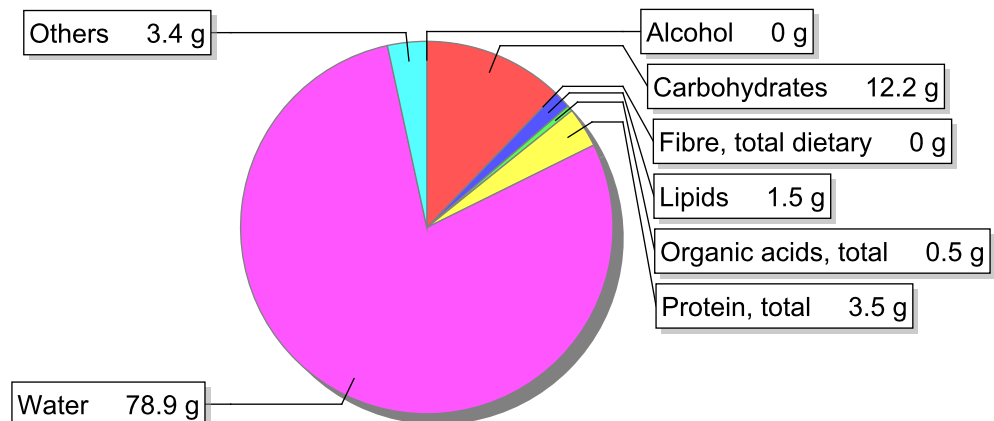


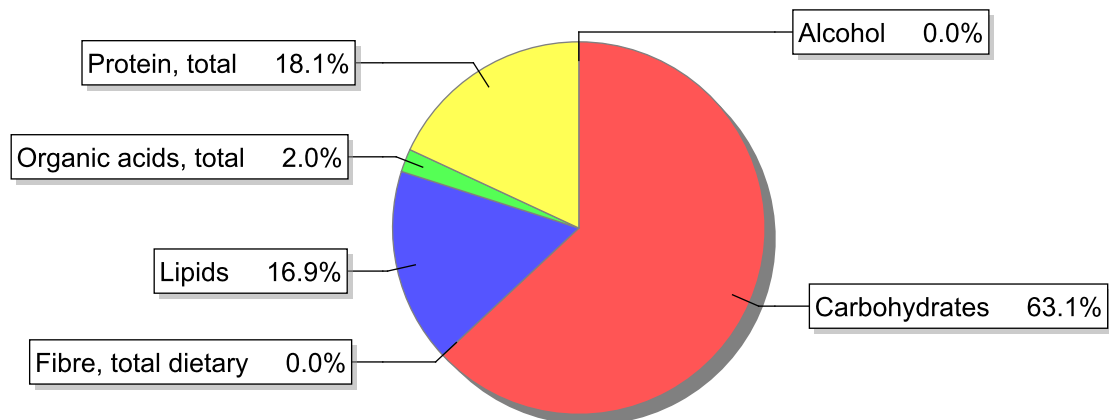
Food

Name: Yoghurt without lactose, semi-skimmed, sugared
Group: Milk and milk products
Subgroup: Yogurt
Edible Part: 100%
Code:
FoodEX2 Code: A02NG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	78	kcal	
energy kJ, total metabolisable	330	kJ	
fatty acids, total saturated	1	g	686, 716, 719
fatty acids, total monounsaturated	0.5	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	11.5	g	686, 716, 719
sucrose	6.5	g	

Name	Value	Unit	Source(s)
lactose	0	g	686, 716, 719
salt	0.2	g	
starch, total	0	g	
protein, total	3.5	g	686, 716, 719
alcohol	0	g	
water	78.9	g	
organic acids, total	0.5	g	
cholesterol	8	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	45	µg	
carotene, total (vitamin A precursors)	26	µg	
vitamin D	0	µg	
alpha-tocopherol	0.04	mg	
thiamin	0.04	mg	
riboflavin	0.2	mg	686
niacin, preformed	0.2	mg	
niacin equivalents, total	1.2	mg	
niacin equivalents from tryptophan	1	mg	
vitamin B-6, total	0.04	mg	
vitamin B-12	0.32	µg	686
vitamin C	0	mg	
folate, total	8	µg	
iodide	24	µg	686
sodium	81	mg	
potassium	230	mg	
calcium	120	mg	686, 716, 719
phosphorus	97	mg	686, 716
magnesium	14	mg	
iron, total	0.2	mg	
zinc	0.6	mg	

Legend

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

References

Id	Reference
686	Rótulo_logurte Bem Especial Simples 0% Lactose Mimosa
716	Rótulo_logurte sem Lactose Natural Açucarado Continente Equilíbrio
719	Rótulo_logurte sem Lactose Natural Açucarado Nutrêgi