

**GRADE A Fat Free Chocolate Milk****NUTRITION FACTS**

Serving Size: 1 cup (240 ml)

Servings Per Container 1

**Amount Per Serving****Calories** 130                      **Calories from Fat** 0**% Daily Value\***

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	<b>0%</b>

<b>Cholesterol</b> <5mg	<b>1%</b>
-------------------------	-----------

<b>Sodium</b> 130mg	<b>5%</b>
---------------------	-----------

<b>Total Carbohydrate</b> 26g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 25g	

<b>Protein</b> 7g	<b>14%</b>
-------------------	------------

Vitamin A <b>10%</b>	Vitamin C <b>4%</b>
----------------------	---------------------

Calcium <b>30%</b>	Iron <b>0%</b>
--------------------	----------------

Vitamin D <b>25%</b>
----------------------

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