

- ix -

CONTENTS

	<u>Page</u>
Foreword	111
Acknowledgments	v
Introduction:	
Origin of Data and Extent of Coverage	1
Presentation of Data	1
Criteria Used in Preparing the Tables	2
List of Abbreviations	5
Food Composition Tables:	
I. Proximate Composition, Mineral and Vitamin Content of Foods	7
Cereals and Grain Products	8
Starchy Roots and Tubers	22
Dry Grain Legumes and Legume Products	24
Nuts and Seeds	32
Vegetables	40
Fruits	64
Sugars, Syrups and Sweets	76
Meat and Poultry	80
Eggs	88
Fish and Shellfish	90
Milk and Milk Products	98
Oils and Fats	106
Beverages	112
Miscellaneous	114
II. Amino Acid Content of Foods	119
Cereals and Grain Products	120
Dry Grain Legumes and Legume Products	126
Nuts and Seeds	130
Vegetables	132
Fruits	134
Sugars, Syrups and Sweets	136
Meat and Poultry	138
Eggs	140
Fish and Shellfish	142
Milk and Milk Products	146
Miscellaneous	148

CONTENTS

Food Composition Tables, continued

III. Fatty Acid Content of Foods	151
Cereals and Grain Products	152
Dry Grain Legumes and Legume Products	156
Nuts and Seeds	158
Fruits	160
Meat and Poultry	162
Fish and Shellfish	164
Milk and Milk Products	166
Oils and Fats	168
Miscellaneous	174

Appendices:

1. Index of Common Names of Foods	177
2. Index of Scientific Names of Plants and Fish	205
3. Descriptions of Selected Processed Foods Included in the Tables	223
4. Factors Used for Calculating Energy Values of Foods by the Atwater System	241
Factors Used for Calculating Protein from Nitrogen Content of Foods	242
Lipid Conversion Factors for Calculating Fatty Acid Content of Foods	243
5. Estimated Distribution of Sources of Vitamin A Activity (as IU) in Various Foods	244

References:

Bibliography on Data Sources for the Food Composition Tables	245
Bibliography on Scientific Nomenclature for Plants and Fish	261
Bibliography on Descriptions of Selected Processed Foods	264