

NUTRITION FACTS

Vitamin A & D Nonfat Milk

0.2% Milkfat

Serving Size 1 Cup (240 ml)

Servings Per Container 1

Amount Per Servings

Calories 90 **Calories from Fat** 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol <5mg	2%
Sodium 120mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 12g	0%
Protein 9g	17%

Vitamin A 10% Vitamin C 4%

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.

	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: NONFAT MILK, VITAMIN A PALMITATE, VITAMIN D3