

Statistics Report 01256, Yogurt, Greek, plain, nonfat (Includes foods for USDA's Food Distribution Program)

Report Date: July 17, 2019 22:52 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	85.10	18	0.050	84.32	85.66	9.0	84.96	85.23	1	Analytical or derived from analytical	--	08/2012
Energy	kcal	59	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2012
Energy	kJ	246	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2012
Protein 1	g	10.19	16	0.170	8.87	11.74	5.0	9.74	10.64	1	Analytical or derived from analytical	--	08/2012
Total lipid (fat) 1	g	0.39	18	0.030	0.23	0.61	7.0	0.31	0.46	1	Analytical or derived from analytical	--	08/2012
Ash 1	g	0.72	18	0.010	0.64	0.78	10.0	0.69	0.74	1	Analytical or derived from analytical	--	08/2012
Carbohydrate, by difference	g	3.60	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2012
Fiber, total dietary	g	0.0	1	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	02/2012
Sugars, total 1	g	3.24	3	--	3.2	3.3	--	--	--	1	Analytical or derived from analytical	--	08/2012

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Sucrose 1	g	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
Glucose (dextrose) 1	g	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
Fructose 1	g	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
Lactose 1	g	2.54	3	--	2.5	2.6	--	--	--	1	Analytical or derived from analytical	--	08/2012
Maltose 1	g	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
Galactose 1	g	0.70	3	--	0.7	0.7	--	--	--	1	Analytical or derived from analytical	--	08/2012
Minerals													
Calcium, Ca 1	mg	110	18	0.000	108	115	7.0	109.0	111.0	1	Analytical or derived from analytical	--	08/2012
Iron, Fe 1	mg	0.07	18	0.003	0.04	0.11	14.0	0.06	0.07	1	Analytical or derived from analytical	--	08/2012
Magnesium, Mg 1	mg	11	18	0.000	10	12	7.0	10.0	10.0	1	Analytical or derived from analytical	--	02/2012
Phosphorus, P 1	mg	135	18	0.000	130	142	8.0	133.0	135.0	1	Analytical or derived from analytical	--	08/2012

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Potassium, K 1	mg	141	18	0.000	132	145	14.0	140.0	142.0	1	Analytical or derived from analytical	--	08/2012
Sodium, Na 1	mg	36	18	0.000	33	39	15.0	34.0	36.0	1	Analytical or derived from analytical	--	08/2012
Zinc, Zn 1	mg	0.52	18	0.004	0.49	0.6	7.0	0.5	0.52	1	Analytical or derived from analytical	--	08/2012
Copper, Cu 1	mg	0.017	18	0.000	0.01	0.02	6.0	0.016	0.017	1	Analytical or derived from analytical	--	08/2012
Manganese, Mn 1	mg	0.009	18	0.000	0.01	0.01	7.0	0.008	0.01	1	Analytical or derived from analytical	--	08/2012
Selenium, Se 1	µg	9.7	9	0.100	9.3	10.2	2.0	9.2	10.2	1	Analytical or derived from analytical	--	08/2012
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	1	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	02/2012
Thiamin 1	mg	0.023	9	0.002	0.02	0.03	2.0	0.016	0.03	1	Analytical or derived from analytical	--	08/2012
Riboflavin 1	mg	0.278	9	0.007	0.25	0.3	2.0	0.251	0.304	1	Analytical or derived from analytical	--	08/2012

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Niacin 1	mg	0.208	9	0.006	0.19	0.23	3.0	0.19	0.227	1	Analytical or derived from analytical	--	08/2012
Pantothenic acid 1	mg	0.331	6	0.001	0.33	0.34	1.0	0.316	0.347	1	Analytical or derived from analytical	--	08/2012
Vitamin B-6 1	mg	0.063	9	0.001	0.06	0.07	3.0	0.061	0.065	1	Analytical or derived from analytical	--	08/2012
Folate, total	µg	7	--	--	0	0	--	--	--	--	Analytical or derived from analytical	01118	02/2012
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/2012
Folate, food	µg	7	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2012
Folate, DFE	µg	7	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2012
Choline, total 1	mg	15.1	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2013
Betaine 1	mg	0.8	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2013
Vitamin B-12 1	µg	0.75	9	0.009	0.36	0.97	5.0	0.72	0.77	1	Analytical or derived from analytical	--	08/2012
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	1	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2012
Retinol 1	µg	1	3	--	0	2	--	--	--	1	Analytical or derived from analytical	--	08/2012
Carotene, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/2012
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/2012
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/2012
Vitamin A, IU	IU	4	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2012
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/2012
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/2012
Vitamin E (alpha-tocopherol) 1	mg	0.01	9	0.000	0.01	0.01	6.0	0.01	0.01	1	Analytical or derived from analytical	--	08/2012
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	08/2012
Tocopherol, beta 1	mg	0.00	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
Tocopherol, gamma 1	mg	0.00	9	0.001	0	0	2.0	-0.003	0.004	1	Analytical or derived from analytical	--	08/2012
Tocopherol, delta 1	mg	0.00	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocotrienol, alpha 1	mg	0.00	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
Tocotrienol, beta 1	mg	0.00	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
Tocotrienol, gamma 1	mg	0.00	9	0.000	0	0	2.0	-0.001	0.002	1	Analytical or derived from analytical	--	08/2012
Tocotrienol, delta 1	mg	0.00	9	0.000	0	0	2.0	-0.001	0.002	1	Analytical or derived from analytical	--	08/2012
Vitamin D (D2 + D3)	µg	0.0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2012
Vitamin D2 (ergocalciferol) 1	µg	0.0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2012
Vitamin D3 (cholecalciferol) 1	µg	0.0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2012
Vitamin D 1	IU	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2012
Vitamin K (phylloquinone) 1	µg	0.0	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2013
Lipids													
Fatty acids, total saturated	g	0.117	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2012

