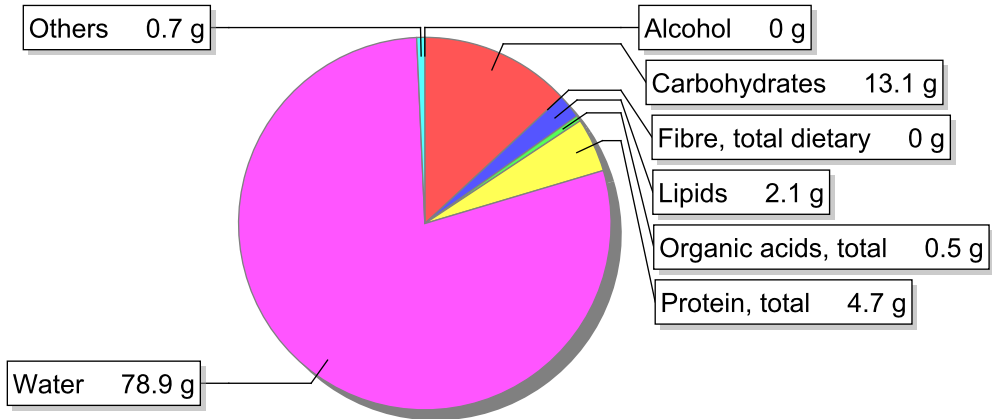


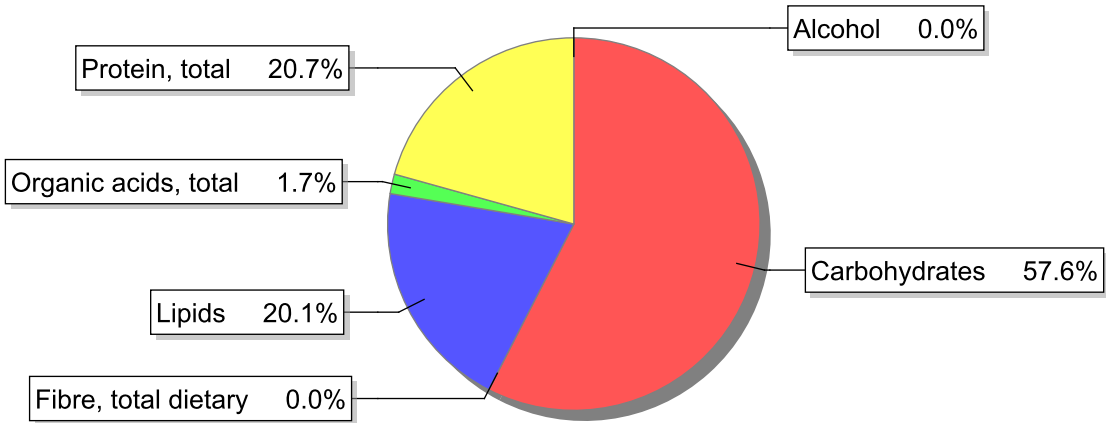
Food

Name: Yogurt, semi-skimmed milk, with sugar
Group: Milk and milk products
Subgroup: Yogurt
Edible Part: 100%
Code: IS070
FoodEX2 Code: A02NG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	91	kcal	
energy kJ, total metabolisable	386	kJ	
fatty acids, total saturated	1.2	g	
fatty acids, total monounsaturated	0.5	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	13.1	g	57
sucrose	6.7	g	

Name	Value	Unit	Source(s)
lactose	6.4	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	4.7	g	57
alcohol	0	g	
water	78.9	g	57
organic acids, total	0.5	g	
cholesterol	8	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	45	µg	83
carotene, total (vitamin A precursors)	26	µg	83
vitamin D	0	µg	
alpha-tocopherol	0.04	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	0.04	mg	83
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	8	µg	83
ash	0.75	g	
sodium	81	mg	83
potassium	230	mg	83
calcium	160	mg	83
phosphorus	140	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