

# Nutritional Facts

## Nutrient Data Laboratory

Look up the nutrient content of 6,200 foods from the USDA database.

<http://www.nal.usda.gov/fnic/foodcomp/search/>

Coconut meat, raw

Coconut meat, dried (desiccated), not sweetened

Coconut meat, dried (desiccated), sweetened, flaked, packaged

Coconut oil

Coconut milk, canned (liquid expressed from grated meat and water)

Coconut milk, raw (liquid expressed from grated meat and water)

Coconut cream, canned (liquid expressed from grated meat)

Coconut cream, raw (liquid expressed from grated meat)

Coconut water (liquid from coconuts)

Palm Oil

Palm Kernel Oil

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## Coconut meat, raw

Nutrient	Units	Value per 100 grams of edible portion	Number of Data Points	Std. Error
<b>Proximates</b>				
Water	g	46.99	15	1.067
Energy	kcal	354	0	0
Energy	kj	1481	0	0
Protein	g	3.33	12	0.217
Total lipid (fat)	g	33.49	12	1.409
Ash	g	0.97	10	0.083

Carbohydrate, by difference	g	15.23	0	0
Fiber, total dietary	g	9.0	0	0
Sugars, total	g	6.23	0	0
<b>Minerals</b>				
Calcium, Ca	mg	14	5	2.6
Iron, Fe	mg	2.43	4	0.253
Magnesium, Mg	mg	32	2	0
Phosphorus, P	mg	113	5	13.483
Potassium, K	mg	356	2	0
Sodium, Na	mg	20	2	0
Zinc, Zn	mg	1.10	3	0.264
Copper, Cu	mg	0.435	2	0
Manganese, Mn	mg	1.500	1	0
Selenium, Se	mcg	10.1	0	0
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	3.3	3	1.267
Thiamin	mg	0.066	4	0.016
Riboflavin	mg	0.020	3	0.006
Niacin	mg	0.540	0	0
Pantothenic acid	mg	0.300	1	0
Vitamin B-6	mg	0.054	3	0.016
Folate, total	mcg	26	4	4.3
Folic acid	mcg	0	0	0
Folate, food	mcg	26	4	4.3
Folate, DFE	mcg_DFE	26	0	0
Vitamin B-12	mcg	0.00	0	0
Vitamin A, IU	IU	0	1	0
Vitamin A, RAE	mcg_RAE	0	0	0
Retinol	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.24	0	0
Tocopherol, beta	mg	0.00	0	0
Tocopherol, gamma	mg	0.53	0	0
Tocopherol, delta	mg	0.00	0	0
Vitamin K (phylloquinone)	mcg	0.2	0	0
<b>Lipids</b>				

Fatty acids, total saturated	g	29.698	0	0
4:0	g	0.000	0	0
6:0	g	0.191	26	0
8:0	g	2.346	126	0
10:0	g	1.864	129	0
12:0	g	14.858	130	0
14:0	g	5.866	132	0
16:0	g	2.839	132	0
18:0	g	1.734	132	0
Fatty acids, total monounsaturated	g	1.425	0	0
16:1 undifferentiated	g	0.000	0	0
18:1 undifferentiated	g	1.425	132	0
20:1	g	0.000	0	0
22:1 undifferentiated	g	0.000	0	0
Fatty acids, total polyunsaturated	g	0.366	0	0
18:2 undifferentiated	g	0.366	130	0
18:3 undifferentiated	g	0.000	0	0
18:4	g	0.000	0	0
20:4 undifferentiated	g	0.000	0	0
20:5 n-3	g	0.000	0	0
22:5 n-3	g	0.000	0	0
22:6 n-3	g	0.000	0	0
Cholesterol	mg	0	0	0
Phytosterols	mg	47	0	0
<b>Amino acids</b>				
Tryptophan	g	0.039	7	0
Threonine	g	0.121	26	0
Isoleucine	g	0.131	26	0
Leucine	g	0.247	26	0
Lysine	g	0.147	26	0
Methionine	g	0.062	25	0
Cystine	g	0.066	7	0
Phenylalanine	g	0.169	26	0
Tyrosine	g	0.103	23	0
Valine	g	0.202	26	0

Arginine	g	0.546	26	0
Histidine	g	0.077	24	0
Alanine	g	0.170	23	0
Aspartic acid	g	0.325	23	0
Glutamic acid	g	0.761	23	0
Glycine	g	0.158	23	0
Proline	g	0.138	23	0
Serine	g	0.172	23	0
<b>Other</b>				
Alcohol, ethyl	g	0.0	0	0
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0
Carotene, beta	mcg	0	0	0
Carotene, alpha	mcg	0	0	0
Cryptoxanthin, beta	mcg	0	0	0
Lycopene	mcg	0	0	0
Lutein + zeaxanthin	mcg	0	0	0

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## Coconut meat, dried (desiccated), not sweetened

Nutrient	Units	Value per 100 grams of edible portion	Number of Data Points	Std. Error
<b>Proximates</b>				
Water	g	3.00	0	0
Energy	kcal	660	0	0
Energy	kj	2761	0	0
Protein	g	6.88	0	0
Total lipid (fat)	g	64.53	0	0
Ash	g	1.94	0	0

