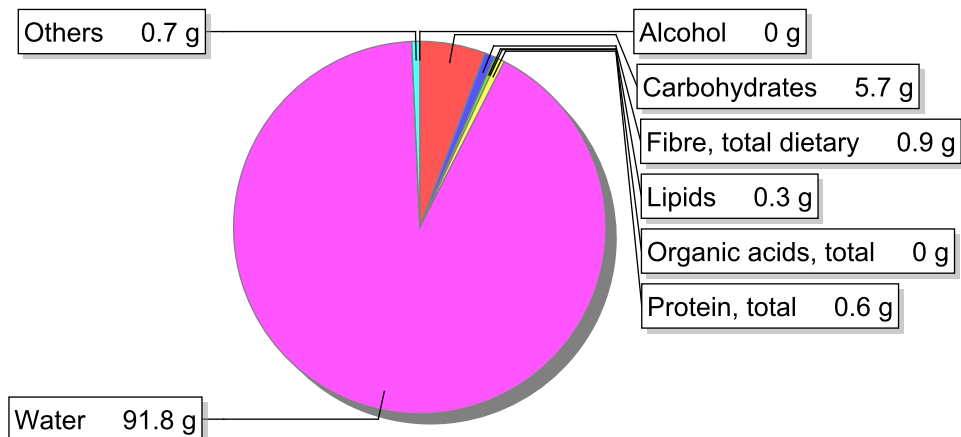


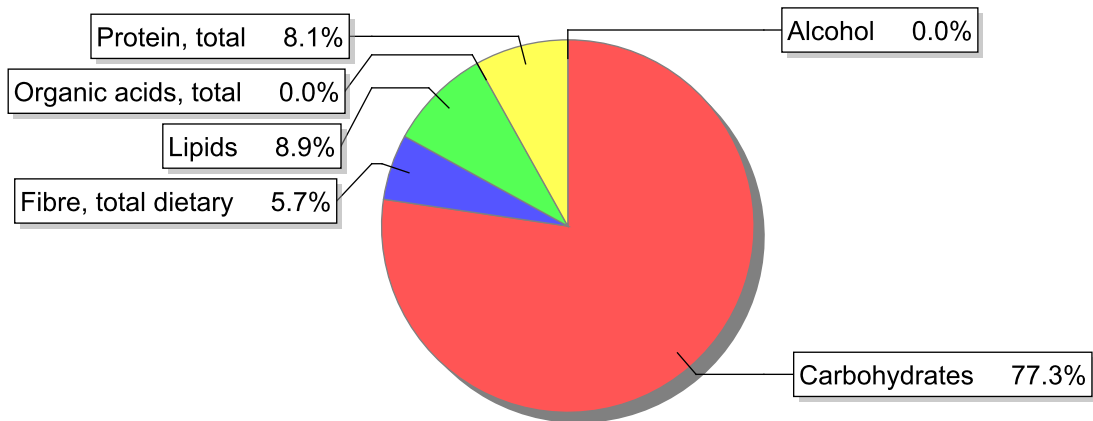
Food

Name: Melon
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 53%
Code: IS674
FoodEX2 Code: A00KF

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	30	kcal	
energy kJ, total metabolisable	125	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0	g	
sugars, total	5.7	g	
sucrose	2.3	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.0	g	
starch, total	0	g	
protein, total	0.6	g	57
alcohol	0	g	
water	91.8	g	57
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	167	µg	
carotene, total (vitamin A precursors)	1000	µg	
vitamin D	0	µg	
alpha-tocopherol	0.1	mg	
thiamin	0.02	mg	57
riboflavin	0.02	mg	57
niacin, preformed	0.4	mg	
niacin equivalents, total	0.4	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0.09	mg	
vitamin B-12	0	µg	
vitamin C	30	mg	
folate, total	3	µg	
ash	0.68	g	
sodium	12	mg	57
potassium	230	mg	57
calcium	10	mg	57
phosphorus	12	mg	57
magnesium	19	mg	57
iron, total	0.3	mg	
zinc	0.2	mg	57

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