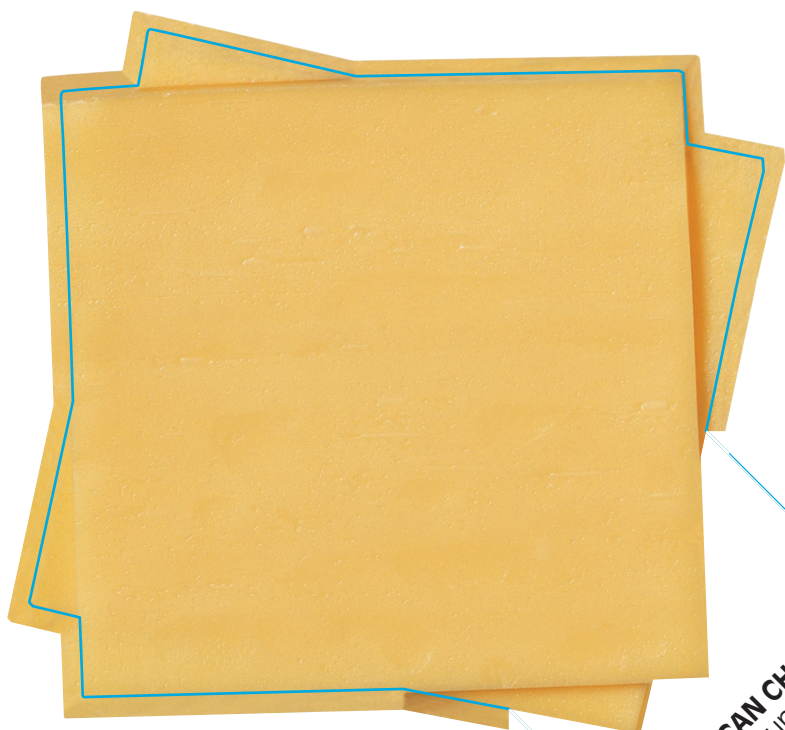


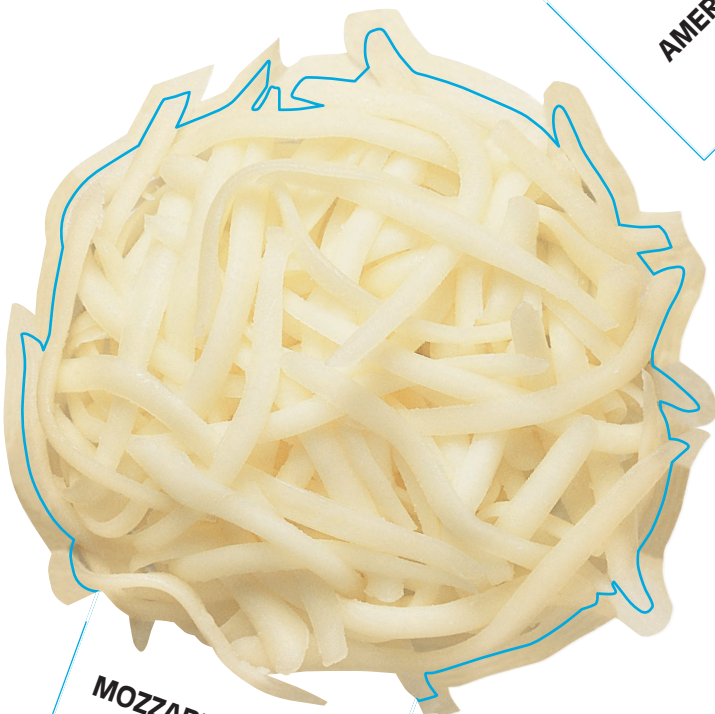
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AMERICAN CHEESE
1 ½ ounces



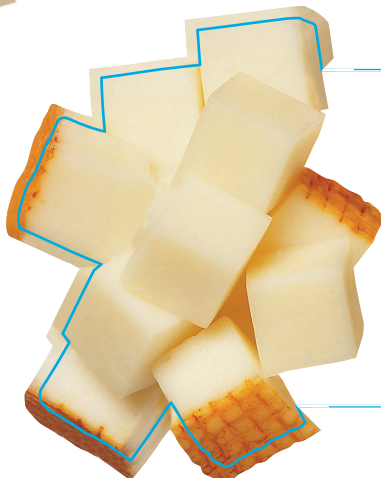
CHEDDAR CHEESE
1 ½ ounces



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	Calories from Fat 126
% Daily Value*	
Total Fat 14g	
Saturated Fat 9g	18%
Cholesterol 45mg	9%
Sodium 264mg	11%
Total Carbohydrate 1g	0%
Sugars 1g	
Protein 11g	22%

Vitamin A
Calcium
Iron
Riboflavin
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



American Cheese

Serving Size 1.5 oz (42g)

