

Basic Report 01117, Yogurt, plain, low fat, 12 grams protein per 8 ounce

Report Date: July 25, 2017 20:51 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 container (6 oz) 170g | 1 container (8 oz) 227g | 0.5 container (4 oz) 113g | 1 cup (8 fl oz) 245g |
|--------------------------------|------|------------------------|----------------------------|----------------------------|------------------------------|-------------------------|
| Proximates | | | | | | |
| Water | g | 85.07 | 144.62 | 193.11 | 96.13 | 208.42 |
| Energy | kcal | 63 | 107 | 143 | 71 | 154 |
| Protein | g | 5.25 | 8.93 | 11.92 | 5.93 | 12.86 |
| Total lipid (fat) | g | 1.55 | 2.63 | 3.52 | 1.75 | 3.80 |
| Carbohydrate, by difference | g | 7.04 | 11.97 | 15.98 | 7.96 | 17.25 |
| Fiber, total dietary | g | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 7.04 | 11.97 | 15.98 | 7.96 | 17.25 |
| Minerals | | | | | | |
| Calcium, Ca | mg | 183 | 311 | 415 | 207 | 448 |
| Iron, Fe | mg | 0.08 | 0.14 | 0.18 | 0.09 | 0.20 |
| Magnesium, Mg | mg | 17 | 29 | 39 | 19 | 42 |
| Phosphorus, P | mg | 144 | 245 | 327 | 163 | 353 |
| Potassium, K | mg | 234 | 398 | 531 | 264 | 573 |
| Sodium, Na | mg | 70 | 119 | 159 | 79 | 172 |
| Zinc, Zn | mg | 0.89 | 1.51 | 2.02 | 1.01 | 2.18 |
| Vitamins | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.8 | 1.4 | 1.8 | 0.9 | 2.0 |
| Thiamin | mg | 0.044 | 0.075 | 0.100 | 0.050 | 0.108 |
| Riboflavin | mg | 0.214 | 0.364 | 0.486 | 0.242 | 0.524 |
| Niacin | mg | 0.114 | 0.194 | 0.259 | 0.129 | 0.279 |
| Vitamin B-6 | mg | 0.049 | 0.083 | 0.111 | 0.055 | 0.120 |
| Folate, DFE | µg | 11 | 19 | 25 | 12 | 27 |
| Vitamin B-12 | µg | 0.56 | 0.95 | 1.27 | 0.63 | 1.37 |
| Vitamin A, RAE | µg | 14 | 24 | 32 | 16 | 34 |
| Vitamin A, IU | IU | 51 | 87 | 116 | 58 | 125 |
| Vitamin E (alpha-tocopherol) | mg | 0.03 | 0.05 | 0.07 | 0.03 | 0.07 |

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|------------------------------------|-------------|---------------------------------|------------------------------------|------------------------------------|--------------------------------------|---------------------------------|
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 1 | 2 | 2 | 1 | 2 |
| Vitamin K (phylloquinone) | µg | 0.2 | 0.3 | 0.5 | 0.2 | 0.5 |
| Lipids | | | | | | |
| Fatty acids, total saturated | g | 1.000 | 1.700 | 2.270 | 1.130 | 2.450 |
| Fatty acids, total monounsaturated | g | 0.426 | 0.724 | 0.967 | 0.481 | 1.044 |
| Fatty acids, total polyunsaturated | g | 0.044 | 0.075 | 0.100 | 0.050 | 0.108 |
| Cholesterol | mg | 6 | 10 | 14 | 7 | 15 |
| Amino Acids | | | | | | |
| Other | | | | | | |
| Caffeine | mg | 0 | 0 | 0 | 0 | 0 |