FAT FREE MILK

1 cup
86 Calories

PERCENT DAILY VALUE

PROTEIN 16%
VITAMIN A 10%
VITAMIN C 3%
CALCIUM 30%
IRON 1%
THIAMIN 6%
RIBOFLAVIN 20%
NIACIN 1%
CALORIES 4%

OF 2000 CALORIES
1% LOWFAT MILK

1 cup
102 Calories

PERCENT DAILY VALUE

PROTEIN 16%
VITAMIN A 10%
VITAMIN C 3%
CALCIUM 30%
IRON 1%
THIAMIN 6%
RIBOFLAVIN 24%
NIACIN 1%
CALORIES 5%

OF 2000 CALORIES
2% REDUCED FAT MILK

1 cup
121 Calories

PERCENT DAILY VALUE

- PROTEIN: 16%
- VITAMIN A: 10%
- VITAMIN C: 3%
- CALCIUM: 30%
- IRON: 1%
- THIAMIN: 6%
- RIBOFLAVIN: 24%
- NIacin: 1%
- CALORIES: 6%

OF 2000 CALORIES
WHOLE MILK

1 cup
150 Calories

PERCENT DAILY VALUE

PROTEIN: 16%
VITAMIN A: 6%
VITAMIN C: 3%
CALCIUM: 29%
IRON: 1%
THIAMIN: 6%
RIBOFLAVIN: 23%
NIacin: 1%
CALORIES: 8%

OF 2000 CALORIES