



**DANONE** ONE PLANET. ONE HEALTH

## Nutrition Facts

1 servings per container

**Serving Size** 1 Cup (236mL)

Amount per serving

**Calories** **150**

% Daily Value\*

**Total Fat** 4.5 g 6%

Saturated Fat 0.5 g 3%

*Trans* Fat 0 g

Polyunsaturated Fat 2.5 g

Monounsaturated Fat 1 g

**Cholesterol** 0 mg 0%

**Sodium** 80 mg 3%

**Total Carbohydrate** 18 g 7%

Dietary Fiber 2 g 7%

Total Sugars 15 g

Includes 14 g Added Sugars 28%

**Protein** 8 g 16%

Vitamin D 3mcg 15% • Calcium 470mg 35%

Iron 1.3mg 8% • Potassium 370mg 8%

Vitamin A 150mcg 15% • Riboflavin 0.44mg 30%

Folate 40mcg DFE 10% • Vitamin B12 3mcg 120%

Phosphorus 230mg 15% • Magnesium 55mg 15%

\* 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Notes:**

**Net Contents:**  
8 FL OZ (236mL)



**NUTRIENT COMPARISON USDA MILK SUBSTITUTION REQUIREMENTS**  
**SILK™ SOY 8 oz. SHELF STABLE MILK**  
**EFFECTIVE JULY 1, 2019**

NUTRIENT	USDA REQUIREMENTS*	SILK™ SOY VANILLA 8 oz.	SILK™ SOY CHOCOLATE 8 OZ.
Protein	8 g	8 g	8 g
Vitamin A IU	500 IU	500 IU	500 IU
Vitamin D IU	100 IU	120 IU	120 IU
B <sub>12</sub>	1.1 mcg	3 mcg	3mcg
Riboflavin	.44 mg	.44 mg	.44 mg
Calcium	276 mg	470 mg	470 mg
Magnesium	24 mg	55 mg	65 mg
Phosphorous	222 mg	230 mg	230 mg
Potassium	349 mg	370 mg	450 mg

\*USDA FNS APRIL 2008

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 Date