



Food ID: J023

Food name and Description: Milk, pwdr, skim

Scientific name:

Alternate/Common name(s): Gatas, pulbos, skim

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	2.4
Energy, calculated (kcal)	362
Protein (g)	40.8
Total Fat (g)	0.8
Carbohydrate, total (g)	48
Ash, total (g)	8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	47.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	1318
Phosphorus, P (mg)	949
Iron, Fe (mg)	5.4
Sodium, Na (mg)	496

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	30
beta-Carotene (µg)	15
Retinol Activity Equivalent, RAE (µg)	31
Thiamin, Vitamin B1 (mg)	0.39
Riboflavin, Vitamin B2 (mg)	0.77
Niacin (mg)	0.9
Ascorbic Acid, Vitamin C (mg)	14

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.53
Fatty acids, monounsaturated, total (g)	0.21
Fatty acids, polyunsaturated, total(g)	0.04
Cholesterol (mg)	21