

FOODGROUP	FOODNAME	ENERGY	PROTEIN	FATS	CARBHDRT	CALCIUM	PHOSPHOR	IRON	VITA	VITB1	VITC	F-EDIBLE (BDD)	F-WEIGHT
AA	Arrowroot	102	1.00	0.20	24.10	28.00	35	1.70	0	0.06	2.0	100	100
AA	Belitung	145	1.20	0.40	34.20	26.00	54	1.40	0	0.10	2.0	85	100
AA	Belitung kukus	145	1.20	0.40	34.20	21.00	48	0.90	0	0.08	1.2	100	100
AA	Beras benir	339	7.70	4.40	73.00	22.00	272	3.00	0	0.55	0.0	100	100
AA	Beras giling	360	6.80	0.70	78.90	6.00	140	1.00	0	0.12	0.0	100	100
AA	Beras giling pelita I/1	366	7.60	1.00	78.90	59.00	258	0.80	0	0.26	0.0	100	100
AA	Beras giling pelita II/1	396	9.50	1.40	77.10	68.00	171	1.40	0	0.26	0.0	100	100
AA	Beras jagung	345	9.10	2.00	76.50	14.00	311	3.70	0	0.17	0.0	100	100
AA	Beras ketan hitam	356	7.00	0.70	78.00	10.00	148	1.00	0	0.20	0.0	100	100
AA	Beras ketan hitam kukus	181	4.00	1.20	37.30	9.00	144	1.70	0	0.06	0.0	100	100
AA	Beras ketan hitam tumbuk	360	8.00	2.30	74.50	10.00	347	6.20	0	0.24	0.0	100	100
AA	Beras ketan putih	362	6.70	0.70	79.40	12.00	148	1.00	0	0.16	0.0	100	100
AA	Beras ketan putih kukus	163	3.00	0.40	35.70	4.00	55	0.70	0	0.07	0.0	100	100
AA	Beras ketan putih tumbuk	361	7.40	0.80	78.40	13.00	157	3.40	0	0.28	0.0	100	100
AA	Beras merah tumbuk	359	7.50	0.90	77.60	16.00	163	0.00	0	0.21	0.0	100	100
AA	Beras merah tumbuk	352	7.30	0.90	76.20	15.00	257	4.20	0	0.34	0.0	100	100
AA	Beras merah tumbuk (kukus)	149	2.80	0.40	32.50	6.00	63	0.80	0	0.06	0.0	100	100
AA	Beras paboiled	364	6.80	0.60	80.10	5.00	142	1.00	0	0.22	0.0	100	100
AA	Beras pecah kulit	335	7.40	1.90	76.20	12.00	290	2.00	0	0.32	0.0	100	100
AA	Beras rojolele	357	8.40	1.70	77.10	147.00	81	1.80	0	0.20	0.0	100	100
AA	Beras setengah giling	363	7.60	1.10	78.30	11.00	221	1.00	0	0.19	0.0	100	100
AA	Beras tumbuk pelita I/1	365	9.70	1.40	75.90	72.00	205	0.90	0	0.34	0.0	100	100
AA	Beras tumbuk pelita II/1	360	9.40	1.30	75.20	59.00	170	1.90	0	0.40	0.0	100	100
AA	Gadung	101	2.10	0.20	23.20	20.00	69	1.00	0	0.10	9.0	85	100
AA	Gadung (DKBM P3G '90)	100	0.90	0.30	23.50	79.00	66	0.90	0	0.23	1.9	85	100
AA	Ganyong	95	1.00	0.10	22.60	21.00	70	20.00	0	0.10	10.0	65	100
AA	Ganyong (DKBM P3G '90)	77	0.60	0.20	18.40	15.00	67	1.00	0	0.10	9.0	65	100
AA	Gaplek	338	1.50	0.70	81.30	80.00	60	2.00	0	0.04	0.0	100	100
AA	Gembili	95	1.50	0.10	22.40	14.00	49	1.00	0	0.05	4.0	85	100
AA	Gembili (DKBM P3G '90)	131	1.10	0.20	31.30	14.00	56	0.60	0	0.08	4.0	85	100
AA	J a l i	289	11.00	4.00	61.00	213.00	176	11.00	0	0.14	0.0	90	100
AA	Jagung giling kuning	361	8.70	4.50	72.40	9.00	380	5.00	350	0.27	0.0	100	100
AA	Jagung giling putih	361	8.70	4.50	72.40	9.00	380	5.00	0	0.27	0.0	100	100
AA	Jagung harapan	367	6.20	5.10	76.20	7.00	354	2.80	0	0.19	0.0	100	100
AA	Jagung kuning	366	9.80	7.30	69.10	30.00	538	2.30	0	0.12	3.0	100	100
AA	Jagung kuning muda	147	5.10	0.70	31.50	6.00	122	1.10	0	0.24	9.0	100	100
AA	Jagung kuning muda rebus	142	5.00	0.70	30.50	5.00	105	0.80	0	0.15	0.0	100	100
AA	Jagung kuning rebus	366	9.80	7.30	69.10	30.00	538	2.30	0	0.12	3.0	100	100

AA	Jagung kuning, pipil baru	307	7.90	3.40	63.60	9.00	148	2.00	440	0.33	0.0	90	100
AA	Jagung kuning, pipil lama	355	9.20	3.90	73.70	10.00	256	2.00	510	0.38	0.0	90	100
AA	Jagung metro	368	5.50	4.60	78.00	7.00	300	2.40	0	0.16	0.0	100	100
AA	Jagung putih , pipil baru	307	7.90	3.40	63.60	9.00	148	2.00	0	0.33	0.0	90	100
AA	Jagung putih , pipil lama	355	9.20	3.90	73.70	10.00	256	2.00	0	0.38	0.0	90	100
AA	Jagung segar, kuning	140	4.70	1.30	33.10	6.00	118	1.00	435	0.24	8.0	90	100
AA	Jagung segar, putih	140	4.70	1.30	33.10	6.00	118	1.00	0	0.24	8.0	90	100
AA	Jagung titi	374	9.40	2.20	79.10	14.00	142	2.90	0	0.20	0.0	100	100
AA	Jawawut	334	9.70	3.50	73.40	28.00	311	5.00	0	0.51	0.0	100	100
AA	Kaburan	133	1.00	0.20	32.20	65.00	50	0.60	0	0.01	0.0	81	100
AA	Katul beras	275	12.60	14.80	54.60	32.00	2000	14.00	0	0.82	0.0	100	100
AA	Katul jagung	356	9.00	8.50	64.50	200.00	500	10.00	0	1.20	0.0	100	100
AA	Kentang	83	2.00	0.10	19.10	11.00	56	1.00	0	0.11	17.0	85	100
AA	Kentang (DKBM P3G '90)	62	2.10	0.20	13.50	63.00	58	0.70	0	0.09	21.0	84	100
AA	Kentang hitam	142	0.90	0.40	37.70	34.00	75	0.00	0	0.02	38.0	75	100
AA	Keribang	137	1.30	1.10	29.80	45.00	56	0.80	0	0.00	0.0	83	100
AA	Ketan (lihat beras ketan)	362	6.70	0.70	79.40	12.00	148	1.00	0	0.16	0.0	100	100
AA	Ketela pohon (DKBM P3G '90)	154	1.00	0.30	36.80	77.00	24	1.10	0	0.06	31.0	85	100
AA	Ketela pohon (singkong)	146	1.20	0.30	34.70	33.00	40	1.00	0	0.06	30.0	75	100
AA	Ketela pohon kuning	157	0.80	0.30	37.90	33.00	40	1.00	385	0.06	30.0	75	100
AA	Komba (bentul)	98	1.60	0.70	20.90	44.00	66	1.50	0	0.02	0.0	86	100
AA	Mi kering	339	10.00	1.70	76.30	31.00	143	3.90	0	0.00	0.0	100	100
AA	Misoa	345	8.50	2.20	78.00	52.00	120	8.70	0	0.00	0.0	100	100
AA	Sente	64	0.60	0.30	14.80	30.00	50	1.00	0	0.05	5.0	86	100
AA	Suweg	69	1.00	0.10	15.70	62.00	41	4.00	0	0.07	5.0	86	100
AA	Suweg (DKBM P3G '90)	74	1.40	0.10	17.20	42.00	46	1.30	0	0.04	2.3	85	100
AA	Talas	98	1.90	0.20	23.70	28.00	61	1.00	20	0.13	4.0	85	100
AA	Talas bogor	108	1.40	0.40	25.00	47.00	67	0.70	0	0.06	4.0	85	100
AA	Talas pontianak	163	2.30	0.50	36.40	45.00	80	1.70	0	0.02	0.0	83	100
AA	Tepung terigu	333	9.00	1.00	77.20	22.00	150	1.30	0	0.10	0.0	100	100
AA	Ubi jalar kuning	114	0.80	0.50	26.70	51.00	47	0.90	0	0.06	22.0	85	100
AA	Ubi jalar merah	123	1.80	0.70	27.90	30.00	49	1.00	7700	0.09	22.0	86	100
AA	Ubi jalar merah (DKBM P3G '90)	151	1.60	0.30	35.40	29.00	74	0.70	0	0.13	10.5	93	100
AA	Ubi jalar puith (DKBM P3G '90)	152	1.50	0.30	35.70	29.00	64	0.80	0	0.17	9.8	91	100
AA	Ubi jalar putih	123	1.80	0.70	27.90	30.00	49	1.00	60	0.09	22.0	86	100
AA	Ubi kemayung	150	1.50	0.20	35.50	24.00	48	0.80	0	0.13	6.2	85	100
AA	Ubi manis	83	1.50	0.20	18.80	27.00	162	2.10	0	0.02	0.0	85	100
AA	Uwi	101	2.00	0.20	19.80	45.00	280	2.00	0	0.10	9.0	86	100
AB	Bihun	360	4.70	0.10	82.10	6.00	35	1.00	0	0.00	0.0	100	100

AB	Biskuit	458	6.90	14.40	75.10	62.00	87	3.00	0	0.09	0.0	100	100
AB	Cantel	332	11.00	3.30	73.00	28.00	287	4.00	0	0.38	0.0	100	100
AB	Havermout	390	14.20	7.40	68.20	53.00	405	5.00	0	0.60	0.0	100	100
AB	Jagung muda,kuning rebus/bakar	129	4.10	1.30	30.30	5.00	108	1.00	117	0.18	9.0	28	100
AB	Jagung muda,putih rebus/bakar	129	4.10	1.30	30.30	5.00	108	1.00	0	0.18	9.0	28	100
AB	Kerupuk aci	350	0.50	0.20	85.90	0.00	0	0.00	0	0.00	0.0	100	100
AB	Ketela mie golosor	71	0.20	0.80	15.90	117.00	5	0.20	0	0.05	0.0	100	100
AB	Ketela oyek	342	2.30	0.10	38.10	27.00	61	7.60	0	0.06	0.0	100	100
AB	Macaroni	363	8.70	0.40	78.70	20.00	80	0.00	0	0.10	0.0	100	100
AB	Maizena (pati jagung)	343	0.30	0.00	85.00	20.00	30	2.00	0	0.00	0.0	100	100
AB	Mi basah	86	0.60	3.30	14.00	14.00	13	1.00	0	0.00	0.0	100	100
AB	Mi kering	337	7.90	11.80	50.00	49.00	47	3.00	0	0.01	0.0	100	100
AB	Pati singkong (tapioka)	362	0.50	0.30	86.90	0.00	0	0.00	0	0.00	0.0	100	100
AB	Roti putih	248	8.00	1.20	50.00	10.00	95	2.00	0	0.10	0.0	100	100
AB	Roti warna sawo matang	249	7.90	1.50	49.70	20.00	140	3.00	0	0.15	0.0	100	100
AB	Tape singkong	173	0.50	0.10	42.50	30.00	30	0.00	0	0.07	0.0	100	100
AB	Tepung beras	364	7.00	0.50	80.00	5.00	140	1.00	0	0.12	0.0	100	100
AB	Tepung gaplek	363	1.10	0.50	88.20	84.00	125	1.00	0	0.04	0.0	100	100
AB	Tepung garut (tepung anowroot)	355	0.70	0.20	85.20	8.00	22	2.00	0	0.09	0.0	100	100
AB	Tepung jagung kuning	355	9.20	3.90	73.70	10.00	256	2.00	510	0.38	0.0	100	100
AB	Tepung jagung putih	355	9.20	3.90	73.70	10.00	256	2.00	0	0.38	0.0	100	100
AB	Tepung kentang	347	0.30	0.10	85.60	20.00	30	1.00	0	0.04	0.0	100	100
AB	Tepung sagu	353	0.70	0.20	84.70	11.00	13	2.00	0	0.01	0.0	100	100
AB	Tepung sagu	209	0.30	0.20	51.60	27.00	13	0.60	0	0.01	0.0	100	100
AB	Tepung sagu ambon	555	11.50	51.10	21.60	1408.00	556	6.50	0	0.95	0.0	100	100
AB	Tepung terigu	365	8.90	1.30	77.30	16.00	106	1.00	0	0.12	0.0	100	100
AB	Tipa tipa (emping)	355	6.10	1.20	79.80	17.00	328	1.60	0	0.26	0.0	100	100
AB	Vermicelli	363	8.70	0.40	78.70	20.00	80	0.00	0	0.10	0.0	100	100
BA	Akar tonjong	45	1.10	0.40	10.80	72.00	125	1.30	0	0.02	1.8	100	100
BA	Ake .toge	37	4.40	0.50	3.80	50.00	248	2.00	0	0.02	46.0	90	100
BA	Biji jambu mete	606	19.50	47.30	34.90	416.00	538	8.30	0	0.15	0.0	100	100
BA	Biji jambu mete	606	19.50	47.30	34.90	416.00	538	8.30	0	0.15	0.0	100	100
BA	Biji jambu monyet (mente)	562	21.20	49.60	23.60	50.00	450	5.00	100	0.02	0.0	100	100
BA	Bungkil biji karet	333	29.30	3.30	50.00	102.00	660	12.00	0	0.10	0.0	100	100
BA	Bungkil kacang tanah	336	37.40	13.00	30.50	730.00	470	31.00	0	0.04	0.0	100	100
BA	Bungkil kelapa	368	23.00	15.00	40.00	137.00	433	42.00	0	0.00	0.0	100	100
BA	Jengkol	20	3.50	0.10	3.10	21.00	25	1.00	240	0.10	12.0	90	100
BA	Jengkol	140	6.30	0.10	28.80	29.00	45	0.90	0	0.65	24.0	90	100
BA	Kabau	199	6.40	1.10	41.00	40.00	108	1.80	0	0.03	0.0	100	100

