The Nutritional Composition of Dairy Foods

Nutritional Composition of Milk per 100g [a]

	Whole milk, pasteurised, average [b]	Skimmed milk, pasteurised, average [b]	Semi-skimmed milk, pasteurised, average [b]
Energy			
kcal	66	34	46
kJ	274	144	195
Protein (g)	3.3	3.5	3.5
Carbohydrates (g)	4.6	4.8	4.7
Fat (g)	3.9	0.3	1.7
Saturated fatty acids (g)	2.5	0.1	1.1
Monounsaturated fatty acids (g)	1.0	0.1	0.4
Polyunsaturated fatty acids (g)	0.1	Tr	Tr
Trans fatty acids (g)	0.1	Tr	0.1
Sodium (mg)	43	44	43
Potassium (mg)	155	162	156
Calcium (mg)	118	125	120
Magnesium (mg)	11	11	11
Phosphorus (mg)	93	96	94
Iron (mg)	0.03	0.03	0.02
Copper (mg)	Tr	Tr	Tr
Zinc (mg)	0.4	0.5	0.4
Chloride (mg)	89	87	87
Manganese (mg)	Tr	Tr	Tr
Selenium (µg)	1	1	1
Iodine (µg)	31	30[c]	30
Retinol (µg)	30	1	19
Carotene (µg)	19	Tr	9
Vitamin D (µg)	Tr	Tr	Tr

Vitamin E (mg)	0.08	Tr	0.04
Thiamin (mg)	0.03	0.03	0.03
Riboflavin (mg)	0.23	0.22	0.24
Niacin (mg)	0.2	0.1	0.1
Trypt 60 (mg)	0.6	0.7	0.6
Vitamin B_6 (mg)	0.06	0.06	0.06
Vitamin B_{12} (µg)	0.9	0.8	0.9
Folate (µg)	8	9	9
Pantothenate (mg)	0.58	0.50	0.68
Biotin (µg)	2.5	2.5	3.0
Vitamin C (mg)	2	1	2

[a] Food Standards Agency (2002) McCance and Widdowson's The Composition of Foods, Sixth summary edition. Cambridge: Royal Society of Chemistry.
[b] Description and source of data: Average of summer and winter milk. Samples from 11 areas, in glass bottles (50%), plastic containers (30%) and cartons (20%).
[c] Winter milk may contain slightly higher levels of iodine than summer milk.
Tr: Trace