

Basic Report 01089, Milk, low sodium, fluid

Report Date:January 30, 2015 19:46 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 244g	1 fl oz 30.5g	1 quart 976g
Proximates					
Water	g	88.20	215.21	26.90	860.83
Energy	kcal	61	149	19	595
Protein	g	3.10	7.56	0.95	30.26
Total lipid (fat)	g	3.46	8.44	1.06	33.77
Carbohydrate, by difference	g	4.46	10.88	1.36	43.53
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	4.46	10.88	1.36	43.53
Minerals					
Calcium, Ca	mg	101	246	31	986
Iron, Fe	mg	0.05	0.12	0.02	0.49
Magnesium, Mg	mg	5	12	2	49
Phosphorus, P	mg	86	210	26	839
Potassium, K	mg	253	617	77	2469
Sodium, Na	mg	3	7	1	29
Zinc, Zn	mg	0.38	0.93	0.12	3.71
Vitamins					
Vitamin C, total ascorbic acid	mg	0.9	2.2	0.3	8.8
Thiamin	mg	0.020	0.049	0.006	0.195
Riboflavin	mg	0.105	0.256	0.032	1.025
Niacin	mg	0.043	0.105	0.013	0.420
Vitamin B-6	mg	0.034	0.083	0.010	0.332
Folate, DFE	µg	5	12	2	49
Vitamin B-12	µg	0.36	0.88	0.11	3.51
Vitamin A, RAE	µg	29	71	9	283
Vitamin A, IU	IU	105	256	32	1025
Vitamin E (alpha-tocopherol)	mg	0.08	0.20	0.02	0.78

Nutrient	Unit	1 Value Per100 g	1 cup 244g	1 fl oz 30.5g	1 quart 976g
Vitamin D (D2 + D3)	µg	1.3	3.2	0.4	12.7
Vitamin D	IU	51	124	16	498
Vitamin K (phylloquinone)	µg	0.3	0.7	0.1	2.9
Lipids					
Fatty acids, total saturated	g	2.154	5.256	0.657	21.023
Fatty acids, total monounsaturated	g	0.999	2.438	0.305	9.750
Fatty acids, total polyunsaturated	g	0.128	0.312	0.039	1.249
Cholesterol	mg	14	34	4	137
Other					
Caffeine	mg	0	0	0	0