

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

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Food ID: J019 Food name and Description: Milk, pwdr, filled, inst Scientific name: Alternate/Common name(s): Gatas, pulbos, filled, inst Edible portion: 100%

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

Water (g)	2.2
Energy, calculated (kcal)	508
Protein (g)	26.2
Total Fat (g)	28
Carbohydrate, total (g)	37.8
Ash, total (g)	5.8

#### Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	37.8

# Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	854
Phosphorus, P (mg)	688
Iron, Fe (mg)	0.3
Sodium, Na (mg)	466

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

Retinol, Vitamin A (µg)	750
beta-Carotene (μg)	30
Retinol Activity Equivalent, RAE (µg)	753
Thiamin, Vitamin B1 (mg)	0.26
Riboflavin, Vitamin B2 (mg)	1.74
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	14

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

Fatty acids, saturated, total (g	6.22
Fatty acids, monounsaturated, total (g)	14.43
Fatty acids, polyunsaturated, total(g)	6.07
Cholesterol (mg)	16

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 13:09:41