

Statistics Report 01107, Milk, human, mature, fluid
Report Date: July 21, 2019 15:12 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	87.50	616	0.040	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	70	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	291	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	1.03	591	0.010	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	4.38	415	0.040	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	0.20	396	0.001	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	6.89	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	6.89	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2003
Minerals													
Calcium, Ca	mg	32	755	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Iron, Fe	mg	0.03	277	0.002	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	3	303	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	14	632	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	51	172	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	17	342	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	0.17	281	0.006	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.052	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.026	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	1.8	101	0.017	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1992
Vitamins													
Vitamin C, total ascorbic acid	mg	5.0	233	0.100	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Thiamin	mg	0.014	279	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.036	275	0.001	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.177	271	0.003	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.223	416	0.003	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.011	88	0.001	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	5	7	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	5	7	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	5	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	16.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	0.05	32	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004

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Vitamin A, RAE	µg	61	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	60	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta	µg	7	--	--	0	0	--	--	--	--	Calculated or imputed	01077	01/2003
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	212	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.08	--	--	0	0	--	--	--	--	Calculated or imputed	01077	01/2003
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.1	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.1	--	--	0	0	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin D	IU	3	--	--	0	0	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin K (phylloquinone)	µg	0.3	--	--	0	0	--	--	--	--	Calculated or imputed	01077	01/2003
Lipids													
Fatty acids, total saturated	g	2.009	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976

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6:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.063	16	0.006	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.256	18	0.023	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	0.321	20	0.019	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	0.919	20	0.023	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	0.293	20	0.018	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	1.658	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.129	17	0.012	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	1.475	20	0.037	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976

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20:1	g	0.040	12	0.003	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.497	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.374	20	0.030	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.052	15	0.013	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.026	14	0.004	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	14	54	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Amino Acids													
Tryptophan	g	0.017	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	0.046	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	0.056	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	0.095	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	0.068	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.021	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.019	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	0.046	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	0.053	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976

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Valine	g	0.063	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	0.043	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.023	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.036	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	0.082	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	0.168	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.026	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	0.082	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	0.043	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2001

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2001