



NUTRITION FACTS

VITAMIN A & D 1% MILK

Serving Size 1 Cup (236 mL)

Servings Per Container 1

Amount Per Servings

Calories 120 **Calories from Fat** 20

	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	0%
Cholesterol 15mg	5%
Sodium 150mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 11g	21%

Vitamin A 10% Vitamin C 4%

Calcium 35% Iron 0%

Vitamin D 25%

*Percent Daily Values are based on a 2000 calorie diet. Your daily value 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		300g	375g
Dietary Fiber		25g	30g
Protein		50g	70g

INGREDIENTS: FAT FREE MIK, MILK, NON FAT MILK SOLIDS, VITAMIN A PALIMATE AND VITAMIN D3.