

MILK, CHEESE & YOGURT	SERVING SIZE	CALORIES	TOTAL FAT Grams	SATURATED FAT Grams	CHOLESTEROL Milligrams	SODIUM Milligrams	PROTEIN Grams	CARBS Grams	FIBER Grams
Cheese, Cheddar	1 oz.	100	9	5	30	390	7	0	0
Cheese, Cottage, 2% Milk Fat	1/2 cup	101	2	1	9	459	15.5	4	0
Cheese, Pepper Jack	1 oz.	110	9	6	25	170	7	0.5	0
Cheese, Processed American	3/4 oz.	52	4	3	13	180	5	1.5	0
Cheese, Shredded Cheddar	1/2 cup	40	5	2	10	90	3.5	0	0
Milk, 1% fat	10 fl. oz.	128	3	2	13	154	10	15	0
Milk, 2% fat	10 fl. oz.	151	5.5	3.75	23	153	10	15	0
Milk, Skim	10 fl. oz.	108	0	0	5	158	10	15	0
Yogurt, Peach, Low Fat	1 cup	220	2	1.5	10	130	9	41	0
Yogurt, Strawberry Banana, Low Fat	1 cup	230	2	1.5	10	120	9	42	0
Yogurt, Vanilla, Low Fat	1 cup	220	2	1.5	41	120	9	41	0