

NUTRITION FACTS

Lowfat Chocolate Milk

Serving Size: 1/3 Quart (320 ml)

Servings Per Container: 1

Amount Per Servings

Calories 225 **Calories from Fat** 33

	% Daily Value*
Total Fat 4g	7%
Saturated Fat 2g	10%
Trans Fat 0g	0%
Cholesterol 13mg	5%
Sodium 240mg	12%
Total Carbohydrate 40g	15%
Dietary Fiber 0g	0%
Sugars 40g	1%
Protein 11g	20%

Vitamin A 12% Vitamin C 4%

Calcium 30% Iron 0%

Vitamin D 0%

*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, HIGH FRUCTOSE CORN SYRUP, COCOA PROCESSED WITH ALKALI, CORN STARCH, SALT, VITAMIN D3