

Basic Report 01081, Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D

Report Date: January 31, 2015 05:03 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 246g	1 quart 984g
Proximates				
Water	g	87.71	215.77	863.07
Energy	kcal	56	138	551
Protein	g	3.95	9.72	38.87
Total lipid (fat)	g	1.98	4.87	19.48
Carbohydrate, by difference	g	5.49	13.51	54.02
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	5.26	12.94	51.76
Minerals				
Calcium, Ca	mg	143	352	1407
Iron, Fe	mg	0.06	0.15	0.59
Magnesium, Mg	mg	16	39	157
Phosphorus, P	mg	112	276	1102
Potassium, K	mg	182	448	1791
Sodium, Na	mg	59	145	581
Zinc, Zn	mg	0.45	1.11	4.43
Vitamins				
Vitamin C, total ascorbic acid	mg	1.1	2.7	10.8
Thiamin	mg	0.045	0.111	0.443
Riboflavin	mg	0.194	0.477	1.909
Niacin	mg	0.101	0.248	0.994
Vitamin B-6	mg	0.051	0.125	0.502
Folate, DFE	µg	6	15	59
Vitamin B-12	µg	0.43	1.06	4.23
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	5	12	49
Vitamin E (alpha-tocopherol)	mg	0.04	0.10	0.39

Nutrient	Unit	1 Value Per100 g	1 cup 246g	1 quart 984g
Vitamin D (D2 + D3)	µg	1.0	2.5	9.8
Vitamin D	IU	40	98	394
Vitamin K (phylloquinone)	µg	0.1	0.2	1.0
Lipids				
Fatty acids, total saturated	g	1.232	3.031	12.123
Fatty acids, total monounsaturated	g	0.572	1.407	5.628
Fatty acids, total polyunsaturated	g	0.074	0.182	0.728
Cholesterol	mg	8	20	79
Other				
Caffeine	mg	0	0	0