

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



Food ID: D057 Food name and Description: Coconut, heart of palm Scientific name: *Cocos nucifera* Alternate/Common name(s): Niyog ubod Edible portion: 34%

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

Water (g)	87.8
Energy, calculated (kcal)	47
Protein (g)	4.3
Total Fat (g)	0.8
Carbohydrate, total (g)	5.7
Ash, total (g)	1.4

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

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

# Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	38
Phosphorus, P (mg)	60
Iron, Fe (mg)	0.2
Sodium, Na (mg)	4

## 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)	0.05
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	1.4
Ascorbic Acid, Vitamin C (mg)	16

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

Fatty acids, saturated, total (g	0.18
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.36
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 8:24:01