

**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