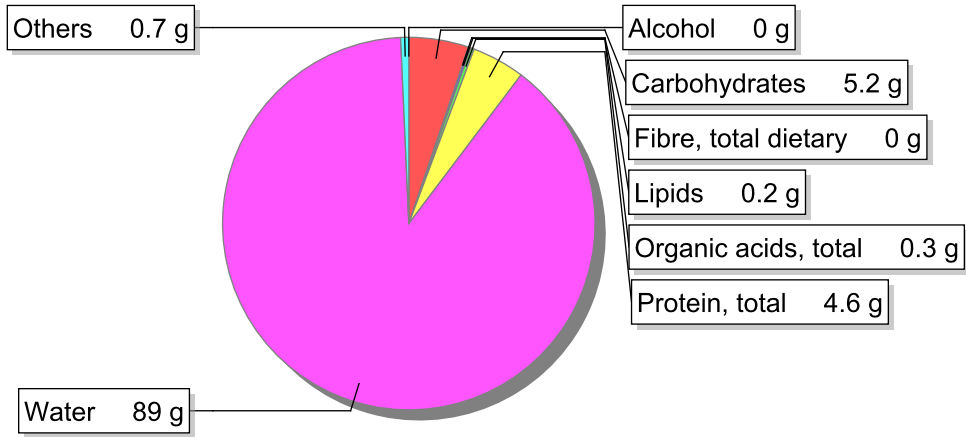


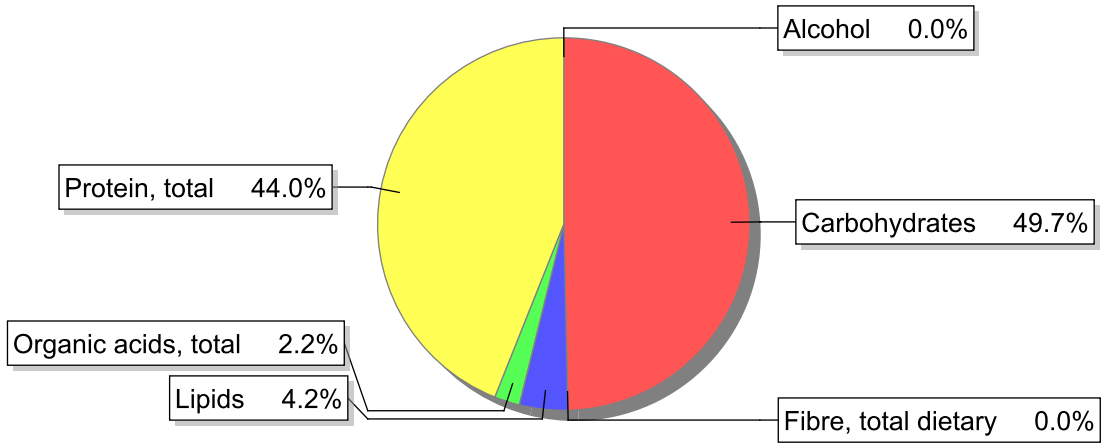
Food

Name: Yogurt, skimmed milk, plain, solid
Group: Milk and milk products
Subgroup: Yogurt
Edible Part: 100%
Code: IS079
FoodEX2 Code: A02NG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	42	kcal	
energy kJ, total metabolisable	177	kJ	
fatty acids, total saturated	0.1	g	57
fatty acids, total monounsaturated	0.1	g	57
fatty acids, total polyunsaturated	0	g	57
fatty acid 18:2 n-6 cis,cis	0	g	57
fatty acids, total trans	0	g	
sugars, total	5.2	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	5.2	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	4.6	g	57
alcohol	0	g	
water	89	g	57
organic acids, total	0.3	g	
cholesterol	2	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	17	µg	83
carotene, total (vitamin A precursors)	10	µg	83
vitamin D	0	µg	
alpha-tocopherol	0	mg	83
thiamin	0.04	mg	83
riboflavin	0.27	mg	83
niacin, preformed	0.2	mg	83
niacin equivalents, total	1.2	mg	83
niacin equivalents from tryptophan	1	mg	83
vitamin B-6, total	0.03	mg	83
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	1.5	µg	83
iodide	18	µg	1140
sodium	72	mg	83
potassium	200	mg	83
calcium	160	mg	83
phosphorus	130	mg	83
magnesium	14	mg	83
iron, total	0.2	mg	83
zinc	0.6	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