Carbohydrate, by difference	g	23.65	0	0
Fiber, total dietary	g	16.3	0	0
Sugars, total	g	7.35	0	0
<b>Minerals</b>				
Calcium, Ca	mg	26	0	0
Iron, Fe	mg	3.32	0	0
Magnesium, Mg	mg	90	0	0
Phosphorus, P	mg	206	0	0
Potassium, K	mg	543	0	0
Sodium, Na	mg	37	0	0
Zinc, Zn	mg	2.01	0	0
Copper, Cu	mg	0.796	0	0
Manganese, Mn	mg	2.745	0	0
Selenium, Se	mcg	18.5	0	0
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	1.5	0	0
Thiamin	mg	0.060	0	0
Riboflavin	mg	0.100	0	0
Niacin	mg	0.603	0	0
Pantothenic acid	mg	0.800	0	0
Vitamin B-6	mg	0.300	0	0
Folate, total	mcg	9	0	0
Folic acid	mcg	0	0	0
Folate, food	mcg	9	0	0
Folate, DFE	mcg_DFE	9	0	0
Vitamin B-12	mcg	0.00	0	0
Vitamin A, IU	IU	0	0	0
Vitamin A, RAE	mcg_RAE	0	0	0
Retinol	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.44	0	0
Vitamin K (phylloquinone)	mcg	0.3	0	0
<b>Lipids</b>				
Fatty acids, total saturated	g	57.218	0	0
4:0	g	0.000	0	0
6:0	g	0.367	0	0

8:0	g	4.520	0	0
10:0	g	3.592	0	0
12:0	g	28.625	0	0
14:0	g	11.302	0	0
16:0	g	5.469	0	0
18:0	g	3.341	0	0
Fatty acids, total monounsaturated	g	2.745	0	0
16:1 undifferentiated	g	0.000	0	0
18:1 undifferentiated	g	2.745	0	0
20:1	g	0.000	0	0
22:1 undifferentiated	g	0.000	0	0
Fatty acids, total polyunsaturated	g	0.706	0	0
18:2 undifferentiated	g	0.706	0	0
18:3 undifferentiated	g	0.000	0	0
18:4	g	0.000	0	0
20:4 undifferentiated	g	0.000	0	0
20:5 n-3	g	0.000	0	0
22:5 n-3	g	0.000	0	0
22:6 n-3	g	0.000	0	0
Cholesterol	mg	0	0	0
<b>Amino acids</b>				
Tryptophan	g	0.081	0	0
Threonine	g	0.251	0	0
Isoleucine	g	0.270	0	0
Leucine	g	0.511	0	0
Lysine	g	0.304	0	0
Methionine	g	0.129	0	0
Cystine	g	0.136	0	0
Phenylalanine	g	0.349	0	0
Tyrosine	g	0.213	0	0
Valine	g	0.417	0	0
Arginine	g	1.130	0	0
Histidine	g	0.158	0	0
Alanine	g	0.352	0	0
Aspartic acid	g	0.673	0	0

Glutamic acid	g	1.574	0	0
Glycine	g	0.326	0	0
Proline	g	0.284	0	0
Serine	g	0.356	0	0
<b>Other</b>				
Alcohol, ethyl	g	0.0	0	0
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0
Carotene, beta	mcg	0	0	0
Carotene, alpha	mcg	0	0	0
Cryptoxanthin, beta	mcg	0	0	0
Lycopene	mcg	0	0	0
Lutein + zeaxanthin	mcg	0	0	0

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## Coconut meat, dried (desiccated), sweetened, flaked, packaged

Nutrient	Units	Value per 100 grams of edible portion	Number of Data Points	Std. Error
<b>Proximates</b>				
Water	g	15.61	0	0
Energy	kcal	474	0	0
Energy	kj	1983	0	0
Protein	g	3.28	0	0
Total lipid (fat)	g	32.15	0	0
Ash	g	1.37	0	0
Carbohydrate, by difference	g	47.59	0	0
Fiber, total dietary	g	4.3	0	0
Sugars, total	g	43.29	0	0
<b>Minerals</b>				

Calcium, Ca	mg	14	0	0
Iron, Fe	mg	1.80	0	0
Magnesium, Mg	mg	48	0	0
Phosphorus, P	mg	100	0	0
Potassium, K	mg	316	0	0
Sodium, Na	mg	256	0	0
Zinc, Zn	mg	1.75	0	0
Copper, Cu	mg	0.301	0	0
Manganese, Mn	mg	2.388	0	0
Selenium, Se	mcg	16.1	3	1.068
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0	0
Thiamin	mg	0.030	0	0
Riboflavin	mg	0.020	0	0
Niacin	mg	0.300	0	0
Pantothenic acid	mg	0.696	0	0
Vitamin B-6	mg	0.261	0	0
Folate, total	mcg	8	0	0
Folic acid	mcg	0	0	0
Folate, food	mcg	8	0	0
Folate, DFE	mcg_DFE	8	0	0
Vitamin B-12	mcg	0.00	0	0
Vitamin A, IU	IU	0	0	0
Vitamin A, RAE	mcg_RAE	0	0	0
Retinol	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.38	0	0
Vitamin K (phylloquinone)	mcg	0.3	0	0
<b>Lipids</b>				
Fatty acids, total saturated	g	28.509	0	0
4:0	g	0.000	0	0
6:0	g	0.183	0	0
8:0	g	2.252	0	0
10:0	g	1.790	0	0
12:0	g	14.263	0	0
14:0	g	5.631	0	0

