

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



Food ID: Q006 Food name and Description: Choc-flvr energy drnk, pwdr, fortified Scientific name: Alternate/Common name(s): Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

| Water (g) | 1.9 |
|---------------------------|------|
| Energy, calculated (kcal) | 432 |
| Protein (g) | 13.8 |
| Total Fat (g) | 11.6 |
| Carbohydrate, total (g) | 68 |
| Ash, total (g) | 4.7 |

Other Carbohydrate (Food Composition per 100g Edible Portion)

| Fiber, total dietary (g) | 4.8 |
|--------------------------|-----|
| Sugars, total (g) | - |

Minerals (Food Composition per 100g Edible Portion)

| Calcium, Ca (mg) | 469 |
|--------------------|------|
| Phosphorus, P (mg) | 699 |
| Iron, Fe (mg) | 20.1 |
| Sodium, Na (mg) | 189 |

Vitamins (Food Composition per 100g Edible Portion)

| Retinol, Vitamin A (µg) | 1550 |
|---------------------------------------|------|
| beta-Carotene (μg) | 45 |
| Retinol Activity Equivalent, RAE (µg) | 1554 |
| Thiamin, Vitamin B1 (mg) | 2.24 |
| Riboflavin, Vitamin B2 (mg) | 1 |
| Niacin (mg) | 1.8 |
| Ascorbic Acid, Vitamin C (mg) | 8 |

Lipids (Food Composition per 100g Edible Portion)

| Fatty acids, saturated, total (g | 5.8 |
|---|------|
| Fatty acids, monounsaturated, total (g) | 2.84 |
| Fatty acids, polyunsaturated, total(g) | 1.63 |
| Cholesterol (mg) | 2 |

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 12:49:45