



1% Low Fat Milk

Nutrition Facts		
Serving Size 1 Cup (240 ml)		
Servings Per Container *		
Amount Per Serving		
Calories 110	Calories from Fat 20	
	% Daily Value*	
Total Fat 2.5 g		4 %
Saturated Fat 1.5 g		8 %
Trans Fat 0 g		
Cholesterol 10 mg		4 %
Sodium 130 mg		5 %
Total Carbohydrate 13 g		4 %
Dietary Fiber 0 g		0 %
Sugars 12 g		
Protein 8 g		16 %
Vitamin A 6 %	Vitamin C 4 %	
Calcium 30%	Iron 0%	Vitamin D 25%
*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	85g 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: Lowfat Milk, Vitamin A Palmitate, and Vitamin D₃.

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