

**AMERICAN CHEESE**  
1 ½ ounces



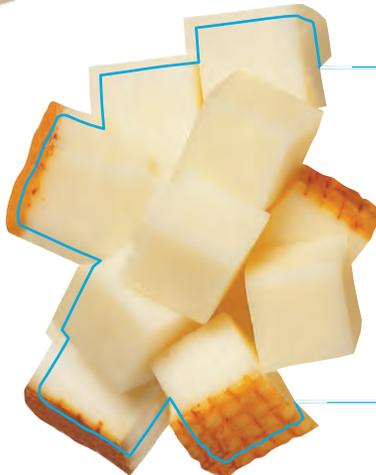
**CHEDDAR CHEESE**  
1 ½ ounces



**MOZZARELLA CHEESE**  
1 ½ ounces



**COTTAGE CHEESE**  
½ cup



**MUENSTER CHEESE**  
1 ½ ounces

### Cheddar Cheese

Serving Size 1.5 oz (42g)  
 Amount Per Serving  
 Calories 171

Total Fat	14g	28%
Saturated Fat	9g	18%
Cholesterol	45mg	9%
Sodium	264mg	53%
Total Carbohydrate	1g	0%
Sugars	1g	2%
Protein	11g	22%
Vitamin A		9%
Calcium		31%
Iron		2%
Riboflavin		9%

Not a significant source of vitamin C, iron, thiamin, and niacin. Values are not available for fiber and sugars.  
 \*Percent Daily Values are based on a 2,000 calorie diet.



### American Cheese

Serving Size 1.5 oz (42g)

Amount Per Serving

Calories 159

Total Fat 13g

Saturated Fat 8g

Cholesterol 41mg

Sodium 609mg

Total Carbohydrate 1g

Protein 9g

Vitamin A

Calcium

Riboflavin

Calories from Fat 117  
 % Daily Value\*  
 20%  
 40%  
 14%  
 25%  
 0%  
 18%  
 10%  
 26%  
 9%

Not a significant source of vitamin C, iron, thiamin, and niacin. Values are not available for fiber and sugars.  
 \*Percent Daily Values are based on a 2,000 calorie diet.

### Cottage Cheese

Serving Size	Creamed ½ cup (105g)	Lowfat, 2% Milkfat ½ cup (113g)
Amount Per Serving		
Calories	109	101
Calories from Fat	45	18
	% Daily Value*	% Daily Value*
Total Fat	5g	2g
Saturated Fat	3g	1g
Cholesterol	16mg	9mg
Sodium	425mg	459mg
Total Carbohydrate	3g	4g
Sugars	1g	—
Protein	13g	16g
Vitamin A	3%	2%
Calcium	6%	8%
Thiamin	1%	2%
Riboflavin	10%	12%

Not a significant source of vitamin C, iron and niacin. Values are not available for fiber.

\*Percent Daily Values are based on a 2,000 calorie diet

### Mozzarella Cheese

Part skim  
 Serving Size 1.5 oz (42g)

Amount Per Serving	Calories from Fat 63
Calories 108	% Daily Value*
Total Fat 7g	11%
Saturated Fat 4g	8%
Cholesterol 24mg	0%
Sodium 198mg	8%
Total Carbohydrate 1g	20%
Protein 10g	5%
Vitamin A	28%
Calcium	8%

Not a significant source of vitamin C, iron, thiamin, and niacin. Values are not available for fiber and sugars.  
 \*Percent Daily Values are based on a 2,000 calorie diet

### Muenster Cheese

Serving Size 1.5 oz (42g)

Amount Per Serving

Calories 156

Total Fat 13g

Saturated Fat 8g

Cholesterol 41mg

Sodium 267mg

Total Carbohydrate 0g

Protein 10g

Vitamin A

Calcium

Riboflavin

Calories from Fat 117  
 % Daily Value\*  
 20%  
 40%  
 14%  
 11%  
 0%  
 20%  
 10%  
 31%  
 8%

Not a significant source of fiber, sugars, vitamin C, iron, thiamin, and niacin.  
 \*Percent Daily Values are based on a 2,000 calorie diet.

