

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



Food ID: Q005 Food name and Description: Choc-flvr energy drnk, granules, fortified Scientific name: Alternate/Common name(s): Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	2.8
Energy, calculated (kcal)	406
Protein (g)	11
Total Fat (g)	6.6
Carbohydrate, total (g)	75.7
Ash, total (g)	3.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.7
Sugars, total (g)	65.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	430
Phosphorus, P (mg)	427
Iron, Fe (mg)	23.6
Sodium, Na (mg)	187

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	1910
beta-Carotene (μg)	45
Retinol Activity Equivalent, RAE (µg)	1914
Thiamin, Vitamin B1 (mg)	1.78
Riboflavin, Vitamin B2 (mg)	2.57
Niacin (mg)	23.5
Ascorbic Acid, Vitamin C (mg)	83

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	3.3
Fatty acids, monounsaturated, total (g)	1.62
Fatty acids, polyunsaturated, total(g)	0.93
Cholesterol (mg)	1

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 07/20/2025 14:09:15