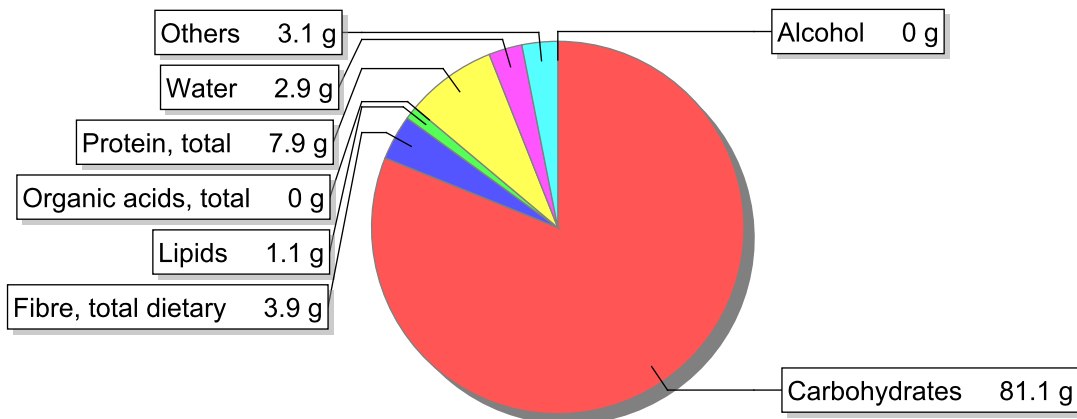


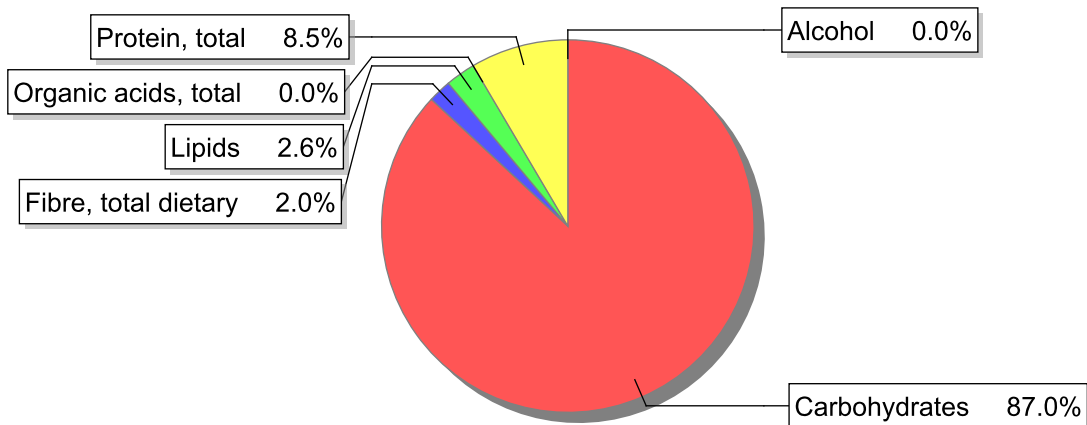
**Food**

**Name:** Corn flakes  
**Group:** Cereal and cereal products  
**Subgroup:** Breakfast cereal and special flour  
**Edible Part:** 100%  
**Code:** IS443  
**FoodEX2 Code:** A00DD

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	374	kcal	
energy kJ, total metabolisable	1580	kJ	
fatty acids, total saturated	0.3	g	
fatty acids, total monounsaturated	0.4	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.3	g	
fatty acids, total trans	0.1	g	
sugars, total	6.2	g	
sucrose	3.4	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0	g	
<b>salt</b>	1.8	g	
<b>starch, total</b>	74.9	g	
<b>protein, total</b>	7.9	g	57
<b>alcohol</b>	0	g	
<b>water</b>	2.9	g	57
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	0	mg	57
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	0	µg	57
<b>carotene, total (vitamin A precursors)</b>	0	µg	57
<b>vitamin D</b>	2.8	µg	
<b>alpha-tocopherol</b>	0.4	mg	
<b>thiamin</b>	0.48	mg	57
<b>riboflavin</b>	0.9	mg	57
<b>niacin, preformed</b>	3.8	mg	57
<b>niacin equivalents, total</b>	4.7	mg	
<b>niacin equivalents from tryptophan</b>	0.9	mg	
<b>vitamin B-6, total</b>	1.8	mg	
<b>vitamin B-12</b>	0	µg	57
<b>vitamin C</b>	0	mg	57
<b>folate, total</b>	170	µg	
<b>ash</b>	3.07	g	
<b>sodium</b>	700	mg	57
<b>potassium</b>	100	mg	
<b>calcium</b>	2	mg	57
<b>phosphorus</b>	47	mg	57
<b>magnesium</b>	14	mg	
<b>iron, total</b>	1	mg	57
<b>zinc</b>	0.3	mg	

## Legend

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

## References

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