

**Full Report (All Nutrients) 01015, Cheese, cottage, lowfat, 2% milkfat**

Report Date: January 31, 2015 23:07 EST

Nutrient values and weights are for edible portion

Food Group : Dairy and Egg Products

| Nutrient                             | Unit | 1 Value<br>Per100 g | Data<br>points | Std. Error | 4.0 oz<br>113g | 1 cup (not packed)<br>226g |
|--------------------------------------|------|---------------------|----------------|------------|----------------|----------------------------|
| <b>Proximates</b>                    |      |                     |                |            |                |                            |
| Water <a href="#">1</a>              | g    | 81.24               | 15             | 0.128      | 91.80          | 183.60                     |
| Energy                               | kcal | 81                  | --             | --         | 92             | 183                        |
| Energy                               | kJ   | 340                 | --             | --         | 384            | 768                        |
| Protein <a href="#">1</a>            | g    | 10.45               | 15             | 0.291      | 11.81          | 23.62                      |
| Total lipid (fat) <a href="#">1</a>  | g    | 2.27                | 15             | 0.052      | 2.57           | 5.13                       |
| Ash <a href="#">1</a>                | g    | 1.27                | 15             | 0.026      | 1.44           | 2.87                       |
| Carbohydrate, by difference          | g    | 4.76                | --             | --         | 5.38           | 10.76                      |
| Fiber, total dietary                 | g    | 0.0                 | --             | --         | 0.0            | 0.0                        |
| Sugars, total <a href="#">1</a>      | g    | 4.00                | 2              | --         | 4.52           | 9.04                       |
| Sucrose <a href="#">1</a>            | g    | 0.00                | 2              | --         | 0.00           | 0.00                       |
| Glucose (dextrose) <a href="#">1</a> | g    | 0.00                | 2              | --         | 0.00           | 0.00                       |
| Fructose <a href="#">1</a>           | g    | 0.00                | 2              | --         | 0.00           | 0.00                       |
| Lactose <a href="#">1</a>            | g    | 3.87                | 2              | --         | 4.37           | 8.75                       |
| Maltose <a href="#">1</a>            | g    | 0.00                | 2              | --         | 0.00           | 0.00                       |
| Galactose <a href="#">1</a>          | g    | 0.12                | 2              | --         | 0.14           | 0.27                       |
| <b>Minerals</b>                      |      |                     |                |            |                |                            |
| Calcium, Ca <a href="#">1</a>        | mg   | 111                 | 15             | 6.589      | 125            | 251                        |
| Iron, Fe <a href="#">1</a>           | mg   | 0.13                | 15             | 0.008      | 0.15           | 0.29                       |
| Magnesium, Mg <a href="#">1</a>      | mg   | 9                   | 15             | 0.242      | 10             | 20                         |
| Phosphorus, P <a href="#">1</a>      | mg   | 150                 | 15             | 3.455      | 170            | 339                        |
| Potassium, K <a href="#">1</a>       | mg   | 125                 | 15             | 5.396      | 141            | 282                        |
| Sodium, Na <a href="#">1</a>         | mg   | 308                 | 15             | 4.229      | 348            | 696                        |
| Zinc, Zn <a href="#">1</a>           | mg   | 0.51                | 15             | 0.023      | 0.58           | 1.15                       |

