

Comparing Nutrition Labels



Nutrition Facts	
Serving Size 1 cup (240 mL)	
Servings Per Container about 8	
Amount Per Serving	
Calories 110	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	4%
Sodium 130mg	8%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	10%
Protein 9g	
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0% + Vitamin D 25%
*Percent Daily Values are based on a diet of other people's secretaries.	
Percent Daily Values are based on a diet of other people's secretaries.	
Total Fat	Less than 65g
Sat Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g
Protein	50g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
Amounts Per 1 Cup Serving	
Whole Milk	8g
Lowfat Milk	2.5g

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Calories 110 Calories from Fat 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 15mg **4%**

Sodium 130mg **5%**

Total Carbohydrate 13g **4%**

Dietary Fiber 0g **0%**

Sugars 12g

Protein 9g **18%**

Vitamin A 10% • 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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

Amounts Per 1 Cup Serving	Fat
Whole Milk	8g
Lowfat Milk	2.5g

milk



Nutrition Facts	
Serving Size 1 Can	
Amount Per Serving	
Calories 150	
% Daily Value*	
Total Fat 0g	0%
Sodium 30mg	1%
Total Carb. 41g	14%
Sugars 41g	
Protein 0g	
Not a significant source of other nutrients.	
*Percent Daily Values are based on a 2,000 calorie diet.	
UNBROKEN MILK, WITH PRESERVATIVES, CARAMEL COLOR, SUGAR, PHOSPHORIC ACID, CAFFEINE, CITRIC ACID, NATURAL FLAVOR, CAFFEINE, CITRIC ACID, 30mg/12 fl. oz. WWW.PEPSI.COM PEPSI and the Peppi Globe are registered trademarks of PepsiCo, Inc.	

Nutrition Facts

Serving Size 1 can

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 0g **0%**

Sodium 30mg **1%**

Total Carb. 41g **14%**

Sugars 41g

Protein 0g

Not a significant source of other nutrients.

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

soda