

The abbreviations and the units of measure used in the column headings of the Food Composition Tables for identification of the nutrients are listed below:

<b>Table 1. Macronutrients</b>	
Abbreviation for nutrient and unit of measure	Nutrient and unit of measure
Ash-g	Ash in gram
AnPr-g	Animal protein in gram
CHO-g	Available carbohydrate in gram
Chol-mg	Cholesterol in milligram
En-kJ	Energy in kilojoule
Fat-g	Fat in gram
TFib-g	Total dietary fibre in gram
Mois-g	Moisture (water) in gram
MFA-g	Monounsaturated fatty acids in gram
PIPr-g	Plant protein in gram
Prot-g	Total protein in gram
PFA-g	Polyunsaturated fatty acids in gram
SFA-g	Saturated fatty acids in gram
AdSu-g	Added sugar in gram
TotN-g	Total nitrogen in gram

<b>Table 2. Minerals</b>	
Abbreviation for nutrient and unit of measure	Nutrient and unit of measure
Ca-mg	Calcium in milligram
Cu-mg	Copper in milligram
Fe-mg	Iron in milligram
K-mg	Potassium in milligram
Mg-mg	Magnesium in milligram
Mn-µg	Manganese in microgram
Na-mg	Sodium in milligram
P-mg	Phosphorus in milligram
Zn-mg	Zinc in milligram

<b>Table 3. Vitamins</b>	
Abbreviation for nutrient and unit of measure	Nutrient and unit of measure
A-µgRE	Vitamin A in microgram retinol equivalents
B6-mg	Vitamin B <sub>6</sub> in milligram
B12-µg	Vitamin B <sub>12</sub> in microgram
Biot-µg	Biotin in microgram
C-mg	Vitamin C in milligram
D-µg	Vitamin D in microgram
E-mg	Vitamin E in milligram
Fol-µg	Folate in microgram
Niac-mg	Niacin in milligram
Pant-mg	Pantothenic acid in milligram
Ribo-mg	Riboflavin in milligram
Thia-mg	Thiamin in milligram