



# Healthy Milk Choices



Product Name	Calories	Carbs	Fat	Saturated Fat	Cholesterol	Protein	Calcium	Vitamin D
Garelick Farms <i>(based on 8oz serving)</i>								
2% milk	130 kcal	12 g	5 g	3 g	20 mg	8 g	30%	25%
1% milk	110 kcal	13 g	2.5 g	1.5 g	10 mg	8 g	30%	25%
Skim milk	90 kcal	13 g	0 g	0 g	5 mg	8 g	30%	25%
Whole milk	150 kcal	12 g	8 g	5 g	35 mg	8 g	30%	25%
Strawberry milk	170 kcal	29 g	2 g	1.5 g	10 mg	8 g	30%	25%
Chocolate milk	170 kcal	28 g	2.5 g	1.5 g	10 mg	8 g	30%	25%
Vanilla milk	180 kcal	30 g	2.5 g	1.5 g	10 mg	8 g	30%	25%

**STUDENTS:** Make a healthier milk choice, such as 2%, 1% or skim. These varieties will provide you with the same amount of protein, calcium and Vitamin D as the flavored milks.