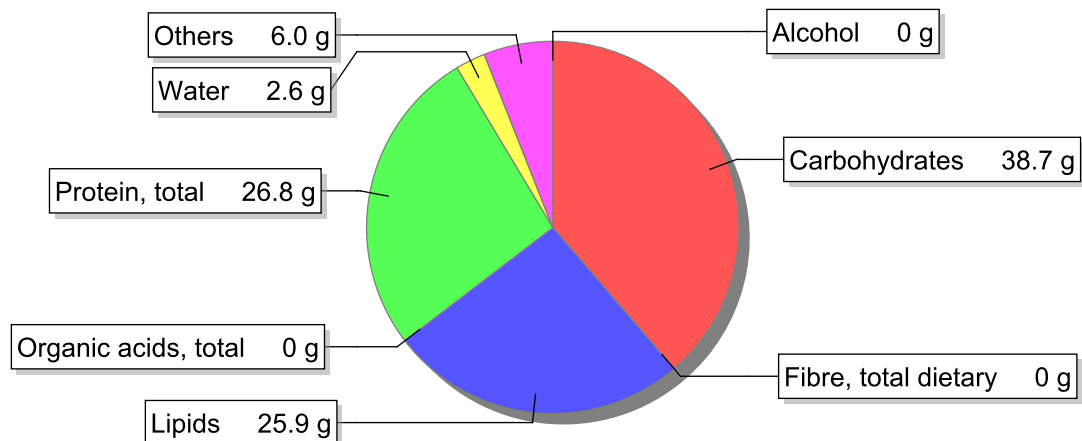


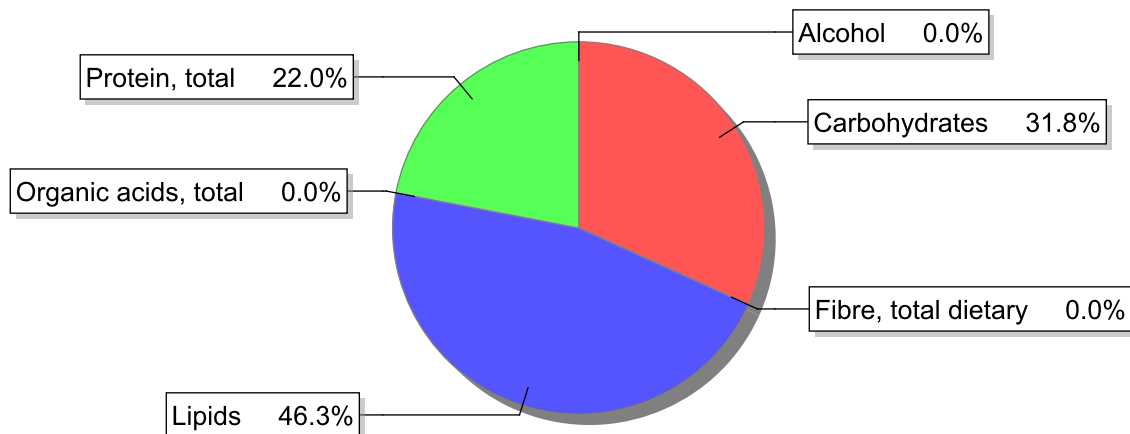
Food

Name: Milk, whole, dried
Group: Milk and milk products
Subgroup: Milk
Edible Part: 100%
Code: IS031
FoodEX2 Code: A02PK

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	495	kcal	
energy kJ, total metabolisable	2070	kJ	
fatty acids, total saturated	14.5	g	57
fatty acids, total monounsaturated	5.9	g	57
fatty acids, total polyunsaturated	0.7	g	57
fatty acid 18:2 n-6 cis,cis	0.7	g	57
fatty acids, total trans	0.9	g	
sugars, total	38.7	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	38.7	g	
salt	0.9	g	
starch, total	0	g	
protein, total	26.8	g	57
alcohol	0	g	
water	2.6	g	57
organic acids, total	0	g	
cholesterol	69	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	296	µg	
carotene, total (vitamin A precursors)	158	µg	
vitamin D	0.2	µg	
alpha-tocopherol	0.61	mg	
thiamin	0.22	mg	
riboflavin	1.2	mg	
niacin, preformed	1.3	mg	
niacin equivalents, total	7.6	mg	
niacin equivalents from tryptophan	6.3	mg	
vitamin B-6, total	0.48	mg	
vitamin B-12	2	µg	
vitamin C	8	mg	
folate, total	46	µg	
ash	6.00	g	
sodium	350	mg	
potassium	1220	mg	
calcium	920	mg	
phosphorus	750	mg	
magnesium	110	mg	
iron, total	0.6	mg	
zinc	3.2	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