



Food ID: D089

Food name and Description: Guava lvs

Scientific name: *Psidium guajava*

Alternate/Common name(s): Bayabas dahon

Edible portion: -%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	68.3
Energy, calculated (kcal)	131
Protein (g)	4.5
Total Fat (g)	2.4
Carbohydrate, total (g)	22.9
Ash, total (g)	1.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	11.2
Sugars, total (g)	2.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	301
Phosphorus, P (mg)	79
Iron, Fe (mg)	5.3
Sodium, Na (mg)	11

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	3290
Retinol Activity Equivalent, RAE (µg)	274
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	93

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