

CAMBODIAN FOOD COMPOSITION TABLE

No.	ENGLISH NAME	Name in Country of Origin	Khmer Name	CAMID	ASIANID	ORIGIN	Water	Energy	Protein	Fat	CHO	Fiber	Ash	Ca	Phospho	Iron	Na	K	Cu	Zinc	Ret	B-car	RE	Vit. A	B2	Niacin	Vit. C
1	Maize	Paut	ពោត	C1	AAA77	MYA2	13.5	363	9.2	4.6	71.3		1.4	45	224	2.9	11	76			0	256	43	0.22	0.12	1.7	9
2	Rice, white, polished, cooked	Bay-sar	បាយស	C2	AAA63	PHA020, THA11, MYA14	67.3	131	2.2	0.2	30	0.6	0.3	7	27	0.4	20	47			0	0	0	0.02	0.02	0.7	0
3	Rice porridge	Bar-bar	បបរ	C3		BORBOR	77.78	84	3	0.4	17.1			10	10	2.4			0.05			59	8	0.01	0.02	0.3	
4	Rice, white, polished, raw	Angkar-samreth	អង្ករសរិត	C4	AAA65	PHA019, THA10, MYA17, VNA2	11.7	355	6.8	0.7	80.3	0.6	0.5	19	105	1.2	27	71	0.1	0.5	0	0	0	0.1	0.04	2.6	0
5	Rice, whole-grain, home-pounded, raw	Angkar-samraub	អង្ករសរូប	C5	AAA63	THA13	11.5	360	6.8	2.3	78.1	1.7	1.3	15	254	1.3	11	339			0			0.33	0.04	5	
6	Bread, Wheat, white	Nom-paing	នំប៉័ង	C6	AAA16	VNA23	37.2	250	7.9	0.8	53	0.2	1.3	28	164	2								0.1	0.07	0.1	
7	Noodle, wet (Mee Basah)	Nom-banhchok	នំបញ្ចក	C7	AAA52	MYA62	48.1	207	4.5	0.8	45.5		1.1	17	2	1.3	163	35			0	0	0	0	0	0	0
8	Cassava, tuber, raw	Dam-laung-my	ដំឡូងមី	C8	AAB6	PHB001, VNB44, THB12, MYB72	61.9	150	0.8	0.2	36.2	1.7	0.9	32	37	1	2	198			0	5	1	0.05	0.12	0.5	45
9	Potato, raw	Dam-laung-Baraing	ដំឡូងបារាំង	C9	AAB10	PHB007, THB11, MYB66	79.4	79	2.2	0.1	17.3	1.6	1	24	58	1.4	30	176			0	0	0	0.12	0.07	1.3	30
10	Sweet potato, white, raw	Dam-laung-chvea	ដំឡូងថ្លា	C10	AAB16	PHB011, IDB8, MYB70	71.9	111	0.6	0.5	25.9	2.4	1.1	66	31	0.7	3	5	0.1	0.2	0	13	2	0.16	0.07	0.6	36
11	Taro, raw	Meum-trav	មើមត្រាវ	C11	AAB21	PHB015, MYB75, THB7, VNB43	68.8	122	1.7	0.1	28.5	2.4	0.9	49	46	0.8	11	252	0.2	0.8	0	15	3	0.11	0.07	1	6
12	Yam, purple, raw	Dam-laung-chheam-mornn	ដំឡូងឈាមមាស	C12	AAB23	PHB020	74.9	97	1.7	0.2	22.2	2.8	1	19	44	0.1					0	0	0	0.09	0.02	0.5	6
13	Yam, spiny, raw	Dam-laung-daung	ដំឡូងដូង	C13	AAB26	PHB022, VNB42	69.1	121	1.3	0.2	28.4	1.2	1	68	42	1.2					0	0	0	0.08	0.03	0.3	9
14	Amaranth, spineless, fresh, raw	Dam-laung-sya	ដំឡូងស្បា	C14	AAD2	THD79	88.9	35	3.6	0.5	4	3.8	3	190	67	3.1	44	604			0	3059	510	0.03	0.27	1.1	49
15	Bean, black, dry, raw	Sandek-angkuy	សណ្តែកអង្កុយ	C15	AAC4	IDC15, VNC58, THC6	12.1	348	21.3	1.9	61.3	21.3	3.4	66	362	9.3	7	4	0.9	3.5	0			0.55	0.19	2.1	3
16	Cashew nut, roasted	Krabb-svay-chanty	គ្រាប់ស្វាយចន្ទីរ	C16	AAC15	PHC002	6.2	603	19.2	47.4	24.8		2.4	37	441	3.3					0	0	0	0.48	0.23	1.5	0
17	Lotus seed, dry, raw	Krabb-chhauk	គ្រាប់ឈូក	C17	AAC52	VND124, MYC123	14	339	16.2	1.8	64.4	2.2	3.6	94	426	4.2	8	1113			0	0	0	0.72	0.2	4.4	15
18	Mungbean, seed, red, dry	Sandek-kheiv	សណ្តែកខៀវ	C18	AAC41	MYC84, PHC029	11.9	343	18.7	0.7	65.5	14	3.2	86	317	6.6	15	739			0	8	1	0.53	0.3	2.2	0
19	Peanut/ Grountnut, seed, w/skin, dry	Sandek-dey	សណ្តែកដី	C19	AAC63	THC37, MYC124	6.4	579	24.9	43	23.2	18	2.5	69	348	5.9	32	483	1.6	2	0	0	0	1.31	0.28	14.7	0
20	Pumpkin, seed, w/o shell, roasted	Krabb-lapaov	គ្រាប់ល្ពៅ	C20	AAC121	THC95	5.4	604	25.6	49.1	14.9	5.2	5	35	789	6	24	469	2	8	0						
21	Sesame, seed, black, dry	La-gor (khao nig sar)	ល្អ (ខ្មៅ និង ស)	C21	AAC73	THC3	4.5	594	19.4	46	25.5	19.2	4.6	913	555	15.9	69	401	2.2	3.2	0			0.57	0.61	5.3	
22	Soybean, seed, black, dry, raw	Sandek-sieng	សណ្តែកសៀង	C22	AAC85	PHC045, MYC87	9.6	410	34.4	13.7	37.2	16.1	5.1	223	377	6.2	37	398			0	58	10	0.51	0.23	2.7	8
23	Watermelon, seed, black, dry	Krabb-auv-lek	គ្រាប់ធុំឡឹក	C23	AAC105	MYC127	3	588	21.2	43.1	28.8		3.9	147	879	6.1	133	483			0	90	15	0.45	0.2	0.3	0
24	Amaranth, green, fresh, raw	Phly	ផ្លែ	C24	AAD1	VND146	92.3	24	2.3		3.6	1.1	1.8	100	46		71	742			0			0.04	0.14	1.3	35
25	bamboo shoot, spring, variety, fresh, raw	Tum-paing	ទំពាំង	C25	AAD8	THD156, MYD131, PHD010, VND132	91.2	34	2	0.4	5.5	5.7	0.9	24	40	1	23	112			0	13	2	0.07	0.09	0.6	5

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26	Banana, flower and bud, raw	Tra-yaung-chek	ត្រយ៉ាងចេក	C26	AAD10	MYD204, PHD013, VND126, THD162	90.2	38	1.6	0.7	6.3	3.2	1.2	50	36	1.1	3	524	0.09	0.3	0	201	34	0.02	0.03	0.8	10
