

Basic Report 01080, Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D

Report Date: January 30, 2015 11:59 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 245g	1 quart 980g
Proximates				
Water	g	88.86	217.71	870.83
Energy	kcal	51	125	500
Protein	g	3.48	8.53	34.10
Total lipid (fat)	g	1.92	4.70	18.82
Carbohydrate, by difference	g	4.97	12.18	48.71
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	128	314	1254
Iron, Fe	mg	0.05	0.12	0.49
Magnesium, Mg	mg	14	34	137
Phosphorus, P	mg	100	245	980
Potassium, K	mg	162	397	1588
Sodium, Na	mg	52	127	510
Zinc, Zn	mg	0.40	0.98	3.92
Vitamins				
Vitamin C, total ascorbic acid	mg	1.0	2.4	9.8
Thiamin	mg	0.040	0.098	0.392
Riboflavin	mg	0.173	0.424	1.695
Niacin	mg	0.090	0.220	0.882
Vitamin B-6	mg	0.045	0.110	0.441
Folate, DFE	µg	5	12	49
Vitamin B-12	µg	0.38	0.93	3.72
Vitamin A, RAE	µg	56	137	549
Vitamin A, IU	IU	204	500	1999
Vitamin D (D2 + D3)	µg	1.0	2.4	9.8
Vitamin D	IU	40	98	392

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Lipids				
Fatty acids, total saturated	g	1.195	2.928	11.711
Fatty acids, total monounsaturated	g	0.555	1.360	5.439
Fatty acids, total polyunsaturated	g	0.071	0.174	0.696
Cholesterol	mg	8	20	78