

Food code	Specific food composition data	Similar food composition data	Composition reference code	Composition reference	Origin of data	Macronutrients	Minerals
Cereal or cereal based foods =Group 5 EuroFIR Food Classification - Grain or grain product							
1	no	layered pastry with rice	CO 1.1.	39	by calculation	6,8 g/100g proteins; 17,8 g/100g fats; 41,5 g/100g carbohydrates	Ca 66 mg/100g; Fe 0,7 mg/100g, Na 346 mg/100g, Mg 21,7mg/100g,
	no		CO 1.2.	47			
	no		CO 1.3.	123			
2	Yes		CO 2.1.	78	by calculation	9 g/100g proteins; 8,27 g/100g fats; 44,34 g/100g carbohydrates	Ca 40,2 mg/100g; Fe 1,1 mg/100g, Na 346 mg/100g,
	no		CO 2.2.	47			
	no		CO 2.3.	123			

3	Yes		CO 3.1.	39	by calculation	6,5 g/100g proteins; 17,2 g/100g fats; 41,5 g/100g carbohydrates	Ca 39,5 mg/100g; Fe 0,9 mg/100g, Na 738 mg/100g, K 136 mg/100g,
	no		CO 3.2.	47			
	no		CO 3.3.	123			
	no		CO 3.4.	124			
4	no		CO 4.1.	47		proteins, fats, carbohydrates	
	no		CO 4.2.	123			
5	no		CO 5.1.	47		proteins, fats, carbohydrates	
	no		CO 5.2	123			

6	no		CO 6.1.	47		proteins, fats, carbohydrates	
	no			123			
7	no	groats	CO 7.1.	59	calculation	13 g/100g proteins; 5,27 g/100g fats; 67,6 g/100g carbohydrates	Ca 39,5 mg/100g; Fe 2 mg/100g, Na 3,8 mg/100g, K 240 mg/100g,
	no	.	CO 7.2	47			
	no		CO 7.3	123			
8	yes		CO 8.1.	33	calculation	5 g/100g proteins; 8 g/100g fats; 15 g/100g carbohydrates	Ca 90 mg/100g; Fe 0.5 mg/100g, Na 225 mg/100g,
	no		CO 8.2.	47			

	no		CO 8.3.	123			
9	yes		CO 9.1.	78	calculation	5,2 g/100g proteins; 7,7 g/100g fats; 32 g/100g carbohydrates	Ca 13,2 mg/100g; Fe 0,7 mg/100g, Na 221 mg/100g,
	no		CO 9.2.	47			
	no		CO 9.3.	123			
10	no		CO 10.1.	47			
	no		CO 10.2.	123			
11	no		CO 11.1.	47			
	no		CO 11.2.	123			

12	yes		CO 12.1.	78	calculation	5,8 g/100g proteins; 20,7 g/100g fats; 42 g/100g carbohydrates	Ca 15,2 mg/100g; Fe 0,7 mg/100g, Na 421 mg/100g, Mg20,5 mg/100g, K 72 mg/100g, P 55 mg/100g
	no		CO 12.1.	47			
	no		CO 12.2.	123			
13	no		CO 13.1.	47			
	no		CO 13.3.	123			
14	no		CO 14.1.	47			
	no		CO 14.4.	123			

15	no	layered pastry with curd	CO 15.1.	39	calculation	,8,2 g/100g proteins; 17,2 g/100g fats; 41,3 g/100g carbohydrates	Ca 28,7 mg/100g; Fe 0,7 mg/100g, Na 647 mg/100g, Mg 21 mg/100g, K 83 mg/100g, P 79,3 mg/100g
	no		CO 15.2.	47			
	no		CO 15.3.	123			
16	Yes		CO 16.1.	39	calculation	5,2 g/100g proteins; 13,4 g/100g fats; 39,8 g/100g carbohydrates	Ca 16,2 mg/100g; Fe 0,8 mg/100g, Na 510 mg/100g, Mg 18,5 mg/100g, K 61 mg/100g, Co, Cu

			CO 16.2	124			
	no		CO 16.3	47			
	no		CO16.4	123			
17	no		CO 17.1.	47			
	no		CO 17.2.	123			

18	yes		CO 18.1.	39	calculation	7,7 g/100g proteins; 16,5 g/100g fats; 39,5 g/100g carbohydrates	Ca 50,6 mg/100g; Fe 1,2 mg/100g, Na 610 mg/100g, Mg 35,7 mg/100g, K 189 mg/100g, F 79,4 mg/100g
	no		CO 18.2.	47			
	no		CO 18.3.	123,124			
19	no		CO 19.1.	47			
			CO 19.2.	123			

20	yes		CO 20.1.	39	calculation	7,3/6,8 g/100g proteins; 0,8/1,2 g/100g fats; 52,6/48,3 g/100g carbohydrates	Ca 17,7/23,6 mg/100g; Fe 0,8/1,6 mg/100g, Na 407/395 mg/100g, K 93/215mg/100g, F 70,5/236 mg/100g
	no		CO 20.2	47			
	no		CO 20.3	123,124			
21	yes		CO 21.1.	78	calculation	5,4 g/100g proteins; 12,1 g/100g fats; 13,3 g/100g carbohydrates	Ca 137,2 mg/100g; Fe 0,28 mg/100g, Na 248 mg/100g,
			CO 21.2.	47			
			CO 21.3.	123			

