

Basic Report 01082, Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D

Report Date: September 26, 2017 16:07 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 | 89.92 | 219.40 | 27.43 | 877.62 |
| Energy | kcal | 42 | 102 | 13 | 410 |
| Protein | g | 3.37 | 8.22 | 1.03 | 32.89 |
| Total lipid (fat) | g | 0.97 | 2.37 | 0.30 | 9.47 |
| Carbohydrate, by difference | g | 4.99 | 12.18 | 1.52 | 48.70 |
| Fiber, total dietary | g | 0.0 | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 5.20 | 12.69 | 1.59 | 50.75 |
| Minerals | | | | | |
| Calcium, Ca | mg | 125 | 305 | 38 | 1220 |
| Iron, Fe | mg | 0.03 | 0.07 | 0.01 | 0.29 |
| Magnesium, Mg | mg | 11 | 27 | 3 | 107 |
| Phosphorus, P | mg | 95 | 232 | 29 | 927 |
| Potassium, K | mg | 150 | 366 | 46 | 1464 |
| Sodium, Na | mg | 44 | 107 | 13 | 429 |
| Zinc, Zn | mg | 0.42 | 1.02 | 0.13 | 4.10 |
| Vitamins | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.020 | 0.049 | 0.006 | 0.195 |
| Riboflavin | mg | 0.185 | 0.451 | 0.056 | 1.806 |
| Niacin | mg | 0.093 | 0.227 | 0.028 | 0.908 |
| Vitamin B-6 | mg | 0.037 | 0.090 | 0.011 | 0.361 |
| Folate, DFE | µg | 5 | 12 | 2 | 49 |
| Vitamin B-12 | µg | 0.47 | 1.15 | 0.14 | 4.59 |
| Vitamin A, RAE | µg | 58 | 142 | 18 | 566 |
| Vitamin A, IU | IU | 196 | 478 | 60 | 1913 |
| Vitamin E (alpha-tocopherol) | mg | 0.01 | 0.02 | 0.00 | 0.10 |

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|------------------------------------|-------------|---------------------------------|-----------------------|--------------------------|-------------------------|
| Vitamin D (D2 + D3) | µg | 1.2 | 2.9 | 0.4 | 11.7 |
| Vitamin D | IU | 48 | 117 | 15 | 468 |
| Vitamin K (phylloquinone) | µg | 0.1 | 0.2 | 0.0 | 1.0 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | 0.633 | 1.545 | 0.193 | 6.178 |
| Fatty acids, total monounsaturated | g | 0.277 | 0.676 | 0.084 | 2.704 |
| Fatty acids, total polyunsaturated | g | 0.035 | 0.085 | 0.011 | 0.342 |
| Cholesterol | mg | 5 | 12 | 2 | 49 |
| Amino Acids | | | | | |
| Other | | | | | |
| Caffeine | mg | 0 | 0 | 0 | 0 |