

	SKIM MILK	Imperial Dairies	Imperial Dairies	HERSHEY'S®	Nesquik®	BRAVO Foods®	SOFT DRINKS	Minute Maid®
		e-MOO®	RPM™	MilkShake	Fat Free	SLAMMERS®		Juice Box
Serving Size (oz)	8	8	8	8	8	8	8	6.7 oz
Calories	90	110	90	280	160	170	100	100
Calories from Fat	0	0	0	60	0	70	0	0
Total Fat	0	0	0	7g	0	8g	0	0
Saturated Fat	0	0	0	4.5g	0	5g	0	0
Cholesterol	≤5mg	≤5mg	≤5mg	20mg	0	20mg	0	0
Total Carbohydrates	13g	19g	13g	45g	32g	21g	27g	23g
Sugars	12g	18g*	12g	44g	30g	20g	27g	20g
Protein	8g	9g	9g	10g	8g	4g	0	0
Protein Source	Milk	Milk	Milk	Milk	Milk	Milk	0	0
Calcium	30% RDI	35% RDI	40% RDI	35% RDI	40% RDI	10% RDI	0	10% RDI
Calcium Source	Milk	Milk	Milk	Milk	Milk/ Ca Carbonate	Milk	0	CA Citrate
Potassium	Trace	Trace	15%	N/A	N/A	02%	0	11%
Sodium	115mg	125mg	115mg	180mg	150mg	20mg	35mg	15mg
Magnesium	Trace	Trace	10%	N/A	N/A	0	0	04%
Artificial Sweeteners	0	0	0	0	0	Sucralose®/ ACE-K	0	0
Package Size	8 oz	8 oz	12 oz	1 4 oz	16 oz	14 oz	12 oz	6.7 oz
Servings/Bottle	1	1	1.5	1.75	2	1.75	1.5	1
Total Calories/Bottle	90	110	135	490	320	297	150	100
Total Carbs/Bottle	13g	19g	13g	79g	64g	37g	40g	23g

NOTES:

1. Items highiged in red are more than 50% above Skim Milk standards.
2. Items hihghlighted in blue are more than 50% lower than Skim Milk standards
3. *e-MOO®* - A fizzy fat-free 100% milk based beverage for youngsters under the age of 11 who don't like milk.
4. *RPM™* - A fortified, fizzy, fat free 100% milk based beverage for young adults who lead an active lifestyles and don't like milk.

* Skim Milk contains 13g of sugar naturally from lactose (milk sugar), therefore e- MOO® contains only 5g of added sugar from Crystalline Fructose (Fruit Sugar)