22		mush	CO 22.1.	59	calculation	5,4 g/100g proteins; 12,1 g/100g fats; 13,3 g/100g carbohydrates	Ca 137,2 mg/100g; Fe 0,28 mg/100g, Na 248 mg/100g,
	no		CO 22.2.	47			
	no		CO 22.3.	123			

Vegetable based = Group 13 EuroFIR Food Classification - Vegetable or vegetable product

23	no	not the same recipe ljutenitza	CO 23.1.	33	calculation	3,6 g/100g proteins; 10,1 g/100g fats; 10,3 g/100g carbohydrates	Ca 44 mg/100g; Fe 2,8 mg/100g, Na 248 mg/100g, Mg 46 mg/100g,; K 510 mg/100g
	no		CO 23.2.	47			
24	no	yes	CO 24.1.	78	calculation	2,0 g/100g proteins; 6,1 g/100g fats; 13 g/100g carbohydrates	Ca60 mg/100g; Fe 0,12 mg/100g, Na 230 mg/100g,

			CO 24.2	124,125,126			
25	no	yes	CO 25.1.	78	calculation	3,6 g/100g proteins;3,7 g/100g fats;9,4 g/100g carbohydrates	Ca 18,5 mg/100g; Fe 1,2 mg/100g, Na 200 mg/100g,
			CO 25.2.	124			Fe, Mg, Mo
26	no	yes	CO 26.1.	78	calculation	1,8 g/100g proteins; 4,3 g/100g fats; 5,2 g/100g carbohydrates	Ca 45,5 mg/100g; Fe 1,8 mg/100g, Na 212 mg/100g,
27	no	yes	CO 27.1.	120	calculation	6.0 g/100g proteins; 5.5 g/100g fats; 12.7g/100g carbohydrates	
			CO 27.2.	124,125			

28	no		CO 28.1.	124,125			
29	no		CO 29.1.	124,125			
30	no	yes	CO 30.1.	120	calculation	0.88 g/100g proteins;8.51 g/100g fats; 4.01g/100g carbohydrates	
				47			
31	yes		CO 31.1.	120	calculation	3.95/100g proteins; 6.85g/100g fats; 14.1g/100g carbohydrates	
			CO 31.2.	47			

32	no	yes	CO 32.1.	120	calculation	19.80 g/100g proteins; 14.70g/100g fats; 165.00g/100g carbohydrates	
			CO 32.2	47			
33	yes		CO 33.1.	120	calculation	2.17 g/100g proteins; 9.53g/100g fats;13.83 g/100g carbohydrates	
			CO 33.2.	47			
34	yes		CO 34.1.	120	calculation	1.33 g/100g proteins;3.53 g/100g fats; 3.77g/100g carbohydrates	
			CO 34.2	47			

35	no	slight variation in recipe	CO 35.1.	120	calculation	3.4 g/100g proteins;3.6 g/100g fats;8.83g/100g carbohydrates	
	no	slight variation in recipe	CO 35.2.	78	calculation	Proteins 3,6g /100 g; fats 3,7g/100g,carbohydrates 10g/100g	Ca 37,8 mg/100g, Fe1,5 mg/100g, Na 196,8mg/100g,
			CO 35.3	47			
36	yes		CO 36.1.	120	calculation	12.25 g/100g proteins;21.94 g/100g fats;2.56 g/100g carbohydrates	
			CO 36.2	124			
37	no	yes	CO 37.1.	120	calculation	5.5 g/100g proteins;14.4g/100g fats;18.57 g/100g carbohydrates	

38	no	yes	CO 38.1.	120		3.3 g/100g proteins;3.6 g/100g fats;8.17 g/100g carbohydrates	
			CO 38.2.	124			
		yes	CO 38.2.	78	calculation	Proteins 3,6g /100 g; fats 3,7g/100g,carb ohydrates 10g/100g	Ca 37,8 mg/100g, Fe1,5 mg/100g, Na 196,8mg/100g,
			CO 38.3.	47			
39	no	yes	CO 39.1.	120	calculation	0.8 g/100g proteins;3.4 g/100g fats;3.3 g/100g carbohydrates	
			CO 39.2.	47			

40	no	yes	CO 40.1.	120	calculation	2.0 g/100g proteins;3.93 g/100g fats;4.8 g/100g carbohydrates	
				47			
41		yes	CO 41.1.	120	calculation	1.52 g/100g proteins; 6.24g/100g fats; 8.48g/100g carbohydrates	
				124			
42	no	yes	CO 42.1.	120	calculation	5.16 g/100g proteins; 13.56g/100g fats;3.84 g/100g carbohydrates	

			CO 42.2	124			
43	no		CO 43.1.	124			
44		yes	CO 44.1.	120	calculation	2.1g/100g proteins;6.3 g/100g fats; 6.52g/100g carbohydrates	
				124			
45	yes		CO 45.1.	120		1.37 g/100g proteins;8.6 g/100g fats;36.6 g/100g carbohydrates	

