

Full Report (All Nutrients) 01121, Yogurt, fruit, low fat, 10 grams protein per 8 ounce
Report Date: March 18, 2018 06:00 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 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	26	0.610	126.62	182.48	169.07	86.40	84.16
Energy	kcal	102	--	--	173	250	232	118	115
Energy	kJ	426	--	--	724	1044	967	494	481
Protein	g	4.37	26	0.026	7.43	10.71	9.92	5.07	4.94
Total lipid (fat)	g	1.08	26	0.052	1.84	2.65	2.45	1.25	1.22
Ash	g	1.02	12	0.027	1.73	2.50	2.32	1.18	1.15
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
Copper, Cu	mg	0.080	--	--	0.136	0.196	0.182	0.093	0.090
Manganese, Mn	mg	0.065	--	--	0.111	0.159	0.148	0.075	0.073
Selenium, Se	µg	3.1	--	--	5.3	7.6	7.0	3.6	3.5
Fluoride, F ¹	µg	9.0	9	--	15.3	22.1	20.4	10.4	10.2

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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
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
Pantothenic acid	mg	0.489	--	--	0.831	1.198	1.110	0.567	0.553
Vitamin B-6	mg	0.040	--	--	0.068	0.098	0.091	0.046	0.045
Folate, total	µg	9	--	--	15	22	20	10	10
Folic acid	µg	0	--	--	0	0	0	0	0
Folate, food	µg	9	--	--	15	22	20	10	10
Folate, DFE	µg	9	--	--	15	22	20	10	10
Choline, total 2	mg	14.0	--	--	23.8	34.3	31.8	16.2	15.8
Betaine 2	mg	0.8	2	--	1.4	2.0	1.8	0.9	0.9
Vitamin B-12	µg	0.47	--	--	0.80	1.15	1.07	0.55	0.53
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	10	--	--	17	24	23	12	11
Retinol	µg	10	--	--	17	24	23	12	11
Carotene, beta	µg	2	--	--	3	5	5	2	2
Carotene, alpha	µg	0	--	--	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0
Vitamin A, IU	IU	36	--	--	61	88	82	42	41
Lycopene	µg	0	--	--	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	0.03	0.05	0.05	0.02	0.02
Vitamin E, added	mg	0.00	--	--	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	0.0
Vitamin D3 (cholecalciferol)	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
4:0	g	0.032	3	0.002	0.054	0.078	0.073	0.037	0.036
6:0	g	0.022	3	0.001	0.037	0.054	0.050	0.026	0.025
8:0	g	0.014	3	0.001	0.024	0.034	0.032	0.016	0.016

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10:0	g	0.031	3	0.002	0.053	0.076	0.070	0.036	0.035
12:0	g	0.037	3	0.002	0.063	0.091	0.084	0.043	0.042
14:0	g	0.114	3	0.006	0.194	0.279	0.259	0.132	0.129
16:0	g	0.294	3	0.014	0.500	0.720	0.667	0.341	0.332
18:0	g	0.105	3	0.005	0.178	0.257	0.238	0.122	0.119
Fatty acids, total monounsaturated	g	0.297	--	--	0.505	0.728	0.674	0.345	0.336
16:1 undifferentiated	g	0.024	3	0.001	0.041	0.059	0.054	0.028	0.027
18:1 undifferentiated	g	0.247	3	0.012	0.420	0.605	0.561	0.287	0.279
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.031	--	--	0.053	0.076	0.070	0.036	0.035
18:2 undifferentiated	g	0.022	3	0.001	0.037	0.054	0.050	0.026	0.025
18:3 undifferentiated	g	0.009	3	0.001	0.015	0.022	0.020	0.010	0.010
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	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	0.000
22:5 n-3 (DPA)	g	0.000	--	--	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	0.000
Cholesterol	mg	4	--	--	7	10	9	5	5
Amino Acids									
Tryptophan	g	0.025	--	--	0.043	0.061	0.057	0.029	0.028
Threonine	g	0.179	--	--	0.304	0.439	0.406	0.208	0.202
Isoleucine	g	0.238	--	--	0.405	0.583	0.540	0.276	0.269
Leucine	g	0.440	--	--	0.748	1.078	0.999	0.510	0.497
Lysine	g	0.392	--	--	0.666	0.960	0.890	0.455	0.443
Methionine	g	0.129	--	--	0.219	0.316	0.293	0.150	0.146
Cystine	g	0.040	--	--	0.068	0.098	0.091	0.046	0.045
Phenylalanine	g	0.238	--	--	0.405	0.583	0.540	0.276	0.269
Tyrosine	g	0.221	--	--	0.376	0.541	0.502	0.256	0.250
Valine	g	0.362	--	--	0.615	0.887	0.822	0.420	0.409
Arginine	g	0.132	--	--	0.224	0.323	0.300	0.153	0.149
Histidine	g	0.108	--	--	0.184	0.265	0.245	0.125	0.122
Alanine	g	0.187	--	--	0.318	0.458	0.424	0.217	0.211

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Aspartic acid	g	0.347	--	--	0.590	0.850	0.788	0.403	0.392
Glutamic acid	g	0.856	--	--	1.455	2.097	1.943	0.993	0.967
Glycine	g	0.105	--	--	0.178	0.257	0.238	0.122	0.119
Proline	g	0.518	--	--	0.881	1.269	1.176	0.601	0.585
Serine	g	0.271	--	--	0.461	0.664	0.615	0.314	0.306
Other									
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0

Sources of Data

¹Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion

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