



Nonfat Milk	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol less than 5mg	1%
Sodium 130mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 8%	Vitamin C 4%
Calcium 30%	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.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Whole Milk	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 6%	Vitamin C 4%
Calcium 30%	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.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Label Comparisons:

Can you find the differences in these milk labels? Pay close attention to:

- Calories
- Fat
- Cholesterol
- Calcium
- Vitamin D

Label Comparisons:

Look at the differences on these yogurt labels. Pay close attention to:

- Calories
- Fat
- Sugars
- Protein
- Calcium

Nutrition Facts	
Serving Size 1 container (227g)	
Servings Per Container 1	
Amount Per Serving	
Calories 250	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Cholesterol 15mg	5%
Sodium 110mg	5%
Total Carbohydrate 48g	16%
Dietary Fiber 0g	0%
Sugars 47g	
Protein 8g	
Vitamin A 0%	Vitamin C 0%
Calcium 30%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Nutrition Facts	
Serving Size 1 Container (8 oz.)	
Amount Per Serving	
Calories 127	Calories from Fat 4
% Daily Value*	
Total Fat <1g	0%
Saturated Fat 0g	0%
Cholesterol 5mg	2%
Sodium 175mg	8%
Total Carb 17g	6%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 13g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 2%
*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Bone Appetite Banana Smoothie

Makes 2 servings

Prep time: 5 minutes

1 medium banana, peeled, broken into pieces

2 cups fat free milk

1 package fat free, sugar-free instant vanilla pudding mix

In a blender, combine banana, milk and pudding mix. Cover and puree until smooth. Pour into two tall glasses and serve.

Nutritional Facts per serving for individual food:

Calories: 180

Fat: 0 g

Saturated Fat: 0 g

Cholesterol: 5 mg

Sodium: 330 mg

Calcium: 30% Daily Value

Protein: 9 g

Carbohydrates: 37 g

Dietary Fiber: 2 g

– ***provided by www.3aday.org***

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