

Statistics Report 01103, Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D

Report Date: July 21, 2019 15:29 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	82.17	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Energy	kcal	76	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	320	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Protein 1	g	2.99	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Total lipid (fat) 1	g	1.90	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Ash 1	g	0.81	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Carbohydrate, by difference	g	12.13	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2005
Fiber, total dietary 1	g	0.7	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Sugars, total	g	9.55	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Sucrose 1	g	4.79	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005

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Glucose (dextrose) 1	g	0.53	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Fructose 1	g	0.41	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Lactose 1	g	3.83	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Maltose 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Starch 1	g	1.60	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Minerals													
Calcium, Ca 1	mg	109	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Iron, Fe	mg	0.24	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2006
Magnesium, Mg 1	mg	14	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Phosphorus, P	mg	102	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/2005
Potassium, K	mg	169	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/2005

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Sodium, Na 1	mg	66	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Zinc, Zn 1	mg	0.39	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Copper, Cu 1	mg	0.075	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Manganese, Mn 1	mg	0.062	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Selenium, Se 1	µg	3.4	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Fluoride, F 2 3	µg	5.2	11	0.700	4.5	6	1.0	-4.2	14.7	2	Analytical or derived from analytical	--	03/2006
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Thiamin 1	mg	0.045	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Riboflavin	mg	0.183	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2005
Niacin 1	mg	0.164	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005

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Pantothenic acid 1	mg	0.539	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Vitamin B-6 1	mg	0.024	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Folate, total 1	µg	2	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	2	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	2	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total 1	mg	17.1	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Betaine 1	mg	0.7	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-12 1	µg	0.33	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	64	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005

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Retinol 1	µg	63	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Carotene, beta 1	µg	11	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Carotene, alpha 1	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Cryptoxanthin, beta 1	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Vitamin A, IU	IU	227	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Lycopene 1	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol) 1	mg	0.04	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Tocopherol, gamma 1	mg	0.02	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Tocotrienol, alpha 1	mg	0.03	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Tocotrienol, beta 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Tocotrienol, gamma 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Tocotrienol, delta 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Vitamin D (D2 + D3)	µg	1.2	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	1.2	--	--	0	0	--	--	--	--	Calculated or imputed	01079	02/2009
Vitamin D	IU	49	--	--	0	0	--	--	--	--	Calculated or imputed	01079	02/2009
Vitamin K (phylloquinone) 1	µg	0.2	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Lipids													
Fatty acids, total saturated	g	1.177	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
4:0	g	0.056	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2005

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6:0	g	0.033	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2005
8:0 1	g	0.020	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
10:0 1	g	0.045	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
12:0 1	g	0.045	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
14:0 1	g	0.170	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
15:0 1	g	0.015	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
16:0 1	g	0.515	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
17:0 1	g	0.009	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
18:0 1	g	0.270	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
20:0 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:0 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
24:0 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
Fatty acids, total monounsaturated	g	0.455	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
14:1 1	g	0.005	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
15:1 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
16:1 undifferentiated 1	g	0.020	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
17:1 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
18:1 undifferentiated 1	g	0.430	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
20:1 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
22:1 undifferentiated 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
Fatty acids, total polyunsaturated	g	0.089	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009

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18:2 undifferentiated 1	g	0.080	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
18:3 undifferentiated 1	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2005
18:3 n-3 c,c,c (ALA) 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
18:4 1	g	0.009	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
20:2 n-6 c,c 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
20:3 undifferentiated 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
20:4 undifferentiated 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
20:5 n-3 (EPA) 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
22:5 n-3 (DPA) 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005
22:6 n-3 (DHA) 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2005

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Cholesterol 1	mg	8	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Stigmasterol 1	mg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Campesterol 1	mg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Beta-sitosterol 1	mg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2005
Amino Acids													
Tryptophan 4 5 6 7	g	0.038	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Threonine 4 5 6 7	g	0.128	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Isoleucine 4 5 6 7	g	0.155	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Leucine 4 5 6 7	g	0.283	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Lysine 4 5 6 7	g	0.250	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Methionine 4 5 6 7	g	0.078	--	--	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
Cystine 4 5 6 7	g	0.018	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Phenylalanine 4 5 6 7	g	0.155	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Tyrosine 4 5 6 7	g	0.151	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Valine 4 5 6 7	g	0.196	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Arginine 4 5 6 7	g	0.085	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Histidine 4 5 6 7	g	0.090	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Alanine 4 5 6 7	g	0.101	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Aspartic acid 4 5 6 7	g	0.256	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glutamic acid 4 5 6 7	g	0.673	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glycine 4 5 6 7	g	0.059	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011

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Proline 4 5 6 7	g	0.295	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Serine 4 5 6 7	g	0.180	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2011
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	03/2005
Caffeine 1	mg	1	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Theobromine 1	mg	22	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2005
Flavonoids													
Flavan-3-ols													
(-)-Epigallocatechin 8	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 8	mg	0.3	--	--	0.06	0.47	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate 8	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate 8	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin 8	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin 9	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Luteolin 9	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavonols													
Kaempferol 9	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Myricetin 9	mg	0.1	--	--	0.05	0.05	--	--	--	--	--	--	--
Quercetin 9	mg	0.1	--	--	0.12	0.12	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6I, 2002 Beltsville MD
²Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffision
³A. Kingman Unpublished data. NIDR/NIH, 1984, 1984 Unpublished data. NIDR/NIH, 1984.
⁴Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11a, 2007 Beltsville MD
⁵Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11b, 2007 Beltsville MD
⁶Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11c, 2007 Beltsville MD
⁷Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11d, 2007 Beltsville MD

⁸Arts, I. C. W., van de Putte, B., and Hollman, P. C. H. **Catechin content of foods commonly consumed in the Netherlands. 2. Tea, wine, fruit juices, and chocolate milk.**, 2000 J. Agric. Food Chem. 48 pp.1752-1757

⁹Hertog, M. G. L., Hollman, P. C. H., and van de Putte, B. **Content of potentially anticarcinogenic flavonoids of tea infusions, wines, and fruit juices.**, 1993 J. Agric. Food Chem. 41 pp.1242-1246