



Fat Free (Skim) Milk

Nutrition Facts	
Serving Size 1 Cup (240 ml)	
Servings Per Container *	
Amount Per Serving	
Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0 g	
Cholesterol < 5 mg	1 %
Sodium 125 mg	5 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 0 g	0 %
Sugars 12 g	
Protein 9 g	17 %
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: Fat Free Milk, Vitamin A Palmitate, and Vitamin D₃.

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