16:0	g	2.725	0	0
18:0	g	1.665	0	0
Fatty acids, total monounsaturated	g	1.368	0	0
16:1 undifferentiated	g	0.000	0	0
18:1 undifferentiated	g	1.368	0	0
20:1	g	0.000	0	0
22:1 undifferentiated	g	0.000	0	0
Fatty acids, total polyunsaturated	g	0.352	0	0
18:2 undifferentiated	g	0.352	0	0
18:3 undifferentiated	g	0.000	0	0
18:4	g	0.000	0	0
20:4 undifferentiated	g	0.000	0	0
20:5 n-3	g	0.000	0	0
22:5 n-3	g	0.000	0	0
22:6 n-3	g	0.000	0	0
Cholesterol	mg	0	0	0
<b>Amino acids</b>				
Tryptophan	g	0.038	0	0
Threonine	g	0.119	0	0
Isoleucine	g	0.129	0	0
Leucine	g	0.243	0	0
Lysine	g	0.145	0	0
Methionine	g	0.061	0	0
Cystine	g	0.065	0	0
Phenylalanine	g	0.166	0	0
Tyrosine	g	0.101	0	0
Valine	g	0.198	0	0
Arginine	g	0.538	0	0
Histidine	g	0.075	0	0
Alanine	g	0.167	0	0
Aspartic acid	g	0.320	0	0
Glutamic acid	g	0.749	0	0
Glycine	g	0.155	0	0
Proline	g	0.135	0	0
Serine	g	0.169	0	0

<b>Other</b>				
Alcohol, ethyl	g	0.0	0	0
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0
Carotene, beta	mcg	0	0	0
Carotene, alpha	mcg	0	0	0
Cryptoxanthin, beta	mcg	0	0	0
Lycopene	mcg	0	0	0
Lutein + zeaxanthin	mcg	0	0	0

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## Coconut oil

Nutrient	Units	Value per 100 grams of edible portion	Number of Data Points	Std. Error
<b>Proximates</b>				
Water	g	0.00	1	0
Energy	kcal	862	0	0
Energy	kJ	3607	0	0
Protein	g	0.00	0	0
Total lipid (fat)	g	100.00	1	0
Ash	g	0.00	1	0
Carbohydrate, by difference	g	0.00	0	0
Fiber, total dietary	g	0.0	0	0
Sugars, total	g	0.00	0	0
<b>Minerals</b>				
Calcium, Ca	mg	0	1	0
Iron, Fe	mg	0.04	1	0
Magnesium, Mg	mg	0	1	0
Phosphorus, P	mg	0	1	0
Potassium, K	mg	0	1	0

Sodium, Na	mg	0	1	0
Zinc, Zn	mg	0.00	1	0
Copper, Cu	mg	0.000	0	0
Manganese, Mn	mg	0.000	0	0
Selenium, Se	mcg	0.0	0	0
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	1	0
Thiamin	mg	0.000	1	0
Riboflavin	mg	0.000	1	0
Niacin	mg	0.000	1	0
Pantothenic acid	mg	0.000	1	0
Vitamin B-6	mg	0.000	1	0
Folate, total	mcg	0	1	0
Folic acid	mcg	0	0	0
Folate, food	mcg	0	1	0
Folate, DFE	mcg_DFE	0	0	0
Vitamin B-12	mcg	0.00	1	0
Vitamin A, IU	IU	0	0	0
Vitamin A, RAE	mcg_RAE	0	0	0
Retinol	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.09	1	0
Tocopherol, beta	mg	0.00	1	0
Tocopherol, gamma	mg	0.20	1	0
Tocopherol, delta	mg	0.00	1	0
Vitamin K (phylloquinone)	mcg	0.5	1	0
<b>Lipids</b>				
Fatty acids, total saturated	g	86.500	0	0
4:0	g	0.000	0	0
6:0	g	0.600	19	0
8:0	g	7.500	19	0
10:0	g	6.000	19	0
12:0	g	44.600	19	0
14:0	g	16.800	19	0
16:0	g	8.200	19	0
18:0	g	2.800	19	0

Fatty acids, total monounsaturated	g	5.800	0	0
16:1 undifferentiated	g	0.000	0	0
18:1 undifferentiated	g	5.800	19	0
20:1	g	0.000	0	0
22:1 undifferentiated	g	0.000	0	0
Fatty acids, total polyunsaturated	g	1.800	0	0
18:2 undifferentiated	g	1.800	19	0
18:3 undifferentiated	g	0.000	0	0
18:4	g	0.000	0	0
20:4 undifferentiated	g	0.000	0	0
20:5 n-3	g	0.000	0	0
22:5 n-3	g	0.000	0	0
22:6 n-3	g	0.000	0	0
Cholesterol	mg	0	1	0
Phytosterols	mg	86	19	1.561
<b>Amino acids</b>				
Tryptophan	g	0.000	0	0
Threonine	g	0.000	0	0
Isoleucine	g	0.000	0	0
Leucine	g	0.000	0	0
Lysine	g	0.000	0	0
Methionine	g	0.000	0	0
Cystine	g	0.000	0	0
Phenylalanine	g	0.000	0	0
Tyrosine	g	0.000	0	0
Valine	g	0.000	0	0
Arginine	g	0.000	0	0
Histidine	g	0.000	0	0
Alanine	g	0.000	0	0
Aspartic acid	g	0.000	0	0
Glutamic acid	g	0.000	0	0
Glycine	g	0.000	0	0
Proline	g	0.000	0	0
Serine	g	0.000	0	0
<b>Other</b>				

