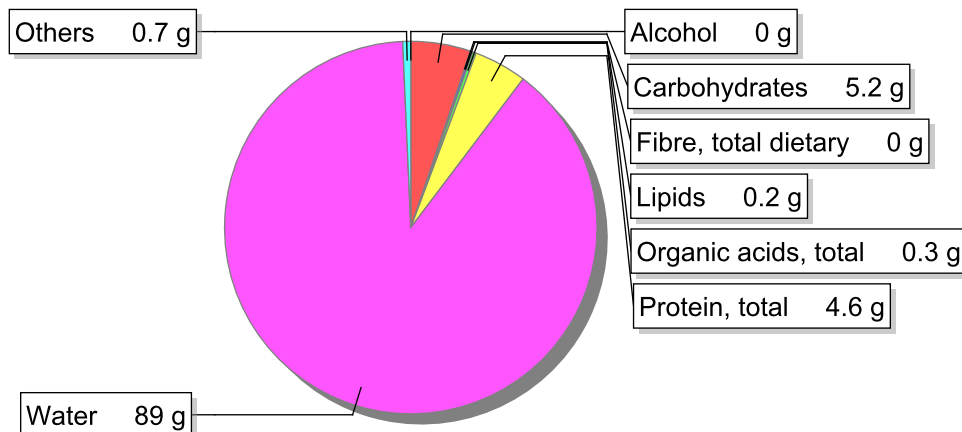


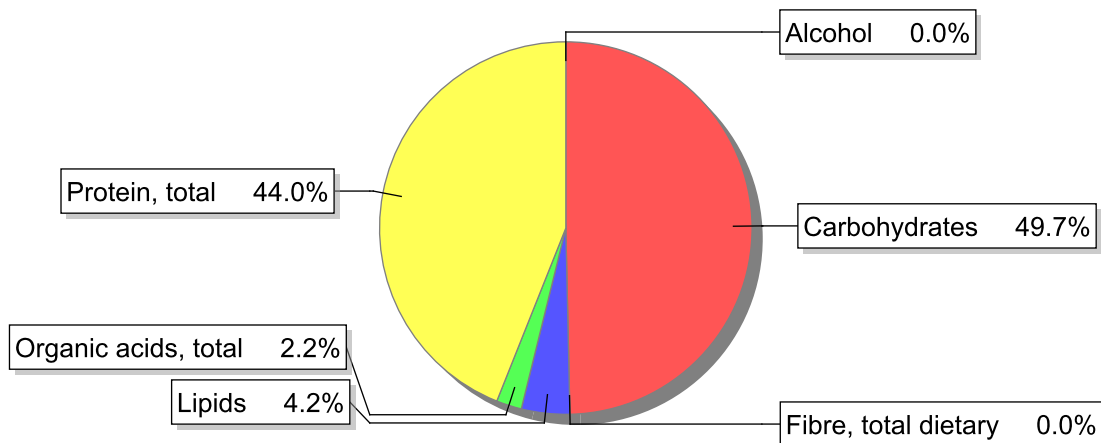
Food

Name: Yogurt, skimmed milk, plain, solid
Group: Milk and milk products
Subgroup: Yogurt
Edible Part: 100%
Code: IS079
FoodEX2 Code: A02NG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

| Name | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable | 42 | kcal | |
| energy kJ, total metabolisable | 177 | kJ | |
| fatty acids, total saturated | 0.1 | g | 57 |
| fatty acids, total monounsaturated | 0.1 | g | 57 |
| fatty acids, total polyunsaturated | 0 | g | 57 |
| fatty acid 18:2 n-6 cis,cis | 0 | g | 57 |
| fatty acids, total trans | 0 | g | |
| sugars, total | 5.2 | g | 57 |
| sucrose | 0 | g | |

| Name | Value | Unit | Source(s) |
|--|-------|------|-----------|
| lactose | 5.2 | g | |
| oligosaccharides, available | 0 | g | |
| fibre, total dietary | 0 | g | |
| protein, total | 4.6 | g | 57 |
| alcohol | 0 | g | |
| water | 89 | g | 57 |
| organic acids, total | 0.3 | g | |
| cholesterol | 2 | mg | 57 |
| vitamin A; retinol equiv from retinol and carotenoid activities | 17 | µg | 83 |
| carotene, total (vitamin A precursors) | 10 | µg | 83 |
| vitamin D | 0 | µg | |
| alpha-tocopherol | 0 | mg | 83 |
| thiamin | 0.04 | mg | 83 |
| riboflavin | 0.27 | mg | 83 |
| niacin, preformed | 0.2 | mg | 83 |
| niacin equivalents, total | 1.2 | mg | 83 |
| niacin equivalents from tryptophan | 1 | mg | 83 |
| vitamin B-6, total | 0.03 | mg | 83 |
| vitamin B-12 | 0 | µg | |
| vitamin C | 0 | mg | |
| folate, total | 1.5 | µg | 83 |
| iodide | 18 | µg | 1140 |
| sodium | 72 | mg | 83 |
| potassium | 200 | mg | 83 |
| calcium | 160 | mg | 83 |
| phosphorus | 130 | mg | 83 |
| magnesium | 14 | mg | 83 |
| iron, total | 0.2 | mg | 83 |
| zinc | 0.6 | mg | 83 |

Legend

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

References

| Id | Reference |
|----|--|
| 57 | PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB |
| 83 | Amaral, ECC; Sequeira, CDP; Camacho, MA; Garcia, MHP; Nogueira, MR; Calhau, MA; Goes, MD (1989 - Iogurte. Composição e Valor Nutritivo de Variedades Comercializadas em Portugal. Revista Portuguesa de Nutrição, Vol. 1 (3), p. 35-52 |

| Id | Reference |
|------|---------------------|
| 1140 | TDS_Iodo_INSA_LAB_2 |