



The Nutritional Composition of Dairy Foods

Nutritional Composition of Yogurt per 100g^a

	Whole milk yogurt, plain ^b	Whole milk yogurt, fruit ^c	Low fat yogurt, plain ^d	Low fat yogurt, fruit ^e
Energy				
kcal	79	109	56	78
kJ	333	463	237	331
Protein (g)	5.7	4.0	4.8	4.2
Carbohydrates (g)	7.8	17.7	7.4	13.7
Fat (g)	3.0	3.0	1.0	1.1
Saturated fatty acids (g)	1.7	2.0	0.7	(0.8)
Monounsaturated fatty acids (g)	0.9	0.7	0.2	(0.3)
Polyunsaturated fatty acids (g)	0.2	0.1	Tr	Tr
Trans fatty acids (g)	N	0.1	Tr	Tr
Sodium (mg)	80	58	63	62
Potassium (mg)	280	170	228	204
Calcium (mg)	200	122	162	140
Magnesium (mg)	19	13	16	15

Phosphorus (mg)	170	96	143	120
Iron (mg)	0.1	0.1	0.1	0.1
Copper (mg)	Tr	Tr	0.03	Tr
Zinc (mg)	0.7	0.4	0.6	0.5
Chloride (mg)	170	179	235	(130)
Manganese (mg)	Tr	Tr	Tr	Tr
Selenium (µg)	(2)	2	2	(2)
Iodine (µg)	(63)	27	34	(48)
Retinol (µg)	28	36	8	(10)
Carotene (µg)	21	Tr	Tr	Tr
Vitamin D (µg)	0	0.1	0.1	Tr
Vitamin E (mg)	0.05	0.18	Tr	0.28
Thiamin (mg)	0.06	0.12	0.12	0.12
Riboflavin (mg)	0.27	0.16	0.22	0.21
Niacin (mg)	0.2	0.1	0.1	0.1
Trypt 60 (mg)	1.3	0.7	1.0	1.0
Vitamin B₆ (mg)	0.10	0.01	0.01	Tr
Vitamin B₁₂ (µg)	0.2	0.3	0.3	0.3
Folate (µg)	18	10	18	16
Pantothenate (mg)	0.50	0.40	0.56	0.33
Biotin (µg)	2.6	1.1	1.5	2.3
Vitamin C (mg)	1	1	1	1

^a Food Standards Agency (2002) McCance and Widdowson's The Composition of Foods, Sixth summary edition. Cambridge: Royal Society of Chemistry.

^b Description and source of data: 22 samples, 2 brands.

^c Description and source of data: 9 samples, 5 brands, assorted flavours including bio varieties.

^d Description and source of data: 8 samples, 5 brands.

^e Description and source of data: 21 samples, 9 brands, including French set.

N: The nutrient is present in significant quantities but there is no reliable information on the amount.

Tr: Trace

(): Estimated value