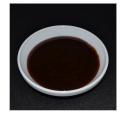


Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: M028 Food name and Description: Jelly, guava Scientific name: Alternate/Common name(s): Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	14.5
Energy, calculated (kcal)	345
Protein (g)	0
Total Fat (g)	0.8
Carbohydrate, total (g)	84.5
Ash, total (g)	0.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.2
Sugars, total (g)	62.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	17
Phosphorus, P (mg)	4
Iron, Fe (mg)	0.6
Sodium, Na (mg)	37

Vitamins (Food Composition per 100g Edible Portion)

0
15
1
0
0.04
0.2
10

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	0.2
Fatty acids, monounsaturated, total (g)	0.04
Fatty acids, polyunsaturated, total(g)	0.16
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 07/20/2025 10:52:41