

The Nutritional Composition of Dairy products

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About the Tables

Please read this information carefully before using the tables

The nutritional information on all milk and dairy products covered in this publication have been taken from the 2002 summary edition of The Composition of Foods (Food Standards Agency (2002) McCance and Widdowson's The Composition of Foods, Sixth summary edition. Cambridge: Royal Society of Chemistry).

The data for the Sixth summary edition were compiled, under contract, by the Institute of Food Research, Norwich. In comparison to the fifth edition of The Composition of Foods, many new fresh and processed milk and dairy products have been included.

The tables featured in this publication have been divided into 5 sections:

Section 1 - Milk

Section 2 - Yogurt and fromage frais

Section 3 - Cheese

Section 4 - Cream

Section 5 - Dairy desserts

Nutrient composition values are given for:

Macronutrients

(energy, protein, carbohydrate, fat, fibre);

Water-soluble vitamins

(thiamin, riboflavin, niacin, niacin from tryptophan, vitamin B6, vitamin B12, folate, pantothenate, biotin, vitamin C);

Fat-soluble vitamins

(retinol, carotene, vitamin D, vitamin E); and

Minerals

(sodium, potassium, calcium, magnesium, phosphorus, iron, copper, zinc, chloride, manganese, selenium, iodine)

Energy conversion factors:

Protein 1g = 4 kcal or 17 kJ

Fat 1g = 9 kcal or 37 kJ

Carbohydrate 1g = 4 kcal or 17 kJ

The nutrient units used throughout the tables are as follows:

Gram (g)

Milligram (mg) - 10⁻³ g or one thousandth of a gram

Microgram (g) - 10⁻⁶ g or one millionth of a gram

Kilocalorie (kcal) - a unit used to measure the energy value of a food

Kilojoule (kJ) - this unit is also used to measure the energy value of food (1 kcal = 4.18 kJ)

Symbols used in the tables:

() - values have been estimated

N - values for this particular nutrient were not available

Portion size and volume

All nutrient values in the subsequent tables are expressed per 100g of product and per average portion (taken from Ministry of Agriculture, Fisheries and Food, Food Portion Sizes, second edition, London: HMSO (1988), or from the leading brand sold in UK). For example, the average portions of milk, cheese and yogurt are given as a 200ml glass, a 30g matchbox size piece and a 150g pot respectively.

For those products sold by volume such as milk and cream, nutrient values are given per 100mls, as well as per 100g. The specific gravities (densities) used to calculate the volume are as follows:

Whole milk	1.03
Semi-skimmed milk	1.03
Skimmed milk	1.03
Evaporated milk	1.07
Single cream	1.00
Whipping cream	0.96
Double cream	0.94
Yogurt, low fat fruit	1.08
Ice cream:	
- Dairy, vanilla	0.61
- Non-dairy, vanilla	0.51

NB: Volume is calculated by dividing the weight (g) by the density (specific gravity) of the product

Bioavailability

With the exception of retinol and carotene, the figures shown do not take nutrient bioavailability (i.e. the proportion of a nutrient in food that the body can absorb and use) into account. Bioavailability can affect the absorption and utilisation of the following nutrients: iron, calcium, magnesium, zinc, copper, manganese, selenium, folate, niacin and vitamin B6. In general, the availability of most nutrients in milk and dairy products compares favourably with other foods.

Product variation

The nutrient values given are derived from analysis of a range of samples and brands taken throughout the year in order to account for seasonal variation and therefore represent 'average' values. A wide range of products are available on the market and each has a unique nutritional composition. If information on the nutrient composition of a specific product is required it is advisable to contact the manufacturer or supplier directly in order to obtain up-to-date accurate information.

Vitamin A - Retinol and Carotene

The two main components of vitamin A are retinol (or preformed vitamin A) and carotene (which can be broken down in the body to give retinol). The values for retinol and carotene should be added together to give a value for total vitamin A.

Niacin and Tryptophan

Niacin values are the sum of nicotinic acid and nicotinamide, which are collectively known as niacin. Tryptophan can be converted in the body to nicotinic acid. On average, 60mg tryptophan is equivalent to 1mg niacin. In order to estimate the niacin equivalent for the food it is necessary to add together the figures given for 'niacin' and 'niacin from tryptophan'.

Other points to note

- Separate values are given for saturated fat, monounsaturated fat and polyunsaturated fat as well as total fat. The sum of these fatty acids is, however, lower than that for total fat because fat is not totally composed of fatty acids, it is also made up of glycerol.
- Sodium is expressed in milligrams, values should therefore be divided by 1000 in order to convert them into grams.
- All the product values are for pasteurised milk and dairy products.

Whole milk

	Per 100g	Per 100mls (103g)	Per 200ml glass (206g)
Energy (kcal)	66	68	136
(kJ)	274	282	564
Protein (g)	3.3	3.4	6.8
Carbohydrate (g)	4.6	4.7	9.5
of which sugars (g)	4.6	4.7	9.5
Fat (g)	3.9	4.0	8.0
of which saturates	2.5	2.6	5.2
monounsaturates	1.0	1.0	2.0
polyunsaturates	0.1	0.1	0.2
trans fatty acids	0.1	0.1	0.2
Dietary fibre (g)	0	0	0
Thiamin (mg)	0.03	0.03	0.06
Riboflavin (mg)	0.23	0.24	0.48
Niacin (mg)	0.2	0.2	0.4
Niacin from Tryptophan (mg)	0.6	0.6	1.2
Vitamin B6 (mg)	0.06	0.06	0.12
Vitamin B₁₂ (µg)	0.9	0.9	1.9
Folate (µg)	8	8	16
Pantothenate (mg)	0.58	0.60	1.19
Biotin (µg)	2.5	2.6	5.2
Vitamin C (mg)	2	2	4
Retinol (µg)	30	31	62
Carotene (µg)	19	20	39
Vitamin D (µg)	Trace	Trace	Trace
Vitamin E (mg)	0.08	0.08	0.16
Sodium (mg)	43	44	89
Potassium (mg)	155	160	319
Calcium (mg)	118	122	243
Magnesium (mg)	11	11	23
Phosphorus (mg)	93	96	192
Iron (mg)	0.03	0.03	0.06
Copper (mg)	Trace	Trace	Trace
Zinc (mg)	0.4	0.4	0.8
Chloride (mg)	89	92	183
Manganese (mg)	Trace	Trace	Trace
Selenium (µg)	1	1	2
Iodine (µg)	31	32	64

Semi-skimmed milk

	Per 100g	Per 100mls (103g)	Per 200ml glass (206g)
Energy (kcal)	46	47	95
(kJ)	195	201	402
Protein (g)	3.5	3.6	7.2
Carbohydrate (g)	4.7	4.8	9.7
of which sugars (g)	4.7	4.8	9.7
Fat (g)	1.7	1.8	3.5
of which saturates	1.1	1.1	2.3
monounsaturates	0.4	0.4	0.8
polyunsaturates	Trace	Trace	Trace
trans fatty acids	0.1	0.1	0.3
Dietary fibre (g)	0	0	0
Thiamin (mg)	0.03	0.03	0.06
Riboflavin (mg)	0.24	0.25	0.50
Niacin (mg)	0.1	0.1	0.2
Niacin from Tryptophan (mg)	0.6	0.6	1.2
Vitamin B6 (mg)	0.06	0.06	0.12
Vitamin B₁₂ (µg)	0.9	0.9	1.9
Folate (µg)	9	9	19
Pantothenate (mg)	0.68	0.70	1.4
Biotin (µg)	3.0	3.1	6.2
Vitamin C (mg)	2	2	4
Retinol (µg)	19	20	39
Carotene (µg)	9	9	19
Vitamin D (µg)	Trace	Trace	Trace
Vitamin E (mg)	0.04	0.04	0.08
Sodium (mg)	43	44	89
Potassium (mg)	156	161	321
Calcium (mg)	120	124	247
Magnesium (mg)	11	11	23
Phosphorus (mg)	94	97	194
Iron (mg)	0.02	0.02	0.04
Copper (mg)	Trace	Trace	Trace
Zinc (mg)	0.4	0.4	0.8
Chloride (mg)	87	90	179
Manganese (mg)	Trace	Trace	Trace
Selenium (µg)	1	1	2
Iodine (µg)	30	31	62

Skimmed milk

	Per 100g	Per 100mls (103g)	Per 200ml glass (206g)
Energy (kcal)	34	35	70
(kJ)	144	148	297
Protein (g)	3.5	3.6	7.2
Carbohydrate (g)	4.8	4.9	9.9
of which sugars (g)	4.8	4.9	9.9
Fat (g)	0.3	0.3	0.62
of which saturates	0.1	0.1	0.2
monounsaturates	0.1	0.1	0.2
polyunsaturates	Trace	Trace	Trace
trans fatty acids	Trace	Trace	Trace
Dietary fibre (g)	0	0	0
Thiamin (mg)	0.03	0.03	0.06
Riboflavin (mg)	0.22	0.23	0.45
Niacin (mg)	0.1	0.1	0.2
Niacin from Tryptophan (mg)	0.7	0.7	1.4
Vitamin B6 (mg)	0.06	0.06	0.12
Vitamin B₁₂ (µg)	0.8	0.8	1.6
Folate (µg)	9	9	19
Pantothenate (mg)	0.50	0.52	1.03
Biotin (µg)	2.5	2.6	5.2
Vitamin C (mg)	1	1	1
Retinol (µg)	1	1	2
Carotene (µg)	Trace	Trace	Trace
Vitamin D (µg)	Trace	Trace	Trace
Vitamin E (mg)	Trace	Trace	Trace
Sodium (mg)	44	45	91
Potassium (mg)	162	167	334
Calcium (mg)	125	129	258
Magnesium (mg)	11	11	23
Phosphorus (mg)	96	99	198
Iron (mg)	0.03	0.03	0.06
Copper (mg)	Trace	Trace	Trace
Zinc (mg)	0.5	0.5	1.0
Chloride (mg)	87	90	179
Manganese (mg)	Trace	Trace	Trace
Selenium (µg)	1	1	2
Iodine (µg)	30a	31	62

aWinter milk may contain slightly higher levels of iodine than summer milk

Channel Island milk

	Per 100g	Per 100mls (103g)	Per 200ml glass (206g)
Energy (kcal)	78	80	161
(kJ)	327	337	674
Protein (g)	3.6	3.7	7.4
Carbohydrate (g)	4.8	4.9	9.9
of which sugars (g)	4.8	4.9	9.9
Fat (g)	5.1	5.3	10.5
of which saturates	3.3	3.4	6.8
monounsaturates	1.3	1.3	2.7
polyunsaturates	0.1	0.1	0.2
trans fatty acids	(0.1)	(0.1)	(0.2)
Dietary fibre (g)	0	0	0
Thiamin (mg)	0.04	0.04	0.08
Riboflavin (mg)	0.19	0.20	0.39
Niacin (mg)	0.1	0.1	0.2
Niacin from Tryptophan (mg)	0.9	0.9	1.9
Vitamin B6 (mg)	0.06	0.06	0.12
Vitamin B₁₂ (µg)	0.4	0.4	0.8
Folate (µg)	6	6	12
Pantothenate (mg)	0.36	0.37	0.74
Biotin (µg)	1.9	2.0	3.9
Vitamin C (mg)	1	1	2
Retinol (µg)	46	47	95
Carotene (µg)	71	73	146
Vitamin D (µg)	Trace	Trace	Trace
Vitamin E (mg)	0.11	0.11	0.23
Sodium (mg)	54	56	111
Potassium (mg)	140	144	288
Calcium (mg)	130	134	268
Magnesium (mg)	12	12	25
Phosphorus (mg)	100	103	206
Iron (mg)	0.05	0.05	0.1
Copper (mg)	Trace	Trace	Trace
Zinc (mg)	0.4	0.4	0.8
Chloride (mg)	100	103	206
Manganese (mg)	Trace	Trace	Trace
Selenium (µg)	(1)	(1)	(2)
Iodine (µg)	N	N	N

