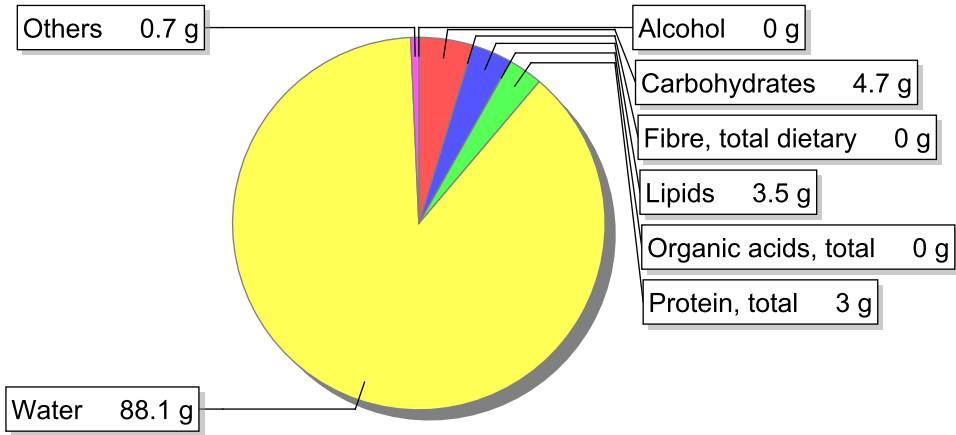


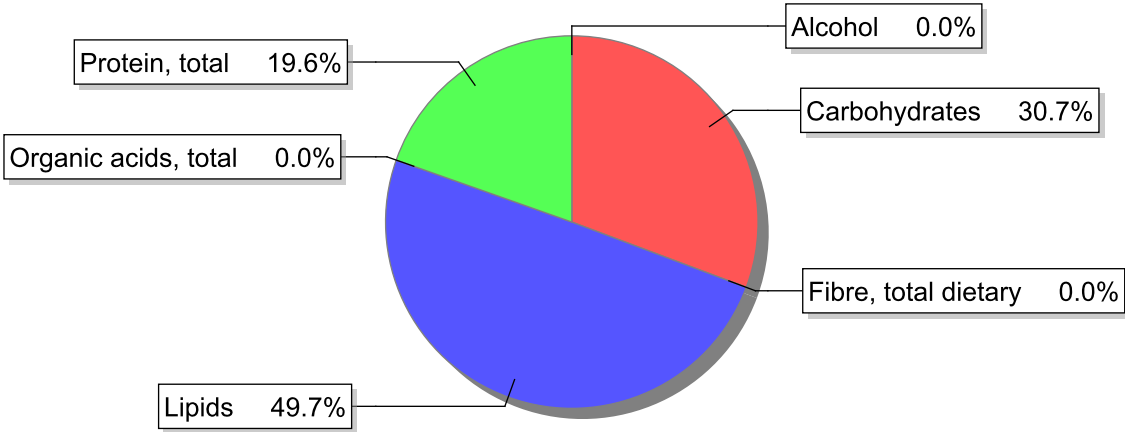
Food

Name: Milk, whole, UHT
Group: Milk and milk products
Subgroup: Milk
Edible Part: 100%
Code: IS023
FoodEX2 Code: A02LY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	62	kcal	
energy kJ, total metabolisable	260	kJ	
fatty acids, total saturated	2	g	
fatty acids, total monounsaturated	0.8	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	4.7	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	4.7	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	3	g	
alcohol	0	g	
water	88.1	g	
organic acids, total	0	g	
cholesterol	13	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	59	µg	
carotene, total (vitamin A precursors)	29	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.07	mg	
thiamin	0.04	mg	
riboflavin	0.14	mg	
niacin, preformed	0.2	mg	
niacin equivalents, total	0.9	mg	
niacin equivalents from tryptophan	0.7	mg	
vitamin B-6, total	0.04	mg	
vitamin B-12	0.18	µg	
vitamin C	0	mg	
folate, total	1	µg	
ash	0.75	g	
sodium	43	mg	57
potassium	160	mg	57
calcium	110	mg	57
phosphorus	77	mg	57
magnesium	9	mg	57
iron, total	0.1	mg	57
zinc	0.4	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