and encourage breastfeeding till two years or as long as one can
3. Feed home based semi solid foods to the infant after six months
4. Ensure adequate and appropriate diet for children and adolescents, both in health and sickness
5. Eat plenty of vegetables and fruits
6. Ensure moderate use of edible oils and animal foods and very less use of ghee/ butter/ Vanaspati
7. Avoid overeating to prevent overweight and obesity
8. Exercise regularly and be physically active to maintain ideal body weight:
9. Restrict salt intake to minimum
10. Ensure the use of safe and clean foods
11. Adopt right pre-cooking processes and appropriate cooking methods
12. Drink plenty of water and take beverages in moderation
13. Minimize the use of processed foods rich in salt, sugar and fats
14. Include micronutrient-rich foods in the diet of elderly people to enable them to be fit and active

ADVISES FOR A HEALTHY LIFESTYLE & LIFE

Advises on Cooking / Eating / Drinking habits (for all)

Cooking:

1) Wash vegetables and fruits thoroughly before use
2) Store the raw and cooked foods properly and prevent microbial, rodent and insect invasion
3) Refrigerate perishable food items. Maintain good personal hygiene and keep the cooking and food storage areas clean and safe. Always use thoroughly cleaned utensils for cooking/ eating
4) Do not wash food-grains repeatedly before cooking
5) Do not wash vegetables after cutting; Do not soak the cut vegetables in water for long periods
6) Do not discard the excess water left over after cooking, use them as broth; Use only sufficient water for cooking
7) Cook foods in vessels covered with lids
8) Prefer pressure/steam cooking to deep frying/roasting
9) Avoid use of baking soda while cooking pulses and vegetables
10) Do not reheat the left over oil and fats repeatedly

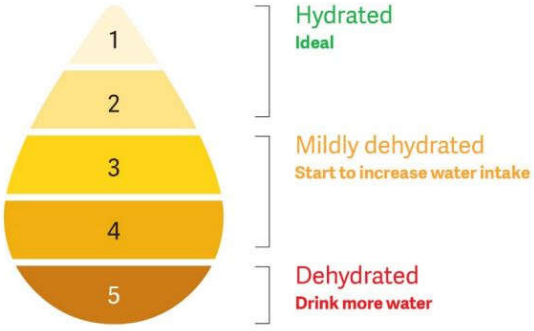
Eating:

1) Develop healthy eating habits and move as much as you can to avoid sedentary lifestyle. Prefer whole foods. The term whole foods mean food prepared as close to their natural state as possible. For example, an apple is a whole food, while factory made, packed apple juice is not.

2) Discourage overeating
3) Prefer fresh, locally available vegetables and fruits
4) Grow the family's requirements of vegetables in the kitchen garden if possible
5) Minimize consumption of ready-to-eat fast foods, bakery foods and processed foods prepared in hydrogenated fat
6) Use of re-heated fats and oils should be avoided
7) Achieve energy balance and appropriate weight for height
8) Prefer traditional, home-made foods
9) Avoid replacing meals with snack foods
10) Limit consumption of sugar and unhealthy processed foods which provide only (empty) calories
11) Always read food labels (given on containers) regarding content of nutrients, shelf-life and the addictives present
12) Choose a variety of foods in amounts appropriate for age, gender, physiological status and physical activity
13) Include green leafy vegetables in daily diet; Eat as much of other vegetables as possible daily. Consume raw and fresh vegetables as salads. Let different varieties of vegetables and fruits add colour to your plate and vitality to your life
14) Include foods of animal origin such as milk, eggs and meat (in small amounts), particularly in the diet of pregnant and lactating women and children
15) Use a combination of whole grains, sprouted grams, fermented foods and greens

Drinking:

1) Drink enough water to maintain proper hydration by referring the urine colour indication chart below.



2) Drink boiled water, when safety of the water is in doubt
3) Consume at least 250 ml of boiled or pasteurized milk per day
4) Drink natural and fresh fruit juices instead of carbonated beverages

Pregnant women and lactating mothers:

1) Take iron, folate and calcium supplements regularly, after 14-16 weeks of pregnancy and continue the same during lactation
2) Start breast-feeding within an hour after delivery and do not discard colostrum

3) Breast-feed exclusively (not even water) for a minimum of six months if the growth of the infant is adequate; Continue breast-feeding in addition to nutrient-rich complementary foods (weaning foods), preferably up to 2 years
4) Breast-feed the infant frequently and on demand to establish and maintain good milk supply
5) Breast-milk alone is not enough for infants after 6 months of age; Complementary foods should be given after 6 months of age, in addition to breast-feeding
6) Do not delay complementary feeding
7) Feed home-made complementary foods on demand 3-4 times a day
8) Provide seasonal fruits and soft cooked vegetables
9) Observe hygienic practices while preparing and feeding the complementary food

Adults:

1) Adults should choose low-fat, protein-rich foods such as lean meat, fish, pulses and low-fat milk
2) Avoid alcohol and tobacco (smoking and chewing), especially during pregnancy and lactation
3) Take medicines only when prescribed
4) Take just enough fat
5) Moderate the use of animal foods containing high fat, Saturated Fatty Acids and cholesterol
6) Limit the use of ghee, butter, especially Vanaspati as a cooking oil
7) Choose low-fat dairy foods in place of regular whole fat dairy foods
8) Eat foods rich in alpha-linoleic (ALA) acid such as legumes, green leafy vegetables, fenugreek and mustard seeds
9) Eat fish more frequently (at least 100-200g/ week), prefer it to meat, poultry and limit/ avoid organ meats such as liver, kidney, brain etc.
10) Egg has several important nutrients but is high in cholesterol. Limit the consumption to 3 eggs/ week. However, egg white may be consumed in good amounts
11) Use fats and oils in moderation and consume varieties of foods to get good proportion of all fatty acids for optimal health benefits.
12) Slow and steady reduction in body weight is advisable
13) Encourage regular physical activity
14) Cut down sugar, salt, fatty foods, refined foods, soft drinks and alcohol
15) Eat complex carbohydrates, low glycaemic foods and fibre rich diet
16) Increase consumption of fruits and vegetables, legumes, whole grains and nuts
17) Limit fat intake and shift from saturated to unsaturated fats
18) Avoid trans-fatty rich foods (Vanaspati, bakery products and sweets)
19) Use low- fat milk
20) A minimum 30-45 minutes brisk walk/physical activity of moderate intensity improves overall health
21) Include 'warm-up' and 'cool- down' periods, before and after the exercise regimen

22) Forty-five minutes per day of moderate intensity physical activity provides many health benefits
23) Restrict the intake of added salt right from an early age
24) Develop a taste for foods that are low in salt
25) Restrict intake of foods such as papads, pickles, sauces, ketch up, salted biscuits, chips, cheese and salted fish

Nutrition information of some common Indian foods

In our fast-paced life-style, it is difficult to procure foods that are organic and free from any pesticides, still many households do not even have the necessary time to cook food, so they simply order food from hotels/ shops. These foods are prepared for commercial purposes and do not care about the healthiness of their preparation, yet people consume them because of the food's delectable taste. It is very essential to buy safe & healthy food products and cook them with proper hygienic measures to obtain maximum health benefits. We know that each and every food item has its own nutritional information, but generally when we refer the internet, there are so many versions of such information causing confusion.

This section contains nutritional information of some common foods that we eat on a day-to-day basis. Totally 60 foods have been hand-picked based on three factors: procurability, affordability and regularity.

- ✓ Procurability : Easily available all over India
- ✓ Affordability : Affordable for all income groups
- ✓ Regularity : Regularly used in Indian homes for cooking

The foods are categorized based on the following:

1. Cereals and millets: Ragi, Rice, Wheat
2. Grain legumes: Bengal gram, Black gram, Green gram, Rajmah, Red gram
3. Vegetables: Beans, Bitter gourd, Brinjal, Chayote, Cucumber, Drumstick, Ivy gourd, Ladies finger, Peas, Plantain, Pumpkin, Ridge gourd, Spinach, Tomato, Turnip
4. Roots and tubers: Beet root, Carrot, Potato, Radish
5. Fruits: Apple, Banana, Dates, Gooseberry, Grapes, Guava, Lemon, Mango, Orange, Papaya, Pomegranate, Sapota
6. Condiments and spices: Chillies, Coriander, Cumin, Curry leaves, Fenugreek, Garlic, Ginger, Mint, Onion, Pepper, Turmeric
7. Nuts and Oil seeds: Almond, Cashew, Coconut, Ground nut, Flax seeds
8. Dairy: Milk
9. Poultry: Egg
10. Animal meat: Chicken breast, Red snapper, Sardine

The nutrients are categorized based on the following:

1. Macronutrients & Energy: Moisture, Protein, Fat, Carbohydrates, Energy

2. Vitamins: Total Vitamin A, Total Vitamin B, Total Vitamin C, Vitamin D2, Vitamin D3, Vitamin E, Vitamin K1, Vitamin K2
3. Micronutrients (Minerals and Trace elements): Calcium, Chromium, Copper, Iron, Magnesium, Manganese, Phosphorous, Potassium, Selenium, Sodium, Zinc
4. Starch and Sugars: Total Starch, Total Free sugars
5. Fatty acid profile: Total Saturated Fatty acids (SFA), Mono Unsaturated Fatty Acids (MUFA), Poly Unsaturated Fatty Acids (PUFA), Cholesterol
6. Saponins: Total Saponin
7. Fibre: Soluble and Insoluble fibres.

Finger millet

Scientific name: Eleusine coracana
Tamil: Keappai
Telugu: Ragi
Hindi: Ragi
Season: All
Commonly grown in: Tamil Nadu
Raw edibility: No
Intake precautions: Goitre, Depression.
Description:

It is rich in Vitamin-B, potassium, gluten free and good source of calcium and fiber. Which helps in kidney and heart function and also helps in nerves transmission signals which help the brain and muscle to co-ordinate.

Nutritional Values Info		
Finger millet		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	10.89	g
Protein	7.16	g
Total Fat	1.92	g
Total Fibre	11.18	g
Carbohydrates	66.82	g
Energy	320.75	Kcal
Vitamins		
Total Vitamin A	154	µg
Vitamin B	2.26	mg
Total Vitamin C	0	mg
Vitamin D (D2)	41.46	µg
Vitamin E	0.16	mg
Vitamin K (K1)	3.00	µg
Minerals & trace elements (Micro)		
Calcium	364	mg
Chromium	0.032	mg
Cobalt	0.022	mg
Copper	0.67	mg
Iron	4.62	mg
Magnesium	146.00	mg
Manganese	3.19	mg
Phosphorous	210	mg
Potassium	443	mg
Selenium	15.3	µg
Sodium	4.75	mg
Zinc	2.53	mg
Starch & Sugars		
Total Starch	62.13	g
Total Free sugars	0.34	g
Fatty acid profile		
Total SFA	317	mg
Total MUFA	585	mg
Total PUFA	431	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Rice

Raw , Milled

Scientific name: Oryza sativa
Tamil: Arisi
Telugu: Biyyam
Hindi: Chawal
Season: Winter (INDIA)
Commonly grown in: Tamil Nadu
Raw edibility: No
Intake precautions: type 2 DM & Obesity.
Description:
It is rich in carbohydrates and calories with anti-inflammatory properties. Which helps in gaining much energy. And it helps in supporting nerves, bones and muscles and improving colon.

Nutritional Values Info		
Rice, *raw*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	9.93	g
Protein	7.94	g
Total Fat	0.52	g
Total Fibre	2.81	g
Carbohydrates	78.24	g
Energy	356.36	Kcal
Vitamins		
Total Vitamin A	16.87	µg
Vitamin B	2.49	mg
Total Vitamin C	0	mg
Vitamin D (D2)	0	µg
Vitamin E	0.06	mg
Vitamin K (K1)	1.50	µg
Minerals & trace elements (Micro)		
Calcium	7.49	mg
Chromium	0.005	mg
Cobalt	0.003	mg
Copper	0.23	mg
Iron	0.65	mg
Magnesium	19.30	mg
Manganese	0.73	mg
Phosphorous	96	mg
Potassium	108	mg
Selenium	1.01	µg
Sodium	2.34	mg
Zinc	1.21	mg
Starch & Sugars		
Total Starch	75.7	g
Total Free sugars	0.69	g
Fatty acid profile		
Total SFA	184	mg
Total MUFA	117	mg
Total PUFA	253	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Wheat
Whole

Scientific name: Triticum aestivum
Tamil: Gothumai
Telugu: Godhumalu
Hindi: Gehun
Season: Winter / Spring
Commonly grown in: Tamil Nadu
Raw edibility: No
Intake precautions: celiac disease, crohn's disease, irritable bowel syndrome.
Description:
The wheat is a major source of fiber. The fiber contents in wheat will solve the constipation. And it also helps in lowering the risk of cardiovascular diseases.

Nutritional Values Info		
Wheat, *whole*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	10.58	g
Protein	10.59	g
Total Fat	1.47	g
Total Fibre	11.23	g
Carbohydrates	64.72	g
Energy	321.94	Kcal
Vitamins		
Total Vitamin A	287	µg
Vitamin B	4.66	mg
Total Vitamin C	0	mg
Vitamin D (D2)	17.49	µg
Vitamin E	0.77	mg
Vitamin K (K1)	1.75	µg
Minerals & trace elements (Micro)		
Calcium	39.36	mg
Chromium	0.006	mg
Cobalt	0.003	mg
Copper	0.49	mg
Iron	3.97	mg
Magnesium	125.00	mg
Manganese	3.19	mg
Phosphorous	315	mg
Potassium	366	mg
Selenium	47.76	µg
Sodium	2.5	mg
Zinc	2.85	mg
Starch & Sugars		
Total Starch	57.53	g
Total Free sugars	1.77	g
Fatty acid profile		
Total SFA	191	mg
Total MUFA	141	mg
Total PUFA	654	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Bengal gram
Whole

Scientific name: Cicer arietinum
Tamil: Kondaikadalai
Telugu: Sanagalu
Hindi: Chana
Season: Rainy
Commonly grown in: Tamil Nadu
Raw edibility: No
Intake precautions: Digestive disorders.
Description:
It improves digestion which is very much helpful for Diabetic patients. It also helps in treating anemia and improves bone health.

Nutritional Values Info		
Bengal gram, *whole*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	8.56	g
Protein	18.77	g
Total Fat	5.11	g
Total Fibre	25.22	g
Carbohydrates	39.56	g
Energy	287.05	Kcal
Vitamins		
Total Vitamin A	999	µg
Vitamin B	5.68	mg
Total Vitamin C	0	mg
Vitamin D (D2)	1.93	µg
Vitamin E	1.72	mg
Vitamin K (K1)	2.10	µg
Minerals & trace elements (Micro)		
Calcium	150	mg
Chromium	0.015	mg
Cobalt	0.021	mg
Copper	0.85	mg
Iron	6.78	mg
Magnesium	160.00	mg
Manganese	2.71	mg
Phosphorous	267	mg
Potassium	935	mg
Selenium	41.23	µg
Sodium	26.56	mg
Zinc	3.37	mg
Starch & Sugars		
Total Starch	35.69	g
Total Free sugars	0.99	g
Fatty acid profile		
Total SFA	453	mg
Total MUFA	890	mg
Total PUFA	2337	mg
Cholesterol	0	mg
Saponins		
Total Saponin	1.7	g

Black gram

Dal

Scientific name: Phaseolus mungo
Tamil: Uzhuthamparuppu
Telugu: Minapapappu
Hindi: Urd dal
Season: Rainy
Commonly grown in: Tamil Nadu
Raw edibility: No
Intake precautions: Those who suffer from high levels of uric acid.
Description:
It improves metabolism,and also gives more energy. It has diuretic properties. It can reduce pain. It has a tendency to heal swelled tissues. It also improves GUT health and the reproductive system.

