

## Sight and Life Vitamin A table

		KJ	Fat	Ret.eqiv.	Retinol	min	max	Carotene	min	max	Conversion	Portion size
		100g	g/100g	ug/100g	ug/100g	ug/100g	ug/100g	ug/100g	ug/100g	ug/100g	Factor	g
	<b>Bread</b>											
B000010	Bread, wheat, brown	917	0.8	0.3	0.0			4			12	45
B000020	Bread, wheat, white	1146	3.0	0.0	0.0			0			12	40
B000030	Bread, wholemeal	786	1.0	0.7	0.0			8			12	50
	<b>Cereals</b>											
C000010	Barley, whole-grain, dry	1481	2.3	0.0	0.0			0			12	30
C000020	Cornflakes	1498	0.6	14.0	0.0			168			12	30
C000030	Maizemeal, wholegrain, white, dry	1515	3.6	0.0	0.0			0			12	30
C000040	Maizemeal, wholegrain, yellow, dry	1515	3.6	25.0	0.0			300	258	1146	12	30
C000050	Millet, pearl, meal/flour, dry	1510	4.6	0.0	0.0			0			12	30
C000060	Millet, pearl, wholegrain, dry	1510	5.0	10.0	0.0			120			12	30
C000070	Millet, ragi, meal/flour, dry	1372	1.3	2.5	0.0			30			12	30
C000080	Oats, rolled or meal, cooked	259	1.0	1.0	0.0			12			12	200
C000090	Rice, brown, cooked	469	0.8	0.0	0.0			0			12	200
C000100	Rice, white, unenriched, cooked	544	0.2	0.0	0.0			0			12	200
C000110	Sorghum, decorticated, flour/dry	1389	2.4	3.0	0.0			36			12	30
C000120	Sorghum, whole grain	1389	3.0	3.5	0.0			42			12	30
C000130	Starch	1594	0.1	0.0	0.0			0			12	30
C000140	Wheat	1265	1.8	1.7	0.0			20	10	30	12	30
C000150	Wheat bran	725	4.7	0.5	0.0			6			12	30
C000160	Wheat flour, white	1523	1.0	0.0	0.0			0			12	30
C000170	Wheat germ	1313	9.2	5.2	0.0			62			12	30
	<b>Cakes, cookies</b>											
D000010	Biscuits, sweet, cookies	2000	21.1	0.0	0.0			0			12	30
D000020	Crackers, salty or savoury	1816	11.8	0.0	0.0			0			12	30
	<b>Eggs, egg products</b>											
E000010	Egg yolk	1459	31.9	709.3	708.0	535	881	15	0	29	12	19
E000020	Egg, chicken, raw or cooked	646	11.3	210.6	210.0	190	230	7	0	13	12	60
E000030	Egg, duck, raw or cooked	774	13.8	541.3	540.0			16			12	70
E000040	Egg, white, raw	209	0.2	0.0	0.0			0			12	38
E000050	Pasta with egg, dry	1501	2.8	52.0	52.0	37	66	0			12	50
E000060	Pasta, wheat, white, cooked	590	0.7	0.0	0.0			0			12	200
	<b>Fruits</b>											
F000010	Acerola, raw	69	0.2	14.2	0.0			170	110	240	12	150
F000020	Akee, raw	903	20.0	46.7	0.0			560			12	150
F000030	Apple, raw	247	0.4	3.3	0.0			40	17	65	12	150
F000040	Apricots canned	278	0.1	64.3	0.0			772	560	2400	12	150
F000050	Apricots raw	183	0.1	175.2	0.0			2102	405	6400	12	150
F000060	Apricots, dried	996	0.5	362.0	0.0			4344			12	30
F000070	Avocado, raw	674	15.3	4.4	0.0			53	16	89	12	150
F000080	Banana, raw, ripe	385	0.5	4.0	0.0			48	20	121	12	225
F000082	Banana, cream fleshed	385	0.5	11.7	0.0			140	80	200	12	150
F000084	Banana, yellow fleshed	385	0.5	54.9	0.0			659	400	918	12	150
F000086	Banana, orange fleshed	385	0.5	314.2	0.0			3770	1181	6360	12	150
F000090	Bilberry, raw	153	0.6	2.8	0.0			34	13	47	12	150
F000100	Blackberry, raw	218	0.4	5.7	0.0			68	57	80	12	150
F000110	Blueberries, frozen, unsweetened	213	0.6	0.2	0.0			2			12	150
F000120	Blueberries, raw	234	0.4	2.9	0.0			35			12	150
F000130	Boysenberry, raw	138	0.3	8.3	0.0			100			12	150
F000140	Breadfruit, ripe, boiled or baked	431	0.2	1.8	0.0			22			12	100
F000150	Buriti (Brazil)	550	7.5	3000.0	0.0			36000			12	30
F000160	Cape gooseberry, raw	306	1.1	75.0	0.0			900	200	1700	12	150
F000170	Carambola, Star fruit, raw	100	0.5	33.9	0.0			407	32	592	12	150
F000180	Carissa, raw	330	1.1	1.9	0.0			23	20	25	12	150

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		100g	g/100g	ug/100g	ug/100g	ug/100g	ug/100g	ug/100g	ug/100g	ug/100g	Factor	g
