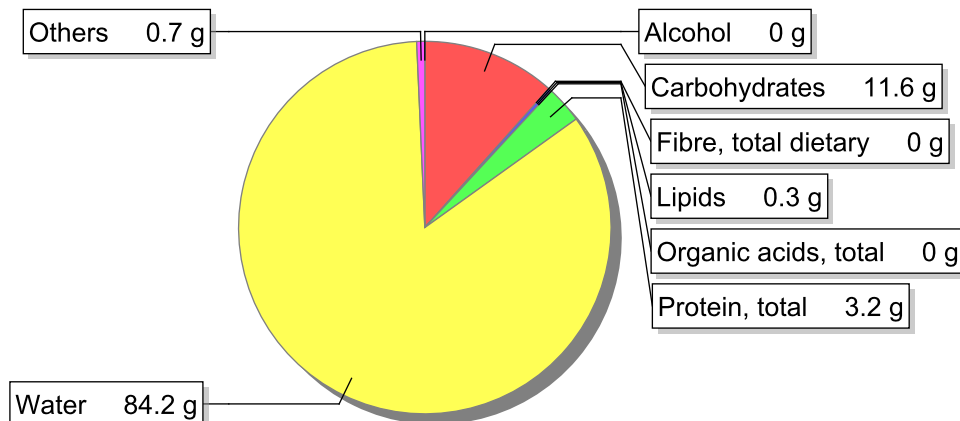


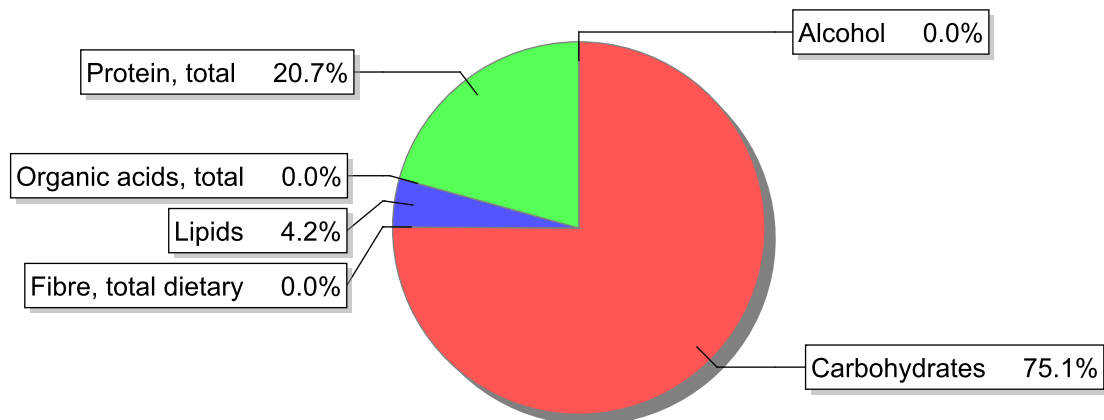
Food

Name: Yogurt, drinking, skimmed milk, flavoured, with sugar
Group: Milk and milk products
Subgroup: Yogurt
Edible Part: 100%
Code: IS077
FoodEX2 Code: A02NH

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	263	kJ	
fatty acids, total saturated	0.2	g	57
fatty acids, total monounsaturated	0.1	g	57
fatty acids, total polyunsaturated	0	g	57
fatty acid 18:2 n-6 cis,cis	0	g	57
fatty acids, total trans	0	g	
sugars, total	11.6	g	57
sucrose	7.7	g	

Name	Value	Unit	Source(s)
lactose	3.9	g	
salt	0.2	g	
fibre, total dietary	0	g	
protein, total	3.2	g	57
alcohol	0	g	
water	84.2	g	57
organic acids, total	0	g	
cholesterol	1	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	16	µg	83
carotene, total (vitamin A precursors)	9	µg	83
vitamin D	0	µg	
alpha-tocopherol	0	mg	
thiamin	0.02	mg	83
riboflavin	0.18	mg	83
niacin, preformed	0.2	mg	83
niacin equivalents, total	0.9	mg	83
niacin equivalents from tryptophan	0.7	mg	83
vitamin B-6, total	0.03	mg	83
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	6	µg	83
ash	0.75	g	
sodium	60	mg	83
potassium	120	mg	83
calcium	81	mg	83
phosphorus	72	mg	83
magnesium	8	mg	83
iron, total	0.2	mg	83
zinc	0.3	mg	83

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
83	Amaral, ECC; Sequeira, CDP; Camacho, MA; Garcia, MHP; Nogueira, MR; Calhau, MA; Goes, MD (1989 - Iogurte. Composição e Valor Nutritivo de Variedades Comercializadas em Portugal. Revista Portuguesa de Nutrição, Vol. 1 (3), p. 35-52