

Skim Milk

Nutrition Facts		
Serving size: 1 cup (240mL)		
Servings Per Container 1		
Amount Per Serving		
Calories 80	Calories from Fat 0	
	% Daily Value*	
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0 mg	0%	
Sodium 125mg	5%	
Total Carbohydrates 11gm	4%	
Dietary Fiber 0g	0%	
Sugars 11g		
Protein 8g		
Vitamin A 10%	Vitamin C 4%	Calcium 30%
Iron 0%	Vitamin D 25%	
* Percent Daily Values are based on a 2000 calorie diet.		

Ingredients: Skim Milk, Vitamin A Palmitate and Vitamin D3 Added.