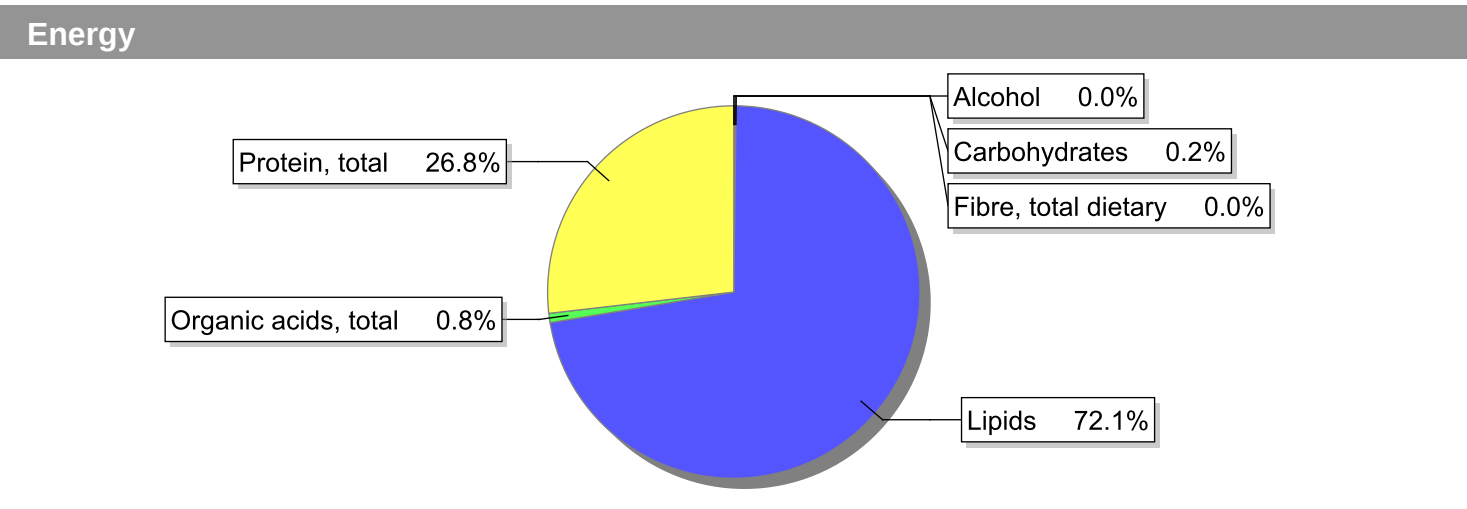
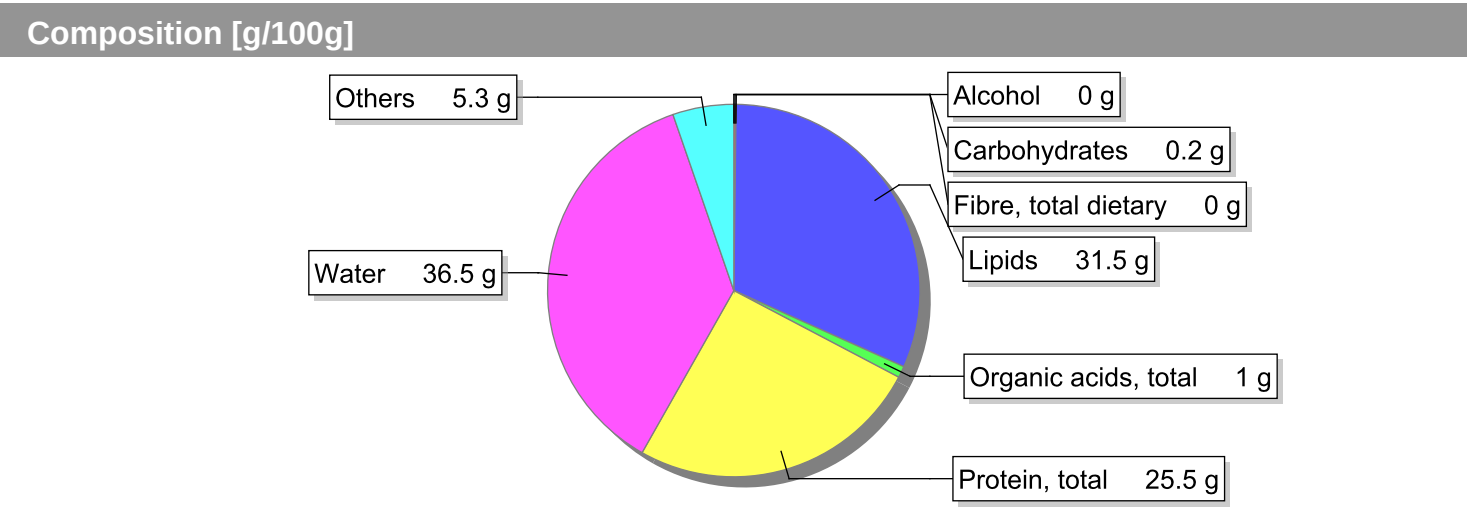


