ONLINE SUPPLEMENTAL MATERIAL

TABLES:

Supplemental Table S1: Data sources for compiling information of nutrient content for foods in the Malagasy diet

| References                                                                 | Citations |
|---------------------------------------------------------------------------|-----------|
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| Lukmanji, Z., E. Hertzmark, N. Mlingi, V. Assey, G. Ndossi, and W. Fawzi. 2008. Tanzania food composition tables. Muhimibili University of Health and Allied Sciences, Tanzania Food and Nutrition Center, Harvard School of Public Health, First Edition. | 59        |
| Korkalo, L., H. Hauta-alus, and M. Mutanen. 2011. Food composition tables for Mozambique. Department of Food and Environmental Sciences, University of Helsinki, Finland | 26        |
| Stadlmayr et al. 2010. Composition of selected foods from West Africa. Food and Agriculture Organization of the United Nations | 16        |
| Food Plant Solutions Rotarian Action Group. Potentially important food plants of Madagascar. Food Plant Solutions Field Guide - Madagascar, Version 1, September 2015 | 15        |
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| Stadlmayr et al. 2012. West African food composition table. Food and Agriculture Organization of the United Nations, Rome. | 10        |
| Finke, M.D. 2004. Nutrient content of insects. Encyclopedia of Entomology. Scottsdale, Arizona, USA | 4         |
| Menchu, M.T., and H. Mendez. 2007. Tabla de composicion de alimentos de Centroamerica. INCAP 2nd Edition. | 3         |
| Food and Agriculture Organization of the United Nations. 1972. Food composition table for use in East Africa. US Department of Health, Education, and Welfare. | 2         |
| Hotz, C., A. Lubowa, C. Sison, M. Moursi, and C. Loechl. 2012. A food composition table for central and eastern Uganda. HarvestPlus, Washington DC. | 2         |
| Kunchit, J., P. Puwastien, A. Nitithamyong, P. Sridonpai, A. Somjai. Institute of Nutrition, Mahidol University 2015. Thai Food Composition Database, Online version 1, January 2016, Thailand. | 2         |
| Banjo, A.D., Lawal, O.A., and E. A. Songonuga. 2006. The nutritional value of fourteen species of edible insects in southwestern Nigeria. African Journal of Biotechnology 5(3): 298-301. | 1         |
| Bilgin Ş and ZUC Fidanbaş. 2011. Nutritional properties of crab (Potamon potamios Olivier, 1804) in the lake of Eğirdir (Turkey). Pak Vet J, 31(3): 239-243. | 1         |
| Edem, D.O., O.U. Eka, and E.T. Ifon. 1984. Chemical evaluation of the nutritive value of the raffia palm fruit. Food Chemistry 15(1): 9-17 | 1         |
| Gobble, R., M. Taylor, and G. Lyons. 2010. Factsheet no. 10 chilli leaf. Australian Centre for International Agricultural Research. | 1         |

The number of citations for each database used in the compilation of nutritional information for the 250 foods included in the daily household diet records. Citations include any time a database was used for nutritional information for a food, regardless of whether the source was the primary, secondary, tertiary, or quaternary source of nutritional information for that food.
Supplemental Table S2: List of food categories, and count of food items recorded in each category in the daily household diet records.

| Food category                  | Count |
|-------------------------------|-------|
| Bananas                       | 14    |
| Beans                         | 13    |
| Beverages                     | 2     |
| Bread                         | 9     |
| Bush meat                     | 22    |
| Domestic meat/poultry         | 9     |
| Dried seafood                 | 5     |
| Dried freshwater fish         | 1     |
| Freshwater fish               | 5     |
| Eggs                          | 2     |
| Fruits                        | 30    |
| Greens                        | 33    |
| Insects                       | 6     |
| Nuts                          | 2     |
| Palm hearts                   | 28    |
| Pasta                         | 2     |
| Rice                          | 3     |
| Seafood                       | 5     |
| Spices                        | 2     |
| Staples                       | 8     |
| Store-bought goods            | 7     |
| Sugar                         | 4     |
| Vegetables                    | 14    |
| Wild birds                    | 24    |
| **Total**                     | **250** |
Supplemental Table S3: Nutrient composition table created for northeastern Madagascar diet

