

Dairy for Global Nutrition

NUTRITIONAL COMPOSITION OF SKIM MILK POWDER

Nutrients	Value Per 100 g of Powder
Protein	34.0–37.0%
Individual Amino Acids	
Tryptophan*	0.51g
Threonine*	1.63 g
Isoleucine ^{*,a}	2.18 g
Leucine ^{*,a}	3.54 g
Lysine*	2.86 g
Methionine*	0.99 g
Cystine	0.33 g
Phenylalanine*	1.74 g
Tyrosine*	1.74 g
Valine ^{*,a}	2.42 g
Arginine	1.30 g
Histidine*	0.98 g
Alanine	1.24 g
Aspartic acid	2.74 g
Glutamic acid	7.57 g
Glycine	0.76 g
Proline	3.50 g
Serine	1.96 g
Lactose	49.5–52.0%
Lipids	0.60–1.25%
Ash, including minerals	8.2–8.6%
Calcium	1,257 mg
Iron	0.32 mg
Magnesium	110 mg

* Essential Amino Acids

^a BCAAs

Source: *Reference Manual for U.S. Milk Powders*. Arlington, VA: U.S. Dairy Export Council, 2005. p41.

Send us your news, ideas, and feedback: info@DairyForGlobalNutrition.org
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