27	Bean, mixed variety, pod, fresh, raw	Sandek (krabb-mokh)	សណ្តែក (គ្រាប់មុខ)	C27	AAD15	VND112,THD38,MYD135,PHD206	90.6	36	2.1	0.2	6.4	0.5	0.7	61	45	1	68	113			0	698	116	0.1	0.12	0.8	19
28	Cabbage, common, leaf, raw	Spey-kdor	ស្ពៃក្តោប	C28	AAD26	IDD57,VND93,THD10,MYD144,PHD035	92.2	29	1.5	0.3	5.1	1.9	0.9	51	30	1	29	243	0.3	0.3	0	47	8	0.06	0.07	0.3	32
29	Cassava, young leaf and top, raw	Sleuk-damlaung-chheu	ស្លឹកដំឡូងឈើ	C29	AAD30	VND202,THD137,MYD224,PHD043	81.1	74	6.3	0.7	10.7	4.6	1.2	158	51	1.6	20	28			0	3882	647	0.19	0.45	1.9	211
30	Cauliflower, inflorescence, raw	Phka-katna	ផ្កាខាត់ណា	C30	AAD34	MYD147,THD9,VND167,PHD045	90.9	34	2.6	0.1	5.6	1.7	0.8	28	48	0.8	51	205			0	26	4	0.1	0.1	0.7	68
31	Chrysanthemum, leaf, raw	Chy-taing-or	ជីតាំងអោ	C31	AAD40	VND96,THD33,MYD156,PHD066	93.8	22	2.2	0.4	2.3	2	1.3	76	33	2.1	63	452	0.1	0.5	0	2915	486	0.06	0.16	0.5	20
32	Cowpea,mixed variety, pod, raw	Sandek-horlang-lao	សណ្តែកហេឡាងតាវ	C32	AAD44	VND113,THD45,PHD063	86.1	53	4.1	0.2	8.8	4	0.8	69	40	1.2	28	93			0	346	58	0.18	0.16	1.6	29
33	Cucumber,small	Tra-sakk	ត្រសក់	C33	AAD45	THD34	93.9	23	0.8	0.1	4.7	1	0.5	20	28	0.4	5	166	0.05	0.2	0	52	9	0.04	0.05	0.3	12
34	Egg plant,purple,raw	Trorbb-kdakor	ត្រប់ក្តោត	C34	AAD52	THD123,VND92,MYD162,PHD073	91.6	32	1.3	0.1	6.4	1.9	0.6	20	29	0.6	9	55			0	85	14	0.08	0.06	0.7	18
35	Garlic,leaf,raw	Sleuk-khteum	ស្លឹកខ្ទឹម	C35	AAD57	THD7,MYD165,PHD085	89.7	39	2.4	0.3	6.7	3.8	0.9	70	45	0.7	5	210			0	1344	224	0.07	0.12	0.6	27
36	Gourd,bitter,leaf and top,raw	Sleuk-mrash	ស្លឹកប្រះ	C36	AAD59	PHD020,THD128	85.6	73	4.5	4.5	3.7	4.5	1.7	207	69	3.2					0	3985	664	0.16	0.34	1.4	65
37	Gourd,bitter,mixed variety,raw	Phle-mrash	ផ្លែប្រះ	C37	AAD60	PHD018,THD129,VND134,MYD166	94	22	0.9	0.1	4.3	2.8	0.7	33	26	0.7	12	155	0	0.1	0	170	28	0.06	0.05	0.2	42
38	Gourd,bottle,raw	Khlor	ឃ្លោក	C38	AAD62	PHD025,THD49,MYD167,VND83	95.1	23	0.5	1	3	1.5	0.4	19	16	0.3	4	130	0.1	0.1	0	11	2	0.03	0.03	0.5	12
39	Gourd, spongo,raw	Nor-norng	ននោង	C39	AAD64	THD53,VND133,MYD180	94.1	23	0.9	0.3	4.2	1.2	0.5	23	30	0.4	16	109			0	10	2	0.04	0.04	0.3	6
40	Gourd,wax,mixed variety,raw	Tra-lach	ត្រឡាច	C40	AAD65	VND84,MYD169,PHD269,THD107	94.9	20	0.5	0.2	4	1.7	0.4	21	20	0.3	5	135	0.02	0.1	0	0	0	0.02	0.13	0.2	39
41	Horradish,leaf,raw	Sleuk-mrom	ស្លឹកប្រី	C41	AAD48	THD132	86.2	47	2.9	0.1	8.7		2.1								0	2872	479				
42	Ivygourd,raw	Sleuk-bass	ស្លឹកបាស	C42	AAD58	THD91	91	32	3.6	0.2	3.9	2.7	1.3	57	69	1.4	19	166	0.14	0.5	0	4036	673	0.11	0.17	0.8	13
43	kale, chinese,raw	khatna	ខាត់ណា	C43	AAD72	MYD173,THD85	89.4	38	2.7	0.3	6.1		1.5	178	20	2.5	17	331			0	2641	440	0.09	0.16	0.9	117
44	leek, chinese, raw	Kuy-chhay	គុយឆាយ	C44	AAD74	PHD113,THD13,VND125	92.3	29	2.3	0.2	4.4	2.7	0.8	68	46	7.1	12	247	0.06	0.3	0	1509	252	0.05	0.11	1	18
45	Lettuce, garden, leaf, petiole	sa-lad	សាឡាដ	C45	AAD75	PHD115,THD77,VND144,MYD178	94.7	19	1.3	0.1	3.1	1.8	0.8	62	32	1.8	19	190			0	1555	259	0.06	0.13	0.4	23
46	Mung bean, sprout, raw	Sandek-bandosh	សណ្តែកបណ្តុះ	C46	AAD80	PHD131,VND118,THD39,MYD185	88.2	46	4.3	0.2	6.7	2.6	0.6	29	73	1.4	13	106	0.13	0.5	0	28	5	0.11	0.14	0.8	23
47	Mushroom, button/champignon, raw	Phsit	ផ្សិត	C47	AAD83	THD165	90.5	33	4.7	0.2	3.2		1.4	9	139	5.7	8	528	0.38	0.2	0					5.5	4
48	Mustard, leaf, raw	Spey-kheiv	ស្ពៃខៀវ	C48	AAD90	PHD134,THD73,MYD188	92.5	28	2.2	0.5	3.7		1.1	152	49	2.5	11	426			0	1901	317	0.06	0.16	0.9	80
49	Onion, spring	Khlem-baraing	ខ្ទឹមបារាំង	C49	AAD96	PHD147,NYD221	89.2	44	2.2	0.7	7.2	2.6		55	39	2.3	16	137			0	2848	475	0.06	0.09	0.3	42

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50	Papaya.Unripe	Phle-lhung (Khchey)	ផ្លែឈូង (ខ្ចី)	C50	AAD97	PHD154,THD134,VND116	92.6	28	0.8	0.1	6	2	0.5	47	32	0.6	21	203	0.01	0	0	0	0	0.04	0.03	0.3	29
51	Pea, garden, pod, fresh, raw	Sandek-baraing	សណ្តែកបារាំង	C51	AAD100	VNC114,THD47,MYD198,PHD211	84.5	61	4.9	0.4	9.4	2.1	0.8	53	56	0.9	2	139	0.11	0.8	0	85	14	0.24	0.12	1	49
