

**Food ID:** Q050**Food name and Description:** Juice, tomato, cnd**Scientific name:****Alternate/Common name(s):****Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	93.1
Energy, calculated (kcal)	25
Protein (g)	0.8
Total Fat (g)	0.2
Carbohydrate, total (g)	4.9
Ash, total (g)	1

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

Fiber, total dietary (g)	0.5
Sugars, total (g)	3.7

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

Calcium, Ca (mg)	23
Phosphorus, P (mg)	19
Iron, Fe (mg)	0.6
Sodium, Na (mg)	182

**Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	470
Retinol Activity Equivalent, RAE (µg)	39
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	8

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

Fatty acids, saturated, total (g)	0.01
Fatty acids, monounsaturated, total (g)	0
Fatty acids, polyunsaturated, total(g)	0.02
Cholesterol (mg)	0