

## Basic Report 01151, Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)

Report Date: July 22, 2017 02:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 245g	1 quart 980g
<b>Proximates</b>				
Water	g	90.84	222.56	890.23
Energy	kcal	34	83	333
Protein	g	3.37	8.26	33.03
Total lipid (fat)	g	0.08	0.20	0.78
Carbohydrate, by difference	g	4.96	12.15	48.61
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	5.09	12.47	49.88
<b>Minerals</b>				
Calcium, Ca	mg	122	299	1196
Iron, Fe	mg	0.03	0.07	0.29
Magnesium, Mg	mg	11	27	108
Phosphorus, P	mg	101	247	990
Potassium, K	mg	156	382	1529
Sodium, Na	mg	42	103	412
Zinc, Zn	mg	0.42	1.03	4.12
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.045	0.110	0.441
Riboflavin	mg	0.182	0.446	1.784
Niacin	mg	0.094	0.230	0.921
Vitamin B-6	mg	0.037	0.091	0.363
Folate, DFE	µg	5	12	49
Vitamin B-12	µg	0.50	1.23	4.90
Vitamin A, RAE	µg	2	5	20
Vitamin A, IU	IU	15	37	147
Vitamin E (alpha-tocopherol)	mg	0.01	0.02	0.10

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
<b>Lipids</b>				
Fatty acids, total saturated	g	0.051	0.125	0.500
Fatty acids, total monounsaturated	g	0.021	0.051	0.206
Fatty acids, total polyunsaturated	g	0.003	0.007	0.029
Cholesterol	mg	2	5	20
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0