

WHOLE MILK 8 OZ

Nutrition Facts

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Serving size (8oz)

Amount per serving

Calories 150

% Daily Value *

Total Fat 8g 10%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 115mg **5%**

Total Carbohydrate 11g 4%

Dietary Fiber 0g 0%

Total Sugars 11g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 2.7mcg 15%

Calcium 290mg 20%

Iron 0.1mg 0%

Potassium 370mg 8%

* 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.