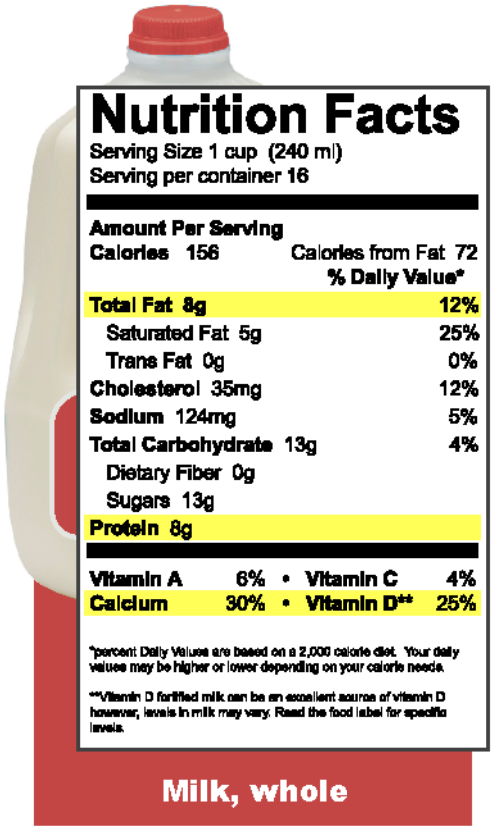
WHICH MILK IS HEALTHIEST?



Nutrition Facts

Serving Size 1 cup (240 ml)
Serving per container 16

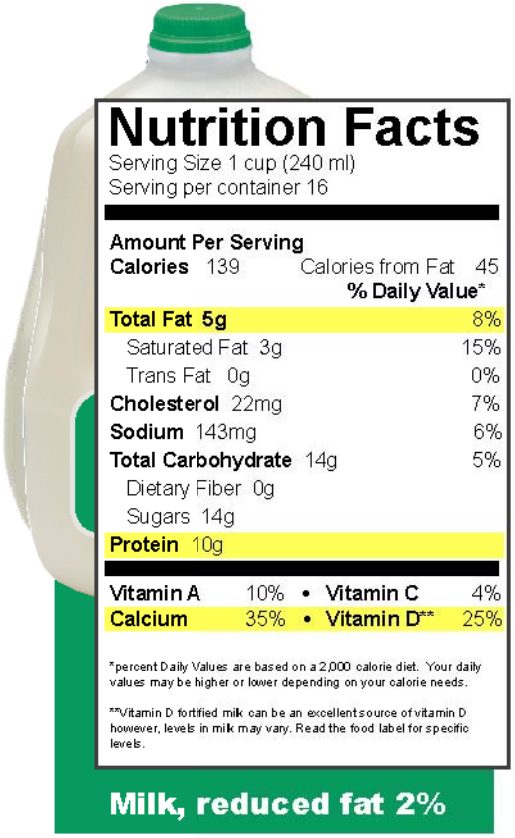
Amount Per Serving		
Calories 156	Calories from Fat 72	
		% Daily Value*
Total Fat 8g		12%
Saturated Fat 5g		25%
Trans Fat 0g		0%
Cholesterol 35mg		12%
Sodium 124mg		5%
Total Carbohydrate 13g		4%
Dietary Fiber 0g		
Sugars 13g		
Protein 8g		

Vitamin A	6%	• Vitamin C	4%
Calcium	30%	• Vitamin D**	25%

*percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Vitamin D fortified milk can be an excellent source of vitamin D however, levels in milk may vary. Read the food label for specific levels.

Milk, whole



Nutrition Facts

Serving Size 1 cup (240 ml)
Serving per container 16

Amount Per Serving		
Calories 139	Calories from Fat 45	
		% Daily Value*
Total Fat 5g		8%
Saturated Fat 3g		15%
Trans Fat 0g		0%
Cholesterol 22mg		7%
Sodium 143mg		6%
Total Carbohydrate 14g		5%
Dietary Fiber 0g		
Sugars 14g		
Protein 10g		

Vitamin A	10%	• Vitamin C	4%
Calcium	35%	• Vitamin D**	25%

*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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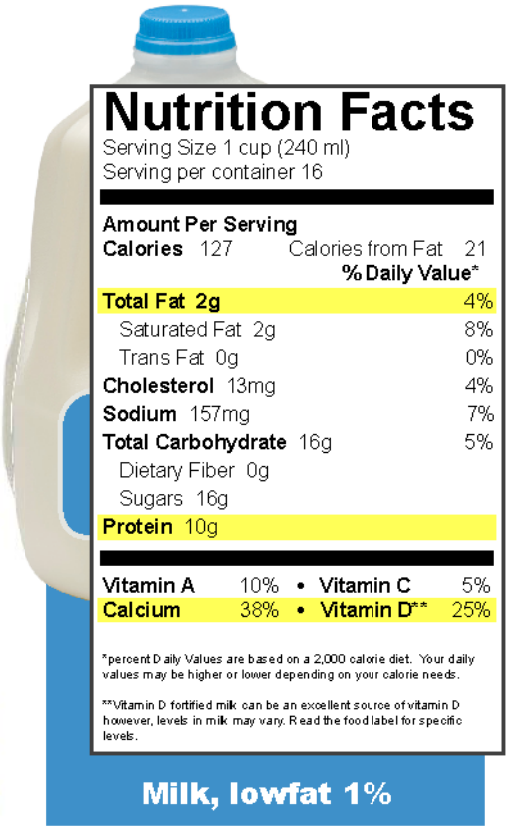
Milk, reduced fat 2%



