

**Basic Report 01084, Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D**

Report Date: June 20, 2019 20:07 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 246g	1 quart 984g
<b>Proximates</b>				
Water	g	88.74	218.30	873.20
Energy	kcal	48	118	472
Protein	g	3.93	9.67	38.67
Total lipid (fat)	g	1.17	2.88	11.51
Carbohydrate, by difference	g	5.52	13.58	54.32
Fiber, total dietary	g	0.0	0.0	0.0
<b>Minerals</b>				
Calcium, Ca	mg	142	349	1397
Iron, Fe	mg	0.06	0.15	0.59
Magnesium, Mg	mg	16	39	157
Phosphorus, P	mg	111	273	1092
Potassium, K	mg	180	443	1771
Sodium, Na	mg	58	143	571
Zinc, Zn	mg	0.45	1.11	4.43
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	1.2	3.0	11.8
Thiamin	mg	0.045	0.111	0.443
Riboflavin	mg	0.192	0.472	1.889
Niacin	mg	0.100	0.246	0.984
Vitamin B-6	mg	0.050	0.123	0.492
Folate, DFE	µg	6	15	59
Vitamin B-12	µg	0.43	1.06	4.23
Vitamin A, RAE	µg	61	150	600
Vitamin A, IU	IU	203	499	1998
Vitamin D (D2 + D3)	µg	1.0	2.5	9.8
Vitamin D	IU	40	98	394

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 246g</b>	<b>1 quart 984g</b>
<b>Lipids</b>				
Fatty acids, total saturated	g	0.728	1.791	7.164
Fatty acids, total monounsaturated	g	0.338	0.831	3.326
Fatty acids, total polyunsaturated	g	0.043	0.106	0.423
Cholesterol	mg	4	10	39

**Amino Acids**

**Other**