



BFCT

Bahrain Food Composition Tables



BAHRAIN FOOD COMPOSITION TABLES



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BAHRAIN

Food Composition Tables

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PREFACE

High quality data on the nutritional composition of commonly consumed traditional foods in Bahrain is crucial for establishing a comprehensive database that meets the needs of various sectors. This data is vital for developing and analyzing individual diets, conducting menu analysis, and planning meals to ensure that nutritional requirements are met. Additionally, it will support the agricultural sector in producing foods that contain adequate amounts of nutrients. Moreover, it will assist the health promotion sector in raising awareness about the impact of food components on public health. Ensuring that trade exports comply with specified regulations will guarantee the safety of nutrient content in foods and food products. The availability of national food composition data will enable food manufacturers to calculate nutrient values for food and menu labeling purposes, as well as develop a wide range of new products that meet specific nutrient composition requirements.



INTRODUCTION

Food Composition Tables traditionally include a variety of nutrients and other components of foods that are known to be related to human health. National food composition data is fundamental and serves as a bridge between nutrition, health promotion, disease prevention, and food production. This data is used to formulate dietary guidelines for improving dietary adequacy and provides essential information for healthcare providers to address malnutrition. It also contributes to improving nutritional surveillance systems.

In recent years, there has been an increasing focus on food composition databases. The International Network on Food Data Systems (INFOODS) has made significant efforts to improve the quality of food composition data globally. However, many countries lack the capacity for nutrient analysis, which limits the availability of country-specific food composition data. INFOODS aims to ensure the availability of high-quality food composition data by combining directly analyzed values.

In Bahrain, the first initiative to develop a Food Composition Table (FCT) was conducted in 1985 by Dr. Abdulrahman AlMusaiger. In 2011, an updated version of the FCT was published by Dr. Musaiger, which included nutritional composition data for 150 raw, ready meals and composite dishes available in different Arabian Gulf Countries.

This publication presents high quality data on the nutritional composition of 82 commonly consumed traditional dishes and 113 market products in Bahrain. The nutritional composition of some of these traditional foods was obtained using more advanced procedures that guided EMRO and WHO. Information about

nutritional composition of some of foods was borrowed from regional countries such as Kuwait, Lebanon, UAE, Jordan, and Pakistan.

Aim

- The main aim of this project is to develop a national food composition database guideline for Bahrain.

Other objectives:

- To analyze the nutritional intake of individuals and the population to guide them towards a healthy diet program.
- To determine dietary correlations with diseases and their causes, simplifying the process of diet analysis and meal/menu development for dieticians and nutritionists
- To promote healthier food options to the public
- To provide fundamental data for food-based dietary guidelines for Bahrain population
- To ensure the database covers a wide range of food items consumed by the Bahraini population, widely disseminating, and adopting the program and its updates, and providing continuous access to the database and related products for all users.

METHODS AND PROCEDURES

The Kingdom of Bahrain, in collaboration with the EMRO-WHO, organized a national training workshop on February 24th, 2020. The workshop aimed to train key partners involved in the preparation and establishment of food composition tables. The participants were also introduced to international standards and new chemical analysis techniques for macro and micronutrients.

Following the workshop, an assessment was conducted to evaluate the quality of the existing national food composition tables. The assessment focused on key food items consumed by Bahrainis and nutrients that are known to be low in local diets.

Based on the assessment findings, an action plan was developed. The plan includes steps such as identifying food items, standardizing recipes, selecting nutrients, preparing dishes, conducting chemical analysis of nutrients, and establishing a comprehensive database.

By implementing this action plan, the Kingdom of Bahrain aims to improve the accuracy and reliability of its food composition tables. This will enhance the understanding of the nutritional composition of the local diet and support evidence-based decision making in the field of nutrition.

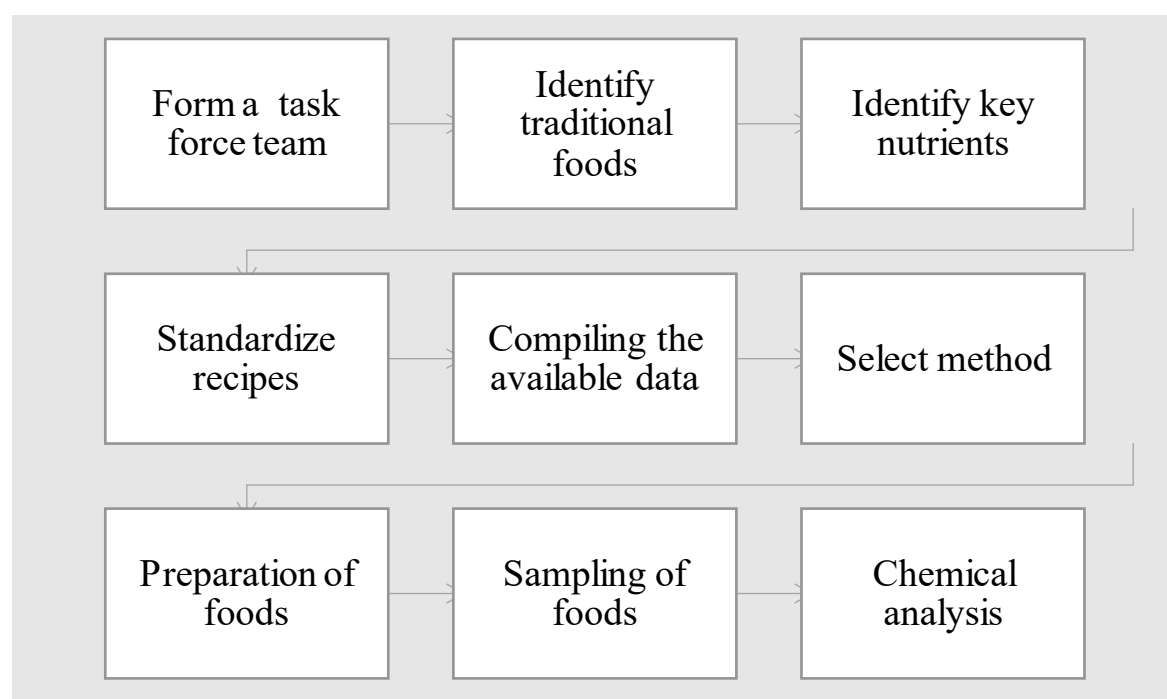


Figure (1). Steps for initiation of Food Composition

Before establishing the database in Bahrain, several important aspects were considered. These include:

- The selection of foods to be included.
- The selection of nutrients for which values are required.
- The modes of expression to be used.

Criteria for a comprehensive food composition database in Bahrain include:

- Including the most consumed or obtained foods in the Kingdom of Bahrain.
- Ensuring high-quality analytical data through good laboratory practices and reliable sources.
- Providing comprehensive and accurate coverage of foods.
- Including comprehensive coverage of nutrients, such as basic macronutrients, vitamins, and minerals that are considered important for human health in Bahrain.
- Providing clear and easily identified food descriptions, including careful and clear grouping of food items.
- Designing tables and databases that are clear, easy to use, easily accessible, and readily understood.
- Ensuring compatibility of the content with existing international and regional standards, such as INFOODS.

The stages involved in the selection of foods for inclusion in the food composition database are as follows:

1. Food consumption statistics for the population as a whole:

- A survey is conducted to identify highly consumed composite dishes in Bahrain.
- A validated qualitative 24-hour dietary recall is used to collect data.

2. Diet-related health problems and public health issues in the Kingdom of Bahrain:

- Based on literature and research, deficiencies in nutrients such as iodine, iron, vitamin D, and others are identified as important considerations.

3. Retail statistics and trade statistics:

- Data on food retail and trade are considered to understand the availability and popularity of different food items.

4. Listing of food and dividing them into groups:

- Foods are categorized into groups based on their relevance and importance for the population.

5. Selection of foods for inclusion in the database:

- A cross-section study involving 470 Bahraini males and females aged 18 years and above was conducted to identify highly consumed dishes.
- The study used qualitative, validated 24-hour dietary recall through face-to-face interviews to ensure accurate data collection.

- The results of the study identified 26 composite dishes from different food categories that were most consumed by the participants. These dishes were selected for chemical analysis.
- All the 113 market foods, were subjected to direct chemical analysis.

In terms of identifying key nutrients for inclusion in the database, several considerations are taken into account:

- Basic nutritional needs: Nutrients such as water, protein, fats, carbohydrates, and energy are considered essential and included as a minimum base.
- Health problems in the country: Deficiency diseases and non-communicable diseases prevalent in Bahrain guide the selection of key vitamins, minerals, and other nutrients. For example, vitamin D and iron are prioritized due to deficiency diseases, while energy, fat, fatty acids, cholesterol, carbohydrates, and sodium are important for non-communicable diseases.
- Availability of existing data: If information on certain nutrients is already available from research or regulatory sources in Bahrain or other Gulf countries, it is considered for inclusion, provided it meets quality criteria.
- Adequate analytical methods: The availability of reliable analytical methods in the Ministry of Health and other institutions is important for including nutrients in the database.
- Feasibility of analytical work: Factors such as cost, time, availability of equipment, trained personnel, and chemicals are considered in determining the feasibility of analyzing and including specific nutrients.
- National and international nutrition labeling regulations: The database aims to include all nutrients required for nutrition labeling, as well as those required by labeling regulations in the Kingdom of Bahrain.

The following key nutrients were selected upon widespread deficiencies and diseases among the population of Bahrain:

Table (1): The selected key nutrients for chemical analysis

MOISTURE- WATER	IRON
ENERGY KCAL	COPPER
PROTEIN	ZINC
FAT	MANGANESE
CARBOHYDRATES*	BORON
DIETARY FIBERS	CHROMIUM
SUGARS	ALUMINUM
ASH	VITAMIN C (ASCORBIC ACID)
SATURATED FATTY ACIDS	THIAMIN
MONO-UNSATURATED FATTY ACIDS	RIBOFLAVIN
TRANS FAT	NIACIN
CHOLESTEROL	B6
SODIUM	FOLATE
POTASSIUM	B12
CALCIUM	VITAMIN A
PHOSPHORUS	VITAMIN E
MAGNESIUM	VITAMIN D
* Total carbohydrates Reported Available Energy reported including TDF factor	

- ***Standardize recipe:***

To minimize the variation in food preparation methods among individuals. Twenty households 5 from each governorate (representing different geographical regions in Bahrain) were asked to provide a detailed recipe for each item. In addition to referring to local cookbooks, and expert chefs to obtain the recipes of selected dishes. The quantity of each ingredient was averaged. Every ingredient in the average recipe was documented in both kitchen (standard cups, spoons) and standard metric measurements (g, mg, L, mL). The recipes were standardized based on the major ingredients of each recipe according to the weight ratio of the total recipe. Each recipe was adjusted to its commonly consumed version.

The process of standardization was including:

1. Conduct a literature review to identify the best methodology and use validated questionnaires from previous relevant studies in the GCC region.
2. Conduct household interviews via telephones with individuals from different regions in Bahrain to gather information about their food consumption habits.
3. Standardize the methods of preparation for major dishes consumed in Bahrain by taking the average quantities of ingredients used.
4. Prepare detailed documentation of all relevant conditions during the sample preparation, such as cooking temperature, duration, and end-point internal temperature.
5. Collect cooked dishes from a randomly selected range of households in Bahrain to ensure representativeness.

- ***Preparation of Dishes***

The dishes were prepared by professional chefs under the supervision of a nutritionist. The samples were prepared in accordance with laboratory criteria and were subsequently sent to the lab for analysis.

Sampling:

The main objectives of sampling are:

1. To collect food samples that are representative of the population.
2. To ensure that there are no changes in composition between the collection and analysis of the samples.

3. To consider factors such as season, geography, cultivar, and husbandry. For example, plant foods may vary in water and carbohydrate content depending on the season, while fish consumption in Bahrain may have seasonal variations in fat content.

4. To ensure that all individuals involved in the sampling process understand the objectives of the work and their roles.

We took into consideration several important aspects regarding sampling, including:

- Developing a sampling protocol
- Assessing the property and homogeneity of the analyzed sample
- Proper storage and transportation of samples

Indirect method (Borrowing data)

To avoid duplicating work and ensure the quality of available data, we utilized an indirect method known as borrowing data. This involved compiling existing data based on Eurofir/Infods criteria, with the assistance of experienced and knowledgeable individuals. We borrowed data that met the criteria and aligned with local recipes.

The compiling process involved:

- Evaluating available data to determine if it could be borrowed
- Ensuring clear and well-documented methodologies for any existing data
- Utilizing published data
- Considering the origin of the products

- Using proper names for vitamins and minerals to prevent errors

The indirect method relies on data from published literature, such as food composition tables from countries like Kuwait, Lebanon, Jordan, and Pakistan. As Bahrain shares some dishes with other Gulf or Asian countries, we borrowed data from their published or unpublished reports. When borrowing data, we took the following points into account:

- Identifying the origin of certain products
- Using proper names for vitamins and minerals
- Referring to the food composition tables of countries from which we import products
- Comparing recipes to our standardized recipe and selecting similar ones
- Providing adequate references to justify borrowing values

Here are examples of some dishes for which we borrowed data:

- Hamsat Rubyan (FCT Kuwait)
- Taboulah (FCT Lebanon)
- Chicken Sandwich (FCT Oman)
- Malfouf Mahshi (FCT Jordan)
- Chapati (FCT Pakistan)
- Dried Fish “Maleh” (FCT UAE)

- ***Direct chemical analysis***

The direct method of chemical analysis offers the advantage of producing highly reliable data as all values are specifically analyzed for the database being compiled. This method ensures close control of sampling, analysis, and quality control procedures.

To determine values, duplicates of the prepared samples were analyzed, and average values were considered. The used analysis methods are described in Table (2).

Table (2): Identified Foods for Bahrain's Food Composition Tables

Saloonat Laham	Ghuraiba
Tikka Laham	Nashab
Machboos Laham	Shar Banat
Khubz tanoor	Samboosa Helwa
Masli Dajaj	Zalabiya
Machboos Dajaj	Achar
Madroobah Dajaj	Steamed crabs
Fried Safi	Halwa Bahraini
Supreme Mashwi	Halwa Malaki
Saloonat samak	Rahash
Machboos hamour	Rahash Chocolate
Egg with tomato	Simsimia
Khubz mahyawa	Karak tea

Table (3): Brief Method Summaries The analytical procedures used by the Life Sciences Division have been developed from established internationally recognized procedures such as those published by the USEPA, APHA AS, NEPM, FDA /BAM, AOAC, ISO etc.

