

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

Report Date: December 13, 2017 10:02 EST

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup 245g | 1 quart 980g |
|--------------------------------|------|------------------------|---------------|-----------------|
| Proximates | | | | |
| 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 |
| Minerals | | | | |
| 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 |
| Vitamins | | | | |
| 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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|------------------------------------|-------------|---------------------------------|-----------------------|-------------------------|
| Lipids | | | | |
| 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 |

Amino Acids

Other