

Basic Report 01085, Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)
Report Date: August 18, 2019 09:56 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
Proximates					
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
Minerals					
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
Vitamins					
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

Nutrient	Unit	1 Value Per100 g	1 cup 245g	1 fl oz 30.6g	1 quart 980g
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
Lipids					
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
Amino Acids					
Other					
Caffeine	mg	0	0	0	0