



Food ID: N009

Food name and Description: Fish paste, ginamos

Scientific name:

Alternate/Common name(s): Bagoong isda, ginamos

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	55.4
Energy, calculated (kcal)	110
Protein (g)	23.4
Total Fat (g)	1.8
Carbohydrate, total (g)	0
Ash, total (g)	19.4

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)	821
Phosphorus, P (mg)	510
Iron, Fe (mg)	8.2
Sodium, Na (mg)	3391

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	90
beta-Carotene (µg)	3
Retinol Activity Equivalent, RAE (µg)	90
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.18
Niacin (mg)	4.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.43
Fatty acids, monounsaturated, total (g)	0.07
Fatty acids, polyunsaturated, total(g)	0
Cholesterol (mg)	93