

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

Report Date: February 22, 2018 23:34 EST

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
<b>Proximates</b>					
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
<b>Minerals</b>					
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
<b>Vitamins</b>					
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
<b>Lipids</b>					
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
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0