Table 1a. Nutrient composition database.........................pg. 2
Table 1b. Food categories................................................pg. 47
Table 2. Proxyed food items.............................................pg. 48
Table 3. References........................................................pg. 56
| ID | Variable | Malagasy Name | English Name | Category | Proxy? (1=yes, 0=no) | Notes on proxy | Energy, kcal | Protein Content (g) | Fat (g) | Carbohydrates (g) |
|----|----------|---------------|--------------|----------|----------------------|----------------|-------------|-------------------|--------|------------------|
| 1  | fonmant  | Fontsy manta   | Banana (plantain), boiled | Bananas | 0                    |                 | 89.00       | 1.10              | 0.30   | 22.80            |
| 2  | lavrav   | Lava ravina    | Banana (plantain), boiled | Bananas | 0                    |                 | 156.00      | 1.20              | 0.30   | 31.20            |
| 3  | fonamb   | Fontsy Ambarababoaka | Latundan Banana | Bananas | 1                    | Traditional banana cooked | 116.00      | 0.80              | 0.20   | 22.80            |
| 4  | fonand   | Fontsy andatra | Latundan Banana | Bananas | 1                    | Traditional banana cooked | 116.00      | 0.80              | 0.20   | 22.80            |
| 5  | fonbit   | Fontsy bitavia | Traditional banana | Bananas | 1                    | Traditional banana cooked | 116.00      | 0.80              | 0.20   | 22.80            |
| 6  | fonkir   | Fontsy kiriva  | Banana (plantain) cooked | Bananas | 1                    | Plantain, ripe, boiled | 156.00      | 1.20              | 0.30   | 31.20            |
| 7  | fonla    | Fontsy lahy    | Banana (plantain) cooked | Bananas | 1                    | Plantain, ripe, boiled | 156.00      | 1.20              | 0.30   | 31.20            |
| 8  | fonmak   | Fontsy makoia  | Red Banana | Bananas | 1                    | Traditional banana cooked | 116.00      | 0.80              | 0.20   | 22.80            |
| 9  | fonrav   | Fontsy malamaravina | Latundan Banana | Bananas | 1                    | Traditional banana cooked | 116.00      | 0.80              | 0.20   | 22.80            |
| 10 | fontsam  | Fontsy tsameroa | Banana (plantain) | Bananas | 1                    | Plantain, ripe, boiled | 156.00      | 1.20              | 0.30   | 31.20            |
| 11 | fontsami | Fontsy tsaminambona | Banana (plantain) | Bananas | 1                    | Plantain, ripe, boiled | 156.00      | 1.20              | 0.30   | 31.20            |
| Variable | Malagasy Name          | English Name               | Category  | Proxy? (1=yes, 0=no) | Notes on proxy                                                                 | Energy, kcal | Protein Content (g) | Fat (g) | Carbohydrates (g) |
|----------|------------------------|----------------------------|-----------|---------------------|--------------------------------------------------------------------------------|--------------|---------------------|---------|-------------------|
| 12       | fontsiam               | Fontsytsiambotsihiva       | Banana (plantain) | Bananas             | 1                                                                            | 156.00      | 1.20                | 0.30    | 31.20             |
| 13       | fontsil                | Fontsylilaka               | Banana (plantain) | Bananas             | 1                                                                            | 156.00      | 1.20                | 0.30    | 31.20             |
| 14       | varfon                 | Vary sy fontsy             | Rice and banana mixture | Bananas             | 1                                                                            | 125.50      | 1.90                | 0.50    | 29.80             |
| 15       | har                    | Haricot                    | Kidney beans  | Beans               | 0                                                                            | 127.00      | 8.70                | 0.50    | 22.80             |
| 16       | lojo                   | Lojo                       | Cowpeas, boiled | Beans               | 0                                                                            | 137.00      | 8.60                | 0.50    | 22.30             |
| 17       | pista                  | Pistaches                  | Peanuts     | Beans               | 0                                                                            | 333.00      | 15.00               | 22.01   | 21.26             |
| 18       | voabor                 | Voanjobory                 | Chickpeas   | Beans               | 0                                                                            | 164.00      | 8.90                | 2.60    | 27.40             |
| 19       | antsot                 | Antsotry                   | Type of beans | Beans               | 1                                                                            | 166.00      | 11.40               | 0.70    | 19.70             |
| 20       | antvong                | Antidahivondraka           | Type of beans | Beans               | 1                                                                            | 119.00      | 7.81                | 0.42    | 20.78             |
| 21       | bethaz                 | Betanihazo                 | Type of beans | Beans               | 1                                                                            | 96.99       | 3.20                | 0.50    | 22.30             |
| 22       | grop                   | Gros pois                  | Type of beans | Beans               | 1                                                                            | 115.00      | 7.80                | 0.38    | 20.88             |
|   | Variable | Malagasy Name | English Name | Category | Proxy? (1=yes, 0=no) | Notes on proxy | Energy, kcal | Protein Content (g) | Fat (g) | Carbohydrates (g) |
|---|----------|---------------|--------------|----------|---------------------|----------------|--------------|---------------------|--------|-------------------|
| 23 | telvo    | Telvolana     | Type of beans| Beans    | 1                   | Cowpeas, boiled without salt | 96.99       | 3.20                | 0.50   | 22.30             |
| 24 | tsias    | Tsiasisa      | Type of beans| Beans    | 1                   | Mung beans, boiled, without salt | 105.00     | 7.02                | 0.38   | 19.15             |
| 25 | vam      | Vamaho        | Black sesames| Beans    | 1                   | Sesame seed, unspecified white or black | 573.00     | 17.70              | 49.70  | 23.50             |
| 26 | voamai   | Voamaina      | Beans (not specified) | Beans    | 1                   | Kidney beans (mature, boiled, without salt) | 127.00     | 8.70                | 0.50   | 22.80             |
| 27 | voatsi   | Voantsiroko   | Type of beans| Beans    | 1                   | Cowpeas, boiled without salt | 96.99       | 3.20                | 0.50   | 22.30             |
| 28 | cafe     | Café          | Coffee, with milk, without sugar | Beverages | 0                   |                | 11.50       | 1.30                | 1.60   | 0.20              |
| 29 | ronon    | Ronono        | Milk, cow, whole, fresh | Beverages | 0                   |                | 60.00       | 3.20                | 3.30   | 4.50              |
| 30 | mofvar   | Mofo vary     | Rice bread   | Bread    | 0                   |                | 239.10      | 2.20                | 7.50   | 41.10             |
| 31 | beig     | Beignets      | Doughnuts    | Bread    | 1                   | Wheat, dough, deep fried | 317.00      | 7.20                | 7.70   | 53.40             |
| 32 | belar    | Belaro        | Type of bread| Bread    | 1                   | English muffin | 223.00      | 8.70                | 2.00   | 44.80             |
| 33 | mofbok   | Mofo bokety   | Type of bread| Bread    | 1                   | Cassava flour  | 274.00      | 8.80                | 3.00   | 51.90             |
| 34 | mofgas   | Mofo gasy     | Type of bread| Bread    | 1                   | Wheat, dough, deep fried | 317.00      | 7.20                | 7.70   | 53.40             |
| 35 | mofo     | Mofo          | Bread        | Bread    | 1                   | Sourdough bread | 273.00      | 8.60                | 6.30   | 46.00             |
| Variable | Malagasy Name      | English Name            | Category | Proxy? (1=yes, 0=no) | Notes on proxy                                      | Energy, kcal | Protein Content (g) | Fat (g) | Carbohydrates (g) |
|----------|--------------------|-------------------------|----------|----------------------|-----------------------------------------------------|--------------|---------------------|---------|-------------------|
| 36       | mofon              | Mofo fontsy             | Bread    | Bread                | Sourdough bread                                     | 273.00       | 8.60                | 6.30    | 46.00             |
| 37       | mofrav             | Mofo ravina             | Rice and banana bread | Bread | 1                     | Assumed even weight of traditional banana and rice and averaged the nutritional composition of those two. | 125.50       | 1.90                | 0.50    | 29.80             |
| 38       | mofvzah            | Mofo vazaha             | Flour bread | Bread | 1                     | Sourdough bread                                     | 273.00       | 8.60                | 6.30    | 46.00             |
| 39       | bokom              | Bokombolo               | Eastern lesser bamboo lemur | Bushmeat | 0                     |                                                      | 138.30       | 23.1                | 4.38    | 0.00              |
| 40       | sokin              | Sokina                  | Greater hedgehog tenrec | Bushmeat | 0                     |                                                      | 112.80       | 14.42               | 4.38    | 0.00              |
| 41       | trandr             | Trandraka               | Tailless tenrec | Bushmeat | 0                     |                                                      | 107.18       | 15                  | 4.38    | 0.00              |
| 42       | varkos             | Gidro                   | White-headed lemur | Bushmeat | 0                     |                                                      | 105.20       | 15.6                | 4.38    | 0.00              |
| 43       | ampon              | Fotsife                 | Eastern woolly lemur | Bushmeat | 1                     | Hapalemur griseus                                   | 138.30       | 23.1                | 4.38    | 0.00              |
| 44       | andreh             | Andrehy                 | Food Plant Solutions Rotarian Action Group 2008agascan rosette | Bushmeat | 1                     | Pteropus rodricensis                                 | 216.43       | 26.475               | 4.38    | 0.00              |
| 45       | antsaoa            | Antsaoa                 | Lowland streaked tenrec | Bushmeat | 1                     | Setifer setosus                                     | 112.80       | 14.42               | 4.38    | 0.00              |
| 46       | ayeaye             | Aye-aye                 | Aye-aye | Bushmeat | 1                     | Eulemur albifrons                                   | 105.20       | 15.6                | 4.38    | 0.00              |
| Variable | Malagasy Name | English Name | Category       | Proxy? (1=yes, 0=no) | Notes on proxy | Energy, kcal | Protein Content (g) | Fat (g) | Carbohydrates (g) |
|----------|---------------|--------------|----------------|-----------------------|----------------|--------------|---------------------|---------|-------------------|
| 47 babkot | Babakoto      | Indri, babakoto, primate | Bushmeat       | 1                     | Hapalemur griseus | 138.30       | 23.1                | 4.38    | 0.00              |
| 48 bib    | Bibidia       | Wildlife (unspecified) | Bushmeat       | 1                     | Eulemur albifrons | 105.20       | 15.6                | 4.38    | 0.00              |
| 49 falanok | Falanoka      | Falanouc, rare mongoose-like mammal, endemic | Bushmeat       | 1                     | Weighted average of all bushmeat | 135.98       | 18.919              | 4.38    | 0.00              |
| 50 fosa   | Fosa          | Cat-like, carnivous mammal, endemic | Bushmeat       | 1                     | Weighted average of all bushmeat | 135.98       | 18.919              | 4.38    | 0.00              |
| 51 jaboa  | Jaboady       | Small Indian civet | Bushmeat       | 1                     | Weighted average of all bushmeat | 135.98       | 18.919              | 4.38    | 0.00              |
| 52 kary   | Kary          | Wild cat     | Bushmeat       | 1                     | Weighted average of all bushmeat | 135.98       | 18.919              | 4.38    | 0.00              |
| 53 lambodia | Lambo dia    | Bushpig      | Bushmeat       | 1                     | Game meat, boar, wild, cooked, roasted | 160.00       | 28.30               | 4.38    | 0.00              |
| 54 radak | Radaka        | Leopard frog | Bushmeat       | 1                     | Frog legs, raw | 73.00        | 16.00               | 0.30    | 0.00              |
| 55 tomb   | Tombokontsodiny | Malagasy civet | Bushmeat | 1                     | Weighted average of all bushmeat | 135.98       | 18.919              | 4.38    | 0.00              |
| 56 tongo  | Tongo         | Red-bellied lemur | Bushmeat       | 1                     | Eulemur albifrons | 105.20       | 15.6                | 4.38    | 0.00              |
| 57 tsid   | Tsidy         | Brown mouse lemur | Bushmeat       | 1                     | Eulemur albifrons | 105.20       | 15.6                | 4.38    | 0.00              |
| 58 tsits  | Tsitsiha      | Greater dwarf lemur | Bushmeat       | 1                     | Eulemur albifrons | 105.20       | 15.6                | 4.38    | 0.00              |
| Variable | Malagasy Name | English Name | Category | Proxy? (1=yes, 0=no) | Notes on proxy | Energy, kcal | Protein Content (g) | Fat (g) | Carbohydrates (g) |
|----------|---------------|--------------|----------|----------------------|----------------|-------------|---------------------|---------|------------------|
| 59       | varkan        | Varikandavaka | Lepilemur sp. | Bushmeat             | Hapalemur griseus | 138.30      | 23.1               | 4.38    | 0.00             |
| 60       | vontsi        | Vontsira     | Ring-tailed mongoose | Bushmeat             | Weighted average of all bushmeat | 135.98      | 18.919             | 4.38    | 0.00             |
| 61       | bol           | Bolety       | Ground beef | Domestic meat/poultry; pork/beef | 0              | 212.00      | 27.80              | 11.20   | 0.00             |
| 62       | henam         | Henandambo   | Pork      | Domestic meat/poultry; pork/beef | 0              | 550.00      | 28.90              | 52.70   | 0.00             |
| 63       | henom         | Henanomby    | Beef      | Domestic meat/poultry; pork/beef | 0              | 209.00      | 36.20              | 7.20    | 0.00             |
| 64       | angozy        | Angozy       | Zebu skin and fat (indicine cattle, humped cattle, Brahman) | Domestic meat/poultry; pork/beef | Beef, subcutaneous fat, cooked | 731.00      | 6.50               | 78.30   | 0.00             |
| 65       | draki         | Drakidraky   | Duck, domesticated, meat and skin, cooked, roasted | Domestic meat/poultry; poultry | 0              | 337.00      | 18.99              | 28.35   | 0.00             |
| 66       | kolok         | Kolokoloko   | Turkey    | Domestic meat/poultry; poultry | 0              | 189.00      | 28.55              | 7.39    | 0.06             |
| 67       | sadok         | Sadoko       | Duck      | Domestic meat/poultry; poultry | 0              | 337.00      | 18.99              | 28.35   | 0.00             |
| 68       | voran         | Vorondrano   | Duck      | Domestic meat/poultry; poultry | 0              | 337.00      | 18.99              | 28.35   | 0.00             |
| 69       | ako           | Akoho        | Chicken   | Domestic meat/poultry | Chicken, dark meat | 268.00      | 22.00              | 20.00   | 0.00             |
| Variable | Malagasy Name | English Name | Category | Proxy? (1=yes, 0=no) | Notes on proxy | Energy, kcal | Protein Content (g) | Fat (g) | Carbohydrates (g) |
|----------|---------------|--------------|----------|----------------------|----------------|--------------|---------------------|---------|-------------------|
| 70 lkamama | Laoko ranomamy maina | Freshwater fish | Freshwater fish | 0 | | 335.00 | 58.60 | 9.40 | 0.00 |
| 71 ormains | Orana maina | Dried shrimp | Dried seafood | 0 | (Palaeomon spp; Penaeus sp.) | 301.00 | 55.80 | 2.40 | 13.10 |
| 72 ankor | Anankorana | Dried white shrimp | Dried seafood | 1 | | 316.00 | 69.10 | 4.00 | 1.00 |
| 73 lkmasma | Laoko ranomasina maina | Dried saltwater fish | Dried seafood | 1 | Fish, dried, cod | 368.00 | 79.80 | 3.20 | 0.00 |
| 74 patsa | Patsa | Dried red shrimp | Dried seafood | 1 | (Palaeomon spp; Penaeus sp.) | 316.00 | 69.10 | 4.00 | 1.00 |
| 75 lksir | Laoko sira | Salted fish (typically larger fish) | Dried seafood | 1 | Dried saltwater fish | 368.00 | 79.80 | 3.20 | 0.00 |
| 76 atakos | Atody akoho | Chicken egg, fried | Eggs | 0 | | 245.00 | 11.80 | 21.60 | 1.00 |
| 77 atovors | Atody vorona | Duck eggs | Eggs | 0 | | 185.00 | 12.81 | 13.77 | 1.45 |
| 78 lkamals | Laoko ranomamy legny | Freshwater fish | Freshwater fish | 0 | Anguilla spp. (river eels), cooked, 50% fat/50% lean | 84.00 | 14.80 | 2.30 | 0.00 |
| 79 amals | Amalona | Eel | Freshwater fish | 1 | | 244.50 | 15.00 | 20.00 | 0.00 |
| 80 anvils | Anvil | Freshwater fish | Freshwater fish | 1 | Small, freshwater fish | 84.00 | 14.80 | 2.30 | 0.00 |
| 81 fozas | Foza | Crab, freshwater | Freshwater fish | 1 | Potamona potamios (lake crab) | 85.00 | 13.94 | 0.67 | 0.60 |
| 82 samberns | Sambirenny | Freshwater fish | Freshwater fish | 1 | Fish, small, freshwater | 84.00 | 14.80 | 2.30 | 0.00 |
| 83 acohos | Akohorano | Seasoning | Fruits | 0 | | 0.00 | 0.00 | 0.00 | 0.00 |
| Variable | Malagasy Name | English Name | Category | Proxy? (1=yes, 0=no) | Notes on proxy | Energy, kcal | Protein Content (g) | Fat (g) | Carbohydrates (g) |
|----------|--------------|--------------|----------|----------------------|----------------|--------------|---------------------|--------|-------------------|
| 84       | ampal        | Ampalibe     | Fruits   | 0                    |                | 94.00        | 1.50                | 0.30   | 24.00             |
| 85       | ampil        | Ampilimosy   | Fruits   | 0                    |                | 33.00        | 0.70                | 0.10   | 8.40              |
| 86       | coros        | Corossol     | Fruits   | 0                    |                | 66.00        | 1.00                | 0.30   | 16.80             |
| 87       | gavb         | Gavobe       | Fruits   | 0                    |                | 56.86        | 1.10                | 0.40   | 15.30             |
| 88       | letch        | Letchi       | Fruits   | 0                    |                | 78.00        | 0.80                | 0.40   | 16.90             |
| 89       | makob        | Makoba       | Fruits   | 0                    |                | 45.00        | 0.60                | 0.20   | 10.10             |
| 90       | manas        | Manasy       | Fruits   | 0                    |                | 48.00        | 0.50                | 0.10   | 12.60             |
| 91       | manga        | Mango        | Fruits   | 0                    |                | 65.00        | 0.50                | 0.30   | 17.00             |
| 92       | pm           | Paoma        | Fruits   | 0                    |                | 52.00        | 0.20                | 0.20   | 13.80             |
| 93       | samab        | Samabia      | Fruits   | 0                    |                | 22.00        | 1.00                | 0.40   | 4.50              |
| 94       | vapmas       | Vapaza masaka| Fruits   | 0                    |                | 39.00        | 0.60                | 0.10   | 9.80              |
| 95       | voahg        | Raonjy       | Fruits   | 0                    |                | 47.00        | 0.90                | 0.10   | 11.80             |
| 96       | voaraf       | Voandrafia   | Fruits   | 0                    |                | 380.00       | 6.10                | 6.12   | 61.40             |
| 97       | zano         | Zano         | Fruits   | 0                    |                | 78.60        | 1.70                | 0.60   | 15.80             |
| 98       | zavok        | Zavoka       | Fruits   | 0                    |                | 160.00       | 2.00                | 14.70  | 8.50              |
| 99       | mangvz       | Mangambazaha | Fruits   | 1                    | Mango          | 65.00        | 0.50                | 0.30   | 17.00             |
| 100      | matbar       | Matohabaratra| Fruits   | 1                    | Weighted average of all fruits | 91.94   | 1.20                | 6.12   | 10.14             |
| 101      | sakoan       | Sakoana      | Fruits   | 1                    | Weighted average of all fruits | 91.94   | 1.20                | 6.12   | 10.14             |
| 102      | tomat        | Tomate       | Fruits   | 1                    | Fresh, red, roma tomato | 18.00   | 0.88                | 0.20   | 3.89              |
| 103      | tsamkob      | Tsaminakoba  | Fruits   | 1                    | Weighted average of all fruits | 91.94   | 1.20                | 6.12   | 10.14             |
| 104      | vanok        | Vanonoka     | Fruits   | 1                    | Weighted average of all fruits | 91.94   | 1.20                | 6.12   | 10.14             |
| Variable | Malagasy Name | English Name       | Category | Proxy? (1=yes, 0=no) | Notes on proxy | Energy, kcal | Protein Content (g) | Fat (g) | Carbohydrates (g) |
|----------|---------------|-------------------|----------|----------------------|----------------|--------------|---------------------|---------|-------------------|
| 105      | vaor          | Vaory             | Type of fruit | 1 | Weighted average of all fruits | 91.94 | 1.20 | 6.12 | 10.14 |
| 106      | voafk         | Voafoko           | Type of fruit | 1 | Weighted average of all fruits | 91.94 | 1.20 | 6.12 | 10.14 |
| 107      | voahgd        | Voahangy Dy       | Wild Orange | Fruits | 1 | Orange | 47.00 | 0.90 | 0.10 | 11.80 |
| 108      | voakz         | Voankazo          | Fruit (not specified) | Fruits | 1 | Weighted average of all fruits | 91.94 | 1.20 | 6.12 | 10.14 |
| 109      | voasir        | Voasirindrina     | Voasirindrina | Fruits | 1 | Weighted average of all fruits | 91.94 | 1.20 | 6.12 | 10.14 |
| 110      | vong          | Vongo             | Type of fruit | Fruits | 1 | Weighted average of all fruits | 91.94 | 1.20 | 6.12 | 10.14 |
| 111      | vontsik       | Vontsikobila      | Type of fruit | Fruits | 1 | Weighted average of all fruits | 91.94 | 1.20 | 6.12 | 10.14 |
| 112      | Vapman        | Vapaza manta      | Green papaya | Fruits | 0 | 39.00 | 0.60 | 0.10 | 9.80 |
| 113      | anamb         | Ananambo          | Moringa Leaves, drumstick leaves | Greens | 0 | 60.00 | 5.27 | 0.93 | 11.15 |
| 114      | anlad         | Anantsalady       | Watercress, raw | Greens | 0 | 26.29 | 2.90 | 0.40 | 0.80 |
| 115      | anmang        | Anantsomanga      | Sweet potato leaves | Greens | 0 | 40.13 | 3.90 | 0.30 | 6.40 |
| 116      | anmari        | Ananamarigozy     | Bitter melon, bitter gourd, bitter squash, balsam-pear, raw | Greens | 0 | 30.00 | 5.30 | 0.69 | 3.29 |
| Variable | Malagasy Name | English Name | Category | Proxy? (1=yes, 0=no) | Notes on proxy | Energy, kcal | Protein Content (g) | Fat (g) | Carbohydrates (g) |
|----------|---------------|--------------|----------|----------------------|----------------|--------------|---------------------|---------|------------------|
| 117      | anmen         | Anamena      | Greens   | 0                    |                | 33.00        | 2.46               | 0.33    | 4.02             |
| 118      | anreb         | Anantsirebika| Greens   | 0                    |                | 19.00        | 3.15               | 0.40    | 2.33             |
| 119      | ansakay       | Anantsakay   | Greens   | 0                    |                | 40.00        | 2.00               | 0.20    | 9.00             |
| 120      | antsaho       | Anantsahono  | Greens   | 0                    |                | 22.00        | 5.00               | 0.70    | 6.70             |
| 121      | anvap         | Anana vapaza | Greens   | 0                    |                | 90.34        | 8.00               | 0.40    | 4.90             |
| 122      | belap         | Belapotrika  | Greens   | 0                    |                | 23.00        | 4.50               | 0.50    | 8.50             |
| 123      | ravtsos       | Ravina tsosoty| Greens  | 0                    |                | 60.00        | 4.00               | 0.40    | 4.70             |
| 124      | ravzah        | Ravinambazaha| Greens   | 0                    |                | 27.95        | 3.00               | 0.20    | 7.30             |
| 125      | anab          | Anambe       | Greens   | 1                    | Bok Choy, raw | 13.00        | 1.50               | 0.20    | 2.18             |
| 126      | anan          | Anana        | Greens   | 1                    | Weighted average of all greens | 36.98 | 3.37       | 0.38 | 6.51         |
| 127      | anbaml        | Anamabala    | Greens   | 1                    | Weighted average of all greens | 36.98 | 3.37       | 0.38 | 6.51         |
| 128      | anbon         | Ananabontro  | Greens   | 1                    | Weighted average of all greens | 36.98 | 3.37       | 0.38 | 6.51         |
| 129      | angid         | Anangidy     | Greens   | 1                    | Weighted average of all greens | 36.98 | 3.37       | 0.38 | 6.51         |
| 130      | angis         | Anangisa     | Greens   | 1                    | Weighted average of all greens | 36.98 | 3.37       | 0.38 | 6.51         |
| 131      | anjf          | Ananjofo     | Greens   | 1                    | Weighted average of all greens | 36.98 | 3.37       | 0.38 | 6.51         |
| Variable | Malagasy Name | English Name                  | Category | Proxy? (1=yes, 0=no) | Notes on proxy | Energy, kcal | Protein Content (g) | Fat (g) | Carbohydrates (g) |
|----------|---------------|-------------------------------|----------|----------------------|----------------|--------------|---------------------|---------|-------------------|
| 132      | anlao         | Anamafana                     | Greens   | 1                    | Weighted average of all greens | 36.98        | 3.37                | 0.38    | 6.51              |
| 133      | anpats        | Anampatsy                     | Greens   | 1                    | Weighted average of all greens | 36.98        | 3.37                | 0.38    | 6.51              |
| 134      | antarik       | Anantarika                    | Greens   | 1                    | Weighted average of all greens | 36.98        | 3.37                | 0.38    | 6.51              |
| 135      | antsal        | Anantsalepo                   | Greens   | 1                    | Weighted average of all greens | 36.98        | 3.37                | 0.38    | 6.51              |
| 136      | antsek        | Anantsenko                    | Greens   | 1                    | Fiddlehead ferns               | 34.00        | 4.55                | 0.40    | 0.54              |
| 137      | antsid        | Anantsindra                   | Greens   | 1                    | Nightshade, Ethiopian (Solanum aethiopicum), fruit | 32.00        | 1.50                | 0.10    | 7.20              |
| 138      | antsinah      | Anantsinahy                   | Greens   | 1                    | Weighted average of all greens | 36.98        | 3.37                | 0.38    | 6.51              |
| 139      | antsir        | Anantsiriry                   | Greens   | 1                    | Weighted average of all greens | 36.98        | 3.37                | 0.38    | 6.51              |
| 140      | antsom        | Anantsonga                    | Greens   | 1                    | Weighted average of all greens | 36.98        | 3.37                | 0.38    | 6.51              |
| 141      | fela          | Felagna                       | Greens   | 1                    | Weighted average of all greens | 36.98        | 3.37                | 0.38    | 6.51              |
| 142      | pets          | Petsay                        | Greens   | 1                    | Brassica rapa: Turnip greens, raw | 32.00        | 1.50                | 0.30    | 7.13              |
| Variable | Malagasy Name   | English Name          | Category          | Proxy? (1=yes, 0=no) | Notes on proxy | Energy, kcal | Protein Content (g) | Fat (g) | Carbohydrates (g) |
|----------|----------------|-----------------------|-------------------|----------------------|----------------|--------------|---------------------|---------|-------------------|
| 143      | ravhets        | Ravina hetsika        | Type of greens    | 1                    | Weighted average of all greens | 36.98 | 3.37 | 0.38 | 6.51 |
| 144      | raving         | Ravina angivy         | Type of greens    | 1                    | Weighted average of all greens | 36.98 | 3.37 | 0.38 | 6.51 |
| 145      | solof          | Solofoko              | Type of greens    | 1                    | Weighted average of all greens | 36.98 | 3.37 | 0.38 | 6.51 |
| 146      | voant          | Voantandroka          | Rhinoceros beetle | 0                    | Rhinoceros beetle adult | 192.00 | 27.10 | 3.70 | 11.20 |
| 147      | ankantel       | Ankaninantely         | Fresh honeycomb   | 1                    | Honey, raw | 304.00 | 0.30 | 0.00 | 82.30 |
| 148      | lafa           | Lafa                  | Beetle larvae     | 1                    | Rhinoceros beetle adult | 192.00 | 27.10 | 3.70 | 11.20 |
| 149      | lafbit         | Lafa bitay            | Rhinoceros beetle grub | 1              | Rhinoceros beetle adult | 192.00 | 27.10 | 3.70 | 11.20 |
| 150      | lafoh          | Lafa fohy             | Beetle larvae     | 1                    | Rhinoceros beetle adult | 192.00 | 27.10 | 3.70 | 11.20 |
| 151      | tsibo          | Tsibobona             | No common name    | 1                    | Cybister sp. | 192.00 | 27.10 | 3.70 | 11.20 |
| 152      | voan           | Voanio                | Coconut            | 0                    | Peanuts, all types, boiled, with salt | 70.00 | 0.50 | 3.40 | 10.00 |
| 153      | vakor          | Vakoromanga           | Type of nut       | 1                    | Bannarina palm | 318.00 | 13.50 | 22.01 | 21.26 |
| 154      | ambavaka       | Hovotra               | Palm hearts (unspecified type) | 0 |  | 115.00 | 2.70 | 0.20 | 25.61 |
| 155      | hov            | Hovotra               | Palm hearts       | 0                    |  | 115.00 | 2.70 | 0.20 | 25.61 |
| 156      | hovakom        | Hovotra akombambo     | Palm hearts       | 0                    |  | 115.00 | 2.70 | 0.20 | 25.61 |
| 157      | hovala         | Hovotra alanana       | Palm hearts       | 0                    |  | 115.00 | 2.70 | 0.20 | 25.61 |
| 158      | hovanvi        | Hovotra anivogno      | Palm hearts       | 0                    |  | 115.00 | 2.70 | 0.20 | 25.61 |
| Variable | Malagasy Name | English Name | Category | Proxy? (1=yes, 0=no) | Notes on proxy | Energy, kcal | Protein Content (g) | Fat (g) | Carbohydrates (g) |
|----------|---------------|--------------|----------|----------------------|----------------|--------------|-------------------|--------|-------------------|
| 159      | hovaram       | Hovotra ramironkona | Palm hearts | Palm hearts | 0 | 115.00 | 2.70 | 0.20 | 25.61 |
| 160      | hovbak        | Hovotra bakoko | Palm hearts | Palm hearts | 0 | 115.00 | 2.70 | 0.20 | 25.61 |
| 161      | hovbor        | Hovotra boresy | Palm hearts | Palm hearts | 0 | 115.00 | 2.70 | 0.20 | 25.61 |
| 162      | hovdana       | Hovotra hadanadana | Palm hearts | Palm hearts | 0 | 115.00 | 2.70 | 0.20 | 25.61 |
| 163      | hovfan        | Hovotra | Palm hearts | Palm hearts | 0 | 115.00 | 2.70 | 0.20 | 25.61 |
| 164      | hovfnmar      | Hovotra fontsy maroa | Palm hearts | Palm hearts | 0 | 115.00 | 2.70 | 0.20 | 25.61 |
| 165      | hovfonlah     | Hovotra fontsy lahy | Palm hearts | Palm hearts | 0 | 115.00 | 2.70 | 0.20 | 25.61 |
| 166      | hovhonk       | Hovotra honkona | Palm hearts | Palm hearts | 0 | 115.00 | 2.70 | 0.20 | 25.61 |
| 167      | hovhsn        | Hovotra hasina | Palm hearts | Palm hearts | 0 | 115.00 | 2.70 | 0.20 | 25.61 |
| 168      | hovjav        | Hovotra javavy | Palm hearts | Palm hearts | 0 | 115.00 | 2.70 | 0.20 | 25.61 |
| 169      | hovlav        | Hovotra lavavozona | Palm hearts | Palm hearts | 0 | 115.00 | 2.70 | 0.20 | 25.61 |
| 170      | hovlavm       | Hovotra lavamboko | Palm hearts | Palm hearts | 0 | 115.00 | 2.70 | 0.20 | 25.61 |
| 171      | hovmaf        | Hovotra mafaiky hely | Palm hearts | Palm hearts | 0 | 115.00 | 2.70 | 0.20 | 25.61 |
| 172      | hovmam        | Hovotra mamy | Palm hearts | Palm hearts | 0 | 115.00 | 2.70 | 0.20 | 25.61 |
| 173      | hovmanra      | Hovotra manaranana | Palm hearts | Palm hearts | 0 | 115.00 | 2.70 | 0.20 | 25.61 |
| 174      | hovpalm       | Hovotra palmier | Palm hearts | Palm hearts | 0 | 115.00 | 2.70 | 0.20 | 25.61 |
| 175      | hovraf        | Hovotra rafia | Palm hearts | Palm hearts | 0 | 115.00 | 2.70 | 0.20 | 25.61 |
| 176      | hovrav        | Hovotra ravina | Palm hearts | Palm hearts | 0 | 115.00 | 2.70 | 0.20 | 25.61 |
| 177      | hovsaror      | Hovotra saroro | Palm hearts | Palm hearts | 0 | 115.00 | 2.70 | 0.20 | 25.61 |
| 178      | hovtsar       | Hovotra tsaravoasira | Palm hearts | Palm hearts | 0 | 115.00 | 2.70 | 0.20 | 25.61 |
| 179      | hovtsik       | Hovotra tsikorevana | Palm hearts | Palm hearts | 0 | 115.00 | 2.70 | 0.20 | 25.61 |
| 180      | hovvan        | Hovotra vanio | Palm hearts | Palm hearts | 0 | 115.00 | 2.70 | 0.20 | 25.61 |
| Variable | Malagasy Name       | English Name       | Category | Proxy? (1=yes, 0=no) | Notes on proxy               | Energy, kcal | Protein Content (g) | Fat (g) | Carbohydrates (g) |
|----------|---------------------|-------------------|----------|----------------------|--------------------------------|--------------|---------------------|---------|-------------------|
| 181      | hovvon              | Hovotra vontro    | Palm hearts | 0                    | Pasta, homemade, with egg, cooked | 115.00       | 2.70                | 0.20    | 25.61             |
| 182      | longf               | Longo fy          | Type of pasta | 1                    | Pasta, homemade, with egg, cooked | 130.00       | 5.28                | 1.74    | 23.54             |
| 183      | pate                | Pate              | Pasta     | 1                    | Pasta, homemade, with egg, cooked | 130.00       | 5.28                | 1.74    | 23.54             |
| 184      | varh                | Vary horaka       | Paddy rice | 1                    | Brown rice, boiled               | 135.00       | 3.00                | 0.80    | 28.40             |
| 185      | varj                | Vary jinja        | Swidden rice | 1                    | Brown rice, boiled               | 135.00       | 3.00                | 0.80    | 28.40             |
| 186      | vary_mas            | Vary masaka       | Cooked rice | 1                    | Brown rice, boiled               | 135.00       | 3.00                | 0.80    | 28.40             |
| 187      | lkmasl              | Laoko ranomasina legny | Saltwater fish  | 0                    |                                | 98.00        | 18.10               | 2.40    | 0.00              |
| 188      | ordv                | Orandava          | Prawns    | 0                    |                                | 108.00       | 17.90               | 3.70    | 0.80              |
| 189      | orita               | Orita             | Octopus   | 0                    |                                | 164.00       | 29.82               | 2.08    | 4.40              |
| 190      | orlen               | Orana legny       | Fresh shrimp | 0                    |                                | 99.00        | 23.98               | 0.28    | 0.20              |
| 191      | sardin              | Sardines          | Sardines  | 0                    |                                | 112.00       | 21.40               | 2.30    | 0.00              |
| 192      | sanktan             | Sakay tany        | Ginger    | 0                    |                                | 66.00        | 2.10                | 0.30    | 15.30             |
| 193      | tonglay             | Tongolay          | Garlic    | 0                    |                                | 149.00       | 6.40                | 0.50    | 33.10             |
| 194      | ambzh               | Ambazaha          | Cassava, dried | 0                    |                                | 314.00       | 2.60                | 0.70    | 76.60             |
| 195      | ovybe               | Ovy be            | Yam, boiled, without salt | 0                    |                                | 134.00       | 2.00                | 0.20    | 28.90             |
| 196      | sahogn              | Sahogno           | Taro, raw | 0                    |                                | 294.10       | 1.96                | 0.20    | 26.50             |
| 197      | sahomand            | Sahogno mandady   | Taro      | 0                    |                                | 142.00       | 0.50                | 0.10    | 34.60             |
| 198      | soanb               | Soanambo          | Breadfruit, raw | 0                    |                                | 103.00       | 1.10                | 0.20    | 27.10             |
| 199      | tsmg                | Tsomanga          | Sweet potatoes | 0                    |                                | 86.72        | 1.10                | 0.10    | 24.30             |
| Variable | Malagasy Name | English Name | Category | Proxy? (1=yes, 0=no) | Notes on proxy | Energy, kcal | Protein Content (g) | Fat (g) | Carbohydrates (g) |
|----------|---------------|--------------|----------|---------------------|----------------|-------------|---------------------|--------|------------------|
| 200      | hanbrk        | Hanimbiroka  | Unspecified type of root vegetable | Staples | 1 | Weighted average: cassava, yam, sweet potato, taro | 139.33 | 1.80 | 0.23 | 32.59 |
| 201      | ovdì          | Ovy dia      | Wild yams | Staples | 1 | Yam, boiled, without salt | 85.29 | 2.70 | 0.20 | 28.90 |
| 202      | farine        | Farine       | Flour    | Store-bought goods | 0 | | 358.00 | 10.30 | 1.50 | 73.10 |
| 203      | jumbo         | Jumbo        | Jumbo bouillon chicken stock cubes | Store-bought goods | 0 | | 170.00 | 17.30 | 4.00 | 16.10 |
| 204      | manka         | Mankafy      | Seasoning | Store-bought goods | 0 | | 0.00 | 0.00 | 0.00 | 0.00 |
| 205      | menk          | Menaka       | Palm oil | Store-bought goods | 0 | | 862.00 | 0.00 | 100.00 | 0.00 |
| 206      | sostom        | Sosy tomaty  | Tomato paste | Store-bought goods | 0 | | 63.00 | 0.00 | 0.00 | 0.90 |
| 207      | vingr         | Vinaigre     | Vinegar  | Store-bought goods | 0 | | 19.00 | 0.00 | 0.00 | 0.30 |
| 208      | siramam       | Siramamy     | Sugar    | Store-bought goods; sugar | 0 | | 387.00 | 0.00 | 0.00 | 99.90 |
| 209      | antel         | Antely       | Honey    | Sugar | 0 | | 304.00 | 0.30 | 0.00 | 82.40 |
| 210      | fary          | Fary         | Sugarcane | Sugar | 0 | | 26.00 | 0.00 | 0.00 | 6.80 |
| 211      | ranpar        | Ranopary     | Sugarcane juice | Sugar | 0 | | 56.00 | 0.00 | 0.00 | 14.60 |
| 212      | rononb        | Ronono boite | Condensed milk, canned | Sugar | 0 | | 566.00 | 6.80 | 7.60 | 10.00 |
| 213      | tongl         | Tongolo      | Onions   | Vegetable | 0 | | 40.00 | 1.30 | 0.20 | 9.20 |
| 214      | agiv          | Angivy       | African eggplant, type of nightshade | Vegetable | 1 | Nightshade, Ethiopian (Solanum aethiopicum), fruit | 32.00 | 1.50 | 0.10 | 7.20 |
| Variable | Malagasy Name | English Name | Category | Proxy? (1=yes, 0=no) | Notes on proxy | Energy, kcal | Protein Content (g) | Fat (g) | Carbohydrates (g) |
|----------|---------------|--------------|----------|----------------------|----------------|-------------|---------------------|--------|-------------------|
| 215      | cucum         | Cucumber     | Vegetables | 0                    |                | 15.00       | 0.70                | 0.10   | 3.60              |
| 216      | karaot        | Karaoty      | Vegetables | 0                    |                | 41.00       | 0.90                | 0.20   | 9.60              |
| 217      | margz         | Marigozy     | Vegetables | 0                    |                | 17.00       | 1.00                | 0.17   | 3.70              |
| 218      | olatr         | Olatra       | Vegetables | 0                    |                | 27.00       | 2.20                | 0.50   | 5.10              |
| 219      | papang        | Papangay     | Vegetables | 0                    |                | 45.00       | 4.10                | 0.20   | 4.00              |
| 220      | patsol        | Patrola      | Vegetables | 0                    |                | 45.00       | 4.10                | 0.20   | 4.00              |
| 221      | sosot         | Sosoty       | Vegetables | 0                    |                | 24.00       | 0.62                | 0.48   | 5.09              |
| 222      | tsakolen      | Tsakotsako legny | Vegetables | 0                    |                | 96.00       | 3.46                | 1.50   | 20.98             |
| 223      | tsireb        | Daboira      | Vegetables | 0                    |                | 20.00       | 0.90                | 0.30   | 4.30              |
| 224      | vajb          | Vajabo       | Vegetables | 0                    |                | 21.98       | 0.40                | 0.20   | 7.60              |
| 225      | ambarbanj     | Ambarabanjina| Vegetables | 1                    | Cucumber, with peel, raw | 15.00       | 0.70                | 0.10   | 3.60              |
| 226      | voangar       |              | Vegetables | 1                    | Chayote, boiled without salt | 24.00       | 0.62                | 0.48   | 5.09              |
| 227      | fine          | Finengo      | Dove      | 0                    |                | 213.00      | 23.90               | 13.00  | 0.00              |
| 228      | akanga        | Akanga       | Guinea Fowl | 1                    | Guinea hen, meat and skin | 158.00      | 23.40               | 6.45   | 0.00              |
| 229      | ambos         | Ambosanga    | Wild birds | 1                    | Weighted average of all wild birds | 225.20      | 21.52               | 15.08  | 0.00              |
| 230      | boeza         | Boeza        | Wild birds | 1                    | Weighted average of all wild birds | 225.20      | 21.52               | 15.08  | 0.00              |
| Variable | Malagasy Name | English Name     | Category | Proxy? (1=yes, 0=no) | Notes on proxy | Energy, kcal | Protein Content (g) | Fat (g) | Carbohydrates (g) |
|----------|---------------|-----------------|----------|----------------------|----------------|--------------|---------------------|--------|-------------------|
| 231      | dom           | Domohina        | Type of wild bird | 1 | Weighted average of all wild birds | 225.20 | 21.52 | 15.08 | 0.00 |
| 232      | fangad        | Fangadiovy      | Type of wild bird | 1 | Weighted average of all wild birds | 225.20 | 21.52 | 15.08 | 0.00 |
| 233      | firas         | Firasa          | Hawk     | 1 | Weighted average of all wild birds | 225.20 | 21.52 | 15.08 | 0.00 |
| 234      | fod           | Fody            | Type of wild bird | 1 | Weighted average of all wild birds | 225.20 | 21.52 | 15.08 | 0.00 |
| 235      | hitsik        | Hetsiketsika    | Hawk     | 1 | Weighted average of all wild birds | 225.20 | 21.52 | 15.08 | 0.00 |
| 236      | kaikmv        | Kaikimavo       | Type of wild bird | 1 | Weighted average of all wild birds | 225.20 | 21.52 | 15.08 | 0.00 |
| 237      | kilan         | Kilandy         | Type of wild bird | 1 | Weighted average of all wild birds | 225.20 | 21.52 | 15.08 | 0.00 |
| 238      | koa           | Koa             | Type of wild bird | 1 | Weighted average of all wild birds | 225.20 | 21.52 | 15.08 | 0.00 |
| 239      | lampir        | Lampirana       | Type of wild bird | 1 | Weighted average of all wild birds | 225.20 | 21.52 | 15.08 | 0.00 |
| 240      | mariah        | Mariha          | Type of wild bird | 1 | Weighted average of all wild birds | 225.20 | 21.52 | 15.08 | 0.00 |
| 241      | papa          | Papango         | Hawk     | 1 | Weighted average of all wild birds | 225.20 | 21.52 | 15.08 | 0.00 |
| Variable | Malagasy Name | English Name          | Category        | Proxy? (1=yes, 0=no) | Notes on proxy                                      | Energy, kcal | Protein Content (g) | Fat (g) | Carbohydrates (g) |
|----------|---------------|-----------------------|-----------------|----------------------|-----------------------------------------------------|--------------|---------------------|---------|-------------------|
| 242      | sob           | Sobery                | Type of wild bird | 1                    | Weighted average of all wild birds                  | 225.20       | 21.52               | 15.08   | 0.00              |
| 243      | totor         | Totoroka              | Type of owl      | 1                    | Weighted average of all wild birds                  | 225.20       | 21.52               | 15.08   | 0.00              |
| 244      | triala        | Tritrikiala           | Type of wild bird | 1                    | Weighted average of all wild birds                  | 225.20       | 21.52               | 15.08   | 0.00              |
| 245      | tsik          | Tsikoza               | Type of wild bird | 1                    | Weighted average of all wild birds                  | 225.20       | 21.52               | 15.08   | 0.00              |
| 246      | tsir          | Tsiriry               | Type of wild bird | 1                    | Weighted average of all wild birds                  | 225.20       | 21.52               | 15.08   | 0.00              |
| 247      | vorad         | Vorona dy             | Type of wild bird | 1                    | Weighted average of all wild birds                  | 225.20       | 21.52               | 15.08   | 0.00              |
| 248      | vorb          | Vorombe               | Hawk             | 1                    | Weighted average of all wild birds                  | 225.20       | 21.52               | 15.08   | 0.00              |
| 249      | vorkah        | Voronkahaka           | Type of wild bird | 1                    | Weighted average of all wild birds                  | 225.20       | 21.52               | 15.08   | 0.00              |
| 250      | vorts         | Vorontsaina           | Type of wild bird | 1                    | Weighted average of all wild birds                  | 225.20       | 21.52               | 15.08   | 0.00              |
| ID | Saturated fatty acids (g) | Monosaturated fatty acids (g) | Polyunsaturated fatty acids (g) | Cholesterol (mg) | Fiber (g) | SUCs (g) | Vitamin A in retinol equivalents (µg) | Vitamin D (µg) | Vitamin E (tocopherol equivalents) (mg) |
|----|--------------------------|-------------------------------|-------------------------------|------------------|----------|---------|-------------------------------------|---------------|-------------------------------------|
| 1  | 0.10                     | 0.00                          | 0.10                          | 0.00             | 2.60     | 12.20   | 3.00                                | 0.00          | 0.10                                |
| 2  | 0.07                     | 0.02                          | 0.03                          | 0.00             | 2.40     | 14.00   | 83.00                               | 0.00          | 0.21                                |
| 3  | 0.10                     | 0.00                          | 0.10                          | 0.00             | 2.30     | 3.30    | 91.00                               | 0.00          | 0.00                                |
| 4  | 0.10                     | 0.00                          | 0.10                          | 0.00             | 2.30     | 3.30    | 91.00                               | 0.00          | 0.00                                |
| 5  | 0.10                     | 0.00                          | 0.10                          | 0.00             | 2.30     | 3.30    | 91.00                               | 0.00          | 0.00                                |
| 6  | 0.07                     | 0.02                          | 0.03                          | 0.00             | 2.40     | 14.00   | 83.00                               | 0.00          | 0.21                                |
| 7  | 0.07                     | 0.02                          | 0.03                          | 0.00             | 2.40     | 14.00   | 83.00                               | 0.00          | 0.21                                |
| 8  | 0.10                     | 0.00                          | 0.10                          | 0.00             | 2.30     | 3.30    | 91.00                               | 0.00          | 0.00                                |
| 9  | 0.10                     | 0.00                          | 0.10                          | 0.00             | 2.30     | 3.30    | 91.00                               | 0.00          | 0.00                                |
| 10 | 0.07                     | 0.02                          | 0.03                          | 0.00             | 2.40     | 14.00   | 83.00                               | 0.00          | 0.21                                |
| 11 | 0.07                     | 0.02                          | 0.03                          | 0.00             | 2.40     | 14.00   | 83.00                               | 0.00          | 0.21                                |
| 12 | 0.07                     | 0.02                          | 0.03                          | 0.00             | 2.40     | 14.00   | 83.00                               | 0.00          | 0.21                                |
| 13 | 0.07                     | 0.02                          | 0.03                          | 0.00             | 2.40     | 14.00   | 83.00                               | 0.00          | 0.21                                |
| 14 | 0.10                     | 0.00                          | 0.10                          | 0.00             | 1.75     | 3.30    | 45.50                               | 0.00          | 0.12                                |
| 15 | 0.10                     | 0.00                          | 0.30                          | 0.00             | 6.40     | 0.30    | 0.00                                | 0.00          | 0.00                                |
| 16 | 0.10                     | 0.00                          | 0.20                          | 0.00             | 6.50     | 1.40    | 3.00                                | 0.00          | 0.14                                |
| 17 | 3.06                     | 10.92                         | 6.96                          | 0.00             | 8.80     | 2.46    | 0.00                                | 0.00          | 2.58                                |
| 18 | 0.30                     | 0.60                          | 1.20                          | 0.00             | 7.50     | 1.40    | 3.00                                | 0.00          | 0.00                                |
| 19 | 0.10                     | 0.00                          | 0.40                          | 0.00             | 8.40     | 1.30    | 0.00                                | 0.00          | 0.00                                |
| 20 | 0.10                     | 0.03                          | 0.17                          | 0.00             | 7.03     | 2.10    | 1.33                                | 0.00          | 0.16                                |
| 21 | 0.10                     | 0.00                          | 0.20                          | 0.00             | 6.50     | 1.40    | 79.00                               | 0.00          | 0.14                                |
| 22 | 0.09                     | 0.03                          | 0.17                          | 0.00             | 7.00     | 2.90    | 0.00                                | 0.00          | 0.18                                |
| 23 | 0.10                     | 0.00                          | 0.20                          | 0.00             | 6.50     | 1.40    | 79.00                               | 0.00          | 0.14                                |
|   | Saturated fatty acids (g) | Monosaturated fatty acids (g) | Polyunsaturated fatty acids (g) | Cholesterol (mg) | Fiber (g) | SUCs (g) | Vitamin A in retinol equivalents (µg) | Vitamin D (µg) | Vitamin E (tocopherol equivalents) (mg) |
|---|--------------------------|-----------------------------|-------------------------------|-----------------|----------|---------|-------------------------------------|----------------|----------------------------------|
| 24 | 0.12                     | 0.05                        | 0.13                          | 0.00            | 7.60     | 2.00    | 1.00                                | 0.00           | 0.15                             |
| 25 | 7.00                     | 18.80                       | 21.80                         | 0.00            | 16.90    | 0.70    | 1.00                                | 0.00           | 2.00                             |
| 26 | 0.10                     | 0.00                        | 0.30                          | 0.00            | 6.40     | 0.30    | 0.00                                | 0.00           | 0.00                             |
| 27 | 0.10                     | 0.00                        | 0.20                          | 0.00            | 6.50     | 1.40    | 79.00                               | 0.00           | 0.14                             |
| 28 | 1.00                     | 0.50                        | 0.00                          | 5.80            | 0.00     | 0.00    | 22.60                               | 0.00           | 0.00                             |
| 29 | 1.90                     | 0.80                        | 0.20                          | 10.00           | 0.00     | 5.30    | 28.00                               | 0.00           | 0.10                             |
| 30 | 6.30                     | 0.50                        | 0.20                          | 0.00            | 1.00     | 13.40  | 0.00                                | 0.00           | 0.10                             |
| 31 | 1.10                     | 1.70                        | 4.40                          | 0.00            | 1.90     | 0.30    | 0.00                                | 0.00           | 0.00                             |
| 32 | 0.29                     | 0.28                        | 0.83                          | 0.00            | 4.60     | 1.56    | 0.00                                | 0.00           | 0.45                             |
| 33 | 0.20                     | 0.20                        | 0.20                          | 0.00            | 3.60     | 2.20    | 14.00                               | 0.00           | 0.00                             |
| 34 | 1.10                     | 1.70                        | 4.40                          | 0.00            | 1.90     | 0.30    | 0.00                                | 0.00           | 0.00                             |
| 35 | 1.50                     | 3.11                        | 1.11                          | 51.90           | 3.80     | 1.63    | 0.00                                | 0.00           | 0.36                             |
| 36 | 1.50                     | 3.11                        | 1.11                          | 51.90           | 3.80     | 1.63    | 0.00                                | 0.00           | 0.36                             |