BA	Kacang arab	330	23.80	1.40	60.20	57.00	388	5.00	140	0.77	2.0	100	100
BA	Kacang babi	341	30.40	3.20	51.30	178.00	521	6.80	0	0.23	0.0	80	100
BA	Kacang babi bogor	165	7.70	3.10	27.40	96.00	126	5.30	0	0.00	0.0	35	100
BA	Kacang babi gude	316	20.70	1.00	58.00	146.00	445	4.70	0	0.30	0.0	100	100
BA	Kacang babi kecipir	400	34.40	16.90	34.10	468.00	182	6.80	0	0.30	3.5	100	100
BA	Kacang bogor	370	16.00	6.00	65.00	85.00	264	4.00	0	0.18	0.0	100	100
BA	Kacang endel, biji	331	25.00	1.00	58.00	80.00	400	5.00	0	0.30	9.0	95	100
BA	Kacang gude, biji	336	20.70	1.40	62.00	125.00	275	4.00	150	0.48	5.0	100	100
BA	Kacang gude, biji muda	114	7.00	0.60	20.80	3.00	122	2.00	70	0.37	43.0	100	100
BA	Kacang hijau var. siwalik	339	20.80	2.10	64.60	122.00	136	4.00	0	0.45	9.0	100	100
BA	Kacang hijau var.bakti	350	17.10	1.80	70.70	94.00	315	4.90	0	0.40	11.0	100	100
BA	Kacang hijau var.takdiketahui	323	22.90	1.50	56.80	223.00	319	7.50	0	0.46	10.0	100	100
BA	Kacang ijo	345	22.20	1.20	62.90	125.00	320	7.00	157	0.64	6.0	100	100
BA	Kacang kedelai	381	40.40	16.70	24.90	222.00	682	10.00	0	0.52	121.7	100	100
BA	Kacang kedele basah	286	30.20	15.60	30.10	196.00	506	7.00	95	0.93	0.0	100	100
BA	Kacang kedele kering	331	34.90	18.10	34.80	227.00	585	8.00	110	1.07	0.0	100	100
BA	Kacang merah (kacang galing)	336	23.10	1.70	59.50	80.00	400	5.00	0	0.60	0.0	95	100
BA	Kacang merah kering	314	22.10	1.10	56.20	502.00	429	10.30	0	0.40	0.0	97	100
BA	Kacang merah segar	171	11.00	2.20	28.00	293.00	134	3.70	0	0.15	0.0	100	100
BA	Kacang merah tua	280	16.70	1.60	63.20	209.00	335	6.40	0	0.10	5.7	100	100
BA	Kacang panjang biji	357	17.30	1.50	70.00	163.00	437	7.00	0	0.57	2.0	100	100
BA	Kacang roay	344	12.50	2.10	69.40	70.00	103	4.40	0	0.11	1.0	100	100
BA	Kacang tanah	525	27.90	42.70	17.40	315.00	456	5.70	0	0.44	0.0	100	100
BA	Kacang tanah terkupas selaput	452	25.30	42.80	21.10	58.00	335	1.00	0	0.30	3.0	100	100
BA	Kacang tolo	331	24.40	1.90	56.60	481.00	399	13.90	0	0.06	0.0	100	100
BA	Kacang tunggak (kacang tolo)	342	22.90	1.40	61.60	77.00	449	7.00	30	0.92	2.0	100	100
BA	Kacang uci	358	23.40	2.40	60.60	269.00	264	0.50	0	0.10	2.0	100	100
BA	Kecipir, biji	405	32.80	17.00	36.50	80.00	200	2.00	0	0.03	0.0	100	100
BA	Kelapa muda, air	17	0.20	0.10	3.80	15.00	8	0.00	0	0.00	1.0	100	100
BA	Kelapa muda, daging	68	1.00	0.90	14.00	7.00	30	1.00	0	0.06	4.0	53	100
BA	Kelapa setengah tua, daging	180	4.00	15.00	10.00	8.00	55	1.00	10	0.05	4.0	53	100
BA	Kelapa tua, daging	359	3.40	34.70	14.00	21.00	98	2.00	0	0.10	2.0	53	100
BA	Kemiri	636	19.00	63.00	8.00	80.00	200	2.00	0	0.06	0.0	100	100
BA	Kenari	657	15.00	66.00	13.00	92.00	691	8.00	0	0.42	0.0	100	100
BA	Ketumbar	404	14.10	16.10	54.20	630.00	370	18.00	1570	0.20	0.0	100	100
BA	Kluwak	273	10.00	24.00	13.50	40.00	100	2.00	0	0.15	30.0	80	100
BA	Koro andong	356	20.50	4.10	61.60	150.00	272	6.20	0	0.29	1.0	100	100
BA	Koro benguk, biji	332	24.00	3.00	55.00	130.00	200	2.00	70	0.30	0.0	95	100
BA	Koro loke, biji	33	2.70	0.20	7.90	60.00	40	2.00	40	0.10	0.0	95	100

BA	Koro wedus, biji	338	22.20	1.50	61.00	88.00	395	4.00	0	0.62	0.0	100	100
BA	Lamtoro (pete cina) biji muda	85	5.70	0.30	15.40	180.00	53	3.00	423	0.08	15.0	100	100
BA	Lamtoro (pete cina) biji tua	148	10.60	0.50	26.20	155.00	59	2.00	416	0.23	20.0	100	100
BA	Lamtoro gung / kupasan	367	46.40	5.40	32.50	136.00	441	23.30	0	0.06	9.3	100	100
BA	Lamtoro var. lokal	336	23.80	1.20	59.70	867.00	321	1.50	0	0.15	16.0	100	100
BA	Lamtoro var. tempe	128	10.70	0.50	21.30	203.00	108	0.00	0	0.17	2.0	100	100
BA	Nangka, biji	165	4.20	0.10	36.70	33.00	200	1.00	0	0.20	10.0	75	100
BA	Pala, biji	494	7.50	36.40	40.10	120.00	240	5.00	0	0.20	0.0	95	100
BA	Pete segar	142	10.40	2.00	22.00	95.00	115	1.00	200	0.17	36.0	36	100
BA	Saga merah terkupas	449	30.60	25.50	31.90	1062.00	161	14.20	0	0.09	7.0	100	100
BA	Wijen	568	19.30	51.10	18.10	1125.00	614	10.00	0	0.93	0.0	100	100
BA	Wijen (DKBM P3G '90)	555	11.50	51.50	21.60	1408.00	556	6.50	0	0.95	0.0	100	100
BB	Ampas tahu	414	26.60	18.30	41.30	19.00	29	4.00	0	0.20	0.0	100	100
BB	Ampas tahu (DKBM P3G '90)	67	5.00	2.10	8.10	460.00	88	1.00	0	0.06	0.0	100	100
BB	Biji jambu mete goreng	629	21.50	56.60	19.80	502.00	493	8.00	0	0.18	0.0	100	100
BB	Bongkrek(tempe bungkil kelapa)	119	4.40	3.50	18.30	27.00	100	3.00	0	0.08	0.0	100	100
BB	Emping (kerupuk melinjo)	345	12.00	1.50	71.50	100.00	400	5.00	0	0.20	0.0	100	100
BB	Kac.tanah sangat tanpa slpt	559	26.90	44.20	23.60	74.00	393	2.00	0	0.30	0.0	100	100
BB	Kacang ampas	96	3.70	0.60	19.10	133.00	150	1.30	0	0.05	0.0	100	100
BB	Kacang babi jadi tempe	139	12.50	0.80	31.90	68.00	182	2.60	0	0.10	0.0	100	100
BB	Kacang babi kecipir tempe	212	17.50	10.00	12.90	186.00	160	2.20	0	0.02	0.0	100	100
BB	Kacang oncom	376	14.90	6.00	65.70	199.00	110	10.90	0	0.03	0.0	100	100
BB	Kacang tanah goreng	564	25.50	44.40	25.50	106.00	390	4.10	0	0.40	0.0	100	100
BB	Kacang tanah rebus dgn kulit	360	13.50	31.20	12.80	42.00	177	1.00	0	0.44	5.0	43	100
BB	Keju kacang tanah (peanut b)	590	27.00	49.00	20.90	60.00	360	2.00	0	0.30	0.0	100	100
BB	Kembang tahu	380	48.90	13.80	23.30	378.00	781	0.00	0	0.00	0.0	100	100
BB	Koro kerupuk, biji	125	8.30	0.70	22.10	17.00	12	3.00	80	0.11	31.0	68	100
BB	Kwaci	515	30.60	42.10	13.80	54.00	312	6.00	0	0.02	0.0	35	100
BB	Lamroto tempe dengn kulit	146	11.70	2.30	19.60	128.00	41	6.80	0	0.19	0.0	100	100
BB	Lamtoro tempe	131	18.00	0.80	13.00	95.00	154	12.40	0	0.20	0.0	100	100
BB	Oncom	187	13.00	6.00	22.60	96.00	115	27.00	0	0.09	0.0	100	100
BB	Oncom dan singkong	351	11.00	5.30	65.90	164.00	113	7.80	0	0.01	0.0	100	100
BB	Santan (kelapa diperas)	324	4.20	34.30	5.60	14.00	45	2.00	0	0.02	2.0	100	100
BB	Santan(kelapa diperas dgn air)	122	2.00	10.00	7.60	25.00	30	0.00	0	0.00	2.0	100	100
BB	Saridele, bubuk	344	30.00	20.00	43.00	450.00	500	4.00	2000	0.70	10.0	100	100
BB	Susu kedele	41	3.50	2.50	5.00	50.00	45	1.00	200	0.08	2.0	100	100
BB	Tahu	68	7.80	4.60	1.60	124.00	63	1.00	0	0.06	0.0	100	100
BB	Tahu (DKBM P3G '90)	80	10.90	4.70	0.80	223.00	183	2.40	0	0.01	0.0	100	100
BB	Taokoa (DKBM P3G '90)	148	13.80	8.50	4.00	140.00	214	8.50	0	0.02	0.0	100	100

BB	Taokoa	104	12.90	6.80	1.20	153.00	119	2.00	0	0.05	0.0	100	100
BB	Tauco	166	10.40	4.90	24.10	55.00	365	1.00	23	0.05	0.0	100	100
BB	Tempe gembus	73	5.70	1.30	10.30	204.00	80	1.50	0	0.09	0.0	100	100
BB	Tempe gembus yogya	76	8.60	0.70	10.60	76.00	142	16.50	0	0.79	0.0	100	100
BB	Tempe gembus(puslitbang)	73	5.70	1.30	10.30	204.00	80	1.50	0	0.09	0.0	100	100
BB	Tempe kedelai dan jagung	143	12.00	5.50	11.40	155.00	156	6.80	0	0.33	0.0	100	100
BB	Tempe kedelai murni	201	20.80	8.80	13.50	155.00	326	4.00	0	0.19	0.0	100	100
BB	Tempe kedelai pasar	150	14.00	7.70	9.10	517.00	202	1.50	0	0.17	0.0	100	100
BB	Tempe kedele murni	149	18.30	4.00	12.70	129.00	154	10.00	50	0.17	0.0	100	100
BB	Tempe koro benguk	141	10.20	1.30	23.20	42.00	15	3.00	0	0.09	0.0	100	100
BB	Tempe lamtoro	142	11.00	2.50	20.40	42.00	15	3.00	30	0.19	0.0	100	100
BB	Tepung hunkwee (pati kac. ijo)	364	4.50	1.00	83.50	50.00	100	1.00	0	0.00	0.0	100	100
BB	Tepung kacang kedele	347	35.90	20.60	29.90	195.00	554	8.00	140	0.77	0.0	100	100
CA	Angsa	354	16.40	31.50	0.00	15.00	188	2.00	900	0.10	0.0	60	100
CA	Ayam	302	18.20	25.00	0.00	14.00	200	2.00	810	0.08	0.0	58	100
CA	Babat	113	17.60	4.20	0.00	12.00	144	1.00	0	0.15	0.0	100	100
CA	Bebek (itik)	326	16.00	28.60	0.00	15.00	188	2.00	900	0.10	0.0	60	100
CA	Daging anak sapi	190	19.10	12.00	0.00	11.00	193	3.00	40	0.14	0.0	100	100
CA	Daging babi gemuk	457	11.90	45.00	0.00	7.00	117	2.00	0	0.58	0.0	100	100
CA	Daging babi kurus	376	14.10	35.00	0.00	8.00	151	2.00	0	0.67	0.0	100	100
CA	Daging domba	206	17.10	14.80	0.00	10.00	191	3.00	0	0.15	0.0	100	100
CA	Daging kambing	154	16.60	9.20	0.00	11.00	124	1.00	0	0.09	0.0	100	100
CA	Daging kerbau	84	18.70	0.50	0.00	7.00	151	2.00	0	0.02	0.0	100	100
CA	Daging kuda	118	18.10	4.10	0.90	10.00	150	3.00	0	0.07	0.0	100	100
CA	Daging sapi	207	18.80	14.00	0.00	11.00	170	3.00	30	0.08	0.0	100	100
CA	Dideh (darah ayam)	77	13.80	1.90	0.70	15.00	9	1.00	50	0.02	0.0	100	100
CA	Dideh (darah sapi)	104	21.90	1.10	0.00	7.00	24	1.00	50	0.00	0.0	100	100
CA	Ginjal babi	114	16.30	4.60	0.80	11.00	246	8.00	130	0.58	13.0	100	100
CA	Ginjal domba	105	16.60	3.30	1.00	13.00	237	9.00	1150	0.51	13.0	100	100
CA	Ginjal sapi	141	15.00	8.10	0.90	9.00	221	8.00	1150	0.37	13.0	100	100
CA	Ham	389	16.90	35.00	0.30	10.00	136	3.00	0	0.70	0.0	100	100
CA	Hati babi	134	19.70	4.80	1.70	10.00	362	18.00	14200	0.40	23.0	100	100
CA	Hati sapi	136	19.70	3.20	6.00	7.00	358	7.00	43900	0.26	31.0	100	100
CA	Lemak babi (bacon)	630	9.10	65.00	1.10	13.00	108	0.00	0	0.38	0.0	100	100
CA	Otak	125	10.40	8.60	0.80	16.00	330	4.00	0	0.23	18.0	100	100
CA	Usus sapi	130	14.00	7.20	1.50	14.00	115	4.00	200	0.08	0.0	100	100
CB	Daging asap	191	32.00	6.00	0.00	15.00	300	5.00	20	0.12	0.0	100	100
CB	Daging kornet (corned beef)	241	16.00	25.00	0.00	10.00	170	4.00	0	0.01	0.0	100	100
CB	Dendeng daging sapi	433	55.00	9.00	0.00	30.00	370	5.00	0	0.10	0.0	100	100