F000190	Cashew fruit, raw	225	0.7	63.3	0.0			760			12	150
F000200	Chayote, raw	113	0.1	1.3	0.0			15			12	150
F000210	Cherries, sweet, raw	283	0.6	1.8	0.0			22			12	150
F000220	Cherry sour, raw	225	0.5	20.0	0.0			240			12	150
F000230	Clementines	158	0.1	6.3	0.0			75			12	150
F000240	Currant, black, raw	168	0.2	6.8	0.0			81	36	100	12	150
F000250	Currant, red, raw	139	0.2	2.1	0.0			25			12	150
F000260	Date dried	1174	0.5	7.9	0.0			95	40	150	12	30
F000270	Durian, raw or frozen	615	5.3	9.0	0.0			108			12	150
F000280	Fig, dried	1059	1.3	4.3	0.0			51	30	100	12	30
F000290	Fig, raw	260	0.5	4.0	0.0			48			12	150
F000300	Gooseberry, raw	158	0.2	9.2	0.0			110			12	150
F000310	Grapefruit, raw, pink and red, all areas	126	0.1	51.0	0.0			612	248	2365	12	230
F000320	Grapefruit, raw, white, all areas	138	0.1	1.5	0.0			18			12	230
F000330	Grapes, red or green, raw	297	0.6	2.3	0.0			27	17	36	12	160
F000340	Guava, raw, common	179	0.6	42.8	0.0			514	435	592	12	150
F000350	Jackfruit, raw	296	0.5	4.4	0.0			53	31	64	12	150
F000360	Jujube, raw	445	0.3	0.8	0.0			10			12	150
F000370	Kiwi, raw	215	0.6	3.6	0.0			43	40	45	12	150
F000380	Kumquat, raw	270	0.3	14.6	0.0			175			12	150
F000390	Lady's finger, raw	81	0.2	21.3	0.0			256	68	445	12	150
F000400	Lemon, no peel, raw	121	0.3	1.2	0.0			14	11	18	12	30
F000410	Loquat, raw	170	0.2	66.7	0.0			800	400	1100	12	150
F000420	Lychee, raw	248	0.1	0.0	0.0			0			12	30
F000430	Mamey, raw	231	0.4	10.0	0.0			120	100	140	12	150
F000440	Mandarin, raw	195	0.3	22.8	0.0			274	67	1192.5	12	150
F000450	Mango, ripe, raw	272	0.3	152.1	0.0			1825	100	2400	12	150
F000460	Mango, unripe, raw	272	0.3	5.0	0.0			60			12	150
F000470	Mangosteen, canned, syrup pack	305	0.6	1.8	0.0			21			12	150
F000480	Melon, cantaloupe type, raw	146	0.3	147.5	0.0			1770	1381.5	1877.5	12	150
F000490	Mirabelle, raw	269	0.2	18.8	0.0			225			12	150
F000500	Mountain-cranberry, raw	148	0.5	1.8	0.0			22			12	150
F000510	Narajilla, raw	188	0.2	10.8	0.0			130	70	230	12	150
F000520	Nectarines, raw	205	0.5	10.9	0.0			131	25	407	12	150
F000530	Orange juice, raw	188	0.2	3.6	0.0			44	16	86	12	200
F000540	Orange, raw	197	0.1	6.8	0.0			82	27	300	12	150
F000550	Papaya, ripe, raw	163	0.1	67.8	0.0			814	71	1542	12	150
F000560	Passion fruit, Granadilla, raw	268	0.4	54.4	0.0			653	377	750	12	150
F000570	Peach, raw	180	0.1	8.5	0.0			102	40	148	12	150
F000580	Pears, raw	247	0.4	1.9	0.0			23	4	30	12	150
F000590	Persimmons, japanese, dried	1146	0.6	38.4	0.0			461			12	30
F000600	Persimmons, japanese, raw	293	0.2	107.3	0.0			1288	857	1900	12	150
F000610	Pineapple, raw	205	0.4	3.0	0.0			36	12	90	12	150
F000620	Plums, dried	943	0.6	11.7	0.0			140			12	30
F000630	Plums, raw	230	0.6	20.6	0.0			247	106	455	12	150
F000640	Pomegranate, raw	316	0.6	3.3	0.0			40			12	150
F000650	Prickly pears, raw	163	0.5	3.3	0.0			40	0	55	12	150
F000660	Pummelo, raw	159	0.0	0.4	0.0			5			12	150
F000670	Raisins, seedless	1255	0.5	1.5	0.0			18	6	30	12	150
F000680	Rambutan, canned, syrup pack	343	0.2	0.2	0.0			2			12	150
F000690	Raspberries, raw	174	0.4	1.6	0.0			19	2	54	12	150
F000700	Rhubarb, raw	56	0.1	2.5	0.0			60			24	150
F000710	Rose hip, haw, raw	399	0.6	400.0	0.0			4800	3600	6000	12	30
F000720	Sapodilla, raw	365	0.9	3.3	0.0			40			12	150

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F000730	Sapote, raw	397	0.5	5.0	0.0			60			12	150
F000740	Sea buckthorn, raw	368	7.1	125.0	0.0			1500	800	2800	12	30