Nutritional Values Info		
Black gram, *dal*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	9.16	g
Protein	23.06	g
Total Fat	1.69	g
Total Fibre	11.93	g
Carbohydrates	51	g
Energy	324.09	Kcal
Vitamins		
Total Vitamin A	279	µg
Vitamin B	5.32	mg
Total Vitamin C	0	mg
Vitamin D (D2)	8.42	µg
Vitamin E	0.17	mg
Vitamin K (K1)	8.30	µg
Minerals & trace elements (Micro)		
Calcium	55.67	mg
Chromium	0.011	mg
Cobalt	0.014	mg
Copper	0.64	mg
Iron	4.67	mg
Magnesium	173.00	mg
Manganese	1.46	mg
Phosphorous	375	mg
Potassium	1157	mg
Selenium	23.99	µg
Sodium	18.88	mg
Zinc	3.00	mg
Starch & Sugars		
Total Starch	47.89	g
Total Free sugars	0.84	g
Fatty acid profile		
Total SFA	276	mg
Total MUFA	186	mg
Total PUFA	742	mg
Cholesterol	0	mg
Saponins		
Total Saponin	1.2	g

Green gram

Whole

Scientific name: Phaseolus aureus
Tamil: Pachchaipayaru
Telugu: Pesalu
Hindi: Mung
Season: Summer
Commonly grown in: Tamil Nadu
Raw edibility: No
Intake precautions: Those who suffer from Gall Bladder & kidney disorders.
Description:
It has antioxidants vitexin and iso-vitexin may prevent heat stroke, may lower "bad" LDL cholesterol levels, reduce heart disease risk, rich in potassium, magnesium and fiber.

Nutritional Values Info		
Green gram, *whole*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	9.95	g
Protein	22.53	g
Total Fat	1.14	g
Total Fibre	17.04	g
Carbohydrates	46.13	g
Energy	293.74	Kcal
Vitamins		
Total Vitamin A	889	µg
Vitamin B	5.40	mg
Total Vitamin C	0	mg
Vitamin D (D2)	3.15	µg
Vitamin E	0.33	mg
Vitamin K (K1)	12.63	µg
Minerals & trace elements (Micro)		
Calcium	92.43	mg
Chromium	0.012	mg
Cobalt	0.021	mg
Copper	1	mg
Iron	4.89	mg
Magnesium	198.00	mg
Manganese	1.05	mg
Phosphorous	353	mg
Potassium	1177	mg
Selenium	23.32	µg
Sodium	12.48	mg
Zinc	2.67	mg
Starch & Sugars		
Total Starch	39.21	g
Total Free sugars	0.54	g
Fatty acid profile		
Total SFA	274	mg
Total MUFA	27.22	mg
Total PUFA	611	mg
Cholesterol	0	mg
Saponins		
Total Saponin	1.28	g

Rajmah

Brown

Scientific name: Phaseolus vulgaris
Tamil: Karamani
Telugu: Barigalu
Hindi: Rajmah
Season: Spring
Commonly grown in: Tamil nadu
Raw edibility: No
Intake precautions: Abdominal pain, Diarrhoea.
Description:
It helps to keep the heart healthy. It can prevent certain types of cancers. It will help in strengthen the bones. Promotes weight loss.

Nutritional Values Info		
Rajmah, *brown*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	9.68	g
Protein	19.5	g
Total Fat	1.68	g
Total Fibre	16.95	g
Carbohydrates	48.83	g
Energy	297.56	Kcal
Vitamins		
Total Vitamin A	90.26	µg
Vitamin B	5.44	mg
Total Vitamin C	0	mg
Vitamin D (D2)	25.82	µg
Vitamin E	0.23	mg
Vitamin K (K1)	5.50	µg
Minerals & trace elements (Micro)		
Calcium	134	mg
Chromium	0.025	mg
Cobalt	0.024	mg
Copper	0.89	mg
Iron	6.3	mg
Magnesium	164.00	mg
Manganese	1.19	mg
Phosphorous	396	mg
Potassium	1366	mg
Selenium	12.7	µg
Sodium	10.47	mg
Zinc	2.60	mg
Starch & Sugars		
Total Starch	38.05	g
Total Free sugars	2.27	g
Fatty acid profile		
Total SFA	242	mg
Total MUFA	91.76	mg
Total PUFA	896	mg
Cholesterol	0	mg
Saponins		
Total Saponin	2.85	g

Red gram

Dal

Scientific name: Cajanus cajan
Tamil: Thuvaramparuppu
Telugu: Kandipappu
Hindi: Arhardal
Season: Winter / Summer
Commonly grown in: Tamil Nadu
Raw edibility: No
Intake precautions: Digestive disorders.
Description:
It helps in improving the liver health. It gives the lightness feel to the body. The leaves of this plant helps in bleeding disorders. And also the leaves acts as a laxative.

Nutritional Values Info		
Red gram, *dal*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	9.2	g
Protein	21.7	g
Total Fat	1.56	g
Total Fibre	9.06	g
Carbohydrates	55.23	g
Energy	330.78	Kcal
Vitamins		
Total Vitamin A	484	µg
Vitamin B	4.27	mg
Total Vitamin C	0	mg
Vitamin D (D2)	2.12	µg
Vitamin E	0.19	mg
Vitamin K (K1)	42.25	µg
Minerals & trace elements (Micro)		
Calcium	71.73	mg
Chromium	0.007	mg
Cobalt	0.003	mg
Copper	1.14	mg
Iron	3.9	mg
Magnesium	119.00	mg
Manganese	1.12	mg
Phosphorous	328	mg
Potassium	1395	mg
Selenium	14.36	µg
Sodium	18.01	mg
Zinc	2.63	mg
Starch & Sugars		
Total Starch	48.53	g
Total Free sugars	2.08	g
Fatty acid profile		
Total SFA	257	mg
Total MUFA	89.94	mg
Total PUFA	651	mg
Cholesterol	0	mg
Saponins		
Total Saponin	1.56	g

Beans

Country

Scientific name: Phaseolus vulgaris
Tamil: Vithaiavarai
Telugu: Sannachikkudu
Hindi: Fras beans
Season: End of spring
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: Digestive problems like bloating due to flatulence.
Description:
It improves eyesight, help in fetal development, maintain healthy heart, protect against cancer, regulates blood sugar level, boost immune function, prevent premature ageing, help in proper digestion and urine output.

Nutritional Values Info		
Beans, *country*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	89.14	g
Protein	2.49	g
Total Fat	0.26	g
Total Fibre	4.38	g
Carbohydrates	2.68	g
Energy	24.38	Kcal
Vitamins		
Total Vitamin A	1501	µg
Vitamin B	1.63	mg
Total Vitamin C	15.81	mg
Vitamin D (D2)	1.82	µg
Vitamin E	0.07	mg
Vitamin K (K1)	15.12	µg
Minerals & trace elements (Micro)		
Calcium	55.99	mg
Chromium	0.007	mg
Cobalt	0.004	mg
Copper	0.11	mg
Iron	1.25	mg
Magnesium	43.01	mg
Manganese	0.44	mg
Phosphorous	59.86	mg
Potassium	324	mg
Selenium	0	µg
Sodium	8.84	mg
Zinc	0.50	mg
Starch & Sugars		
Total Starch	0.75	g
Total Free sugars	1.06	g
Fatty acid profile		
Total SFA	71.07	mg
Total MUFA	11.13	mg
Total PUFA	127	mg
Cholesterol	0	mg
Saponins		
Total Saponin	3.44	g

Bitter gourd

Jagged, Teeth ridges, Elongate

Scientific name: Momordica charantia
Tamil: Paagarkkai
Telugu: Kakara kaya
Hindi: Karela
Season: Rainy
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: G6PD deficiency
Description:
It contains iron, magnesium, potassium, and vitamin A and C. It contains twice the calcium of spinach and the beta-carotene of broccoli. Various anti-oxidants & anti-inflammatory compounds are present in bitter gourd.

Nutritional Values Info		
Bitter gourd, *elongate*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	90.87	g
Protein	1.44	g
Total Fat	0.24	g
Total Fibre	3.78	g
Carbohydrates	2.82	g
Energy	20.79	Kcal
Vitamins		
Total Vitamin A	717	µg
Vitamin B	0.81	mg
Total Vitamin C	46.53	mg
Vitamin D (D2)	1.92	µg
Vitamin E	0.03	mg
Vitamin K (K1)	4.55	µg
Minerals & trace elements (Micro)		
Calcium	21.36	mg
Chromium	0.014	mg
Cobalt	0.002	mg
Copper	0.09	mg
Iron	1.15	mg
Magnesium	32.14	mg
Manganese	0.25	mg
Phosphorous	44.9	mg
Potassium	326	mg
Selenium	4.97	µg
Sodium	13.09	mg
Zinc	0.31	mg
Starch & Sugars		
Total Starch	0.92	g
Total Free sugars	0.04	g
Fatty acid profile		
Total SFA	144	mg
Total MUFA	8.08	mg
Total PUFA	40.78	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Brinjal

All Varieties

Scientific name: Solanum melongena
Tamil: Katthirikkai
Telugu: Vankaya
Hindi: Baingan
Season: Spring / Summer
Commonly grown in: Tamil Nadu
Raw edibility: No
Intake precautions: Allergy, Anxiety
Description:
Helps to prevent many types of chronic diseases, such as heart disease and cancer; helps in digestion; improves bone health; prevents anaemia; increases brain function.

Nutritional Values Info		
Brinjal - *all varieties*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	90	g
Protein	1.48	g
Total Fat	0.32	g
Total Fibre	3.98	g
Carbohydrates	3.52	g
Energy	25.33	Kcal
Vitamins		
Total Vitamin A	309	µg
Vitamin B	1.12	mg
Total Vitamin C	2.09	mg
Vitamin D (D2)	1.04	µg
Vitamin E	0.07	mg
Vitamin K (K1)	13.53	µg
Minerals & trace elements (Micro)		
Calcium	16.59	mg
Chromium	0.005	mg
Cobalt	0.001	mg
Copper	0.11	mg
Iron	0.37	mg
Magnesium	21.00	mg
Manganese	0.17	mg
Phosphorous	32.56	mg
Potassium	247	mg
Selenium	0	µg
Sodium	3.55	mg
Zinc	0.21	mg
Starch & Sugars		
Total Starch	1.31	g
Total Free sugars	0.97	g
Fatty acid profile		
Total SFA	71.15	mg
Total MUFA	21.45	mg
Total PUFA	149	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Chayote

Cho-Cho-Marrow

Scientific name: Sechium edule
Tamil: Chowchow
Telugu: Chowchow
Hindi: Chowchow
Season: Rainy
Commonly grown in: Tamil Nadu
Raw edibility: No
Description:
Good for heart, brain, helps in producing energy, keeps thyroid healthy, prevents acne, blood pressure, leg cramps and it has anti-inflammatory properties.

Nutritional Values Info		
Cho-cho-marrow		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	93.78	g
Protein	0.66	g
Total Fat	0.15	g
Total Fibre	1.55	g
Carbohydrates	3.47	g
Energy	18.88	Kcal
Vitamins		
Total Vitamin A	24.53	µg
Vitamin B	0.61	mg
Total Vitamin C	20.21	mg
Vitamin D (D2)	5.46	µg
Vitamin E	0.09	mg
Vitamin K (K1)	1.78	µg
Minerals & trace elements (Micro)		
Calcium	18.64	mg
Chromium	0.006	mg
Cobalt	0.001	mg
Copper	0.05	mg
Iron	0.48	mg
Magnesium	13.05	mg
Manganese	0.17	mg
Phosphorous	21.61	mg
Potassium	120	mg
Selenium	0.16	µg
Sodium	1.28	mg
Zinc	0.10	mg
Starch & Sugars		
Total Starch	1.17	g
Total Free sugars	0.76	g
Fatty acid profile		
Total SFA	76.12	mg
Total MUFA	13.3	mg
Total PUFA	22.58	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Cucumber

Green , Elongate

Scientific name: Cucumis sativus
Vernacular name:
Tamil: Vellarikkai
Telugu: Dosa kaya
Hindi: Kheera
Season: Summer
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: Hyperkalemia
Description:
Treats cardiovascular diseases, bowel diseases, diabetes, and skin disorders, and speed wound healing. They are low in calories but contain many important vitamins and minerals, as well as high in water content.

Nutritional Values Info		
Cucumber, *green, elongate*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	92.96	g
Protein	0.71	g
Total Fat	0.16	g
Total Fibre	2.14	g
Carbohydrates	3.48	g
Energy	19.60	Kcal
Vitamins		
Total Vitamin A	171	µg
Vitamin B	0.91	mg
Total Vitamin C	6.11	mg
Vitamin D (D2)	1.26	µg
Vitamin E	0.02	mg
Vitamin K (K1)	8.20	µg
Minerals & trace elements (Micro)		
Calcium	16.39	mg
Chromium	0.006	mg
Cobalt	0.002	mg
Copper	0.04	mg
Iron	0.46	mg
Magnesium	20.38	mg
Manganese	0.08	mg
Phosphorous	28.34	mg
Potassium	183	mg
Selenium	0.17	µg
Sodium	6.33	mg
Zinc	0.17	mg
Starch & Sugars		
Total Starch	0.5	g
Total Free sugars	0.27	g
Fatty acid profile		
Total SFA	64.17	mg
Total MUFA	10.57	mg
Total PUFA	67.93	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Drumstick

Scientific name: Moringa oleifera
Vernacular name:
Tamil: Murungaikkai
Telugu: Mulakada
Hindi: Saijan-ki-phalli
Season: Rainy / Spring
Commonly grown in: Tamil Nadu
Raw edibility: No
Intake precautions: Facial angioderma, hypertension
Description:
Regulates blood sugar levels, helps to improve digestive health, great for developing stronger bones, helps in purifying blood, relieves respiratory disorders, and boosts immunity.

Nutritional Values Info		
Drumstick		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	85.39	g
Protein	2.62	g
Total Fat	0.12	g
Total Fibre	6.83	g
Carbohydrates	3.76	g
Energy	29.40	Kcal
Vitamins		
Total Vitamin A	350	µg
Vitamin B	1.49	mg
Total Vitamin C	71.86	mg
Vitamin D (D2)	1.67	µg
Vitamin E	0.31	mg
Vitamin K (K1)	358.00	µg
Minerals & trace elements (Micro)		
Calcium	33.3	mg
Chromium	0.008	mg
Cobalt	0	mg
Copper	0.1	mg
Iron	0.73	mg
Magnesium	38.10	mg
Manganese	0.19	mg
Phosphorous	52.87	mg
Potassium	419	mg
Selenium	3.12	µg
Sodium	22.38	mg
Zinc	0.31	mg
Starch & Sugars		
Total Starch	1.31	g
Total Free sugars	1.47	g
Fatty acid profile		
Total SFA	29.05	mg
Total MUFA	46.4	mg
Total PUFA	27.21	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Ivy gourd

Big

Scientific name: Coccinia cordifolia
Vernacular name:
Tamil: Kovaikkai
Telugu: Dondakaya
Hindi: Konduri
Season: Rainy / Spring
Commonly grown in: Tamil nadu
Raw edibility: Yes
Intake precautions: Breast feeding.
Description:
Ivy gourd is said to have potent anti-inflammatory and antioxidant effects that may aid in the prevention or treatment of a diverse range of health conditions like diabetes, high cholesterol, high blood pressure and obesity.