Nutrient	Method	Method Description
Vitamin B9 (Folic Acid)	* B-VB9ELI01	Determination of folic acid by ELISA method (manual R-Biopharm - Ridascreen Folic Acid) [Subcontracted]
Vitamin D by HPLC	* B-VDLCP02	CZ_SOP_D06_04_208 (CSN EN 12821) Determination of vitamin D by liquid chromatography
Nitrogen / Protein (Kjeldahl)	FC001	AOAC 991.20-23; Nitrogen(Total) in Milk - Kjeldahl Methods/ ISO 8968 Milk and milk products -Determination of nitrogen content.
Ash Content	FC008	AOAC 942.05 Ash of Animal Feed / AOAC 945.43, Moisture in Fig Bars & Raisin Filled Crackers / AOAC 923.03-1923, Ash of flour. Direct method.
Total Dietary Fiber	FC009	AOAC 985.29; Determination of Total Dietary Fiber in Food & Food products
Carbohydrate	FC037T	FAO Food and Nutrition Paper 77 (2003): “Food energy – methods of analysis and conversion factors” by A.L. Merrill and B.K. Watt (ISSN 0254-4725). Carbohydrate results are calculated based on calculation of ash moisture protein and fat results (FAO, 2003 – Food Energy Methods of Analysis and Conversion Factors)
Minerals Analysis by ICP-AES	FC014	AOAC 984.27: Metals / Minerals analysis by ICP-AES / CEM Application Note
Moisture Content	FC023	ISO 712:2009 / ISO 3727-1:2001 / IDF 80-1:2001 / ISO 5537:2004 / IDF 26:2004 / ISO 5534:2004 / IDF 4:2004 / ISO 6731:2010 / IDF 21:2010 / ISO 6734:2010 / IDF 15:2010 / AOAC / AACC Method 44-15.02 / GAFTA Method 2:1 Determination of moisture content of food, food products and animal feeding stuff by gravimetric method.
Cholesterol	FC026	JAOAC Int., Vol76, no. 4, 1993, pp. 902-906; Determination of Food & Food products by Gas Chromatography.
Energy (Available)	FC029A	FAO 2003 Food energy methods of analysis and conversion factors, FAO Food and Nutrition Paper 77, ISSN 0254-4725 / A. L. Merrill and B. K. Watt, Energy Value of Foods Basis and Derivation, USDA Handbook 74
Vitamin B1, B2	FC031	This method is based on an approach adopted by the RSC Analytical Methods Committee. Prepared food samples have determined by HPLC. FLD Excitation 365nm, Emission 435nm for Thiamine hydrochloride and Excitation 450nm, Emission 510 nm for Riboflavin. 5 points calibration curve has established to integrate the instrument response to get the amount detected in the samples.
Vitamin B6	FC032	The prepared food sample for pyridoxine is determined by HPLC with fluorescence detection. FLD Excitation 290nm and Emission 395nm. 5 points calibration curve has established to integrate the instrument response to get the amount detected in the samples.
Vitamin B3	* FC035	The prepared food sample for Nicotinic Acid and Nicotinamide are analyzed by HPLC with DAD detection set at 260nm. 6 points calibration curve has established to integrate the instrument response to get the amount detected in the samples.

Nutrient	Method	Method Description
Vitamin C	FC036	J. AOAC 48(6) 1248-1256: Determination of Vitamin C by Liquid Chromatography.
Fatty Acids by GC-FID	FC041	AOAC 969.33, AOCS Ce 2b-11, AOCS Ce 1k-09: The fatty acid composition of fat is determined by direct saponification of the sample using methanolic potassium hydroxide to convert to fatty acids (FAs) and followed by transesterification using boron trifluoride in methanol to convert fatty acids (FAs) to fatty acid methyl esters (FAMES). FAMES are then extracted with a solvent, injected, identified and quantified by gas chromatography with flame ionization detector (GC-FID).
Total Sugars by HPLC-RID	FC042TS	AOAC 982.14: Determination of Total Sugar by Liquid Chromatography-Refractive Index Detector.
Vitamin A	FC051A	Analyst, August 1985, Vol. 110 / Pure and Applied Chemistry 1988, Vol. 60, P878-892: prepared food samples for Vitamin A is analyzed by HPLC with DAD detection set at 325nm. Integrate the instrument response using 6 points calibration curves to get the amount present in the samples.
Vitamin B12 in Food	* KL-VITB12	Analysis of Vitamin K based on AOAC 960.46 using Microtiter Assay [Subcontracted]
Vitamin B1, B2 Sample Preparation	FC031PR	Thiamine and riboflavin are extracted simultaneously by digestion with 0.1M hydrochloric acid followed by enzyme digestion with clara-diestase, further thiochrome formation required for Thiamine analysis
Vitamin B6 Sample Preparation	FC032PR	The phosphorylated forms are converted to the free vitamins by enzymatic hydrolysis, then by reaction with glyoxylic acid, pyridoxamine is converted to pyridoxal. It is reduced to pyridoxine (pyridoxol) by action of sodium borohydride in alkaline medium
Vitamin B3 Sample Preparation	* FC035PR	Nicotinic Acid and Nicotinamide are extracted together using deionized water, SCX column cleanup and elute using ammonia/methanol solution. Evaporate the eluant, re-dissolved in 20% acetic acid to appropriate volume and analyze on HPLC
Vitamin C Sample Preparation	FC036PR	Samples have extracted in buffer as per procedure (sonicate and centrifuge), filter the prepared sample using 0.45 micron nylon syringe filter and analyze on HPLC.
Sugars Sample Preparation	* FC042PR	Samples have extracted in water as per procedure (sonicate and centrifuge), filter the prepared sample using 0.45 micron nylon syringe filter and analyze on HPLC.
Vitamin A/E Sample Preparation	FC051PR	Samples are saponified with ethanolic KOH solution, extracted into light petroleum. The light petroleum is removed by evaporation and the residue is dissolved in propan-2-ol and analyze on reverse phase HPLC.

Table (4): Measuring utensils and their equivalents in grams/ milliliters.

Measuring utensils	Equivalent in grams/ ml
1 teaspoon	5
1 tablespoon	15
2 tablespoons	30
$\frac{1}{4}$ cup	60
$\frac{1}{3}$ cup	80
$\frac{1}{2}$ cup	125
$\frac{2}{3}$ cup	160
$\frac{3}{4}$ cup	180
1 cup	250

ABBREVIATIONS:



H2O	Water
CHO	Carbohydrates
Fiber	Total dietary fiber
Na	Sodium
K	Potassium
Ca	Calcium
P	Phosphorus
Mg	Magnesium
Fe	Iron
Cu	Copper
Zn	Zink
Mn	Manganese
B	Boron
Cr	Chromium
Al	Aluminum
I	Iodine
Se <i>mg</i>	Selenium
Mo	Magnesium
B6	Vitamin B6
B12	Vitamin B12
A	Vitamin A
E	Vitamin E
D	Vitamin D
SFA	Saturated fatty acids
MUFA	Monounsaturated fatty acids
PUFA	Poly unsaturated fatty acids

TABLES

Macronutrients

	Food Item	الاسم بالعربي	H2O ml/100	Energy kcal/100	CHO g/100	Fiber g/100	Sugar g/100	Protein g/100	Fat g/100	SFA g/100	TFA g/100	MUFA g/100	Cholesterol mg/100	Ash g/100
1	CEAREAL_BASED DISHES													
1.1	KHUBZ TANOOR*	خبز تنور	25.10	299.00	62.00	2.09	2.40	10.20	ND	0.24	<0.20	0.16	<3.00	1.80
1.2	KHUBZ REGAG**	خبز رفاق	13.88	333.57	70.28	5.82	ND	12.71	0.99	0.27	ND	0.24	ND	2.21
1.3	KHUBZ MAHYAWA*	خبز مهياوة	38.50	243.00	50.00	3.31	1.50	7.90	1.95	0.26	0.20	0.60	ND	2.00
1.4	CHAPATI*****	جبتي	30.90	259.00	57.00	0.80	ND	8.80	1.20	ND	ND	ND	0.00	1.60
2	MILK-BASED DISHES													
2.1	KARAK TEA *	شاي كرك	88.70	50.50	9.00	1.00	7.30	1.10	1.33	50.50	0.81	0.32	4.00	0.30
2.2	HALOOMI CHEESE**	جبين حلوم	45.82	320.53	6.61	0.00	ND	17.55	24.87	0.00	0.35	5.10	57.73	5.14
2.3	MAHALABIA **	مهلبية	68.26	152.66	22.01	0.00	ND	3.19	5.76	1.26	ND	0.12	5.14	0.78

*Direct Chemical Analysis (Funded by MOH Bahrain), ** FCT Kuwait/** FCT Lebanon/****FCT Oman/*****FCT Jordan/*****FCT Pakistan/*****FCT UAE, ND: Not defined, T: Traces

	Food Item	الاسم بالعربي	H2O ml/100	Energy kcal/100	CHO g/100	Fiber g/100	Sugar g/100	Protein g/100	Fat g/100	SFA g/100	TFA g/100	MUFA g/100	Cholesterol mg/100	Ash g/100
3	CHICKEN_BASED DISHES													
3.1	MACHBOOS DAJAJ*	مجبوس دجاج	64.10	168.00	15.00	2.94	1.00	12.40	7.33	2.31	0.20	3.47	46.00	1.30
3.2	BIRIYANI DAJAJ**	برياني دجاج	64.59	157.10	22.15	2.80	ND	7.45	1.82	0.85	0.07	0.87	12.49	1.36
3.3	DAJAJ BELFREN**	دجاج بالفرن	67.75	144.27	12.69	2.63	ND	12.31	6.07	1.98	0.37	2.50	37.74	2.23
3.4	SALOONA DAJAJ**	صالونة دجاج	78.40	92.00	6.10	ND	ND	8.70	3.60	1.23	ND	1.44	13.20	1.80
3.5	MADROOBAAH DAJAJ*	مضروبة دجاج	86.00	58.60	8.00	<1.00	<1.00	3.90	1.28	0.31	<0.20	0.48	10.00	0.90
3.6	HAREES CHICKEN****	هريس دجاج	79.91	83.33	14.27	ND	ND	3.33	1.43	ND	ND	ND	ND	1.04
3.7	MASLI DAJAJ*	مصلي دجاج (تحت العيش)	69.40	131.00	19.00	1.92	<1.00	7.90	3.14	1.13	<0.20	1.36	17.00	0.80
3.8	SHISH TAWOOQ***	شيش طاووق	61.30	164.00	ND	0.20	ND	16.90	3.90	1.10	ND	ND	ND	ND

*Direct Chemical Analysis (Funded by MOH Bahrain), ** FCT Kuwait/** FCT Lebanon/****FCT Oman/*****FCT Jordan/*****FCT Pakistan/*****FCT UAE, ND: Not defined, T: Traces

	Food Item	الاسم بالعربي	H2O ml/100	Energy kcal/100	CHO g/100	Fiber g/100	Sugar g/100	Protein g/100	Fat g/100	SFA g/100	TFA g/100	MUFA g/100	Cholesterol mg/100	Ash g/100
4	MEAT-BASED DISHES													
4.1	BIRYANI MEAT**	برياتي لحم	64.50	158.00	21.50	ND	ND	6.90	4.90	2.30	ND	1.83	9.70	1.30
4.2	MACHBOOS MEAT*	مجبوس لحم	66.80	139.00	19.00	3.46	<1.00	9.80	3.56	1.50	<0.20	1.60	25.00	1.10
4.3	QOUZI**	غوزي	46.70	287.60	24.27	2.01	ND	10.78	15.37	11.27	0.45	0.74	28.88	1.62
4.4	SALOONA MEAT*	صالونة لحم	79.00	98.70	6.00	1.58	<1.00	9.50	4.25	1.89	0.24	1.87	30.00	0.90
4.5	MARAG BAMIAH**	مرق بامية	83.60	64.00	4.60	ND	ND	6.30	2.20	0.96	ND	0.75	5.40	1.50
4.6	MARAG SHABZI**	مرق شيزي	78.33	106.88	7.11	5.38	ND	6.04	5.98	2.79	0.08	1.96	26.17	2.32
4.7	MACARONA BACHAMEL MEAT**	مكرونه بشاميل باللحم	66.54	148.55	20.00	2.70	ND	7.49	3.73	2.45	0.05	0.23	13.82	1.36
4.8	HAREES MEAT**	هريس لحم	80.60	81.00	11.10	ND	ND	3.30	2.60	0.87	ND	1.02	3.40	0.90
4.9	KOFTA**	كفتة	65.39	170.12	4.51	4.55	ND	18.06	10.81	3.41	0.20	4.55	61.16	3.03
4.10	WARAK ENAB WITH MEAT***	ورق عنب باللحم	75.10	102.00	17.70	6.70	1.10	4.40	1.50	2.40	0.05	1.00	ND	1.30
4.11	MAHSHI KOOSA**	محشي كوسا	77.99	86.37	14.67	2.05	ND	4.86	1.51	0.80	ND	0.57	6.77	1.42
4.12	TIKKA MEAT*	تكة لحم	54.60	221.00	5.00	5.39	<1.00	25.50	12.22	6.32	1.01	4.31	66.00	2.50

*Direct Chemical Analysis (Funded by MOH Bahrain), ** FCT Kuwait/** FCT Lebanon/****FCT Oman/*****FCT Jordan/*****FCT Pakistan/*****FCT UAE, ND: Not defined, T: Traces