			CO 45.2	124,125			
46	no	yes	CO 46.1.	120	calculation	0.94g/100g proteins;8.27 g/100g fats; 4.06g/100g carbohydrates	
47			CO 47.1	47			
48		yes	CO 48.1.	120	calculation	1.99 g/100g proteins;4.28 g/100g fats;5.25 g/100g carbohydrates	
			CO 48.2	124			

49	no	yes	CO 49.1.	20	calculation	1.02g/100g proteins;6.11 g/100g fats; 5.43g/100g carbohydrates	
			CO 49.1.	124			
50	no	yes	CO 50.1.	120	calculation	2.3g/100g proteins; 5,76g/100g fats;14,2 g/100g carbohydrates	
			CO 50.2.	124			

51	no		CO 51.1.	124,125			
52		yes	CO 52.1.	120	calculation	2.33 g/100g proteins; 12.25g/100g fats;14.65 g/100g carbohydrates	
		yes	CO 52.2	78	calculation	2.1 g/100g proteins; 5,7g/100g fats;13.8 g/100g carbohydrates	Ca 34,8 mg/100g, Fe 0.64 mg/100g, Na 482 mg/100g,
			CO 52.3	124			
53			CO 53.1	124,125	analysis		
54		yes	CO 54.1	78			

Fruit based = Group 4 EuroFIR Food Classification - Fruit or Fruit Product							
55	no	yes	CO 55.1.	78	calculations	0.3 g/100g proteins;0.3 g/100g fats;15 g/100g carbohydrates	Ca 17 mg/100g, Fe 1.4 mg/100g, Na 0.9 mg/100g,
				47			
56	no	apples	CO 56.1.	78	calculations	0.4 g/100g proteins;0.4 g/100g fats;31.4 g/100g carbohydrates	Ca 12.5 mg/100g, Fe 2mg/100g, Na 0.7 mg/100g,
57	no		CO 57.1.	124			

				125	analysis		
58	no	yes	CO 58.1.	33	calculations	0.4 g/100g proteins; 0g/100g fats; 69.90g/100g carbohydrates	Na 1.6 mg/100g, K 120 mg/100g, Ca 24.9 mg/100g, Mg 18 mg/100g, Fe 3.3 mg/100g, P 12 mg/100g
			CO 58.2.			125	
59			CO 59.1				
60		yes	CO 60.1.	78		0.4 g/100g proteins; 0.14g/100g fats; 19g/100g carbohydrates	Na 0.6 mg/100g,, Ca 11.4 mg/100g, Fe 0.7 mg/100g,

			CO 60.2.	125	analysis		
			CO 60.3.	125	analysis		
			CO 60.4.	125	analysis		
61	yes		CO 61.1.	78		1.2 g/100g proteins; 0.24g/100g fats; 24.1g/100g carbohydrates	Na 1.1 mg/100g, Ca 11.6 mg/100g, Fe 0.7 mg/100g,
			CO 61.2.	124			

62	no		CO 62.1.	125	analysis		
63			CO 63.1.				
64			CO 64.1.	125	analysis		
				125	analysis		
				125	analysis		

				125	analysis		
65	no	yes	CO 65.1.	78	calculations	proteins 1 g/100g; carbohydrates 22,7 g/100g; fats 4,22 g/100g;	Ca 21,3 mg/100g, Fe0,98 mg/100g, Na 82 mg/100g,
			CO 65.2.	125	analysis		

66	no		CO 66.1.	125	analysis		
Oil based = Group 9 EuroFIR Food Classification - 9. Nut, seed or kernel							
67			CO 67.1.	33	calculations	proteins 10-12g/100g; carbohydrates 47-52g/100g; fats 29-32g/100g;	minerals - 1.7-2%; not more than Cu 12 mg/kg, F 172 mg/100g; Fe 2,1 mg/100g

			CO 67.2.	39			K, Na, Fe, P, F
			CO 67.2.	82	calculations	proteins 10-12%; carbohydrates 39-52 g/100g; fats 29-32 g/100g;	minerals - 1.7-2%; not more than Cu 12 mg/kg
68	no	yes	CO 68.1.	33	calculations	proteins 32 g/100g; fats 45,3 g/100g; carbohydrates 12,5 g/100g;	Ca 235-15 mg/100g; P 670 mg/100g, Mg, Zn
				124			
69	no	yes	CO 69.1.	33	calculations	proteins 21 g/100g; fats 55,3 g/100g; carbohydrates 4,1 g/100g;	Mn, Mg, Se, P
			CO 69.2.	124			

