

Basic Report 01077, Milk, whole, 3.25% milkfat, with added vitamin D
Report Date: August 20, 2019 20:48 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup 244g | 1 fl oz 30.5g | 1 tbsp 15g | 1 quart 976g |
|--------------------------------|------|------------------------|---------------|------------------|---------------|-----------------|
| Proximates | | | | | | |
| Water | g | 88.13 | 215.04 | 26.88 | 13.22 | 860.15 |
| Energy | kcal | 61 | 149 | 19 | 9 | 595 |
| Protein | g | 3.15 | 7.69 | 0.96 | 0.47 | 30.74 |
| Total lipid (fat) | g | 3.25 | 7.93 | 0.99 | 0.49 | 31.72 |
| Carbohydrate, by difference | g | 4.80 | 11.71 | 1.46 | 0.72 | 46.85 |
| Fiber, total dietary | g | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 5.05 | 12.32 | 1.54 | 0.76 | 49.29 |
| Minerals | | | | | | |
| Calcium, Ca | mg | 113 | 276 | 34 | 17 | 1103 |
| Iron, Fe | mg | 0.03 | 0.07 | 0.01 | 0.00 | 0.29 |
| Magnesium, Mg | mg | 10 | 24 | 3 | 2 | 98 |
| Phosphorus, P | mg | 84 | 205 | 26 | 13 | 820 |
| Potassium, K | mg | 132 | 322 | 40 | 20 | 1288 |
| Sodium, Na | mg | 43 | 105 | 13 | 6 | 420 |
| Zinc, Zn | mg | 0.37 | 0.90 | 0.11 | 0.06 | 3.61 |
| Vitamins | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.046 | 0.112 | 0.014 | 0.007 | 0.449 |
| Riboflavin | mg | 0.169 | 0.412 | 0.052 | 0.025 | 1.649 |
| Niacin | mg | 0.089 | 0.217 | 0.027 | 0.013 | 0.869 |
| Vitamin B-6 | mg | 0.036 | 0.088 | 0.011 | 0.005 | 0.351 |
| Folate, DFE | µg | 5 | 12 | 2 | 1 | 49 |
| Vitamin B-12 | µg | 0.45 | 1.10 | 0.14 | 0.07 | 4.39 |
| Vitamin A, RAE | µg | 46 | 112 | 14 | 7 | 449 |
| Vitamin A, IU | IU | 162 | 395 | 49 | 24 | 1581 |
| Vitamin E (alpha-tocopherol) | mg | 0.07 | 0.17 | 0.02 | 0.01 | 0.68 |

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|------------------------------------|-------------|---------------------------------|-----------------------|--------------------------|-----------------------|-------------------------|
| Vitamin D (D2 + D3) | µg | 1.3 | 3.2 | 0.4 | 0.2 | 12.7 |
| Vitamin D | IU | 51 | 124 | 16 | 8 | 498 |
| Vitamin K (phylloquinone) | µg | 0.3 | 0.7 | 0.1 | 0.0 | 2.9 |
| Lipids | | | | | | |
| Fatty acids, total saturated | g | 1.865 | 4.551 | 0.569 | 0.280 | 18.202 |
| Fatty acids, total monounsaturated | g | 0.812 | 1.981 | 0.248 | 0.122 | 7.925 |
| Fatty acids, total polyunsaturated | g | 0.195 | 0.476 | 0.059 | 0.029 | 1.903 |
| Cholesterol | mg | 10 | 24 | 3 | 2 | 98 |
| Amino Acids | | | | | | |
| Other | | | | | | |
| Caffeine | mg | 0 | 0 | 0 | 0 | 0 |