	Food Item	الاسم بالعربي	H2O ml/100	Energy kcal/100	CHO g/100	Fiber g/100	Sugar g/100	Protein g/100	Fat g/100	SFA g/100	TFA g/100	MUFA g/100	Cholesterol mg/100	Ash g/100
5	SEAFOOD-BASED DISHES													
5.1	MACHBOOS HAMOUR*	مجبوس هامور	69.00	133.00	114.00	1.48	ND	13.10	3.04	1.23	<0.20	1.10	35.00	0.90
5.2	MOMAWASH RUBYAN**	اموش ربيان	69.50	117.00	18.00	ND	ND	8.30	1.25	0.55	ND	0.47	17.50	1.80
5.3	FRIED SAFI*	صافي مقلي	61.70	196.00	<1.00	<1.00	<1.00	24.20	10.98	4.72	<0.20	4.61	59.00	2.80
5.4	GRILLED SUPREME*	سويريم مشوي	60.40	211.00	2.00	1.86	<1.00	22.40	13.29	3.70	<0.20	5.96	88.00	2.20
5.5	RUBYAN MASHWI**	ربيان مشوي	72.11	116.37	7.07	2.00	ND	11.56	4.65	0.53	ND	0.67	150.75	4.61
5.6	FISH SANEYA**	صينية سمك	75.47	104.55	5.99	3.80	ND	11.76	3.73	1.39	ND	1.23	45.88	3.05
5.7	SALOONA SHURI*	صالونة سمك شعري	81.90	83.10	6.00	2.84	2.10	5.90	4.60	1.88	<0.20	1.92	14.00	1.40
5.8	HAMMSAT RUBYAN**	حمصة ربيان	74.13	103.18	6.87	3.16	ND	10.72	2.76	0.67	ND	0.88	95.91	4.56
5.9	DRIED FISH*****	سمك مجفف	66.36	134.29	0.01	ND	ND	23.57	4.43	ND	ND	ND	ND	5.61
5.10	STEAMED CEABS (FROZEN)*	قباقيب بالبخار مجمدة	75.20	97.40	<1.00	<1.00	<1.00	18.40	2.62	1.34	<0.20	0.58	134.00	ND

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	Food Item	الاسم بالعربي	H2O ml/100	Energy kcal/100	CHO g/100	Fiber g/100	Sugar g/100	Protein g/100	Fat g/100	SFA g/100	TFA g/100	MUFA g/100	Cholesterol mg/100	Ash g/100
6	VEGETABLES & LEGUMES- BASED DISHES													
6.1	TABOULA***	تبولة	88.30	53.00	6.10	3.20	0.60	1.90	2.30	0.00	T	0.40	ND	1.40
6.2	FATOUSH***	فتوش	88.10	52.00	7.20	6.00	1.60	1.50	1.90	1.70	0.02	0.90	ND	1.30
6.3	MAHSHI WARAQ ENAB BI ZAIT*****	ورق عنب بالزيت	69.20	122.00	ND	1.60	ND	3.70	2.10	0.40	ND	ND	ND	ND
6.4	MALFOUF MAHCHI*****	ملفوف محشي	81.50	75.00	12.10	1.30	2.10	3.80	1.30	1.10	0.02	0.60	ND	1.30
6.5	ACHAR BAHRAINI (MIXED PICKLES) *	آجار بحريني	ND	74.00	15.00	11.80	<3.00	3.50	1.90	1.10	ND	ND	ND	ND
6.6	HOMMOS***	حمص	68.20	146.00	17.20	5.70	1.60	7.50	5.20	2.80	0.03	2.70	ND	1.90
6.7	FALAFEL***	فلافل	31.30	339.00	36.50	ND	3.60	13.30	15.60	4.40	0.04	5.40	ND	3.40
6.8	FOUL MOUDAMAS*****	فول مدمس	75.30	116.00	14.20	3.50	1.00	5.30	4.20	1.50	0.02	1.70	ND	1.00
6.9	EGG WITH TAMATO*	بيض وطماط	87.50	54.90	3.00	2.09	1.40	4.10	ND	1.26	<0.20	1.70	ND	1.40
6.10	MOTHBAL***	متبل	74.70	140.00	ND	2.10	ND	3.50	11.00	1.90	0.00	ND	ND	ND
6.11	BABA GHANOUJ***	بابا غنوج	91.50	39.00	4.50	3.10	2.80	1.10	1.80	4.30	0.09	4.20	ND	1.10
6.12	SWEET CORN*****	ذرة حلوة	123.50	182.90	42.50	5.00	5.40	5.80	2.20	0.30	ND	ND	ND	ND
6.13	MATHAI*	متاي	3.34	512.00	38.00	6.16	1.10	17.60	31.20	13.80	<0.20	13.10	<3.00	4.10

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	Food Item	الاسم بالعربي	H2O ml/100	Energy kcal/100	CHO g/100	Fiber g/100	Sugar g/100	Protein g/100	Fat g/100	SFA g/100	TFA g/100	MUFA g/100	Cholesterol mg/100	Ash g/100
7	SANDWICHES													
7.1	FATIRA WITH CHEESE****	فطيرة جبن	38.86	280.67	42.31	1.85	ND	8.51	8.60	1.79	ND	2.10	8.62	1.72
7.1	FATIRA WITH ZAATAR ****	فطيرة بالزعر	26.90	361.70	46.58	2.72	ND	9.46	15.28	1.67	ND	5.79	14.11	1.78
7.2	FATIRA WITH CHICKEN****	فطيرة بالدجاج	26.01	358.20	61.10	6.50	ND	20.80	3.90	1.00	ND	ND	ND	ND
7.3	FATIRA WITH MEAT****	فطيرة باللحم	21.40	343.80	66.70	7.10	ND	12.70	3.80	1.10	ND	ND	ND	ND
7.4	CHEESE SAMBOOSA**	سمبوسة جبن	26.24	391.02	42.33	1.97	ND	9.11	20.59	4.10	ND	6.16	5.71	1.75
7.5	FATIRA WITH SPANICH***	فطيرة سبانخ	45.00	311.00	27.20	2.10	ND	5.30	20.10	2.50	0.01	4.00	ND	2.40
7.6	CHICKEN SHAWARMA***	شوارما دجاج	51.84	195.12	27.75	ND	ND	12.26	ND	0.95	ND	1.37	21.86	4.25
7.7	MEAT SHAWARMA***	شوارما لحم	67.30	197.00	2.60	ND	0.90	17.50	11.00	4.90	0.17	2.70	ND	1.60
7.8	CHEESE SANDWICH****	سندويش جبن	ND	153.50	22.90	2.30	1.00	5.60	4.50	2.60	ND	ND	ND	ND
7.9	EGG SANDWICH ****	سندويش بيض	46.20	197.10	24.40	1.10	2.60	9.50	6.40	ND	ND	ND	ND	ND
7.10	SAUSAGE SANDWICH****	سندويش سجق	64.60	269.90	22.50	2.60	0.40	23.70	9.20	2.00	ND	ND	ND	ND
7.11	CHICKEN SANDWICH****	سندويش دجاج	39.40	246.60	30.90	3.10	1.20	11.10	9.20	1.90	ND	ND	ND	ND
7.12	SANDWICH BEEFBURGER WITH CHEESE****	سندويش برجر لحم بالجبن	55.50	207.00	ND	4.70	ND	11.70	11.10	4.00	ND	ND	ND	ND

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	Food Item	الاسم بالعربي	H2O ml/100	Energy kcal/100	CHO g/100	Fiber g/100	Sugar g/100	Protein g/100	Fat g/100	SFA g/100	TFA g/100	MUFA g/100	Cholesterol mg/100	Ash g/100
8	TRADITIONAL SWEATS													
8.1	HALWA BAHRAINI*	حلوى بحرينية	24.90	351.00	62.00	ND	54.30	2.20	10.10	1.70	<0.1	4.00	ND	0.50
8.2	HALWA ALMALAKIA*	حلوى بحرينية ملكية	24.90	362.00	60.00	6.90	47.50	4.10	12.40	3.83	<0.02	6.58	ND	0.50
8.3	RAHASH*	رهش	0.89	534.05	53.32	1.44	ND	14.32	29.28	4.20	ND	9.79	ND	2.19
8.4	RAHASH CHOCOLATE*	رهش بالشكولاتة	2.50	550.00	53.00	ND	40.30	9.70	33.50	11.40	<0.10	11.30	ND	1.40
8.5	NASHAB*	نشاب	2.28	493.00	64.00	3.49	18.80	7.70	22.00	10.60	<0.20	8.72	ND	0.50
8.6	GURAIBA*	غريبة	ND	522.00	61.70	2.70	19.60	7.30	27.80	13.70	0.00	ND	ND	ND
8.7	SAMBOOSA HELWA*	سمبوسة حلوة	12.60	443.00	48.00	10.20	16.10	12.70	24.62	4.12	0.20	12.40	3.00	1.60
8.8	ZALABIYA*	زلابية	8.54	497.00	60.00	ND	42.10	3.40	27.18	9.08	0.20	10.20	3.00	0.30
8.9	GEMAT**	قيمات	34.22	300.82	52.27	3.33	ND	5.27	7.85	3.65	ND	4.08	1.72	0.39
8.10	BALALEET**	بلاليط	52.10	212.01	35.58	2.51	ND	6.60	4.69	1.05	0.05	1.56	41.24	0.80
8.11	SIMSIMIA*	سمسمية	ND	270.08	54.88	1.28	28.76	7.69	2.20	1.04	<0.10	ND	ND	ND
8.12	SHAAR BANAAT*	شعر البنات	1.01	431.00	92.00	<1.00	75.90	0.40	6.05	2.74	<0.20	2.63	<3.00	<0.10

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Food Item		الاسم بالعربي	H2O ml/100	Energy kcal/100	CHO g/100	Fiberg /100	Sugar g/100	Protein g/100	Fat g/100	SFA g/100	TFA g/100	MUFA g/100	Cholesterol mg/100	Ash g/100
8.13.	QOURS OKAILI**	قرص عقيلي	37.91	299.43	40.98	4.91	ND	8.79	2.28	0.09	0.09	3.26	71.21	0.94
8.14.	BAQLAWA***	بقلاوة	7.00	474.00	64.00	11.80	ND	6.60	27.30	12.00	0.05	9.40	ND	1.10
8.15.	KOUNAFA BIL JEBEN*****	كنافة بالجبن	42.60	279.00	40.40	3.10	ND	61.00	13.20	11.10	0.06	0.90	ND	0.60
8.16.	KOUNAFA KASHTA*****	كنافة بالقشطة	44.50	260.00	40.50	1.90	ND	6.00	10.50	4.30	0.06	1.90	ND	0.60
8.17.	KONAFA WITH HONEY****	كنافة بالعسل	3.70	385.60	49.00	4.70	17.60	5.60	20.80	12.10	ND	ND	ND	ND
8.18.	MAAMOUL TAMER*****	معمول بالتمر	11.80	410.00	68.40	7.00	ND	6.60	15.80	7.90	0.05	2.30	ND	1.00
8.19.	TAMREA**	تمرية	15.56	358.00	73.86	5.46	ND	3.12	6.92	4.56	0.13	1.36	13.01	1.67
8.19.	RANGINA**	رنجينه	19.52	372.07	63.34	5.46	ND	4.75	8.47	5.85	0.17	2.54	16.98	1.04

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Minerals

Food Item	بالعربي	Na	K	Ca	P	Mg	Fe	Cu	Zn	Mn	B	Cr	Al	I	Se	Mo	
		mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mcg/100	mg/100	
1	CEARAL-BASED DISHES																
1.1	KHUBZ TANOOR*	خبز تنور	399.00	132.00	19.90	101.00	28.50	ND	0.18	0.79	0.92	<0.25	<0.10	<0.10	ND	ND	<0.10
1.2	KHUBZ REGAG**	خبز رفاق	397.28	239.61	44.31	222.11	91.17	2.88	0.24	1.89	2.65	0.74	ND	0.09	ND	38.08	ND
1.3	KHUBZ MAHYAWA*	خبز مهياوة	588.00	174.00	36.00	86.30	32.30	ND	0.22	0.52	0.72	0.25	0.10	0.43	ND	ND	0.10
1.4	CHAPATI***	جباتي	ND	ND	81.00	56.00	ND	5.60	ND	2.00	ND	ND	ND	ND	ND	ND	ND
2	MILKED-BASED DISHED																
2.1	KARAK TEA *	شاي كرك	23.10	103.00	31.90	34.00	6.52	ND	2.04	2.36	1.66	0.28	2.06	11.00	ND	ND	1.02
2.2	HALOOMI CHEESE**	جبين حلوم	1358.06	183.58	676.52	527.74	34.81	0.40	0.10	4.16	0.03	<0.20	0.03	<0.30	0.37	12.10	<0.02
2.3	MAHALABIA **	مهلبية	53.31	313.36	93.42	86.61	13.20	0.17	<0.03	0.37	0.12	0.08	<0.03	0.52	0.01	1.50	<0.02

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	Food Item	الاسم بالعربي	Na mg/100	K mg/100	Ca mg/100	P mg/100	Mg mg/100	Fe mg/100	Cu mg/100	Zn mg/100	Mn mg/100	B mg/100	Cr mg/100	Al mg/100	I mg/100	Se mcg/100	Mo mg/100
3	CHICKEN-BASED DISHES																
3.1	MACHBOOS DAJAJ*	مجبوس دجاج	254.00	249.00	25.70	106.00	22.10	ND	0.10	0.82	0.14	0.25	0.10	0.25	ND	ND	0.10
3.2	BIRIYANI DAJAJ**	برياني دجاج	41.58	1.39	29.74	103.12	174.92	215.08	0.93	0.09	0.34	0.09	ND	0.39	ND	13.28	ND
3.3	DAJAJ BELFREN**	دجاج بالفرن	321.61	346.16	34.50	17.21	41.80	ND	0.08	1.13	0.13	0.06	ND	0.37	0.04	11.48	ND
3.4	SALOONA DAJAJ*	صالونة دجاج	389.00	281.00	19.00	80.00	20.00	0.97	0.06	0.52	0.05	ND	ND	ND	ND	ND	ND
3.5	MADROOBAH DAJAJ*	مضروبة دجاج	222.00	101.00	13.60	40.60	8.18	ND	<0.10	0.30	<0.10	<0.25	<1.00	0.43	ND	ND	<0.10
3.6	HAREES CHICKEN***	هريس دجاج	374.80	48.66	28.41	39.92	14.10	0.37	0.06	0.62	0.28	ND	0.00	0.26	ND	ND	ND
3.7	MASLI DAJAJ*	مصلي دجاج (تحت العيش)	132.00	188.00	80.00	69.20	14.40	ND	<0.10	0.65	0.24	<0.25	<0.10	0.82	ND	ND	<0.10
3.8	SHISH TAWOOQ****	شيش طاووق	192.00	207.00	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND

