CEREAL PRODUCT - MAINMEAL

It can be revealed from table no. 7 that, rice and Roti contains large amount of moisture compare to other cereal products of main meal. Protein was found to be considerably high in Bajra Rotla compare to other cereal products. And rice contains very less amount of protein. Fat content of Puri, Paratha and Bhakhri is very much high and rice contains very much low fat. There was not much variation seen in carbohydrates content of cereal products. Only steamed rice was found to be low in carbohydrates. Because of the high fat content of Puri, Paratha and Bhakhri these products were found to be high in energy level compare to other products. Carotene level was also found high in Puri, Paratha and Bhakhri because of the oil content in it. Vitamin C was not found in any of the cereal products. Calcium content of Bajra Rotla was found to be higher compare to other products. Iron was also found highest in Bajra Rotla and was lowest in steamed rice. Ash was found to be highest in Bhakhri and lowest in steamed rice.
CEREAL PRODUCT - SNACKS

It can be revealed from table no. 8 that, Chevda and Shakkarpara contains little more amount of moisture compare to other snacks of cereal products. And Khakhra contents very low moisture. Protein was found to be high in Khakhra compare to Farsi Puri and Gathiya. Because the whole wheat flour contains high protein level compare to refined wheat flour. Fat content of Farsi Puri and Shakkarpara is very much high because these are deep fried. There was not much variation seen in carbohydrates content of cereal product’s snacks. Only Khakhra was found to be low in carbohydrates. Because of the low fat content of Khakhra this product was found to be low in energy level compare to other products. Carotene level was also found low in Khakhra because of the less oil content in it and it was cooked for long time at medium flame. Farsi Puri and Shakkarpara contain high carotene level because of high oil content. Vitamin C was not found in any of the cereal products. Calcium content of Chevda was found to be higher compare to other products because the addition of groundnuts in it. Iron was also found highest in Chevda because the rice flakes and ground nuts contains high level of iron compare to wheat flour. There were not much variations seen in iron content of cereal product’s snacks.
CEREAL PRODUCT - SWEETS

It can be revealed from table no. 9 that, Shira and Lapsi contains good amount of moisture compare to other cereal products of sweets. Jalebi also contains a good amount of moisture because they were deeper in sugar syrup. Protein was found to be considerably high in Gol papdi compare to ladu because in Gol papdi Jaggery was used and in ladu there was used a powder sugar. Fat content of ladu and Gol papdi is very much high and Lapsi contains low fat. Carbohydrates content of Lapsi and Jalebi is comparatively high because there is low fat content. Because of the high fat content of Ladu and Gol papdi these products were found to be high in energy level compare to other products. Carotene level was also found high in Ladu and Lapsi comparative to Gol papdi and Shira because there was use of both (oil and ghee) in Ladu and Lapsi. Vitamin C was not found in any of the cereal products. Calcium content of Lapsi and Jalebi was found to be higher compare to other products. Iron was also found highest in Gol papdi because there was use of Jaggery and was lowest in Semolina Shira because semolina contents low Iron compare to wheat. Ash was found to be highest in Gol papdi and lowest in Semolina Shira.
PULSE PRODUCT - MAINMEAL

It can be revealed from table no. 10 that, Green gram dal and Red gram dal contains large amount of moisture compare to other products. Sprouted green gram and muth contains lowest moisture because there is no extra addition of water in it. Protein was found to be considerably high in Sprouted green gram and muth because of low moisture content. Horse gram dal contains lowest fat. Fat content of Sprouted green gram and muth is high because the addition of cooking oil as it is cooked dry without adding extra water. And green gram dal contains lowest fat content. A carbohydrate is found to be considerably high in sprouted green gram sabji and muth sabji because of its low moisture content and green gram dal and green gram sabji contains lowest carbohydrates content because of high moisture content. Because of the high fat content of Sprouted green gram sabji and muth sabji these products were found to be high in energy level. And horse gram dal was found lowest in energy level. Carotene level was also found high in Sprouted green gram sabji compare to Sprouted muth because muth has high level of carotene in its raw value. Green gram dal and black gram dal contains very low carotene content. Vitamin C was found high in Sprouted green gram and muth because sprouting increase vitamin C content. Calcium content of sprouted muth was found to be higher compare to other products. Iron was also found highest in Sprouted muth and sprouted green gram. Ash was found to be highest in Sprouted green gram and muth and lowest in red gram dal.
PULSE PRODUCT – SNACKS

It can be revealed from table no. 11 that, Moisture content was found high in Khaman and Spicy pudla and lowest in Phulvadi. Protein was found to be considerably high in Fafda and lowest in Spicy pudla. Fat content of Gathiya is very much high because by addition of cooking soda when it is deep fried it absorbs more fat. Carbohydrates content of Cholafali is comparatively high and in Khaman is low. Because of the high fat content of Gathiya and Phulvadi these products were found to be high in energy level. Carotene level was also found high in Gathiya and Phulvadi. And lowest carotene level in Khaman. Vitamin C was found a little bit in Phulvadi because of the addition of lemon juice. Calcium content of Cholafali was found to be higher compare to other products. Iron was found highest in Fafda and lowest in Khaman. Ash was found to be highest in Pudla and Gathiya and lowest in Phulvadi.
PULSE PRODUCT - SWEETS

