

## Basic Report 01081, Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D

Report Date: August 16, 2017 21:47 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 246g	1 quart 984g
<b>Proximates</b>				
Water	g	87.71	215.77	863.07
Energy	kcal	56	138	551
Protein	g	3.95	9.72	38.87
Total lipid (fat)	g	1.98	4.87	19.48
Carbohydrate, by difference	g	5.49	13.51	54.02
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	5.26	12.94	51.76
<b>Minerals</b>				
Calcium, Ca	mg	143	352	1407
Iron, Fe	mg	0.06	0.15	0.59
Magnesium, Mg	mg	16	39	157
Phosphorus, P	mg	112	276	1102
Potassium, K	mg	182	448	1791
Sodium, Na	mg	59	145	581
Zinc, Zn	mg	0.45	1.11	4.43
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	1.1	2.7	10.8
Thiamin	mg	0.045	0.111	0.443
Riboflavin	mg	0.194	0.477	1.909
Niacin	mg	0.101	0.248	0.994
Vitamin B-6	mg	0.051	0.125	0.502
Folate, DFE	µg	6	15	59
Vitamin B-12	µg	0.43	1.06	4.23
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	5	12	49
Vitamin E (alpha-tocopherol)	mg	0.04	0.10	0.39

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 246g</b>	<b>1 quart 984g</b>
Vitamin D (D2 + D3)	µg	1.0	2.5	9.8
Vitamin D	IU	40	98	394
Vitamin K (phylloquinone)	µg	0.1	0.2	1.0
<b>Lipids</b>				
Fatty acids, total saturated	g	1.232	3.031	12.123
Fatty acids, total monounsaturated	g	0.572	1.407	5.628
Fatty acids, total polyunsaturated	g	0.074	0.182	0.728
Cholesterol	mg	8	20	79
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0