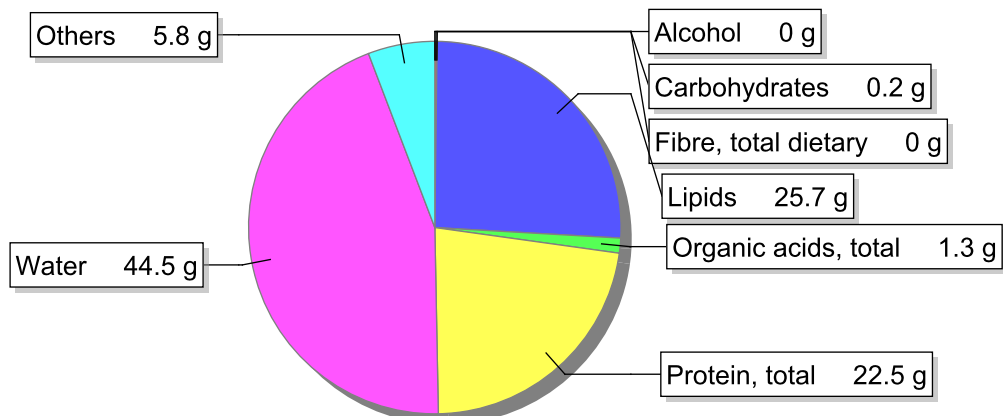


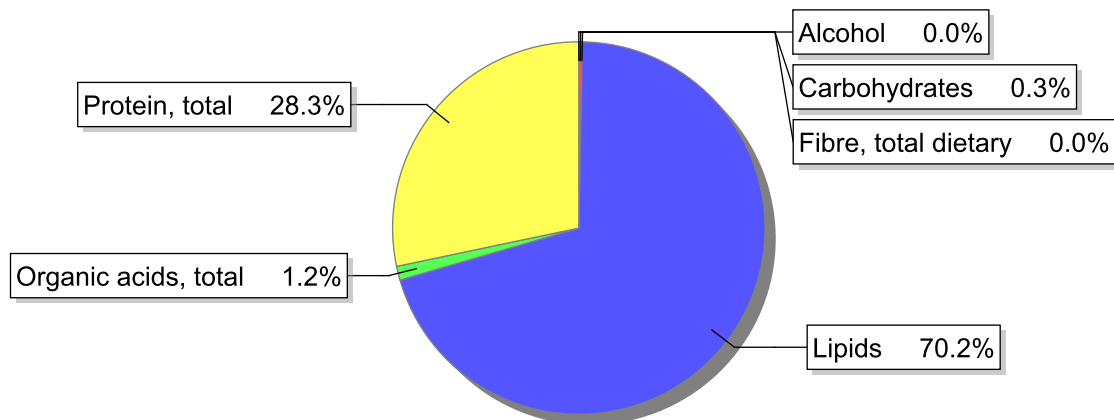
Food

Name: Cheese, processed, 40% fat
Group: Milk and milk products
Subgroup: Cheese
Edible Part: 100%
Code: IS041
FoodEX2 Code: A031A

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	326	kcal	
energy kJ, total metabolisable	1350	kJ	
fatty acids, total saturated	13.8	g	
fatty acids, total monounsaturated	6.6	g	
fatty acids, total polyunsaturated	1	g	
fatty acid 18:2 n-6 cis,cis	0.9	g	
fatty acids, total trans	1.2	g	
sugars, total	0.2	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.2	g	
salt	3.5	g	
starch, total	0	g	
protein, total	22.5	g	
alcohol	0	g	
water	44.5	g	
organic acids, total	1.3	g	
cholesterol	88	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	242	µg	
carotene, total (vitamin A precursors)	112	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.49	mg	
thiamin	0.22	mg	
riboflavin	0.32	mg	
niacin, preformed	0.6	mg	
niacin equivalents, total	5.9	mg	
niacin equivalents from tryptophan	5.3	mg	
vitamin B-6, total	0.08	mg	
vitamin B-12	0.92	µg	
vitamin C	0	mg	
folate, total	18	µg	
ash	5.53	g	
sodium	1390	mg	57
potassium	130	mg	57
calcium	750	mg	57
phosphorus	760	mg	57
magnesium	28	mg	57
iron, total	0.8	mg	57
zinc	3.2	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