

Formula Name: 1% LOWFAT MILK GALLON
 Formula Number: 23
 Serving Weight: 242.0 grams
 Label Description: FULL STANDARD

Nutrition Facts	
Serving Size 1 CUP (236 mL)	
Servings Per Container 16	
Amount Per Serving	
Calories 100	Calories From Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 115mg	5%
Potassium 400mg	11%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	17%
Vitamin A 10%	• Vitamin C 4%
Calcium 30%	• Iron 0%
Vitamin D 25%	• Riboflavin 25%
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, Vitamin A Palmitate, Vitamin D3