

Full Report (All Nutrients) 01016, Cheese, cottage, lowfat, 1% milkfat

Report Date: January 29, 2015 17:24 EST

Nutrient values and weights are for edible portion

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	4.0 oz 113g	1 cup (not packed) 226g
Proximates						
Water	g	82.48	--	--	93.20	186.40
Energy	kcal	72	--	--	81	163
Energy	kJ	303	--	--	342	685
Protein	g	12.39	8	0.455	14.00	28.00
Total lipid (fat)	g	1.02	5	0.097	1.15	2.31
Ash	g	1.39	7	0.064	1.57	3.14
Carbohydrate, by difference	g	2.72	--	--	3.07	6.15
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	2.72	--	--	3.07	6.15
Minerals						
Calcium, Ca	mg	61	--	--	69	138
Iron, Fe	mg	0.14	--	--	0.16	0.32
Magnesium, Mg	mg	5	--	--	6	11
Phosphorus, P	mg	134	--	--	151	303
Potassium, K	mg	86	--	--	97	194
Sodium, Na	mg	406	--	--	459	918
Zinc, Zn	mg	0.38	--	--	0.43	0.86
Copper, Cu	mg	0.028	--	--	0.032	0.063
Manganese, Mn	mg	0.003	--	--	0.003	0.007
Selenium, Se	µg	9.0	--	--	10.2	20.3
Fluoride, F 1 2 3	µg	31.6	21	9.411	35.7	71.4
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 oz 113g	1 cup (not packed) 226g
Thiamin	mg	0.021	--	--	0.024	0.047
Riboflavin	mg	0.165	--	--	0.186	0.373
Niacin	mg	0.128	--	--	0.145	0.289
Pantothenic acid	mg	0.215	--	--	0.243	0.486
Vitamin B-6	mg	0.068	--	--	0.077	0.154
Folate, total	µg	12	--	--	14	27
Folic acid	µg	0	--	--	0	0
Folate, food	µg	12	--	--	14	27
Folate, DFE	µg	12	--	--	14	27
Choline, total	mg	17.5	--	--	19.8	39.6
Vitamin B-12	µg	0.63	--	--	0.71	1.42
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	11	--	--	12	25
Retinol	µg	11	--	--	12	25
Carotene, beta	µg	3	--	--	3	7
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	41	--	--	46	93
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	0.01	0.02
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.1	--	--	0.1	0.2
Lipids						
Fatty acids, total saturated	g	0.645	--	--	0.729	1.458
4:0	g	0.033	1	--	0.037	0.075
6:0	g	0.007	1	--	0.008	0.016
8:0	g	0.008	7	0.001	0.009	0.018
10:0	g	0.019	7	0.002	0.021	0.043
12:0	g	0.016	7	0.003	0.018	0.036
14:0	g	0.107	7	0.011	0.121	0.242

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 oz 113g	1 cup (not packed) 226g
16:0	g	0.308	7	0.030	0.348	0.696
18:0	g	0.116	7	0.012	0.131	0.262
Fatty acids, total monounsaturated	g	0.291	--	--	0.329	0.658
16:1 undifferentiated	g	0.036	7	0.005	0.041	0.081
18:1 undifferentiated	g	0.239	7	0.024	0.270	0.540
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.031	--	--	0.035	0.070
18:2 undifferentiated	g	0.022	7	0.003	0.025	0.050
18:3 undifferentiated	g	0.009	7	0.002	0.010	0.020
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	4	--	--	5	9
Amino Acids						
Tryptophan	g	0.138	--	--	0.156	0.312
Threonine	g	0.550	--	--	0.622	1.243
Isoleucine	g	0.728	--	--	0.823	1.645
Leucine	g	1.274	--	--	1.440	2.879
Lysine	g	1.002	--	--	1.132	2.265
Methionine	g	0.373	--	--	0.421	0.843
Cystine	g	0.115	--	--	0.130	0.260
Phenylalanine	g	0.668	--	--	0.755	1.510
Tyrosine	g	0.660	--	--	0.746	1.492
Valine	g	0.767	--	--	0.867	1.733
Arginine	g	0.565	--	--	0.638	1.277
Histidine	g	0.412	--	--	0.466	0.931
Alanine	g	0.643	--	--	0.727	1.453
Aspartic acid	g	0.839	--	--	0.948	1.896
Glutamic acid	g	2.684	--	--	3.033	6.066
Glycine	g	0.270	--	--	0.305	0.610

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 oz 113g	1 cup (not packed) 226g
Proline	g	1.435	--	--	1.622	3.243
Serine	g	0.695	--	--	0.785	1.571
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹Donald Taves **Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods**, 1983 British Journal of Nutrition 49 pp.295-301

²J.D.B. Featherstone, Carol Shields **A Study of Fluoride Intake in New York State Residents**, New York State Fluoride Analysis Contract - report date 12/1/1988

³Robert Ophaug **Fluoride, Unpublished - Ophaug**, Microdiffision