70			CO 70.1	124			
71			CO 71.1.	45			
71			CO 71.2.	124			

Low or non alcoholic fermented foods and beverages of plant origin

72			CO 72.1.	39	calculations	proteins 0,5-0,8g/100g; carbohydrates 11-18 g/100g; fats 0,2-0,4g/100g ;	Na 2,5-6 mg/100g; K 25-75; Ca 6,5-15 mg/100g; Mg 4,5-21 mg/100g; P 30-60 mg/100g
			CO 72.2.	92	calculations	carbohydrates, 5.8 to 8.6%, sugars - 2.2 to 3.9%, , dextrin 3.6 to 4.7%	mineral salts from 0.20 to 0.33%
73			CO 73.1.	125	analysis		
			CO 73.2.				
74	no		CO 74.1.	78	calculations	proteins 0,07 g/100g; carbohydrates 8,2 g/100g; fats 0,02g/100g ;	Ca 1mg/100g;Fe0,08 mg/100g;
			CO 74.2.				
75	no		CO 75.1.	47	rye		

76	no		CO 76.1	125			
77	no		CO 77.1	125			
78	no		CO 78.1	78			
79	no		CO 79.1	33	proteins 0,4g/100g; carbohydrates7 ,4 g/100g; fats 0,1g/100g ;		

	no		CO 79.2	124			
80			CO 80.1.	124			

Herbs and spices

Vitamins Bioactive substances Specific bioactive substances

B2		
	flavonoids and other phenolic compounds, plant sterols,	
		Vit B, lignan, dietary fibre, tocopherols Vit E, sterols, phenolic acid, β glucan, arabinoxylans
B2 0,08		
	flavonoids and other phenolic compounds, plant sterols,	
		Vit B, lignan, dietary fibre, tocopherols Vit E, sterols, phenolic acid, β glucan, arabinoxylans

No data		
	flavonoids and other phenolic compounds, plant sterols, other sulphur containing compounds	
		Vit B, lignan, dietary fibre, tocopherols Vit E, sterols, phenolic acid, β glucan, arabinoxylans
		carotenoids, lutein, and zeaxanthin
	flavonoids and other phenolic compounds, plant sterols,	
		Vit B, lignan, dietary fibre, tocopherols Vit E, sterols, phenolic acid, β glucan, arabinoxylans
	flavonoids and other phenolic compounds, plant sterols,	
		Vit B, lignan, dietary fibre, tocopherols Vit E, sterols, phenolic acid, β glucan, arabinoxylans

	flavonoids and other phenolic compounds, plant sterols,	
		Vit B, lignan, dietary fibre, tocopherols Vit E, sterols, phenolic acid, β glucan, arabinoxylans
	flavonoids and other phenolic compounds, plant sterols,	
		Vit B, lignan, dietary fibre, tocopherols Vit E, sterols, phenolic acid, β glucan, arabinoxylans, panthothenic acid
B2 0,08 mg/100g,		
	flavonoids and other phenolic compounds, plant sterols,	

		Vit B, lignan, dietary fibre, tocopherols Vit E, sterols, phenolic acid, β glucan, arabinoxylans, beta-cryptoxanthin, bound phenolic substances
B2		
	flavonoids and other phenolic compounds, plant sterols,	
		Vit B, lignan, dietary fibre, tocopherols Vit E, sterols, phenolic acid, β glucan, arabinoxylans
	flavonoids and other phenolic compounds, plant sterols,	
		Vit B, lignan, dietary fibre, tocopherols Vit E, sterols, phenolic acid, β glucan, arabinoxylans
	flavonoids and other phenolic compounds, plant sterols,	
		Vit B, lignan, dietary fibre, tocopherols Vit E, sterols, phenolic acid, β glucan, arabinoxylans

	flavonoids and other phenolic compounds, plant sterols,	
		Vit B, lignan, dietary fibre, tocopherols Vit E, sterols, phenolic acid, β glucan, arabinoxylans
	flavonoids and other phenolic compounds, plant sterols	
		Vit B, lignan, dietary fibre, tocopherols Vit E, sterols, phenolic acid, β glucan, arabinoxylans
	flavonoids and other phenolic compounds, plant sterols,	
		Vit B, lignan, dietary fibre, tocopherols Vit E, sterols, phenolic acid, β glucan, arabinoxylans

		vit E, Vit B
	flavonoids and other phenolic compounds, plant sterols	
		Vit B, lignan, dietary fibre, tocopherols Vit E, sterols, phenolic acid, β glucan, arabinoxylans
vit B1,B2, PP, Vit E, Vit C		

	carotenoids, unsaturated fatty acids, lignans, lignan, dietary fiber, tocopherols, sterols, folate derivatives, phenolic acid, β glucan	α - and β -carotene, omega 3 fatty acids, bioactive carbohydrates
	flavonoids and other phenolic compounds, plant sterols, carotenoids	α - and β -carotene, omega 3 fatty acids
		Vit B, lignan, dietary fiber, tocopherols Vit E, sterols, phenolic acid, β glucan, arabinoxylans, α - and β - carotene, omega 3 fatty acids
	flavonoids and other phenolic compounds, plant sterols,	
		Vit B, lignan, dietary fiber, tocopherols Vit E, sterols, phenolic acid, β glucan, arabinoxylans

	flavonoids and other phenolic compounds, plant sterols,	vit E, Vit B, phenolic acid, β glucan, Lutein and zeaxanthin, lignan, dietary fiber
	flavonoids and other phenolic compounds, plant sterols,	
		Vit B, lignan, dietary fibre, tocopherols Vit E, sterols, phenolic acid, β glucan, arabinoxylans
	flavonoids and other phenolic compounds, plant sterols, other sulphur componds	
		Vit B, lignan, dietary fibber, tocopherols Vit E, sterols, phenolic acid, β glucan, arabinoxylans

