



**Food ID:** Q010

**Food name and Description:** Coconut water

**Scientific name:**

**Alternate/Common name(s):** Niyog, tubig

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	94.4
Energy, calculated (kcal)	22
Protein (g)	0
Total Fat (g)	0.2
Carbohydrate, total (g)	5.1
Ash, total (g)	0.3

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.2
Sugars, total (g)	2.9

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	16
Phosphorus, P (mg)	6
Iron, Fe (mg)	0.2
Sodium, Na (mg)	1

## **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
Niacin (mg)	0
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.18
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0
Cholesterol (mg)	0