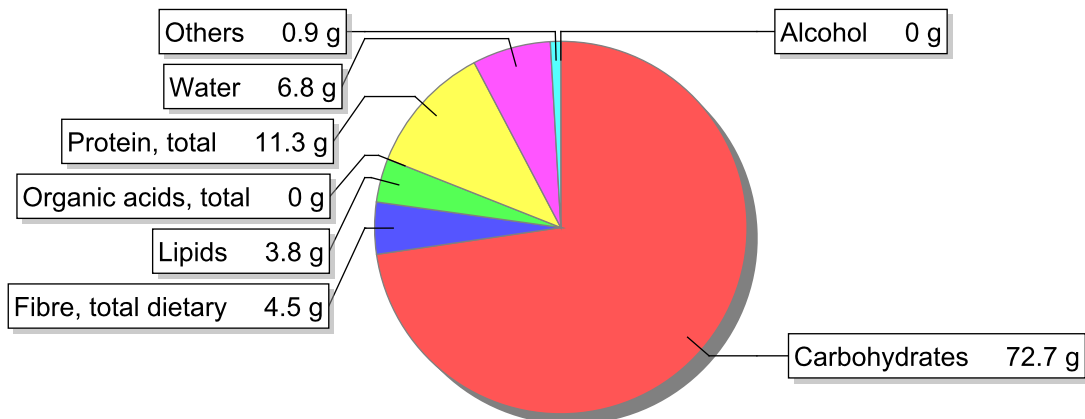


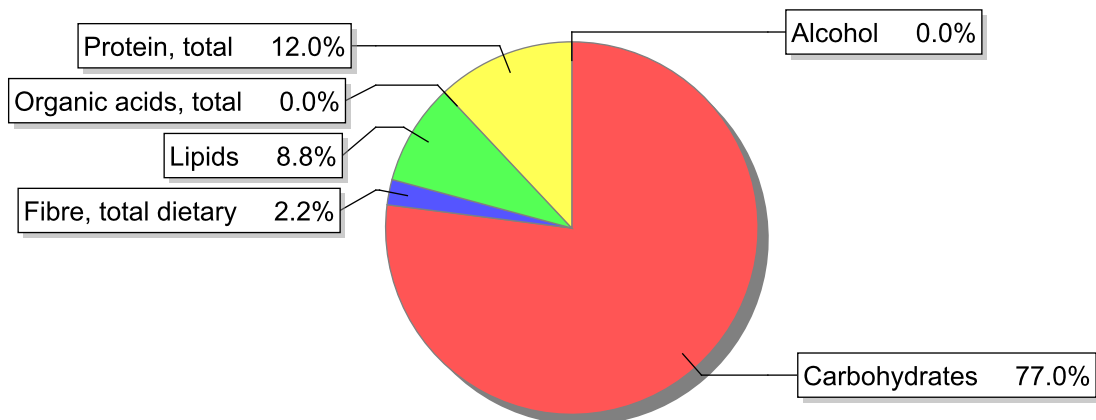
Food

Name: Toasts, wheat, no salt
Group: Cereal and cereal products
Subgroup: Bread and bread-like products (toast, breadcrumbs)
Edible Part: 100%
Code: IS441
FoodEX2 Code: A006N

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

| Name | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable | 379 | kcal | |
| energy kJ, total metabolisable | 1600 | kJ | |
| fatty acids, total saturated | 0.9 | g | |
| fatty acids, total monounsaturated | 0.5 | g | |
| fatty acids, total polyunsaturated | 1.4 | g | |
| fatty acid 18:2 n-6 cis,cis | 1.4 | g | |
| fatty acids, total trans | 0 | g | |
| sugars, total | 2.6 | g | |
| sucrose | 0 | g | |

| Name | Value | Unit | Source(s) |
|--|-------|------|-----------|
| lactose | 0 | g | |
| oligosaccharides, available | 0 | g | |
| fibre, total dietary | 4.5 | g | |
| protein, total | 11.3 | g | 57 |
| alcohol | 0 | g | |
| water | 6.8 | 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 | 0.13 | mg | 57 |
| riboflavin | 0.32 | mg | 57 |
| niacin, preformed | 5 | mg | 57 |
| niacin equivalents, total | 7.4 | mg | |
| niacin equivalents from tryptophan | 2.4 | mg | |
| vitamin B-6, total | 0.11 | mg | |
| vitamin B-12 | 0 | µg | 57 |
| vitamin C | 0 | mg | 57 |
| folate, total | 26 | µg | |
| ash | 0.93 | g | |
| sodium | 28 | mg | 57 |
| potassium | 150 | mg | |
| calcium | 78 | mg | 57 |
| phosphorus | 180 | mg | 57 |
| magnesium | 39 | mg | |
| iron, total | 2.1 | mg | 57 |
| zinc | 1.3 | 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 |