

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: S003 Food name and Description: Carrot, str Scientific name: Alternate/Common name(s): Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

| Water (g) | 93.8 |
|---------------------------|------|
| Energy, calculated (kcal) | 23 |
| Protein (g) | 0.6 |
| Total Fat (g) | 0.1 |
| Carbohydrate, total (g) | 4.8 |
| Ash, total (g) | 0.7 |

Other Carbohydrate (Food Composition per 100g Edible Portion)

| Fiber, total dietary (g) | 1.4 |
|--------------------------|-----|
| Sugars, total (g) | 2.9 |

Minerals (Food Composition per 100g Edible Portion)

| Calcium, Ca (mg) | 45 |
|--------------------|-----|
| Phosphorus, P (mg) | 20 |
| Iron, Fe (mg) | 0.2 |
| Sodium, Na (mg) | 56 |

Vitamins (Food Composition per 100g Edible Portion)

| Retinol, Vitamin A (µg) | 0 |
|---------------------------------------|------|
| beta-Carotene (μg) | 2360 |
| Retinol Activity Equivalent, RAE (µg) | 197 |
| Thiamin, Vitamin B1 (mg) | 0.01 |
| Riboflavin, Vitamin B2 (mg) | 0.02 |
| Niacin (mg) | 0.3 |
| Ascorbic Acid, Vitamin C (mg) | 3 |

Lipids (Food Composition per 100g Edible Portion)

| Fatty acids, saturated, total (g | 0.02 |
|---|------|
| Fatty acids, monounsaturated, total (g) | 0 |
| Fatty acids, polyunsaturated, total(g) | 0.05 |
| Cholesterol (mg) | 0 |

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 14:37:55