

Basic Report 01154, Milk, dry, nonfat, regular, with added vitamin A and vitamin D

Report Date: November 20, 2017 08:47 EST

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 0.25 cup 30g | 1 cup 120g |
|--------------------------------|------|------------------------|-----------------|---------------|
| Proximates | | | | |
| Water | g | 3.16 | 0.95 | 3.79 |
| Energy | kcal | 362 | 109 | 434 |
| Protein | g | 36.16 | 10.85 | 43.39 |
| Total lipid (fat) | g | 0.77 | 0.23 | 0.92 |
| Carbohydrate, by difference | g | 51.98 | 15.59 | 62.38 |
| Fiber, total dietary | g | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 51.98 | 15.59 | 62.38 |
| Minerals | | | | |
| Calcium, Ca | mg | 1257 | 377 | 1508 |
| Iron, Fe | mg | 0.32 | 0.10 | 0.38 |
| Magnesium, Mg | mg | 110 | 33 | 132 |
| Phosphorus, P | mg | 968 | 290 | 1162 |
| Potassium, K | mg | 1794 | 538 | 2153 |
| Sodium, Na | mg | 535 | 160 | 642 |
| Zinc, Zn | mg | 4.08 | 1.22 | 4.90 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 6.8 | 2.0 | 8.2 |
| Thiamin | mg | 0.415 | 0.124 | 0.498 |
| Riboflavin | mg | 1.550 | 0.465 | 1.860 |
| Niacin | mg | 0.951 | 0.285 | 1.141 |
| Vitamin B-6 | mg | 0.361 | 0.108 | 0.433 |
| Folate, DFE | µg | 50 | 15 | 60 |
| Vitamin B-12 | µg | 4.03 | 1.21 | 4.84 |
| Vitamin A, RAE | µg | 653 | 196 | 784 |
| Vitamin A, IU | IU | 2179 | 654 | 2615 |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | 0.00 | 0.00 |

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|------------------------------------|-------------|---------------------------------|-------------------------|-----------------------|
| Vitamin D (D2 + D3) | µg | 11.0 | 3.3 | 13.2 |
| Vitamin D | IU | 440 | 132 | 528 |
| Vitamin K (phylloquinone) | µg | 0.1 | 0.0 | 0.1 |
| Lipids | | | | |
| Fatty acids, total saturated | g | 0.499 | 0.150 | 0.599 |
| Fatty acids, total monounsaturated | g | 0.200 | 0.060 | 0.240 |
| Fatty acids, total polyunsaturated | g | 0.030 | 0.009 | 0.036 |
| Cholesterol | mg | 20 | 6 | 24 |
| Amino Acids | | | | |
| Other | | | | |
| Caffeine | mg | 0 | 0 | 0 |