

# Milk Nutritionals

<b>PRODUCT</b>	<b>CALORIES</b>	<b>FAT</b>	<b>SAT FAT</b>	<b>CARBS</b>	<b>CHOLESTEROL</b>	<b>PROTEIN</b>	<b>FIBER</b>
<b>Skim Milk</b>	90	0	0	13	5	8	0
<b>1% Milk</b>	110	2.5	1.5	13	10	8	0
<b>Strawberry Fat Free Milk</b>	130	0	0	23	5	8	0
<b>Choc Fat Free Milk</b>	130	0	0	24	5	8	0