

**Basic Report 01203, Yogurt, fruit, lowfat, with low calorie sweetener**

Report Date: January 28, 2015 09:12 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 6 oz container (6 oz) 170g	1 cup (8 fl oz) 245g	1 8 oz container (8 oz) 227g
<b>Proximates</b>					
Water	g	74.10	125.97	181.54	168.21
Energy	kcal	105	178	257	238
Protein	g	4.86	8.26	11.91	11.03
Total lipid (fat)	g	1.41	2.40	3.45	3.20
Carbohydrate, by difference	g	18.60	31.62	45.57	42.22
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	2.90	4.93	7.10	6.58
<b>Minerals</b>					
Calcium, Ca	mg	152	258	372	345
Iron, Fe	mg	0.07	0.12	0.17	0.16
Magnesium, Mg	mg	16	27	39	36
Phosphorus, P	mg	133	226	326	302
Potassium, K	mg	194	330	475	440
Sodium, Na	mg	58	99	142	132
Zinc, Zn	mg	0.82	1.39	2.01	1.86
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.7	1.2	1.7	1.6
Thiamin	mg	0.041	0.070	0.100	0.093
Riboflavin	mg	0.180	0.306	0.441	0.409
Niacin	mg	0.105	0.178	0.257	0.238
Vitamin B-6	mg	0.045	0.076	0.110	0.102
Folate, DFE	µg	10	17	24	23
Vitamin B-12	µg	0.52	0.88	1.27	1.18
Vitamin A, RAE	µg	131	223	321	297
Vitamin A, IU	IU	443	753	1085	1006
Vitamin E (alpha-tocopherol)	mg	0.06	0.10	0.15	0.14

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	1	2	2	2
Vitamin K (phylloquinone)	µg	1.2	2.0	2.9	2.7
<b>Lipids</b>					
Fatty acids, total saturated	g	0.909	1.545	2.227	2.063
Fatty acids, total monounsaturated	g	0.387	0.658	0.948	0.878
Fatty acids, total polyunsaturated	g	0.040	0.068	0.098	0.091
Cholesterol	mg	6	10	15	14
<b>Other</b>					
Caffeine	mg	0	0	0	0