Alcohol, ethyl	g	0.0	0	0
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0
Carotene, beta	mcg	0	1	0
Carotene, alpha	mcg	0	0	0
Cryptoxanthin, beta	mcg	0	0	0
Lycopene	mcg	0	0	0
Lutein + zeaxanthin	mcg	0	0	0

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## Coconut milk, canned (liquid expressed from grated meat and water)

Nutrient	Units	Value per 100 grams of edible portion	Number of Data Points	Std. Error
<b>Proximates</b>				
Water	g	72.88	3	8.667
Energy	kcal	197	0	0
Energy	kJ	824	0	0
Protein	g	2.02	3	0.785
Total lipid (fat)	g	21.33	3	8.35
Ash	g	0.97	1	0
Carbohydrate, by difference	g	2.81	0	0
<b>Minerals</b>				
Calcium, Ca	mg	18	1	0
Iron, Fe	mg	3.30	1	0
Magnesium, Mg	mg	46	1	0
Phosphorus, P	mg	96	1	0
Potassium, K	mg	220	0	0
Sodium, Na	mg	13	0	0
Zinc, Zn	mg	0.56	0	0

Copper, Cu	mg	0.223	0	0
Manganese, Mn	mg	0.768	0	0
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	1.0	1	0
Thiamin	mg	0.022	0	0
Riboflavin	mg	0.000	0	0
Niacin	mg	0.637	0	0
Pantothenic acid	mg	0.153	0	0
Vitamin B-6	mg	0.028	0	0
Folate, total	mcg	14	0	0
Folic acid	mcg	0	0	0
Folate, food	mcg	14	0	0
Folate, DFE	mcg_DFE	14	0	0
Vitamin B-12	mcg	0.00	0	0
Vitamin A, IU	IU	0	0	0
Vitamin A, RAE	mcg_RAE	0	0	0
Retinol	mcg	0	0	0
<b>Lipids</b>				
Fatty acids, total saturated	g	18.915	0	0
6:0	g	0.121	0	0
8:0	g	1.494	0	0
10:0	g	1.187	0	0
12:0	g	9.463	0	0
14:0	g	3.736	0	0
16:0	g	1.808	0	0
18:0	g	1.104	0	0
Fatty acids, total monounsaturated	g	0.907	0	0
18:1 undifferentiated	g	0.907	0	0
Fatty acids, total polyunsaturated	g	0.233	0	0
18:2 undifferentiated	g	0.233	0	0
Cholesterol	mg	0	0	0
<b>Amino acids</b>				
Tryptophan	g	0.024	0	0
Threonine	g	0.074	0	0
Isoleucine	g	0.079	0	0

Leucine	g	0.150	0	0
Lysine	g	0.089	0	0
Methionine	g	0.038	0	0
Cystine	g	0.040	0	0
Phenylalanine	g	0.102	0	0
Tyrosine	g	0.062	0	0
Valine	g	0.122	0	0
Arginine	g	0.331	0	0
Histidine	g	0.046	0	0
Alanine	g	0.103	0	0
Aspartic acid	g	0.197	0	0
Glutamic acid	g	0.462	0	0
Glycine	g	0.096	0	0
Proline	g	0.083	0	0
Serine	g	0.104	0	0

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## Coconut milk, raw (liquid expressed from grated meat and water)

Nutrient	Units	Value per 100 grams of edible portion	Number of Data Points	Std. Error
<b>Proximates</b>				
Water	g	67.62	3	3.495
Energy	kcal	230	0	0
Energy	kJ	962	0	0
Protein	g	2.29	2	0
Total lipid (fat)	g	23.84	2	0
Ash	g	0.72	2	0
Carbohydrate, by difference	g	5.54	0	0
Fiber, total dietary	g	2.2	0	0

Sugars, total	g	3.34	0	0
<b>Minerals</b>				
Calcium, Ca	mg	16	1	0
Iron, Fe	mg	1.64	1	0
Magnesium, Mg	mg	37	1	0
Phosphorus, P	mg	100	1	0
Potassium, K	mg	263	0	0
Sodium, Na	mg	15	1	0
Zinc, Zn	mg	0.67	0	0
Copper, Cu	mg	0.266	0	0
Manganese, Mn	mg	0.916	0	0
Selenium, Se	mcg	6.2	0	0
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	2.8	1	0
Thiamin	mg	0.026	1	0
Riboflavin	mg	0.000	1	0
Niacin	mg	0.760	1	0
Pantothenic acid	mg	0.183	0	0
Vitamin B-6	mg	0.033	0	0
Folate, total	mcg	16	0	0
Folic acid	mcg	0	0	0
Folate, food	mcg	16	0	0
Folate, DFE	mcg_DFE	16	0	0
Vitamin B-12	mcg	0.00	0	0
Vitamin A, IU	IU	0	1	0
Vitamin A, RAE	mcg_RAE	0	0	0
Retinol	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.15	0	0
Vitamin K (phylloquinone)	mcg	0.1	0	0
<b>Lipids</b>				
Fatty acids, total saturated	g	21.140	0	0
4:0	g	0.000	0	0
6:0	g	0.136	0	0
8:0	g	1.670	0	0
10:0	g	1.327	0	0

