



Food ID: A101

Food name and Description: Cookies, vanilla wafer, choc-coated

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	1.5
Energy, calculated (kcal)	510
Protein (g)	5.4
Total Fat (g)	24.2
Carbohydrate, total (g)	67.7
Ash, total (g)	1.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.5
Sugars, total (g)	38.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	115
Phosphorus, P (mg)	128
Iron, Fe (mg)	1.6
Sodium, Na (mg)	598

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	5
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.12
Riboflavin, Vitamin B2 (mg)	0.2
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	7.23
Fatty acids, monounsaturated, total (g)	8.29
Fatty acids, polyunsaturated, total(g)	7.08
Cholesterol (mg)	0