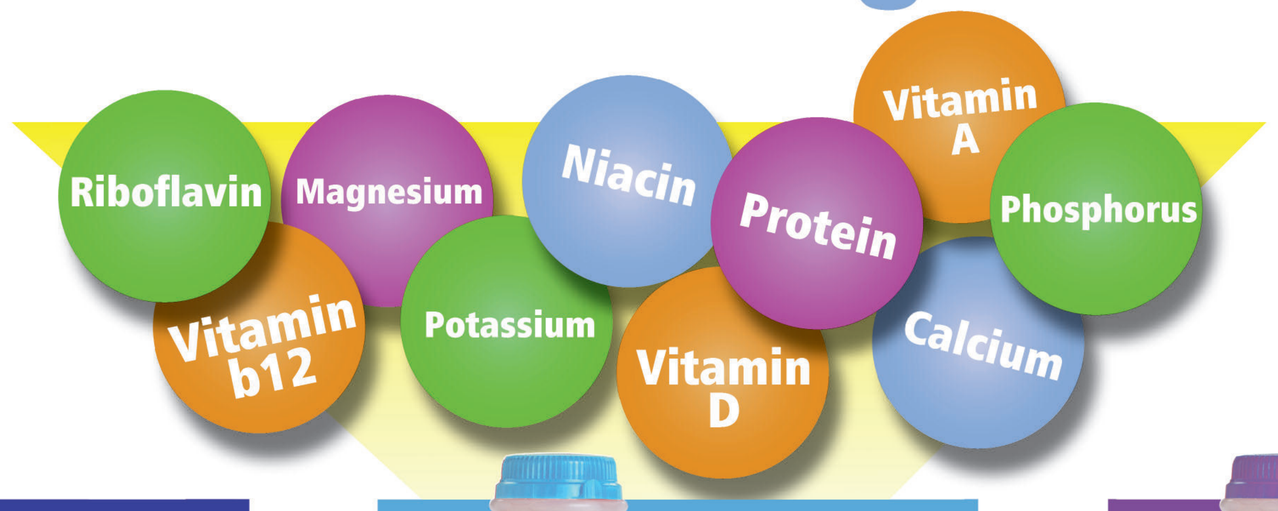
HealthiestMilk outlines.cps for: Jodi Laughery Created: 11/5/08 By: Adobe illustrator(R) 13.0
2400.0 dpi (Screened Data File POS, Right-Reading, Color-Seps, Std-OVP) [TRAP AUG:90 Scaling Percent: H? 100 WD 100 \rai\lut\ C:175015 M:175075 Y:17500 K:175045 DMT Blue:175015] bleed: 0.125 margin size: 0.375
Cyan Magenta Black
PS Version: 3015.102 HQN Version 7.0 Revision 91 RSI System 10.5 Build: #43, Ripped on Wednesday, November 05, 2008 2:56:13 PM
ID: Jen:

Which Milk Is Right For You?



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%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Milk, whole 3.25% milkfat

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%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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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%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Milk, nonfat, fat free or skim

All milk contains the same essential nutrients

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