12:0	g	10.576	0	0
14:0	g	4.176	0	0
16:0	g	2.021	0	0
18:0	g	1.234	0	0
Fatty acids, total monounsaturated	g	1.014	0	0
16:1 undifferentiated	g	0.000	0	0
18:1 undifferentiated	g	1.014	0	0
20:1	g	0.000	0	0
22:1 undifferentiated	g	0.000	0	0
Fatty acids, total polyunsaturated	g	0.261	0	0
18:2 undifferentiated	g	0.261	0	0
18:3 undifferentiated	g	0.000	0	0
18:4	g	0.000	0	0
20:4 undifferentiated	g	0.000	0	0
20:5 n-3	g	0.000	0	0
22:5 n-3	g	0.000	0	0
22:6 n-3	g	0.000	0	0
Cholesterol	mg	0	0	0
Phytosterols	mg	1	0	0
<b>Amino acids</b>				
Tryptophan	g	0.027	0	0
Threonine	g	0.083	0	0
Isoleucine	g	0.090	0	0
Leucine	g	0.170	0	0
Lysine	g	0.101	0	0
Methionine	g	0.043	0	0
Cystine	g	0.045	0	0
Phenylalanine	g	0.116	0	0
Tyrosine	g	0.071	0	0
Valine	g	0.139	0	0
Arginine	g	0.376	0	0
Histidine	g	0.053	0	0
Alanine	g	0.117	0	0
Aspartic acid	g	0.224	0	0
Glutamic acid	g	0.524	0	0

Glycine	g	0.108	0	0
Proline	g	0.095	0	0
Serine	g	0.118	0	0
<b>Other</b>				
Alcohol, ethyl	g	0.0	0	0
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0
Carotene, beta	mcg	0	0	0
Carotene, alpha	mcg	0	0	0
Cryptoxanthin, beta	mcg	0	0	0
Lycopene	mcg	0	0	0
Lutein + zeaxanthin	mcg	0	0	0

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## Coconut cream, canned (liquid expressed from grated meat)

Nutrient	Units	Value per 100 grams of edible portion	Number of Data Points	Std. Error
<b>Proximates</b>				
Water	g	71.20	0	0
Energy	kcal	192	0	0
Energy	kj	803	0	0
Protein	g	2.69	1	0
Total lipid (fat)	g	17.72	1	0
Ash	g	0.04	1	0
Carbohydrate, by difference	g	8.35	0	0
Fiber, total dietary	g	2.2	0	0
Sugars, total	g	6.15	0	0
<b>Minerals</b>				
Calcium, Ca	mg	1	1	0

Iron, Fe	mg	0.51	1	0
Magnesium, Mg	mg	17	0	0
Phosphorus, P	mg	22	1	0
Potassium, K	mg	101	1	0
Sodium, Na	mg	50	1	0
Zinc, Zn	mg	0.60	0	0
Copper, Cu	mg	0.236	0	0
Manganese, Mn	mg	0.815	0	0
Selenium, Se	mcg	5.5	0	0
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	1.8	0	0
Thiamin	mg	0.022	1	0
Riboflavin	mg	0.040	1	0
Niacin	mg	0.038	1	0
Pantothenic acid	mg	0.163	0	0
Vitamin B-6	mg	0.029	0	0
Folate, total	mcg	14	0	0
Folic acid	mcg	0	0	0
Folate, food	mcg	14	0	0
Folate, DFE	mcg_DFE	14	0	0
Vitamin B-12	mcg	0.00	0	0
Vitamin A, IU	IU	0	0	0
Vitamin A, RAE	mcg_RAE	0	0	0
Retinol	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.13	0	0
Vitamin K (phylloquinone)	mcg	0.1	0	0
<b>Lipids</b>				
Fatty acids, total saturated	g	15.713	0	0
4:0	g	0.000	0	0
6:0	g	0.101	0	0
8:0	g	1.241	0	0
10:0	g	0.986	0	0
12:0	g	7.861	0	0
14:0	g	3.104	0	0
16:0	g	1.502	0	0

18:0	g	0.918	0	0
Fatty acids, total monounsaturated	g	0.754	0	0
16:1 undifferentiated	g	0.000	0	0
18:1 undifferentiated	g	0.754	0	0
20:1	g	0.000	0	0
22:1 undifferentiated	g	0.000	0	0
Fatty acids, total polyunsaturated	g	0.194	0	0
18:2 undifferentiated	g	0.194	0	0
18:3 undifferentiated	g	0.000	0	0
18:4	g	0.000	0	0
20:4 undifferentiated	g	0.000	0	0
20:5 n-3	g	0.000	0	0
22:5 n-3	g	0.000	0	0
22:6 n-3	g	0.000	0	0
Cholesterol	mg	0	0	0
<b>Amino acids</b>				
Tryptophan	g	0.031	0	0
Threonine	g	0.098	0	0
Isoleucine	g	0.106	0	0
Leucine	g	0.200	0	0
Lysine	g	0.119	0	0
Methionine	g	0.050	0	0
Cystine	g	0.053	0	0
Phenylalanine	g	0.137	0	0
Tyrosine	g	0.083	0	0
Valine	g	0.163	0	0
Arginine	g	0.442	0	0
Histidine	g	0.062	0	0
Alanine	g	0.138	0	0
Aspartic acid	g	0.263	0	0
Glutamic acid	g	0.616	0	0
Glycine	g	0.128	0	0
Proline	g	0.111	0	0
Serine	g	0.139	0	0
<b>Other</b>				

