

Group G

Milk and Dairy products

Milk produced by various mammals and dairy products such as curd, yogurt, cheese are included in this group. This tasty food group adds protein, fat, calcium and various other minerals to the diet.

SLFCT contains 14 commonly consumed milk and dairy products.



SLG001



ENGLISH NAME: Butter
SINHALA NAME: බටර්
TAMIL NAME: வெண்ணெய்

SLG002



ENGLISH NAME: Cheese, cheddar, regular fat
SINHALA NAME: චෙඩාර් චීස්
TAMIL NAME: பாலாடைக்கட்டி

SLG003



ENGLISH NAME: Cheese, cottage, paneer
SINHALA NAME: පනිර්
TAMIL NAME: பனீர்

SLG004



ENGLISH NAME: Curd, buffalo. whole
SINHALA NAME: මිනිරි
TAMIL NAME: தயிர்

SLG005



ENGLISH NAME: Ghee, cow
SINHALA NAME: ගිනේල්
TAMIL NAME: நெய்

SLG006



ENGLISH NAME: Milk, cow, condensed, sweetened
SINHALA NAME: මිනි කිරි
TAMIL NAME: கட்டிப்பால்

SLG007



ENGLISH NAME: Milk, cow, liquid, full cream
SINHALA NAME: එළකිරි, සම්පූර්ණ යොදය සහිත
TAMIL NAME: முழு ஆடைப்பால்

SLG008



ENGLISH NAME: Milk, cow, liquid, low fat
SINHALA NAME: එළකිරි, මේදය අඩු
TAMIL NAME: கொழுப்பு குறைந்த பால்

SLG009



ENGLISH NAME: Milk, cow, liquid, non-fat
SINHALA NAME: එළකිරි, මේදය රහිත
TAMIL NAME: ஆடை நீக்கிய பால்

SLG010



ENGLISH NAME: Milk, cow, powdered, skimmed
SINHALA NAME: කිරි පිටි, මේදය රහිත
TAMIL NAME: ஆடை நீக்கிய பால் மா

SLG011



ENGLISH NAME: Milk, cow, powdered, whole
SINHALA NAME: කිරි පිටි, සම්පූර්ණ යොදය සහිත
TAMIL NAME: முழு ஆடைப்பால்மா

SLG012



ENGLISH NAME: Milk, goat, whole
SINHALA NAME: එළ කිරි
TAMIL NAME: ஆட்டுப்பால்

SLG013



ENGLISH NAME: Yoghurt, low fat, plain
SINHALA NAME: යෝගට්, මේදය අඩු
TAMIL NAME: யோக்கட் (கொழுப்பு குறைந்தது)

SLG014



ENGLISH NAME: Yoghurt, whole, with sugar
SINHALA NAME: යෝගට්, සීනි සහිත
TAMIL NAME: யோக்கட்

Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRE

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; NA indicates component not available from reference sources)

Food code	Food Name	Energy		Moisture	Protein	Total Fat	Carbohyd -rate	Total Dietary Fibre	Soluble Dietary Fibre	Insoluble Dietary Fibre	Ash
		ENERC									
		kcal	kJ	g	g	g	g	g	g	g	g
SLG001	Butter, Salted	733	3010	15.90	0.90	81.00	0.20	-	-	-	2.10
SLG002	Cheese, cheddar, regular fat	380	1590	34.30	19.75	28.27	11.67	-	-	-	6.05
SLG003	Cheese, cottage, panner	346	1440	40.30	24.60	25.10	5.40	-	-	-	4.60
SLG004	Curd, buffalo. whole	99	415	83.12	6.32	6.55	3.86	-	-	-	0.16
SLG005	Ghee, Cow	898	3690	0.10	-	99.80	-	-	-	-	0.10
SLG006	Milk, cow, condensed, sweetened, whole	334	1410	26.50	8.20	9.40	54.00	-	-	-	1.80
SLG007	Milk, cow, liquid, full cream	63	263	88.30	3.10	3.70	4.30	-	-	-	0.60
SLG008	Milk, cow, liquid, low fat	52	217	91.70	3.71	1.31	6.27	-	-	-	0.96
SLG009	Milk, cow, liquid, non-fat	30	125	92.10	3.10	0.10	4.10	-	-	-	0.60
SLG010	Milk, cow, powdered, skimmed	358	1520	3.80	37.60	1.00	49.80	-	-	-	7.90
SLG011	Milk, cow, powdered, whole	497	2080	3.20	26.60	26.70	37.50	-	-	-	5.90
SLG012	Milk, goat, whole	68	285	87.50	3.50	4.10	4.20	-	-	-	0.90
SLG013	Yoghurt, low fat, plain	73	305	83.6	9.95	1.92	3.94	-	-	-	0.63
SLG014	Yoghurt, whole	94	393	79.50	4.51	3.04	12.03	-	-	-	0.97

