

LOWFAT CHOCOLATE MILK (Serving Size 8 oz)

PURITY MILK PRODUCTS

Nutrition Facts

Serving Size 1 Cup/Container(240/236mL)

Servings Per Container

Amount Per Serving

Calories 170 Calories from Fat 25

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 15mg 4%

Sodium 200mg 8%

Total Carbohydrate 29g 10%

Dietary Fiber 0g 0%

Sugars 27g

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: lowfat milk, high fructose corn syrup, nonfat milk, cocoa (processed with alkali), corn starch, salt, carrageenan, vanillin (artificial flavor), vitamin A palmitate, Vitamin D3.