

If milk makes your stomach rumble, give lactose-free milk a try. Lactose-free milk is real dairy milk with no lactose.

HOW DOES YOUR BEVERAGE STACK UP?

Almond and most oat beverages do not meet the required nutrition standards for school meals.



1% Milk
8oz



1% Lactose Free Milk
8oz



Fat-Free Chocolate Milk
8oz



Chocolate Soy Beverage
8oz



Chocolate Pea Beverage
8 oz



Oat Beverage
8 oz



Chocolate Almond Beverage 8oz

Calories	106	110	120	160	140	130	100
Fat (g)	2.5	2.5	0	5	4.5	1	2.5
Protein (g)	8	8	8	9	8	8	1
Total Sugar (g)	12	12	18	15	15	18	19
Added Sugar (g)	0	0	7	14	15	18	19
Calcium (mg)	310	307	320	450	440	475	450
Potassium (mg)	391	388	440	520	464	350	220
Vitamin D (IU)	104	107.2	100	120	240	100	145
Ingredients	USDA Data: 1% Low-fat milk, vitamin A, vitamin D3	Dairy Pure: Low-fat milk, contains less than 1% of: Lactase Enzyme, vitamin A palmitate, vitamin D3	True Moo: Nonfat milk, liquid sugar (sugar, water), contains less than 1% of cocoa (processed with alkali), cocoa, cornstarch, salt, carrageenan, natural flavor, vitamin A palmitate, vitamin D3	Silk Chocolate: Soy milk (filtered water, soybeans), cane sugar (Processed with alkali), vitamin and mineral blend (calcium carbonate, vitamin A palmitate, vitamin D2, riboflavin, vitamin B12, sea salt, gellant gum, ascorbic acid, natural flavor	Ripple Chocolate: Water, Pea Protein Blend (Water, pea protein), cane sugar, sunflower oil, cocoa powder, contains less than 1% of vitamin A palmitate, vitamin D2, vitamin B12, tricalcium phosphate, dipotassium phosphate, sunflower lecithin, natural flavor, sea salt, guar gum, gellan gum	Marcel's Modern Pantry: Filtered water, sugar, pea protein, oat flour, tricalcium phosphate, potassium citrate, calcium carbonate, salt, gellan gum, guar gum, magnesium citrate, natural flavors, vitamin A palmitate, vitamin D3, riboflavin (B2) and vitamin B12. <i>Unique formulation for schools. Most oat milk has minimal protein.</i>	Almond Breeze Chocolate: Almond milk (filtered water, almonds), cane sugar, cocoa processed with alkali, calcium carbonate, sea salt, potassium citrate, natural flavors, sunflower lecithin, gellan gum, vitamin A palmitate, vitamin D2, D-alpha-tocopherol



New England Dairy

Nutrition information sourced from Dietary Guidelines for Americans, 2020-2025, available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov) & USDA Food Data Central available at [fdc.nal.usda.gov](https://www.fdc.nal.usda.gov)

Nutrition information can vary by product and brand.

1% milk is 90% water. Power your day and stay hydrated. Choose milk with meals and water in between.

HOW DOES YOUR BEVERAGE STACK UP?



1% Milk 8oz 1% Lactose Free Milk 8oz Fat-Free Chocolate Milk 8oz Chocolate Soy Beverage 8oz Apple Juice 8 oz Orange Juice 8oz Water 8oz

Calories	106	110	120	160	60	60	0
Fat (g)	2.5	2.5	0	5	0	0	0
Protein (g)	8	8	8	9	2	0	0
Total Sugar (g)	12	12	18	15	14	14	0
Added Sugar (g)	0	0	7	14	0	0	0
Calcium (mg)	310	307	320	450	0	0	0
Potassium (mg)	391	388	440	520	145	240	0
Vitamin D (IU)	104	107.2	100	120	0	0	0
Ingredients	USDA Data: 1% Low-fat milk, vitamin A, vitamin D3	Dairy Pure: Low-fat milk, contains less than 1% of: Lactase Enzyme, vitamin A palmitate, vitamin D3	True Moo: Nonfat milk, liquid sugar (sugar, water), contains less than 1% of cocoa (processed with alkali), cocoa, cornstarch, salt, carrageenan, natural flavor, vitamin A palmitate, vitamin D3	Silk Chocolate: Soy milk (filtered water, soybeans), cane sugar (Processed with alkali), vitamin and mineral blend (calcium carbonate, vitamin A palmitate, vitamin D2, riboflavin, vitamin B12, sea salt, gellant gum, ascorbic acid, natural flavor	Motts: Water, apple juice concentrate, vitamin C	Suncup: Water, orange juice concentrate	Tap Water

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Calcium, potassium, and vitamin D are nutrients that teens and adults don't get enough of in their diets.



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