

## Basic Report 19163, Chewing gum

Report Date: September 20, 2019 06:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 stick 3g	10.0 Chiclets 16g	1 block 8g
<b>Proximates</b>					
Water	g	2.60	0.08	0.42	0.21
Energy	kcal	360	11	58	29
Protein	g	0.00	0.00	0.00	0.00
Total lipid (fat)	g	0.30	0.01	0.05	0.02
Carbohydrate, by difference	g	96.70	2.90	15.47	7.74
Fiber, total dietary	g	2.4	0.1	0.4	0.2
Sugars, total	g	66.08	1.98	10.57	5.29
<b>Minerals</b>					
Calcium, Ca	mg	0	0	0	0
Iron, Fe	mg	0.00	0.00	0.00	0.00
Magnesium, Mg	mg	0	0	0	0
Phosphorus, P	mg	0	0	0	0
Potassium, K	mg	2	0	0	0
Sodium, Na	mg	1	0	0	0
Zinc, Zn	mg	0.00	0.00	0.00	0.00
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.000	0.000	0.000	0.000
Riboflavin	mg	0.000	0.000	0.000	0.000
Niacin	mg	0.000	0.000	0.000	0.000
Vitamin B-6	mg	0.000	0.000	0.000	0.000
Folate, DFE	µg	0	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.042	0.001	0.007	0.003
Fatty acids, total monounsaturated	g	0.079	0.002	0.013	0.006
Fatty acids, total polyunsaturated	g	0.137	0.004	0.022	0.011
Cholesterol	mg	0	0	0	0
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0