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LIST OF ABBREVIATIONS AND SYMBOLS USED

AOAC	: Association of Official Analytical Chemists
Caco-2	: Cancer coli-2
CFU	: Colony forming unit
DPPH	: 2,2-diphenyl-1-picrylhydrazyl
FAO	: Food and Agriculture Organization
FFA	: Free fatty acid
FRAP	: Ferric Reducing Antioxidant Power
FSSAI	: Food Safety and Standards Authority of India
GCMS	: Gas Chromatography-Tandem Mass Spectrometry
GRAS	: Generally recognized as safe
IDA	: Iron Deficiency Anemia
MIC	: Minimum Inhibition Concentration
RDA	: Recommended dietary allowances
SDG	: Sustainable Development Goal
UNICEF	: United Nations Children's Fund
WHO	: World Health Organization
%:	: Percent
°C	: Degree centigrade
Eg	: exempli gratia (for examples)
<i>et al</i>	.: et alli (and others)
etc	: Et cetera (and all the rest)
Fig	.: Figure
G	: Grams
Mg	: Miligram
mL	: Millilitre
μ	: micron