Different crop varieties have statistically different nutrient contents hence acquiring nutrient data on existing diversified foods is a prerequisite for decision making process in nutrition planning. However, the data on the nutritional make up of Nepalese foods are scanty. Due to the lack of professional attention to food database, large gaps exist in our knowledge of the composition and the dietary contribution of these foods to human nutrition. Thus the main objective of this work was to develop the food composition data table for commonly consumed Nepalese foods.

Department of Food Technology and Quality Control for the first time developed the nutritional composition table of wide verities of the Nepalese food. Food samples were randomly collected from different parts of the country. Samples were selected based on the local food habit and consumption practices. Collected samples were analyzed at National Nutritional Laboratory for their proximate and nutrients content following the standard methods of analysis. Triplicate analysis was done, average value was taken to develop the Food Composition Table. Altogether 120 foods', including different groups of foods like cereal, legumes, starchy foods, tubers, green leafy vegetables, processed food products, including the wild and marginalized crops, were included in this study. Information in the food composition table includes: moisture, fat, protein, ash, dietary fiber, carbohydrate, minerals (Ca, P, Fe Mn) and vitamins (A, C) content of respective foods.

Identifying and disseminating nutrient profiles of local foods including wild and under-utilized varieties could foster both food and nutritional security which is most warranted areas in Nepalese perspective. Such nutritional data could serve as a reference for academic and nutritional research, and would be helpful in nutrition planning and development of intervention programs and activities by the national government and development agencies to ensure the local food security and nutritional wellbeing of the population.

Key words: Food, Composition, Nutrition, Human Health, Nepal.