

## Basic Report 01085, Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)

Report Date: September 22, 2017 09:32 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 245g	1 fl oz 30.6g	1 quart 980g
<b>Proximates</b>					
Water	g	90.84	222.56	27.80	890.23
Energy	kcal	34	83	10	333
Protein	g	3.37	8.26	1.03	33.03
Total lipid (fat)	g	0.08	0.20	0.02	0.78
Carbohydrate, by difference	g	4.96	12.15	1.52	48.61
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	5.09	12.47	1.56	49.88
<b>Minerals</b>					
Calcium, Ca	mg	122	299	37	1196
Iron, Fe	mg	0.03	0.07	0.01	0.29
Magnesium, Mg	mg	11	27	3	108
Phosphorus, P	mg	101	247	31	990
Potassium, K	mg	156	382	48	1529
Sodium, Na	mg	42	103	13	412
Zinc, Zn	mg	0.42	1.03	0.13	4.12
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.045	0.110	0.014	0.441
Riboflavin	mg	0.182	0.446	0.056	1.784
Niacin	mg	0.094	0.230	0.029	0.921
Vitamin B-6	mg	0.037	0.091	0.011	0.363
Folate, DFE	µg	5	12	2	49
Vitamin B-12	µg	0.50	1.23	0.15	4.90
Vitamin A, RAE	µg	61	149	19	598
Vitamin A, IU	IU	204	500	62	1999
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	11.8
Vitamin D	IU	47	115	14	461
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.056	0.137	0.017	0.549
Fatty acids, total monounsaturated	g	0.022	0.054	0.007	0.216
Fatty acids, total polyunsaturated	g	0.003	0.007	0.001	0.029
Cholesterol	mg	2	5	1	20
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0