



NUTRITION FACTS

Vitamin A & D Lowfat Milk

2% Milkfat

Serving Size 1 Cup (240 ml)

Servings Per Container 1

Amount Per Servings

Calories 130 **Calories from Fat** 45

	% Daily Value*
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	0%
Cholesterol 25mg	8%
Sodium 130mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 13g	0%
Protein 10g	19%

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.

	<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, NONFAT MILK SOLIDS, VITAMIN A PALMITATE, VITAMIN D3