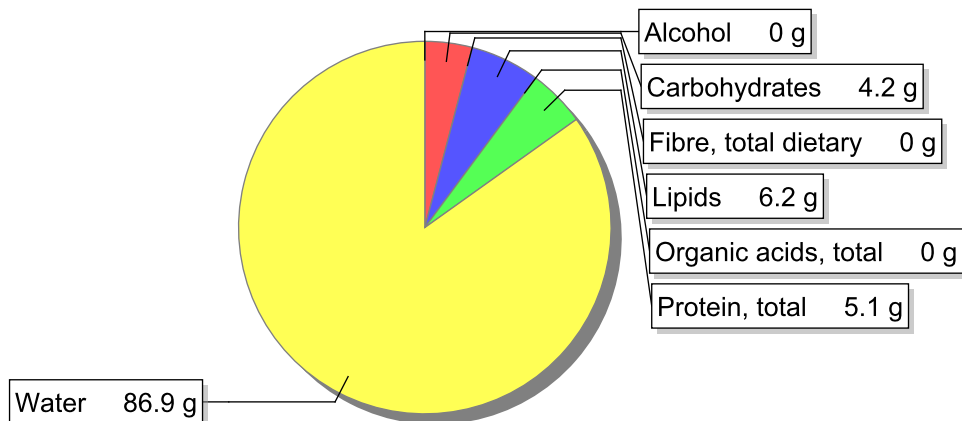


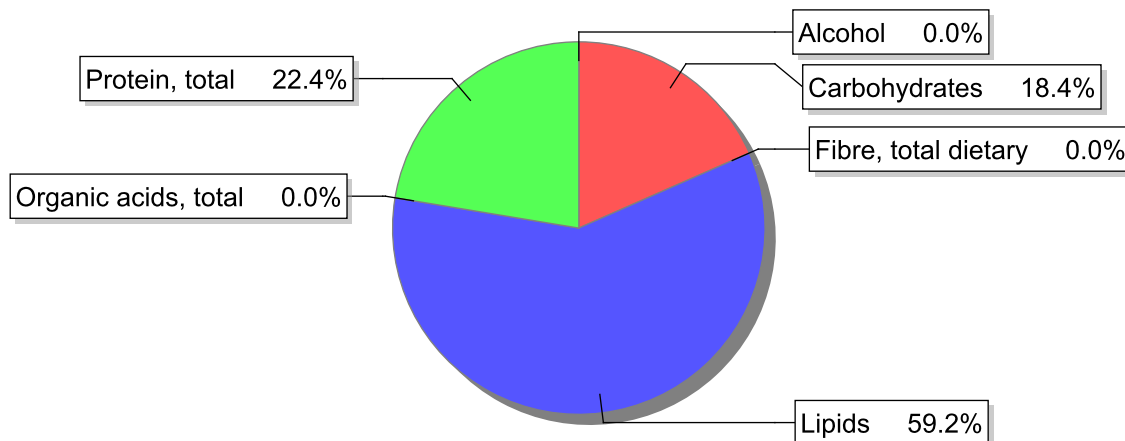
Food

Name: Milk, sheeps, raw
Group: Milk and milk products
Subgroup: Milk
Edible Part: 100%
Code: IS020
FoodEX2 Code: A02MC

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	93	kcal	
energy kJ, total metabolisable	388	kJ	
fatty acids, total saturated	3.3	g	
fatty acids, total monounsaturated	1.5	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0.3	g	
sugars, total	4.2	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	4.2	g	
salt	0.1	g	
starch, total	0	g	
protein, total	5.1	g	57
alcohol	0	g	
water	86.9	g	57
organic acids, total	0	g	
cholesterol	55	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	50	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.2	µg	
alpha-tocopherol	0.11	mg	
thiamin	0.06	mg	
riboflavin	0.15	mg	
niacin, preformed	0.2	mg	
niacin equivalents, total	1.1	mg	
niacin equivalents from tryptophan	0.9	mg	
vitamin B-6, total	0.07	mg	
vitamin B-12	0.15	µg	
vitamin C	5	mg	
folate, total	5	µg	
ash	0.93	g	
sodium	37	mg	
potassium	120	mg	
calcium	190	mg	
phosphorus	140	mg	
magnesium	15	mg	
iron, total	0.2	mg	
zinc	0.7	mg	

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