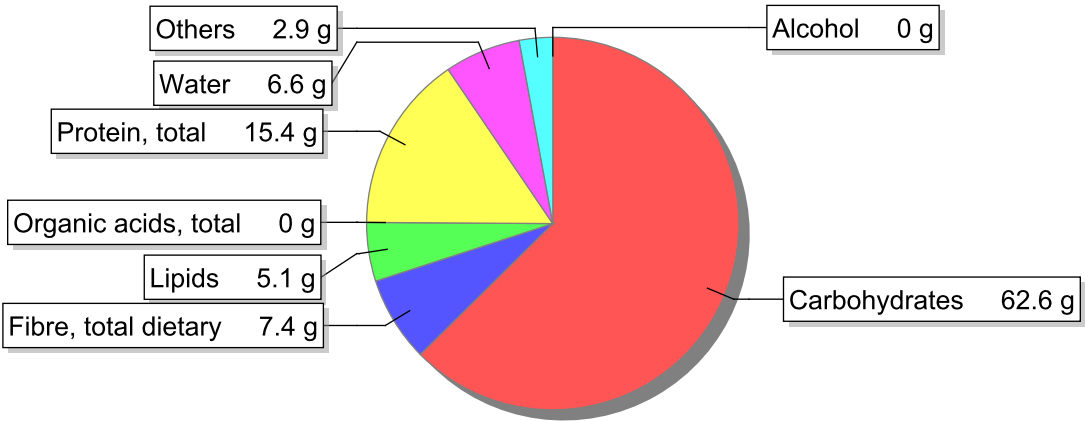


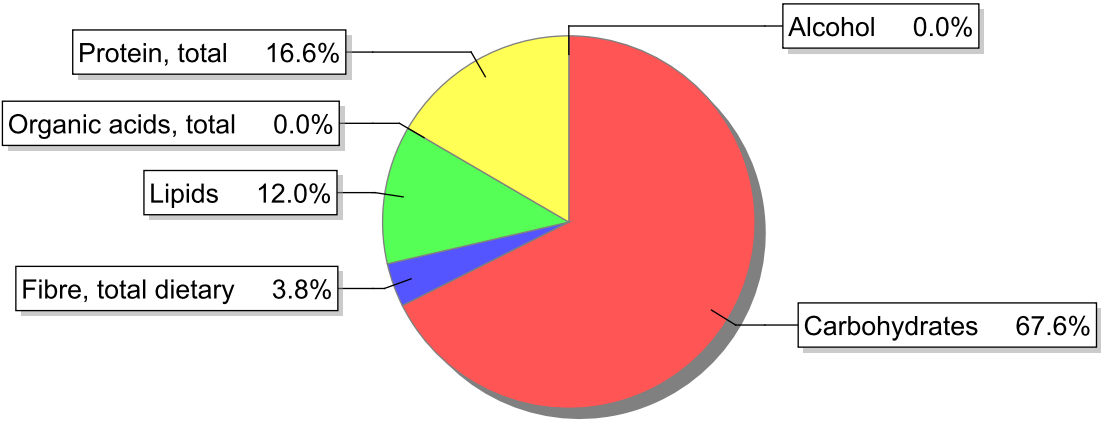
Food

Name: Toasts, wheat, whole
Group: Cereal and cereal products
Subgroup: Bread and bread-like products (toast, breadcrumbs)
Edible Part: 100%
Code: IS442
FoodEX2 Code: A006P

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	1570	kJ	
fatty acids, total saturated	1	g	
fatty acids, total monounsaturated	0.8	g	
fatty acids, total polyunsaturated	2.2	g	
fatty acid 18:2 n-6 cis,cis	2.0	g	
fatty acids, total trans	0	g	
sugars, total	3.5	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	7.4	g	
protein, total	15.4	g	57
alcohol	0	g	
water	6.6	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	0	mg	
thiamin	0.2	mg	57
riboflavin	1.8	mg	57
niacin, preformed	7	mg	57
niacin equivalents, total	10	mg	
niacin equivalents from tryptophan	3.2	mg	
vitamin B-6, total	0.2	mg	
vitamin B-12	0	µg	57
vitamin C	12	mg	57
folate, total	46	µg	
ash	2.86	g	
sodium	430	mg	57
potassium	340	mg	
calcium	76	mg	57
phosphorus	290	mg	57
magnesium	150	mg	
iron, total	3.2	mg	57
zinc	3.1	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