

NUTRITIVE VALUE OF MILK AND MILK PRODUCTS

	Energy (Kcals)	Moisture (g)	Protein (g)	Fat (g)	Mineral (g)	Fibre (g)	Carbohydrates (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)
Milk, Buffalo	117	81	4	6	1	-	5	210	130	0
Milk, cows	67	87	3	4	1	-	4	120	90	0
Milk, goats	72	87	3	4	1	-	5	170	120	0
Milk, human	65	88	1	3	0	-	7	28	11	-
Curds-cows milk	60	89	3	4	1	-	3	149	93	0
Buttermilk	15	97	1	1	0	-	0	30	30	0
Skimmed milk, liquid	29	92	2	0	2	-	5	120	90	0
Channa, cows milk	265	57	18	21	3	-	1	208	138	-
Channa, buffalo milk	292	54	13	23	2	-	8	480	277	-
Cheese	348	40	24	25	4	-	6	790	520	2
Khoa whole buffalo milk	421	31	15	31	3	-	20	650	420	6
Khoa skimmed milk	206	46	22	2	4	-	26	990	650	3
Khoa, whole Cow milk	413	25	20	26	4	-	25	956	613	-
Skimmed milk powder	357	4	38	0	7	-	51	1370	1000	1
Whole milk powder	496	3	26	27	6	-	38	950	730	1

Source

Gopalan. C, Rama Sastri B.V. and Balasubramanian, S.C., 2004, Nutritive Value of Indian Foods, National Institute of Nutrition, ICMR, Hyderabad.