**THÀNH PHẦN DINH DƯỠNG THỰC PHẨM**

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| --- | --- |
| **[TenTp\_Vi]**  *[TenTp\_En]*  *Mã số (Code): [MaTp]* | **Phân bố năng lượng từ các chất**  **Source of Calories** |
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**Giá trị dinh dưỡng của [LuongThucPhamAnDuoc] g (phần ăn được)**

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| **Thành phần dinh dưỡng**  **(Nutrients)** | **Đơn vị**  **(Unit)** | **Hàm lượng**  **(Value)** |
| **Năng lượng** *(Enegry)* | *Kcal* | [GT\_NangLuong] |
| **Nước** *(Water)* | *[DV\_Nuoc]* | [GT\_Nuoc] |
| **Chất đạm** *(Protein)* | *[DV\_Dam]* | [GT\_Dam] |
| **Lysin** | *[DV\_Lysin]* | [GT\_Lysin] |
| **Methionin** | *[DV\_Methionin]* | [GT\_Methionin] |
| **Tryptophan** | *[DV\_Trypto]* | [GT\_Trypto] |
| **Phenylalanin** | *[DV\_Phenylalanin]* | [GT\_Phenylalanin] |
| **Threonin** | *[DV\_Threonin]* | [GT\_Threonin] |
| **Valine** | *[DV\_Valin]* | [GT\_Valin] |
| **Leucine** | *[DV\_Leucin]* | [GT\_Leucin] |
| **Isoleucine** | *[DV\_Isoleucin]* | [GT\_Isoleucin] |
| **Arginine** | *[DV\_Arginin]* | [GT\_Arginin] |
| **Histidine** | *[DV\_Histidin]* | [GT\_Histidin] |
| **Cystine** | *[DV\_Cystein]* | [GT\_Cystein] |
| **Tyrosine** | *[DV\_Tyrosin]* | [GT\_Tyrosin] |
| **Alanine** | *[DV\_Alanin]* | [GT\_Alanin] |
| **Aspartic acid** | *[DV\_AcidAspatic]* | [GT\_AcidAspatic] |
| **Glutamic acid** | *[DV\_AcidGlutamic]* | [GT\_AcidGlutamic] |
| **Glycine** | *[DV\_Glycin]* | [GT\_Glycin] |
| **Proline** | *[DV\_Prolin]* | [GT\_Prolin] |
| **Serine** | *[DV\_Serin]* | [GT\_Serin] |
| **Chất béo***(Lipid, Fat)* | *[DV\_ChatBeo]* | [GT\_ChatBeo] |
| **Chất bột đường** *(Glucid, Carbohydrate)* | *[DV\_ChatBotDuong]* | [GT\_ChatBotDuong] |
| **Chất xơ** *(Cellulose, fiber)* | *[DV\_ChatSo]* | [GT\_ChatSo] |
| **Tro** *(Ash)* | *[DV\_Tro]* | [GT\_Tro] |
| **Đường tổng số** *(Sugar)* | *[DV\_DuongTongSo]* | [GT\_DuongTongSo] |
| **Galactose** | *[DV\_Galactoza]* | [GT\_Galactoza] |
| **Maltose** | *[DV\_Maltoza]* | [GT\_Maltoza] |
| **Lactose** | *[DV\_Lactoza]* | [GT\_Lactoza] |
| **Fructose** | *[DV\_Fructoza]* | [GT\_Fructoza] |
| **Glucose** | *[DV\_Glucoza]* | [GT\_Glucoza] |
| **Sucrose** | *[DV\_Sacaroza]* | [GT\_Sacaroza] |
| **Các khoáng chất (Minerals)** | | |
| **Calci** *(Calcium)* | *[DV\_Canxi]* | [GT\_Canxi] |
| **Phospho** *(Phosphorus)* | *[DV\_Phospho]* | [GT\_Phospho] |
| **Sắt** *(Iron)* | *[DV\_Sat]* | [GT\_Sat] |
| **Kẽm***(Zinc)* | *[DV\_Kem]* | [GT\_Kem] |
| **Natri***(Sodium)* | *[DV\_Natri]* | [GT\_Natri] |
| **Kali***(Potassium)* | *[DV\_Kali]* | [GT\_Kali] |
| **Magiê***(Magnesium)* | *[DV\_Magie]* | [GT\_Magie] |
| **Mangan** *(Manganese)* | *[DV\_Mangan]* | [GT\_Mangan] |
| **Đồng** *(Copper)* | *[DV\_Dong]* | [GT\_Dong] |
| **Selen** *(Selenium)* | *[DV\_Selen]* | [GT\_Selen] |
| **Vitamin (Vitamins & Provitamins)** | | |
| **Vitamin C** *(Ascorbic acid)* | *[DV\_VitaminC]* | [GT\_VitaminC] |
