

**Food ID:** M005**Food name and Description:** Candy, hard**Scientific name:****Alternate/Common name(s):****Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	1.9
Energy, calculated (kcal)	401
Protein (g)	0.1
Total Fat (g)	1.8
Carbohydrate, total (g)	96
Ash, total (g)	0.2

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

Fiber, total dietary (g)	0
Sugars, total (g)	62.5

**Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	3
Phosphorus, P (mg)	3
Iron, Fe (mg)	0.3
Sodium, Na (mg)	38

**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)	-
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)	0
Fatty acids, monounsaturated, total (g)	0
Fatty acids, polyunsaturated, total(g)	0
Cholesterol (mg)	0