



**Food ID:** A007

**Food name and Description:** Cornmeal, yellow

**Scientific name:** *Zea mays*

**Alternate/Common name(s):** Mais, giniling, dilaw

**Edible portion:** 100%

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

Water (g)	10.4
Energy, calculated (kcal)	371
Protein (g)	8.5
Total Fat (g)	3.2
Carbohydrate, total (g)	77
Ash, total (g)	0.9

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

Fiber, total dietary (g)	7.3
Sugars, total (g)	0.6

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

Calcium, Ca (mg)	20
Phosphorus, P (mg)	148
Iron, Fe (mg)	1.7
Sodium, Na (mg)	35

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	160
Retinol Activity Equivalent, RAE (µg)	13
Thiamin, Vitamin B1 (mg)	0.36
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	1.7
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.45
Fatty acids, monounsaturated, total (g)	0.85
Fatty acids, polyunsaturated, total(g)	1.46
Cholesterol (mg)	0