Alcohol, ethyl	g	0.0	0	0
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0
Carotene, beta	mcg	0	0	0
Carotene, alpha	mcg	0	0	0
Cryptoxanthin, beta	mcg	0	0	0
Lycopene	mcg	0	0	0
Lutein + zeaxanthin	mcg	0	0	0

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## Coconut cream, raw (liquid expressed from grated meat)

Nutrient	Units	Value per 100 grams of edible portion	Number of Data Points	Std. Error
<b>Proximates</b>				
Water	g	53.90	1	0
Energy	kcal	330	0	0
Energy	kJ	1381	0	0
Protein	g	3.63	1	0
Total lipid (fat)	g	34.68	1	0
Ash	g	1.15	1	0
Carbohydrate, by difference	g	6.65	0	0
Fiber, total dietary	g	2.2	0	0
<b>Minerals</b>				
Calcium, Ca	mg	11	1	0
Iron, Fe	mg	2.28	1	0
Magnesium, Mg	mg	28	0	0
Phosphorus, P	mg	122	1	0
Potassium, K	mg	325	0	0
Sodium, Na	mg	4	0	0

Zinc, Zn	mg	0.96	0	0
Copper, Cu	mg	0.378	0	0
Manganese, Mn	mg	1.304	0	0
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	2.8	1	0
Thiamin	mg	0.030	1	0
Riboflavin	mg	0.000	1	0
Niacin	mg	0.890	1	0
Pantothenic acid	mg	0.261	0	0
Vitamin B-6	mg	0.047	0	0
Folate, total	mcg	23	0	0
Folic acid	mcg	0	0	0
Folate, food	mcg	23	0	0
Folate, DFE	mcg_DFE	23	0	0
Vitamin B-12	mcg	0.00	0	0
Vitamin A, IU	IU	0	1	0
Vitamin A, RAE	mcg_RAE	0	1	0
Retinol	mcg	0	0	0
<b>Lipids</b>				
Fatty acids, total saturated	g	30.753	0	0
4:0	g	0.000	0	0
6:0	g	0.197	0	0
8:0	g	2.430	0	0
10:0	g	1.931	0	0
12:0	g	15.385	0	0
14:0	g	6.075	0	0
16:0	g	2.940	0	0
18:0	g	1.796	0	0
Fatty acids, total monounsaturated	g	1.475	0	0
16:1 undifferentiated	g	0.000	0	0
18:1 undifferentiated	g	1.475	0	0
20:1	g	0.000	0	0
22:1 undifferentiated	g	0.000	0	0
Fatty acids, total polyunsaturated	g	0.379	0	0
18:2 undifferentiated	g	0.379	0	0

18:3 undifferentiated	g	0.000	0	0
18:4	g	0.000	0	0
20:4 undifferentiated	g	0.000	0	0
20:5 n-3	g	0.000	0	0
22:5 n-3	g	0.000	0	0
22:6 n-3	g	0.000	0	0
Cholesterol	mg	0	0	0
<b>Amino acids</b>				
Tryptophan	g	0.042	0	0
Threonine	g	0.132	0	0
Isoleucine	g	0.142	0	0
Leucine	g	0.269	0	0
Lysine	g	0.160	0	0
Methionine	g	0.068	0	0
Cystine	g	0.072	0	0
Phenylalanine	g	0.184	0	0
Tyrosine	g	0.112	0	0
Valine	g	0.220	0	0
Arginine	g	0.595	0	0
Histidine	g	0.083	0	0
Alanine	g	0.185	0	0
Aspartic acid	g	0.354	0	0
Glutamic acid	g	0.829	0	0
Glycine	g	0.172	0	0
Proline	g	0.150	0	0
Serine	g	0.187	0	0
<b>Other</b>				
Alcohol, ethyl	g	0.0	0	0

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## Coconut water (liquid from coconuts)

Nutrient	Units	Value per 100 grams of edible portion	Number of Data Points	Std. Error
<b>Proximates</b>				
Water	g	94.99	7	0.27
Energy	kcal	19	0	0
Energy	kJ	79	0	0
Protein	g	0.72	4	0.417
Total lipid (fat)	g	0.20	6	0.085
Ash	g	0.39	5	0.082
Carbohydrate, by difference	g	3.71	0	0
Fiber, total dietary	g	1.1	0	0
Sugars, total	g	2.61	0	0
<b>Minerals</b>				
Calcium, Ca	mg	24	4	3.347
Iron, Fe	mg	0.29	3	0.094
Magnesium, Mg	mg	25	1	0
Phosphorus, P	mg	20	3	4.8
Potassium, K	mg	250	1	0
Sodium, Na	mg	105	1	0
Zinc, Zn	mg	0.10	0	0
Copper, Cu	mg	0.040	1	0
Manganese, Mn	mg	0.142	0	0
Selenium, Se	mcg	1.0	0	0
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	2.4	4	0.879
Thiamin	mg	0.030	5	0.022
Riboflavin	mg	0.057	4	0.044
Niacin	mg	0.080	3	0.06
Pantothenic acid	mg	0.043	0	0
Vitamin B-6	mg	0.032	2	0
Folate, total	mcg	3	0	0
Folic acid	mcg	0	0	0

