

Paneer Nutritional Value Per 100g

Sugar Compound sugars, also called disaccharides or double sugars, are molecules made of two bonded monosaccharides; common examples are sucrose (glucose + fructose), lactose (glucose + galactose) and maltose (two molecules of glucose). Simple sugars, also called monosaccharides, include glucose, fructose and galactose. Archived from the original on Sugar is a class of sweet-tasting, soluble carbohydrates, many of which are used in food. United States Food and Drug Administration (2024). During digestion, compound sugars are hydrolysed into simple sugars. White sugar is almost pure sucrose. "Daily Value on the Nutrition and Supplement Facts Labels";. FDA. 2018 e411f90f52

== History == e411f90f52

Maple syrup In a 100g amount maple syrup provides 260 calories and is composed of 32 per cent water by weight, 67 per cent carbohydrates (90 per cent of which Maple syrup is a sweet syrup made from the sap of maple trees. In cold climates these trees store starch in their trunks and roots before winter; the starch is then converted to sugar that rises in the sap in late winter and early spring. Maple trees are tapped by drilling holes into their trunks and collecting the sap, which is heated to evaporate much of the water, leaving the concentrated syrup. process e411f90f52

Plants synthesize pyridoxine as a means of protection from the UV-B radiation found in sunlight and for the role it plays in the synthesis of chlorophyll.

Animals cannot synthesize any of the various forms of the vitamin, and hence must obtain it via diet, either of plants, or of other animals. There is some absorption of the vitamin produced by intestinal bacteria, but this is not sufficient to meet dietary needs. For adult humans, recommendations from various countries' food regulatory agencies are in the range of 1.0 to 2.0 milligrams (mg) per day. These same agencies also recognize ill effects from intakes that are too high, and so set safe upper limits, ranging from as low as 12 mg/day to as high as 100 mg/day depending on the country. Beef, pork, fowl and fish are generally good sources; dairy, eggs, mollusks and...

e411f90f52 Choline is used to synthesize acetylcholine, a neurotransmitter involved in muscle control and numerous functions of the nervous system. Choline is involved in early development of the brain, gene expression, cell membrane signaling, and brain metabolism. e411f90f52 The term often refers specifically to triglycerides (triple esters of glycerol), that are the main components of vegetable oils and of fatty tissue in animals; or, even more

narrowly, to triglycerides that are solid or semisolid at room temperature, thus excluding oils. The term may also be used more broadly as a synonym of lipid—any substance of biological relevance, composed of carbon, hydrogen, or oxygen, that is insoluble in water but soluble in non-polar solvents. In this sense, besides the triglycerides, the term would include several other types of compounds like mono- and diglycerides, phospholipids (such as lecithin), sterols (such as cholesterol), waxes (such as beeswax), and free fatty acids, which are usually present in human diet in smaller amounts. e411f90f52 == Composition == e411f90f52

Fishcake For example, per 100g of Japanese fish cakes (kamaboko) has approximately 113. 6 Calories, in A fishcake (sometimes written as fish cake) is a culinary dish consisting of filleted fish or other seafood minced or ground, mixed with a starchy ingredient, and fried until golden. They can also frequently be oven-baked. cakes are usually high in protein, calcium, and low in fat e411f90f52

Fats are one of the three main macronutrient groups in human diet, along with carbohydrates and proteins, and the main components of common food products like milk, butter, tallow, lard, salt pork, and cooking oils. They are a major and dense source of food... e411f90f52 Maple syrup was first made by the Indigenous people of Northeastern North America. The practice was adopted by European settlers, who gradually changed production methods. Technological improvements in the 1970s further refined syrup processing. Almost all of the world's maple syrup is produced in Canada and the United States, with Quebec alone accounting for 72% of global output. e411f90f52 As early as 1956, there were suggestions in the scientific literature that trans fats could be a cause of the large increase in coronary artery disease but after three decades the concerns were still largely unaddressed. Instead, by the 1980s, fats of animal origin had become one of the greatest concerns of dieticians. Activists, such as Phil Sokolof, who took out full page ads in major newspapers, attacked the use of beef tallow in McDonald's french fries and urged fast-food companies to switch to vegetable oils. The result was an almost overnight switch by most fast-food outlets to trans fats. e411f90f52