Breakfast milk

	Per 100g	Per 100mls (103g)	Per 200ml glass (206g)
Energy (kcal)	72	74	148
(kJ)	302	311	622
Protein (g)	3.5	3.6	7.2
Carbohydrate (g)	4.3	4.4	8.9
of which sugars (g)	4.3	4.4	8.9
Fat (g)	4.7	4.8	9.7
of which saturates	3.0	3.1	6.2
monounsaturates	1.1	1.1	2.3
polyunsaturates	0.2	0.2	0.4
trans fatty acids	0.2	0.2	0.4
Dietary fibre (g)	0	0	0
Thiamin (mg)	0.04	0.04	0.08
Riboflavin (mg)	0.22	0.23	0.45
Niacin (mg)	0.1	0.1	0.2
Niacin from Tryptophan (mg)	0.6	0.6	1.2
Vitamin B6 (mg)	0.03	0.03	0.06
Vitamin B₁₂ (µg)	0.8	0.8	1.6
Folate (µg)	6	6	12
Pantothenate (mg)	0.38	0.39	0.78
Biotin (µg)	1.9	2.0	3.9
Vitamin C (mg)	(1)	(1)	(2)
Retinol (µg)	35	36	72
Carotene (µg)	41	42	84
Vitamin D (µg)	0.1	0.1	0.2
Vitamin E (mg)	0.17	0.18	0.35
Sodium (mg)	39	40	80
Potassium (mg)	131	135	270
Calcium (mg)	129	133	266
Magnesium (mg)	12	12	25
Phosphorus (mg)	106	109	218
Iron (mg)	Trace	Trace	Trace
Copper (mg)	0.01	0.01	0.02
Zinc (mg)	0.4	0.4	0.8
Chloride (mg)	(100)	(103)	(206)
Manganese (mg)	Trace	Trace	Trace
Selenium (µg)	(1)	(1)	(2)
Iodine (µg)	29	30	60

Condensed milk (whole and skimmed)

	Per 100g Whole milk (sweetened)	Per 100mls Skimmed milk (sweetened)
Energy (kcal)	333	267
(kJ)	1406	1137
Protein (g)	8.5	10
Carbohydrate (g)	55.5	60
of which sugars (g)	55.5	60
Fat (g)	10.1	0.2
of which saturates	6.3	0.1
monounsaturates	2.9	0.1
polyunsaturates	0.3	Trace
trans fatty acids	N	Trace
Dietary fibre (g)	0	0
Thiamin (mg)	0.09	0.11
Riboflavin (mg)	0.46	0.51
Niacin (mg)	0.3	0.3
Niacin from Tryptophan (mg)	2.0	2.3
Vitamin B6 (mg)	0.07	0.09
Vitamin B₁₂ (µg)	0.7	0.9
Folate (µg)	15	16
Pantothenate (mg)	0.85	1.03
Biotin (µg)	3.9	5.2
Vitamin C (mg)	4	5
Retinol (µg)	110	28
Carotene (µg)	70	20
Vitamin D (µg)	5.4	0.9
Vitamin E (mg)	0.19	0.04
Sodium (mg)	140	150
Potassium (mg)	360	450
Calcium (mg)	290	330
Magnesium (mg)	29	33
Phosphorus (mg)	240	270
Iron (mg)	0.23	0.33
Copper (mg)	Trace	Trace
Zinc (mg)	1.0	1.2
Chloride (mg)	230	300
Manganese (mg)	Trace	Trace
Selenium (µg)	(3)	(3)
Iodine (µg)	74	(89)

Dried skimmed milk (fortified)

	Per 100g	Per teaspoon (3g)
Energy (kcal)	348	10.4
(kJ)	1482	46
Protein (g)	36.1	1.1
Carbohydrate (g)	52.9	1.6
of which sugars (g)	52.9	1.6
Fat (g)	0.6	0.02
of which saturates	0.4	0.02
monounsaturates	0.2	Trace
polyunsaturates	Trace	Trace
trans fatty acids	Trace	Trace
Dietary fibre (g)	0	0
Thiamin (mg)	0.38	0.01
Riboflavin (mg)	1.63	0.05
Niacin (mg)	1.0	0.03
Niacin from Tryptophan (mg)	8.5	0.3
Vitamin B6 (mg)	0.6	0.02
Vitamin B₁₂ (µg)	2.6	0.08
Folate (µg)	51	1.5
Pantothenate (mg)	3.28	0.1
Biotin (µg)	20.1	0.6
Vitamin C (mg)	13	0.4
Retinol (µg)	350	10.5
Carotene (µg)	5b	0.15b
Vitamin D (µg)	2.1b	0.06b
Vitamin E (mg)	0.27b	0.01 b
Sodium (mg)	550	17
Potassium (mg)	1590	48
Calcium (mg)	1280	38
Magnesium (mg)	130	4
Phosphorus (mg)	970	29
Iron (mg)	0.27	0.01
Copper (mg)	Trace	Trace
Zinc (mg)	4	0.12
Chloride (mg)	1070	32
Manganese (mg)	Trace	Trace
Selenium (µg)	(11)	(0.3)
Iodine (µg)	(150)	(4.5)

bUnfortified skimmed milk powder contains approximately 8(g retinol, 3(g Carotene, trace Vitamin D and 0.01mg of Vitamin E per 100g.

Evaporated whole milk

	Per 100g	Per 100mls (107g)	Per 170ml small can (181g)
Energy (kcal)	151	162	273
(kJ)	629	673	1138
Protein (g)	8.4	9.1	15.2
Carbohydrate (g)	8.5	9.1	15.4
of which sugars (g)	8.5	9.1	15.4
Fat (g)	9.4	10.1	17.0
of which saturates	5.9	6.3	10.7
monounsaturates	2.7	2.9	4.9
polyunsaturates	0.3	0.3	0.5
trans fatty acids	N	N	N
Dietary fibre (g)	0	0	0
Thiamin (mg)	0.07	0.07	0.13
Riboflavin (mg)	0.42	0.45	0.76
Niacin (mg)	0.2	0.2	0.6
Niacin from Tryptophan (mg)	2.0	2.1	3.6
Vitamin B6 (mg)	0.07	0.07	0.13
Vitamin B₁₂ (µg)	0.1	0.1	0.2
Folate (µg)	11	12	20
Pantothenate (mg)	0.75	0.8	1.4
Biotin (µg)	4.0	4.3	7.2
Vitamin C (mg)	1.0	1.1	1.8
Retinol (µg)	105	112	190
Carotene (µg)	100	107	181
Vitamin D (µg)	4.0c	4.3c	7.2c
Vitamin E (mg)	0.19	0.20	0.34
Sodium (mg)	180	193	326
Potassium (mg)	360	385	652
Calcium (mg)	290	310	525
Magnesium (mg)	29	31	52
Phosphorus (mg)	260	278	471
Iron (mg)	0.26	0.28	0.47
Copper (mg)	0.02	0.02	0.04
Zinc (mg)	0.9	1.0	1.6
Chloride (mg)	250	268	453
Manganese (mg)	Trace	Trace	Trace
Selenium (µg)	(3)	(3)	(5)
Iodine (µg)	11	12	20

cThis is for fortified product. Unfortified evaporated milk contains approximately 0.09 (g vitamin D per 100g)

Evaporated milk (4% fat)

	Per 100g	Per 100mls (107g)	Per 170ml small can (181g)
Energy (kcal)	107	114	194
(kJ)	449	480	813
Protein (g)	7.8	8.3	14.1
Carbohydrate (g)	10.3	11.0	18.6
of which sugars (g)	10.3	11.0	18.6
Fat (g)	4.1	4.4	7.4
of which saturates	2.5	2.7	4.5
monounsaturates	1.1	1.2	2.0
polyunsaturates	0.2	0.2	0.4
trans fatty acids	0.2	0.2	0.4
Dietary fibre (g)	0	0	0
Thiamin (mg)	0.07	0.07	0.13
Riboflavin (mg)	(0.42)	(0.45)	(0.76)
Niacin (mg)	0.2	0.2	0.4
Niacin from Tryptophan (mg)	(2.0)	(2.1)	(3.6)
Vitamin B6 (mg)	0.04	0.04	0.07
Vitamin B₁₂ (µg)	0.2	0.2	0.4
Folate (µg)	8.0	8.6	14.5
Pantothenate (mg)	(0.75)	(0.80)	(1.36)
Biotin (µg)	(4.0)	(4.3)	(7.2)
Vitamin C (mg)	(1)	(1)	(2)
Retinol (µg)	50	52	91
Carotene (µg)	21	23	38
Vitamin D (µg)	3.1	3.3	5.6
Vitamin E (mg)	0.11	0.12	0.18
Vitamin K (mg)	N	N	N
Sodium (mg)	115	123	208
Potassium (mg)	336	360	608
Calcium (mg)	260	278	471
Magnesium (mg)	25	27	45
Phosphorus (mg)	233	249	422
Iron (mg)	Trace	Trace	Trace
Copper (mg)	Trace	Trace	Trace
Zinc (mg)	1.0	1.0	1.8
Chloride (mg)	222	238	402
Manganese (mg)	Trace	Trace	Trace
Selenium (µg)	3	3	5
Iodine (µg)	47	50	85

Flavoured milk

	Per 100g	Per 100mls (103g)	Per 200ml glass (206g)
Energy (kcal)	64	66	132
(kJ)	270	278	556
Protein (g)	3.6	3.7	7.4
Carbohydrate (g)	9.6	9.9	19.8
of which sugars (g)	8.9	9.2	18.3
Fat (g)	1.5	1.5	3.1
of which saturates	1.0	1.0	2.1
monounsaturates	0.3	0.3	0.6
polyunsaturates	0.1	0.1	0.2
trans fatty acids	Trace	Trace	Trace
Dietary fibre (g)	0	0	0
Thiamin (mg)	0.03	0.03	0.06
Riboflavin (mg)	0.17	0.17	0.35
Niacin (mg)	0.1	0.1	0.2
Niacin from Tryptophan (mg)	0.8	0.8	1.6
Vitamin B6 (mg)	0.03	0.03	0.06
Vitamin B₁₂ (µg)	0.1	0.1	0.2
Folate (µg)	2	2	4
Pantothenate (mg)	0.3	0.3	0.6
Biotin (µg)	2.2	2.3	4.5
Vitamin C (mg)	Trace	Trace	Trace
Retinol (µg)	20	21	41
Carotene (µg)	8	8	16
Vitamin D (µg)	0	0	0
Vitamin E (mg)	0.03	0.03	0.06
Sodium (mg)	52	54	107
Potassium (mg)	168	173	346
Calcium (mg)	120	124	247
Magnesium (mg)	12	12	25
Phosphorus (mg)	102	105	210
Iron (mg)	0.13	0.13	0.26
Copper (mg)	Trace	Trace	Trace
Zinc (mg)	0.4	0.4	0.8
Chloride (mg)	110	113	227
Manganese (mg)	Trace	Trace	Trace
Selenium (µg)	N	N	N
Iodine (µg)	N	N	N