CB	Kerupuk kulit kerbau	422	83.00	4.00	0.00	5.00	10	0.00	0	0.00	0.0	100	100
CB	Sarang burung	281	37.50	0.30	32.10	485.00	18	3.00	0	0.00	0.0	100	100
CB	Sosis daging (wosrt)	452	14.50	42.30	2.30	28.00	61	1.00	0	0.10	0.0	100	100
CB	Sosis hati (leverwosrt)	387	16.00	22.00	3.00	20.00	150	4.00	4000	0.20	0.0	100	100
DA	Telur ayam	162	12.80	11.50	0.70	54.00	180	3.00	900	0.10	0.0	90	100
DA	Telur ayam bagian kuning	361	16.30	31.90	0.70	147.00	586	7.00	2000	0.27	0.0	100	100
DA	Telur ayam bagian putih	50	10.80	0.00	0.80	6.00	17	0.00	0	0.00	0.0	100	100
DA	Telur ayam lokal	196	13.00	15.30	0.80	67.00	334	3.30	213	0.31	0.0	87	100
DA	Telur ayam ras	154	12.40	10.80	0.70	86.00	258	3.00	200	0.12	0.0	89	100
DA	Telur bebek (DKBM P3G '90)	202	12.50	16.40	0.00	100.00	347	5.50	233	0.30	0.0	90	100
DA	Telur bebek (telur itik)	189	13.10	14.30	0.80	56.00	175	3.00	1230	0.18	0.0	90	100
DA	Telur bebek bagian kuning	398	17.00	35.00	0.80	150.00	400	7.00	2870	0.60	0.0	100	100
DA	Telur bebek bagian putih	54	11.00	0.00	0.80	21.00	20	0.00	0	0.01	0.0	100	100
DA	Telur bebek diasin	195	13.60	13.60	1.40	120.00	157	2.00	841	0.28	0.0	83	100
DA	Telur penyu	144	12.00	10.20	0.00	84.00	193	1.00	600	0.11	0.0	90	100
DA	Telur terubuk	425	31.00	28.00	10.00	50.00	100	2.00	600	0.10	0.0	100	100
EA	Bader (tawes)	198	19.00	13.00	0.00	48.00	150	0.00	150	0.10	0.0	80	100
EA	Balong (ikan air tawar)	107	16.50	3.90	1.50	54.00	202	2.00	82	0.05	0.0	100	100
EA	Bambangan	112	20.00	1.30	3.70	98.00	120	3.00	0	0.07	0.0	36	100
EA	Bandeng	129	20.00	4.80	0.00	20.00	150	2.00	150	0.05	0.0	80	100
EA	Banjar	111	19.40	0.90	4.80	68.00	278	7.30	0	0.03	0.0	96	100
EA	Bawal	96	19.00	1.70	0.00	20.00	150	2.00	150	0.05	0.0	80	100
EA	Bekasang	138	14.00	0.70	7.40	40.00	80	2.00	100	0.05	0.0	100	100
EA	Belida	120	16.50	5.30	0.40	52.00	216	1.10	233	0.10	0.0	60	100
EA	Belut air laut	93	12.80	1.50	6.10	60.00	199	3.00	171	0.06	0.0	100	100
EA	Belut air tawar	82	6.70	1.00	10.90	390.00	533	1.30	0	0.00	0.0	100	100
EA	Beunteur	66	14.00	0.00	0.00	40.00	150	2.00	150	0.02	0.0	80	100
EA	Cue selar kuning	145	27.00	3.30	0.00	50.00	100	2.00	150	0.10	0.0	90	100
EA	Cumi-cumi	75	16.10	0.70	0.10	32.00	200	1.80	0	0.08	0.0	100	100
EA	Cumi-cumi segar	75	16.10	0.70	0.00	32.00	200	1.80	0	0.08	0.0	100	100
EA	Ekor kuning	109	17.00	4.00	0.00	500.00	500	1.00	150	0.05	0.0	80	100
EA	Gabus	77	12.40	1.00	3.70	90.00	192	2.50	0	0.02	0.0	62	100
EA	Gabus segar	74	25.20	1.70	0.00	62.00	176	1.00	150	0.04	0.0	64	100
EA	Hiu	57	10.70	0.30	2.20	75.00	206	2.00	0	0.05	0.0	65	100
EA	Hiu, ikan hiu	89	20.10	0.30	0.00	25.00	208	1.00	150	0.01	0.0	49	100
EA	Ikan Layang	109	22.00	1.70	0.00	50.00	150	2.00	150	0.05	0.0	80	100
EA	Ikan balong	107	16.50	3.90	1.50	254.00	202	2.00	82	0.05	0.0	47	100
EA	Ikan mas	86	16.00	2.00	0.00	20.00	150	2.00	150	0.05	0.0	80	100
EA	Ikan mujair segar	89	18.70	1.00	0.00	96.00	209	1.50	20	0.03	0.0	80	100

EA	Ikan segar	113	17.00	4.50	0.00	20.00	200	1.00	150	0.05	0.0	80	100
EA	Kacangan	77	15.60	0.90	1.60	94.00	170	1.70	60	0.07	0.0	64	100
EA	Kakap	92	20.00	0.70	0.00	20.00	200	1.00	30	0.05	0.0	80	100
EA	Kembung	103	22.00	1.00	0.00	20.00	200	1.00	30	0.05	0.0	80	100
EA	Keong	64	12.00	1.00	2.00	217.00	78	2.00	0	0.00	0.0	46	100
EA	Kepiting	151	13.80	3.80	14.10	210.00	250	1.00	200	0.05	0.0	45	100
EA	Kerang	59	8.00	1.10	3.60	133.00	170	3.00	300	0.01	0.0	20	100
EA	Kerang (DKBM P3G '90)	101	14.40	2.60	3.90	321.00	270	15.60	0	0.01	0.0	100	100
EA	Keru - keru	93	16.50	2.10	0.80	65.00	217	2.40	0	0.01	0.0	55	100
EA	Kodok	73	16.40	0.30	0.00	18.00	147	1.00	0	0.14	0.0	65	100
EA	Kura-kura	83	19.10	0.20	0.00	27.00	87	1.00	0	0.20	0.0	70	100
EA	Kuro	87	16.00	2.20	1.00	75.00	136	1.00	21	0.04	0.0	52	100
EA	Lais	161	11.90	11.50	2.40	70.00	237	0.00	0	0.05	0.0	62	100
EA	Layur	82	18.00	1.00	0.40	48.00	229	2.20	15	0.04	0.0	49	100
EA	Lemuru	112	20.00	3.00	0.00	20.00	100	1.00	100	0.05	0.0	80	100
EA	Lidah	104	15.60	3.20	2.00	30.00	143	2.00	110	0.03	0.0	48	100
EA	Mayong	97	17.90	2.00	0.40	40.00	100	2.50	68	0.10	0.0	89	100
EA	Mujahir	89	18.70	1.00	0.00	96.00	209	1.50	20	0.03	0.0	80	100
EA	Paling, belut	303	14.00	27.00	0.00	20.00	200	1.00	1600	0.10	2.0	100	100
EA	Rusip	110	11.50	2.00	11.70	479.00	348	7.10	0	0.04	0.0	100	100
EA	Selar segar	100	18.80	2.20	0.00	40.00	179	1.00	150	0.37	0.0	48	100
EA	Seluang	361	10.00	3.20	5.30	80.00	224	4.70	86	0.03	0.0	89	100
EA	Sidat	81	11.40	1.90	3.80	118.00	174	3.00	51	0.00	0.0	100	100
EA	Tembang	204	16.00	15.00	0.00	20.00	200	2.00	100	0.05	0.0	80	100
EA	Teri	74	10.30	1.40	4.10	972.00	253	3.90	42	0.24	0.0	100	100
EA	Teri segar	77	16.00	1.00	0.00	500.00	500	1.00	150	0.05	0.0	100	100
EA	Udang segar	91	21.00	0.20	0.10	136.00	170	8.00	60	0.01	0.0	68	100
EB	Cakalang asin	198	36.50	2.20	5.50	236.00	346	3.70	0	0.06	0.0	70	100
EB	Calo . peda	81	11.40	1.90	3.80	743.00	174	22.60	51	0.00	0.0	100	100
EB	Dendeng ikan mujair	582	68.30	15.20	37.20	3258.00	1699	4.30	50	0.27	0.0	100	100
EB	Gabus kering	292	58.00	4.00	0.00	15.00	100	1.00	100	0.10	0.0	80	100
EB	Ikan asin kering	193	42.00	1.50	0.00	200.00	300	3.00	0	0.01	0.0	70	100
EB	Ikan tomo asin	162	31.70	2.80	0.30	279.00	609	4.60	0	0.09	0.0	70	100
EB	Kerang dendeng	357	41.10	10.00	25.60	217.00	904	5.20	0	0.27	0.0	100	100
EB	Kerupuk ikan, dengan pati	342	16.00	0.40	65.60	2.00	20	0.00	0	0.00	0.0	100	100
EB	Kerupuk udang, dengan pati	359	17.20	0.60	68.20	332.00	337	2.00	50	0.04	0.0	100	100
EB	Lais sale	415	61.30	17.60	2.90	258.00	919	7.00	0	0.03	0.0	100	100
EB	Mujahir dendeng	582	68.30	15.20	37.20	3258.00	1699	4.30	50	0.27	0.0	100	100
EB	Peda banjar	156	28.00	4.00	0.00	174.00	316	3.00	110	0.00	0.0	90	100

EB	Pepetek	176	32.00	4.40	0.00	120.00	200	1.00	50	0.50	0.0	100	100
EB	Petis ikan	161	20.00	0.20	24.00	37.00	36	3.00	0	0.00	0.0	100	100
EB	Petis udang	220	15.00	0.10	40.00	37.00	36	3.00	0	0.00	0.0	100	100
EB	Pindang banjar	157	28.00	4.20	0.00	50.00	100	1.00	150	0.10	0.0	90	100
EB	Pindang benggol	170	31.00	4.20	0.00	50.00	100	1.00	150	0.10	0.0	90	100
EB	Pindang layang	153	30.00	2.80	0.00	60.00	200	3.00	200	0.07	0.0	90	100
EB	Pindang selar kecil	142	27.00	3.00	0.00	60.00	200	3.00	200	0.07	0.0	90	100
EB	Rebon (udang kecil segar)	81	16.20	1.20	0.70	757.00	292	2.00	60	0.04	0.0	100	100
EB	Rebon kering	299	59.40	3.60	3.20	2306.00	265	21.00	0	0.06	0.0	100	100
EB	Sardencis dalam kaleng	338	21.10	27.00	1.00	354.00	434	4.00	250	0.10	0.0	100	100
EB	Selar kering	194	38.00	3.50	0.00	20.00	200	1.00	0	0.01	0.0	75	100
EB	Sepat kering	289	38.00	14.00	0.00	40.00	100	1.00	0	0.00	0.0	75	100
EB	Sunu asin	168	32.40	1.20	4.50	320.00	343	6.00	0	0.01	0.0	70	100
EB	Telur ikan	398	16.70	34.80	4.50	235.00	544	25.20	0	0.30	0.0	100	100
EB	Tepung ikan	316	60.10	6.50	22.40	3196.00	1976	16.60	1083	0.00	0.0	100	100
EB	Terasi	155	22.30	2.90	9.90	3812.00	726	0.00	0	0.24	0.0	100	100
EB	Terasi merah	174	30.00	3.50	3.50	100.00	250	3.00	0	0.00	0.0	100	100
EB	Teri bubuk	277	60.00	2.30	1.80	1209.00	1225	3.00	297	0.10	0.0	100	100
EB	Teri kering	170	33.40	3.00	0.00	1200.00	1500	4.00	210	0.15	0.0	100	100
EB	Teri kering sekali tawar	331	68.70	4.20	0.00	2381.00	1500	23.00	200	0.10	0.0	100	100
EB	Teri nasi kering	144	32.50	0.60	0.00	1000.00	1000	3.00	200	0.10	0.0	100	100
EB	Teri tepung	347	48.80	6.40	19.60	4608.00	1200	18.60	200	1.12	0.0	100	100
EB	Udang kering	259	62.40	2.30	1.80	1209.00	1225	6.00	210	0.14	0.0	90	100
FA	Andaliman	99	4.60	1.00	18.00	383.00	107	2.90	0	3.00	14.7	100	100
FA	Andewi	25	1.60	0.20	5.30	33.00	66	1.00	0	0.14	10.0	80	100
FA	Baligo	13	0.40	0.20	3.00	19.00	19	0.00	0	0.04	13.0	69	100
FA	Bayam	36	3.50	0.50	6.50	267.00	67	4.00	6090	0.08	80.0	71	100
FA	Bayam (DKBM P3G '90)	16	0.90	0.40	2.90	166.00	76	3.50	0	0.04	41.0	71	100
FA	Bayam merah	51	4.60	0.50	10.00	368.00	111	2.00	5800	0.08	80.0	71	100
FA	Bunga pepaya jantan	45	2.60	0.30	8.10	290.00	113	4.20	0	0.01	23.3	100	100
FA	Caisin	20	1.70	0.40	3.40	123.00	40	1.90	0	0.04	3.0	100	100
FA	Caisin (DKBM P3G '90)	20	1.70	0.40	3.40	123.00	40	1.90	0	0.04	3.0	79	100
FA	Daun bawang	29	1.80	0.70	5.20	55.00	39	7.00	1365	0.09	37.0	67	100
FA	Daun beluntas	42	1.80	0.50	9.40	256.00	49	6.00	3980	0.02	30.0	65	100
FA	Daun gandaria	60	3.10	0.30	14.00	40.00	45	5.00	600	0.00	61.0	65	100
FA	Daun jambu mete muda	73	4.60	0.50	16.20	33.00	64	9.00	2689	0.00	65.0	65	100
FA	Daun kacang panjang	34	4.10	0.40	5.80	134.00	145	6.00	5240	0.28	29.0	65	100
FA	Daun katuk	59	4.80	1.00	11.00	204.00	83	3.00	10370	0.10	239.0	40	100
FA	Daun kecipir	47	5.00	0.50	8.50	134.00	81	6.00	5240	0.28	29.0	70	100

