

**Basic Report 01087, Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)**

Report Date: November 18, 2017 14:39 EST

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	89.36	219.83	879.30
Energy	kcal	41	101	403
Protein	g	3.96	9.74	38.97
Total lipid (fat)	g	0.25	0.61	2.46
Carbohydrate, by difference	g	5.56	13.68	54.71
Fiber, total dietary	g	0.0	0.0	0.0
<b>Minerals</b>				
Calcium, Ca	mg	143	352	1407
Iron, Fe	mg	0.06	0.15	0.59
Magnesium, Mg	mg	16	39	157
Phosphorus, P	mg	112	276	1102
Potassium, K	mg	182	448	1791
Sodium, Na	mg	59	145	581
Zinc, Zn	mg	0.45	1.11	4.43
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	1.1	2.7	10.8
Thiamin	mg	0.045	0.111	0.443
Riboflavin	mg	0.194	0.477	1.909
Niacin	mg	0.101	0.248	0.994
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

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<b>Lipids</b>				
Fatty acids, total saturated	g	0.162	0.399	1.594
Fatty acids, total monounsaturated	g	0.065	0.160	0.640
Fatty acids, total polyunsaturated	g	0.009	0.022	0.089
Cholesterol	mg	2	5	20
<b>Amino Acids</b>				
<b>Other</b>				