Milkshake (thick, takeaway type)

	Per 100g	Per average takeaway serving 300g
Energy (kcal)	88	264
(kJ)	374	1122
Protein (g)	3.7	11.1
Carbohydrate (g)	15.3	45.9
of which sugars (g)	11.1	33.3
Fat (g)	1.8	5.4
of which saturates	1.2	3.6
monounsaturates	0.4	1.2
polyunsaturates	0.1	0.3
trans fatty acids	0.1	0.3
Dietary fibre (g)	Trace	Trace
Thiamin (mg)	0.03	0.09
Riboflavin (mg)	0.23	0.69
Niacin (mg)	0.1	0.3
Niacin from Tryptophan (mg)	0.7	2.1
Vitamin B6 (mg)	0.03	0.09
Vitamin B₁₂ (µg)	0.5	1.5
Folate (µg)	4.0	12
Pantothenate (mg)	0.31	0.93
Biotin (µg)	2.0	6.0
Vitamin C (mg)	1	3
Retinol (µg)	35	105
Carotene (µg)	11	33
Vitamin D (µg)	Trace	Trace
Vitamin E (mg)	0.1	0.3
Sodium (mg)	57	171
Potassium (mg)	171	513
Calcium (mg)	129	387
Magnesium (mg)	13	39
Phosphorus (mg)	120	360
Iron (mg)	Trace	Trace
Copper (mg)	Trace	Trace
Zinc (mg)	0.1	0.3
Chloride (mg)	111	333
Manganese (mg)	Trace	Trace
Selenium (µg)	2	6
Iodine (µg)	37	111

Whole milk yogurt (plain and fruit)

	Plain		Fruit	
	Per 100g	Per 150 pot	Per 100g	Per 150 pot
Energy (kcal)	79	119	109	164
(kJ)	333	500	463	695
Protein (g)	5.7	8.6	4.0	6.0
Carbohydrate (g)	7.8	11.7	17.7	26.6
of which sugars (g)	7.8	11.7	16.6	24.9
Fat (g)	3.0	4.5	3.0	4.5
of which saturates	1.7	2.6	2.0	3.0
monounsaturates	0.9	1.4	0.7	1.1
polyunsaturates	0.2	0.3	0.1	0.2
trans fatty acids	N	N	0.1	0.2
Dietary fibre (g)	N	N	N	N
Thiamin (mg)	0.06	0.09	0.12	0.18
Riboflavin (mg)	0.27	0.4	0.16	0.24
Niacin (mg)	0.2	0.3	0.1	0.2
Niacin from Tryptophan (mg)	1.3	2.0	0.7	1.1
Vitamin B6 (mg)	0.10	0.15	0.01	0.02
Vitamin B₁₂ (µg)	0.2	0.3	0.3	0.5
Folate (µg)	18	27	10.0	15.0
Pantothenate (mg)	0.50	0.75	0.40	0.60
Biotin (µg)	2.6	3.9	1.1	1.7
Vitamin C (mg)	1	1.2	1.0	1.2
Retinol (µg)	28	42	36	54
Carotene (µg)	21	32	Trace	Trace
Vitamin D (µg)	0	0	0.1	0.2
Vitamin E (mg)	0.05	0.08	0.18	0.27
Sodium (mg)	80	120	58	87
Potassium (mg)	280	420	170	255
Calcium (mg)	200	300	122	183
Magnesium (mg)	19	29	13	20
Phosphorus (mg)	170	255	96	144
Iron (mg)	0.10	0.15	0.10	0.15
Copper (mg)	Trace	Trace	Trace	Trace
Zinc (mg)	0.7	1.1	0.4	0.6
Chloride (mg)	170	255	179	269
Manganese (mg)	Trace	Trace	Trace	Trace
Selenium (µg)	(2)	(3)	2	3
Iodine (µg)	(63)	(95)	(27)	(41)

Low fat yogurt (plain and fruit)

	Plain		Fruit	
	Per 100g	Per 150 pot	Per 100g	Per 150 pot
Energy (kcal)	56	84	78	117
(kJ)	237	356	331	497
Protein (g)	4.8	7.2	4.2	6.3
Carbohydrate (g)	7.4	11.1	13.7	20.6
of which sugars (g)	7.1	10.7	12.7	19.1
Fat (g)	1.0	1.5	1.1	1.7
of which saturates	0.7	1.1	(0.8)	(1.2)
monounsaturates	0.2	0.3	(0.3)	(0.5)
polyunsaturates	Trace	Trace	Trace	Trace
trans fatty acids	Trace	Trace	Trace	Trace
Dietary fibre (g)	N	N	0.2	0.3
Thiamin (mg)	0.12	0.18	0.12	0.18
Riboflavin (mg)	0.22	0.33	0.21	0.32
Niacin (mg)	0.1	0.2	0.1	0.2
Niacin from Tryptophan (mg)	1.0	1.5	1.0	1.5
Vitamin B6 (mg)	0.01	0.02	Trace	Trace
Vitamin B₁₂ (µg)	0.3	0.5	0.3	0.5
Folate (µg)	18	27	16	24
Pantothenate (mg)	0.56	0.84	0.33	0.50
Biotin (µg)	1.5	2.3	2.3	3.5
Vitamin C (mg)	1	2	1	2
Retinol (µg)	8	12	(10)	(15)
Carotene (µg)	Trace	Trace	Trace	Trace
Vitamin D (µg)	0.1	0.2	Trace	Trace
Vitamin E (mg)	Trace	Trace	0.28	0.42
Sodium (mg)	63	95	62	93
Potassium (mg)	228	342	204	306
Calcium (mg)	162	243	140	210
Magnesium (mg)	16	24	15	23
Phosphorus (mg)	143	215	120	180
Iron (mg)	0.10	0.15	0.1	0.15
Copper (mg)	0.03	0.05	Trace	Trace
Zinc (mg)	0.6	0.9	0.5	0.8
Chloride (mg)	235	353	(130)	(195)
Manganese (mg)	Trace	Trace	Trace	Trace
Selenium (µg)	2	3	(2)	(3)
Iodine (µg)	34	51	(48)	(72)

Virtually fat free (diet) yogurt (plain and fruit)

	Plain		Fruit	
	Per 100g	Per 150 pot	Per 100g	Per 150 pot
Energy (kcal)	54	81	47	71
(kJ)	230	345	201	302
Protein (g)	5.4	8.1	4.8	7.2
Carbohydrate (g)	8.2	12.3	7.0	10.5
of which sugars (g)	7.9	11.9	6.3	9.5
Fat (g)	0.2	0.3	0.2	0.3
of which saturates	0.1	0.2	(0.1)	(0.2)
monounsaturates	0.1	0.2	(0.1)	(0.2)
polyunsaturates	Trace	Trace	Trace	Trace
trans fatty acids	Trace	Trace	Trace	Trace
Dietary fibre (g)	0	0	Trace	Trace
Thiamin (mg)	(0.04)	(0.06)	0.04	0.06
Riboflavin (mg)	(0.29)	(0.44)	0.29	0.44
Niacin (mg)	(0.1)	(0.2)	0.1	0.2
Niacin from Tryptophan (mg)	(1.0)	(1.5)	1.0	1.5
Vitamin B6 (mg)	(0.07)	(0.11)	0.07	0.1
Vitamin B₁₂ (µg)	(0.2)	(0.3)	(0.2)	(0.3)
Folate (µg)	(8)	(12)	8	12
Pantothenate (mg)	N	N	N	N
Biotin (µg)	N	N	N	N
Vitamin C (mg)	(1)	(2)	1	2
Retinol (µg)	Trace	Trace	Trace	Trace
Carotene (µg)	Trace	Trace	Trace	Trace
Vitamin D (µg)	Trace	Trace	Trace	Trace
Vitamin E (mg)	Trace	Trace	0.03	0.05
Sodium (mg)	71	107	73	110
Potassium (mg)	247	371	180	270
Calcium (mg)	160	240	130	195
Magnesium (mg)	16	24	13	20
Phosphorus (mg)	151	227	110	165
Iron (mg)	0.10	0.15	0.10	0.15
Copper (mg)	0.03	0.05	Trace	Trace
Zinc (mg)	0.6	0.9	0.4	0.6
Chloride (mg)	252	378	120	180
Manganese (mg)	Trace	Trace	Trace	Trace
Selenium (µg)	2	3	(1)	(2)
Iodine (µg)	53	80	N	N

Greek style yogurt (plain and fruit)

	Plain		Fruit	
	Per 100g	Per 150 pot	Per 100g	Per 150 pot
Energy (kcal)	133	200	137	206
(kJ)	551	827	572	858
Protein (g)	5.7	8.6	4.8	7.2
Carbohydrate (g)	4.8	7.2	11.2	16.8
of which sugars (g)	4.5	6.8	10.5	15.8
Fat (g)	10.2	15.3	8.4	12.6
of which saturates	6.8	10.2	5.6	8.4
monounsaturates	2.5	3.8	2.2	3.3
polyunsaturates	0.3	0.5	0.2	0.3
trans fatty acids	0.2	0.3	0.2	0.3
Dietary fibre (g)	0	0	Trace	Trace
Thiamin (mg)	0.12	0.18	(0.12)	(0.18)
Riboflavin (mg)	0.13	0.20	(0.13)	(0.20)
Niacin (mg)	(0.1)	(0.2)	(0.1)	(0.2)
Niacin from Tryptophan (mg)	(1.5)	(2.3)	(1.5)	(2.3)
Vitamin B6 (mg)	0.01	0.02	Trace	Trace
Vitamin B₁₂ (µg)	0.2	0.3	0	0
Folate (µg)	(6)	(9)	(6)	(9)
Pantothenate (mg)	N	N	N	N
Biotin (µg)	N	N	N	N
Vitamin C (mg)	Trace	Trace	Trace	Trace
Retinol (µg)	115	173	115	173
Carotene (µg)	Trace	Trace	Trace	Trace
Vitamin D (µg)	0.1	0.2	0.1	0.2
Vitamin E (mg)	0.38	0.57	0.39	0.59
Sodium (mg)	66	99	64	96
Potassium (mg)	184	276	218	327
Calcium (mg)	126	189	141	212
Magnesium (mg)	13	20	14	21
Phosphorus (mg)	138	207	136	204
Iron (mg)	0.10	0.15	0.20	0.30
Copper (mg)	Trace	Trace	Trace	Trace
Zinc (mg)	0.5	0.8	0.6	0.9
Chloride (mg)	159	239	(159)	(239)
Manganese (mg)	Trace	Trace	Trace	Trace
Selenium (µg)	3	5	(3)	(5)
Iodine (µg)	39	59	(39)	(59)

