**Source:** <https://www.supertracker.usda.gov/foodapedia.aspx>

**Milk, goat'sChoose an amount:**

                     



|  |  |
| --- | --- |
| **Food Info** | **Nutrient Info** |
| **Nutrient** | **Amount** | **% of Daily Target or Limit** |
| **Total Calories** | **168** | **8% limit** |
| Protein | 9 g | 19% target |
| Carbohydrate | 11 g | 8% target |
| Dietary Fiber | 0 g | 0% target |
| Total Sugars | 11 g | No daily target or limit |
| Added Sugars | 0 g | 0% limit |
| Total Fat | 10 g | No daily target or limit |
| Saturated Fat | 7 g | 29% limit |
| Monounsaturated Fat | 3 g | No daily target or limit |
| Polyunsaturated Fat | 0 g | No daily target or limit |
| Linoleic Acid | 0 g | 2% target |
| α-Linolenic Acid | 0.1 g | 9% target |
| Omega 3 - EPA | 0 mg | No daily target or limit |
| Omega 3 - DHA | 0 mg | No daily target or limit |
| Cholesterol | 27 mg | 9% limit |
| **Minerals** |
| Calcium | 327 mg | 33% target |
| Potassium | 498 mg | 11% target |
| Sodium | 122 mg | 5% limit |
| Copper | 112 µg | 12% target |
| Iron | 0 mg | 1% target |
| Magnesium | 34 mg | 11% target |
| Phosphorus | 271 mg | 39% target |
| Selenium | 3 µg | 6% target |
| Zinc | 1 mg | 9% target |
| **Vitamins** |
| Vitamin A | 139 µg RAE | 20% target |
| Vitamin B6 | 0.1 mg | 9% target |
| Vitamin B12 | 0.2 µg | 7% target |
| Vitamin C | 3 mg | 4% target |
| Vitamin D | 3 µg | 21% target |
| Vitamin E | 0 mg AT | 1% target |
| Vitamin K | 1 µg | 1% target |
| Folate | 2 µg DFE | 1% target |
| Thiamin | 0.1 mg | 11% target |
| Riboflavin | 0.3 mg | 31% target |
| Niacin | 1 mg | 5% target |
| Choline | 39 mg | 9% target |



**Milk, wholeChoose an amount:**

                           



|  |  |
| --- | --- |
| **Food Info** | **Nutrient Info** |
| **Nutrient** | **Amount** | **% of Daily Target or Limit** |
| **Total Calories** | **149** | **7% limit** |
| Protein | 8 g | 17% target |
| Carbohydrate | 12 g | 9% target |
| Dietary Fiber | 0 g | 0% target |
| Total Sugars | 12 g | No daily target or limit |
| Added Sugars | 0 g | 0% limit |
| Total Fat | 8 g | No daily target or limit |
| Saturated Fat | 5 g | 20% limit |
| Monounsaturated Fat | 2 g | No daily target or limit |
| Polyunsaturated Fat | 0 g | No daily target or limit |
| Linoleic Acid | 0 g | 2% target |
| α-Linolenic Acid | 0.2 g | 17% target |
| Omega 3 - EPA | 0 mg | No daily target or limit |
| Omega 3 - DHA | 0 mg | No daily target or limit |
| Cholesterol | 24 mg | 8% limit |
| **Minerals** |
| Calcium | 276 mg | 28% target |
| Potassium | 322 mg | 7% target |
| Sodium | 105 mg | 5% limit |
| Copper | 61 µg | 7% target |
| Iron | 0 mg | 0% target |
| Magnesium | 24 mg | 8% target |
| Phosphorus | 205 mg | 29% target |
| Selenium | 9 µg | 16% target |
| Zinc | 1 mg | 11% target |
| **Vitamins** |
| Vitamin A | 112 µg RAE | 16% target |
| Vitamin B6 | 0.1 mg | 7% target |
| Vitamin B12 | 1.1 µg | 46% target |
| Vitamin C | 0 mg | 0% target |
| Vitamin D | 3 µg | 21% target |
| Vitamin E | 0 mg AT | 1% target |
| Vitamin K | 1 µg | 1% target |
| Folate | 12 µg DFE | 3% target |
| Thiamin | 0.1 mg | 10% target |
| Riboflavin | 0.4 mg | 37% target |
| Niacin | 0 mg | 2% target |
| Choline | 35 mg | 8% target |