

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



Food ID: J020 Food name and Description: Milk, pwdr, full cream Scientific name: Alternate/Common name(s): Gatas, pulbos, full cream Edible portion: 100%

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

Water (g)	2.8
Energy, calculated (kcal)	480
Protein (g)	24.1
Total Fat (g)	22.5
Carbohydrate, total (g)	45.2
Ash, total (g)	5.4

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

Fiber, total dietary (g)	0
Sugars, total (g)	38.3

# Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	1023
Phosphorus, P (mg)	692
Iron, Fe (mg)	2.8
Sodium, Na (mg)	320

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

Retinol, Vitamin A (µg)	140
beta-Carotene (μg)	85
Retinol Activity Equivalent, RAE (µg)	147
Thiamin, Vitamin B1 (mg)	0.28
Riboflavin, Vitamin B2 (mg)	1.71
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	6

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

Fatty acids, saturated, total (g	14.1
Fatty acids, monounsaturated, total (g)	6.68
Fatty acids, polyunsaturated, total(g)	0.56
Cholesterol (mg)	82

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 14:27:18