



**Food ID:** A002  
**Food name and Description:** Corn grits, yellow  
**Scientific name:** *Zea mays*  
**Alternate/Common name(s):** Mais, durog, dilaw  
**Edible portion:** 100%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	12
Energy, calculated (kcal)	350
Protein (g)	7.7
Total Fat (g)	0.8
Carbohydrate, total (g)	78.1
Ash, total (g)	1.4

### **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.6
Sugars, total (g)	0.6

### **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	22
Phosphorus, P (mg)	213
Iron, Fe (mg)	1.3
Sodium, Na (mg)	1

### **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	65
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.14
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	1.3
Ascorbic Acid, Vitamin C (mg)	0

### **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.1
Fatty acids, monounsaturated, total (g)	0.2
Fatty acids, polyunsaturated, total(g)	0.34
Cholesterol (mg)	0