52	Pumpkin, raw	Phle-lpaov	ផ្លែឆ្កែ	C52	AAD105	THD108,IDD65,VND85,MYD205,PHD225	87.4	49	1.3	0.3	10.2	2.4	0.8	31	30	0.7	43	178	0.06	0.9	0	1019	170	0.06	0.05	0.5	15
53	Pumpkin, young leaf, raw	Troury-lpaov	ត្រួយឆ្កែ	C53	AAD106	VND141,THD110,PHD227	91.4	32	2.9	0.3	4.3	2.4	1.1	90	46	3.5	49	363		0	1050	175	0.11	0.15	1	20	
54	Radish, Chinese, White, raw	Chhay-thav	រ៉ែថាវ	C54	AAD108	PHD183,VND104,THD257,MYD207	93.9	23	0.7	0.2	4.6	1.4	0.6	37	23	0.8	51	113	0.03	0.2	0		0	0.05	0.04	0.3	25
55	Sweet potato,leaf	Troury-damlaung-chvea	ត្រួយដំឡូងជ្វា	C55	AAD125	PHD244,THD136,VND151,MYD223	88.6	43	3.1	0.5	6.4	2	1.4	65	43	4.9	24	378		0	3985	664	0.1	0.18	0.9	55	
56	Tamarind,young leaf	Sleuk-ampil	ស្លឹកអំពិល	C56	AAD127	PHD249,THD115	82.2	68	3.8	0.3	12.4		1.3	46	48	1.5				0	2283	381	0.18	0.21	1.9	32	
57	Tomato	Peng-Posh	ប៉េងប៉េន	C57	AAD128	PHD257,THD118,VND88,MYD225	93.5	25	1	0.3	4.6	1.2	0.6	17	26	0.9	9	151	0.13	0.2	0	526	88	0.07	0.06	0.4	29
58	Water lily,stem	Pra-lit	ព្រលិត	C58	AAD79	PHD267	95.4	19	1.3	0.6	2.2		0.5	65	33	0.7				0	320	53	0.03	0.02	0.3	4	
59	Water lily,stem	Pra-lit	ព្រលិត	C59	AAD79	THD146	96.6	12	0.3	0.1	2.4	1.7	0.6	8	9	0.4				0	44	7				9	
60	Winged bean, pod, fresh, raw	Por-peay	ពពាយ	C60	AAD16	PHD272,VND115,THD46,MYD134	91.4	33	2.2	0.1	5.8	4.9	0.5	64	28	0.7	3	93	0.16	0.4	0	234	39	0.07	0.1	0.6	19
61	Yard Long bean, pod, green, fresh, raw	Sandek-kour	សណ្តែកកូរ	C61	AAD17	PHD232,THD44,MYD136	90.1	40	2.6	0.6	6.1	2.7	0.6	53	43	0.8	15	139	0.2	0.5	0	246	41	0.1	0.11	0.8	20
62	Banana,ripe banana,	Phka-chek	ផ្កាឆេក	C62	AAE17	PHE012,THE1,MYE247,IDE75	74.1	101	1.1	0.2	23.8	1.8	0.8	24	19	0.4	6	303	0.1	0.2	0	190	32	0.03	0.06	0.6	11
63	Carambola/Star fruit	Phle-speu	ផ្លែស្ពឺ	C63	AAE22	THE59,VND128,MYE225,PHE087	91.6	32	0.6	0.1	7.2		0.5	8	14	0.7	6	140			0	118	20	0.04	0.09	0.8	29
64	Cashew,fruit	Svay-chanty	ស្វាយចន្ទីរ	C64	AAE24	PHE025,MYE256	86.6	53	0.7	0.2	12.2		0.3	4	14	0.4	9	83			0	25	4	0.02	0.02	1.5	154
65	Coconut, Immature	Daung-khchey	ដូងខ្ចី	C65	AAE27	PHC008	80.6	102	1.4	5.3	12.1	6.6	0.6	10	54	0.7				0	0	0	0.07	0.04	0.9	4	
66	Custard apple	Phle-teab	ផ្លែទៀប	C66	AAE28	PHE027	66.1	131	1.4	0.2	31	3.9	1.3	50	27	0.5				0	0	0	0.1	0.08	0.7	90	
67	Guava,white flesh,	Phle-tra-bek	ផ្លែត្របែក	C67	AAE41	PHE032,VNE240,THE39,MYE267	83.8	63	0.9	0.2	14.5	4.4	0.6	21	19	0.9	19	97	0.04	0.5	0	50	8	0.07	0.06	1.2	141
68	Jackfruit, fresh	Khnor-tum	ខ្នុរទុំ	C68	AAE44	PHE033,THE10,VNE227,MYE272	78.2	84	1.3	0.4	18.7	2.7	1.4	28	25	1	46	362			0	108	18	0.08	0.07	0.7	5
69	Jujube	Put-trea	ពុតទ្រា	C69	AAE49	PHE036,VNE245,THE43	86.1	54	0.9	0.1	12.4	2.2	0.5	34	42	0.5				0	65	11	0.02	0.28	0.9	29	
70	Lime	Krauch-chhmar	ក្រូចឆ្មារ	C70	AAE52	PHE042	90.3	50	0.8	2.4	6.3	1.6	0.2	17	11	0.1				0	20	3	0.02	0.02	0.2	41	
71	Longan,fresh	Phle-mean	ផ្លែម្យ៉ាង	C71	AAE55	IDE71,THE98,MYE296,VNE235	81.3	73	1	0.2	16.7	0.9	0.8	15	23	0.4	9	216	0.22	0.4	0	0	0	0.08	0.09	0.5	52
72	Mandarin/ tangerine	Krauch-khhvich	ក្រូចប្រិច	C72	AAE60	THE115,VNE241,MYE302	88.7	45	1	0.3	9.6	1.5	0.4	57	27	0.3	18	122	0.07	0.1	0	136	23	0.07	0.05	0.3	22
73	Mango, num-dok-mai, ripe	Svay-tum	ស្វាយទុំ	C73	AAE67	THE69	79.6	80	0.9	0.2	18.7	1.2	0.6	6	16	0.3	3	144	0.1	0.1	0	897	150	0.11	0.06	1.8	5
74	Orange,green skin/ Kalanchoe	Krauch-porthisath	ក្រូចពោធិសាត់	C74	AAE81	PHE065,THE117,MYE300	87.5	50	0.8	0.3	11	2.4	0.4	31	18	1	5	124	0.03	0	0	85	14	0.07	0.03	0.3	33

CAMBODIAN FOOD COMPOSITION TABLE

No.	ENGLISH NAME	Name in Country of Origin	Khmer Name	CAMID	ASIANID	ORIGIN	Water	Energy	Protein	Fat	CHO	Fiber	Ash	Ca	Phospho	Iron	Na	K	Cu	Zinc	Ret	B-car	RE	Vit. A	B2	Niacin	Vit. C
75	papaya, ripe	Lhung-tum	ល្អុងទុំ	C75	AAE83	PHE069,THE82,VNE217,MYE303	89.1	42	0.9	0.1	9.4	1.3	0.5	25	16	1.4	14	135	0.02	0.1	0	851	142	0.03	0.05	0.3	62
76	Pineapple	Mnorsh	ម្នាស់	C76	AAE91	PHE073,MYE311,VNE214,THE120	87.2	50	0.5	0.1	11.8	1	0.4	17	10	0.6	21	128	0.03	0.1	0	20	3	0.08	0.05	0.2	17
