

Which Milk is Healthiest?



Nutrition Facts
Serving Size 1 cup 244g (244 g)
Servings per container 6

Amount Per Serving		% Daily Value*	
Calories 146	Calories from Fat 71		
Total Fat 8g			
		5g	12%
Saturated Fat 5g			
		10g	23%
Trans Fat			
		0g	0%
Cholesterol 24mg			
		48mg	8%
Sodium 98mg			
		200mg	4%
Total Carbohydrate 13g			
		13g	4%
Dietary Fiber 0g			
		0g	0%
Sugars 13g			
Protein 8g			
		8g	16%
Vitamin A 5% • Vitamin C 0%			
Calcium 28% • Iron 0%			

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

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Milk, whole 3.25% milkfat

Nutrition Facts
Serving Size 1 cup 244g (244 g)
Servings per container 6

Amount Per Serving		% Daily Value*	
Calories 122	Calories from Fat 43		
Total Fat 5g			
		3g	7%
Saturated Fat 3g			
		6g	15%
Trans Fat			
		0g	0%
Cholesterol 20mg			
		40mg	7%
Sodium 100mg			
		200mg	4%
Total Carbohydrate 12g			
		12g	4%
Dietary Fiber 0g			
		0g	0%
Sugars 12g			
Protein 8g			
		8g	16%
Vitamin A 9% • Vitamin C 1%			
Calcium 29% • Iron 0%			

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Milk, reduced fat, 2%

Nutrition Facts
Serving Size 1 cup 244g (244 g)
Servings per container 6

Amount Per Serving		% Daily Value*	
Calories 102	Calories from Fat 21		
Total Fat 2g			
		2g	4%
Saturated Fat 2g			
		4g	8%
Trans Fat			
		0g	0%
Cholesterol 12mg			
		24mg	4%
Sodium 107mg			
		214mg	4%
Total Carbohydrate 13g			
		13g	4%
Dietary Fiber 0g			
		0g	0%
Sugars 13g			
Protein 8g			
		8g	16%
Vitamin A 10% • Vitamin C 0%			
Calcium 29% • Iron 0%			

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Milk, lowfat 1% milkfat

Nutrition Facts
Serving Size 1 cup 245g (245 g)
Servings per container 6

Amount Per Serving		% Daily Value*	
Calories 83	Calories from Fat 2		
Total Fat 0g			
		0g	0%
Saturated Fat 0g			
		0g	1%
Trans Fat			
		0g	0%
Cholesterol 5mg			
		10mg	2%
Sodium 103mg			
		206mg	4%
Total Carbohydrate 12g			
		12g	4%
Dietary Fiber 0g			
		0g	0%
Sugars 12g			
Protein 8g			
		8g	16%
Vitamin A 10% • Vitamin C 0%			
Calcium 31% • Iron 0%			

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Milk, nonfat, fat free or skim

All milk contains the same essential nutrients