

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines

Food ID: A005 Food name and Description: Corn on cob, yellow, boiled Scientific name: *Zea mays* Alternate/Common name(s): Mais sa busal, dilaw, nilaga Edible portion: 54%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	59.2
Energy, calculated (kcal)	167
Protein (g)	3.3
Total Fat (g)	1.2
Carbohydrate, total (g)	35.7
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.7
Sugars, total (g)	7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	10
Phosphorus, P (mg)	92
Iron, Fe (mg)	1.2
Sodium, Na (mg)	1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (μg)	104
Retinol Activity Equivalent, RAE (µg)	9
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	0.9
Ascorbic Acid, Vitamin C (mg)	5

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	0.16
Fatty acids, monounsaturated, total (g)	0.3
Fatty acids, polyunsaturated, total(g)	0.48
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 8:22:51