

Table: Lactose and Galactose content of some milk and yoghurts from UK, US and Swedish food composition databases.

		Galactose g/ 100 g	Lactose g/ 100 g	Total galactose equivalents: g/100 g
UK Composition of Foods ^a				
	Milk semi skimmed	0	4.7	2.35
	Milk whole	0	4.6	2.30
	Yoghurt, plain	3.1	4.7	5.45
	Yoghurt, fruit	0.7	4.0	2.70
	Yoghurt, organic	2.8	3.0	4.30
	Yoghurt, Greek, plain	0.9	3.5	2.65
	Yoghurt, fat-free	1.3	4.0	3.30
	Fromage frais, plain	0.1	4.0	2.10
USDA ^b				
	Milk, fluid, 1% fat, without added vitamin A and vitamin D	0.00	5.20	2.60
	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	0.02	5.01	2.50
	Yogurt, Greek, plain, non-fat	0.70	2.54	1.97
Swedish food composition database ^c				
	Fermented milk 4.3% fat	-	3.40	1.70
	Yoghurt 3.6% fat	-	2.50	1.25
	Crème fraiche	-	2.60	1.30

a UK Composition of Foods Integrated Dataset, archived November 2010

<http://tna.europarchive.org/20110116113217/http://www.food.gov.uk/science/dietarysurveys/diet-surveys/>

b USDA (United States Department of Agriculture) National nutrient database for standard reference release 27 <http://ndb.nal.usda.gov/ndb/nutrients/index>

c Swedish food composition database, report 6 Nutrient analysis of dairy foods and vegetarian dishes from The National Food Administration's food database. <http://www.slv.se/en-gb/Group1/Food-and-Nutrition/The-Food-Database/>. The Swedish report did not include galactose.