Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D

HumanOS public profile · resource · Record food-fdc-172217

Reference food

USDA FoodData Central SR Legacy reference composition per 100 g of edible portion. [1]

Upstream connections

Calcium · Composition · Documented. USDA reports 113 mg of calcium per 100 g of milk, whole, 3.25% milkfat, without added vitamin a and vitamin d. This value applies to the reference food. [1]

Iron · Composition · Documented. USDA reports 0.03 mg of iron per 100 g of milk, whole, 3.25% milkfat, without added vitamin a and vitamin d. This value applies to the reference food. [1]

Magnesium · Composition · Documented. USDA reports 10 mg of magnesium per 100 g of milk, whole, 3.25% milkfat, without added vitamin a and vitamin d. This value applies to the reference food. [1]

Potassium · Composition · Documented. USDA reports 132 mg of potassium per 100 g of milk, whole, 3.25% milkfat, without added vitamin a and vitamin d. This value applies to the reference food. [1]

Downstream connections

Ballard Jersey cow milk · Classification · Design specification. USDA whole cow milk at 3.25% milkfat is a reference food for interpreting milk constituents. Its nutrient values apply to that reference, not this farm or a finished curd. [1] [2]

Sources

1. USDA Agricultural Research Service · FoodData Central 172217 · fdc.nal.usda.gov

2. Idaho State Department of Agriculture · A Guide to Idaho’s Dairy Processors · Ballard Cheese, 2023 · agri.idaho.gov (PDF)