Nutritional Values Info		
Ivy gourd, *big*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	92.78	g
Protein	1.39	g
Total Fat	0.24	g
Total Fibre	3	g
Carbohydrates	2.01	g
Energy	17.45	Kcal
Vitamins		
Total Vitamin A	498	µg
Vitamin B	1.01	mg
Total Vitamin C	17.62	mg
Vitamin D (D2)	6.25	µg
Vitamin E	0.72	mg
Vitamin K (K1)	19.15	µg
Minerals & trace elements (Micro)		
Calcium	34.39	mg
Chromium	0.003	mg
Cobalt	0.002	mg
Copper	0.06	mg
Iron	0.38	mg
Magnesium	19.60	mg
Manganese	0.16	mg
Phosphorous	36.9	mg
Potassium	198	mg
Selenium	0	µg
Sodium	1.53	mg
Zinc	0.18	mg
Starch & Sugars		
Total Starch	0.22	g
Total Free sugars	0.98	g
Fatty acid profile		
Total SFA	68.84	mg
Total MUFA	4.35	mg
Total PUFA	98.82	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Okra

Ladies finger

Scientific name: Abelmoschus esculentus
Vernacular name:
Tamil: Vendaikkai
Telugu: Bendakaya
Hindi: Bhindi
Season: Summer
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: Gall bladder calculi.
Description:
It promotes heart health and regulates Blood sugar. It can boost immune and colon health. It can prevent colon cancer.

Nutritional Values Info		
Okra		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	89.06	g
Protein	2.08	g
Total Fat	0.22	g
Total Fibre	4.08	g
Carbohydrates	3.62	g
Energy	27.49	Kcal
Vitamins		
Total Vitamin A	1223	µg
Vitamin B	1.34	mg
Total Vitamin C	22.51	mg
Vitamin D (D2)	7.46	µg
Vitamin E	0.5	mg
Vitamin K (K1)	21.52	µg
Minerals & trace elements (Micro)		
Calcium	86.12	mg
Chromium	0.005	mg
Cobalt	0.002	mg
Copper	0.13	mg
Iron	0.84	mg
Magnesium	66.10	mg
Manganese	0.3	mg
Phosphorous	57.48	mg
Potassium	263	mg
Selenium	0	µg
Sodium	7.37	mg
Zinc	0.45	mg
Starch & Sugars		
Total Starch	0.89	g
Total Free sugars	0.48	g
Fatty acid profile		
Total SFA	69.37	mg
Total MUFA	8.1	mg
Total PUFA	109	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Peas

Fresh

Scientific name: Pisum sativum
Vernacular name:
Tamil: Pachaipattani
Telugu: Batani
Hindi: Matar
Season: Summer
Commonly grown in: Tamil Nadu
Raw edibility: No
Intake precautions: who have uric acid & calcium loss.
Description:
The high fibre content present in peas helps in maintaining good digestive health. Fibre adds bulk to the stool, thereby enhancing smoother bowel regularly. Peas are a good source of iron. Peas are rich in vitamin C.

Nutritional Values Info		
Peas, *fresh*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	73.37	g
Protein	7.25	g
Total Fat	0.13	g
Total Fibre	6.32	g
Carbohydrates	11.88	g
Energy	81.26	Kcal
Vitamins		
Total Vitamin A	1286	µg
Vitamin B	2.51	mg
Total Vitamin C	38.4	mg
Vitamin D (D2)	12.91	µg
Vitamin E	0.21	mg
Vitamin K (K1)	44.22	µg
Minerals & trace elements (Micro)		
Calcium	28.24	mg
Chromium	0.002	mg
Cobalt	0.003	mg
Copper	0.22	mg
Iron	1.58	mg
Magnesium	40.11	mg
Manganese	0.46	mg
Phosphorous	55.95	mg
Potassium	249	mg
Selenium	1.63	µg
Sodium	3.66	mg
Zinc	1.09	mg
Starch & Sugars		
Total Starch	6.92	g
Total Free sugars	0.97	g
Fatty acid profile		
Total SFA	19.01	mg
Total MUFA	28.75	mg
Total PUFA	56.24	mg
Cholesterol	0	mg
Saponins		
Total Saponin	1.26	g

Plantain

Stem

Scientific name: Musa x paradisiaca
Vernacular name:
Tamil: Vaazhaithandu
Telugu: Arati doota
Hindi: Kele ka tana
Season: Spring / Rainy
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: Pregnancy & lactation.
Description:
It has more fiber contents. It can prevent constipation and improves digestion. It has diuretic property. It helps in healing external burnt wounds.

Nutritional Values Info		
Plantain, *stem*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	87.53	g
Protein	0.35	g
Total Fat	0.16	g
Total Fibre	2.12	g
Carbohydrates	8.64	g
Energy	39.44	Kcal
Vitamins		
Total Vitamin A	69.31	µg
Vitamin B	0.62	mg
Total Vitamin C	3.77	mg
Vitamin D (D2)	0.32	µg
Vitamin E	0.02	mg
Vitamin K (K1)	2.50	µg
Minerals & trace elements (Micro)		
Calcium	11.24	mg
Chromium	0.015	mg
Cobalt	0.001	mg
Copper	0.04	mg
Iron	0.26	mg
Magnesium	32.82	mg
Manganese	0.1	mg
Phosphorous	16.31	mg
Potassium	373	mg
Selenium	0.45	µg
Sodium	23.17	mg
Zinc	0.14	mg
Starch & Sugars		
Total Starch	4.51	g
Total Free sugars	0.65	g
Fatty acid profile		
Total SFA	27.45	mg
Total MUFA	2.71	mg
Total PUFA	28.5	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0.76	g

Pumpkin

Round , Orange colour

Scientific name: Cucurbita maxima
Vernacular name:
Tamil: Poosanikkai
Telugu: Gummadi
Hindi: Kaddu
Season: Summer
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: Pregnancy & lactation.
Description:
Pumpkin is a great source of potassium and beta-carotene, which is a carotenoid that converts to vitamin A. It also contains some minerals including calcium and magnesium, as well as vitamins E, C and B.

Nutritional Values Info		
Pumpkin, *round, orange colour*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	91.85	g
Protein	0.84	g
Total Fat	0.16	g
Total Fibre	2.56	g
Carbohydrates	4	g
Energy	23.18	Kcal
Vitamins		
Total Vitamin A	1449	µg
Vitamin B	0.76	mg
Total Vitamin C	8.04	mg
Vitamin D (D2)	1.4	µg
Vitamin E	0.6	mg
Vitamin K (K1)	83.70	µg
Minerals & trace elements (Micro)		
Calcium	23.06	mg
Chromium	0.002	mg
Cobalt	0	mg
Copper	0.06	mg
Iron	0.36	mg
Magnesium	10.43	mg
Manganese	0.07	mg
Phosphorous	22.18	mg
Potassium	253	mg
Selenium	0.37	µg
Sodium	8.81	mg
Zinc	0.11	mg
Starch & Sugars		
Total Starch	0.33	g
Total Free sugars	2.97	g
Fatty acid profile		
Total SFA	44.58	mg
Total MUFA	22.02	mg
Total PUFA	62.73	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Ridge gourd

Scientific name: Luffa acutangula
Vernacular name:
Tamil: Peerkangkai
Telugu: Beerakaya
Hindi: Torai
Season: Rainy /Summer
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: Persons suffering from diarrhoea & vomitting.
Description:
It contains insulin like peptides and alkaloids that helps to reduce the sugar levels in the blood and urine. It boost up and nourishes the liver health and protects the liver from alcohol intoxication.

Nutritional Values Info		
Ridge gourd		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	94.99	g
Protein	0.91	g
Total Fat	0.14	g
Total Fibre	1.81	g
Carbohydrates	1.72	g
Energy	13.15	Kcal
Vitamins		
Total Vitamin A	838	µg
Vitamin B	0.61	mg
Total Vitamin C	5.42	mg
Vitamin D (D2)	0.37	µg
Vitamin E	0.02	mg
Vitamin K (K1)	11.23	µg
Minerals & trace elements (Micro)		
Calcium	13.7	mg
Chromium	0.003	mg
Cobalt	0.001	mg
Copper	0.1	mg
Iron	0.42	mg
Magnesium	16.15	mg
Manganese	0.11	mg
Phosphorous	33.06	mg
Potassium	118	mg
Selenium	0.59	µg
Sodium	4.71	mg
Zinc	0.22	mg
Starch & Sugars		
Total Starch	0.81	g
Total Free sugars	0.62	g
Fatty acid profile		
Total SFA	54.49	mg
Total MUFA	2.57	mg
Total PUFA	55.08	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Spinach

Scientific name: Spinacia oleracea
Vernacular name:
Tamil: Pasalaikeerai
Telugu: Palakoora
Hindi: Palak
Season: Winter
Commonly grown in: Tamil Nadu
Raw edibility: No
Intake precautions: kidney diseases
Description:
There are various types of spinach that can increase the metabolism. It is rich in Vitamin-K and Vitamin –c. It also has micro nutrients includes vitamin-A, Riboflavin, oxalate , calcium. It has anti-oxidants and promotes weight loss.

Nutritional Values Info		
Spinach		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	90.31	g
Protein	2.14	g
Total Fat	0.64	g
Total Fibre	2.38	g
Carbohydrates	2.05	g
Energy	24.38	Kcal
Vitamins		
Total Vitamin A	9553	µg
Vitamin B	1.11	mg
Total Vitamin C	30.28	mg
Vitamin D (D2)	0.26	µg
Vitamin E	1.29	mg
Vitamin K (K1)	325.00	µg
Minerals & trace elements (Micro)		
Calcium	82.29	mg
Chromium	0.028	mg
Cobalt	0.002	mg
Copper	0.17	mg
Iron	2.95	mg
Magnesium	86.97	mg
Manganese	1.12	mg
Phosphorous	32.59	mg
Potassium	625	mg
Selenium	0	µg
Sodium	2.09	mg
Zinc	42.55	mg
Starch & Sugars		
Total Starch	1.38	g
Total Free sugars	0.24	g
Fatty acid profile		
Total SFA	183	mg
Total MUFA	42.83	mg
Total PUFA	295	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Tomato

Ripe , Local

Scientific name: Lycopersicon esculentum
Vernacular name:
Tamil: Thakkali
Telugu: Ramamulagayaka
Hindi: Tamator
Season: Summer
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: kidney diseases
Description:
For the treatment of different types of cancer like breast cancer, bladder cancer, cervix cancer, colon cancer, Rectal cancer, stomach cancer, lung cancer, ovarian cancer, pancreatic cancer, and prostate cancer. It is also used to prevent diabetes, diseases of the heart and blood vessels,

Nutritional Values Info		
Tomato, *ripe, local*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	93.62	g
Protein	0.9	g
Total Fat	0.47	g
Total Fibre	1.77	g
Carbohydrates	2.71	g
Energy	19.60	Kcal
Vitamins		
Total Vitamin A	4656	µg
Vitamin B	0.89	mg
Total Vitamin C	27.47	mg
Vitamin D (D2)	12.24	µg
Vitamin E	0.27	mg
Vitamin K (K1)	17.18	µg
Minerals & trace elements (Micro)		
Calcium	10.17	mg
Chromium	0.005	mg
Cobalt	0	mg
Copper	0.06	mg
Iron	0.3	mg
Magnesium	13.65	mg
Manganese	0.09	mg
Phosphorous	18.77	mg
Potassium	204	mg
Selenium	0	µg
Sodium	9.73	mg
Zinc	0.12	mg
Starch & Sugars		
Total Starch	0	g
Total Free sugars	1.34	g
Fatty acid profile		
Total SFA	79.56	mg
Total MUFA	58.66	mg
Total PUFA	208	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Turnip

Scientific name: Brassica oleracea
Vernacular name:
Tamil: Noolkol
Telugu: NoolkolKohl
Hindi: rabi
Season: Spring / Summer
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: Thyroid disorders
Description:
Turnip greens are high in calcium and contain substances which helps to prevent different types of cancer. With high levels of fibre in a turnip root, a great detox aid. It regulates the immune system.

Nutritional Values Info		
Turnip		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	93.14	g
Protein	1.58	g
Total Fat	0.35	g
Total Fibre	2.75	g
Carbohydrates	1.39	g
Energy	16.01	Kcal
Vitamins		
Total Vitamin A	28.82	µg
Total Vitamin B	1.06	mg
Total Vitamin C	64.7	mg
Vitamin D (D2)	0.32	µg
Vitamin E	0.17	mg
Vitamin K (K1)	8.90	µg
Minerals & trace elements (Micro)		
Calcium	35.26	mg
Chromium	0.004	mg
Cobalt	0.002	mg
Copper	0.08	mg
Iron	0.24	mg
Magnesium	19.05	mg
Manganese	0.13	mg
Phosphorous	40.77	mg
Potassium	327	mg
Selenium	0	µg
Sodium	27.46	mg
Zinc	0.15	mg
Starch & Sugars		
Total Starch	0.51	g
Total Free sugars	0.43	g
Fatty acid profile		
Total SFA	97.4	mg
Total MUFA	31.62	mg
Total PUFA	130	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Beet root

Scientific name: Beta vulgaris
Vernacular name:
Tamil: Beetroot
Telugu: Beetroot
Hindi: Chukandar
Season: Rainy
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: skin allergies
Description:
Prevents the development of cancer, inflammatory conditions, and heart diseases. Packed with essential nutrients, beetroots are a great source of fiber, folate (vitamin B9), manganese, potassium, iron, and vitamin C.

Nutritional Values Info		
Beet root		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	86.95	g
Protein	1.95	g
Total Fat	0.14	g
Total Fibre	3.31	g
Carbohydrates	6.18	g
Energy	35.61	Kcal
Vitamins		
Total Vitamin A	12.88	µg
Vitamin B	0.66	mg
Total Vitamin C	5.26	mg
Vitamin D (D2)	0.18	µg
Vitamin E	0.09	mg
Vitamin K (K1)	2.98	µg
Minerals & trace elements (Micro)		
Calcium	17.28	mg
Chromium	0.008	mg
Cobalt	0.001	mg
Copper	0.12	mg
Iron	0.76	mg
Magnesium	33.21	mg
Manganese	0.57	mg
Phosphorous	36.33	mg
Potassium	306	mg
Selenium	0.25	µg
Sodium	69.44	mg
Zinc	0.30	mg
Starch & Sugars		
Total Starch	1.69	g
Total Free sugars	4.35	g
Fatty acid profile		
Total SFA	31.17	mg
Total MUFA	21.96	mg
Total PUFA	64.21	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Carrot

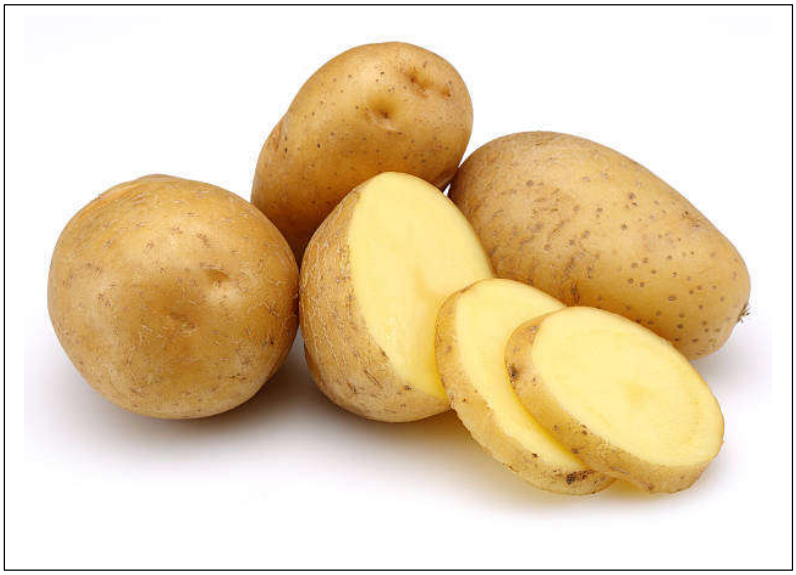
Orange colour

Scientific name: Dacus carota
Vernacular name:
Tamil: Carrot
Telugu: Gajjara gadda
Hindi: Gajar
Season: Winter
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: Allergy & teeth decay.
Description:
It helps to treat Vitamin A deficiency. They are rich in beta-carotene-a compound ,your body changes into vitamin A, which helps to keep your eyes healthy and protect your eyes from the sun.

