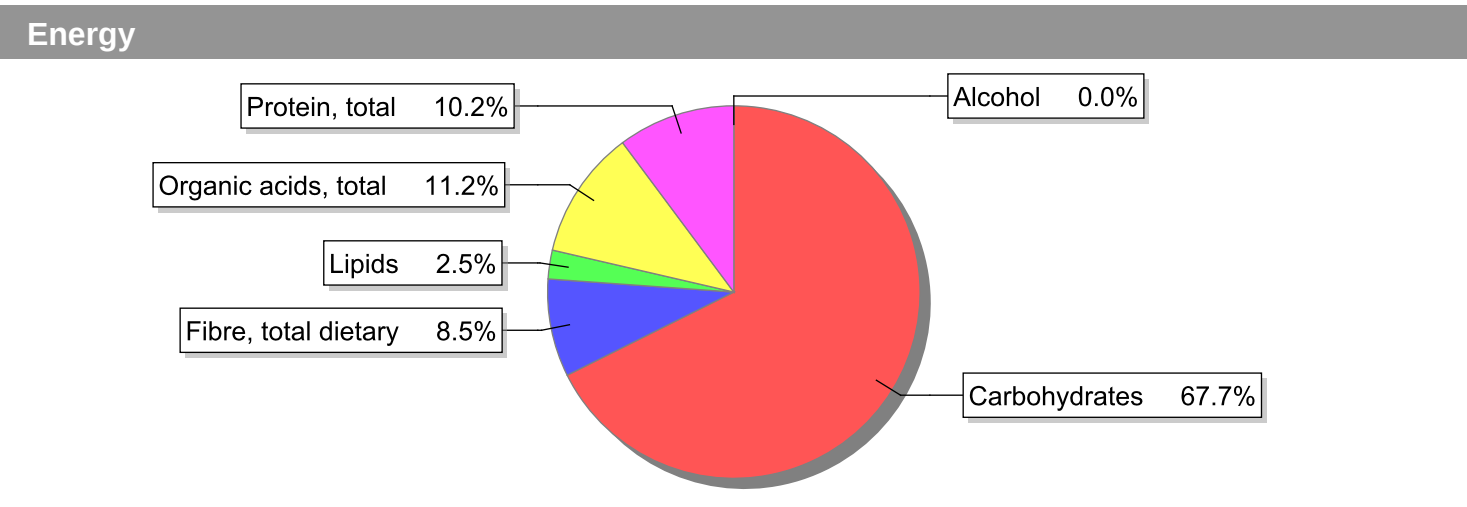
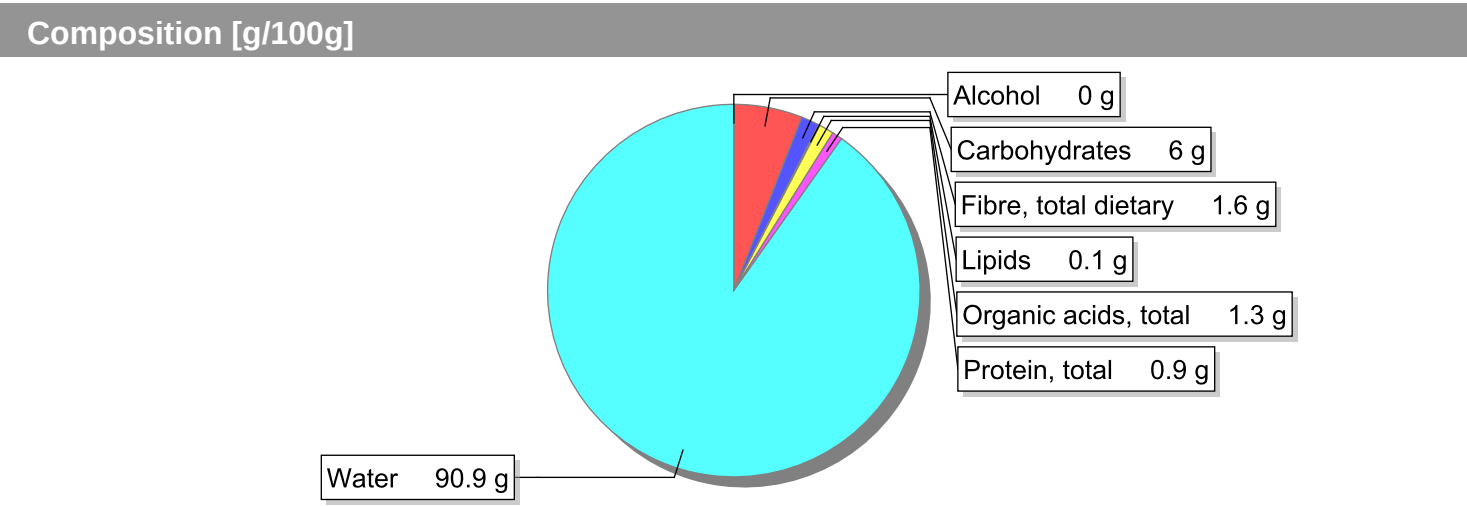


Food	
Name:	Grapefruit
Group:	Fruit
Subgroup:	Fresh fruit
Edible Part:	65%
Code:	IS692
FoodEX2 Code:	A01CY



Nutritive content per 100g edible portion			
Name	Value	Unit	Source(s)
energy kcal, total metabolisable	36	kcal	57
energy kJ, total metabolisable	151	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	6	g	
sucrose	2	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	1.6	g	
protein, total	0.9	g	57
alcohol	0	g	57
water	90.9	g	
organic acids, total	1.3	g	
cholesterol	0	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	3	µg	
carotene, total (vitamin A precursors)	17	µg	
vitamin D	0	µg	57
alpha-tocopherol	0.19	mg	
thiamin	0.08	mg	57
riboflavin	0.02	mg	
niacin, preformed	0.3	mg	
niacin equivalents, total	0.4	mg	
niacin equivalents from tryptophan	0.1	mg	
vitamin B-6, total	0.03	mg	
vitamin B-12	0	µg	57
vitamin C	43	mg	57
folate, total	26	µg	
ash	0.42	g	
sodium	1	mg	
potassium	200	mg	
calcium	26	mg	57
phosphorus	19	mg	57
magnesium	11	mg	
iron, total	0.1	mg	
zinc	0	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