

1.5% Milk

Serving Size: 1 cup (240ml)

Servings Per Container: 8 (Per Half Gallon)

Ingredients: Milk

Amount Per Serving			
Calories 110		Calories from Fat 35	
		% Daily Value	
Total Fat 4g			6%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 15mg			5%
Sodium 125mg			5%
Total Carbohydrate 12g			4%
Dietary Fiber 0%			0%
Sugars 12g			
Protein 8g			
Vitamin A 17%			Vitamin C 4%
Calcium 30%			Iron 0%
Vitamin D 28%			
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	Calories:	2,000	2,500
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 Carbohydrates		300mg	375mg
Dietary Fiber		25g	30g
Calories per gram			
Fat 9	Carbohydrate 4	Protein 4	
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.