

# Whole White Milk vs. Fat-Free White Milk – How Do They Compare?



The type of milk you drink is an individual choice. Some people prefer whole milk for a richer, creamier taste and consistency, while others prefer fat-free milk. If you're not sure which option is best, here's more information to help you decide.

## Let's Compare Whole White Milk and Fat-Free White Milk

Both types of milk have nine essential nutrients, naturally occurring sodium, sugar (called lactose) and 8 grams of protein. A 1-cup serving of whole milk has 8 grams of total fat, 5 grams of saturated fat and 150 calories. Compared to a 1-cup serving of fat-free milk with 0 grams total fat and saturated fat and 90 calories. Fat-free milk has less cholesterol than whole milk.

## Milkfat Science is Evolving

"According to the report, Milk and Dairy Products in Human Nutrition: 'The majority of meta-analyses of available prospective studies show that low-fat milk and total dairy product consumption is generally not associated with cardiovascular disease (CVD) risk, and may actually contribute to a reduction of CVD.' "

— Dr. Moises Torres-Gonzalez, the Dairy Research Institute's Director of Nutrition Research

*Advances in Nutrition, May 2012*, reviewed published literature on full-fat dairy foods and cardiovascular health. "The review concludes that overall, observational studies have failed to find an association between full-fat dairy product consumption and cardiovascular disease (CVD) risk. Clinical trials have shown milkfat raises both good and bad cholesterol (HDL and LDL), potentially leading to a neutral effect on cardiovascular health."

— Judith K. Jarvis, MS, RDN, Director of Dairy Science Communications for National Dairy Council (NDC)

## Dietary Guidelines

With the goal to promote overall health, the 2015 Dietary Guidelines Advisory Committee recommends consuming 10% or less total calories from saturated fat per day. Fat-free milk has 0 total fat and saturated fat, which can help you meet recommendations.

## Calories:

Many Americans struggle with their body weight, and higher Body Mass Index (BMI) is a risk factor for several diseases. Including fat-free milk as part of healthy diet can help with body weight goals.

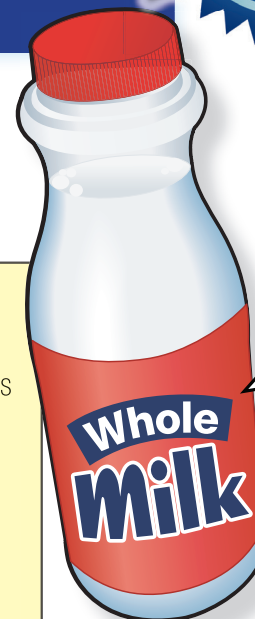
**Regardless of your decision, whole milk and fat-free milk are both healthy, nutrient-dense choices.**

## Nine-Essential Nutrients:

Regardless of type, all cow's milk has nine essential nutrients needed for good health:

- calcium
- vitamin D
- protein
- potassium
- vitamin A
- vitamin B12
- riboflavin
- niacin
- phosphorus

Milk is fortified with vitamin D to help prevent rickets. Whole milk is a good source of vitamin A, because vitamin A is in the milkfat. Fat-free milk is fortified with vitamin A.



## Whole Milk

GRADE A PASTEURIZED HOMOGENIZED

### Nutrition Facts

Serving Size 1 cup (240 mL)  
Servings Per Container 1

Amount Per Serving		% Daily Value*
<b>Calories</b> 150	Calories from Fat 70	
<b>Total Fat</b> 8g		<b>12%</b>
Saturated Fat 5g		<b>25%</b>
Trans Fat 0g		
<b>Cholesterol</b> 35mg		<b>12%</b>
<b>Sodium</b> 125mg		<b>5%</b>
<b>Total Carbohydrate</b> 12g		<b>4%</b>
Dietary Fiber 0g		<b>0%</b>
Sugars 12g		
<b>Protein</b> 8g		<b>16%</b>

Vitamin A 6% • Vitamin C 2%

Calcium 30% • Iron 0% • Vitamin D 25%

\* Percent Daily Values are based on a 2,000 calorie diet.

## Fat-Free Milk

GRADE A PASTEURIZED HOMOGENIZED

### Nutrition Facts

Serving Size 1 cup (240 mL)  
Servings Per Container 1

Amount Per Serving		% Daily Value*
<b>Calories</b> 90	Calories from Fat 0	
<b>Total Fat</b> 0g		<b>0%</b>
Saturated Fat 0g		<b>0%</b>
Trans Fat 0g		
<b>Cholesterol</b> <5mg		<b>2%</b>
<b>Sodium</b> 135mg		<b>6%</b>
<b>Total Carbohydrate</b> 13g		<b>4%</b>
Dietary Fiber 0g		<b>0%</b>
Sugars 12g		
<b>Protein</b> 9g		<b>17%</b>

Vitamin A 10% • Vitamin C 4%

Calcium 30% • Iron 0% • Vitamin D 25%

\* Percent Daily Values are based on a 2,000 calorie diet.