| 37 | 1.25                     | 0.15                        | 0.15                          | 0.00            | 1.75     | 1.70    | 45.50                               | 0.00           | 0.12                             |
| 38 | 1.50                     | 3.11                        | 1.11                          | 51.90           | 3.80     | 1.63    | 0.00                                | 0.00           | 0.36                             |
| 39 | 1.30                     | 1.71                        | 0.64                          | 77.00           | 0.00     | 0.00    | 0.00                                | 0.00           | 0.38                             |
| 40 | 1.30                     | 1.71                        | 0.64                          | 77.00           | 0.00     | 0.00    | 0.00                                | 0.00           | 0.38                             |
| 41 | 1.30                     | 1.71                        | 0.64                          | 77.00           | 0.00     | 0.00    | 0.00                                | 0.00           | 0.38                             |
| 42 | 1.30                     | 1.71                        | 0.64                          | 77.00           | 0.00     | 0.00    | 0.00                                | 0.00           | 0.38                             |
| 43 | 1.30                     | 1.71                        | 0.64                          | 77.00           | 0.00     | 0.00    | 0.00                                | 0.00           | 0.38                             |
| 44 | 1.30                     | 1.71                        | 0.64                          | 77.00           | 0.00     | 0.00    | 0.00                                | 0.00           | 0.38                             |
| 45 | 1.30                     | 1.71                        | 0.64                          | 77.00           | 0.00     | 0.00    | 0.00                                | 0.00           | 0.38                             |
| 46 | 1.30                     | 1.71                        | 0.64                          | 77.00           | 0.00     | 0.00    | 0.00                                | 0.00           | 0.38                             |
| 47 | 1.30                     | 1.71                        | 0.64                          | 77.00           | 0.00     | 0.00    | 0.00                                | 0.00           | 0.38                             |
| 48 | 1.30                     | 1.71                        | 0.64                          | 77.00           | 0.00     | 0.00    | 0.00                                | 0.00           | 0.38                             |
| 49 | 1.30                     | 1.71                        | 0.64                          | 77.00           | 0.00     | 0.00    | 0.00                                | 0.00           | 0.38                             |
| 50 | 1.30                     | 1.71                        | 0.64                          | 77.00           | 0.00     | 0.00    | 0.00                                | 0.00           | 0.38                             |
| 51 | 1.30                     | 1.71                        | 0.64                          | 77.00           | 0.00     | 0.00    | 0.00                                | 0.00           | 0.38                             |
| 52 | 1.30                     | 1.71                        | 0.64                          | 77.00           | 0.00     | 0.00    | 0.00                                | 0.00           | 0.38                             |
|   | Saturated fatty acids (g) | Monosaturated fatty acids (g) | Polyunsaturated fatty acids (g) | Cholesterol (mg) | Fiber (g) | SUCs (g) | Vitamin A in retinol equivalents (µg) | Vitamin D (µg) | Vitamin E (tocopherol equivalents) (mg) |
|---|--------------------------|-------------------------------|--------------------------------|------------------|----------|---------|-----------------------------------|--------------|----------------------------------------|
|53 | 1.30                     | 1.71                          | 0.64                           | 77.00            | 0.00     | 0.00    | 0.00                              | 0.00         | 0.38                                   |
|54 | 0.08                     | 0.05                          | 0.10                           | 50.00            | 0.00     | 0.00    | 15.00                             | 8.00         | 1.00                                   |
|55 | 1.30                     | 1.71                          | 0.64                           | 77.00            | 0.00     | 0.00    | 0.00                              | 0.00         | 0.38                                   |
|56 | 1.30                     | 1.71                          | 0.64                           | 77.00            | 0.00     | 0.00    | 0.00                              | 0.00         | 0.38                                   |
|57 | 1.30                     | 1.71                          | 0.64                           | 77.00            | 0.00     | 0.00    | 0.00                              | 0.00         | 0.38                                   |
|58 | 1.30                     | 1.71                          | 0.64                           | 77.00            | 0.00     | 0.00    | 0.00                              | 0.00         | 0.38                                   |
|59 | 1.30                     | 1.71                          | 0.64                           | 77.00            | 0.00     | 0.00    | 0.00                              | 0.00         | 0.38                                   |
|60 | 1.30                     | 1.71                          | 0.64                           | 77.00            | 0.00     | 0.00    | 0.00                              | 0.00         | 0.38                                   |
|61 | 11.40                    | 10.10                         | 0.90                           | 82.00            | 0.00     | 0.00    | 0.00                              | 0.10         | 0.33                                   |
|62 | 19.30                    | 22.50                         | 5.40                           | 101.00           | 0.00     | 0.30    | 0.00                              | 1.20         | 0.10                                   |
|63 | 10.40                    | 9.00                          | 0.80                           | 61.00            | 0.00     | 0.00    | 0.00                              | 0.50         | 0.29                                   |
|64 | 30.26                    | 25.34                         | 1.70                           | 35.00            | 0.00     | 0.00    | 0.00                              | 0.30         | 0.00                                   |
|65 | 9.67                     | 12.90                         | 3.65                           | 100.00           | 0.00     | 0.00    | 63.00                             | 0.10         | 0.70                                   |
|66 | 2.16                     | 2.65                          | 2.12                           | 90.00            | 0.00     | 0.00    | 28.00                             | 0.50         | 0.07                                   |
|67 | 9.67                     | 12.90                         | 3.65                           | 100.00           | 0.00     | 0.00    | 63.00                             | 3.00         | 0.70                                   |
|68 | 9.67                     | 12.90                         | 3.65                           | 100.00           | 0.00     | 0.00    | 63.00                             | 3.00         | 0.70                                   |
|69 | 2.30                     | 3.61                          | 1.51                           | 86.00            | 0.00     | 0.00    | 35.00                             | 0.10         | 0.22                                   |
|70 | 2.00                     | 3.60                          | 2.00                           | 57.00            | 0.00     | 0.00    | 0.00                              | 2.00         | 0.00                                   |
|71 | 0.46                     | 0.35                          | 0.93                           | 189.00           | 0.00     | 0.00    | 5.00                              | 0.00         | 7.30                                   |
|72 | 0.46                     | 0.35                          | 0.93                           | 189.00           | 0.00     | 0.00    | 5.00                              | 0.00         | 7.30                                   |
|73 | 0.70                     | 0.40                          | 1.10                           | 193.00           | 0.00     | 0.00    | 49.00                             | 4.00         | 4.00                                   |
|74 | 0.46                     | 0.35                          | 0.93                           | 189.00           | 0.00     | 0.00    | 5.00                              | 0.00         | 7.30                                   |
|75 | 0.70                     | 0.40                          | 1.10                           | 193.00           | 0.00     | 0.00    | 49.00                             | 4.00         | 4.00                                   |
|76 | 13.20                    | 4.50                          | 1.50                           | 395.70           | 0.00     | 0.00    | 114.00                            | 0.60         | 1.30                                   |
|77 | 3.68                     | 6.53                          | 1.22                           | 884.00           | 0.00     | 0.93    | 194.00                            | 1.70         | 1.34                                   |
|78 | 0.60                     | 0.90                          | 0.50                           | 58.00            | 0.00     | 0.00    | 12.00                             | 10.00        | 2.00                                   |
|79 | 3.02                     | 9.22                          | 1.21                           | 161.00           | 0.00     | 0.00    | 322.00                            | 10.00        | 2.00                                   |
|80 | 0.60                     | 0.90                          | 0.50                           | 58.00            | 0.00     | 0.00    | 12.00                             | 10.00        | 2.00                                   |
|81 | 0.65                     | 1.07                          | 0.51                           | 60.06            | 0.00     | 0.00    | 18.20                             | 10.00        | 2.00                                   |
|   | Saturated fatty acids (g) | Monosaturated fatty acids (g) | Polyunsaturated fatty acids (g) | Cholesterol (mg) | Fiber (g) | SUCs (g) | Vitamin A in retinol equivalents (µg) | Vitamin D (µg) | Vitamin E (tocopherol equivalents) (mg) |
|---|---------------------------|-------------------------------|-------------------------------|-----------------|----------|---------|-------------------------------------|----------------|--------------------------------------|
| 82 | 0.60                      | 0.90                          | 0.50                          | 58.00           | 0.00     | 0.00    | 12.00                               | 10.00          | 2.00                                 |
| 83 | 0.00                      | 0.00                          | 0.00                          | 0.00            | 0.00     | 0.00    | 0.00                                | 0.00           | 0.00                                 |
| 84 | 0.10                      | 0.00                          | 0.10                          | 0.00            | 1.60     | 6.50    | 15.00                               | 0.00           | 0.00                                 |
| 85 | 0.00                      | 0.00                          | 0.00                          | 1.10            | 7.30     | 2.00    | 0.00                                | 0.00           | 0.10                                 |
| 86 | 0.10                      | 0.10                          | 0.10                          | 0.00            | 3.30     | 13.50   | 0.00                                | 0.00           | 0.10                                 |
| 87 | 0.30                      | 0.10                          | 0.40                          | 5.40            | 8.90     | 60.00   | 0.00                                | 0.00           | 0.70                                 |
| 88 | 0.10                      | 0.12                          | 0.13                          | 0.00            | 10.00    | 15.23   | 0.00                                | 0.00           | 0.07                                 |
| 89 | 0.01                      | 0.05                          | 0.06                          | 0.00            | 0.00     | 7.50    | 0.00                                | 0.00           | 0.10                                 |
| 90 | 0.00                      | 0.00                          | 0.00                          | 0.00            | 1.40     | 9.30    | 3.00                                | 0.00           | 0.00                                 |
| 91 | 0.10                      | 0.10                          | 0.10                          | 0.00            | 1.80     | 9.90    | 168.00                              | 0.00           | 0.00                                 |
| 92 | 0.00                      | 0.00                          | 0.10                          | 2.40            | 10.40    | 3.00    | 0.00                                | 0.00           | 0.20                                 |
| 93 | 0.10                      | 0.00                          | 0.20                          | 0.00            | 2.80     | 0.50    | 0.00                                | 0.00           | 0.00                                 |
| 94 | 0.00                      | 0.00                          | 0.00                          | 0.00            | 1.80     | 1.80    | 0.00                                | 0.00           | 1.00                                 |
| 95 | 0.00                      | 0.00                          | 0.00                          | 0.00            | 2.40     | 4.20    | 0.00                                | 0.00           | 0.00                                 |
| 96 | 0.87                      | 4.03                          | 0.76                          | 0.00            | 17.70    | 4.42    | 24.10                               | 0.00           | 0.96                                 |
| 97 | 0.20                      | 0.10                          | 0.20                          | 0.00            | 2.50     | 14.70   | 2.00                                | 0.00           | 0.96                                 |
| 98 | 2.10                      | 9.80                          | 1.80                          | 0.00            | 6.70     | 0.70    | 7.00                                | 0.00           | 2.00                                 |
| 99 | 0.10                      | 0.10                          | 0.10                          | 0.00            | 1.80     | 9.90    | 168.00                              | 0.00           | 0.00                                 |
|100 | 0.87                      | 4.03                          | 0.76                          | 0.00            | 3.72     | 4.42    | 24.10                               | 0.00           | 0.96                                 |
|101 | 0.87                      | 4.03                          | 0.76                          | 0.00            | 3.72     | 4.42    | 24.10                               | 0.00           | 0.96                                 |
|102 | 0.03                      | 0.03                          | 0.08                          | 0.00            | 1.20     | 2.63    | 42.00                               | 0.00           | 0.54                                 |
|103 | 0.87                      | 4.03                          | 0.76                          | 0.00            | 3.72     | 4.42    | 24.10                               | 0.00           | 0.96                                 |
|104 | 0.87                      | 4.03                          | 0.76                          | 0.00            | 3.72     | 4.42    | 24.10                               | 0.00           | 0.96                                 |
|105 | 0.87                      | 4.03                          | 0.76                          | 0.00            | 3.72     | 4.42    | 24.10                               | 0.00           | 0.96                                 |
|106 | 0.87                      | 4.03                          | 0.76                          | 0.00            | 3.72     | 4.42    | 24.10                               | 0.00           | 0.96                                 |
|107 | 0.00                      | 0.00                          | 0.00                          | 0.00            | 2.40     | 4.20    | 8.00                                | 0.00           | 0.00                                 |
|108 | 0.87                      | 4.03                          | 0.76                          | 0.00            | 3.72     | 4.42    | 24.10                               | 0.00           | 0.96                                 |
|109 | 0.87                      | 4.03                          | 0.76                          | 0.00            | 3.72     | 4.42    | 24.10                               | 0.00           | 0.96                                 |
|110 | 0.87                      | 4.03                          | 0.76                          | 0.00            | 3.72     | 4.42    | 24.10                               | 0.00           | 0.96                                 |
|     | Saturated fatty acids (g) | Monosaturated fatty acids (g) | Polyunsaturated fatty acids (g) | Cholesterol (mg) | Fiber (g) | SUCs (g) | Vitamin A in retinol equivalents (µg) | Vitamin D (µg) | Vitamin E (tocopherol equivalents) (mg) |
|-----|--------------------------|-------------------------------|-------------------------------|-----------------|---------|--------|-------------------------------------|---------------|-------------------------------------|
| 111 | 0.87                     | 4.03                          | 0.76                          | 0.00            | 3.72    | 4.42   | 24.10                               | 0.00          | 0.96                                |
| 112 | 0.00                     | 0.00                          | 0.00                          | 0.00            | 1.80    | 1.80   | 135.00                               | 0.00          | 1.00                                |
| 113 | 0.15                     | 0.47                          | 0.02                          | 0.00            | 2.00    | 1.00   | 351.00                               | 0.00          | 0.10                                |
| 114 | 0.02                     | 0.24                          | 0.23                          | 0.00            | 3.80    | 0.70   | 346.00                               | 0.00          | 0.70                                |
| 115 | 0.00                     | 0.10                          | 0.00                          | 0.00            | 2.00    | 0.00   | 105.00                               | 0.00          | 2.00                                |
| 116 | 0.03                     | 0.01                          | 0.08                          | 0.00            | 1.90    | 1.04   | 87.00                                 | 0.00          | 1.45                                |
| 117 | 0.09                     | 0.08                          | 0.15                          | 0.00            | 2.03    | 0.48   | 146.00                               | 0.00          | 0.92                                |
| 118 | 0.21                     | 0.05                          | 0.02                          | 0.00            | 2.40    | 0.48   | 97.00                                 | 0.00          | 0.96                                |
| 119 | 0.00                     | 0.00                          | 0.10                          | 0.00            | 1.50    | 5.00   | 248.62                               | 0.00          | 0.92                                |
| 120 | 0.20                     | 0.10                          | 0.30                          | 0.00            | 3.70    | 3.00   | 424.00                               | 0.00          | 2.00                                |
| 121 | 0.08                     | 0.13                          | 0.11                          | 0.00            | 2.03    | 0.48   | 248.62                               | 0.00          | 0.92                                |
| 122 | 0.10                     | 0.00                          | 0.10                          | 0.00            | 4.20    | 0.00   | 72.00                                 | 0.00          | 0.00                                |
| 123 | 0.08                     | 0.13                          | 0.11                          | 0.00            | 2.03    | 0.48   | 248.62                               | 0.00          | 0.92                                |
| 124 | 0.00                     | 0.00                          | 0.10                          | 0.00            | 0.60    | 0.00   | 46.00                                 | 0.00          | 0.00                                |
| 125 | 0.03                     | 0.02                          | 0.10                          | 0.00            | 1.00    | 1.18   | 223.00                               | 0.00          | 0.09                                |
| 126 | 0.08                     | 0.13                          | 0.11                          | 0.00            | 2.03    | 0.48   | 248.62                               | 0.00          | 0.92                                |
| 127 | 0.08                     | 0.13                          | 0.11                          | 0.00            | 2.03    | 0.48   | 248.62                               | 0.00          | 0.92                                |
| 128 | 0.08                     | 0.13                          | 0.11                          | 0.00            | 2.03    | 0.48   | 248.62                               | 0.00          | 0.92                                |
| 129 | 0.08                     | 0.13                          | 0.11                          | 0.00            | 2.03    | 0.48   | 248.62                               | 0.00          | 0.92                                |
| 130 | 0.08                     | 0.13                          | 0.11                          | 0.00            | 2.03    | 0.48   | 248.62                               | 0.00          | 0.92                                |
| 131 | 0.08                     | 0.13                          | 0.11                          | 0.00            | 2.03    | 0.48   | 248.62                               | 0.00          | 0.92                                |
| 132 | 0.08                     | 0.13                          | 0.11                          | 0.00            | 2.03    | 0.48   | 248.62                               | 0.00          | 0.92                                |
| 133 | 0.08                     | 0.13                          | 0.11                          | 0.00            | 2.03    | 0.48   | 248.62                               | 0.00          | 0.92                                |
| 134 | 0.08                     | 0.13                          | 0.11                          | 0.00            | 2.03    | 0.48   | 248.62                               | 0.00          | 0.92                                |
| 135 | 0.08                     | 0.13                          | 0.11                          | 0.00            | 2.03    | 0.48   | 248.62                               | 0.00          | 0.92                                |
| 136 | 0.08                     | 0.13                          | 0.11                          | 0.00            | 2.03    | 0.48   | 248.62                               | 0.00          | 0.92                                |
| 137 | 0.10                     | 0.00                          | 0.20                          | 0.00            | 2.80    | 0.50   | 13.00                                 | 0.00          | 0.00                                |
| 138 | 0.08                     | 0.13                          | 0.11                          | 0.00            | 2.03    | 0.48   | 248.62                               | 0.00          | 0.92                                |
|    | Saturated fatty acids (g) | Monosaturated fatty acids (g) | Polyunsaturated fatty acids (g) | Cholesterol (mg) | Fiber (g) | SUCs (g) | Vitamin A in retinol equivalents (µg) | Vitamin D (µg) | Vitamin E (tocopherol equivalents) (mg) |
|----|--------------------------|-------------------------------|-------------------------------|----------------|----------|---------|----------------------------------------|--------------|--------------------------------------|
| 139| 0.08                     | 0.13                          | 0.11                          | 0.00           | 2.03     | 0.48    | 248.62                                 | 0.00         | 0.92                                 |
| 140| 0.08                     | 0.13                          | 0.11                          | 0.00           | 2.03     | 0.48    | 248.62                                 | 0.00         | 0.92                                 |
| 141| 0.08                     | 0.13                          | 0.11                          | 0.00           | 2.03     | 0.48    | 248.62                                 | 0.00         | 0.92                                 |
| 142| 0.07                     | 0.02                          | 0.12                          | 0.00           | 3.20     | 0.81    | 579.00                                 | 0.00         | 2.86                                 |
| 143| 0.08                     | 0.13                          | 0.11                          | 0.00           | 2.03     | 0.48    | 248.62                                 | 0.00         | 0.92                                 |
| 144| 0.08                     | 0.13                          | 0.11                          | 0.00           | 2.03     | 0.48    | 248.62                                 | 0.00         | 0.92                                 |
| 145| 0.08                     | 0.13                          | 0.11                          | 0.00           | 2.03     | 0.48    | 248.62                                 | 0.00         | 0.92                                 |
| 146| 0.24                     | 0.05                          | 0.52                          | 75             | 6.40     | 0       | 12.54                                 | 1            | 0                                    |
| 147| 0.00                     | 0.00                          | 0.00                          | 0.00           | 0.00     | 1.50    | 0.00                                   | 0.00         | 0.00                                 |
| 148| 0.24                     | 0.05                          | 0.52                          | 75             | 6.40     | 0       | 12.54                                 | 1            | 0                                    |
| 149| 0.24                     | 0.05                          | 0.52                          | 75             | 6.40     | 0       | 12.54                                 | 1            | 0                                    |
| 150| 0.24                     | 0.05                          | 0.52                          | 75             | 6.40     | 0       | 12.54                                 | 1            | 0                                    |
| 151| 2.149                    | 2.069                         | 1.5541                        | 75             | 6.40     | 0       | 8.58                                  | 1            | 0                                    |
| 152| 3.00                     | 0.10                          | 0.00                          | 0.00           | 0.90     | 7.40    | 0.00                                   | 0.00         | 0.00                                 |
| 153| 3.06                     | 10.92                         | 6.96                          | 0.00           | 8.80     | 2.46    | 0.00                                   | 0.00         | 2.58                                 |
| 154| 0.05                     | 0.01                          | 0.09                          | 0.00           | 1.50     | 17.16   | 3.00                                   | 0.00         | 0.50                                 |
| 155| 0.05                     | 0.01                          | 0.09                          | 0.00           | 1.50     | 17.16   | 3.00                                   | 0.00         | 0.50                                 |
| 156| 0.05                     | 0.01                          | 0.09                          | 0.00           | 1.50     | 17.16   | 3.00                                   | 0.00         | 0.50                                 |
| 157| 0.05                     | 0.01                          | 0.09                          | 0.00           | 1.50     | 17.16   | 3.00                                   | 0.00         | 0.50                                 |
| 158| 0.05                     | 0.01                          | 0.09                          | 0.00           | 1.50     | 17.16   | 3.00                                   | 0.00         | 0.50                                 |
| 159| 0.05                     | 0.01                          | 0.09                          | 0.00           | 1.50     | 17.16   | 3.00                                   | 0.00         | 0.50                                 |
| 160| 0.05                     | 0.01                          | 0.09                          | 0.00           | 1.50     | 17.16   | 3.00                                   | 0.00         | 0.50                                 |
| 161| 0.05                     | 0.01                          | 0.09                          | 0.00           | 1.50     | 17.16   | 3.00                                   | 0.00         | 0.50                                 |
| 162| 0.05                     | 0.01                          | 0.09                          | 0.00           | 1.50     | 17.16   | 3.00                                   | 0.00         | 0.50                                 |
| 163| 0.05                     | 0.01                          | 0.09                          | 0.00           | 1.50     | 17.16   | 3.00                                   | 0.00         | 0.50                                 |
| 164| 0.05                     | 0.01                          | 0.09                          | 0.00           | 1.50     | 17.16   | 3.00                                   | 0.00         | 0.50                                 |
| 165| 0.05                     | 0.01                          | 0.09                          | 0.00           | 1.50     | 17.16   | 3.00                                   | 0.00         | 0.50                                 |
| 166| 0.05                     | 0.01                          | 0.09                          | 0.00           | 1.50     | 17.16   | 3.00                                   | 0.00         | 0.50                                 |
|    | Saturated fatty acids (g) | Monosaturated fatty acids (g) | Polyunsaturated fatty acids (g) | Cholesterol (mg) | Fiber (g) | SUCs (g) | Vitamin A in retinol equivalents (µg) | Vitamin D (µg) | Vitamin E (tocopherol equivalents) (mg) |
|----|--------------------------|-----------------------------|-----------------------------|------------------|-------|------|-----------------------------|----------------|-----------------------------|
| 167| 0.05                     | 0.01                        | 0.09                        | 0.00             | 1.50  | 17.16| 3.00                        | 0.00           | 0.50                        |
| 168| 0.05                     | 0.01                        | 0.09                        | 0.00             | 1.50  | 17.16| 3.00                        | 0.00           | 0.50                        |
| 169| 0.05                     | 0.01                        | 0.09                        | 0.00             | 1.50  | 17.16| 3.00                        | 0.00           | 0.50                        |
| 170| 0.05                     | 0.01                        | 0.09                        | 0.00             | 1.50  | 17.16| 3.00                        | 0.00           | 0.50                        |
| 171| 0.05                     | 0.01                        | 0.09                        | 0.00             | 1.50  | 17.16| 3.00                        | 0.00           | 0.50                        |
| 172| 0.05                     | 0.01                        | 0.09                        | 0.00             | 1.50  | 17.16| 3.00                        | 0.00           | 0.50                        |
| 173| 0.05                     | 0.01                        | 0.09                        | 0.00             | 1.50  | 17.16| 3.00                        | 0.00           | 0.50                        |
| 174| 0.05                     | 0.01                        | 0.09                        | 0.00             | 1.50  | 17.16| 3.00                        | 0.00           | 0.50                        |
| 175| 0.05                     | 0.01                        | 0.09                        | 0.00             | 1.50  | 17.16| 3.00                        | 0.00           | 0.50                        |
| 176| 0.05                     | 0.01                        | 0.09                        | 0.00             | 1.50  | 17.16| 3.00                        | 0.00           | 0.50                        |
| 177| 0.05                     | 0.01                        | 0.09                        | 0.00             | 1.50  | 17.16| 3.00                        | 0.00           | 0.50                        |
| 178| 0.05                     | 0.01                        | 0.09                        | 0.00             | 1.50  | 17.16| 3.00                        | 0.00           | 0.50                        |
| 179| 0.05                     | 0.01                        | 0.09                        | 0.00             | 1.50  | 17.16| 3.00                        | 0.00           | 0.50                        |
| 180| 0.05                     | 0.01                        | 0.09                        | 0.00             | 1.50  | 17.16| 3.00                        | 0.00           | 0.50                        |
| 181| 0.05                     | 0.01                        | 0.09                        | 0.00             | 1.50  | 17.16| 3.00                        | 0.00           | 0.50                        |
| 182| 0.41                     | 0.51                        | 0.52                        | 41.00            | 5.30  | 0.00 | 17.00                       | 0.00           | 0.20                        |
| 183| 0.41                     | 0.51                        | 0.52                        | 41.00            | 5.30  | 0.00 | 17.00                       | 0.00           | 0.20                        |
| 184| 2.40                     | 0.30                        | 0.20                        | 0.00             | 1.20  | 0.10 | 0.00                        | 0.00           | 0.23                        |
| 185| 2.40                     | 0.30                        | 0.20                        | 0.00             | 1.20  | 0.10 | 0.00                        | 0.00           | 0.23                        |
| 186| 2.40                     | 0.30                        | 0.20                        | 0.00             | 1.20  | 0.10 | 0.00                        | 0.00           | 0.23                        |
| 187| 0.50                     | 0.80                        | 0.60                        | 45.00            | 0.00  | 0.00 | 0.00                        | 0.00           | 0.00                        |
| 188| 0.06                     | 0.05                        | 0.08                        | 189.00           | 0.00  | 0.00 | 54.00                       | 0.00           | 1.10                        |
| 189| 0.45                     | 0.32                        | 0.48                        | 96.00            | 0.00  | 0.00 | 90.00                       | 0.00           | 1.20                        |
| 190| 0.06                     | 0.05                        | 0.08                        | 189.00           | 0.00  | 0.00 | 54.00                       | 0.10           | 1.10                        |
| 191| 0.30                     | 0.80                        | 0.70                        | 33.00            | 0.00  | 0.00 | 43.00                       | 12.00          | 1.00                        |
| 192| 0.00                     | 0.00                        | 0.20                        | 0.00             | 2.10  | 2.00 | 0.00                        | 0.00           | 0.00                        |
| 193| 0.90                     | 0.00                        | 0.20                        | 0.00             | 2.10  | 1.00 | 0.00                        | 0.00           | 0.00                        |
| 194| 0.20                     | 0.20                        | 0.20                        | 0.00             | 3.60  | 2.20 | 14.00                       | 0.00           | 0.00                        |
| 195| 0.00                     | 0.00                        | 0.10                        | 0.00             | 4.30  | 0.40 | 2.00                        | 0.00           | 0.49                        |
|    | Saturated fatty acids (g) | Monosaturated fatty acids (g) | Polyunsaturated fatty acids (g) | Cholesterol (mg) | Fiber (g) | SUCs (g) | Vitamin A in retinol equivalents (µg) | Vitamin D (µg) | Vitamin E (tocopherol equivalents) (mg) |
|----|--------------------------|-------------------------------|--------------------------------|------------------|-----------|---------|--------------------------------------|---------------|----------------------------------------|
| 196| 0.00                     | 0.00                          | 0.10                           | 0.00             | 4.10      | 0.40    | 3.00                                 | 0.00          | 2.40                                   |
| 197| 0.00                     | 0.00                          | 0.10                           | 0.00             | 5.10      | 0.50    | 4.00                                 | 0.00          | 2.40                                   |
| 198| 0.00                     | 0.00                          | 0.10                           | 0.00             | 4.90      | 11.00   | 4.00                                 | 0.00          | 1.00                                   |
| 199| 0.00                     | 0.00                          | 0.10                           | 0.00             | 3.00      | 2.80    | 787.00                               | 0.00          | 5.00                                   |
| 200| 0.05                     | 0.05                          | 0.08                           | 0.00             | 3.50      | 3.08    | 166.00                               | 0.00          | 1.76                                   |
| 201| 0.00                     | 0.00                          | 0.10                           | 0.00             | 4.30      | 0.40    | 2.00                                 | 0.00          | 0.49                                   |
| 202| 0.24                     | 0.13                          | 0.63                           | 0.00             | 3.00      | 0.49    | 0.00                                 | 0.00          | 0.06                                   |
| 203| 3.43                     | 5.37                          | 4.49                           | 13.00            | 0.00      | 14.47   | 0.00                                 | 0.00          | 0.00                                   |
| 204| 0.00                     | 0.00                          | 0.00                           | 0.00             | 0.00      | 0.00    | 0.00                                 | 0.00          | 0.00                                   |
| 205| 81.50                    | 11.40                         | 1.60                           | 0.00             | 0.00      | 0.00    | 0.00                                 | 0.00          | 4.00                                   |
| 206| 13.80                    | 0.00                          | 0.30                           | 0.30             | 0.00      | 3.30    | 261.00                               | 0.00          | 0.00                                   |
| 207| 0.00                     | 0.00                          | 0.00                           | 0.00             | 0.00      | 0.00    | 0.00                                 | 0.00          | 0.00                                   |
| 208| 0.00                     | 0.00                          | 0.00                           | 0.00             | 0.00      | 96.80   | 0.00                                 | 0.00          | 0.00                                   |
| 209| 0.00                     | 0.00                          | 0.00                           | 0.00             | 0.00      | 1.50    | 0.00                                 | 0.00          | 0.00                                   |
| 210| 0.00                     | 0.00                          | 0.00                           | 0.00             | 0.00      | 5.90    | 0.00                                 | 0.00          | 0.00                                   |
| 211| 0.00                     | 0.00                          | 0.00                           | 0.00             | 0.00      | 12.60   | 0.00                                 | 0.00          | 0.00                                   |
| 212| 5.30                     | 2.60                          | 0.20                           | 33.00            | 0.00      | 41.60   | 65.00                                | 0.10          | 0.16                                   |
| 213| 0.00                     | 0.00                          | 0.10                           | 0.00             | 1.30      | 1.20    | 0.00                                 | 0.00          | 0.00                                   |
| 214| 0.10                     | 0.00                          | 0.20                           | 0.00             | 2.80      | 0.50    | 13.00                                | 0.00          | 0.00                                   |
| 215| 0.00                     | 0.00                          | 0.00                           | 0.00             | 0.50      | 1.70    | 5.00                                 | 0.00          | 0.00                                   |
| 216| 0.00                     | 0.00                          | 0.10                           | 0.00             | 2.80      | 4.70    | 841.00                               | 0.00          | 0.70                                   |
| 217| 0.01                     | 0.03                          | 0.08                           | 0.00             | 2.80      | 1.95    | 24.00                                | 0.00          | 0.14                                   |
| 218| 0.10                     | 0.00                          | 0.20                           | 0.00             | 2.20      | 0.20    | 0.00                                 | 2.00          | 0.00                                   |
| 219| 0.04                     | 0.01                          | 0.08                           | 0.00             | 1.00      | 1.76    | 70.00                                | 0.00          | 0.02                                   |
| 220| 0.04                     | 0.01                          | 0.08                           | 0.00             | 1.00      | 1.76    | 70.00                                | 0.00          | 0.02                                   |
| 221| 0.00                     | 0.00                          | 0.00                           | 0.00             | 2.80      | 1.89    | 0.00                                 | 0.00          | 0.14                                   |
| 222| 0.20                     | 0.37                          | 0.60                           | 0.00             | 2.40      | 4.54    | 13.00                                | 0.00          | 0.09                                   |
| 223| 0.00                     | 0.00                          | 0.00                           | 0.00             | 3.00      | 2.80    | 29.00                                | 0.00          | 0.00                                   |
|    | Saturated fatty acids (g) | Monosaturated fatty acids (g) | Polyunsaturated fatty acids (g) | Cholesterol (mg) | Fiber (g) | SUCs (g) | Vitamin A in retinol equivalents (µg) | Vitamin D (µg) | Vitamin E (tocopherol equivalents) (mg) |
|----|--------------------------|-------------------------------|---------------------------------|------------------|----------|---------|--------------------------------------|----------------|--------------------------------------|
| 224| 0.00                     | 0.00                          | 0.10                            | 0.00             | 0.40     | 7.60    | 20.00                                | 0.00           | 0.00                                 |
| 225| 0.00                     | 0.00                          | 0.00                            | 0.00             | 0.50     | 1.70    | 5.00                                 | 0.00           | 0.00                                 |
| 226| 0.00                     | 0.00                          | 0.00                            | 0.00             | 2.80     | 1.89    | 0.00                                 | 0.00           | 0.14                                 |
| 227| 3.74                     | 5.46                          | 2.73                            | 116.00           | 0.00     | 0.00    | 28.00                                | 0.20           | 0.06                                 |
| 228| 1.77                     | 2.43                          | 1.41                            | 74.00            | 0.00     | 0.00    | 28.00                                | 0.00           | 0.43                                 |
| 229| 4.77                     | 6.24                          | 2.50                            | 89.60            | 0.00     | 0.00    | 50.00                                | 6.25           | 0.43                                 |
| 230| 4.77                     | 6.24                          | 2.50                            | 89.60            | 0.00     | 0.00    | 50.00                                | 6.25           | 0.43                                 |
| 231| 4.77                     | 6.24                          | 2.50                            | 89.60            | 0.00     | 0.00    | 50.00                                | 6.25           | 0.43                                 |
| 232| 4.77                     | 6.24                          | 2.50                            | 89.60            | 0.00     | 0.00    | 50.00                                | 6.25           | 0.43                                 |
| 233| 4.77                     | 6.24                          | 2.50                            | 89.60            | 0.00     | 0.00    | 50.00                                | 6.25           | 0.43                                 |
| 234| 4.77                     | 6.24                          | 2.50                            | 89.60            | 0.00     | 0.00    | 50.00                                | 6.25           | 0.43                                 |
| 235| 4.77                     | 6.24                          | 2.50                            | 89.60            | 0.00     | 0.00    | 50.00                                | 6.25           | 0.43                                 |
| 236| 4.77                     | 6.24                          | 2.50                            | 89.60            | 0.00     | 0.00    | 50.00                                | 6.25           | 0.43                                 |
| 237| 4.77                     | 6.24                          | 2.50                            | 89.60            | 0.00     | 0.00    | 50.00                                | 6.25           | 0.43                                 |
| 238| 4.77                     | 6.24                          | 2.50                            | 89.60            | 0.00     | 0.00    | 50.00                                | 6.25           | 0.43                                 |
| 239| 4.77                     | 6.24                          | 2.50                            | 89.60            | 0.00     | 0.00    | 50.00                                | 6.25           | 0.43                                 |
| 240| 4.77                     | 6.24                          | 2.50                            | 89.60            | 0.00     | 0.00    | 50.00                                | 6.25           | 0.43                                 |
| 241| 4.77                     | 6.24                          | 2.50                            | 89.60            | 0.00     | 0.00    | 50.00                                | 6.25           | 0.43                                 |
| 242| 4.77                     | 6.24                          | 2.50                            | 89.60            | 0.00     | 0.00    | 50.00                                | 6.25           | 0.43                                 |
| 243| 4.77                     | 6.24                          | 2.50                            | 89.60            | 0.00     | 0.00    | 50.00                                | 6.25           | 0.43                                 |
| 244| 4.77                     | 6.24                          | 2.50                            | 89.60            | 0.00     | 0.00    | 50.00                                | 6.25           | 0.43                                 |
| 245| 4.77                     | 6.24                          | 2.50                            | 89.60            | 0.00     | 0.00    | 50.00                                | 6.25           | 0.43                                 |
| 246| 4.77                     | 6.24                          | 2.50                            | 89.60            | 0.00     | 0.00    | 50.00                                | 6.25           | 0.43                                 |
| 247| 4.77                     | 6.24                          | 2.50                            | 89.60            | 0.00     | 0.00    | 50.00                                | 6.25           | 0.43                                 |
| 248| 4.77                     | 6.24                          | 2.50                            | 89.60            | 0.00     | 0.00    | 50.00                                | 6.25           | 0.43                                 |
| 249| 4.77                     | 6.24                          | 2.50                            | 89.60            | 0.00     | 0.00    | 50.00                                | 6.25           | 0.43                                 |
| 250| 4.77                     | 6.24                          | 2.50                            | 89.60            | 0.00     | 0.00    | 50.00                                | 6.25           | 0.43                                 |
| ID | Vitamin C (mg) | Thiamin (B1) (mg) | Riboflavin (B2) (mg) | Niacin (mg) | Vitamin B6 (mg) | Folate (µg) | Vitamin B12 (µg) | CA (mg) |
|----|----------------|------------------|---------------------|------------|----------------|-------------|-----------------|--------|
| 1  | 8.70           | 0.00             | 0.10                | 0.70       | 0.40           | 20.00       | 0.00            | 5.00   |
| 2  | 8.00           | 0.04             | 0.04                | 0.50       | 0.22           | 12.00       | 0.00            | 7.00   |
| 3  | 11.00          | 0.10             | 0.10                | 0.80       | 0.20           | 26.00       | 0.00            | 2.00   |
| 4  | 11.00          | 0.10             | 0.10                | 0.80       | 0.20           | 26.00       | 0.00            | 2.00   |
| 5  | 11.00          | 0.10             | 0.10                | 0.80       | 0.20           | 26.00       | 0.00            | 2.00   |
| 6  | 8.00           | 0.04             | 0.04                | 0.50       | 0.22           | 12.00       | 0.00            | 7.00   |
| 7  | 8.00           | 0.04             | 0.04                | 0.50       | 0.22           | 12.00       | 0.00            | 7.00   |
| 8  | 11.00          | 0.10             | 0.10                | 0.80       | 0.20           | 26.00       | 0.00            | 2.00   |
| 9  | 11.00          | 0.10             | 0.10                | 0.80       | 0.20           | 26.00       | 0.00            | 2.00   |
| 10 | 8.00           | 0.04             | 0.04                | 0.50       | 0.22           | 12.00       | 0.00            | 7.00   |
| 11 | 8.00           | 0.04             | 0.04                | 0.50       | 0.22           | 12.00       | 0.00            | 7.00   |
| 12 | 8.00           | 0.04             | 0.04                | 0.50       | 0.22           | 12.00       | 0.00            | 7.00   |
| 13 | 8.00           | 0.04             | 0.04                | 0.50       | 0.22           | 12.00       | 0.00            | 7.00   |
| 14 | 5.50           | 0.09             | 0.06                | 1.10       | 0.15           | 18.50       | 0.00            | 5.00   |
| 15 | 1.20           | 0.20             | 0.10                | 0.60       | 0.10           | 130.00      | 0.00            | 28.00  |
| 16 | 0.00           | 0.15             | 0.04                | 0.80       | 0.15           | 73.00       | 0.00            | 29.00  |
| 17 | 10.00          | 0.26             | 0.06                | 5.26       | 0.15           | 75.00       | 0.00            | 55.00  |
| 18 | 1.00           | 0.10             | 0.10                | 0.50       | 0.10           | 172.00      | 0.00            | 49.00  |
| 19 | 1.00           | 0.20             | 0.10                | 0.80       | 0.20           | 170.00      | 0.00            | 37.00  |
| 20 | 0.33           | 0.16             | 0.05                | 0.60       | 0.13           | 105.00      | 0.00            | 24.33  |
| 21 | 2.20           | 0.15             | 0.04                | 0.80       | 0.15           | 73.00       | 0.00            | 29.00  |
| 22 | 0.00           | 0.16             | 0.06                | 0.42       | 0.16           | 83.00       | 0.00            | 17.00  |
| 23 | 2.20           | 0.15             | 0.04                | 0.80       | 0.15           | 73.00       | 0.00            | 29.00  |
|    | Vitamin C (mg) | Thiamin (B1) (mg) | Riboflavin (B2) (mg) | Niacin (mg) | Vitamin B6 (mg) | Folate (µg) | Vitamin B12 (µg) | CA (mg) |
|----|----------------|------------------|---------------------|-------------|----------------|------------|-----------------|--------|
| 24 | 1.00           | 0.16             | 0.06                | 0.58        | 0.07           | 159.00     | 0.00            | 27.00  |
| 25 | 0.00           | 0.80             | 0.30                | 4.50        | 0.80           | 97.00      | 0.00            | 975.00 |
| 26 | 1.20           | 0.20             | 0.10                | 0.60        | 0.10           | 130.00     | 0.00            | 28.00  |
| 27 | 2.20           | 0.15             | 0.04                | 0.80        | 0.15           | 73.00      | 0.00            | 29.00  |
| 28 | 0.40           | 0.00             | 0.10                | 0.00        | 0.00           | 2.40       | 0.20            | 0.10   |
| 29 | 0.00           | 0.00             | 0.20                | 0.10        | 0.00           | 5.00       | 0.40            | 115.00 |
| 30 | 0.10           | 0.10             | 0.00                | 0.40        | 0.10           | 3.30       | 0.00            | 3.40   |
| 31 | 0.00           | 0.10             | 0.00                | 0.80        | 0.00           | 13.00      | 0.00            | 11.00  |
| 32 | 0.00           | 0.43             | 0.29                | 3.36        | 0.09           | 81.00      | 0.00            | 178.00 |
| 33 | 72.00          | 0.30             | 0.10                | 1.40        | 0.70           | 36.00      | 0.00            | 46.00  |
| 34 | 0.00           | 0.10             | 0.00                | 0.80        | 0.00           | 13.00      | 0.00            | 11.00  |
