

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

Report Date: July 17, 2019 23:29 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 31g	1 container 113g
Proximates						
Water	g	79.16	--	--	24.54	89.45
Energy	kcal	98	--	--	30	111
Energy	kJ	411	--	--	127	464
Protein	g	3.40	--	--	1.05	3.84
Total lipid (fat)	g	3.53	--	--	1.09	3.99
Ash	g	0.69	--	--	0.21	0.78
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
Copper, Cu	mg	0.023	--	--	0.007	0.026
Manganese, Mn	mg	0.101	--	--	0.031	0.114
Selenium, Se	µg	2.8	--	--	0.9	3.2
Fluoride, F	µg	10.4	--	--	3.2	11.8
Vitamins						
Vitamin C, total ascorbic acid	mg	1.4	--	--	0.4	1.6

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 31g	1 container 113g
Thiamin	mg	0.047	--	--	0.015	0.053
Riboflavin	mg	0.129	--	--	0.040	0.146
Niacin	mg	0.119	--	--	0.037	0.134
Pantothenic acid	mg	0.354	--	--	0.110	0.400
Vitamin B-6	mg	0.034	--	--	0.011	0.038
Folate, total	µg	8	--	--	2	9
Folic acid	µg	0	--	--	0	0
Folate, food	µg	8	--	--	2	9
Folate, DFE	µg	8	--	--	2	9
Choline, total	mg	14.2	--	--	4.4	16.0
Betaine	mg	0.6	--	--	0.2	0.7
Vitamin B-12	µg	0.32	--	--	0.10	0.36
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	24	--	--	7	27
Retinol	µg	23	--	--	7	26
Carotene, beta	µg	5	--	--	2	6
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	86	--	--	27	97
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	6	--	--	2	7
Vitamin E (alpha-tocopherol)	mg	0.07	--	--	0.02	0.08
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta	mg	0.00	--	--	0.00	0.00
Tocopherol, gamma	mg	0.07	--	--	0.02	0.08
Tocopherol, delta	mg	0.00	--	--	0.00	0.00
Tocotrienol, alpha	mg	0.01	--	--	0.00	0.01
Tocotrienol, beta	mg	0.00	--	--	0.00	0.00
Tocotrienol, gamma	mg	0.00	--	--	0.00	0.00
Tocotrienol, delta	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.1	--	--	0.0	0.1
Vitamin D3 (cholecalciferol)	µg	0.1	--	--	0.0	0.1
Vitamin D	IU	3	--	--	1	3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 31g	1 container 113g
Vitamin K (phylloquinone)	µg	0.3	--	--	0.1	0.3
Lipids						
Fatty acids, total saturated	g	1.840	--	--	0.570	2.079
4:0	g	0.083	--	--	0.026	0.094
6:0	g	0.057	--	--	0.018	0.064
8:0	g	0.036	--	--	0.011	0.041
10:0	g	0.081	--	--	0.025	0.092
12:0	g	0.097	--	--	0.030	0.110
14:0	g	0.322	--	--	0.100	0.364
15:0	g	0.000	--	--	0.000	0.000
16:0	g	0.866	--	--	0.268	0.979
17:0	g	0.000	--	--	0.000	0.000
18:0	g	0.296	--	--	0.092	0.334
20:0	g	0.000	--	--	0.000	0.000
22:0	g	0.000	--	--	0.000	0.000
24:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.916	--	--	0.284	1.035
16:1 undifferentiated	g	0.090	--	--	0.028	0.102
18:1 undifferentiated	g	0.782	--	--	0.242	0.884
20:1	g	0.023	--	--	0.007	0.026
22:1 undifferentiated	g	0.021	--	--	0.007	0.024
24:1 c	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.367	--	--	0.114	0.415
18:2 undifferentiated	g	0.147	--	--	0.046	0.166
18:3 undifferentiated	g	0.117	--	--	0.036	0.132
18:4	g	0.011	--	--	0.003	0.012
20:2 n-6 c,c	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.007	--	--	0.002	0.008
20:5 n-3 (EPA)	g	0.038	--	--	0.012	0.043
22:5 n-3 (DPA)	g	0.007	--	--	0.002	0.008
22:6 n-3 (DHA)	g	0.040	--	--	0.012	0.045
Cholesterol	mg	14	--	--	4	16

Amino Acids

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 31g	1 container 113g
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	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