



Food ID: D012

Food name and Description: Banana stem

Scientific name: *Musa x balbisiana*

Alternate/Common name(s): Ubod ng saging/Banana pith

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	94.8
Energy, calculated (kcal)	16
Protein (g)	0.8
Total Fat (g)	0.1
Carbohydrate, total (g)	3
Ash, total (g)	1.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.9
Sugars, total (g)	0.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	20
Phosphorus, P (mg)	21
Iron, Fe (mg)	0.3
Sodium, Na (mg)	32

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)	0.01
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	0