Table 2. FAT SOLUBLE VITAMINS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates component not available from reference sources)

Food code	Food Name	Vitamin A (RAE)	Vitamin D	Vitamin K	Vitamin E Equivalent
		VITA	ERG CAL	VITK1	VITE
		µg	µg	µg	mg
SLG001	Butter, Salted	633	1.50	NA	1.85
SLG002	Cheese, cheddar, regular fat	198	NA	NA	NA
SLG003	Cheese, cottage, panner	205	0.30	NA	0.49
SLG004	Curd, buffalo. whole	-	ND	-	0.21
SLG005	Ghee, Cow	642	1.90	NA	3.31
SLG006	Milk, cow, condensed, sweetened, whole	95.00	0.20	NA	0.19
SLG007	Milk, cow, liquid, full cream	32.00	NA	NA	0.08
SLG008	Milk, cow, liquid, low fat	12.00	NA	NA	NA
SLG009	Milk, cow, liquid, non-fat	NA	NA	NA	0.01
SLG010	Milk, cow, powdered, skimmed	NA	NA	NA	0.10
SLG011	Milk, cow, powdered, whole	238	NA	NA	0.59
SLG012	Milk, goat, whole	32.00	0.06	NA	0.03
SLG013	Yoghurt, low fat, plain	90.00	-	0.20	0.04
SLG014	Yoghurt, whole	20.00	NA	NA	NA

Table 3. WATER SOLUBLE VITAMINS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates component not available from reference sources)

Food code	Food Name	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Total vitamin (B6)	Total Folate (B9)	Total Vitamin C
		THIA	RIBF	NIA	VITB6C	FOLSUM	VITC
		mg	mg	mg	mg	µg	mg
SLG001	Butter, Salted	0.01	0.03	0.04	0.003	3.00	NA
SLG002	Cheese, cheddar, regular fat	0.03	0.64	4.10	NA	NA	NA
SLG003	Cheese, cottage, panner	0.02	0.47	6.50	NA	40.00	NA
SLG004	Curd, buffalo. whole	ND	0.04	-	0.05	6.30	-
SLG005	Ghee, Cow	NA	NA	NA	NA	NA	NA
SLG006	Milk, cow, condensed, sweetened, whole	0.09	0.44	2.30	0.05	13.00	3.30
SLG007	Milk, cow, liquid, full cream	0.06	0.28	0.80	0.05	9.00	2.00
SLG008	Milk, cow, liquid, low fat	0.04	0.23	0.13	NA	NA	NA
SLG009	Milk, cow, liquid, non fat	0.06	0.28	0.80	0.05	9.00	1.00
SLG010	Milk, cow, powdered, skimmed	0.45	1.64	9.70	0.64	21.00	5.00
SLG011	Milk, cow, powdered, whole	0.31	1.37	6.80	0.27	38.00	10.70
SLG012	Milk, goat, whole	0.05	0.09	1.00	0.04	1.00	1.20
SLG013	Yoghurt, low fat, plain	0.04	0.23	0.20	0.06	12.00	0.80
SLG014	Yoghurt, whole	0.04	0.23	NA	NA	NA	NA

Table 4. MAJOR MINERALS

(All values are expressed per 100g edible portion; NA indicates component not available from reference sources)

Food code	Food Name	Calcium		Phosphorus		Magnesium		Sodium		Potassium	
		CA		P		MG		NA		K	
		mg		mg		mg		mg		mg	
SLG001	Butter, Salted	24.00		24.00		2.00		714		24.00	
SLG002	Cheese, cheddar, regular fat	643		556		NA		1304		NA	
SLG003	Cheese, cottage, panner	790		414		22.00		509		83.00	
SLG004	Curd, buffalo. whole	90.65		90.89		9.39		9.49		86.92	
SLG005	Ghee, Cow	1.00		NA		NA		2.00		1.00	
SLG006	Milk, cow, condensed, sweetened, whole	287		247		28.00		134		366	
SLG007	Milk, cow, liquid, full cream	103		90.00		13.00		51.00		131	
SLG008	Milk, cow, liquid, low fat	127		106		12.00		50.00		168	
SLG009	Milk, cow, liquid, non fat	103		90.00		13.00		51.00		131	
SLG010	Milk, cow, powdered, skimmed	1370		956		110		435		1600	
SLG011	Milk, cow, powdered, whole	959		758		92.00		365		1180	
SLG012	Milk, goat, whole	152		111		14.00		50.00		204	
SLG013	Yoghurt, low fat, plain	115		137		11.00		34.00		141	
SLG014	Yoghurt, whole	127		113		NA		63.00		NA	

Table 5. TRACE ELEMENTS AND HEAVY METALS

(All values are expressed per 100g edible portion; NA indicates component not available from reference sources)

