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| **Reduced Fat Milk 2% milkfat**  Serving Size 8 fl oz (240ml)  Servings Per Container 8  Amount Per Serving  **Calories** 140 Calories from Fat 45    % Daily Value \*  **Total Fat** 5g 8%    Saturated Fat 3g 15%  **Cholesterol** 20mg 7%  **Sodium** 125mg 5%  **Total Carbohydrate** 12g 4%  Dietary Fiber 0g 0%    Sugars 12g  **Protein** 8g  Vitamin A 10% • Vitamin C 4%  Calcium 35%• Iron 0%•Vitamin D 25%  \*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |  | **Whole Milk**  Serving Size 8 fl oz (240ml)  Servings Per Container 8  Amount Per Serving  **Calories** 160 Calories from Fat 80    % Daily Value \*  **Total Fat** 9g 13%    Saturated Fat 5g 25%  **Cholesterol** 35mg 12%  **Sodium** 125mg 5%  **Total Carbohydrate** 12g 4%  Dietary Fiber 0g 0%    Sugars 12g  **Protein** 8g  Vitamin A 6% • Vitamin C 4%  Calcium 30% •Iron 0%•Vitamin D 25%  \*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |

1. Which has less sodium?
2. Which food has more calories from fat?
3. What is the percent (%) daily value of Vitamin A in one serving of whole milk?
4. What is the percent (%) daily value of Vitamin A in one serving of reduced fat milk?
5. How many grams of protein are in the whole milk?
6. How many grams of protein are in the reduced fat milk?