Infant fruit flavour yogurt

	Per 100g	Per 90g pot
Energy (kcal)	90	81
(kJ)	378	340
Protein (g)	3.8	3.4
Carbohydrate (g)	11.1	10.1
of which sugars (g)	10.4	9.4
Fat (g)	3.7	3.3
of which saturates	2.5	2.3
monounsaturates	0.9	0.8
polyunsaturates	0.1	0.1
trans fatty acids	0.1	0.1
Dietary fibre (g)	0.1	0.1
Thiamin (mg)	0.12	0.11
Riboflavin (mg)	0.15	0.14
Niacin (mg)	(0.1)	(0.1)
Niacin from Tryptophan (mg)	(0.7)	(0.6)
Vitamin B6 (mg)	0.01	Trace
Vitamin B₁₂ (µg)	0.3	0.3
Folate (µg)	10	9
Pantothenate (mg)	(0.40)	(0.36)
Biotin (µg)	(1.1)	(0.9)
Vitamin C (mg)	Trace	Trace
Retinol (µg)	(36)	(32)
Carotene (µg)	Trace	Trace
Vitamin D (µg)	(0.1)	(0.1)
Vitamin E (mg)	(0.18)	(0.16)
Sodium (mg)	46	41
Potassium (mg)	176	158
Calcium (mg)	120	108
Magnesium (mg)	12	11
Phosphorus (mg)	114	103
Iron (mg)	0.2	0.2
Copper (mg)	0.02	0.02
Zinc (mg)	0.5	0.5
Chloride (mg)	(179)	(161)
Manganese (mg)	Trace	Trace
Selenium (µg)	(2)	(2)
Iodine (µg)	(27)	(24)

Twinpot yogurt (thick and creamy with fruit)

	Per 100g	Per 175g pot
Energy (kcal)	106	186
(kJ)	446	781
Protein (g)	4.1	7.2
Carbohydrate (g)	16.2	28.4
of which sugars (g)	15.6	27.3
Fat (g)	3.2	5.6
of which saturates	N	N
monounsaturates	N	N
polyunsaturates	N	N
trans fatty acids	N	N
Dietary fibre (g)	N	N
Thiamin (mg)	(0.06)	(0.11)
Riboflavin (mg)	(0.19)	(0.33)
Niacin (mg)	(0.2)	(0.4)
Niacin from Tryptophan (mg)	(0.9)	(1.6)
Vitamin B6 (mg)	(0.08)	(0.14)
Vitamin B₁₂ (µg)	0	0
Folate (µg)	(13)	(23)
Pantothenate (mg)	(0.36)	(0.95)
Biotin (µg)	(2.0)	(3.5)
Vitamin C (mg)	(2)	(4)
Retinol (µg)	(20)	(35)
Carotene (µg)	(15)	(26)
Vitamin D (µg)	0	0
Vitamin E (mg)	(0.12)	(0.21)
Sodium (mg)	53	93
Potassium (mg)	175	306
Calcium (mg)	130	228
Magnesium (mg)	13	23
Phosphorus (mg)	106	186
Iron (mg)	0.20	0.35
Copper (mg)	Trace	Trace
Zinc (mg)	0.4	0.7
Chloride (mg)	N	N
Manganese (mg)	Trace	Trace
Selenium (µg)	N	N
Iodine (µg)	N	N

Drinking yogurt

	Per 100g	Per 200g serving
Energy (kcal)	62	124
(kJ)	263	526
Protein (g)	3.1	6.2
Carbohydrate (g)	13.1	26.2
of which sugars (g)	13.1	26.2
Fat (g)	Trace	Trace
of which saturates	Trace	Trace
monounsaturates	Trace	Trace
polyunsaturates	Trace	Trace
trans fatty acids	Trace	Trace
Dietary fibre (g)	Trace	Trace
Thiamin (mg)	0.03	0.06
Riboflavin (mg)	0.16	0.32
Niacin (mg)	0.1	0.2
Niacin from Tryptophan (mg)	0.7	1.4
Vitamin B6 (mg)	0.05	0.10
Vitamin B₁₂ (µg)	0.2	0.4
Folate (µg)	12	24
Pantothenate (mg)	0.19	0.38
Biotin (µg)	0.9	1.8
Vitamin C (mg)	0	0
Retinol (µg)	Trace	Trace
Carotene (µg)	Trace	Trace
Vitamin D (µg)	Trace	Trace
Vitamin E (mg)	Trace	Trace
Sodium (mg)	47	94
Potassium (mg)	130	260
Calcium (mg)	100	200
Magnesium (mg)	11	22
Phosphorus (mg)	81	162
Iron (mg)	0.10	0.20
Copper (mg)	0.01	0.02
Zinc (mg)	0.3	0.6
Chloride (mg)	75	150
Manganese (mg)	Trace	Trace
Selenium (µg)	(1)	(2)
Iodine (µg)	N	N

Fromage frais (various types)

	Per 100g [†]		Per 100g [†]	
	Plain	Fruit	Virtually fat free - plain	Virtually fat free - fruit
Energy (kcal)	113	124	49	50
(kJ)	470	520	208	213
Protein (g)	6.1	5.3	7.7	6.8
Carbohydrate (g)	4.4	13.9	4.6	5.6
of which sugars (g)	4.1	13.3	4.4	4.9
Fat (g)	8.0	5.6	0.1	0.2
of which saturates	5.5	3.5	0.1	0.1
monounsaturates	1.8	1.6	Trace	0.1
polyunsaturates	0.2	0.2	Trace	Trace
trans fatty acids	0.1	0.1	Trace	Trace
Dietary fibre (g)	0	Trace	0	0.4
Thiamin (mg)	0.13	0.12	(0.03)	(0.03)
Riboflavin (mg)	0.20	0.13	(0.37)	(0.37)
Niacin (mg)	0.1	0.1	(0.1)	(0.1)
Niacin from Tryptophan (mg)	1.2	1.2	1.8	1.8
Vitamin B6 (mg)	0.01	0.01	(0.07)	(0.07)
Vitamin B₁₂ (µg)	0.5	0.5	(1.4)	(1.4)
Folate (µg)	15	15	(15)	(15)
Pantothenate (mg)	0.47	0.38	N	N
Biotin (µg)	Trace	0.6	N	N
Vitamin C (mg)	Trace	Trace	Trace	Trace
Retinol (µg)	82	82	(3)	(3)
Carotene (µg)	Trace	Trace	Trace	Trace
Vitamin D (µg)	0	0	Trace	Trace
Vitamin E (mg)	0.15	(0.01)	Trace	Trace
Sodium (mg)	36	35	37	(33)
Potassium (mg)	143	110	155	(110)
Calcium (mg)	110	86	127	(87)
Magnesium (mg)	11	8	12	(8)
Phosphorus (mg)	123	110	120	(110)
Iron (mg)	0.1	0.1	0.1	(0.1)
Copper (mg)	0.03	0.02	0.03	(0.01)
Zinc (mg)	0.4	0.4	0.6	(0.3)
Chloride (mg)	137	78	(137)	(89)
Manganese (mg)	Trace	Trace	Trace	Trace
Selenium (µg)	3	(3)	(3)	(2)
Iodine (µg)	17	(17)	23	N

[†] (or size of an average pot)

Cheddar cheese (regular and half fat varieties)

	Regular		Half fat	
	Per 100g	Per matchbox size serving (30g)	Per 100g	Per matchbox size serving (30g)
Energy (kcal)	416	125	273	82
(kJ)	1725	518	1141	342
Protein (g)	25.4	7.6	32.7	9.8
Carbohydrate (g)	0.1	0.03	Trace	Trace
of which sugars (g)	0.1	0.03	Trace	Trace
Fat (g)	34.9	10.5	15.8	4.7
of which saturates	21.7	6.5	9.9	3.0
monounsaturates	9.4	2.8	4.6	1.4
polyunsaturates	1.1	0.3	0.4	0.11
trans fatty acids	1.4	0.4	N	N
Dietary fibre (g)	0	0	0	0
Thiamin (mg)	0.03	0.01	0.03	0.01
Riboflavin (mg)	0.39	0.12	0.53	0.16
Niacin (mg)	0.1	0.03	0.1	0.03
Niacin from Tryptophan (mg)	6.8	2.0	7.4	2.2
Vitamin B6 (mg)	0.15	0.04	0.13	0.04
Vitamin B₁₂ (µg)	2.4	0.7	1.3	0.4
Folate (µg)	31	9	56	17
Pantothenate (mg)	0.5	0.2	0.51	0.15
Biotin (µg)	4.4	1.32	3.8	1.1
Vitamin C (mg)	Trace	Trace	Trace	Trace
Retinol (µg)	364	109	190	57
Carotene (µg)	141	42.3	121	36.3
Vitamin D (µg)	0.3	0.1	0.1	0.03
Vitamin E (mg)	0.52	0.16	0.47	0.14
Sodium (mg)	723	217	670	201
Potassium (mg)	75	23	110	33
Calcium (mg)	739	222	840	252
Magnesium (mg)	29	9	39	12
Phosphorus (mg)	505	152	620	186
Iron (mg)	0.30	0.09	0.20	0.06
Copper (mg)	0.03	0.01	0.05	0.02
Zinc (mg)	4.1	1.2	2.8	0.8
Chloride (mg)	1040	312	1110	333
Manganese (mg)	Trace	Trace	Trace	Trace
Selenium (µg)	6.0	1.8	11	3
Iodine (µg)	30	9	N	N

Vegetarian Cheddar cheese

	Per 100g	Per matchbox size serving (30g)
Energy (kcal)	390	117
(kJ)	1618	485
Protein (g)	25.5	7.7
Carbohydrate (g)	Trace	Trace
of which sugars (g)	Trace	Trace
Fat (g)	32	9.6
of which saturates	20.8	6.2
monounsaturates	8.7	2.6
polyunsaturates	1.2	0.5
trans fatty acids	1.5	0.5
Dietary fibre (g)	0	0
Thiamin (mg)	0.03	0.01
Riboflavin (mg)	0.41	0.12
Niacin (mg)	0	0
Niacin from Tryptophan (mg)	6.2	1.9
Vitamin B6 (mg)	0.11	0.03
Vitamin B₁₂ (µg)	1.2	0.4
Folate (µg)	30	9
Pantothenate (mg)	0.30	0.09
Biotin (µg)	2.6	0.8
Vitamin C (mg)	Trace	Trace
Retinol (µg)	356	106.8
Carotene (µg)	203	0.1
Vitamin E (mg)	0.80	0.24
Sodium (mg)	670	201
Potassium (mg)	67	20
Calcium (mg)	690	207
Magnesium (mg)	31	9
Phosphorus (mg)	490	147
Iron (mg)	0.20	0.06
Copper (mg)	Trace	Trace
Zinc (mg)	1.9	0.6
Chloride (mg)	990	297
Manganese (mg)	0.1	0.03
Selenium (µg)	5	2
Iodine (µg)	26	8

Cheese spread (plain and reduced fat)