Vitamin B6 Its active form, pyridoxal 5'-phosphate, serves as a coenzyme in more than 140 enzyme reactions in amino acid, glucose, and lipid metabolism. All nutritional values within this article Vitamin B6 is one of the B vitamins, and is an essential nutrient for humans. The term essential nutrient refers to a group of six chemically similar compounds, i. e. Retrieved August 17, 2021. , "vitamers", which can be interconverted in biological systems. Nutrition Advance. High In Vitamin B6". Archived from the original on July 19, 2022 e411f90f52

Choline An essential nutrient for animals, it is a structural component of phospholipids and cell membranes. Choline forms various salts, such as choline chloride and choline bitartrate. table contains updated choline sources to reflect the new Daily Value and the new Nutrition Facts and Supplement Facts Labels. It reflects data from the Choline is a cation with the chemical formula $[(CH_3)_3NCH_2CH_2OH]^+$

Studies in the early 1990s, however, brought renewed scrutiny and confirmation of the negative health impact of trans fats. In 1994, it was...

Trans fat regulation Law in Greece limits content of trans fats sold in school canteens Trans fat regulation, that aims to limit the amount of "trans fat" — fat containing trans fatty acids — in industrial food products, has been enacted in many countries. These regulations were motivated by numerous studies that pointed to significant negative health effects of trans fat. It is generally accepted that trans fat in the diet is a contributing factor in several diseases, including cardiovascular disease, diabetes, and cancer. consumers are required to contain less than 2g of industrial trans fat per 100g of fat

Meat Humans have hunted and farmed other animals for meat since prehistory. Meat is important to economies, cultures and faiths around the world. 11-51% risk of multiple cancer per 100g/d increment of red meat, and an increase of 8-72% risk of multiple cancer per 50g/d increment of processed meat Meat is animal tissue, mostly muscle, that is eaten as food. The Neolithic Revolution allowed the domestication of vertebrates, including chickens, sheep, goats, pigs, horses, and cattle, starting around 11,000 years ago. Since then, selective breeding has enabled farmers to produce meat with the qualities desired by producers and consumers

Sugars are found in the tissues of most plants. Honey and fruits are abundant natural sources of simple sugars. Sucrose is especially concentrated in sugarcane and sugar beet, making them efficient for commercial extraction to make refined sugar. In 2016 the combined world production of those two crops was about two billion tonnes. Maltose... Longer chains of saccharides are not regarded as sugars, and are called oligosaccharides or polysaccharides. Starch is a glucose polymer found in plants – the most abundant source of energy in human food. Some other chemical substances, such as ethylene glycol, glycerol and sugar alcohols, may have a sweet taste, but are not classified as sugar.

Fat In nutrition, biology, and chemistry, fat usually means any ester of fatty acids, or a mixture of such compounds, most commonly those that occur in living In nutrition, biology, and chemistry, fat usually means any ester of fatty

acids, or a mixture of such compounds, most commonly those that occur in living beings or in food e411f90f52

Asian-style fishcakes usually contain fish with salt, water, starch, and egg. They can include a combination of fish paste and surimi. European-style fishcakes are similar to a croquette, consisting of filleted fish or other seafood with potato patty, sometimes coated in breadcrumbs or batter. Fishcakes as defined in The Oxford Dictionary of Food and Nutrition are chopped or minced fish mixed with potato, egg and flour with seasonings of onions, peppers and sometimes herbs. e411f90f52

