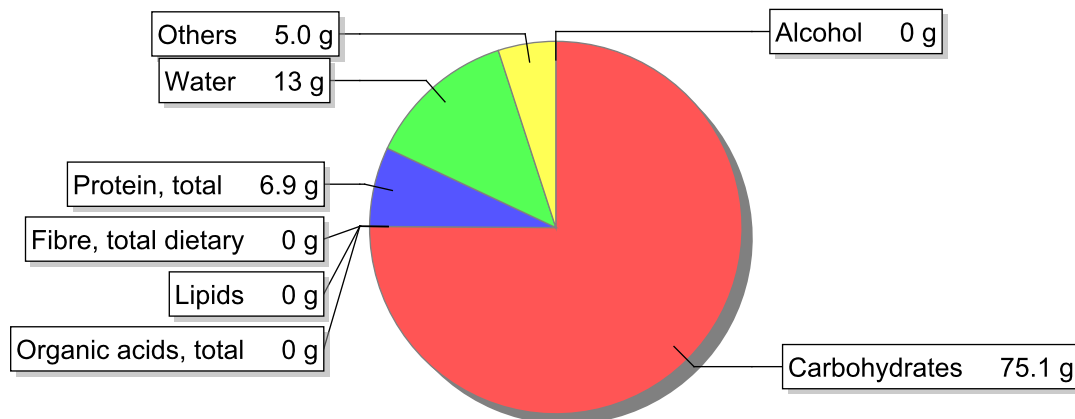


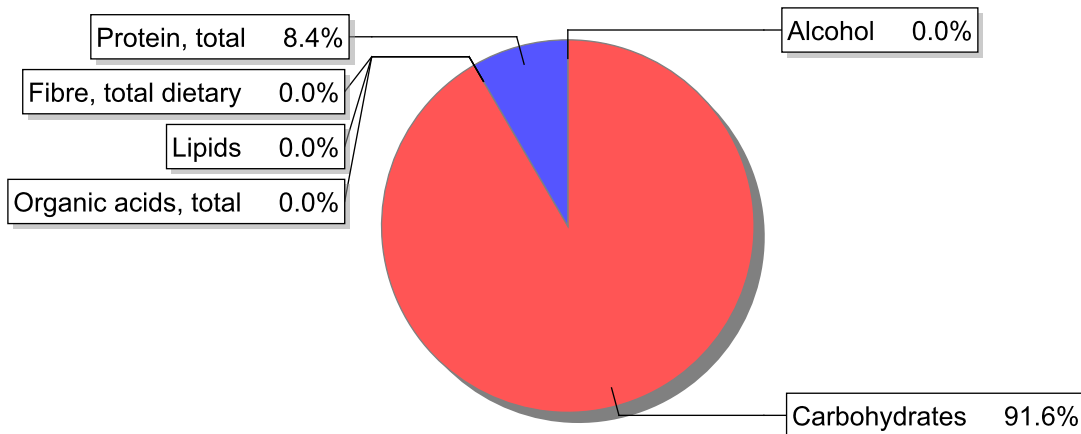
Food

Name: Chewing gum
Group: Sugar, sugared products and honey
Subgroup: Sugared products (jam, marmalade, gum)
Edible Part: 100%
Code: IS521
FoodEX2 Code: A035M

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	328	kcal	
energy kJ, total metabolisable	1390	kJ	
Macro nutrients			
Lipids			
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0	g	
fatty acid 18:2 n-6 cis,cis	0	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0	g	
Carbohydrates		g	
sugars, total	73.4	g	
sucrose	44.2	g	
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	1.7	g	
salt	0.1	g	
fibre, total dietary	0	g	
protein, total	6.9	g	
alcohol	0	g	
water	13	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	mg	
thiamin	0	mg	
riboflavin	0	mg	
niacin, preformed	0	mg	
niacin equivalents, total	0	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	0	µg	
Minerals			
ash	0.30	g	
sodium	32	mg	
potassium	9	mg	
calcium	5	mg	
phosphorus	4	mg	
magnesium	2	mg	
iron, total	0.1	mg	
zinc	0	mg	

Legend

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

References