

# CLEAN

## 21

	Sugar	Carbs	Fat	Protein
<b>WHOLE MILK</b> 1 cup/240 ml	12 g	13 g	8 g	8 g
<b>2% MILK</b> 1 cup/240 ml	12 g	13 g	5 g	8 g
<b>1% MILK</b>	11 g	11 g	2.5 g	8 g
<b>FAT FREE MILK</b>	12 g	13 g	0 g	9 g
<b>Nonfat Plain Yogurt</b>	11-19 g	11-19 g	0 g	8-15 g
<b>Regular Plain Yogurt 8 oz.</b>	11-12 g	11-12 g	8-9 g	8-9 g
<b>Nonfat Greek Yogurt 6 oz.</b>	7 g	7 g	0 g	18 g
<b>Plain Greek Yogurt 7 oz.</b>	8 g	8 g	10 g	18 g
<b>Whole Milk Cottage Cheese 1/2 cup</b>	4 g	5 g	5 g	14 g
<b>Reduced Fat Cottage Cheese 1/2 cup</b>	3 g	4 g	3 g	15 g
<b>Mild Cheddar Cheese 1 oz.</b>	0	0 g	9 g	7 g
<b>Half n Half 2 tbsp/30 ml</b>	1 g	1 g	3 g	1 g
<b>Fat Free Creamer 2 tbsp/30 ml</b>	2 g	3 g	0 g	1 g

	<b>Sugar</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>
<b>Cream 1tbsp/15 ml</b>	<b>1 g</b>	<b>1 g</b>	<b>5 g</b>	<b>0 g</b>
<b>Sour Cream 1 tbsp</b>	<b>0.3</b>	<b>0.3 g</b>	<b>2.4</b>	<b>0.2</b>
<b>Plain Whole Milk Kefir 1 cup/8 oz</b>	<b>12 g</b>	<b>12 g</b>	<b>8 g</b>	<b>10 g</b>
<b>Cream Cheese 2 tbsp</b>	<b>1 g</b>	<b>2 g</b>	<b>7 g</b>	<b>2 g</b>
<b>Butter 1 tbsp</b>	<b>0</b>	<b>0</b>	<b>11 g</b>	<b>0</b>

