



Republic of the Philippines

Department of Science and Technology

FOOD AND NUTRITION RESEARCH INSTITUTE

General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: F231

Food name and Description: Ham, pork, sweet, chopped

Scientific name: N/A

Alternate/Common name(s): -

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	72.4
Energy, calculated (kcal)	117
Protein (g)	10.7
Total Fat (g)	4.4
Carbohydrate, total (g)	8.7
Ash, total (g)	3.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.2
Sugars, total (g)	2.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	20
Phosphorus, P (mg)	74
Iron, Fe (mg)	1.1
Potassium, K (mg)	245
Sodium, Na (mg)	1208
Zinc, Zn (mg)	1.3

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	4
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	4
Thiamin, Vitamin B1 (mg)	0.12
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	1.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.34
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0.01
Lauric, C12 (g)	0.12
Myristic, C14 (g)	0.1
Palmitic, C16 (g)	0.73
Stearic, C18 (g)	0.35
Arachidic, C20 (g)	0.01
Behenic, C22 (g)	0.01
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	1.17
Oleic , C18:1 (g)	1.17
Fatty acids, polyunsaturated, total(g)	0.4
Linoleic, C18:2 (g)	0.38
Linolenic, C18:3 (g)	0.02
Cholesterol (mg)	35