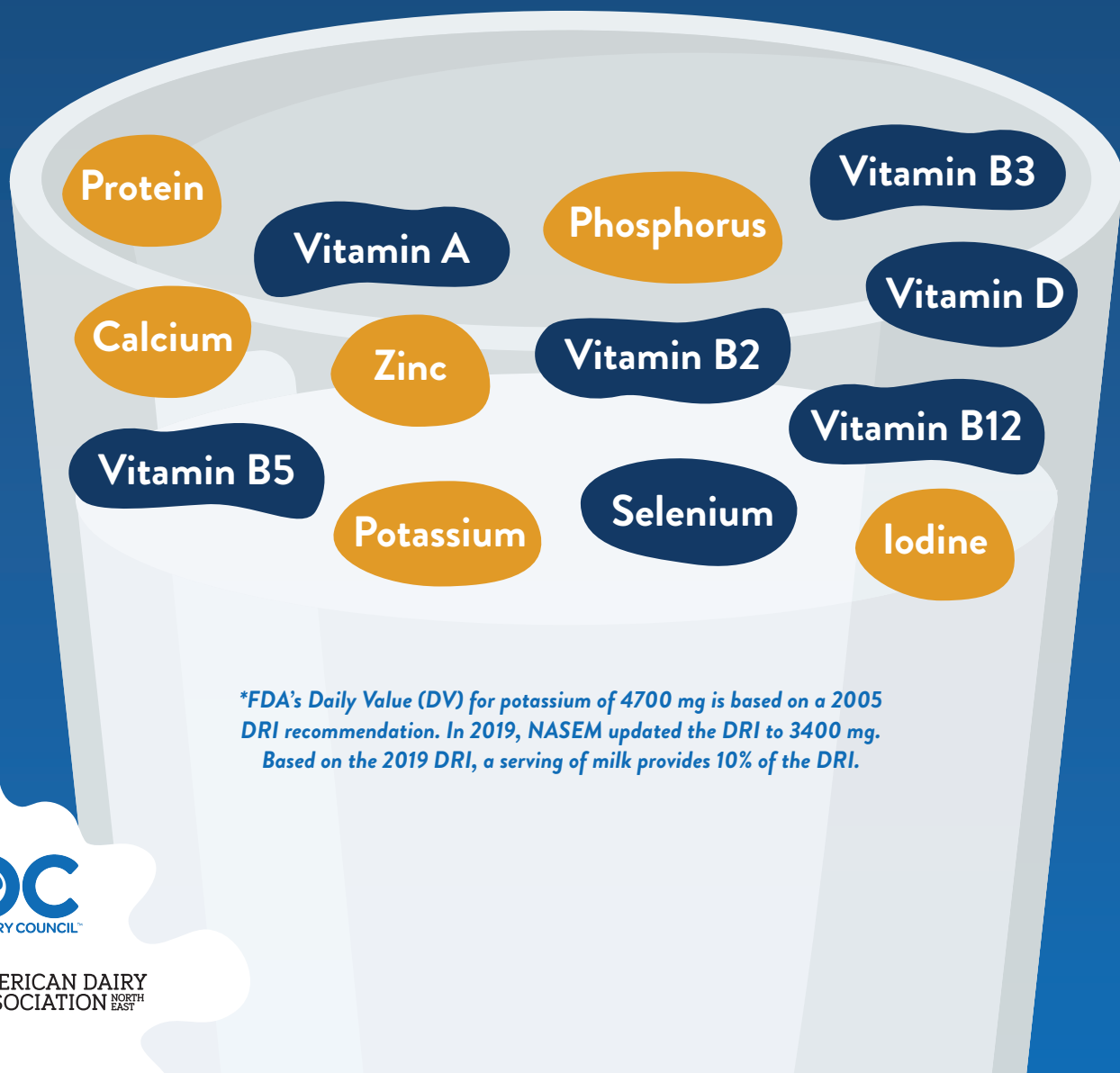


What Are My Dairy Milk Options?

Every 8-ounce Cup of Milk = 13 Essential Nutrients

While dairy milk choices vary in fat and calorie content, you get the same **high-quality protein + 12 essential vitamins and minerals** in every glass, no matter which option you choose – from nonfat to whole milk, including lactose-free varieties.



**FDA's Daily Value (DV) for potassium of 4700 mg is based on a 2005 DRI recommendation. In 2019, NASEM updated the DRI to 3400 mg. Based on the 2019 DRI, a serving of milk provides 10% of the DRI.*

NDC
NATIONAL DAIRY COUNCIL™



AMERICAN DAIRY
ASSOCIATION NORTH
EAST

A Closer Look at Dairy Milk Labels¹⁻⁴

	Whole Milk (3.25%)	Reduced-Fat (2%)	Low-Fat (1%)	Fat-free (Skim)
Calories	152	122	105	83
	%DV	%DV	%DV	%DV
Total Fat	8g	5g	2g	0g
Saturated Fat	5g	3g	1g	0g
Total Carb.	12g	12g	12g	12g
Total Sugars (incl. 0g Added Sugar)	12g	12g	12g	12g
Protein	8g	8g	8g	8g
Calcium	306mg 25%	309mg 25%	314mg 25%	299mg 25%
Vitamin D	2.39mcg 10%	2.77mcg 15%	2.45mcg 10%	2.94mcg 15%
Vitamin A	80mcg 10%	203mcg 25%	145mcg 15%	149mcg 15%
Potassium*	374mg 10%	390mg 10%	397mg 10%	382mg 10%

Did You Know? Growing research shows milk, cheese and yogurt across a range of fat levels can not only fit in a healthy eating plan but are also linked to reduced risk of heart disease, type 2 diabetes, stroke, high blood pressure, obesity and mortality.⁵⁻⁸

*FDA's Daily Value (DV) for potassium of 4700 mg is based on a 2005 DRI recommendation. In 2019, NASEM updated the DRI to 3400 mg. Based on the 2019 DRI, a serving of milk provides 10% of the DRI.

Sources:

1. USDA, ARS. FoodData Central: Food details for FDC ID 746782
2. USDA, ARS. FoodData Central: Food details for FDC ID 746778.
3. USDA, ARS. FoodData Central: Food details for FDC ID 170873.
4. USDA, ARS. FoodData Central: Food details for FDC ID 171269.
5. <https://academic.oup.com/eurheartj/article/44/28/2560/7192512?login=true>
6. <https://www.usdairy.com/getmedia/ea4d72e-452f-4e4e-840b-0e148692d76f/Science-Summary-Whole-Milk-and-Cardiovascular-Disease-2022.pdf?ext=.pdf>
7. <https://www.usdairy.com/getmedia/f8f8a4d6-b529-4981-9a86-11e8b62f25d8/Science-Summary-Type-2-Diabetes-2021.pdf?ext=.pdf>
8. <https://www.usdairy.com/research-resources/science-summary-blood-pressure>



AMERICAN DAIRY ASSOCIATION NORTH EAST