

What's in your glass?

Choices are great, but they can be overwhelming. This at-a-glance chart can help you understand what's in your 8-ounce glass of milk.



CALORIES AND NUTRIENTS

Calories	110	110	60	80	120
Protein	8g	8g	1g	<1g	1g
Fat	2.5g	4.5g	2.5g	5g	2.5g
Carbohydrates	12g	9g	8g	7g	23g

VITAMINS AND MINERALS** (% Daily Value*)

Calcium	30%	45%	45%	45%	30%
Phosphorus	25%	25%	N/A***	N/A	15%
Potassium	10%	10%	1%	1%	15%
Riboflavin	25%	30%	30%	N/A	N/A
Vitamin B-12	20%	50%	50%	50%	25%
Vitamin A	10%	10%	10%	10%	10%
Vitamin D	25%	30%	25%	25%	25%



Naturally Occurring

Good Source = 10%–19% DV

Excellent Source = 20%+ DV

PRICE⁴

Per ½ Gallon	\$2.05	\$3.37	\$3.28	\$4.99	\$3.46
Per 8oz. Serving	\$0.26	\$0.42	\$0.41	\$0.62	\$0.43

1. Cow's Milk levels are per the USDA National Nutrition Database (NDB No.01083 SR-27); available at: <http://ndb.nal.usda.gov/>

2. Silk Original Soy Milk, Original Almond Milk, and Original Coconut Milk. Nutritional information per Silk® website www.silk.com

3. Rice Dream Enriched Refrigerated Original. Nutritional information per Rice Dream® website www.tastethedream.com

4. Based on gallon volume equivalents per IRI DMI Custom Database Data for 2014 (Jan-Dec) – National Average (Cow's milk based on conventional white milk)

*The percent Daily Value (DV) provides nutrient information based on a caloric intake of 2,000 calories for adults and children four or more years of age.

**Nutrient information not listed here can be found on the product website

***Nutrient not listed on product website



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