What's in Your Glass?

Choices are great, but they can be overwhelming. This at-a-glance chart can help you understand what's in your glass.

^{\$}0.30 per 8 oz.* per 8 oz. per 8 oz.[†] per 8 oz.^{*} Milk \$0.22 8 oz. per gallon1 **Lactose-Free** Dairy Milk, 1% Dairy Milk, 1% **Almond Beverage** Soy Beverage **Oat Beverage** (8 oz., unsweetened) 106 Calories 105 Calories 94 Calories 37 Calories 118 Calories 8g Protein 8g Protein 9g Protein 1g Protein 2g Protein Cost per 8 ounces based on ½ gallon 2g Fat 2g Fat 5g Fat 3g Fat 7g Fat sized container 13g Carbohydrates 13g Carbohydrates 3g Carbohydrates 1g Carbohydrates 13g Carbohydrates Vitamins and Minerals²⁻⁴ (% Daily Value)

Vitamin B12	60%	60%	40%	35%	50%
lodine	60%	N/A	2%	N/A	N/A
Calcium	25%	25%	20%	30%	30%
Riboflavin (B2)	25 %	25%	15%	6%	55%
Phosphorus	20%	20%	15 %	6%	20%
Pantothenic acid (B5)	20%	N/A	N/A	N/A	N/A
Niacin (B3)	15 %	15 %	4%	<2%	<2%
Niacin (B3) Vitamin A	15 [%]	15 [%]	4 % 15%	<2% 10%	< 2 % 25%
Vitamin A	15%	15%	15%	10%	25%
Vitamin A Vitamin D	15 [%]	15% 15%	15 [%]	10%	25%

= Naturally occurring nutrients N/A = Nutrition data not available or reported quantitatively

(Dairy milk, unflavored (1%); Dairy Milk, Lactose-Free, unflavored (1%), unflavored almond, soy and oat beverages.)

- IRI Total US -Multi Outlet + Conv 2022 YTD ending 5-22, based on U.S. average price of unflavored, private label milk, 1 gallon.

 USDA, Agricultural Research Service. FoodData Central, 2019. https://fdc.nal.usda.gov/. Foundation Foods. FDC IDs: 746772, 2340766, 1999630, 1999631, 2257046. Accessed July 2023.
- USDA, Agricultural Research Service. USDA, FDA and ODS-NIH Database for the Iodine Content of Common Foods Release 3.0 (2023).
- Naturally occurring nutrients based on publicly available product ingredient lists. Accessed July 2023.
- FDA's Daily Value (DV) for potassium of 4700 mg is based on a 2005 DRI recommendation. In 2019, NASEM updated the DRI to 3400 mg. These values are based on the 2019 DRI of 3400 mg.



^{*}Source: Circana Group, L.P. Multi-outlets and convenience stores. 52 week-period ending July 16, 2023.