

NUTRITION FACTS

Lowfat Chocolate Milk

Serving Size 1 Container (355 ml)

Servings Per Container 1

Amount Per Serving

Calories 255 **Calories from Fat** 38

	% Daily Value*
Total Fat 5g	8%
Saturated Fat 3g	12%
Trans Fat 0g	0%
Cholesterol 15mg	5%
Sodium 270mg	12%
Total Carbohydrate 42g	14%
Dietary Fiber 0g	0%
Sugars 42g	
Protein 12g	

Vitamin A 12% Vitamin C 0%

Calcium 37% Iron 0%

Vitamin D 37%

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

	Calories	<u>2,000</u>	<u>2,500</u>
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		300mg	375mg
Dietary Fiber		25g	30g
Protein		50g	70g

INGREDIENTS: LOWFAT MILK, SUCROSE, COCOA PROCESSED WITH ALKALI, MODIFIED FOOD STARCH, SALT, GUAR GUM, VANILLIN, CARRAGEENAN, VITAMIN A PALMITATE AND VITAMIN D3.