77	Pomegranate	Phle-tor-tem	ផ្លែទឹម	C77	AAE95	PHE074,VNE224	82.1	69	0.6	0.1	16.3	3.6	0.9	19	33	0.8	6	323			0	0	0	0.08	0.01	0.4	5
78	Soursop	Teap-ba-raing	ទៀបបារាំង	C78	AAE109	PHE083,MYE326	82	72	1.2	0.4	15.8		0.6	14	22	0.6	2	294			0	8	1	0.09	0.08	0.7	27
79	Sugar palm,boiled	Skar-lhnort	ស្ករត្នោត	C79	AAE117	PHE091	96.8	13	0.1	0.2	2.8		0.1	12	3	0.3					0	0	0	0	0	1.3	0
80	Tamarind,fruit,ripe	Phle-ampil	ផ្លែអំពិល	C80	AAE120	PHE093,THE52,MYE328	22.3	303	2.8	0.5	71.8		2.6	135	96	0.9	10	158			0	10	2	0.29	0.05	0.8	30
81	Watermelon	Phle-auv-leuk	ផ្លែទឹក	C81	AAE126	PHE064,THE30,VNE212,MYE330	93.6	25	0.6	0.1	5.4	0.3	0.3	8	13	0.2	6	76	0.03	0.1	0	255	43	0.03	0.04	0.2	6
82	Beef,flank,raw	Sach-kor	សាច់គោ	C82	AAF16	PHF009	62.5	231	19.4	17	0	0	1.1	7	139	3.6					25	70	37	0.04	0.17	5.7	0
83	Chicken,Breast,W/skin,raw	Sach-mornn	សាច់មាន់	C83	AAF99	THF29,MYF365,PHF093	71.2	152	19.9	8		0	1	12	186	0.9	71	252	0.07	0.4	16	3	17	0.05	0.09	6.8	1
84	Frog,small	Kang-keb	កង្កែប	C84	AAF114	THF46	78.4	80	15.1	2	0.4	0	4.1	1293	671	3.8	122	199						0.08	0.53	3.6	
85	Pork,blood,boiled	Chheam-Chrauk	ឈាមជ្រូក	C85	AAF122	VNF295	86.8	44	10.7	0.1	0	0	2.4												0.49	5.4	1
86	Pork,liver,raw	Thleurm-chrauk	ថ្លើមជ្រូក	C86	AAF126	VNF288,PHF174,THF76	72	125	19.2	3.8	3.6	0	1.4	12	308	15.5	119	270	6.4	0.5	14513	20	14516	0.32	1.79	10.6	12
87	Catfish,raw	Trey-andeng	ត្រីអណ្តែង	C87	AAG22	PHG15	78.4	92	18.7	1.9	0.1	0	0.9	98	168	4.2								0.17		1.3	
88	Pork,shoulder,raw	Sach-chrauk	សាច់ជ្រូក	C88	AAF158	PHF153	54.8	329	14.3	30.2	0	0	0.7	28	117	0.9					115		115	0.49	0.46	4.6	0
89	Crabmeat,mud,fresh	Sach-kdam	សាច់ក្តាម	C89	AAG40	PHG040,THG156	77.7	98	17.9	2.9		0	2	183	232	2.6					199	232	238	0.05	0.17	3.4	0
90	Shrimp,sergestid,raw	Kam-peus	កំពឹស	C90	AAG131	PHG121	78.9	78	16.6	1.3	0	0	3.2	699	279	3					105	35	111	0.07	0.15	2.4	0
91	Snail,fresh water,all species	Khyang nig khchaov	ខ្យង និង ខ្នៅ	C91	AAG53	VNG351,VNG353	77.2	84	11.5	0.7	7.9	0	2.7	1334	128									0.01	0.06	1	
92	Tilapia,all species, raw	Trey-tilapia	ត្រីទីម្លាហ្វា	C92	AAG15	MYG402,PHG145,THG98	77.7	94	18.4	1.9	0.8	0	1.2	46	194	0.8	56	292	0	0.2	31	3	32	0.03	0.1	2.2	0
93	Egg,duck,whole	Porg-tea	ពងទា	C93	AAH9	THH14,VNH372,MYH384,PHH007	70.1	183	12.6	13.6	2.5	0	1.2	62	206	3.2	145	113	0.18	1	292	436	365	0.23	0.38	0.1	0
94	Egg,hen,whole	Porg-mornn	ពងមាន់	C94	AAH12	VNH369,MYH388,PHH003,THH3	72.9	159	13.2	11.1	1.5	0	1.3	56	200	2.8	150	125	0.17	1.1	323	23	327	0.13	0.35	0.2	0
95	Oil,palm olein.per100g	Preng-chha (Daug-Preng)	ប្រេងឆា (ដូងប្រេង)	C95	AAK13	MYK532	0	900	0	100	0	0	0	4	0	0	5	0			0	0	0	0	0	0	0
96	Oil,soybean,per100g	Preng-chha (Sande-k)	ប្រេងឆា (សណ្តែក)	C96	AAK16	MYK533	0	900	0	100	0	0	0	4	0	0.1	4	0			0	0	0	0	0	0	0
97	Pork,fat	Khlan-chrauk	ខ្នាញ់ជ្រូក	C97	AAK27	VNF278		428		47.5		0	0.7	8	156	0.4											
98	Coconut meat, grate, sweetened	Khtish-daung	ខ្ទឹះដូង	C98	AAM8	PHM015	1.6	399	2.2	2.1	92.8		1.3	73	56	1					0	0	0	0.04	0.08	0.8	0
99	Honey	Teuk-khhmum	ទឹកក្នុំ	C99	AAM9	MYM332,PHM021	28.6	285	0.2	0	71		0.2	20	9	2	5	24			0	0	0	0	0.04	0.1	0

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100	Sugar,granulated	Skar-sar	ស្ករស	C100	AAM24	MYM349	0.5	398	0	0	99.4		0.1	2	0	0.1	1	5			0	0	0	0	0	0	0
101	Chilli peper,red,raw	Mtesh	ម្ទេស	C001	AAN97	VND138	91	34	1.3		7.1	1.4	0.6	86	120	3.6	23				0				0.09	3	95
102	Garlic,fresh	Meum-khteum-sar	មើមខ្ចឹមស	C102	AAN35	THN2	86.6	51	2.1	0.1	10.4		0.8	25	49	0.7	21	303			0						
103	Lemon grass	Sleuk-krey	ស្លឹកត្រៃ	C103	AAN42	THN18,MYN573	80.2	78	0.8	1	16.5		1.5	31	30	2	7	242	0.07	0.5	0	18	3	0.05	0.04	1.1	1
104	Mint,leaf	Chy (Khrobb-mukh)	ជី (គ្រប់មុខ)	C104	AAN48	MYD184,THN40,VND164	89.4	42	2.9	0.8	5.7	4.3	1.2	179	29	4.1	29	179			0	2803	467	0.15	0.13	0.7	84
105	Salt,table	Am-bel	អំបិល	C105	AAN62	MYU578	3.6	0	0	0			99	31	0	0.8	39173	109			0	0	0	0	0	0	0
106	Soybean milk, commercial, per100ml	Teuk-sandeik	ទឹកសណ្តែក	C106	AAQ57	THQ10	88	82	2.5	3.5	10	0.4	0.4	24		0.4	37				0			0.1	0.05		0
