



## 1% Low Fat Milk

<b>Nutrition Facts</b>	
Serving Size 1 Cup (240 ml)	
Servings Per Container *	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 20
	% Daily Value*
<b>Total Fat</b> 2.5 g	4 %
Saturated Fat 1.5 g	8 %
Trans Fat 0 g	
<b>Cholesterol</b> 10 mg	4 %
<b>Sodium</b> 130 mg	5 %
<b>Total Carbohydrate</b> 13 g	4 %
<b>Potassium</b> 400mg	12 %
Dietary Fiber 0 g	0 %
Sugars 12 g	
<b>Protein</b> 8 g	16 %
Vitamin A 10 %	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 D<sub>3</sub>.

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