

Lampiran 12. Perhitungan Label Informasi Nilai Gizi

- Kalori dalam 100 ml
 - Protein : $8.06 \times 4 \text{ kkal} = 32.82 \text{ kkal}$
 - Lemak : $0.85 \times 9 \text{ kkal} = 7.65 \text{ kkal}$
 - Karbohidrat : $10.85 \times 4 \text{ kkal} = 43.4 \text{ kkal}$
 - Total kalori pada 100 ml yoghurt adalah 83.87 kkal
- *Yoghurt* per 100 ml
 - Energi : 83.87 kkal
 - Protein : 8.06 gram
 - Lemak : 0.85 gram
 - Karbohidrat : 10.85 gram
- Kalori dalam 200 ml
 - Protein : $16.12 \times 4 \text{ kkal} = 64.48 \text{ kkal}$
 - Lemak : $1.7 \times 9 \text{ kkal} = 15.3 \text{ kkal}$
 - Karbohidrat : $21.7 \times 4 \text{ kkal} = 86.8 \text{ kkal}$
 - Total kalori pada 200 ml yoghurt adalah 167.74 kkal
- *Yoghurt* per 200 ml
 - Energi : 167.74 kkal
 - Protein : 16.12 gram
 - Lemak : 1.7 gram
 - Karbohidrat : 21.7 gram
- Total 100 ml kalori = 83.87 kkal
AKG 2000 kkal
 - Protein : $15\% \times 2000 = 300$
 - Lemak : $25\% \times 2000 = 500$
 - Karbohidrat : $60\% \times 2000 = 1200$
- AKG pada Yoghurt
 - Protein : $\frac{32.82}{300} \times 100 = 10.94\%$
 - Lemak : $\frac{7.65}{500} \times 100 = 1.53\%$
 - Karbohidrat : $\frac{43.4}{1200} \times 100 = 3.61\%$