	Plain		Reduced fat	
	Per 100g	Per small triangle (14g)	Per 100g	Per small triangle (14g)
Energy (kcal)	267	37	175	25
(kJ)	1106	155	733	103
Protein (g)	11.3	1.6	15	2
Carbohydrate (g)	4.4	0.6	9	1.3
of which sugars (g)	4.4	0.6	7.3	1.0
Fat (g)	22.8	3.2	9.5	1.3
of which saturates	15.8	2.2	6.6	0.9
monounsaturates	5.8	0.8	2.4	0.3
polyunsaturates	0.8	0.1	0.3	0.04
trans fatty acids	1.1	0.2	0.5	0.07
Dietary fibre (g)	0	0	0	0
Thiamin (mg)	0.05	0.01	0.06	0.01
Riboflavin (mg)	0.36	0.05	0.53	0.07
Niacin (mg)	0.1	0.01	0.1	0.01
Niacin from Tryptophan (mg)	3.2	0.5	3.1	0.4
Vitamin B6 (mg)	0.08	0.01	0.07	0.01
Vitamin B₁₂ (µg)	0.6	0.08	2	0.3
Folate (µg)	19	3	7	1
Pantothenate (mg)	0.51	0.07	0.42	0.06
Biotin (µg)	3.6	0.5	3	0.4
Vitamin C (mg)	Trace	Trace	Trace	Trace
Retinol (µg)	262	37	119	17
Carotene (µg)	119	17	90	13
Vitamin D (µg)	0.2	0.03	N	N
Vitamin E (mg)	0.30	0.04	0.4	0.1
Sodium (mg)	288	40.3	438	61.3
Potassium (mg)	219	31	235	33
Calcium (mg)	498	70	485	68
Magnesium (mg)	24	3	24	3
Phosphorus (mg)	835	117	850	119
Iron (mg)	Trace	Trace	0.30	0.04
Copper (mg)	Trace	Trace	0.05	0.01
Zinc (mg)	1.8	0.3	1.7	0.2
Chloride (mg)	820	115	775	109
Manganese (mg)	Trace	Trace	Trace	Trace
Selenium (µg)	(4)	(1)	4	1
Iodine (µg)	29	4	29	4

Cottage cheese (various types)

	Regular		Reduced fat [†]		Plain with additions [‡]	
	Per 100g	Per tablespoon (40g)	Per 100g	Per tablespoon (40g)	Per 100g	Per tablespoon (40g)
Energy (kcal)	101	40	79	32	95	38
(kJ)	423	169	334	134	400	160
Protein (g)	12.6	5.0	13.3	5.3	12.8	5.1
Carbohydrate (g)	3.1	1.2	3.3	1.3	2.6	1.0
of which sugars (g)	3.1	1.2	3.3	1.3	2.6	1.0
Fat (g)	4.3	1.7	1.5	0.6	3.8	1.5
of which saturates	2.3	0.9	1.0	0.4	2.4	1.0
monounsaturates	1.2	0.5	0.4	0.2	1.1	0.4
polyunsaturates	0.2	0.1	Trace	Trace	0.1	0.04
trans fatty acids	0.2	0.1	Trace	Trace	N	N
Dietary fibre (g)	0	0	0	0	0	0
Thiamin (mg)	(0.05)	(0.02)	0.05	0.02	0.06	0.02
Riboflavin (mg)	(0.24)	(0.04)	0.24	0.10	0.21	0.08
Niacin (mg)	(0.2)	(0.1)	0.2	0.1	0.2	0.08
Niacin from Tryptophan (mg)	(3.4)	(1.4)	3.4	1.4	3.0	1.2
Vitamin B6 (mg)	(0.05)	(0.02)	0.05	0.02	0.08	0.03
Vitamin B₁₂ (µg)	(0.6)	(0.2)	0.6	0.24	0.6	0.2
Folate (µg)	(22)	(9)	22	9	13	5
Pantothenate (mg)	(0.3)	(0.1)	0.3	0.1	0.31	0.12
Biotin (µg)	(5.1)	(2.0)	5.1	2.0	3.0	1.2
Vitamin C (mg)	Trace	Trace	Trace	Trace	1	0.4
Retinol (µg)	46	18	16	6	43	17
Carotene (µg)	13	5	4	2	10	4
Vitamin D (µg)	0	0	0	0	0	0
Vitamin E (mg)	0.1	0.04	0.03	0.01	0.08	0.03
Sodium (mg)	(300)	(120)	300	120	360	144
Potassium (mg)	(161)	(64)	161	64	130	52
Calcium (mg)	(127)	(51)	127	51	110	44
Magnesium (mg)	(13)	(5)	13	5	12	4.8
Phosphorus (mg)	(171)	(68)	171	68	160	64
Iron (mg)	Trace	Trace	Trace	Trace	0.1	0.04
Copper (mg)	Trace	Trace	Trace	Trace	0.05	0.02
Zinc (mg)	(0.6)	(0.2)	0.6	0.2	0.5	0.2
Chloride (mg)	(490)	(196)	490	196	590	236
Manganese (mg)	Trace	Trace	Trace	Trace	Trace	Trace
Selenium (µg)	(4)	(2)	4	2	(4)	(2)
Iodine (µg)	(24)	(10)	24	10	N	N

[†](plain)

[‡](e.g. pineapple)

Cream cheese

	Per 100g	Per average serving in a sandwich (30g)
Energy (kcal)	439	132
(kJ)	1807	542
Protein (g)	3.1	0.9
Carbohydrate (g)	Trace	Trace
of which sugars (g)	Trace	Trace
Fat (g)	47.4	14.2
of which saturates	29.7	8.9
monounsaturates	13.7	4.1
polyunsaturates	1.4	0.4
trans fatty acids	N	N
Dietary fibre (g)	0	0
Thiamin (mg)	0.03	0.01
Riboflavin (mg)	0.13	0.04
Niacin (mg)	0.1	0.03
Niacin from Tryptophan (mg)	0.7	0.2
Vitamin B6 (mg)	0.04	0.01
Vitamin B₁₂ (µg)	0.3	0.1
Folate (µg)	11	3.3
Pantothenate (mg)	0.27	0.08
Biotin (µg)	1.6	0.5
Vitamin C (mg)	Trace	Trace
Retinol (µg)	385	116
Carotene (µg)	220	66
Vitamin D (µg)	0.3	0.1
Vitamin E (mg)	1.0	0.3
Sodium (mg)	300	90
Potassium (mg)	160	48
Calcium (mg)	98	29
Magnesium (mg)	10	3
Phosphorus (mg)	100	30
Iron (mg)	0.10	0.03
Copper (mg)	(0.04)	(0.01)
Zinc (mg)	0.5	0.2
Chloride (mg)	480	144
Manganese (mg)	Trace	Trace
Selenium (µg)	4	1
Iodine (µg)	N	N

Hard cheese (average of English Cheddar, Red Leicester and Double Gloucester)

	Per 100g	Per matchbox size serving (30g)
Energy (kcal)	411	123
(kJ)	1702	511
Protein (g)	24.9	7.5
Carbohydrate (g)	0.1	0.03
of which sugars (g)	0.1	0.03
Fat (g)	34.5	10.4
of which saturates	21.6	6.5
monounsaturates	10.1	3.0
polyunsaturates	1.0	0.3
trans fatty acids	N	N
Dietary fibre (g)	0	0
Thiamin (mg)	0.03	0.01
Riboflavin (mg)	0.41	0.12
Niacin (mg)	0.1	0.03
Niacin from Tryptophan (mg)	6.8	2.0
Vitamin B6 (mg)	0.15	0.05
Vitamin B₁₂ (µg)	2.4	0.7
Folate (µg)	31	9
Pantothenate (mg)	0.50	0.15
Biotin (µg)	3.0	0.9
Vitamin C (mg)	Trace	Trace
Retinol (µg)	330	99
Carotene (µg)	215	65
Vitamin D (µg)	0.3	0.1
Vitamin E (mg)	0.52	0.16
Sodium (mg)	687	206
Potassium (mg)	76	23
Calcium (mg)	731	219
Magnesium (mg)	29	9
Phosphorus (mg)	500	150
Iron (mg)	0.30	0.09
Copper (mg)	0.05	0.02
Zinc (mg)	4.1	1.2
Chloride (mg)	1005	302
Manganese (mg)	Trace	Trace
Selenium (µg)	6	2
Iodine (µg)	30	9

Processed cheese slices (regular and reduced fat)

	Regular		Reduced fat	
	Per 100g	Per slice (20g)	Per 100g	Per slice (20g)
Energy (kcal)	297	59	228	46
(kJ)	1234	247	953	191
Protein (g)	17.8	3.6	22.4	4.5
Carbohydrate (g)	5.0	1.0	5.0	1.0
of which sugars (g)	5.0	1.0	5.0	1.0
Fat (g)	23.0	4.6	13.1	2.6
of which saturates	14.3	2.9	8.1	1.6
monounsaturates	6.3	1.3	3.6	0.7
polyunsaturates	0.8	0.2	0.5	0.1
trans fatty acids	1.1	0.2	0.4	0.08
Dietary fibre (g)	0	0	0	0
Thiamin (mg)	0.06	0.01	0.06	0.01
Riboflavin (mg)	0.25	0.05	0.25	0.05
Niacin (mg)	0.1	0.02	0.1	0.02
Niacin from Tryptophan (mg)	4.7	0.9	4.7	0.9
Vitamin B6 (mg)	0.07	0.01	0.07	0.01
Vitamin B₁₂ (µg)	1.2	0.2	1.2	0.2
Folate (µg)	15	3	15	3
Pantothenate (mg)	0.60	0.12	0.60	0.12
Biotin (µg)	5.6	1.1	5.6	1.1
Vitamin C (mg)	Trace	Trace	Trace	Trace
Retinol (µg)	270	54	157	31
Carotene (µg)	95	19	197	39
Vitamin D (µg)	0.2	0.04	N	N
Vitamin E (mg)	0.55	0.11	0.54	0.11
Sodium (mg)	1351	270	1390	278
Potassium (mg)	178	36	185	37
Calcium (mg)	610	122	800	160
Magnesium (mg)	27	5	31	6
Phosphorus (mg)	178	36	185	37
Iron (mg)	0.50	0.10	0.30	0.06
Copper (mg)	Trace	Trace	0.07	0.01
Zinc (mg)	2.6	0.5	3.0	0.6
Chloride (mg)	1080	216	(1080)	(216)
Manganese (mg)	Trace	Trace	Trace	Trace
Selenium (µg)	5	1	(7)	(1.4)
Iodine (µg)	27	5	(27)	(5.4)

Stilton cheese

	Per 100g	Per matchbox size serving (30g)
Energy (kcal)	410	123
(kJ)	1698	509
Protein (g)	23.7	7.1
Carbohydrate (g)	0.1	0.03
of which sugars (g)	0.1	0.03
Fat (g)	35	10.5
of which saturates	23.0	7.0
monounsaturates	9.2	2.8
polyunsaturates	1.2	0.4
trans fatty acids	1.5	0.5
Dietary fibre (g)	0	0
Thiamin (mg)	0.03	0.01
Riboflavin (mg)	0.47	0.14
Niacin (mg)	0.7	0.2
Niacin from Tryptophan (mg)	5.9	1.8
Vitamin B6 (mg)	0.13	0.04
Vitamin B₁₂ (µg)	1.2	0.4
Folate (µg)	78	23
Pantothenate (mg)	0.90	0.27
Biotin (µg)	3.3	1.0
Vitamin C (mg)	Trace	Trace
Retinol (µg)	360	108
Carotene (µg)	182	55
Vitamin D (µg)	0.2	0.1
Vitamin E (mg)	0.6	0.2
Sodium (mg)	788	236
Potassium (mg)	96	29
Calcium (mg)	326	98
Magnesium (mg)	15	5
Phosphorus (mg)	314	94
Iron (mg)	0.20	0.06
Copper (mg)	0.04	0.01
Zinc (mg)	2.9	0.9
Chloride (mg)	1230	369
Manganese (mg)	Trace	Trace
Selenium (µg)	7	2
Iodine (µg)	40	12

