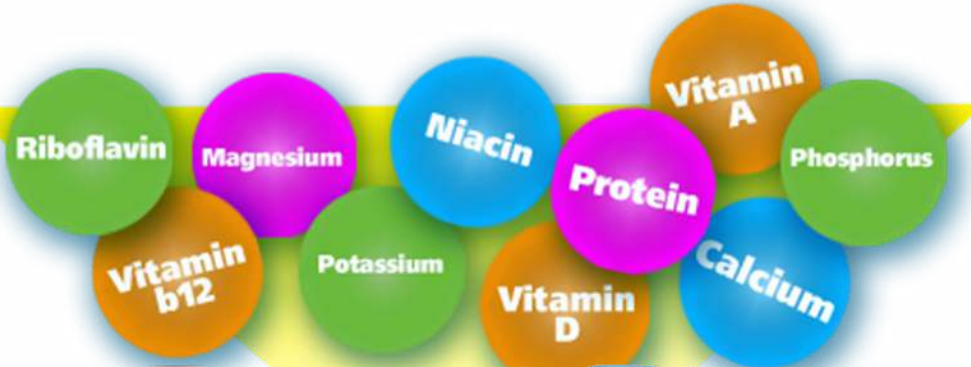


Which Milk is Healthiest?



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	
			12%
		Saturated Fat 5g	
			23%
		Cholesterol 24mg	
			8%
		Sodium 98mg	
			4%
		Total Carbohydrate 13g	
			4%
		Dietary Fiber 0g	
			0%
		Sugars 13g	
		Protein 8g	
		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	
			7%
		Saturated Fat 3g	
			15%
		Cholesterol 20mg	
			7%
		Sodium 100mg	
			4%
		Total Carbohydrate 12g	
			4%
		Dietary Fiber 0g	
			0%
		Sugars 12g	
		Protein 8g	
		Vitamin A 9% • Vitamin C 1%	
		Calcium 29% • 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, 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	
			4%
		Saturated Fat 2g	
			8%
		Cholesterol 12mg	
			4%
		Sodium 107mg	
			4%
		Total Carbohydrate 13g	
			4%
		Dietary Fiber 0g	
			0%
		Sugars 13g	
		Protein 8g	
		Vitamin A 10% • Vitamin C 0%	
		Calcium 29% • 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, 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	
			0%
		Saturated Fat 0g	
			1%
		Cholesterol 5mg	
			2%
		Sodium 103mg	
			4%
		Total Carbohydrate 12g	
			4%
		Dietary Fiber 0g	
			0%
		Sugars 12g	
		Protein 8g	
		Vitamin A 10% • Vitamin C 0%	
		Calcium 31% • 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, nonfat, fat free or skim

All milk contains the same essential nutrients