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4:0 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
6:0 1	g	0.003	9	0.000	0	0	4.0	0.002	0.003	1	Analytical or derived from analytical	--	08/2012
8:0 1	g	0.004	9	0.000	0	0.01	4.0	0.004	0.005	1	Analytical or derived from analytical	--	08/2012
10:0 1	g	0.013	9	0.001	0.01	0.02	3.0	0.011	0.015	1	Analytical or derived from analytical	--	08/2012
12:0 1	g	0.006	9	0.000	0	0.01	4.0	0.006	0.007	1	Analytical or derived from analytical	--	08/2012
14:0 1	g	0.015	9	0.000	0.01	0.02	5.0	0.014	0.017	1	Analytical or derived from analytical	--	08/2012
15:0 1	g	0.003	9	0.000	0	0	4.0	0.003	0.004	1	Analytical or derived from analytical	--	08/2012
16:0 1	g	0.049	9	0.002	0.03	0.06	6.0	0.045	0.053	1	Analytical or derived from analytical	--	08/2012
17:0 1	g	0.003	9	0.000	0	0	3.0	0.002	0.004	1	Analytical or derived from analytical	--	08/2012
18:0 1	g	0.021	9	0.001	0.01	0.02	5.0	0.019	0.022	1	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:0 1	g	0.000	9	0.000	0	0	2.0	-0.001	0.001	1	Analytical or derived from analytical	--	08/2012
22:0 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
24:0 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
Fatty acids, total monounsaturated	g	0.053	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2012
14:1 1	g	0.001	9	0.000	0	0	2.0	-0.001	0.002	1	Analytical or derived from analytical	--	08/2012
15:1 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
16:1 undifferentiated 1	g	0.002	9	0.000	0	0	5.0	0.001	0.004	1	Analytical or derived from analytical	--	08/2012
16:1 c 1	g	0.002	9	0.000	0	0	4.0	0.001	0.003	1	Analytical or derived from analytical	--	08/2012
16:1 t 1	g	0.000	9	0.000	0	0	2.0	-0.001	0.001	1	Analytical or derived from analytical	--	08/2012
17:1 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated 1	g	0.049	9	0.001	0.03	0.06	5.0	0.045	0.052	1	Analytical or derived from analytical	--	08/2012
18:1 c 1	g	0.043	9	0.001	0.03	0.05	4.0	0.04	0.046	1	Analytical or derived from analytical	--	08/2012
18:1 t 1	g	0.006	9	0.001	0	0.01	2.0	0.003	0.008	1	Analytical or derived from analytical	--	08/2012
20:1 1	g	0.002	9	0.001	0	0	2.0	--	0.004	1	Analytical or derived from analytical	--	08/2012
22:1 undifferentiated 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
22:1 c 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
22:1 t 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
24:1 c 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
Fatty acids, total polyunsaturated	g	0.012	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2012
18:2 undifferentiated 1	g	0.010	9	0.001	0.01	0.02	4.0	0.008	0.013	1	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 n-6 c,c 1	g	0.010	9	0.001	0.01	0.02	4.0	0.008	0.013	1	Analytical or derived from analytical	--	08/2012
18:2 CLAs 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
18:2 t not further defined 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
18:3 undifferentiated 1	g	0.001	9	0.001	0	0	2.0	-0.001	0.003	1	Analytical or derived from analytical	--	08/2012
18:3 n-3 c,c,c (ALA) 1	g	0.001	9	0.001	0	0	2.0	-0.001	0.003	1	Analytical or derived from analytical	--	08/2012
18:3 n-6 c,c,c 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
18:3i 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
18:4 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
20:2 n-6 c,c 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
20:3 undifferentiated 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:3 n-6 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
20:4 undifferentiated 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
20:5 n-3 (EPA) 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
22:4 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
22:5 n-3 (DPA) 1	g	0.000	9	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
22:6 n-3 (DHA) 1	g	0.000	9	0.000	0	0	2.0	-0.001	0.001	1	Analytical or derived from analytical	--	08/2012
Fatty acids, total trans	g	0.006	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2012
Fatty acids, total trans-monoenoic	g	0.006	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2012
Cholesterol 1	mg	5	9	0.000	5	6	4.0	4.0	5.0	1	Analytical or derived from analytical	--	08/2012
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	08/2012
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/2012
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/2012

Sources of Data
¹Nabisco Brands, Inc., KC Institute GM1111 National Food and Nutrient Analysis Program Wave 16g, 2012