Folate, food	mcg	3	0	0
Folate, DFE	mcg_DFE	3	0	0
Vitamin B-12	mcg	0.00	0	0
Vitamin A, IU	IU	0	1	0
Vitamin A, RAE	mcg_RAE	0	0	0
Retinol	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0	0
Vitamin K (phylloquinone)	mcg	0.0	0	0
<b>Lipids</b>				
Fatty acids, total saturated	g	0.176	0	0
4:0	g	0.000	0	0
6:0	g	0.001	0	0
8:0	g	0.014	0	0
10:0	g	0.011	0	0
12:0	g	0.088	0	0
14:0	g	0.035	0	0
16:0	g	0.017	0	0
18:0	g	0.010	0	0
Fatty acids, total monounsaturated	g	0.008	0	0
16:1 undifferentiated	g	0.000	0	0
18:1 undifferentiated	g	0.008	0	0
20:1	g	0.000	0	0
22:1 undifferentiated	g	0.000	0	0
Fatty acids, total polyunsaturated	g	0.002	0	0
18:2 undifferentiated	g	0.002	0	0
18:3 undifferentiated	g	0.000	0	0
18:4	g	0.000	0	0
20:4 undifferentiated	g	0.000	0	0
20:5 n-3	g	0.000	0	0
22:5 n-3	g	0.000	0	0
22:6 n-3	g	0.000	0	0
Cholesterol	mg	0	0	0
<b>Amino acids</b>				
Tryptophan	g	0.008	0	0
Threonine	g	0.026	0	0

Isoleucine	g	0.028	0	0
Leucine	g	0.053	0	0
Lysine	g	0.032	0	0
Methionine	g	0.013	0	0
Cystine	g	0.014	0	0
Phenylalanine	g	0.037	0	0
Tyrosine	g	0.022	0	0
Valine	g	0.044	0	0
Arginine	g	0.118	0	0
Histidine	g	0.017	0	0
Alanine	g	0.037	0	0
Aspartic acid	g	0.070	0	0
Glutamic acid	g	0.165	0	0
Glycine	g	0.034	0	0
Proline	g	0.030	0	0
Serine	g	0.037	0	0
<b>Other</b>				
Alcohol, ethyl	g	0.0	0	0
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0
Carotene, beta	mcg	0	0	0
Carotene, alpha	mcg	0	0	0
Cryptoxanthin, beta	mcg	0	0	0
Lycopene	mcg	0	0	0
Lutein + zeaxanthin	mcg	0	0	0

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## Palm oil

Nutrient	Units	Value per	Number	Std
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		100 grams of edible portion	of Data Points	Error
<b>Proximates</b>				
Water	g	0.00	0	0
Energy	kcal	884	0	0
Energy	kJ	3699	0	0
Protein	g	0.00	0	0
Total lipid (fat)	g	100.00	0	0
Ash	g	0.00	0	0
Carbohydrate, by difference	g	0.00	0	0
Fiber, total dietary	g	0.0	0	0
Sugars, total	g	0.00	0	0
<b>Minerals</b>				
Calcium, Ca	mg	0	0	0
Iron, Fe	mg	0.01	1	0
Magnesium, Mg	mg	0	0	0
Phosphorus, P	mg	0	1	0
Potassium, K	mg	0	0	0
Sodium, Na	mg	0	0	0
Zinc, Zn	mg	0.00	0	0
Copper, Cu	mg	0.000	0	0
Selenium, Se	mcg	0.0	0	0
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0	0
Thiamin	mg	0.000	0	0
Riboflavin	mg	0.000	0	0
Niacin	mg	0.000	0	0
Pantothenic acid	mg	0.000	0	0
Vitamin B-6	mg	0.000	0	0
Folate, total	mcg	0	0	0
Folic acid	mcg	0	0	0
Folate, food	mcg	0	0	0
Folate, DFE	mcg_DFE	0	0	0
Vitamin B-12	mcg	0.00	0	0
Vitamin A, IU	IU	0	0	0

Vitamin A, RAE	mcg_RAE	0	0	0
Retinol	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	15.94	6	3.16
Tocopherol, beta	mg	0.00	1	0
Tocopherol, gamma	mg	0.00	1	0
Tocopherol, delta	mg	0.00	1	0
Vitamin K (phylloquinone)	mcg	8.0	1	0
<b>Lipids</b>				
Fatty acids, total saturated	g	49.300	0	0
4:0	g	0.000	0	0
6:0	g	0.000	0	0
8:0	g	0.000	0	0
10:0	g	0.000	0	0
12:0	g	0.100	12	0.038
14:0	g	1.000	15	0.09
16:0	g	43.500	15	0.464
18:0	g	4.300	15	0.352
Fatty acids, total monounsaturated	g	37.000	0	0
16:1 undifferentiated	g	0.300	7	0.071
18:1 undifferentiated	g	36.600	15	0.635
20:1	g	0.100	4	0.072
22:1 undifferentiated	g	0.000	0	0
Fatty acids, total polyunsaturated	g	9.300	0	0
18:2 undifferentiated	g	9.100	15	0.419
18:3 undifferentiated	g	0.200	9	0.046
18:4	g	0.000	0	0
20:4 undifferentiated	g	0.000	0	0
20:5 n-3	g	0.000	0	0
22:5 n-3	g	0.000	0	0
22:6 n-3	g	0.000	0	0
Cholesterol	mg	0	0	0
<b>Amino acids</b>				
Tryptophan	g	0.000	0	0
Threonine	g	0.000	0	0
Isoleucine	g	0.000	0	0

