



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