

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

Report Date: September 22, 2019 22:53 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 246g	1 quart 984g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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

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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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0