1% White Milk



GRADE A • PASTEURIZED

Nutrition Facts Serving Size: 1 Carton Servings Per Container 1 **Amount Per Serving** Calories 100 Calories from Fat 25 % Daily Value* **Total Fat 2.50** 4% Saturated Fat 1.50 8% Trans Fat Oo 3% Cholesterol 10ma 5% Sodium 125mg 4% **Total Carbohydrate 120** Dietary Fiber Og Sugars 12g **Protein 8g** Vitamin A 10% Vitamin C 4% Calcium 30% • Iron 0% • Vitamin D 25% *Percent Daily Values are based on a 2,000 calorie diet.

FAT REDUCED FROM 8G TO 2.5G CALORIES REDUCED FROM 150 TO 100

INGREDIENTS: LOWFAT MILK, VITAMIN A PALMITATE AND VITAMIN D3 ADDED.



LAND-O-SUN® L**and-o-Su**n Dairies, L.L.C. Johnson City, TN 37602-3440

PROCESSED AT LOCATION STAMPED ON GABLE

PET® is a registered trademark of PET Inc. St. Louis, MO 63102 1% Strawberry Milk



GRADE A • PASTEURIZED

Nutrition Facts
Serving Size: 1 Carton
Servings Per Container 1

Calories 170 Calories from Fat 20
% Baily Value*
Total Fat 2.50 4%

Dietary Fiber Og Sugars 29g

Protein 7g

Vitamin A 10% • Vitamin C 4%
Calcium 25% • Iron 0% • Vitamin D 25%
*Percent Daily Values are based

es a 2,000 calerie diel.

INGREDIENTS: REDUCED FAT MILK, HIGH FRUCTOSE CORN SYRUP, CARRAGEENAN, DEXTROSE, NATURAL AND ARTIFICIAL STRAWBERRY FLAVORS, RED #40, BLUE #1, VITAMIN A PALMITATE AND VITAMIN D3 ADDED.



LAND-O-SUN® LAND-O-SUN DAIRIES, L.L.G. JOHNSON CITY, TN 37602-3440 PROCESSED AT LOCATION STAMPED ON GABLE

PET® is a registered trademark of PET Inc. St. Louis. MO 63102

1.	Does milk contain the mineral iron?		
2.	Which micronutrients are in the same amounts in both milks?		
3.	Which milk has more calcium?		
4.	Which milk do you think is healthier for your body?	Why?	



Public Health

100 Years of Service * 1913-2013

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1% White Milk



GRADE A • PASTEURIZED

Nutrition Facts Serving Size: 1 Carton Servings Per Container 1	FAT REDUCED FROM 86 CALORIES REDU FROM 150 TO 1
Amount Per Serving	N e
Calories 100 Calories from Fat 25	INGREDIENTS: LOWFAT
% Daily Value*	VITAMIN A PALMITATE
Total Fat 2.5g 4%	VITAMIN D ₃ ADDED.
Saturated Fat 1.5g 8%	
Trans Fat Og	
Cholesterol 10mg 3%	
Sodium 125mg 5%	1 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4
Total Carbohydrate 12g 4%	LAND-O-SUN®
Dietary Fiber Og 0%	LAND-O-SUN DAIRIES JOHNSON CITY, TN 37
Sugars 12g	
Protein 8g	PROCESSED AT LOCAL STAMPED ON GABLE
Vitamin A 10% • Vitamin C 4%	PET® is a registered
Calcium 30% • Iron 0% • Vitamin D 25%	trademark of PET Inc
*Percent Daily Values are based on a 2,000 calorie diet.	St. Louis, MO 63102

FAT REDUCED FROM 8G TO 2.5G **CALORIES REDUCED** FROM 150 TO 100

INGREDIENTS: LOWFAT MILK. **VITAMIN A PALMITATE AND** VITAMIN D3 ADDED.



LAND-O-SUN® LAND-O-SUN DAIRIES, L.L.C. **JOHNSON CITY. TN 37602-3440** PROCESSED AT LOCATION

1% Strawberry Milk



GRADE A • PASTEURIZED

Nutrition Facts Serving Size: 1 Carton Servings Per Container 1 Amount Per Serving

Calories 170 Calories from Fat 20 % Daily Value*

Total Fat 2.50 4% Saturated Fat 1.50 7% Trans Fat Ou 3% Cholesterol 10ma 5% Sodium 110ma 10% **Total Carbohydrate 30g** Dietary Fiber Ou

Sugars 29g Protein 7a

> Vitamin A 10% Vitamin C 4% Calcium 25% • Iron 0% • Vitamin D 25%

*Percent Daily Values are based on a 2,000 calorie dist.

INGREDIENTS: REDUCED FAT MILK. HIGH FRUCTOSE CORN SYRUP, CARRAGEENAN, DEXTROSE, NATURAL AND **ARTIFICIAL STRAWBERRY** FLAVORS, RED #40, BLUE #1. VITAMIN A PALMITATE AND VITAMIN D3 ADDED.



LAND-O-SUN® LAND-O-SUN DAIRIES, L.L.G. **JOHNSON CITY. TN 37602-3440** PROCESSED AT LOCATION STAMPED ON GABLE

PET® is a registered trademark of PET Inc. St. Louis. MO 63102

1.	1. Does milk contain the mineral iron?No		
2.	2. Which micronutrients are in the same amounts in both	milks? <u>Vitamin</u>	A, Vitamin C, Vitamin D, Iron
3.	3. Which milk has more calcium? 1% white mill	<u> </u>	_
4.	4. Which milk do you think is healthier for your body?	1% white milk	Why? <u>It has less sugar and more calcium</u>



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