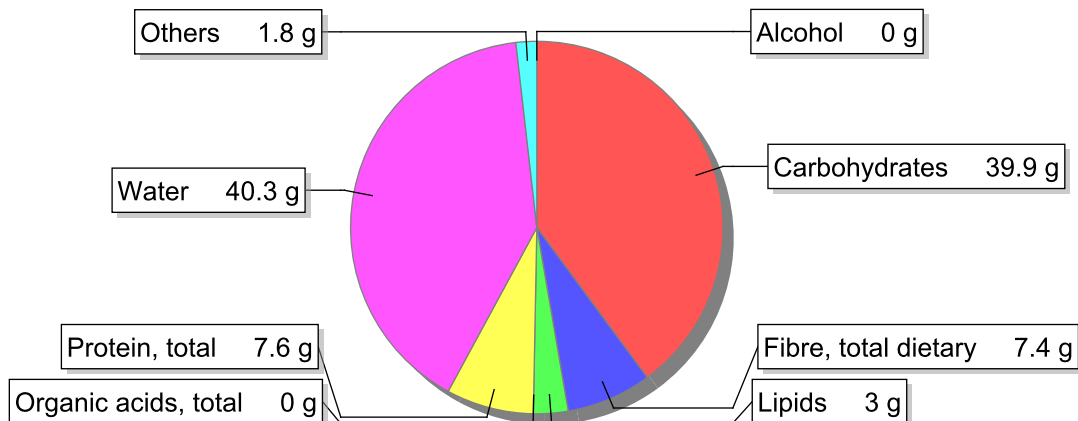


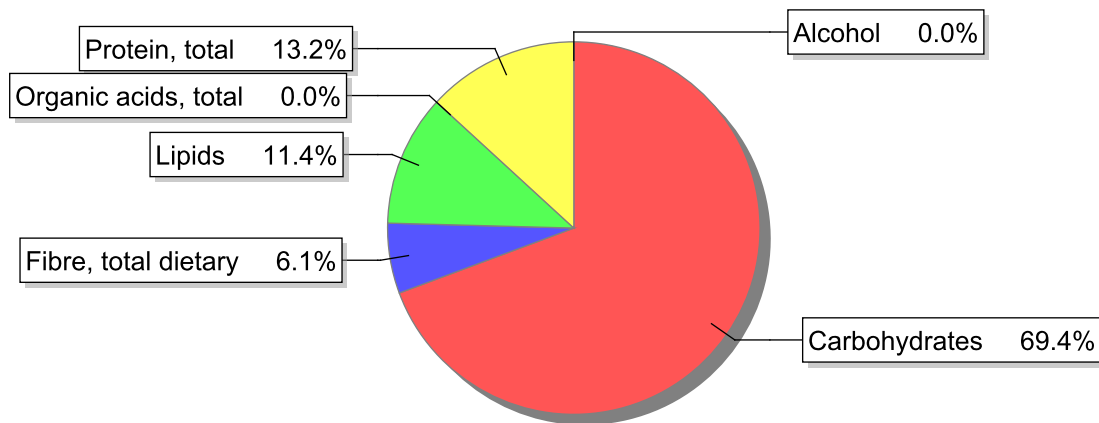
Food

Name: Bread, wheat, whole
Group: Cereal and cereal products
Subgroup: Bread and bread-like products (toast, breadcrumbs)
Edible Part: 100%
Code: IS433
FoodEX2 Code: A005E

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	232	kcal	
energy kJ, total metabolisable	978	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	0.7	g	
fatty acids, total monounsaturated	0.4	g	
fatty acids, total polyunsaturated	1.1	g	
fatty acid 18:2 n-6 cis,cis	1.1	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0	g	
Carbohydrates		g	
sugars, total	2.2	g	
sucrose	0	g	
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	37.7	g	
salt	1.3	g	
fibre, total dietary	7.4	g	
protein, total	7.6	g	
alcohol	0	g	
water	40.3	g	
organic acids, total	0	g	
cholesterol	0	mg	
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.14	mg	
riboflavin	0.17	mg	
niacin, preformed	2.5	mg	
niacin equivalents, total	4.1	mg	
niacin equivalents from tryptophan	1.6	mg	
vitamin B-6, total	0.1	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	32	µg	
Minerals			
ash	1.78	g	
sodium	500	mg	
potassium	220	mg	
calcium	55	mg	
phosphorus	250	mg	
magnesium	93	mg	
iron, total	3	mg	
zinc	2	mg	

Legend

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

References