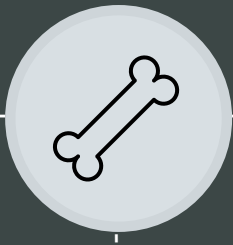


Nutrition in kale vs 2% milk fortified with A, D

% daily value in 100 gram

% daily value in 100 gram



25.4%

12%

CALCIUM in raw kale

CALCIUM in fortified milk



8.9%

0.1%

IRON in raw kale

IRON in fortified milk



5.8%

6.6%

PROTEIN in raw kale

PROTEIN in fortified milk



96.2%

3.8%

VITAMIN A in raw kale

VITAMIN A in milk fortified with Vitamin A



0%

12.3%

No VITAMIN D in raw kale, The body produces vitamin D in sunlight, some time outside may produce all we need *

VITAMIN D in milk fortified with vitamin D

* depending on latitude, skin type, and clothing 10-60 minutes of direct sunlight can produce up to 100% of the vitamin D requirement