

Milk, 0% fat free

Nutrition Facts

Serving Size 8 fl oz (245g)
Servings Per Container 8

Amount Per Serving		
Calories	90	
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Cholesterol	< 5mg	0 %
Sodium	125mg	5 %
Total Carbohydrate	12g	4 %
Dietary Fiber	0g	0 %
Sugars	11g	
Protein	8g	

Vitamin A 10% • Vitamin C 4%

Calcium 30% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Yogurt, lowfat with fruit

Nutrition Facts

Serving Size 1 cup (245g)
Servings Per Container 1

Amount Per Serving		
Calories	280	Calories from Fat 70
%Daily Value*		
Total Fat	7g	11 %
Saturated Fat	4.5g	24 %
Cholesterol	25mg	8 %
Sodium	150mg	6 %
Total Carbohydrate	44g	15 %
Dietary Fiber	0g	0 %
Sugars	38g	
Protein	9g	

Vitamin A 4% • Vitamin C 20%

Calcium 35% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Milk, 1% lowfat chocolate

Nutrition Facts

Serving Size 8 fl oz (250g)
Servings Per Container 8

Amount Per Serving		
Calories	160	Calories from Fat 25
%Daily Value*		
Total Fat	2.5g	4 %
Saturated Fat	1.5g	8 %
Cholesterol	5mg	2 %
Sodium	150mg	6 %
Total Carbohydrate	26g	9 %
Dietary Fiber	1g	5 %
Sugars	0g	
Protein	8g	

Vitamin A 10% • Vitamin C 4%

Calcium 30% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Milk, 3.3% whole

Nutrition Facts

Serving Size 8 fl oz (244g)
Servings Per Container 8

Amount Per Serving		
Calories	150	Calories from Fat 70
%Daily Value*		
Total Fat	8g	13 %
Saturated Fat	5g	25 %
Cholesterol	35mg	11 %
Sodium	120mg	5 %
Total Carbohydrate	11g	4 %
Dietary Fiber	0g	0 %
Sugars	12g	
Protein	8g	

Vitamin A 6% • Vitamin C 4%

Calcium 30% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.