

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



Food ID: D011 Food name and Description: Bamboo shoot, boiled Scientific name: *Bambusa blumeana* Alternate/Common name(s): Labong, nilaga Edible portion: 100%

# Proximates (Food Composition per 100g Edible Portion)

Water (g)	93.6
Energy, calculated (kcal)	26
Protein (g)	1.2
Total Fat (g)	0.3
Carbohydrate, total (g)	4.5
Ash, total (g)	0.4

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

Fiber, total dietary (g)	1.6
Sugars, total (g)	0.5

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

Calcium, Ca (mg)	18
Phosphorus, P (mg)	20
Iron, Fe (mg)	0.2
Sodium, Na (mg)	6

## 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)	0.03
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g	0.07
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.13
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 8:24:39