

Nutritional Comparison Chart

| | Serving Size | Calories | Calories from Fat | Total Fat | Saturated Fat | Cholesterol | Sodium | Total Carb | Sugars | Protein | Vitamin A | Vitamin C | Vitamin D | Calcium | Iron |
|------------------------------------|--------------|----------|-------------------|-----------|---------------|-------------|--------|------------|--------|---------|-----------|-----------|-----------|---------|------|
| White Milk - Whole | 8oz | 160 | 70 | 8g | 5g | 35mg | 125mg | 13g | 12g | 8g | 6% | 4% | | 30% | 0% |
| White Milk - Reduced Fat | 8oz | 140 | 45 | 5g | 3g | 20mg | 140mg | 14g | 14g | 10g | 10% | 4% | | 35% | 0% |
| White Milk - Low Fat | 8oz | 100 | | 2.5g | 1.5g | | | | 13g | | | | | 30% | |
| White Milk - Fat Free | 8oz | 90 | 0 | 0g | 0g | <5mg | 130mg | 13g | 13g | 9g | 10% | 4% | | 30% | 0% |
| Nesquik Chocolate | 8oz | 230 | 70 | 8g | 5g | 30mg | 140mg | 31g | 29g | 8g | 6% | 0% | | 40% | 0% |
| Nesquik Double Chocolate | 8oz | 230 | 80 | 9g | 6g | 35mg | 150mg | 30g | 27g | 8g | 6% | 0% | | 40% | 0% |
| Nesquik Fat Free Chocolate | 8oz | 160 | 0 | 0g | 0g | 0mg | 150mg | 32g | 30g | 8g | 10% | 0% | 25% | 40% | 0% |
| Nesquik Strawberry | 8oz | 230 | 70 | 8g | 5g | 30mg | 115mg | 32g | 31g | 8g | 6% | 0% | | 40% | 0% |
| Nesquik Very Vanilla | 8oz | 220 | 80 | 8g | 5g | 30mg | 120mg | 29g | 28g | 8g | 6% | 0% | | 40% | 0% |
| Nesquik Buncha Banana | 8oz | 200 | 45 | 5g | 3g | 20mg | 120mg | 30g | 29g | 7g | 10% | 0% | 25% | 40% | 0% |
| Nesquik 2% Chocolate | 8oz | 200 | 50 | 5g | 3g | 15g | 150mg | 32g | 30g | 8g | 10% | 2% | 25% | 40% | 2% |
| Nesquik 2% Double Chocolate | 8oz | 200 | 50 | 5g | 3g | 15g | 170mg | 30g | 28g | 8g | 10% | 2% | 25% | 40% | 2% |
| Nesquik 2% Strawberry | 8oz | 200 | 45 | 5g | 3g | 15g | 120mg | 33g | 31g | 8g | 10% | 2% | 25% | 40% | 0% |
| Nesquik 2% Very Vanilla | 8oz | 200 | 50 | 5g | 3g | 15g | 120mg | 30g | 29g | 8g | 10% | 2% | 25% | 40% | 0% |
| Nesquik 2% Mocha | 8oz | 200 | 50 | 5g | 3g | 15g | 240mg | 32g | 30g | 8g | 10% | 2% | 25% | 40% | 2% |
| Nesquik Chocolate MilkShake | 8oz | 170 | 50 | 5g | 3g | 15g | 180mg | 26g | 23g | 8g | 10% | 2% | 25% | 40% | 2% |
| Nesquik Strawberry MilkShake | 8oz | 170 | 50 | 5g | 3g | 20g | 140mg | 25g | 23g | 8g | 10% | 2% | 25% | 40% | 0% |
| Nesquik 1% Chocolate | 8oz | 180 | 25 | 2.5g | 1.5g | 10mg | 150mg | 32g | 30g | 8g | 10% | 2% | 25% | 40% | 4% |
