



Food ID: K008

Food name and Description: Oil, coconut

Scientific name:

Alternate/Common name(s): Langis, niyog

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	0
Energy, calculated (kcal)	892
Protein (g)	0
Total Fat (g)	99.1
Carbohydrate, total (g)	0
Ash, total (g)	0.1

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)	2
Phosphorus, P (mg)	3
Iron, Fe (mg)	0
Sodium, Na (mg)	0

Vitamins (Food Composition per 100g Edible Portion)

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

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	85.72
Fatty acids, monounsaturated, total (g)	5.75
Fatty acids, polyunsaturated, total(g)	1.78
Cholesterol (mg)	0