

FoodData Central

Food Details

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Milk, whole, 3.25% milkfat, with added vitamin D

SR Legacy, released in April 2018, is the final release of this data type and will not be updated. For more recent data, users should search other data types in FoodData Central.

Data Type: SR Legacy

Food Category: Dairy and Egg Products

FDC ID: 171265

NDB Number: 1077

FDC Published: 4/1/2019

- Nutrients
- Measures
- Other Information

Portion:

100g

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
Water	88.1	g	Analytical	28		87.7	89.2		
Energy	61	kcal	Calculated						
Energy	254	kJ	Calculated						
Protein	3.15	g	Analytical	27		3.07	3.31		
Total lipid (fat)	3.25	g	Product standard, such as enrichment level specified in CFR or AMS commodity standard						
Ash	0.67	g	Analytical	24		0.66	0.7		
Carbohydrate, by difference	4.8	g	Calculated						
Fiber, total dietary	0	g							
Total Sugars	5.05	g							
Sucrose	0	g	Analytical	24		0	0		
Glucose	0	g	Analytical	24		0	0		
Fructose	0	g	Analytical	24		0	0		
Lactose	5.05	g	Analytical	24		4.85	5.57		

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
Maltose	0	g	Analytical	24		0	0		
Galactose	0	g	Analytical	12		0	0		
Calcium, Ca	113	mg	Analytical	16		112	116		
Iron, Fe	0.03	mg	Analytical	46		0	0.07		
Magnesium, Mg	10	mg	Analytical	42		7	12		
Phosphorus, P	84	mg	Analytical	42		59	95		
Potassium, K	132	mg	Analytical	41		106	163		
Sodium, Na	43	mg	Analytical	42		26	58		
Zinc, Zn	0.37	mg	Analytical	42		0.25	0.47		
Copper, Cu	0.025	mg	Analytical	42		0	0.081		
Manganese, Mn	0.004	mg	Analytical	41		0	0.008		
Selenium, Se	3.7	µg	Analytical	29		0	8.8		
Vitamin C, total ascorbic acid	0	mg	Analytical	7		0	0		
Thiamin	0.046	mg	Analytical	24		0.042	0.048		
Riboflavin	0.169	mg	Analytical	23		0.156	0.196		
Niacin	0.089	mg	Analytical	24		0.07	0.122		
Pantothenic acid	0.373	mg	Analytical	8		0.357	0.384		
Vitamin B-6	0.036	mg	Analytical	24		0.034	0.039		
Folate, total	5	µg							
Folic acid	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Folate, food	5	µg							
Folate, DFE	5	µg	Calculated						
Choline, total	14.3	mg							
Betaine	0.6	mg	Analytical	1					
Vitamin B-12	0.45	µg	Analytical	14		0.27	0.53		
Vitamin B-12, added	0	µg	Assumed zero (Insignificant amount or not naturally						

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
			occurring in a food, such as fiber in meat)						
Vitamin A, RAE	46	µg							
Retinol	45	µg	Analytical	4					
Carotene, beta	7	µg	Analytical	10		2	9		
Carotene, alpha	0	µg	Analytical	10		0	0		
Cryptoxanthin, beta	0	µg	Analytical	10		0	0		
Vitamin A, IU	162	IU							
Lycopene	0	µg	Analytical	6		0	0		
Lutein + zeaxanthin	0	µg	Analytical	6		0	0		
Vitamin E (alpha-tocopherol)	0.07	mg	Analytical	24		0.03	0.08		
Vitamin E, added	0	mg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Tocopherol, beta	0	mg	Analytical	24		0	0		
Tocopherol, gamma	0	mg	Analytical	24		0	0.01		
Tocopherol, delta	0	mg	Analytical	24		0	0		
Tocotrienol, alpha	0	mg	Analytical	24		0	0		
Tocotrienol, beta	0	mg	Analytical	24		0	0		
Tocotrienol, gamma	0	mg	Analytical	24		0	0		
Tocotrienol, delta	0	mg	Analytical	24		0	0		
Vitamin D (D2 + D3), International Units	51	IU	Analytical	24		8	82		
Vitamin D (D2 + D3)	1.3	µg							
Vitamin D3 (cholecalciferol)	1.3	µg	Analytical	24		0.2	2		
Vitamin K (phylloquinone)	0.3	µg	Analytical	8		0.2	0.3		
Vitamin K (Dihydrophylloquinone)	0	µg	Analytical	8		0	0		
Vitamin K (Menaquinone-4)	1	µg	Analytical	4					
Fatty acids, total saturated	1.86	g	Calculated						
SFA 4:0	0.075	g	Analytical	12		0.075	0.075		

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
SFA 6:0	0.075	g	Analytical	12		0.075	0.075		
SFA 8:0	0.075	g	Analytical	12		0.075	0.075		
SFA 10:0	0.075	g	Analytical	12		0.075	0.075		
SFA 12:0	0.077	g	Analytical	12		0.075	0.1		
SFA 13:0	0	g	Analytical	1					
SFA 14:0	0.297	g	Analytical	12		0.194	0.334		
SFA 15:0	0	g	Analytical	12		0	0		
SFA 16:0	0.829	g	Analytical	12		0.534	0.938		
SFA 17:0	0	g	Analytical	12		0	0		
SFA 18:0	0.365	g	Analytical	12		0.22	0.428		
SFA 20:0	0	g	Analytical	12		0	0		
SFA 22:0	0	g	Analytical	12		0	0		
SFA 24:0	0	g	Analytical	12		0	0		
Fatty acids, total monounsaturated	0.812	g	Calculated						
MUFA 14:1	0	g	Analytical	12		0	0		
MUFA 16:1	0	g	Analytical	12		0	0		
MUFA 18:1	0.812	g	Analytical	12		0.501	0.928		
MUFA 20:1	0	g	Analytical	12		0	0		
MUFA 22:1	0	g	Analytical	12		0	0		
Fatty acids, total polyunsaturated	0.195	g	Calculated						
PUFA 18:2	0.12	g	Analytical	12		0.075	0.139		
PUFA 18:3	0.075	g	Analytical	12		0.075	0.075		
PUFA 18:4	0	g	Analytical	12		0	0		
PUFA 20:4	0	g	Analytical	12		0	0		
PUFA 20:5 n-3 (EPA)	0	g	Analytical	12		0	0		
PUFA 22:5 n-3 (DPA)	0	g	Analytical	12		0	0		
PUFA 22:6 n-3 (DHA)	0	g	Analytical	12		0	0		
Cholesterol	10	mg	Analytical	12		6	13		
Tryptophan	0.04	g	Analytical	0					
Threonine	0.134	g	Analytical	0					
Isoleucine	0.163	g	Analytical	0					
Leucine	0.299	g	Analytical	0					

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
Lysine	0.264	g	Analytical	0					
Methionine	0.083	g	Analytical	0					
Cystine	0.019	g	Analytical	0					
Phenylalanine	0.163	g	Analytical	0					
Tyrosine	0.159	g	Analytical	0					
Valine	0.206	g	Analytical	0					
Arginine	0.09	g	Analytical	0					
Histidine	0.095	g	Analytical	0					
Alanine	0.107	g	Analytical	0					
Aspartic acid	0.27	g	Analytical	0					
Glutamic acid	0.708	g	Analytical	0					
Glycine	0.062	g	Analytical	0					
Proline	0.311	g	Analytical	0					
Serine	0.19	g	Analytical	0					
Alcohol, ethyl	0	g							
Caffeine	0	mg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Theobromine	0	mg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						

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