

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 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

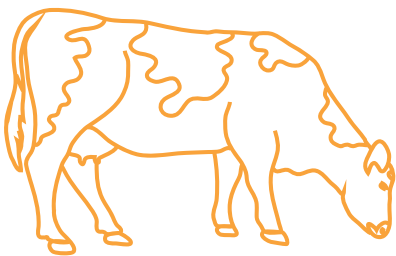


Chocolate Almond Beverage
8oz



Chocolate Oat Beverage
8 oz

Calories	106	110	120	160	140	100	150
Fat (g)	2.5	2.5	0	5	4.5	2.5	3.5
Protein (g)	8	8	8	9	8	1	3
Total Sugar (g)	12	12	18	15	15	19	16
Added Sugar (g)	0	0	7	14	15	19	16
Calcium (mg)	310	307	320	450	440	450	350
Potassium (mg)	391	388	440	520	464	220	200
Vitamin D (IU)	104	107.2	100	120	240	145	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, 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, 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-tocopherol	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

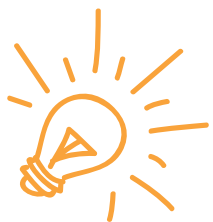


Nutrition information sourced from Dietary Guidelines for Americans, 2020-2025, available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov) & USDA Food Data Central available at [fdc.nal.usda.gov](https://www.fdc.nal.usda.gov)

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.



New England Dairy

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