

1% Lowfat Chocolate Milk

Nutrition Facts

Serving Size ONE CUP (236 mL)

Servings Per Container

Amount Per Serving

Calories 150 Calories From Fat 20

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 10mg 4%

Sodium 190mg 8%

Potassium 370mg 11%

Total Carbohydrate 26g 9%

Dietary Fiber 0g 2%

Sugars 24g

Protein 8g 16%

Vitamin A 10% • Vitamin C 4%

Calcium 30% • Iron 4%

Vitamin D 25% • Riboflavin 20%

Phosphorus 25%

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

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

INGREDIENTS: Lowfat Milk, High Fructose Corn Syrup, Sugar, Cocoa Processed with Alkali, Carrageenan, Vanillin, Vitamin A Palmitate, Vitamin D3.