Nutritional Values Info		
Carrot, *orange colour*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	87.69	g
Protein	0.95	g
Total Fat	0.47	g
Total Fibre	4.18	g
Carbohydrates	5.55	g
Energy	33.22	Kcal
Vitamins		
Total Vitamin A	9377	µg
Vitamin B	0.73	mg
Total Vitamin C	6.22	mg
Vitamin D (D2)	1.36	µg
Vitamin E	0.21	mg
Vitamin K (K1)	18.35	µg
Minerals & trace elements (Micro)		
Calcium	35.09	mg
Chromium	0.004	mg
Cobalt	0	mg
Copper	0.08	mg
Iron	0.6	mg
Magnesium	16.73	mg
Manganese	0.23	mg
Phosphorous	43.06	mg
Potassium	273	mg
Selenium	0	µg
Sodium	0.22	mg
Zinc	52.33	mg
Starch & Sugars		
Total Starch	1.24	g
Total Free sugars	3.23	g
Fatty acid profile		
Total SFA	87.71	mg
Total MUFA	21.01	mg
Total PUFA	266	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Potato

Brown skin, Big



Scientific name: Solanum tuberosum
Vernacular name:
Tamil: Uruzhaikizhangu
Telugu: Bangala dampa
Hindi: Aloo
Season: Autumn
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: Diabetes mellitus
Description:
It has Vitamin-C and anti-oxidants. It controls blood sugar and improves digestive health and gluten free. It has more phosphorous. It reduces heart disease. It combats signs of ageing.

Nutritional Values Info		
Potato, *brown skin, big*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	80.72	g
Protein	1.54	g
Total Fat	0.23	g
Total Fibre	1.71	g
Carbohydrates	14.89	g
Energy	69.79	Kcal
Vitamins		
Total Vitamin A	208	µg
Vitamin B	1.61	mg
Total Vitamin C	23.15	mg
Vitamin D (D2)	0.19	µg
Vitamin E	0.06	mg
Vitamin K (K1)	2.12	µg
Minerals & trace elements (Micro)		
Calcium	9.52	mg
Chromium	0.002	mg
Cobalt	0.005	mg
Copper	0.09	mg
Iron	0.57	mg
Magnesium	24.07	mg
Manganese	0.14	mg
Phosphorous	43.42	mg
Potassium	541	mg
Selenium	0.75	µg
Sodium	4.11	mg
Zinc	0.28	mg
Starch & Sugars		
Total Starch	11.47	g
Total Free sugars	0.32	g
Fatty acid profile		
Total SFA	43.56	mg
Total MUFA	13.82	mg
Total PUFA	129	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Radish

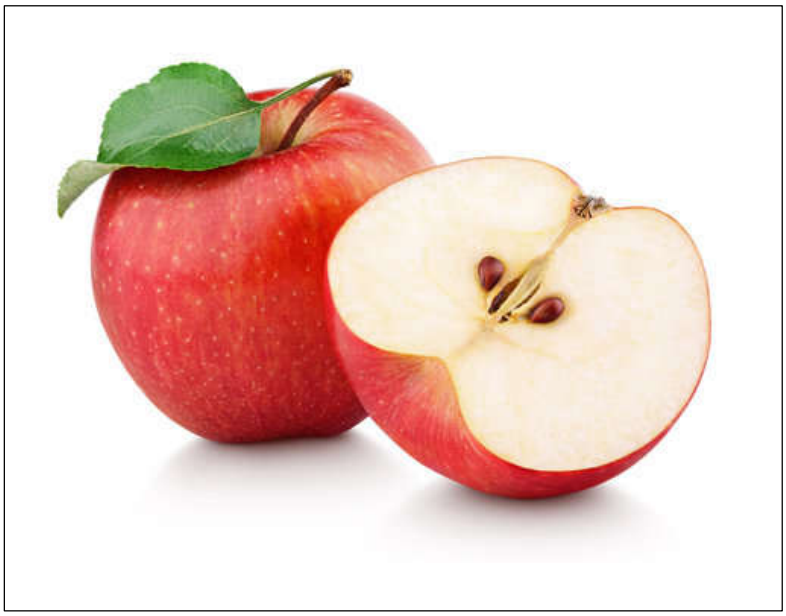
Elongate , White skin

Scientific name: Raphanus sativus
Vernacular name:
Tamil: Mullangi
Telugu: Mullangi
Hindi: Muli
Season: Rainy
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: Gall stones and pregnant womens.
Description:
Used for stomach and intestinal disorders, liver, bile duct, gallstones problems, loss of appetite, bronchitis, fever, colds, and cough. It is also used for high cholesterol. Immune System Booster. Prevent Piles, Cancer.

Nutritional Values Info		
Radish, *elongate, white skin*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	89.05	g
Protein	0.77	g
Total Fat	0.15	g
Total Fibre	2.65	g
Carbohydrates	6.56	g
Energy	32.27	Kcal
Vitamins		
Total Vitamin A	10.6	µg
Vitamin B	0.59	mg
Total Vitamin C	19.91	mg
Vitamin D (D2)	0.05	µg
Vitamin E	0.01	mg
Vitamin K (K1)	2.50	µg
Minerals & trace elements (Micro)		
Calcium	30.2	mg
Chromium	0.003	mg
Cobalt	0.001	mg
Copper	0.03	mg
Iron	0.36	mg
Magnesium	16.07	mg
Manganese	0.1	mg
Phosphorous	30.1	mg
Potassium	288	mg
Selenium	0	µg
Sodium	0.1	mg
Zinc	28.20	mg
Starch & Sugars		
Total Starch	0.59	g
Total Free sugars	0.95	g
Fatty acid profile		
Total SFA	43.88	mg
Total MUFA	9.14	mg
Total PUFA	53.64	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Apple

Big



Scientific name: Malus domestica
Vernacular name:
Tamil: Apple
Telugu: Sepu
Hindi: Sev
Season: Winter
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: Gastric issues
Description:
It is rich in anti-oxidants, vitamin-c, and fibers. It can reduce the risk of diabetes. It can boost cognitive performance. And preserve bone mass. It can prevent risk of cancer.

Nutritional Values Info		
Apple, *big*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	83.01	g
Protein	0.29	g
Total Fat	0.64	g
Total Fibre	2.59	g
Carbohydrates	13.11	g
Energy	62.38	Kcal
Vitamins		
Total Vitamin A	229	µg
Vitamin B	0.42	mg
Total Vitamin C	3.57	mg
Vitamin D (D2)	1.46	µg
Vitamin E	0.15	mg
Vitamin K (K1)	3.65	µg
Minerals & trace elements (Micro)		
Calcium	13.68	mg
Chromium	0.007	mg
Cobalt	0.261	mg
Copper	0.04	mg
Iron	0.26	mg
Magnesium	8.09	mg
Manganese	0.05	mg
Phosphorous	10.44	mg
Potassium	116	mg
Selenium	0.47	µg
Sodium	1.43	mg
Zinc	0.09	mg
Starch & Sugars		
Total Starch	0	g
Total Free sugars	9.53	g
Fatty acid profile		
Total SFA	154	mg
Total MUFA	51.13	mg
Total PUFA	282	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Banana

Ripe, Robusta

Scientific name: Musa x paradisiaca
Vernacular name:
Tamil: Vaazhaipazham
Telugu: Arati pandu
Hindi: Kela
Season: Spring / Rainy
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: kidney disease & tooth decay.
Description:
It helps to lower blood pressure and may reduce the risk of heart diseases. It has powerful Antioxidants. Bananas are known to reduce swelling, strengthen the nervous system and helps in production of white blood cells.

Nutritional Values Info		
Banana, *ripe, robusta*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	71.93	g
Protein	1.23	g
Total Fat	0.33	g
Total Fibre	1.94	g
Carbohydrates	23.63	g
Energy	105.16	Kcal
Vitamins		
Total Vitamin A	314	µg
Vitamin B	1.33	mg
Total Vitamin C	4.76	mg
Vitamin D (D2)	0.22	µg
Vitamin E	0.09	mg
Vitamin K (K1)	2.80	µg
Minerals & trace elements (Micro)		
Calcium	5.07	mg
Chromium	0.007	mg
Cobalt	0	mg
Copper	0.13	mg
Iron	0.28	mg
Magnesium	34.98	mg
Manganese	0.36	mg
Phosphorous	24.32	mg
Potassium	306	mg
Selenium	0	µg
Sodium	0.85	mg
Zinc	0.14	mg
Starch & Sugars		
Total Starch	5.29	g
Total Free sugars	13.65	g
Fatty acid profile		
Total SFA	114	mg
Total MUFA	20.89	mg
Total PUFA	127	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Dates

Dry , Pale brown

Scientific name: Phoenix dactylifera
Vernacular name:
Tamil: Paerichampazham
Telugu: Khajoora pandu
Hindi: Chuhara
Season:
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: IBS
Description:
It is rich in anti –oxidant, magnesium, copper and selenium. And helps in development of bone. It lowers the Cholesterol. It lowers the risk of Alzheimer's disease.

Nutritional Values Info		
Dates, *dry, pale brown*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	11.14	g
Protein	2.45	g
Total Fat	0.35	g
Total Fibre	8.95	g
Carbohydrates	74.91	g
Energy	320.27	Kcal
Vitamins		
Total Vitamin A	3483	µg
Vitamin B	2.20	mg
Total Vitamin C	4.42	mg
Vitamin D (D2)	2.6	µg
Vitamin E	0.03	mg
Vitamin K (K1)	3.34	µg
Minerals & trace elements (Micro)		
Calcium	71.2	mg
Chromium	0.022	mg
Cobalt	0.001	mg
Copper	0.36	mg
Iron	3.2	mg
Magnesium	73.79	mg
Manganese	0.82	mg
Phosphorous	73.02	mg
Potassium	804	mg
Selenium	0.78	µg
Sodium	3.27	mg
Zinc	0.70	mg
Starch & Sugars		
Total Starch	0.87	g
Total Free sugars	66.63	g
Fatty acid profile		
Total SFA	97.03	mg
Total MUFA	30.43	mg
Total PUFA	159	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Gooseberry

Scientific name: Emblica officinalis
Vernacular name:
Tamil: Nellikkai
Telugu: Usirikaya
Hindi: Amla
Season: Autumn / Spring
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: Bleeding disorder.
Description:
It is rich in anti-oxidants and fibers and it is low in fat and calories. It controls blood sugar. It reduces the risk of stroke and certain type of cancer like colon cancer, breast cancer, pancreatic cancer .

Nutritional Values Info		
Gooseberry		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	87.02	g
Protein	0.34	g
Total Fat	0.16	g
Total Fibre	7.75	g
Carbohydrates	4.39	g
Energy	23.66	Kcal
Vitamins		
Total Vitamin A	62.01	µg
Vitamin B	0.79	mg
Total Vitamin C	252	mg
Vitamin D (D2)	0.27	µg
Vitamin E	0.12	mg
Vitamin K (K1)	1.64	µg
Minerals & trace elements (Micro)		
Calcium	20.14	mg
Chromium	0.007	mg
Cobalt	0	mg
Copper	0.12	mg
Iron	1.25	mg
Magnesium	6.50	mg
Manganese	0.11	mg
Phosphorous	21.85	mg
Potassium	223	mg
Selenium	0	µg
Sodium	1.37	mg
Zinc	0.05	mg
Starch & Sugars		
Total Starch	0.56	g
Total Free sugars	3.39	g
Fatty acid profile		
Total SFA	38.48	mg
Total MUFA	23.93	mg
Total PUFA	75.24	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0.4	g

Grapes

Seeded, Round , Green

Scientific name: Vitis vinifera
Vernacular name:
Tamil: Dhiraatchai
Telugu: Draksha padu
Hindi: Angoor
Season: Winter
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: IBS
Description:
Helps in treatment of varicose veins, hemorrhoids, atherosclerosis, high blood pressure, swelling after injury and stroke.

Nutritional Values Info		
Grapes, *seeded, round, green*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	85.07	g
Protein	0.77	g
Total Fat	0.29	g
Total Fibre	1.25	g
Carbohydrates	12.19	g
Energy	56.17	Kcal
Vitamins		
Total Vitamin A	208	µg
Vitamin B	0.35	mg
Total Vitamin C	17.1	mg
Vitamin D (D2)	3.59	µg
Vitamin E	0.07	mg
Vitamin K (K1)	7.26	µg
Minerals & trace elements (Micro)		
Calcium	11.16	mg
Chromium	0.003	mg
Cobalt	0	mg
Copper	0.07	mg
Iron	0.24	mg
Magnesium	6.87	mg
Manganese	0.07	mg
Phosphorous	19.5	mg
Potassium	166	mg
Selenium	0	µg
Sodium	1.89	mg
Zinc	0.05	mg
Starch & Sugars		
Total Starch	0	g
Total Free sugars	9.59	g
Fatty acid profile		
Total SFA	92.42	mg
Total MUFA	11.1	mg
Total PUFA	119	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Guava

White flesh

Scientific name: Psidium guajava
Vernacular name:
Tamil: Goiyyapazham
Telugu: Jama pandu
Hindi: Amrud
Season: Rainy / Winter / Spring
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: Bleeding disorder.
Description:
Guava helps in preventing colic, diarrhoea, diabetes, cough, cataract, high cholesterol, heart disease, and cancer. Fights against cancer and prevents its risk. Helps in good vision.

Nutritional Values Info		
Guava, *white flesh*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	83.79	g
Protein	1.44	g
Total Fat	0.32	g
Total Fibre	8.59	g
Carbohydrates	5.13	g
Energy	32.27	Kcal
Vitamins		
Total Vitamin A	996	µg
Vitamin B	1.08	mg
Total Vitamin C	214	mg
Vitamin D (D2)	1.68	µg
Vitamin E	0.09	mg
Vitamin K (K1)	3.68	µg
Minerals & trace elements (Micro)		
Calcium	18.52	mg
Chromium	0.004	mg
Cobalt	0.003	mg
Copper	0.16	mg
Iron	0.32	mg
Magnesium	15.26	mg
Manganese	0.22	mg
Phosphorous	23.54	mg
Potassium	283	mg
Selenium	1.84	µg
Sodium	2.87	mg
Zinc	0.23	mg
Starch & Sugars		
Total Starch	0.63	g
Total Free sugars	4.1	g
Fatty acid profile		
Total SFA	49.3	mg
Total MUFA	35.72	mg
Total PUFA	176	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Lemon

Scientific name: Citrus limon
Vernacular name:
Tamil: Elumichchaipazham
Telugu: Nima pandu
Hindi: Nimbhu
Season: Summer
Commonly grown in: Tamil Nadu
Raw edibility: No
Intake precautions: GERD
Description:
It is used in Common cold and flu, H1N1 (swine) flu, ringing in the ears (tinnitus), Meniere's disease, stomach upset and vomiting from pregnancy, and kidney stones. It supports immune mechanism.

Nutritional Values Info		
Lemon		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	91.59	g
Protein	0.41	g
Total Fat	0.75	g
Total Fibre	0	g
Carbohydrates	6.97	g
Energy	36.57	Kcal
Vitamins		
Total Vitamin A	85.99	µg
Vitamin B	0.31	mg
Total Vitamin C	48.16	mg
Vitamin D (D2)	0.39	µg
Vitamin E	0.06	mg
Vitamin K (K1)	1.80	µg
Minerals & trace elements (Micro)		
Calcium	22.68	mg
Chromium	0.002	mg
Cobalt	0	mg
Copper	0.03	mg
Iron	0.12	mg
Magnesium	8.90	mg
Manganese	0.02	mg
Phosphorous	9.86	mg
Potassium	113	mg
Selenium	0	µg
Sodium	1.21	mg
Zinc	0.08	mg
Starch & Sugars		
Total Starch	0	g
Total Free sugars	2.59	g
Fatty acid profile		
Total SFA	202	mg
Total MUFA	47.4	mg
Total PUFA	353	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Mango

Ripe , Banganapalli

Scientific name: Mangifera indica
Vernacular name:
Tamil: Maambazham
Telugu: Mamidi pandu
Hindi: Aam
Season: Summer
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: Diabetes mellitus
Description:
Mango prevents breast cancer, colon cancer, prostate cancer and leukemia. Helps in maintaining cholesterol level, aids good digestion, helps in strengthening immune system. It contains high iron content.

