

Appendix B

FLAVOR	Ready to Drink Chocolate- No Sugar Added Low-Fat Milk	Powder Chocolate – 25% Less Sugar†			Powder Chocolate - No Sugar Added			Calcium Fortified Low-Fat Milk
Container Size	8 fl oz Bottle	10.9, 21.8, 40.7, 48.7oz Container			8, 16 oz Container			8 fl oz Bottle
Serving Size	1 bottle (8 fl oz)	2 tbsp (16g)	with 1 cup Reduced Fat Vit. A&D Milk****	with 1 cup lowfat Vit A&D Milk*****	2 tbsp (11g)	with 1 cup Reduced Fat Vit. A&D Milk****	with 1 cup Lowfat Vit.A&D Milk*****	1 bottle (8 fl oz)
NUTRITIONAL VALUES								
Calories	100	60	180	160	35	160	140	100
Calories from fat	20	5	45	25	10	50	30	25
Total fat (g)	2(3%)*	0.5**(1%)	(8%)	(4%)	1**(1%)	(8%)	(5%)	2.5(4%)
Saturated fat (g)	1.5(7%)	0(0%)	(16%)	(9%)	0.5(2%)	(17%)	(9%)	1.5(8%)
Trans fat (g)	0	0			0			0
Cholesterol (mg)	10(3%)	0(0%)	(7%)	(4%)	0(0%)	(7%)	(4%)	10(4%)
Sodium (mg)	140(6%)	30(1%)	(5%)	(6%)	70(3%)	(7%)	(8%)	125(5%)
Total Carbohydrate (g)	13(4%)	14(5%)	(9%)	(9%)	7(2%)	(6%)	(6%)	12(4%)
Dietary Fiber (g)	<1(3%)	<1(3%)	(3%)	(3%)	1(4%)	(4%)	(4%)	0 (0%)
Sugars (g)	12	13			3***			12
Protein (g)	8 (16%)	<1 (1%)		(17%)	1 (2%)		(18%)	8
% DAILY VALUE								
Vitamin A	10%	0%	10%	10%	0%	10%	10%	10%
Vitamin C	2%	10%	15%	15%	10%	15%	15%	0
Calcium	30%	10%	40%	40%	10%	40%	40%	40%
Iron	2%	2%	2%	2%	2%	2%	2%	0%
Vitamin D	25%	0%	25%	25%	0%	25%	25%	25%
Vitamin B6	-	10%	15%	15%	10%	15%	15%	-
Biotin	-	10%	10%	10%	10%	10%	10%	-
Zinc	-	10%	15%	15%	10%	15%	15%	-
Copper	-	10%	10%	10%	10%	10%	10%	-
Manganese	-	10%	10%	10%	10%	10%	10%	-
Ingredients:	LOWFAT MILK WITH VITAMIN A PALMITATE AND VITAMIN D3 ADDED, LESS THAN 2% OF COCOA PROCESSED WITH ALKALI, NATURAL AND ARTIFICIAL FLAVORS, CELLULOSE GEL, POTASSIUM CITRATE, CARRAGEENAN, CELLULOSE GUM, SALT SUCRALOSE*, ACESULFAME POTASSIUM (NON-NUTRITIVE SWEETENER)*. * INGREDIENTS NOT IN REGULAR LOWFAT CHOCOLATE MILK.	SUGAR, COCOA PROCESSED WITH ALKALI, SOY LECITHIN, CARRAGEENAN, SALT, ARTIFICIAL FLAVORS, SPICE. VITAMINS AND MINERALS: CALCIUM CARBONATE, ASCORBIC ACID (VITAMIN C), ZINC OXIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), COPPER GLUCONATE, MANGANESE SULFATE, BIOTIN. MADE ON EQUIPMENT THAT ALSO PROCESSES MILK, WHEAT AND SOY.	COCOA PROCESSED WITH ALKALI, REDUCED MINERALS WHEY (FROM MILK), MALTODEXTRIN, SOY LECITHIN, TRICALCIUM PHOSPHATE, SALT, SUCRALOSE, ARTIFICIAL FLAVORS, ACESULFAME POTASSIUM (NON-NUTRITIVE SWEETENER), SPICE. VITAMINS AND MINERALS: CALCIUM CARBONATE, ASCORBIC ACID (VITAMIN C), ZINC OXIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), COPPER GLUCONATE, MANGANESE SULFATE, BIOTIN. MADE ON EQUIPMENT THAT ALSO PROCESSES WHEAT AND SOY.			LOWFAT MILK WITH VITAMIN A PALMITATE AND VITAMIN D3 ADDED, CALCIUM CARBONATE, POTASSIUM CITRATE*, CARRAGEENAN* *INGREDIENTS NOT IN REGULAR LOWFAT MILK		

† vs. the leading syrup brand. 13 g vs. 20 g sugar/svg. This product contains 25 g sugar when mixed with 1 cup milk.

*Values included above in parenthesis are Percent Daily Values, based on a 2,000 calorie diet.

**Amount in Nesquik

***From lactose (milk sugar)

****Current reconstitution instructions with Reduced-fat Milk.

*****Revised reconstitution instructions will occur over the course of 2009 with Low-fat Milk.