| 35 | 0.00           | 0.43             | 0.27                | 4.07        | 0.08           | 92.00      | 0.00            | 176.00 |
| 36 | 0.00           | 0.43             | 0.27                | 4.07        | 0.08           | 92.00      | 0.00            | 176.00 |
| 37 | 5.50           | 0.09             | 0.06                | 1.10        | 0.15           | 18.50      | 0.00            | 5.00   |
| 38 | 0.00           | 0.43             | 0.27                | 4.07        | 0.08           | 92.00      | 0.00            | 176.00 |
| 39 | 0.00           | 0.31             | 0.14                | 4.21        | 0.42           | 6.00       | 0.70            | 1.91   |
| 40 | 0.00           | 0.31             | 0.14                | 4.21        | 0.42           | 6.00       | 0.70            | 19.64  |
| 41 | 0.00           | 0.31             | 0.14                | 4.21        | 0.42           | 6.00       | 0.70            | 26.27  |
| 42 | 0.00           | 0.31             | 0.14                | 4.21        | 0.42           | 6.00       | 0.70            | 13.90  |
| 43 | 0.00           | 0.31             | 0.14                | 4.21        | 0.42           | 6.00       | 0.70            | 1.91   |
| 44 | 0.00           | 0.31             | 0.14                | 4.21        | 0.42           | 6.00       | 0.70            | 41.35  |
| 45 | 0.00           | 0.31             | 0.14                | 4.21        | 0.42           | 6.00       | 0.70            | 19.64  |
| 46 | 0.00           | 0.31             | 0.14                | 4.21        | 0.42           | 6.00       | 0.70            | 13.90  |
| 47 | 0.00           | 0.31             | 0.14                | 4.21        | 0.42           | 6.00       | 0.70            | 1.91   |
| 48 | 0.00           | 0.31             | 0.14                | 4.21        | 0.42           | 6.00       | 0.70            | 13.90  |
| 49 | 0.00           | 0.31             | 0.14                | 4.21        | 0.42           | 6.00       | 0.70            | 15.43  |
| 50 | 0.00           | 0.31             | 0.14                | 4.21        | 0.42           | 6.00       | 0.70            | 15.43  |
| 51 | 0.00           | 0.31             | 0.14                | 4.21        | 0.42           | 6.00       | 0.70            | 15.43  |
| 52 | 0.00           | 0.31             | 0.14                | 4.21        | 0.42           | 6.00       | 0.70            | 15.43  |
| 53 | 0.00           | 0.31             | 0.14                | 4.21        | 0.42           | 6.00       | 0.70            | 16.00  |
| Vitamin C (mg) | Thiamin (B1) (mg) | Riboflavin (B2) (mg) | Niacin (mg) | Vitamin B6 (mg) | Folate (µg) | Vitamin B12 (µg) | CA (mg) |
|---------------|------------------|----------------------|-------------|----------------|------------|------------------|--------|
| 54            | 0.00             | 0.14                 | 0.25        | 1.20           | 0.12       | 15.00            | 0.40   | 18.00           |
| 55            | 0.00             | 0.31                 | 0.14        | 4.21           | 0.42       | 6.00             | 0.70   | 15.43           |
| 56            | 0.00             | 0.31                 | 0.14        | 4.21           | 0.42       | 6.00             | 0.70   | 13.90           |
| 57            | 0.00             | 0.31                 | 0.14        | 4.21           | 0.42       | 6.00             | 0.70   | 13.90           |
| 58            | 0.00             | 0.31                 | 0.14        | 4.21           | 0.42       | 6.00             | 0.70   | 13.90           |
| 59            | 0.00             | 0.31                 | 0.14        | 4.21           | 0.42       | 6.00             | 0.70   | 1.91            |
| 60            | 0.00             | 0.31                 | 0.14        | 4.21           | 0.42       | 6.00             | 0.70   | 15.43           |
| 61            | 0.00             | 0.04                 | 0.17        | 3.50           | 0.21       | 5.00             | 1.80   | 13.00           |
| 62            | 0.00             | 0.37                 | 0.18        | 2.70           | 0.26       | 3.00             | 0.60   | 13.00           |
| 63            | 0.00             | 0.04                 | 0.26        | 5.20           | 0.15       | 8.00             | 1.40   | 7.00            |
| 64            | 0.00             | 0.06                 | 0.03        | 1.27           | 0.06       | 4.00             | 0.34   | 17.00           |
| 65            | 0.00             | 0.17                 | 0.27        | 4.83           | 0.18       | 6.00             | 0.30   | 11.00           |
| 66            | 0.00             | 0.05                 | 0.28        | 9.57           | 0.62       | 9.00             | 1.02   | 14.00           |
| 67            | 0.00             | 0.17                 | 0.27        | 4.83           | 0.18       | 6.00             | 0.30   | 11.00           |
| 68            | 0.00             | 0.17                 | 0.27        | 4.83           | 0.18       | 6.00             | 0.30   | 11.00           |
| 69            | 0.00             | 0.04                 | 0.18        | 4.10           | 0.20       | 5.00             | 0.20   | 12.00           |
| 70            | 0.00             | 0.10                 | 0.30        | 8.10           | 0.40       | 28.00            | 12.00  | 1700.00         |
| 71            | 0.00             | 0.03                 | 0.07        | 2.80           | 0.00       | 70.00            | 5.00   | 1200.00         |
| 72            | 0.00             | 0.03                 | 0.07        | 0.10           | 0.00       | 70.00            | 5.00   | 770.00          |
| 73            | 4.00             | 0.30                 | 0.30        | 8.80           | 1.00       | 42.00            | 3.70   | 49.00           |
| 74            | 0.00             | 0.03                 | 0.07        | 0.10           | 0.00       | 70.00            | 5.00   | 770.00          |
| 75            | 4.00             | 0.30                 | 0.30        | 8.80           | 1.00       | 42.00            | 3.70   | 49.00           |
| 76            | 0.00             | 0.00                 | 0.30        | 0.10           | 0.10       | 26.40            | 0.70   | 47.30           |
| 77            | 0.00             | 0.16                 | 0.40        | 0.20           | 0.25       | 80.00            | 5.40   | 64.00           |
| 78            | 1.00             | 0.20                 | 0.10        | 1.90           | 0.10       | 8.00             | 2.30   | 9.00            |
| 79            | 1.80             | 0.00                 | 0.99        | 2.10           | 0.08       | 17.00            | 2.89   | 23.00           |
| 80            | 1.00             | 0.20                 | 0.10        | 1.90           | 0.10       | 8.00             | 2.30   | 9.00            |
| 81            | 1.02             | 0.14                 | 0.20        | 1.90           | 0.10       | 8.18             | 2.31   | 188.00          |
| 82            | 1.00             | 0.20                 | 0.10        | 1.90           | 0.10       | 8.00             | 2.30   | 9.00            |
| 83            | 0.00             | 0.00                 | 0.00        | 0.00           | 0.00       | 0.00             | 0.00   | 0.00            |
|   | Vitamin C (mg) | Thiamin (B1) (mg) | Riboflavin (B2) (mg) | Niacin (mg) | Vitamin B6 (mg) | Folate (µg) | Vitamin B12 (µg) | CA (mg) |
|---|----------------|-------------------|---------------------|-------------|----------------|-------------|-----------------|---------|
| 84| 6.70           | 0.00              | 0.10                | 0.40        | 0.10           | 14.00       | 0.00            | 34.00   |
| 85| 33.30          | 0.00              | 0.00                | 0.30        | 0.00           | 10.00       | 0.00            | 12.00   |
| 86| 20.60          | 0.10              | 0.10                | 0.90        | 0.10           | 14.00       | 0.00            | 14.00   |
| 87| 184.00         | 0.10              | 0.00                | 1.10        | 0.10           | 49.00       | 0.00            | 18.00   |
| 88| 25.00          | 0.02              | 0.01                | 0.70        | 0.10           | 15.00       | 0.00            | 7.00    |
| 89| 5.00           | 0.03              | 0.06                | 0.40        | 0.02           | 8.00        | 0.00            | 10.00   |
| 90| 36.20          | 0.10              | 0.00                | 0.50        | 0.10           | 6.00        | 0.00            | 10.00   |
| 91| 15.00          | 0.00              | 0.00                | 0.30        | 0.10           | 3.00        | 0.00            | 6.00    |
| 92| 4.60           | 0.00              | 0.00                | 0.10        | 0.00           | 20.00       | 0.00            | 31.00   |
| 93| 20.00          | 0.10              | 0.10                | 0.30        | 0.10           | 38.00       | 0.00            | 24.00   |
| 94| 62.00          | 0.00              | 0.00                | 0.30        | 0.00           | 30.00       | 0.00            | 40.00   |
| 95| 53.00          | 0.10              | 0.00                | 0.30        | 0.17           | 45.50       | 0.00            | 875.00  |
| 96| 23.66          | 0.08              | 0.04                | 0.96        | 0.17           | 45.50       | 0.00            | 17.00   |
| 97| 18.10          | 0.05              | 0.08                | 0.80        | 0.17           | 45.50       | 0.00            | 12.00   |
| 98| 10.00          | 0.10              | 0.10                | 1.70        | 0.30           | 81.00       | 0.00            | 10.00   |
| 99| 15.00          | 0.00              | 0.00                | 0.30        | 0.10           | 6.00        | 0.00            | 10.00   |
|100| 23.66          | 0.08              | 0.04                | 0.96        | 0.17           | 45.50       | 0.00            | 13.41   |
|101| 23.66          | 0.08              | 0.04                | 0.96        | 0.17           | 45.50       | 0.00            | 13.41   |
|102| 13.70          | 0.04              | 0.02                | 0.59        | 0.08           | 15.00       | 0.00            | 10.00   |
|103| 23.66          | 0.08              | 0.04                | 0.96        | 0.17           | 45.50       | 0.00            | 13.41   |
|104| 23.66          | 0.08              | 0.04                | 0.96        | 0.17           | 45.50       | 0.00            | 13.41   |
|105| 23.66          | 0.08              | 0.04                | 0.96        | 0.17           | 45.50       | 0.00            | 13.41   |
|106| 23.66          | 0.08              | 0.04                | 0.96        | 0.17           | 45.50       | 0.00            | 13.41   |
|107| 53.00          | 0.10              | 0.00                | 0.30        | 0.10           | 30.00       | 0.00            | 40.00   |
|108| 23.66          | 0.08              | 0.04                | 0.96        | 0.17           | 45.50       | 0.00            | 13.41   |
|109| 23.66          | 0.08              | 0.04                | 0.96        | 0.17           | 45.50       | 0.00            | 13.41   |
|110| 23.66          | 0.08              | 0.04                | 0.96        | 0.17           | 45.50       | 0.00            | 13.41   |
|111| 23.66          | 0.08              | 0.04                | 0.96        | 0.17           | 45.50       | 0.00            | 13.41   |
|112| 62.00          | 0.00              | 0.00                | 0.30        | 0.00           | 38.00       | 0.00            | 24.00   |
|113| 31.00          | 0.22              | 0.51                | 2.00        | 0.93           | 23.00       | 0.00            | 151.00  |
|   | Vitamin C (mg) | Thiamin (B1) (mg) | Riboflavin (B2) (mg) | Niacin (mg) | Vitamin B6 (mg) | Folate (µg) | Vitamin B12 (µg) | CA (mg) |
|---|---------------|-------------------|---------------------|------------|----------------|-------------|----------------|--------|
|114| 101.00        | 0.08              | 0.26                | 0.80       | 0.25           | 280.00      | 0.00           | 85.00  |
|115| 58.00         | 0.60              | 3.10                | 0.40       | 0.10           | 73.00       | 0.00           | 59.20  |
|116| 88.00         | 0.18              | 0.36                | 1.11       | 0.80           | 128.00      | 0.00           | 84.00  |
|117| 43.30         | 0.03              | 0.16                | 0.66       | 0.19           | 85.00       | 0.00           | 215.00 |
|118| 11.00         | 0.09              | 0.13                | 0.92       | 0.21           | 36.00       | 0.00           | 39.00  |
|119| 70.00         | 0.09              | 0.19                | 1.18       | 0.32           | 101.67      | 0.00           | 166.00 |
|120| 35.50         | 0.20              | 0.50                | 1.50       | 0.10           | 126.00      | 0.00           | 137.00 |
|121| 140.00        | 0.09              | 0.19                | 1.18       | 0.32           | 101.67      | 0.00           | 166.00 |
|122| 169.00        | 0.50              | 7.60                | 0.70       | 0.20           | 85.00       | 0.00           | 96.90  |
|123| 16.00         | 0.08              | 0.18                | 1.10       | 0.32           | 101.67      | 0.00           | 58.00  |
|124| 139.00        | 0.10              | 0.20                | 0.90       | 0.50           | 104.00      | 0.00           | 211.00 |
|125| 45.00         | 0.04              | 0.07                | 0.50       | 0.19           | 66.00       | 0.00           | 105.00 |
|126| 27.97         | 0.13              | 0.40                | 1.18       | 0.32           | 101.67      | 0.00           | 111.02 |
|127| 27.97         | 0.13              | 0.40                | 1.18       | 0.32           | 101.67      | 0.00           | 111.02 |
|128| 27.97         | 0.13              | 0.40                | 1.18       | 0.32           | 101.67      | 0.00           | 111.02 |
|129| 27.97         | 0.13              | 0.40                | 1.18       | 0.32           | 101.67      | 0.00           | 111.02 |
|130| 27.97         | 0.13              | 0.40                | 1.18       | 0.32           | 101.67      | 0.00           | 111.02 |
|131| 27.97         | 0.13              | 0.40                | 1.18       | 0.32           | 101.67      | 0.00           | 111.02 |
|132| 27.97         | 0.13              | 0.40                | 1.18       | 0.32           | 101.67      | 0.00           | 111.02 |
|133| 27.97         | 0.13              | 0.40                | 1.18       | 0.32           | 101.67      | 0.00           | 111.02 |
|134| 27.97         | 0.13              | 0.40                | 1.18       | 0.32           | 101.67      | 0.00           | 111.02 |
|135| 27.97         | 0.13              | 0.40                | 1.18       | 0.32           | 101.67      | 0.00           | 111.02 |
|136| 26.60         | 0.02              | 0.21                | 4.98       | 0.32           | 101.67      | 0.00           | 32.00  |
|137| 0.00          | 0.07              | 0.06                | 0.30       | 0.10           | 20.00       | 0.00           | 28.00  |
|138| 27.97         | 0.13              | 0.40                | 1.18       | 0.32           | 101.67      | 0.00           | 111.02 |
|139| 27.97         | 0.13              | 0.40                | 1.18       | 0.32           | 101.67      | 0.00           | 111.02 |
|140| 27.97         | 0.13              | 0.40                | 1.18       | 0.32           | 101.67      | 0.00           | 111.02 |
|141| 27.97         | 0.13              | 0.40                | 1.18       | 0.32           | 101.67      | 0.00           | 111.02 |
|142| 60.00         | 0.07              | 0.10                | 0.60       | 0.32           | 194.00      | 0.00           | 190.00 |
|   | Vitamin C (mg) | Thiamin (B1) (mg) | Riboflavin (B2) (mg) | Niacin (mg) | Vitamin B6 (mg) | Folate (µg) | Vitamin B12 (µg) | CA (mg) |
|---|----------------|-------------------|----------------------|------------|----------------|-------------|------------------|--------|
|143| 27.97          | 0.13              | 0.40                 | 1.18       | 0.32           | 101.67      | 0.00             | 111.02 |
|144| 27.97          | 0.13              | 0.40                 | 1.18       | 0.32           | 101.67      | 0.00             | 111.02 |
|145| 27.97          | 0.13              | 0.40                 | 1.18       | 0.32           | 101.67      | 0.00             | 111.02 |
|146| 5.41           | 0.52              | 2.62                 | 4.1        | 0.3            | 3           | 1.6              | 61.28  |
|147| 0.50           | 0.00              | 0.04                 | 0.12       | 0.02           | 2.00        | 0.00             | 6.00   |
|148| 5.41           | 0.52              | 2.62                 | 4.1        | 0.3            | 3           | 1.6              | 61.28  |
|149| 5.41           | 0.52              | 2.62                 | 4.1        | 0.3            | 3           | 1.6              | 61.28  |
|150| 5.41           | 0.52              | 2.62                 | 4.1        | 0.3            | 3           | 1.6              | 61.28  |
|151| 7.59           | 0.52              | 0.08                 | 4.1        | 0.3            | 3           | 1.6              | 45.68  |
|152| 1.00           | 0.00              | 0.00                 | 0.20       | 0.00           | 8.00        | 0.00             | 126.00 |
|153| 0.00           | 0.26              | 0.06                 | 5.26       | 0.15           | 75.00       | 0.00             | 55.00  |
|154| 8.00           | 0.05              | 0.18                 | 0.90       | 0.02           | 24.00       | 0.00             | 18.00  |
|155| 8.00           | 0.05              | 0.18                 | 0.90       | 0.02           | 24.00       | 0.00             | 18.00  |
|156| 8.00           | 0.05              | 0.18                 | 0.90       | 0.02           | 24.00       | 0.00             | 18.00  |
|157| 8.00           | 0.05              | 0.18                 | 0.90       | 0.02           | 24.00       | 0.00             | 18.00  |
|158| 8.00           | 0.05              | 0.18                 | 0.90       | 0.02           | 24.00       | 0.00             | 18.00  |
|159| 8.00           | 0.05              | 0.18                 | 0.90       | 0.02           | 24.00       | 0.00             | 18.00  |
|160| 8.00           | 0.05              | 0.18                 | 0.90       | 0.02           | 24.00       | 0.00             | 18.00  |
|161| 8.00           | 0.05              | 0.18                 | 0.90       | 0.02           | 24.00       | 0.00             | 18.00  |
|162| 8.00           | 0.05              | 0.18                 | 0.90       | 0.02           | 24.00       | 0.00             | 18.00  |
|163| 8.00           | 0.05              | 0.18                 | 0.90       | 0.02           | 24.00       | 0.00             | 18.00  |
|164| 8.00           | 0.05              | 0.18                 | 0.90       | 0.02           | 24.00       | 0.00             | 18.00  |
|165| 8.00           | 0.05              | 0.18                 | 0.90       | 0.02           | 24.00       | 0.00             | 18.00  |
|166| 8.00           | 0.05              | 0.18                 | 0.90       | 0.02           | 24.00       | 0.00             | 18.00  |
|167| 8.00           | 0.05              | 0.18                 | 0.90       | 0.02           | 24.00       | 0.00             | 18.00  |
|168| 8.00           | 0.05              | 0.18                 | 0.90       | 0.02           | 24.00       | 0.00             | 18.00  |
|169| 8.00           | 0.05              | 0.18                 | 0.90       | 0.02           | 24.00       | 0.00             | 18.00  |
|170| 8.00           | 0.05              | 0.18                 | 0.90       | 0.02           | 24.00       | 0.00             | 18.00  |
|171| 8.00           | 0.05              | 0.18                 | 0.90       | 0.02           | 24.00       | 0.00             | 18.00  |
|   | Vitamin C (mg) | Thiamin (B1) (mg) | Riboflavin (B2) (mg) | Niacin (mg) | Vitamin B6 (mg) | Folate (µg) | Vitamin B12 (µg) | CA (mg) |
|---|----------------|-------------------|---------------------|-------------|----------------|------------|-----------------|--------|
| 172 | 8.00          | 0.05              | 0.18                | 0.90        | 0.02           | 24.00      | 0.00            | 18.00  |
| 173 | 8.00          | 0.05              | 0.18                | 0.90        | 0.02           | 24.00      | 0.00            | 18.00  |
| 174 | 8.00          | 0.05              | 0.18                | 0.90        | 0.02           | 24.00      | 0.00            | 18.00  |
| 175 | 8.00          | 0.05              | 0.18                | 0.90        | 0.02           | 24.00      | 0.00            | 18.00  |
| 176 | 8.00          | 0.05              | 0.18                | 0.90        | 0.02           | 24.00      | 0.00            | 18.00  |
| 177 | 8.00          | 0.05              | 0.18                | 0.90        | 0.02           | 24.00      | 0.00            | 18.00  |
| 178 | 8.00          | 0.05              | 0.18                | 0.90        | 0.02           | 24.00      | 0.00            | 18.00  |
| 179 | 8.00          | 0.05              | 0.18                | 0.90        | 0.02           | 24.00      | 0.00            | 18.00  |
| 180 | 8.00          | 0.05              | 0.18                | 0.90        | 0.02           | 24.00      | 0.00            | 18.00  |
| 181 | 8.00          | 0.05              | 0.18                | 0.90        | 0.02           | 24.00      | 0.00            | 18.00  |
| 182 | 0.00          | 0.17              | 0.17                | 1.26        | 0.04           | 60.00      | 0.10            | 10.00  |
| 183 | 0.00          | 0.17              | 0.17                | 1.26        | 0.04           | 60.00      | 0.10            | 10.00  |
| 184 | 0.00          | 0.07              | 0.02                | 1.40        | 0.10           | 11.00      | 0.00            | 8.00   |
| 185 | 0.00          | 0.07              | 0.02                | 1.40        | 0.10           | 11.00      | 0.00            | 8.00   |
| 186 | 0.00          | 0.07              | 0.02                | 1.40        | 0.10           | 11.00      | 0.00            | 8.00   |
| 187 | 17.00         | 0.10              | 0.10                | 0.70        | 0.50           | 51.00      | 0.00            | 7.00   |
| 188 | 1.00          | 0.03              | 0.09                | 3.50        | 0.50           | 0.10       | 1.16            | 17.00  |
| 189 | 8.00          | 0.06              | 0.08                | 3.78        | 0.65           | 24.00      | 36.00           | 106.00 |
| 190 | 2.00          | 0.03              | 0.03                | 2.55        | 0.50           | 0.10       | 1.16            | 70.00  |
| 191 | 0.00          | 0.10              | 0.10                | 5.70        | 0.30           | 11.00      | 1.10            | 48.00  |
| 192 | 8.00          | 1.00              | 0.00                | 0.30        | 0.20           | 23.00      | 0.00            | 33.00  |
| 193 | 31.20         | 0.20              | 0.10                | 0.70        | 1.20           | 3.00       | 0.00            | 181.00 |
| 194 | 72.00         | 0.30              | 0.10                | 1.40        | 0.70           | 36.00      | 0.00            | 46.00  |
| 195 | 9.50          | 0.27              | 0.06                | 0.30        | 0.26           | 17.00      | 0.00            | 26.00  |
| 196 | 5.00          | 0.10              | 0.00                | 0.60        | 0.30           | 22.00      | 0.00            | 43.00  |
| 197 | 5.00          | 0.10              | 0.50                | 1.50        | 0.30           | 19.00      | 0.00            | 18.00  |
| 198 | 29.00         | 0.10              | 0.00                | 0.80        | 0.30           | 10.00      | 0.00            | 17.00  |
| 199 | 15.00         | 0.10              | 0.10                | 0.60        | 0.20           | 23.00      | 0.00            | 28.00  |
| 200 | 20.89         | 0.16              | 0.04                | 0.68        | 0.28           | 20.33      | 0.00            | 27.00  |
|   | Vitamin C (mg) | Thiamin (B1) (mg) | Riboflavin (B2) (mg) | Niacin (mg) | Vitamin B6 (mg) | Folate (µg) | Vitamin B12 (µg) | CA (mg) |
|---|----------------|-------------------|---------------------|------------|----------------|------------|------------------|--------|
| 201 | 78.00          | 0.27              | 0.06                | 0.30       | 0.26           | 17.00      | 0.00             | 26.00  |
| 202 | 0.00           | 0.33              | 0.11                | 0.89       | 0.08           | 26.00      | 0.00             | 13.00  |
| 203 | 0.00           | 0.20              | 0.24                | 3.30       | 0.20           | 32.00      | 1.00             | 60.00  |
| 204 | 0.00           | 0.00              | 0.00                | 0.00       | 0.00           | 0.00       | 0.00             | 0.00   |
| 205 | 0.00           | 0.00              | 0.00                | 0.00       | 0.00           | 0.00       | 0.00             | 6.00   |
| 206 | 57.00          | 0.20              | 0.20                | 1.80       | 0.20           | 45.00      | 0.00             | 15.00  |
| 207 | 0.50           | 0.00              | 0.00                | 0.10       | 0.00           | 1.00       | 0.00             | 8.00   |
| 208 | 0.00           | 0.00              | 0.00                | 0.00       | 0.00           | 0.00       | 0.00             | 1.00   |
| 209 | 1.00           | 0.00              | 0.00                | 0.10       | 0.00           | 2.00       | 0.00             | 6.00   |
| 210 | 0.00           | 0.00              | 0.00                | 0.00       | 0.00           | 0.00       | 0.00             | 6.00   |
| 211 | 0.00           | 0.00              | 0.00                | 0.00       | 0.00           | 0.00       | 0.00             | 13.00  |
| 212 | 1.90           | 0.05              | 0.43                | 0.20       | 0.05           | 8.00       | 1.90             | 261.00 |
| 213 | 7.40           | 0.00              | 0.00                | 0.10       | 0.10           | 19.00      | 0.00             | 23.00  |
| 214 | 0.00           | 0.07              | 0.06                | 0.30       | 0.10           | 20.00      | 0.00             | 28.00  |
| 215 | 2.80           | 0.00              | 0.00                | 0.10       | 0.00           | 7.00       | 0.00             | 16.00  |
| 216 | 5.90           | 0.10              | 0.10                | 1.00       | 0.10           | 19.00      | 0.00             | 33.00  |
| 217 | 84.00          | 0.04              | 0.04                | 0.40       | 0.04           | 72.00      | 0.00             | 19.00  |
| 218 | 4.00           | 0.10              | 0.30                | 4.50       | 0.10           | 18.00      | 0.00             | 3.00   |
| 219 | 5.29           | 0.03              | 0.04                | 0.30       | 0.09           | 19.09      | 0.00             | 2.00   |
| 220 | 5.29           | 0.03              | 0.04                | 0.30       | 0.09           | 19.09      | 0.00             | 2.00   |
| 221 | 8.00           | 0.03              | 0.04                | 0.42       | 0.12           | 18.00      | 0.00             | 13.00  |
| 222 | 5.50           | 0.09              | 0.06                | 1.68       | 0.14           | 23.00      | 0.00             | 3.00   |
| 223 | 6.00           | 0.00              | 0.00                | 0.50       | 0.10           | 20.00      | 0.00             | 27.00  |
| 224 | 5.00           | 0.00              | 0.00                | 0.20       | 0.00           | 3.00       | 0.00             | 7.00   |
| 225 | 2.80           | 0.00              | 0.00                | 0.10       | 0.00           | 7.00       | 0.00             | 16.00  |
| 226 | 8.00           | 0.03              | 0.04                | 0.42       | 0.12           | 18.00      | 0.00             | 13.00  |
| 227 | 2.90           | 0.28              | 0.35                | 7.60       | 0.57           | 6.00       | 0.41             | 17.00  |
| 228 | 1.30           | 0.06              | 0.10                | 7.67       | 0.38           | 5.00       | 0.34             | 12.20  |
| 229 | 4.18           | 0.23              | 0.26                | 6.26       | 0.56           | 9.00       | 0.52             | 12.20  |
|    | Vitamin C (mg) | Thiamin (B1) (mg) | Riboflavin (B2) (mg) | Niacin (mg) | Vitamin B6 (mg) | Folate (µg) | Vitamin B12 (µg) | CA (mg) |
|----|----------------|-------------------|---------------------|-------------|----------------|-------------|------------------|--------|
| 230| 4.18           | 0.23              | 0.26                | 6.26        | 0.56           | 9.00        | 0.52             | 12.20  |
| 231| 4.18           | 0.23              | 0.26                | 6.26        | 0.56           | 9.00        | 0.52             | 12.20  |
| 232| 4.18           | 0.23              | 0.26                | 6.26        | 0.56           | 9.00        | 0.52             | 12.20  |
| 233| 4.18           | 0.23              | 0.26                | 6.26        | 0.56           | 9.00        | 0.52             | 12.20  |
| 234| 4.18           | 0.23              | 0.26                | 6.26        | 0.56           | 9.00        | 0.52             | 12.20  |
| 235| 4.18           | 0.23              | 0.26                | 6.26        | 0.56           | 9.00        | 0.52             | 12.20  |
| 236| 4.18           | 0.23              | 0.26                | 6.26        | 0.56           | 9.00        | 0.52             | 12.20  |
| 237| 4.18           | 0.23              | 0.26                | 6.26        | 0.56           | 9.00        | 0.52             | 12.20  |
| 238| 4.18           | 0.23              | 0.26                | 6.26        | 0.56           | 9.00        | 0.52             | 12.20  |
| 239| 4.18           | 0.23              | 0.26                | 6.26        | 0.56           | 9.00        | 0.52             | 12.20  |
| 240| 4.18           | 0.23              | 0.26                | 6.26        | 0.56           | 9.00        | 0.52             | 12.20  |
| 241| 4.18           | 0.23              | 0.26                | 6.26        | 0.56           | 9.00        | 0.52             | 12.20  |
| 242| 4.18           | 0.23              | 0.26                | 6.26        | 0.56           | 9.00        | 0.52             | 12.20  |
| 243| 4.18           | 0.23              | 0.26                | 6.26        | 0.56           | 9.00        | 0.52             | 12.20  |
| 244| 4.18           | 0.23              | 0.26                | 6.26        | 0.56           | 9.00        | 0.52             | 12.20  |
| 245| 4.18           | 0.23              | 0.26                | 6.26        | 0.56           | 9.00        | 0.52             | 12.20  |
| 246| 4.18           | 0.23              | 0.26                | 6.26        | 0.56           | 9.00        | 0.52             | 12.20  |
| 247| 4.18           | 0.23              | 0.26                | 6.26        | 0.56           | 9.00        | 0.52             | 12.20  |
| 248| 4.18           | 0.23              | 0.26                | 6.26        | 0.56           | 9.00        | 0.52             | 12.20  |
| 249| 4.18           | 0.23              | 0.26                | 6.26        | 0.56           | 9.00        | 0.52             | 12.20  |
| 250| 4.18           | 0.23              | 0.26                | 6.26        | 0.56           | 9.00        | 0.52             | 12.20  |
| ID | P (mg) | MG (mg) | K (mg) | NA (mg) | FE (mg) | ZN (mg) | CU (mg) | MN (mg) | Sources |
|----|--------|---------|--------|---------|---------|---------|---------|---------|---------|
| 1  | 22.00  | 27.00   | 358.00 | 1.00    | 0.30    | 0.20    | 0.10    | 0.20    | 2,3     |
| 2  | 31.00  | 23.00   | 237.00 | 2.00    | 0.90    | 0.10    | 0.08    | 0.20    | 1,3,5   |
| 3  | 28.00  | 32.00   | 465.00 | 5.00    | 0.60    | 0.10    | 0.10    | 0.20    | 2,3     |
| 4  | 28.00  | 32.00   | 465.00 | 5.00    | 0.60    | 0.10    | 0.10    | 0.20    | 2,3     |
| 5  | 28.00  | 32.00   | 465.00 | 5.00    | 0.60    | 0.10    | 0.10    | 0.20    | 2,3     |
| 6  | 31.00  | 23.00   | 237.00 | 2.00    | 0.90    | 0.10    | 0.08    | 0.20    | 1,2,3,5 |
| 7  | 31.00  | 23.00   | 237.00 | 2.00    | 0.90    | 0.10    | 0.08    | 0.20    | 1,2,3,5 |
| 8  | 28.00  | 32.00   | 465.00 | 5.00    | 0.60    | 0.10    | 0.10    | 0.20    | 2,3     |
| 9  | 28.00  | 32.00   | 465.00 | 5.00    | 0.60    | 0.10    | 0.10    | 0.20    | 2,3     |
| 10 | 31.00  | 23.00   | 237.00 | 2.00    | 0.90    | 0.10    | 0.08    | 0.20    | 1,2,3,5 |
| 11 | 31.00  | 23.00   | 237.00 | 2.00    | 0.90    | 0.10    | 0.08    | 0.20    | 1,2,3,5 |
| 12 | 31.00  | 23.00   | 237.00 | 2.00    | 0.90    | 0.10    | 0.08    | 0.20    | 1,2,3,5 |
| 13 | 31.00  | 23.00   | 237.00 | 2.00    | 0.90    | 0.10    | 0.08    | 0.20    | 1,2,3,5 |
| 14 | 64.50  | 43.50   | 271.00 | 3.50    | 0.65    | 0.40    | 0.11    | 0.20    | 2,5     |
| 15 | 142.00 | 45.00   | 403.00 | 2.00    | 2.90    | 1.10    | 0.20    | 0.50    | 2       |
| 16 | 141.00 | 14.00   | 528.00 | 6.00    | 2.70    | 2.90    | 0.02    | 1.30    | 2,5     |
| 17 | 198.00 | 102.00  | 180.00 | 751.00  | 1.50    | 1.83    | 0.81    | 1.70    | 1,6,7   |
| 18 | 168.00 | 48.00   | 291.00 | 7.00    | 2.90    | 1.50    | 0.40    | 1.00    | 2       |
| 19 | 186.00 | 59.00   | 528.00 | 3.00    | 3.80    | 1.40    | 0.30    | 0.60    | 2,3     |
| 20 | 117.00 | 35.00   | 434.00 | 3.33    | 2.16    | 1.56    | 0.32    | 1.00    | 1       |
| 21 | 141.00 | 14.00   | 528.00 | 6.00    | 1.10    | 1.00    | 0.02    | 1.30    | 1,2,6   |
| 22 | 111.00 | 43.00   | 508.00 | 2.00    | 2.39    | 0.95    | 0.25    | 0.39    | 1,7     |
| 23 | 141.00 | 14.00   | 528.00 | 6.00    | 1.10    | 1.00    | 0.02    | 1.30    | 2,5,6   |
|    | P (mg) | MG (mg) | K (mg) | NA (mg) | FE (mg) | ZN (mg) | CU (mg) | MN (mg) | Sources |
|----|-------|--------|-------|--------|--------|--------|--------|--------|---------|
| 24 | 99.00 | 48.00  | 266.00| 2.00   | 1.40   | 0.84   | 0.70   | 1.30   | 1,2     |
| 25 | 629.00| 351.00 | 468.00| 11.00  | 14.60  | 7.80   | 4.10   | 2.50   | 2       |
| 26 | 142.00| 45.00  | 403.00| 2.00   | 2.90   | 1.10   | 0.20   | 0.50   | 2       |
| 27 | 141.00| 14.00  | 528.00| 6.00   | 1.10   | 1.00   | 0.02   | 1.30   | 2,5,6   |
| 28 | 0.10  | 0.00   | 0.10  | 0.10   | 0.00   | 0.00   | 0.00   | 0.00   | 2       |
| 29 | 92.00 | 11.00  | 140.00| 55.00  | 0.10   | 0.40   | 0.00   | 0.00   | 2,3     |
| 30 | 40.80 | 13.70  | 44.30 | 1.10   | 0.30   | 0.50   | 0.10   | 0.50   | 2       |
| 31 | 76.00 | 15.00  | 75.00 | 1.00   | 0.80   | 0.50   | 0.10   | 0.50   | 2       |
| 32 | 107.00| 37.00  | 186.00| 353.00 | 2.87   | 1.07   | 0.24   | 0.86   | 1,7     |
| 33 | 168.00| 24.00  | 583.00| 5.00   | 1.90   | 0.70   | 0.10   | 0.30   | 2       |
| 34 | 76.00 | 15.00  | 75.00 | 1.00   | 0.80   | 0.50   | 0.10   | 0.50   | 2       |
| 35 | 104.00| 36.00  | 115.00| 524.00 | 3.55   | 0.90   | 0.20   | 0.50   | 1,2     |
| 36 | 104.00| 36.00  | 115.00| 524.00 | 3.55   | 0.90   | 0.20   | 0.50   | 1,2     |
| 37 | 64.50 | 43.50  | 271.00| 3.50   | 0.65   | 0.40   | 0.11   | 0.25   | 5       |
| 38 | 104.00| 36.00  | 115.00| 524.00 | 3.55   | 0.90   | 0.20   | 0.50   | 1,2     |
| 39 | 120.00| 1.91   | 1.91  | 60.00  | 1.91   | 1.91   | 1.91   | 1.91   | 1,4     |
| 40 | 120.00| 15.82  | 220.85| 60.00  | 16.48  | 2.37   | 0.30   | 0.24   | 1,4     |
| 41 | 120.00| 17.48  | 252.73| 60.00  | 3.88   | 3.55   | 0.13   | 0.05   | 1,4     |
| 42 | 120.00| 16.80  | 278.39| 60.00  | 9.94   | 2.44   | 0.26   | 0.14   | 1,4     |
| 43 | 120.00| 1.91   | 1.91  | 60.00  | 1.91   | 1.91   | 1.91   | 1.91   | 1,4     |
| 44 | 120.00| 13.00  | 256.06| 60.00  | 4.51   | 4.53   | 0.65   | 0.59   | 1,4     |
| 45 | 120.00| 15.82  | 220.85| 60.00  | 16.48  | 2.37   | 0.30   | 0.24   | 1,4     |
| 46 | 120.00| 16.80  | 278.39| 60.00  | 9.94   | 2.44   | 0.26   | 0.14   | 1,4     |
| 47 | 120.00| 1.91   | 1.91  | 60.00  | 1.91   | 1.91   | 1.91   | 1.91   | 1,4     |
| 48 | 120.00| 16.80  | 278.39| 60.00  | 9.94   | 2.44   | 0.26   | 0.14   | 1,4     |
| 49 | 120.00| 13.00  | 188.47| 60.00  | 8.05   | 2.57   | 0.65   | 0.59   | 1,4     |
| 50 | 120.00| 13.00  | 188.47| 60.00  | 8.05   | 2.57   | 0.65   | 0.59   | 1,4     |
| 51 | 120.00| 13.00  | 188.47| 60.00  | 8.05   | 2.57   | 0.65   | 0.59   | 1,4     |
| 52 | 120.00| 13.00  | 188.47| 60.00  | 8.05   | 2.57   | 0.65   | 0.59   | 1,4     |
| 53 | 120.00| 27.00  | 396.00| 60.00  | 1.12   | 3.01   | 0.14   | 0.00   | 1       |
| 54 | 147.00| 20.00  | 285.00| 58.00  | 1.50   | 1.00   | 0.25   | 0.00   | 1,2     |
|   | P (mg) | MG (mg) | K (mg) | NA (mg) | FE (mg) | ZN (mg) | CU (mg) | MN (mg) | Sources |
|---|--------|---------|--------|---------|---------|---------|---------|---------|---------|
| 55| 120.00 | 13.00   | 188.47 | 60.00   | 8.05    | 2.57    | 0.65    | 0.59    | 1,4     |
| 56| 120.00 | 16.80   | 278.39 | 60.00   | 9.94    | 2.44    | 0.26    | 0.14    | 1,4     |
| 57| 120.00 | 16.80   | 278.39 | 60.00   | 9.94    | 2.44    | 0.26    | 0.14    | 1,4     |
| 58| 120.00 | 16.80   | 278.39 | 60.00   | 9.94    | 2.44    | 0.26    | 0.14    | 1,4     |
| 59| 120.00 | 1.91    | 1.91   | 60.00   | 1.91    | 1.91    | 1.91    | 1.91    | 1,4     |
| 60| 120.00 | 13.00   | 188.47 | 60.00   | 8.05    | 2.57    | 0.65    | 0.59    | 1,4     |
| 61| 166.00 | 17.00   | 223.00 | 41.00   | 3.10    | 6.65    | 0.10    | 0.00    | 2,9     |
| 62| 153.00 | 15.00   | 231.00 | 42.00   | 2.80    | 5.50    | 0.15    | 0.00    | 2,9     |
| 63| 184.00 | 22.00   | 300.00 | 38.00   | 3.50    | 6.00    | 0.14    | 0.00    | 2,9     |
| 64| 66.00  | 7.00    | 129.00 | 25.00   | 0.47    | 0.43    | 0.10    | 0.00    | 1,2     |
| 65| 156.00 | 16.00   | 204.00 | 59.00   | 2.70    | 1.86    | 0.14    | 0.00    | 1,3,7   |
| 66| 223.00 | 30.00   | 239.00 | 103.00  | 1.09    | 2.80    | 0.15    | 0.00    | 1,7     |
| 67| 156.00 | 16.00   | 204.00 | 59.00   | 2.70    | 1.86    | 0.14    | 0.00    | 1,3     |
| 68| 156.00 | 16.00   | 204.00 | 59.00   | 2.70    | 1.86    | 0.14    | 0.00    | 1,3     |
| 69| 125.00 | 125.00  | 94.00  | 38.00   | 1.00    | 2.08    | 0.07    | 0.00    | 1,9     |
| 70| 1300.00| 140.00  | 953.00 | 312.00  | 2.50    | 5.20    | 0.50    | 2.10    | 2       |
| 71| 710.00 | 290.00  | 500.00 | 457.00  | 21.30   | 3.70    | 2.40    | 0.00    | 1,3,8   |
| 72| 517.00 | 290.00  | 365.00 | 547.00  | 5.30    | 3.20    | 2.40    | 0.00    | 1,3,8   |
| 73| 483.00 | 147.00  | 854.00 | 273.00  | 1.80    | 2.10    | 0.10    | 0.10    | 2       |
| 74| 517.00 | 290.00  | 365.00 | 547.00  | 5.30    | 3.20    | 2.40    | 0.00    | 1,3,8   |
| 75| 483.00 | 147.00  | 854.00 | 273.00  | 1.80    | 2.10    | 0.10    | 0.10    | 2       |
| 76| 160.50 | 9.40    | 117.70 | 632.10  | 1.10    | 1.00    | 0.00    | 0.00    | 2       |
| 77| 220.00 | 17.00   | 222.00 | 146.00  | 3.85    | 1.41    | 0.06    | 0.04    | 1,3,7   |
| 78| 243.00 | 22.00   | 335.00 | 40.00   | 0.30    | 0.50    | 0.00    | 0.00    | 2       |
| 79| 139.00 | 26.00   | 349.00 | 64.00   | 1.60    | 0.70    | 0.10    | 0.00    | 1,8     |
| 80| 243.00 | 22.00   | 335.00 | 40.00   | 0.30    | 0.50    | 0.00    | 0.00    | 2       |
| 81| 1.09   | 6.02    | 0.95   | 3.75    | 0.02    | 0.01    | 0.00    | 0.00    | 11,16   |
| 82| 243.00 | 22.00   | 335.00 | 40.00   | 0.30    | 0.50    | 0.00    | 0.00    | 2       |
| 83| 0.00   | 0.00    | 0.00   | 0.00    | 0.00    | 0.00    | 0.00    | 0.00    | 2       |
| 84| 36.00  | 37.00   | 303.00 | 3.00    | 0.60    | 0.40    | 0.20    | 0.20    | 2       |
|   | P (mg) | MG (mg) | K (mg)    | NA (mg) | FE (mg) | ZN (mg) | CU (mg) | MN (mg) | Sources |
|---|--------|---------|-----------|---------|---------|---------|---------|---------|---------|
| 85| 8.00   | 9.00    | 148.00    | 0.00    | 0.06    | 0.07    | 0.05    | 0.01    | 2       |
| 86| 27.00  | 21.00   | 278.00    | 14.00   | 0.60    | 0.10    | 0.10    | 0.10    | 2       |
| 87| 40.00  | 22.00   | 417.00    | 2.00    | 1.40    | 0.20    | 0.20    | 0.20    | 2, 6    |
| 88| 20.00  | 12.00   | 224.00    | 3.00    | 0.40    | 0.21    | 0.10    | 0.00    | 1, 3    |
| 89| 10.00  | 8.00    | 134.00    | 14.00   | 0.60    | 0.02    | 0.10    | 0.00    | 1, 8    |
| 90| 7.00   | 14.00   | 113.00    | 1.00    | 0.40    | 0.10    | 0.10    | 1.70    | 2       |
| 91| 11.00  | 9.00    | 156.00    | 2.00    | 0.10    | 0.00    | 0.10    | 0.00    | 2       |
| 92| 11.00  | 5.00    | 107.00    | 1.00    | 0.10    | 0.00    | 0.00    | 0.00    | 2       |
| 93| 15.00  | 8.00    | 97.00     | 8.00    | 0.20    | 0.10    | 0.00    | 0.10    | 2       |
| 94| 5.00   | 10.00   | 257.00    | 3.00    | 0.10    | 0.10    | 0.00    | 0.00    | 2       |
| 95| 14.00  | 10.00   | 181.00    | 0.00    | 0.10    | 0.10    | 0.10    | 0.00    | 2       |
| 96| 76.80  | 315.00  | 1075.00   | 16.00   | 0.00    | 9.60    | 0.00    | 0.50    | 17      |
| 97| 28.30  | 32.00   | 250.00    | 4.00    | 0.70    | 0.30    | 0.10    | 0.50    | 6, 7    |
| 98| 52.00  | 29.00   | 599.00    | 7.00    | 0.60    | 0.60    | 0.20    | 0.10    | 2       |
| 99| 11.00  | 9.00    | 156.00    | 2.00    | 0.10    | 0.00    | 0.10    | 0.00    | 2       |
|100| 28.30  | 18.94   | 341.25    | 4.18    | 0.41    | 0.31    | 0.10    | 0.50    | Weighted average of all fruits |
|101| 28.30  | 18.94   | 341.25    | 4.18    | 0.41    | 0.31    | 0.10    | 0.50    | Weighted average of all fruits |
|102| 24.00  | 11.00   | 237.00    | 5.00    | 0.27    | 0.17    | 0.10    | 0.10    | 1       |
|103| 28.30  | 18.94   | 341.25    | 4.18    | 0.41    | 0.31    | 0.10    | 0.50    | Weighted average of all fruits |
|104| 28.30  | 18.94   | 341.25    | 4.18    | 0.41    | 0.31    | 0.10    | 0.50    | Weighted average of all fruits |
|105| 28.30  | 18.94   | 341.25    | 4.18    | 0.41    | 0.31    | 0.10    | 0.50    | Weighted average of all fruits |
|106| 28.30  | 18.94   | 341.25    | 4.18    | 0.41    | 0.31    | 0.10    | 0.50    | Weighted average of all fruits |
|107| 14.00  | 10.00   | 181.00    | 0.00    | 0.10    | 0.10    | 0.10    | 0.00    | 2       |
|108| 28.30  | 18.94   | 341.25    | 4.18    | 0.41    | 0.31    | 0.10    | 0.50    | Weighted average of all fruits |
|109| 28.30  | 18.94   | 341.25    | 4.18    | 0.41    | 0.31    | 0.10    | 0.50    | Weighted average of all fruits |
|110| 28.30  | 18.94   | 341.25    | 4.18    | 0.41    | 0.31    | 0.10    | 0.50    | Weighted average of all fruits |
|111| 28.30  | 18.94   | 341.25    | 4.18    | 0.41    | 0.31    | 0.10    | 0.50    | Weighted average of all fruits |
|112| 5.00   | 10.00   | 257.00    | 3.00    | 0.10    | 0.10    | 0.00    | 0.00    | 2       |
|113| 67.00  | 34.00   | 344.00    | 9.00    | 2.32    | 0.49    | 0.16    | 0.34    | 1, 3    |
|114| 76.00  | 23.00   | 570.00    | 48.00   | 3.00    | 0.70    | 2.74    | 0.34    | 1, 7    |
|115| 41.00  | 44.80   | 315.20    | 10.60   | 2.90    | 0.20    | 0.10    | 0.30    | 2       |
|   | P (mg) | MG (mg) | K (mg) | NA (mg) | FE (mg) | ZN (mg) | CU (mg) | MN (mg) | Sources |
|---|--------|---------|--------|---------|---------|---------|---------|---------|---------|
| 116 | 99.00  | 85.00   | 608.00 | 11.00   | 2.04    | 0.30    | 2.74    | 0.34    | 1       |
| 117 | 50.00  | 55.00   | 611.00 | 20.00   | 2.32    | 0.90    | 2.74    | 0.34    | 1       |
| 118 | 104.00 | 38.00   | 436.00 | 11.00   | 2.22    | 0.20    | 0.13    | 0.34    | 1,9     |
| 119 | 65.93  | 39.73   | 340.00 | 7.00    | 2.90    | 0.02    | 0.00    | 32.00   | 1,11,18 |
| 120 | 29.00  | 22.00   | 203.00 | 29.00   | 1.20    | 0.20    | 0.30    | 0.30    | 2,6     |
| 121 | 65.93  | 39.73   | 373.86 | 19.80   | 0.77    | 1.87    | 2.74    | 0.34    | 6,11    |
| 122 | 50.00  | 55.00   | 380.90 | 6.60    | 6.00    | 0.60    | 0.20    | 0.90    | 2,6     |
| 123 | 108.00 | 39.73   | 373.86 | 19.80   | 2.50    | 0.91    | 2.74    | 0.34    | 14      |
| 124 | 72.00  | 62.00   | 550.00 | 11.00   | 1.90    | 0.40    | 0.20    | 0.10    | 2,6     |
| 125 | 37.00  | 19.00   | 252.00 | 65.00   | 0.80    | 0.19    | 0.04    | 0.27    | 1,7     |
| 126 | 65.93  | 39.73   | 373.86 | 19.80   | 1.82    | 1.87    | 2.74    | 0.34    | Weighted average of all greens |
| 127 | 65.93  | 39.73   | 373.86 | 19.80   | 1.82    | 1.87    | 2.74    | 0.34    | Weighted average of all greens |
| 128 | 65.93  | 39.73   | 373.86 | 19.80   | 1.82    | 1.87    | 2.74    | 0.34    | Weighted average of all greens |
| 129 | 65.93  | 39.73   | 373.86 | 19.80   | 1.82    | 1.87    | 2.74    | 0.34    | Weighted average of all greens |
| 130 | 65.93  | 39.73   | 373.86 | 19.80   | 1.82    | 1.87    | 2.74    | 0.34    | Weighted average of all greens |
| 131 | 65.93  | 39.73   | 373.86 | 19.80   | 1.82    | 1.87    | 2.74    | 0.34    | Weighted average of all greens |
| 132 | 65.93  | 39.73   | 373.86 | 19.80   | 1.82    | 1.87    | 2.74    | 0.34    | Weighted average of all greens |
| 133 | 65.93  | 39.73   | 373.86 | 19.80   | 1.82    | 1.87    | 2.74    | 0.34    | Weighted average of all greens |
| 134 | 65.93  | 39.73   | 373.86 | 19.80   | 1.82    | 1.87    | 2.74    | 0.34    | Weighted average of all greens |
| 135 | 65.93  | 39.73   | 373.86 | 19.80   | 1.82    | 1.87    | 2.74    | 0.34    | Weighted average of all greens |
| 136 | 101.00 | 34.00   | 370.00 | 1.00    | 1.31    | 0.83    | 0.23    | 0.34    | 1       |
| 137 | 47.00  | 8.00    | 97.00  | 8.00    | 0.20    | 0.10    | 0.00    | 0.10    | 2       |
| 138 | 65.93  | 39.73   | 373.86 | 19.80   | 1.82    | 1.87    | 2.74    | 0.34    | Weighted average of all greens |
| 139 | 65.93  | 39.73   | 373.86 | 19.80   | 1.82    | 1.87    | 2.74    | 0.34    | Weighted average of all greens |
| 140 | 65.93  | 39.73   | 373.86 | 19.80   | 1.82    | 1.87    | 2.74    | 0.34    | Weighted average of all greens |
| 141 | 65.93  | 39.73   | 373.86 | 19.80   | 1.82    | 1.87    | 2.74    | 0.34    | Weighted average of all greens |
| 142 | 42.00  | 31.00   | 296.00 | 40.00   | 1.10    | 0.19    | 2.74    | 0.34    | 1       |
| 143 | 65.93  | 39.73   | 373.86 | 19.80   | 1.82    | 1.87    | 2.74    | 0.34    | Weighted average of all greens |
| 144 | 65.93  | 39.73   | 373.86 | 19.80   | 1.82    | 1.87    | 2.74    | 0.34    | Weighted average of all greens |
| 145 | 65.93  | 39.73   | 373.86 | 19.80   | 1.82    | 1.87    | 2.74    | 0.34    | Weighted average of all greens |
|   | P (mg) | MG (mg) | K (mg) | NA (mg) | FE (mg) | ZN (mg) | CU (mg) | MN (mg) | Sources |
|---|--------|---------|--------|---------|--------|--------|--------|--------|---------|
| 146 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 2,13,15 |
| 147 | 0.40   | 2.00    | 52.00  | 4.00    | 0.40   | 0.20   | 0.00   | 0.10   | 2,13    |
| 148 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 149 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 150 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 151 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 152 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 153 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 154 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 155 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 156 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 157 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 158 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 159 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 160 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 161 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 162 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 163 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 164 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 165 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 166 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 167 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 168 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 169 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 170 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 171 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 172 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 173 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 174 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 175 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
| 176 | 136.4  | 6.14    | 25.44  | 21.37   | 18.2   | 10.1   | 0.01   | 0.39   | 10      |
|   | P (mg) | MG (mg) | K (mg) | NA (mg) | FE (mg) | ZN (mg) | CU (mg) | MN (mg) | Sources |
|---|--------|---------|--------|---------|---------|---------|---------|---------|---------|
| 177 | 140.00 | 10.00   | 1806.00| 14.00   | 1.69    | 3.73    | 0.64    | 0.00    | 1       |
| 178 | 140.00 | 10.00   | 1806.00| 14.00   | 1.69    | 3.73    | 0.64    | 0.00    | 1       |
| 179 | 140.00 | 10.00   | 1806.00| 14.00   | 1.69    | 3.73    | 0.64    | 0.00    | 1       |
| 180 | 140.00 | 10.00   | 1806.00| 14.00   | 1.69    | 3.73    | 0.64    | 0.00    | 1       |
| 181 | 140.00 | 10.00   | 1806.00| 14.00   | 1.69    | 3.73    | 0.64    | 0.00    | 1       |
| 182 | 52.00  | 14.00   | 21.00  | 83.00   | 1.16    | 0.44    | 0.27    | 2.16    | 1,7     |
| 183 | 52.00  | 14.00   | 21.00  | 83.00   | 1.16    | 0.44    | 0.27    | 2.16    | 1,7     |
| 184 | 101.00 | 55.00   | 77.00  | 2.00    | 0.70    | 0.70    | 0.11    | 0.30    | 2,5     |
| 185 | 101.00 | 55.00   | 77.00  | 2.00    | 0.70    | 0.70    | 0.11    | 0.30    | 2,5     |
| 186 | 101.00 | 55.00   | 77.00  | 2.00    | 0.70    | 0.70    | 0.11    | 0.30    | 2,5     |
| 187 | 69.00  | 21.00   | 122.00 | 39.00   | 0.30    | 0.30    | 0.00    | 0.00    | 2       |
| 188 | 141.00 | 39.00   | 259.00 | 111.00  | 2.41    | 1.64    | 0.00    | 0.00    | 1,8     |
| 189 | 279.00 | 60.00   | 630.00 | 460.00  | 9.54    | 3.36    | 0.00    | 0.00    | 1       |
| 190 | 237.00 | 39.00   | 259.00 | 111.00  | 2.41    | 1.64    | 0.00    | 0.00    | 1       |
| 191 | 228.00 | 86.00   | 461.00 | 55.00   | 0.90    | 0.40    | 0.00    | 0.00    | 2       |
| 192 | 53.00  | 17.00   | 249.00 | 5.00    | 3.00    | 0.30    | 0.10    | 0.20    | 2       |
| 193 | 143.00 | 25.00   | 401.00 | 17.00   | 1.70    | 1.20    | 0.30    | 1.70    | 2       |
| 194 | 168.00 | 24.00   | 583.00 | 5.00    | 1.90    | 0.70    | 0.10    | 0.30    | 2       |
| 195 | 52.00  | 12.00   | 687.00 | 4.00    | 0.80    | 0.60    | 0.11    | 0.24    | 2,9     |
| 196 | 84.00  | 33.00   | 591.00 | 11.00   | 0.68    | 3.20    | 0.20    | 0.40    | 2,6     |
| 197 | 76.00  | 30.00   | 484.00 | 15.00   | 0.70    | 0.30    | 0.20    | 0.40    | 2       |
| 198 | 30.00  | 25.00   | 490.00 | 2.00    | 0.50    | 0.10    | 0.10    | 0.10    | 2       |
| 199 | 55.00  | 20.00   | 348.00 | 10.00   | 0.60    | 0.30    | 0.20    | 0.60    | 2,6     |
| 200 | 65.89  | 21.56   | 477.33 | 7.89    | 0.73    | 0.41    | 0.13    | 0.29    | Weighted average: cassava, yam, sweet potato, taro |
| 201 | 52.00  | 12.00   | 687.00 | 4.00    | 3.10    | 0.40    | 0.11    | 0.24    | 2,6,9   |
| 202 | 108.00 | 22.00   | 167.00 | 2.00    | 4.50    | 1.10    | 0.10    | 0.70    | 2,3     |
| 203 | 225.00 | 50.00   | 403.00 | 2400.00 | 2.20    | 0.21    | 0.00    | 0.00    | 1,2,9   |
| 204 | 0.00   | 0.00    | 0.00   | 0.00    | 0.00    | 0.00    | 0.00    | 0.00    | 0       |
| 205 | 7.00   | 0.00    | 0.00   | 0.00    | 0.00    | 0.00    | 0.00    | 0.00    | 2       |
|   | P (mg) | MG (mg) | K (mg) | NA (mg) | FE (mg) | ZN (mg) | CU (mg) | MN (mg) | Sources |
|---|-------|---------|--------|---------|--------|--------|--------|--------|---------|
| 206 | 72.00 | 33.00   | 666.00 | 27.00   | 1.50   | 0.30   | 0.20   | 0.30   | 2       |
| 207 | 14.00 | 10.00   | 89.00  | 8.00    | 0.40   | 0.10   | 0.00   | 0.20   | 2       |
| 208 | 2.00  | 0.00    | 2.00   | 1.00    | 0.10   | 0.00   | 0.00   | 0.00   | 2,3     |
| 209 | 4.00  | 2.00    | 52.00  | 4.00    | 0.40   | 0.20   | 0.00   | 0.10   | 2       |
| 210 | 2.00  | 2.00    | 24.00  | 3.00    | 0.10   | 0.00   | 0.00   | 0.00   | 2       |
| 211 | 3.00  | 4.00    | 52.00  | 6.00    | 0.30   | 0.00   | 0.10   | 0.10   | 2       |
| 212 | 203.00| 24.00   | 303.00 | 106.00  | 0.20   | 0.77   | 0.02   | 0.00   | 2,9     |
| 213 | 29.00 | 10.00   | 146.00 | 4.00    | 0.20   | 0.20   | 0.00   | 0.10   | 2       |
| 214 | 47.00 | 8.00    | 97.00  | 8.00    | 0.20   | 0.10   | 0.00   | 0.10   | 2       |
| 215 | 21.00 | 13.00   | 147.00 | 2.00    | 3.00   | 0.20   | 0.00   | 0.10   | 2       |
| 216 | 35.00 | 12.00   | 320.00 | 69.00   | 0.30   | 0.20   | 0.00   | 0.10   | 2       |
| 217 | 31.00 | 17.00   | 296.00 | 5.00    | 0.43   | 0.80   | 0.20   | 0.09   | 1       |
| 218 | 86.00 | 9.00    | 318.00 | 5.00    | 0.50   | 0.50   | 0.30   | 0.00   | 2       |
| 219 | 89.00 | 15.27   | 154.00 | 0.00    | 0.70   | 0.27   | 0.66   | 0.14   | 12      |
| 220 | 89.00 | 15.27   | 154.00 | 0.00    | 0.70   | 0.27   | 0.66   | 0.14   | 12      |
| 221 | 29.00 | 12.00   | 173.00 | 1.00    | 0.22   | 0.31   | 0.10   | 0.10   | 1       |
| 222 | 77.00 | 26.00   | 218.00 | 1.00    | 0.45   | 0.62   | 0.06   | 0.34   | 1       |
| 223 | 39.00 | 24.00   | 192.00 | 1.00    | 0.40   | 0.40   | 0.10   | 0.20   | 2       |
| 224 | 11.00 | 10.00   | 112.00 | 1.00    | 7.30   | 10.20  | 0.00   | 0.00   | 2       |
| 225 | 21.00 | 13.00   | 147.00 | 2.00    | 3.00   | 0.20   | 0.00   | 0.10   | 2       |
| 226 | 29.00 | 12.00   | 173.00 | 1.00    | 0.22   | 0.31   | 0.00   | 0.00   | 1       |
| 227 | 332.00| 26.00   | 256.00 | 57.00   | 5.91   | 3.83   | 0.14   | 0.00   | 1       |
| 228 | 248.20| 22.00   | 232.60 | 51.80   | 3.84   | 2.17   | 0.10   | 0.00   | 1       |
| 229 | 248.20| 22.00   | 232.60 | 51.80   | 3.84   | 2.17   | 0.10   | 0.00   | Weighted average of all wild birds |
| 230 | 248.20| 22.00   | 232.60 | 51.80   | 3.84   | 2.17   | 0.10   | 0.00   | Weighted average of all wild birds |
| 231 | 248.20| 22.00   | 232.60 | 51.80   | 3.84   | 2.17   | 0.10   | 0.00   | Weighted average of all wild birds |
| 232 | 248.20| 22.00   | 232.60 | 51.80   | 3.84   | 2.17   | 0.10   | 0.00   | Weighted average of all wild birds |
| 233 | 248.20| 22.00   | 232.60 | 51.80   | 3.84   | 2.17   | 0.10   | 0.00   | Weighted average of all wild birds |
| 234 | 248.20| 22.00   | 232.60 | 51.80   | 3.84   | 2.17   | 0.10   | 0.00   | Weighted average of all wild birds |
| 235 | 248.20| 22.00   | 232.60 | 51.80   | 3.84   | 2.17   | 0.10   | 0.00   | Weighted average of all wild birds |
|   | P (mg) | MG (mg) | K (mg) | NA (mg) | FE (mg) | ZN (mg) | CU (mg) | Mn (mg) | Sources                          |
|---|--------|---------|--------|---------|---------|---------|---------|---------|---------------------------------|
| 236 | 248.20 | 22.00   | 232.60 | 51.80   | 3.84    | 2.17    | 0.10    | 0.00    | Weighted average of all wild birds |
| 237 | 248.20 | 22.00   | 232.60 | 51.80   | 3.84    | 2.17    | 0.10    | 0.00    | Weighted average of all wild birds |
| 238 | 248.20 | 22.00   | 232.60 | 51.80   | 3.84    | 2.17    | 0.10    | 0.00    | Weighted average of all wild birds |
| 239 | 248.20 | 22.00   | 232.60 | 51.80   | 3.84    | 2.17    | 0.10    | 0.00    | Weighted average of all wild birds |
| 240 | 248.20 | 22.00   | 232.60 | 51.80   | 3.84    | 2.17    | 0.10    | 0.00    | Weighted average of all wild birds |
| 241 | 248.20 | 22.00   | 232.60 | 51.80   | 3.84    | 2.17    | 0.10    | 0.00    | Weighted average of all wild birds |
| 242 | 248.20 | 22.00   | 232.60 | 51.80   | 3.84    | 2.17    | 0.10    | 0.00    | Weighted average of all wild birds |
| 243 | 248.20 | 22.00   | 232.60 | 51.80   | 3.84    | 2.17    | 0.10    | 0.00    | Weighted average of all wild birds |
| 244 | 248.20 | 22.00   | 232.60 | 51.80   | 3.84    | 2.17    | 0.10    | 0.00    | Weighted average of all wild birds |
| 245 | 248.20 | 22.00   | 232.60 | 51.80   | 3.84    | 2.17    | 0.10    | 0.00    | Weighted average of all wild birds |
| 246 | 248.20 | 22.00   | 232.60 | 51.80   | 3.84    | 2.17    | 0.10    | 0.00    | Weighted average of all wild birds |
| 247 | 248.20 | 22.00   | 232.60 | 51.80   | 3.84    | 2.17    | 0.10    | 0.00    | Weighted average of all wild birds |
| 248 | 248.20 | 22.00   | 232.60 | 51.80   | 3.84    | 2.17    | 0.10    | 0.00    | Weighted average of all wild birds |
| 249 | 248.20 | 22.00   | 232.60 | 51.80   | 3.84    | 2.17    | 0.10    | 0.00    | Weighted average of all wild birds |
| 250 | 248.20 | 22.00   | 232.60 | 51.80   | 3.84    | 2.17    | 0.10    | 0.00    | Weighted average of all wild birds |
### Table 1b. Food categories

