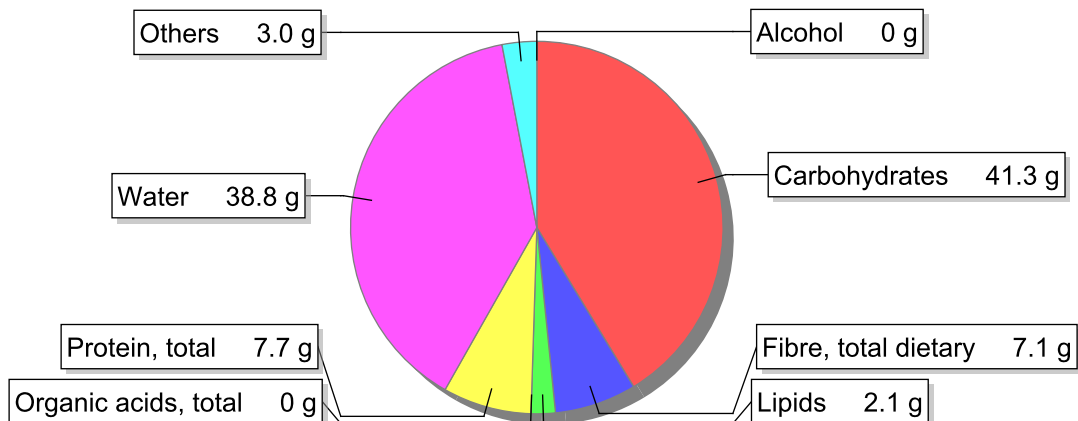


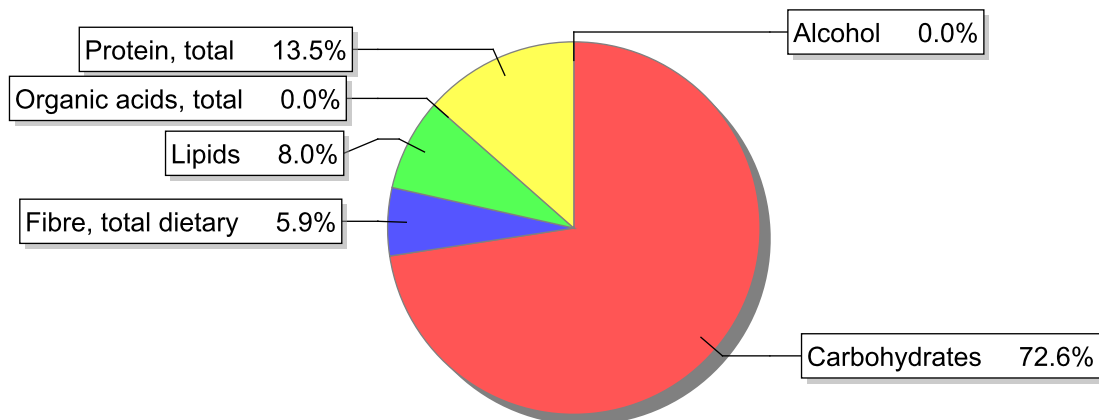
Food

Name: Bread, rye, whole
Group: Cereal and cereal products
Subgroup: Bread and bread-like products (toast, breadcrumbs)
Edible Part: 100%
Code: IS427
FoodEX2 Code: A005H

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	229	kcal	
energy kJ, total metabolisable	968	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	0.3	g	
fatty acids, total monounsaturated	0.2	g	
fatty acids, total polyunsaturated	1	g	
fatty acid 18:2 n-6 cis,cis	0.9	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0	g	
Carbohydrates		g	
sugars, total	1.6	g	
sucrose	0	g	
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	39.7	g	
salt	0.6	g	
fibre, total dietary	7.1	g	
protein, total	7.7	g	57
alcohol	0	g	
water	38.8	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	0.4	mg	
thiamin	0.07	mg	57
riboflavin	0.27	mg	57
niacin, preformed	2.5	mg	57
niacin equivalents, total	4	mg	
niacin equivalents from tryptophan	1.5	mg	
vitamin B-6, total	0.22	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	22	µg	
Minerals			
ash	3.00	g	
sodium	220	mg	57
potassium	290	mg	
calcium	120	mg	57
phosphorus	240	mg	57
magnesium	54	mg	
iron, total	4.4	mg	57
zinc	0.2	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