

# Nutrition Facts

	Whole milk		Reduced fat milk		Skim milk		Almond milk		Cashew milk		Coconut milk		Rice milk		Soy milk	
Serv. Size 1 cup (8 fl oz)	(244g)		1 cup (8 fl oz) (244g)		1 cup (8 fl oz) (245g)		1 cup (8 fl oz) (245g)		1 cup (8 fl oz) (227g)		1 cup (8 fl oz) (226g)		1 cup (8 fl oz) (240g)		1 cup (8 fl oz) (245g)	
Amount Per Serving																
<b>Calories</b>	150		120		80		60		35		450		120		130	
Fat Cal.	70		45		0		25		30		430		20		40	
	% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*	
<b>Total Fat</b>	8g	<b>12%</b>	5g	<b>8%</b>	0g	<b>0%</b>	2.5g	<b>4%</b>	3.5g	<b>5%</b>	48g	<b>74%</b>	2.5g	<b>4%</b>	4.5g	<b>7%</b>
Sat. Fat	4.5g	<b>23%</b>	3g	<b>15%</b>	0g	<b>0%</b>	0g	<b>0%</b>	0g	<b>0%</b>	43g	<b>215%</b>	0g	<b>0%</b>	0.5g	<b>3%</b>
Trans Fat	0g		0g		0g		0g		0g		--g		0g		0g	
<b>Cholest.</b>	25mg	<b>8%</b>	20mg	<b>7%</b>	5mg	<b>2%</b>	0mg	<b>0%</b>	0mg	<b>0%</b>	0mg	<b>0%</b>	0mg	<b>0%</b>	0mg	<b>0%</b>
<b>Sodium</b>	105mg	<b>4%</b>	115mg	<b>5%</b>	105mg	<b>4%</b>	150mg	<b>6%</b>	85mg	<b>4%</b>	30mg	<b>1%</b>	100mg	<b>4%</b>	125mg	<b>5%</b>
<b>Potassium</b>	320mg	<b>9%</b>	340mg	<b>10%</b>	380mg	<b>11%</b>	180mg	<b>5%</b>	--mg	<b>--%</b>	500mg	<b>14%</b>	--mg	<b>--%</b>	290mg	<b>8%</b>
<b>Total Carb.</b>	12g	<b>4%</b>	12g	<b>4%</b>	12g	<b>4%</b>	8g	<b>3%</b>	1g	<b>0%</b>	6g	<b>2%</b>	24g	<b>8%</b>	15g	<b>5%</b>
Fiber	0g	<b>0%</b>	0g	<b>0%</b>	0g	<b>0%</b>	0g	<b>0%</b>	0g	<b>0%</b>	--g	<b>--%</b>	0g	<b>0%</b>	1g	<b>4%</b>
Sugars	12g		12g		12g		6g		0g		--g		11g		10g	
<b>Protein</b>	8g		8g		8g		1g		0g		5g		1g		8g	
*Percent Daily Values are based on a 2,000 calorie diet.	Vitamin A	8%	10%	10%	10%	10%	10%	10%	10%	10%	0%	0%	0%	0%	0%	0%
	Vitamin C	0%	0%	0%	0%	0%	0%	0%	0%	0%	4%	0%	0%	0%	0%	0%
	Calcium	30%	30%	30%	30%	0%	0%	10%	10%	4%	2%	6%	6%	6%	6%	6%
	Iron	0%	0%	0%	0%	0%	0%	0%	0%	40%	2%	8%	8%	8%	8%	8%
	Vitamin D	30%	30%	30%	30%	25%	25%	35%	35%	0%	0%	0%	0%	0%	0%	0%
	Magnesium	6%	6%	6%	6%	--%	--%	8%	8%	25%	--%	15%	15%	15%	15%	15%
	Copper	4%	0%	2%	2%	--%	--%	--%	--%	25%	--%	15%	15%	15%	15%	15%