107	Tea,w/milk,per100ml	Teuk-le	ទឹកតែ	C107	AAQ55	THQ8	87.8	68	0.1	1.1	14.5		0.1	1		0.1	18										
108	Water, coconut, immature kernel, per100g	Teuk-daung	ទឹកដូង	C108	AAQ5	MYC119,PHQ010,VN P450	94.2	22	0.2	0	5.2		0.4	30	16	0.2	1	198			0	0	0	0	0	0	0
109	Rice gruel,thin	Teuk-ba-bar-reav-reav	ទឹកបបរាវ	C109	AAT350	PHA183	82.8	71	1.4	1.1	13.9	0.2	0.8	7	15	0					0	0	0	0.01	0.02	0.2	0
110	Rice, well-milled, boiled						67.6	129	2.1	0.2	29.7	0.6	0.4	11	36	0.6					0	0	0	0.02	0.02	0.5	0
111	Ampaw, rice						5.6	385	4.5	2.1	87.1	1.4	0.7	26	80	2.5					0	0	0	0.01	0.14	1.6	0
112	Cake,mamon						20.6	368	5.4	10.7	62.6	0.2	0.7	83	87	1.7					0	80	13	0.13	0.08	1.3	0
113	Chips, cheese flvr						4.4	488	7.2	24.1	60.7	0.4	3.6	138	94	2					0	20	3	0.08	0.04	1.1	0
114	Chips, prawn crackers						3	442	6.8	13.1	74.2	0.6	2.9	148	98	3.4					95	5	96	0.1	0.04	1.5	0
115	Chips,squid crackers						3.4	434	7.4	12.4	73.1	0.6	3.7	295	78	3.2					45			0.03	0.04	1.1	0
116	Cookies, sandwich type, choc-filled						3	472	5.9	18	71.7	1.5	1.4	75	63	1.7					150	5	151	0.13	0.09	0.8	0
117	Corn, fried,seasoned	Kornik					2.5	483	8.5	21.8	63.2	1.3	4	45	240	1.4					0	0	0	0.01	0.07	1.8	
118	Cracker,plain						2.7	482	7.5	19.7	68.7	3.4	1.4	36	54	2.8					0	0	0	0.16	0.1	3.6	0
119	Cracker,salted						3	480	9.6	19.9	65.5	3.4	2	38	96	1.8					0	10	2	0.23	0.21	2.9	0
120	Hominy	Binatog					69.8	126	3	1.4	25.4	1.2	0.4	44	97	1					0	0	0	0.05	0.01	0.4	0
121	Karyoka						25.1	358	4.2	12.1	58.2	3	0.4	80	46	1.2					0	0	0	0.03	0.04	0.5	0
122	Noodles,mung bean starch	Sotanghon					14	345	0.2	0.2	85.5	0.4	0.1	30	10	1.2					0	0	0	0.01	0.01	0.1	0
123	Noodles, rice, first-class	Bihon,first-class, nilaga					72	115	0.5	0.6	26.9	0.1		3	3	0.2					0	0	0				0
124	Pancake	Hot cake					40.6	269	8.4	7.6	41.8	1	1.6	238	156	4.2					145	10	147	0.15	0.25	1.3	0
125	Rice cake (glutinous), bibingka	Bibingka,malagkit					36.8	256	2.8	1	59	0.5	0.4	13	59	1.4					0	0	0	0.02	0.01	0.3	0
126	Rice cake (glutinous), biko	Biko					37.9	252	2.2	0.9	58.7	0.7	0.3	12	35	1.2					0	0	0	0.02	0.01	0.3	0
127	Rice cake,puto,white	Puto puti					46.6	214	2.8	0.3	49.9	0.2	0.4	6	35	2.7								0.01	0.01	0.4	0
128	Rice cake,cuchinta	Cuchinta					58.9	166	1.4	0.8	38.4	0.2	0.5	11	10	1.6					0	0	0		0.01	0.2	0

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129	Rice gruel,thin	Lugaw,malabnaw					82.8	71	1.4	1.1	13.9	0.2	0.8	7	15	0					0	0	0	0.01	0.02	0.2	0
130	Rice prep (glutinous), sapin-sapin	Sapin-sapin					68.1	129	1.1	0.4	30.3	0.2	0.1	9	16	1.4								0.01	0.01	0.2	0
131	Rice prep (glutinous), suman sa ibos	Suman sa ibos					57.5	171	3.1	0.7	38	0.4	0.7	15	26	1.2					0	0	0		0.02	0.5	0
132	Mung bean (Phaseolus radiata) seed	Munggo buto, berde, tuyo, nilaga					60	155	11	0.3	27.1	6	1.6	483	209	2.6					0	25	4	0.14	0.06	0.6	0
133	Peanut w/shell, boiled	Mani,may balat, nilaga					47.9	315	13	22.4	15.3	2.2	1.4	58	194	1.6					0	20	3	0.56	0.11	7.8	0
134	Green pea, dired,fried & seasoned	Gisantes,tuyo,prito,ti nimpla					3.8	468	19	20.3	52.4	5	4.5	89	256	0.3					0	165	28	0.22	0.14	15	0
135	Green pea, in brine,cnd	Gisantes,de lata					70.9	118	6.9	1.1	20.1	7.7	1	45	83	2.3					0	85	14	0.09	0.06	0.5	0
136	Green pea-corn-peanut mixture,fried						1.5	511	19.8	26.5	48.4	2.6	3.8	129	320	0.1					5	5	13	1.19	0.15	1.8	0
137	Bamboo shoot,boiled	Labong,nilaga					93.6	26	1.2	0.3	4.5	2.4	0.4	18	20	0.2					0	0	0	0.03	0.03	0.2	
138	Banana (Musa sapientum var. compressa) shoot	Ubod, saging					94.8	16	0.8	0.1	3	0.8	1.3	20	21	0.3					0	5	1	0.01	0.02	0.2	0
139	Cabbage, green,boiled	Repoly, bered, nilaga					94	23.6	0.6	0.1	5	2.3	0.3	34	12	0.3					0	25	4	0.02	0.03	0.1	15
140	Chinese cabbage,boiled	Pechay Bagyuio, nilaga					96.2	14	1	0.1	2.4	0.4	0.3	82	18	0.4					0			0.02	0.02	0.5	17
141	Morning glory(Ipomoea alba)lvs	Malakamote dahon					84.7	57	4	0.4	9.3	1.9	1.6	140	74	11.3					0	3925	654	0.15	0.28	1.9	55
142	Squash flower,boiled	Kalabasa bulaklak, nilaga					94.8	19	0.4	0.1	4.1	0.6	0.6	48	26	0.6					0	220	37	0.01	0.02	0.3	4