| Category                  | Count |
|---------------------------|-------|
| Bananas                   | 14    |
| Beans                     | 13    |
| Beverages                 | 2     |
| Bread                     | 9     |
| Bushmeat                  | 22    |
| Domestic meat/poultry     | 9     |
| Dried seafood             | 5     |
| Dried freshwater fish     | 1     |
| Freshwater fish           | 5     |
| Eggs                      | 2     |
| Fruits                    | 30    |
| Greens                    | 33    |
| Insects                   | 6     |
| Nuts                      | 2     |
| Palm hearts               | 28    |
| Pasta                     | 2     |
| Rice                      | 3     |
| Seafood                   | 5     |
| Spices                    | 2     |
| Staples                   | 8     |
| Store-bought goods        | 7     |
| Sugar                     | 4     |
| Vegetables                | 14    |
| Wild birds                | 24    |
| **Total**                 | **250** |
| ID | Variable | Malagasy Name | English Name | Category | Proxy | Proxied nutrients |
|----|----------|---------------|--------------|----------|-------|------------------|
| 3  | fonamb   | Fontsy Ambarababoaka | Latundan Banana | Bananas | Traditional banana cooked | All |
| 4  | fonand   | Fontsy andatra | Latundan Banana | Bananas | Traditional banana cooked | All |
| 8  | fonmak   | Fontsy makoa | Red Banana | Bananas | Traditional banana cooked | All |
| 9  | fonrav   | Fontsy malamaravina | Latundan Banana | Bananas | Traditional banana cooked | All |
| 14 | varfon   | Vary sy fontsy | Rice and banana mixture | Bananas | Averaged the nutritional composition of traditional banana and rice, assuming even weights | All |
| 19 | antsot   | Antsotry | Type of beans | Beans | Green bean, cooked | All |
| 20 | antvong  | Antidahivondraka | Type of beans | Beans | Average of cowpeas, kidney, mung, lima beans | All |
| 21 | bethaz   | Betanihazo | Type of beans | Beans | Cowpeas, boiled | All |
| 22 | grop     | Gros pois | Type of beans | Beans | Lima beans | All |
| 23 | telvo    | Telovolana | Type of beans | Beans | Cowpeas, boiled | All |
| 24 | tsias    | Tsiasisa | Type of beans | Beans | Mung beans, boiled, without salt | All |
| 25 | vam      | Vamaho | Black sesames | Beans | Sesame seed, unspecified white or black | All |
| 26 | voamai   | Voamaina | Beans (not specified) | Beans | Kidney beans (mature, boiled, without salt) | All |
| 27 | voatsi   | Voantsiroko | Type of beans | Beans | Cowpeas, boiled | All |
| 31 | beig     | Beignets | Doughnuts | Bread | Wheat, dough, deep fried | All |
| 32 | belar    | Belaro | Type of bread | Bread | English muffin | All |
| 33 | mofbok   | Mofo bokety | Type of bread | Bread | Cassava flour | All |
| 34 | mofgas   | Mofo gasy | Type of bread | Bread | Wheat, dough, deep fried | All |
| 35 | mofo     | Mofo | Bread | Bread | Sourdough bread | All |
| 36 | mofon    | Mofo fontsy | Bread | Bread | Sourdough bread | All |
|   | Speller | Scientific Name | Animal | Dietary Nutrients | Notes |
|---|---------|-----------------|--------|-------------------|-------|
| 37 | mofrav  | Mofo ravina     | Rice and banana bread | Bread | Averaged the nutritional composition of traditional banana and rice, assuming even weights | All |
| 38 | mofvzah | Mofo vazaha     | Flour bread | Bread | Sourdough bread | All |
| 39 | bokom   | Bokombolo       | Eastern lesser bamboo lemur | Bushmeat | Wild boar | fat, carbs, fatty acids, chol, fib, suc, vitamins, P, Na |
| 40 | sokin   | Sokina          | Greater hedgehog tenrec | Bushmeat | Wild boar | fat, carbs, fatty acids, chol, fib, suc, vitamins, P, Na |
| 41 | trandr  | Trandraka       | Tailless tenrec | Bushmeat | Wild boar | fat, carbs, fatty acids, chol, fib, suc, vitamins, P, Na |
| 42 | varkos  | Gidro           | White-headed lemur | Bushmeat | Wild boar | Wild boar: fat, carbs, fib, suc, fatty acids, chol, vitamins, P, Na; Hapalemur: remainder |
| 43 | ampon   | Fotsife         | Eastern woolly lemur | Bushmeat | Hapalemur griseus and wild boar | Pteropus rodricensis and wild boar |
| 44 | andreh  | Andrehy         | Madagascan rousette | Bushmeat | Pteropus rodricensis and wild boar | Pteropus: remainder |
| 45 | antsaora| Antsaora        | Lowland streaked tenrec | Bushmeat | Setifer setosus and wild boar | Setifer: remainder |
|   | Aye-aye | Aye-aye | Aye-aye | Bushmeat | Eulemur albifrons and wild boar |
|---|---------|---------|---------|----------|--------------------------------|
| 46 | babkot  | Babakoto| Indri, babakoto, primate | Bushmeat | Hapalemur griseus and wild boar |
| 47 | bib     | Bibidia | Wildlife (unspecified) | Bushmeat | Eulemur albifrons and wild boar |
| 48 | falanok | Falanoka| Falanouc, rare mongoose-like mammal, endemic | Bushmeat | Weighted average of bushmeat species |
| 49 | fosa    | Fosa    | Cat-like, carnivous mammal, endemic | Bushmeat | Weighted average of bushmeat species |
| 50 | jaboa   | Jaboady | Small Indian civet | Bushmeat | Weighted average of bushmeat species |
| 51 | kary    | Kary    | Wild cat | Bushmeat | Weighted average of bushmeat species |
| 52 | lambodia| Lambo dia| Bushpig  | Bushmeat | Wild boar |
| 53 | radak   | Radaka  | Leopard frog | Bushmeat | Frog legs, raw |
| 54 | tomb    | Tombokontsodiny | Malagasy civet | Bushmeat | Weighted average of bushmeat species |
| 55 | tongo   | Tongo   | Red-bellied lemur | Bushmeat | Eulemur albifrons and wild boar |
| 56 |         |         |         |          | Wild boar: fat, carbs, fib, suc, fatty acids, chol, vitamins, P, Na; Eulemur: remainder |
|   |   |   |   |   |   |
|---|---|---|---|---|---|
| 57 | tsid | Tsidy | Brown mouse lemur | Bushmeat | Eulemur albifrons and wild boar |
| 58 | tsits | Tsitsiha | Greater dwarf lemur | Bushmeat | Eulemur albifrons and wild boar |
| 59 | varkan | Varikandavaka | Lepilemur sp. | Bushmeat | Hapalemur griseus and wild boar |
| 60 | vontsi | Vontsira | Ring-tailed mongoose | Bushmeat | Weighted average of bushmeat species |
| 64 | angozy | Angozy | Zebu skin and fat (indicine cattle, humped cattle, Brahman) | Domestic meat/poultry; pork/beef | Beef, subcutaneous fat, cooked |
| 72 | ankor | Anankorana | Dried white shrimp | Dried seafood | (Palaemon spp; Penaeus sp.) |
| 74 | patsa | Patsa | Dried red shrimp | Dried seafood | (Palaemon spp; Penaeus sp.) |
| 75 | lksir | Laoko sira | Salted fish (typically larger fish) | Dried seafood | Dried saltwater fish |
| 97 | zano | Zano | Custard apple | Fruits | Weighted average of all fruits |
| 99 | mangvz | Mangambazaha | Type of fruit | Fruits | Mango |
| 100 | matbar | Matohabaratra | Type of fruit | Fruits | Weighted average of all fruits |
| 101 | sakoan | Sakoana | Plum of Cythera, apple kythira, tree Kythera | Fruits | Weighted average of all fruits |
| ID  | Code  | Name          | Type               | Group       | Description                                                                 | Area  |
|-----|-------|---------------|--------------------|-------------|----------------------------------------------------------------------------|-------|
| 102 | tomat | Tomate        | Tomato, ripe       | Fruits      | Fresh, red, roma tomato                                                     | All   |
| 103 | tsamkob | Tsaminakoba  | Type of fruit      | Fruits      | Weighted average of all fruits                                             | All   |
| 104 | vanok | Vanonoka      | Type of fruit      | Fruits      | Weighted average of all fruits                                             | All   |
| 105 | vaor | Vaory         | Type of fruit      | Fruits      | Weighted average of all fruits                                             | All   |
| 106 | voafk | Voafoko       | Type of fruit      | Fruits      | Weighted average of all fruits                                             | All   |
| 108 | voakz | Voankazo      | Fruit (not specified) | Fruits      | Weighted average of all fruits                                             | All   |
| 109 | voasir | Voasirindrina | Type of fruit      | Fruits      | Weighted average of all fruits                                             | All   |
| 110 | vong | Vongo         | Type of fruit      | Fruits      | Weighted average of all fruits                                             | All   |
| 111 | vontsik | Vontsikobila | Type of fruit      | Fruits      | Weighted average of all fruits                                             | All   |
| 125 | anab | Anambe        | Type of greens     | Greens      | Bok choy, raw                                                              | All   |
| 126 |anan | Anana         | General term for greens | Greens      | Weighted average of all greens                                             | All   |
| 127 | anbaml | Anamabala     | Type of greens     | Greens      | Weighted average of all greens                                             | All   |
| 128 | anbon | Ananabontro   | Type of greens     | Greens      | Weighted average of all greens                                             | All   |
| 129 | angid | Anangidy      | Type of greens     | Greens      | Weighted average of all greens                                             | All   |
| 130 | angis | Anangisa      | Type of greens     | Greens      | Weighted average of all greens                                             | All   |
| 131 | anjf | Ananjofo      | Type of greens     | Greens      | Weighted average of all greens                                             | All   |
| 132 | anlao | Anamafana     | Toothache plant, jambu, spot plant | Greens | Weighted average of all greens                                             | All   |
| 133 | anpats | Anampatsy     | Type of greens     | Greens      | Weighted average of all greens                                             | All   |
| 134 | antarik | Anantarika   | Type of greens     | Greens      | Weighted average of all greens                                             | All   |
| 135 | antsal | Anantsalepo   | Type of greens     | Greens      | Weighted average of all greens                                             | All   |
| 136 | antsek | Anantsenko    | Wild ferns         | Greens      | Fiddlehead ferns                                                           | All   |
| 137 | antsid | Anantsindra   | White nightshade   | Greens      | Nightshade, Ethiopian (Solanum aethiopicum), fruit                         | All   |
| 138 | antsinah | Anantsinahy  | Type of greens     | Greens      | Weighted average of all greens                                             | All   |
| 139 | antsr | Anantsiriry   | Rice paddy clovers | Greens      | Weighted average of all greens                                             | All   |
| 140 | antsom | Anantsonga    | Type of greens     | Greens      | Weighted average of all greens                                             | All   |
| No. | Code | Name     | Category                          | Subcategory          | Description                                                                 | Location |
|-----|------|----------|-----------------------------------|----------------------|-----------------------------------------------------------------------------|----------|
| 141 | fela | Felagna  | Flowers from Hesikesika           | Greens               | Weighted average of all greens                                             | All      |
| 142 | pets | Petsay   | Turnip greens                     | Greens               | Brassica rapa: Turnip greens, raw                                          | All      |
| 143 | ravhets | Ravina hetsika | Type of greens                 | Greens               | Weighted average of all greens                                             | All      |
| 144 | raving | Ravina angivy | Type of greens                | Greens               | Weighted average of all greens                                             | All      |
| 145 | solof | Solofoko | Type of greens (like hesikesika but wild forest version) | Greens               | Weighted average of all greens                                             | All      |
| 147 | ankantel | Ankaninantely | Fresh honeycomb                | Insects               | Honey, raw                                                                | All      |
| 148 | lafa | Lafa     | Beetle larvae                     | Insects               | Beetle larvae (mealworm)                                                   | All      |
| 149 | lafbit | Lafa bitay | Rhinoceros beetle grub           | Insects               | Beetle larvae (mealworm)                                                   | All      |
| 150 | lafoh | Lafa fohy | Beetle larvae                     | Insects               | Beetle larvae (mealworm)                                                   | All      |
| 151 | tsibo | Tsibobona | No common name                   | Insects               | Cybister sp.                                                               | All      |
| 153 | vakor | Vakoromanga | Type of nut                | Nuts                 | Peanuts, all types, boiled, with salt                                       | All      |
| 182 | longf | Longo fy | Type of pasta                    | Pasta                | Pasta, homemade, with egg, cooked                                          | All      |
| 183 | pate | Pate     | Pasta                            | Pasta                | Pasta, homemade, with egg, cooked                                          | All      |
| 184 | varh | Vary horaka | Paddy rice              | Rice                | Brown rice, boiled                                                         | All      |
| 185 | varj | Vary jinja | Swidden rice                   | Rice                | Brown rice, boiled                                                         | All      |
| 186 | vary_mas | Vary masaka | Cooked rice               | Rice                | Brown rice, boiled                                                         | All      |
| 188 | ordv | Orandava  | Prawns                           | Seafood              | Shrimp, combined with weighted average of all seafood                      | All      |
| 189 | orita | Orita    | Octopus                          | Seafood              | Shrimp, combined with weighted average of all seafood                      | All      |

