

# MALNUTRITION MATTERS

## ANALYSIS OF MILKSHAKES

### Milkshake with Blueberries-

### Skim Milk

### Whole Milk

Calories	235	273
Protein	16	16
Fiber	1	1
Vitamin A	704	667
Vitamin C	32	32
Folate	120	120
B-12	1.8	1.9
Calcium	414	393
Potassium	761	739

### Milkshake with Cot Cheese-

### Skim Milk

### Whole Milk

Calories	137	149
Protein	7	7
Fiber	3	3
Vitamin A	57	45
Vitamin C	28	28
Folate	113	113
B-12	0.6	0.6
Calcium	123	117
Potassium	436	429

**alabama public health training network**