

# SEE HOW YOUR "MILK" STACKS UP

Does your dairy aisle drink give you **9** essential nutrients for a **QUARTER**?



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

5  
nutrients

vitamin B12  
phosphorus  
riboflavin  
vitamin D  
calcium

4  
nutrients

vitamin B12  
riboflavin  
vitamin D  
calcium

2  
nutrients

vitamin B12  
vitamin D

4  
nutrients

vitamin B12  
vitamin D  
riboflavin  
calcium

## Lowfat Milk

INGREDIENTS: Lowfat milk, Vitamin A Palmitate, Vitamin D3

8 oz. for \$0.25



## Fortified Soy Drink

INGREDIENTS: Soy milk (Filtered water, Whole Soybeans), Evaporated Cane Juice, Calcium Carbonate, Sea Salt, Natural Flavors, Carrageenan, Vitamin A Palmitate, Zinc Gluconate, Vitamin D2, Riboflavin (B2), Vitamin B12

5 oz. for \$0.25



## Fortified Almond Drink

INGREDIENTS: Almond milk (Filtered water, almonds), Evaporated Cane Juice, Calcium Carbonate, Sea Salt, Potassium Citrate, Carrageenan, Sunflower Lecithin, Vitamin A Palmitate, Vitamin D2, D-Alpha-Tocopherol (Vitamin E)

5 oz. for \$0.25



## Coconut Drink

INGREDIENTS: Coconut milk (Coconut cream, Water, Guar Gum), Dried Cane Syrup, Calcium Phosphate, Magnesium Phosphate, Carrageenan, Vitamin A Palmitate, Vitamin D2, Selenium, Zinc Oxide, Folic Acid, Vitamin B12

5 oz. for \$0.25



## Fortified Rice Drink

INGREDIENTS: Filtered water, Organic Brown Rice (partially milled), Organic Expeller Pressed Safflower and/or Canola Oil, Tricalcium Phosphate, Sea salt, Vitamin A Palmitate, Vitamin D2, Vitamin B12

5 oz. for \$0.25



got milk?