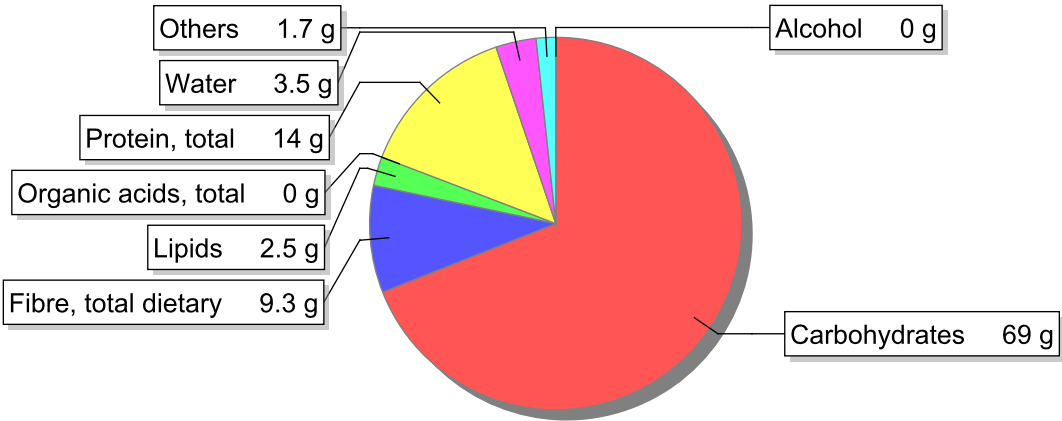


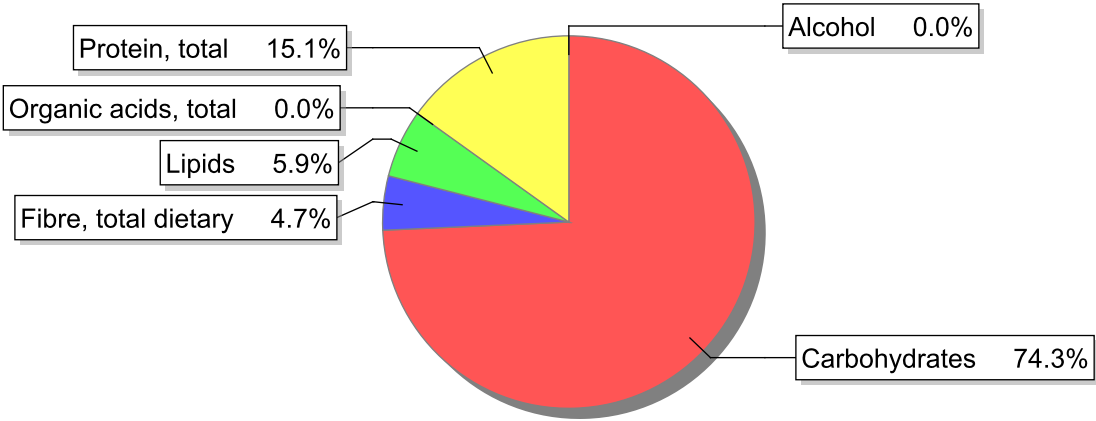
Food

Name: Wheat flakes
Group: Cereal and cereal products
Subgroup: Breakfast cereal and special flour
Edible Part: 100%
Code: IS446
FoodEX2 Code: A00EF

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	373	kcal	
energy kJ, total metabolisable	1580	kJ	
fatty acids, total saturated	0.6	g	
fatty acids, total monounsaturated	0.3	g	
fatty acids, total polyunsaturated	0.9	g	
fatty acid 18:2 n-6 cis,cis	0.9	g	
fatty acids, total trans	0	g	
sugars, total	6.8	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	9.3	g	57
protein, total	14	g	57
alcohol	0	g	
water	3.5	g	57
organic acids, total	0	g	
cholesterol	0	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0	µg	
alpha-tocopherol	2	mg	
thiamin	0.08	mg	57
riboflavin	0.15	mg	57
niacin, preformed	4.1	mg	57
niacin equivalents, total	5.9	mg	
niacin equivalents from tryptophan	1.8	mg	
vitamin B-6, total	0.17	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	32	µg	
ash	1.61	g	
sodium	11	mg	57
potassium	410	mg	57
calcium	11	mg	57
phosphorus	300	mg	57
magnesium	140	mg	
iron, total	2.4	mg	57
zinc	2.4	mg	

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
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