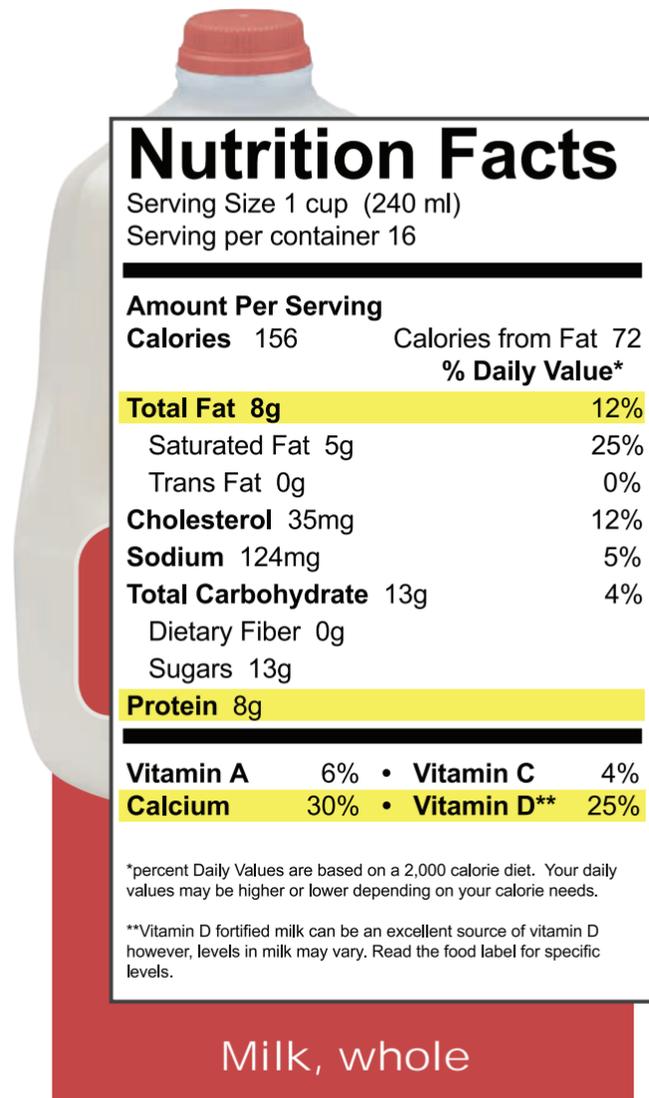


# WHICH MILK IS HEALTHIEST?

## ¿Qué leche es la más saludable?



**Nutrition Facts**  
Serving Size 1 cup (240 ml)  
Serving per container 16

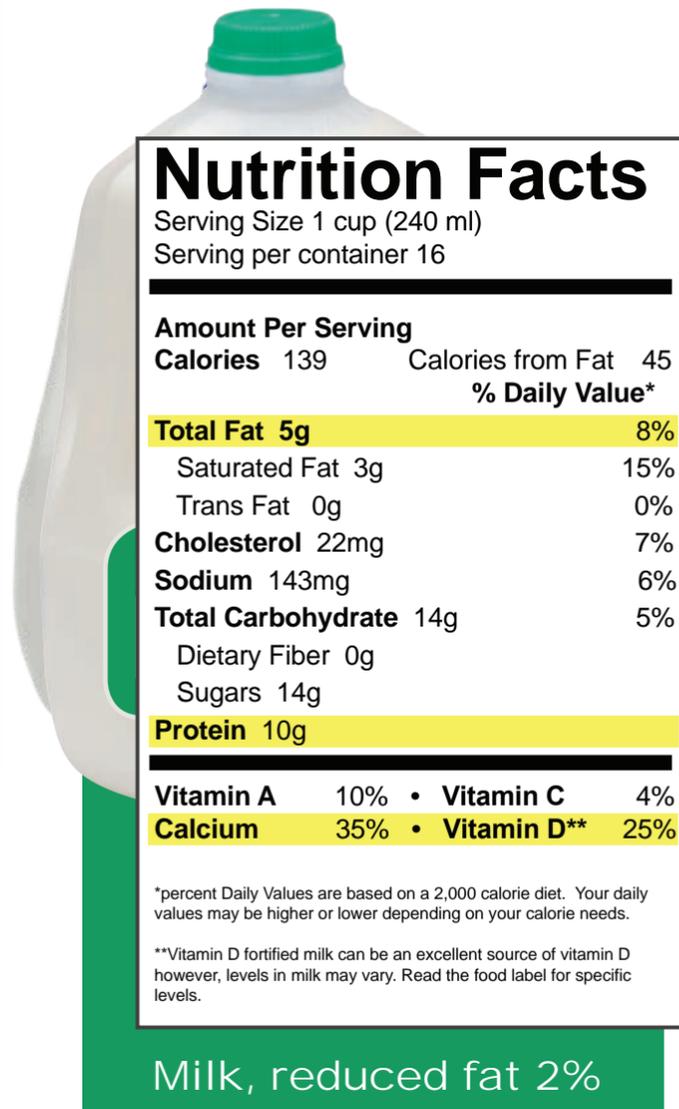
**Amount Per Serving**  
Calories 156      Calories from Fat 72  
% Daily Value\*

