

Whole Milk vs Skim Milk (vsdiff.com)

Metric	Whole milk (≈240 ml)	Skim milk (≈240 ml)
Calories	~140-160 kcal	~80-100 kcal
Total fat	~8-8.5 g (~ 3.25% fat)	<0.5 g (<i>nearly fat-free</i>)
Saturated fat	~4.5-5 g	~0-0.5 g
Protein	~7-8 g	~8-9 g
Carbohydrate (lactose)	~11-13 g	~11-13 g
Calcium	~250-300 mg	~250-300 mg
Vitamin D	Often <i>fortified</i> (varies)	Often <i>fortified</i> (varies)
Typical sensory note	richer, creamier	<i>leaner, lighter</i>

Source: <https://vsdiff.com/whole-milk-vs-skim-milk/>