143	Squach fruit,boiled	Kalabasa bunga, nilaga					88.2	47	0.4	0.2	10.8	0.6	0.4	38	20	0.3					0	410	68	0.03	0.02	0.5	8
144	Squash lvs,boiled	Kalabasa dahon, nilaga					93.4	27	1.6	0.4	4.2	0.8	0.4	91	37	0.6					0	795	132	0.05	0.07	0.5	5
145	String/Yard long bean pod,green,boiled	Sitaw bunga, berde, nilaga					87	52	4	0.5	7.9	1.3	0.6	74	43	0.8					0	315	52	0.12	0.11	0.8	15
146	Swamp cabbage lvs,boiled	Kangkong dahon, nilaga					92.9	28	1.5	0.4	4.7	0.7	0.5	51	25	1.3					0	1550	258	0.03	0.08	0.6	10
147	Banana,lacatan(Musa sapientum var.lacatan)	Saging, lakatan					68	126	1.4	0.2	29.6	1.8	0.8	21	34	0.8					0	360	60	0.03	0.05	0.5	25
148	Banana,latundan(Musa sapientum var.cinerea)	Saging,latundan					73.4	105	1.2	0.3	24.4	0.5	0.7	17	34	0.7					0	30	5	0.02	0.02	0.6	21
149	Banana,saba,boiled	Sagin,saba,nilaga					59.1	159	1.2		38.6	0.3	1.1	19	37	1.1					0	170	28	0.05	0.04	0.7	25
150	Custard apple(Annona reticulata)	Anonas					66.1	131	1.4	0.2	31	3.9	1.3	50	27	0.5					0	0	0	0.1	0.08	0.7	90
151	Orange,Ladu(Citrus lanatus)	Dalandan,Ladu					91.4	35	0.4	0.2	7.8	1.8	0.2	28	12	0.6					0	45	8	0.05	0.03	0.2	24
152	Orange,Szinkom(Citrus reticulata)	Dalandan, Szinkom					92.3	31	0.3	0.2	6.9	1.6	0.3	31	8	0.3					0	40	7	0.03	0.03	0.1	31

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153	Sugar apple/Sweetsop (Annona squamosa)	Atis					73.8	104	1.3	0.4	23.7	2.1	0.8	41	39	0.9					0	45	8	0.1	0.08	0.3	40
154	Raisin	Pasas					14.6	340	3.5	1.1	78.9	5	1.9	76	125	3.8					0	0	0	0.14	0.14	0.4	0
155	Rice Porridge, Vendor (Borbor (Preak Prah))						77.77	83.67	2.98																		
156	Wax gourd fruit, boiled	Kundol bunga, nilaga					96.5	13	0.1	0.1	3	0.3	0.3	16	11	0.1					0	0	0	0.01	0.01	0.1	3
157	Pickles, papaya	Atsara, papaya					58.8	203	0.8	8.7	30.3	2.2	1.4	86	12	4.5					0	40	7	0.01	0.04	0.1	1
158	Egg, chicken, white	Itlog, manok, puti					84.6	61	12.7	0.2	2	0	0.5	11	11	0.6					-5	0	5	0.01	0.21	0.2	0
159	Egg, Chicken, White	Itlog, manok, puti					72.8	160	12.4	11	2.8	0	1	74	180	2.8					295	45	302	0.39	0.39	0.1	0
160	Egg, Chicken, whole	Itlog, manok, buo, nilaga					72.1	170	13.9	12.4	0.7	0	0.9	73	180	3.5					85	25	89	0.09	0.46	0.1	0
161	Egg, Chicken, yolk	Itlog, manok, pula					53.4	316	14.3	27	3.9	0	1.4	143	292	4.6					625	120	645	0.18	0.58	0.4	0
162	Egg, Duck, Whole	Itlog, pato, buo					70.6	177	11.7	12.6	4.1	0	1	71	174	2.8					420	445	494	0.27	0.56	0.1	
163	Egg, duck, yolk	Itlog, pato, pula					48	357	16.4	31	3.1	0	1.5	159	251	1.8					1370	1410	1605	0.56	0.72	0.2	0
164	Soy sauce	Toyo					64.9	75	3.5	0.1	15	1	16.5	56	34	4.4					-0	-0	0		0.07	0.5	0
165	Bicho-bicho						22	376	7.4	14	55.2	0.4	1.4	39	79	3.6					0	0	0	0.1	0.1	1.9	0
166	Papaya (Carica papaya) fruit, unripe						92.9	27	1	0.1	5.5	-1.3	0.5	60	28	0.3					0	0	0	0.03	0.02	0.2	20
167	Noodles, wheat, inst, w/flvr	Mami, inst, may pampalasa					5.2	433	10.4	18.1	57.1	0.4	9.2	25	114	0					0	15	2	0.4	0.08	1.2	0
168	Cake, mamon						20.6	368	5.4	10.7	62.6	0.2	0.7	83	87	1.3					0	80	13	0.13	0.08	1.3	0
169	Cookies, wafer						2.1	504	4.6	22.9	70	-1.4	0.4	36	55	1.9					-0	-0	0	0.02	0.1	1.7	0
170	Cookies, gem						4.6	426	11	9.7	73.6	0.8	1.1	61	109	3.6					0	0	0	0.1	0.31	2.4	0
171	Cookies, sandwich type, cream-filled						3	472	5.9	18	71.7	-1.5	1.4	75	63	1.7					150	5	151	0.13	0.09	0.8	0
172	Cookies, assorted						2.5	442	6.2	11.3	78.9	-1.1	1.1	39	104	3.2					0	90	15	0.29	0.25	3.9	0
173	Cassava, boiled	Kamoleng kahoy/ Banlinghoy, nilaga					71.8	111	0.4	0.1	27.1	-1.3	0.6	10	22	0.3					0			0.03	0.01	0.4	22
174	Beef lean meat, boiled	Baka laman, inihaw					65.2	149	30.4	3	0	0	1.4	50	200	3.6					160	90	175	0.14	0.22	6.4	0
175	Ice cream	Sorbetes/Street ice cream					71.5	157	4.2	-9.5	13.7	0	1.1	169	101	0.3					25				0.16	0.2	0
176	Cookies, butter						1.6	508	8.3	24.1	64.5	-2.3	1.5	121	213	2.3					80	130	102	0.14	0.29	1.6	0