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	Food Item	الاسم بالعربي	Na mg/100	K mg/100	Ca mg/100	P mg/100	Mg mg/100	Fe mg/100	Cu mg/100	Zn mg/100	Mn mg/100	B mg/100	Cr mg/100	Al mg/100	I mg/100	Se mcg/100	Mo mg/100
4	MEAT-BASED DISHES																
4.1	BIRYANI MEAT**	برياني لحم	533.00	133.00	11.00	61.00	16.00	1.27	0.12	1.13	0.15	ND	ND	ND	ND	ND	ND
4.2	MACHBOOS MEAT*	مجبوس لحم	259.00	174.00	27.70	72.60	16.50	ND	<0.10	1.30	0.19	<0.25	<0.10	0.24	ND	ND	<0.10
4.3	QOUZI**	غوزي	403.00	188.74	31.90	116.15	29.10	2.77	0.14	2.57	0.40	0.25	ND	0.28	ND	7.56	ND
4.4	SALOONA MEAT*	صالونة لحم	155.00	216.00	21.60	66.20	15.90	ND	<0.1	1.65	0.10	<0.25	<0.10	0.31	ND	ND	<0.10
4.5	MARAG BAMIAH**	مرق بامية	282.00	300.00	49.00	82.00	41.00	1.99	0.36	1.02	0.23	ND	ND	ND	ND	ND	ND
4.6	MARAG SHABZI**	مرق شيزي	398.27	208.21	139.29	77.99	32.24	2.94	0.08	0.90	0.25	0.07	0.05	1.48	0.06	4.00	ND
4.7	MACARONA BACHAMEL MEAT**	مكرونة بشاميل باللحم	208.63	112.54	55.94	99.26	30.81	1.57	0.08	1.36	0.29	ND	ND	0.28	0.02	33.15	ND
4.8	HAREES MEAT**	هريس لحم	281.00	45.00	9.00	46.00	14.00	1.81	0.40	0.49	0.36	ND	ND	ND	ND	ND	ND
4.9	KOFTA**	كفتة	674.58	351.50	48.65	144.67	29.55	4.12	0.10	3.28	0.16	ND	ND	0.66	0.05	6.41	ND
4.10	WARAK ENAB WITH MEAT***	ورق عنب باللحم	588.87	ND	ND	ND	ND	1.30	ND	ND	ND	ND	ND	ND	ND	ND	ND
4	MAHSHI KOOSA**	محشي كوسا	230.48	209.73	17.21	57.47	15.63	0.97	0.08	0.60	0.13	ND	ND	0.23	ND	2.66	ND
4.1	TIKKA MEAT*	تكة لحم	545.00	326.00	46.80	177.00	23.10	ND	0.11	3.39	<0.10	<0.25	<0.10	3.91	ND	ND	<0.10

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Food Item	الاسم بالعربي	Na mg/100	K mg/100	Ca mg/100	P mg/100	Mg mg/100	Fe mg/100	Cu mg/100	Zn mg/100	Mn mg/100	B mg/100	Cr mg/100	Al mg/100	I mg/100	Se mcg/100	Mo mg/100
5	SEAFOOD-BASED DISHED															
5.1	MACHBOOS HAMOUR*	مجبوس هامور	412.00	117.00	61.00	98.00	38.00	4.27	0.27	0.84	0.29	ND	ND	ND	ND	ND
5.2	MOMAWASH RUBYAN**	اموش ربيان	412.00	117.00	61.00	98.00	38.00	4.27	0.27	0.84	0.29	ND	ND	ND	ND	ND
5.3	FRIED SAFI*	صافي مقلي	403.00	416.00	50.30	250.00	38.00	ND	<0.10	1.39	<0.10	<0.25	<0.10	0.33	ND	<0.10
5.4	GRILLED SUPREME*	سوبريم مشوي	330.00	357.00	114.00	290.00	28.90	ND	<1.00	0.96	<1.00	<0.25	<0.10	0.17	ND	<0.10
5.5	RUBYAN MASHWI**	ربيان مشوي	1587.20	337.40	48.08	212.46	37.51	2.57	0.28	1.45	0.07	<0.02	<0.03	<0.30	0.14	<0.02
5.6	FISH SANEYA**	صينية سمك	666.94	775.94	47.40	184.78	28.47	2.01	0.10	0.10	0.10	0.12	0.03	2.73	0.06	<0.02
5.7	SALOONA SHURI*	صالونة سمك شعري	219.00	284.00	45.70	81.50	21.80	ND	<0.10	0.31	0.22	<0.25	<0.10	0.57	ND	<0.10
5.8	HAMMSAT RUBYAN**	حمصة ربيان	909.50	192.96	72.48	236.53	26.58	ND	0.10	0.68	0.22	0.13	ND	1.82	0.19	ND
5.9	DRIED FISH*****	سمك مجفف	1414.11	108.39	170.87	136.44	21.41	41.27	0.47	1.40	0.11	ND	0.01	7.69	ND	ND
5.10	STEAMED CEABS (FROZEN)*	قياقب بالبخار (مجمدة)	603.00	ND	328.00	ND	ND	1.21	ND	ND	ND	ND	ND	ND	ND	ND

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Food Item	الاسم بالعربي	Na mg/100	K mg/100	Ca mg/100	P mg/100	Mg mg/100	Fe mg/100	Cu mg/100	Zn mg/100	Mn mg/100	B mg/100	Cr mg/100	Al mg/100	I mg/100	Se mcg/100	Mo mg/100
6	VEGETABLES & LERGUMS- BASED DISHED															
6.1	TABOULA***	تبولة	440.00	ND	ND	ND	ND	1.00	ND	ND	ND	ND	ND	ND	ND	ND
6.2	FATOUSH***	فتوش	240.00	ND	ND	ND	ND	0.60	ND	ND	ND	ND	ND	ND	ND	ND
6.3	MAHSHI WARAQ ENAB BI ZAIT*****	ورق عنب بالزيت	320.00	117.00	55.30	32.20	14.50	1.40	ND	0.50	0.50	ND	ND	ND	ND	ND
6.4	MALFOUF MAHCHI*****	ملفوف محشي	720.00	ND	ND	ND	ND	1.00	ND	ND	ND	ND	ND	ND	ND	ND
6.5	ACHAR BAHRAINI (MIXED PICKLES) *	آچار بحريني	10500.00	615.00	161.50	ND	ND	2.05	ND	ND	ND	ND	ND	ND	ND	ND
6.6	HOMMOS***	حمص	320.00	ND	ND	ND	ND	0.80	ND	ND	ND	ND	ND	ND	ND	ND
6.7	FALAFEL***	فلافل	560.00	ND	ND	ND	ND	1.80	ND	ND	ND	ND	ND	ND	ND	ND
6.8	FOUL MOUDAMAS*****	فول مدمس	400.00	ND	ND	ND	ND	0.60	ND	ND	ND	ND	ND	ND	ND	ND
6.9	EGG WITH TAMATO*	بيض وطماط	223.00	247.00	25.20	75.40	15.40	ND	<0.10	0.64	0.13	<0.25	<0.10	0.12	ND	<0.10
6.10	MOTHBAL***	متبل	535.00	194.00	16.30	52.80	40.30	2.20	ND	1.10	0.30	ND	ND	ND	ND	ND
6.11	BABA GHANOUJ***	بابا غنوج	280.00	ND	ND	ND	ND	0.60	ND	ND	ND	ND	ND	ND	ND	ND
6.12	SWEET CORN*****	ذرة حلوة	28.20	436.10	5.50	170.40	53.30	1.10	0.10	0.80	0.30	ND	ND	ND	0.30	ND
6.143	MATHAI*	متاي	926.00	ND	48.50	ND	ND	4.40	ND	ND	ND	ND	ND	ND	ND	ND

*Direct Chemical Analysis (Funded by MOH Bahrain), ** FCT Kuwait/*** FCT Lebanon/****FCT Oman/*****FCT Jordan/*****FCT Pakistan/*****FCT UAE, ND: Not defined, T: Traces

Food Item	الاسم بالعربي	Na	K	Ca	P	Mg	Fe	Cu	Zn	Mn	B	Cr	Al	I	Se	Mo	
		mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mcg/100	mg/100	
7	SANDWICHES & PASTRIES																
7.1	FATIRA WITH CHEESE***	فطيرة جبن	402.62	266.65	59.65	96.24	27.44	1.19	1.12	0.72	0.48	<0.02	0.03	1.19	0.01	6.30	<0.02
7.1	FATIRA WITH ZAATAR ****	فطيرة زعتر	465.66	299.01	58.34	94.44	33.30	2.19	0.21	0.78	0.58	<0.02	0.03	3.17	0.01	7.30	<0.02
7.2	FATIRA WITH CHICKEN****	فطيرة دجاج	32.20	302.70	26.50	265.10	74.60	2.70	0.20	2.70	1.80	ND	ND	ND	ND	8.20	ND
7.3	FATIRA WITH MEAT****	فطيرة لحم	43.60	318.10	25.20	231.60	74.70	2.60	0.30	2.40	2.00	ND	ND	ND	ND	1.70	ND
7.4	CHEESE SAMBOOSA**	سمبوسة جبن	536.65	241.87	86.42	107.62	30.98	1.17	0.14	0.82	0.52	<0.02	<0.30	1.14	0.01	9.00	<0.02
7.5	FATIRA WITH SPANICH***	فطيرة السبانخ	280	ND	ND	ND	ND	4.50	ND	ND	ND	ND	ND	ND	ND	ND	ND
7.6	CHICKEN SHAWARMA***	شاورما دجاج	680.69	350.27	16.07	85.32	24.90	0.95	0.09	0.90	0.38	<0.02	<0.03	0.55	0.01	12.90	<0.02
7.7	MEAT SHAWARMA***	شاورما لحم	560.00	ND	ND	ND	ND	1.50	ND	ND	ND	ND	ND	ND	ND	ND	ND
7.8	CHEESE SANDWICH****	سندويش جبن	251.70	83.20	67.50	70.80	23.80	0.80	0.10	0.70	0.70	ND	ND	ND	ND	ND	ND
7.9	EGG SANDWICH ****	سندويش بيض	315.00	113.10	74.40	121.00	15.80	2.00	0.10	0.80	0.20	ND	ND	ND	ND	27.20	ND
7.10	SAUSAGE SANDWICH****	سندويش سجق	559.00	359.40	31.10	242.00	43.00	2.10	0.20	4.00	0.70	ND	ND	ND	ND	0.10	ND
7.11	CHICKEN SANDWICH****	سندويش دجاج	288.10	244.10	21.10	209.20	37.90	1.30	0.10	1.20	0.70	ND	ND	ND	ND	8.10	ND
7.12	SANDWICH BEEFBURGER WITH CHEESE****	سندويش برجر لحم بالجبن	455.00	134.00	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND

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Food Item	الاسم بالعربي	Na	K	Ca	P	Mg	Fe	Cu	Zn	Mn	B	Cr	Al	I	Se	Mo
		mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mcg/100	mg/100
8	TRADITIONAL SWEATS															
8.1	HALWA BAHRAINI*	حلوى بحرينية	31.00	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
8.2	HALWA ALMALAKIA*	حلوى بحرينية ملكية	3.90	ND	27.10	ND	ND	0.90	ND	ND	ND	ND	ND	ND	ND	ND
8.3	RAHASH*	رهش	36.40	345.64	62.64	270.87	132.81	5.12	1.25	3.08	0.67	<0.03	0.08	5.61	<0.01	<0.10
8.4	RAHASH CHOCOLATE*	رهش بالشوكولاتة	10.00	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
8.5	NASHAB*	نشاب	3.70	ND	12.50	ND	ND	5.61	ND	ND	ND	ND	ND	ND	ND	ND
8.6	GURAIBA*	غريبة	ND	ND	1.00	ND	ND	36.00	ND	ND	ND	ND	ND	ND	ND	ND
8.7	SAMBOOSA HELWA*	سمبوسة حلوة	144.00	355.00	110.00	226.00	110.00	ND	0.54	1.72	1.74	0.88	0.10	0.38	ND	0.10
8.8	ZALABIYA*	زلابية	59.70	48.90	8.20	26.20	8.18	ND	0.10	0.10	0.20	0.25	0.10	1.92	ND	0.10
8.9	GEMAT**	قيمت	13.99	248.72	18.02	57.46	23.54	0.80	<0.03	0.50	0.53	0.09	<0.03	<0.3	<0.01	4.20
8.10	BALALEET**	بلايط	125.82	63.84	28.46	105.35	76.30	1.54	0.10	1.14	0.52	0.90	ND	ND	0.01	53.33
8.11	SIMSIMIA*	سمسمية	108.80	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
8.12	SHAAR BANAAT*	شعر البنات	3.00	ND	5.70	ND	ND	0.39	ND	ND	ND	ND	ND	ND	ND	ND

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Food Item			الاسم بالعربي	Na	K	Ca	P	Mg	Fe	Cu	Zn	Mn	B	Cr	Al	I	Se	Mo
				mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mg/100	mcg/100	mg/100
8.13	QOURS OKAILI**	قرص عقيلي		67.32	155.22	77.91	222.43	59.22	2.09	0.14	1.57	1.45	0.16	ND	0.01	0.02	32.46	ND
8.14	BAQLAWA***	بقلاوة		ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
8.15	KOUNAFA BIL JEBEN*****	كنافة بالجبن		ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
8.16	KOUNAFA KASHTA*****	كنافة بالقشطة		ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
8.17	KONAFA WITH HONEY*****	كنافة بالعسل		59.10	245.80	38.20	141.80	59.60	2.00	0.20	1.10	1.50	ND	ND	ND	ND	0.40	ND
8.18	MAAMOUL TAMER*****	معمول بالتمر		2.40	379.15	40.44	51.39	34.55	1.08	0.13	0.46	0.38	0.48	ND	ND	ND	12.16	ND
8.19	TAMREA**	تمرية		4.59	621.00	55.70	51.84	49.68	1.21	0.19	0.57	0.32	ND	0.09	0.58	ND	7.78	ND
8.20	RANGINA**	رنجينه		2.40	379.15	40.44	51.39	34.55	1.08	0.13	0.46	0.36	0.46	ND	ND	ND	12.16	ND

