

Basic Report 01231, Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener

Report Date: June 28, 2017 08:05 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 container 170g |
|--------------------------------|------|------------------------|---------------------|
| Proximates | | | |
| Water | g | 79.00 | 134.30 |
| Energy | kcal | 86 | 146 |
| Protein | g | 4.93 | 8.38 |
| Total lipid (fat) | g | 1.25 | 2.12 |
| Carbohydrate, by difference | g | 13.80 | 23.46 |
| Fiber, total dietary | g | 0.0 | 0.0 |
| Sugars, total | g | 5.43 | 9.23 |
| Minerals | | | |
| Calcium, Ca | mg | 171 | 291 |
| Iron, Fe | mg | 0.07 | 0.12 |
| Magnesium, Mg | mg | 16 | 27 |
| Phosphorus, P | mg | 135 | 230 |
| Potassium, K | mg | 219 | 372 |
| Sodium, Na | mg | 66 | 112 |
| Zinc, Zn | mg | 0.83 | 1.41 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 0.8 | 1.4 |
| Thiamin | mg | 0.042 | 0.071 |
| Riboflavin | mg | 0.201 | 0.342 |
| Niacin | mg | 0.107 | 0.182 |
| Vitamin B-6 | mg | 0.045 | 0.076 |
| Folate, DFE | µg | 11 | 19 |
| Vitamin B-12 | µg | 0.53 | 0.90 |
| Vitamin A, RAE | µg | 12 | 20 |
| Vitamin A, IU | IU | 43 | 73 |
| Vitamin E (alpha-tocopherol) | mg | 0.02 | 0.03 |

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|------------------------------------|-------------|---------------------------------|-----------------------------|
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 |
| Vitamin D | IU | 1 | 2 |
| Vitamin K (phylloquinone) | µg | 0.1 | 0.2 |
| Lipids | | | |
| Fatty acids, total saturated | g | 0.752 | 1.278 |
| Fatty acids, total monounsaturated | g | 0.313 | 0.532 |
| Fatty acids, total polyunsaturated | g | 0.035 | 0.060 |
| Cholesterol | mg | 5 | 8 |
| Amino Acids | | | |
| Other | | | |
| Caffeine | mg | 0 | 0 |