

GRADE A 2% REDUCED FAT MILK**NUTRITION FACTS**

Serving Size: 1 cup (240 ml)
Servings Per Container 1

Amount Per Serving

Calories 130 **Calories from Fat** 45

% Daily Value*

Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	0%

Cholesterol 25mg	8%
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Sodium 130mg	5%
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Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 13g	0%

Protein 10g	19%
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Vitamin A 10%	Vitamin C 4%
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Calcium 35%	Iron 0%
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Vitamin D 25%

*Percent Daily Values are based on a 2000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.