

Numerical code: unique for each food item present in the BDA

Full food item name: the scientific name, if present, is reported in cursive.

Database version: the red apple refers to the first version (BDA98, Salvini et al., 1998), the green apple refers to the 2008 update (BDA08), the blue apple refers to the 2015 update (BDA15).

Food Note: further information for a better identification of food items.

Food category: code and name of the category to which the food belongs.

Food components: divided into 7 groups main components, minerals and trace-elements, water-soluble vitamins, fat-soluble vitamins, fatty acids, aminoacids, soluble carbohydrates. They are shown only when a value has been assigned.

Unit: adopted for each food component.

900864 FRUIT COCKTAIL, canned in syrup
Food Note: Nome Originale: "Fruit cocktail, canned in syrup"
Food category: 4002 - cooked or canned fruit



| | Value | Source | Code | Class | Notes |
|-------------------------------------|-------|--------|------|-------|-------|
| Food Components | | | | | |
| Contained in 100 g / unit | | | | | |
| PROXIMATES | | | | | |
| Edible part, % | 100 | L | 97 | | |
| Energy, recalculated, kJ | 244 | 86 | | | |
| Energy, Rec with fibre, kJ | 252 | 86 | | | |
| Energy, recalculated, kcal | 57 | 86 | | | |
| Energy, Rec with fibre, kcal | 59 | 86 | | | |
| Total protein, g | 0,4 | L | 97 | | |
| Animal protein, g | 0,0 | LZ | | | |
| Vegetable protein, g | 0,4 | L | 97 | | |
| Total fat, g | tr | L | 97 | | |
| Animal fat, g | 0,0 | LZ | | | |
| Vegetable fat, g | tr | L | 97 | | |
| Cholesterol, mg | 0 | LZ | | | |
| Available carbohydrates (MSE), g | 14,8 | L | 97 | | |
| Starch (MSE), g | 0,0 | L | 97 | | |
| Soluble carbohydrates (MSE), g | 14,8 | L | 97 | | |
| Dietary total fibre, g | 1,0 | L | | | |
| Alcohol, g | 0,0 | LZ | | | |
| Water, g | 81,8 | L | | | |
| MINERALS and TRACES ELEMENTS | | | | | |
| Iron, mg | 0,3 | L | | | |
| Calcium, mg | 5 | L | | | |
| Sodium, mg | 3 | L | | | |
| Potassium, mg | 95 | L | | | |
| Phosphorus, mg | 9 | L | | | |
| Zinc, mg | 0,10 | L | | | |
| Magnesium, mg | 5 | BF | | | |
| Copper, mg | 0,02 | BF | | | |
| Selenium, µg | tr | BF | 947 | | |
| Chloride, mg | 3 | BF | 947 | | |
| Iodine, µg | 130 | Y | 3030 | | |
| Manganese, mg | 0,10 | BF | 947 | | |
| Sulphur, mg | 1 | L | 97 | | |
| WATER SOLUBLE VITAMINS | | | | | |
| Vitamin B1, Thiamin, mg | 0,02 | L | 9 | | |
| Vitamin B2, Riboflavin, mg | 0,01 | L | 9 | | |
| Vitamin C, mg | 4 | L | 9 | | |
| Niacin, mg | 0,40 | L | 9 | | |
| Vitamin B6, mg | 0,03 | L | 9 | | |
| Total folate, µg | 5 | L | 9 | | |
| Pantotenic acid, mg | 0,05 | BF | 94 | | |
| Biotin, µg | 0,1 | BF | 94 | | |
| Vitamin B12, µg | 0,0 | LZ | | | |

Food composition: refers to 100 grams of edible matter, except for alcoholic beverages where the composition is given per 100 milliliters.

Component value: the value is defined as "traces" (tr) when it refers to negligible quantities, not measurable with the analytical methods used/declared, or to quantities less than the expected decimals. When the value is missing the food component is not listed in the table.

Source: bibliographic source. The full reference is shown when pointing the cursor.

Code: identifies to which food item the bibliographical source refers to.

Note: This field includes the name of the food from which data were derived and, if necessary, other information as the original value of the main components (macronutrients), the component of interest (if re-computed), comments about estimates, calculations, etc. *Be aware:* in the BDA08 and BDA15 version some information has been included in the item "class".

Class: indicates how the data from other bibliographical sources or borrowed from another food item were estimated. The explanation of the codes is shown when pointing the cursor. *Not available in BDA98.*

2 "Fruit cocktail, canned" WAT