| Nutrient                                       | Unit | 1<br>Value<br>Per100 g | Data<br>points | Std. Error | 4.0 oz<br>113g | 1 cup (not packed)<br>226g |
|--|------|------------------------|----------------|------------|----------------|----------------------------|
| Copper, Cu <a href="#">1</a>                   | mg   | 0.033                  | 15             | 0.003      | 0.037          | 0.075                      |
| Manganese, Mn <a href="#">1</a>                | mg   | 0.015                  | 15             | 0.000      | 0.017          | 0.034                      |
| Selenium, Se <a href="#">1</a>                 | µg   | 11.9                   | 8              | 0.105      | 13.4           | 26.9                       |
| <b>Vitamins</b>                                |      |                        |                |            |                |                            |
| Vitamin C, total ascorbic acid                 | mg   | 0.0                    | --             | --         | 0.0            | 0.0                        |
| Thiamin <a href="#">1</a>                      | mg   | 0.020                  | 8              | 0.000      | 0.023          | 0.045                      |
| Riboflavin <a href="#">1</a>                   | mg   | 0.251                  | 8              | 0.001      | 0.284          | 0.567                      |
| Niacin <a href="#">1</a>                       | mg   | 0.103                  | 8              | 0.000      | 0.116          | 0.233                      |
| Pantothenic acid <a href="#">1</a>             | mg   | 0.524                  | 5              | 0.000      | 0.592          | 1.184                      |
| Vitamin B-6 <a href="#">1</a>                  | mg   | 0.057                  | 8              | 0.000      | 0.064          | 0.129                      |
| Folate, total <a href="#">1</a>                | µg   | 8                      | 2              | --         | 9              | 18                         |
| Folic acid                                     | µg   | 0                      | --             | --         | 0              | 0                          |
| Folate, food                                   | µg   | 8                      | 2              | --         | 9              | 18                         |
| Folate, DFE                                    | µg   | 8                      | --             | --         | 9              | 18                         |
| Choline, total <a href="#">3</a>               | mg   | 16.3                   | --             | --         | 18.4           | 36.8                       |
| Betaine <a href="#">3</a>                      | mg   | 0.6                    | 1              | --         | 0.7            | 1.4                        |
| Vitamin B-12 <a href="#">1</a>                 | µg   | 0.47                   | 8              | 0.027      | 0.53           | 1.06                       |
| Vitamin B-12, added                            | µg   | 0.00                   | --             | --         | 0.00           | 0.00                       |
| Vitamin A, RAE                                 | µg   | 68                     | --             | --         | 77             | 154                        |
| Retinol <a href="#">1</a>                      | µg   | 68                     | 2              | --         | 77             | 154                        |
| Carotene, beta                                 | µg   | 6                      | --             | --         | 7              | 14                         |
| Carotene, alpha                                | µg   | 0                      | --             | --         | 0              | 0                          |
| Cryptoxanthin, beta                            | µg   | 0                      | --             | --         | 0              | 0                          |
| Vitamin A, IU                                  | IU   | 225                    | --             | --         | 254            | 508                        |
| Lycopene                                       | µg   | 0                      | --             | --         | 0              | 0                          |
| Lutein + zeaxanthin                            | µg   | 0                      | --             | --         | 0              | 0                          |
| Vitamin E (alpha-tocopherol) <a href="#">1</a> | mg   | 0.08                   | 2              | --         | 0.09           | 0.18                       |
| Vitamin E, added                               | mg   | 0.00                   | --             | --         | 0.00           | 0.00                       |
| Tocopherol, beta <a href="#">1</a>             | mg   | 0.00                   | 2              | --         | 0.00           | 0.00                       |
| Tocopherol, gamma <a href="#">1</a>            | mg   | 0.00                   | 2              | --         | 0.00           | 0.00                       |
| Tocopherol, delta <a href="#">1</a>            | mg   | 0.00                   | 2              | --         | 0.00           | 0.00                       |
| Vitamin D (D2 + D3)                            | µg   | 0.0                    | --             | --         | 0.0            | 0.0                        |
| Vitamin D                                      | IU   | 0                      | --             | --         | 0              | 0                          |

