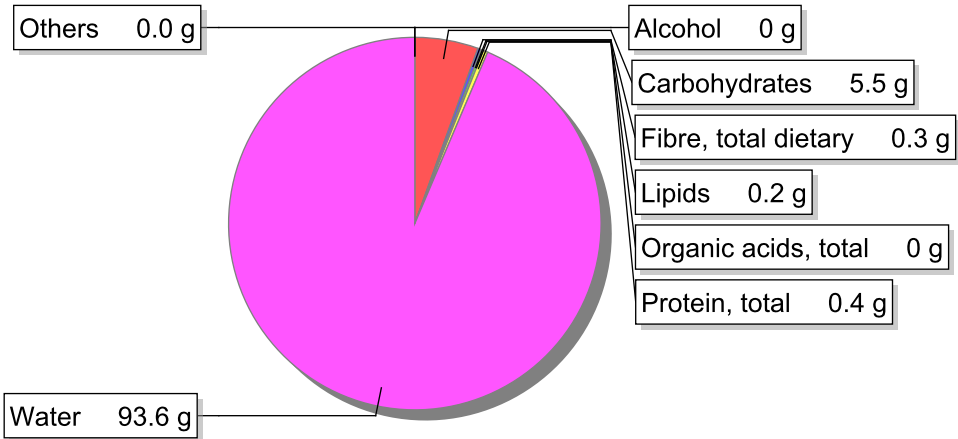


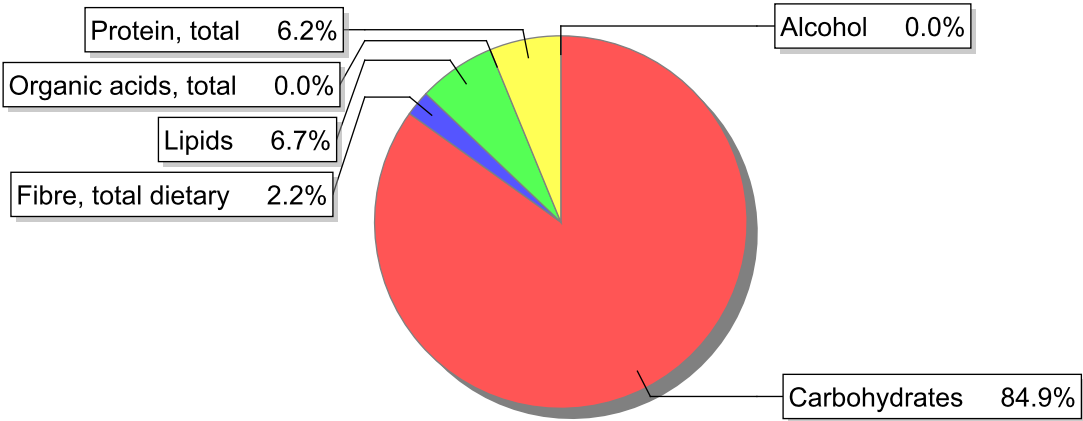
Food

Name: Watermelon
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 52%
Code: IS673
FoodEX2 Code: A00KJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	26	kcal	
energy kJ, total metabolisable	110	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0.1	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	5.5	g	57
sucrose	1.5	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0.3	g	
protein, total	0.4	g	57
alcohol	0	g	
water	93.6	g	57
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	50	µg	57
carotene, total (vitamin A precursors)	300	µg	57
vitamin D	0	µg	
alpha-tocopherol	0.1	mg	
thiamin	0.02	mg	57
riboflavin	0.01	mg	
niacin, preformed	0.1	mg	
niacin equivalents, total	0.1	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0.14	mg	
vitamin B-12	0	µg	
vitamin C	4	mg	57
folate, total	2	µg	
iodide	0.3	µg	1140
sodium	4	mg	57
potassium	100	mg	
calcium	10	mg	57
phosphorus	5	mg	57
magnesium	12	mg	57
iron, total	0.3	mg	57
zinc	0.1	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
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