



Fat Free Milk



Nutrition Facts

Serving Size: 1 Cup (240mL)

Servings Per Container: 16

Amount Per Serving

Calories	80	
Fat Calories	0	
		% Daily Value *
Total Fat	0g	0%
Sat Fat	0g	0%
Trans Fat	0g	
Cholesterol	<5mg	2%
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 Fat Free 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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