

## 2% Lactose Free Milk

Serving Size: 1 cup (240ml)

Servings Per Container: 8

Ingredients: 2% reduced fat milk, Lactase enzyme, Vitamin A pamate, Vitamin D3

### Amount Per Serving

Calories 120

Calories from Fat 40

% Daily Value

Total Fat 5g

7%

Saturated Fat 3g

15%

Trans Fat 0g

Cholesterol 20mg

7%

Sodium 120mg

5%

Total Carbohydrate 12g

4%

Dietary Fiber 0g

0%

Sugars 12g

Includes 0g Added Sugars

Protein 8g

Vitamin A 21%

Vitamin C 4%

Calcium 25%

Iron 0%

Vitamin D 15%

	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	2,400
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.