



Food ID: J001

Food name and Description: Cheese, cheddar, pasteurized, processed

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	41.7
Energy, calculated (kcal)	322
Protein (g)	21.7
Total Fat (g)	22.7
Carbohydrate, total (g)	7.8
Ash, total (g)	6.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	731
Phosphorus, P (mg)	690
Iron, Fe (mg)	1.1
Sodium, Na (mg)	1337

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	55
beta-Carotene (µg)	180
Retinol Activity Equivalent, RAE (µg)	70
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.3
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	13
Fatty acids, monounsaturated, total (g)	5.66
Fatty acids, polyunsaturated, total(g)	0.96
Cholesterol (mg)	68