White cheese (average of Cheshire, Lancashire and Wensleydale)

	Per 100g	Per matchbox size serving (30g)
Energy (kcal)	381	114
(kJ)	1580	474
Protein (g)	23.7	7.1
Carbohydrate (g)	0.1	0.03
of which sugars (g)	0.1	0.03
Fat (g)	31.8	9.5
of which saturates	21.1	6.3
monounsaturates	7.9	2.4
polyunsaturates	0.7	0.2
trans fatty acids	N	N
Dietary fibre (g)	0	0
Thiamin (mg)	0.02	Trace
Riboflavin (mg)	0.46	0.14
Niacin (mg)	0.1	0.03
Niacin from Tryptophan (mg)	6.3	1.9
Vitamin B6 (mg)	0.08	0.02
Vitamin B₁₂ (µg)	1.6	0.5
Folate (µg)	39	12
Pantothenate (mg)	0.29	0.09
Biotin (µg)	3.9	1.2
Vitamin C (mg)	Trace	Trace
Retinol (µg)	351	105
Carotene (µg)	231	69
Vitamin D (µg)	0.2	0.1
Vitamin E (mg)	0.62	0.19
Sodium (mg)	502	151
Potassium (mg)	82	25
Calcium (mg)	544	163
Magnesium (mg)	22	7
Phosphorus (mg)	408	122
Iron (mg)	0.3	0.1
Copper (mg)	0.03	0.01
Zinc (mg)	3.5	1.1
Chloride (mg)	810	243
Manganese (mg)	Trace	Trace
Selenium (µg)	3	1
Iodine (µg)	41	12

Single cream

	Per 100g	Per 100mls	Per tablespoon (15g)
Energy (kcal)	193	193	29
(kJ)	798	798	120
Protein (g)	3.3	3.3	0.5
Carbohydrate (g)	2.2	2.2	0.3
of which sugars (g)	2.2	2.2	0.3
Fat (g)	19.1	19.1	2.9
of which saturates	12.2	12.2	1.8
monounsaturates	5.1	5.1	0.8
polyunsaturates	0.6	0.6	0.1
trans fatty acids	0.7	0.7	0.1
Dietary fibre (g)	0	0	0
Thiamin (mg)	0.03	0.03	Trace
Riboflavin (mg)	0.19	0.19	0.03
Niacin (mg)	0.1	0.1	0.02
Niacin from Tryptophan (mg)	0.5	0.5	0.08
Vitamin B6 (mg)	0.03	0.03	Trace
Vitamin B₁₂ (µg)	0.4	0.4	0.06
Folate (µg)	5.0	5.0	0.8
Pantothenate (mg)	0.3	0.3	0.05
Biotin (µg)	2.8	2.8	0.4
Vitamin C (mg)	1.0	1.0	0.2
Retinol (µg)	291	291	44
Carotene (µg)	169	169	25
Vitamin D (µg)	0.3	0.3	0.04
Vitamin E (mg)	0.47	0.47	0.07
Sodium (mg)	29	29	4
Potassium (mg)	104	104	16
Calcium (mg)	89	89	13
Magnesium (mg)	8	8	1
Phosphorus (mg)	79	79	12
Iron (mg)	Trace	Trace	Trace
Copper (mg)	Trace	Trace	Trace
Zinc (mg)	0.3	0.3	0.04
Chloride (mg)	80	80	12
Manganese (mg)	Trace	Trace	Trace
Selenium (µg)	N	N	N
Iodine (µg)	N	N	N

Soured cream

	Per 100g	Per tablespoon (15g)
Energy (kcal)	205	31
(kJ)	845	127
Protein (g)	2.9	0.4
Carbohydrate (g)	3.8	0.6
of which sugars (g)	3.8	0.6
Fat (g)	19.9	3.0
of which saturates	12.5	1.9
monounsaturates	5.8	0.9
polyunsaturates	0.6	0.1
trans fatty acids	N	N
Dietary fibre (g)	0	0
Thiamin (mg)	0.03	Trace
Riboflavin (mg)	0.17	0.02
Niacin (mg)	0.1	0.01
Niacin from Tryptophan (mg)	0.7	0.1
Vitamin B6 (mg)	0.04	Trace
Vitamin B₁₂ (µg)	0.2	0.03
Folate (µg)	12	2
Pantothenate (mg)	0.24	0.04
Biotin (µg)	1.5	0.2
Vitamin C (mg)	Trace	Trace
Retinol (µg)	330	50
Carotene (µg)	105	16
Vitamin D (µg)	0.2	0.03
Vitamin E (mg)	0.44	0.07
Sodium (mg)	41	6
Potassium (mg)	110	17
Calcium (mg)	93	14
Magnesium (mg)	10	2
Phosphorus (mg)	81	12
Iron (mg)	0.4	0.06
Copper (mg)	Trace	Trace
Zinc (mg)	0.5	0.07
Chloride (mg)	81	12
Manganese (mg)	Trace	Trace
Selenium (µg)	Trace	Trace
Iodine (µg)	N	N

Whipping cream

	Per 100g	Per 100mls (96g)	Per tablespoon (30g)
Energy (kcal)	381	366	114
(kJ)	1568	1505	470
Protein (g)	2.0	1.9	0.6
Carbohydrate (g)	2.7	2.6	0.8
of which sugars (g)	2.7	2.6	0.8
Fat (g)	40.3	38.7	12.1
of which saturates	25.2	24.2	7.6
monounsaturates	11.7	11.2	3.5
polyunsaturates	1.1	1.1	0.3
trans fatty acids	N	N	N
Dietary fibre (g)	0	0	0
Thiamin (mg)	0.02	0.02	0.01
Riboflavin (mg)	0.17	0.16	0.05
Niacin (mg)	Trace	Trace	Trace
Niacin from Tryptophan (mg)	0.5	0.5	0.2
Vitamin B6 (mg)	0.04	0.04	0.01
Vitamin B₁₂ (µg)	0.2	0.2	0.06
Folate (µg)	7.0	6.7	2
Pantothenate (mg)	0.22	0.21	0.07
Biotin (µg)	1.4	1.3	0.4
Vitamin C (mg)	1.0	0.9	0.3
Retinol (µg)	399	383	120
Carotene (µg)	247	237	74
Vitamin D (µg)	0.3	0.3	0.1
Vitamin E (mg)	1.32	1.27	0.40
Sodium (mg)	25	24	8
Potassium (mg)	86	83	26
Calcium (mg)	58	56	17
Magnesium (mg)	6	6	2
Phosphorus (mg)	59	57	18
Iron (mg)	Trace	Trace	Trace
Copper (mg)	Trace	Trace	Trace
Zinc (mg)	0.2	0.2	0.1
Chloride (mg)	59	57	18
Manganese (mg)	Trace	Trace	Trace
Selenium (µg)	N	N	N
Iodine (µg)	N	N	N

Double cream

	Per 100g	Per 100mls (94g)	Per tablespoon (30g)
Energy (kcal)	496	466	149
(kJ)	2041	1919	612
Protein (g)	1.6	1.5	0.5
Carbohydrate (g)	1.7	1.6	0.5
of which sugars (g)	1.7	1.6	0.5
Fat (g)	53.7	50.5	16.1
of which saturates	33.4	31.4	10.0
monounsaturates	13.8	13.0	4.1
polyunsaturates	1.9	1.8	0.6
trans fatty acids	1.8	1.7	0.5
Dietary fibre (g)	0	0	0
Thiamin (mg)	0.02	0.02	0.01
Riboflavin (mg)	0.19	0.18	0.06
Niacin (mg)	Trace	Trace	Trace
Niacin from Tryptophan (mg)	0.3	0.3	0.1
Vitamin B6 (mg)	0.01	0.01	Trace
Vitamin B₁₂ (µg)	0.6	0.6	0.2
Folate (µg)	7	7	2
Pantothenate (mg)	0.23	0.22	0.07
Biotin (µg)	0.9	0.8	0.3
Vitamin C (mg)	1.0	0.9	0.3
Retinol (µg)	779d	732d	234d
Carotene (µg)	483d	454d	145d
Vitamin D (µg)	0.3	0.3	0.1
Vitamin E (mg)	1.64d	1.54d	0.49d
Sodium (mg)	22	21	7
Potassium (mg)	65	61	20
Calcium (mg)	49	46	15
Magnesium (mg)	5	5	2
Phosphorus (mg)	52	49	16
Iron (mg)	0.10	0.09	0.03
Copper (mg)	Trace	Trace	Trace
Zinc (mg)	0.2	0.2	0.1
Chloride (mg)	36	34	11
Manganese (mg)	Trace	Trace	Trace
Selenium (µg)	3	3	1
Iodine (µg)	35	33	11

dDouble cream with added alcohol contains 390(g retinol, 187(g carotene and 1.08mg vitamin E per 100g

Clotted cream

	Per 100g	Per tablespoon (30g)
Energy (kcal)	586	176
(kJ)	2413	724
Protein (g)	1.6	0.5
Carbohydrate (g)	2.3	0.7
of which sugars (g)	2.3	0.7
Fat (g)	63.5	19.1
of which saturates	39.7	11.9
monounsaturates	18.4	5.5
polyunsaturates	1.8	0.5
trans fatty acids	N	N
Dietary fibre (g)	0	0
Thiamin (mg)	0.02	0.01
Riboflavin (mg)	0.16	0.05
Niacin (mg)	Trace	Trace
Niacin from Tryptophan (mg)	0.4	0.1
Vitamin B6 (mg)	0.03	0.01
Vitamin B₁₂ (µg)	0.1	0.03
Folate (µg)	6	2
Pantothenate (mg)	0.14	0.04
Biotin (µg)	1.0	0.3
Vitamin C (mg)	Trace	Trace
Retinol (µg)	705	212
Carotene (µg)	685	206
Vitamin D (µg)	0.3	0.1
Vitamin E (mg)	1.48	0.44
Sodium (mg)	18	5
Potassium (mg)	55	17
Calcium (mg)	37	11
Magnesium (mg)	5	2
Phosphorus (mg)	40	12
Iron (mg)	0.10	0.03
Copper (mg)	0.09	0.03
Zinc (mg)	0.2	0.1
Chloride (mg)	40	12
Manganese (mg)	Trace	Trace
Selenium (µg)	Trace	Trace
Iodine (µg)	Trace	Trace

Crème fraîche (full fat and half fat)

