

	Orange Juice (8oz.)	1% Milk (8oz)
Calories (kcal)	122	102
Vitamin A (ug)	5	142
Vitamin D (ug)	0	3
Phosphorus (mg)	42	232
Protein (g)	2	8
Calcium (mg)	27	305

Fruits	Vegetables
Watermelon	Cucumber
Strawberries	Iceberg lettuce
Grapefruit	Celery
Cantaloupe	Radishes
Peaches	Tomatoes
Pineapple	Cauliflower
Orange	Green Peppers
Raspberries	Spinach
Blueberries	Broccoli
Apricots	Zucchini