

Statistics Report 01175, Milk, fluid, 1% fat, without added vitamin A and vitamin D

Report Date: July 23, 2019 18:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	89.92	12	0.170	88.04	90.29	11.0	89.53	90.3	1	Analytical or derived from analytical	--	12/2008
Energy	kcal	42	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2009
Energy	kJ	177	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2009
Protein 1	g	3.37	12	0.060	3.26	4.03	11.0	3.23	3.5	1	Analytical or derived from analytical	--	12/2008
Total lipid (fat) 1	g	0.97	6	0.020	0.84	1	5.0	0.9	1.03	1	Aggregated data involving comb. of codes other than 1,12 or6	--	12/2008
Ash 1	g	0.75	12	0.010	0.7	0.89	11.0	0.71	0.78	1	Analytical or derived from analytical	--	12/2008
Carbohydrate, by difference	g	4.99	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2009
Fiber, total dietary	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	12/2008
Sugars, total 1	g	5.20	12	0.100	4.84	6.08	11.0	4.96	5.42	1	Analytical or derived from analytical	--	12/2008

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Sucrose 1	g	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Glucose (dextrose) 1	g	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Fructose 1	g	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Lactose 1	g	5.20	12	0.100	4.84	6.08	11.0	4.96	5.42	1	Analytical or derived from analytical	--	12/2008
Maltose 1	g	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Galactose 1	g	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Minerals													
Calcium, Ca 2 3 4 5	mg	125	4	1.000	0	0	--	--	--	4	Analytical or derived from analytical	--	12/2008
Iron, Fe 2 3 4 5	mg	0.03	4	0.004	0	0	--	--	--	4	Analytical or derived from analytical	--	12/2008
Magnesium, Mg 1	mg	11	22	0.000	9	12	14.0	10.0	11.0	1	Analytical or derived from analytical	--	12/2008
Phosphorus, P 1	mg	95	21	0.000	86	100	17.0	94.0	96.0	1	Analytical or derived from analytical	--	12/2008

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Potassium, K 1	mg	150	11	1.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Sodium, Na 1	mg	44	23	0.000	37	58	18.0	42.0	45.0	1	Analytical or derived from analytical	--	12/2008
Zinc, Zn 1	mg	0.42	11	0.003	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Copper, Cu 1	mg	0.010	12	0.001	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Manganese, Mn 1	mg	0.003	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Selenium, Se 1	µg	3.3	12	0.300	2	4.9	11.0	2.6	3.9	1	Analytical or derived from analytical	--	12/2008
Fluoride, F 1	µg	2.6	4	0.300	1.9	3.6	3.0	1.4	3.7	1	Analytical or derived from analytical	--	12/2008
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Thiamin 1	mg	0.020	12	0.002	0.01	0.04	11.0	0.015	0.026	1	Analytical or derived from analytical	--	12/2008
Riboflavin 1	mg	0.185	12	0.005	0.16	0.22	11.0	0.175	0.195	1	Analytical or derived from analytical	--	12/2008

