

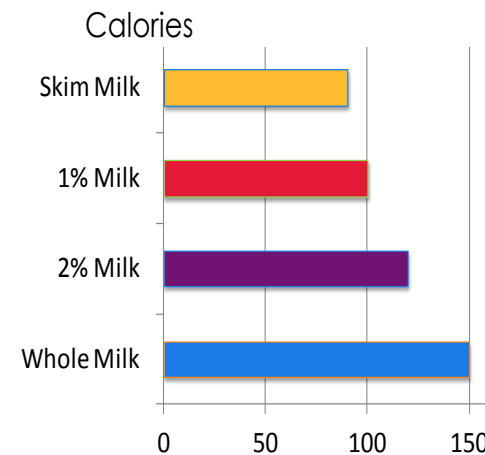
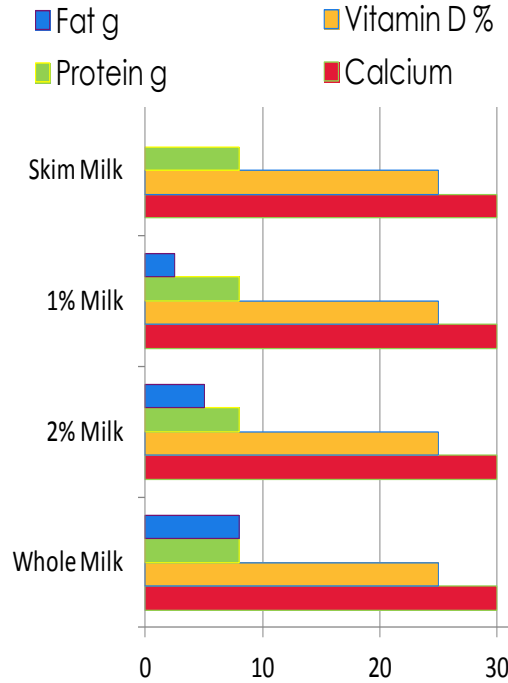
SKIM MILK

Low Calorie: 86 Cal
 Low Fat: .44 g
 Excellent source of Calcium and Vitamin D



Recommended for all children over 2 years. Provides needed protein, calcium and Vitamin D without giving excess Calories.

COMPARE MILK TYPES



MILK
 Which type should your family drink?

Nutrition Facts

Serving Size 1 cup	
Amount Per Serving	
Calories 86	Calories from Fat 4
% Daily Values*	
Total Fat 0.44g	1%
Saturated Fat 0.287g	1%
Polyunsaturated Fat 0.017g	
Monounsaturated Fat 0.115g	
Cholesterol 5mg	2%
Sodium 127mg	5%
Potassium 407mg	
Total Carbohydrate 11.88g	4%
Dietary Fiber 0g	0%
Sugars 12.47g	
Protein 8.35g	
Vitamin A 0%	• Vitamin C 4%
Calcium 30%	• Iron 1%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Values are based on USDA Nutrient Database SR18

1% Milk

Moderate Calorie: 102 Cal
 Low Fat: 2.37 g
 Excellent source of Calcium and Vitamin D



Recommended for all children over 2 years. Provides needed protein, calcium and Vitamin D without giving excess Calories.

Nutrition Facts

Serving Size 1 cup

Amount Per Serving

Calories 102 Calories from Fat 21

	% Daily Values*
Total Fat 2.37g	4%
Saturated Fat 1.545g	8%
Polyunsaturated Fat 0.085g	
Monounsaturated Fat 0.676g	
Cholesterol 12mg	4%
Sodium 107mg	4%
Potassium 366mg	
Total Carbohydrate 12.18g	4%
Dietary Fiber 0g	0%
Sugars 12.69g	
Protein 8.22g	
Vitamin A 10%	● Vitamin C 0%
Calcium 29%	● Iron 0%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Values are based on USDA Nutrient Database SR18

2% Milk

Moderate Calorie: 122 Cal
 Moderate Fat: 4.81 g
 Excellent source of Calcium and Vitamin D



Recommended for children over 2 years who are not growing fast enough. Most children do not need the extra calories.

Nutrition Facts

Serving Size 1 cup

Amount Per Serving

Calories 122 Calories from Fat 43

	% Daily Values*
Total Fat 4.81g	7%
Saturated Fat 3.067g	15%
Polyunsaturated Fat 0.178g	
Monounsaturated Fat 1.366g	
Cholesterol 20mg	7%
Sodium 100mg	4%
Potassium 366mg	
Total Carbohydrate 11.42g	4%
Dietary Fiber 0g	0%
Sugars 12.35g	
Protein 8.05g	
Vitamin A 9%	● Vitamin C 1%
Calcium 28%	● Iron 0%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Values are based on USDA Nutrient Database SR18

Whole Milk

High Calorie: 146 Cal
 High Fat: 7.93 g
 Excellent source of Calcium and Vitamin D



Recommended for toddlers 12-24 months to help brain development and growth.

Nutrition Facts

Serving Size 1 cup

Amount Per Serving

Calories 146 Calories from Fat 71

	% Daily Values*
Total Fat 7.93g	12%
Saturated Fat 4.551g	23%
Polyunsaturated Fat 0.476g	
Monounsaturated Fat 1.981g	
Cholesterol 24mg	8%
Sodium 98mg	4%
Potassium 349mg	
Total Carbohydrate 11.03g	4%
Dietary Fiber 0g	0%
Sugars 12.83g	
Protein 7.86g	
Vitamin A 5%	● Vitamin C 0%
Calcium 28%	● Iron 0%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Values are based on USDA Nutrient Database SR18