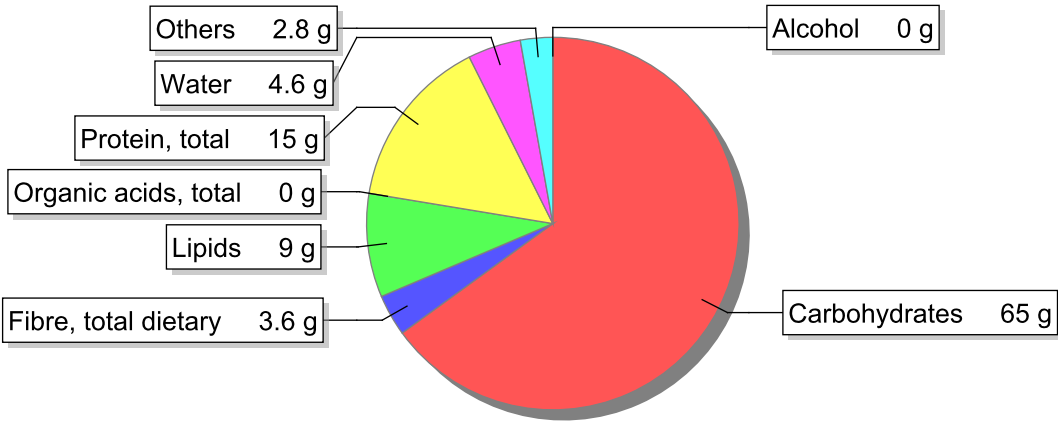


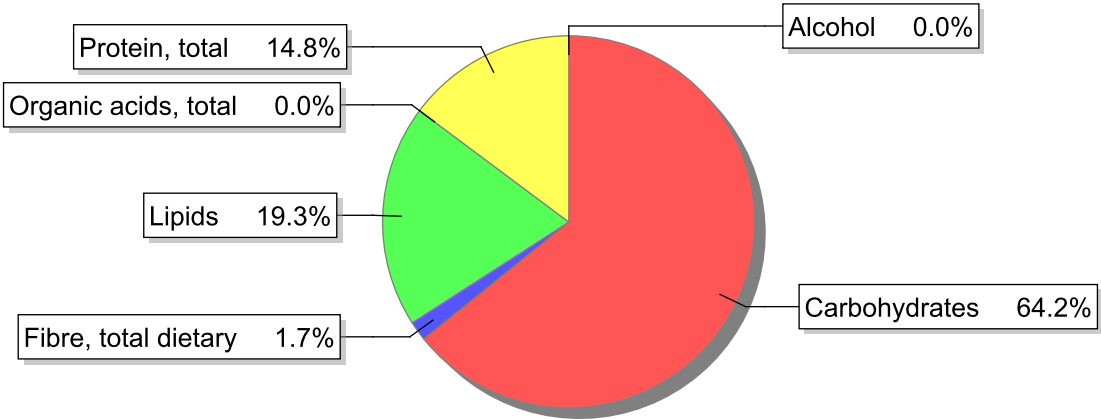
Food

Name: Infant milk cereal 5 fruits, type "Cerelac" (with wheat flour)
Group: Cereal and cereal products
Subgroup: Breakfast cereal and special flour
Edible Part: 100%
Code: IS945
FoodEX2 Code: A03QZ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	408	kcal	
energy kJ, total metabolisable	1720	kJ	
fatty acids, total saturated	4.1	g	
fatty acids, total monounsaturated	2.1	g	
fatty acids, total polyunsaturated	2.1	g	
fatty acid 18:2 n-6 cis,cis	2.1	g	
fatty acids, total trans	0	g	
sugars, total	40.3	g	
sucrose	17.9	g	

Name	Value	Unit	Source(s)
lactose	15.9	g	
oligosaccharides, available	0	g	
fibre, total dietary	3.6	g	
protein, total	15	g	
alcohol	0	g	
water	4.6	g	
organic acids, total	0	g	
cholesterol	7	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	309	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	5	µg	
alpha-tocopherol	3	mg	
thiamin	0.8	mg	
riboflavin	0.3	mg	
niacin, preformed	4	mg	
niacin equivalents, total	6	mg	
niacin equivalents from tryptophan	3	mg	
vitamin B-6, total	0.3	mg	
vitamin B-12	0.7	µg	
vitamin C	35	mg	
folate, total	22	µg	
ash	2.80	g	
sodium	100	mg	
potassium	600	mg	
calcium	420	mg	
phosphorus	340	mg	
magnesium	52	mg	
iron, total	7.5	mg	
zinc	2	mg	

Legend

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

References