Nutritional Values Info		
Mango, *ripe, banganapalli*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	88.44	g
Protein	0.54	g
Total Fat	0.55	g
Total Fibre	1.88	g
Carbohydrates	8.18	g
Energy	41.83	Kcal
Vitamins		
Total Vitamin A	1424	µg
Vitamin B	0.65	mg
Total Vitamin C	32.97	mg
Vitamin D (D2)	3.71	µg
Vitamin E	0.28	mg
Vitamin K (K1)	4.77	µg
Minerals & trace elements (Micro)		
Calcium	15.77	mg
Chromium	0.02	mg
Cobalt	0	mg
Copper	0.1	mg
Iron	0.51	mg
Magnesium	13.35	mg
Manganese	0.22	mg
Phosphorous	11.07	mg
Potassium	144	mg
Selenium	1.91	µg
Sodium	1.34	mg
Zinc	0.12	mg
Starch & Sugars		
Total Starch	0	g
Total Free sugars	7.77	g
Fatty acid profile		
Total SFA	170	mg
Total MUFA	134	mg
Total PUFA	132	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Orange

Pulp

Scientific name: Citrus aurantium
Vernacular name:
Tamil: Kamala orange
Telugu: Kamala padu
Hindi: Santra
Season: Autumn / Monsoon
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: Hyperkalemia.
Description:
To prevent cancers like lung cancer, skin cancer and even breast cancer. Vitamin C and antioxidants present in oranges are both important to build body's immunity – they help in fighting cancer. High in Vitamin C.

Nutritional Values Info		
Orange, *pulp*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	89.61	g
Protein	0.7	g
Total Fat	0.13	g
Total Fibre	1.29	g
Carbohydrates	7.92	g
Energy	37.28	Kcal
Vitamins		
Total Vitamin A	675	µg
Vitamin B	0.63	mg
Total Vitamin C	42.72	mg
Vitamin D (D2)	0.34	µg
Vitamin E	0.04	mg
Vitamin K (K1)	2.50	µg
Minerals & trace elements (Micro)		
Calcium	19.52	mg
Chromium	0.012	mg
Cobalt	0	mg
Copper	0.03	mg
Iron	0.81	mg
Magnesium	11.05	mg
Manganese	0.02	mg
Phosphorous	12.9	mg
Potassium	164	mg
Selenium	0.19	µg
Sodium	1.47	mg
Zinc	0.04	mg
Starch & Sugars		
Total Starch	0	g
Total Free sugars	6.86	g
Fatty acid profile		
Total SFA	37.11	mg
Total MUFA	19.26	mg
Total PUFA	47.63	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Papaya

Ripe

Scientific name: Carica papaya
Vernacular name:
Tamil: Pappali
Telugu: Boppayi pandu
Hindi: Papita
Season: Monsoon / Autumn
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: Pregnant womens, hypoglycemia.
Description:
Papaya helps in gastrointestinal tract disorders, intestinal parasite infections, and as a sedative and diuretic. It is also used for nerve pains and elephantoid growths. Papayas are loaded with Vitamin A, and antioxidants.

Nutritional Values Info		
Papaya, *ripe*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	91.47	g
Protein	0.42	g
Total Fat	0.16	g
Total Fibre	2.83	g
Carbohydrates	4.61	g
Energy	23.90	Kcal
Vitamins		
Total Vitamin A	2472	µg
Vitamin B	1.01	mg
Total Vitamin C	43.09	mg
Vitamin D (D2)	11.47	µg
Vitamin E	0.04	mg
Vitamin K (K1)	2.59	µg
Minerals & trace elements (Micro)		
Calcium	15.02	mg
Chromium	0.003	mg
Cobalt	0	mg
Copper	0.04	mg
Iron	0.23	mg
Magnesium	10.97	mg
Manganese	0.03	mg
Phosphorous	17.73	mg
Potassium	173	mg
Selenium	12.78	µg
Sodium	6.68	mg
Zinc	0.08	mg
Starch & Sugars		
Total Starch	0	g
Total Free sugars	4.09	g
Fatty acid profile		
Total SFA	56.08	mg
Total MUFA	26.35	mg
Total PUFA	48.24	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0.49	g

Pomegranate

Scientific name: Punica granatum
Vernacular name:
Tamil: Maathulaipazham
Telugu: Danimma pandu
Hindi: Anar
Season: Spring
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: Diarrhoea.
Description:
Treats flu, stomatitis, gum disease, erectile dysfunction, diabetes, acidosis, bleeding, and HIV disease. It is also used for preventing prostate cancer, obesity, and weight loss.

Nutritional Values Info		
Pomegranate		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	83.55	g
Protein	1.33	g
Total Fat	0.15	g
Total Fibre	2.83	g
Carbohydrates	11.58	g
Energy	54.73	Kcal
Vitamins		
Total Vitamin A	47.28	µg
Vitamin B	1.02	mg
Total Vitamin C	12.69	mg
Vitamin D (D2)	109	µg
Vitamin E	0.03	mg
Vitamin K (K1)	18.50	µg
Minerals & trace elements (Micro)		
Calcium	10.65	mg
Chromium	0.01	mg
Cobalt	0.001	mg
Copper	0.13	mg
Iron	0.31	mg
Magnesium	11.07	mg
Manganese	0.13	mg
Phosphorous	27.2	mg
Potassium	206	mg
Selenium	0.55	µg
Sodium	2.13	mg
Zinc	0.18	mg
Starch & Sugars		
Total Starch	0	g
Total Free sugars	10.87	g
Fatty acid profile		
Total SFA	42.5	mg
Total MUFA	38.51	mg
Total PUFA	40.99	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0.44	g

Sapota

Scientific name: Achras sapota
Vernacular name:
Tamil: Sapota
Telugu: Sapota
Hindi: Chiku
Season: Rainy / winter
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: Diabetes mellitus
Description:
Chikoo cures esophagitis, enteritis, irritable bowel syndrome and gastritis. It is also used to alleviate inflammation by reducing swelling and pain, and also treat arthritis.

Nutritional Values Info		
Sapota		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	73.64	g
Protein	0.92	g
Total Fat	1.26	g
Total Fibre	9.6	g
Carbohydrates	13.9	g
Energy	73.37	Kcal
Vitamins		
Total Vitamin A	229	µg
Vitamin B	0.65	mg
Total Vitamin C	20.96	mg
Vitamin D (D2)	0.65	µg
Vitamin E	0.25	mg
Vitamin K (K1)	4.30	µg
Minerals & trace elements (Micro)		
Calcium	17.87	mg
Chromium	0.01	mg
Cobalt	0	mg
Copper	0.07	mg
Iron	0.49	mg
Magnesium	16.19	mg
Manganese	0.08	mg
Phosphorous	22.26	mg
Potassium	280	mg
Selenium	0	µg
Sodium	0.39	mg
Zinc	4.61	mg
Starch & Sugars		
Total Starch	0	g
Total Free sugars	12.3	g
Fatty acid profile		
Total SFA	389	mg
Total MUFA	255	mg
Total PUFA	358	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Chillies

Green – all varieties

Scientific name: Capsicum annum
Vernacular name:
Tamil: Pachchaimilagaai
Telugu: Pachi mirapakaya
Hindi: Hara mirchi
Season: Summer
Commonly grown in: Tamil Nadu
Raw edibility: No
Intake precautions: Stomach ulcers.
Description:
Green chillies come with zero calories, Protection against cancer, beneficial effects on the cardiovascular system. Reducing blood cholesterol and triglyceride levels and platelet aggregation.

Nutritional Values Info		
Chillies, *green - all varieties*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	85.39	g
Protein	2.36	g
Total Fat	0.72	g
Total Fibre	4.77	g
Carbohydrates	5.86	g
Energy	42.30	Kcal
Vitamins		
Total Vitamin A	1347	µg
Vitamin B	1.61	mg
Total Vitamin C	94.07	mg
Vitamin D (D2)	3.11	µg
Vitamin E	0.27	mg
Vitamin K (K1)	19.18	µg
Minerals & trace elements (Micro)		
Calcium	18.45	mg
Chromium	0.005	mg
Cobalt	0.004	mg
Copper	0.15	mg
Iron	1.2	mg
Magnesium	29.51	mg
Manganese	0.28	mg
Phosphorous	50.91	mg
Potassium	341	mg
Selenium	0	µg
Sodium	2.5	mg
Zinc	0.27	mg
Starch & Sugars		
Total Starch	1.96	g
Total Free sugars	0.67	g
Fatty acid profile		
Total SFA	129	mg
Total MUFA	32.2	mg
Total PUFA	413	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Coriander leaves

Scientific name: Coriandrum sativum
Vernacular name:
Tamil: Kotthamalli
Telugu: Kothimiri
Hindi: Hara dhania
Season: Summer
Commonly grown in: Tamil Nadu
Raw edibility: No
Intake precautions: Low blood pressure.
Description:
Helps in digestion problems like, loss of appetite, nausea, diarrhoea, bowel spasms, and intestinal gas, Measles, hemorrhoids, toothache, worm infestation , and joint pain, as well as infections caused by bacteria and fungus.

Nutritional Values Info		
Coriander leaves		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	86.99	g
Protein	3.52	g
Total Fat	0.7	g
Total Fibre	4.66	g
Carbohydrates	1.93	g
Energy	31.07	Kcal
Vitamins		
Total Vitamin A	13808	µg
Vitamin B	1.75	mg
Total Vitamin C	23.87	mg
Vitamin D (D2)	3.55	µg
Vitamin E	0.46	mg
Vitamin K (K1)	274.00	µg
Minerals & trace elements (Micro)		
Calcium	146	mg
Chromium	0.033	mg
Cobalt	0.002	mg
Copper	0.24	mg
Iron	5.3	mg
Magnesium	72.68	mg
Manganese	0.96	mg
Phosphorous	64.69	mg
Potassium	546	mg
Selenium	0.45	µg
Sodium	37	mg
Zinc	0.68	mg
Starch & Sugars		
Total Starch	1.06	g
Total Free sugars	0.17	g
Fatty acid profile		
Total SFA	228	mg
Total MUFA	9.06	mg
Total PUFA	320	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Cumin seeds

Scientific name: Cuminum cyminum
Vernacular name:
Tamil: Seeragam
Telugu: Jeelakarra
Hindi: Jira
Season: Rainy
Commonly grown in: Tamil Nadu
Raw edibility: No
Intake precautions: Bleeding disorder.
Description:
It prevents blood pressure and heart disease. It helps to treat diarrhoea and control blood sugar and fight against bacteria and parasites.

Nutritional Values Info		
Cumin seeds		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	10.59	g
Protein	13.91	g
Total Fat	16.64	g
Total Fibre	30.35	g
Carbohydrates	22.62	g
Energy	304.49	Kcal
Vitamins		
Total Vitamin A	553	µg
Vitamin B	4.16	mg
Total Vitamin C	0	mg
Vitamin D (D2)	12.1	µg
Vitamin E	1.49	mg
Vitamin K (K1)	146.00	µg
Minerals & trace elements (Micro)		
Calcium	878	mg
Chromium	0.126	mg
Cobalt	0.026	mg
Copper	1.14	mg
Iron	20.58	mg
Magnesium	442.00	mg
Manganese	4.21	mg
Phosphorous	382	mg
Potassium	1886	mg
Selenium	4.01	µg
Sodium	125	mg
Zinc	4.29	mg
Starch & Sugars		
Total Starch	14.46	g
Total Free sugars	1.38	g
Fatty acid profile		
Total SFA	619	mg
Total MUFA	8379	mg
Total PUFA	4313	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Curry leaves

Scientific name: Murraya koenigii
Vernacular name:
Tamil: Kariveppilai
Telugu: Karivepaku
Hindi: Gandhela
Season: Rainy
Commonly grown in: Tamil Nadu
Raw edibility: No
Intake precautions: allergy to curry leaves.
Description:
Increases digestive secretions and relieves nausea, morning sickness and vomiting. used as an alternative and natural treatment for infections, anaemia, and weight loss. It can help in treating dysentery.

Nutritional Values Info		
Curry leaves		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	65.33	g
Protein	7.41	g
Total Fat	1.06	g
Total Fibre	16.83	g
Carbohydrates	4.51	g
Energy	63.58	Kcal
Vitamins		
Total Vitamin A	21862	µg
Vitamin B	2.25	mg
Total Vitamin C	6.04	mg
Vitamin D (D2)	117	µg
Vitamin E	1.82	mg
Vitamin K (K1)	275.00	µg
Minerals & trace elements (Micro)		
Calcium	659	mg
Chromium	0.06	mg
Cobalt	0.005	mg
Copper	0.46	mg
Iron	8.67	mg
Magnesium	182.00	mg
Manganese	1.23	mg
Phosphorous	83.29	mg
Potassium	584	mg
Selenium	17.25	µg
Sodium	18.66	mg
Zinc	1.18	mg
Starch & Sugars		
Total Starch	3.08	g
Total Free sugars	0.6	g
Fatty acid profile		
Total SFA	267	mg
Total MUFA	44.57	mg
Total PUFA	569	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0.23	g

Fenugreek seeds

Scientific name: Trigonella foenum graecum
Vernacular name:
Tamil: Vendhayam
Telugu: Menthulu
Hindi: Methi
Season: Spring / Autumn
Commonly grown in: Tamil Nadu
Raw edibility: No
Intake precautions: Pregancy, diarrhoea
Description:
Fenugreek has beneficial effects in lowering blood sugar levels, boosting testosterone, and increasing milk production in breast feeding mothers. Fenugreek may also reduce cholesterol levels.

Nutritional Values Info		
Fenugreek seeds		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	7.82	g
Protein	25.41	g
Total Fat	5.72	g
Total Fibre	47.55	g
Carbohydrates	10.57	g
Energy	234.94	Kcal
Vitamins		
Total Vitamin A	1210	µg
Vitamin B	2.70	mg
Total Vitamin C	0	mg
Vitamin D (D2)	1.98	µg
Vitamin E	0.02	mg
Vitamin K (K1)	1.50	µg
Minerals & trace elements (Micro)		
Calcium	135	mg
Chromium	0.015	mg
Cobalt	0.031	mg
Copper	1.16	mg
Iron	8.47	mg
Magnesium	167.00	mg
Manganese	1.6	mg
Phosphorous	435	mg
Potassium	891	mg
Selenium	9.98	µg
Sodium	40.2	mg
Zinc	3.80	mg
Starch & Sugars		
Total Starch	3.66	g
Total Free sugars	0.55	g
Fatty acid profile		
Total SFA	770	mg
Total MUFA	675	mg
Total PUFA	3133	mg
Cholesterol	0	mg
Saponins		
Total Saponin	6.33	g

Garlic

Big clove

Scientific name: Allium sativum
Vernacular name:
Tamil: Poondu
Telugu: Vellulli
Hindi: Lehsan
Category:
Season: Spring
Commonly grown in: Tamil nadu
Raw edibility: No
Intake precautions: fructose intolerance
Description:
To treat bronchitis, high blood pressure, tuberculosis, liver disorders, dysentery, flatulence, colic, intestinal worms, rheumatism, diabetes, and fever.

