



**Food ID:** D010

**Food name and Description:** Bamboo shoot

**Scientific name:** *Bambusa blumeana*

**Alternate/Common name(s):** Labong

**Edible portion:** 22%

## **Proximates** (Food Composition per 100g Edible Portion)

|                           |      |
|---------------------------|------|
| Water (g)                 | 92.8 |
| Energy, calculated (kcal) | 28   |
| Protein (g)               | 1.9  |
| Total Fat (g)             | 0.4  |
| Carbohydrate, total (g)   | 4.1  |
| Ash, total (g)            | 0.8  |

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

|                          |     |
|--------------------------|-----|
| Fiber, total dietary (g) | 2.1 |
| Sugars, total (g)        | 0.6 |

## **Minerals** (Food Composition per 100g Edible Portion)

|                    |     |
|--------------------|-----|
| Calcium, Ca (mg)   | 19  |
| Phosphorus, P (mg) | 19  |
| Iron, Fe (mg)      | 0.5 |
| Potassium, K (mg)  | 314 |
| Sodium, Na (mg)    | 4   |
| Zinc, Zn (mg)      | 0.6 |

## **Vitamins** (Food Composition per 100g Edible Portion)

|                                       |      |
|---------------------------------------|------|
| Retinol, Vitamin A (µg)               | 0    |
| beta-Carotene (µg)                    | 5    |
| Retinol Activity Equivalent, RAE (µg) | 0    |
| Thiamin, Vitamin B1 (mg)              | 0.04 |
| Riboflavin, Vitamin B2 (mg)           | 0.05 |
| Niacin (mg)                           | 0.3  |
| Ascorbic Acid, Vitamin C (mg)         | 8    |

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

|                                   |      |
|-----------------------------------|------|
| Fatty acids, saturated, total (g) | 0.09 |
| Caproic, C6 (g)                   | 0    |

|                                         |      |
|-----------------------------------------|------|
| Caprylic, C8 (g)                        | 0    |
| Capric, C10 (g)                         | 0    |
| Lauric, C12 (g)                         | 0    |
| Myristic, C14 (g)                       | 0    |
| Palmitic, C16 (g)                       | 0.07 |
| Stearic, C18 (g)                        | 0.01 |
| Arachidic, C20 (g)                      | 0    |
| Behenic, C22 (g)                        | 0    |
| Lignoceric, C24 (g)                     | 0    |
| Fatty acids, monounsaturated, total (g) | 0.01 |
| Oleic , C18:1 (g)                       | 0.01 |
| Fatty acids, polyunsaturated, total(g)  | 0.18 |
| Linoleic, C18:2 (g)                     | 0.15 |
| Linolenic, C18:3 (g)                    | 0.03 |
| Cholesterol (mg)                        | 0    |