

## Basic Report 01086, Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)

Report Date: August 21, 2017 04:33 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	90.38	221.43	27.66	885.72
Energy	kcal	37	91	11	363
Protein	g	3.57	8.75	1.09	34.99
Total lipid (fat)	g	0.25	0.61	0.08	2.45
Carbohydrate, by difference	g	5.02	12.30	1.54	49.20
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	5.02	12.30	1.54	49.20
<b>Minerals</b>					
Calcium, Ca	mg	129	316	39	1264
Iron, Fe	mg	0.05	0.12	0.02	0.49
Magnesium, Mg	mg	15	37	5	147
Phosphorus, P	mg	104	255	32	1019
Potassium, K	mg	171	419	52	1676
Sodium, Na	mg	53	130	16	519
Zinc, Zn	mg	0.41	1.00	0.13	4.02
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	1.0	2.5	0.3	9.8
Thiamin	mg	0.041	0.100	0.013	0.402
Riboflavin	mg	0.175	0.429	0.054	1.715
Niacin	mg	0.091	0.223	0.028	0.892
Vitamin B-6	mg	0.046	0.113	0.014	0.451
Folate, DFE	µg	5	12	2	49
Vitamin B-12	µg	0.39	0.96	0.12	3.82
Vitamin A, RAE	µg	64	157	20	627
Vitamin A, IU	IU	214	524	65	2097
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	49	120	15	480
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.162	0.397	0.050	1.588
Fatty acids, total monounsaturated	g	0.065	0.159	0.020	0.637
Fatty acids, total polyunsaturated	g	0.009	0.022	0.003	0.088
Cholesterol	mg	2	5	1	20
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0