F000750	Strawberries, raw	131	0.4	1.0	0.0			12	5	23	12	150
F000760	Tamarinds, raw	1005	0.4	0.8	0.0			9	8	10	12	30
F000770	Tangerine juice, raw	180	0.2	5.2	0.0			62	13	152	12	200
F000780	Tangerines, (mandarin oranges), raw	184	0.2	17.4	0.0			209	97	321	12	150
F000790	Watermelon, raw	134	0.3	30.3	0.0			363	287	595	12	150
	<b>Vegetables</b>											
G000010	Amaranth, raw	96	0.3	203.3	0.0			4878	1227	8340	24	150
G000020	Arrowroot, raw	272	0.2	0.5	0.0			11			24	150
G000030	Artichoke, raw	93	0.1	4.2	0.0			100	60	120	24	150
G000040	Arugula, raw	62	0.7	58.3	0.0			1400			24	50
G000050	Asparagus, raw	86	0.2	17.5	0.0			420	315	593.75	24	150
G000060	Aubergine, raw	72	0.2	1.8	0.0			43	10	87	24	150
G000070	Balsam-pear (bitter gourd), pods, raw	71	0.2	11.8	0.0			283	225	340	24	150
G000080	Bamboo shoots, raw	72	0.3	0.6	0.0			14	12	15	24	150
G000090	Beans, fava, in pod, raw	368	0.7	8.4	0.0			201			24	150
G000100	Beans, snap, green, cooked, boiled, drained	146	0.3	24.9	0.0			598	578	620	24	150
G000110	Beans, snap, green, frozen, all styles, unprepared	138	0.2	12.2	0.0			292			24	150
G000120	Beans, snap, green, raw	130	0.1	17.1	0.0			411	274	555	24	150
G000130	Beansprouts, soy, cooked	510	6.7	0.3	0.0			6			24	150
G000140	Beet greens, cooked, boiled, drained	113	0.2	106.7	0.0			2560			24	150
G000150	Beet greens, raw	79	0.1	142.0	0.0			3408	2181	5035	24	150
G000160	Beetroot, raw	175	0.1	0.6	0.0			15	10	20	24	150
G000170	Broccoli, boiled	117	0.4	34.8	0.0			834			24	150
G000180	Broccoli, raw	117	0.4	32.5	0.0			779	398	2330	24	150
G000190	Brussels sprouts, cooked, boiled, drained	163	0.5	19.4	0.0			465	450	480	24	150
G000200	Brussels sprouts, raw	180	0.3	15.6	0.0			375	215	535.5	24	150
G000210	Cabbage, inner leaves, boiled	92	0.4	3.3	0.0			78	59	80	24	150
G000220	Cabbage, inner leaves, raw	105	0.3	2.7	0.0			65	58	80	24	150
G000230	Cabbage, swamp, chinese	105	0.3	112.5	0.0			2700	1200	4200	24	150
G000240	Carrot juice, raw	93	0.2	108.3	0.0			2600			24	200
G000250	Carrots, raw or boiled	159	0.3	430.2	0.0			10325	4877	19555	24	150
G000260	Cassava, leaves, raw	96	0.3	151.7	0.0			3640	1216	6272	24	150
G000270	Cassava, white, raw	669	0.3	0.3	0.0			8			24	100
G000280	Cassava, yellow, raw	669	0.3	15.9	0.0			381	100	1050	24	100
G000290	Cauliflower, raw	95	0.3	0.9	0.0			21	4	50	24	150
G000300	Celeriac, raw	77	0.3	0.6	0.0			15	10	30	24	150
G000310	Celery, cooked, boiled, drained	75	0.2	5.4	0.0			130	50	210	24	150
G000320	Celery, raw	67	0.1	4.2	0.0			100	50	150	24	150
G000330	Chard, swiss, raw	79	0.2	165.8	0.0			3979	2741	4597	24	50
G000340	Chestnut, raw	727	1.4	2.0	0.0			48	0	72	24	50
G000350	Chicory, greens, raw	70	0.2	50.0	0.0			1200			24	50
G000360	Chili	113	0.2	34.8	0.0			835	140	1530	24	30
G000370	Chinese cabbage, raw	51	0.3	17.7	0.0			425	190	3020	24	150
G000380	Chives, raw	115	0.7	33.5	0.0			804	300	1308	24	150
G000390	Chrysanthemum, garland, raw	88	0.2	55.5	0.0			1332			24	150
G000400	Collards, cooked, boiled, drained	109	0.4	186.4	0.0			4473	2900	5536.5	24	150
G000410	Collards, raw	126	0.4	145.1	0.0			3482	2284	5400	24	150
G000420	Corn, Maize, sweet, white, boiled	452	1.3	0.0	0.0			0			24	50
G000430	Corn, Maize, sweet, yellow, boiled	372	1.0	4.6	0.0			110	8	176	24	50
G000440	Cos, raw (romaine)	67	0.2	65.0	0.0			1560			24	50
G000450	Cress, raw	139	0.7	78.9	0.0			1893	1280	2600	24	50
G000460	Cucumber, peeled, raw	50	0.2	1.5	0.0			35			24	150

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G000470	Cucumber, with peel, raw	54	0.1	10.6	0.0			255	6	1150	24	150