- **Fatty acids:** chol; A, E, fol, B12; Mg, K, Na, Fe, Zn, Cu, Mn, B6
| Code | Name | Description | Category | Weighted Average | Nutrients |
|------|------|-------------|----------|-----------------|-----------|
| 190  | orlen | Orana legny | Fresh shrimp | Seafood | Weighted average of all seafood | Cu, Mn, B6 |
| 200  | hanbrk | Hanimbiroka | Unspecified type of root vegetable | Staples | Root vegetable average | All |
| 214  | agiv | Angivy | African eggplant, type of nightshade | Vegetables | Nightshade, Ethiopian (Solanum aethiopicum), fruit | All |
| 219  | papang | Papangay | Loofa gourd, sponge gourd | Vegetables | Weighted average of all vegetables | fatty acids, suc, D, E, C B6, fol, Mg, Zn, Cu, Mn |
| 220  | patsol | Patrola | Loofa gourd, sponge gourd | Vegetables | Weighted average of all vegetables | fatty acids, suc, D, E, C B6, fol, Mg, Zn, Cu, Mn |
| 225  | ambarbanj | Ambarabanjina | Type of vegetable in cucumber family | Vegetables | Cucumber, with peel, raw | All |
| 226  | voangar | | | Vegetables | Chayote, boiled without salt | All |
| 228  | akanga | Akanga | Guinea Fowl | Wild birds | Guinea hen, meat and skin | All |
| 229  | ambos | Ambosanga | Type of wild bird | Wild birds | Average of dove, wild duck, pheasant, quail, pigeon | All |
| 230  | boeza | Boeza | Lesser vasa parrot | Wild birds | Average of dove, wild duck, pheasant, quail, pigeon | All |
| 231  | dom | Domohina | Type of wild bird | Wild birds | Average of dove, wild duck, pheasant, quail, pigeon | All |
| 232  | fangad | Fangadiovy | Type of wild bird | Wild birds | Average of dove, wild duck, pheasant, quail, pigeon | All |
| 233  | firas | Firasa | Hawk | Wild birds | Average of dove, wild duck, pheasant, quail, pigeon | All |
| 234  | fod | Fody | Type of wild bird | Wild birds | Average of dove, wild duck, pheasant, quail, pigeon | All |
| #  | Code  | Species                        | Type of wild bird | Category      | Common Names                                                                 |
|----|-------|--------------------------------|-------------------|---------------|------------------------------------------------------------------------------|
| 235| hitsik| Hetsiketsika                   | Hawk              | Wild birds    | Average of dove, wild duck, pheasant, quail, pigeon                          |
| 236| kaikmav| Kaikimavo                      | Type of wild bird | Wild birds    | Average of dove, wild duck, pheasant, quail, pigeon                          |
| 237| kilan | Kilandy                        | Type of wild bird | Wild birds    | Average of dove, wild duck, pheasant, quail, pigeon                          |
| 238| koa   | Koa                            | Type of wild bird | Wild birds    | Average of dove, wild duck, pheasant, quail, pigeon                          |
| 239| lampir| Lampirana                       | Type of wild bird | Wild birds    | Average of dove, wild duck, pheasant, quail, pigeon                          |
| 240| mariah| Mariha                         | Type of wild bird | Wild birds    | Average of dove, wild duck, pheasant, quail, pigeon                          |
| 241| papa  | Papango                        | Hawk              | Wild birds    | Average of dove, wild duck, pheasant, quail, pigeon                          |
| 242| sob   | Soberly                        | Type of wild bird | Wild birds    | Average of dove, wild duck, pheasant, quail, pigeon                          |
| 243| totor | Totoroka                       | Type of owl       | Wild birds    | Average of dove, wild duck, pheasant, quail, pigeon                          |
| 244| triala| Tritrikiala                    | Type of wild bird | Wild birds    | Average of dove, wild duck, pheasant, quail, pigeon                          |
| 245| tsik  | Tsikoza                        | Type of wild bird | Wild birds    | Average of dove, wild duck, pheasant, quail, pigeon                          |
| 246| tsir  | Tsiriry                        | Type of wild bird | Wild birds    | Average of dove, wild duck, pheasant, quail, pigeon                          |
| 247| vorad | Vorona dy                      | Type of wild bird | Wild birds    | Average of dove, wild duck, pheasant, quail, pigeon                          |
| 248| vorb  | Vorombe                        | Hawk              | Wild birds    | Average of dove, wild duck, pheasant, quail, pigeon                          |
| 249| vorkah| Voronkahaka                    | Type of wild bird | Wild birds    | Average of dove, wild duck, pheasant, quail, pigeon                          |
| 250| vorts | Vorontsaina                    | Type of wild bird | Wild birds    | Average of dove, wild duck, pheasant, quail, pigeon                          |
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* Mineral analysis was conducted in the Glahn laboratory at Cornell University following an established methodology (Tako et al. 2013).

