

# 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 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%
*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 D<sub>3</sub> ADDED.

**REAL**

**LAND-O-SUN**  
LAND-O-SUN 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	
Amount Per Serving	
Calories 170	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 110mg	5%
Total Carbohydrate 30g	10%
Dietary Fiber 0g	0%
Sugars 29g	
Protein 7g	
Vitamin A 10%	Vitamin C 4%
Calcium 25%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS: REDUCED FAT MILK, HIGH FRUCTOSE CORN SYRUP, CARRAGEENAN, DEXTROSE, NATURAL AND ARTIFICIAL STRAWBERRY FLAVORS, RED #40, BLUE #1, VITAMIN A PALMITATE AND VITAMIN D<sub>3</sub> ADDED.

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- Does milk contain the mineral iron? \_\_\_\_\_
- Which micronutrients are in the same amounts in both milks? \_\_\_\_\_
- Which milk has more calcium? \_\_\_\_\_
- Which milk do you think is healthier for your body? \_\_\_\_\_ Why? \_\_\_\_\_



**Public Health**  
100 Years of Service • 1913-2013

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



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