

WHOLE MILK is virtually 97% Fat Free!!!

Milk straight from the cow can range 3% to 6% fat. Real Whole Milk is standardized for sale at 3.25% fat to be consistent year-round and ensure consistently accurate labeling.

Non-Fat (0% Fat)

Low-Fat (1% Fat or 99% Fat Free)

Reduced Fat (2% Fat or 98% Fat Free)

WHOLE MILK (3.25% Fat or 96.75% Fat Free)

<https://mathematicallyeducated.com/2019/02/11/percentages-and-milk/>

Learn more:
97MILK.com

