



Food ID: P001

Food name and Description: Beer, lager type

Scientific name:

Alternate/Common name(s): Serbesa

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	96
Energy, calculated (kcal)	16
Protein (g)	0.3
Total Fat (g)	0
Carbohydrate, total (g)	3.6
Ash, total (g)	0.2

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)	53
Phosphorus, P (mg)	16
Iron, Fe (mg)	0.2
Sodium, Na (mg)	2

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)	0.02
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

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