

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	
		% Daily Value*	
Total Fat 7g		12%	
Saturated Fat 4g		20%	
Trans Fat 0g		0%	
Cholesterol 33mg		12%	
Sodium 175mg		8%	
Total Carbohydrate 17g		7%	
Dietary Fiber 0g		0%	
Sugars 17g		0%	
Protein 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.			
Total Fat	Calories	2,000	2,500
Saturated Fat	Less Than	65g	80g
Cholesterol	Less Than	20g	25g
Sodium	Less Than	300mg	300mg
Total Carbohydrate	Less Than	2,400mg	2,400mg
Dietary Fiber		300mg	375mg
Protein		25g	30g
		50g	70g
INGREDIENTS: LOWFAT MILK, NONFAT MILK SOLIDS, VITAMIN A PALMITATE, VITAMIN D3			