It can be revealed from table no. 12 that, Adadiya and Bundi ladu contains good amount of moisture compare to other products. Mesub contains lowest moisture. Protein was found to be considerably high in Roasted Bengal gram chikki and lowest in Mesub. Fat content of Mesub is very much high and Roasted Bengal gram chikki contents lowest fat. Carbohydrates content of Roasted Bengal gram chikki was comparatively high and Mesub contains lowest carbohydrates. Because of the high fat content of Mesub this product was found to be high in energy level compare to other products. Carotene level was found high in Bundi ladu and lowest in Adadiya. There was not much variation found in Vitamin C. Calcium content of Roasted Bengal gram chikki and Adadiya was found to be higher compare to other products. Iron was also found highest in Roasted Bengal gram because there was use of Jaggery and iron was lowest in Mesub. Ash was found to be highest in Mesub and lowest in Bundi ladu.
VEGETABLES (leafy)

It can be revealed from table no. 13 that, Fenugreek leaves and brinjal sabji contains large amount of moisture compare to other products. Protein was found to be considerably high in Amaranth leaves and tomato sabji and lowest in fenugreek leaves and brinjal sabji. Fat content of Cabbage potato sabji was very much high and Fenugreek leaves and brinjal sabji contains lowest amount of fat as water content was high. Carbohydrates content of Cabbage potato sabji was comparatively high and in Fenugreek leaves and brinjal sabji contains low amount of carbohydrates. Because of the high fat content of Cabbage potato sabji this product was found to be high in energy level compare to other products. Carotene level was found high in Amaranth leaves and tomato sabji and Spinach tomato sabji and lowest in Cabbage potato sabji. Vitamin C was found high in Cabbage potato sabji and low in amaranth leaves tomato sabji. Calcium content of Amaranth leaves tomato sabji was found to be higher and lower in Cabbage potato sabji. Iron was also found highest in Amaranth leaves and tomato sabji and lowest in Cabbage potato sabji. Ash was found to be highest in Amaranth leaves and tomato sabji and lowest in Fenugreek leaves and brinjal sabji.
VEGETABLES (other)

It can be revealed from table no. 14 that, Bottle gourd potato sabji contains large amount of moisture and Ground nut potato Khichdi contained less amount of moisture compare to other products. Protein was found to be considerably high in Ground nut potato khichdi and lowest in Bottle gourd potato sabji compare to others. Fat content of Ridge gourd sabji was very much high as it was simply shallow fried without addition of water and potato sabji contents low fat. Carbohydrates content of potato Sabji and Snack gourd sabji was lowest compare to others because of high moisture content. Ground nut potato khichdi was found to be high in energy level and Brinjal potato tomato sabji was low in energy level compare to other products. Carotene level was found high in Cow peas pod potato sabji and low in ground nut potato khichdi. Vitamin C was found high in Cauliflower potato sabji and low in Ridge gourd sabji. Calcium content of Cow peas pod potato was found to be higher and lower in Tinda potato sabji compare to other products. Iron was also found highest in Cluster potato sabji and lowest in Ridge gourd sabji. Ash was found to be highest in Ridge gourd sabji and lowest in potato sabji.
VEGETABLES (sambhara)

It can be revealed from table no. 15 that, There was not much variations found in moisture content of Sambharas. There was also not much variation seen in protein level of Sambharas. Fat content of Cabbage green chilly Sambharas was high compare to others. Carbohydrates content of Carrot tomato green chilly Sambharas was comparatively high. Energy level of Carrot tomato green chilly Sambharas was found high compare to others. Carotene level was also found high in Carrot tomato green chilly Sambharas. Vitamin C was found high in Cabbage green chilly Sambharas and low in Carrot tomato green chilly Sambharas. Calcium content of Carrot tomato green chilly Sambhara was found to be higher compare to other products. In Iron content of Sambharas there was not much difference seen. There was also not much variation found in Ash content of Sambharas.

MILK PRODUCT

It can be revealed from table no. 16 that, Basundi contains good amount of moisture compare to others. Protein was found to be considerably high in Gulab jambu compare to others. Fat content of Gulab jambu is very much high. There was not much variation seen in carbohydrate content of milk products. Because of the high fat content of Gulab jambu as jambus were deep fried, this product was found to be high in energy level compare to other products. Carotene level was also found high in Gulab jambu because of the ghee content in it. Vitamin C was found only in Gulab jambu. Calcium content of Shrikhand was found to be very lower compare to other products as by throwing excess water from curd calcium lashes out in whey. Iron was found lowest in Basundi and was highest in Gulab jambu comparatively. There was not much variation seen in Ash content of milk products.
CEREAL + PULSE PRODUCT

