



**Food ID:** D240

**Food name and Description:** Sugar palm, heart of palm

**Scientific name:** *Arenga pinnata*

**Alternate/Common name(s):** Kaong ubod

**Edible portion:** 85%

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

Water (g)	90.2
Energy, calculated (kcal)	38
Protein (g)	1.3
Total Fat (g)	0.5
Carbohydrate, total (g)	7
Ash, total (g)	1

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

Fiber, total dietary (g)	0.5
Sugars, total (g)	5.5

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

Calcium, Ca (mg)	62
Phosphorus, P (mg)	26
Iron, Fe (mg)	0.8
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)	0.02
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	0
Ascorbic Acid, Vitamin C (mg)	10

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

Fatty acids, saturated, total (g)	0.12
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.22
Cholesterol (mg)	0