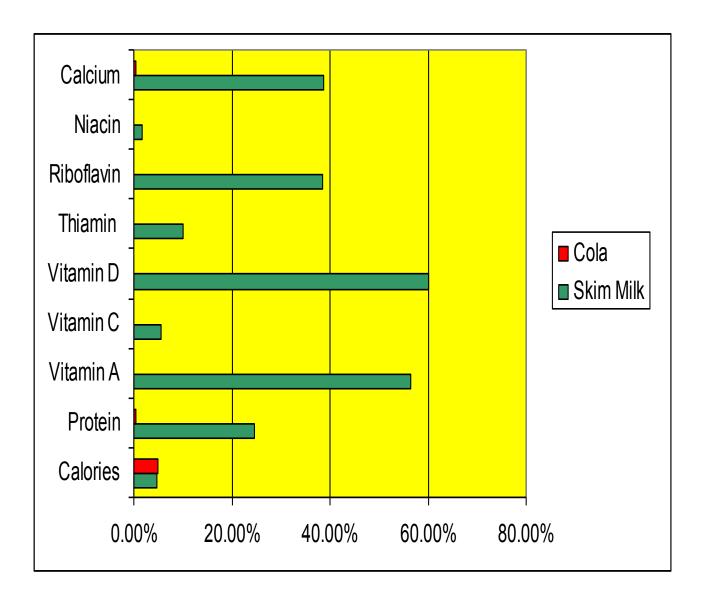


Nutrient Density

Compare the nutrient densities of 1 cup of cola (in red) versus 1 cup of skim milk (in green).



Given this information, which beverage is nutrientdense and which contains empty-calories?

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