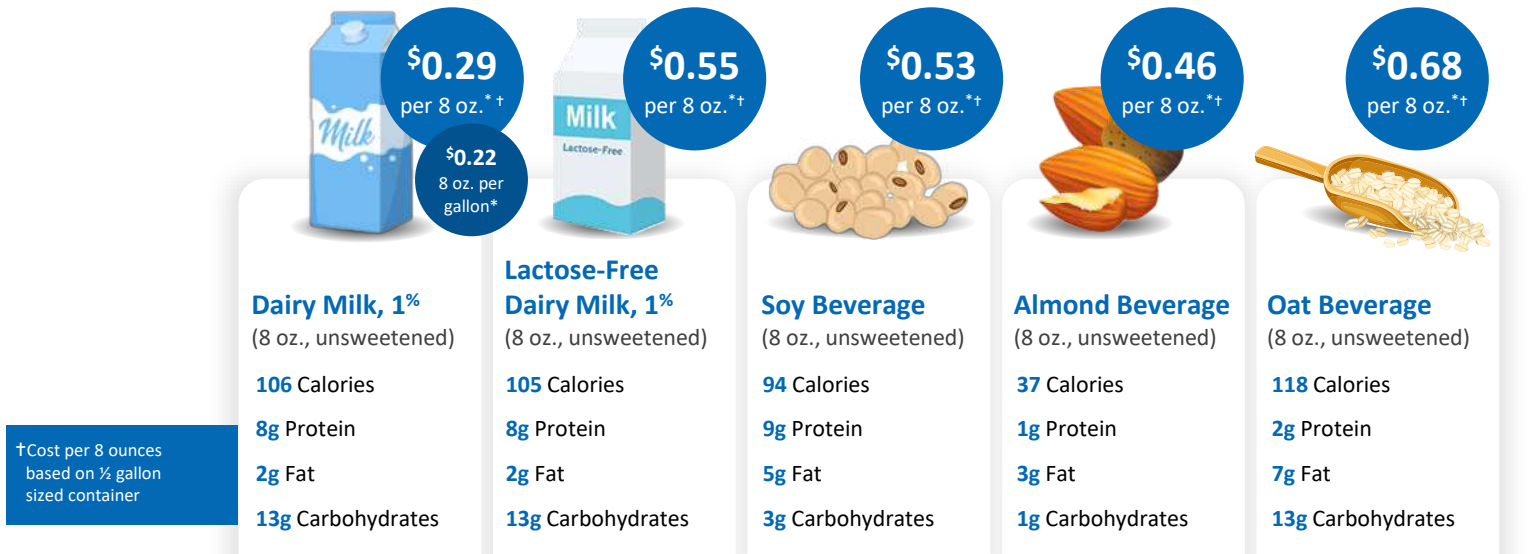


# What's in Your Glass?


Choices are great, but they can be overwhelming.

This at-a-glance chart can help you understand what's in your glass.



## Vitamins and Minerals<sup>1-4</sup> (% Daily Value)

Vitamin B12	60%	60%	40%	35%	50%
Iodine	60%	60%	2%	N/A	N/A
Calcium	25%	25%	20%	30%	30%
Riboflavin (B2)	25%	25%	15%	6%	55%
Phosphorus	20%	20%	15%	6%	20%
Pantothenic acid (B5)	20%	20%	N/A	N/A	N/A
Niacin (B3)	15%	15%	4%	<2%	<2%
Vitamin A	15%	15%	15%	10%	25%
Vitamin D	15%	15%	8%	10%	20%
Potassium <sup>5</sup>	10%	10%	10%	2%	10%
Zinc	10%	10%	6%	4%	2%
Selenium	10%	10%	8%	N/A	N/A

 = Naturally occurring nutrients    N/A = Nutrition data not available or reported quantitatively

\*Source: Circana Group, L.P. Multi-outlets and convenience stores. 52 week-period ending Dec 1, 2024. (Half-gallon dairy milk, unflavored (1%); dairy milk, lactose-free, unflavored (1%); leading almond, soy and oat beverage brands, unflavored; 1-gallon dairy milk, private label, unflavored.)  
1. USDA, Agricultural Research Service. FoodData Central, 2019. <https://fdc.nal.usda.gov/>. FDC IDs: 746772, 2705389, 1999630, 1999631, 2257046. Accessed December 2024.  
2. USDA, Agricultural Research Service. USDA, FDA and ODS-NIH Database for the Iodine Content of Common Foods Release 3.0 (2023).  
3. Naturally occurring nutrients based on publicly available product ingredient lists. Accessed July 2023. Lactose-free milk is real dairy milk that has added lactase enzymes to break down lactose. USDA FDC ID 2705389 does not include values for iodine, pantothenic acid and tryptophan (for niacin equivalents) as of December 2024.  
4. 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.