

Basic Report 01087, Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)

Report Date: January 26, 2015 22:24 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 246g	1 quart 984g
Proximates				
Water	g	89.36	219.83	879.30
Energy	kcal	41	101	403
Protein	g	3.96	9.74	38.97
Total lipid (fat)	g	0.25	0.62	2.46
Carbohydrate, by difference	g	5.56	13.68	54.71
Fiber, total dietary	g	0.0	0.0	0.0
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	0.050	0.123	0.492
Folate, DFE	µg	6	15	59
Vitamin B-12	µg	0.43	1.06	4.23
Vitamin A, RAE	µg	61	150	600
Vitamin A, IU	IU	203	499	1998
Vitamin D (D2 + D3)	µg	1.0	2.5	9.8
Vitamin D	IU	40	98	394

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Lipids				
Fatty acids, total saturated	g	0.162	0.399	1.594
Fatty acids, total monounsaturated	g	0.065	0.160	0.640
Fatty acids, total polyunsaturated	g	0.009	0.022	0.089
Cholesterol	mg	2	5	20