

Basic Report 03956, Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified [a](#)

Report Date: June 19, 2019 14:57 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 31g	1 container 113g
Proximates				
Water	g	79.16	24.54	89.45
Energy	kcal	98	30	111
Protein	g	3.40	1.05	3.84
Total lipid (fat)	g	3.53	1.09	3.99
Carbohydrate, by difference	g	13.22	4.10	14.94
Fiber, total dietary	g	0.3	0.1	0.3
Sugars, total	g	11.46	3.55	12.95
Minerals				
Calcium, Ca	mg	107	33	121
Iron, Fe	mg	0.15	0.05	0.17
Magnesium, Mg	mg	15	5	17
Phosphorus, P	mg	95	29	107
Potassium, K	mg	149	46	168
Sodium, Na	mg	41	13	46
Zinc, Zn	mg	0.59	0.18	0.67
Vitamins				
Vitamin C, total ascorbic acid	mg	1.4	0.4	1.6
Thiamin	mg	0.047	0.015	0.053
Riboflavin	mg	0.129	0.040	0.146
Niacin	mg	0.119	0.037	0.134
Vitamin B-6	mg	0.034	0.011	0.038
Folate, DFE	µg	8	2	9
Vitamin B-12	µg	0.32	0.10	0.36
Vitamin A, RAE	µg	24	7	27
Vitamin A, IU	IU	86	27	97

Nutrient	Unit	1 Value Per100 g	1 oz 31g	1 container 113g
Vitamin E (alpha-tocopherol)	mg	0.07	0.02	0.08
Vitamin D (D2 + D3)	µg	0.1	0.0	0.1
Vitamin D	IU	3	1	3
Vitamin K (phylloquinone)	µg	0.3	0.1	0.3
Lipids				
Fatty acids, total saturated	g	1.840	0.570	2.079
Fatty acids, total monounsaturated	g	0.916	0.284	1.035
Fatty acids, total polyunsaturated	g	0.367	0.114	0.415
Cholesterol	mg	14	4	16
Amino Acids				
Other				
Caffeine	mg	0	0	0

Footnotes

^a Contains arachidonic acid (ARA, number 620) and docosahexaenoic acid (DHA, nutrient number 621) fatty acids found in human breast milk