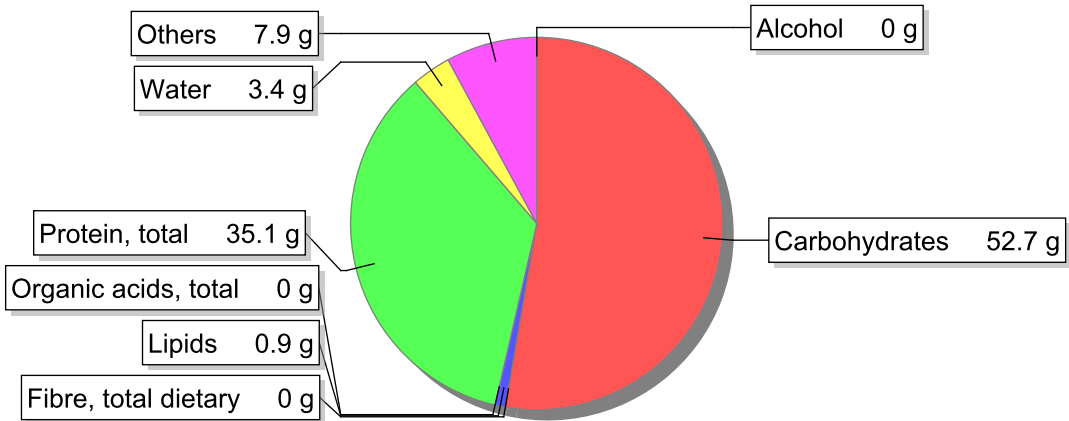


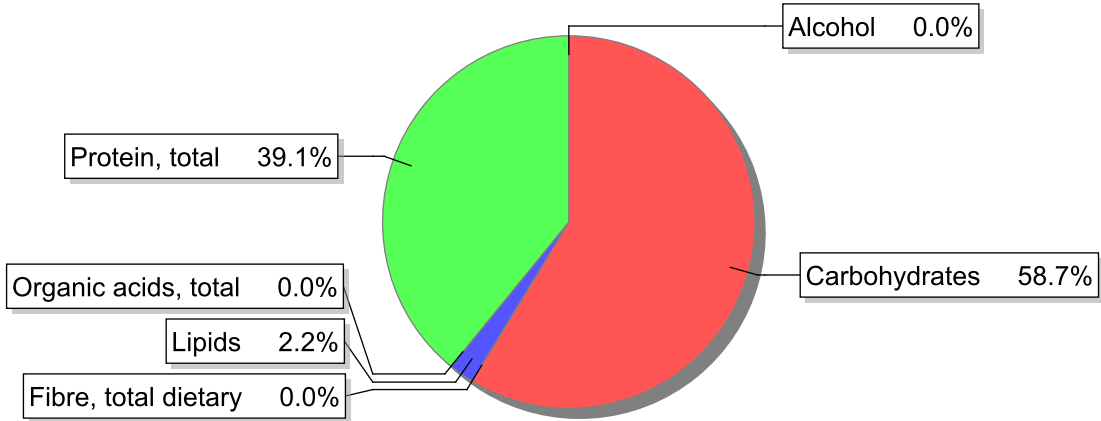
Food

Name: Milk, skimmed, dried
Group: Milk and milk products
Subgroup: Milk
Edible Part: 100%
Code: IS033
FoodEX2 Code: A02PL

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	359	kcal	
energy kJ, total metabolisable	1530	kJ	
fatty acids, total saturated	0.5	g	57
fatty acids, total monounsaturated	0.2	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	52.7	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	52.7	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	35.1	g	57
alcohol	0	g	
water	3.4	g	57
organic acids, total	0	g	
cholesterol	23	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.01	mg	
thiamin	0.32	mg	
riboflavin	1.8	mg	
niacin, preformed	2.1	mg	
niacin equivalents, total	10	mg	
niacin equivalents from tryptophan	8.2	mg	
vitamin B-6, total	0.58	mg	
vitamin B-12	3	µg	
vitamin C	9	mg	
folate, total	50	µg	
ash	8.05	g	
sodium	520	mg	9
potassium	1690	mg	9
calcium	1270	mg	9
phosphorus	1030	mg	9
magnesium	140	mg	9
iron, total	0.6	mg	9
zinc	4.1	mg	9

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
9	Paul, AA; Southgate, DAT; Russell, J (1980) - Amino Acids, mg per 100 g Food. Fatty Acids, g per 100g Food. First Supplement to McCance and Widdowson's The Composition of Foods. Ministry of Agriculture, Fisheries and Food. Her Majesty's Stationary Office
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB