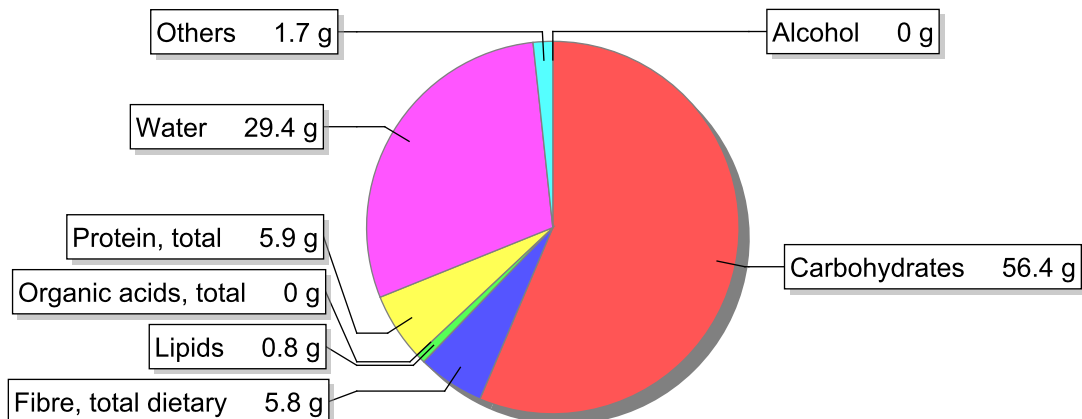


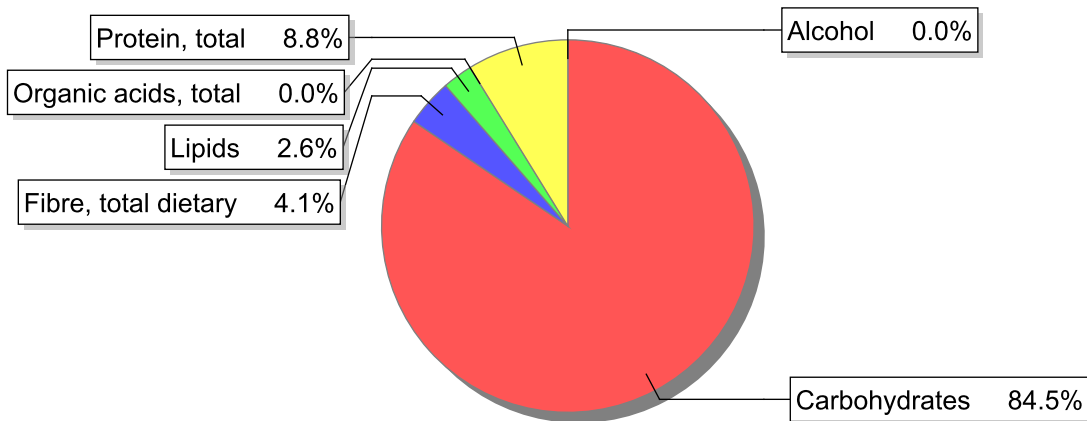
**Food**

**Name:** Bread, rye  
**Group:** Cereal and cereal products  
**Subgroup:** Bread and bread-like products (toast, breadcrumbs)  
**Edible Part:** 100%  
**Code:** IS426  
**FoodEX2 Code:** A005G

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
<b>Energy value</b>			
energy kcal, total metabolisable	268	kcal	
energy kJ, total metabolisable	1140	kJ	
<b>Macro nutrients</b>			
Lipids		g	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.4	g	
fatty acid 18:2 n-6 cis,cis	0.3	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	54.2	g	
salt	1.3	g	
fibre, total dietary	5.8	g	
protein, total	5.9	g	57
alcohol	0	g	
water	29.4	g	57
organic acids, total	0	g	
cholesterol	0	mg	57
<b>Vitamins</b>			
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0	µg	57
alpha-tocopherol	0.2	mg	
thiamin	0.18	mg	57
riboflavin	0.08	mg	57
niacin, preformed	1.2	mg	57
niacin equivalents, total	2.4	mg	
niacin equivalents from tryptophan	1.2	mg	
vitamin B-6, total	0.17	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	24	µg	
<b>Minerals</b>			
ash	1.90	g	
sodium	520	mg	
potassium	250	mg	
calcium	56	mg	
phosphorus	100	mg	57
magnesium	62	mg	
iron, total	1.2	mg	57
zinc	1.3	mg	

## 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