


REAL MILK

UNLEASH THE POWER!

Naturally packed with
 **8 grams of protein**
 and other good stuff to keep
 your body going no matter what.

The complete
protein in milk helps
build muscle.

HOW DOES YOUR BEVERAGE STACK UP?

Almond and
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
8oz



Chocolate
Almond
Beverage 8oz



Chocolate Oat
Beverage
8oz

Calories
Fat (g)
Protein (g)
Total Sugar (g)
Added Sugar (g)
Calcium (mg)
Potassium (mg)
Vitamin D (IU)
Ingredients

106	110	120	160	140	100	150
2.5	2.5	0	5	4.5	2.5	3.5
8	8	8	9	8	1	3
12	12	18	15	15	19	16
0	0	7	14	15	19	16
310	307	320	450	440	450	350
391	388	440	520	464	220	200
104	107.2	100	120	240	145	145

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 B12,
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,
gellan 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,
riboflavin,
vitamin
B12, tricalcium
phosphate,
dipotassium
phosphate,
sunflower
lecithin, natural
flavor, sea salt,
guar gum,
gellan gum

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-toco
pherol

Oatly
Chocolate:
Oat base
(water, oats),
cane sugar.
Contains 2%
or less of:
cocoa powder
processed
with alkali, low
erucic acid
rapeseed oil,
calcium
carbonate,
natural flavors,
sea salt,
tricalcium
phosphate,
dicalcium
phosphate,
riboflavin,
vitamin A,
vitamin D2,
vitamin B12

Nutrition information can vary by product and brand.



New England
Dairy