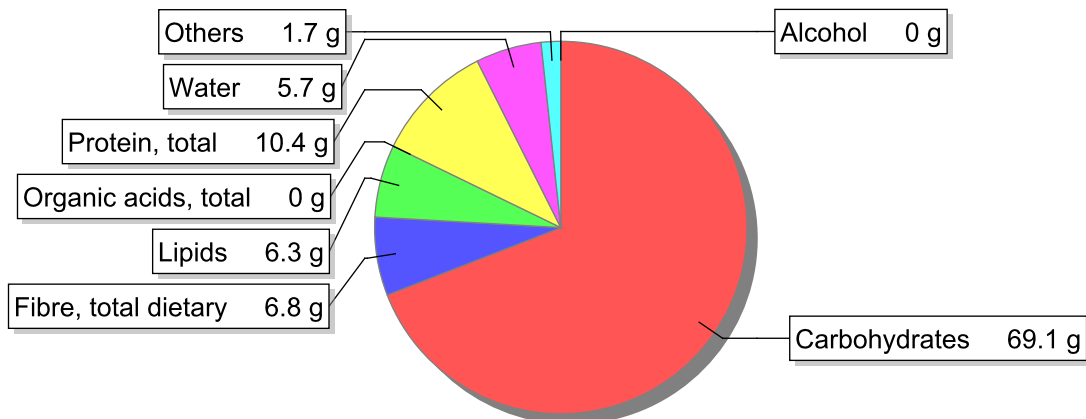


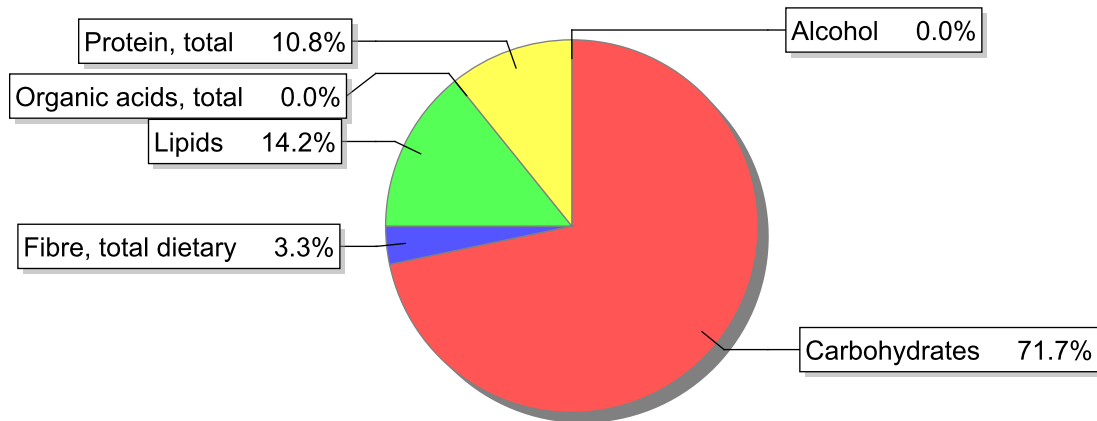
Food

Name: Cereal flakes with dried fruits, type Muesli
Group: Cereal and cereal products
Subgroup: Breakfast cereal and special flour
Edible Part: 100%
Code: IS447
FoodEX2 Code: A00EL

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	388	kcal	
energy kJ, total metabolisable	1640	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	1.1	g	
fatty acids, total monounsaturated	2.3	g	
fatty acids, total polyunsaturated	2.6	g	
fatty acid 18:2 n-6 cis,cis	2.4	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0	g	
Carbohydrates		g	
sugars, total	16.8	g	
sucrose	9.2	g	
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	52.3	g	
salt	0.6	g	
fibre, total dietary	6.8	g	57
protein, total	10.4	g	57
alcohol	0	g	
water	5.7	g	57
organic acids, total	0	g	
cholesterol	0	mg	57
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0	µg	
alpha-tocopherol	3.2	mg	
thiamin	0.05	mg	57
riboflavin	0.18	mg	57
niacin, preformed	1.1	mg	57
niacin equivalents, total	3.3	mg	
niacin equivalents from tryptophan	2.2	mg	
vitamin B-6, total	1.6	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	130	µg	
Minerals			
ash	1.67	g	
sodium	230	mg	57
potassium	410	mg	57
calcium	16	mg	57
phosphorus	180	mg	57
magnesium	86	mg	
iron, total	1.5	mg	57
zinc	2	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