

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

Report Date: February 22, 2018 13:36 EST

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 1 container (6 oz)<br>170g | 1 container (8 oz)<br>227g | 0.5 container (4 oz)<br>113g | 1 cup (8 fl oz)<br>245g |
|--------------------------------|------|------------------------|----------------------------|----------------------------|------------------------------|-------------------------|
| <b>Proximates</b>              |      |                        |                            |                            |                              |                         |
| 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                   |
| <b>Minerals</b>                |      |                        |                            |                            |                              |                         |
| 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                    |
| <b>Vitamins</b>                |      |                        |                            |                            |                              |                         |
| 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                    |

| <b>Nutrient</b>                    | <b>Unit</b> | <b>1<br/>Value<br/>Per100 g</b> | <b>1 container (6 oz)<br/>170g</b> | <b>1 container (8 oz)<br/>227g</b> | <b>0.5 container (4 oz)<br/>113g</b> | <b>1 cup (8 fl oz)<br/>245g</b> |
|------------------------------------|-------------|---------------------------------|------------------------------------|------------------------------------|--------------------------------------|---------------------------------|
| 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                             |
| <b>Lipids</b>                      |             |                                 |                                    |                                    |                                      |                                 |
| 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                              |
| <b>Amino Acids</b>                 |             |                                 |                                    |                                    |                                      |                                 |
| <b>Other</b>                       |             |                                 |                                    |                                    |                                      |                                 |
| Caffeine                           | mg          | 0                               | 0                                  | 0                                  | 0                                    | 0                               |