

# 2% Milk?

How can this milk manufactures claim that milk is 2% fat when 43 of the 122 calories in a serving come from fat? Note:  $\frac{43}{122} \approx .35$  or 35%.

**Calories in Milk, Reduced Fat, Fluid, 2% Milkfat**  
With Added Vitamin A

<b>Nutrition Facts</b>	
Serving Size	
1 cup (244.0 g)	
Amount Per Serving	
<b>Calories</b> 122	Calories from Fat 43
% Daily Value*	
<b>Total Fat</b> 4.8g	<b>7%</b>
Saturated Fat 3.1g	<b>15%</b>
Polyunsaturated Fat 0.2g	
Monounsaturated Fat 1.4g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrates</b> 11.4g	<b>4%</b>
Sugars 12.3g	
<b>Protein</b> 8.1g	
Vitamin A 9%	Vitamin C 1%
Calcium 29%	Iron 0%
* Based on a <a href="#">2000 calorie diet</a>	

Source: Calorie Counter, Calories in Milk, <http://caloriecount.about.com/calories-milk-reduced-fat-fluid-2-i1079>, 2/27/2009

Answer: The calculation  $43/122 \approx 0.35$  or 35% is percent fat by calories. One serving has 4.8 grams of fat and one serving is 244 grams.  $4.8/244 \approx 0.02$  or 2%