

Formula Name: FAT FREE SKIM MILK GALLON  
 Formula Number: 30  
 Serving Weight: 243.0 grams  
 Label Description: FULL STANDARD

<b>Nutrition Facts</b>	
Serving Size 1 CUP (236 mL)	
Servings Per Container 16	
Amount Per Serving	
<b>Calories 90</b>	Calories From Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>1%</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>1%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Potassium</b> 410mg	<b>12%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 12g	
<b>Protein</b> 8g	<b>17%</b>
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:** Fat Free Skim Milk, Vitamin A Palmitate, Vitamin D3