

Shopping for Milk



Shopping for milk can be confusing. There are so many types of milk — whole, low-fat, reduced fat, fat free, extra protein, extra calcium, hormone-free, ultra pasteurized, and more.

Use the *Nutrition Facts* label to choose the best milk.

Adults and children age 2 years and older should drink milk with Total Fat of 0g – 2.5 grams.



Nutrition Facts	
Serving Size 1 cup (240 mL) Servings Per Container 8	
Amount per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2g	4%
Saturated Fat 2g	8%
Cholesterol 10mg	3%
Sodium 115mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	16%
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%
Vitamin D 25%	

Nutrition Facts	
Serving Size 1 cup (240 mL) Servings Per Container 8	
Amount per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 24mg	12%
Sodium 115mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	16%
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%
Vitamin D 25%	

Nutrition Facts	
Serving Size 1 cup (240 mL) Servings Per Container 8	
Amount per Serving	
Calories 120	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3g	15%
Cholesterol 20mg	7%
Sodium 115mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	16%
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%
Vitamin D 25%	

Nutrition Facts	
Serving Size 1 cup (240 mL) Servings Per Container 8	
Amount per Serving	
Calories 85	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol <5mg	1%
Sodium 115mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	16%
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%
Vitamin D 25%	

Reduced-fat milk (also called 2% milk) is not low in fat. It contains less fat than whole milk, but is still considered a high fat food.