0,15 mg/100g B2	flavonoids and other phenolic compounds, plant sterols,	
	flavonoids and other phenolic compounds, plant sterols,	vit E, Vit B, phenolic acid, β glucan, Lutein and zeaxanthin, lignan, dietary fiber
		Vit B, lignan, dietary fiber, tocopherols Vit E, sterols, phenolic acid, β glucan, arabinoxylans
0,15 mg/100g B2	lignan, dietary fibre, tocopherols, sterols, folate derivatives, phenolic acid, β glucan	vit E, Vit B
	flavonoids and other phenolic compounds, plant sterols,	
		Vit B, lignan, dietary fibre, Vit E, sterols, phenolic acid, β glucan, arabinoxylans

0,15 mg/100g B2		
	flavonoids and other phenolic compounds, plant sterols,	
		Vit B, lignan, dietary fibre, tocopherols Vit E, sterols, phenolic acid, β glucan, arabinoxylans
vit C 92 mg/100g,		
	carotenoids,	lycopene, α - and β -carotene, lutein and zeaxanthin, ascorbic acid

	sulphur containing compounds, phytochemicals, dietary fibre, flavonoid	vitamin C, caffeic acid, alliin, methiin and S-allylcysteine
B2 0,04 mg/100g		
	dietary fibre,	Vit B, triptophan
B2 0,08 mg/100g		
	carotenoids, flavonoids	β -carotene, Lutein and zeaxanthin, fatty acids, dietary fibre, vit K, folate, quercetin, kaempferol and myricetin
	carotenoids, flavonoids	β -carotene, Lutein and zeaxanthin, fatty acids, dietary fibre, vit K, folate, quercetin, kaempferol and myricetin

	carotenoids, flavonoids	β -carotene, Lutein and zeaxanthin, fatty acids, dietary fibre, vit K, folate,
	carotenoids, flavonoids	β -carotene, Lutein and zeaxanthin, fatty acids, dietary fibre, vit K, folate, quercetin, kaempferol and myricetin
	carotenoids, flavonoids and other phenolic compounds, plant sterols,	lycopene, α - and β -carotene, lutein and zeaxanthin, ascorbic acid
	carotenoids, flavonoid	lycopene, α - and β -carotene, lutein and zeaxanthin, Vit B, lignan, dietary fibre,

	carotenoids, flavonoids and other phenolic compounds, plant sterols	lycopene, α - and β -carotene, lutein and zeaxanthin, Vit B, lignan, dietary fibre, Vit E, sterols, phenolic acid, β glucan, arabinoxylans
	flavonoid, glucosinolates	isothiocyanates,
	flavonoids and other phenolic compounds, plant sterols	lycopene, α - and β -carotene, lutein and zeaxanthin, Vit B, lignan, dietary fibre, Vit E, sterols, phenolic acid, β glucan, arabinoxylans

B2 0.03 mg/100g		
	carotenoids, flavonoids and other phenolic compounds, plant sterols	fibre, polyphenolic compounds, lectins, unsaturated fatty acids, trypsin inhibitors, lycopene, α - and β -carotene, lutein and zeaxanthin
	carotenoids,	lycopene, α - and β -carotene, lutein and zeaxanthin, ascorbic acid
		phytic acid

		vitamin B6, copper, potassium, manganese, and dietary fibre, vit C
B2 0.03 mg/100g		
	carotenoids, flavonoids and other phenolic compounds, plant sterols	fibre, polyphenolic compounds, lectins, unsaturated fatty acids, trypsin inhibitors, lycopene, α - and β -carotene, lutein and zeaxanthin
	flavonoids and other phenolic compounds, plant sterols	lycopene, α - and β -carotene, lutein and zeaxanthin, Vit B, lignan, dietary fibre, Vit E, sterols, phenolic acid, β glucan, arabinoxylans

	carotenoids, flavonoids and other phenolic compounds, plant sterols,	β -carotene, l5-hydroxytryptamine, histamine, formic acid and gallic acid, iron,
	carotenoids, flavonoids and other phenolic compounds, plant sterols	lycopene, α - and β -carotene, lutein and zeaxanthin, Vit B, lignan, dietary fibre, Vit E, sterols, phenolic acid, β glucan, arabinoxylans

	carotenoids, flavonoids and other phenolic compounds, plant sterols	lycopene, α - and β -carotene, lutein and zeaxanthin, Vit B, lignan, dietary fibre, Vit E, sterols, phenolic acid, β glucan, arabinoxylans
	carotenoids, flavonoids and other phenolic compounds, plant sterols,	β -carotene, l5-hydroxytryptamine, histamine, formic acid and gallic acid, iron, quercetin, kaempferol and myricetin, α -linolenic acid.
	carotenoids, flavonoids and other phenolic compounds, plant sterols,	β -carotene, Vit C, vit K, dietary fibre, potassium, folate, iron, magnesium, thiamin, riboflavin, copper, calcium, phosphorus, protein, omega-3 fatty acids and niacin. riboflavin

