



NUTRITION FACTS

Lowfat Chocolate Milk

Serving Size 1 Cup (240 ml)

Servings Per Container 1

Amount Per Servings

Calories 160 **Calories from Fat** 25

	% Daily Value*
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	0%
Cholesterol 10mg	3%
Sodium 180mg	8%
Total Carbohydrate 28g	9%
Dietary Fiber 0g	0%
Sugars 28g	
Protein 8g	

Vitamin A 8% Vitamin C 0%

Calcium 25% 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.

	<u>Calories</u>	<u>2,000</u>	<u>2,500</u>
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		300mg	375mg
Dietary Fiber		25g	30g
Protein		50g	70g

INGREDIENTS: LOWFAT MILK, SUCROSE, COCOA PROCESSED WITH ALKALI, MODIFIED FOOD STARCH, SALT, GUAR GUM, VANILLIN, CARRAGEENAN, VITAMIN A PALMITATE AND VITAMIN D3.