177	Fish sauce	Patis					66.3	49	10.6	0.3	0.9	0	21.9	42	32	9.3					-0	-40	7		0.08	4.1	0
178	Oil, coconut	Langis, niyog						895		99.1	0.8	0	0.1	2	3						0	0	0				0
179	Pork belly, less fat, broiled	Baboy liempo, malaman, inihaw					67.9	213	14	17.4	0	0	0.7	56	158	1.8					45		45	0.17	0.17	3.5	0
180	Chips, shrimp crackers						4.5	462	6	18.4	68.1	0.5	3	156	66	4.4					85	10	87	0.06	0.03	2	0
181	Banana, gloria (Musa sapientum var. termatensis)	Saging, gloria					66.3	132	1.1	0.1	31.7	0.3	0.8	15	19	0.9					0	370	62	0.04	0.02	0.5	16

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182	Corn pudding, maja blanca	Maja blanca					64	149	1.3	1.1	33.4	-3.2	0.2	6	21	1.7					0	0	0	0.01	0.01	0.2	0
183	Ice drop						79.5	82	0.6	0.2	19.5	0	0.2	0	0	0					0	0	0	0	0	0	0
184	Candy, hard						1.9	401	0.1	1.8	96	0	0.2	21	7	1.8					0	0	0		0	0	0
185	Ceylon moss/Agar-agar bar	Gulaman					17.9	311	2.6	0.3	74.5		4.7	488	28	27					0	0	0	0.02	0.02	0.1	0
186	Rice, glutinous, parboiled, flattened	Pinipig					14.8	340	4.3	1	78.5	0.9	1.4	26	223	2.1					0	10	2	0.24	0.05	4.4	0
187	Curls,spiced						4.1	415	7.7	8.6	76.6	0.7	3	150	88	2						5		0.02	0.02	0.9	0
188	Cookies, vanilla wafer, choc-coated						1.5	510	5.4	24.2	67.7	1.1	1.2	115	128	1.6								0.12	0.2	0.6	0
189	Broth of fish						72.94	44.5	5.87	1.44	2.22	0.61															
190	Broth of chicken with vegetables						84.86	21.65	1.89	0.5	2.31	0.29															
191	Carrot boiled						89.2	42	1.1	0.4	8.6	3.1	0.7	60	33	1.9					0	9300	1550	0.03	0.03	0.5	6
192	Potato, boiled	Patatas, nilaga					83.8	62	1.7	0.1	13.7	1.1	0.7	34	44	0.8					0			0.07	0.05	1.7	24
193	Rice prep (glutinous), butse, w/mung bean filling	Butse, kamote					32	329	6.4	12	48.9	1.6	0.7	49	78	1.5					0	10	2	0.07	0.07	0.5	0
194	Spuash fruit, boiled	Kalabasa bunga, nilaga					88.2	47	0.4	0.2	10.8	0.6	0.4	38	20	0.3					0	410	68	0.03	0.02	0.5	8
195	Shrimp, banana prawn, boiled	Hipong puti, nilaga					73.8	104	11.2	0.4	14	0	0.6	76	95	1.2					45				0.02	1.7	0
196	Catfish, freshwater(clarias batrachus)	Hito					79.6	80	18.7	0.6	0	0	1.1	46	166	0.3					190	35	196	0.01	0.05	2.5	0
197	Catfish, freshwater, dried	Hito, daing					29.3	285	45.6	10.3	2.5	0	12.3	316	401	3.3					85	45	92	0.01	0.09	12.5	0
198	Broth of beef with vegetables						66.03	48.77	4.44	0.99	6	0.87															
199	Milk, sweetn, cond, filled	Gatas, kondensada, filled					23.4	334	8.5	7	59.3	0	1.8	309	236	0.4					285	0	285	0.68	0.65	0.25	0
200	Frog (Rana vittigera) meat	Kalaka laman					77.5	89	20.9	0.6	0	0	1	46	168	1.8								0.06	0.12	5	0
201	Fish past, Siganid fry	Bagoong padas					65.9	54	9.6	1.7	0	0	22.8	504	435	16.6					595	15	598	0.01	0.21	3.7	0
202	Pork belly, less fat, fried	Baboy liempo, malaman, prito					65.2	245	12.3	21.8	0	0	0.7	33	158	1.1					95	0	95	0.16	0.16	4	0
203	Lemon grass lvs, boiled	Tanglad dahon, nilaga					85.8	57	0.3	0.3	13.2	1.9	0.4	32	8	1					0	5765	961	0.01	0.02	0.1	
204	Tamarind, unripe, poiled	sampalok, hilaw, nilaga					92.2	30	0.7	0.1	6.6	0.5	0.4	17	16	0.2					0	25	4	0.07	0.02	0.2	8
205	Taro, boiled	Gabi, nilaga					73.4	104	1.5	0.1	24.4	2.2	0.6	37	41	0.7					0	5	1	0.08	0.01	1	6
206	Cake, sponge						29	306	8.2	5.3	56.3	1.3	1.2	162	156	3.7					120	90	135	0.12	0.26	1.2	0
207	Chicken liver	Manok atay					72.7	124	18.1	3.9	4	0	1.3	14	152	3.5					9205	135	9228	0.3	4.49	11.2	35

CAMBODIAN FOOD COMPOSITION TABLE

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208	Tilapia (Tilapia mossambica)						77.2	107	18.1	3.8	0	0.2	1.2	74	184	0.8					65	10	67	0.06	0.2	4.6	0
209	Bottle gourd/white squash fruit, boiled	Upo bunga, nilaga					95.8	16	0.2		3.8	0.4	0.2	14	9	0.1					0	8	1	0.02	0.01	0.1	4
210	water							0	0	0	0	0	0.1	2	0	0.01	3	0		0.03			0	0	0	0	0
211	Rice flour	Anrina, bigas					10.2	358	7.6	0.3	81.3	2.1	0.6	15	24	0					0	0	0	0.09	0.05	1.9	0
212	Meat broth						252.6	10.5	21.1	5.3							21368							0	0	0	0
213	Pork belly, more fat, boiled	Baboy liempo, mataba, nilaga					42.8	444	13	43.6	0	0	0.6	20	84	1.1					70	5	71	0.15	0.11	1.8	0
