

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



Food ID: A102 Food name and Description: Cookies, wafer Scientific name: Alternate/Common name(s): Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	2.1
Energy, calculated (kcal)	505
Protein (g)	4.6
Total Fat (g)	22.9
Carbohydrate, total (g)	70
Ash, total (g)	0.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.6
Sugars, total (g)	42.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	36
Phosphorus, P (mg)	55
Iron, Fe (mg)	1.9
Sodium, Na (mg)	103

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (μg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	1.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	11.72
Fatty acids, monounsaturated, total (g)	7.58
Fatty acids, polyunsaturated, total(g)	2.61
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 9:16:08