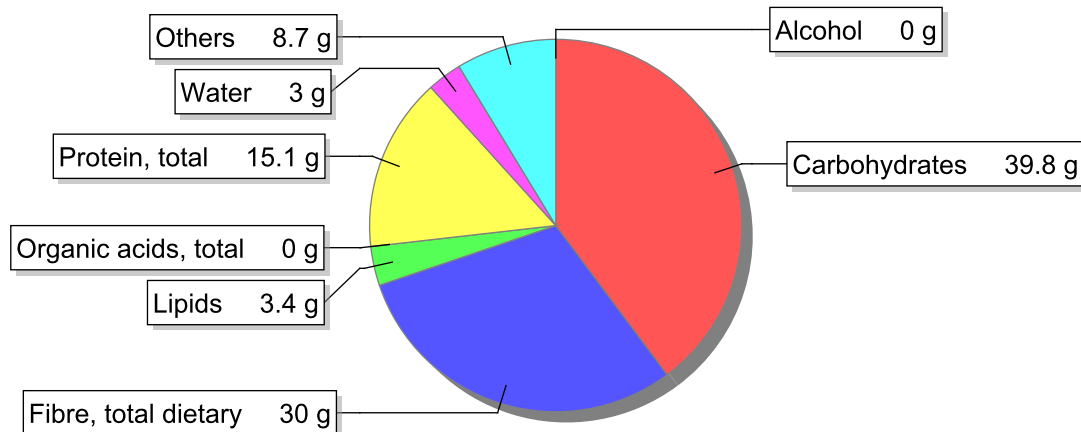


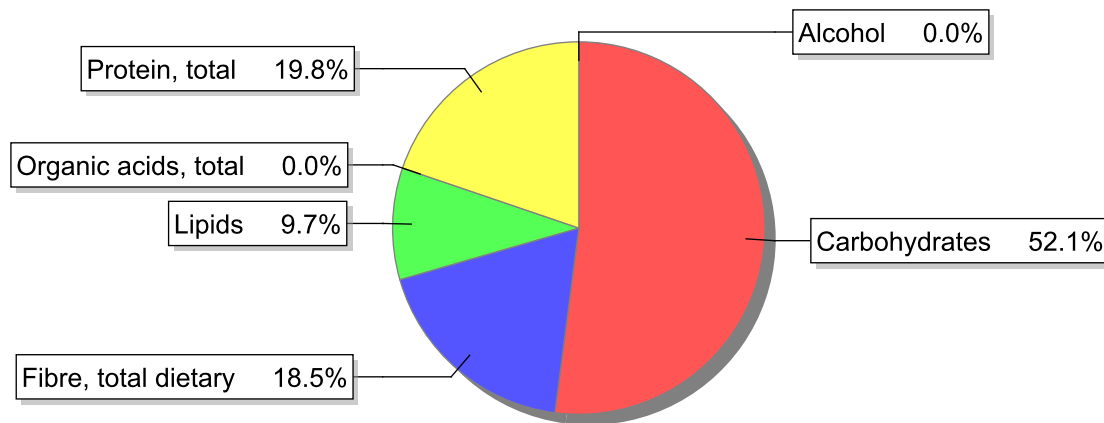
Food

Name: Breakfast cereal, wheat bran based, "All-Bran" type
Group: Cereal and cereal products
Subgroup: Breakfast cereal and special flour
Edible Part: 100%
Code: IS451
FoodEX2 Code: A00ED

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	310	kcal	
energy kJ, total metabolisable	1300	kJ	
fatty acids, total saturated	0.6	g	
fatty acids, total monounsaturated	0.4	g	
fatty acids, total polyunsaturated	1.5	g	
fatty acid 18:2 n-6 cis,cis	1.4	g	
fatty acids, total trans	0	g	
sugars, total	14.7	g	
sucrose	11.5	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	3.7	g	
fibre, total dietary	30	g	
protein, total	15.1	g	
alcohol	0	g	
water	3	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	2.8	µg	
alpha-tocopherol	2.2	mg	
thiamin	1	mg	
riboflavin	1.5	mg	
niacin, preformed	16	mg	
niacin equivalents, total	19	mg	
niacin equivalents from tryptophan	3.2	mg	
vitamin B-6, total	1.8	mg	
vitamin B-12	2	µg	
vitamin C	0	mg	
folate, total	250	µg	
ash	6.50	g	
sodium	1480	mg	
potassium	900	mg	
calcium	69	mg	
phosphorus	620	mg	
magnesium	370	mg	
iron, total	12	mg	
zinc	8.4	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB