

# NUTRITION FACTS

## Vitamin A & D Extra Light Milk

1% Milkfat

Serving Size 1 Cup (240 ml)

Servings Per Container 1

### Amount Per Servings

**Calories** 120                      Calories from Fat 20

	% Daily Value*
<b>Total Fat</b> 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	0%
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 150mg	6%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 0g	0%
Sugars 14g	0%
<b>Protein</b> 10g	16%

Vitamin A 10%                      Vitamin C 4%

Calcium 35%                      Iron 0%

Vitamin D 25%

\*Percent Daily Values are based on a 2000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	70g

INGREDIENTS: LOWFAT MILK, NONFAT MILK SOLIDS, VITAMIN A PALMITATE, VITAMIN D3