

Basic Report 01220, Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D

Report Date: October 18, 2017 23:29 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 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 | 79.00 | 134.30 | 179.33 | 89.27 | 193.55 |
| Energy | kcal | 85 | 144 | 193 | 96 | 208 |
| Protein | g | 4.93 | 8.38 | 11.19 | 5.57 | 12.08 |
| Total lipid (fat) | g | 1.25 | 2.12 | 2.84 | 1.41 | 3.06 |
| Carbohydrate, by difference | g | 13.80 | 23.46 | 31.33 | 15.59 | 33.81 |
| Fiber, total dietary | g | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 13.80 | 23.46 | 31.33 | 15.59 | 33.81 |
| Minerals | | | | | | |
| Calcium, Ca | mg | 171 | 291 | 388 | 193 | 419 |
| Iron, Fe | mg | 0.07 | 0.12 | 0.16 | 0.08 | 0.17 |
| Magnesium, Mg | mg | 16 | 27 | 36 | 18 | 39 |
| Phosphorus, P | mg | 135 | 230 | 306 | 153 | 331 |
| Potassium, K | mg | 219 | 372 | 497 | 247 | 537 |
| Sodium, Na | mg | 66 | 112 | 150 | 75 | 162 |
| Zinc, Zn | mg | 0.83 | 1.41 | 1.88 | 0.94 | 2.03 |
| Vitamins | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.8 | 1.4 | 1.8 | 0.9 | 2.0 |
| Thiamin | mg | 0.042 | 0.071 | 0.095 | 0.047 | 0.103 |
| Riboflavin | mg | 0.201 | 0.342 | 0.456 | 0.227 | 0.492 |
| Niacin | mg | 0.107 | 0.182 | 0.243 | 0.121 | 0.262 |
| Vitamin B-6 | mg | 0.045 | 0.076 | 0.102 | 0.051 | 0.110 |
| Folate, DFE | µg | 11 | 19 | 25 | 12 | 27 |
| Vitamin B-12 | µg | 0.53 | 0.90 | 1.20 | 0.60 | 1.30 |
| Vitamin A, RAE | µg | 12 | 20 | 27 | 14 | 29 |
| Vitamin A, IU | IU | 43 | 73 | 98 | 49 | 105 |
| Vitamin E (alpha-tocopherol) | mg | 0.02 | 0.03 | 0.05 | 0.02 | 0.05 |

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|------------------------------------|-------------|---------------------------------|------------------------------------|------------------------------------|--------------------------------------|---------------------------------|
| Vitamin D (D2 + D3) | µg | 1.2 | 2.0 | 2.7 | 1.4 | 2.9 |
| Vitamin D | IU | 47 | 80 | 107 | 53 | 115 |
| Vitamin K (phylloquinone) | µg | 0.1 | 0.2 | 0.2 | 0.1 | 0.2 |
| Lipids | | | | | | |
| Fatty acids, total saturated | g | 0.806 | 1.370 | 1.830 | 0.911 | 1.975 |
| Fatty acids, total monounsaturated | g | 0.343 | 0.583 | 0.779 | 0.388 | 0.840 |
| Fatty acids, total polyunsaturated | g | 0.036 | 0.061 | 0.082 | 0.041 | 0.088 |
| Cholesterol | mg | 5 | 8 | 11 | 6 | 12 |
| Amino Acids | | | | | | |
| Other | | | | | | |
| Caffeine | mg | 0 | 0 | 0 | 0 | 0 |