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2% REDUCED FAT  
CHOCOLATE MILK  
1 cup



FAT FREE MILK  
1 cup



PARMESAN CHEESE  
1 tablespoon



STRING CHEESE  
2 ounces



SWISS CHEESE  
1 1/2 ounces

### Fat Free Milk

Serving Size	Fat Free Milk 1 cup (245g)	Nonfat Dry Milk* 1 cup
<b>Amount Per Serving</b>		
<b>Calories</b>	86	82
	<b>% Daily Value*</b>	<b>% Daily Value*</b>
<b>Total Fat</b>	0g <b>0%</b>	0g <b>0%</b>
<b>Cholesterol</b>	4mg <b>1%</b>	4mg <b>1%</b>
<b>Sodium</b>	126mg <b>5%</b>	125mg <b>5%</b>
<b>Total Carbohydrate</b>	12g <b>4%</b>	12g <b>4%</b>
Sugars	11g	12g
<b>Protein</b>	8g <b>16%</b>	8g <b>16%</b>
Vitamin A		10%
Vitamin C		11%
Calcium	3%	2%
Thiamin	30%	28%
Riboflavin	6%	6%
	20%	23%

Not a significant source of calories from fat, saturated fat, fiber, iron, and niacin.

\*Instant, reconstituted

\*Percent Daily Values are based on a 2,000 calorie diet



### 2% Reduced Fat Chocolate Milk

Serving Size	1 cup (244g)
<b>Amount Per Serving</b>	
<b>Calories</b>	179
	<b>Calories from Fat 45</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 5g	10%
Saturated Fat 3g	6%
<b>Cholesterol</b> 150mg	3%
<b>Sodium</b> 177mg	28%
<b>Total Carbohydrate</b> 26g	3%
Sugars	24%
<b>Protein</b> 8g	16%
Vitamin A	2%
Vitamin C	6%
Calcium	3%
Iron	3%
Thiamin	2%
Riboflavin	2%
Niacin	2%

Values are not available for fiber and sugars.

\*Percent Daily Values are based on a 2,000 calorie diet.



### Parmesan Cheese

Serving Size	1 tbsp (5g)
<b>Amount Per Serving</b>	
<b>Calories</b> 23	
	<b>Calories from Fat 13</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2g	4%
Saturated Fat 1g	2%
<b>Cholesterol</b> 1mg	0%
<b>Sodium</b> 93mg	4%
<b>Total Carbohydrate</b> 0g	0%
<b>Protein</b> 2g	4%
Calcium	7%

Not a significant source of fiber, sugars, iron, and niacin.

\*Percent Daily Values are based on a 2,000 calorie diet.



### Swiss Cheese

Serving Size	1.5 oz (42g)
<b>Amount Per Serving</b>	
<b>Calories</b> 161	
	<b>Calories from Fat 108</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 12g	24%
Saturated Fat 8g	16%
<b>Cholesterol</b> 39mg	8%
<b>Sodium</b> 111mg	2%
<b>Total Carbohydrate</b> 1g	0%
<b>Protein</b> 12g	24%
Vitamin A	7%
Calcium	41%
Riboflavin	9%

Not a significant source of sugars, vitamin C, iron, thiamin, and niacin. Values are not available for fiber.

\*Percent Daily Values are based on a 2,000 calorie diet.



### String Cheese

Serving Size	2 oz (2 sticks) (57g)
<b>Amount Per Serving</b>	
<b>Calories</b> 144	
	<b>Calories from Fat 81</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 11g	22%
Saturated Fat 7g	14%
<b>Cholesterol</b> 31mg	6%
<b>Sodium</b> 289mg	12%
<b>Total Carbohydrate</b> 2g	0%
Sugars 0g	0%
<b>Protein</b> 15g	30%
Vitamin A	6%
Calcium	41%
Thiamin	4%
Riboflavin	11%

Not a significant source of vitamin C, iron and niacin.

\*Percent Daily Values are based on a 2,000 calorie diet.



