



Food Code: **A24**
 Thai name: **ข้าวเหนียวดำ, ดิบ**
 English name: **Rice, glutinous, black variety, raw**
 Scientific name: **Oryza glutinosa**

Nutrients (สารอาหาร)	Tag Name	Detail (รายละเอียด)	Unit (หน่วย)	Content per 100 g of food (ปริมาณ ต่อ 100 กรัมอาหาร)	Deriv. by	n	Min	Max	SD	Footnote	Last updated
Density	DEN	use this column only for liquid food item	g/mL	-	Not analysed	-	-	-	-		
Edible portion	EDIBLE	Not all food items have this information. In the future we will have to add them all	%	-	Not analysed	-	-	-	-		
Energy, by calculation	ENERC	Calculated by (4 x g protein) + (9 x g fat) + (4 x g CHOAVLDF) + (2 x g dietary fibre) (not include alcohol)	kcal	350	Calculated	-	-	-	-		01/10/2015
Total energy - by calculation	ENERCT	If CHOAVLDF was not available, CHOCDFF was used. Energy value was calculated as follows and put in parenthesis. Calculated by (4 x g protein)+(9 x g fat)+(4 x g CHOCDFF)	kcal	-	Not calculated	-	-	-	-		
Moisture	WATER	All methods	g	12.5	Analysed	4	-	-	0.7		01/10/2015
Protein, total	PROTCNT	Kjeldahl method	g	7.46	Analysed	3	-	-	1.16		01/10/2015
True protein	PROTCNP		g	-	Not analysed	-	-	-	-		
Fat, total	FAT	All methods, choose higher values based on values obtained from method with acid digestion	g	2.87	Analysed	3	-	-	0.35		01/10/2015
Carbohydrate, available	CHOAVLDF	Calculated by difference: CHOAVLDF = 100 - (weight in grams [water + protein + fat + dietary fibre + ash] in 100 g food)	g	71.09	Calculated	-	-	-	-		01/10/2015



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Carbohydrate, total	CHOCDF	CHOCDF = 100 g □ (weight in grams [water + protein + fat + ash] in 100 g food) (use this calculation when FIBTG data was not available)	g	-	Not calculated	-	-	-	-		
Dietary fibre	FIBTG	Enzymatic gravimetric method	g	4.9	Analysed	1	-	-	-		01/10/2015
Ash	ASH	All methods	g	1.17	Analysed	3	-	-	0.25		01/10/2015
Calcium	CA	AOAC method	mg	22	Analysed	3	-	-	4		01/10/2015
Phosphorus	P	AOAC method	mg	189	Analysed	3	-	-	120		01/10/2015
Magnesium	MG	AOAC method	mg	71	Analysed	1	-	-	-		01/10/2015
Sodium	NA	AOAC method	mg	-	Not analysed	-	-	-	-		
Potassium	K	AOAC method	mg	265	Analysed	1	-	-	-		01/10/2015
Iron	FE	AOAC method	mg	2.83	Analysed	3	-	-	0.46		01/10/2015
Copper	CU	AOAC method	mg	-	Not analysed	-	-	-	-		
Zinc	ZN	AOAC method	mg	2.50	Analysed	1	-	-	-		01/10/2015
Selenium	SE		mcg	-	Not analysed	-	-	-	-		
Retinol	RETOL	AOAC - HPLC method	mcg	0	Assumed zero	-	-	-	-		
b-carotene	CARTB	AOAC - HPLC method	mcg	16	Analysed	1	-	-	-		01/10/2015
Vitamin A; retinol activity equivalent	VITA_RAE	Calculated by mcg retinol + 1/12 mcg b-carotene	mcg	1	Calculated	-	-	-	-		01/10/2015
Vitamin D (D2+D3)	VITD		mcg	-	Not analysed	-	-	-	-		
Alpha-tocopherol	TOCPHA	AOAC method	mg	-	Not analysed	-	-	-	-		
Thiamin	THIA	AOAC method	mg	0.48	Analysed	2	0.40	0.55	-		01/10/2015
Riboflavin	RIBF	AOAC method	mg	0.19	Analysed	2	0.09	0.29	-		01/10/2015



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Niacin	NIA	AOAC method	mg	0.60	Analysed	1	-	-	-		01/10/2015
Vitamin B-6, total	VITB6A	Microbiological assay	mg	-	Not analysed	-	-	-	-		
Folate, total	FOL	Microbiological assay	mcg	-	Not analysed	-	-	-	-		
Vitamin B-12	VITB12	Microbiological assay	mcg	-	Not analysed	-	-	-	-		
Vitamin C	VITC	AOAC - HPLC method	mg	-	Not analysed	-	-	-	-		
Sugars, total	SUGAR	AOAC - HPLC method	g	-	Not analysed	-	-	-	-		
Fatty acids, total saturated	FASAT	AOAC - GLC method	g	0.50	Analysed	1	-	-	-		01/10/2015
Fatty acids, total monounsaturated	FAMU		g	1.01	Analysed	1	-	-	-		01/10/2015
Fatty acids, total polyunsaturated	FAPU	AOAC - GLC method	g	1.09	Analysed	1	-	-	-		01/10/2015
Fatty acids, total omega-3 polyunsaturated	FAPUN3	AOAC - GLC method	g	0.06	Analysed	1	-	-	-		01/10/2015
Fatty acids, total omega-6 polyunsaturated	FAPUN6	AOAC - GLC method	g	1.03	Analysed	1	-	-	-		01/10/2015
Cholesterol	CHOLE		mg	0	Assumed zero	-	-	-	-		01/10/2015