

1% LOW FAT MILK 6 oz.

Nutrition Facts

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Serving size (6oz)

Amount per serving

Calories 80

% Daily Value *

Total Fat 1.5g 2%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol Less than 5mg 1%

Sodium 80mg 3%

Total Carbohydrate 11g 4%

Dietary Fiber 0g 0%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin A 129mcg 15%

Vitamin D 3mcg 15%

Calcium 239mg 20%

Iron 0mg 2%

Potassium 311mg 6%

* 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.