



**Food ID:** J026

**Food name and Description:** Yoghurt

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	83.6
Energy, calculated (kcal)	83
Protein (g)	5.3
Total Fat (g)	4.5
Carbohydrate, total (g)	5.4
Ash, total (g)	1.2

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	4.9

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	180
Phosphorus, P (mg)	125
Iron, Fe (mg)	0.1
Sodium, Na (mg)	35

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	85
beta-Carotene (µg)	40
Retinol Activity Equivalent, RAE (µg)	88
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.22
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.16
Fatty acids, monounsaturated, total (g)	1.92
Fatty acids, polyunsaturated, total(g)	0.42
Cholesterol (mg)	12