



Food ID: E031

Food name and Description: Guava, red

Scientific name: *Psidium guajava*

Alternate/Common name(s): Bayabas, pula

Edible portion: 99%

Proximates (Food Composition per 100g Edible Portion)

| | |
|---------------------------|------|
| Water (g) | 74.3 |
| Energy, calculated (kcal) | 102 |
| Protein (g) | 0.9 |
| Total Fat (g) | 0.4 |
| Carbohydrate, total (g) | 23.8 |
| Ash, total (g) | 0.6 |

Other Carbohydrate (Food Composition per 100g Edible Portion)

| | |
|--------------------------|------|
| Fiber, total dietary (g) | 7.2 |
| Sugars, total (g) | 11.9 |

Minerals (Food Composition per 100g Edible Portion)

| | |
|--------------------|-----|
| Calcium, Ca (mg) | 34 |
| Phosphorus, P (mg) | 26 |
| Iron, Fe (mg) | 0.6 |
| Sodium, Na (mg) | 5 |

Vitamins (Food Composition per 100g Edible Portion)

| | |
|---------------------------------------|------|
| Retinol, Vitamin A (µg) | 0 |
| beta-Carotene (µg) | 65 |
| Retinol Activity Equivalent, RAE (µg) | 5 |
| Thiamin, Vitamin B1 (mg) | 0.05 |
| Riboflavin, Vitamin B2 (mg) | 0.04 |
| Niacin (mg) | 1.4 |
| Ascorbic Acid, Vitamin C (mg) | 158 |

Lipids (Food Composition per 100g Edible Portion)

| | |
|---|------|
| Fatty acids, saturated, total (g) | 0.11 |
| Fatty acids, monounsaturated, total (g) | 0.04 |
| Fatty acids, polyunsaturated, total(g) | 0.17 |
| Cholesterol (mg) | 0 |