

Which Milk is Healthiest?



| Nutrition Facts | |
|---------------------------------|----------------------|
| Serving Size 1 cup 244g (244 g) | |
| Servings per container 6 | |
| Amount Per Serving | |
| Calories 146 | Calories from Fat 71 |
| % Daily Value* | |
| Total Fat 8g | 12% |
| Saturated Fat 5g | 23% |
| Trans Fat | |
| Cholesterol 24mg | 8% |
| Sodium 98mg | 4% |
| Total Carbohydrate 13g | 4% |
| Dietary Fiber 0g | 0% |
| Sugars 13g | |
| Protein 8g | |
| Vitamin A | 5% • Vitamin C 0% |
| Calcium | 28% • Iron 0% |

Milk, whole 3.25% milkfat

| Nutrition Facts | |
|---------------------------------|----------------------|
| Serving Size 1 cup 244g (244 g) | |
| Servings per container 6 | |
| Amount Per Serving | |
| Calories 122 | Calories from Fat 43 |
| % Daily Value* | |
| Total Fat 5g | 7% |
| Saturated Fat 3g | 15% |
| Trans Fat | |
| Cholesterol 20mg | 7% |
| Sodium 100mg | 4% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 0g | 0% |
| Sugars 12g | |
| Protein 8g | |
| Vitamin A | 9% • Vitamin C 1% |
| Calcium | 29% • Iron 0% |

Milk, reduced fat, 2%

| Nutrition Facts | |
|---------------------------------|----------------------|
| Serving Size 1 cup 244g (244 g) | |
| Servings per container 6 | |
| Amount Per Serving | |
| Calories 102 | Calories from Fat 21 |
| % Daily Value* | |
| Total Fat 2g | 4% |
| Saturated Fat 2g | 8% |
| Trans Fat | |
| Cholesterol 12mg | 4% |
| Sodium 107mg | 4% |
| Total Carbohydrate 13g | 4% |
| Dietary Fiber 0g | 0% |
| Sugars 13g | |
| Protein 8g | |
| Vitamin A | 10% • Vitamin C 0% |
| Calcium | 29% • Iron 0% |

Milk, lowfat 1% milkfat

| Nutrition Facts | |
|---------------------------------|---------------------|
| Serving Size 1 cup 245g (245 g) | |
| Servings per container 6 | |
| Amount Per Serving | |
| Calories 83 | Calories from Fat 2 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 1% |
| Trans Fat | |
| Cholesterol 5mg | 2% |
| Sodium 103mg | 4% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 0g | 0% |
| Sugars 12g | |
| Protein 8g | |
| Vitamin A | 10% • Vitamin C 0% |
| Calcium | 31% • Iron 0% |

Milk, nonfat, fat free or skim

All milk contains the same essential nutrients