

2% MILK (Serving Size 8 oz)

PURITY MILK PRODUCTS

Nutrition Facts

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

Servings Per Container

Amount Per Serving

Calories 130 Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

 Saturated Fat 3g **15%**

 Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 125mg **5%**

Total Carbohydrate 12g **4%**

 Dietary Fiber 0g **0%**

 Sugars 12g

Protein 8g **17%**

Vitamin A 15% • 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: reduced fat milk, vitamin A palmitate, vitamin D3.