		<p>fibre, manganese, folate, vitamin B6, potassium, and omega-3 fatty acids, thiamin (vitamin B1), riboflavin (vitamin B2), calcium, potassium, magnesium, vitamin A, ;phytochemicals - indoles and sulforaphane, the breakdown products of glucosinolates</p>
	<p>carotenoids, flavonoids and other phenolic compounds, plant sterols</p>	<p>lycopene, α- and β-carotene, lutein and zeaxanthin, Vit B, lignan, dietary fibre, Vit E, sterols, phenolic acid, β glucan, arabinoxylans</p>
	<p>carotenoids, ,dietary fibre,</p>	<p>α- and β-carotene, bioactive carbohydrates, pectins</p>

	carotenoids, ,dietary fibre,	a- and β-carotene, bioactive carbohydrates, pectins
		fibre, manganese, folate, vitamin B6, potassium, and omega-3 fatty acids, thiamin (vitamin B1), riboflavin (vitamin B2), calcium, potassium, magnesium, vitamin A, ;phytochemicals - indoles and sulforaphane, the breakdown products of glucosinolates

	carotenoids, flavonoids and other phenolic compounds, plant sterols	fibre, manganese, folate, vitamin B6, potassium, and omega-3 fatty acids, thiamin (vitamin B1), riboflavin (vitamin B2), calcium, potassium, magnesium, vitamin A, phytochemicals - indoles and sulforaphane, the breakdown products of glucosinolates polyphenolic compounds, lectins, unsaturated fatty acids, trypsin inhibitors,
	flavonoids	vitamin C, iron, folate and vitamin B6, vitamin B1, B2, B3, E, folic acid, calcium, phosphorus, zinc,
	flavonoids and other phenolic substances	vitamin B,
		vit. C, lactic acid

		<p>Leek (leaves) <i>Allium porrum</i> Total phenolics 35.7 GAE /100g; Total flavonoids 3.9 CE/100g; Flavonoids/Phenolics 0.11;</p> <p>Leek (stem) <i>Allium porrum</i> Total phenolics 27.7 GAE /100g; Total flavonoids 2.6 CE/100g; Flavonoids/Phenolics 0.09</p>
	flavonoids and other phenolic substances	quercetin, catechin, phloridzin and chlorogenic acid, pectin, dietary fibre,
B2 0.06		
	flavonoids and other phenolic substances,	quercetin, catechin, phloridzin and chlorogenic acid, pectin, dietary fibre,

		Apple Total (<i>Malus pumila</i>) fresh - Total phenolics 75,8 - 108,6 mg GAE /100g; Total flavonoids mg 20,9-48,6 CE/100g; Flavonoids/Phenolics 0.28- 0,35
		Plum <i>Prunus domestica</i> (fresh) - Total phenolics 303.6mg GAE /100g; Total flavonoids mg 136.2 CE/100g; Flavonoids/Phenolics 0.45
Vit C 500 mg%	flavonoids, essential oils,	

		Plum <i>Prunus domestica</i> (fresh) - Total phenolics 303.6mg GAE /100g; Total flavonoids mg 136.2 CE/100g; Flavonoids/Phenolics 0.45
		Apple (<i>Malus pumila</i>) fresh - Total phenolics 75,8 -108,.6 mg GAE /100g; Total flavonoids mg 20,9-48,6 CE/100g; Flavonoids/Phenolics 0.28-0,35
		Pear (<i>Pyrus communis</i>) fresh - Total phenolics 91 -124 mg GAE /100g; Total flavonoids mg 48,5-69,9 CE/100g; Flavonoids/Phenolics 0.53-0,56
	carotenoids, dietary fibre,	α - and β -carotene, , bioactive carbohydrates

	flavonoids and other phenolic compounds, Anthocyanidins	Grapes (<i>Vitis vinifera</i>) fresh white- black - Total phenolics 184-213 mg GAE /100g; Total flavonoids mg 77-91 CE/100g; Flavonoids/Phenolics 0.2-0,36
	flavonoids and other phenolic compounds, Anthocyanidins	Blackberry <i>Rubus coesius</i> Total phenolics 355.3 mg GAE /100g; Total flavonoids 55.5 mg CE/100g; Flavonoids/Phenolics 0.16 ;
		Raspberry <i>Rubus ideaus</i> Total phenolics 178.6 mg GAE /100g; Total flavonoids 26.6 0.15 mg CE/100g; Flavonoids/Phenolics
		Strawberry <i>Fragaria vesca</i> Total phenolics 244.1 mg GAE /100g; Total flavonoids 69.7 mg CE/100g; Flavonoids/Phenolics 0.29

