



Yogurt, plain, skim milk, 13 grams protein per 8 ounce

TOTAL
14.4
4.5

Macronutrient profile [gr. of nutrient per 100 gr. food]



Proteins
Water
Sugars
Fibre
Alcohol
Lipids
Other

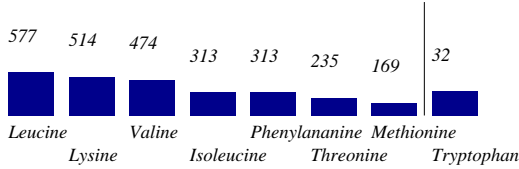
FIBER
0
0

Energy [kcal per 100 gr. food]



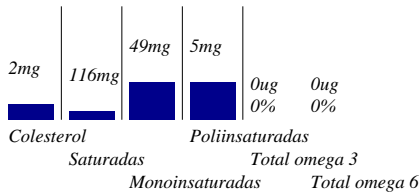
kCALs
2.4
2.2
76.5

Essential aminoacids profile [mg per 100 gr. food]



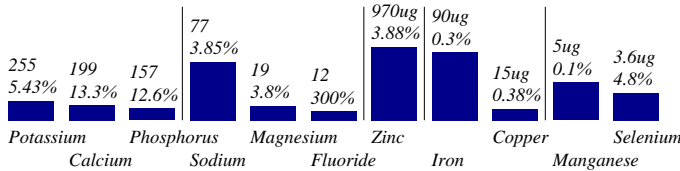
PROTE.
12.5
10.2
79.8

Main lipids profile [gr of lipid per 100 gr. food]



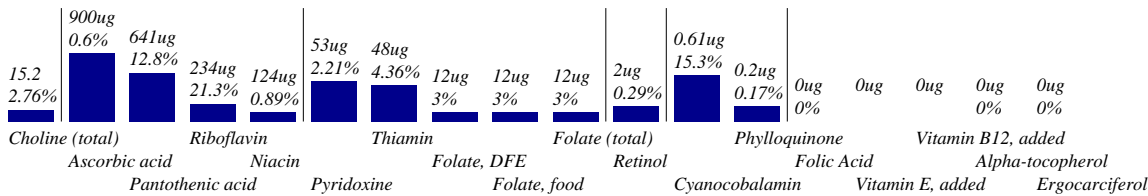
EFA
0

Mineral and oligoelements profile [mg of mineral per 100 gr. food]



MINER.
13.5

Vitamin profile [mg of vitamin per 100 gr. food]



VITAM.
4.4

Phytochemicals profile [mg of nutrient per 100 gr. food]