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**CHOCOLATE MILK**  
1 cup



**2% REDUCED FAT MILK**  
1 cup



**ICE CREAM**  
½ cup



**MILKSHAKE**  
10 fluid ounces

**2% Reduced Fat Milk**  
Serving Size 1 cup (244g)

<b>Amount Per Serving</b>	
<b>Calories</b> 121	Calories from Fat 45
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 18mg	<b>6%</b>
<b>Sodium</b> 122mg	<b>5%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
<b>Protein</b> 8g	<b>16%</b>
Vitamin A	10%
Vitamin C	3%
Calcium	30%
Thiamin	6%
Riboflavin	24%

Not a significant source of iron and niacin. Values are not available for fiber and sugars.  
\*Percent Daily Values are based on a 2,000 calorie diet



**Chocolate Milk**  
**Whole**  
Serving Size 1 cup (250g)

<b>Amount Per Serving</b>	
<b>Calories</b> 208	Calories from Fat 72
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 5g	<b>25%</b>
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 149mg	<b>6%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 4g	<b>16%</b>
<b>Protein</b> 8g	<b>16%</b>
Vitamin A	6%
Vitamin C	3%
Calcium	28%
Iron	3%
Thiamin	6%
Riboflavin	24%
Niacin	2%

Values are not available for sugars.  
\*Percent Daily Values are based on a 2,000 calorie diet



**Ice Cream<sup>†</sup>**

<b>10% fat</b> 1/2 cup (66g)	<b>16% fat</b> 1/2 cup (74g)
<b>Amount Per Serving</b>	
<b>Calories</b> 63	<b>108</b>
<b>Calories from Fat</b>	
<b>% Daily Value*</b>	<b>% Daily Value*</b>
7g	12g
4g	7g
29mg	45mg
53mg	41mg
16g	17g
10g	3g
2g	3g
<b>Protein</b>	
Vitamin A	5%
Vitamin C	0%
Calcium	9%
Thiamin	2%
Riboflavin	9%

Not a significant source of iron and niacin. Values are not available for fiber.  
†Hardened, vanilla  
\*Percent Daily Values are based on a 2,000 calorie diet



**Milkshake**

<b>Chocolate</b> 10 fl oz (283g)	<b>Vanilla</b> 10 fl oz (283g)
<b>Serving Size</b>	
<b>Amount Per Serving</b>	
<b>Calories</b> 99	<b>72</b>
<b>Calories from Fat</b>	
<b>% Daily Value*</b>	<b>% Daily Value*</b>
11g	8g
7g	5g
37mg	32mg
273mg	232mg
58g	51g
51g	51g
<b>Protein</b>	
Sugars	7%
Vitamin A	2%
Vitamin C	34%
Calcium	1%
Iron	5%
Thiamin	11%
Riboflavin	41%
Niacin	2%

Values are not available for fiber.  
\*Percent Daily Values are based on a 2,000 calorie diet



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FROZEN YOGURT  
1/2 cup



LOWFAT FRUIT-  
FLAVORED YOGURT  
8 ounce container



WHOLE MILK  
1 cup



pudding  
1/2 cup



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ICE CREAM  
SOFT SERVE  
½ cup



2% REDUCED  
FAT MILK  
1 cup



PLAIN YOGURT  
8 ounce container



NONFAT  
PLAIN YOGURT  
8 ounce container



**2% Reduced Fat Milk**  
Serving Size 1 cup (244g)

Amount Per Serving	
<b>Calories</b> 121	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 18mg	<b>6%</b>
<b>Sodium</b> 122mg	<b>5%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
<b>Protein</b> 8g	<b>16%</b>
Vitamin A	10%
Vitamin C	3%
Calcium	30%
Thiamin	6%
Riboflavin	24%

Not a significant source of iron and niacin. Values are not available for fiber and sugars.  
\*Percent Daily Values are based on a 2,000 calorie diet



**Ice Cream** Soft Serve  
Serving Size 1/2 cup (86g)

Amount Per Serving	
<b>Calories</b> 185	99
% Daily Value*	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 6g	<b>30%</b>
<b>Cholesterol</b> 78mg	<b>26%</b>
<b>Sodium</b> 52mg	<b>6%</b>
<b>Total Carbohydrate</b> 19g	<b>8%</b>
<b>Protein</b> 4g	<b>9%</b>
Vitamin A	11%
Calcium	3%
Thiamin	9%
Riboflavin	3%

Not a significant source of vitamin C, iron, and niacin. Values are not available for fiber and sugars.  
\*Percent Daily Values are based on a 2,000 calorie diet



