

## Basic Report 01083, Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D

Report Date: July 24, 2017 04:35 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 245g	1 quart 980g
<b>Proximates</b>				
Water	g	89.81	220.03	880.14
Energy	kcal	43	105	421
Protein	g	3.48	8.53	34.10
Total lipid (fat)	g	0.97	2.38	9.51
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	59	145	578
Vitamin A, IU	IU	204	500	1999
Vitamin D (D2 + D3)	µg	1.0	2.5	9.8
Vitamin D	IU	40	98	392

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<b>Lipids</b>				
Fatty acids, total saturated	g	0.604	1.480	5.919
Fatty acids, total monounsaturated	g	0.280	0.686	2.744
Fatty acids, total polyunsaturated	g	0.036	0.088	0.353
Cholesterol	mg	4	10	39
<b>Amino Acids</b>				
<b>Other</b>				