| **Vitamin B1** *(Thiamine)* | *[DV\_VitaminB1]* | [GT\_VitaminB1] |
| **Vitamin B2***(Riboflavin)* | *[DV\_VitaminB2]* | [GT\_VitaminB2] |
| **Vitamin B3***(Niacin)* | *[DV\_VitaminPP]* | [GT\_VitaminPP] |
| **Vitamin B5***(Pantothenic acid)* | *[DV\_VitaminB5]* | [GT\_VitaminB5] |
| **Vitamin B6***(Pyridoxine)* | *[DV\_VitaminB6]* | [GT\_VitaminB6] |
| **Vitamin B9***(Folate)* | *[DV\_VitaminB9]* | [GT\_VitaminB9] |
| **Vitamin B7, Vitamin H***(Biotin)* | *[DV\_VitaminH]* | [GT\_VitaminH] |
| **Vitamin B12***(Cobalamin)* | *[DV\_VitaminB12]* | [GT\_VitaminB12] |
| **Retinol** | *[DV\_Retinol]* | [GT\_Retinol] |
| **Vitamin A-RAE** | *[DV\_VitaminA]* | [GT\_VitaminA] |
| **Vitamin D** *(Cholecalciferol)* | *[DV\_VitaminD]* | [GT\_VitaminD] |
| **Vitamin E***(Alpha tocopherol)* | *[DV\_VitaminE]* | [GT\_VitaminE] |
| **Vitamin K1** *(Phylloquinone)* | *[DV\_VitaminK]* | [GT\_VitaminK] |
| **b-carotene***(Beta-carotene)* | *[DV\_BetaCaroten]* | [GT\_BetaCaroten] |
| **a-carotene** *(Alpha-carotene)* | *[DV\_AlphaCaroten]* | [GT\_AlphaCaroten] |
| **b-cryptoxanthin***(Beta – cryptoxanthin)* | *[DV\_BetaCryptoxanthin]* | [GT\_BetaCryptoxanthin] |
| **Lycopen** | *[DV\_Lycopen]* | [GT\_Lycopen] |
| **Lutein + Zeaxanthin** | *[DV\_Lutein\_Zeaxanthin]* | [GT\_Lutein\_Zeaxanthin] |
| **Purin** | *[DV\_Purin]* | [GT\_Purin] |
| **Tổng số Isoflavon** | *[DV\_TongSoIsoflavon]* | [GT\_TongSoIsoflavon] |
| **Daidzein** | *[DV\_Daidzein]* | [GT\_Daidzein] |
| **Genistein** | *[DV\_Genistein]* | [GT\_Genistein] |
| **Glycetin** | *[DV\_Glycetin]* | [GT\_Glycetin] |
| **Tổng số acid béo no** | *[DV\_TongSoAcidBeoNo]* | [GT\_TongSoAcidBeoNo] |
| **Palmitic** *(C16:0)* | *[DV\_Palmitic]* | [GT\_Palmitic] |
| **Margaric** *(C17:0)* | *[DV\_Margaric]* | [GT\_Margaric] |
| **Stearic** *(C18:0)* | *[DV\_Stearic]* | [GT\_Stearic] |
| **Arachidic***(C20:0)* | *[DV\_Arachidic]* | [GT\_Arachidic] |
| **Behenic** *(C22:0)* | *[DV\_Behenic]* | [GT\_Behenic] |
| **Lignoceric***(C24:0)* | *[DV\_Lignoceric]* | [GT\_Lignoceric] |
| **Tổng số acid béo không no 1 nối đôi** | *[DV\_AcidBeoKN1ND]* | [GT\_AcidBeoKN1ND] |
| **Myristoleic** *(C14:1)* | *[DV\_Myristoleic]* | [GT\_Myristoleic] |
| **Palmitoleic** *(C16:1)* | *[DV\_Palmitoleic]* | [GT\_Palmitoleic] |
| **Oleic***(C18:1)* | *[DV\_Oleic]* | [GT\_Oleic] |
| **Tổng số acid béo không no nhiều nối đôi** | *[DV\_AcidBeoKNNND]* | [GT\_AcidBeoKNNND] |
| **Linoleic** *(C18:2 n6)* | *[DV\_Linoleic]* | [GT\_Linoleic] |
| **Linolenic** *(C18:2 n3)* | *[DV\_Linolenic]* | [GT\_Linolenic] |
| **Arachidonic** *(C20:4)* | *[DV\_Arachidonic]* | [GT\_Arachidonic] |
| **Eicosapentaenoic** *(C20:5 n3)* | *[DV\_Eicosapentaenoic]* | [GT\_Eicosapentaenoic] |
| **Docosahexaenoic** *(C22:6 n3)* | *[DV\_Docosahexaenoic]* | [GT\_Docosahexaenoic] |
| **Tổng số acid béo trans** | *[DV\_TongSoAcidBeoTrans]* | [GT\_TongSoAcidBeoTrans] |
| **Cholesterol** | *[DV\_Cholesterol]* | [GT\_Cholesterol] |
| **Phytosterol** | *[DV\_Phytosterol]* | [GT\_Phytosterol] |