

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



Food ID: S004 Food name and Description: Cereals, applesce & banana, str Scientific name: Alternate/Common name(s): Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	79.6
Energy, calculated (kcal)	84
Protein (g)	1
Total Fat (g)	0.8
Carbohydrate, total (g)	18.2
Ash, total (g)	0.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.2
Sugars, total (g)	7.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	34
Phosphorus, P (mg)	9
Iron, Fe (mg)	0.4
Sodium, Na (mg)	3

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (μg)	50
Retinol Activity Equivalent, RAE (µg)	4
Thiamin, Vitamin B1 (mg)	0.15
Riboflavin, Vitamin B2 (mg)	0.41
Niacin (mg)	2.8
Ascorbic Acid, Vitamin C (mg)	2

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	0.14
Fatty acids, monounsaturated, total (g)	0.22
Fatty acids, polyunsaturated, total(g)	0.31
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 13:02:28