Nutritional Values Info		
Garlic, *big clove*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	64.38	g
Protein	6.92	g
Total Fat	0.16	g
Total Fibre	5.22	g
Carbohydrates	21.93	g
Energy	123.81	Kcal
Vitamins		
Total Vitamin A	33.91	µg
Vitamin B	3.05	mg
Total Vitamin C	12.62	mg
Vitamin D (D2)	1.88	µg
Vitamin E	0.07	mg
Vitamin K (K1)	2.80	µg
Minerals & trace elements (Micro)		
Calcium	20.08	mg
Chromium	0.004	mg
Cobalt	0.001	mg
Copper	0.19	mg
Iron	1.05	mg
Magnesium	27.08	mg
Manganese	0.34	mg
Phosphorous	119	mg
Potassium	430	mg
Selenium	0	µg
Sodium	9.42	mg
Zinc	0.89	mg
Starch & Sugars		
Total Starch	14.84	g
Total Free sugars	5.97	g
Fatty acid profile		
Total SFA	33.52	mg
Total MUFA	14.24	mg
Total PUFA	66.9	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Ginger

Fresh

Scientific name: Zinziber officinale
Vernacular name:
Tamil: Inji
Telugu: Allam
Hindi: Adrak
Season: Summer
Commonly grown in: Tamil Nadu
Raw edibility: No
Intake precautions: Bleeding disorders.
Description:
Ginger reduces cold and flu, good for your heart, treats inflammation, and prevents cancer. Ginger improves brain functions, treats muscle pain, severe indigestion, and prevents nausea. It contains gingerol.

Nutritional Values Info		
Ginger, *fresh*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	81.27	g
Protein	2.22	g
Total Fat	0.85	g
Total Fibre	5.36	g
Carbohydrates	8.97	g
Energy	54.97	Kcal
Vitamins		
Total Vitamin A	329	µg
Total Vitamin B	0.95	mg
Total Vitamin C	5.43	mg
Vitamin D (D2)	4.09	µg
Vitamin E	0.32	mg
Vitamin K (K1)	25.55	µg
Minerals & trace elements (Micro)		
Calcium	18.88	mg
Chromium	0.013	mg
Cobalt	0.003	mg
Copper	0.13	mg
Iron	1.9	mg
Magnesium	54.66	mg
Manganese	3.85	mg
Phosphorous	44.36	mg
Potassium	407	mg
Selenium	0	µg
Sodium	10.03	mg
Zinc	0.39	mg
Starch & Sugars		
Total Starch	3.8	g
Total Free sugars	1.31	g
Fatty acid profile		
Total SFA	231	mg
Total MUFA	67.97	mg
Total PUFA	381	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Mint leaves

Scientific name: Mentha spicata
Vernacular name:
Tamil: Puthina
Telugu: Puthina
Hindi: Puthina
Season: Spring
Commonly grown in: Tamil Nadu
Raw edibility: No
Intake precautions: GERD
Description:
Mint is known to clear congestion of the nose, throat, bronchi, and lungs. Its anti-inflammatory properties relieves the irritation caused by chronic coughing.

Nutritional Values Info		
Mint leaves		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	84.24	g
Protein	4.66	g
Total Fat	0.65	g
Total Fibre	5.89	g
Carbohydrates	2.39	g
Energy	37.05	Kcal
Vitamins		
Total Vitamin A	18693	µg
Vitamin B	1.57	mg
Total Vitamin C	17.16	mg
Vitamin D (D2)	3.37	µg
Vitamin E	0.46	mg
Vitamin K (K1)	164.00	µg
Minerals & trace elements (Micro)		
Calcium	205	mg
Chromium	0.063	mg
Cobalt	0.007	mg
Copper	0.37	mg
Iron	8.56	mg
Magnesium	110.00	mg
Manganese	1.06	mg
Phosphorous	65.25	mg
Potassium	539	mg
Selenium	10.79	µg
Sodium	16.87	mg
Zinc	0.75	mg
Starch & Sugars		
Total Starch	1.02	g
Total Free sugars	0.08	g
Fatty acid profile		
Total SFA	125	mg
Total MUFA	13.23	mg
Total PUFA	352	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0.35	g

Onion

Big

Scientific name: Allium cepa
Vernacular name:
Tamil: Vengaayam
Telugu: Neerulli
Hindi: Pyaz
Season: Summer
Commonly grown in: Tamil Nadu
Raw edibility: No
Intake precautions: IBS
Description:
Reduce the risk of Parkinson's disease, cardiovascular disease and stroke. Raw onion is known to lower the production of LDL (bad cholesterol) and keep your heart healthy.

Nutritional Values Info		
Onion, *big*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	85.76	g
Protein	1.5	g
Total Fat	0.24	g
Total Fibre	2.45	g
Carbohydrates	9.56	g
Energy	48.04	Kcal
Vitamins		
Total Vitamin A	89.1	µg
Vitamin B	0.82	mg
Total Vitamin C	6.69	mg
Vitamin D (D2)	0.73	µg
Vitamin E	0.05	mg
Vitamin K (K1)	4.50	µg
Minerals & trace elements (Micro)		
Calcium	21.03	mg
Chromium	0.003	mg
Cobalt	0.002	mg
Copper	0.11	mg
Iron	0.43	mg
Magnesium	17.96	mg
Manganese	0.24	mg
Phosphorous	32.34	mg
Potassium	171	mg
Selenium	0.35	µg
Sodium	5.5	mg
Zinc	0.35	mg
Starch & Sugars		
Total Starch	0.8	g
Total Free sugars	5.88	g
Fatty acid profile		
Total SFA	60.81	mg
Total MUFA	39.36	mg
Total PUFA	107	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Pepper

Black

Scientific name: Piper nigrum
Vernacular name:
Tamil: Milagu
Telugu: Mirayalu
Hindi: Kalimirchi
Season: Summer
Commonly grown in: Tamil Nadu
Raw edibility: No
Intake precautions: Bleeding disorders
Description:
Helps in arthritis, asthma, bronchitis, bacterial infection that causes diarrhoea (cholera), colic, depression, diarrhoea, headache, sex drive, menstrual pain, stuffy nose, sinus infection, dizziness.

Nutritional Values Info		
Pepper, *black*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	13.18	g
Protein	10.12	g
Total Fat	2.74	g
Total Fibre	33.16	g
Carbohydrates	36.22	g
Energy	217.50	Kcal
Vitamins		
Total Vitamin A	2219	µg
Vitamin B	1.60	mg
Total Vitamin C	0	mg
Vitamin D (D2)	25.68	µg
Vitamin E	1.27	mg
Vitamin K (K1)	171.00	µg
Minerals & trace elements (Micro)		
Calcium	405	mg
Chromium	0.068	mg
Cobalt	0.005	mg
Copper	1.76	mg
Iron	11.91	mg
Magnesium	196.00	mg
Manganese	7.5	mg
Phosphorous	144	mg
Potassium	1487	mg
Selenium	12.13	µg
Sodium	24.08	mg
Zinc	1.24	mg
Starch & Sugars		
Total Starch	35.35	g
Total Free sugars	0.32	g
Fatty acid profile		
Total SFA	654	mg
Total MUFA	463	mg
Total PUFA	1076	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0.87	g

Turmeric
Powder

Scientific name: Curcuma domestica
Vernacular name:
Tamil: Manjal
Telugu: Pasupu
Hindi: Haldi
Season: Spring / Summer
Commonly grown in: Tamil Nadu
Raw edibility: No
Intake precautions: GERD, Bleeding disorders.
Description:
Its most active compound curcumin have many scientifically proven health benefits, prevents heart disease, Alzheimer's disease and cancer.

Nutritional Values Info		
Turmeric, *powder*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	10.58	g
Protein	7.66	g
Total Fat	5.03	g
Total Fibre	21.38	g
Carbohydrates	49.22	g
Energy	280.59	Kcal
Vitamins		
Total Vitamin A	427	µg
Vitamin B	1.89	mg
Total Vitamin C	0	mg
Vitamin D (D2)	18.67	µg
Vitamin E	2.92	mg
Vitamin K (K1)	12.80	µg
Minerals & trace elements (Micro)		
Calcium	122	mg
Chromium	0.151	mg
Cobalt	0.039	mg
Copper	0.44	mg
Iron	46.08	mg
Magnesium	260.00	mg
Manganese	8.09	mg
Phosphorous	276	mg
Potassium	2374	mg
Selenium	6.41	µg
Sodium	24.41	mg
Zinc	2.64	mg
Starch & Sugars		
Total Starch	44.44	g
Total Free sugars	1.23	g
Fatty acid profile		
Total SFA	1634	mg
Total MUFA	448	mg
Total PUFA	1940	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Almond

Scientific name: Prunus amygdalus
Vernacular name:
Tamil: Badam
Telugu: Badam
Hindi: Badam
Season: Spring / Summer
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: Parkinson's disease.
Description:
It is rich in anti-oxidants and Vitamin-D. It reduces blood sugar and lowers harmful oxidation of LDL cholesterol. Effective for weight loss.

Nutritional Values Info		
Almond		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	4.37	g
Protein	18.41	g
Total Fat	58.49	g
Total Fibre	13.06	g
Carbohydrates	3.04	g
Energy	609.23	Kcal
Vitamins		
Total Vitamin A	11.31	µg
Vitamin B	4.98	mg
Total Vitamin C	0.74	mg
Vitamin D (D2)	1.61	µg
Vitamin E	25.86	mg
Vitamin K (K1)	8.40	µg
Minerals & trace elements (Micro)		
Calcium	228	mg
Chromium	0.006	mg
Cobalt	0.007	mg
Copper	1.08	mg
Iron	4.59	mg
Magnesium	318.00	mg
Manganese	2.54	mg
Phosphorous	446	mg
Potassium	699	mg
Selenium	3.61	µg
Sodium	1.5	mg
Zinc	3.50	mg
Starch & Sugars		
Total Starch	0.01	g
Total Free sugars	2.23	g
Fatty acid profile		
Total SFA	4358	mg
Total MUFA	38336	mg
Total PUFA	13215	mg
Cholesterol	0	mg
Saponins		
Total Saponin	9.05	g

Cashew nut

Scientific name: Anacardium occidentale
Vernacular name:
Tamil: Munthiri paruppu
Telugu: Jeedi pappu
Hindi: Kaju
Season: Summer
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: Hypertension.
Description:
Helps in stomach and intestinal ailments. Some people apply cashew directly to the skin as a skin stimulant and to seal ulcers, warts, and corns. They are great sources of phytochemicals, proteins and antioxidants.

Nutritional Values Info		
Cashew nut		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	4.44	g
Protein	18.78	g
Total Fat	45.2	g
Total Fibre	3.86	g
Carbohydrates	25.46	g
Energy	582.70	Kcal
Vitamins		
Total Vitamin A	16.94	µg
Vitamin B	3.26	mg
Total Vitamin C	0	mg
Vitamin D (D2)	3.85	µg
Vitamin E	1.05	mg
Vitamin K (K1)	1.83	µg
Minerals & trace elements (Micro)		
Calcium	34	mg
Chromium	0.002	mg
Cobalt	0.004	mg
Copper	2.23	mg
Iron	5.95	mg
Magnesium	307.00	mg
Manganese	1.78	mg
Phosphorous	500	mg
Potassium	635	mg
Selenium	13.08	µg
Sodium	9	mg
Zinc	5.34	mg
Starch & Sugars		
Total Starch	20.11	g

Coconut

Kernel , Fresh

Scientific name: Cocos nucifera
Vernacular name:
Tamil: Thaengai
Telugu: Kobbari
Hindi: Nariyal
Season: All
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: Allergy.
Description:
It has medium chain fatty acids. It makes the digestion easy. It eases inflammation and kills bacteria. It improves oral health. Helps in weight loss.

Nutritional Values Info		
Coconut, *kernel, fresh*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	36.14	g
Protein	3.84	g
Total Fat	41.38	g
Total Fibre	10.42	g
Carbohydrates	6.3	g
Energy	408.94	Kcal
Vitamins		
Total Vitamin A	204	µg
Vitamin B	0.75	mg
Total Vitamin C	0.8	mg
Vitamin D (D2)	0	µg
Vitamin E	2.72	mg
Vitamin K (K1)	23.22	µg
Minerals & trace elements (Micro)		
Calcium	8	mg
Chromium	0.003	mg
Cobalt	0.004	mg
Copper	0.36	mg
Iron	1.3	mg
Magnesium	35.00	mg
Manganese	0.74	mg
Phosphorous	67.73	mg
Potassium	246	mg
Selenium	0	µg
Sodium	8.12	mg
Zinc	0.58	mg
Starch & Sugars		
Total Starch	0	g
Total Free sugars	6.2	g
Fatty acid profile		
Total SFA	28048	mg
Total MUFA	2449	mg
Total PUFA	639	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Ground nut

Scientific name: Arachis hypogea
Vernacular name:
Tamil: Nilakkadalai
Telugu: Verusenaga
Hindi: Moog phali
Season: Summer
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: Allergy.
Description:
It controls diabetes and cancer. It prevents Parkinson's disease, Alzheimer's disease and dementia. It helps in hair loss, baldness and strengthen the hair follicles.

Nutritional Values Info		
Ground nut		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	6.97	g
Protein	23.65	g
Total Fat	39.63	g
Total Fibre	10.38	g
Carbohydrates	17.27	g
Energy	520.08	Kcal
Vitamins		
Total Vitamin A	82.8	µg
Vitamin B	13.37	mg
Total Vitamin C	0	mg
Vitamin D (D2)	7.1	µg
Vitamin E	0.28	mg
Vitamin K (K1)	2.50	µg
Minerals & trace elements (Micro)		
Calcium	54	mg
Chromium	0.007	mg
Cobalt	0.009	mg
Copper	0.92	mg
Iron	3.44	mg
Magnesium	197.00	mg
Manganese	1.62	mg
Phosphorous	391	mg
Potassium	679	mg
Selenium	3.41	µg
Sodium	12.21	mg
Zinc	3.18	mg
Starch & Sugars		
Total Starch	10.19	g
Total Free sugars	4.42	g
Fatty acid profile		
Total SFA	8144	mg
Total MUFA	18337	mg
Total PUFA	11584	mg
Cholesterol	0	mg
Saponins		
Total Saponin	3.58	g

Flax seeds

Scientific name: Linum usitatissimum
Vernacular name:
Tamil: Aalivithai
Telugu: Avise ginzalu
Hindi: Alsi
Season: Spring / Summer
Commonly grown in: Tamil Nadu
Raw edibility: No
Intake precautions: IBS
Description:
Flax seeds are rich source of omega-3 fatty acids. It reduces the risk of cancer. Rich in dietary fiber, improves cholesterol, lowers blood pressure, keep hunger at bay, which may aid weight management.

Nutritional Values Info		
Flax seeds		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	5.48	g
Protein	18.55	g
Total Fat	35.67	g
Total Fibre	26.17	g
Carbohydrates	10.99	g
Energy	443.83	Kcal
Vitamins		
Total Vitamin A	92	µg
Vitamin B	2.25	mg
Total Vitamin C	0	mg
Vitamin D (D2)	0.55	µg
Vitamin E	8.28	mg
Vitamin K (K1)	19.17	µg
Minerals & trace elements (Micro)		
Calcium	257	mg
Chromium	0.001	mg
Cobalt	0.033	mg
Copper	1.34	mg
Iron	5.44	mg
Magnesium	349.00	mg
Manganese	2.14	mg
Phosphorous	445	mg
Potassium	655	mg
Selenium	46.87	µg
Sodium	32.93	mg
Zinc	4.86	mg
Starch & Sugars		
Total Starch	7.55	g
Total Free sugars	0.6	g
Fatty acid profile		
Total SFA	2968	mg
Total MUFA	5112	mg
Total PUFA	16147	mg
Cholesterol	0	mg
Saponins		
Total Saponin	2.21	g

Milk

Whole , Cow

Scientific name: NA
Vernacular name:
Tamil: Pasumpaal
Telugu: Aavu paalu
Hindi: Gai ka doodh
Season: Not applicable
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: Lactose intolerance.
Description:
It helps in improving bone strength. It has nutrients that can absorb calcium including Vitamin-D and K. It prevents risk of fracture and weight gain.

