

Know Your Milk

Whole Milk (3.25% fat)	Contains 150 calories and 8 grams (g) of fat per serving (8 fluid oz). Although not required, whole milk may be fortified with vitamin D at a level of 400 International Units (IU) per 1 quart. If vitamin D is added, the label must state this fact.
Reduced-Fat Milk (2% fat)	Contains 120 calories and 5 grams (g) of fat per serving (8 fluid oz). Vitamins A and D are removed with the milk fat. For this reason, these vitamins must be added to 2% reduced-fat milk so that it contains at least 2,000 IU of vitamin A and 400 IU of vitamin D per 1 quart. The addition of these vitamins must be stated on the label.
Low-fat Milk (1% fat)	Contains 100 calories and 2.5 grams (g) of fat per serving (8 fluid oz). Vitamins A and D must be added to a level of at least 2,000 IU of vitamin A and 400 IU of vitamin D per 1 quart. The label must indicate the addition of these vitamins.
Fat-Free Milk (also called Skim or Non-fat Milk) (0% fat)	Contains 80 calories and 0 grams (g) of fat per serving (8 fluid oz). Vitamins A and D must be added to a level of at least 2,000 IU of vitamin A and 400 IU of vitamin D per 1 quart. The label must indicate the addition of these vitamins.
Chocolate Milk (fat-free, 1% low-fat, 2% reduced-fat, whole milk)	Is milk to which chocolate or cocoa and a sweetener have been added. This milk is just as nutritious as its unflavored counterpart. Compared to plain milk, chocolate milk contains about 35 more calories per serving (8 fluid oz).
Lactose-free Milk (fat-free, 1% low-fat, 2% reduced-fat, whole)	Is real dairy milk where the natural milk sugar (lactose) has been broken down, allowing for easier digestion for people managing with lactose intolerance. It has the same stellar nutrient profile as lactose-containing milk.

<p>Organic Milk (fat-free, 1% low-fat, 2% reduced-fat, whole)</p>	<p>Is nutritionally the same as conventional milk. The term organic simply refers to on-farm practices. Those using the “USDA Organic” seal must ensure that the milk comes from dairy farms meeting specific criteria for that certification process. All milk produced in the United States, whether organic or conventional, must adhere to the same strict federal standards for quality, purity and sanitation.</p>
<p>Evaporated Milk (6.5% fat)</p>	<p>Is made by removing about 60% of the water from whole milk. The milk is then homogenized, fortified with vitamin D to a level of 25 IU per 1 fluid ounce, canned and heat sterilized. The addition of vitamin A is optional. If added, each fluid ounce must contain not less than 125 IU of vitamin A.</p>
<p>Evaporated Fat-Free Milk (0.5% fat or less)</p>	<p>Is a concentrated, fortified (vitamins A and D) fat-free (skim or non-fat) milk that is canned and sterilized.</p>
<p>Sweetened Condensed Milk (8% fat or less)</p>	<p>Is a canned milk concentrate of whole milk to which sugar has been added. The sweetener used (usually sucrose) prevents spoilage. Sweetened condensed fat-free milk contains no more than 0.5% milk fat.</p>

Information from: <http://www.dairyspot.com/health-wellness/dairy-foods/milk/>