

All about Milk Labels

Whole Milk

Nutrition Facts		
Serving Size 8 oz.		
Servings Per Container		
Amount per Serving		
Calories 150	Calories from Fat 72	
% Daily Value*		
Total Fat 8g		12%
Saturated Fat 5g		25%
Cholesterol 35mg		11%
Sodium 120mg		5%
Total Carbohydrate 11g		4%
Dietary Fiber 0		0%
Sugars 11g		
Protein 8g		
Vitamin A 6% Vitamin C 4% Iron 0%		
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.		

2% Milk

Nutrition Facts		
Serving Size 8 oz.		
Servings Per Container 8		
Amount per Serving		
Calories 120	Calories from Fat 45	
% Daily Value*		
Total Fat 5 g		8%
Saturated Fat 3g		15%
Cholesterol 20mg		7%
Sodium 120mg		5%
Total Carbohydrate 12g		4%
Dietary Fiber 0g		0%
Sugars 12g		
Protein 8g		
Vitamin A 10% Vitamin C 4% Iron 0%		
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.		

1% Milk

Nutrition Facts		
Serving Size 8 oz.		
Servings Per Container About		
Amount per Serving		
Calories 100	Calories from Fat	
% Daily Value*		
Total Fat 2.5 g		4%
Saturated Fat 1.5g		8%
Cholesterol 10mg		3%
Sodium 130mg		5%
Total Carbohydrate 12g		4%
Dietary Fiber 0g		0%
Sugars 11g		
Protein 8g		
Vitamin A 6% Vitamin C 4% Iron 0%		
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.		

Skim Milk

Nutrition Facts		
Serving Size 8 oz.		
Servings Per Container About		
Amount per Serving		
Calories 80	Calories from Fat	
% Daily Value*		
Total Fat 0 g		0%
Saturated Fat 0g		0%
Cholesterol 5 mg		2%
Sodium 125mg		5%
Total Carbohydrate 13g		4%
Dietary Fiber 0g		0%
Sugars 12g		
Protein 8g		
Vitamin A 10% Vitamin C 4% Iron 0%		
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.		