		Blueberry <i>Vaccinium myrtillus</i> Total phenolics 670.9 mg GAE /100g; Total flavonoids 190.3 mg CE/100g; Flavonoids/Phenolics 0.28
B2 0,02 mg/100g		
	flavonoids and other phenolic compounds, Anthocyanidins	Plum <i>Prunus domestica</i> (fresh) - Total phenolics 303.6mg GAE /100g; Total flavonoids mg 136.2 CE/100g; Flavonoids/Phenolics 0.45

	flavonoids and other phenolic compounds, Anthocyanidins	Plum <i>Prunus domestica</i> (fresh) - Total phenolics 303.6mg GAE /100g; Total flavonoids mg 136.2 CE/100g; Flavonoids/Phenolics 0.45; Apple (<i>Malus pumila</i>) fresh - Total phenolics 75,8 -108,.6 mg GAE /100g; Total flavonoids mg 20,9-48,6 CE/100g; Flavonoids/Phenolics 0.28-0,35 Pear (<i>Pyrus communis</i>) fresh - Total phenolics 91 - 124 mg GAE /100g; Total flavonoids mg 48,5-69,9 CE/100g; Flavonoids/Phenolics 0.53-0,56
	carotenoids, dietary fibre, flavonoids and other phenolic compounds	α - and β -carotene, , bioactive carbohydrates
Vit E	non saturated fats	

Vit E	non saturated fats	
B10,25 g/100g B2 0,15g/100g,		
	carotenoids 0.47g/100g; phytsterols, essential fatty acids	triptophan, omega 3 fatty acids,minerals phosphorus, magnesium and manganese, zinc, iron and copper., vitamin K.
B1, B5, B9, Vit E		
	essential fatty acids, fibres, phytosterols	omega 6 and 9 fatty acids; vitamin E, vitamin B1.manganese, magnesium, copper, selenium, phosphorus, vitamin B5 and folate.

	essential fatty acids, fibres, phytosterols	omega 6 and 9 fatty acids; vitamin E, vitamin B1.manganese, magnesium, copper, selenium, phosphorus, vitamin B5 and folate.
	essential fatty acids, fibres, phytosterols	omega 3 fatty acids; vitamin E, vitamin B1.manganese, magnesium, copper, selenium, phosphorus, vitamin B5 and folate.
		oleic acid 22.63 t- 27.27 % ; linoleic 49.93 - 54.41 % ;linolenic acid 14.32-17.82 %;palmitic acid 5.61 % - 5.82 %. total fatty acids 64.90 -69.42 %. Miristic acid



B1 0,02-0,08 mg/100g, B2 0,02-0,06 mg/100g, PP 0,15-0,38 mg/100g		
vit B group	lactic acid from 0.30 to 0.60%	
		Blueberry <i>Vaccinium myrtillus</i> Total phenolics 670.9 mg GAE /100g; Total flavonoids 190.3 mg CE/100g; Flavonoids/Phenolics 0.28
		organic acids, mineral salts, Vit B, folate, B1, B2, B6, B12, PP,
	flavonoids and other phenolic compounds, plant sterols,	Vit B, lignan, dietary fiber, tocopherols Vit E, sterols, phenolic acid, β glucan, arabinoxylans

	flavonoids and other phenolic compounds, Anthocyanidins	Dogwood berry <i>Cornus mas</i> Total phenolics 432. mg GAE /100g; Total flavonoids 0 91.4 mg CE/100g; Flavonoids/Phenolics 0.21; Pear (<i>Pyris communis</i>) fresh - Total phenolics 91 -124 mg GAE /100g; Total flavonoids mg 48,5-69,9 CE/100g; Flavonoids/Phenolics 0.53-0,56
	flavonoids and other phenolic compounds, Anthocyanidins,lactic acid	Grapes (<i>Vitis vinifera</i>) fresh <i>white- black</i> - Total phenolics 184-213 mg GAE /100g; Total flavonoids mg 77-91 CE/100g; Flavonoids/Phenolics 0.2-0,36
		vit. C, lactic acid

	flavonoids, polyphenols such as anthocyanins, glycosides; aglycones; Carotenoids . Vitamin C	flavonoids, polyphenols such as anthocyanins, i.e. cyanidin-3-O-glucoside, glycosides of quercetin and glycosides of taxifolin and eriodictyol; Phloridzin , conjugates of methyl gallate - methyl gallate-rutinoside; aglycones (catechin and quercetin); Carotenoids (beta-carotene, lycopene, beta-chryptoxanthin, rubixanthin, zeaxanthin and lutein. Vitamin C
		fiber, manganese, folate, vitamin B6, potassium, and omega-3 fatty acids, thiamin (vitamin B1), riboflavin (vitamin B2), calcium, potassium, magnesium, vitamin A, ;phytochemicals - indoles and sulforaphane, the breakdown products of glucosinolates



Comments

whole grain flour and un refined rice are reacher in bioactive components, In the white flour the content of B1 is reduced 4 times, B6 - 3; vit E - 7 times. Co content is reduced 8 time, Mg - 6.5 and Zn - 5 times	

