

Milk:

Item	Brand	Grocery Aisle	Serving	Food Group Count	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein
High Protein Milk	Horizon 2% High Protein Milk	Dairy	1 cup	1	150	5	3	25	140	13	0	12	12
1% Milk	Publix Lowfat Milk	Dairy	1 cup	1	100	3	2	10	110	13	0	13	8
1% Milk	Horizon 1% Milk	Dairy	1 cup	1	110	3	2	15	135	13	0	12	8
1% Milk	Stoneyfield Organic 1 % Lowfat Milk	Dairy	1 cup	1	110	3	2	15	125	12	0	12	8
1% Milk	Stoneyfield Organic 1 % Lowfat Milk	Dairy	1/2 cup	0.5	55	1	1	8	63	6	0	6	4
2% Milk	Great Value 2% Reduced Fat Milk	Dairy	1 cup	1	130	5	3	20	130	12	0	12	8
2% Milk	Horizon Organic 2% Reduced Fat High Vitamin D Milk	Dairy	1 cup	1	130	5	3	20	135	13	0	12	8

Last update: 12/15/21