



TruMoo® brand Fat Free Chocolate Milk

Nutrition Facts			
Serving Size 1 Container			
Servings Per Container *			
Amount Per Serving			
Calories 120		Calories from Fat 0	
		% Daily Value*	
Total Fat 0 g		0 %	
Saturated Fat 0 g		0 %	
Trans Fat 0 g			
Cholesterol 5 mg		2 %	
Sodium 180 mg		7 %	
Potassium 420mg		12 %	
Total Carbohydrate 20 g		7 %	
Dietary Fiber 0 g		0 %	
Sugars 18 g			
Protein 8 g		16 %	
Vitamin A 10 %		Vitamin C 2 %	
Calcium 30%		Iron 0% Vitamin D 25%	
Riboflavin 25%		Folate 2% Vitamin B12 20%	
Phosphorus 20%			
*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: Non Fat Milk, Sugar, Contains less than 1% of: Cocoa (Processed with Alkali), Cornstarch, Salt, Carrageenan, Natural Flavor, Vitamin A Palmitate, Vitamin D₃.

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