

**Food ID:** A014**Food name and Description:** Rice, undermilled**Scientific name:** *Oryza sativa***Alternate/Common name(s):** Brown rice/Pinawa**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	11.6
Energy, calculated (kcal)	363
Protein (g)	8.1
Total Fat (g)	2.8
Carbohydrate, total (g)	76.3
Ash, total (g)	1.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3
Sugars, total (g)	3.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	6
Phosphorus, P (mg)	252
Iron, Fe (mg)	1.8
Potassium, K (mg)	231
Sodium, Na (mg)	9
Zinc, Zn (mg)	2

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (μg)	0
beta-Carotene (μg)	8
Retinol Activity Equivalent, RAE (μg)	1
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	4

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.58
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0.01
Palmitic, C16 (g)	0.49
Stearic, C18 (g)	0.05
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	1.04
Oleic , C18:1 (g)	1.03
Fatty acids, polyunsaturated, total(g)	1.03
Linoleic, C18:2 (g)	0.99
Linolenic, C18:3 (g)	0.04
Cholesterol (mg)	0