G000480	Dandelion leaves, raw	113	0.6	329.2	0.0			7900	7200	8200	24	50
G000490	Drumstick, Moringa	88	0.7	567.2	0.0			13613	7536	19690	24	150
G000500	Eggplant, boiled (fruit)	117	0.2	1.5	0.0			36			24	150
G000510	Endivie, raw	65	0.2	55.4	0.0			1330	960	1700	24	50
G000520	Fennel leaves, raw	101	0.3	195.8	0.0			4700	2100	7800	24	50
G000530	Fennel, raw	82	0.2	5.8	0.0			140			24	150
G000540	Fiddlehead ferns, frozen, unprepared	142	0.4	25.7	0.0			617			24	150
G000550	Fiddlehead ferns, raw	142	0.4	91.9	0.0			2206			24	150
G000560	French beans (string beans)	139	0.2	14.6	0.0			351	199.5	510	24	150
G000570	French beans canned	53	0.1	8.3	0.0			200	100	250	24	150
G000580	Garden sorrel, raw	87	0.4	9.6	0.0			231			24	150
G000590	Grape leaves, canned	289	2.0	131.4	0.0			3153			24	50
G000600	Grape leaves, raw	389	2.1	674.8	0.0			16196			24	50
G000610	Horseradishtree leaf, boiled	251	0.9	175.3	0.0			4206			24	150
G000620	Jujube, raw	331	0.2	1.0	0.0			24			24	150
G000630	Jute potherb leaf, boiled	155	0.2	129.8	0.0			3114			24	150
G000640	Kale, cooked, boiled, drained	126	0.4	221.7	0.0			5321	3745	12600	24	150
G000650	Kale, raw	182	0.8	300.5	0.0			7213	3145	15000	24	150
G000660	Kohlrabi, raw	104	0.2	8.3	0.0			200	100	450	24	150
G000670	Lamb's lettuce	58	0.4	162.5	0.0			3900	900	7500	24	50
G000680	Leek, raw	104	0.3	17.5	0.0			421	87	1000	24	150
G000690	Lettuce, cos or romaine, raw	54	0.2	49.4	0.0			1186	100	3100	24	50
G000700	Lettuce, iceberg, raw	52	0.2	8.0	0.0			191	50	332	24	50
G000710	Lotus root, cooked, boiled, drained	276	0.1	0.1	0.0			3			24	150
G000720	Mangold, raw	58	0.3	145.8	0.0			3500	1200	6000	24	150
G000730	Mustard leaves, boiled	63	0.2	75.8	0.0			1818			24	50
G000740	Okra, cooked, boiled, drained	134	0.2	13.3	0.0			318	170	465	24	150
G000750	Okra, raw	138	0.1	18.6	0.0			446			24	150
G000760	Onion, bulb, raw or boiled	150	0.2	0.2	0.0			5	0	10	24	50
G000770	Onions, spring or scallions (includes tops and bulb), raw	134	0.2	21.1	0.0			507	394	620	24	50
G000780	Parsley leaf, raw	214	0.4	200.8	0.0			4820	4040	5600	24	150
G000790	Parsley, dried	1155	4.4	583.5	0.0			14004			24	10
G000800	Parsley, raw	169	0.5	1.3	0.0			30	10	65	24	50
G000810	Peas, green, canned	157	0.4	10.8	0.0			260	220	300	24	150
G000820	Peas, green, raw	341	0.4	18.1	0.0			434	118	695	24	150
G000830	Peppers, green, sweet, raw or boiled	92	0.3	24.2	0.0			580			24	150
G000840	Peppers, red, sweet, raw or boiled	113	0.2	126.0	0.0			3025	2539	3511	24	150
G000850	Peppers, sweet, green, raw	113	0.2	23.7	0.0			568	81	1700	24	150
G000860	Peppers, sweet, yellow, raw	113	0.2	5.0	0.0			120			24	150
G000870	Pigeonpeas, fresh, cooked	464	1.4	1.8	0.0			42			24	150
G000880	Plantain, cooked	485	0.2	22.8	0.0			546			24	150
G000890	Pulque, fermented cactus sap	180	0.0	0.0	0.0			0			24	150
G000900	Pumpkin, raw	104	0.1	232.5	0.0			2790	450	5315	12	150
G000910	Purslane, raw	48	0.3	45.8	0.0			1100	800	1500	24	150
G000920	Radish, raw	61	0.1	0.4	0.0			9			24	150
G000930	Red cabbage, raw	92	0.2	0.6	0.0			15			24	150
G000940	Sauerkraut, raw	71	0.3	0.8	0.0			18	0	30	24	150
G000950	Seaweed, kelp, raw (seagirdle)	180	0.6	3.0	0.0			72			24	150
G000960	Seaweed, laver, raw (nori)	146	0.3	130.0	0.0			3120			24	150
G000970	Soybean sprouts, raw	211	1.0	1.0	0.0			25			24	150
G000980	Spinach, boiled	84	0.4	192.3	0.0			4615	2100	9480	24	150
G000990	Spinach, raw	96	0.3	219.5	0.0			5269	3535	8900	24	150