<b>Total Fat</b> 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	0%
<b>Cholesterol</b> 35mg	12%
<b>Sodium</b> 124mg	5%
<b>Total Carbohydrate</b> 13g	4%
Dietary Fiber 0g	
Sugars 13g	
<b>Protein</b> 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

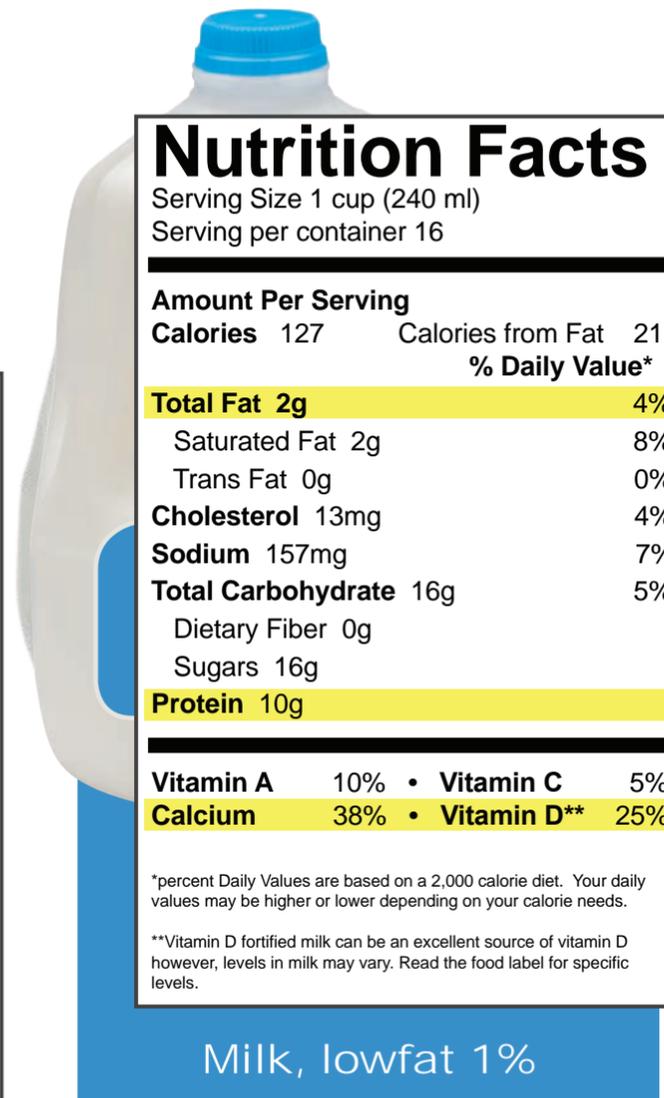
**Amount Per Serving**  
Calories 139      Calories from Fat 45  
% Daily Value\*