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VITAMINS

	Food Item	الاسم بالعربي	C- Ascorbic acid mg/100	Thiamin mg/100	Riboflavin mg/100	Niacin mg/100	B6 mg/100	Folate mcg/100	B12 mcg/100	A- Retinol mg/100	E mg/100	D IU
1	CEREAL- BASED DISHES											
1.1	KHUBZ TANOOR*	خبز تنور	<2.00	1.52	<0.50	47.40	<0.20	98.00	0.54	<40.00	<0.45	<1.00
1.2	KHUBZ REGAG**	خبز رقاق	T	0.31	0.04	2.54	0.21	22.51	0.12	T	0.18	T
1.3	KHUBZ MAHYAWA*	خبز مهياوة	<2.00	1.19	0.50	12.40	0.20	10.00	0.63	40.00	0.50	12.50
1.4	CHAPATI*****	جباتي	0.90	0.00	0.00	0.00	0.00	ND	ND	0.00	ND	ND
2	MILK-BASED DISHES											
2.1	KARAK TEA *	شاي كرك	< 2.00	0.50	0.55	2.00	0.20	10.00	0.80	T	2.01	12.50
2.2	HALOOMI CHEESE**	جين حلوم	T	0.02	0.19	0.08	0.07	T	0.72	T	0.40	T
2.3	MAHALABIA **	مهلبية	0.64	0.04	0.13	0.16	0.07	0.01g	0.08	T	T	10.47

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	Food Item	الاسم بالعربي	C- Ascorbic acid mg/100	Thiamin mg/100	Riboflavin mg/100	Niacin mg/100	B6 mg/100	Folate mcg/100	B12 mcg/100	A- Retinol mg/100	E mg/100	D IU
3	CHICKEN-BASED DISHES											
3.1	MACHBOOS DAJAJ*	مجبوس دجاج	< 2.00	0.50	0.70	29.30	0.20	2.00	1.00	40.00	1.16	1.00
3.2	BIRIYANI DAJAJ**	برياني دجاج	0.70	0.06	0.06	2.55	0.11	7.27	0.14	96.50	0.65	T
3.3	DAJAJ BELFREN**	دجاج بالفرن	6.30	0.09	0.09	5.34	0.17	13.64	0.32	117.50	0.20	T
3.4	SALOONA DAJAJ**	صالونة دجاج	11.22	0.06	0.08	3.50	0.17	4.79	0.23	T	T	ND
3.5	MADROOBAH DAJAJ*	مضروبة دجاج	<2.00	<0.50	<0.50	7.60	<0.20	2.00	<1.00	<40	0.79	1.30
3.6	HAREES CHICKEN****	هريس دجاج	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
3.7	MASLI DAJAJ*	مصلي دجاج (تحت العيش)	<2.00	<0.50	<0.50	15.10	<0.20	2.00	<1	<40	1.01	<1.00
3.8	SHISH TAWOOQ***	شيش طاووق	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND

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	Food Item	الاسم بالعربي	C- Ascorbic acid mg/100	Thiamin mg/100	Riboflavin mg/100	Niacin mg/100	B6 mg/100	Folate mcg/100	B12 mcg/100	A- Retinol mg/100	E mg/100	D IU
4	MEAT-BASED DISHES											
4.1	BIRYANI MEAT**	برياني لحم	5.17	0.04	0.04	1.16	0.05	T	0.22	T	T	ND
4.2	MACHBOOS MEAT*	مجبوس لحم	<2.00	<0.50	0.51	9.00	2.41	2.00	<1.00	<40	202.00	<1.00
4.3	QOUZI**	غوزي	T	0.03	0.13	2.14	0.05	8.63	0.64	T	T	T
4.4	SALOONA MEAT*	صالونة لحم	<2.00	<0.50	0.75	9.80	<0.20	2.00	<1.00	<40	0.81	2.00
4.5	MARAG BAMIAH**	مرق بامية	17.44	0.08	0.11	1.68	0.10	32.79	0.30	16.00	0.23	ND
4.6	MARAG SHABZI**	مرق شبزي	2.72	0.06	0.13	1.61	0.13	61.69	0.37	95.30	0.18	T
4.7	MACARONA BACHAMEL MEAT**	مكرونه بشاميل باللحم	T	0.05	0.06	1.19	0.07	7.47	0.21	39.45	0.30	T
4.8	HAREES MEAT**	هريس لحم	2.83	0.03	0.01	0.66	0.03	1.34	0.06	T	T	ND
4.9	KOFTA**	كفتة	1.59	0.06	0.19	4.53	0.11	15.45	1.32	14.17	T	T
4.10	WARAK ENAB WITH MEAT***	ورق عنب باللحم	T	ND	ND	ND	ND	ND	ND	T	T	T
4.11	MAHSHI KOOSA**	محشي كوسا	2.91	0.04	0.07	1.44	0.07	23.13	0.31	14.20	0.13	T
4.12	TIKKA MEAT*	تكة لحم	<2.00	0.53	0.66	38.80	<0.20	2.00	<1.00	<40	0.59	<1.00

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	Food Item	الاسم بالعربي	C- Ascorbic acid mg/100	Thiamin mg/100	Riboflavin mg/100	Niacin mg/100	B6 mg/100	Folate mcg/100	B12 mcg/100	A- Retinol mg/100	E mg/100	D IU
5	SEAFOOD-BASED DISHES											
5.1	MACHBOOS HAMOUR*	مجبوس هامور	3.74	0.04	T	0.44	0.06	ND	0.08	T	0.21	ND
5.2	MOMAWASH RUBYAN**	اموش ربيان	3.74	0.04	T	0.44	0.06	ND	0.08	T	0.21	ND
5.3	FRIED SAFI*	صافي مقلي	< 3.00	0.81	0.69	47.30	<0.20	2.00	<1.00	83.00	4.10	6.00
5.4	GRILLED SUPREME*	سويريم مشوي	< 2.00	0.79	0.58	54.60	0.94	2.00	<1.00	<40	3.40	8.50
5.5	RUBYAN MASHWI**	ربيان مشوي	0.37	0.04	0.03	2.48	0.41	0.02	1.29	T	2.17	T
5.6	FISH SANEYA**	صينية سمك	1.10	0.09	0.13	3.26	0.18	0.01	0.98	17.20	0.39	174.74
5.7	SALOONA SHURI*	صالونة سمك شعري	< 2.00	<0.50	<0.50	13.30	<0.20	2.00	<1.00	<40	1.75	5.40
5.8	HAMMSAT RUBYAN**	حمصة ربيان	2.84	0.05	0.17	0.57	0.12	32.34	0.53	44.30	2.11	T
5.9	DRIED FISH*****	سمك مجفف	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
5.10	STEAMED CEABS (FROZEN)*	قباقب بالبخار (مجمدة)	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND

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	Food Item	الاسم بالعربي	C- Ascorbic acid mg/100	Thiamin mg/100	Riboflavin mg/100	Niacin mg/100	B6 mg/100	Folate mcg/100	B12 mcg/100	A- Retinol mg/100	E mg/100	D IU
6	VEGETABLES & LEGMS-BASED DISHES											
6.1	TABOULA***	تبولة	21.00	ND	ND	ND	ND	ND	ND	T	0.10	T
6.2	FATOUSH***	فتوش	7.20	ND	ND	ND	ND	ND	ND	T	0.10	T
6.3	MAHSHI WARAQ ENAB BI ZAIT*****	ورق عنب بالزيت	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
6.4	MALFOUF MAHCHI*****	ملفوف محشي	T	ND	ND	ND	ND	ND	ND	T	T	T
6.5	ACHAR BAHRAINI (MIXED PICKLES) *	أجار بحريني	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
6.6	HOMMOS***	حمص	T	ND	ND	ND	ND	ND	ND	T	T	T
6.7	FALAFEL***	فلافل	T	ND	ND	ND	ND	ND	ND	T	0.10	T
6.8	FOUL MOUDAMAS*****	فول مدمس	10.00	ND	ND	ND	ND	ND	ND	T	0.20	T
6.9	EGG WITH TAMATO*	بيض وطماط	<0.20	<0.50	0.92	<2.0	<0.20	22.00	0.65	<40	2.12	<1.00
6.10	MOTHBAL***	متبل	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
6.11	BABAGHANOUJ***	بابا غنوج	T	ND	ND	ND	ND	ND	ND	T	0.10	T
6.12	SWEET CORN*****	ذرة حلوة	13.70	0.40	0.10	2.70	0.10	76.50	ND	ND	ND	ND
6.13	MATHAI*	متاي	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND

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	Food Item	الاسم بالعربي	C- Ascorbic acid mg/100	Thiamin mg/100	Riboflavin mg/100	Niacin mg/100	B6 mg/100	Folate mcg/100	B12 mcg/100	A- Retinol mg/100	E mg/100	D IU
7	SANDWICHES & PASTRIES											
7.1	FATIRA WITH CHEESE***	فطيرة جبن	T	0.15	0.15	0.95	0.09	0.03	0.19	59.53	T	T
7.1	FATIRA WITH ZAATAR ***	فطيرة زعتر	T	0.18	0.17	1.51	0.10	0.03	0.24	T	2.56	T
7.2	FATIRA WITH CHICKEN****	فطيرة دجاج	T	0.20	0.20	5.70	0.30	54.20	0.10	19.50	ND	ND
7.3	FATIRA WITH MEAT****	فطيرة لحم	1.80	0.20	0.20	4.00	0.20	57.90	0.30	67.00	ND	ND
7.4	CHEESE SAMBOOSA**	سمبوسة جبن	T	0.13	0.11	0.83	0.09	0.02	0.09	142.10	1.19	T
7.5	FATIRA WITH SPANICH***	فطيرة السبانخ	T	ND	ND	ND	ND	ND	ND	T	0.10	T
7.6	CHICKEN SHAWARMA***	شاورما دجاج	1.21	0.12	0.09	3.26	0.21	0.02	0.13	T	T	T
7.7	MEAT SHAWARMA***	شاورما لحم	T	ND	ND	ND	ND	ND	T	T	T	T
7.8	CHEESE SANDWICH****	سندويش جبن	ND	0.10	0.10	1.20	0.10	18.60	ND	100.00	ND	ND
7.9	EGG SANDWICH ****	سندويش بيض	ND	0.20	0.40	1.80	0.10	65.10	0.50	257.80	ND	ND
7.10	SAUSAGE SANDWICH****	سندويش سجق	4.20	0.10	0.30	6.00	0.30	28.40	1.00	81.70	ND	ND
7.11	CHICKEN SANDWICH****	سندويش دجاج	4.30	0.10	0.20	4.00	0.20	29.70	26.60	100.00	ND	ND
7.12	SANDWICH BEEFBURGER WITH CHEESE****	سندويش برجر لحم بالجبن	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND

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	Food Item	الاسم بالعربي	C- Ascorbic acid mg/100	Thiamin mg/100	Riboflavin mg/100	Niacin mg/100	B6 mg/100	Folate mcg/100	B12 mcg/100	A- Retinol mg/100	E mg/100	D IU
8	TRADITIONAL SWEATS											
8.1	HALWA BAHRAINI*	حلوى بحرينية	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
8.2	HALWA ALMALAKIA*	حلوى بحرينية ملكية	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
8.3	RAHASH*	رهش	T	0.56	0.11	3.68	0.47	0.07	T	T	T	T
8.4	RAHASH CHOCOLATE*	رهش بالشكولاتة	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
8.5	NASHAB*	نشاب	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
8.6	GURAIBA*	غريبة	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
8.7	SAMBOOSA HELWA*	سمبوسة حلوة	<2.00	1.14	2.20	23.40	0.20	10.00	0.63	40.00	7.76	12.50
8.8	ZALABIYA*	زلابية	<2.00	0.50	0.50	2.00	10.00	10.00	0.70	40.00	6.63	12.50
8.9	GEMAT**	قيمات	T	0.16	0.10	1.37	0.08	0.04	T	T	2.06	T
8.10	BALALEET**	بلاليط	T	0.01	0.08	1.06	0.06	10.02	0.28	T	0.50	T
8.11	SIMSIMIA*	سمسمية	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
8.12	SHAAR BANAAT*	شعر البنات	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND

*Direct Chemical Analysis (Funded by MOH Bahrain), ** FCT Kuwait/*** FCT Lebanon/****FCT Oman/*****FCT Jordan/*****FCT Pakistan/*****FCT UAE, ND: Not defined, T: Traces

	Food Item	الاسم بالعربي	C- Ascorbic acid mg/100	Thiamin mg/100	Riboflavin mg/100	Niacin mg/100	B6 mg/100	Folate mcg/100	B12 mcg/100	A- Retinol mg/100	E mg/100	D IU
8.13	QOURS OKAILI**	قرص عقيلي	T	0.18	0.18	1.28	0.09	19.48	0.55	43.50	2.92	T
8.14	BAQLAWA***	بقلاوة	2.00	ND	ND	ND	ND	ND	ND	8.10	1.00	ND
8.15	KOUNAFA BIL JEBEN*****	كنافة بالجبن	T	ND	ND	ND	ND	ND	ND	T	T	ND
8.16	KOUNAFA KASHTA*****	كنافة بالقشطة	T	ND	ND	ND	ND	ND	ND	T	T	ND
8.17	KONAFA WITH HONEY*****	كنافة بالعسل	0.20	0.20	0.10	2.20	0.20	12.80	ND	7.00	ND	ND
8.18	MAAMOUL TAMER****(	معمول بالتمر	1.40	ND	ND	ND	ND	ND	ND	T	T	ND
8.19	TAMREA**	تمرية	T	0.04	0.06	1.38	0.12	20.10	T	70.06	1.27	ND
8.20	RANGINA**	رنجينه	T	0.04	0.09	1.30	0.13	31.53	0.14	90.39	1.04	T

*Direct Chemical Analysis (Funded by MOH Bahrain), ** FCT Kuwait/** FCT Lebanon/** FCT Oman/** FCT Jordan/** FCT Pakistan/** FCT UAE, ND: Not defined, T: Traces

