



## yogurt

Total Nutrients Score **246**

Rating: very high

### Caloric Breakdown

Carbohydrates	<b>53%</b>
Proteins	<b>44%</b>
Fats	3%
Alcohol	0%

Yogurt is high in the two major bone minerals, calcium and phosphorus. When the complete proteins are added to the additional vitamins, particularly vitamin B-12 that is not available in vegetables, yogurt should be considered by people who do not have a milk-product issue.

### Food Scores

Vitamin Score 61 Protein Score 103  
 Mineral Score 81 Fiber Score 0%  
 Unhealthy Score 33  
 Net Food Score 213

### Financial Cost

At \$0.90 per pound, cost of all displayed nutrients is \$0.35  
 Net nutrition per dollar is 600  
 100% of purchased food is edible.  
 Cost per edible pound is \$0.90

**6.3 ounces provides 100 food calories**  
**85% of this food's weight is water**

### Vitamins

Vitamin A	0%
Thiamin (B-1)	4%
Riboflavin (B-2)	<b>15%</b>
Niacin (B-3)	1%
Pantothenic acid	<b>11%</b>
Vitamin B-6	4%
Folate	<b>5%</b>
Vitamin B-12	<b>18%</b>
Vitamin C	2%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

### Minerals

Calcium	<b>25%</b>
Copper	1%
Iron	1%
Magnesium	<b>7%</b>
Manganese	0%
Phosphorus	<b>14%</b>
Potassium	<b>11%</b>
Selenium	<b>9%</b>
<b>Sodium</b>	<b>6%</b>
Zinc	<b>12%</b>

### Proteins **10%**

Histidine*	<b>8%</b>
Isoleucine*	<b>13%</b>
Leucine*	<b>11%</b>
Lysine*	<b>10%</b>
Methionine*	<b>9%</b>
Cystine	2%
Phenylalanine*	<b>13%</b>
Tyrosine	<b>6%</b>
Threonine*	<b>9%</b>
Tryptophan*	<b>5%</b>
Valine*	<b>15%</b>

### Carbohydrates **5%**

Fiber	0%
<b>Sugars, total</b>	<b>25%</b>

### Fats **1%**

<b>Saturated</b>	1%
<b>Trans fats</b>	
<b>Cholesterol</b>	1%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

### Other Components

Alpha-carotene	0%
Beta-carotene	0%
Betaine	
Fluorine	1%
Lycopene	0%
ORAC	
Phytosterols	
Retinol	0%

USDA Food Number 01118 Food Group Code 0100

**yogurt**