G001000	Squash, summer, cooked (fruit)	84	0.3	15.1	0.0			181	178	220	12	150

## Sight and Life Vitamin A table

		KJ	Fat	Ret.eqiv.	Retinol	min	max	Carotene	min	max	Conversion	Portion size
		100g	g/100g	ug/100g	ug/100g	ug/100g	ug/100g	ug/100g	ug/100g	ug/100g	Factor	g
G001010	Squash, summer, zucchini, includes skin, raw	59	0.1	34.2	0.0			410			12	150
G001020	Squash, winter, butternut, raw	188	0.1	386.9	0.0			4643	1726	8845.5	12	150
G001030	Squash, winter, yellow, cooked	163	0.6	200.5	0.0			2406	0	4400	12	150
G001040	Stinging nettle, raw	170	0.6	30.9	0.0			742			24	50
G001050	Tomato juice, canned	71	0.1	20.2	0.0			484	200	900	24	200
G001060	Tomato products, canned, paste, with salt added	343	0.6	52.4	0.0			1257	910	1800	24	150
G001070	Tomato products, canned, sauce	153	0.2	28.0	0.0			673	370	4500	24	150
G001080	Tomato, red, ripe, canned	77	0.2	13.5	0.0			324	70	610	24	150
G001090	Tomatoes, red, ripe, raw, year round average	88	0.3	21.7	0.0			521	115	811.5	24	150
G001100	Tree tomato, Tamarillo, raw	239	0.8	42.1	0.0			1010	750	1380	24	150
G001110	Turnip leaves, boiled	84	0.2	137.5	0.0			3300			24	150
G001120	Turnip, root, boiled	90	0.1	1.5	0.0			36	0	72	24	150
G001130	Vegetable juice cocktail, canned	79	0.1	39.0	0.0			935			24	150
G001140	Wasabi, root, raw	456	0.6	0.6	0.0			14			24	150
G001150	Water cress, raw	73	0.3	175.4	0.0			4210	2520	5900	24	50
G001160	Yautia (tannier), raw	410	0.4	0.1	0.0			3			24	150
	<b>Pulses nuts, oil- and other seeds</b>											
H000010	Almonds, dried	2438	53.2	5.0	0.0			60	0	120	12	30
H000020	Bean white dry	1007	1.6	33.3	0.0			400	180	720	12	60
H000030	Beans, baked, canned, plain or vegetarian	389	0.5	25.4	0.0			305	127	482	12	200
H000040	Beans, pinto, mature seeds, raw	1423	1.1	2.2	0.0			26			12	60
H000050	Broadbean, mature boiled	460	0.4	8.7	0.0			104	12	195	12	200
H000060	Cashew nut	2377	42.2	2.8	0.0			33	6	60	12	30
H000070	Chick pea	1295	5.9	15.0	0.0			180			12	60
H000080	Chickpea, mature boiled	686	2.6	1.5	0.0			18			12	200
H000090	Coconut meat, fresh	1481	33.5	0.0	0.0			0			12	30
H000100	Coconut milk	102	0.4	0.0	0.0			0			12	200
H000110	Cowpea common	1013	1.4	2.5	0.0			30	15	44	12	60
H000120	Cowpea, mature boiled	485	0.5	1.0	0.0			12			12	200
H000130	Hazelnut	2662	61.6	1.3	0.0			15	0	29	12	30
H000140	Hummus, home-prepared	715	8.5	1.5	0.0			18			12	200
H000150	Kidney bean, mature boiled	531	0.5	0.0	0.0			0			12	200
H000160	Lentil	1296	1.9	5.6	0.0			68	35	100	12	60
H000170	Lentil, boiled	485	0.4	0.5	0.0			6			12	200
H000180	Lotus seed, dried	1389	2.0	2.5	0.0			30			12	30
H000190	Mungo bean	1143	1.2	3.0	0.0			36	20	45	12	60
H000200	Olives, green marinated	568	13.9	19.6	0.0			235	180	290	12	30
H000210	Olives, ripe, pitted	481	10.7	20.0	0.0			240			12	30
H000220	Pea, seed, dry	1152	1.4	6.7	0.0			80	60	110	12	60
H000230	Peanuts, all types, raw or cooked	2372	49.2	0.1	0.0			1			12	30
H000240	Pecan nut	2898	72.0	5.4	0.0			65	50	80	12	30
H000250	Pigeon pea	1194	1.4	8.3	0.0			100	55	160	12	60
H000260	Pistachio	2405	51.6	12.5	0.0			150	60	250	12	30
H000270	Pumpkin/squash seed kernels	2264	45.9	19.0	0.0			228			12	30
H000280	Sesame seed, whole, dried	2397	49.7	2.0	0.0			24	6	42	12	30
H000290	Soya bean	1366	18.3	31.7	0.0			380	340	400	12	60
H000300	Soybean, immature, boiled	590	6.4	8.0	0.0			96			12	200
H000310	Soybean, mature boiled	695	8.0	0.5	0.0			6			12	200
H000320	Sunflower seeds fresh	2405	49.0	1.4	0.0			17	15	18	12	30