MARKET FOODS

Macronutrients content of Market products- Snacks

Food Item	H2O (g/100)	Energy (kcal/100)	CHO (g/100)	FIBER (g/100)	Sugar (g/100)	Protein (g/100)	Total Fat (g/100)
AL Kaleej Cheese and onion puff	1.09	514.00	52.00	4.48	2.50	8.40	29.30
AL Kaleej Pufak puff	1.11	586.00	51.00	<1.00	1.30	5.50	40.30
AL Kaleej Barbecue puff	1.71	520.00	52.00	3.88	2.60	8.10	30.40
AL Kaleej Chilli puff	1.84	517.00	52.00	3.97	2.10	8.50	30.10
AL Kaleej tomato puff	2.57	510.00	53.00	4.00	3.40	7.60	29.00
AL Kaleej Cramel popcorn	3.72	423.00	74.00	4.40	42.90	4.80	10.40
Cocktail Chips	0.96	521.00	63.00	2.44	<1.00	1.60	28.50
Cocktail Snacks	1.69	520.00	60.00	1.36	1.40	2.60	29.80
Cocktail kari kari snack	0.73	546.00	60.00	2.32	<1.00	2.80	32.60
Cocktail twist snack	0.86	509.00	66.00	2.36	1.10	1.40	25.90
Cocktail ring snack	1.73	452.00	71.00	3.98	1.50	2.70	16.50
Cocktail ring snack	2.15	564.00	53.00	1.78	<1.00	4.00	37.40
Soft popcorn	4.46	517.00	55.50	4.63	1.13	7.93	30.25
Milk compound chocolate (chocolate and co.)	1.51	580.00	51.00	ND	44.50	6.60	39.20
DARK compound chocolate (chocolate and co.)	1.04	568.00	57.00	ND	45.60	4.40	36.20
White compound chocolate (chocolate and co.)	1.30	591.00	52.00	ND	50.40	4.80	40.80
Hide and seek biscuits	2.54	472.00	72.00	2.83	32.00	6.20	18.00
Cookie Dough Brownie (Gulf sea sweets)	22.60	474.00	11.00	11.60	13.30	11.70	40.50
Banana muffin (Gulf sea sweets)	48.40	294.00	8.00	5.02	13.70	15.10	21.40
Dark chocolate donut (Gulf sea sweets)	18.60	488.00	25.00	10.60	17.80	13.80	39.90
Almond cookie (Gulf sea sweets)	9.84	466.00	46.00	12.50	24.00	12.00	28.90
Milk chocolate doughnut (Gulf sea sweets)	19.70	484.00	21.00	11.90	13.80	15.50	40.70
Nutricrunch cream crackers (Jupiter product)	5.37	446.00	63.00	3.65	1.40	10.50	16.00
Parle G gold biscuits (Jupiter product)	3.24	461.00	72.00	1.41	21.80	6.90	15.70
krack jack (Jupiter product)	2.32	482.00	66.00	1.87	15.20	8.60	20.00

Lipid profile and micronutrient content of market products- Snacks

Food Item	SFA (g/100)	TFA (g/100)	MUFA (g/100)	PUFA (g/100)	Cholesterol (mg/100)	Calcium (mg/100)	Iron (mg/100)
AL Kaleej Cheese and onion puff	1.09	514.00	52.00	4.48	2.50	8.40	29.30
AL Kaleej Pufak puff	1.11	586.00	51.00	<1.00	1.30	5.50	40.30
AL Kaleej Barbecue puff	1.71	520.00	52.00	3.88	2.60	8.10	30.40
AL Kaleej Chilli puff	1.84	517.00	52.00	3.97	2.10	8.50	30.10
AL Kaleej tomato puff	2.57	510.00	53.00	4.00	3.40	7.60	29.00
AL Kaleej Cramel popcorn	3.72	423.00	74.00	4.40	42.90	4.80	10.40
Cocktail Chips	0.96	521.00	63.00	2.44	<1.00	1.60	28.50
Cocktail Snacks	1.69	520.00	60.00	1.36	1.40	2.60	29.80
Cocktail kari kari snack	0.73	546.00	60.00	2.32	<1.00	2.80	32.60
Cocktail twist snack	0.86	509.00	66.00	2.36	1.10	1.40	25.90
Cocktail ring snack	1.73	452.00	71.00	3.98	1.50	2.70	16.50
Cocktail ring snack	2.15	564.00	53.00	1.78	<1.00	4.00	37.40
Soft popcorn	4.46	517.00	55.50	4.63	1.13	7.93	30.25
Milk compound chocolate (chocolate and co.)	1.51	580.00	51.00	ND	44.50	6.60	39.20
DARK compound chocolate (chocolate and co.)	1.04	568.00	57.00	ND	45.60	4.40	36.20
White compound chocolate (chocolate and co.)	1.30	591.00	52.00	ND	50.40	4.80	40.80
Hide and seek biscuits	2.54	472.00	72.00	2.83	32.00	6.20	18.00
Cookie Dough Brownie (Gulf sea sweets)	22.60	474.00	11.00	11.60	13.30	11.70	40.50
Banana muffin (Gulf sea sweets)	48.40	294.00	8.00	5.02	13.70	15.10	21.40
Dark chocolate donut (Gulf sea sweets)	18.60	488.00	25.00	10.60	17.80	13.80	39.90
Almond cookie (Gulf sea sweets)	9.84	466.00	46.00	12.50	24.00	12.00	28.90
Milk chocolate doughnut (Gulf sea sweets)	19.70	484.00	21.00	11.90	13.80	15.50	40.70
Nutrierunch cream crackers (Jupiter product)	5.37	446.00	63.00	3.65	1.40	10.50	16.00
Parle G gold biscuits (Jupiter product)	3.24	461.00	72.00	1.41	21.80	6.90	15.70
krack jack (Jupiter product)	2.32	482.00	66.00	1.87	15.20	8.60	20.00

Macronutrients content of Market products- Frozen products

Food Item	H2O (g/100)	Energy (kcal/100)	CHO (g/100)	FIBER (g/100)	Sugar (g/100)	Protein (g/100)	Total Fat (g/100)
Fish fillet (Sitra meat factory)	69.10	132.00	11.00	1.77	<1.00	14.00	3.03
Chicken kabab (Bahrain meat factory)	71.70	117.00	2.00	3.27	1.30	17.00	3.58
Diet beef burger (Sitra meat factory)	70.20	132.00	2.00	4.13	<1.00	14.50	6.48
Kunafa prawns (Stra meat factory)	58.60	207.00	16.00	3.30	<1.00	10.30	10.80
Beef kofta (Sitra meat factory)	ND	163.00	<1.00	<1.00	<1.00	17.60	10.20
Beef salami (Raidan meat factory)	57.20	264.00	3.00	<1.00	<1.00	16.10	<0.20
Beef pepperoni (Raidan meat factory)	55.90	277.00	1.00	<1.00	<1.00	17.90	22.40
Beef kabab - Diet (Alsalwa meat factory)	73.90	104.00	3.00	<1.00	<1.00	20.20	1.06
Beef Burger Diet (Alsalwa meat factory)	73.40	106.00	3.00	<1.00	<1.00	20.70	1.06
Beef kebbah (Alsalwa meat factory)	52.20	220.00	24.00	2.88	4.50	9.80	8.59
Beef kabaab (Alsalwa meat factory)	70.00	163.00	<1.00	<1.00	<1.00	17.60	10.20
Spicy fish fingers (shell fisheries company)	ND	170.00	20.00	2.28	1.50	7.30	7.38
Bahraini Beef Burger (Meat Town)	ND	150.00	8.00	0.00	0.70	17.00	7.00
Chicken Mosahab Spicy (Meat Town)	ND	209.00	18.00	0.00	0.00	17.00	7.70

Lipid profile and micronutrient content of market products- Frozen products

Food Item	SFA (g/100)	TFA (g/100)	MUFA (g/100)	PUFA (g/100)	Cholesterol (mg/100)	Calcium (mg/100)	Iron (mg/100)	Sodium (mg/100)
Fish fillet (Sitra meat factory)	1.07	<0.20	1.11	0.79	46.00	13.20	0.48	121.00
Chicken kabab (Bahrain meat factory)	1.13	<0.20	1.47	0.92	40.00	44.10	3.99	343.00
Diet beef burger (Sitra meat factory)	2.79	<0.20	2.52	1.12	22.00	43.40	2.14	706.00
Kunafa prawns (Stra meat factory)	4.46	0.42	4.34	1.53	66.00	25.80	0.35	411.00
Beef kofta (Sitra meat factory)	4.20	0.00	ND	ND	38.00	20.00	1.00	ND
Beef salami (Raidan meat factory)	11.50	<0.20	8.56	0.66	43.00	35.70	1.58	668.00
Beef pepperoni (Raidan meat factory)	11.80	<0.20	9.70	0.82	42.00	45.30	1.91	659.00
Beef kabab - Diet (Alsalwa meat factory)	0.42	<0.20	0.43	0.21	51.00	46.60	2.18	180.00
Beef Burger Diet (Alsalwa meat factory)	0.47	<0.20	0.42	0.17	47.00	50.60	2.07	180.00
Beef kebbah (Alsalwa meat factory)	3.34	<0.20	3.47	1.65	20.00	25.90	0.62	546.00
Beef kabaab (Alsalwa meat factory)	4.18	<0.20	5.69	0.23	38.00	6.50	2.73	628.00
Spicy fish fingers (shell fisheries company)	3.14	<0.20	ND	ND	12.00	1.00	3.00	1530.00
Bahraini Beef Burger (Meat Town)	3.00	0.00	ND	ND	35.00	ND	ND	350.00
Chicken Mosahab Spicy (Meat Town)	0.00	0.00	ND	ND	0.00	ND	ND	75.00

Macronutrients content of Market products- beverages

Food Item	H2O (g/100)	Energy (kcal/100)	CHO (g/100)	FIBER (g/100)	Sugar (g/100)	Protein (g/100)	Total Fat (g/100)
Cocktail drink with added sugar (Areej factorys)	87.50	50.80	12.00	<1.00	10.60	<0.10	<0.10
Cardamom & saffron flavored milk (Areej factorys)	83.20	77.10	13.00	<1.00	7.70	0.80	2.20
Mrange drink (Areej factorys)	87.20	51.80	13.00	<1.00	11.30	<0.10	<0.10
Lemon drink (Areej factorys)	87.00	52.80	13.00	<1.00	10.60	<0.10	<0.10
Strawberry drink (Areej factorys)	86.70	54.10	13.00	<1.00	10.80	<0.10	<0.10
Mango drink (Areej factorys)	87.30	51.50	13.00	<1.00	10.80	<0.10	<0.10
Vimto drink (Areej factorys)	87.50	50.80	12.00	<1.00	11.00	<0.10	<0.10
Spanish orange juice with peach flavor (Areej factorys)	88.10	47.40	11.00	<1.00	10.10	0.30	<0.10
Alphonso mango juice with peach flavor (Areej factorys)	88.60	45.70	11.00	<1.00	9.70	0.10	<0.10
Cola drink (Areej factorys)	87.80	49.40	12.00	<1.00	11.20	<0.10	<0.10
Sun fresh cola (Bahrain juice filling factory)	88.20	48.10	12.00	<1.00	10.80	0.10	<0.10
Sun fresh Kiwi-lemon (Bahrain juice filling factory)	86.80	53.50	13.00	<1.00	13.30	<0.10	<0.10
Sun fresh mixed fruit (Bahrain juice filling factory)	87.90	49.00	12.00	<1.00	13.20	<0.10	<0.10
Sun fresh berry mix(Bahrain juice filling factory)	86.40	55.20	14.00	<1.00	12.70	<0.10	<0.10
Sun fresh cola (Bahrain juice filling factory)	87.00	53.00	13.00	<1.00	12.30	<0.10	<0.10
Iced tea mango (Foulad trading)	3.50	354.00	63.00	9.90	27.70	6.10	6.03
Iced tea Lemon (Foulad trading)	2.23	368.00	85.00	3.27	76.50	4.00	1.48

Lipid profile and micronutrient content of market products- beverages

Food Item	SFA (g/100)	TFA (g/100)	MUFA (g/100)	PUFA (g/100)	Cholesterol (mg/100)	Calcium (mg/100)	Iron (mg/100)	Sodium (mg/100)
Cocktail drink with added sugar (Areej factorys)	<0.10	<0.20	<0.10	<0.10	<3.00	<2.00	<0.10	12.40
Cardamom & saffron flavored milk (Areej factorys)	0.67	<0.20	0.56	0.95	<3.00	27.50	<0.10	41.10
Mrange drink (Areej factorys)	<0.10	<0.20	<0.10	<0.10	<3.00	3.50	<0.10	13.50
Lemon drink (Areej factorys)	<0.10	<0.20	<0.10	<0.10	<3.00	<2.00	<0.10	5.10
Strawberry drink (Areej factorys)	<0.10	<0.20	<0.10	<0.10	<3.00	<2.00	<0.10	6.40
Mango drink (Areej factorys)	<0.10	<0.20	<0.10	<0.10	<3.00	<2.00	<0.10	16.00
Vimto drink (Areej factorys)	<0.10	<0.20	<0.10	<0.10	<3.00	<2.00	<0.10	4.60
Spanish orange juice with peach flavor (Areej factorys)	<0.10	<0.20	<0.10	<0.10	<3.00	3.70	<0.10	12.50
Alphonso mango juice with peach flavor (Areej factorys)	<0.10	<0.20	<0.10	<0.10	<3.00	6.70	0.10	4.10
Cola drink (Areej factorys)	<0.10	<0.20	<0.10	<0.10	<3.00	4.60	<0.10	2.60
Sun fresh cola (Bahrain juice filling factory)	<0.10	<0.10	<0.10	<0.10	ND	ND	ND	12.80
Sun fresh Kiwi-lemon (Bahrain juice filling factory)	<0.10	<0.10	<0.10	<0.10	ND	ND	ND	6.20
Sun fresh mixed fruit (Bahrain juice filling factory)	<0.10	<0.10	<0.10	<0.10	ND	ND	ND	5.80
Sun fresh berry mix(Bahrain juice filling factory)	<0.10	<0.10	<0.10	<0.10	ND	ND	ND	5.70
Sun fresh cola (Bahrain juice filling factory)	<0.10	<0.10	<0.10	<0.10	ND	ND	ND	6.50
Iced tea mango (Foulad trading)	3.02	<0.20	0.78	2.22	<3.00	40.10	1.51	884.00
Iced tea Lemon (Foulad trading)	0.75	<0.20	0.35	0.38	<3.00	41.40	1.38	67.10

