

LOWFAT BUTTERMILK (Serving Size 8 oz)

PURITY MILK PRODUCTS

Nutrition Facts

Serving Size 1 cup (240mL)

Servings Per Container

Amount Per Serving

Calories 100 Calories from Fat 10

% Daily Value*

Total Fat 1.5g 2%

 Saturated Fat 1g 4%

 Trans Fat 0g

Cholesterol 10mg 3%

Sodium 340mg 14%

Total Carbohydrate 13g 4%

 Dietary Fiber 0g 0%

 Sugars 12g

Protein 8g 17%

Vitamin A 10% • Vitamin C 4%

Calcium 30% • Iron 0%

Vitamin D 25%

* Percent Daily Values are based on a 2000 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 |
| Protein | | 50g | 65g |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Cultured nonfat milk, cream, salt, food starch - modified, locust bean gum, mono and diglycerides, carrageenan, dextrose, sodium citrate, vitamin A palmitate, vitamin D3.