**Plain Yogurt** Lowfat  
Serving Size 8 ounce container (227g)

Amount Per Serving	
<b>Calories</b> 144	Calories from Fat 36
% Daily Value*	
<b>Total Fat</b> 4g	<b>8%</b>
Saturated Fat 2g	<b>4%</b>
<b>Cholesterol</b> 14mg	<b>3%</b>
<b>Sodium</b> 159mg	<b>100%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Sugars 12g	<b>7%</b>
<b>Protein</b> 12g	<b>24%</b>
Vitamin A	5%
Vitamin C	3%
Calcium	3%
Thiamin	3%
Riboflavin	42%
Not a significant source of iron and niacin. Values are not available for fiber.	7%
*Percent Daily Values are based on a 2,000 calorie diet	<b>29%</b>



**Plain Yogurt** Nonfat  
Serving Size 8 ounce container (227g)

Amount Per Serving	
<b>Calories</b> 127	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
<b>Cholesterol</b> 4mg	<b>1%</b>
<b>Sodium</b> 174mg	<b>7%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
<b>Protein</b> 13g	<b>26%</b>
Vitamin C	3%
Calcium	45%
Thiamin	7%
Riboflavin	31%

Not a significant source of calories from fat, saturated fat, vitamin A, iron, and niacin. Values are not available for fiber and sugars.  
\*Percent Daily Values are based on a 2,000 calorie diet

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1% LOWFAT  
STRAWBERRY MILK  
1 cup



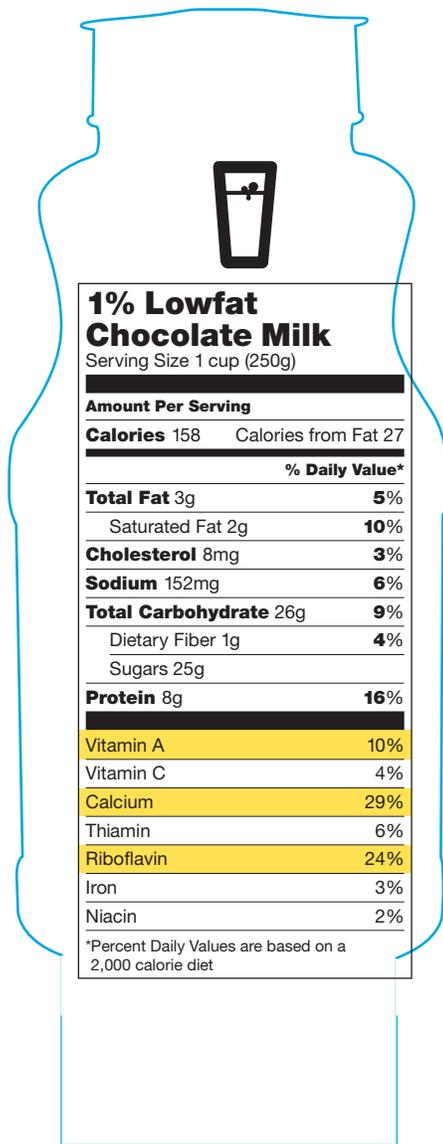
BLUEBERRY  
DRINKABLE YOGURT  
1 cup



1% LOWFAT  
CHOCOLATE MILK  
1 cup



SQUEEZABLE YOGURT  
2 (2 1/4-ounce tubes)



**1% Lowfat Chocolate Milk**  
Serving Size 1 cup (250g)

Amount Per Serving	
<b>Calories</b> 158	Calories from Fat 27
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 8mg	<b>3%</b>
<b>Sodium</b> 152mg	<b>6%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 25g	
<b>Protein</b> 8g	<b>16%</b>
Vitamin A	10%
Vitamin C	4%
Calcium	29%
Thiamin	6%
Riboflavin	24%
Iron	3%
Niacin	2%

\*Percent Daily Values are based on a 2,000 calorie diet



**Blueberry Drinkable Yogurt**  
Serving Size 1 cup (250g)

Amount Per Serving	
<b>Calories</b> 200	Calories from Fat 18
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 8mg	<b>3%</b>
<b>Sodium</b> 128mg	<b>5%</b>
<b>Total Carbohydrate</b> 36g	<b>12%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 33g	
<b>Protein</b> 8g	<b>16%</b>
Calcium	32%
Thiamin	6%
Riboflavin	24%

Not a significant source of vitamin A, vitamin C and iron. Values are not available for niacin.