H000330	Tempeh, soybean, mold processed	833	7.7	0.5	0.0			6			12	120
H000340	Tofu	318	4.8	0.0	0.0			0			12	200
H000350	Walnut	2712	62.2	3.3	0.0			39	0	78	12	30
	<b>Potatoes, funghis</b>											
K000010	Cassava root, dried fermented	1377	0.7	0.0	0.0			0			12	60

## Sight and Life Vitamin A table

		KJ	Fat	Ret.eqiv.	Retinol	min	max	Carotene	min	max	Conversion	Portion size
		100g	g/100g	ug/100g	ug/100g	ug/100g	ug/100g	ug/100g	ug/100g	ug/100g	Factor	g
K000020	Cassava root, white boiled	548	0.3	2.8	0.0			33	5	36	12	200
K000030	Chanterelle, raw	48	0.5	108.3	0.0			1300			12	30
K000040	Mushrooms, boiled (stem and cap)	90	0.4	0.4	0.0			5	0	16	12	200
K000050	Potato crisps	2335	38.4	0.0	0.0			0			12	30
K000060	Potato, baked or boiled	389	0.1	0.0	0.0			0			12	200
K000070	Potato, deep fat fried	1318	16.6	0.0	0.0			0			12	200
K000080	Potato, flesh and skin, raw	321	0.1	0.5	0.0			6	1	7.7	12	250
K000090	Sweet potato, orange	459	0.6	422.1	0.0			5065	1800	16000	12	150
K000100	Sweet potato, white	459	0.6	4.2	0.0			50			12	150
K000110	Taro	454	0.3	0.8	0.0			10			12	150
K000120	Yam, white, tuber, cooked	413	0.1	0.4	0.0			5	0	10	12	150
	<b>Dairy products, cheese</b>											
M000010	Buffalo milk	448	8.0	64.0	64.0			0			12	200
M000020	Camel milk	320	4.1	50.0	50.0			0			12	200
M000030	Camembert Cheese	1301	25.7	398.3	380.0	280	480	220	160	290	12	30
M000040	Cheese soft fresh (ricotta)	577	7.9	113.0	113.0			0			12	30
M000050	Cheese soft fresh lowfat (cottage cheese)	431	4.5	48.0	48.0			0			12	30
M000060	Cheese soft fresh very lowfat	301	1.0	11.0	11.0			0			12	30
M000070	Cheese, cheddar	1672	32.8	327.7	317.0	250	520	128	0	300	12	30
M000080	Cheese, fresh, whole milk	1177	23.6	234.2	225.0	190	300	110	80	150	12	30
M000090	Cheese, Gouda	1373	25.4	260.0	260.0			0			12	30
M000100	Cheese, low fat, cheddar or colby	724	7.0	85.6	60.0			307			12	30
M000110	Condensed milk 10% fat	742	10.1	67.8	64.0	61	72	45	37	51	12	20
M000120	Cream 10% fat	510	10.5	70.2	66.0	51	80	50	40	60	12	20
M000130	Cream 30% fat	1269	31.7	326.9	315.0			143			12	20
M000140	Ewe's milk	403	6.3	50.4	50.0			5	2	7	12	200
M000150	Goat's milk	285	4.0	54.5	53.0	44	62	18	0	35	12	200
M000160	Human milk pretransitional 2nd-3rd day post partum	234	2.9	173.3	169.0			51			12	200
M000170	Human milk transitional 6-10th day post partum	270	3.5	141.2	139.0	58	180	26			12	200
M000180	Human milk, Mothers milk, mature	289	4.2	64.8	64.5	52	73	3			12	200
M000190	Milk powder	2016	26.2	241.7	230.0	220	240	140			12	20
M000200	Milk powder skimmed	1518	1.0	7.1	5.3			21			12	20
M000210	Milk, cow, 3.25% milkfat	257	3.3	28.7	28.0			8			12	200
M000220	Milk, cow, evaporated whole	561	7.6	54.0	54.0			0			12	200
M000230	Milk, cow, reduced fat	200	1.6	15.7	15.0	11	19	8	6	9	12	200
M000240	Milk, cow, skimmed, not fortified	146	0.2	1.7	1.7	1	3	0			12	200
M000250	Milk, cow, whole, not fortified	277	3.9	32.1	31.0	27	35	13	0	25	12	200
M000260	Yogurt, whole cow milk	251	4.0	30.8	30.0	26	33	9	0	22	12	200
	<b>Non alcoholic beverages</b>											
N000010	Carbonated beverages, sweetened	172	0.0	0.0	0.0			0			12	200
	<b>Alcoholic beverages</b>											
P000010	Beer, commercial, 4% alcohol	172	0.0	0.0	0.0			0			12	300
P000020	Distilled spirits, 50% alcohol	1234	0.0	0.0	0.0			0			12	30
P000030	Wine, table 11.5 alcohol	293	0.0	0.0	0.0			0			12	200
	<b>Oils, fats, butter</b>											
Q000010	Beef fat tallow	3700	99.8	146.7	110.0	0	540	220	190	360	6	20
Q000020	Butter	3045	81.1	783.8	739.0	520	958	269	158	460	6	20
