

Table II. Protein contents of dairy products.

DAIRY PRODUCTS FROM COW'S MILK	PROTEINS per 100 g or 100 ml	COMMON PRESENTATIONS MARKETED IN SPAIN
IN PRACTICE ONE CONCRETE BRAND AND TYPE SHOULD BE USED		
Cow's milk Skimmed milk	2.9 to 3.1 g Up to 3.4 g	One-liter container 200 ml = 5.8-6.2 g proteins/6.8 g
Calcium-enriched milk Skimmed milk with calcium	Up to 4.3 g Up to 4.8 g	
Liquid yogurt (e.g., Actimel)	2.9 to 3.2 g in skimmed product	94 ml container Also one-liter container
Yogurt Greek yogurt	3 to 3.9 g 3.7 to 4.1 g	Usual container 125 g 115 g and 1 kg container
Skimmed yogurt Skimmed Greek yogurt	Up to 5.7 g with fruit Up to 7-8 g in skimmed product	
Cheese in portions	11 to 15.6 g	One portion approximately 16-18 g = 2.5 g
Cheese in slices	19 to 25 g	One slice approximately 3.7 g
Fresh cheese (e.g., Philadelphia)	4.5 g	Cream in 180 g container and half container = 4 g
Others	Up to 7 g	
Mini-portions type cheese (e.g., Baby bel)	25 g	20 g pieces with 5 g per unit
Burgos type cheese (e.g., Arias) Other Burgos cheeses	10.5 g 7 to 15 g	Container 240 g = 26 g
Ricotta-type cheese	13.6 g	
Liquid cream Whipped cream	Not specified 2.3 to 2.5 g	
Gruyere	8 g	
Brie	18.9 g	
Gallego de tetilla cheese	22 g	
Parmesan	38 g	
ARTISANAL CHEESES DO NOT ALWAYS STATE THE PROTEIN CONTENTS. THE AMOUNT OF PROTEINS VARIES WITH THE PRODUCT TYPE, FLAVOR AND BRAND		
DAIRY PRODUCTS FROM OTHER RUMINANTS		
Goat milk	3.5 to 3.9 g	One-liter container (several brands)
Sheep milk	5.2 to 5.4 g	One-liter container (currently only one brand)
Fresh Manchego type cheese (sheep or mixed)	Up to 25 g	
Cured Manchego-type cheese (sheep)	32 g	Depends on curing degree
Fresh goat cheese	Up to 10.5 g	
Cured goat cheese	27.6 g	Depends on curing degree

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