

## Vitamin D - Whole - 2% - 1% - Skim NON-Fat

Trying to compare apples to apples is quite difficult when wanting to make an EQUAL comparison between products. As you can see from the table below not all products are measured equally.

Source: Self Magazine

Product	Vit D	Whole	2%	1%	Skim
Serving Size	8.12 oz	8.6 oz	8.6 oz	8.6 oz	8.6 oz
Calories	150	146	122	102	91
Calories from Fat	70	71	43	21	5
Total Fat	8 g - 12%	8g - 12 %	5 g - 7 %	2 g - 4 %	1 g - 1%
Saturated Fat	5 g - 25%	5 g - 23%	3 g - 15%	2 g - 8%	0 g - 2%
Cholesterol	35 mg - 12%	24 mg - 8%	20 mg - 7%	12 mg - 4%	12 mg - 4%
Sodium	120 mg - 5%	98 mg - 4%	100 mg - 4%	107 mg - 4%	130 mg - -5%
Sugar	11 g	13 g	12 g	13 g	12 g
Protein	8 g	8 g	8 g	8 g	9 g
Calcium	300 mg 30%	276 mg 28%	286 mg 29%	290 mg 29%	316 mg 32%
Glycemic Load		9	9	9	9

g = gram    mg = milligram    % = daily recommended intake based on a 2,000 calorie diet

Interesting notice the fat content goes way down as does the cholesterol but the sugars and sodium go up along with the inflation rate. Really important to read EVERY label in order to adjust your diet to your health needs.

**Cooking with Judy**