

Nutrients (per 100 gm)	Unit	Staple Foods							
		Maize flour	Millet Flour	Rice	Cassava fresh	Cassava flour	Matooke (plantain)	Beans	Groundnut
Energy	Kilocalories	369	374	360	160	314	122	347	567
Protein	Grams	7.3	10.9	6.6	1.4	2.6	1.3	21.4	25.8
Fat	Grams	1.8	4.2	0.6	0.3	0.7	0.4	1.2	49.2
Carbohydrate	Grams	79.2	72.1	79.3	38.1	76.6	31.9	62.6	16.1
Calcium	Milligrams	3.0	8.0	9.0	16.0	31.0	3.0	11.3	92.0
Iron	Milligrams	1.1	3.0	0.8	0.3	1.9	0.6	5.1	4.6
Zinc	Milligrams	0.7	1.7	1.2	0.3	0.7	0.1	2.3	3.3

# Table Of Food Composition

**JS Bruner**



**Table Of Food Composition:**

## Enjoying the Tune of Phrase: An Emotional Symphony within **Table Of Food Composition**

In a global consumed by displays and the ceaseless chatter of instantaneous transmission, the melodic beauty and emotional symphony developed by the written term frequently fade in to the background, eclipsed by the constant noise and distractions that permeate our lives. But, nestled within the pages of **Table Of Food Composition** an enchanting fictional treasure full of fresh thoughts, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, this captivating masterpiece conducts readers on an emotional journey, skillfully unraveling the concealed songs and profound influence resonating within each cautiously crafted phrase. Within the depths of the emotional review, we will investigate the book's main harmonies, analyze their enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers' souls.

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