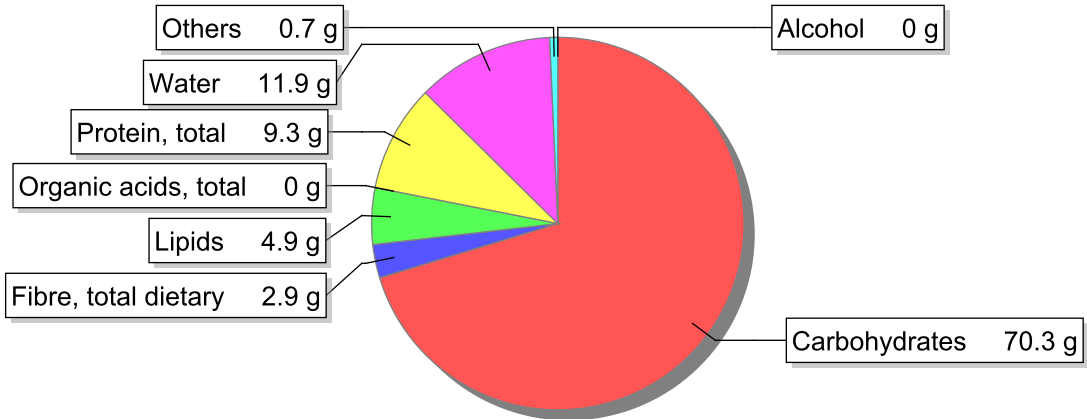


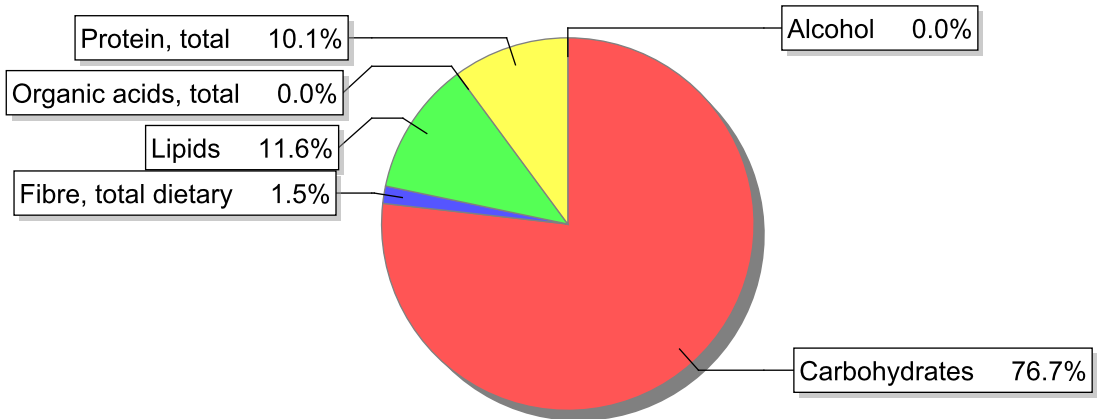
Food

Name: Corn, grain, dry, raw
Group: Cereal and cereal products
Subgroup: Cereal
Edible Part: 100%
Code: IS412
FoodEX2 Code: A000T

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	368	kcal	
energy kJ, total metabolisable	1560	kJ	
fatty acids, total saturated	0.8	g	
fatty acids, total monounsaturated	1.4	g	
fatty acids, total polyunsaturated	2.4	g	
fatty acid 18:2 n-6 cis,cis	2.3	g	
fatty acids, total trans	0	g	
sugars, total	0	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	2.9	g	
protein, total	9.3	g	57
alcohol	0	g	
water	11.9	g	57
organic acids, total	0	g	
cholesterol	0	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	57
alpha-tocopherol	2	mg	
thiamin	0.63	mg	57
riboflavin	0.18	mg	57
niacin, preformed	1.6	mg	57
niacin equivalents, total	2.6	mg	
niacin equivalents from tryptophan	1	mg	
vitamin B-6, total	0.62	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	26	µg	
ash	1.50	g	
sodium	14	mg	57
potassium	290	mg	
calcium	14	mg	57
phosphorus	190	mg	57
magnesium	110	mg	57
iron, total	2.5	mg	57
zinc	2.4	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