

MILK



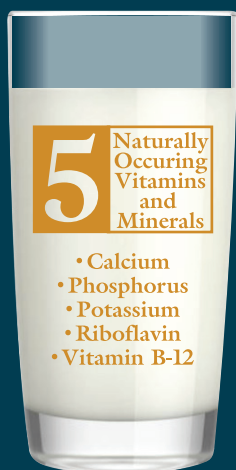
VS. THE WANNABES

(Almond, Oat, and Soy Drinks)



FACT: Grade A, natural, whole dairy milk has **more naturally-occurring vitamins and minerals** than the Wannabes **with no added sugars**.

**GRADE A
NATURAL
WHOLE
DAIRY
MILK**



VS.

THE WANNABES:



1 Naturally Occurring Vitamin:
Potassium



1 Naturally Occurring Vitamin:
Iron



2 Naturally Occurring Vitamins:
Potassium, Phosphorus

ALL other nutrients are artificially added. **What do you want in your body?**

The Nutrition In Your Glass

Compare the nutritional value of fresh, Grade A, natural dairy milk against three Wannabes.

SERVING SIZES: 8 oz.

GRADE A, NATURAL DAIRY MILK



THE WANNABES



ALMOND



OAT



SOY

CALORIES AND NUTRIENTS

	Grade A, Natural Dairy Milk	Almond	Oat	Soy
CALORIES	110	60	130	110
PROTEIN	8g	1g	4g	8g
FAT	2.5g	2.5g	2.5g	4.5g
CARBOHYDRATES	12g	8g	24g	9g

VITAMINS AND MINERALS (% Daily Value)

	Grade A, Natural Dairy Milk	Almond	Oat	Soy
CALCIUM	30%	45%	35%	45%
PHOSPHORUS	25%	0	0	25%
POTASSIUM	10%	1%	0	10%
RIBOFLAVIN	25%	30%	30%	30%
VITAMIN B-12	20%	50%	0	50%
VITAMIN A	10%	10%	10%	10%
VITAMIN D	25%	25%	25%	30%

Naturally Occurring

Good Source = 10%-19% DV

Excellent Source = 20%+ DV

Source: USDA Agricultural Research Service and National Dairy Council