FA	Daun kedondong	59	3.50	0.30	13.40	540.00	82	6.00	2900	0.06	29.0	65	100
FA	Daun kelor	82	6.70	1.70	14.30	440.00	70	7.00	11300	0.21	220.0	65	100
FA	Daun kemangi	43	5.50	0.30	7.50	35.00	106	1.00	1017	0.06	30.0	65	100
FA	Daun ketela rambat (ubi jalar)	47	2.80	0.40	10.40	79.00	66	10.00	6015	0.12	22.0	73	100
FA	Daun koro	23	3.00	0.30	3.70	134.00	81	6.00	5240	0.28	29.0	65	100
FA	Daun labu siam	60	4.00	0.40	4.70	58.00	70	3.00	2025	0.08	16.0	100	100
FA	Daun labu waluh	30	3.60	0.60	4.50	138.00	99	4.00	2750	0.14	36.0	70	100
FA	Daun leunca	45	4.70	0.50	8.10	210.00	80	6.00	1900	0.14	40.0	70	100
FA	Daun lobak	30	2.30	0.40	5.80	140.00	33	4.00	1000	0.07	109.0	70	100
FA	Daun lompong tales	40	3.00	0.80	7.40	76.00	59	1.00	2000	0.08	31.0	75	100
FA	Daun mangkokan	54	3.70	0.30	11.80	474.00	49	4.00	5450	0.06	83.0	80	100
FA	Daun melinjo	99	5.00	1.30	21.30	219.00	82	4.00	10000	0.09	182.0	88	100
FA	Daun oyong	22	1.00	0.10	5.30	21.00	44	2.00	1000	0.08	150.0	65	100
FA	Daun pakis	35	4.00	0.30	6.40	42.00	172	1.00	2881	0.00	30.0	70	100
FA	Daun pepaya	79	8.00	2.00	11.90	353.00	63	1.00	18250	0.15	140.0	71	100
FA	Daun pete cina	128	12.00	6.50	12.40	1500.00	100	3.00	17800	0.04	64.0	40	100
FA	Daun singkong	73	6.80	1.20	13.00	165.00	54	2.00	11000	0.12	275.0	87	100
FA	Daun singkong jenis ambon	131	12.70	1.20	25.20	165.00	54	4.00	13000	0.21	220.0	87	100
FA	Daun tales	71	4.10	2.10	12.30	302.00	47	8.00	10395	0.11	163.0	80	100
FA	Daun tespong	59	2.90	0.30	13.90	155.00	65	3.00	2500	0.05	21.0	60	100
FA	Eceng	18	1.00	0.20	3.80	80.00	45	4.00	1000	0.08	50.0	70	100
FA	Genjer	33	1.70	0.20	7.70	62.00	33	2.00	3800	0.07	54.0	70	100
FA	Kangkung	29	3.00	0.30	5.40	73.00	50	3.00	6300	0.07	32.0	70	100
FA	Kemangi	46	4.00	0.50	8.90	45.00	75	2.00	5000	0.08	50.0	80	100
FA	Krokot	21	1.70	0.40	3.80	103.00	39	4.00	2550	0.03	25.0	80	100
FA	Kuca	45	2.20	0.30	10.30	52.00	50	1.00	40	0.11	17.0	52	100
FA	Kuca muda (lokio)	42	3.80	0.60	7.80	76.00	91	3.00	500	0.11	39.0	100	100
FA	Pe-cai	23	1.80	0.30	4.50	179.00	39	7.00	3995	0.08	75.0	82	100
FA	Peterseli	50	3.70	1.00	9.00	193.00	84	4.00	8230	0.11	193.0	95	100
FA	Prei (daun bawang)	45	2.20	0.30	10.30	52.00	50	1.00	40	0.11	17.0	52	100
FA	Seledri	20	1.00	0.10	4.60	50.00	40	1.00	130	0.03	11.0	63	100
FB	Bawang bombay	45	1.40	0.20	10.30	32.00	44	1.00	50	0.03	9.0	94	100
FB	Bawang merah	39	1.50	0.30	0.20	36.00	40	1.00	0	0.03	2.0	90	100
FB	Bawang putih	95	4.50	0.20	23.10	42.00	134	1.00	0	0.22	15.0	88	100
FB	Bit	42	1.60	0.10	9.60	27.00	43	1.00	20	0.02	10.0	75	100
FB	Boros kunci	23	1.00	0.80	7.20	50.00	50	2.00	5000	0.08	50.0	80	100
FB	Boros laja	22	1.00	0.30	4.70	50.00	50	2.00	5000	0.08	50.0	80	100
FB	Buncis	35	2.40	0.20	7.70	65.00	44	1.00	630	0.08	19.0	90	100
FB	Buncis (DKBM P3G '90)	34	2.40	0.30	7.20	101.00	42	0.70	0	0.05	11.0	90	100

FB	Cabe gembor merah	38	1.60	0.80	6.30	49.00	41	1.10	0	0.21	16.1	89	100
FB	Cabe hijau besar	23	0.70	0.30	5.20	14.00	23	0.00	260	0.05	84.0	82	100
FB	Cabe merah besar (kering)	311	15.90	6.20	61.80	160.00	370	2.00	576	0.40	50.0	85	100
FB	Cabe merah besar (segar)	31	1.00	0.30	7.30	29.00	24	1.00	470	0.05	18.0	85	100
FB	Cabe rawit (segar)	103	4.70	2.40	19.90	45.00	85	3.00	11050	0.24	70.0	85	100
FB	Gambas oyong	18	0.80	0.20	4.10	19.00	33	1.00	380	0.03	8.0	85	100
FB	Jagung muda, termasuk tongkol	33	2.20	0.10	7.40	7.00	100	1.00	200	0.08	8.0	100	100
FB	Jamur kuping kering	128	16.00	0.90	64.60	51.00	223	7.00	0	0.11	0.0	100	100
FB	Jamur kuping segar	15	3.80	0.60	0.90	3.00	94	2.00	0	0.10	5.0	100	100
FB	Jantung pisang segar	31	1.20	0.30	7.10	30.00	50	0.00	170	0.05	10.0	25	100
FB	Jotang	32	1.90	0.30	7.10	162.00	41	4.00	3918	0.03	20.0	70	100
FB	Kacang buncis (buah)	35	2.40	0.20	7.70	65.00	44	1.00	630	0.08	19.0	90	100
FB	Kacang gude (buah muda)	123	8.40	0.60	21.80	66.00	174	2.00	195	0.41	31.0	69	100
FB	Kacang kapri (biji segar)	98	6.70	0.40	17.70	22.00	122	2.00	680	0.34	26.0	45	100
FB	Kacang panjang	44	2.70	0.30	7.80	49.00	347	1.00	335	0.13	21.0	75	100
FB	Kapri muda	42	3.30	0.20	9.00	51.00	85	1.00	440	0.20	49.0	80	100
FB	Kecipir (buah muda)	35	2.90	0.20	5.80	63.00	37	0.00	595	0.24	19.0	96	100
FB	Keluwih, kelawi	111	1.50	0.30	27.20	28.00	32	1.00	20	0.10	19.0	77	100
FB	Kembang turi	44	1.80	0.60	9.60	23.00	29	1.00	105	0.13	41.0	83	100
FB	Ketimun	12	0.70	0.10	2.70	10.00	21	0.00	0	0.03	8.0	70	100
FB	Kool kembang	25	2.40	0.20	4.90	22.00	72	1.00	90	0.11	96.0	57	100
FB	Kool merah, kool putih	24	1.40	0.20	5.30	46.00	31	1.00	80	0.06	50.0	75	100
FB	Koro kerupuk (buah)	125	8.30	0.70	22.10	17.00	12	3.00	80	0.11	31.0	68	100
FB	Koro wedus (buah muda)	38	3.00	0.30	7.90	56.00	47	1.00	870	0.09	17.0	70	100
FB	Kulit melinjo	111	4.50	1.10	20.70	117.00	179	2.60	0	0.07	7.0	100	100
FB	Labu air	17	0.60	0.20	3.80	12.00	18	1.00	70	0.04	10.0	80	100
FB	Labu siam	26	0.60	0.10	6.70	14.00	25	1.00	20	0.02	18.0	83	100
FB	Labu waluh	29	1.10	0.30	6.60	45.00	64	1.00	180	0.08	52.0	77	100
FB	Leunca buah (daun leunca)	33	1.90	0.10	7.40	274.00	34	4.00	478	0.10	17.0	95	100
FB	Lobak	19	0.90	0.10	4.20	35.00	26	1.00	10	0.03	32.0	87	100
FB	Melinjo	66	5.00	0.70	13.30	163.00	75	3.00	1000	0.10	100.0	60	100
FB	Nangka muda	51	2.00	0.40	11.30	45.00	29	1.00	25	0.07	9.0	80	100
FB	Pare (paria)	29	1.10	0.30	6.60	45.00	64	1.00	180	0.08	52.0	77	100
FB	Pepaya muda	26	2.10	0.10	4.90	50.00	16	0.00	50	0.02	19.0	76	100
FB	Rebung	27	2.60	0.30	5.20	13.00	59	1.00	20	0.15	4.0	65	100
FB	Sawi	22	2.30	0.30	4.00	220.00	38	3.00	6460	0.09	102.0	87	100
FB	Selada	15	1.20	0.20	2.90	22.00	25	1.00	540	0.04	8.0	69	100
FB	Selada air	17	1.70	0.30	3.00	182.00	27	3.00	2420	0.08	50.0	69	100
FB	Taoge kacang ijo	23	2.90	0.20	4.10	29.00	69	1.00	10	0.07	15.0	100	100

FB	Taoge kacang kedele	67	9.00	2.60	6.40	50.00	65	1.00	110	0.23	15.0	100	100
FB	Taoge kacang tunggak	35	5.00	0.20	5.80	57.00	88	1.00	0	0.07	15.0	90	100
FB	Tebu terubuk	25	4.60	0.40	3.00	40.00	80	2.00	0	0.08	50.0	20	100
FB	Tekokak	34	2.00	0.10	7.90	50.00	30	2.00	750	0.08	80.0	95	100
FB	Tekokak kering	294	8.30	1.70	72.60	370.00	180	22.00	750	0.40	0.0	100	100
FB	Terong	24	1.10	0.20	5.50	15.00	37	0.00	30	0.04	5.0	87	100
FB	Terong belanda	48	1.50	0.30	11.30	13.00	24	1.00	0	0.04	17.0	73	100
FB	Tomat (sari air tomat)	15	1.00	0.20	3.50	7.00	15	0.00	600	0.05	10.0	100	100
FB	Tomat masak	20	1.00	0.30	4.20	5.00	27	0.00	1500	0.06	40.0	95	100
FB	Tomat muda	23	2.00	0.70	2.30	5.00	27	0.00	320	0.07	30.0	95	100
FB	Wortel	42	1.20	0.30	9.30	39.00	37	0.00	12000	0.06	6.0	88	100
GA	Alpoket	85	0.90	6.50	7.70	10.00	20	1.00	180	0.05	13.0	61	100
GA	Anggur	50	0.50	0.20	12.80	9.00	20	0.60	0	0.10	4.0	100	100
GA	Apel	58	0.30	0.40	14.90	6.00	10	0.00	90	0.04	5.0	88	100
GA	Arbei	37	0.80	0.50	8.30	28.00	27	1.00	60	0.03	60.0	96	100
GA	Asam masak dipohon	239	2.80	0.60	62.50	74.00	113	1.00	30	0.34	2.0	48	100
GA	Belimbing	36	0.40	0.40	8.80	4.00	12	1.00	170	0.03	35.0	86	100
GA	Bengkuang	55	1.40	0.20	12.80	15.00	18	1.00	0	0.04	20.0	84	100
GA	Buah atung	23	0.80	0.20	5.20	30.00	50	5.00	0	0.29	38.0	80	100
GA	Buah mentega (bisbul)	39	0.70	0.20	9.70	43.00	17	1.00	55	0.00	33.0	50	100
GA	Buah nona	101	1.70	0.60	25.20	27.00	20	1.00	0	0.08	22.0	58	100
GA	Cempedak	116	3.00	0.40	28.60	20.00	30	2.00	200	0.00	15.0	30	100
GA	Duku	63	1.00	0.20	16.10	18.00	9	1.00	0	0.05	9.0	64	100
GA	Durian	134	2.50	3.00	28.00	7.00	44	1.00	175	0.10	53.0	22	100
GA	Embacang	98	1.40	0.20	25.40	21.00	15	0.00	1218	0.03	56.0	65	100
GA	Erbis	70	0.60	0.00	18.90	11.00	50	1.00	10	0.00	16.0	33	100
GA	Gandaria	68	0.70	0.10	18.00	9.00	20	1.00	1020	0.03	111.0	70	100
GA	Jambu air	46	0.60	0.20	11.80	8.00	9	1.00	0	0.00	5.0	90	100
GA	Jambu biji	49	0.90	0.30	12.20	14.00	28	1.00	25	0.02	87.0	82	100
GA	Jambu bol	56	0.60	0.30	14.20	29.00	16	1.00	130	0.02	22.0	67	100
GA	Jambu monyet (buah)	64	0.70	0.60	15.80	4.00	13	1.00	25	0.02	197.0	90	100
GA	Jeruk bali	48	0.60	0.20	12.40	23.00	27	1.00	20	0.04	43.0	62	100
GA	Jeruk garut (jeruk keprok)	44	0.80	0.30	10.90	33.00	23	0.00	420	0.07	31.0	71	100
GA	Jeruk manis	45	0.90	0.20	11.20	33.00	23	0.00	190	0.08	49.0	72	100
GA	Jeruk manis (air sari jeruk)	44	0.80	0.20	11.00	19.00	16	0.00	190	0.08	49.0	100	100
GA	Jeruk nipis	37	0.80	0.10	12.30	40.00	22	1.00	0	0.04	27.0	76	100
GA	Kedondong masak	41	1.00	0.10	10.30	15.00	22	3.00	233	0.08	30.0	58	100
GA	Kemang	48	1.00	0.20	11.90	10.00	24	0.00	6	0.08	58.0	65	100
GA	Kesemek	78	0.80	0.40	20.00	6.00	26	0.00	2710	0.05	11.0	97	100

GA	Kokosan	86	1.60	0.20	13.00	22.00	38	1.00	20	0.04	3.0	64	100
GA	Langsat	56	0.90	0.20	14.30	17.00	24	1.00	0	0.07	3.0	64	100
GA	Mangga gedong	44	0.70	0.20	11.20	13.00	10	0.00	16400	0.08	9.0	65	100
GA	Mangga golek	63	0.50	0.20	16.70	14.00	10	1.00	3715	0.08	30.0	65	100
GA	Mangga harumanis	46	0.40	0.20	11.90	15.00	9	0.00	1200	0.08	6.0	65	100
GA	Mangga indramayu	72	0.80	0.20	18.70	13.00	10	2.00	2900	0.06	16.0	65	100
GA	Mangga kopek	56	0.40	0.20	14.60	16.00	10	2.00	6520	0.03	27.0	65	100
GA	Mangga muda	59	0.50	0.40	15.10	12.00	11	0.00	85	0.06	65.0	73	100
GA	Manggis	63	0.60	0.60	15.60	8.00	12	1.00	0	0.03	2.0	29	100
GA	Menteng	65	1.70	0.20	16.10	13.00	20	1.00	0	0.00	3.0	64	100
GA	Nanas	52	0.40	0.20	13.70	16.00	11	0.00	130	0.08	24.0	53	100
GA	Nangka masak dipohon	106	1.20	0.30	27.60	20.00	19	1.00	330	0.07	7.0	28	100
GA	Pala (dagingnya)	42	0.30	0.20	10.90	32.00	24	2.00	29	0.00	22.0	30	100
GA	Pepaya	46	0.50	0.00	12.20	23.00	12	2.00	365	0.04	78.0	75	100
GA	Pisang ambon	99	1.20	0.20	25.80	8.00	28	1.00	146	0.08	3.0	75	100
GA	Pisang angleng (pis. ampyang)	68	1.30	0.20	17.20	10.00	26	1.00	76	0.08	6.0	75	100
GA	Pisang lampung	99	1.30	0.20	25.60	10.00	19	1.00	618	0.00	4.0	75	100
GA	Pisang mas	127	1.40	0.20	33.60	7.00	25	1.00	79	0.09	2.0	85	100
GA	Pisang raja	120	1.20	0.20	31.80	10.00	22	1.00	950	0.06	10.0	70	100
GA	Pisang raja sereh (pis. susu)	118	1.20	0.20	31.10	7.00	29	0.00	112	0.00	4.0	85	100
GA	Pisang raja uli	146	2.00	0.20	38.20	10.00	28	1.00	75	0.05	3.0	75	100
GA	Rambutan	69	0.90	0.10	18.10	16.00	16	1.00	0	0.00	58.0	40	100
GA	Salak	77	0.40	0.00	20.90	28.00	18	4.00	0	0.04	2.0	50	100
GA	Salak bali	57	0.50	0.10	13.60	94.00	25	2.10	0	0.00	0.4	93	100
GA	Salak pondoh	368	0.80	0.40	90.30	38.00	31	3.90	0	0.00	8.4	59	100
GA	Sawo	92	0.50	1.10	22.40	25.00	12	1.00	60	0.01	21.0	79	100
GA	Sawo duren	64	1.00	3.10	8.00	18.00	45	0.80	0	0.01	1.0	64	100
GA	Sawo kecil	111	0.90	2.30	21.60	20.00	185	0.70	0	0.00	19.0	83	100
GA	Semangka	28	0.50	0.20	6.90	7.00	12	0.00	590	0.05	6.0	46	100
GA	Sirsak	65	1.00	0.30	16.30	14.00	27	1.00	10	0.07	20.0	68	100
GA	Srikaya	101	1.70	0.60	25.20	27.00	20	1.00	0	0.08	22.0	58	100
GA	Srikaya (DKBM P3G '90)	63	1.10	0.50	13.90	127.00	30	2.70	0	0.08	28.3	48	100
GA	Sukun muda	119	1.40	0.20	28.10	24.00	44	1.40	0	0.17	52.0	100	100
GA	Sukun muda (DKBM P3G '90)	119	1.40	0.20	28.10	24.00	44	1.40	0	0.17	51.8	84	100
GA	Sukun tua	126	1.60	0.20	24.50	37.00	47	1.60	0	0.18	58.0	100	100
GA	Sukun tua (DKBM P3G '90)	129	1.60	0.20	24.50	27.00	47	1.60	0	0.18	54.4	88	100
GA	Tempoyak	142	2.70	4.60	22.70	190.00	45	2.90	0	0.16	1.0	100	100
GA	Wuni	74	0.80	0.30	17.10	66.00	28	1.20	0	0.08	80.0	77	100
HA	Es krim	207	4.00	12.50	20.60	123.00	99	0.00	520	0.04	1.0	100	100

