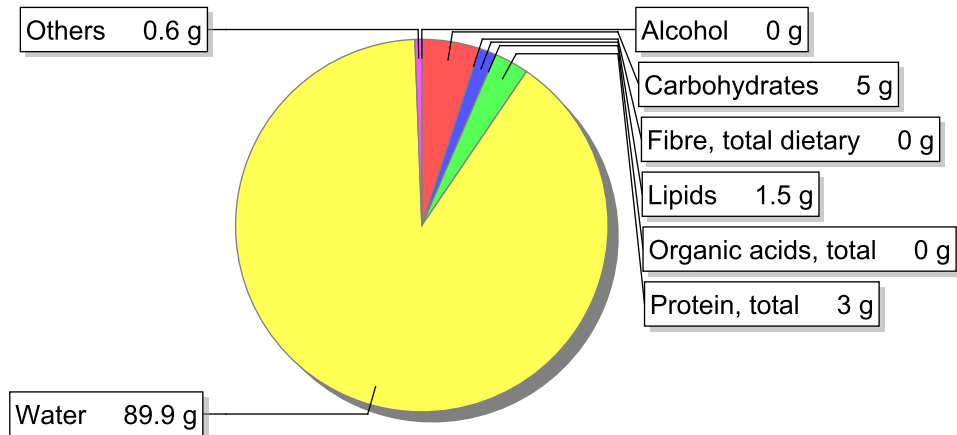


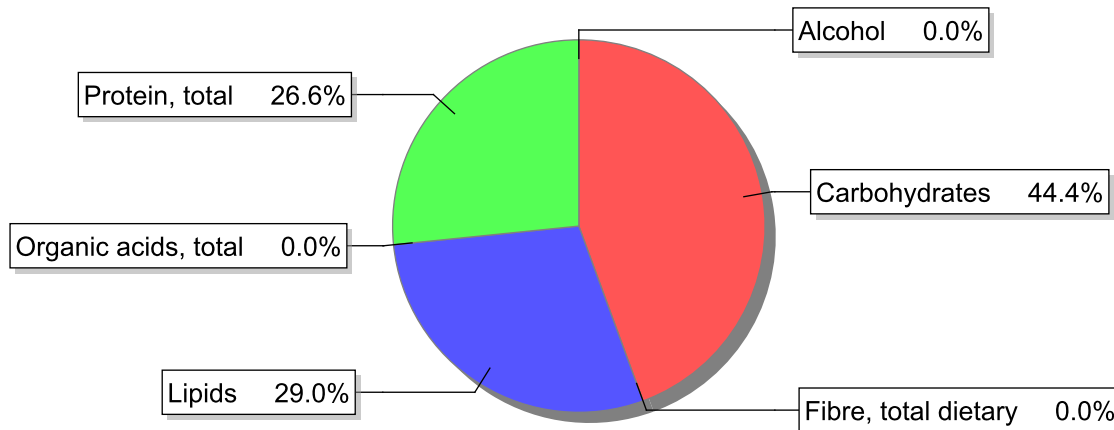
**Food**

**Name:** Milk, cow, semi-skimmed, UHT, grazing  
**Group:** Milk and milk products  
**Subgroup:** Milk  
**Edible Part:** 100%  
**Code:**  
**FoodEX2 Code:** A02LZ

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	46	kcal	
energy kJ, total metabolisable	192	kJ	
fatty acids, total saturated	1	g	89, 108
fatty acids, total monounsaturated	0.4	g	89, 108
fatty acids, total polyunsaturated	0	g	89, 108
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0.1	g	
sugars, total	4.9	g	89, 108
lactose	4.9	g	89, 108

Name	Value	Unit	Source(s)
salt	0.1	g	
starch, total	0	g	
protein, total	3	g	89, 108
alcohol	0	g	
water	89.9	g	89, 108
organic acids, total	0	g	
cholesterol	6	mg	96, 108
vitamin A; retinol equiv from retinol and carotenoid activities	21	µg	
carotene, total (vitamin A precursors)	12	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.04	mg	103, 104, 105
thiamin	0.04	mg	
riboflavin	0.18	mg	
niacin, preformed	0.2	mg	
niacin equivalents, total	0.9	mg	
niacin equivalents from tryptophan	0.7	mg	
vitamin B-6, total	0.05	mg	
vitamin B-12	0.19	µg	89, 103, 104, 105,
vitamin C	0	mg	
folate, total	1	µg	
ash	0.7	g	89, 108
sodium	34	mg	89, 108
potassium	160	mg	103, 104, 105, 106
calcium	120	mg	89, 91, 92, 98, 108
phosphorus	89	mg	89, 108
magnesium	9	mg	
iron, total	0.1	mg	
zinc	0.5	mg	

## Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram
µg-RE	retinol equivalent

## References

Id	Reference
89	BOLETIM ANALÍTICO N° 65320/EGI/16
91	BOLETIM ANALÍTICO N° 65897/EGI/16
92	BOLETIM ANALÍTICO N° 65900/EGI/16

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<b>Id</b>	<b>Reference</b>
96	BOLETIM ANALÍTICO Nº 66771/EGI/16
98	BOLETIM ANALÍTICO Nº 70932/EGI/16
103	BOLETIM ANALÍTICO Nº 76878/EGI/16
104	BOLETIM ANALÍTICO Nº 76879/EGI/16
105	BOLETIM ANALÍTICO Nº 76880/EGI/16
106	BOLETIM ANALÍTICO Nº 76881/EGI/16
108	BOLETIM ANALÍTICO Nº 4102/EGI/17