Q000030	Butter oil (ghee, cow)	3665	99.5	925.0	925.0			0			6	20
Q000040	Canola oil	3700	100.0	550.0	0.0			3300			6	20
Q000050	Chicken fat	3766	99.8	0.0	0.0			0			6	20
Q000060	Coconut oil	3607	100.0	0.0	0.0			0			6	20
Q000070	Cod liver oil	3693	99.8	24000.0	24000.0	18000	30000	0			6	20
Q000080	Corn oil	3700	100.0	23.3	0.0			140	120	150	6	20
Q000090	Lard	3774	100.0	0.0	0.0			0			6	20

## Sight and Life Vitamin A table

		KJ	Fat	Ret.eqiv.	Retinol	min	max	Carotene	min	max	Conversion	Portion size
		100g	g/100g	ug/100g	ug/100g	ug/100g	ug/100g	ug/100g	ug/100g	ug/100g	Factor	g
Q000100	Margarine	2990	80.3	690.6	596.0	420	750	568	400	650	6	20
Q000110	Olive oil	3699	100.0	18.3	0.0			110	0	220	6	20
Q000120	Palm oil, red, fresh	3607	100.0	5500.0	0.0			33000	30400	341000	6	20
Q000120	Palm oil, refined	3607	100.0	0.0	0.0			0	0	0	6	20
Q000130	Peanut oil	3699	100.0	0.0	0.0			0			6	20
Q000140	Safflower oil	3699	100.0	0.0	0.0			0			6	20
Q000150	Shortening, hydrogenated vegetable oil	3699	100.0	0.0	0.0			0			6	20
Q000160	Soybean oil	3699	100.0	291.7	0.0			1750	0	3500	6	20
Q000170	Sunflower oil	3700	100.0	4.3	0.0			26			6	20
	<b>Recipe ingredients</b>											
R000010	Bouillon, powder	996	8.9	5.0	5.0			0			24	20
R000020	Capers, canned	96	0.9	3.5	0.0			83			24	10
R000030	Cinnamon ground	1092	3.2	6.5	0.0			156			24	2
R000040	Cocoa powder	958	13.7	0.5	0.0			12			24	5
R000050	Coffee (ground, dry)	8	0.0	0.0	0.0			0			24	5
R000060	Curry powder	1360	13.8	24.8	0.0			594			24	2
R000070	Gravy, chicken, canned	331	5.7	127.1	111.0			386			24	200
R000080	Monosodium glutamat	1439	0.0	0.0	0.0			0			24	2
R000090	Pepper, red, pungent, dry powder	1331	17.3	1040.3	0.0			24966			24	2
R000100	Sauce, oyster, ready-to-serve	213	0.3	7.5	7.0			13			24	200
R000110	Sauce, pasta, spaghetti/marinara, ready-to-serve	238	2.1	18.3	0.0			440			24	200
R000120	Sauce, ready-to-serve, pepper or hot	46	0.4	23.3	0.0			558			24	200
R000130	Sauce, ready-to-serve, salsa	117	0.2	16.6	0.0			398			24	200
R000140	Soup, chicken noodle, canned	255	1.9	10.1	0.0			242	16	467	24	250
R000150	Soup, minestrone, canned	285	2.1	28.5	0.0			683	340	1025	24	250
R000160	Soup, tomato, canned	285	1.5	9.8	0.0			235	230	242	24	250
R000170	Soup, vegetarian vegetable, canned	247	1.6	35.9	0.0			862	18	1705	24	250
R000180	Soybean sauce	251	0.1	0.0	0.0			0			24	20
R000190	Spearmint, dried	1192	6.0	382.2	0.0			9172			24	2
R000200	Spearmint, fresh	184	0.7	88.9	0.0			2133	2011	2255	24	10
R000210	Spices, thyme, fresh	423	1.7	118.8	0.0			2851			24	2
R000220	Tea (leaf, dry)	4	0.0	0.0	0.0			0			24	5
R000230	Tomato ketchup, Catsup	435	0.4	30.4	0.0			730	370	1481	24	20
R000240	Yeast compressed	439	1.9	0.0	0.0			0			24	5
	<b>Sugar and confectionery chocolate, ice-cream</b>											
S000010	Chocolate, Milk	2242	31.5	55.8	53.0	45	60	34	27	40	12	30
S000020	Chocolate, plain confect	1996	29.7	1.0	0.0			12			12	30
S000030	Honey	1272	0.0	0.0	0.0			0			12	30
S000040	Ice cream	849	11.4	123.5	123.5	70	160	0			12	50
S000050	Jellies	1134	0.1	1.0	0.0			12			12	20
S000060	Molasses, dark (treacle)	1075	0.0	0.0	0.0			0			12	20
S000070	Sugar sago palm	1460	0.1	0.0	0.0			0			12	20
S000080	Sugar, brown, cane or beet	1573	0.0	0.0	0.0			0			12	20
S000090	Sugar, white, cane or beet	1619	0.0	0.0	0.0			0			12	20
	<b>Fish and fish products</b>											
T000010	Carp, cooked, dry heat	678	7.2	26.5	26.5	9	140	0			12	150
T000020	Catfish, cooked, dry heat	439	2.9	15.0	15.0			0			12	150