	Full fat		Half fat	
	Per 100g	Per tablespoon (30g)	Per 100g	Per tablespoon (30g)
Energy (kcal)	378	113	162	49
(kJ)	1556	467	671	201
Protein (g)	2.2	0.7	2.7	0.8
Carbohydrate (g)	2.4	0.7	4.4	1.3
of which sugars (g)	2.1	0.6	3.0	0.9
Fat (g)	40.0	12.0	15	4.5
of which saturates	27.1	8.1	10.2	3.1
monounsaturates	8.6	2.6	3.2	1.0
polyunsaturates	1.1	0.3	0.4	0.1
trans fatty acids	0.8	0.2	0.3	0.1
Dietary fibre (g)	0	0	0	0
Thiamin (mg)	0.02	0.01	0.02	Trace
Riboflavin (mg)	0.21	0.06	0.21	0.06
Niacin (mg)	0.1	0.03	0.1	0.03
Niacin from Tryptophan (mg)	N	N	N	N
Vitamin B6 (mg)	0.01	Trace	0.01	Trace
Vitamin B₁₂ (µg)	0.2	0.1	0.2	0.1
Folate (µg)	3.0	0.9	3	1
Pantothenate (mg)	N	N	N	N
Biotin (µg)	N	N	N	N
Vitamin C (mg)	N	N	N	N
Retinol (µg)	388	116	300	90
Carotene (µg)	143	43	21	6
Vitamin D (µg)	0.3	0.1	Trace	Trace
Vitamin E (mg)	0.72	0.22	0.42	0.12
Sodium (mg)	22	7	36	11
Potassium (mg)	81	24	122	37
Calcium (mg)	58	17	95	29
Magnesium (mg)	6	2	9	3
Phosphorus (mg)	58	17	81	24
Iron (mg)	0.10	0.03	0.10	0.03
Copper (mg)	Trace	Trace	Trace	Trace
Zinc (mg)	0.2	0.1	0.3	0.1
Chloride (mg)	55	17	N	N
Manganese (mg)	Trace	Trace	Trace	Trace
Selenium (µg)	0	0	(4)	(1)
Iodine (µg)	8	2	(8)	(2)

Dairy cream (extra thick)

	Per 100g	Per tablespoon (30g)
Energy (kcal)	236	71
(kJ)	973	292
Protein (g)	2.9	0.9
Carbohydrate (g)	3.4	1.0
of which sugars (g)	3.4	1.0
Fat (g)	23.5	7.1
of which saturates	15.3	4.6
monounsaturates	6.0	1.8
polyunsaturates	0.8	0.2
trans fatty acids	0.8	0.2
Dietary fibre (g)	0	0
Thiamin (mg)	0.03	0.01
Riboflavin (mg)	0.19	0.06
Niacin (mg)	0.1	0.03
Niacin from Tryptophan (mg)	0.5	0.2
Vitamin B6 (mg)	0.03	0.01
Vitamin B₁₂ (µg)	0.4	0.1
Folate (µg)	5	2
Pantothenate (mg)	0.3	0.1
Biotin (µg)	2.8	0.8
Vitamin C (mg)	1	0.3
Retinol (µg)	435	131
Carotene (µg)	384	115
Vitamin D (µg)	0.3	0.1
Vitamin E (mg)	0.8	0.2
Sodium (mg)	29	9
Potassium (mg)	100	30
Calcium (mg)	95	29
Magnesium (mg)	8	2
Phosphorus (mg)	81	24
Iron (mg)	0.10	0.03
Copper (mg)	0.01	Trace
Zinc (mg)	0.3	0.1
Chloride (mg)	N	N
Manganese (mg)	Trace	Trace
Selenium (µg)	N	N
Iodine (µg)	N	N

Sterilised cream (canned)

	Per 100g	Per tablespoon (15g)
Energy (kcal)	239	36
(kJ)	985	148
Protein (g)	2.5	0.4
Carbohydrate (g)	3.7	0.6
of which sugars (g)	3.7	0.6
Fat (g)	23.9	3.6
of which saturates	14.9	2.2
monounsaturates	6.9	1.0
polyunsaturates	0.7	0.1
trans fatty acids	N	N
Dietary fibre (g)	0	0
Thiamin (mg)	0.02	Trace
Riboflavin (mg)	0.16	0.02
Niacin (mg)	0.1	0.02
Niacin from Tryptophan (mg)	0.6	0.1
Vitamin B6 (mg)	0.02	Trace
Vitamin B₁₂ (µg)	0.1	0.02
Folate (µg)	1	0.2
Pantothenate (mg)	0.25	0.04
Biotin (µg)	2.1	0.3
Vitamin C (mg)	Trace	Trace
Retinol (µg)	240	36
Carotene (µg)	215	32
Vitamin D (µg)	Trace	Trace
Vitamin E (mg)	0.48	0.07
Sodium (mg)	53	8
Potassium (mg)	110	17
Calcium (mg)	86	13
Magnesium (mg)	10	2
Phosphorus (mg)	73	11
Iron (mg)	0.8	0.1
Copper (mg)	Trace	Trace
Zinc (mg)	1.1	0.2
Chloride (mg)	78	12
Manganese (mg)	Trace	Trace
Selenium (µg)	Trace	Trace
Iodine (µg)	N	N

UHT canned spray dairy cream (full fat and half fat)

	Full fat		Half fat	
	Per 100g	Per tablespoon (10g)	Per 100g	Per tablespoon (10g)
Energy (kcal)	252	25	196	20
(kJ)	1043	104	811	81
Protein (g)	1.9	0.2	2.8	0.3
Carbohydrate (g)	7.2	0.7	7.6	0.8
of which sugars (g)	7.2	0.7	7.4	0.7
Fat (g)	24.2	2.5	17.3	1.7
of which saturates	15.2	1.5	10.9	1.1
monounsaturates	6.1	0.6	4.3	0.4
polyunsaturates	0.8	0.1	0.6	0.1
trans fatty acids	0.8	0.1	0.6	0.1
Dietary fibre (g)	0	0	0	0
Thiamin (mg)	0.03	Trace	0.03	Trace
Riboflavin (mg)	0.26	0.03	0.26	0.03
Niacin (mg)	0.1	0.01	0.1	0.01
Niacin from Tryptophan (mg)	0.5	0.05	0.5	0.05
Vitamin B6 (mg)	0.02	Trace	0.02	Trace
Vitamin B₁₂ (µg)	0.1	0.01	0.1	0.01
Folate (µg)	6	1	6	1
Pantothenate (mg)	0.19	0.02	0.19	0.02
Biotin (µg)	1.7	0.2	1.7	0.2
Vitamin C (mg)	0	0	0	0
Retinol (µg)	279	28	147	15
Carotene (µg)	111	11	39	4
Vitamin D (µg)	0.3	0.03	Trace	Trace
Vitamin E (mg)	0.79	0.08	0.46	0.05
Sodium (mg)	31	3	35	4
Potassium (mg)	107	11	110	11
Calcium (mg)	54	5	87	9
Magnesium (mg)	7	1	9	1
Phosphorus (mg)	57	6	77	8
Iron (mg)	Trace	Trace	Trace	Trace
Copper (mg)	Trace	Trace	Trace	Trace
Zinc (mg)	0.2	0.02	0.3	0.03
Chloride (mg)	66	7	66	7
Manganese (mg)	Trace	Trace	Trace	Trace
Selenium (µg)	1	0.1	1	0.1
Iodine (µg)	11	1	11	1

Imitation cream (Dream Topping made with semi-skimmed milk)

	Per 100g	Per average serving on fruit or cake (15g)
Energy (kcal)	166	25
(kJ)	694	104
Protein (g)	3.9	0.6
Carbohydrate (g)	12.2	1.8
of which sugars (g)	10.2	1.5
Fat (g)	11.7	1.8
of which saturates	10.5	1.6
monounsaturates	0.5	0.08
polyunsaturates	0.1	0.02
trans fatty acids	N	N
Dietary fibre (g)	Trace	Trace
Thiamin (mg)	0.04	Trace
Riboflavin (mg)	0.19	0.03
Niacin (mg)	0.1	0.02
Niacin from Tryptophan (mg)	0.9	0.1
Vitamin B6 (mg)	0.05	Trace
Vitamin B₁₂ (µg)	0.5	0.1
Folate (µg)	4	1
Pantothenate (mg)	N	N
Biotin (µg)	N	N
Vitamin C (mg)	1	0.2
Retinol (µg)	16	2
Carotene (µg)	N	N
Vitamin D (µg)	0	0
Vitamin E (mg)	N	N
Sodium (mg)	70	11
Potassium (mg)	130	20
Calcium (mg)	99	15
Magnesium (mg)	9	1
Phosphorus (mg)	94	14
Iron (mg)	0.1	0.02
Copper (mg)	0.03	Trace
Zinc (mg)	0.4	0.1
Chloride (mg)	82	12
Manganese (mg)	Trace	Trace
Selenium (µg)	N	N
Iodine (µg)	12	2

Imitation cream - Elmlea (single, whipping and double)

	Single		Whipping		Double	
	Per 100g	Per average serving on fruit/cake	Per 100g	Per tablespoon (30g)	Per 100g	Per tablespoon (30g)
Energy (kcal)	158	24	292	88	345	104
(kJ)	654	98	1204	361	1423	427
Protein (g)	3.1	0.5	2.6	0.8	2.6	0.8
Carbohydrate (g)	4.0	0.6	3.3	1.0	3.6	1.1
of which sugars (g)	4.0	0.6	3.3	1.0	3.6	1.1
Fat (g)	14.5	2.2	29.9	9.0	35.7	10.7
of which saturates	9.2	1.4	26.4	7.9	24.3	7.3
monounsaturates	3.2	0.5	2.8	0.8	6.5	2.0
polyunsaturates	1.3	0.2	0.9	0.3	2.8	0.8
trans fatty acids	0.4	0.1	N	N	0.9	0.3
Dietary fibre (g)	0.3e	0.1e	0.1e	0.03e	0.1e	0.03e
Thiamin (mg)	N	N	0.04	0.01	N	N
Riboflavin (mg)	N	N	0.24	0.07	N	N
Niacin (mg)	N	N	0.1	0.03	N	N
Niacin from Tryptophan (mg)	0.7	0.1	0.4	0.1	0.6	0.2
Vitamin B6 (mg)	N	N	0.01	Trace	N	N
Vitamin B₁₂ (µg)	N	N	0.3	0.1	N	N
Folate (µg)	N	N	8	2	N	N
Pantothenate (mg)	N	N	0.23	0.07	N	N
Biotin (µg)	N	N	1.1	0.3	N	N
Vitamin C (mg)	N	N	N	N	N	N
Retinol (µg)	11	2	9	3	10	3
Carotene (µg)	166	25	340	102	363	109
Vitamin D (µg)	Trace	Trace	Trace	Trace	Trace	Trace
Vitamin E (mg)	0.84	0.13	0.53	0.16	1.33	0.40
Sodium (mg)	61	9	56	17	47	14
Potassium (mg)	139	21	94	28	109	33
Calcium (mg)	96	14	78	23	79	24
Magnesium (mg)	10	2	9	3	8	2
Phosphorus (mg)	88	13	75	23	73	22
Iron (mg)	0.10	0.02	0.40	0.10	0.20	0.06
Copper (mg)	Trace	Trace	Trace	Trace	Trace	Trace
Zinc (mg)	0.3	0.1	0.3	0.9	0.3	0.1
Chloride (mg)	N	N	77	23	N	N
Manganese (mg)	Trace	Trace	Trace	Trace	N	N
Selenium (µg)	(2)	(0.3)	2	1	(2)	(1)
Iodine (µg)	N	N	12	4	N	-N

eCarob and guar gums are added as thickeners

Imitation Cream (Tip Top Dessert Topping)