HA	Keju	326	22.80	20.30	13.10	777.00	338	2.00	750	0.01	1.0	100	100
HA	Kepala susu (krim)	204	2.60	20.00	4.00	97.00	77	0.00	830	0.03	1.0	100	100
HA	Mentega	725	0.50	81.60	1.40	15.00	16	1.00	3300	0.00	0.0	100	100
HA	Susu kambing	64	4.30	2.30	6.60	98.00	78	3.00	125	0.06	1.0	100	100
HA	Susu kental manis	336	8.20	10.00	55.00	275.00	209	0.00	510	0.05	1.0	100	100
HA	Susu kental tak manis	138	7.00	7.90	9.90	243.00	195	0.00	400	0.05	1.0	100	100
HA	Susu kerbau	160	6.30	12.00	7.10	216.00	101	0.00	80	0.04	1.0	100	100
HA	Susu sapi	61	3.20	3.50	4.30	143.00	60	2.00	130	0.03	1.0	100	100
HA	Susu skim (susu tak berlemak)	36	3.50	0.10	5.10	123.00	97	0.00	0	0.04	1.0	100	100
HA	Tepung susu	509	24.60	30.00	36.20	904.00	694	1.00	1570	0.29	6.0	100	100
HA	Tepung susu asam untuk bayi	418	19.00	9.00	65.50	800.00	600	7.00	1000	1.00	30.0	100	100
HA	Tepung susu skim	362	35.60	1.00	52.00	1300.00	1030	1.00	0	0.35	7.0	100	100
HA	Yoghurt	52	3.30	2.50	4.00	120.00	90	0.00	73	0.04	0.0	100	100
IA	Lemak babi	902	0.00	0.00	0.00	0.00	0	0.00	0	0.00	0.0	100	100
IA	Lemak kerbau (lemak sapi)	818	1.50	90.00	0.00	0.00	0	0.00	0	0.00	0.0	100	100
IA	Margarin	720	0.60	81.00	0.40	20.00	16	0.00	2000	0.00	0.0	100	100
IA	Minyak hati hiu (eulamia)	902	0.00	0.00	0.00	0.00	0	0.00	70000	0.00	0.0	100	100
IA	Minyak ikan	902	0.00	0.00	0.00	0.00	0	0.00	80000	0.00	0.0	100	100
IA	Minyak kacang tanah	902	0.00	0.00	0.00	0.00	0	0.00	0	0.00	0.0	100	100
IA	Minyak kelapa	870	1.00	98.00	0.00	3.00	0	0.00	0	0.00	0.0	100	100
IA	Minyak kelapa sawit	902	0.00	0.00	0.00	0.00	0	0.00	60000	0.00	0.0	100	100
IA	Minyak wijen	902	0.00	0.00	0.00	0.00	0	0.00	0	0.00	0.0	100	100
JA	Bier (4% alkohol)	48	0.60	0.00	4.40	4.00	26	0.00	0	0.00	0.0	100	100
JA	Coklat manis (batang)	472	2.00	29.80	62.70	63.00	287	3.00	30	0.03	0.0	100	100
JA	Coklat pahit (batang)	504	5.50	52.90	29.20	98.00	446	4.00	60	0.05	0.0	100	100
JA	Coklat susu (batang)	381	9.00	35.00	53.60	200.00	200	2.00	30	0.08	0.0	100	100
JA	Dodol	395	3.00	5.70	81.20	12.00	80	2.00	0	0.00	0.0	100	100
JA	Gelatin	389	91.00	0.00	0.00	0.00	20	1.00	0	0.00	0.0	100	100
JA	Gula aren	368	0.00	0.00	95.00	75.00	35	3.00	0	0.00	0.0	100	100
JA	Gula kelapa	386	3.00	10.00	76.00	76.00	37	3.00	0	0.00	0.0	100	100
JA	Gula merah tebu, belum murni	356	0.40	0.50	90.60	51.00	44	4.00	0	0.02	0.0	100	100
JA	Gula pasir	364	0.00	0.00	94.00	5.00	1	0.00	0	0.00	0.0	100	100
JA	Jam sele	239	0.50	0.60	64.50	20.00	20	1.00	0	0.01	0.0	100	100
JA	Kopi, bagian yang dapat larut	352	17.40	1.30	69.00	296.00	368	4.00	0	0.00	0.0	100	100
JA	Lemon squash	36	0.00	0.00	10.00	0.00	0	0.00	0	0.00	20.0	100	100
JA	Limun	30	0.00	0.00	8.00	0.00	0	0.00	0	0.00	0.0	100	100
JA	Madu	294	0.30	0.00	79.50	5.00	16	1.00	0	0.00	4.0	100	100
JA	Melasse	276	0.00	0.10	71.00	470.00	93	30.00	0	0.04	0.0	100	100
JA	Serbuk coklat	298	8.00	23.80	48.90	125.00	715	12.00	30	0.12	0.0	100	100

JA	Setrup, sirup	213	0.00	0.00	55.00	0.00	0	0.00	0	0.00	0.0	100	100
JA	Teh	132	19.50	0.70	67.80	717.00	265	12.00	2095	0.01	0.0	100	100
JB	Aci aren	355	0.60	1.10	85.60	91.00	167	2.20	0	0.04	0.0	100	100
JB	Agar laut (DKBM P3G '90)	21	0.10	0.10	4.80	133.00	6	5.40	0	0.03	0.0	100	100
JB	Agar-agar	0	0.00	0.20	0.00	400.00	125	5.00	0	0.00	0.0	100	100
JB	Alur	24	1.80	0.30	4.80	164.00	95	2.50	0	0.03	2.0	90	100
JB	Bonggol pisang	43	0.60	0.00	11.60	15.00	60	1.00	0	0.01	12.0	100	100
JB	Bonggol pisang kering	245	3.40	0.00	66.20	60.00	150	2.00	0	0.04	4.0	100	100
JB	Bulung	333	8.20	0.10	64.70	939.00	202	49.20	0	0.04	0.0	100	100
JB	Bulung jajar (agar jajal)	212	16.90	0.20	47.60	3033.00	40	20.00	0	0.00	8.0	100	100
JB	Bulung sangu	237	14.70	0.20	56.00	3774.00	56	20.00	0	0.00	5.0	100	100
JB	Cengkeh kering	292	5.20	8.90	57.40	740.00	100	5.00	0	0.00	0.0	100	100
JB	Cuka	12	0.10	0.10	5.00	7.00	10	0.00	0	0.00	0.0	100	100
JB	Daun cincau	122	6.00	1.00	26.00	100.00	100	3.00	10750	80.00	17.0	40	100
JB	Donge-donge	16	0.50	0.20	3.60	164.00	211	2.50	0	0.01	1.4	95	100
JB	Jahe	51	1.50	1.00	10.10	21.00	39	2.00	30	0.02	4.0	97	100
JB	Kecap	46	5.70	1.30	9.00	123.00	96	6.00	0	0.00	0.0	100	100
JB	Kelangis	230	5.70	20.60	5.50	260.00	149	7.50	0	0.05	0.0	100	100
JB	Kunyit	63	2.00	2.70	9.10	24.00	78	3.00	0	0.03	1.0	78	100
JB	Lawi-lawi	18	0.50	0.90	2.60	307.00	307	9.90	0	0.00	1.3	100	100
JB	Lidah buaya	4	0.10	0.20	0.40	85.00	186	0.80	0	0.01	0.0	73	100
JB	Merica	359	11.50	6.80	64.40	460.00	200	17.00	0	0.20	0.0	100	100
JB	Ragi	136	43.00	2.40	3.00	140.00	1900	20.00	0	0.00	0.0	100	100
JB	Saos tomat	98	2.00	0.40	24.50	12.00	18	1.00	1880	0.09	11.0	100	100
PA	Bacang	72	2.30	1.90	11.40	0.01	0	2.40	0	0.00	0.0	100	70
PA	Bihun goreng	308	5.90	8.90	51.00	0.06	0	0.08	0	0.00	0.0	100	200
PA	Bubur	6	0.10	0.00	1.30	0.20	0	0.02	0	0.04	0.0	100	10
PA	Bubur beras (Menu PglN)	70	1.80	0.00	0.00	5.00	0	0.50	0	0.02	0.0	100	100
PA	Bubur kentang (Menu PglN)	76	1.30	0.00	0.00	2.50	0	1.20	0	0.02	3.0	100	100
PA	Bubur tepung (Menu PglN)	363	0.50	0.00	0.00	0.90	0	0.10	0	0.02	0.0	100	100
PA	Bubur wortel (Menu PglN)	73	1.40	0.00	0.00	5.10	0	1.70	1277	0.00	0.6	100	100
PA	Buntil	106	4.40	6.30	7.90	225.00	0	16.20	213	0.04	110.0	100	100
PA	Buras	88	2.30	1.30	16.70	0.02	0	3.95	0	0.00	0.0	100	70
PA	Cassava stick	460	0.80	18.70	17.20	144.00	6	7.50	0	0.19	0.0	100	100
PA	Cemplon	94	0.50	5.28	12.61	8.00	12	0.20	0	0.01	7.0	100	100
PA	Ceriping getuk singkong	462	1.20	20.70	67.70	1248.00	127	8.80	0	0.29	0.0	100	100
PA	Chilmil	472	18.00	20.00	55.00	600.00	0	6.00	1200	0.00	0.0	100	100
PA	Combro	105	0.80	3.30	17.90	3.21	0	1.21	0	0.00	0.0	100	50
PA	Deblo	52	0.40	3.00	10.60	11.30	0	0.39	14	0.20	5.0	100	20

PA	Dodongkal	7	1.30	0.90	15.80	0.01	0	0.20	0	0.00	0.0	100	40
PA	Gadung kukus	88	0.60	0.30	20.90	26.00	74	0.40	0	0.03	0.0	100	100
PA	Ganyong rebus	100	0.80	0.20	23.80	15.00	65	0.90	0	0.04	6.0	100	100
PA	Gemblong	115	1.70	2.60	21.10	0.06	0	0.20	0	0.00	0.0	100	40
PA	Gemblong (DKBM P3G '90)	274	1.70	5.40	55.50	69.00	55	3.30	0	0.00	0.0	100	100
PA	Gendar goreng	407	6.40	28.20	32.00	216.00	62	1.60	0	0.16	0.0	100	100
PA	Geplak	350	1.40	14.40	53.60	0.00	0	0.00	0	0.00	0.0	100	100
PA	Getuk goreng sukaraja	360	1.30	6.40	74.30	59.00	81	3.20	0	0.21	0.0	100	100
PA	Getuk lindri	60	0.60	1.40	11.20	0.01	0	0.20	0	0.00	0.0	100	35
PA	Getuk singkong	204	0.50	1.40	47.40	97.00	52	1.50	0	0.08	0.0	100	100
PA	Gudangan (urapan)	84	2.76	3.42	12.06	102.00	140	1.79	1923	0.06	31.0	100	100
PA	Hunkwe (Menu PglN)	226	2.00	0.00	0.00	25.90	0	0.20	0	0.00	1.5	100	100
PA	Intip goreng	474	7.60	21.60	62.30	323.00	46	2.50	0	0.25	0.0	100	100
PA	Intip goreng/kerak nasi	474	7.60	21.60	62.30	323.00	64	2.50	0	0.25	0.0	100	100
PA	Jagung gronto metro	135	2.20	1.10	28.90	71.00	87	1.20	0	0.03	0.0	100	100
PA	Jagung grontol harapan	156	2.70	1.30	33.30	51.00	105	1.20	0	0.08	0.0	100	100
PA	Jagung kering dengan kulit	355	9.20	3.90	73.70	10.00	256	2.40	510	0.38	0.0	30	100
PA	Jagung rebus	105	2.60	1.10	21.10	2.90	0	0.68	51	0.68	0.0	100	60
PA	Japilus	500	1.20	25.10	67.30	18.60	29	4.90	0	0.00	0.0	100	100
PA	Jenang	220	2.60	5.70	39.50	0.04	0	0.40	0	0.00	0.0	100	60
PA	Karoket	73	1.20	2.80	0.70	0.01	0	0.85	0	0.00	0.0	100	25
PA	Kecimpring singkong	464	1.20	18.60	73.00	82.00	52	3.40	0	0.34	0.0	100	100
PA	Kecimpring sinkong goreng	262	1.20	18.60	73.00	82.00	52	3.40	0	0.34	0.0	100	100
PA	Kelepon	107	0.60	2.70	20.10	0.01	0	0.37	0	0.00	0.0	100	50
PA	Kemplang goreng	504	5.60	28.10	57.10	50.00	94	2.90	19	0.31	0.0	100	100
PA	Kemplang panggang	356	9.70	1.10	76.90	62.00	129	2.90	23	0.36	0.0	100	100
PA	Keremes	475	1.60	25.20	64.40	153.00	88	1.00	0	0.00	0.0	100	100
PA	Keripik gadung	446	2.80	14.50	76.00	147.00	52	1.90	0	0.95	0.0	100	100
PA	Keripik singkong	478	0.90	20.70	72.00	189.00	101	1.90	0	0.24	0.0	100	100
PA	Keripik singkong berbumbu	481	2.20	19.70	73.60	156.00	103	1.60	0	0.31	0.0	100	100
PA	Kerupuk sayong	7	0.20	2.60	12.20	12.00	0	0.28	0	0.01	0.0	100	15
PA	Ketapang	34	0.70	1.10	5.40	1.40	0	0.07	0	0.07	0.0	100	10
PA	Ketela kukus	153	1.20	0.30	36.40	56.00	22	0.40	0	0.00	20.0	100	100
PA	Ketela tapai	169	1.40	0.30	40.20	21.00	34	0.80	0	0.00	0.0	100	100
PA	Ketupat ketan	212	4.00	4.60	38.60	8.00	46	1.00	0	0.07	0.0	100	100
PA	Ketupat tahu	274	7.40	6.50	46.60	0.18	0	0.82	0	0.00	0.0	100	250
PA	Komba kukus	71	2.30	0.30	15.40	29.00	26	0.60	0	0.06	21.0	100	100
PA	Kue Kutu mayang	100	0.50	1.20	21.90	0.01	0	0.10	0	0.00	0.0	100	50
PA	Kue apem	84	1.50	0.70	17.80	0.01	0	0.10	0	0.00	0.0	100	45

