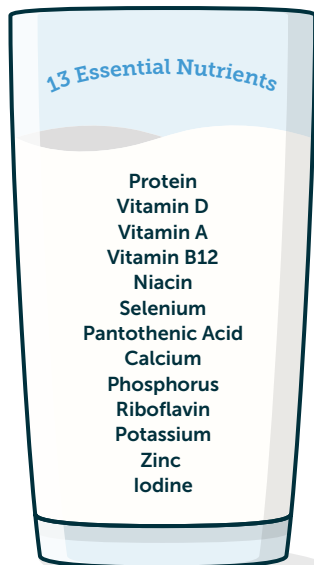


# the Milk Facts



Today's grocery stores offer a large and often confusing selection of milk and nondairy alternatives. When trying to make the best choice there's a lot to consider. Let's look at some facts to help you make an informed decision.



## Milk is a Powerhouse of Nutrients.

There are many types of cow's milk and each one provides the same **13 Essential Nutrients**. These nutrients are needed for proper growth, peak mental and physical energy, and a strong immune system.

### The nutrients in milk:

**Build and maintain your bones, teeth, and tissue**

**Keep your immune system healthy**

**Help your body use food for energy**

**Work to keep your heart, skin & eyes healthy**

## Did you know ?

### **Milk contains only 3 ingredients: Milk, Vitamin A and Vitamin D.**

Health experts recommend choosing foods with minimal processing and added ingredients. Read the ingredients list on beverage labels to help you decide.

### **Milk is naturally sweet from lactose.**

Some beverages have added sugars for additional sweetness and flavor. Added sugars add calories, so check the Nutrition Facts Label.

### **Milk is categorized by fat levels.**

Non-fat can also be called fat-free. Whole milk can also be called A&D milk. 2% can also be called reduced fat. 1% can also be called low fat.

### **You can count on milk to provide at least 8 grams of protein per cup.**

The protein in milk is a high quality protein, meaning it is easily absorbed and is a complete protein ready for muscle building. Plant based alternatives have varying amounts and quality of protein. Refer to the Nutrition Facts label.

### **Milk offers a variety of options for every taste and preference.**

Milk comes in a variety of choices including fat free, 1%, 2%, whole, lactose free, ultra filtered, organic, flavored, shelf stable and powder.

# Check the facts



When it comes to nutrition, not all options in the dairy aisle are created equal. Read the Nutrition Facts Label to compare and make your best choice.

All nutrient amounts sourced from FoodData Central, USDA

<b>Fat-Free Milk</b>	
<b>Serving size</b>	<b>1 cup</b>
<b>Calories</b>	<b>84</b>
<b>Total Fat</b>	<b>0 gram(g)</b>
Saturated Fat	<b>0 g</b>
<b>Total Sugar</b>	<b>12 g</b>
Added Sugar	<b>0 g</b>
<b>Protein</b>	<b>8 g</b>
<b>Calcium</b>	<b>325 mg</b>
<b>Vitamin D</b>	<b>3 mcg</b>

## Ingredients:

3

Fat Free Milk, Vitamin A Palmitate, Vitamin D3

<b>Fat-Free Lactose-Free Milk</b>	
<b>Serving size</b>	<b>1 cup</b>
<b>Calories</b>	<b>84</b>
<b>Total Fat</b>	<b>0 g</b>
Saturated Fat	<b>0 g</b>
<b>Total Sugar</b>	<b>12 g</b>
Added Sugar	<b>0 g</b>
<b>Protein</b>	<b>8 g</b>
<b>Calcium</b>	<b>325 mg</b>
<b>Vitamin D</b>	<b>3 mcg</b>

## Ingredients:

4

Fat Free Milk, Lactase Enzyme, Vitamin A Palmitate, Vitamin D3

<b>Soy milk</b> unsweetened, plain	
<b>Serving size</b>	<b>1 cup</b>
<b>Calories</b>	<b>101</b>
<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	<b>0 g</b>
<b>Total Sugar</b>	<b>6 g</b>
Added Sugar	<b>6 g</b>
<b>Protein</b>	<b>7 g</b>
<b>Calcium</b>	<b>381 mg</b>
<b>Vitamin D</b>	<b>11 mcg</b>

## Ingredients:

12

Soy milk (Filtered Water, Soybeans), Cane Sugar, Vitamin and Mineral Blend (Tricalcium Phosphate, Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin (B2), Vitamin B12), Sea Salt, Natural Flavor, Gellan Gum

<b>Almond milk</b> unsweetened, plain	
<b>Serving size</b>	<b>1 cup</b>
<b>Calories</b>	<b>47</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	<b>0 g</b>
<b>Total Sugar</b>	<b>0 g</b>
Added Sugar	<b>0 g</b>
<b>Protein</b>	<b>2 g</b>
<b>Calcium</b>	<b>388 mg</b>
<b>Vitamin D</b>	<b>4 mcg</b>

## Ingredients:

9

Almond milk (Water, Almonds), Calcium Carbonate, Sunflower Lecithin, Sea Salt, Natural Flavor, Locust Bean Gum, Gellan Gum, Potassium Citrate

<b>Oat milk</b> unsweetened, plain	
<b>Serving size</b>	<b>1 cup</b>
<b>Calories</b>	<b>118</b>
<b>Total Fat</b>	<b>7 g</b>
Saturated Fat	<b>0 g</b>
<b>Total Sugar</b>	<b>6 g</b>
Added Sugar	<b>6 g</b>
<b>Protein</b>	<b>2 g</b>
<b>Calcium</b>	<b>364 mg</b>
<b>Vitamin D</b>	<b>4 mcg</b>

## Ingredients:

12

Oat base (water, oats), Low erucic acid rapeseed oil, Dipotassium Phosphate, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Dicalcium Phosphate, Riboflavin, Vitamin A, Vitamin D2, Vitamin B12



## Do you have lactose intolerance?

People often confuse lactose intolerance (LI) with a dairy allergy, yet there's a BIG difference. People with LI can still find ways to enjoy dairy. There are lactose-free milk options available, including ultra-filtered milk which is higher in protein, lower in sugar, and lactose-free.