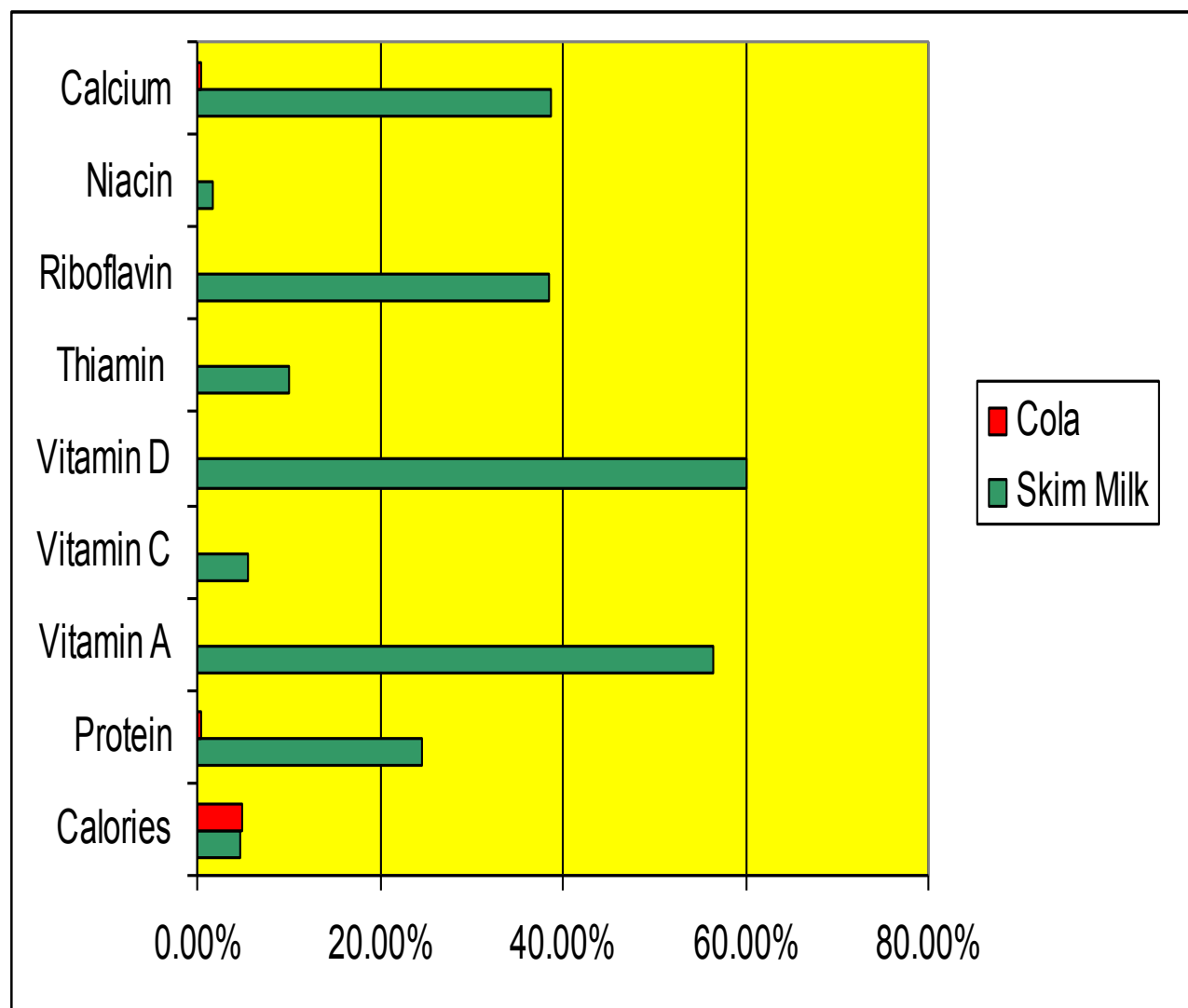




Nutrient Density

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 nutrient-dense and which contains empty-calories?