

Basic Report 01107, Milk, human, mature, fluid

Report Date: June 16, 2019 04:48 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 fl oz 30.8g	1 cup 246g
Proximates				
Water	g	87.50	26.95	215.25
Energy	kcal	70	22	172
Protein	g	1.03	0.32	2.53
Total lipid (fat)	g	4.38	1.35	10.77
Carbohydrate, by difference	g	6.89	2.12	16.95
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	6.89	2.12	16.95
Minerals				
Calcium, Ca	mg	32	10	79
Iron, Fe	mg	0.03	0.01	0.07
Magnesium, Mg	mg	3	1	7
Phosphorus, P	mg	14	4	34
Potassium, K	mg	51	16	125
Sodium, Na	mg	17	5	42
Zinc, Zn	mg	0.17	0.05	0.42
Vitamins				
Vitamin C, total ascorbic acid	mg	5.0	1.5	12.3
Thiamin	mg	0.014	0.004	0.034
Riboflavin	mg	0.036	0.011	0.089
Niacin	mg	0.177	0.055	0.435
Vitamin B-6	mg	0.011	0.003	0.027
Folate, DFE	µg	5	2	12
Vitamin B-12	µg	0.05	0.02	0.12
Vitamin A, RAE	µg	61	19	150
Vitamin A, IU	IU	212	65	522
Vitamin E (alpha-tocopherol)	mg	0.08	0.02	0.20

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Vitamin D (D2 + D3)	µg	0.1	0.0	0.2
Vitamin D	IU	3	1	7
Vitamin K (phylloquinone)	µg	0.3	0.1	0.7
Lipids				
Fatty acids, total saturated	g	2.009	0.619	4.942
Fatty acids, total monounsaturated	g	1.658	0.511	4.079
Fatty acids, total polyunsaturated	g	0.497	0.153	1.223
Cholesterol	mg	14	4	34
Amino Acids				
Other				
Caffeine	mg	0	0	0