Nutrition Facts

Serving Size 1 cup (240 ml)
Serving per container 16

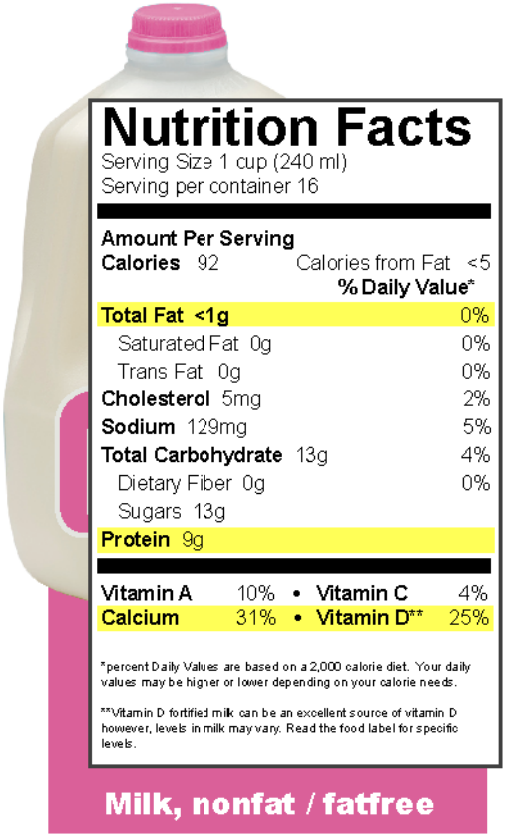
Amount Per Serving		
Calories 127	Calories from Fat 21	
		% Daily Value*
Total Fat 2g		4%
Saturated Fat 2g		8%
Trans Fat 0g		0%
Cholesterol 13mg		4%
Sodium 157mg		7%
Total Carbohydrate 16g		5%
Dietary Fiber 0g		
Sugars 16g		
Protein 10g		

Vitamin A	10%	• Vitamin C	5%
Calcium	38%	• Vitamin D**	25%

*percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Vitamin D fortified milk can be an excellent source of vitamin D however, levels in milk may vary. Read the food label for specific levels.

Milk, lowfat 1%



Nutrition Facts

Serving Size 1 cup (240 ml)
Serving per container 16

Amount Per Serving		
Calories 92	Calories from Fat <5	
		% Daily Value*
Total Fat <1g		0%
Saturated Fat 0g		0%
Trans Fat 0g		0%
Cholesterol 5mg		2%
Sodium 129mg		5%
Total Carbohydrate 13g		4%
Dietary Fiber 0g		0%
Sugars 13g		
Protein 9g		

Vitamin A	10%	• Vitamin C	4%
Calcium	31%	• Vitamin D**	25%

*percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Vitamin D fortified milk can be an excellent source of vitamin D however, levels in milk may vary. Read the food label for specific levels.

Milk, nonfat / fatfree

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healthy habits every day

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Lowfat milk is a delicious and healthy choice for you and your family.

Lowfat milk contains many of the important nutrients your family needs, such as calcium, protein, vitamins and minerals, and is lower in fat and calories too! Nutrition experts agree that lowfat milk is a smart choice, so drink up!

Great Tasting Ways to Use Lowfat Milk

Start at Breakfast

- Use lowfat milk in place of water when making hot cereals such as oatmeal.
- Mix lowfat milk into your scrambled eggs before cooking for extra fluffy eggs.
- Make breakfast complete by having a glass of lowfat milk, toast topped with peanut butter and your choice of fruit.

Smart Snacking

- Make an instant smoothie by blending 1 cup of lowfat milk with fruit and ice cubes.
- Prepare instant pudding mix with lowfat milk and spoon over sliced bananas.
- Add a dash of vanilla and cinnamon to lowfat milk and warm up for a relaxing evening beverage.

Making Meals Healthier

- Use lowfat milk to reduce fat in recipes.
- Make soups and casseroles more flavorful by adding lowfat milk.
- Add lowfat milk to recipes such as scalloped or mashed potatoes and creamy sauces.

Superfast Smoothie

(recipe courtesy of www.mealsmatter.org)

2 cups sliced strawberries
1 ripe banana, peeled
1 cup chopped, pitted and peeled mango (1 large)
1 cup lowfat milk
1 cup strawberry-flavored non fat yogurt
8 ice cubes

Preparation: Combine ingredients and blend until smooth. Pour into large glasses.

Sensitive to lactose?

Try lowfat or nonfat lactose-free milk!

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Lowfat milk has:

- ✔ Same calcium
- ✔ Same protein
- ✔ Same minerals and vitamins
- ✔ Less fat
- ✔ Fewer calories
- ✔ Same great taste!

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