

# NUTRITION FACTS

## LACTAID FAT FREE MILK

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

<b>Amount Per Servings</b>	
<b>Calories</b> 80	<b>Calories from Fat</b> 0

	% Daily Value*
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol</b> less than 5mg	1%
<b>Sodium</b> 125mg	5%
<b>Total Carbohydrate</b> 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
<b>Protein</b> 8g	18%

Vitamin A 10%	Vitamin C 0%
Calcium 30%	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.

	<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