	Per 100g	Per 3 dessert spoon serving (50g)
Energy (kcal)	112	56
(kJ)	468	234
Protein (g)	4.9	2.5
Carbohydrate (g)	9.0	4.5
of which sugars (g)	9.0	4.5
Fat (g)	6.5	3.3
of which saturates	5.9	3.0
monounsaturates	0.2	0.1
polyunsaturates	0.1	0.05
trans fatty acids	0.1	0.05
Dietary fibre (g)	Trace	Trace
Thiamin (mg)	0.04	0.02
Riboflavin (mg)	0.33	0.17
Niacin (mg)	0.1	0.05
Niacin from Tryptophan (mg)	1.2	0.6
Vitamin B6 (mg)	0.02	0.01
Vitamin B₁₂ (µg)	0.1	0.05
Folate (µg)	7	4
Pantothenate (mg)	N	N
Biotin (µg)	N	N
Vitamin C (mg)	Trace	Trace
Retinol (µg)	Trace	Trace
Carotene (µg)	Trace	Trace
Vitamin D (µg)	Trace	Trace
Vitamin E (mg)	Trace	Trace
Sodium (mg)	110	55
Potassium (mg)	205	103
Calcium (mg)	173	87
Magnesium (mg)	18	9
Phosphorus (mg)	171	86
Iron (mg)	0.2	0.1
Copper (mg)	Trace	Trace
Zinc (mg)	0.6	0.3
Chloride (mg)	147	74
Manganese (mg)	Trace	Trace
Selenium (µg)	(2)	(1)
Iodine (µg)	N	N

Ice cream, vanilla (dairy[†] and non-dairy[‡])

	Dairy ice cream [†]		Non-dairy ice cream [‡]	
	Per 100g	Per 75g portion	Per 100g	Per 75g portion
Energy (kcal)	177	133	153	115
(kJ)	741	556	640	480
Protein (g)	3.6	2.7	3.0	2.3
Carbohydrate (g)	19.8	14.9	18.8	14.1
of which sugars (g)	18.7	14.0	18.0	13.5
Fat (g)	9.8	7.4	7.8	5.9
of which saturates	6.1	4.6	4.8	3.6
monounsaturates	2.8	2.1	2.2	1.7
polyunsaturates	0.3	0.2	0.4	0.3
trans fatty acids	0.8	0.6	0.3	0.2
Dietary fibre (g)	Trace*	Trace*	Trace*	Trace*
Thiamin (mg)	0.1	0.08	0.14	0.11
Riboflavin (mg)	0.28	0.21	0.26	0.20
Niacin (mg)	0.2	0.2	0.2	0.2
Niacin from Tryptophan (mg)	0.9	0.7	0.7	0.5
Vitamin B6 (mg)	0.04	0.03	Trace	Trace
Vitamin B₁₂ (µg)	0.5	0.4	0.7	0.5
Folate (µg)	6	5	8	6
Pantothenate (mg)	1.05	0.79	0.43	0.32
Biotin (µg)	2.2	1.7	3.0	2.2
Vitamin C (mg)	1	1	1	1
Retinol (µg)	91	68	1	1
Carotene (µg)	45	34	5	4
Vitamin D (µg)	0.5	0.4	0.3	0.2
Vitamin E (mg)	0.49	0.37	0.26	0.20
Sodium (mg)	60	45	62	47
Potassium (mg)	174	131	164	123
Calcium (mg)	100	75	72	54
Magnesium (mg)	12	9	11	8
Phosphorus (mg)	91	68	74	56
Iron (mg)	Trace	Trace	0.1	0.1
Copper (mg)	Trace	Trace	Trace	Trace
Zinc (mg)	0.3	0.2	0.2	0.2
Chloride (mg)	110	83	107	80
Manganese (mg)	Trace	Trace	Trace	Trace
Selenium (µg)	2	2	2	2
Iodine (µg)	32	24	36	27

*Gums and cellulose derivatives are added as stabilisers

[†]Must be made with whole milk and contain only milk fat

[‡]Usually made from skimmed milk and vegetable fat

Custard (made with whole or semi-skimmed milk)

	whole milk		semi-skimmed milk	
	Per 100g	Per average portion (120g)	Per 100g	Per average portion (120g)
Energy (kcal)	118	142	95	114
(kJ)	494	593	404	485
Protein (g)	3.9	4.7	4.0	4.8
Carbohydrate (g)	16.2	19.4	16.4	19.7
of which sugars (g)	11.1	13.3	11.3	13.6
Fat (g)	4.5	5.4	2.0	2.4
of which saturates	2.9	3.5	1.2	1.4
monounsaturates	1.2	1.4	0.5	0.6
polyunsaturates	0.2	0.2	0.1	0.1
trans fatty acids	0.2	0.2	0.1	0.1
Dietary fibre (g)	0	0	0	0
Thiamin (mg)	0.03	0.04	0.04	0.05
Riboflavin (mg)	0.24	0.29	0.25	0.3
Niacin (mg)	0.2	0.2	0.1	0.1
Niacin from Tryptophan (mg)	0.7	0.8	0.9	1.1
Vitamin B6 (mg)	0.06	0.07	0.06	0.07
Vitamin B₁₂ (µg)	1.0	1.2	0.4	0.5
Folate (µg)	7	8	6	7
Pantothenate (mg)	0.60	0.70	0.33	0.40
Biotin (µg)	2.9	3.5	2.3	2.8
Vitamin C (mg)	1	1	1	1
Retinol (µg)	38	46	21	25
Carotene (µg)	23	28	10	12
Vitamin D (µg)	Trace	Trace	Trace	Trace
Vitamin E (mg)	0.07	0.08	0.04	0.05
Sodium (mg)	67	80	67	80
Potassium (mg)	182	218	184	221
Calcium (mg)	138	166	140	168
Magnesium (mg)	13	16	13	15.6
Phosphorus (mg)	110	132	111	133
Iron (mg)	0.1	0.1	0.1	0.1
Copper (mg)	0.01	0.01	0.01	0.01
Zinc (mg)	0.5	0.6	0.5	0.6
Chloride (mg)	129	155	127	152
Manganese (mg)	N	N	N	N
Selenium (µg)	N	N	N	N
Iodine (µg)	N	N	N	N

Custard, ready to eat

	Per 100g	Per individual pot (150g)
Energy (kcal)	98	147
(kJ)	414	621
Protein (g)	2.7	4.1
Carbohydrate (g)	16.3	24.5
of which sugars (g)	12.8	19.0
Fat (g)	2.9	4.4
of which saturates	0	0
monounsaturates	0.8	1.2
polyunsaturates	0.1	0.2
trans fatty acids	0.1	0.2
Dietary fibre (g)	(0.1)	(0.2)
Thiamin (mg)	0.12	0.18
Riboflavin (mg)	0.19	0.29
Niacin (mg)	0.1	0.2
Niacin from Tryptophan (mg)	0.3	0.5
Vitamin B6 (mg)	0.01	0.02
Vitamin B₁₂ (µg)	0.2	0.3
Folate (µg)	2	3
Pantothenate (mg)	0.43	0.65
Biotin (µg)	1.3	2.0
Vitamin C (mg)	0	0
Retinol (µg)	36	54
Carotene (µg)	376	564
Vitamin D (µg)	Trace	Trace
Vitamin E (mg)	0.29	0.44
Sodium (mg)	41	62
Potassium (mg)	129	194
Calcium (mg)	91	137
Magnesium (mg)	9	14
Phosphorus (mg)	83	125
Iron (mg)	0.1	0.2
Copper (mg)	Trace	Trace
Zinc (mg)	0.3	0.5
Chloride (mg)	137	206
Manganese (mg)	Trace	Trace
Selenium (µg)	1	2
Iodine (µg)	26	39

Milk pudding (made with whole milk)

	Per 100g	Per average portion (200g)
Energy (kcal)	130	260
(kJ)	545	1090
Protein (g)	4.1	8.2
Carbohydrate (g)	19.6	39.2
of which sugars (g)	10.4	20.8
Fat (g)	4.3	8.6
of which saturates	2.7	5.4
monounsaturates	1.1	2.2
polyunsaturates	0.2	0.4
trans fatty acids	0.2	0.4
Dietary fibre (g)	0.1	0.1
Thiamin (mg)	0.03	0.06
Riboflavin (mg)	0.22	0.44
Niacin (mg)	0.3	0.6
Niacin from Tryptophan (mg)	0.8	1.6
Vitamin B6 (mg)	0.06	0.12
Vitamin B₁₂ (µg)	1	2
Folate (µg)	5	10
Pantothenate (mg)	0.49	0.98
Biotin (µg)	2.8	5.6
Vitamin C (mg)	2	4
Retinol (µg)	36	72
Carotene (µg)	21	42
Vitamin D (µg)	Trace	Trace
Vitamin E (mg)	0.09	0.18
Sodium (mg)	47	94
Potassium (mg)	176	352
Calcium (mg)	130	260
Magnesium (mg)	13	26
Phosphorus (mg)	109	218
Iron (mg)	0.1	0.2
Copper (mg)	0.02	0.04
Zinc (mg)	0.5	1.0
Chloride (mg)	98	196
Manganese (mg)	N	N
Selenium (µg)	N	N
Iodine (µg)	N	N

Rice pudding, canned (regular and low fat)

	Regular		Low fat	
	Per 100g	Per average portion (200g)	Per 100g	Per average portion (200g)
Energy (kcal)	85	170	71	142
(kJ)	262	524	304	608
Protein (g)	3.3	6.6	3.5	7.0
Carbohydrate (g)	16.1	32.2	13.4	26.8
of which sugars (g)	8.7	17.4	6.1	12.2
Fat (g)	1.3	2.6	0.8	1.6
of which saturates	0.8	1.6	(0.5)	(1.0)
monounsaturates	0.3	0.6	(0.2)	(0.4)
polyunsaturates	0.1	0.2	(0.1)	(0.2)
trans fatty acids	Trace	Trace	Trace	Trace
Dietary fibre (g)	0.1	0.2	(0.1)	(0.2)
Thiamin (mg)	0.01	0.02	(0.01)	(0.02)
Riboflavin (mg)	0.13	0.26	(0.13)	(0.26)
Niacin (mg)	0.2	0.4	(0.2)	(0.4)
Niacin from Tryptophan (mg)	0.6	1.2	(0.7)	(1.4)
Vitamin B6 (mg)	0.01	0.02	(0.01)	(0.02)
Vitamin B₁₂ (µg)	Trace	Trace	Trace	Trace
Folate (µg)	0	0	Trace	Trace
Pantothenate (mg)	0.30	0.60	(0.03)	(0.06)
Biotin (µg)	2	4	(2)	(4)
Vitamin C (mg)	0	0	Trace	Trace
Retinol (µg)	16	32	(16)	(32)
Carotene (µg)	10	20	(10)	(20)
Vitamin D (µg)	Trace	Trace	Trace	Trace
Vitamin E (mg)	0.16	0.32	(0.10)	(0.20)
Sodium (mg)	43	86	(43)	(86)
Potassium (mg)	130	260	(130)	(260)
Calcium (mg)	88	176	(88)	(176)
Magnesium (mg)	12	24	(12)	(24)
Phosphorus (mg)	86	172	(86)	(172)
Iron (mg)	0.1	0.2	(0.1)	(0.2)
Copper (mg)	0.13	0.26	(0.13)	(0.26)
Zinc (mg)	0.5	1.0	(0.5)	(1.0)
Chloride (mg)	93	186	(93)	(186)
Manganese (mg)	0.1	0.2	(0.1)	(0.2)
Selenium (µg)	N	N	N	N
Iodine (µg)	28	56	(28)	(56)