Amount Per Serving

Calories 159	Calories from Fat 117
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 8g	40%
Cholesterol 41mg	14%
Sodium 609mg	25%
Total Carbohydrate 1g	0%
Protein 9g	18%

Vitamin A
Calcium
Riboflavin
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

Amount Per Serving

	Creamed ½ cup (105g)	Lowfat, 2% Milkfat ½ cup (113g)
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 108	Calories from Fat 63
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	20%
Cholesterol 24mg	8%
Sodium 198mg	0%
Total Carbohydrate 1g	20%
Protein 10g	5%
Vitamin A	28%
Calcium	8%

Riboflavin
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	Calories from Fat 117
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 8g	40%
Cholesterol 41mg	14%
Sodium 267mg	11%
Total Carbohydrate 0g	0%
Protein 10g	20%

Vitamin A
Calcium
Riboflavin
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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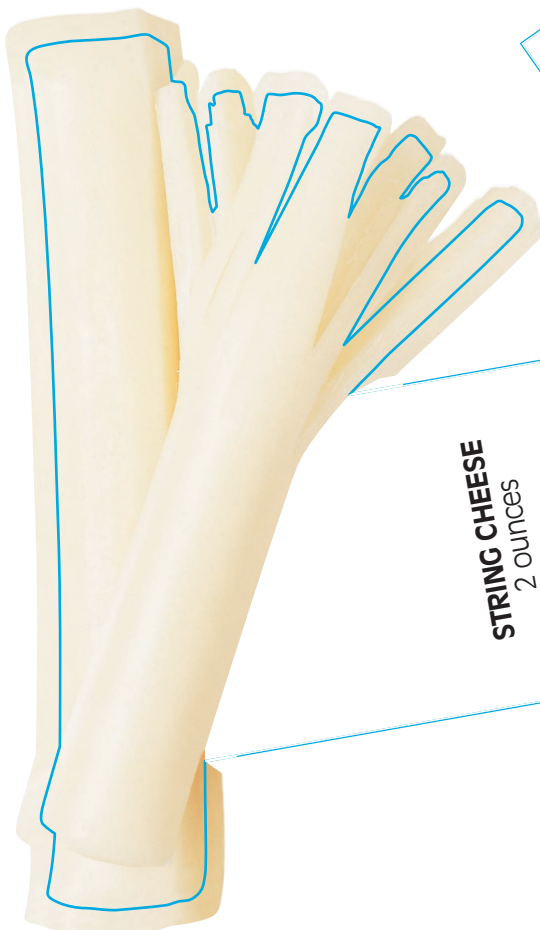
**2% REDUCED FAT
CHOCOLATE MILK**
1 cup



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
Amount Per Serving		
Calories	86	82
	% Daily Value*	% Daily Value*
Total Fat	0g	0g
Cholesterol	4mg	4mg
Sodium	126mg	125mg
Total Carbohydrate	12g	12g
Sugars	11g	
Protein	8g	8g
Vitamin A	10%	11%
Vitamin C	3%	2%
Calcium	30%	28%
Thiamin	6%	6%
Riboflavin	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)	Calories from Fat	45
Amount Per Serving			
Calories	179	% Daily Value*	8%
			6%
Total Fat	5g		10%
Saturated Fat	3g		3%
Cholesterol	17mg		3%
Sodium	150mg		3%
Total Carbohydrate	26g		6%
Protein	8g		24%
Vitamin A			2%
Vitamin C			
Calcium			
Iron			
Thiamin			
Riboflavin			
Niacin			

Values are not available for fiber and sugars.

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

**Parmesan Cheese
grated**

Serving Size	1 tbsp (5g)	Calories from Fat	19
Amount Per Serving			
Calories	23	% Daily Value*	5%
			1%
Total Fat	2g		4%
Saturated Fat	1g		0%
Cholesterol	4mg		4%
Sodium	93mg		7%
Total Carbohydrate	0g		
Protein	2g		

Calcium

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

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

**Swiss Cheese**

Serving Size	1.5 oz (42g)	Calories from Fat	108
Amount Per Serving			
Calories	161	% Daily Value*	18%
			40%
Total Fat	12g		13%
Saturated Fat	8g		5%
Cholesterol	39mg		0%
Sodium	111mg		24%
Total Carbohydrate	1g		7%
Protein	12g		41%
Vitamin A			9%
Calcium			
Riboflavin			

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
Low Moisture, Part Skim**

Serving Size	2 oz (2 sticks) (57g)	Calories from Fat	81
Amount Per Serving			
Calories	144	% Daily Value*	17%
			35%
Total Fat	11g		10%
Saturated Fat	7g		12%
Cholesterol	31mg		1%
Sodium	289mg		30%
Total Carbohydrate	2g		6%
Sugars	0g		41%
Protein	15g		4%
Calcium			11%
Thiamin			
Riboflavin			

