

## Basic Report 01290, Kefir, lowfat, strawberry, LIFEWAY

Report Date: September 22, 2019 04:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 247g	1 bottle 989g
<b>Proximates</b>				
Water	g	84.82	209.51	838.87
Energy	kcal	62	153	613
Protein	g	3.39	8.37	33.53
Total lipid (fat)	g	0.90	2.22	8.90
Carbohydrate, by difference	g	10.20	25.19	100.88
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	9.21	22.75	91.09
<b>Minerals</b>				
Calcium, Ca	mg	119	294	1177
Iron, Fe	mg	0.04	0.10	0.40
Magnesium, Mg	mg	11	27	109
Phosphorus, P	mg	96	237	949
Potassium, K	mg	154	380	1523
Sodium, Na	mg	37	91	366
Zinc, Zn	mg	0.44	1.09	4.35
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	1.5	3.7	14.8
Thiamin	mg	0.030	0.074	0.297
Riboflavin	mg	0.210	0.519	2.077
Niacin	mg	0.105	0.259	1.038
Vitamin B-6	mg	0.060	0.148	0.593
Folate, DFE	µg	22	54	218
Vitamin B-12	µg	0.31	0.77	3.07
Vitamin A, RAE	µg	178	440	1760
Vitamin A, IU	IU	599	1480	5924
Vitamin E (alpha-tocopherol)	mg	0.06	0.15	0.59

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Vitamin D (D2 + D3)	µg	1.1	2.7	10.9
Vitamin D	IU	44	109	435
Vitamin K (phylloquinone)	µg	1.2	3.0	11.9
<b>Lipids</b>				
Fatty acids, total saturated	g	0.533	1.317	5.271
Fatty acids, total monounsaturated	g	0.262	0.647	2.591
Fatty acids, total polyunsaturated	g	0.041	0.101	0.405
Fatty acids, total trans	g	0.030	0.074	0.297
Cholesterol	mg	5	12	49
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0