PA	Kue bugis	24	0.30	0.10	5.40	1.15	0	0.18	0	0.00	0.0	100	10
PA	Kue koya	366	4.20	4.30	7.90	153.00	0	7.00	0	0.00	0.0	100	100
PA	Kue mangkok	91	1.50	0.50	20.20	0.01	0	0.36	0	0.00	0.0	100	50
PA	Kue pacar cina	38	0.70	0.20	17.20	9.30	0	0.18	0	0.00	0.0	100	30
PA	Kue pia	148	2.30	0.70	33.20	0.03	0	0.50	0	0.00	0.0	100	50
PA	Kue satu	59	1.90	0.40	11.90	0.04	0	1.22	0	0.00	0.0	100	15
PA	Kue semprong	38	0.10	0.10	9.20	0.01	0	0.12	0	0.00	0.0	100	10
PA	Kue talam	18	0.10	0.50	3.20	0.01	0	0.75	0	0.00	0.0	100	10
PA	Kue tambang	128	2.20	6.50	15.10	0.01	0	0.40	0	0.00	0.0	100	25
PA	Laksa	499	8.20	11.60	88.40	0.15	0	4.50	22	0.00	0.0	100	300
PA	Lemper	177	3.00	2.90	34.70	0.01	0	0.44	0	0.00	0.0	100	80
PA	Lenting getuk	422	0.90	10.80	80.40	206.00	104	3.60	0	0.43	0.0	100	100
PA	Leupeut ketan	96	3.10	0.20	20.50	8.20	0	0.65	2	0.96	0.0	100	40
PA	Lopis	98	1.70	1.30	19.80	0.01	0	0.19	0	0.00	0.0	100	60
PA	Lumpia	133	3.43	0.47	28.14	8.00	44	0.49	1	0.04	1.0	100	100
PA	Martabak	199	3.50	4.10	37.00	0.02	0	1.40	121	0.00	0.0	100	75
PA	Martabak telur	200	8.90	5.10	29.50	0.06	0	1.85	160	0.00	0.0	100	100
PA	Mi kuning goreng	476	0.10	21.10	71.30	57.00	36	4.80	0	0.22	0.0	100	100
PA	Mie +telur (Menu PglN)	178	5.00	0.00	0.00	47.10	0	2.60	289	0.04	0.0	100	100
PA	Mie ayam	360	5.90	16.15	49.87	100.00	90	3.70	1551	0.03	22.0	100	100
PA	Mie goreng	117	1.90	5.10	15.60	5.60	0	0.44	34	0.04	0.0	100	25
PA	Mie goreng (mie kering noodle)	185	5.50	5.30	23.90	0.00	0	0.00	0	0.00	0.0	100	100
PA	Mie laksa basah	155	0.20	0.10	38.20	0.00	0	0.00	0	0.00	0.0	100	100
PA	Mie laksa kering	347	8.00	0.20	78.20	0.00	0	0.00	0	0.00	0.0	100	100
PA	Mie sua	320	9.10	0.20	70.40	0.00	0	0.00	0	0.00	0.0	100	100
PA	Misro	109	0.40	2.00	25.10	0.03	0	0.29	0	0.00	0.0	100	50
PA	Nasi (Menu PglN)	176	3.30	0.00	0.00	4.90	0	0.00	0	0.00	0.0	100	100
PA	Nasi Beras giling masak	178	2.10	0.10	40.60	5.00	22	1.00	0	0.02	0.0	100	100
PA	Nasi beras giling pelita I/1	180	3.00	0.30	39.80	25.00	27	0.40	0	0.05	0.0	100	100
PA	Nasi beras giling pelita II/1	158	4.00	0.50	33.20	28.00	50	0.80	0	0.07	0.0	100	100
PA	Nasi beras tumbuk pelita I/1	166	4.20	0.50	35.00	32.00	75	0.30	0	0.08	0.0	100	100
PA	Nasi beras tumbuk pelita II/1	144	3.60	0.40	30.60	21.00	45	0.80	0	0.10	0.0	100	100
PA	Nasi goreng	138	1.60	1.60	15.10	2.40	0	0.33	0	0.43	0.0	100	50
PA	Nasi goreng+telur (Menu PglN)	198	6.40	0.00	0.00	21.00	0	0.90	297	0.03	0.0	100	100
PA	Nasi tim (Menu PglN)	120	2.30	0.00	0.00	3.30	0	0.00	0	0.00	0.0	100	100
PA	Nasi uduk	152	2.60	2.60	7.00	0.02	0	0.21	0	0.00	0.0	100	60
PA	Onde-onde	101	2.90	3.10	15.50	0.02	0	1.57	0	0.00	0.0	100	35
PA	Ongol-ongol	23	0.30	1.20	2.80	0.01	0	0.20	0	0.00	0.0	100	20
PA	Ongol-ongol sagu	111	0.30	2.70	21.20	79.00	15	1.70	0	0.06	0.0	100	100

PA	Opak singkong	47	1.80	2.10	5.20	30.00	0	0.60	0	0.09	0.0	100	5
PA	Papais	107	2.40	1.30	21.60	0.01	0	0.10	0	0.00	0.0	100	80
PA	Pastel	208	5.20	15.40	31.40	0.02	0	0.10	0	0.00	0.0	100	90
PA	Perkedel kentang	439	15.77	7.13	79.62	76.00	337	4.47	526	0.50	70.0	100	100
PA	Pilus	257	0.50	13.90	32.50	0.32	0	0.70	0	0.00	0.0	100	50
PA	Putu	21	0.30	0.60	3.70	0.01	0	0.12	0	0.00	0.0	100	10
PA	Rarawuan	118	2.90	3.40	19.00	0.42	0	0.31	0	0.00	0.0	100	40
PA	Risoles	134	2.10	1.40	28.20	2.70	0	0.56	0	0.00	0.0	100	40
PA	Roti gambang	70	1.50	0.40	15.10	4.70	0	0.47	0	0.00	0.0	100	20
PA	Roti isi coklat	215	5.29	1.90	44.95	15.00	94	1.24	2	0.06	0.0	100	100
PA	Roti isi kacang	217	6.00	0.23	45.65	15.00	74	0.99	8	0.09	0.0	100	100
PA	Roti isi kelapa (manis)	518	13.70	30.00	48.40	0.00	0	0.00	0	0.00	0.0	100	100
PA	Roti kukus	249	5.10	2.10	52.50	0.00	0	0.00	0	0.00	0.0	100	100
PA	Sagu ambon	338	0.60	0.30	83.10	16.00	0	10.80	0	0.00	0.0	100	100
PA	Serabi	245	6.00	5.00	43.90	22.00	20	2.60	0	0.00	0.0	100	100
PA	Singkong goreng	57	0.20	3.60	5.60	0.70	0	0.12	0	0.10	2.0	100	20
PA	Siomay	162	7.50	3.80	24.40	3.56	0	2.41	0	0.00	0.0	100	170
PA	Soun	351	11.30	0.00	76.50	0.00	0	0.00	0	0.00	0.0	100	100
PA	Sriping talas kebumen	478	2.50	21.20	69.20	112.00	118	2.30	0	0.25	0.0	100	100
PA	Supermi (Menu PglN)	113	0.60	0.00	0.00	13.80	0	0.60	0	0.00	0.0	100	100
PA	Supermi+telor (Menu PglN)	166	6.80	0.00	0.00	34.00	0	1.80	289	0.03	0.0	100	100
PA	Suweg kukus	93	1.50	0.10	21.90	50.00	58	0.80	0	0.09	0.0	100	100
PA	Talas kukus	120	1.50	0.30	28.20	31.00	63	0.70	0	0.05	2.0	100	100
PA	Tapai beras ketan hitam	166	3.80	1.00	34.40	8.00	106	1.60	0	0.02	0.0	100	100
PA	Tapai beras ketan putih	172	3.00	0.50	37.50	6.00	35	0.50	0	0.04	0.0	100	100
PA	Ubi jalar goreng	48	1.10	0.40	16.60	12.00	0	0.28	1752	0.32	2.0	100	30
PA	Ubi jalar kukus	100	0.70	0.30	23.80	44.00	46	0.40	0	0.00	16.0	100	100
PA	Ubi jalar rebus	74	0.90	6.20	16.60	18.00	0	0.40	2328	0.41	6.0	100	65
PA	Ubi jalar sayur	110	0.80	0.20	13.50	5.10	0	0.12	582	0.11	3.0	100	60
PA	Ubi kemayung kukus	165	0.90	0.20	39.80	20.00	23	0.80	0	0.02	0.0	85	100
PB	Ampas tahu kukus	75	4.10	2.10	10.70	203.00	60	1.30	0	0.07	82.5	100	100
PB	Biji jambu mete goreng	629	21.50	56.60	19.80	502.00	493	8.00	0	0.18	0.0	100	100
PB	Botok lamtoro	186	11.70	9.70	13.00	0.00	0	0.00	0	0.00	0.0	100	100
PB	Bubur kacang ijo	106	3.90	3.60	14.60	0.00	0	0.00	0	0.00	0.0	100	100
PB	Bubur kacang ijo (Menu PglN)	204	5.90	0.00	0.00	95.80	0	2.00	34	0.14	2.4	100	100
PB	Emping goreng asin	431	11.10	16.20	63.00	77.00	0	0.00	0	0.08	0.0	100	100
PB	Emping goreng manis	439	10.00	16.40	65.70	66.00	225	0.00	0	0.10	0.0	100	100
PB	Emping goreng tipis	485	11.50	24.50	59.10	85.00	218	0.00	0	0.11	0.0	100	100
PB	Goreng oncom	109	2.20	5.80	12.10	0.01	0	4.29	0	0.00	0.0	100	30

PB	Kacang atom	533	27.80	38.10	28.80	87.00	423	3.00	0	0.06	0.0	100	100
PB	Kacang babi bogor goreng	479	12.70	23.20	58.90	135.00	184	2.90	0	0.00	0.0	100	100
PB	Kacang babi bogor rebus	161	7.70	2.80	27.10	56.00	134	1.40	0	0.00	0.0	35	100
PB	Kacang babi kecipir rebus	204	16.90	8.80	17.50	230.00	180	3.30	0	0.02	0.0	100	100
PB	Kacang gude rebus	147	9.00	0.50	27.50	50.00	175	2.00	0	0.10	0.0	100	100
PB	Kacang hijau rebus	109	8.70	0.50	18.30	95.00	149	1.50	0	0.12	33.0	100	100
PB	Kacang kapri goreng	89	3.80	2.20	13.10	0.01	0	0.47	0	0.00	0.0	100	20
PB	Kacang kedelai goreng	521	32.20	37.70	22.90	296.00	800	6.50	0	0.40	0.0	100	100
PB	Kacang kedelai rebus	189	20.20	8.20	12.70	91.00	270	3.90	0	0.20	0.0	100	100
PB	Kacang kulit	628	30.70	50.50	12.70	0.00	0	0.00	0	0.00	0.0	100	100
PB	Kacang merah kering rebus	158	10.30	0.90	28.20	160.00	149	3.70	0	0.20	0.0	971	100
PB	Kacang merah segar rebus	144	10.00	1.00	24.70	144.00	150	2.80	0	0.10	0.0	100	100
PB	Kacang sari	561	25.50	43.80	26.00	50.00	324	3.10	0	0.08	0.0	100	100
PB	Kacang sukro (DKBM P3G '90)	484	8.80	26.10	57.70	49.00	194	2.10	0	0.06	0.0	100	100
PB	Kacang sukro putih	122	1.30	6.40	14.90	0.01	0	0.20	0	0.00	0.0	100	25
PB	Kacang tanah goreng	564	25.50	44.40	25.50	106.00	390	4.10	0	0.40	0.0	100	100
PB	Kacang tanah rebus	77	2.80	6.20	2.60	8.40	0	0.00	0	0.00	1.0	100	20
PB	Kacang tanah rebus	220	10.60	18.00	8.00	89.00	273	1.90	0	0.10	0.0	100	100
PB	Kacang tanah sangat	560	29.50	43.00	24.10	107.00	366	4.10	0	0.31	0.0	100	100
PB	Kacang telur	187	2.50	5.20	31.20	0.02	0	0.15	0	0.00	0.0	100	25
PB	Kacang tolo rebus	138	10.70	1.10	22.60	165.00	172	4.00	0	0.01	0.0	100	100
PB	Kembang tahu rebus	90	10.70	4.00	4.70	85.00	0	0.00	0	0.00	0.0	100	100
PB	Kripik abadi besar	556	15.80	37.10	39.80	112.00	215	5.40	0	0.63	0.0	100	100
PB	Kripik murni	542	40.30	42.40	11.60	175.00	529	5.20	0	0.10	0.0	100	100
PB	Kripik murni	540	16.70	33.90	42.00	92.00	184	3.20	0	0.38	0.0	100	100
PB	Kripik oncom	598	8.30	43.80	42.60	85.00	153	27.00	0	1.13	0.0	100	100
PB	Kripik sedang	510	12.30	27.90	52.40	122.00	211	8.40	0	0.52	0.0	100	100
PB	Kripik telur	529	20.80	31.70	40.20	124.00	222	5.40	0	0.86	0.0	100	100
PB	Kripik tempe	581	12.10	40.60	41.70	237.00	116	6.90	0	0.35	0.0	100	100
PB	Kripik tempe goreng	542	40.30	42.40	11.50	175.00	0	5.20	0	0.10	0.0	100	100
PB	Noga kacang tanah	180	4.20	12.50	12.60	0.01	0	0.55	0	0.00	0.0	100	30
PB	Oncom hitam goreng	71	3.00	3.60	3.40	28.90	0	16.71	0	0.27	0.0	100	25
PB	Oncom hitam tepung	92	2.70	5.40	8.10	2.10	0	11.79	0	0.28	0.0	100	30
PB	Oncom merah bertepung	96	2.80	5.60	9.30	10.20	0	2.74	0	0.11	0.0	100	30
PB	Oncom merah goreng	92	1.70	8.00	3.30	1.00	0	2.87	0	0.24	0.0	100	25
PB	Oncom merah sayur (tumis)	4	0.20	0.20	0.30	1.20	0	0.26	1	0.08	0.0	100	10
PB	Pepes oncom	132	12.70	3.80	13.70	133.00	355	34.40	0	0.08	0.0	100	100
PB	Pepes oncom / ampas tahu	76	5.20	1.80	10.60	215.00	66	12.50	0	0.11	0.0	100	100
PB	Pepes taoco	184	11.40	5.50	22.20	72.00	463	6.00	0	0.32	0.0	100	100