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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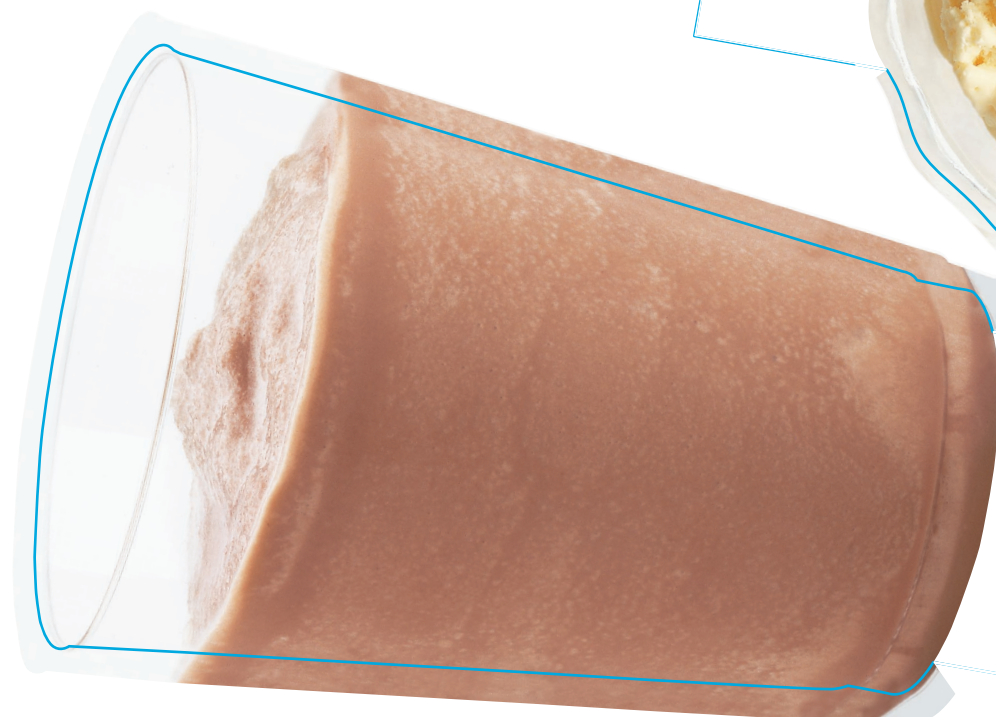
CHOCOLATE MILK
1 cup



**2% REDUCED
FAT MILK**
1 cup



ICE CREAM
 $\frac{1}{2}$ cup



MILKSHAKE
10 fluid ounces

2% Reduced Fat Milk

Serving Size 1 cup (244g)

Amount Per Serving	
Calories 121	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3g	15%
Cholesterol 18mg	6%
Sodium 122mg	5%
Total Carbohydrate 12g	4%
Protein 8g	16%
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[†]

Serving Size

Amount Per Serving		10% fat 1/2 cup (66g)		16% fat 1/2 cup (74g)	
Calories	132	63		108	
% Daily Value*		% Daily Value*		% Daily Value*	
Calories from Fat	12g	12g	18%	12g	35%
Total Fat	7g	7g	11%	7g	15%
Saturated Fat	4g	29mg	10%	45mg	2%
Cholesterol	53mg	53mg	2%	41mg	6%
Sodium	16g	16g	5%	17g	
Total Carbohydrate	10g	10g	4%	3g	6%
Sugars	2g	2g	5%		10%
Protein			5%		2%
Vitamin A			0%		9%
Vitamin C			9%		2%
Calcium			2%		7%
Thiamin			9%		
Riboflavin					
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		Chocolate		Vanilla	
Serving Size	10 fl oz (283g)	10 fl oz (283g)		10 fl oz (283g)	
Amount Per Serving	360	360		314	
Calories	99	72		72	
% Daily Value*		% Daily Value*		% Daily Value*	
Calories from Fat	11g	8g	12%	8g	25%
Total Fat	11g	17%	35%	5g	11%
Saturated Fat	7g	32%	32mg	10%	17%
Cholesterol	37mg	11%	232mg		
Sodium	273mg	19%	51g		
Total Carbohydrate	58g	10%	51g		
Sugars	10g	20%	10g		
Protein	10g	20%	10g		
Vitamin A	2%	5%	7%		
Vitamin C	2%	3%	3%		
Calcium	32%	34%	1%		
Iron	5%	1%	8%		
Thiamin	11%	30%	3%		
Riboflavin	41%	4%	2%		
Not a significant source of fiber.					
†Percent Daily Values are based on a 2,000 calorie diet					



Chocolate Milk

Whole

Serving Size 1 cup (250g)

