

**Basic Report 01088, Milk, buttermilk, fluid, cultured, lowfat**

Report Date: January 26, 2015 01:23 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 245g	1 fl oz 30.6g	1 quart 980g
<b>Proximates</b>					
Water	g	90.13	220.82	27.58	883.27
Energy	kcal	40	98	12	392
Protein	g	3.31	8.11	1.01	32.44
Total lipid (fat)	g	0.88	2.16	0.27	8.62
Carbohydrate, by difference	g	4.79	11.74	1.47	46.94
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	4.79	11.74	1.47	46.94
<b>Minerals</b>					
Calcium, Ca	mg	116	284	35	1137
Iron, Fe	mg	0.05	0.12	0.02	0.49
Magnesium, Mg	mg	11	27	3	108
Phosphorus, P	mg	89	218	27	872
Potassium, K	mg	151	370	46	1480
Sodium, Na	mg	190	466	58	1862
Zinc, Zn	mg	0.42	1.03	0.13	4.12
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	1.0	2.4	0.3	9.8
Thiamin	mg	0.034	0.083	0.010	0.333
Riboflavin	mg	0.154	0.377	0.047	1.509
Niacin	mg	0.058	0.142	0.018	0.568
Vitamin B-6	mg	0.034	0.083	0.010	0.333
Folate, DFE	µg	5	12	2	49
Vitamin B-12	µg	0.22	0.54	0.07	2.16
Vitamin A, RAE	µg	14	34	4	137
Vitamin A, IU	IU	47	115	14	461
Vitamin E (alpha-tocopherol)	mg	0.05	0.12	0.02	0.49

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	1	2	0	10
Vitamin K (phylloquinone)	µg	0.1	0.2	0.0	1.0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.548	1.343	0.168	5.370
Fatty acids, total monounsaturated	g	0.254	0.622	0.078	2.489
Fatty acids, total polyunsaturated	g	0.033	0.081	0.010	0.323
Cholesterol	mg	4	10	1	39
<b>Other</b>					
Caffeine	mg	0	0	0	0