

Full Report (All Nutrients) 01079, Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D

Report Date: August 16, 2017 23:54 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 fl oz 30.5g	1 quart 976g
Proximates							
Water 1 2 3 4 5 6	g	89.21	17	0.193	217.67	27.21	870.69
Energy	kcal	50	--	--	122	15	488
Energy	kJ	210	--	--	512	64	2050
Protein 1 2	g	3.30	13	0.033	8.05	1.01	32.21
Total lipid (fat) 1 2 3 4 5 6	g	1.98	14	0.008	4.83	0.60	19.32
Ash 1 2	g	0.71	13	0.035	1.73	0.22	6.93
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 1 2	g	5.06	13	0.061	12.35	1.54	49.39
Sucrose 1 2	g	0.01	13	0.000	0.02	0.00	0.10
Glucose (dextrose) 1 2	g	0.01	13	0.000	0.02	0.00	0.10
Fructose 1 2	g	0.01	13	0.000	0.02	0.00	0.10
Lactose 1 2	g	5.01	13	0.062	12.22	1.53	48.90
Maltose 1 2	g	0.01	13	0.000	0.02	0.00	0.10
Galactose 1 2	g	0.02	13	0.008	0.05	0.01	0.20
Minerals							
Calcium, Ca 3 4 5 6	mg	120	4	0.707	293	37	1171
Iron, Fe 3 4 5 6	mg	0.02	4	0.002	0.05	0.01	0.20
Magnesium, Mg 1 2 7 8 9 10 11 12 13	mg	11	31	0.098	27	3	107
Phosphorus, P 1 2 7 8 9 10 11 12 13	mg	92	28	0.526	224	28	898
Potassium, K 1 2 7 8 9 10 11 12 13	mg	140	31	2.114	342	43	1366
Sodium, Na 1 2 7 8 9 10 11 12 13	mg	47	31	0.832	115	14	459

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 fl oz 30.5g	1 quart 976g
Zinc, Zn 1 2 7 8 9 10 11 12 13	mg	0.48	29	0.015	1.17	0.15	4.68
Copper, Cu 1 7 8 9 10 11 12 13	mg	0.006	30	0.000	0.015	0.002	0.059
Manganese, Mn 1 7 8 9 10 11 12 13	mg	0.014	30	0.000	0.034	0.004	0.137
Selenium, Se 1 2 7 8 9 10 11 12 13	µg	2.5	30	0.174	6.1	0.8	24.4
Fluoride, F 1	µg	3.4	4	0.397	8.3	1.0	33.2
Vitamins							
Vitamin C, total ascorbic acid 1 2	mg	0.2	5	0.000	0.5	0.1	2.0
Thiamin 1 2	mg	0.039	13	0.005	0.095	0.012	0.381
Riboflavin 1 2	mg	0.185	13	0.003	0.451	0.056	1.806
Niacin 1 2	mg	0.092	12	0.002	0.224	0.028	0.898
Pantothenic acid 1 2	mg	0.356	5	0.019	0.869	0.109	3.475
Vitamin B-6 1 2	mg	0.038	13	0.001	0.093	0.012	0.371
Folate, total 1	µg	5	12	0.149	12	2	49
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	5	12	0.149	12	2	49
Folate, DFE	µg	5	--	--	12	2	49
Choline, total 1 2	mg	16.4	--	--	40.0	5.0	160.1
Betaine 1 2	mg	0.9	2	--	2.2	0.3	8.8
Vitamin B-12 3 4 5 6	µg	0.53	4	0.033	1.29	0.16	5.17
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	55	--	--	134	17	537
Retinol	µg	55	--	--	134	17	537
Carotene, beta	µg	4	--	--	10	1	39
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	190	--	--	464	58	1854
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol) 1	mg	0.03	12	0.003	0.07	0.01	0.29
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, beta 1	mg	0.00	12	0.000	0.00	0.00	0.00
Tocopherol, gamma 1	mg	0.00	12	0.000	0.00	0.00	0.00

Nutrient	Unit	1			1 cup 244g	1 fl oz 30.5g	1 quart 976g
		Value Per100 g	Data points	Std. Error			
Tocopherol, delta 1	mg	0.00	12	0.000	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	1.2	24	--	2.9	0.4	11.7
Vitamin D3 (cholecalciferol) 3 4 5 6	µg	1.2	24	0.065	2.9	0.4	11.7
Vitamin D 3 4 5 6	IU	49	24	2.615	120	15	478
Vitamin K (phylloquinone) 1	µg	0.2	4	0.048	0.5	0.1	2.0
Lipids							
Fatty acids, total saturated	g	1.257	--	--	3.067	0.383	12.268
4:0 1 2	g	0.077	5	0.001	0.188	0.023	0.752
6:0 1	g	0.040	4	0.002	0.098	0.012	0.390
8:0 1 2	g	0.020	5	0.001	0.049	0.006	0.195
10:0 1 2	g	0.049	5	0.002	0.120	0.015	0.478
12:0 1 2	g	0.055	5	0.002	0.134	0.017	0.537
13:0 2	g	0.002	1	--	0.005	0.001	0.020
14:0 1 2	g	0.175	5	0.003	0.427	0.053	1.708
15:0 1 2	g	0.020	5	0.000	0.049	0.006	0.195
16:0 1 2	g	0.558	5	0.009	1.362	0.170	5.446
17:0 1 2	g	0.011	5	0.000	0.027	0.003	0.107
18:0 1 2	g	0.243	5	0.004	0.593	0.074	2.372
20:0 1	g	0.004	4	0.000	0.010	0.001	0.039
22:0 2	g	0.002	1	--	0.005	0.001	0.020
Fatty acids, total monounsaturated	g	0.560	--	--	1.366	0.171	5.466
14:1 1 2	g	0.015	5	0.001	0.037	0.005	0.146
15:1 1 2	g	0.004	5	0.000	0.010	0.001	0.039
16:1 undifferentiated	g	0.027	--	--	0.066	0.008	0.264
16:1 c 1	g	0.027	4	0.001	0.066	0.008	0.264
17:1 1 2	g	0.005	5	0.000	0.012	0.002	0.049
18:1 undifferentiated	g	0.508	--	--	1.240	0.155	4.958
18:1 c 1	g	0.430	4	0.005	1.049	0.131	4.197
18:1 t 1	g	0.078	4	0.005	0.190	0.024	0.761
20:1 1 2	g	0.002	5	0.000	0.005	0.001	0.020
22:1 undifferentiated 1 2	g	0.000	5	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.073	--	--	0.178	0.022	0.712

Nutrient	Unit	1			1 cup 244g	1 fl oz 30.5g	1 quart 976g
		Value Per100 g	Data points	Std. Error			
18:2 undifferentiated	g	0.062	--	--	0.151	0.019	0.605
18:2 n-6 c,c 1	g	0.055	4	0.003	0.134	0.017	0.537
18:2 i 1	g	0.007	4	0.000	0.017	0.002	0.068
18:3 undifferentiated	g	0.008	--	--	0.020	0.002	0.078
18:3 n-3 c,c,c (ALA) 1	g	0.008	4	0.000	0.020	0.002	0.078
18:4 1	g	0.000	4	0.000	0.000	0.000	0.000
20:3 undifferentiated 2	g	0.003	1	--	0.007	0.001	0.029
20:4 undifferentiated 1	g	0.000	4	0.000	0.000	0.000	0.000
20:5 n-3 (EPA) 1	g	0.000	4	0.000	0.000	0.000	0.000
22:5 n-3 (DPA) 1	g	0.000	4	0.000	0.000	0.000	0.000
22:6 n-3 (DHA) 1	g	0.000	4	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	0.085	--	--	0.207	0.026	0.830
Fatty acids, total trans-monoenoic	g	0.078	--	--	0.190	0.024	0.761
Cholesterol 1 2	mg	8	5	0.090	20	2	78
Stigmasterol 1	mg	0	4	0.000	0	0	0
Campesterol 1	mg	0	4	0.000	0	0	0
Beta-sitosterol 1	mg	0	4	0.000	0	0	0
Amino Acids							
Tryptophan 3 4 5 6	g	0.042	--	--	0.102	0.013	0.410
Threonine 3 4 5 6	g	0.141	--	--	0.344	0.043	1.376
Isoleucine 3 4 5 6	g	0.171	--	--	0.417	0.052	1.669
Leucine 3 4 5 6	g	0.313	--	--	0.764	0.095	3.055
Lysine 3 4 5 6	g	0.276	--	--	0.673	0.084	2.694
Methionine 3 4 5 6	g	0.087	--	--	0.212	0.027	0.849
Cystine 3 4 5 6	g	0.020	--	--	0.049	0.006	0.195
Phenylalanine 3 4 5 6	g	0.171	--	--	0.417	0.052	1.669
Tyrosine 3 4 5 6	g	0.167	--	--	0.407	0.051	1.630
Valine 3 4 5 6	g	0.216	--	--	0.527	0.066	2.108
Arginine 3 4 5 6	g	0.094	--	--	0.229	0.029	0.917
Histidine 3 4 5 6	g	0.100	--	--	0.244	0.031	0.976
Alanine 3 4 5 6	g	0.112	--	--	0.273	0.034	1.093
Aspartic acid 3 4 5 6	g	0.283	--	--	0.691	0.086	2.762

Nutrient	Unit	1			1 cup 244g	1 fl oz 30.5g	1 quart 976g
		Value Per100 g	Data points	Std. Error			
Glutamic acid 3 4 5 6	g	0.742	--	--	1.810	0.226	7.242
Glycine 3 4 5 6	g	0.065	--	--	0.159	0.020	0.634
Proline 3 4 5 6	g	0.326	--	--	0.795	0.099	3.182
Serine 3 4 5 6	g	0.199	--	--	0.486	0.061	1.942
Hydroxyproline 1	g	0.000	4	0.000	0.000	0.000	0.000
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0
Flavonoids							
Isoflavones							
Daidzein 14	mg	0.00	1	--	0.00	0.00	0.00
Genistein 14	mg	0.00	1	--	0.00	0.00	0.00
Glycitein 14	mg	0.00	1	--	0.00	0.00	0.00
Total isoflavones 14	mg	0.00	1	--	0.00	0.00	0.00
Formononetin	mg	0.00	1	--	0.00	0.00	0.00
Coumestrol	mg	0.00	1	--	0.00	0.00	0.00

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 2b, 1999 Beltsville MD
- ³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11a, 2007 Beltsville MD
- ⁴Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11b, 2007 Beltsville MD
- ⁵Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11c, 2007 Beltsville MD
- ⁶Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11d, 2007 Beltsville MD
- ⁷Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995
- ⁸Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996
- ⁹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997
- ¹⁰Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991
- ¹¹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992
- ¹²Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993
- ¹³Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994

¹⁴Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N. Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestan., 2006 Nutr. Cancer 54 pp.184-201