



Cultured Buttermilk Low Fat

Nutrition Facts			
Serving Size 1 Cup (240 ml)			
Servings Per Container *			
Amount Per Serving			
Calories 120		Calories from Fat 25	
			% Daily Value*
Total Fat 2.5 g			4 %
Saturated Fat 1.5 g			8 %
Trans Fat 0 g			
Cholesterol 15 mg			4 %
Sodium 300mg			13 %
Total Carbohydrate 14 g			5 %
Dietary Fiber 0 g			0 %
Sugars 14 g			
Protein 10 g			
Vitamin A 6 %		Vitamin C 2 %	
Calcium 35%		Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300 g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

Ingredients: Cultured nonfat milk, milk, nonfat milk, modified cornstarch, sodium citrate, carrageenan, mono- and diglycerides, locust bean gum, salt, vitamin A palmitate.

*Servings per container: Half Pint 1; Pint 2; Quart 4; Half gallon 8; Gallon 16.