

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

Report Date: May 29, 2017 21:17 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

Nutrient	Unit	1 Value Per100 g	1 cup 244g	1 fl oz 30.5g	1 quart 976g
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