What's in Your Glass?

Choices are great, but they can be overwhelming. This at-a-glance chart can help you understand what's in your glass.

^{\$}0.30 per 8 oz.* per 8 oz. per 8 oz.[†] per 8 oz.^{*} per 8 oz. \$0.22 8 oz. per gallon1 **Lactose-Free** Dairy Milk, 1% Dairy Milk, 1% **Almond Beverage** Soy Beverage **Oat Beverage** (8 oz., unsweetened) 106 Calories 105 Calories 94 Calories 37 Calories 118 Calories 8g Protein 8g Protein 9g Protein 1g Protein 2g Protein Cost per 8 ounces based on ½ gallon 2g Fat 2g Fat 5g Fat 3g Fat 7g Fat sized container 13g Carbohydrates 13g Carbohydrates 3g Carbohydrates 1g Carbohydrates 13g Carbohydrates

Vitamins and Minerals²⁻⁴ (% Daily Value)

| Vitamin B12 | 60% | 60% | 40% | 35% | 50% |
|------------------------|-------------|-------------|-------------|--|-----|
| lodine | 60% | - | 2% | - | - |
| Calcium | 25 % | 25% | 20% | 30% | 30% |
| Riboflavin (B2) | 25% | 25 % | 15% | 6% | 55% |
| Phosphorus | 20% | 20% | 15 % | 6% | 20% |
| Pantothenic acid (B5) | 20% | - | - - | - | - |
| Niacin (B3) | 15 % | 15% | 4% | <2% | <2% |
| Vitamin A | 15% | 15% | 15% | 10% | 25% |
| Vitamin D | 15% | 15% | 8% | 10% | 20% |
| Potassium ⁵ | 10% | 10% | 10% | 2% | 10% |
| Zinc | 10% | 10% | 6% | 4% | 2% |
| Selenium | 10% | 10% | 8% | · ———————————————————————————————————— | _ |

= Naturally occurring nutrients = Nutrition data not available or reported quantitatively

(Dairy milk, unflavored (1%); Dairy Milk, Lactose-Free, unflavored (1%), unflavored almond, soy and oat beverages.)



^{*}Source: Circana Group, L.P. Multi-outlets and convenience stores. 52 week-period ending July 16, 2023.

IRI Total US -Multi Outlet + Conv 2022 YTD ending 5-22, based on U.S. average price of unflavored, private label milk, 1 gallon.

USDA, Agricultural Research Service. FoodData Central, 2019. https://fdc.nal.usda.gov/. Foundation Foods. FDC IDs: 746772, 2340766, 1999630, 1999631, 2257046. Accessed July 2023.

USDA, Agricultural Research Service. USDA, FDA and ODS-NIH Database for the Iodine Content of Common Foods Release 3.0 (2023).

Naturally occurring nutrients based on publicly available product ingredient lists. Accessed July 2023.

FDA's Daily Value (DV) for potassium of 4700 mg is based on a 2005 DRI recommendation. In 2019, NASEM updated the DRI to 3400 mg. These values are based on the 2019 DRI of 3400 mg.