

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



Food ID: E012 Food name and Description: Banana, latundan Scientific name: *Musa x paradisiaca* Alternate/Common name(s): Saging, latundan Edible portion: 73%

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

Water (g)	73.4
Energy, calculated (kcal)	105
Protein (g)	1.2
Total Fat (g)	0.3
Carbohydrate, total (g)	24.4
Ash, total (g)	0.7

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

Fiber, total dietary (g)	2.8
Sugars, total (g)	13

# Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	17
Phosphorus, P (mg)	34
Iron, Fe (mg)	0.7
Sodium, Na (mg)	3

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

Retinol, Vitamin A (µg)	0
beta-Carotene (μg)	30
Retinol Activity Equivalent, RAE (µg)	3
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	21

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

Fatty acids, saturated, total (g	0.1
Fatty acids, monounsaturated, total (g)	0.03
Fatty acids, polyunsaturated, total(g)	0.07
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 12:47:33