Food code	Food Name	Iron		Copper		Zinc	
		FE		CU		ZN	
		mg		mg		mg	
SLG001	Butter, Salted	NA		NA		0.09	
SLG002	Cheese, cheddar, regular fat	0.50		NA		NA	
SLG003	Cheese, cottage, panner	0.30		0.03		3.55	
SLG004	Curd, buffalo. whole	0.58		0.04		0.79	
SLG005	Ghee, Cow	0.20		0.01		0.01	
SLG006	Milk, cow, condensed, sweetened, whole	0.20		0.02		0.97	
SLG007	Milk, cow, liquid, full cream	0.10		0.05		0.45	
SLG008	Milk, cow, liquid, low fat	0.10		NA		NA	
SLG009	Milk, cow, liquid, non fat	0.10		0.05		0.45	
SLG010	Milk, cow, powdered, skimmed	1.10		0.10		4.70	
SLG011	Milk, cow, powdered, whole	0.70		0.06		3.71	
SLG012	Milk, goat, whole	0.20		0.05		0.30	
SLG013	Yoghurt, low fat, plain	0.04		0.02		0.60	
SLG014	Yoghurt, whole	0.14		NA		NA	

Table 6. AMINO ACIDS

(All values are expressed per 100g protein; ND indicates component not analysed; NA indicates component not available from reference sources)

Food code	Food Name	Amino Acids																					
		Tryptophan		Aspartic Acid		Threonine		Serine	Glutamic Acid		Proline	Glycine	Alanine	Cysteine	Valine	Methionine	Isoleucine	Leucine	Tyrosine	Phenylalanine	Histidine	Lysine	Arginine
		TRP	ASP	THR	SER	GLU	PRO	GLY	ALA	CYS	VAL	MET	ILE	LEU	TYR	PHE	HIS	LYS	ARG				
	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g
SLG001	Butter, Salted	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG002	Cheese, cheddar, regular fat	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG003	Cheese, cottage, panner	1.42	7.69	4.37	5.27	20.24	10.45	2.18	3.39	0.72	5.68	4.79	9.76	5.36	5.08	2.04	5.79	3.56	5.08	2.04	5.79	3.56	3.56
SLG004	Curd, buffalo. whole	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
SLG005	Ghee, Cow	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG006	Milk, cow, condensed, sweetened, whole	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG007	Milk, cow, liquid, full cream	1.46	8.84	4.81	6.36	17.88	6.82	2.35	3.87	1.22	6.40	6.20	10.66	5.48	5.09	2.14	8.59	3.25	5.09	2.14	8.59	3.25	3.25
SLG008	Milk, cow, liquid, low fat	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG009	Milk, cow, liquid, non fat	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG010	Milk, cow, powdered, skimmed	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG011	Milk, cow, powdered, whole	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG012	Milk, goat, whole	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG013	Yoghurt, low fat, plain	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG014	Yoghurt, whole	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA

Table 7. FATTY ACIDS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; NA indicates component not available from reference sources)

Food code	Food Name	Saturated Fatty Acids							Mono Unsaturated Fatty Acids			Poly Unsaturated Fatty Acids		
		Butyric acid (C4:0)							Capric (C10:0)			Myristic (C14:0)		
		Palmitic (C16:0)							Stearic (C18:0)			Arachidic (C20:0)		
		Total							Total			Palmitoleic (C16:1n7)		
		Oleic (C18:1n9)							Total			Linoleic (C18:2n6)		
		FASAT							FAMS			F18D1C N9		
		F20D0							F16D1C			F18D2C N6		
		mg							mg			mg		
		F18D3N3							mg			mg		
SLG001	Butter, Salted	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG002	Cheese, cheddar, regular fat	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG003	Cheese, cottage, panner	8851	NA	230	1600	4792	1755	88.14	4300	385	3914	439	206	233
SLG004	Curd, buffalo. whole	4582	NA	84.19	827	2783	473	35.16	1475	148	1184	145	59.79	70.80
SLG005	Ghee, Cow	71.02	0.22	1.87	11.81	39.13	13.89	0.52	26.44	1.86	23.19	2.55	2.00	0.55
SLG006	Milk, cow, condensed, sweetened, whole	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG007	Milk, cow, liquid, full cream	2707	NA	172	451	1033	518	NA	1214	37.90	1176	126	106	20.52
SLG008	Milk, cow, liquid, low fat	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG009	Milk, cow, liquid, non-fat	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG010	Milk, cow, powdered, skimmed	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG011	Milk, cow, powdered, whole	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG012	Milk, goat, whole	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG013	Yoghurt, low fat, plain	1230	47.00	67.00	194	570	195	3.00	486	31.00	381	76.00	48.00	7.00
SLG014	Yoghurt, whole	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA

