



<b>Nonfat Milk</b>	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 80</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
<b>Cholesterol less than 5mg</b>	<b>1%</b>
<b>Sodium 130mg</b>	<b>5%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 0g	0%
Sugars 11g	
<b>Protein 8g</b>	
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

<b>Whole Milk</b>	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 150</b>	<b>Calories from Fat 70</b>
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 5g	25%
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 125mg</b>	<b>5%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 0g	0%
Sugars 11g	
<b>Protein 8g</b>	
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

<b>Nutrition Facts</b>	
Serving Size 1 container (227g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 250</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 1.5g	8%
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 110mg</b>	<b>5%</b>
<b>Total Carbohydrate 48g</b>	<b>16%</b>
Dietary Fiber 0g	0%
Sugars 47g	
<b>Protein 8g</b>	
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

<b>Nutrition Facts</b>	
Serving Size 1 Container (8 oz.)	
Amount Per Serving	
<b>Calories 127</b>	<b>Calories from Fat 4</b>
% Daily Value*	
<b>Total Fat &lt;1g</b>	<b>0%</b>
Saturated Fat 0g	0%
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 175mg</b>	<b>8%</b>
<b>Total Carb 17g</b>	<b>6%</b>
Dietary Fiber 0g	0%
Sugars 17g	
<b>Protein 13g</b>	
Vitamin A 0%	Vitamin C 4%
<b>Calcium 45%</b>	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](http://www.3aday.org)***

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