

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



Food ID: E016 Food name and Description: Banana, ternate Scientific name: *Musa x paradisiaca* Alternate/Common name(s): Saging, ternate Edible portion: 64%

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

Water (g)	66.2
Energy, calculated (kcal)	134
Protein (g)	0.9
Total Fat (g)	0.4
Carbohydrate, total (g)	31.6
Ash, total (g)	0.9

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

Fiber, total dietary (g)	3.5
Sugars, total (g)	16.5

# Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	11
Phosphorus, P (mg)	24
Iron, Fe (mg)	0.7
Sodium, Na (mg)	1

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

Retinol, Vitamin A (µg)	0
beta-Carotene (μg)	325
Retinol Activity Equivalent, RAE (µg)	27
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	15

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

Fatty acids, saturated, total (g	0.14
Fatty acids, monounsaturated, total (g)	0.04
Fatty acids, polyunsaturated, total(g)	0.09
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 16:34:58