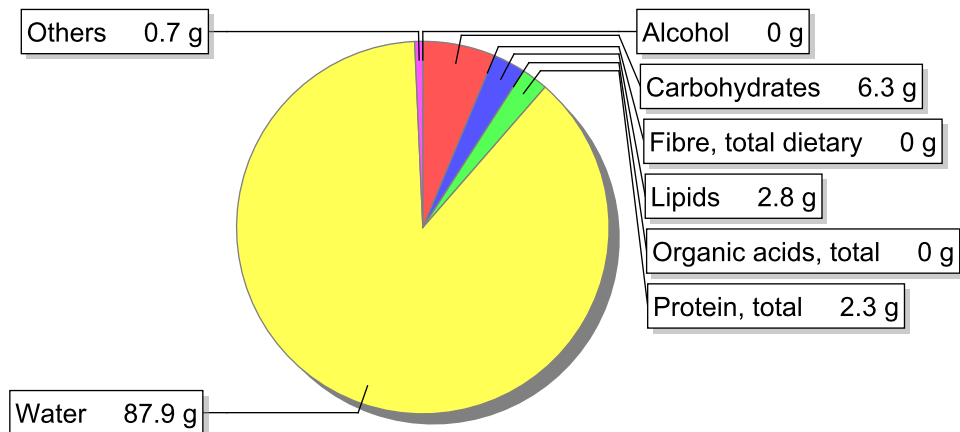


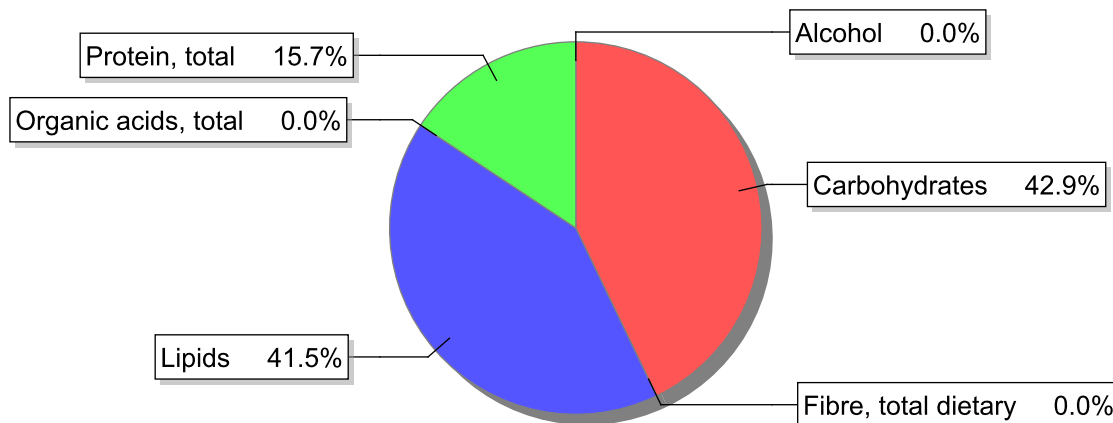
Food

Name: Milk, human, colostrum
Group: Milk and milk products
Subgroup: Milk
Edible Part: 100%
Code: IS036
FoodEX2 Code: A02MJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	60	kcal	
energy kJ, total metabolisable	250	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	1.2	g	
fatty acids, total monounsaturated	1.2	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0	g	
Carbohydrates		g	
sugars, total	6.3	g	
sucrose	0	g	
lactose	6.3	g	
oligosaccharides, available	0	g	
starch, total	0	g	
salt	0.1	g	
fibre, total dietary	0	g	
protein, total	2.3	g	
alcohol	0	g	
water	87.9	g	
organic acids, total	0	g	
cholesterol	31	mg	
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	184	µg	
carotene, total (vitamin A precursors)	135	µg	
vitamin D	0	µg	
alpha-tocopherol	1.3	mg	
thiamin	0	mg	
riboflavin	0.03	mg	
niacin, preformed	0.05	mg	
niacin equivalents, total	0.85	mg	
niacin equivalents from tryptophan	0.8	mg	
vitamin B-6, total	0	mg	
vitamin B-12	0.1	µg	
vitamin C	2	mg	
folate, total	7	µg	
Minerals			
ash	0.40	g	
sodium	59	mg	
potassium	83	mg	
calcium	26	mg	
phosphorus	17	mg	
magnesium	4	mg	
iron, total	0.1	mg	
zinc	0.2	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References