T000030	Cod, atlantic and pacific, cooked	439	0.9	10.3	10.3	1.9	14	0			12	150
T000040	Cuttle fish	307	0.9	3.0	3.0			0			12	150
T000050	Eel	1162	24.5	1058.0	1058.0	480	1800	0			12	100
T000060	Flounder	306	16.5	9.9	9.9			0			12	150
T000070	Halibut, cooked, dry heat	586	2.9	43.0	43.0	15	54	0			12	150
T000080	Herring, pacific, cooked dry heat	833	13.0	36.0	36.0	20	64	0			12	150
T000090	Mackerel	758	11.9	100.0	100.0	45	140	0			12	150

## Sight and Life Vitamin A table

		KJ	Fat	Ret.eqiv.	Retinol	min	max	Carotene	min	max	Conversion	Portion size
		100g	g/100g	ug/100g	ug/100g	ug/100g	ug/100g	ug/100g	ug/100g	ug/100g	Factor	g
T000100	Mussel	286	2.0	54.0	54.0			0			12	50
T000110	Oyster, pacific, cooked, moist heat	682	4.6	19.0	19.0			0			12	50
T000120	Salmon	842	13.6	41.0	41.0	9	65	0			12	150
T000130	Sardine	498	4.5	20.0	20.0			0			12	150
T000140	Sardine, canned in oil	870	11.5	67.0	67.0			0			12	150
T000150	Shrimp, boiled	414	1.1	33.2	33.2	2.3	64	0			12	100
T000160	Squid, cooked, moist heat	770	2.8	10.0	10.0			0			12	150
T000170	Trout	433	2.7	32.0	32.0	30	45	0			12	150
T000180	Tuna yellowfin, cooked, dry heat	582	1.2	20.0	20.0			0			12	150
	<b>Meat</b>											
U000010	Beef brisket	834	14.0	22.0	22.0			0			12	150
U000020	Beef muscles only	455	1.9	20.0	20.0			0			12	150
U000030	Beef roastbeef	546	4.5	15.0	15.0			0			12	150
U000040	Beef, medium fat, roasted	1125	18.0	9.0	9.0	3	15	0			12	150
U000050	Beef, very fat, roasted	1594	30.9	9.0	9.0	3	15	0			12	150
U000060	Pork chop with bone	558	5.2	9.0	9.0			0			12	150
U000070	Pork muscles only	443	1.9	6.0	6.0			0			12	150
U000080	Pork shoulder with skin	908	16.5	9.0	9.0			0			12	150
U000090	Pork, fresh, roasted	1142	17.2	2.0	2.0			0			12	150
U000100	Veal muscles only	392	0.8	0.1	0.1			0			12	150
U000110	Water buffalo, roasted	548	1.8	0.1	0.1			0			12	150
	<b>Poultry, game, feathered game, offals</b>											
V000010	Brain, simmered	669	12.5	0.0	0.0			0			12	50
V000020	Chicken for roasting	694	9.6	39.0	39.0	10	44	0			12	150
V000030	Chicken, mature, medium fat	1192	18.9	39.0	39.0			0			12	150
V000040	Duck, domestic, meat	1410	28.4	63.0	63.0			0			12	150
V000050	Goat meat	623	7.9	36.0	36.0			0			12	150
V000060	Goose	1414	31.0	65.0	65.0	44	97	0			12	150
V000070	Grubs, mixed spp.,	1192	21.0	1.0	1.0			0			12	150
V000080	Horse meat	456	2.7	21.0	21.0	12	27	0			12	150
V000090	Kidney, beef, cooked	602	3.4	373.0	373.0			0			12	150
V000100	Liver, beef, braised	674	4.9	20357.0	20357.0			0			12	150
V000110	Liver, chicken, braised	614	5.1	16833.0	16833.0	6000	34000	0			12	150
V000120	Liver, ox	547	3.4	18000.0	18000.0	3000	38000	0			12	150
V000130	Liver, pig	549	4.9	28200.0	28200.0	6000	56000	0			12	150
V000132	Liver, parrot fish	596	4.6	8623.0	8623.0			0			12	150
V000134	Liver, skipjack, tuna fish	596	4.6	50169.0	50169.0			0			12	150
V000136	Liver, yellowfin, tuna fish	596	4.6	204102.0	204102.0			0			12	150
V000140	Locust, raw or cooked.	1146	21.5	1.0	1.0			0			12	150
V000150	Ox blood	307	0.1	21.0	21.0	16	30	0			12	150
V000160	Pigeon, fresh meat with skin cooked	1026	17.8	8.0	8.0			0			12	150
V000170	Pig's kidney	426	3.8	60.0	60.0	40	230	0			12	150
V000180	Rabbit meat	636	7.6	3.0	3.0			0			12	150
V000190	Spleen beef braised	607	4.2	95.0	95.0			0			12	30
V000200	Turkey, meat plus skin	870	9.7	13.0	13.0			0			12	30
	<b>Sausages meat products</b>											
W000010	Beef sausage, cooked	1046	20.1	10.0	10.0			0			12	
W000020	Liver sausage	1351	29.2	5084.0	5084.0	2400	15000	0			12	