



Food ID: J012

Food name and Description: Milk, buttermilk

Scientific name:

Alternate/Common name(s): Gatas, buttermilk

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	89.1
Energy, calculated (kcal)	43
Protein (g)	3.5
Total Fat (g)	0.5
Carbohydrate, total (g)	6.2
Ash, total (g)	0.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	4.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	163
Phosphorus, P (mg)	95
Iron, Fe (mg)	0.3
Sodium, Na (mg)	68

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	630
beta-Carotene (µg)	15
Retinol Activity Equivalent, RAE (µg)	631
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.18
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.29
Fatty acids, monounsaturated, total (g)	0.12
Fatty acids, polyunsaturated, total(g)	0.03
Cholesterol (mg)	2