



Republic of the Philippines

Department of Science and Technology

**FOOD AND NUTRITION RESEARCH INSTITUTE**

General Santos Avenue, Bicutan, Taguig City, Philippines



**Food ID:** G139

**Food name and Description:** Therapon, convex-lined

**Scientific name:** *Therapon jarbua*

**Alternate/Common name(s):** Bagaong

**Edible portion:** 39%

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

Water (g)	80
Energy, calculated (kcal)	79
Protein (g)	18.3
Total Fat (g)	0.6
Carbohydrate, total (g)	0
Ash, total (g)	1.1

## 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)	60
Phosphorus, P (mg)	164
Iron, Fe (mg)	0.6
Sodium, Na (mg)	101

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

Retinol, Vitamin A (µg)	95
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	95
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	4
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	-