

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

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) beta-Carotene (µg)	110 0
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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

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 18:03:49 Cholesterol (mg)