It can be revealed from table no. 17 that, Dhokla and khichdi contains large amount of moisture and puranpoli (sweet Roti) contents less amount of moisture compare to other products. Protein was found to be considerably high in Khichdi and Handva and lowest in puranpoli (sweet Roti) compare to others. Fat content of Khichdi was high and low in Dhokla. Carbohydrates content of Puranpoli (sweet Roti) contains highest and Khichdi contains lowest compare to others. Puranpoli (sweet Roti) was found to be high in energy level and Dhokla was found to be low in energy level compare to other products. Carotene level was found high in Puranpoli (sweet Roti) and low in Dhokla. Vitamin C was found high in Dhokla because of fermentation and low in Khichdi. There was no vitamin C in Puranpoli and sweet pudla. Calcium content of Handva was found to be higher and lower in Sweet Pudla compare to other products. Iron was also found highest in Dal dhokli and lowest in Dhokla. Ash was found to be highest in Khichdi and lowest in Dal dhokli and Sweet pudla.
CEREAL + VEGETABLE PRODUCT

It can be revealed from table no. 18 that, Samwa millet potato khichdi contains large amount of moisture and Sago potato khichdi contents less amount of moisture compare to other products. Protein was found to be considerably high in Sago potato khichdi and lowest in Pulav compare to others. Fat content of Sago potato khichdi and Fenugreek leaves Thepla is much high and Potato poha (rice flakes) contains low fat. Carbohydrates content of Sago potato khichdi and Samwa millet khichdi lowest compare to others. Sago potato khichdi was found to be high in energy level and Samwa millet potato khichdi was low compare to other products. Carotene level was found high in Pulav and low in Samwa millet potato khichdi. Vitamin C was found high in Potato poha (rice flakes) and low in Bottle gourd muthiya. Calcium content of Bottle gourd muthiya was found to be higher and lower in Samwa millet potato khichdi compare to other products. Iron was also found highest in Potato poha (rice flakes) and lowest in Pulav. Ash was found to be lowest in Pulav and Samwa millet and highest in Fenugreek leaves Thepla.
PULSE + VEGETABLE PRODUCT

It can be revealed from table no. 19 that, Undhiyu contains large amount of moisture and Potato vada contains less amount of moisture compare to other products. Protein was found to be considerably high in Stuffed ladies finger and lowest in Undhiyu compare to others. Fat content of Fenugreek leaves gota is very much high and stuffed brinjal potato sabji contains low fat. Carbohydrates content of Potato vada and Undhiyu was lowest compare to others. Fenugreek leaves gota and Stuffed ladies finger were found to be high in energy level and Stuffed brinjal potato was found low compare to other products. Carotene level was found very much high in Patra and low in Stuffed bitter gourd. Vitamin C was found high in Stuffed Bitter gourd and low in Fenugreek leaves gota. Calcium content of Patra was found to be higher and lower in Potato vada and Stuffed Brinjal Potato sabji compare to other products. Iron was also found highest in Patra and lowest in Fenugreek leaves gota and Undhiyu. Ash was found to be highest in Stuffed bitter gourd sabji and lowest in Stuffed brinjal potato sabji.
CEREAL + PULSE+ VEGETABLE PRODUCT

It can be revealed from table no. 20 that, there was large amount of moisture in this product. Fat content was also good. Because of addition of vegetables the level of carotene was also good. Carbohydrates and protein was also in good amount. Calcium was also found because of cooking water.

MILK + CEREAL PRODUCT

It can be revealed from table no. 21 that, Moisture content found low in Ghughra because it was dry product and comparatively high in Dudhpak and Kheer because they were liquid products. There were also not many variations seen in protein level in these products. Fat content of Ghughra was very much high because of the usage of khoa and ghee. Carbohydrates content of Ghughra was comparatively high. Energy level of Ghughra was found high compare to others. Carotene level was also found high in Ghughra. Vitamin C was found very much low in all these products. Calcium content of Dudhpak was found to be higher compare to other products. Iron content of Ghughra was found high compare to others. There was also not much variation found in Ash content.
PULSE + MILK PRODUCT

It can be revealed from table no. 22 that, Kadhi contains large amount of moisture therefore there was decrease level of carbohydrates, protein and fat. Carotene content was average. And calcium was found good because of high moisture/water level.

OIL SEEDS PRODUCT

It can be revealed from table no. 23 that, there was also not much variation seen in moisture level in these products. Protein was found to be high in Shingpak comparatively other products. Fat content of Shingpak was high compare to both chikki. Carbohydrates content of Gingelly seeds chikki and ground nut chikki was comparatively high. There was not found much variation in energy level of oil seeds products. Carotene level was found high in Gingelly seeds chikki. Vitamin C was found a little in Shingpak because of coconut powder. Calcium content of Gingelly seeds chikki was found to be higher compare to other products because a Gingelly seed contains calcium level in raw value. Iron content of Shingpak was found high compare to others because of coconut powder. There was also not much variation found in Ash content.