Nutritional Values Info		
Milk, *whole, Cow*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	86.64	g
Protein	3.26	g
Total Fat	4.48	g
Total Fibre	0	g
Carbohydrates	4.94	g
Energy	72.90	Kcal
Vitamins		
Total Vitamin A	200	µg
Vitamin B	0.61	mg
Total Vitamin C	2.01	mg
Vitamin D (D2)	1.22	µg
Vitamin E	0.22	mg
Vitamin K (K1)	0.00	µg
Minerals & trace elements (Micro)		
Calcium	118	mg
Chromium	0.004	mg
Cobalt	0.005	mg
Copper	0.03	mg
Iron	0.15	mg
Magnesium	8.28	mg
Manganese	0.01	mg
Phosphorous	96.56	mg
Potassium	115	mg
Selenium	0.95	µg
Sodium	25.46	mg
Zinc	0.33	mg
Starch & Sugars		
Total Starch	0	g
Total Free sugars	4.89	g
Fatty acid profile		
Total SFA	2707	mg
Total MUFA	1214	mg
Total PUFA	138	mg
Cholesterol	0	mg
Saponins		
Total Saponin	0	g

Egg

Poultry , Whole , Raw

Scientific name: NA
Vernacular name:
Tamil: Kozhi muttai
Telugu: Kodi guddu
Hindi: Mugi ka anda
Season: Not applicable
Commonly grown in: Tamil Nadu
Raw edibility: Yes
Intake precautions: Insulin resistance
Description:
It has good cholesterol. It has protein. It reduces the risk of heart disease and stroke. And reduce the risk of cataract and macular degeneration in eyes.

Nutritional Values Info		
Egg, *poultry , whole, raw*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	76.51	g
Protein	13.28	g
Total Fat	9.15	g
Total Fibre	0	g
Carbohydrates	0	g
Energy	134.80	Kcal
Vitamins		
Total Vitamin A	333	µg
Vitamin B	2.06	mg
Total Vitamin C	0	mg
Vitamin D (D3)	0.84	µg
Vitamin E	1.51	mg
Vitamin K (K2)	14.61	µg
Minerals & trace elements (Micro)		
Calcium	49.44	mg
Chromium	0	mg
Cobalt	0	mg
Copper	0.07	mg
Iron	1.82	mg
Magnesium	12.01	mg
Manganese	0.02	mg
Phosphorous	185	mg
Potassium	138	mg
Selenium	40.44	µg
Sodium	123	mg
Zinc	1.23	mg
Starch & Sugars		
Total Starch	0	g
Total Free sugars	0	g
Fatty acid profile		
Total SFA	2958	mg
Total MUFA	3481	mg
Total PUFA	1152	mg
Cholesterol	366	mg
Saponins		
Total Saponin	0	g

Chicken

Poultry , Breast , Skinless

Scientific name: Gallus gallus domesticus
Vernacular name:
Tamil: Kozhikkari
Telugu: Kodi mamsam
Hindi: Murgi ka mans
Season: Not applicable
Commonly grown in: Tamil Nadu
Raw edibility: No
Intake precautions: Breast & prostate cancer.
Description:
It has high calorie. It helps to maintain bone mineral density and promotes weight management. It contains amino acids and tryptophan, serotonin.

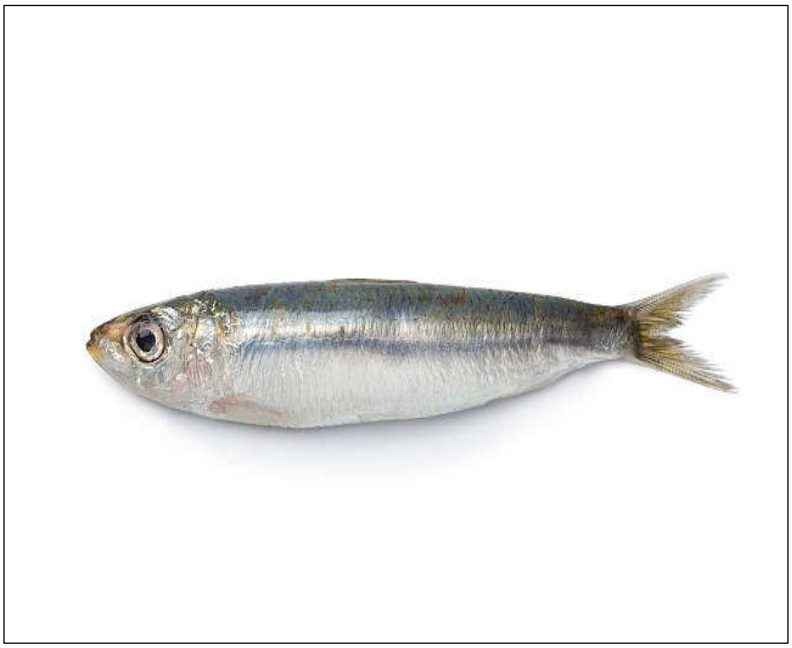
Nutritional Values Info		
Chicken, *poultry, breast, skinless*		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	67.15	g
Protein	21.81	g
Total Fat	9	g
Total Fibre	0	g
Carbohydrates	0	g
Energy	168.26	Kcal
Vitamins		
Total Vitamin A	6.96	µg
Vitamin B	9.91	mg
Total Vitamin C	0	mg
Vitamin D (D3)	1.38	µg
Vitamin E	0.29	mg
Vitamin K (K2)	27.80	µg
Minerals & trace elements (Micro)		
Calcium	12.91	mg
Chromium	0	mg
Cobalt	0	mg
Copper	0.27	mg
Iron	0.83	mg
Magnesium	20.20	mg
Manganese	0.02	mg
Phosphorous	178	mg
Potassium	295	mg
Selenium	18.56	µg
Sodium	36.7	mg
Zinc	0.78	mg
Starch & Sugars		
Total Starch	0	g
Total Free sugars	0	g
Fatty acid profile		
Total SFA	816	mg
Total MUFA	991	mg
Total PUFA	367	mg
Cholesterol	61.55	mg
Saponins		
Total Saponin	0	g

Red snapper

Scientific name: Lutjanus argentimaculatus
Vernacular name:
Tamil: Sangara meen
Telugu: Kora meenu
Hindi: Tambusa
Season: Not applicable
Commonly grown in: Tamil Nadu
Raw edibility: No
Intake precautions: Pregnant women.
Description:
It helps in weight control and lowers heart disease. It is rich in selenium contents which improves thyroid and rich in omega 3 fatty acid.

Nutritional Values Info		
Red snapper		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	76.28	g
Protein	22.79	g
Total Fat	1.34	g
Total Fibre	0	g
Carbohydrates	0	g
Energy	104.45	Kcal
Vitamins		
Total Vitamin A	4.77	µg
Vitamin B	72.02	mg
Total Vitamin C	0	mg
Vitamin D (D3)	2.37	µg
Vitamin E	0.41	mg
Vitamin K (K2)	98.48	µg
Minerals & trace elements (Micro)		
Calcium	8.39	mg
Chromium	0.006	mg
Cobalt	0	mg
Copper	0.03	mg
Iron	0.37	mg
Magnesium	32.65	mg
Manganese	0.01	mg
Phosphorous	204	mg
Potassium	446	mg
Selenium	12.84	µg
Sodium	59.89	mg
Zinc	0.34	mg
Starch & Sugars		
Total Starch	0	g
Total Free sugars	0	g
Fatty acid profile		
Total SFA	485	mg
Total MUFA	299	mg
Total PUFA	325	mg
Cholesterol	132	mg
Saponins		
Total Saponin	0	g

Sardine



Scientific name: Sardinella longiceps
Vernacular name:
Tamil: Kavalai meen
Telugu: Kavala meenu
Hindi: Pedvey
Season: Not applicable
Commonly grown in: Tamil Nadu
Raw edibility: No
Intake precautions: Renal calculi.
Description:
It is rich in vitamin, fatty acids (omega 3), calcium and protein. It prevents heart disease and protect against cancer and reduces the blood clots.

Nutritional Values Info		
Sardine		
(per 100g of edible portion)		
Nutrients	**Values**	**Units**
Nutrients & Energy (Macro)		
Moisture	72.29	g
Protein	17.91	g
Total Fat	8.99	g
Total Fibre	0	g
Carbohydrates	0	g
Energy	152.25	Kcal
Vitamins		
Total Vitamin A	12.66	µg
Vitamin B	144.02	mg
Total Vitamin C	0	mg
Vitamin D (D3)	3.51	µg
Vitamin E	0.38	mg
Vitamin K (K2)	2.65	µg
Minerals & trace elements (Micro)		
Calcium	42.26	mg
Chromium	0.008	mg
Cobalt	0	mg
Copper	0.07	mg
Iron	0.83	mg
Magnesium	24.39	mg
Manganese	0.02	mg
Phosphorous	191	mg
Potassium	228	mg
Selenium	50.21	µg
Sodium	38.49	mg
Zinc	0.89	mg
Starch & Sugars		
Total Starch	0	g
Total Free sugars	0	g
Fatty acid profile		
Total SFA	1250	mg
Total MUFA	630	mg
Total PUFA	770	mg
Cholesterol	49.12	mg
Saponins		
Total Saponin	0	g

Recommended Dietary Allowances or RDA

Portion Sizes and Menu Plan

Portion Size of Foods (raw) and Nutrients

	g/Portion	Energy (Kcal)	Protein (g)	Carbohydrate (g)	Fat (g)
Cereals & millets	30	100	3.0	20	0.8
Pulses	30	100	6.0	15	0.7
Egg	50	85	7.0	-	7.0
Meat/chicken/ fish	50	100	9.0	-	7.0
Milk (ml) & milk products	100	70	3.0	5	3.0
Roots & Tubers	100	80	1.3	18	-
Green leafy vegetables	100	46	3.6	-	0.4
Other vegetables	100	28	1.7	-	0.2
Fruits	100	40	-	10	-
Sugar	5	20	-	5	-
Fat & Oils (visible)	5	45	-	-	5.0

Food Consumption (g/day)

	RDA (Adult man)	RDA (Adult women)
Cereals/millets	360	270
Pulses	60	60
Milk products / Milk	300	300
Vegetables	300	300
Oils	25	20
Fruits	100	100
Sugar	25	20

 # source: RDA -2020 for the moderately active person

DIFFERENT TYPES OF THALIS

(Each thali represents the various cultures of food and the local availability of crops in that particular region in India)

❖ **Haryanvi Thali –**

Homemade ghee, curd, and butter, kachri ki sabzi, Hara dhania cholia, mithey chawal, alsi ki pinni, malpuas, khichdi and kachi lassi.

❖ **Maharashtrian Thali -** Extremely spicy and unique masalas, Chicken and fish, variety of Pickles, rice in one corner with daal in a bowl, and chappati, Variety of bhajis, sabudaana vada and pav bhaji, sweets like aamras and sheera.

❖ **Goan Thali –**

Seafood, rice, coconut, fish, kokum, Vindaloo, fish curry rice.

❖ **Rajasthani Thali –**

Roti’s, pooris, kachauris, and wheat parathas, roti’s made of Bajra, Makka, and Jowar, Daal baati churma, Gatte ki sabzi.

❖ **Assamese Thali or Aalohir Exaj –**

Khar, made with raw papaya, lentils, and powdered dry banana skins, pura, poitabhat, pitika, shaak bhaji, bor and pickle, tenga, a lightly spiced sweet and sour fish curry.

❖ **Bengali Thali –**

Begun Bhaja, Patol Bhaja, Shukto, Shaak and Alu Bhaaja to Cholaar Dal, Bhaat, Maach Bhaja, Maccher Kalia and Kosha Mangsho, Payesh and 'Rosogullas'.

❖ **Bhojpuri Thali –**

Litti Chokha, Bharbhara , Dahi Chura, Sattu ka Paratha, Kaale Chane, Gurma and Rasiyaaw.

❖ **Kashmiri Thali-**

Rogan josh, Gushtaba, and yakhni, Wazwan, the use of dried fruits in almost every dish; even the rice, dessert of sweet caramelized rice, liberally mixed with raisins and dry fruits.

❖ **Kathiawadi thali (Gujarat) –**

Tepla, maal purah, puri, bhakhri, and puran-poli, hari and khakhra, dal-dhokli, chevdoh, dhokla, undhiyu, khaman, bhusu, fafda, dhokli, papdi, and sev mamra.

❖ **Chhattisgarh thali –**

Rice and rice flour preparations, curd and a variety of leafy vegetables, fara, rice pakoras, dehati vada and muthiya, breads like angakar poori, paan roti and chusela. In desserts, gulgulle, kusli and sweet fara.

❖ **Punjabi thali-**

Aloo Kulcha, Punjabi Chole, Paneer Tikka, Butter Chicken, Tandoori Chicken, Aloo Paratha, Dal Makhani, Kadi Chaval, Rajma Chaval, Makke Di Roti, Sarso Da Sagh, a glass of Sweet Lassi, lot of ghee.

❖ **Andhra thali –**

Served on a banana leaf, ghee on boiled rice with lentil, Charu, avakaya and perug. For dessert, Rava Laddoo or Bandhar Laddoo.

❖ **Kerala thali or the Sadhya meal –**

Beans Thoran, Aviyal, Pulissery, Vegetable Stew, Erissery, Rasam, Buttermilk Sambhar, Coconut Banana Fritters, Thenga Choru, Pachadis and creamy Rice Payasam.

❖ **Himachali dham thali -** Assortment of traditional herbs and spices, 'Dham', steamed and fried colocasia leaves, boiled raw mango mashed with jaggery and rock salt to lamb in yogurt gravy.

❖ **Kumaoni thali (Uttarakhand)-**

Bhang Ki Chutney, Aalu Ka Jhol, Kafuli, Phaanu, Baadi, Chainsu, parantha.

❖ **Kannadiga oota thali (karnataka) –**

Rice, sambhar, kootu, jolada roti, akki roti, padavalkayi masala, badane ennegai, ranjaka, gattisoppu, mirchi bhajji, kosambari and a bowl of homemade yoghurt.

❖ **Tamil sapadu/ chettinad thali -** Curries, mixed vegetables, curd rice and sticky rice pudding, munching such as Banana Chips, Chakli and Onion rings.

❖ **Jharkhand thali –**

Dhuska and litti-chokha, seasonal salad, dhania-lasoon chutney, dhuska and alu-chana curry, kurthi dal, urad dal dumplings made with tomato puree, lal saag & marwa rotis made of rice and ragi flours, the non-veg platter are mutton ka jhol and dehati chicken, dudiya and dudh pitha.

❖ **Dalma oriya thali (orissa) -** Copious amounts of vegetables and restrained use of spices and oil, includes roti, rice, phakala, dalma, karela bhaja, alu posto, baingan chatka, phulgobi kosha, tamato khatta, and kanika.

❖ **Meitei – Manipur thali –**

Fish, seasonal vegetables, and sticky rice. includes eromba, sinju, thanbou, ooti, chareng, pakora thongba, manikha, kangsoi, chambut, kangsoi and, of course, a mustard chutney, chak hao kheer.

❖ **Sikkimese thali -** Momos, Dalle chili and tomato chutney, thukpa, gundruk, chhurpi ka achaar, ningro curry, sel roti, shimi ka achaar.

❖ **Meghalaya thali –**

Boiled veggies, Puklein, Black sesame is used in almost every dish

Mizo chawhmeh thali – Mizoram - sure Vawksa, Samtawk, Bai, Hmarcha Rawt, Any kind of Chhum Like beans chow chow cluster beans, Behiiang.

❖ **Nagaland –**

Boiled veggie, great naga chilli chutney, Rice beer, Zutho, dzutse, and ruhi, Cabbage and palak galho.

❖ **Mui borok (Tripura) -** Khichuri, Begun Bhaja, Tomato Chutney, Aaloo sabzi, Fish Stews, Mua.