Amount Per Serving

Calories 208 Calories from Fat 72

% Daily Value*

Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 30mg	10%
Sodium 149mg	6%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	16%
Protein 8g	16%
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



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FROZEN YOGURT
 $\frac{1}{2}$ cup



**LOWFAT FRUIT-
FLAVORED YOGURT**
8 ounce container



WHOLE MILK
1 cup



pudding
1/2 cup

Fruit-Flavored Yogurt

Lowfat

Serving Size 8 ounce container (227g)

Amount Per Serving

Calories 225 Calories from Fat 27

% Daily Value*

Total Fat 3g 5%

Saturated Fat 2g

Cholesterol 10mg 10%

Sodium 121mg 3%

Total Carbohydrate 42g 5%

Sugars 35g

Protein 9g 18%

Vitamin A

Vitamin C

Calcium 2%

Thiamin 31%

Riboflavin 5%

Not a significant source of iron and niacin.

Values are not available for fiber.

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

Frozen Yogurt*

Serving Size 1/4 cup (72g)

Amount Per Serving

Calories 114 Calories from Fat 36

% Daily Value*

Total Fat 4g 6%

Saturated Fat 2g

Cholesterol 85mg 10%

Sodium 16g 3%

Total Carbohydrate 17g 6%

Sugars 16g

Protein 3g 2%

Vitamin A

Vitamin C

Calcium 22%

Thiamin 99%

Not a significant source of iron and niacin.

Values are not available for fiber.

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

Whole Milk

Serving Size 1 cup (244g)

Amount Per Serving

Calories 150 Calories from Fat 72

% Daily Value*

Total Fat 8g 12%

Saturated Fat 5g 25%

Cholesterol 33mg 11%

Sodium 120mg 5%

Total Carbohydrate 11g 4%

Protein 8g 16%

Vitamin A 6%

Vitamin C 3%

Calcium 29%

Thiamin 6%

Riboflavin 23%

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

Pudding*

Serving Size

Amount Per Serving

Calories Calories from Fat

% Daily Value*

Total Fat 10%

Saturated Fat

Cholesterol 10%

Sodium 3%

Total Carbohydrate 10%

Sugars

Protein 10%

Vitamin A

Vitamin C

Calcium 10%

Thiamin 10%

Riboflavin 10%

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

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ICE CREAM
SOFT SERVE
½ cup



2% REDUCED
FAT MILK
1 cup



NONFAT
PLAIN YOGURT
8 ounce container



NONFAT
PLAIN YOGURT
8 ounce container



2% Reduced Fat Milk

Serving Size 1 cup (244g)

Amount Per Serving

Calories 121 **Calories from Fat** 45

	% Daily Value*
Total Fat 5g	8%
Saturated Fat 3g	15%
Cholesterol 18mg	6%
Sodium 122mg	5%
Total Carbohydrate 12g	4%
Protein 8g	16%
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		½ cup (86g)
Amount Per Serving		185
Calories		99
Calories from Fat		17%
Total Fat 11g		30%
Saturated Fat 6g		26%
Cholesterol 78mg		2%
Sodium 52mg		6%
Total Carbohydrate 19g		8%
Protein 4g		9%
Vitamin A		11%
Calcium		3%
Thiamin		9%
Riboflavin		
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
Calories 144 **Calories from Fat** 122g

	% Daily Value*
Total Fat 4g	8%
Saturated Fat 2g	4%
Cholesterol 14mg	3%
Sodium 159mg	6%
Total Carbohydrate 16g	100%
Sugars 12g	5%
Protein 12g	7%
Vitamin A	5%
Vitamin C	24%
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	29%

Plain Yogurt

Nonfat

Serving Size 8 ounce container (227g)

Amount Per Serving
Calories 127

	% Daily Value*
Total Fat 0g	0%
Cholesterol 4mg	1%
Sodium 174mg	7%
Total Carbohydrate 17g	6%
Protein 13g	26%
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	
Calories 158	Calories from Fat 27
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 2g	10%
Cholesterol 8mg	3%
Sodium 152mg	6%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 25g	
Protein 8g	16%
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	
Calories 200	Calories from Fat 18
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 2g	10%
Cholesterol 8mg	3%
Sodium 128mg	5%
Total Carbohydrate 36g	12%
Dietary Fiber 3g	12%
Sugars 33g	
Protein 8g	16%
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	
Calories 160	Calories from Fat 18
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Cholesterol 9mg	3%
Sodium 125mg	5%
Total Carbohydrate 33g	11%
Sugars 32g	
Protein 8g	16%
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	
Calories 160	Calories from Fat 36
% Daily Value*	
Total Fat 4g	10%
Saturated Fat 2g	3%
Cholesterol 10mg	3%
Sodium 80mg	9%
Total Carbohydrate 26g	8%
Sugars 22g	
Protein 4g	20%
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