



Chocolate Fat Free Milk



Nutrition Facts

Serving Size: 1 Cup (240mL)

Servings Per Container: 16

Amount Per Serving

Calories 130

Fat Calories 0

% Daily Value *

Total Fat 0g 0%

Sat Fat 0g 0%

Trans Fat 0g

Cholesterol <5mg 2%

Sodium 180mg 8%

Total Carb 25g 8%

Fiber <1g 4%

Sugars 22g

Protein 8g 16%

Vitamin A	10%
Vitamin C	0%
Calcium	30%
Iron	2%
Vitamin D	25%

* Percent Daily Values are based on a 2,000 calories diet.

Ingredients:

Fat Free Milk, Sugar, Cocoa Processed with Alkali Cornstarch, Cocoa, Salt, Carrageenan, Guar Gum, Natural and Artificial Flavor, Vitamin A Palmitate, Vitamin D3 added

The perfect carb to protein ration of 3 to 1, chocolate milk is a proven sports recovery beverage, and the small amount of added sugar at 11 grams per serving (11 grams are natural and come from the milk lactose) make it a healthy choice.

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