

**Nutrition Facts: Dairy Page 1 of 1**

as of: 3/16/2017 by carlanell.com

**\*\* Nutrition Units for Fat, Carbs, Protein, Sugar, Fiber are Grams; Vit A, Vit D, Vit E are IU; Sodium, Cholesterol, Iron, Calcium, Vit C, Magnesium, Potassium, Zinc, Omega-3 are Milligrams;**

**Almond Milk, Almond Breeze Unsweetened Quantity: 1 cup**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
30	3	1	1	0	1	180	0	1	450	500	0	100	15	170	16	0	0

**Butter, unsalted Quantity: 1 Tbsp 7g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
70	8	0	1	0	0	5	15	0	7	238	0	0	0	10	1	0	113

**Butter, unsalted Quantity: 2 Tbsp 28g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
140	15	0	1	0	0	10	30	0	13	475	0	0	0	20	1	0	225

**Buttermilk, low fat cultured Quantity: 1 cup 245g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
98	2	11	9	12	0	257	10	0	284	64	3	0	0	370	27	1	32

**Coconut Milk, Silk PureCoconut-Original Quantity: 1 cup**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
80	6	7	1	6	0	30	0	1	450	500	0	100	0	40	0	0	0

**Cottage Cheese, low fat 1% milkfat Quantity: 1/2 cup 113g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
82	1	3	15	3	0	459	5	0	69	46	0	0	0	97	6	0	10

**Cottage Cheese, low fat 2% milkfat Quantity: 1/2 cup 113g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
90	2	6	11	3	0	390	15	0	150	200	0	40	0	95	8	0	11

**Milk, 1% fat organic Quantity: 1 cup 246g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
100	3	12	8	12	0	125	10	0	300	500	1	100	0	443	39	1	42

**Milk, 2% fat organic Quantity: 1 cup 244g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
120	5	12	8	12	0	125	20	0	286	461	1	105	0	366	27	1	20

**Milk, fat free Quantity: 1 cup 246g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
80	0	12	9	1	0	125	3	0	300	500	1	100	0	301	28	1	5

**Ricotta Cheese, part skim milk Quantity: 1/2 cup 24g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
171	10	6	15	0	0	155	38	1	337	476	0	0	0	155	19	2	87

**Sour Cream, fat free Quantity: 1oz 28g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
21	0	3	1	0	0	39	3	0	35	71	0	0	0	36	3	0	0

**Sour Cream, light Quantity: 1oz 28g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
38	3	2	1	0	0	20	10	0	40	92	0	0	0	59	3	0	45

**Swiss Cheese Quantity: 1 slice, 1oz, 28g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
106	8	1	8	0	0	54	26	0	221	232	0	12	0	22	11	1	99

**Yogurt, organic Greek plain nonfat Quantity: 5.3oz 150g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
80	0	6	15	6	0	60	0	0	200	0	0	0	0	230	24	1	1

**Yogurt, organic plain lowfat Quantity: 1 cup 227g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
120	2	15	10	14	0	150	10	0	400	100	0	100	0	510	48	2	3

**Yogurt, organic plain nonfat Quantity: 1 cup 227g**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
110	0	15	10	15	0	160	4	0	400	0	0	100	0	540	48	2	3