



Milk: What's the Difference ?

Whole Milk

NUTRITION FACTS	
Serving Size 1 cup (236mL)	
Amount Per Serving	
Calories 160 Calories from Fat 70	
	% Daily Value
Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	11%
Sodium 125mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	17%
Vitamin A 6%	• Vitamin C 4%
Calcium 30%	• Iron 0%
Vitamin D 25%	

Reduced Fat (2%) Milk

NUTRITION FACTS	
Serving Size 1 cup (236mL)	
Amount Per Serving	
Calories 130 Calories from Fat 45	
	% Daily Value
Total Fat 5g	8%
Saturated Fat 3g	15%
Cholesterol 20mg	7%
Sodium 125mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	17%
Vitamin A 10%	• Vitamin C 4%
Calcium 30%	• Iron 0%
Vitamin D 25%	

Lowfat (1%) Milk

NUTRITION FACTS	
Serving Size 1 cup (236mL)	
Amount Per Serving	
Calories 110 Calories from Fat 20	
	% Daily Value
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Cholesterol 15mg	4%
Sodium 130mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	17%
Vitamin A 10%	• Vitamin C 4%
Calcium 30%	• Iron 0%
Vitamin D 25%	

Fat Free (Skim) Milk

NUTRITION FACTS	
Serving Size 1 cup (236mL)	
Amount Per Serving	
Calories 90 Calories from Fat 0	
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol Less than 5mg	1%
Sodium 130mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	17%
Vitamin A 10%	• Vitamin C 4%
Calcium 30%	• Iron 0%
Vitamin D 25%	

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