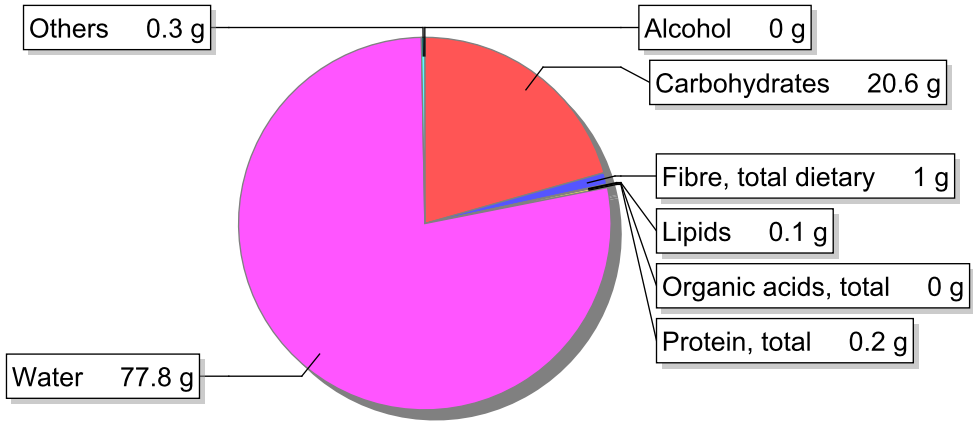


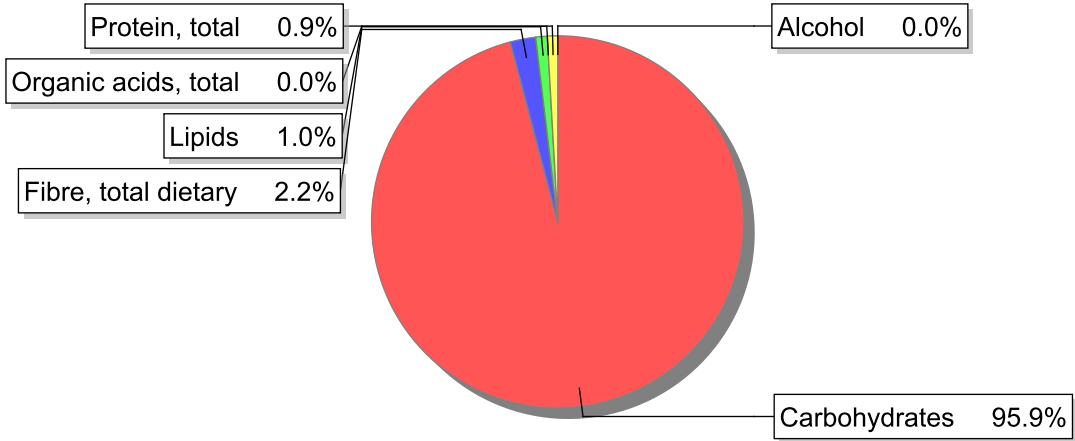
Food

Name: Peach, canned in syrup
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 100%
Code: IS686
FoodEX2 Code: A01NY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	86	kcal	
energy kJ, total metabolisable	365	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0	g	
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	20.6	g	
sucrose	20.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	0.2	g	57
alcohol	0	g	57
water	77.8	g	
organic acids, total	0	g	
cholesterol	0	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	43	µg	57
carotene, total (vitamin A precursors)	257	µg	57
vitamin D	0	µg	57
alpha-tocopherol	0	mg	
thiamin	0.01	mg	
riboflavin	0.02	mg	
niacin, preformed	0.6	mg	
niacin equivalents, total	0.6	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0.02	mg	
vitamin B-12	0	µg	57
vitamin C	6	mg	57
folate, total	7	µg	
iodide	3.6	µg	1140
sodium	1	mg	57
potassium	150	mg	57
calcium	9	mg	57
phosphorus	9	mg	57
magnesium	6	mg	57
iron, total	0.2	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
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