Macronutrients content of Market products- Dairy products

Food Item	H2O (g/100)	Energy (kcal/100)	CHO (g/100)	FIBER (g/100)	Sugar (g/100)	Protein (g/100)	Total Fat (g/100)
Lactose free milk- Awal	89.30	54.60	4.00	<1.00	2.20	3.00	2.96
Fabion mango soft serve ice cream- Awal	66.70	151.00	27.00	<1.00	16.50	3.10	3.95
Fabion pistachio ice- Awal	63.80	175.00	21.00	2.74	17.40	3.60	7.86
Light processed cheddar cheese-Kraft	ND	234.00	4.00	0.00	2.00	18.00	16.00
Labneh full cream-Taibah	ND	201.00	6.00	0.00	3.70	10.00	15.00
Yogurt full cream- Taibah	ND	53.00	5.20	0.00	2.40	4.50	1.50
Light processed cheddar spread-Kraft	ND	232.00	5.00	0.00	4.00	11.00	19.00
Awal raspberry syrup- Awal	22.40	315.00	76.00	<1.00	62.70	1.60	<0.10
Awal caramel syrup- Awal	1.54	413.00	90.00	<1.00	51.00	3.80	3.46
Awal chocolate syrup- Awal	33.10	262.00	59.00	5.93	49.30	4.80	1.61
Awal chocolate syrup - Awal	ND	ND	ND	ND	ND	ND	ND
Awal strawberry syrup- Awal	21.50	319.00	77.00	<1.00	65.90	1.40	<0.10
Fabion strawberry ice-cream- Awal	ND	211.00	30.00	1.15	23.00	5.00	9.00
Fabion vanilla ice cream-Awal	ND	244.00	25.00	0.70	20.00	3.70	12.00
Fabion mango ice-cream- Awal	ND	203.00	24.00	1.00	18.00	3.30	10.30
Fabion lotus ice-cream- Awal	ND	238.00	31.00	0.10	23.00	3.20	11.10
Fabion oreo ice cream- Awal	ND	243.00	32.00	1.00	24.00	3.80	11.00
Fabion protein ice-cream-Awal	51.40	831.00	30.00	2.02	15.00	13.60	2.69
Mimix vanilla cone semi-ice milk- Awal	64.90	178.00	23.00	<1.00	17.80	2.90	<1.00

Lipid profile and micronutrient content of market products- Dairy products

Food Item	SFA (g/100)	TFA (g/100)	MUFA (g/100)	PUFA (g/100)	Cholesterol (mg/100)	Calcium (mg/100)	Iron (mg/100)	Sodium (mg/100)
Lactose free milk- Awal	2.02	<0.20	0.72	<0.10	8.00	104.00	<0.10	36.80
Fabion mango soft serve ice cream- Awal	3.60	<0.20	0.28	<0.10	<3.00	120.00	<0.10	66.00
Fabion pistachio ice- Awal	6.54	<0.20	1.04	0.14	14.00	120.00	<0.10	58.90
Light processed cheddar cheese-Kraft	12.00	1.00	4.00	0.00	13.00	1153.00	ND	1690.00
Labneh full cream-Taibah	8.10	ND	3.90	0.40	45.00	113.00	ND	281.00
Yogurt full cream- Taibah	0.40	ND	0.10	0.00	2.12	12.00	0.50	53.00
Light processed cheddar spread-Kraft	14.00	0.00	4.00	1.00	40.00	1019.00	ND	1028.00
Awal raspberry syrup- Awal	<0.10	<0.20	<0.10	<0.10	<3.00	3.00	<0.10	10.90
Awal caramel syrup- Awal	2.58	<0.20	0.84	<0.10	12.00	107.00	<0.10	197.00
Awal chocolate syrup- Awal	1.05	<0.20	0.56	<0.10	<3.00	22.20	3.69	16.00
Awal chocolate syrup - Awal	ND	ND	ND	ND	ND	ND	ND	ND
Awal strawberry syrup- Awal	<0.10	<0.20	<0.10	<0.10	<3.00	<2.00	<0.10	11.10
Fabion strawberry ice-cream- Awal	3.60	0.00	ND	ND	29.00	ND	ND	60.00
Fabion vanilla ice cream-Awal	6.20	0.00	ND	ND	ND	99.00	0.20	85.00
Fabion mango ice-cream- Awal	4.10	0.00	ND	ND	ND	88.00	0.16	70.00
Fabion lotus ice-cream- Awal	7.00	0.00	ND	ND	ND	133.00	1.00	90.00
Fabion oreo ice cream- Awal	6.50	0.00	ND	ND	ND	105.00	2.00	130.00
Fabion protein ice-cream-Awal	2.34	<0.20	0.59	<0.10	12.00	413.00	0.23	115.00
Mimix vanilla cone semi-ice milk- Awal	7.00	<0.20	1.04	0.14	8.00	126.00	<0.10	36.90

Macronutrients content of Market products- Bakery products

Food Item	H2O (g/100)	Energy (kcal/100)	CHO (g/100)	FIBER (g/100)	Sugar (g/100)	Protein (g/100)	Total Fat (g/100)
Large white bread -Alosra	ND	100.00	21.00	1.00	<1.00	3.00	0.00
Large white bloomer -Alosra	ND	100.00	21.00	1.00	<1.00	3.00	0.00
Wholemeal french stick - Alosra	ND	100.00	19.00	2.00	<1.00	4.00	0.50
Wholemeal french roll- Alosra	ND	70.00	13.00	1.00	<1.00	3.00	0.50
Small wholemeal bread - Alosra	ND	70.00	14.00	1.00	<1.00	3.00	0.50
large wholemeal bloomer- Alosra	ND	80.00	15.00	2.00	<1.00	3.00	0.50
Sourdough bread- Alosra	ND	100.00	22.00	1.00	<1.00	3.00	0.00
Large wholemeal bread- Alosra	ND	110.00	21.00	2.00	<1.00	5.00	1.00
Plain burger bun - Bread town	33.70	274.00	51.00	2.45	4.30	9.10	2.65
Flour-No1-maida- Lulu	11.80	357.00	71.00	3.22	7.70	11.60	1.82
Flour-No2-maida- Lulu	ND	359.00	71.00	3.98	12.80	10.90	1.96

Lipid profile and micronutrient content of market products- Bakery products

Food Item	SFA (g/100)	TFA (g/100)	MUFA (g/100)	PUFA (g/100)	Cholesterol (mg/100)	Calcium (mg/100)	Iron (mg/100)	Sodium (mg/100)
Large white bread -Alosra	0.00	0.00	ND	ND	0.00	ND	ND	115.00
Large white bloomer -Alosra	0.00	0.00	ND	ND	0.00	ND	ND	115.00
Wholemeal french stick - Alosra	0.00	0.00	ND	ND	0.00	ND	ND	55.00
Wholemeal french roll- Alosra	0.00	0.00	ND	ND	0.00	ND	ND	35.00
Small wholemeal bread - Alosra	0.00	0.00	ND	ND	0.00	ND	ND	40.00
large wholemeal bloomer- Alosra	0.00	0.00	ND	ND	0.00	ND	ND	45.00
Sourdough bread- Alosra	0.00	0.00	ND	ND	0.00	ND	ND	220.00
Large wholemeal bread- Alosra	0.00	0.00	ND	ND	0.00	ND	ND	60.00
Plain burger bun - Bread town	1.09	<0.20	0.72	0.83	<3.00	128.00	5.44	127.00
Flour-No1-maida- Lulu	0.37	<0.20	0.25	1.19	<3.00	17.50	7.12	<2.00
Flour-No2-maida- Lulu	0.38	<0.20	ND	ND	<3.00	24.20	2.56	<2.00

Macronutrients content of Market products- Herbal water

Food Item	H2O (g/100)	Energy (kcal/100)	CHO (g/100)	FIBER (g/100)	Sugar (g/100)	Protein (g/100)	Total Fat (g/100)
Marqadoosh water- Quba	100.00	< 4.00	< 1.00	< 1.00	< 1.00	< 0.10	< 0.10
Rose water- Quba	100.00	< 4.00	< 1.00	< 1.00	< 1.00	< 0.10	< 0.10
Palm water- Quba	100.00	< 4.00	< 1.00	< 1.00	< 1.00	< 0.10	< 0.10
Zamoteh water -Aljesr	100.00	< 4.00	< 1.00	< 1.00	< 1.00	< 0.10	< 0.10
Marqadoosh water- Aljesr	100.00	< 4.00	< 1.00	< 1.00	< 1.00	< 0.10	< 0.10
Concentrated Special Palm water- Aljesr	100.00	< 4.00	< 1.00	< 1.00	< 1.00	< 0.10	< 0.10
Tabikha water- Aljesr	100.00	< 4.00	< 1.00	< 1.00	< 1.00	< 0.10	< 0.10
Liban Water- Aljesr	100.00	< 4.00	< 1.00	< 1.00	< 1.00	< 0.10	< 0.10
Rose water- Aljesr	100.00	< 4.00	< 1.00	< 1.00	< 1.00	< 0.10	< 0.10
Olive water- Aljesr	100.00	< 4.00	< 1.00	< 1.00	< 1.00	< 0.10	< 0.10
Alhindiba water- Aljesr	100.00	< 4.00	< 1.00	< 1.00	< 1.00	< 0.10	< 0.10
Mint water- Aljesr	100.00	< 4.00	< 1.00	< 1.00	< 1.00	< 0.10	< 0.10
Fawtun water- Aljesr	100.00	< 4.00	< 1.00	< 1.00	< 1.00	< 0.10	< 0.10

Lipid profile and micronutrient content of market products- Herbal water

Food Item	SFA (g/100)	TFA (g/100)	MUFA (g/100)	PUFA (g/100)	Cholesterol (mg/100)	Calcium (mg/100)	Iron (mg/100)	Sodium (mg/100)
Marqadoosh water-Quba	< 0.10	< 0.20	< 0.1	< 0.10	< 3.00	ND	ND	5.30
Rose water- Quba	< 0.10	< 0.20	< 0.1	< 0.10	< 3.00	ND	ND	5.50
Palm water- Quba	< 0.10	< 0.20	< 0.1	< 0.10	< 3.00	ND	ND	8.50
Zamoteh water- Aljesr	< 0.10	< 0.20	< 0.1	< 0.10	< 3.00	ND	ND	< 2.00
Marqadoosh water- Aljesr	< 0.10	< 0.20	< 0.1	< 0.10	< 3.00	ND	ND	< 2.00
Concentrated Special Palm water- Aljesr	< 0.10	< 0.20	< 0.1	< 0.10	< 3.00	ND	ND	< 2.00
Tabikha water- Aljesr	< 0.10	< 0.20	< 0.1	< 0.10	< 3.00	ND	ND	< 2.00
Liban Water- Aljesr	< 0.10	< 0.20	< 0.1	< 0.10	< 3.00	ND	ND	< 2.00
Rose water- Aljesr	< 0.10	< 0.20	< 0.1	< 0.10	< 3.00	ND	ND	< 2.00
Olive water- Aljesr	< 0.10	< 0.20	< 0.1	< 0.10	< 3.00	ND	ND	< 2.00
Alhindiba water- Alliser	< 0.10	< 0.20	< 0.1	< 0.10	< 3.00	ND	ND	< 2.00
Mint water- Aljesr	< 0.10	< 0.20	< 0.1	< 0.10	< 3.00	ND	ND	< 2.00
Fawtun water- Aljesr	< 0.10	< 0.10	< 0.1	< 0.10	< 3.00	ND	ND	< 2.00

Macronutrients content of Market products- Baby food

Food Item	H2O (g/100)	Energy (kcal/100)	CHO (g/100)	FIBER (g/100)	Sugar (g/100)	Protein (g/100)	Total Fat (g/100)
Heinz Rusks original	ND	395.97	82.24	3.22	29.40	5.21	5.13
Heinz Rusks orange	ND	397.11	79.62	2.48	14.82	5.82	6.15
Heinz Rusks date	ND	394.52	79.44	2.48	12.40	5.51	6.08
Cereal Rice (nestle)	ND	433.00	71.06	0.57	ND	12.72	10.48
Cereal apple mango carrot (nestle)	ND	53.70	11.80	1.30	10.00	0.50	<0.50
Cerelac wheat & fruits (nestle)	ND	425.00	68.70	2.00	37.00	14.00	10.00
Cerelac wheat & date (nestle)	ND	422.00	69.00	2.00	33.00	14.00	10.00
Cerelac banana ,apple, pear & peach	ND	68.80	15.30	1.90	12.64	0.75	0.09
Cerelac apple & apricot	ND	52.80	11.90	1.40	10.36	0.44	0.07
Cerelac apple banana strawberry	ND	57.90	13.00	1.20	12.16	0.63	0.11
Cerelac wheat (nestle)	ND	421.00	67.30	2.50	35.00	14.30	10.00
Cerealac banana , apple & oats	ND	71.40	14.60	1.40	10.00	1.00	1.00
Cerealac banana ,apple , pear &orange	ND	76.50	17.30	2.00	13.70	0.70	<0.50
Cerelac pear raspberry cereal	ND	59.00	11.60	1.75	7.70	0.90	<1.00

Lipid profile and micronutrient content of market products- Baby food

Food Item	SFA (g/100)	TFA (g/100)	MUFA (g/100)	PUFA (g/100)	Cholesterol (mg/100)	Calcium (mg/100)	Iron (mg/100)	Sodium (mg/100)
Heinz Rusks original	3.79	ND	0.99	0.07	ND	527.21	27.76	2.57
Heinz Rusks orange	3.44	ND	1.50	0.50	ND	540.64	23.10	3.39
Heinz Rusks date	3.92	ND	1.07	0.17	ND	538.20	25.05	4.67
Cereal Rice (nestle)	ND	ND	ND	ND	ND	449.00	9.10	111.00
Cereal apple mango carrot (nestle)	<0.10	<0.10	ND	ND	ND	ND	ND	20.00
Cerelac wheat & fruits (nestle)	ND	0.04	ND	ND	ND	450.00	10.00	130.00
Cerelac wheat & date (nestle)	ND	0.04	ND	ND	ND	450.00	10.00	120.00
Cerelac banana ,apple, pear & peach	ND	<0.04	ND	ND	ND	ND	ND	<1.00
Cerelac apple & apricot	ND	<0.04	ND	ND	ND	ND	ND	<1.00
Cerelac apple banana strawberry	<0.04	<0.04	ND	ND	<0.10	ND	ND	<1.00
Cerelac wheat (nestle)	0.04	ND	ND	ND	400.00	10.00	120.00	0.04
Cerelac banana , apple & oats	<0.20	ND	ND	ND	ND	ND	2.20	<0.20
Cerelac banana ,apple , pear &orange	<-0.10	ND	ND	ND	ND	ND	2.00	<0.10
Cerelac pear raspberry cereal	<-0.10	ND	ND	ND	ND	ND	1.40	<0.10

