

# Nutrition Facts Labels

## REDUCED FAT MILK 2% Milk Fat

Nutrition Facts	
Serving Size <b>1 cup</b> (236ml)	
Servings Per Container <b>1</b>	
Amount Per Serving	
Calories <b>120</b>	Calories from Fat <b>45</b>
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20g	<b>7%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 11g	
<b>Protein</b> 9g	<b>17%</b>
Vitamin A 10% • Vitamin C 4%	
<b>Calcium 30%</b> • Iron 0% • Vitamin D 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

## NONFAT MILK

Nutrition Facts	
Serving Size <b>1 cup</b> (236ml)	
Servings Per Container <b>1</b>	
Amount Per Serving	
Calories <b>80</b>	Calories from Fat <b>0</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> Less than 5mg	<b>0%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 11g	
<b>Protein</b> 9g	<b>17%</b>
Vitamin A 10% • Vitamin C 4%	
<b>Calcium 30%</b> • Iron 0% • Vitamin D 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Adapted from <http://www.cfsan.fda.gov/~dms/foodlab.html>



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