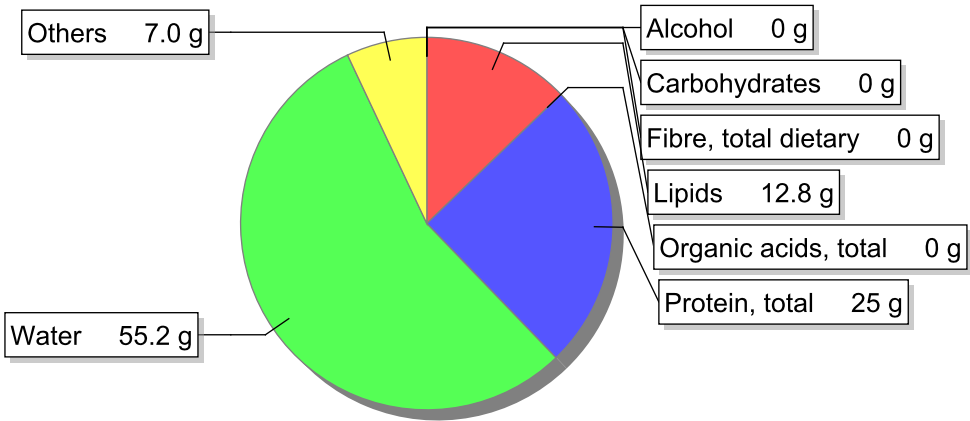


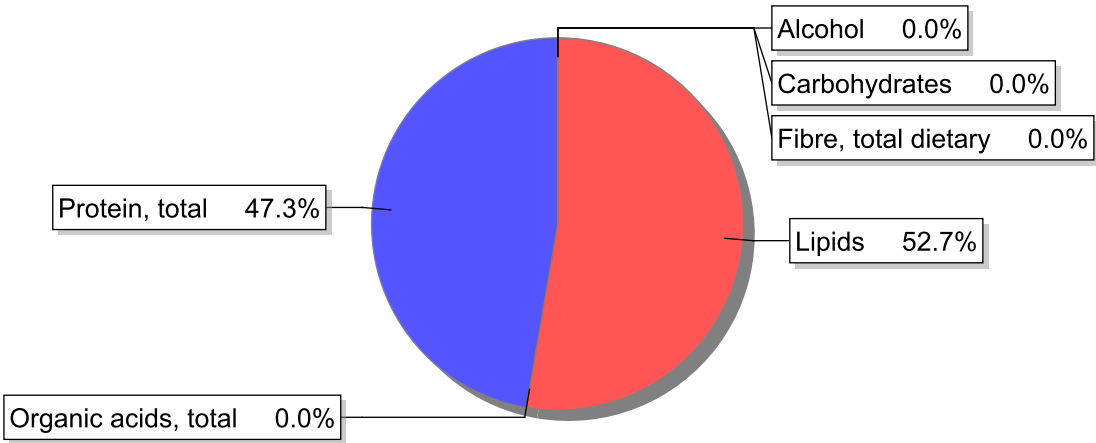
Food

Name: Ham, smoked
Group: Meat and meat products, fowl and game meat
Subgroup: Sausages and delicatessen products
Edible Part: 95%
Code: IS357
FoodEX2 Code: A022T

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	215	kcal	
energy kJ, total metabolisable	899	kJ	
fatty acids, total saturated	4.1	g	
fatty acids, total monounsaturated	5.1	g	
fatty acids, total polyunsaturated	1.4	g	
fatty acid 18:2 n-6 cis,cis	1.2	g	
fatty acids, total trans	0	g	
sugars, total	0	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	57
protein, total	25	g	57
alcohol	0	g	
water	55.2	g	
organic acids, total	0	g	
cholesterol	66	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0.8	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.7	mg	57
riboflavin	0.28	mg	57
niacin, preformed	6	mg	57
niacin equivalents, total	11	mg	
niacin equivalents from tryptophan	5.3	mg	
vitamin B-6, total	0.41	mg	57
vitamin B-12	1	µg	57
vitamin C	0	mg	
folate, total	1	µg	
ash	7.00	g	58
sodium	2570	mg	
potassium	580	mg	58
calcium	23	mg	57
phosphorus	200	mg	57
magnesium	41	mg	58
iron, total	2	mg	57
zinc	3.9	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
58	Gonçalves Ferreira, FA; Silva Graça, ME (1985) - Tabela de Composição dos Alimentos Portugueses. Reimpressão da 2ª Edição de 1963. Instituto Nacional de Saúde Dr. Ricardo Jorge, Lisboa.