



the
TRUE DIFFERENCE

ALL REAL MILK OFFERS 13 ESSENTIAL NUTRIENTS:

protein, calcium, vitamin D, vitamin A, phosphorus, vitamin B12, niacin, riboflavin, pantothenic acid, potassium, iodine, selenium, zinc.



SKIM
MILK

FAT

0g

PROTEIN

8g

0 cal

200 cal

80 calories

CALCIUM: **25%** DAILY VALUE



1%
MILK

FAT

2.5g

PROTEIN

8g

0 cal

200 cal

100 calories

CALCIUM: **25%** DAILY VALUE



2%
MILK

FAT

5g

PROTEIN

8g

0 cal

200 cal

120 calories

CALCIUM: **25%** DAILY VALUE



WHOLE
MILK

FAT

8g

PROTEIN

8g

0 cal

200 cal

150 calories

CALCIUM: **25%** DAILY VALUE



AMERICAN DAIRY
ASSOCIATION NORTH
EAST