| Nesquik 1% Double Chocolate | 8oz | 170 | 25 | 2.5g | 1.5g | 10mg | 170mg | 30g | 28g | 8g | 10% | 2% | 25% | 40% | 2% |
| Nesquik 1% Strawberry | 8oz | 180 | 20 | 2.5g | 1.5g | 10mg | 180mg | 33g | 31g | 8g | 10% | 2% | 25% | 40% | 0% |
| Nesquik 1% White Milk | 8oz | 100 | 25 | 2.5g | 1.5g | 10mg | 125mg | 12g | 12g | 8g | 10% | 2% | 25% | 40% | 0% |
| Nesquik 1% Very Vanilla | 8oz | TBD | TBD | 2.5g | 1.5g | 10mg | 120mg | 29g | 28g | 8g | 10% | 2% | 25% | 40% | TBD |
| Hershey's Creamy Chocolate Shake | 8oz | 270 | 70 | 8g | 5g | 20mg | 140mg | 43g | 41g | 10g | 4% | 0% | | 35% | 0% |
| Hershey's Cookies n Cream Shake | 8oz | 280 | 60 | 7g | 5g | 20mg | 180mg | 45g | 44g | 10g | 4% | 0% | | 35% | 0% |
| Hershey's Vanilla Cream Shake | 8oz | 320 | 70 | 7g | 5g | 20mg | 240mg | 55g | 44g | 9g | 4% | 0% | | 35% | 0% |
| Hershey's Chocolate Milk | 8oz | 200 | 45 | 5g | 3g | 20mg | 135mg | 31g | 28g | 8g | 10% | 0% | | 50% | 0% |
| Hershey's Strawberry Milk | 8oz | 180 | 40 | 5g | 3g | 20mg | 140mg | 28g | 26g | 7g | 10% | 0% | | 50% | 0% |
| Hershey's Fat Free Chocolate Milk | 8oz | 160 | 0 | 0g | 0g | 5mg | 150mg | 31g | 30g | 10g | 10% | 0% | | 50% | 0% |
| Raging Cow Chocolate Insanity | 8oz | 170 | 45 | 5g | 4g | 20mg | 200mg | 27g | 25g | 5g | 10% | 0% | | 15% | 2% |
| Raging Cow Chocolate Caramel Craze | 8oz | 170 | 45 | 5g | 4g | 20mg | 200mg | 27g | 25g | 5g | 10% | 0% | | 15% | 2% |
| Swerve Blood | 11oz | 130 | 0 | 0g | 0g | 5mg | 120mg | 28g | 25g | 5g | 30% | 30% | 30% | 30% | 0% |
| Swerve Chocolate | 11oz | 150 | 0 | .5g | 0g | 5mg | 120mg | 31g | 27g | 6g | 30% | 30% | 30% | 30% | 0% |
| Swerve Vanana | 11oz | 140 | 0 | 0g | 0g | 5mg | 120mg | 30g | 27g | 6g | 30% | 30% | 30% | 30% | 0% |
| Coke | 8oz | 95 | 0 | 0 | 0 | 0 | 25mg | 26g | 51g | 0 | 0% | 0% | 0% | 0% | 0% |
| Pepsi | 8oz | 100 | 0 | 0g | 0g | 0mg | 23mg | 27g | 27g | 0g | 0% | 0% | | 0% | 0% |
| Diet Coke | 8oz | 0 | 0 | 0g | 0g | 0mg | 27mg | 0g | 0g | 0g | 0% | 0% | | 0% | 0% |
| Tropicana 100% Pure Orange Juice | 8oz | 110 | 0 | 0g | 0g | 0mg | 15mg | 27g | 22g | 2g | 0% | 100% | | 2% | 0% |
| Welch's 100% Grape Juice | 8oz | 173 | 0 | 0g | 0g | 0mg | 20mg | 43g | 41g | 0g | 0% | 100% | | 0% | 0% |
| Gatorade Xtremo Tropical | 8oz | 50 | 0 | 0g | 0g | 0mg | 110mg | 14g | 14g | 0g | 0% | 0% | | 0% | 0% |
| Snapple Raspberry Iced Tea | 8oz | 100 | 0 | 0g | 0g | 0mg | 10mg | 26g | 25g | 0g | 0% | 0% | | 0% | 0% |