



Lowfat Milk



Nutrition Facts

Serving Size: 1 Cup (240mL)

Servings Per Container: 16

Amount Per Serving

Calories 100

Fat Calories 20

% Daily Value *

Total Fat 2.5g 4%

Sat Fat 1.5g 8%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 120mg 5%

Total Carb 12g 4%

Fiber 0g 0%

Sugars 11g

Protein 8g 16%

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

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

Ingredients:

Grade A Lowfat Milk, Vitamin A Palmitate, Vitamin D3 added

Each serving provides 8 grams of natural protein to help you power through your day along with 8 other essential nutrients including vitamin D and natural calcium (the kind your body uses best).

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