

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

Food ID: A202 Food name and Description: Wheat flour, all-purpose, enr, bleached Scientific name: Alternate/Common name(s): Arina trigo, all-purpose, enr, pinaputi Edible portion: 100%

# Proximates (Food Composition per 100g Edible Portion)

Water (g)	9.8
Energy, calculated (kcal)	377
Protein (g)	11
Total Fat (g)	3.6
Carbohydrate, total (g)	75.2
Ash, total (g)	0.4

#### Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.8
Sugars, total (g)	0.3

# Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	122
Phosphorus, P (mg)	71
Iron, Fe (mg)	4.1
Sodium, Na (mg)	2

#### 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)	0.5
Riboflavin, Vitamin B2 (mg)	0.15
Niacin (mg)	4
Ascorbic Acid, Vitamin C (mg)	0

### Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	0.57
Fatty acids, monounsaturated, total (g)	0.32
Fatty acids, polyunsaturated, total(g)	1.52
Cholesterol (mg)	0

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