

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

Report Date: February 22, 2018 05:49 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

Nutrient	Unit	1 Value Per100 g	1 cup 245g	1 quart 980g
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