ANNEX

Ingredients of the Dishes

FOOD ITEM	INGREDIENTS
KHUBZ TANOOR	300g White flour, 4g Yeast, 200g Water, 3g Salt.
KHUBZ REGAG	230g Brown flower, 1.05g Cardamom, 22 Oil, 30g Salt, 250g Water
KHUBZ MAHYAWA	300g White flour, 1g Sesame seeds, 4g Yeast, 20g Water, 3g Mahyawa sauce
CHAPATI	Wheat flour, Iodized salt, Water
MACHBOOS DAJAJ	100g Chicken, 500g Rice, 150g Onion, 20g Garlic, 10g Ginger, 30g Green, pepper, 60g Tomatoes, 15g Spices, 60g Coriander, 5g Turmeric, 100g Water, 60g Oil, 15g Salt, 5g Paprika, 10g Dry lemon, 5g Black pepper, 15g Mixed seed, 15g Cumin and coriander
BIRIYANI DAJAJ	560g Rice, 250g Onion, 310g Tomato, 1250g Chicken, Spices, 30g Salt, 80g Oil, Yogurt, 500g Potatoes, 350 Sweet peppers, 20g Mixed spices, 20g Limes, 1250 water
DAJAJ BELFREN	300g Chicken, 1100g Potatoes, 450g Tomatoes, 420g Onions, 350g Carrots 30g Salt, 15g Mixed spices
SALOONA DAJAJ	950g Chicken, 625g Potatoes, 150g Tomatoes, 70g Onions, 701g Tomato Paste, 15g Oil, 15g Garlic, 15g Salt, 10g Dry lemon, 5g Mixed spices
MADROOBAH DAJAJ	1000g Chicken, 500g Rice, 60g Onion, 10g Garlic, 5g Ginger, 120g Tomatoes, 30g Spices, 60g Coriander, 5g Turmeric, 1000g Water, 60g Oil, 15g Salt, 5g Dry lemon, 5g Black pepper, 15g Mixed, Cumin, and coriander
HAREES CHICKEN	Chicken, Crushed wheat, Salt, Water
MASLI DAJAJ	1000g Chicken, 500g Basmati rice, 100g Onions, 10g Garlic, 5g Ginger, 150g Potatoes, 60g Green pepper, 100g Tomatoes, 15g Spices, 60g Coriander, 5g Turmeric, 1000g Water, 60g Oil, Salt, Paprika, 10g Dry lemon, 5g Black pepper, 15g Mixed seed, 10g Cumin, and coriander
SHISH TAWOOQ	Lemon juice, Olive oil, Chicken breast, Garlic, Black pepper, Salt.

FOOD ITEM	INGREDIENTS
BIRYANI MEAT	500g Rice, 115g Onion, 500g Meat, 240g Potatoes, 15g Garlic 10g Spices, 20g Salt, 60g Oil, 60g Tomato, 5g Dry lemon, 950g water
MACHBOOS MEAT	1000g Meat, 15g Black Pepper, 10g Garlic, Bay leaf, 10g Ginger, 150g Onion, 5g Cardamom, 5g Coriander powder, 15g Salt, punch of Saffron, 5g Pepper, 15g Mixed spices, 500g Rice.
QOUZI	2250g Lamb, 800g Rice, 250g Onions, Pine 100g nuts, 140g Boiled eggs, 100g Oil, 70g Currants, 40g Salt, 50g Almonds, 50g Rose water, 15g Mixed spices, 3g Cardamom, 2g Cinnamon, 1g Saffron, 1250 water.
SALOONA MEAT	1000g Meat with Bones, 50g Potatoes, 50g Tomatoes, 30g Tomato paste, 50g Onions, 60g Oil, 5g Dry lemon, 15 g Salt, 15g Mixed Spices, 1000g Water
MARAG BAMIAH	100g Okra, 500g Meat with bones, 500g Tomatoes, 220 g Onions, 140g Tomatopaste, 30g Tamarind, 20g Garlic, 10g Salt, 6g Mixed Spices, 1100g Water.
MARAG SHABZI	2750g Turnips, 300g Leek, 250g Coriander, 70g Fenugreek, 30g Limes, 30g Tomatoes, 90g Tomato paste, 1020g Meat, 420g Onions, 60g Garlic, 13g Spices, 30g Salt, 550 Green beans, 1200g Water.
MACARONA BACHAMEL MEAT	1250g Macaroni, 1000g Ground meat, 1100g Tomatoes, 700g Milk, 600g Onions, 125g White flour, 200g Butter, 110g Eggs, 50g Salt, 15g Mixed spices, 1000g Water.
HAREES MEAT	500g Meat, 500g Crushed wheat, 50g Ghee, 30g Cinnamon, 1.4g Sugar, 15g Salt, 1500g Water.
KOFTA	950g Onions, 320g Parsley, 3000g Ground meat, 760g Tomatoes, 30g Mixed spices, 60g Oil, 70g Salt.
WARAK ENAB WITH MEAT	Vine leaves, Tomatoes, Onion, Flat-leaf parsley, Mint Lemon juice, Short-grain rice, Meat grounded, Olive oil. Salt.
MAHSHI KOOSA	2060g Squash, 800g Ground Meat, 610g Tomatoes, 240g Sweet pepper, 750g Rice, 300g Onions, 160g Parsley, 50g Oil, 40g Salt, 25g Spices. 7g Limes.
TIKKA MEAT	500g Meat, 15g Black pepper powder, 20g Dry lemon powder, 15g Salt, 10g Spices, 30g Onion.
MACHBOOS HAMOUR	1000g Hamour fish, 500g Rice, 15g Mixed spices, 5g Coriander and cumin, 50g Onion, 20g Garlic, 30g Tomatoes, 30g Coriander, 20g Salt, 5g Dry lemon, 60g Oil, 5g Turmeric, 5g Black pepper.
MOMAWASH RUBYAN	5g Mixed spices, 8g Dry lemon, 1250g Water, 480g Rice, 240g Dried Prawns, 120g Mung beans, 120g Onion, , 2g Turmeric, 30g Oil, 15g Salt.
FRIED SAFI	1000g Safi fish, 10g Turmeric, 20g Salt, 10g Red pepper, 10g Coriander and cumin, 60g Oil
GRILLED SUPREME	1000g Supreme fish, 15g Salt, 10g Black pepper.

FOOD ITEM	INGREDIENTS
RUBYAN MASHWI	Prawns, Mixed spices, Garlic, Lime, Salt.
FISH SANEYA	Fish, Onions, Tomatoes, Bell Pepper, Garlic, Coriander Oil, Salt, Mixed spices, Lime
SALOONA SHURI	1000g Shuri fish, 15g Salt, 15g Mixed spice, 10g Dry lemon, 5g Black pepper, 100g Onion, 10g Garlic, 120g Tomatoes, 60g Coriander. 100gg Tomato paste, 1000g Water, 60g Oil.
HAMMSAT RUBYAN	2700g Shrimp, 900g Tomato, 900g Onions, 250g Coriander, 130g Garlic, 70g Oil, 50g Salt, 20g, Mixed spices, 10g Limes.
DRIED FISH	Fish, Salt.
STEAMED CEABS (FROZEN)*	Crabs, Water.
TABOULA	Tomatoes, Spring onions, Flat leaf parsley, Mint, Bulgur Wheat, Lemon juice, Olive oil, Salt
FATOUSH	Lettuces, Cherry tomatoes, Cucumbers, Radishes, Spring onions, Flat-leaf, Parsley mint, Pitta bread, Olive oil, Vinegar
MAHSHI WARAQ ENAB BI ZAIT	Tomato, Parsley, Lemon juice, Grape leaves, Lemon salt, Nutmeg, Rice, Pepper, Onion, Salt, Olive oil
MALFOUF MAHCHI	Cabbage leaves, Basic vegetables stuffing, Tomato, Lemon juice, Water, Cinnamon, Garlic cloves, Dry mint.
ACHAR BAHRAINI (MIXED PICKLES	Carrots, Cucumber, Cauliflower, Garlic, Green Chili, Coriander, Cumin, Red chili, Tomato paste, Salt, Vinegar Turmeric.
HOMMOS	Chickpeas, Garlic clove, Lemon juice, Tahini, Olive oil, Salt.
FALAFEL	Dry fava beans, Dried chickpeas, Italian parsley, green cilantro, Garlic cloves, Onion, Salt, Black pepper, Flour Baking soda, red chili pepper, Cumin Coriander, Tahini Paste, Lemon juice.
FOUL MOUDAMAS	Broad beans, baking soda, Water, Salt, Garlic cloves minced, Lemon juice, Olive oil.
EGG WITH TAMATO	2 Eggs, 60g Tomato, 30g Oil, 15g Salt, 10g Black pepper, 5g Mixed spices, 5g Turmeric
MOTHBAL	Garlic, Tahina, Parsley, Lemon juice, Eggplant, Salt

FOOD ITEM	INGREDIENTS
BABA GHANOUJ	Eggplant, Garlic, Lemon juice, Tahini, Pomegranate seeds, Salt.
CORN SWEET	Sweet Corn, Lime Juice, Chili spice.
MATHAI	Wheat flour, Chickpeas, Water, Salt, Cumin seeds, Vegetables oil, Mung seeds, green peas, Peanuts, Food Colors.
FATIRA WITH CHEESE	White flour, Salt, Water, Yeast, Cheese.
FATIRA WITH ZAATAR	White flour, Salt, Water, Yeast, Thyme, Sumac, Olive oil.
FATIRA WITH CHIKEN	Bread, Chicken.
FATIRA WITH MEAT	Bread, Meat.
CHEESE SAMBOOSA	White flour, Salt, Water, Oil, Cheese.
SPANICH PASTRY	Fresh spinach, Onions, Pine nuts, Lemon juice, Olive oil, Sumac, Salt, Plain white flour, Caster sugar, Baker yeast,
CHICKEN SHAWARMA	Chicken without bones, Garlic, Lime, Oil, Salt, Spices
SHAWARMA LAHAM	Meat, Olive oil, Onions, Red vinegar, Lemon juice, Pepper, Cinnamon, Nutmeg, Salt, Garlic.
CHEESE SANDWICH	Bread, Cheese.
EGG SANDWICH	Bread, Eggs.
SAUSAGE SANDWICH	Bread, Chicken sausage, Cabbage
CHICKEN SANDWICH	Bread, Chicken, Cabbage, Onion
SANDWICH BEEFBURGER WITH CHEESE	Burger bread, Minced beef meat, Cheese slices, Tomato, Onion, Lettuce, Ketchup, Mayonnaise

FOOD ITEM	INGREDIENTS
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KARAK TEA	10g Tea, 30g Evaporated milk, 15g Sugar, 5g Cardamom, 5g Saffron, 250g Water.
HALOOMI CHEESE	Halloumi cheese.
MAHALABIA	Milk, Sugar, Starch, Rose water, Blossom water, Nuts.
HALWA BAHRAINI	Sugar, Starch, Cashew, Corn oil, Cardamom, Rose water Food Colors.
HALWA ALMALAKIA	Water, Sugar, Starch, Cashew, Almond, Corn oil, Rose water, Cadmium.
RAHASH	Tahina, Sugar, Milk, Nuts, Rose water, Cardamom.
RAHASH CHOCOLATE	Tahina, Sugar, Milk, Nuts, Rose water, Cardamom, Chocolate.
NASHAB	Wheat flour, Sugar, Molasses, Vegetable oil, Cinnamon Cardamom, Salt.
GURAIBA	Wheat flour, Sugar, Butter, Pistachio, Saffron.
SAMBOOSA HELWA	Grounded nuts, Sugar, Rose water, Cinnamon, Water White flour, Salt, Oil.
ZALABIYA*	White flour, Yeast, Starch, Oil, Water, Sugar, Lime Saffron.
GEMAT	White flour, Yeast, Salt, Sugar, Water, Dates molasse.
BALALEET	1300g Vermicelli, 700g Eggs, 600g Sugar, 150g Oil, 60g Rose water, 20g Salt, 10g Cardamom, 3g Saffron, 2240g Water.
SIMSIMIA	Sugar, Sesame, Yeast, Molasses, Peanut.
SHAAR BANAAT	Sugar, Wheat flour, Water, Food coloring.
QOURS OKAILI	1600g Brown flour, 1400g Eggs, 820g Milk, 600g Sugar, 350g Oil, 220g Rose water, 70g Sesame seeds, 20g Cardamom, 10g Baking powder, 4g Saffron.
BAQLAWA	Phyllo pastry, Unsalted butter, Sugar syrup, Chilled unsalted pistachios, Superfine sugar, orange blossom water, Rose water.
KOUNAFA BIL JEBEN	Akkawi cheese, Mozzarella, Hair" pastry, Unsalted diced butter, Fragrant sugar syrup.

FOOD ITEM	INGREDIENTS
KOUNAFA KASHTA	Flour, Pinch of salt, Sugar, Instant dry yeast, lukewarm water, baking soda, Rose syrup, Akkawi cheese, Fresh grated mozzarella cheese, Sugar, Rose water.
KONAFA WITH HONEY	Konafa, Honey, Nuts.
MAAMOUL TAMER	Semolina, Grounded mahlab, Butter, Instant dry yeast, Sugar, Full-fat milk, Icing sugar for dusting, Chopped pitted dates, Grounded nutmeg
TAMREA	4000g Dates, 550g White flower, 500g Butter.
RANGINA	1100g White flour, 3250g Dates, 620g Butter, 100g Cinnamon.

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