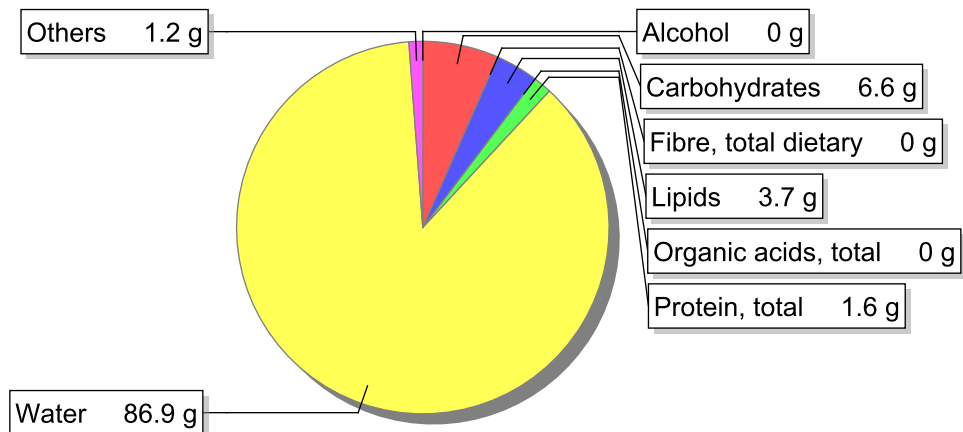


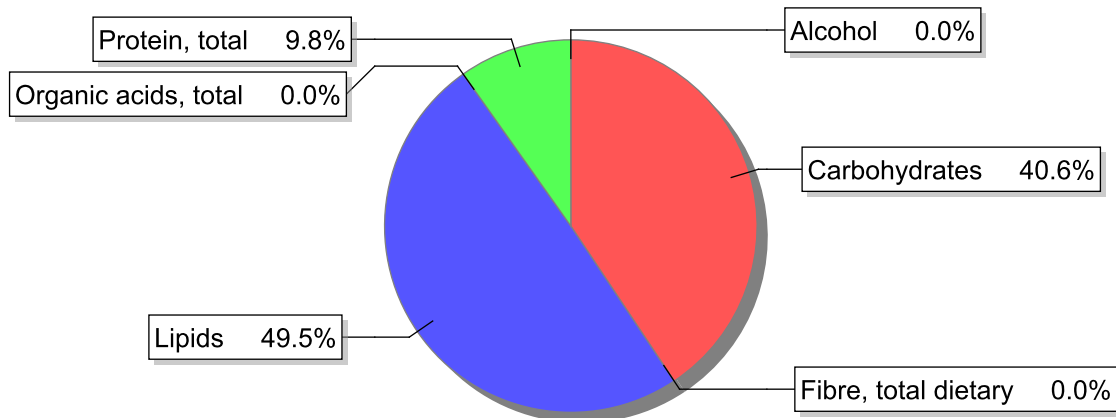
Food

Name: Milk, human, transitional
Group: Milk and milk products
Subgroup: Milk
Edible Part: 100%
Code: IS037
FoodEX2 Code: A02MJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	66	kcal	
energy kJ, total metabolisable	276	kJ	
fatty acids, total saturated	1.5	g	
fatty acids, total monounsaturated	1.5	g	
fatty acids, total polyunsaturated	0.5	g	
fatty acid 18:2 n-6 cis,cis	0.3	g	
fatty acids, total trans	0	g	
sugars, total	6.6	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	6.6	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	1.6	g	
alcohol	0	g	
water	86.9	g	
organic acids, total	0	g	
cholesterol	24	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	117	µg	
carotene, total (vitamin A precursors)	32	µg	
vitamin D	0	µg	
alpha-tocopherol	0.53	mg	
thiamin	0.02	mg	
riboflavin	0.03	mg	
niacin, preformed	0.2	mg	
niacin equivalents, total	0.8	mg	
niacin equivalents from tryptophan	0.6	mg	
vitamin B-6, total	0	mg	
vitamin B-12	0.03	µg	
vitamin C	6	mg	
folate, total	6	µg	
ash	0.30	g	
sodium	38	mg	
potassium	68	mg	
calcium	24	mg	
phosphorus	20	mg	
magnesium	4	mg	
iron, total	0.1	mg	
zinc	0.1	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References