

Approximate Trans Fatty Acid Content of Selected Dairy Foods and Ingredients

Actual Trans Fatty Acid level can also be determined by laboratory analysis.

	Total Fat* per 100 g	Approx % TFA** 3.56%	Approx Trans Fat per 100 g	Labeled Trans Fat Per Serving****	FDA Serving Sizes Reference Amounts
<u>Dairy Foods</u>					
Milk, whole fluid, 3.25% milkfat	3.25 g	3.56%	0.12 g	0 g	1 cup (240 ml or 244 g)
Butter, salted	81.11 g	3.56%	2.89 g	0 g	1 T (15 ml or 14.2 g)
Cheese, cheddar	33.14 g	3.56%	1.18 g	0 g	30 g (1 oz = 28 g)
Yogurt, plain, low fat, 12 g protein	1.55 g	3.56%	0.06 g	0 g	225 g (1 cup)
Ice Cream, vanilla	11.00 g	3.56%	0.39 g	0 g	1/2 cup (72 g)
<u>Dairy Ingredients</u>					
Milk, raw milk - IDFA Industry Data**	3.54 g	3.56%	0.13 g	***	
Milk, dry nonfat, regular with Vit A	0.77 g	3.56%	0.03 g	***	
Whey, sweet, dried	1.07 g	3.56%	0.04 g	***	
Milk, dry whole	26.71 g	3.56%	0.95 g	***	
Butter oil, anhydrous	99.48 g	3.56%	3.54 g	***	
Buttermilk, dry sweet	5.78 g	3.56%	0.21 g	***	
Reduced lactose whey	1.40 g	3.56%	0.05 g	***	
WPC80 - industry average	6.00 g	3.56%	0.21 g	***	
WPI - industry average	0.50 g	3.56%	0.02 g	***	
Whey permeate - typical	0.80 g	3.56%	0.03 g	***	

*Source of fat data:

USDA Nutrient Database for Standard Reference, Release 16

http://www.nal.usda.gov/fnic/cgi-bin/nut_search.pl

**IDFA Industry Data 6/15/2004

Values may vary slightly, especially if milk is received from a single breed, region or from a herd with specialized feeding practices.

***Finished Product TFA Determined by:

Percent dairy ingredients in formula. Serving size. Trans fat contributions of all ingredients.

Values below 0.5 grams are declared as 0

For more information from FDA:

<http://www.fda.gov/oc/initiatives/transfat/>

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Source: Dairy Management Inc TM Do it with dairy [®] 800-248-8829

www.doitwithdairy.com

1/5/2005