

Basic Report 01151, Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)

Report Date: March 06, 2015 23:24 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 245g	1 quart 980g
Proximates				
Water	g	90.84	222.56	890.23
Energy	kcal	34	83	333
Protein	g	3.37	8.26	33.03
Total lipid (fat)	g	0.08	0.20	0.78
Carbohydrate, by difference	g	4.96	12.15	48.61
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	5.09	12.47	49.88
Minerals				
Calcium, Ca	mg	122	299	1196
Iron, Fe	mg	0.03	0.07	0.29
Magnesium, Mg	mg	11	27	108
Phosphorus, P	mg	101	247	990
Potassium, K	mg	156	382	1529
Sodium, Na	mg	42	103	412
Zinc, Zn	mg	0.42	1.03	4.12
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.045	0.110	0.441
Riboflavin	mg	0.182	0.446	1.784
Niacin	mg	0.094	0.230	0.921
Vitamin B-6	mg	0.037	0.091	0.363
Folate, DFE	µg	5	12	49
Vitamin B-12	µg	0.50	1.22	4.90
Vitamin A, RAE	µg	2	5	20
Vitamin A, IU	IU	15	37	147
Vitamin E (alpha-tocopherol)	mg	0.01	0.02	0.10

Nutrient	Unit	1 Value Per100 g	1 cup 245g	1 quart 980g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	0.051	0.125	0.500
Fatty acids, total monounsaturated	g	0.021	0.051	0.206
Fatty acids, total polyunsaturated	g	0.003	0.007	0.029
Cholesterol	mg	2	5	20
Other				
Caffeine	mg	0	0	0