\*Percent Daily Values are based on a 2,000 calorie diet

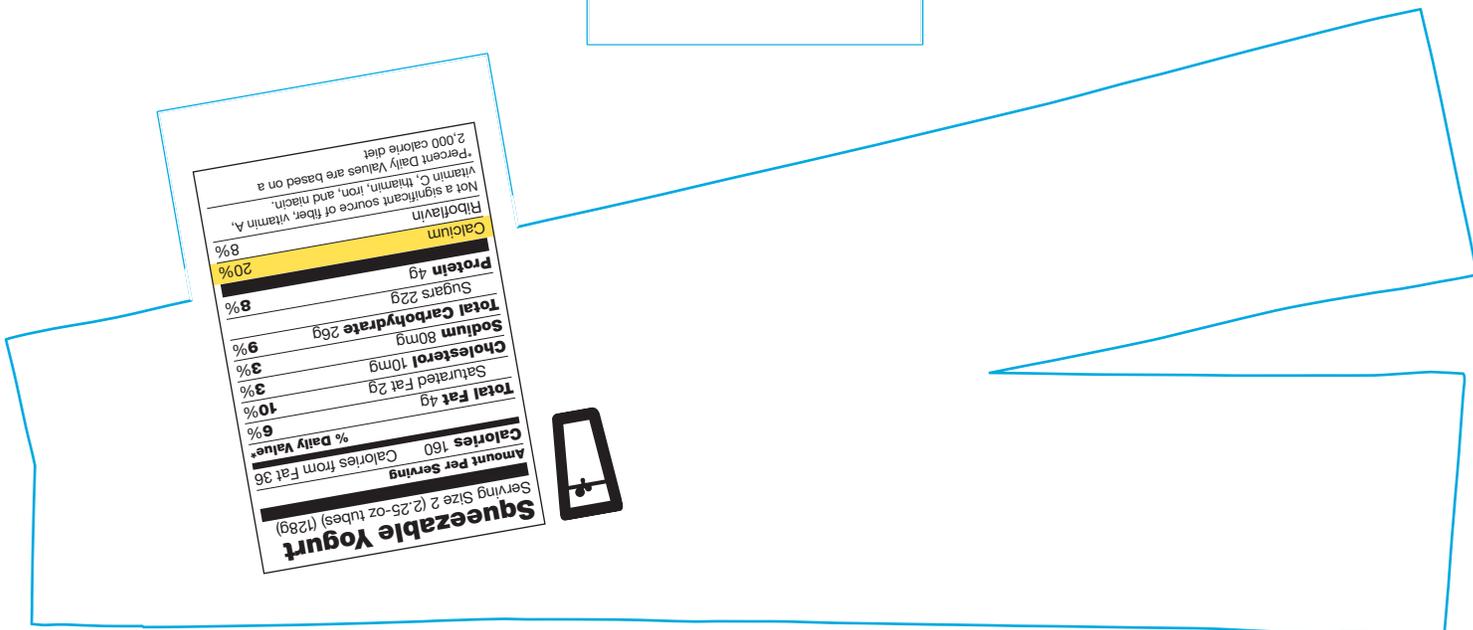


**1% Lowfat Strawberry Milk**  
Serving Size 1 cup (250g)

Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 18
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
<b>Cholesterol</b> 9mg	<b>3%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 33g	<b>11%</b>
Sugars 32g	
<b>Protein</b> 8g	<b>16%</b>
Vitamin A	10%
Vitamin C	4%
Calcium	28%

Not a significant source of fiber, thiamin, riboflavin, iron, and niacin.

\*Percent Daily Values are based on a 2,000 calorie diet



**Squeezable Yogurt**  
Serving Size 2 (2.25-oz tubes) (128g)

Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 36
% Daily Value*	
<b>Total Fat</b> 4g	<b>10%</b>
Saturated Fat 2g	<b>3%</b>
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 80mg	<b>9%</b>
<b>Total Carbohydrate</b> 26g	<b>8%</b>
Sugars 22g	
<b>Protein</b> 4g	<b>20%</b>
Calcium	8%
Riboflavin	

Not a significant source of fiber, vitamin A, vitamin C, thiamin, iron, and niacin.

\*Percent Daily Values are based on a 2,000 calorie diet