

# FAT FREE SKIM MILK (Serving Size 8 oz)

PURITY MILK PRODUCTS

<b>Nutrition Facts</b>	
Serving Size 1 Cup/Container(240/236mL)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 90	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> less than 5mg	<b>1%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 12g	
<b>Protein</b> 9g	<b>17%</b>
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: fat free milk, vitamin A palmitate, vitamin D3.