



# the TRUE DIFFERENCE

ALL REAL MILK OFFERS 13 ESSENTIAL NUTRIENTS:

protein, calcium, vitamin D, vitamin A, phosphorus, vitamin B12, niacin, riboflavin, pantothenic acid, potassium, iodine, selenium, zinc.



## SKIM MILK

FAT

0g

PROTEIN

8g

0 cal

200 cal

80 calories



## 1% MILK

FAT

2.5g

PROTEIN

8g

0 cal

200 cal

100 calories

CALCIUM: 25% DAILY VALUE

CALCIUM: 25% DAILY VALUE



## 2% MILK

FAT

5g

PROTEIN

8g

0 cal

200 cal

120 calories



## WHOLE MILK

FAT

8g

PROTEIN

8g

0 cal

200 cal

150 calories

CALCIUM: 25% DAILY VALUE

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Source: USDA FoodData Central, <https://fdc.nal.usda.gov/>. Values calculated from database entries across all fat levels of plain, vitamin D-fortified fluid milk in the Legacy, Foundation, and Survey (FNDDS) data sources.



Developed by American Dairy Association North East