Fortified foods

Fortified foods contains added vitamins, minerals, and other micronutrients. Micronutrients are important for proper body functions. Micronutrients are derived from your diet.Food makers add micronutrients during production, they create chemicals that have vitamins and minerals. These chemicals don't have any noticeable difference in their tastes, textures, or smells when added to food. These nutrients are all found in other foods like meat and vegetables. Cost, allergies, dietary style, your environment, and

Most fortified foods are processed and packaged. Some Common fortified foods are listed below:

1. Breakfast cereals
2. Bread
3. Eggs
4. Fruit juice
5. Soy milk and other milk alternatives
6. Milk
7. Yogurt
8. Salt

The benefits of fortified foods

They're cost-effective. For example, fish is a great source of omega-3 fatty acids but may cost too much for some people to buy regularly. Mostly Eggs, milk, and other products can be fortified with omega-3 fatty acids. These products are often cost-effective and still have similar nutritional value. Fortified foods have helped to reduce rates of nutrient deficiency-related illnesses like rickets, marasmus, anemia , scurvy, berberi, osteomalacia, pellagra, etc. They're even helpful in pregnancy. Pregnant women need more food than normal women as they're feeding a growing baby. Even when you're eating more, still you might not get enough vitamins and minerals. Fortified foods can bridge the gap. For example, folic acid is added to many fortified products. Getting enough folic acid in your diet during the time of pregnancy lowers the risk of birth defects. They even protect older adults. As you age, your body absorbs fewer vitamins and minerals. Fortified foods help to maintains healthy micronutrient levels to keep your bones strong, help in digestion, and prevent heart issues. Children are at a higher risk of nutritional deficiencies than adults. Children need enough vitamins and minerals to support their growth. Fortified foods can boost children's nutrition, along with a balanced diet. They help with dietary needs. Some important nutrients are available only in animal products or foods that cause allergic reactions. Fortified foods make sure you get enough nutrients if you're vegetarian or lactose-intolerant or have other dietary needs.

Limitations of fortified foods

Fortified foods are usually heavily processed. They're often high in sugars, fats, sodium, and other ingredients that can lead to problems like obesity. Risk of vitamin overdose. You might get too many vitamins and minerals in your diet, which can be harmful. Fortified foods should be one part of an overall healthy lifestyle. Try to get as many nutrients as possible from unprocessed foods like fruits and vegetables.

Recommendation for fortified foods

The World Health Organization recommends large-scale food fortification as a powerful evidence-informed and cost-effective intervention to fight vitamin and mineral deficiencies, including iodine deficiency disorders, anaemia, and iron deficiency, among others.

Recommendations include:

- universal salt iodization
- fortification of maize flour, corn meal, wheat flour, and rice with vitamins and minerals.

For children:

- micronutrient powders containing iron for point-of-use fortification of foods for infants and young children 6–23 months old or children 2–12 years.

Globally, mandatory regulations are most often applied to the fortification of food with micronutrients such as iodine, iron, vitamin A and folic acid. Of these, the iodization of salt is the most widely implemented globally.

APPENDIX

Recommended Dieatary Allowances for Indians

RECOMMENDED DIETARY ALLOWANCES FOR INDIANS - Table 1 - Body weight, Macronutrients & Energy

Age/Sex / Units/day	Ref. Body Wt	Energy	Total Water	Protein	Min Total Fat	Dietary fiber*	Carbohydrates*
	Kg	Kcal	ml	g	g	g	g
Men	65	2710	4050	54	60.22	40	100
Women	55	2130	3200	46	47.33	30	100
Pregnant women	65	2480	3700	61.75	55.11	-	135
Lactating mother	65	2690	4100	61	59.78	-	155
Infants (0 - 6m / 7 - 12m)	5.8 - 8.5	605	800	9.25	5.56 / 3.89	-	55 / 95
Children, 1 - 9	12.9 - 25.3	1405	2100	17.75	39.03	15 - 26	100
Children, 10 - 12 (B/G)	34.9 / 36.4	2220 / 2060	3300 / 3050	32 / 33	61.67 / 57.22	33 / 30	100
Children, 13 - 15 (B/G)	50.5 / 49.6	2860 / 2400	4200 / 3500	45 / 43	79.44 / 66.67	43 / 36	100
Children, 16 - 18 (B/G)	64.4 / 55.7	3320 / 2500	4500 / 3700	55 / 46	92.22 / 69.44	50 / 38	100

Legend	
Dietary Fiber*	This value denotes Adequate Intake (AI), not RDA
Carbohydrates*	This value denotes Minimum Requirement (MR), not RDA
(0 - 6m / 7 - 12m)	Values indicated for Birth - 6 months of age / 7 months to 12 months of age
(B/G)	Values indicated for Boys / Girls

RECOMMENDED DIETARY ALLOWANCES FOR INDIANS - Table 2 - Vitamins

Age/Sex / Units/day	Vit A	Total Vit B*	Vit C	Vit D	Vit E	Vit K
	µg	mg	mg	IU	mg	µg
Men	1000	55.00	80	600	9	55
Women	840	50.22	65	600	9	55
Pregnant women	900	53.57	80	600	9	55
Lactating mother	950	67.45	105	600	9	55
Infants (0 - 6m / 7 - 12m)	350	11.21	25	400	9	-
Children, 1 - 9	510	25.10	37.5	600	9	-
Children, 10 - 12 (B/G)	770 / 790	40.82 / 40.42	55 / 50	600	9	-
Children, 13 - 15 (B/G)	930 / 890	51.49 / 47.25	70 / 65	600	9	-
Children, 16 - 18 (B/G)	1000 / 860	60.64 / 53.57	85 / 70	600	9	-

Legend	
Total Vit B*	This value includes all the vitamins in the B Complex
IU	International Units, 1 IU of Vit D = 0.025 microgram of Cholecalciferol or Ergocalciferol
(0 - 6m / 7 - 12m)	Values indicated for Birth - 6 months of age / 7 months to 12 months of age
(B/G)	Values indicated for Boys / Girls

RECOMMENDED DIETARY ALLOWANCES FOR INDIANS - Table 3 - Minerals and Trace elements

Age/Sex / Units/day	Calcium	Magnesium	Iron	Zinc	Iodine	Phosphorous	Sodium	Potassium	Copper	Manganese	Chromium	Selenium
	mg	mg	mg	mg	µg	mg	mg	mg	mg	mg	µg	µg
Men	1000	440	19	17	140	1000	2000	3500	1.7	4	50	40
Women	1000	370	29	13.2	140	1000	2000	3500	1.7	4	50	40
Pregnant women	1000	440	27	14.5	220	1000	2000	3500	1.7	4	50	40
Lactating mother	1200	400	23	14.1	280	1000	2000	3500	1.7	4	50	40
Infants (0 - 6m / 7 - 12m)	300	52.5	1.5	1.25	115	450	500 / 650	900 / 1100	-	-	-	-
Children, 1 - 9	575	132.5	11.5	4.6	90	575	1300	2287	-	-	-	-
Children, 10 - 12 (B/G)	850	240 / 250	16 / 28	8.5	100	850	1300	2287	-	-	-	-
Children, 13 - 15 (B/G)	1000	345 / 340	22 / 30	14.3 / 12.8	140	1000	1300	2287	-	-	-	-
Children, 16 - 18 (B/G)	1050	440 / 380	26 / 32	17.6 / 14.2	140	1050	1300	2287	-	-	-	-

Legend	
(0 - 6m / 7 - 12m)	Values indicated for Birth - 6 months of age / 7 months to 12 months of age
(B/G)	Values indicated for Boys / Girls

II)

Nutrient	Functions, uses, and their importance
Calcium	Calcium deficiencies can affect all parts of the body, resulting in weak nails, slower hair growth, and fragile, thin skin. Calcium also plays an important role in both neurotransmitter release and muscle contractions. So, calcium deficiencies can cause seizures in healthy people.
Carbohydrates	Carbohydrates are the main energy source provider. So if no carbohydrates are there in our body then our body will drain energy from proteins and fats. So a person who has less fat and protein without carbohydrate will tend to have seizures.
Copper	Copper deficiency can lead to problems with connective tissue, muscle weakness, anaemia, low white blood cell count, neurological problems, and paleness.
Curcuminoids	Curcumin's role to treat neurodegenerative diseases including Alzheimer's disease (AD), and Parkinson's disease (PD) and malignancy. Helps in the immune mechanism
Fat	Fats and oils are esters of glycerol and three fatty acids. They are important in the diet as energy sources and as sources of essential fatty acids and fat-soluble vitamins, which tend to associate with fats. They also contribute satiety, flavor, and palatability to the diet.
Fiber	Dietary fiber also known as 'roughage' or 'bulk' - is a type of carbohydrate that the body cannot digest. So unlike other carbs, which are broken down into digestible sugar molecules, fiber passes through the intestinal tract relatively intact. It's vitally important that we get enough fiber from our diets, because it helps to support healthy digestion, weight management, blood sugar regulation and much more
Folate	Folate deficiency can cause anaemia. Folate is particularly important in women of child bearing age. A folate deficiency during pregnancy can lead to birth defects.
Iron	Iron is an essential component of haemoglobin, an erythrocyte (red blood cell) protein that transfers oxygen from the lungs to the tissues. As a component of myoglobin, another protein that provides oxygen, iron supports muscle metabolism and healthy connective tissue. Iron is also necessary for physical growth, neurological development, cellular functioning, and synthesis of some hormones. Serum ferritin concentration, a measure of the body's iron stores, is currently the most efficient and cost-effective test for diagnosing iron deficiency
Lutein	Low macular pigment density and increased risk of Age-related Macular Degeneration.

Lycopene	Inadequate intake of Lycopene, and other carotenoid, over a period of many years may set the stage for the development of several chronic diseases, including heart disease and various cancers.
Magnesium	Tiredness, generalized weakness, muscle cramps, abnormal heart rhythms, increased irritability of the nervous system with tremors, paraesthesia, palpitations, low potassium levels in the blood, hypo parathyroidism
Manganese	A person that does have a deficiency in manganese could experience poor bone growth or skeletal defects, slow or impaired growth, low fertility, impaired glucose tolerance, a state between normal glucose maintenance and diabetes and abnormal metabolism of carbohydrate and fat
Phosphorus	Phosphorus deficiency may cause bone diseases such as rickets in children and osteomalacia in adults. An improper balance of phosphorus and calcium may cause osteoporosis.
Potassium	Hypokalaemia - weakness and fatigue, muscle cramps, muscle aches and stiffness, tingles and numbness, heart palpitations, digestive symptoms.
Protein	Too little protein may cause changes in body composition that develop over a long period of time, such as muscle wasting. The most severe form of protein deficiency is known as kwashiorkor. It most often occurs in children of developing countries where imbalanced diets are common.
Thiamine (Vitamin B1)	Beri Beri (There are two types of the disease: wet beriberi and dry beriberi. Wet beriberi affects the heart and circulatory system. In extreme cases, wet beriberi can cause heart failure. Dry beriberi damages the nerves and can lead to decreased muscle strength and eventually, muscle paralysis.)
Vitamin A	Ocular defects (Nyctalopia means night blindness, Xerophthalmia means dryness of eyes)
Vitamin B	Confusion, anemia, fatigue, weakened immune system
Vitamin B3 (Niacin)	(Pellagra) The most common symptoms of niacin deficiency involve the skin, digestive system, and nervous system. The symptoms of the late stage of severe vitamin B3 (niacin) deficiency a disease called 'pellagra' ─ include inflammation of the skin (dermatitis), vomiting, diarrhoea, headache, fatigue, and memory loss
Vitamin B12	Vitamin B12 is a water-soluble vitamin that is naturally present in some foods, added to others, and available as a dietary supplement and a prescription medication. Because vitamin B12 contains the mineral cobalt, compounds with vitamin B12 activity are

	collectively called “cobalamins”. Vitamin B12 is required for the development, myelination, and function of the central nervous system; healthy red blood cell formation; and DNA synthesis. the bioavailability of vitamin B12 appears to be about three times higher in dairy products than in meat, fish, and poultry, and the bioavailability of vitamin B12 from dietary supplements is about 50% higher than that from food sources
Vitamin C	Scurvy (It can lead to anemia, debility, exhaustion, spontaneous bleeding, pain in the limbs, and especially the legs, swelling in some parts of the body, and sometimes ulceration of the gums and loss of teeth.)
Vitamin D	Vitamin D (also referred to as “calciferol”) is a fat-soluble vitamin that is naturally present in a few foods, added to others, and available as a dietary supplement. It is also produced endogenously when ultraviolet (UV) rays from sunlight strike the skin and trigger vitamin D synthesis.
Vitamin E	Vitamin E deficiency can cause nerve and muscle damage that results in loss of feeling in the arms and legs, loss of body movement control, muscle weakness, and vision problems. Another sign of deficiency is a weakened immune system.
Vitamin K	The human body requires vitamin K for post-synthesis modification of certain proteins that are required for blood coagulation. Vitamin K functions as a coenzyme for vitamin K-dependent carboxylase, an enzyme required for the synthesis of proteins involved in hemostasis (blood clotting) and bone metabolism, and other diverse physiological functions
Zinc	Zinc deficiency is characterized by growth retardation, loss of appetite, and impaired immune function. In more severe cases, zinc deficiency causes hair loss, diarrhoea, delayed sexual maturation, impotence, hypogonadism in males, and eye and skin lesions

III) Vitamins

Total VIT A - includes Carotenoids and retinol

Total VIT B - includes B1(thiamine), B2 (riboflavin), B3(niacin), B5(pantothenic acid), B6(pyridoxine), B7(Biotin), B9(folic acid)

Total VIT C - Vitamin C, also known as ascorbic acid, is necessary for the growth, development, and repair of all body tissues. It's involved in many body functions, including the formation of collagen, absorption of iron, the proper functioning of the immune system, wound healing, and the maintenance of cartilage, bones, and teeth. Vitamin C is one of the antioxidants that can protect against damage caused by harmful molecules called free radicals.

VIT D2 - ergocalciferol-D2

VIT D3 - cholecalciferol-D3

VIT E - It is a group of 8 fat-soluble compounds which includes 4 tocopherols and 4 tocotrienols

VIT K1 - Phytonadione

VIT K2 – Menaquinone

Water soluble vitamins- They are important for brain functions, and immune health. They are Vit-c , Vit- B1 , Vit – B2, Vit -B3, Vit – B5 , Vit – B7, Vit – B9 and Vit – B12.

Fat-soluble vitamins- They are important for a multitude of physiological processes such as Vision, bone health, immune function, and coagulation. They are Vit- A, Vit- D , Vit- E and Vit- K.

IV) Fatty Acid Profile

Total SFA - Saturated fatty acid

Total MUFA - Monounsaturated fatty acid

Total PUFA - polyunsaturated fatty acid

Cholesterol - Includes LDL (low-density lipoproteins), HDL (high-density lipoproteins), and Triglycerides.

V) Saponins

Saponins are chemical compounds that occur in a wide range of herbs, seeds, vegetables, star Fish and sea cucumber. They're used in vaccine formulations to regulate immune function.

This helps to reduce cholesterol levels, kill disease-causing bacteria, scavenge oxidative stress and inhibit tumor growth, improve lipid metabolism and may help prevent and treat obesity.

VI) Units	
mg	milligram = 1/1,000 of a gram
µg	microgram = mcg = 1/1,000,000 of a gram
Kcal	Kilocalories = 1000 Calories = 4.184 KJ (Kilo Joules) of Energy
	1 KJ = 0.239 Kcal
	1 Kcal = 4g of Carbohydrates & Proteins
	1Kcal = 9g of Fats
IU	IU stands for International Unit and is used to express the amount of substance.
	One IU is equal to the concentration of one milligram per 1 mL of solution.
	1IU Vitamin D = 0.025 microgram of Cholecalciferol or Ergocalciferol

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