



Food ID: Q052
Food name and Description: Sago in light syrup
Scientific name:
Alternate/Common name(s): Sago palamig
Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	83.3
Energy, calculated (kcal)	73
Protein (g)	0
Total Fat (g)	1.2
Carbohydrate, total (g)	15.5
Ash, total (g)	0

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	11.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	12
Phosphorus, P (mg)	2
Iron, Fe (mg)	2.3
Sodium, Na (mg)	5

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)	0.01
Niacin (mg)	0
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.35
Fatty acids, monounsaturated, total (g)	0.35
Fatty acids, polyunsaturated, total(g)	0.01
Cholesterol (mg)	0