

Full Report (All Nutrients) 01117, Yogurt, plain, low fat

Report Date: September 20, 2019 01:34 EDT

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 Per100 g	Data points	Std. Error	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	28	0.300	144.62	193.11	96.13	208.42
Energy	kcal	63	--	--	107	143	71	154
Energy	kJ	265	--	--	450	602	299	649
Protein	g	5.25	30	0.100	8.93	11.92	5.93	12.86
Total lipid (fat)	g	1.55	38	0.070	2.63	3.52	1.75	3.80
Ash	g	1.09	16	0.030	1.85	2.47	1.23	2.67
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	14	5.000	311	415	207	448
Iron, Fe	mg	0.08	4	0.008	0.14	0.18	0.09	0.20
Magnesium, Mg	mg	17	4	1.000	29	39	19	42
Phosphorus, P	mg	144	16	5.000	245	327	163	353
Potassium, K	mg	234	7	--	398	531	264	573
Sodium, Na	mg	70	9	--	119	159	79	172
Zinc, Zn	mg	0.89	12	0.100	1.51	2.02	1.01	2.18
Copper, Cu	mg	0.013	--	--	0.022	0.030	0.015	0.032
Manganese, Mn	mg	0.004	--	--	0.007	0.009	0.005	0.010
Selenium, Se	µg	3.3	17	0.300	5.6	7.5	3.7	8.1
Fluoride, F ¹	µg	12.0	9	--	20.4	27.2	13.6	29.4

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (6 oz) 170g	1 container (8 oz) 227g	0.5 container (4 oz) 113g	1 cup (8 fl oz) 245g
Vitamin C, total ascorbic acid	mg	0.8	8	0.100	1.4	1.8	0.9	2.0
Thiamin	mg	0.044	26	0.002	0.075	0.100	0.050	0.108
Riboflavin	mg	0.214	11	0.009	0.364	0.486	0.242	0.524
Niacin	mg	0.114	2	--	0.194	0.259	0.129	0.279
Pantothenic acid	mg	0.591	9	0.052	1.005	1.342	0.668	1.448
Vitamin B-6	mg	0.049	10	0.008	0.083	0.111	0.055	0.120
Folate, total	µg	11	4	1.000	19	25	12	27
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	11	4	1.000	19	25	12	27
Folate, DFE	µg	11	--	--	19	25	12	27
Choline, total 2	mg	15.2	--	--	25.8	34.5	17.2	37.2
Betaine 2	mg	0.9	2	--	1.5	2.0	1.0	2.2
Vitamin B-12	µg	0.56	8	0.050	0.95	1.27	0.63	1.37
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	14	--	--	24	32	16	34
Retinol	µg	14	--	--	24	32	16	34
Carotene, beta	µg	2	--	--	3	5	2	5
Carotene, alpha	µg	0	--	--	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0
Vitamin A, IU	IU	51	--	--	87	116	58	125
Lycopene	µg	0	--	--	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.03	--	--	0.05	0.07	0.03	0.07
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0
Vitamin D3 (cholecalciferol)	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	9	0.100	0.3	0.5	0.2	0.5
Lipids								
Fatty acids, total saturated	g	1.000	--	--	1.700	2.270	1.130	2.450
4:0	g	0.046	3	0.002	0.078	0.104	0.052	0.113
6:0	g	0.032	3	0.002	0.054	0.073	0.036	0.078
8:0	g	0.020	3	0.001	0.034	0.045	0.023	0.049

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10:0	g	0.044	3	0.002	0.075	0.100	0.050	0.108
12:0	g	0.053	3	0.003	0.090	0.120	0.060	0.130
14:0	g	0.163	3	0.008	0.277	0.370	0.184	0.399
16:0	g	0.422	3	0.020	0.717	0.958	0.477	1.034
18:0	g	0.151	3	0.007	0.257	0.343	0.171	0.370
Fatty acids, total monounsaturated	g	0.426	--	--	0.724	0.967	0.481	1.044
16:1 undifferentiated	g	0.034	3	0.002	0.058	0.077	0.038	0.083
18:1 undifferentiated	g	0.354	3	0.017	0.602	0.804	0.400	0.867
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.044	--	--	0.075	0.100	0.050	0.108
18:2 undifferentiated	g	0.031	3	0.001	0.053	0.070	0.035	0.076
18:3 undifferentiated	g	0.013	3	0.001	0.022	0.030	0.015	0.032
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000
Cholesterol	mg	6	5	0.000	10	14	7	15
Amino Acids								
Tryptophan	g	0.030	--	--	0.051	0.068	0.034	0.073
Threonine	g	0.216	--	--	0.367	0.490	0.244	0.529
Isoleucine	g	0.286	--	--	0.486	0.649	0.323	0.701
Leucine	g	0.529	--	--	0.899	1.201	0.598	1.296
Lysine	g	0.471	--	--	0.801	1.069	0.532	1.154
Methionine	g	0.155	--	--	0.264	0.352	0.175	0.380
Cystine	g	0.048	--	--	0.082	0.109	0.054	0.118
Phenylalanine	g	0.286	--	--	0.486	0.649	0.323	0.701
Tyrosine	g	0.265	--	--	0.451	0.602	0.299	0.649
Valine	g	0.434	--	--	0.738	0.985	0.490	1.063
Arginine	g	0.158	--	--	0.269	0.359	0.179	0.387
Histidine	g	0.130	--	--	0.221	0.295	0.147	0.319
Alanine	g	0.225	--	--	0.383	0.511	0.254	0.551

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Aspartic acid	g	0.416	--	--	0.707	0.944	0.470	1.019
Glutamic acid	g	1.028	--	--	1.748	2.334	1.162	2.519
Glycine	g	0.127	--	--	0.216	0.288	0.144	0.311
Proline	g	0.622	--	--	1.057	1.412	0.703	1.524
Serine	g	0.325	--	--	0.552	0.738	0.367	0.796
Other								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0

Sources of Data

¹Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffision

²Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD