

## Basic Report 01080, Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D

Report Date: August 17, 2017 23:13 EDT

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 1 cup<br>245g | 1 quart<br>980g |
|--------------------------------|------|------------------------|---------------|-----------------|
| <b>Proximates</b>              |      |                        |               |                 |
| Water                          | g    | 88.86                  | 217.71        | 870.83          |
| Energy                         | kcal | 51                     | 125           | 500             |
| Protein                        | g    | 3.48                   | 8.53          | 34.10           |
| Total lipid (fat)              | g    | 1.92                   | 4.70          | 18.82           |
| Carbohydrate, by difference    | g    | 4.97                   | 12.18         | 48.71           |
| Fiber, total dietary           | g    | 0.0                    | 0.0           | 0.0             |
| <b>Minerals</b>                |      |                        |               |                 |
| Calcium, Ca                    | mg   | 128                    | 314           | 1254            |
| Iron, Fe                       | mg   | 0.05                   | 0.12          | 0.49            |
| Magnesium, Mg                  | mg   | 14                     | 34            | 137             |
| Phosphorus, P                  | mg   | 100                    | 245           | 980             |
| Potassium, K                   | mg   | 162                    | 397           | 1588            |
| Sodium, Na                     | mg   | 52                     | 127           | 510             |
| Zinc, Zn                       | mg   | 0.40                   | 0.98          | 3.92            |
| <b>Vitamins</b>                |      |                        |               |                 |
| Vitamin C, total ascorbic acid | mg   | 1.0                    | 2.5           | 9.8             |
| Thiamin                        | mg   | 0.040                  | 0.098         | 0.392           |
| Riboflavin                     | mg   | 0.173                  | 0.424         | 1.695           |
| Niacin                         | mg   | 0.090                  | 0.221         | 0.882           |
| Vitamin B-6                    | mg   | 0.045                  | 0.110         | 0.441           |
| Folate, DFE                    | µg   | 5                      | 12            | 49              |
| Vitamin B-12                   | µg   | 0.38                   | 0.93          | 3.72            |
| Vitamin A, RAE                 | µg   | 56                     | 137           | 549             |
| Vitamin A, IU                  | IU   | 204                    | 500           | 1999            |
| Vitamin D (D2 + D3)            | µg   | 1.0                    | 2.5           | 9.8             |
| Vitamin D                      | IU   | 40                     | 98            | 392             |

| <b>Nutrient</b>                    | <b>Unit</b> | <b>1<br/>Value<br/>Per100 g</b> | <b>1 cup<br/>245g</b> | <b>1 quart<br/>980g</b> |
|------------------------------------|-------------|---------------------------------|-----------------------|-------------------------|
| <b>Lipids</b>                      |             |                                 |                       |                         |
| Fatty acids, total saturated       | g           | 1.195                           | 2.928                 | 11.711                  |
| Fatty acids, total monounsaturated | g           | 0.555                           | 1.360                 | 5.439                   |
| Fatty acids, total polyunsaturated | g           | 0.071                           | 0.174                 | 0.696                   |
| Cholesterol                        | mg          | 8                               | 20                    | 78                      |

**Amino Acids**

**Other**