| Food          |                                   |
|---------------|-----------------------------------|
| Name:         | Cheese, "Serra da Estrela", cured |
| Group:        | Milk and milk products            |
| Subgroup:     | Cheese                            |
| Edible Part:  | 85%                               |
| Code:         | IS054                             |
| FoodEX2 Code: | A02SV                             |



| Nutritive content per 100g edible portion |       |      |           |
|-------------------------------------------|-------|------|-----------|
| Name                                      | Value | Unit | Source(s) |
| energy kcal, total metabolisable          | 389   | kcal | 57        |
| energy kJ, total metabolisable            | 1620  | kJ   |           |
| fatty acids, total saturated              | 16.6  | g    |           |
| fatty acids, total monounsaturated        | 7.6   | g    |           |
| fatty acids, total polyunsaturated        | 1.1   | g    |           |
| fatty acid 18:2 n-6 cis,cis               | 1.0   | g    |           |
| fatty acids, total trans                  | 1.3   | g    |           |
| sugars, total                             | 0.2   | g    |           |
| sucrose                                   | 0     | g    |           |

| Name                                                            | Value | Unit | Source(s) |
|-----------------------------------------------------------------|-------|------|-----------|
| lactose                                                         | 0.2   | g    |           |
| oligosaccharides, available                                     | 0     | g    |           |
| starch, total                                                   | 0     | g    |           |
| protein, total                                                  | 25.5  | g    | 57        |
| alcohol                                                         | 0     | g    |           |
| water                                                           | 36.5  | g    | 57        |
| organic acids, total                                            | 1     | g    |           |
| cholesterol                                                     | 81    | mg   | 57        |
| vitamin A; retinol equiv from retinol and carotenoid activities | 285   | µg   |           |
| carotene, total (vitamin A precursors)                          | 10    | µg   |           |
| vitamin D                                                       | 0.2   | µg   |           |
| alpha-tocopherol                                                | 0.53  | mg   |           |
| thiamin                                                         | 0.05  | mg   |           |
| riboflavin                                                      | 0.65  | mg   |           |
| niacin, preformed                                               | 0.8   | mg   |           |
| niacin equivalents, total                                       | 6.8   | mg   |           |
| niacin equivalents from tryptophan                              | 6     | mg   |           |
| vitamin B-6, total                                              | 0.11  | mg   |           |
| vitamin B-12                                                    | 1.4   | µg   |           |
| vitamin C                                                       | 0     | mg   |           |
| folate, total                                                   | 38    | µg   |           |
| ash                                                             | 5.30  | g    |           |
| sodium                                                          | 790   | mg   | 57        |
| potassium                                                       | 90    | mg   | 57        |
| calcium                                                         | 820   | mg   | 57        |
| phosphorus                                                      | 590   | mg   | 57        |
| magnesium                                                       | 59    | mg   | 57        |
| iron, total                                                     | 0.8   | mg   | 57        |
| zinc                                                            | 3.1   | 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 |