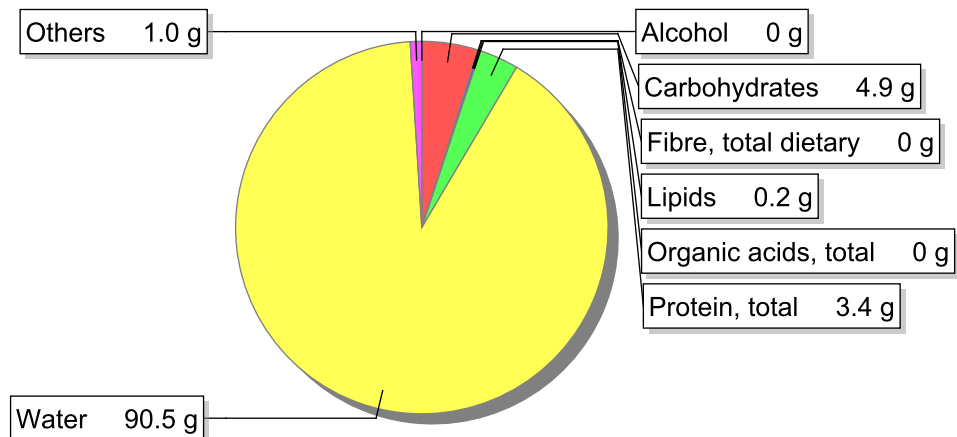


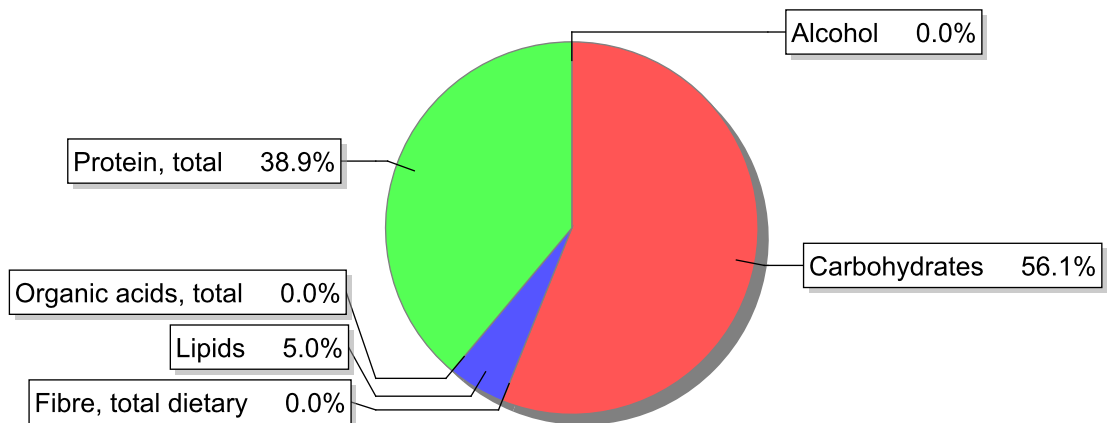
Food

Name: Milk, skimmed, UHT
Group: Milk and milk products
Subgroup: Milk
Edible Part: 100%
Code: IS027
FoodEX2 Code: A02MA

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	35	kcal	
energy kJ, total metabolisable	149	kJ	
fatty acids, total saturated	0.1	g	57
fatty acids, total monounsaturated	0.1	g	57
fatty acids, total polyunsaturated	0	g	
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	4.9	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	4.9	g	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	3.4	g	57
alcohol	0	g	
water	90.5	g	57
organic acids, total	0	g	
cholesterol	1	mg	57
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	mg	
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	0.11	µg	
vitamin C	0	mg	
folate, total	1	µg	
ash	0.77	g	
sodium	41	mg	57
potassium	160	mg	57
calcium	110	mg	57
phosphorus	82	mg	57
magnesium	10	mg	57
iron, total	0.1	mg	57
zinc	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
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