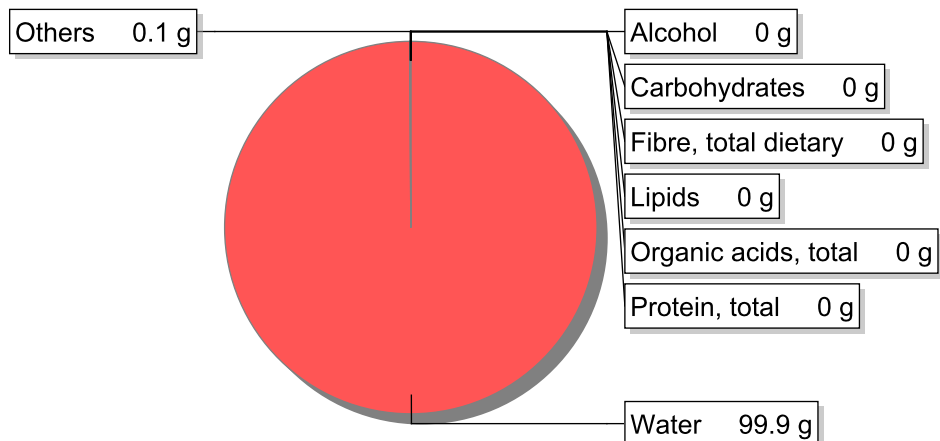


## Food

**Name:** Naturally carbonated natural mineral water, "Pedras Salgadas"  
**Group:** Drinks  
**Subgroup:** Non-alcoholic beverages  
**Edible Part:** 100%  
**Code:** IS003  
**FoodEX2 Code:** A03DS

## Composition [g/100g]



## Energy

## Nutritive content per 100g edible portion

| Name                               | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| <b>Energy value</b>                |       |      |           |
| energy kcal, total metabolisable   | 0     | kcal |           |
| energy kJ, total metabolisable     | 0     | kJ   |           |
| <b>Macro nutrients</b>             |       |      |           |
| Lipids                             |       | g    |           |
| fatty acids, total saturated       | 0     | g    |           |
| fatty acids, total monounsaturated | 0     | g    |           |
| fatty acids, total polyunsaturated | 0     | g    |           |
| fatty acid 18:2 n-6 cis,cis        | 0     | g    |           |

| Name  | Value | Unit | Source(s) |
|---|-------|------|-----------|
| fatty acids, total trans  | 0     | g    |           |
| Carbohydrates   |       | g    |           |
| sugars, total   | 0     | g    |           |
| sucrose   | 0     | g    |           |
| lactose   | 0     | g    |           |
| oligosaccharides, available                                     | 0     | g    |           |
| starch, total   | 0     | g    |           |
| salt  | 0.2   | g    |           |
| fibre, total dietary  | 0     | g    |           |
| protein, total  | 0     | g    |           |
| alcohol   | 0     | g    |           |
| water   | 99.9  | g    |           |
| organic acids, total  | 0     | g    |           |
| cholesterol   | 0     | mg   |           |
| <b>Vitamins</b>   |       |      |           |
| vitamin A; retinol equiv from retinol and carotenoid activities | 0     | µg   | 57        |
| carotene, total (vitamin A precursors)                          | 0     | µg   |           |
| vitamin D   | 0     | µg   |           |
| alpha-tocopherol  | 0     | mg   |           |
| thiamin   | 0     | mg   |           |
| riboflavin  | 0     | mg   |           |
| niacin, preformed   | 0     | mg   |           |
| niacin equivalents, total                                       | 0     | mg   |           |
| niacin equivalents from tryptophan                              | 0     | mg   |           |
| vitamin B-6, total  | 0     | mg   |           |
| vitamin B-12  | 0     | µg   |           |
| vitamin C   | 0     | mg   |           |
| folate, total   | 0     | µg   |           |
| <b>Minerals</b>   |       |      |           |
| ash   | 0.11  | g    |           |
| sodium  | 64    | mg   | 57        |
| potassium   | 2     | mg   | 57        |
| calcium   | 19    | mg   | 57        |
| phosphorus  | 0     | mg   |           |
| magnesium   | 2     | mg   | 57        |
| iron, total   | 0.5   | mg   | 57        |
| zinc  | 0.1   | mg   | 57        |

## Legend

| Code | Name        |
|------|-------------|
| g    | gram        |
| kJ   | kilojoule   |
| kcal | kilocalorie |
| mg   | milligram   |
| µg   | microgram   |

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## References

| Id | Reference  |
|----|--|
| 57 | PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB |