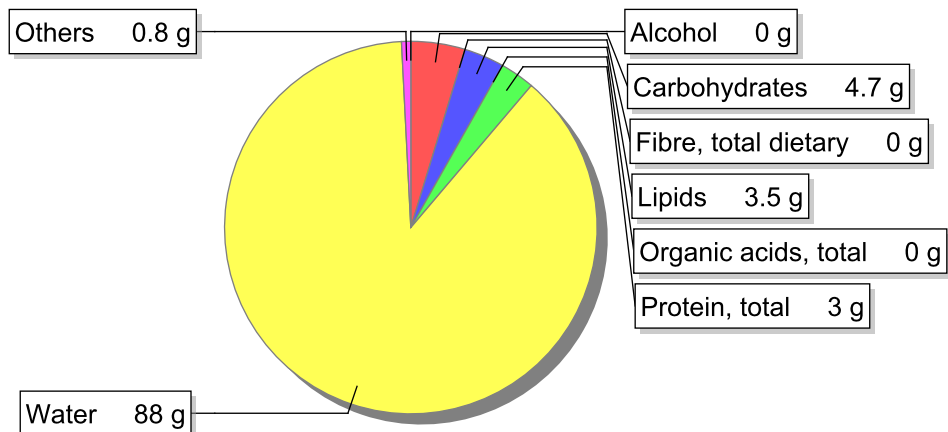


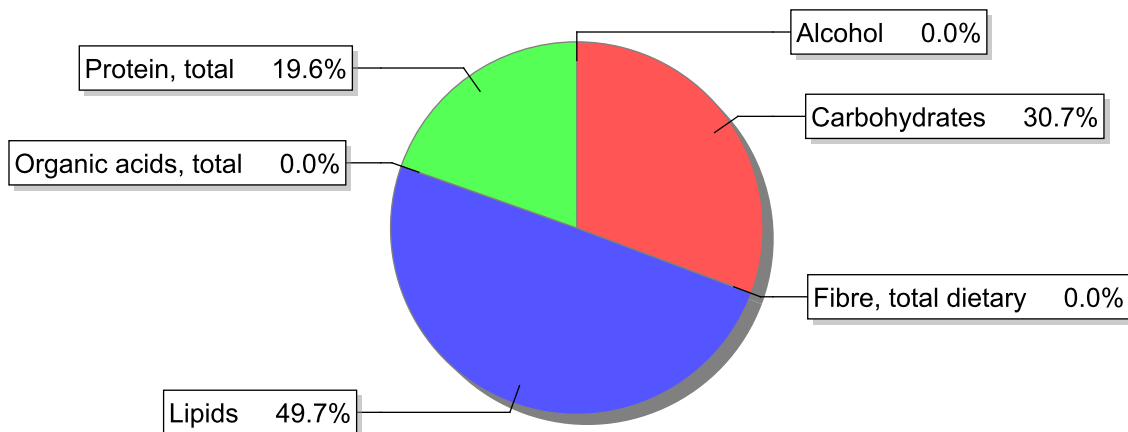
### Food

**Name:** Milk, whole, pasteurized  
**Group:** Milk and milk products  
**Subgroup:** Milk  
**Edible Part:** 100%  
**Code:** IS022  
**FoodEX2 Code:** A02LY

### Composition [g/100g]



### Energy



### Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	62	kcal	
energy kJ, total metabolisable	260	kJ	
fatty acids, total saturated	2	g	
fatty acids, total monounsaturated	0.8	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0.1	g	
sugars, total	4.7	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	4.7	g	
<b>salt</b>	0.1	g	
<b>fibre, total dietary</b>	0	g	
<b>protein, total</b>	3	g	
<b>alcohol</b>	0	g	
<b>water</b>	88	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	13	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	56	µg	
<b>carotene, total (vitamin A precursors)</b>	21	µg	
<b>vitamin D</b>	0.1	µg	
<b>alpha-tocopherol</b>	0.09	mg	
<b>thiamin</b>	0.04	mg	
<b>riboflavin</b>	0.14	mg	
<b>niacin, preformed</b>	0.2	mg	
<b>niacin equivalents, total</b>	0.9	mg	
<b>niacin equivalents from tryptophan</b>	0.7	mg	
<b>vitamin B-6, total</b>	0.06	mg	
<b>vitamin B-12</b>	0.39	µg	
<b>vitamin C</b>	0	mg	
<b>folate, total</b>	6	µg	
<b>ash</b>	0.72	g	
<b>sodium</b>	43	mg	57
<b>potassium</b>	150	mg	57
<b>calcium</b>	110	mg	57
<b>phosphorus</b>	88	mg	57
<b>magnesium</b>	11	mg	57
<b>iron, total</b>	0.1	mg	57
<b>zinc</b>	0.4	mg	57

## 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