



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

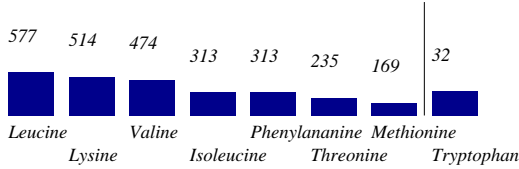
FIBER 0 0

Energy [kcal per 100 gr. food]

56

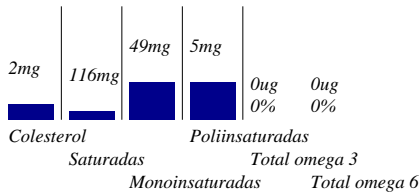
kCALs 2.4 2.2 76.5

Essential aminoacids profile [mg per 100 gr. food]



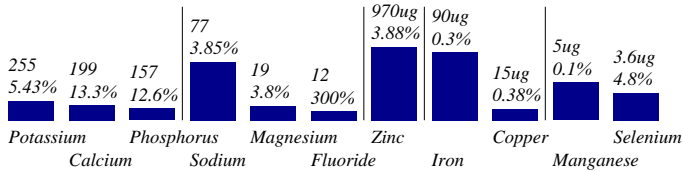
PROTE. 12.5 10.2 79.8

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



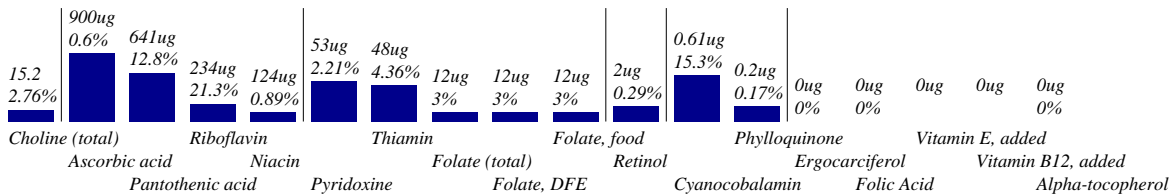
EFA 0

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]

0ug Luthein+zeaxanthin 0ug Caroten, alfa 0ug Theobromine 0ug Cryptoxanthin, beta 0ug Caroten, beta 0ug Lycopene 0ug Caffeine