

8.2 Energy values of foods

This summary table of food energy values has been extracted from *Tables of Representative Values of Foods Commonly Used in Tropical Countries* (Platt, 1985). The table is useful for evaluating dietary data based on records of group consumption. The tables are not suitable for detailed surveys of the diets of individuals. Food energy values are given as the amount per 100 g of edible portion.

CEREALS	
1. Barley, whole, de-husked	339
2. Barley, pearled	351
3. Buckwheat flour, 90% extraction	348
4. Buckwheat flour, 60% extraction	349
5. Maize, whole	363
6. Maize meal, about 96% extraction	362
7. Maize meal, refined, 60% extraction	354
8. Maize starch (commercial), corn-flour	352
9. Millet, bulrush, whole grains	363
10. Millet, bulrush, meal	365
11. Millet, finger, whole grain	336
12. Millet, finger, meal	332
13. Millet, haraka, de-husked	353
14. Millet, jajeo, de-husked	355
15. Millet, various, de-husked	355
16. Quinoa	345
17. Oats de-husked	388
18. Rice, lightly milled and parboiled	354
19. Rice, highly milled, polished	352
20. Rye, 85-90% extraction	350
21. Sorghum, whole grain	355
22. Sorghum flour	353
23. Teff, whole grains	345
24. Wheat, whole and parboiled	344
25. Wheat flour, 85% extraction	346
26. Wheat flour, 70% extraction	350
STARCHY ROOTS, TUBERS AND FRUITS	
27. Arrowroot flour	340
28. Breadfruit pulp	113
29. Cassava, fresh	153
30. Cassava flour	342
31. Ensete	190
32. Plantain	128
33. Potato, Irish	75
34. Potato, Sweet	114
35. Sago flour	352
36. Taro	113
37. Yam, fresh	104
38. Yam flour	317
39. Yam bean tuber	41
OIL SEEDS AND NUTS	

40. Almond	657
41. Brazil nut	688
42. Cashew nut	590
43. Coconut, kernel, mature, fresh	375
44. Coconut, kernel, immature	125
45. Coconut milk, ripe nut	14
46. Dika nut, kernel dried	697
47. Karkashi	615
48. Niger	513
49. Oil bean, whole seed	544
50. Pistachio nut	626
51. Pumpkin seeds, seed coat removed	610
52. Sesame seeds	592
53. Sunflower seeds, seed coat removed	524
54. Walnut	697
GRAIN LEGUMES AND PRODUCTS	
55. Bambara groundnut	367
56. Bonavist bean	351
57. Chickpea	368
58. Cowpea	340
59. Fenugreek	335
60. Goa bean	404
61. Groundnut, dry	579
62. Groundnut, fresh	332
63. Horse bean	342
64. Horse gram	338
65. Kidney bean	339
66. Lathyrus pea	293
67. Lentil	339
68. Lima bean	326
69. Locust bean	380
70. Mung bean (black)	329
71. Manga bean (green)	324
72. Pea	337
73. Pigeon pea	328
74. Scarlet runner bean	326
75. Soya bean seed	382
76. Soya bean milk	32
77. Soya bean curd	76
78. Soya bean	363
79. Tepary bean	331
80. Velvet bean	351
VEGETABLES	
81. Beans, eaten green in pod	34
82. Beans and peas, fresh, shelled	104
83. Bean sprouts	28
84. Beetroot	45
85. Carrots	33
86. Cucumber	12
87. Eggplant	22
88. Gourd	28
89. Leaves, high carotene, dark green, e.g., Spinach, pigweed, sweet potato tops, kale, bledo, etc.	48

