



Average Nutrient Values for Dairy Products₁

Components	Nonfat Dry Milk	Dry Whole milk	Dry Buttermilk	Dry Buttermilk Product	Dry Sweet Whey	Dry Acid Whey	Reduced Lactose Whey	Reduced Mineral Whey	Whey Protein Concentrate			Lactose
									34%	50%	80%	
Calories(Kcal)	359	499	389	404	354	339	326	381	377	373	380	384
Calories from Fat	7	250	54	108	9	5	18	18	27	38	45	1
Total Fat (g)	0.8	28	6	12	1	0.5	2	2	3	4	5	0.1
Saturated Fat (g)	0.5	18	5	8	0.7	0.3	1.2	0.8	2.3	2.3	0.9	<0.01
Cholesterol (mg)	25	90	72	101	22	23	57	31	97	127	151	<1
Total Carbohydrates (g)	52	37	49	54	73	68	56	80	51	35	4	98
Sugars (g)	51	36	51	53	72	68	52	79	49	36	3	98
Protein (g)	36	27	32	24	12	12	23	13	35	50	79	0.2
Sodium (mg)	494	372	497	1,385	876	928	2,495	24	551	472	183	11
Potassium (mg)	1,674	1,304	1,551	1,758	2,118	2,111	4,400		1,651	1,400	337	25
Vitamin A (IU)	30	1,265	254	330	64	77	40	20	72	50		<50
Vitamin C (mg)	8	8	5	1.1	3	1.1			1.5		1.4	<1
Calcium (mg)	1,248	921	1,094	739	594	1,958	852	80	536	498	637	28
Iron (mg)	0.4	0.4	0.6	0.6	0.6	1.1			0.6		1.2	0.2
Riboflavin (mg)	1.8	1.6	2.1	2.5	2.2	2			1.8		1	
Phosphorous (mg)	993	758	906	756	810	1,353	1,150	180	538	450	379	2.3
Ash (g)	8	6	8	9	8	11	15	1.2	6	7	4	0.1
Moisture (g)	3.4	2.7	3.5	3.5	4.5	4.5			4	4		2.4

1: Values expressed per 100 grams of product, as is.

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