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Niacin 1	mg	0.093	12	0.003	0.08	0.12	11.0	0.087	0.098	1	Analytical or derived from analytical	--	12/2008
Pantothenic acid 1	mg	0.361	4	0.014	0.33	0.4	3.0	0.314	0.407	1	Analytical or derived from analytical	--	12/2008
Vitamin B-6 1	mg	0.037	12	0.001	0.03	0.04	11.0	0.034	0.04	1	Analytical or derived from analytical	--	12/2008
Folate, total 1	µg	5	12	0.000	4	5	11.0	4.0	5.0	1	Analytical or derived from analytical	--	12/2008
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	12/2008
Folate, food	µg	5	12	0.000	4	5	11.0	4.0	5.0	1	Analytical or derived from analytical	--	01/2009
Folate, DFE	µg	5	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total 1	mg	17.7	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/2008
Betaine 1	mg	0.6	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/2008
Vitamin B-12 2 3 4 5	µg	0.47	4	0.010	0	0	--	--	--	4	Analytical or derived from analytical	--	12/2008
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	12/2008
Vitamin A, RAE	µg	14	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	13	--	--	0	0	--	--	--	--	Calculated or imputed	01211	12/2008
Carotene, beta	µg	2	--	--	0	0	--	--	--	--	Calculated or imputed	01082	12/2008
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	01082	12/2008
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	12/2008
Vitamin A, IU	IU	47	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2009
Lycopene	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	01082	12/2008
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	01082	12/2008
Vitamin E (alpha-tocopherol) 1	mg	0.01	12	0.002	0.01	0.02	11.0	0.008	0.01	1	Analytical or derived from analytical	--	12/2008
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	12/2008
Tocopherol, beta 1	mg	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Tocopherol, gamma 1	mg	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Tocopherol, delta 1	mg	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Tocotrienol, alpha 1	mg	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Tocotrienol, beta 1	mg	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocotrienol, gamma 1	mg	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Tocotrienol, delta 1	mg	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2009
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0	0	--	--	--	--	Calculated or imputed	01211	01/2009
Vitamin D	IU	1	--	--	0	0	--	--	--	--	Calculated or imputed	01211	01/2009
Vitamin K (phylloquinone) 1	µg	0.1	4	0.000	0.1	0.1	--	--	--	1	Analytical or derived from analytical	--	12/2008
Lipids													
Fatty acids, total saturated	g	0.633	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2009
4:0 1	g	0.024	4	0.002	0.02	0.03	3.0	0.019	0.029	1	Analytical or derived from analytical	--	12/2008
6:0 1	g	0.018	4	0.002	0.01	0.02	3.0	0.011	0.024	1	Analytical or derived from analytical	--	12/2008
8:0 1	g	0.013	4	0.000	0.01	0.01	3.0	0.011	0.014	1	Analytical or derived from analytical	--	12/2008
10:0 1	g	0.027	4	0.001	0.03	0.03	3.0	0.025	0.03	1	Analytical or derived from analytical	--	12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0 1	g	0.029	4	0.001	0.03	0.03	3.0	0.026	0.033	1	Analytical or derived from analytical	--	12/2008
14:0 1	g	0.091	4	0.002	0.09	0.1	3.0	0.084	0.098	1	Analytical or derived from analytical	--	12/2008
15:0 1	g	0.010	4	0.000	0.01	0.01	3.0	0.01	0.01	1	Analytical or derived from analytical	--	12/2008
16:0 1	g	0.287	4	0.001	0.28	0.29	3.0	0.282	0.292	1	Analytical or derived from analytical	--	12/2008
17:0 1	g	0.006	4	0.000	0.01	0.01	3.0	0.005	0.006	1	Analytical or derived from analytical	--	12/2008
18:0 1	g	0.126	4	0.004	0.12	0.13	3.0	0.115	0.137	1	Analytical or derived from analytical	--	12/2008
20:0 1	g	0.002	4	0.000	0	0	3.0	0.002	0.002	1	Analytical or derived from analytical	--	12/2008
Fatty acids, total monounsaturated	g	0.277	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2009
14:1 1	g	0.007	4	0.000	0.01	0.01	3.0	0.006	0.008	1	Analytical or derived from analytical	--	12/2008
15:1 1	g	0.002	4	0.000	0	0	3.0	0.002	0.002	1	Analytical or derived from analytical	--	12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.017	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2009
16:1 c 1	g	0.017	4	0.000	0.02	0.02	3.0	0.016	0.017	1	Analytical or derived from analytical	--	12/2008
17:1 1	g	0.002	4	0.000	0	0	3.0	0.002	0.002	1	Analytical or derived from analytical	--	12/2008
18:1 undifferentiated	g	0.250	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2009
18:1 c 1	g	0.213	4	0.005	0.2	0.22	3.0	0.197	0.229	1	Analytical or derived from analytical	--	12/2008
18:1 t 1	g	0.037	4	0.003	0.03	0.05	3.0	0.028	0.046	1	Analytical or derived from analytical	--	12/2008
20:1 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
22:1 undifferentiated 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Fatty acids, total polyunsaturated	g	0.035	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2009
18:2 undifferentiated	g	0.030	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 n-6 c,c 1	g	0.027	4	0.001	0.03	0.03	3.0	0.025	0.029	1	Analytical or derived from analytical	--	12/2008
18:2 i 1	g	0.003	4	0.000	0	0	3.0	0.002	0.004	1	Analytical or derived from analytical	--	12/2008
18:3 undifferentiated	g	0.004	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2009
18:3 n-3 c,c,c (ALA) 1	g	0.004	4	0.000	0	0.01	3.0	0.004	0.005	1	Analytical or derived from analytical	--	12/2008
18:4 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
20:4 undifferentiated 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
20:5 n-3 (EPA) 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
22:5 n-3 (DPA) 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
22:6 n-3 (DHA) 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Cholesterol 1	mg	5	4	0.000	4	5	3.0	4.0	5.0	1	Analytical or derived from analytical	--	12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Stigmasterol 1	mg	0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Campesterol 1	mg	0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Beta-sitosterol 1	mg	0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Amino Acids													
Tryptophan 2345	g	0.043	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Threonine 2345	g	0.143	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Isoleucine 2345	g	0.174	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Leucine 2345	g	0.319	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Lysine 2345	g	0.282	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Methionine 2345	g	0.088	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Cystine 2345	g	0.020	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine 2 3 4 5	g	0.174	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Tyrosine 2 3 4 5	g	0.170	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Valine 2 3 4 5	g	0.220	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Arginine 2 3 4 5	g	0.096	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/2008
Histidine 2 3 4 5	g	0.101	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Alanine 2 3 4 5	g	0.114	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Aspartic acid 2 3 4 5	g	0.288	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glutamic acid 2 3 4 5	g	0.756	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glycine 2 3 4 5	g	0.067	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Proline 2 3 4 5	g	0.332	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011

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Serine 2 3 4 5	g	0.203	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Hydroxyproline 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	12/2008
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	12/2008
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	12/2008

Sources of Data

- ¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6b, 2002 Beltsville MD
- ²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11a, 2007 Beltsville MD
- ³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11b, 2007 Beltsville MD
- ⁴Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11c, 2007 Beltsville MD
- ⁵Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11d, 2007 Beltsville MD