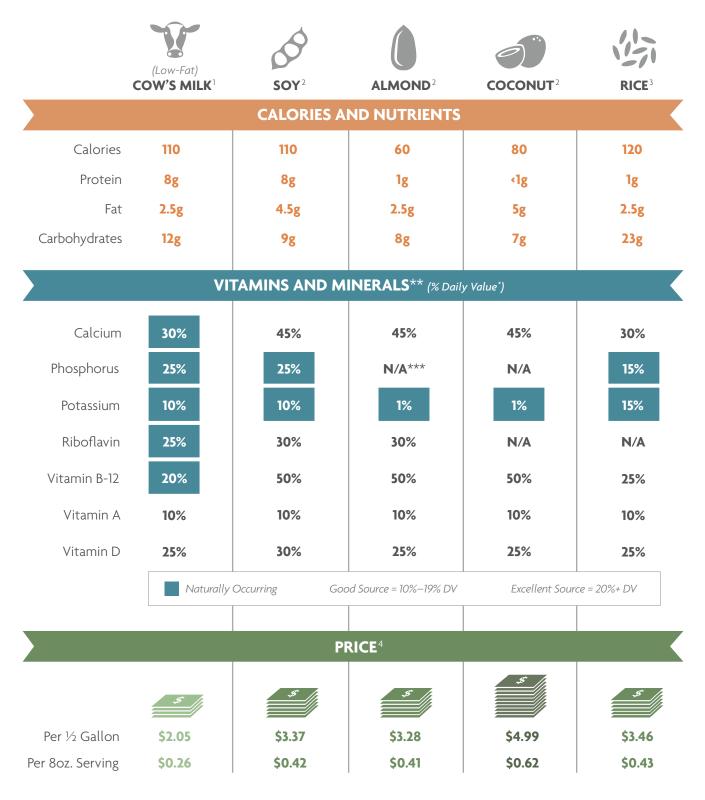
What's in your glass?

Choices are great, but they can be overwhelming. This at-a-glance chart can help you understand what's in your 8-ounce glass of milk.



1. Cow's Milk levels are per the USDA National Nutrition Database (NDB No.01083 SR-27): available at: http://ndb.nal.usda.gov/

2. Silk Original Soy Milk, Original Almond Milk, and Original Coconut Milk. Nutritional information per Silk® website www.silk.com

3. Rice Dream Enriched Refrigerated Original. Nutritional information per Rice Dream® website www.tastethedream.com

4. Based on gallon volume equivalents per IRI DMI Custom Database Data for 2014 (Jan-Dec) – National Average (Cow's milk based on conventional white milk)

*The percent Daily Value (DV) provides nutrient information based on a caloric intake of 2,000 calories for adults and children four or more years of age.

**Nutrient information not listed here can be found on the product website

***Nutrient not listed on product website

