

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



Food ID: Q003 Food name and Description: Choc-flvr drink, pwdr Scientific name: Alternate/Common name(s): Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	1.2
Energy, calculated (kcal)	394
Protein (g)	5.7
Total Fat (g)	3.6
Carbohydrate, total (g)	84.8
Ash, total (g)	4.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.8
Sugars, total (g)	66.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	278
Phosphorus, P (mg)	598
Iron, Fe (mg)	40
Sodium, Na (mg)	190

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	145
beta-Carotene (μg)	10
Retinol Activity Equivalent, RAE (µg)	146
Thiamin, Vitamin B1 (mg)	5.93
Riboflavin, Vitamin B2 (mg)	3.72
Niacin (mg)	32.7
Ascorbic Acid, Vitamin C (mg)	101

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	1.8
Fatty acids, monounsaturated, total (g)	0.88
Fatty acids, polyunsaturated, total(g)	0.51
Cholesterol (mg)	1

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 07/20/2025 14:25:01