

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