

Table 3. Nutritional value of Icelandic yoghurt and Support milk compared to the EFSA regulation on minimum and maximum content of energy and nutrients in infant and follow-on formula (European Food Safety Authority, 2014).

	Yoghurt**	Icelandic fresh Support milk**	Nutritional value per 100 kcal		Nutritional value in 500 ml Support milk 500 ml – 335 kcal
			EFSA regulation minimum content 2014	EFSA regulation maximum content	
Energy (kcal)	100	100			335
Protein (g)	5.4	2.7*	1.8	2.5	9
Carbohydrates (g)	7.6	10.7	9	13.3	36
Fat (g)	5.5	5.2	4.4	6	17.5
Vitamin A (µg)	52.8	67.2*	70	800	225
Vitamin-B1 (µg)	70.4	74.6	40	Insufficient data	250
Vitamin-B2 (µg)	21.8	238.8	60	Insufficient data	800
Vitamin-B6 (µg)	53.5	74.6	20	5000	250
Vitamin-B12 (µg)	0.4	0.7	0.1	Insufficient data	2.25
Niacin (mg)	1.3	1.2	0.4	Nicotinic acid: 2 mg/day; nicotinamide: 150 mg/day	4.15
Vitamin C (mg)	0.8	13.4	4	Insufficient data	45
Vitamin-D (µg)	0.0	1.8*	2	<12 months: 25 µg; 1-10 years: 50 µg	6
Vitamin E (mg)	0.1	1.3	0.6	100	4.5
Phosphorus (mg)	133.9	106.0	6	Insufficient data	355
Iron (mg)	0.1	1.1	IF: 0.3 mg/100 kcal; FOF: 0.6 mg/100 kcal	Insufficient data	3.75
Iodine (µg)	15.8	17.9	15	200	60
Potassium (mg)	214.1	225.4	80	Insufficient data	755
Calcium (mg)	195.8	134.3	50	Insufficient data	450
Copper (µg)	14.1	59.7	40	100	200
Magnesium (mg)	14.2	13.4	5	Insufficient data	45
Sodium (mg)	70.4	59.7	25	Insufficient data	200
Zink (mg)	0.6	0.7	0.5	7	2.2
Folate (µg)	21.4	7.5*	15	200	25
Manganese (µg)	14.1	14.9	1	Insufficient data	50

Table 3. cont.

	Yoghurt**	Icelandic fresh support milk**	Nutritional value per 100 kcal		Nutritional value in 500 ml Support milk 500 ml – 335 kcal
			EFSA regulation minimum content 2014	EFSA regulation maximum content	
Selenium (µg)	2.3	2.4*	3	60	8
Chloride (mg)	No data	No data*	60	Insufficient data	
Chromium	No data	No data	Insufficient data	Insufficient data	
Molybdenum (µg)	No data	No data*	0.4	100	
Fluoride	No data	No data	Insufficient data	1.5 (mg/day)	
Pantothenic acid (mg)	No data	No data*	0.4	Insufficient data	
Biotin (µg)	No data	No data*	1	Insufficient data	
Vitamin K (µg)	No data	No data*	1	Insufficient data	

*The values do not meet the EFSA requirements

**Information about the nutritional value were obtained from the Icelandic food composition database