

Dean Foods LAND O LAKES

Dairy Ease Lactose & Fat-Free Milk

Nutrition Facts			
Serving Size 1 Cup (240 ml)			
Servings Per Container *			
Amount Per Serving			
Calories 90		Calories from Fat 0	
		% Daily Value*	
Total Fat 0 g			0 %
Saturated Fat 0 g			0 %
Trans Fat 0 g			
Cholesterol 0 mg			0%
Sodium 130 mg			5 %
Total Carbohydrate 12 g			4 %
Dietary Fiber 0 g			0 %
Sugars 12 g			
Protein 9 g			16 %
Vitamin A 10 %		Vitamin C 0 %	
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: Fat-Free Milk, Lactase Enzyme, Potassium Chloride, Vitamin A Palmitate, Vitami D.

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