

Chocolate Milk

Serving Size: 1 cup (240ml)

Servings Per Container: 8 (Per Half Gallon)

Ingredients: Grade A 2% Reduced fat milk, sugar, cocoa (processed with alkali), salt, cornstarch, carrageenan, real vanilla and Vitamin A & D added.

Amount Per Serving			
Calories 190		Calories from Fat 42	
		% Daily Value	
Total Fat 5g			7%
Saturated Fat 3g			15%
Trans Fat 0g			
Cholesterol 20mg			7%
Sodium 165mg			7%
Total Carbohydrate 30g			10%
Dietary Fiber 2g			7%
Sugars 26g			
Protein 8g			
Vitamin A 18%			Vitamin C 0%
Calcium 30%			Iron 0%
Vitamin D 33%			
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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.