

Basic Report 01216, Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D

Report Date: February 01, 2015 14:41 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per 100 g	1 container (6 oz) 170g	1 container (4.4 oz) 125g	1 container (5 oz) 142g	1 cup (8 fl oz) 245g	1 container (8 oz) 227g	0.5 container (4 oz) 113g
Proximates								
Water	g	75.30	128.01	94.12	106.93	184.48	170.93	85.09
Energy	kcal	99	168	124	141	243	225	112
Protein	g	3.98	6.77	4.98	5.65	9.75	9.03	4.50
Total lipid (fat)	g	1.15	1.95	1.44	1.63	2.82	2.61	1.30
Carbohydrate, by difference	g	18.64	31.69	23.30	26.47	45.67	42.31	21.06
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	18.64	31.69	23.30	26.47	45.67	42.31	21.06
Minerals								
Calcium, Ca	mg	138	235	172	196	338	313	156
Iron, Fe	mg	0.06	0.10	0.08	0.09	0.15	0.14	0.07
Magnesium, Mg	mg	13	22	16	18	32	30	15
Phosphorus, P	mg	109	185	136	155	267	247	123
Potassium, K	mg	177	301	221	251	434	402	200
Sodium, Na	mg	53	90	66	75	130	120	60
Zinc, Zn	mg	0.67	1.14	0.84	0.95	1.64	1.52	0.76
Vitamins								
Vitamin C, total ascorbic acid	mg	0.6	1.0	0.8	0.9	1.5	1.4	0.7
Thiamin	mg	0.034	0.058	0.042	0.048	0.083	0.077	0.038
Riboflavin	mg	0.162	0.275	0.202	0.230	0.397	0.368	0.183
Niacin	mg	0.086	0.146	0.108	0.122	0.211	0.195	0.097
Vitamin B-6	mg	0.037	0.063	0.046	0.053	0.091	0.084	0.042
Folate, DFE	µg	9	15	11	13	22	20	10
Vitamin B-12	µg	0.43	0.73	0.54	0.61	1.05	0.98	0.49
Vitamin A, RAE	µg	11	19	14	16	27	25	12
Vitamin A, IU	IU	40	68	50	57	98	91	45
Vitamin E (alpha-tocopherol)	mg	0.02	0.03	0.02	0.03	0.05	0.05	0.02

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Vitamin D (D2 + D3)	µg	1.3	2.2	1.6	1.8	3.2	3.0	1.5
Vitamin D	IU	52	88	65	74	127	118	59
Vitamin K (phylloquinone)	µg	0.1	0.2	0.1	0.1	0.2	0.2	0.1
Lipids								
Fatty acids, total saturated	g	0.742	1.261	0.928	1.054	1.818	1.684	0.838
Fatty acids, total monounsaturated	g	0.316	0.537	0.395	0.449	0.774	0.717	0.357
Fatty acids, total polyunsaturated	g	0.033	0.056	0.041	0.047	0.081	0.075	0.037
Cholesterol	mg	5	8	6	7	12	11	6
Other								
Caffeine	mg	0	0	0	0	0	0	0