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|---|------|---------------------|----------------|------------|----------------|----------------------------|
| Vitamin K (phylloquinone) <a href="#">2</a> | µg   | 0.0                 | 3              | 0.000      | 0.0            | 0.0                        |
| <b>Lipids</b>                               |      |                     |                |            |                |                            |
| Fatty acids, total saturated                | g    | 1.235               | --             | --         | 1.396          | 2.791                      |
| 4:0 <a href="#">1</a>                       | g    | 0.040               | 15             | 0.001      | 0.045          | 0.090                      |
| 6:0 <a href="#">1</a>                       | g    | 0.034               | 15             | 0.001      | 0.038          | 0.077                      |
| 8:0 <a href="#">1</a>                       | g    | 0.027               | 15             | 0.000      | 0.031          | 0.061                      |
| 10:0 <a href="#">1</a>                      | g    | 0.060               | 15             | 0.001      | 0.068          | 0.136                      |
| 12:0 <a href="#">1</a>                      | g    | 0.061               | 15             | 0.001      | 0.069          | 0.138                      |
| 14:0 <a href="#">1</a>                      | g    | 0.199               | 15             | 0.003      | 0.225          | 0.450                      |
| 15:0 <a href="#">1</a>                      | g    | 0.021               | 15             | 0.000      | 0.024          | 0.047                      |
| 16:0 <a href="#">1</a>                      | g    | 0.561               | 15             | 0.008      | 0.634          | 1.268                      |
| 17:0 <a href="#">1</a>                      | g    | 0.010               | 15             | 0.000      | 0.011          | 0.023                      |
| 18:0 <a href="#">1</a>                      | g    | 0.218               | 15             | 0.005      | 0.246          | 0.493                      |
| 20:0 <a href="#">1</a>                      | g    | 0.003               | 15             | 0.000      | 0.003          | 0.007                      |
| 22:0 <a href="#">1</a>                      | g    | 0.001               | 15             | 0.000      | 0.001          | 0.002                      |
| 24:0 <a href="#">1</a>                      | g    | 0.000               | 15             | 0.000      | 0.000          | 0.000                      |
| Fatty acids, total monounsaturated          | g    | 0.516               | --             | --         | 0.583          | 1.166                      |
| 14:1 <a href="#">1</a>                      | g    | 0.020               | 15             | 0.000      | 0.023          | 0.045                      |
| 15:1 <a href="#">1</a>                      | g    | 0.000               | 15             | 0.000      | 0.000          | 0.000                      |
| 16:1 undifferentiated <a href="#">1</a>     | g    | 0.030               | 15             | 0.000      | 0.034          | 0.068                      |
| 16:1 c <a href="#">1</a>                    | g    | 0.025               | 15             | 0.000      | 0.028          | 0.056                      |
| 16:1 t <a href="#">1</a>                    | g    | 0.005               | 15             | 0.000      | 0.006          | 0.011                      |
| 17:1 <a href="#">1</a>                      | g    | 0.004               | 15             | 0.000      | 0.005          | 0.009                      |
| 18:1 undifferentiated <a href="#">1</a>     | g    | 0.460               | 15             | 0.008      | 0.520          | 1.040                      |
| 18:1 c <a href="#">1</a>                    | g    | 0.410               | 15             | 0.007      | 0.463          | 0.927                      |
| 18:1 t <a href="#">1</a>                    | g    | 0.050               | 15             | 0.001      | 0.056          | 0.113                      |
| 20:1 <a href="#">1</a>                      | g    | 0.003               | 15             | 0.000      | 0.003          | 0.007                      |
| 22:1 undifferentiated <a href="#">1</a>     | g    | 0.000               | 15             | 0.000      | 0.000          | 0.000                      |
| 22:1 c <a href="#">1</a>                    | g    | 0.000               | 15             | 0.000      | 0.000          | 0.000                      |
| 22:1 t <a href="#">1</a>                    | g    | 0.000               | 15             | 0.000      | 0.000          | 0.000                      |
| 24:1 c <a href="#">1</a>                    | g    | 0.000               | 15             | 0.000      | 0.000          | 0.000                      |
| Fatty acids, total polyunsaturated          | g    | 0.083               | --             | --         | 0.094          | 0.188                      |