214	Carp(cyprinus carpio)	Karpa					68.7	185	17.8	12.6	0	0	0.9	36	147	1					45	20	48	0.01	0.17	3.9	0
215	Chicken liver	Manok atay					72.7	124	18.1	3.9	4	0	1.3	14	152	3.5					9205	135	9228	0.3	4.49	11.2	35
216	Puffs, spiced						3.2	418	7.4	8.9	77	0.8	3.5	186	105	3.7					0	10	2	0.03	0.02	0.8	0
217	Mudfish/Murrel, Striated, boiled	Dalag, nilaga					75.8	95	22.8	0.4	0	0	1	65	184	1.2					20			0.02	0.09	2.3	0
218	Water hyacinth (Nymphaca nouchali)	water Lily tangkay					95.4	19	1.3	0.6	2.2	0.7	0.5	65	33	0.7					0	320	53	0.03	0.02	0.3	4
219	Anchovy, long-jawed, whole	Dilis, buo					79.8	77	14.1	1.4	1.9	0.2	2.8	752	482	1.2					65	20	68		0.12	1.9	0
220	Cassava cake, bibingka	Bibingka, kamateng kahoy					54.4	181	0.4	0.3	44.1	0.8	0.8	30	28	3					0			0.03	0.11	0.6	0
221	Cassava lvs, boiled	Kamateng kahoy dahon, nilaga					89.5	43	3.4	0.7	5.7	1.5	0.7	102	48	0.6					0	11735	1956	0.04	0.09	0.8	84
222	Mudfish/Murrel,striated	Dalag					77.6	99	21.2	1.6	0	0.2	1.2	65	202	1.5					45	30	50	0.09	0.12	3.8	0
223	Slipmouth, common (Leiognathus equulus)	Sapsap					78.6	91	18.2	2	0	0	1.2	57	148	0.3					45	35	51	0.02	0.09	2.1	0
224	Pork belly, less fat	Baboy liempo, malaman					55.5	307	17.3	26.3	0.2	0.2	0.7	13	220	1					10	0	10	0.51	0.12	4.3	2
225	Water chestnut, Chinese, boiled	Apulid tagalog					35.8	256	3	0.6	59.6	1.4	1	19	129	0.5					0	5	1	0.13	0.04	1.6	8
226	Squid, dried	Puit,tuyo					28.1	289	62.3	4.4	0	0	5.2	54	692	3.8					265	5	266	0.01	0.05	11.8	0
227	Chicken, white meat, boiled	Manok, laman, nilaga					61.8	173	32.9	4.6	0	0	0.7	104	154	2.8					20	0	20	0.04	0.04	4.5	0
228	Banana heart, butuan, boiled	Puso, saging, butuan, nilaga					95	18	0.9	0.2	3.2	0.6	0.7	38	24	0.2					0	145	24	0.01	0.01	0.4	1
229	Black wood ear mushroom (Aurecularia auriculajudae), dried	Tengang daga, tuyo					15.4	324	8.4	0.5	71.6	7.1	4.1	315	264	36					0	20	3	0.08	0.19	4	0
230	Noodles, mung bean starch, boiled	Sotanghon, nilaga					80.6	78		0.1	19.3	0.1		6	1	0.4					0	0	0				0
231	Eggplant, boiled	Talong, nilaga					93.6	24	1	0.1	4.9	1.9	0.4	30	28	0.5					0	80	13	0.07	0.04	0.5	
232	Taro lvs, boiled	Gabi dahon, nilaga					88	48	1.4	0.4	9.7	0.6	0.5	72	28	0.4					0	4000	667	0.02	0.08	0.4	21
233	Sweet potato, w/sugar, fried	Kamoted cue					47.8	239	1.1	6.9	43.1	4.8	1.1	51	40	1					0	15	3	0.08	0.07	0.5	0
234	Venison jerky	Tapa, usa					17.7	323	62.8	8	0	0.6	11.5	119	340	10.5					5		5	0.06	0.56	6.4	0

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235	Slender/Sprineless amaranth lvs, boiled	Kulitis dahon, nilaga					90	34	3.3	0.4	4.4	2.1	1.9	314	62	8.3					0	5000	833	0.02	0.19	1.3	64
236	Eel, swamp (Synbranchus bengalensis)	Palos					72.7	139	19.2	6.9	0	0	1.2	33	153	1.1					90	0	90	0.02	0.15	2.1	0
237	Onion, Bombay bulb, boiled	Sibuyas, Bombay ulo, nilaga					88.3	47	1.2	0.4	9.7	1.7	0.4	40	37	0.6					0	0	0	0.04	0.01	0.2	4
238	Tamarind lvs, boiled	Smpalok dahon, nilaga					86.6	54	2.4	0.5	9.9	1.7	0.6	51	34	1.5					0	1725	288	0.09	0.09	0.6	7
239	Papaya,ripe						86.6	53	0.5	0.3	12.1	1.3	0.5	34	11	1					0	450	75	0.3	0.04	0.5	74
240	Pork belly, more fat	Baboy liempo, mataba					39.5	480	11.7	48.1	0	0	0.7	17	94	1					90	10	92	0.28	0.14	3.6	0
241	Chinese cabbage (Brassica chinensis)	Pechay Baguio					94.4	21	1.7	0.3	2.9	1.7	0.7	120	33	0.5					0	540	90	0.06	0.09	0.8	34
242	Oatmeal, inst, enr						4.4	394	10	4.7	77.9	7.1	3	458	551	6					0	0	0	1.13	1.05	15.4	27
243	Pepper, Chili lvs, boiled	Sili, labuyo, dahon, nilaga					86.8	52	1.8	0.3	10.5	0.5	0.6	87	16	1.7					0	2030	338	0.09	0.08	0.6	5
244	Glutinous rice w/ mung bean& cocomilk	Ginataang munggo					70.8	130	1.8	3	24	7	0.4	16	25	0.4					0	45	8	0.02	0.01	0.2	0
245	Pork spare rib	Baboy tadyang					58.4	293	14.6	26.1	0	0.2	0.9	58	147	1.2					5	20	8	0.41	0.17	4.2	2
246	Milk, powder, infant formula						2.4	389	18.3	3	72.2	0	4.1	688	374	4.8						50	158	0.37	0.21	8.1	31