

NUTRITION ANALYSIS

FOOD	Measure	Kcal	CHO g	Fat g	Pro g	Ca mg	Iron mg	Vit A RE	Thia mg	Rib mg	Niac mg	Vit C mg	Zinc mg
Yellow rice	1/2 C	208	27	9.5	3	14	1.5	0.3	0.02	0.02	1.4	0.25	0.45
Yellow rice revised	1/2 C	161	29.6	2.8	3.8	18	1.6	0.21	0.03	0.03	1.5	0.25	0.54

Fiber Folic	
g	mcg
1.1	83
1.8	95