PB	Rempeyek	513	17.50	32.50	44.30	65.00	202	2.60	0	0.10	0.0	100	100
PB	Rempeyek kacang tanah	513	17.50	32.50	44.30	65.00	202	2.60	0	0.10	0.0	100	100
PB	Rempeyek kacang tolo	451	11.20	20.20	59.70	156.00	221	4.60	0	0.02	0.0	100	100
PB	Rempeyek kacang uci	497	17.00	27.60	50.80	166.00	89	6.70	0	0.05	0.0	100	100
PB	Tahu goreng	32	1.40	2.80	0.30	21.20	0	0.13	0	0.10	0.0	100	25
PB	Tahu goreng (DKBM P3G '90)	115	9.70	8.50	2.50	229.00	200	4.10	0	0.01	0.0	100	100
PB	Tahu goreng (Menu PglN)	143	9.60	0.00	0.00	124.00	0	0.00	0	0.60	0.0	100	100
PB	Tauco	158	11.30	5.40	18.10	235.00	682	7.60	0	0.00	0.0	100	100
PB	Tauco cap beruang	347	7.40	5.20	67.60	63.00	106	6.20	0	0.35	0.0	100	100
PB	Tauco cap das	358	7.50	4.30	70.40	94.00	94	4.50	0	0.29	0.0	100	100
PB	Tauco cap meong	159	7.40	4.90	21.30	183.00	84	10.10	0	0.46	0.0	100	100
PB	Tauji cap singa	277	9.10	4.70	49.60	68.00	106	3.00	0	0.15	0.0	100	100
PB	Tempe goreng	82	4.60	5.80	3.20	37.40	0	2.62	0	0.48	0.0	100	25
PB	Tempe goreng (Menu PglN)	335	23.30	0.00	0.00	195.00	0	8.40	140	0.77	0.0	100	100
PB	Tempe murni goreng	350	24.50	26.60	10.40	202.00	296	4.90	0	0.24	0.0	100	100
PB	Tempe pasar goreng	336	20.00	28.00	7.80	156.00	350	3.00	0	0.10	0.0	100	100
PB	Tempe sayur	36	0.90	0.40	7.40	1.20	0	0.46	0	0.02	0.0	100	15
PC	Abon sapi	212	18.00	10.60	59.30	150.00	209	12.30	0	0.17	0.0	100	100
PC	Abon sapi asli	358	14.60	16.10	38.60	165.00	136	14.60	9	0.13	0.0	100	100
PC	Ati ayam (buras)	112	18.30	3.20	2.60	0.00	0	0.00	0	0.00	0.0	100	100
PC	Ati ayam (ras)	105	16.60	3.40	2.10	0.00	0	0.00	0	0.00	0.0	100	100
PC	Ayam goreng (Menu PglN)	595	30.50	0.00	0.00	14.00	0	1.50	810	0.16	0.0	100	100
PC	Ayam goreng buras mbok berek	295	39.20	13.60	1.00	114.00	278	5.40	26	0.19	0.0	100	100
PC	Ayam paha lengkap kalasan	275	37.40	12.20	1.30	116.00	237	5.80	34	0.10	0.0	100	100
PC	Ayam paha pasundan	245	33.10	11.40	0.30	90.00	283	7.30	27	0.37	0.0	100	100
PC	Ayam paha sukabumi	283	35.70	14.30	0.50	68.00	106	5.40	36	0.36	0.0	100	100
PC	Ayam pasundan	246	37.90	9.00	0.70	90.00	260	7.50	20	0.16	0.0	100	100
PC	Ayam ras dada church texas	338	35.20	20.60	0.40	79.00	221	5.60	52	0.52	0.0	100	100
PC	Ayam ras dada kentucky	298	34.20	16.80	0.10	90.00	284	5.50	120	0.19	0.0	100	100
PC	Ayam ras dada pioner	295	37.40	14.70	0.60	108.00	236	6.80	52	0.10	0.0	100	100
PC	Ayam ras paha church	287	31.00	15.70	1.70	99.00	176	4.10	71	0.66	0.0	100	100
PC	Ayam ras paha kentucky	286	32.10	16.70	1.10	89.00	248	6.90	102	0.50	0.0	100	100
PC	Ayam sayap church	295	34.00	16.00	1.50	81.00	179	3.00	44	0.44	0.0	100	100
PC	Ayam sayap kentucky	297	35.90	15.20	1.60	103.00	227	4.40	72	0.73	0.0	100	100
PC	Ayam sukabumi	244	36.70	9.20	1.00	81.00	154	6.10	65	0.66	0.0	100	100
PC	Babi lawar	174	17.00	10.00	3.00	61.00	141	3.00	0	0.10	0.0	100	100
PC	Ceker ayam (buras)	197	20.60	11.50	2.70	0.00	0	0.00	0	0.00	0.0	100	100
PC	Ceker ayam (ras)	245	20.80	17.10	2.10	0.00	0	0.00	0	0.00	0.0	100	100
PC	Daging puyuh (goreng)	187	25.60	8.20	2.80	0.00	0	0.00	0	0.00	0.0	100	100

PC	Dendeng bekicot	441	48.70	20.30	15.80	692.00	523	16.60	91	0.48	0.0	100	100
PC	Paru goreng	488	39.40	36.50	0.40	39.00	497	18.40	0	0.00	0.0	100	100
PC	Penyu lawar	141	23.00	1.50	7.60	69.00	141	6.00	0	0.10	0.0	100	100
PC	Penyu sate	179	22.50	3.50	13.30	187.00	238	14.40	0	0.10	0.0	100	100
PC	Penyu serapah	174	13.10	12.20	2.20	72.00	186	9.50	438	0.06	0.0	100	100
PC	Pizza sapi	294	17.90	17.50	16.10	269.00	207	0.80	0	0.07	0.0	100	100
PC	Rawon	60	5.40	2.50	4.00	272.00	153	3.30	35	0.09	0.0	100	100
PC	Rempelo ayam	108	17.20	4.10	0.40	0.00	0	0.00	0	0.00	0.0	100	100
PC	Rempelo ayam (goreng)	270	32.30	11.20	9.90	0.00	0	0.00	0	0.00	0.0	100	100
PC	Rendang	193	22.60	7.90	7.80	474.00	211	14.90	69	0.12	0.0	100	100
PC	Rujak cingur	153	11.30	8.40	8.00	256.00	143	4.40	61	0.16	1.6	100	100
PC	Sapi rendang	193	22.60	7.90	7.80	474.00	211	14.90	69	0.12	0.0	100	100
PC	Sate ayam	227	41.30	6.10	1.80	17.00	405	2.20	5	0.13	0.0	100	100
PC	Sate daging kambing	211	41.70	4.90	0.00	44.00	412	2.70	5	0.13	0.0	100	100
PC	Sate daging lembu	219	38.90	6.70	0.80	8.00	391	3.60	7	0.15	0.0	100	100
PC	Sate kuah	151	14.90	1.30	20.00	26.00	162	1.70	22	0.06	0.0	100	100
PC	Sate kulit	22	3.10	0.10	2.30	0.01	0	0.01	0	0.00	0.0	100	20
PC	Sate perut lembu	218	22.60	11.50	6.10	18.00	321	5.80	24	0.05	0.0	100	100
PC	Sate usus	19	2.10	1.10	0.20	2.10	0	0.20	0	0.11	0.0	100	15
PC	Soto dengan daging	102	2.10	7.50	6.60	8.60	0	0.80	29	0.10	0.0	100	80
PC	Soto tanpa daging	82	0.30	6.00	6.70	8.80	0	0.77	28	0.09	0.0	100	70
PC	Sus isi ragout	221	7.50	10.20	24.80	0.00	0	0.00	0	0.00	0.0	100	100
PC	Usus ayam goreng	473	45.20	26.30	13.90	1407.00	458	8.40	20	0.57	0.0	100	100
PD	Telur ayam dadar	251	16.30	19.40	1.40	62.00	250	2.50	120	0.21	0.0	100	100
PD	Telur bebek dadar	301	20.00	23.70	0.00	71.00	600	9.20	404	0.35	0.0	100	100
PD	Telur ceplok (Menu PglN)	240	11.00	0.00	0.00	54.00	0	2.70	900	0.10	0.0	100	100
PD	Telur dadar (Menu PglN)	259	11.70	0.00	0.00	54.00	0	2.70	900	0.10	0.0	100	100
PD	Telur dadar+terigu (Menu PglN)	289	10.70	0.00	0.00	48.90	0	2.50	600	0.01	0.0	100	100
PD	Telur puyuh	168	12.30	12.70	1.20	0.00	0	0.00	0	0.00	0.0	100	100
PD	Telur rebus (Menu PglN)	154	12.20	0.00	0.00	54.00	0	2.70	900	0.10	0.0	100	100
PE	Bandeng presto	296	17.10	20.30	11.30	1422.00	659	1.90	19	0.14	0.0	100	100
PE	Belut dendeng goreng	382	55.70	14.10	8.00	1069.00	654	15.40	91	0.48	0.0	100	100
PE	Belut goreng	417	25.90	19.40	32.00	840.00	872	4.90	0	0.00	0.0	100	100
PE	Cumi-cumi goreng	265	40.60	10.10	0.00	62.00	270	2.70	0	0.09	0.0	100	100
PE	Dendeng mujahir goreng	598	74.30	26.90	9.20	1957.00	1447	7.40	60	0.19	0.0	100	100
PE	Empek kapal selam	190	13.20	6.60	19.40	500.00	155	1.50	5	0.33	0.0	100	100
PE	Empek kelesan	211	12.30	6.10	26.60	840.00	176	1.80	48	0.25	0.0	100	100
PE	Empek tangiri	173	7.20	1.20	33.40	164.00	80	3.10	0	0.02	0.0	100	100
PE	Empek-empek belida	156	4.20	1.40	31.60	100.00	55	3.30	0	0.03	0.0	100	100

PE	Gurame asam manis	192	12.70	10.10	12.70	283.00	169	1.10	63	0.10	0.0	100	100
PE	Ikan mas goreng (Menu PglN)	182	18.10	0.00	0.00	20.00	0	2.00	150	0.50	0.0	100	100
PE	Ikan mas semur (Menu PglN)	225	14.70	0.00	0.00	35.50	0	2.20	171	0.05	0.9	100	100
PE	Ikan tongkol (tuna)	117	23.20	2.70	0.00	0.00	0	0.00	0	0.00	0.0	100	100
PE	Ikan tongkol masak kuwah	119	15.70	3.50	6.10	0.00	0	0.00	0	0.00	0.0	100	100
PE	Kerupuk udang	17	0.70	1.50	2.60	14.90	0	0.06	0	0.01	0.0	100	5
PE	Lele dumbu/pecak	372	7.80	36.30	3.50	289.00	295	5.30	210	0.00	0.0	100	100
PE	Mujahir acar kuning	330	17.80	23.40	12.10	154.00	357	5.30	79	0.15	0.0	100	100
PE	Mujahir goreng	416	46.90	23.90	0.00	346.00	654	0.90	40	0.12	0.0	100	100
PE	Mujahir pepes	121	21.70	2.80	0.80	83.00	248	0.00	25	0.00	0.0	100	100
PE	Pecak lele	372	7.80	36.30	3.50	289.00	295	5.30	210	0.12	0.0	100	100
PE	Pepes ikan mas	209	15.20	11.30	11.80	686.00	530	6.10	10	0.13	0.0	100	100
PE	Petis	345	23.80	1.40	59.30	221.00	397	3.80	6	1.02	0.0	100	100
PE	Petis udang	345	23.80	1.40	59.30	221.00	397	3.80	6	1.02	0.0	100	100
PE	Tenggiri	109	21.50	2.60	0.00	0.00	0	0.00	0	0.00	0.0	100	100
PE	Teri blado	365	23.70	22.30	17.50	869.00	348	4.00	90	0.13	0.0	100	100
PE	Teripang dendeng goreng	462	39.10	32.40	3.50	499.00	616	96.40	6	1.37	0.0	100	100
PF	Acar timun	10	0.50	0.20	2.00	20.00	98	1.00	0	3.00	0.0	100	100
PF	Bayam kukus	30	1.30	0.70	5.80	239.00	35	5.70	0	0.02	32.0	100	100
PF	Bayam rebus	23	1.20	0.60	3.70	150.00	35	0.50	0	0.02	19.0	100	100
PF	Botok lamtoro	186	11.70	9.70	13.00	771.00	322	26.00	60	0.27	1.5	100	100
PF	Brongkos	141	15.30	3.30	12.60	87.00	97	5.10	13	0.40	0.0	100	100
PF	Buncis rebus	30	2.20	0.20	6.40	107.00	47	0.50	0	0.01	8.0	100	100
PF	Bunttil daun talas	141	4.40	10.20	8.00	149.00	121	14.50	44	0.25	0.9	100	100
PF	Gado-gado	203	6.70	8.70	24.60	21.00	0	2.08	600	0.00	0.0	100	150
PF	Gado-gado (DKBM P3G '90)	137	6.10	3.20	21.00	301.00	135	7.50	10	0.10	1.0	100	100
PF	Gudeg	160	3.30	9.20	16.00	62.00	55	12.80	0	0.15	0.0	100	100
PF	Gulai pakis	143	4.00	11.40	6.00	548.00	124	1.70	35	0.35	0.8	100	100
PF	Kac. panjang rebus (Menu PglN)	38	2.40	0.00	0.00	42.10	0	0.60	288	0.00	18.1	100	100
PF	Keredok	92	2.20	3.30	14.10	174.00	85	2.40	0	0.08	3.8	100	100
PF	Ketoprak	153	7.90	7.70	13.00	153.00	134	3.40	10	0.05	0.0	100	100
PF	Kripik bayam	586	4.90	40.60	50.20	236.00	117	3.60	0	0.16	0.0	100	100
PF	Pecel	243	11.14	12.53	31.72	267.00	333	3.54	10978	0.28	212.0	100	100
PF	Sayur asem	29	0.70	0.60	5.00	40.00	61	3.10	47	0.10	0.3	100	100
PF	Sayur daging ayam (Menu PglN)	451	27.20	0.00	0.00	14.00	0	1.50	810	0.08	0.0	100	100
PF	Sayur daging sapi (Menu PglN)	239	21.70	0.00	0.00	21.30	0	5.40	58	0.15	0.0	100	100
PF	Sayur kacang merah (Menu PglN)	321	17.40	0.00	0.00	59.90	0	3.60	0	0.40	0.0	100	100
PF	Sayur lodeh	240	9.08	12.45	30.65	135.00	184	4.26	1465	0.14	29.0	100	100
PF	Sayur lodeh (Menu PglN)	108	1.90	0.00	0.00	35.40	0	15.90	401	0.32	10.6	100	100

