

Basic Report 01121, Yogurt, fruit, low fat, 10 grams protein per 8 ounce

Report Date: May 28, 2017 20:07 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 container (6 oz) 170g | 1 cup (8 fl oz) 245g | 1 container (8 oz) 227g | 1 container, Dannon Sprinkl'ins (4.1 oz) 116g | 0.5 container (4 oz) 113g |
|--------------------------------|------|------------------------|----------------------------|-------------------------|----------------------------|---|------------------------------|
| Proximates | | | | | | | |
| Water | g | 74.48 | 126.62 | 182.48 | 169.07 | 86.40 | 84.16 |
| Energy | kcal | 102 | 173 | 250 | 232 | 118 | 115 |
| Protein | g | 4.37 | 7.43 | 10.71 | 9.92 | 5.07 | 4.94 |
| Total lipid (fat) | g | 1.08 | 1.84 | 2.65 | 2.45 | 1.25 | 1.22 |
| Carbohydrate, by difference | g | 19.05 | 32.38 | 46.67 | 43.24 | 22.10 | 21.53 |
| Fiber, total dietary | g | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 19.05 | 32.38 | 46.67 | 43.24 | 22.10 | 21.53 |
| Minerals | | | | | | | |
| Calcium, Ca | mg | 152 | 258 | 372 | 345 | 176 | 172 |
| Iron, Fe | mg | 0.07 | 0.12 | 0.17 | 0.16 | 0.08 | 0.08 |
| Magnesium, Mg | mg | 15 | 26 | 37 | 34 | 17 | 17 |
| Phosphorus, P | mg | 119 | 202 | 292 | 270 | 138 | 134 |
| Potassium, K | mg | 195 | 332 | 478 | 443 | 226 | 220 |
| Sodium, Na | mg | 58 | 99 | 142 | 132 | 67 | 66 |
| Zinc, Zn | mg | 0.74 | 1.26 | 1.81 | 1.68 | 0.86 | 0.84 |
| Vitamins | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.7 | 1.2 | 1.7 | 1.6 | 0.8 | 0.8 |
| Thiamin | mg | 0.037 | 0.063 | 0.091 | 0.084 | 0.043 | 0.042 |
| Riboflavin | mg | 0.178 | 0.303 | 0.436 | 0.404 | 0.206 | 0.201 |
| Niacin | mg | 0.095 | 0.161 | 0.233 | 0.216 | 0.110 | 0.107 |
| Vitamin B-6 | mg | 0.040 | 0.068 | 0.098 | 0.091 | 0.046 | 0.045 |
| Folate, DFE | µg | 9 | 15 | 22 | 20 | 10 | 10 |
| Vitamin B-12 | µg | 0.47 | 0.80 | 1.15 | 1.07 | 0.55 | 0.53 |
| Vitamin A, RAE | µg | 10 | 17 | 24 | 23 | 12 | 11 |
| Vitamin A, IU | IU | 36 | 61 | 88 | 82 | 42 | 41 |
| Vitamin E (alpha-tocopherol) | mg | 0.02 | 0.03 | 0.05 | 0.05 | 0.02 | 0.02 |

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|------------------------------------|------|------------------|-------------------------|----------------------|-------------------------|---|---------------------------|
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 1 | 2 | 2 | 2 | 1 | 1 |
| Vitamin K (phylloquinone) | µg | 0.1 | 0.2 | 0.2 | 0.2 | 0.1 | 0.1 |
| Lipids | | | | | | | |
| Fatty acids, total saturated | g | 0.697 | 1.185 | 1.708 | 1.582 | 0.809 | 0.788 |
| Fatty acids, total monounsaturated | g | 0.297 | 0.505 | 0.728 | 0.674 | 0.345 | 0.336 |
| Fatty acids, total polyunsaturated | g | 0.031 | 0.053 | 0.076 | 0.070 | 0.036 | 0.035 |
| Cholesterol | mg | 4 | 7 | 10 | 9 | 5 | 5 |
| Amino Acids | | | | | | | |
| Other | | | | | | | |
| Caffeine | mg | 0 | 0 | 0 | 0 | 0 | 0 |