

Food

Name: Yogurt, whole milk, with fruit and sugar, stirred

Group: Milk and milk products

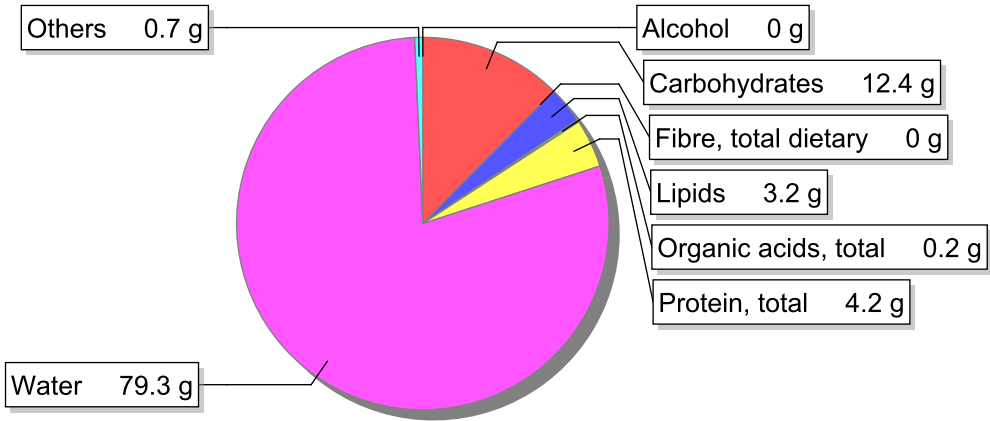
Subgroup: Yogurt

Edible Part: 100%

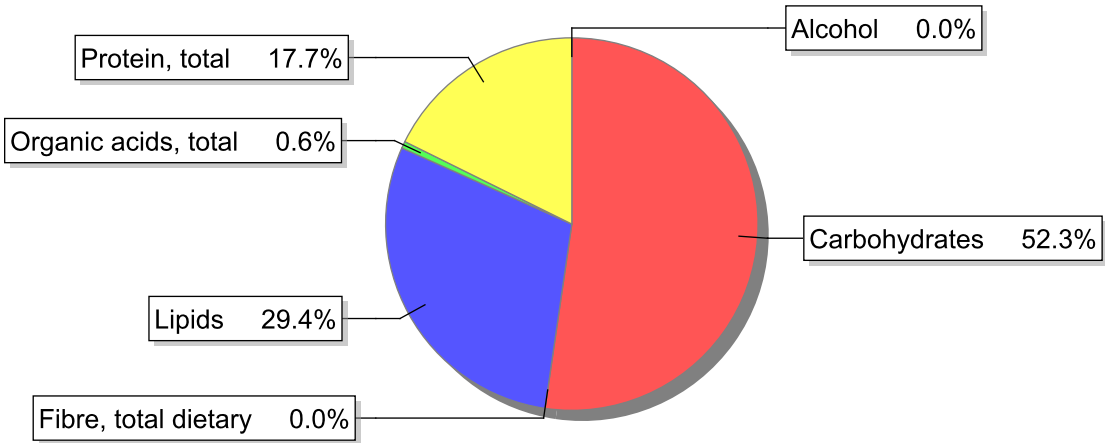
Code: IS080

FoodEX2 Code: A02NH

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	96	kcal	
energy kJ, total metabolisable	403	kJ	
fatty acids, total saturated	1.8	g	
fatty acids, total monounsaturated	0.7	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0.1	g	
sugars, total	12.4	g	57
sucrose	5.4	g	

Name	Value	Unit	Source(s)
lactose	7	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	4.2	g	57
alcohol	0	g	
water	79.3	g	57
organic acids, total	0.2	g	
cholesterol	12	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	52	µg	83
carotene, total (vitamin A precursors)	115	µg	83
vitamin D	0	µg	
alpha-tocopherol	0.05	mg	83
thiamin	0.03	mg	83
riboflavin	0.17	mg	83
niacin, preformed	0.2	mg	83
niacin equivalents, total	1.1	mg	83
niacin equivalents from tryptophan	0.9	mg	83
vitamin B-6, total	0.03	mg	83
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	2.5	µg	83
iodide	18	µg	1140
sodium	39	mg	83
potassium	150	mg	83
calcium	130	mg	83
phosphorus	91	mg	83
magnesium	10	mg	83
iron, total	0.2	mg	83
zinc	0.5	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

Id	Reference
1140	TDS_Iodo_INSA_LAB_2