PF	Sayur sop	27	1.30	2.00	1.00	168.00	57	1.80	67	0.10	0.2	100	100
PF	Sayur sosin (Menu PglN)	18	1.90	0.00	0.00	174.40	0	23.00	5129	0.08	81.0	100	100
PF	Sayur soup (Menu PglN)	61	1.40	0.00	0.00	20.80	0	0.70	2141	0.08	18.8	100	100
PF	Sayur tahu sosin (Menu PglN)	92	4.30	0.00	0.00	74.70	0	6.40	1428	0.03	22.6	100	100
PF	Sayur tahu toge (Menu PglN)	114	3.40	0.00	0.00	47.90	0	0.20	0	0.02	3.3	100	100
PF	Sayur telur wortel (Menu PglN)	140	10.70	0.00	0.00	52.70	0	2.70	2380	0.07	0.7	100	100
PF	Sayur tempe (Menu PglN)	161	9.30	0.00	0.00	98.70	0	3.40	55	0.03	1.5	100	100
PF	Semur jengkol	77	1.80	2.40	12.10	0.02	0	0.70	824	0.00	0.0	100	40
PF	Semur jengkol kacang kedele	212	6.00	8.70	29.10	77.00	99	1.00	0	0.14	4.0	100	100
PF	Semur telur (Menu PglN)	178	5.00	0.00	0.00	60.80	0	3.20	800	0.09	0.0	100	100
PF	Soto bandung	42	3.90	1.70	2.80	74.00	75	1.80	21	0.05	0.0	100	100
PF	Soto banjar	100	4.70	6.70	5.10	147.00	81	1.80	41	0.05	0.0	100	100
PF	Soto betawi	135	2.50	8.80	11.50	222.00	72	1.90	21	0.04	0.0	100	100
PF	Soto kudus	38	2.60	2.30	1.80	237.00	67	1.70	75	0.06	0.5	100	100
PF	Soto madura	60	3.50	4.50	1.30	361.00	126	3.80	87	0.06	0.0	100	100
PF	Soto padang	127	5.90	6.60	11.00	298.00	94	1.50	41	0.22	0.0	100	100
PF	Soto pekalongan	94	3.00	6.80	5.10	322.00	79	2.00	45	0.29	0.0	100	100
PF	Soto pemaalng	75	3.60	5.20	3.50	170.00	80	2.10	52	0.13	0.0	100	100
PF	Soto sukoraja	80	3.20	3.50	9.00	347.00	77	2.30	40	0.04	0.0	100	100
PF	Soto sulung	86	2.30	8.50	0.00	200.00	120	2.90	66	0.08	0.0	100	100
PF	Toge goreng	88	3.20	2.10	14.00	168.00	50	5.70	8	0.05	0.0	100	100
PF	Tumis Jagung sayur	201	3.70	14.10	27.10	11.70	0	0.49	166	2.26	0.0	100	135
PF	Tumis bayam (Menu PglN)	193	2.00	0.00	0.00	191.90	0	2.80	4366	0.06	57.4	100	100
PF	Tumis bayam + santan	48	1.40	4.20	2.60	129.00	27	0.80	0	0.01	22.0	100	100
PF	Tumis kangkung (Menu PglN)	92	2.50	0.00	0.00	69.60	0	2.40	5663	0.20	28.8	100	100
PF	Tumis ketang (Menu PglN)	120	1.90	0.00	0.00	10.50	0	0.70	0	0.10	16.1	100	100
PF	Tumis labu siam (Menu PglN)	88	0.70	0.00	0.00	17.80	0	0.70	20	0.02	18.0	100	100
PF	Tumis teri +buncis (Menu PglN)	158	33.50	0.00	0.00	1002.60	0	3.40	452	0.13	7.6	100	100
PH	Cerelac	418	9.00	15.50	68.90	443.33	357	7.50	1036	0.80	35.0	100	100
PH	Enfamil	525	11.80	29.00	55.00	350.00	0	9.40	300	0.00	0.0	100	100
PH	Es krim (coconut milk)	47	0.90	0.50	9.80	2.00	0	0.03	0	0.00	0.0	100	30
PH	LLM	481	20.00	21.00	0.00	5.00	0	5.00	2000	0.00	0.0	100	100
PH	Lactogen	464	21.60	19.00	51.60	770.00	0	8.30	1390	0.00	0.0	100	100
PH	Morinaga	515	13.00	27.00	55.10	360.00	0	6.00	1800	0.00	0.0	100	100
PH	Promil	460	20.00	18.00	55.00	172.00	0	1.20	345	0.00	0.0	100	100
PH	Promina	409	12.57	8.78	71.92	372.14	269	9.52	1262	0.32	43.0	100	100
PH	S.G.M	461	20.00	18.00	54.70	703.00	0	7.00	2200	0.00	0.0	100	100
PH	Sustagen HP	1540	94.00	14.00	260.00	3.20	0	13.20	4404	0.00	0.0	100	100
PH	Susu full cream	502	27.00	26.00	40.00	800.00	600	6.67	1580	0.60	47.0	100	100

PJ	Anak mas rasa ayam	400	7.00	22.00	65.00	200.00	0	5.00	1400	0.75	30.0	100	100
PJ	Anak mas rasa keju	440	7.00	22.00	65.00	200.00	0	5.00	1400	0.75	30.0	100	100
PJ	Bakpau	239	12.20	2.60	41.60	21.00	65	2.80	92	0.09	0.0	100	100
PJ	Bakso	190	10.30	6.30	23.10	35.00	0	6.75	0	0.00	4.0	100	250
PJ	Berondong	60	0.60	0.10	14.30	1.50	0	0.07	0	1.44	0.0	100	15
PJ	Bika ambon	158	2.10	0.20	37.00	0.01	0	3.43	0	0.00	0.0	100	70
PJ	Biskuit mahal	35	0.80	1.10	5.40	16.20	0	0.14	2	0.15	0.0	100	10
PJ	Biskuit mahal (Menu PglN)	350	8.00	0.00	0.00	162.00	0	1.40	20	1.50	0.0	100	100
PJ	Biskuit murah	26	0.50	0.10	8.60	5.30	0	0.07	0	0.06	0.0	100	10
PJ	Cake (bolu)	435	7.10	19.80	57.10	15.00	160	0.80	65	0.06	1.0	100	100
PJ	Cake coklat (bolu)	373	6.80	18.60	44.70	10.00	146	2.40	75	0.45	0.0	100	100
PJ	Castangel	52	2.05	5.20	8.45	40.00	28	0.24	202	0.00	0.0	100	100
PJ	Chiki snack rasa coklat	484	6.00	20.00	70.00	200.00	0	5.00	1200	0.00	30.0	100	100
PJ	Chiki snack rasa rendang	510	7.00	25.00	64.00	200.00	0	5.00	1200	0.00	20.0	100	100
PJ	Coklat (Menu PglN)	472	2.00	0.00	0.00	63.00	0	2.80	30	0.03	0.0	100	100
PJ	Cucur	145	2.39	1.28	31.36	10.00	31	0.53	0	0.02	0.0	100	100
PJ	Dawet	878	11.25	14.90	175.37	163.00	230	2.28	0	0.00	2.0	100	100
PJ	Donat	357	9.40	10.40	56.50	0.00	0	0.00	0	0.00	0.0	100	100
PJ	Enting gepuk	524	13.30	29.20	52.00	76.00	248	1.40	0	0.62	0.0	100	100
PJ	Es mambo	38	0.00	0.00	9.40	0.50	0	0.01	0	0.00	0.0	100	25
PJ	Es pung-pung (es puter)	48	0.20	1.00	10.16	2.00	3	0.00	0	0.00	0.0	100	100
PJ	Es sirup	56	0.00	0.00	14.10	0.80	0	0.01	0	0.00	0.0	100	125
PJ	Geplak	350	1.40	14.40	53.60	151.00	43	2.10	0	0.12	0.0	100	100
PJ	Geplak jahe	462	3.10	21.40	57.70	212.00	161	6.60	0	0.12	0.0	100	100
PJ	Gurandil	218	0.50	2.50	48.50	50.00	25	2.50	0	0.19	0.0	100	100
PJ	Gurandil jahe	425	1.60	8.80	84.60	155.00	61	4.00	0	0.20	0.0	100	100
PJ	Japilus	500	1.20	25.10	67.30	186.00	29	4.90	0	0.17	0.0	100	100
PJ	Kelepon	215	3.70	3.70	41.80	232.00	45	3.30	0	0.09	0.0	100	100
PJ	Kolek pisang (Menu PglN)	198	1.60	0.00	0.00	35.00	0	1.00	26	0.02	2.3	100	100
PJ	Kolek ubi (Menu PglN)	195	1.90	0.00	0.00	42.70	0	1.00	4656	0.05	14.1	100	100
PJ	Koya	366	4.20	4.30	77.50	153.00	222	7.00	0	0.00	0.0	100	100
PJ	Koya mirasa	370	8.00	1.00	82.20	83.00	110	17.00	10	0.19	0.0	100	100
PJ	Kue ali	440	3.80	18.50	64.50	27.00	47	2.50	0	0.13	0.0	100	100
PJ	Kue bagea kualitas I	416	6.50	9.40	76.30	49.00	77	4.90	13	0.08	0.0	100	100
PJ	Kue bagea kualitas II	382	0.30	3.50	87.20	172.00	120	7.00	0	0.02	0.0	100	100
PJ	Kue bakpia	272	3.70	6.70	44.10	194.00	117	4.50	0	0.31	0.0	100	100
PJ	Kue bakwan	280	8.20	10.20	39.00	79.00	7	0.00	0	0.08	0.0	100	100
PJ	Kue bawang	488	8.80	21.60	64.60	22.00	85	1.50	5	0.07	0.0	100	100
PJ	Kue bika ambon kualitas I	349	2.10	1.50	44.40	45.00	28	1.80	0	0.10	0.0	100	100

PJ	Kue bika ambon kualitas II	327	0.20	1.90	78.90	256.00	103	4.00	0	0.08	0.0	100	100
PJ	Kue brem	249	3.40	0.40	58.00	196.00	86	2.00	0	0.34	0.0	100	100
PJ	Kue cake tape	323	4.90	11.50	50.10	131.00	83	2.60	86	0.38	0.0	100	100
PJ	Kue cucuru bayao	323	4.60	10.50	53.80	69.00	2	1.80	0	0.03	0.0	100	100
PJ	Kue dodol bali	298	3.70	2.10	65.90	70.00	76	2.50	0	0.28	0.0	100	100
PJ	Kue hello kity	538	13.60	30.30	52.60	81.00	248	1.60	0	1.00	0.0	100	100
PJ	Kue karo	110	2.00	0.90	23.40	3.00	23	0.30	0	0.00	0.0	100	100
PJ	Kue wijen	565	18.20	38.40	36.80	251.00	502	10.90	0	0.92	0.0	100	100
PJ	Lapis legit	389	6.60	15.70	55.50	16.00	136	1.90	137	0.26	0.0	100	100
PJ	Ledre pisang	405	4.80	5.10	84.90	59.00	124	2.60	12	0.41	0.0	100	100
PJ	Lempog durian	320	3.50	5.70	63.70	190.00	93	2.50	0	0.05	0.0	100	100
PJ	Lupis ketan	164	1.80	2.10	34.50	119.00	31	1.50	0	0.09	0.0	100	100
PJ	Mendoan	92	4.89	1.04	16.19	26.00	47	2.01	9	0.05	0.0	100	100
PJ	Mendut/mata kebo	86	3.11	1.19	16.35	16.00	54	0.80	15	0.00	0.0	100	100
PJ	Mpek-mpek	182	9.20	3.80	27.80	401.00	116	2.40	13	0.16	0.0	100	100
PJ	Nopia spesial	387	5.30	7.60	74.30	903.00	133	4.20	0	0.17	0.0	100	100
PJ	Peremen	8	0.00	0.00	1.90	0.10	0	0.00	0	0.00	0.0	100	2
PJ	Permen (Menu PglN)	400	0.00	0.00	0.00	5.00	0	0.00	0	0.00	0.0	100	100
PJ	Pisang getuk	144	1.10	0.40	34.10	48.00	32	1.00	0	0.55	0.0	100	100
PJ	Pisang goreng	132	1.40	3.80	23.10	7.20	0	0.03	0	0.00	0.0	100	60
PJ	Pisang kripik lampung	485	1.70	22.20	69.70	43.00	65	0.80	0	0.34	0.0	100	100
PJ	Pudding (Menu PglN)	194	1.90	0.00	0.00	33.50	0	0.20	0	0.00	189.0	100	100
PJ	Putu cangkir	304	5.30	7.00	54.90	18.00	193	4.00	0	0.06	0.0	100	100
PJ	Rujak	228	7.60	15.50	14.50	29.00	29	3.20	163	0.10	6.0	100	100
PJ	Sagon	84	0.98	1.10	18.10	0.00	18	0.27	0	0.00	0.0	100	100
PJ	Satru ponorogo	380	13.90	2.10	76.40	116.00	319	4.80	0	0.41	0.0	100	100
PJ	Sempril sagu	477	0.70	18.40	77.30	98.00	25	1.50	137	0.09	0.0	100	100
PJ	Suwir-suwir	317	0.50	0.90	84.20	42.00	40	4.30	4	0.13	0.0	100	100
PJ	Taro	523	5.80	28.20	61.30	0.00	0	0.00	0	0.00	0.0	100	100
PJ	Wafer	53	2.70	28.70	66.70	182.00	0	2.80	0	0.00	0.0	100	100
PJ	Wajit camilan	303	6.30	2.70	63.30	61.00	302	5.50	0	0.03	0.0	100	100
PJ	Wedang jahe	59	0.14	0.09	15.07	2.00	3	0.15	2	0.00	0.0	100	100
PJ	Wedang jeruk	60	0.12	0.03	15.75	3.00	2	0.00	28	0.00	7.0	100	100
PJ	Widaran	424	1.30	10.70	80.70	49.00	88	2.50	69	0.13	0.0	100	100
PJ	Wingko babat	355	3.20	15.10	51.40	47.00	63	1.10	0	0.08	0.0	100	100
PJ	Yangko	254	3.00	1.10	58.10	184.00	24	2.60	0	0.15	0.0	100	100