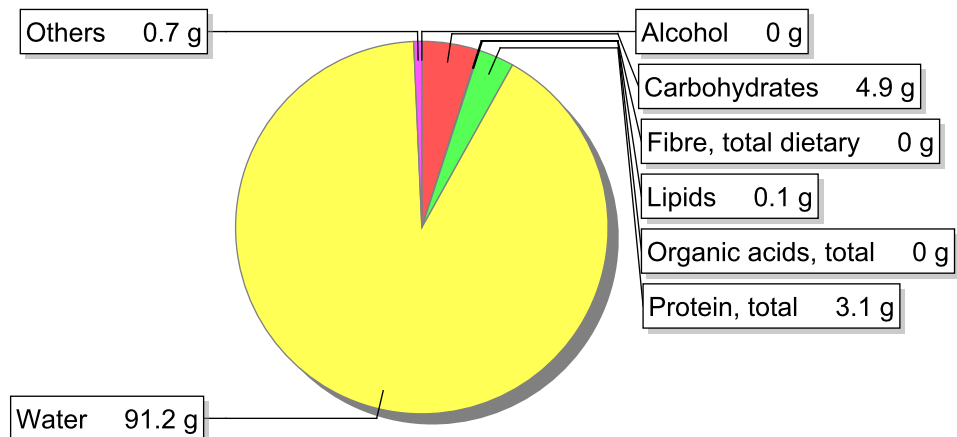


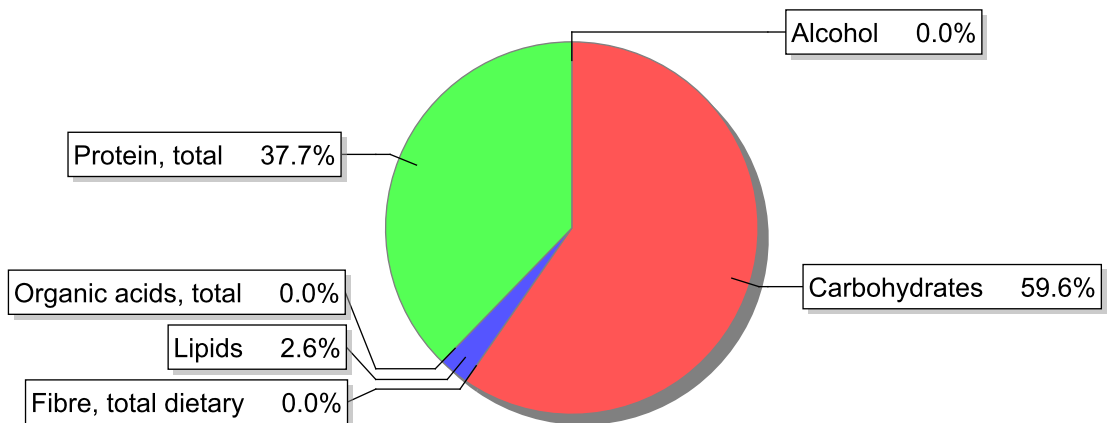
Food

Name: Milk, cow, skimmed, UHT, grazing
Group: Milk and milk products
Subgroup: Milk
Edible Part: 100%
Code:
FoodEX2 Code: A02MA

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	33	kcal	
energy kJ, total metabolisable	139	kJ	
fatty acids, total saturated	0.1	g	90, 107
fatty acids, total monounsaturated	0	g	90, 107
fatty acids, total polyunsaturated	0	g	90, 107
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	4.8	g	90, 107
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	4.8	g	90, 107
salt	0.1	g	
starch, total	0	g	
protein, total	3.1	g	90, 107
alcohol	0	g	
water	91.2	g	90, 107
organic acids, total	0	g	
cholesterol	4	mg	97, 107
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.02	mg	99, 100, 101, 102
thiamin	0.05	mg	
riboflavin	0.18	mg	
niacin, preformed	0.1	mg	
niacin equivalents, total	0.8	mg	
niacin equivalents from tryptophan	0.7	mg	
vitamin B-6, total	0.05	mg	
vitamin B-12	0.18	µg	90, 99, 100, 101,
vitamin C	0	mg	
folate, total	1	µg	
iodide	14	µg	99, 100, 101, 102
sodium	34	mg	90, 107
potassium	220	mg	99, 100, 101, 102
calcium	120	mg	90, 93, 94, 95, 107
phosphorus	91	mg	90, 107
magnesium	10	mg	
iron, total	0.1	mg	
zinc	0.4	mg	

Legend

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

References

Id	Reference
90	BOLETIM ANALÍTICO N° 65321/EGI/16
93	BOLETIM ANALÍTICO N° 65910/EGI/16
94	BOLETIM ANALÍTICO N° 65911/EGI/16

Id	Reference
95	BOLETIM ANALÍTICO N° 65913/EGI/16
97	BOLETIM ANALÍTICO N° 66772/EGI/16
99	BOLETIM ANALÍTICO N° 76873/EGI/16
100	BOLETIM ANALÍTICO N° 76874/EGI/16
101	BOLETIM ANALÍTICO N° 76876/EGI/16
102	BOLETIM ANALÍTICO N° 76877/EGI/16
107	BOLETIM ANALÍTICO N° 4101/EGI/17