

# Nonfat Milk

**Serving Size:** 1 cup (240ml)

**Servings Per Container:** 8 (Per Half Gallon)

**Ingredients:** Milk

<b>Amount Per Serving</b>			
Calories 90		Calories from Fat 0	
		<b>% Daily Value</b>	
<b>Total Fat 0g</b>			<b>1%</b>
Saturated Fat 0g			1%
Trans Fat 0g			
<b>Cholesterol 4mg</b>			<b>1%</b>
<b>Sodium 125mg</b>			<b>5%</b>
<b>Total Carbohydrate 12g</b>			<b>4%</b>
Dietary Fiber 0%			0%
Sugars 11g			
<b>Protein 8g</b>			
<b>Vitamin A 18%</b>			<b>Vitamin C 4%</b>
<b>Calcium 30%</b>			<b>Iron 0%</b>
<b>Vitamin D 33%</b>			
<hr/>			
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.