

**Full Report (All Nutrients) 01119, Yogurt, vanilla, low fat, 11 grams protein per 8 ounce**

Report Date: November 20, 2017 02:56 EST

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	1 cup (8 fl oz) 245g
<b>Proximates</b>							
Water	g	79.00	--	--	134.30	179.33	193.55
Energy	kcal	85	--	--	144	193	208
Energy	kJ	358	--	--	609	813	877
Protein	g	4.93	3	--	8.38	11.19	12.08
Total lipid (fat)	g	1.25	3	--	2.12	2.84	3.06
Ash	g	1.02	--	--	1.73	2.32	2.50
Carbohydrate, by difference	g	13.80	--	--	23.46	31.33	33.81
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total	g	13.80	--	--	23.46	31.33	33.81
<b>Minerals</b>							
Calcium, Ca	mg	171	--	--	291	388	419
Iron, Fe	mg	0.07	--	--	0.12	0.16	0.17
Magnesium, Mg	mg	16	--	--	27	36	39
Phosphorus, P	mg	135	--	--	230	306	331
Potassium, K	mg	219	--	--	372	497	537
Sodium, Na	mg	66	--	--	112	150	162
Zinc, Zn	mg	0.83	--	--	1.41	1.88	2.03
Copper, Cu	mg	0.013	--	--	0.022	0.030	0.032
Manganese, Mn	mg	0.004	--	--	0.007	0.009	0.010
Selenium, Se	µg	4.9	--	--	8.3	11.1	12.0
Fluoride, F <sup>1</sup>	µg	12.0	9	--	20.4	27.2	29.4

**Vitamins**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (6 oz) 170g	1 container (8 oz) 227g	1 cup (8 fl oz) 245g
Vitamin C, total ascorbic acid	mg	0.8	--	--	1.4	1.8	2.0
Thiamin	mg	0.042	--	--	0.071	0.095	0.103
Riboflavin	mg	0.201	--	--	0.342	0.456	0.492
Niacin	mg	0.107	--	--	0.182	0.243	0.262
Pantothenic acid	mg	0.552	--	--	0.938	1.253	1.352
Vitamin B-6	mg	0.045	--	--	0.076	0.102	0.110
Folate, total	µg	11	--	--	19	25	27
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	11	--	--	19	25	27
Folate, DFE	µg	11	--	--	19	25	27
Choline, total	mg	15.2	--	--	25.8	34.5	37.2
Vitamin B-12	µg	0.53	--	--	0.90	1.20	1.30
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	12	--	--	20	27	29
Retinol	µg	12	--	--	20	27	29
Carotene, beta	µg	2	--	--	3	5	5
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	43	--	--	73	98	105
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	0.03	0.05	0.05
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	1	--	--	2	2	2
Vitamin K (phylloquinone)	µg	0.1	--	--	0.2	0.2	0.2
<b>Lipids</b>							
Fatty acids, total saturated	g	0.806	--	--	1.370	1.830	1.975
4:0	g	0.037	3	--	0.063	0.084	0.091
6:0	g	0.025	3	--	0.043	0.057	0.061
8:0	g	0.016	3	--	0.027	0.036	0.039
10:0	g	0.036	3	--	0.061	0.082	0.088

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (6 oz) 170g	1 container (8 oz) 227g	1 cup (8 fl oz) 245g
12:0	g	0.043	3	--	0.073	0.098	0.105
14:0	g	0.132	3	--	0.224	0.300	0.323
16:0	g	0.341	3	--	0.580	0.774	0.835
18:0	g	0.122	3	--	0.207	0.277	0.299
Fatty acids, total monounsaturated	g	0.343	--	--	0.583	0.779	0.840
16:1 undifferentiated	g	0.027	3	--	0.046	0.061	0.066
18:1 undifferentiated	g	0.286	3	--	0.486	0.649	0.701
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.036	--	--	0.061	0.082	0.088
18:2 undifferentiated	g	0.025	3	--	0.043	0.057	0.061
18:3 undifferentiated	g	0.010	3	--	0.017	0.023	0.025
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	5	--	--	8	11	12
<b>Amino Acids</b>							
Tryptophan	g	0.028	--	--	0.048	0.064	0.069
Threonine	g	0.202	--	--	0.343	0.459	0.495
Isoleucine	g	0.269	--	--	0.457	0.611	0.659
Leucine	g	0.497	--	--	0.845	1.128	1.218
Lysine	g	0.442	--	--	0.751	1.003	1.083
Methionine	g	0.145	--	--	0.246	0.329	0.355
Cystine	g	0.045	--	--	0.076	0.102	0.110
Phenylalanine	g	0.269	--	--	0.457	0.611	0.659
Tyrosine	g	0.249	--	--	0.423	0.565	0.610
Valine	g	0.408	--	--	0.694	0.926	1.000
Arginine	g	0.148	--	--	0.252	0.336	0.363
Histidine	g	0.122	--	--	0.207	0.277	0.299
Alanine	g	0.211	--	--	0.359	0.479	0.517
Aspartic acid	g	0.391	--	--	0.665	0.888	0.958

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (6 oz) 170g	1 container (8 oz) 227g	1 cup (8 fl oz) 245g
Glutamic acid	g	0.965	--	--	1.640	2.191	2.364
Glycine	g	0.119	--	--	0.202	0.270	0.292
Proline	g	0.584	--	--	0.993	1.326	1.431
Serine	g	0.305	--	--	0.518	0.692	0.747
<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

**Sources of Data**

<sup>1</sup>Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffision