



Food ID: M006

Food name and Description: Candy, milk choc

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	1.4
Energy, calculated (kcal)	518
Protein (g)	9.8
Total Fat (g)	26.4
Carbohydrate, total (g)	60.2
Ash, total (g)	2.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.4
Sugars, total (g)	51.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	368
Phosphorus, P (mg)	219
Iron, Fe (mg)	1.5
Sodium, Na (mg)	84

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	95
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	95
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.29
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	16.47
Fatty acids, monounsaturated, total (g)	6.4
Fatty acids, polyunsaturated, total(g)	1.22
Cholesterol (mg)	20