

**Food ID:** Q001**Food name and Description:** Ceylon moss/Agar-agar, in light syrup**Scientific name:** *N/A***Alternate/Common name(s):** Gulaman palamig**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	89.2
Energy, calculated (kcal)	56
Protein (g)	0
Total Fat (g)	2.5
Carbohydrate, total (g)	8.3
Ash, total (g)	0

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.1
Sugars, total (g)	7.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	16
Phosphorus, P (mg)	1
Iron, Fe (mg)	1.7
Sodium, Na (mg)	5

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)	0.01
Niacin (mg)	0
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.79
Fatty acids, monounsaturated, total (g)	0.05
Fatty acids, polyunsaturated, total(g)	0
Cholesterol (mg)	0