

Formula Name: LIGHT HALF AND HALF QUART
 Formula Number: 14
 Serving Weight: 30.1 grams
 Label Description: FULL STANDARD

Nutrition Facts	
Serving Size 1 fl oz (30 mL)	
Servings Per Container 32	
Amount Per Serving	
Calories 20	Calories From Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 15mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein <1g	
Vitamin A 0% • Vitamin C 0% Calcium 4% • Iron 0%	
* 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
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: Milk, Cream