Leucine	g	0.000	0	0
Lysine	g	0.000	0	0
Methionine	g	0.000	0	0
Cystine	g	0.000	0	0
Phenylalanine	g	0.000	0	0
Tyrosine	g	0.000	0	0
Valine	g	0.000	0	0
Arginine	g	0.000	0	0
Histidine	g	0.000	0	0
Alanine	g	0.000	0	0
Aspartic acid	g	0.000	0	0
Glutamic acid	g	0.000	0	0
Glycine	g	0.000	0	0
Proline	g	0.000	0	0
Serine	g	0.000	0	0
<b>Other</b>				
Alcohol, ethyl	g	0.0	0	0
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0
Carotene, beta	mcg	0	0	0
Carotene, alpha	mcg	0	0	0
Cryptoxanthin, beta	mcg	0	0	0
Lycopene	mcg	0	0	0
Lutein + zeaxanthin	mcg	0	0	0

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## Palm kernel oil

Nutrient	Units	Value per 100 grams of edible portion	Number of Data Points	Std. Error
<b>Proximates</b>				

Water	g	0.00	1	0
Energy	kcal	862	0	0
Energy	kJ	3607	0	0
Protein	g	0.00	0	0
Total lipid (fat)	g	100.00	1	0
Ash	g	0.00	1	0
Carbohydrate, by difference	g	0.00	0	0
Fiber, total dietary	g	0.0	0	0
Sugars, total	g	0.00	0	0
<b>Minerals</b>				
Calcium, Ca	mg	0	1	0
Iron, Fe	mg	0.00	1	0
Magnesium, Mg	mg	0	1	0
Phosphorus, P	mg	0	1	0
Potassium, K	mg	0	1	0
Sodium, Na	mg	0	1	0
Zinc, Zn	mg	0.00	1	0
Copper, Cu	mg	0.000	0	0
Manganese, Mn	mg	0.000	0	0
Selenium, Se	mcg	0.0	0	0
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	1	0
Thiamin	mg	0.000	1	0
Riboflavin	mg	0.000	1	0
Niacin	mg	0.000	1	0
Pantothenic acid	mg	0.000	1	0
Vitamin B-6	mg	0.000	1	0
Folate, total	mcg	0	0	0
Folic acid	mcg	0	0	0
Folate, food	mcg	0	0	0
Folate, DFE	mcg_DFE	0	0	0
Vitamin B-12	mcg	0.00	1	0
Vitamin A, IU	IU	0	0	0
Vitamin A, RAE	mcg_RAE	0	0	0
Retinol	mcg	0	0	0

Vitamin E (alpha-tocopherol)	mg	3.81	0	0
Vitamin K (phylloquinone)	mcg	24.7	69	5.831
<b>Lipids</b>				
Fatty acids, total saturated	g	81.500	0	0
4:0	g	0.000	0	0
6:0	g	0.200	14	0
8:0	g	3.300	14	0
10:0	g	3.700	14	0
12:0	g	47.000	14	0
14:0	g	16.400	14	0
16:0	g	8.100	14	0
18:0	g	2.800	14	0
Fatty acids, total monounsaturated	g	11.400	0	0
16:1 undifferentiated	g	0.000	0	0
18:1 undifferentiated	g	11.400	14	0
20:1	g	0.000	0	0
22:1 undifferentiated	g	0.000	0	0
Fatty acids, total polyunsaturated	g	1.600	0	0
18:2 undifferentiated	g	1.600	14	0
18:3 undifferentiated	g	0.000	0	0
18:4	g	0.000	0	0
20:4 undifferentiated	g	0.000	0	0
20:5 n-3	g	0.000	0	0
22:5 n-3	g	0.000	0	0
22:6 n-3	g	0.000	0	0
Cholesterol	mg	0	1	0
Phytosterols	mg	95	14	0
<b>Amino acids</b>				
Tryptophan	g	0.000	0	0
Threonine	g	0.000	0	0
Isoleucine	g	0.000	0	0
Leucine	g	0.000	0	0
Lysine	g	0.000	0	0
Methionine	g	0.000	0	0
Cystine	g	0.000	0	0

Phenylalanine	g	0.000	0	0
Tyrosine	g	0.000	0	0
Valine	g	0.000	0	0
Arginine	g	0.000	0	0
Histidine	g	0.000	0	0
Alanine	g	0.000	0	0
Aspartic acid	g	0.000	0	0
Glutamic acid	g	0.000	0	0
Glycine	g	0.000	0	0
Proline	g	0.000	0	0
Serine	g	0.000	0	0
<b>Other</b>				
Alcohol, ethyl	g	0.0	0	0
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0
Carotene, beta	mcg	0	0	0
Carotene, alpha	mcg	0	0	0
Cryptoxanthin, beta	mcg	0	0	0
Lycopene	mcg	0	0	0
Lutein + zeaxanthin	mcg	0	0	0

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