

NUTRITION FACTS

BUTTERMILK LOWFAT

Serving Size 1 Cup (240 ml)
 Servings Per Container 1

Amount Per Servings	
Calories 110	Calories from Fat 19

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	25%
Trans Fat 0g	0%
Cholesterol 10mg	3%
Sodium 257mg	11%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 12g	0%
Protein 8g	

Vitamin A 1%	Vitamin C 4%
Calcium 28%	Iron 1%

*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