

# NUTRITION FACTS

## Vitamin A & D Lowfat Milk

2% Milkfat

Serving Size 1/3 Quart (320 ml)

Servings Per Container 1

### Amount Per Servings

**Calories** 173                      **Calories from Fat** 60

	<b>% Daily Value*</b>
<b>Total Fat</b> 7g	12%
Saturated Fat 4g	20%
Trans Fat 0g	0%
<b>Cholesterol</b> 33mg	12%
<b>Sodium</b> 175mg	8%
<b>Total Carbohydrate</b> 17g	7%
Dietary Fiber 0g	0%
Sugars 17g	0%
<b>Protein</b> 13g	25%

Vitamin A 15%                      Vitamin C 5%

Calcium 40%                      Iron 0%

Vitamin D 30%

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

	<u>Calories</u>	<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, NONFAT MILK SOLIDS, VITAMIN A PALMITATE, VITAMIN D3

