**MILK COMPARISONS CHART:**

**Directions:** Use the Internet to research and compare the many different types of milk.

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| **TYPES of MILK** | **COMPARE**  **(Similarities)** | **CONTRAST**  **(Differences)** | **NUTRIENTS**  **(List at least 3)** | **COST**  **(Current Price: per gallon)** |
| **Buttermilk** |  |  |  |  |
| **Chocolate Milk (2%)** |  |  |  |  |
| **Fat-free**  **Dry milk** |  |  |  |  |
| **Evaporated Milk** |  |  |  |  |
| **Sweetened Condensed Milk** |  |  |  |  |
| **Soy Milk**  **(Lactose Free)** |  |  |  |  |
| **Skim Milk** |  |  |  |  |
| **2% Milk** |  |  |  |  |
| **Vitamin D Milk** |  |  |  |  |
| **WHOLE Milk** |  |  |  |  |