<b>Total Fat</b> 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	0%
<b>Cholesterol</b> 22mg	7%
<b>Sodium</b> 143mg	6%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 0g	
Sugars 14g	
<b>Protein</b> 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.  
\*\*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, reduced fat 2%



**Nutrition Facts**  
Serving Size 1 cup (240 ml)  
Serving per container 16

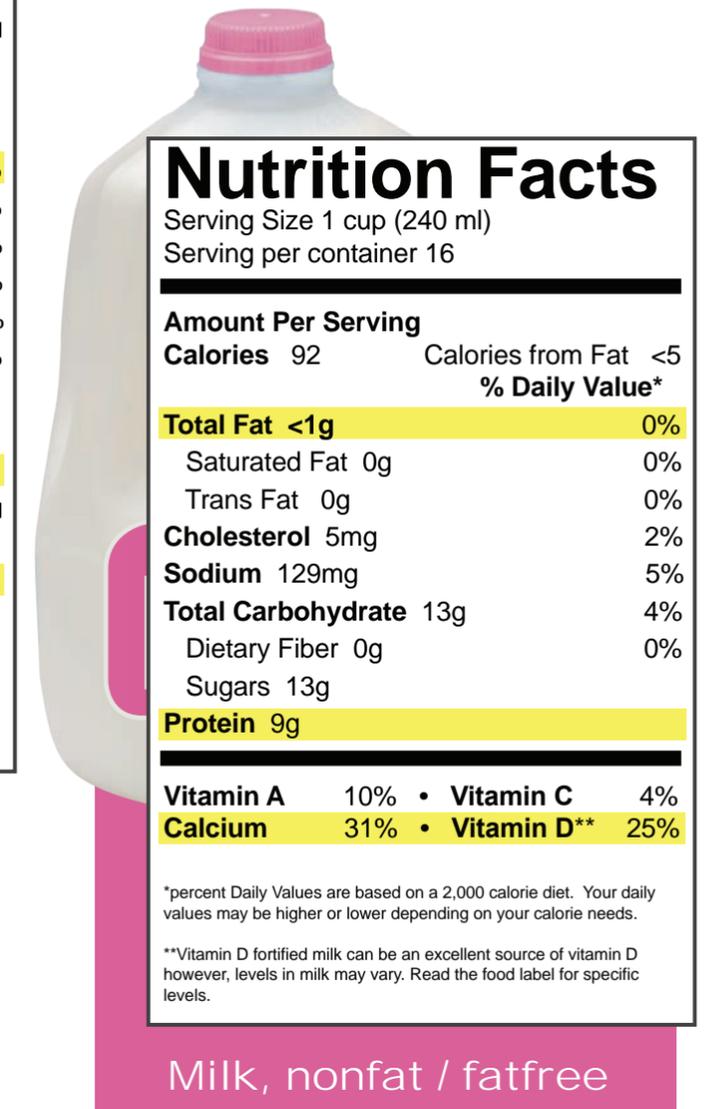
**Amount Per Serving**  
Calories 127      Calories from Fat 21  
% Daily Value\*

<b>Total Fat</b> 2g	4%
Saturated Fat 2g	8%
Trans Fat 0g	0%
<b>Cholesterol</b> 13mg	4%
<b>Sodium</b> 157mg	7%
<b>Total Carbohydrate</b> 16g	5%
Dietary Fiber 0g	
Sugars 16g	
<b>Protein</b> 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\*

<b>Total Fat</b> <1g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 129mg	5%
<b>Total Carbohydrate</b> 13g	4%
Dietary Fiber 0g	0%
Sugars 13g	
<b>Protein</b> 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