

Basic Report 01174, Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D

Report Date: November 19, 2017 06:54 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 246g	1 quart 984g
Proximates				
Water	g	89.21	219.46	877.83
Energy	kcal	50	123	492
Protein	g	3.30	8.12	32.47
Total lipid (fat)	g	1.98	4.87	19.48
Carbohydrate, by difference	g	4.80	11.81	47.23
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	5.06	12.45	49.79
Minerals				
Calcium, Ca	mg	120	295	1181
Iron, Fe	mg	0.02	0.05	0.20
Magnesium, Mg	mg	11	27	108
Phosphorus, P	mg	92	226	905
Potassium, K	mg	140	344	1378
Sodium, Na	mg	47	116	462
Zinc, Zn	mg	0.48	1.18	4.72
Vitamins				
Vitamin C, total ascorbic acid	mg	0.2	0.5	2.0
Thiamin	mg	0.039	0.096	0.384
Riboflavin	mg	0.185	0.455	1.820
Niacin	mg	0.092	0.226	0.905
Vitamin B-6	mg	0.038	0.093	0.374
Folate, DFE	µg	5	12	49
Vitamin B-12	µg	0.53	1.30	5.22
Vitamin A, RAE	µg	28	69	276
Vitamin A, IU	IU	102	251	1004
Vitamin E (alpha-tocopherol)	mg	0.03	0.07	0.30

Nutrient	Unit	1 Value Per100 g	1 cup 246g	1 quart 984g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	1	2	10
Vitamin K (phylloquinone)	µg	0.2	0.5	2.0
Lipids				
Fatty acids, total saturated	g	1.257	3.092	12.369
Fatty acids, total monounsaturated	g	0.560	1.378	5.510
Fatty acids, total polyunsaturated	g	0.073	0.180	0.718
Fatty acids, total trans	g	0.085	0.209	0.836
Cholesterol	mg	8	20	79
Amino Acids				
Other				
Caffeine	mg	0	0	0