



Food ID: G229

Food name and Description: Tuna sardines, in oil, cnd

Scientific name:

Alternate/Common name(s):

Edible portion: -%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	67.6
Energy, calculated (kcal)	183
Protein (g)	16.4
Total Fat (g)	12.5
Carbohydrate, total (g)	1.3
Ash, total (g)	2.2

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)	43
Phosphorus, P (mg)	124
Iron, Fe (mg)	0.6
Sodium, Na (mg)	357

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	180
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	180
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.25
Niacin (mg)	6.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.8
Fatty acids, monounsaturated, total (g)	4.81
Fatty acids, polyunsaturated, total(g)	5.36
Cholesterol (mg)	30