

# What's in your glass?

Choices are great, but they can be overwhelming. This at-a-glance chart can help you understand what's in your 8-ounce glass of milk.



## CALORIES AND NUTRIENTS

Calories	<b>110</b>	<b>110</b>	<b>60</b>	<b>80</b>	<b>120</b>
Protein	<b>8g</b>	<b>8g</b>	<b>1g</b>	<b>&lt;1g</b>	<b>1g</b>
Fat	<b>2.5g</b>	<b>4.5g</b>	<b>2.5g</b>	<b>5g</b>	<b>2.5g</b>
Carbohydrates	<b>12g</b>	<b>9g</b>	<b>8g</b>	<b>7g</b>	<b>23g</b>

## VITAMINS AND MINERALS\*\* (% Daily Value\*)

Calcium	<b>30%</b>	<b>45%</b>	<b>45%</b>	<b>45%</b>	<b>30%</b>
Phosphorus	<b>25%</b>	<b>25%</b>	<b>N/A***</b>	<b>N/A</b>	<b>15%</b>
Potassium	<b>10%</b>	<b>10%</b>	<b>1%</b>	<b>1%</b>	<b>15%</b>
Riboflavin	<b>25%</b>	<b>30%</b>	<b>30%</b>	<b>N/A</b>	<b>N/A</b>
Vitamin B-12	<b>20%</b>	<b>50%</b>	<b>50%</b>	<b>50%</b>	<b>25%</b>
Vitamin A	<b>10%</b>	<b>10%</b>	<b>10%</b>	<b>10%</b>	<b>10%</b>
Vitamin D	<b>25%</b>	<b>30%</b>	<b>25%</b>	<b>25%</b>	<b>25%</b>



Naturally Occurring

Good Source = 10%–19% DV

Excellent Source = 20%+ DV

## PRICE<sup>4</sup>

Per ½ Gallon	<b>\$2.05</b>	<b>\$3.37</b>	<b>\$3.28</b>	<b>\$4.99</b>	<b>\$3.46</b>
Per 8oz. Serving	<b>\$0.26</b>	<b>\$0.42</b>	<b>\$0.41</b>	<b>\$0.62</b>	<b>\$0.43</b>

1. Cow's Milk levels are per the USDA National Nutrition Database (NDB No.01083 SR-27); available at: <http://ndb.nal.usda.gov/>

2. Silk Original Soy Milk, Original Almond Milk, and Original Coconut Milk. Nutritional information per Silk® website [www.silk.com](http://www.silk.com)

3. Rice Dream Enriched Refrigerated Original. Nutritional information per Rice Dream® website [www.tastethedream.com](http://www.tastethedream.com)

4. Based on gallon volume equivalents per IRI DMI Custom Database Data for 2014 (Jan-Dec) – National Average (Cow's milk based on conventional white milk)

\*The percent Daily Value (DV) provides nutrient information based on a caloric intake of 2,000 calories for adults and children four or more years of age.

\*\*Nutrient information not listed here can be found on the product website

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