

**Food ID:** Q029**Food name and Description:** Fruit jce drnk, mango, polyfoil**Scientific name:****Alternate/Common name(s):****Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

| | |
|---------------------------|------|
| Water (g) | 88 |
| Energy, calculated (kcal) | 49 |
| Protein (g) | 0.1 |
| Total Fat (g) | 0.2 |
| Carbohydrate, total (g) | 11.6 |
| Ash, total (g) | 0.1 |

Other Carbohydrate (Food Composition per 100g Edible Portion)

| | |
|--------------------------|------|
| Fiber, total dietary (g) | 0.3 |
| Sugars, total (g) | 11.2 |

Minerals (Food Composition per 100g Edible Portion)

| | |
|--------------------|-----|
| Calcium, Ca (mg) | 18 |
| Phosphorus, P (mg) | 2 |
| Iron, Fe (mg) | 0.3 |
| Sodium, Na (mg) | 9 |

Vitamins (Food Composition per 100g Edible Portion)

| | |
|---------------------------------------|------|
| Retinol, Vitamin A (µg) | 0 |
| beta-Carotene (µg) | 140 |
| Retinol Activity Equivalent, RAE (µg) | 12 |
| Thiamin, Vitamin B1 (mg) | 0.01 |
| Riboflavin, Vitamin B2 (mg) | 0.01 |
| Niacin (mg) | 0.1 |
| Ascorbic Acid, Vitamin C (mg) | 11 |

Lipids (Food Composition per 100g Edible Portion)

| | |
|---|------|
| Fatty acids, saturated, total (g) | 0.05 |
| Fatty acids, monounsaturated, total (g) | 0.07 |
| Fatty acids, polyunsaturated, total(g) | 0.04 |
| Cholesterol (mg) | 0 |