

## the way you did it

Country List			
Country	ISO ALPHA	ISO ALPHA	ISO numeric
Afghan	AF	AFG	004
Aland	AX	ALA	248
Albania	AL	ALB	008
Algeria	DZ	DZA	012
American Samoa	AS	ASM	016
Andorra	AD	AND	020
Angola	AO	AGO	024

## in case you already have the data frame in R

```
df <- data.frame(stringsAsFactors = FALSE,
  Country = c("Afghan", "Aland", "Albania", "Algeria", "American Samoa", "Andorra", "Angola"),
  ISO.ALPHA = c("AF", "AX", "AL", "DZ", "AS", "AD", "AO"),
  ISO.ALPHA.1 = c("AFG", "ALA", "ALB", "DZA", "ASM", "AND", "AGO"),
  ISO.numeric = c(4, 248, 8, 12, 16, 20, 24))

knitr::kable(x = df,
  caption = "Country List")
```

Table 1: Country List

Country	ISO.ALPHA	ISO.ALPHA.1	ISO.numeric
Afghan	AF	AFG	4
Aland	AX	ALA	248
Albania	AL	ALB	8
Algeria	DZ	DZA	12
American Samoa	AS	ASM	16
Andorra	AD	AND	20
Angola	AO	AGO	24