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Supplemental Table S4: Summary statistics for food categories (g/consumed/day per individual, at household meals)

| Food category       | Mean (g) | SD (g) | Min (g) | Max (g) |
|---------------------|----------|--------|---------|---------|
| Cereals             | 624.8    | 333.5  | 39.3    | 2134.8  |
| Roots and tubers    | 137.6    | 248.4  | 0.0     | 3571.7  |
| Vegetables          | 79.3     | 63.9   | 0.0     | 705.1   |
| Fruits              | 144.8    | 172.7  | 0.0     | 2246.8  |
| Wild meat           | 5.5      | 16.4   | 0.0     | 234.5   |
| Domestic meat       | 32.0     | 44.9   | 0.0     | 544.2   |
| Eggs                | 0.1      | 1.2    | 0.0     | 24.5    |
| Fish                | 16.9     | 25.6   | 0.0     | 653.2   |
| Pulses              | 4.8      | 10.1   | 0.0     | 154.2   |
| Milk and dairy      | 1.6      | 11.1   | 0.0     | 262.1   |
| Oils/fats           | 2.7      | 3.7    | 0.0     | 37.1    |
| Sugar               | 36.3     | 138.5  | 0.0     | 3044.5  |
| Miscellaneous       | 8.6      | 101.2  | 0.0     | 3801.2  |

