

Food

Name: Yogurt, semi-skimmed milk, plain, solid

Group: Milk and milk products

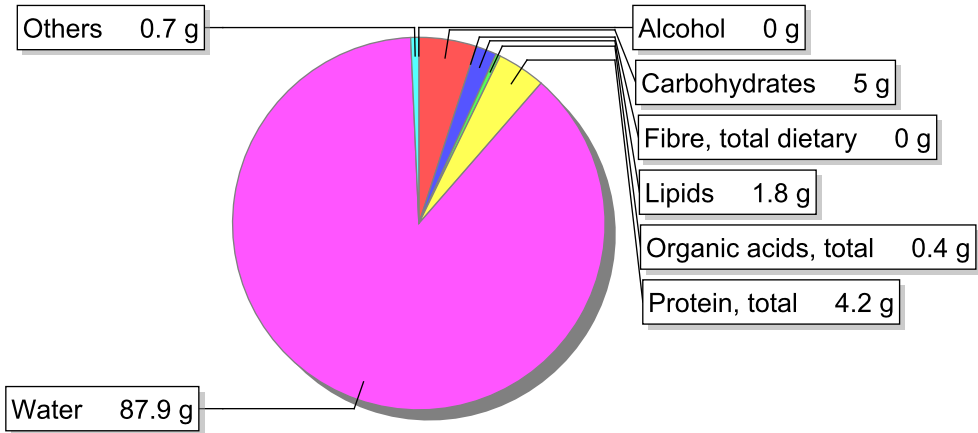
Subgroup: Yogurt

Edible Part: 100%

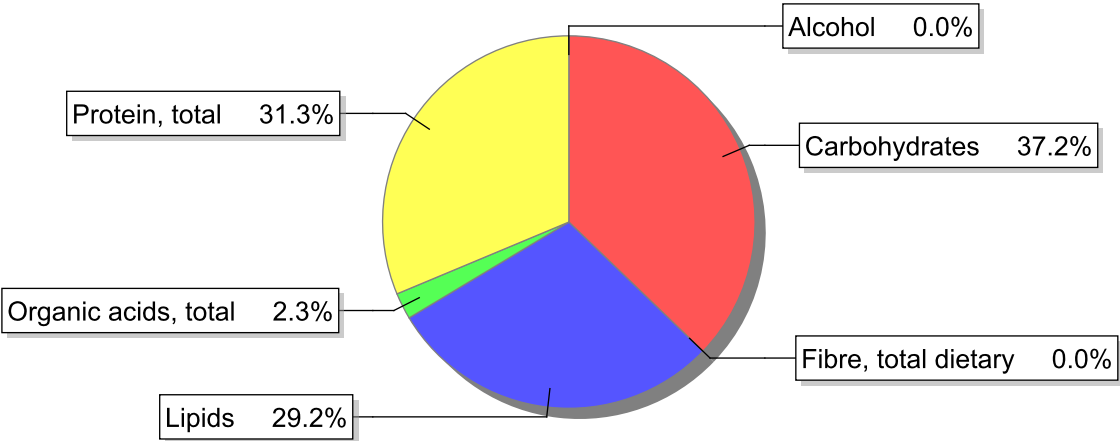
Code: IS076

FoodEX2 Code: A02NG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	54	kcal	
energy kJ, total metabolisable	228	kJ	
fatty acids, total saturated	1	g	57
fatty acids, total monounsaturated	0.4	g	57
fatty acids, total polyunsaturated	0.1	g	57
fatty acid 18:2 n-6 cis,cis	0.1	g	57
fatty acids, total trans	0.1	g	
sugars, total	5	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	5	g	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	4.2	g	57
alcohol	0	g	
water	87.9	g	57
organic acids, total	0.4	g	
cholesterol	6	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	30	µg	83
carotene, total (vitamin A precursors)	17	µg	83
vitamin D	0	µg	
alpha-tocopherol	0.03	mg	83
thiamin	0.03	mg	83
riboflavin	0.24	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	1.7	µg	83
iodide	18	µg	1140
sodium	62	mg	83
potassium	180	mg	83
calcium	120	mg	83
phosphorus	110	mg	83
magnesium	12	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