

Basic Report 01079, Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D

Report Date: June 28, 2017 08:25 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 244g	1 fl oz 30.5g	1 quart 976g
Proximates					
Water	g	89.21	217.67	27.21	870.69
Energy	kcal	50	122	15	488
Protein	g	3.30	8.05	1.01	32.21
Total lipid (fat)	g	1.98	4.83	0.60	19.32
Carbohydrate, by difference	g	4.80	11.71	1.46	46.85
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	5.06	12.35	1.54	49.39
Minerals					
Calcium, Ca	mg	120	293	37	1171
Iron, Fe	mg	0.02	0.05	0.01	0.20
Magnesium, Mg	mg	11	27	3	107
Phosphorus, P	mg	92	224	28	898
Potassium, K	mg	140	342	43	1366
Sodium, Na	mg	47	115	14	459
Zinc, Zn	mg	0.48	1.17	0.15	4.68
Vitamins					
Vitamin C, total ascorbic acid	mg	0.2	0.5	0.1	2.0
Thiamin	mg	0.039	0.095	0.012	0.381
Riboflavin	mg	0.185	0.451	0.056	1.806
Niacin	mg	0.092	0.224	0.028	0.898
Vitamin B-6	mg	0.038	0.093	0.012	0.371
Folate, DFE	µg	5	12	2	49
Vitamin B-12	µg	0.53	1.29	0.16	5.17
Vitamin A, RAE	µg	55	134	17	537
Vitamin A, IU	IU	190	464	58	1854
Vitamin E (alpha-tocopherol)	mg	0.03	0.07	0.01	0.29

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Vitamin D (D2 + D3)	µg	1.2	2.9	0.4	11.7
Vitamin D	IU	49	120	15	478
Vitamin K (phylloquinone)	µg	0.2	0.5	0.1	2.0
Lipids					
Fatty acids, total saturated	g	1.257	3.067	0.383	12.268
Fatty acids, total monounsaturated	g	0.560	1.366	0.171	5.466
Fatty acids, total polyunsaturated	g	0.073	0.178	0.022	0.712
Fatty acids, total trans	g	0.085	0.207	0.026	0.830
Cholesterol	mg	8	20	2	78
Amino Acids					
Other					
Caffeine	mg	0	0	0	0