Eggs as food Eggs of other birds, such as ducks and ostriches, are eaten regularly but much less commonly than those of chickens. vitamins and minerals as significant amounts of the Daily Value (DV), including (per 100g) vitamin A (19% DV), riboflavin (42% DV), pantothenic acid Humans and other hominids have consumed eggs for millions of years. The most widely consumed eggs are those of fowl, especially chickens. Fish eggs consumed as food are known as roe or caviar. People in Southeast Asia began harvesting chicken eggs for food around 1500 BCE. People may also eat the eggs of reptiles, amphibians, and fish e411f90f52

== History == e411f90f52

Vitamin C conducts biannual National Health and Nutrition Examination Survey (NHANES) to assess the health and nutritional status of adults and children in the United Vitamin C or ascorbate is a water-soluble vitamin found in citrus and other fruits, berries and vegetables. It is also an antioxidant. Most animals are able to synthesize their own vitamin C. It is found as a form of ascorbic acid. It is required for the functioning of several enzymes and is important for immune system function. However, higher primates (including humans), most bats, guinea pigs, some fish species, and some bird species must acquire it from dietary sources because a gene for a synthesis enzyme has mutations that render it dysfunctional; humans obtain this vitamin from those fruits and vegetables. It is an essential nutrient involved in the repair of tissue, the formation of collagen, and the enzymatic production of certain neurotransmitters e411f90f52

The consumption of meat (especially red and processed meat, as opposed to fish and poultry) increases the risk of certain negative health outcomes including cancer, coronary heart disease, and diabetes. Meat production significantly harms the environment by contributing to global warming, pollution, and biodiversity... e411f90f52 Meat is mainly composed of water, protein, and fat. Its quality is affected by many factors, including the genetics, health, and nutritional status of the animal involved. Without preservation,

bacteria and fungi decompose and spoil unprocessed meat within hours or days. Meat is edible raw, but it is mostly eaten cooked, such as by stewing or roasting, or processed, such as by smoking or salting. e411f90f52 Hens and other egg-laying creatures are raised throughout the world, and mass production of chicken eggs is a global industry. In 2009, an estimated 62.1 million metric tons of eggs were produced worldwide from a total laying flock of approximately 6.4 billion hens. There are issues of regional variation in demand and expectation, as well as current debates concerning methods of mass production. In 2012, the European Union banned battery husbandry of chickens. e411f90f52 It is also a generic prescription medication and in some countries is sold as a non-prescription dietary supplement. As a therapy, it is used to prevent and treat scurvy, a disease caused by vitamin C deficiency. Vitamin C may be taken by mouth or by intramuscular, subcutaneous or intravenous injection. Various health claims exist on the supposition that moderate vitamin C deficiency increases disease risk, such as for the common... e411f90f52 The fishcake has been seen as a way of using up leftover food that might otherwise be thrown away. In Mrs Beeton's 19th-century publication *Book of Household Management*, her recipe for fishcakes calls for "leftover fish" and "cold potatoes". More modern recipes have added to the dish, suggesting such ingredients as smoked salmon and vegetables. e411f90f52 Although humans synthesize choline in the liver, the amount produced naturally is insufficient to meet cellular functions, requiring that some choline be obtained from foods or dietary supplements. Foods rich in choline include meats, poultry, eggs, fish, cruciferous vegetables, and beans. Choline is present in breast milk and is commonly added to infant formulas. e411f90f52 Maple syrup is graded based on its colour and taste. Sucrose is the most prevalent sugar in maple syrup. In Canada syrups must be made exclusively from maple sap to qualify as maple syrup and must also be at least 66 per cent sugar. Maple syrup is often used as a condiment for pancakes, waffles, French toast, oatmeal or porridge. It is also used as an ingredient in baking and as a sweetener or flavouring agent.... e411f90f52 As fish has traditionally been a major dietary component of people living near seas, rivers, and lakes, many regional variations of the... e411f90f52 Choline is a quaternary ammonium cation. The cholines are a family of water-soluble quaternary ammonium compounds. Choline is the parent compound of the choline class, consisting of an ethanolamine residue having three methyl groups attached to the same nitrogen atom. Choline hydroxide is known as choline base. It is... e411f90f52 == Chemistry == e411f90f52

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