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|--|------|---------------------|----------------|------------|----------------|----------------------------|
| 18:2 undifferentiated <a href="#">1</a>      | g    | 0.070               | 15             | 0.002      | 0.079          | 0.158                      |
| 18:2 n-6 c,c <a href="#">1</a>               | g    | 0.047               | 15             | 0.002      | 0.053          | 0.106                      |
| 18:2 CLAs <a href="#">1</a>                  | g    | 0.009               | 15             | 0.000      | 0.010          | 0.020                      |
| 18:2 t not further defined <a href="#">1</a> | g    | 0.013               | 15             | 0.000      | 0.015          | 0.029                      |
| 18:3 undifferentiated <a href="#">1</a>      | g    | 0.007               | 15             | 0.000      | 0.008          | 0.016                      |
| 18:3 n-3 c,c,c (ALA) <a href="#">1</a>       | g    | 0.007               | 15             | 0.000      | 0.008          | 0.016                      |
| 18:3 n-6 c,c,c <a href="#">1</a>             | g    | 0.000               | 15             | 0.000      | 0.000          | 0.000                      |
| 18:3i <a href="#">1</a>                      | g    | 0.000               | 15             | 0.000      | 0.000          | 0.000                      |
| 18:4 <a href="#">1</a>                       | g    | 0.000               | 15             | 0.000      | 0.000          | 0.000                      |
| 20:2 n-6 c,c <a href="#">1</a>               | g    | 0.000               | 15             | 0.000      | 0.000          | 0.000                      |
| 20:3 undifferentiated <a href="#">1</a>      | g    | 0.002               | 15             | 0.000      | 0.002          | 0.005                      |
| 20:3 n-6 <a href="#">1</a>                   | g    | 0.002               | 15             | 0.000      | 0.002          | 0.005                      |
| 20:4 undifferentiated <a href="#">1</a>      | g    | 0.003               | 15             | 0.000      | 0.003          | 0.007                      |
| 20:5 n-3 (EPA) <a href="#">1</a>             | g    | 0.001               | 15             | 0.000      | 0.001          | 0.002                      |
| 22:4 <a href="#">1</a>                       | g    | 0.000               | 15             | 0.000      | 0.000          | 0.000                      |
| 22:5 n-3 (DPA) <a href="#">1</a>             | g    | 0.001               | 15             | 0.000      | 0.001          | 0.002                      |
| 22:6 n-3 (DHA) <a href="#">1</a>             | g    | 0.000               | 15             | 0.000      | 0.000          | 0.000                      |
| Fatty acids, total trans                     | g    | 0.067               | --             | --         | 0.076          | 0.151                      |
| Fatty acids, total trans-monoenoic           | g    | 0.054               | --             | --         | 0.061          | 0.122                      |
| Cholesterol <a href="#">1</a>                | mg   | 12                  | 8              | 0.051      | 14             | 27                         |
| <b>Amino Acids</b>                           |      |                     |                |            |                |                            |
| Tryptophan <a href="#">2</a>                 | g    | 0.138               | --             | --         | 0.156          | 0.312                      |
| Threonine <a href="#">2</a>                  | g    | 0.470               | --             | --         | 0.531          | 1.062                      |
| Isoleucine <a href="#">2</a>                 | g    | 0.556               | --             | --         | 0.628          | 1.257                      |
| Leucine <a href="#">2</a>                    | g    | 1.049               | --             | --         | 1.185          | 2.371                      |
| Lysine <a href="#">2</a>                     | g    | 0.878               | --             | --         | 0.992          | 1.984                      |
| Methionine <a href="#">2</a>                 | g    | 0.253               | --             | --         | 0.286          | 0.572                      |
| Cystine <a href="#">2</a>                    | g    | 0.062               | --             | --         | 0.070          | 0.140                      |
| Phenylalanine <a href="#">2</a>              | g    | 0.543               | --             | --         | 0.614          | 1.227                      |
| Tyrosine <a href="#">2</a>                   | g    | 0.568               | --             | --         | 0.642          | 1.284                      |
| Valine <a href="#">2</a>                     | g    | 0.703               | --             | --         | 0.794          | 1.589                      |
| Arginine <a href="#">2</a>                   | g    | 0.467               | --             | --         | 0.528          | 1.055                      |

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|---------------------------------|------|------------------------|----------------|------------|----------------|----------------------------|
| Histidine <a href="#">2</a>     | g    | 0.306                  | --             | --         | 0.346          | 0.692                      |
| Alanine <a href="#">2</a>       | g    | 0.409                  | --             | --         | 0.462          | 0.924                      |
| Aspartic acid <a href="#">2</a> | g    | 0.963                  | --             | --         | 1.088          | 2.176                      |
| Glutamic acid <a href="#">2</a> | g    | 2.446                  | --             | --         | 2.764          | 5.528                      |
| Glycine <a href="#">2</a>       | g    | 0.209                  | --             | --         | 0.236          | 0.472                      |
| Proline <a href="#">2</a>       | g    | 1.155                  | --             | --         | 1.305          | 2.610                      |
| Serine <a href="#">2</a>        | g    | 0.601                  | --             | --         | 0.679          | 1.358                      |
| <b>Other</b>                    |      |                        |                |            |                |                            |
| Alcohol, ethyl                  | g    | 0.0                    | --             | --         | 0.0            | 0.0                        |
| Caffeine                        | mg   | 0                      | --             | --         | 0              | 0                          |
| Theobromine                     | mg   | 0                      | --             | --         | 0              | 0                          |

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 17e, 2013 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 9a, 2004 Beltsville MD

<sup>3</sup>Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD