



Food ID: A001

Food name and Description: Corn grits, white

Scientific name: *Zea mays*

Alternate/Common name(s): Mais, durog, puti

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	12.2
Energy, calculated (kcal)	357
Protein (g)	8.3
Total Fat (g)	1.5
Carbohydrate, total (g)	77.5
Carbohydrate, available (g)	73
Ash, total (g)	0.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.5
Sugars, total (g)	0.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	11
Phosphorus, P (mg)	86
Iron, Fe (mg)	0.4
Sodium, Na (mg)	1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (μg)	0
beta-Carotene (μg)	0
Retinol Activity Equivalent, RAE (μg)	0
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.29
Fatty acids, monounsaturated, total (g)	0.3
Fatty acids, polyunsaturated, total(g)	0.75

Cholesterol (mg)

0