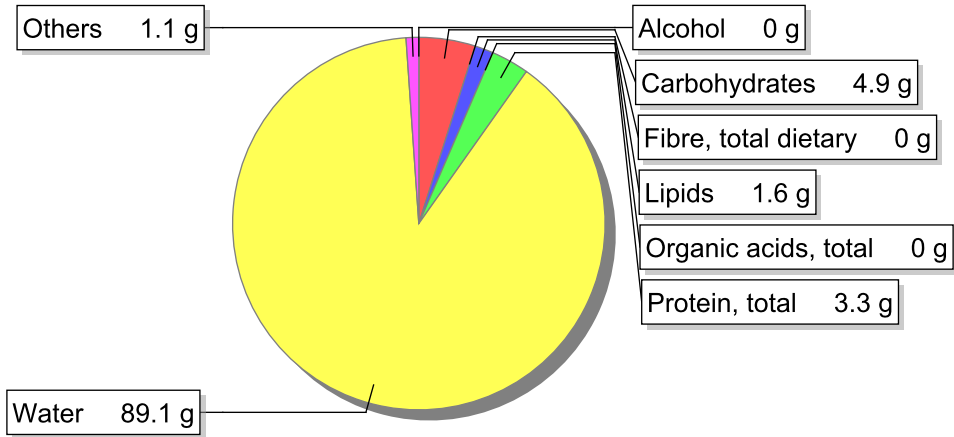


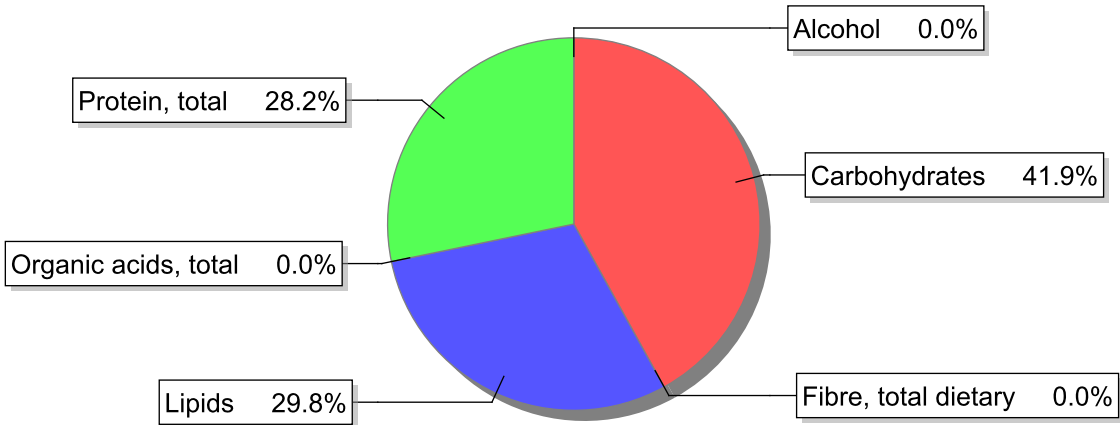
Food

Name: Milk, semi-skimmed, UHT
Group: Milk and milk products
Subgroup: Milk
Edible Part: 100%
Code: IS025
FoodEX2 Code: A02LZ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	47	kcal	
energy kJ, total metabolisable	199	kJ	
fatty acids, total saturated	0.9	g	57
fatty acids, total monounsaturated	0.4	g	57
fatty acids, total polyunsaturated	0	g	57
fatty acid 18:2 n-6 cis,cis	0	g	57
fatty acids, total trans	0.1	g	
sugars, total	4.9	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	4.9	g	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	3.3	g	57
alcohol	0	g	
water	89.1	g	57
organic acids, total	0	g	
cholesterol	8	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	22	µg	
carotene, total (vitamin A precursors)	12	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.03	mg	
thiamin	0.04	mg	
riboflavin	0.18	mg	
niacin, preformed	0.2	mg	
niacin equivalents, total	0.9	mg	
niacin equivalents from tryptophan	0.7	mg	
vitamin B-6, total	0.05	mg	
vitamin B-12	0.12	µg	
vitamin C	0	mg	
folate, total	1	µg	
iodide	16	µg	1140
sodium	40	mg	57
potassium	160	mg	57
calcium	110	mg	57
phosphorus	81	mg	57
magnesium	9	mg	57
iron, total	0.1	mg	57
zinc	0.5	mg	57

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
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