

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

Report Date: August 20, 2017 16:59 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
<b>Proximates</b>					
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
<b>Minerals</b>					
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
<b>Vitamins</b>					
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
<b>Lipids</b>					
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
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0