Supplemental Table S5: Dietary intake of carbohydrates, fats, and other nutrients without an Estimated Average Requirement provided by the Institutes of Medicine

| Nutrient                    | Unit (person/day) | Mean   | Median | SD    | Min | Max    |
|-----------------------------|-------------------|--------|--------|-------|-----|-------|
| Carbohydrates               | g                 | 262.8  | 257.1  | 138.9 | 25.0| 1246.1|
| Total fat                   | g                 | 30.8   | 27.1   | 21.6  | 2.0 | 268.5 |
| Saturated fat               | g                 | 21.2   | 19.6   | 12.6  | 1.5 | 88.6  |
| Monounsaturated fat         | g                 | 7.0    | 4.8    | 8.9   | 0.2 | 172.8 |
| Polyunsaturated fat         | g                 | 2.7    | 2.4    | 2.2   | 0.2 | 33.6  |
| Cholesterol                 | mg                | 50.8   | 32.6   | 58.6  | 0.0 | 827.8 |
| Fiber                       | g                 | 18.7   | 15.8   | 14.0  | 1.5 | 166.6 |
| Sucrose                     | g                 | 18.6   | 12.2   | 20.4  | 0.3 | 331.6 |
| Potassium                   | mg                | 2552.5 | 1914.7 | 2259.8| 144.8| 27628.3|
| Manganese                   | mg                | 2.8    | 2.7    | 1.5   | 0.2 | 12.6  |
FIGURES

Supplemental Fig. S1: The linear relationship between increasing vitamin B12 consumption and increasing variability in vitamin B12 consumption. Note: 60/623 (9.6%) observations with greater than 100% monthly sufficiency are not shown, for visualization purposes. This relationship is consistent across most nutrients we analyzed.
Supplemental Fig. S2: Consumption smoothing

**Village 1**

Kilocalorie correlograms for each village, based on fitting autoregressive integrated moving average (ARIMA) models. Blue lines indicate 95% confidence intervals significance intervals; any correlation coefficient within blue lines is insignificant. The village 1 series is stationary in original form; the village 2 series was first-differenced for stationarity. An ARIMA(1,0,2) model provided best fit for village 1; an ARIMA(0,1,1) provided best fit for village 2. Village 1 shows no autocorrelation; the kilocalorie series approximates a random walk. Village 2 shows negative correlation between a given day and the subsequent 1-6 days, suggesting that households mildly smooth consumption over this time frame.
Supplemental Fig. S3: The distribution of Household Dietary Diversity Scores across all household days (panel A) and their seasonal variability (panel B)
Supplemental Fig. S4: The distribution of Food Consumption Scores for the full set of households weekly experiences (n=5,340)

The FCS ranges from 0 to 112. Scores ≤21 are considered “poor,” scores between 21.5 and 35 are “borderline,” (BL) and scores >35 “acceptable.”
Supplemental Fig. S5: The distribution of Minimum Dietary Diversity Scores for Women (MDD-W) for the full set of reproductive-aged women’s daily experiences (n=36,662)

The MDD-W ranges from 0 to 10 with five food groups being the threshold for high dietary diversity. Anything less than five food groups indicates low dietary diversity.