

## 1% LOW FAT MILK 8 OZ

# Nutrition Facts

--  
Serving size (8oz)

Amount per serving

**Calories 110**

% Daily Value \*

Total Fat 2.5g 3%

Saturated Fat 2g 10%

*Trans* Fat 0g

Cholesterol 5mg 2%

Sodium 105mg 5%

Total Carbohydrate 14g 5%

Dietary Fiber 0g 0%

Total Sugars 12g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin A 172mcg 20%

Vitamin D 4mcg 20%

Calcium 318mg 25%

Iron 0mg 2%

Potassium 414mg 8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.