



Food ID: Q007

Food name and Description: Choc-flvr food milk, pwdr

Scientific name: N/A

Alternate/Common name(s): N/A

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	2.2
Energy, calculated (kcal)	398
Protein (g)	21.7
Total Fat (g)	5
Carbohydrate, total (g)	66.7
Ash, total (g)	4.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.4
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	747
Phosphorus, P (mg)	536
Iron, Fe (mg)	2.2
Sodium, Na (mg)	134

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	445
beta-Carotene (µg)	30
Retinol Activity Equivalent, RAE (µg)	448
Thiamin, Vitamin B1 (mg)	2.24
Riboflavin, Vitamin B2 (mg)	2.17
Niacin (mg)	32.3
Ascorbic Acid, Vitamin C (mg)	67

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	5.01
Fatty acids, monounsaturated, total (g)	0
Fatty acids, polyunsaturated, total(g)	0
Cholesterol (mg)	0