|  |  |  |
| --- | --- | --- |
| **Reduced Fat Milk 2% milkfat**Serving Size 8 fl oz (240ml)Servings Per Container 8Amount 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** 8gVitamin 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 8Amount 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** 8gVitamin 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?