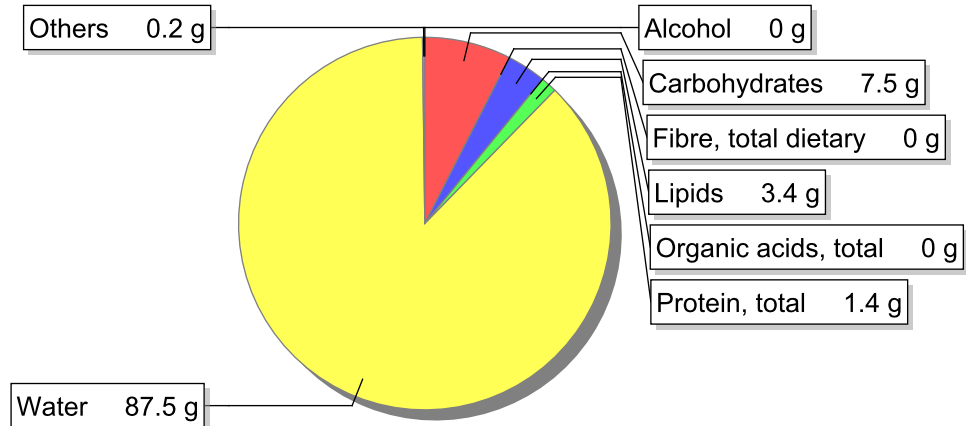


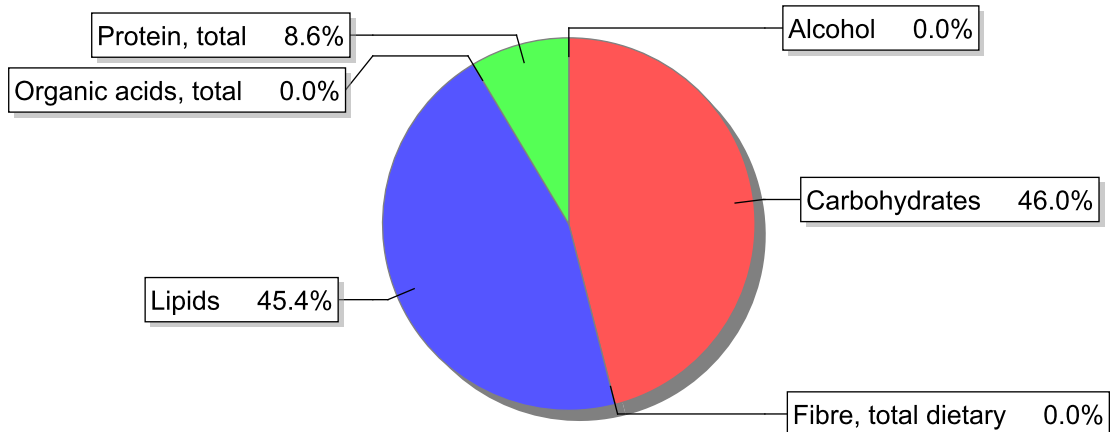
Food

Name: Milk, human, mature
Group: Milk and milk products
Subgroup: Milk
Edible Part: 100%
Code: IS038
FoodEX2 Code: A02MJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	66	kcal	
energy kJ, total metabolisable	277	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	1.5	g	
fatty acids, total monounsaturated	1.3	g	
fatty acids, total polyunsaturated	0.4	g	
fatty acid 18:2 n-6 cis,cis	0.3	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0	g	
Carbohydrates		g	
sugars, total	7.5	g	
sucrose	0	g	
lactose	7.5	g	
oligosaccharides, available	0	g	
starch, total	0	g	
salt	0.0	g	
fibre, total dietary	0	g	
protein, total	1.4	g	
alcohol	0	g	
water	87.5	g	
organic acids, total	0	g	
cholesterol	16	mg	
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	68	µg	57
carotene, total (vitamin A precursors)	24	µg	57
vitamin D	0.1	µg	57
alpha-tocopherol	0.35	mg	57
thiamin	0.08	mg	57
riboflavin	0.03	mg	57
niacin, preformed	0.2	mg	57
niacin equivalents, total	0.7	mg	
niacin equivalents from tryptophan	0.5	mg	57
vitamin B-6, total	0.01	mg	57
vitamin B-12	0.01	µg	57
vitamin C	4	mg	57
folate, total	6	µg	57
Minerals			
ash	0.20	g	
sodium	19	mg	57
potassium	69	mg	57
calcium	32	mg	57
phosphorus	19	mg	57
magnesium	4	mg	57
iron, total	0.1	mg	57
zinc	0.1	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