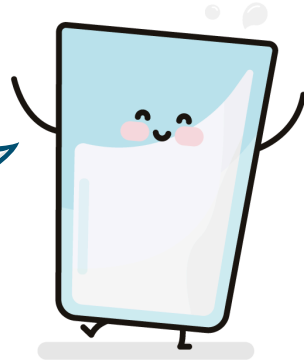


Looking for more reasons to enjoy cow's milk?
Visit NevadaMilk.com



What's in Your Cup?

Cow's Milk 1%



Calories: 106 kcals
Protein: 8g
Fat: 2g
Carbohydrates: 13g
Calcium: 310mg
of Ingredients: 3

Source: USDA National Nutrient Database for Standard Reference

Lactose-Free Cow's Milk 1%



Calories: 110 kcals
Protein: 8g
Fat: 3g
Carbohydrates: 13g
Calcium: 300mg
of Ingredients: 4

Source: Lactaid 1% Reduced Fat

Fortified Soy Beverage



Calories: 110 kcals
Protein: 8g
Fat: 5g
Carbohydrates: 9g
Calcium: 450mg
of Ingredients: 12

Source: Silk Soy Original

Almond Beverage



Calories: 60 kcals
Protein: 1g
Fat: 3g
Carbohydrates: 8g
Calcium: 470mg
of Ingredients: 13

Source: Silk Almond Original

Coconut Beverage



Calories: 70 kcals
Protein: 0g
Fat: 5g
Carbohydrates: 6g
Calcium: 470mg
of Ingredients: 10

Source: Silk Coconut Original

Oat Beverage



Calories: 120 kcals
Protein: 1g
Fat: 5g
Carbohydrates: 18g
Calcium: 470mg
of Ingredients: 10

Source: Silk Oat Original

**Information based on current product data for an 8 oz serving.
Always check product labels for the most up-to-date nutrition information.*

Your Choice Matters.

Using cow's milk substitutes in your cooking or baking can alter the flavor, texture, and consistency of your favorite homemade recipes.

Real cow's milk can be added to:

- cream sauces
- smoothies
- oatmeals
- puddings
- soups
- mashed potatoes

Only real cow's milk contains:

- Naturally occurring calcium
- High quality protein
- Less than 5 ingredients

This information was brought to you by



Nevada Chapter

American Academy of Pediatrics
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