90. Leaves, medium carotene, e.g., chard, New Zealand spinach, purslane, cassava leaves, watercress, cress, squash, pumpkin, colza, etc.	28
91. Leaves, low carotene, pale green, e.g., cabbage, kohirabi, Chinese cabbage, etc.	23
92. Leek	52
93. Maize, immature on cob	123
94. Okra	33
95. Onion and shallot	48
96. Palm cabbage shoot	34
97. Peppers, sweet green and red, seeds removed	37
98. Pumpkin, squash and vegetable marrow	36
99. Radish	18
100. Tomato with skin	20
101. Turnip and swede	34
FRUITS	
102. Avocado pear	165
103. Banana	116
104. Cape gooseberry	48
105. Cashew apple	56
106. Citrus, grapefruit, pommelo, etc.	37
107. Citrus, lemon and lime	36
108. Citrus, orange and tangerine	53
109. Custard apple, soursop, sugar apple	93
110. Dates, dried	303
111. Fig, fresh	49
112. Fig, dried	269
113. Grape	76
114. Grenadilla, flesh and seeds	92
115. Guava, flesh and seeds	58
116. Hog plum, Spanish plum	95
117. Kanapy, flesh	74
118. Mammy apple excluding seeds	49
119. Mango	63
120. Melon, sweet	26
121. Melon, water	23
122. Palm fruits, peach palm, pejobay	209
123. Papaya	39
124. Pineapple	57
125. Plum	45
126. Pomegranate pulp	77
127. Prickly pear, pulp and small seeds	56
128. Star apple	82
FATS AND OILS	
129. Butter	745
130. Fish liver oils	900
131. Ghee	828
132. Lard and other animal fats	891
133. Margarine	765
134. Red palm oil	900
135. Vegetable oils	900
INSECTS AND LARVAE	
136. Lake fly	289
137. Larvae, dried caterpillars	372

138. Locusts, mature	134
139. Termites, mature	148
BEVERAGES	
Beer, sorghum	35
Beer, European	35
Palm wine (1/2-1 day fermentation)	17
FISH AND FISH PRODUCTS (INCLUDING MOLLUSCS AND CRUSTACEA)	
Fish, freshwater, fillet	95
Fish, sea, lean fillet	73
Fish, sea fat filet	166
Cod, salt	125
Fish, dried	309
Crustaceans (lobster, crab, prawns, etc.)	94
Mollusks (oysters, mussels, clams, etc.)	70
Sardines, canned in oil	309
Salmon, canned	170
Snail, river, pond	82
Turtle	79
SYRUPS, SUGARS AND PRESERVES	
Honey	286
Jam	260
Molasses (cane, medium)	276
Sugar, crude brown	389
Sugar cane juice	73
Sugar, white	400
CONDIMENTS, SPICES, FUNGI, MISCELLANEOUS	
Cola nut	350
Maize and sorghum stems	58
Sugar cane stem	60
Fungi, mixed, fresh	11
Fungi, mixed, dried	99
Mushrooms, fresh	13
Chilies, hot, dried	291
Garlic	139
Tamarind	304
Mustard seed	544
MEAT, MEAT PRODUCTS AND EGGS	
Bacon fat, whole side	589
Bacon, lean, whole side	362
Beef, moderate fat, whole carcass	262
Beef, lean, whole carcass	202
Beef, canned, corn	227
Eggs, hens and ducks	158
Goat, carcass	142
Mutton, fat, whole carcass	412
Mutton, moderate fat, whole carcass	249
Mutton, lean, whole carcass	149
Offal, heart	129
Offal, kidney	127
Offal, liver	136
Pork, fat, whole carcass	535
Pork, lean, whole carcass	371

Pork, salt, fat	781
Poultry, chicken, duck, turkey, etc.	139
Rabbit	134
Veal, moderately fat	184
MILK AND MILK PRODUCTS	
Cheese from whole cow's milk, hard	384
Cheese from skimmed cow's milk, soft	87
Milk, cow, whole	64
Milk, human	75
Milk, buffalo	102
Milk, goat	71
Milk, sheep	108
Milk, cow, skimmed	34
Milk, cow, whole, condensed	140
Milk, cow, whole, condensed, sweetened	317
Milk, cow, whole, powder (unmodified)	500
Milk, cow, skimmed, condensed, sweetened	276
Milk, cow, skimmed, powder	357