Pumpkin contains: Beta carotene considered powerful anticancer agent; Potassium lowers the risk for hypertension; Zinc supports immune system, and aids in bone density support for people at risk for osteoporosis; Fiber may prevent cancer, heart disease; alpha-hydroxy-acids which helps to reduce the signs of aging. Walnuts are rich in proteins, fiber, B vitamins, Mg, and antioxidants such as Vitamin E. They contain plant sterols and fat - but mostly monounsaturated and polyunsaturated fats (omega 3 fatty acids - the good fats) that have been shown to lower LDL cholesterol. Walnuts reduce the risk of heart disease by improving blood vessel elasticity and plaque accumulation, lowering LDL cholesterol (the bad cholesterol) and the C-Reactive Protein (CRP). Cinnamon is a great source of manganese, fiber, iron, and calcium and may have a regulatory effect on blood sugar and anti-clotting effect on the blood.	

flavonoids and other phenolic compounds, plant sterols,	
Onion may be used for prevention of cardiovascular disease, especially since they diminish the risk of blood clots. Onion protects against stomach and other cancers, as well as protecting against certain infections. Onion can improve lung function, especially in asthmatics.	

chemical composition varies, according to the type of flour used. Available data is about wheat / rye bread	

lycopene, carotenoids, lutein and zeaxanthin protect not only against prostate, but breast, pancreatic and intestinal cancers, especially when consumed with fat-rich foods, such as avocado, olive oil or nuts.	
Garlic preparations have been shown to exhibit hypolipidemic, antiplatelet and procirculatory effects. Aged garlic extract possess hepatoprotective, immune-enhancing, anticancer and chemopreventive activities. S-allylcysteine has the ability to lower cholesterol, act as an antioxidant, inhibit the cancer process and protect the liver from toxins	

Beans contain calcium, potassium, vitamin B6, magnesium, folate, and alpha-linolenic acid. Beans are a good source of proteins. Antioxidants help reduce the risk of cancer . Carrots and spices also add to the bioactive components and increase the health benefit of the bean meal.	

fresh green beans total phenolic compounds 35,5 mg GAE/100g	

the biological active components vary according to the type of fruits used :lavonoids and other phenolic compounds, plant sterols, carotenoids	

Roze jam benefits respiratory disease, Data available on the composition of oil	
mixture of dried fruits, usually apples, plums and pears	

Sesame seeds contain lignan fibres sesamin and sesamolin. These substances help lower cholesterol and have been found to prevent high blood pressure and increase vitamin E in animals. Sesamin also protects the liver from oxidative damage. Sesame seeds are rich in Cu, Ca, Mg, Fe, P, vitamin B1 and Zn. Sunflower seeds are rich in Vitamin E (Tocopherols)and Betaine that may protect against cardiovascular disease; Choline that affects memory and cognitive function; Arginine benefits heart; Lignans may protect against heart disease and some cancers; lowers LDL cholesterol and triglycerides	

fresh seeds contain about 534 mg phytosterols	

<p>Sesame seeds contain lignan fibres sesamin and sesamol. These substances help lower cholesterol and have been found to prevent high blood pressure and increase vitamin E in animals. Sesamin also protects the liver from oxidative damage. Sesame seeds are rich in Cu, Ca, Mg, Fe, P, vitamin B1 and Zn. Sunflower seeds are rich in Vitamin E (Tocopherols) and Betaine that may protect against cardiovascular disease; Choline that affects memory and cognitive function; Arginine benefits heart; Lignans may protect against heart disease and some cancers; lowers LDL cholesterol and triglycerides</p>	
<p>health and also provide anti-inflammatory benefits in asthma, rheumatoid arthritis, eczema and psoriasis; Ellagic acid is an antioxidant compound that boosts the immune system and has anticancer properties ;effective in preventing gallstones in women.; Melatonin which is a powerful antioxidant and also induces a good night's sleep, is present in walnuts in the bio-available form. ;Walnuts reduce total cholesterol in the body. They increase the amount of HDL cholesterol and lower the LDL cholesterol levels in blood.; Besides omega-3 fatty acids that prevents erratic heart rhythms and regulate plaque formation in blood vessels, the essential amino acid l-arginine in walnuts improves the elasticity of blood vessels; Walnuts are an excellent source of a proteins, fiber, B vitamins and minerals like iron, magnesium, phosphorus, copper and manganese; helpful in easing constipation due to their laxative effects.; walnuts are the 'brain food'. omega-3 fatty acids. Walnuts reduce the amounts of Lp(a) lipid compound responsible for clotting and reduce the risk of arteriosclerosis and heart diseases.in the body.;Walnuts are known to improve bone health.; Research indicates that walnuts may reduce the risk of Alzheimer's</p>	
<p>Protein 15.23 g;Total lipid (fat) 65.21 g ; Carbohydrate (total) 13.71 g; Dietary fibre - 6.70 g; Sugars, total 2.61 g; calcium 98.00 mg; Copper 1.59 mg;Iron 2.91mg; Magnesium 158.00 mg; Manganese 3.41 mg; Phosphorus 346.00 mg; Potassium 441.00 mg; Selenium 4.60 mg; Sodium 2.00 mg; Zinc 3.09 mg Vitamins:Ascorbic acid 1.30 mg; Thiamin 0.34 mg; Riboflavin 0.15 mg; Niacin 1.99 mg; Pantothenic acid 0.57 mg; Vitamin B-6 0.54 mg; Folacin 98.00 mcg; Vitamin A 41.00 IU; Vitamin E 2.92 mg</p>	



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