



Food ID: G089

Food name and Description: Oyster

Scientific name: *Crassostrea sp.*

Alternate/Common name(s): Talaba

Edible portion: 12%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	85.5
Energy, calculated (kcal)	60
Protein (g)	5.9
Total Fat (g)	1.7
Carbohydrate, total (g)	5.2
Ash, total (g)	1.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	147
Phosphorus, P (mg)	77
Iron, Fe (mg)	5.9
Sodium, Na (mg)	882

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	110
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	110
Thiamin, Vitamin B1 (mg)	0.21
Riboflavin, Vitamin B2 (mg)	0.2
Niacin (mg)	1.7
Niacin from tryptophan (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.44
Fatty acids, monounsaturated, total (g)	0.23
Fatty acids, polyunsaturated, total(g)	0.61

