

**GRADE A FAT FREE MILK**

**NUTRITION FACTS**

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

**Amount Per Serving**

**Calories** 90                      **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>2%</b>
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<b>Sodium</b> 120mg	<b>5%</b>
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<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 12g	

<b>Protein</b> 10g	<b>17%</b>
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<b>Vitamin A</b> 10%	<b>Vitamin C</b> 4%
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<b>Calcium</b> 30%	<b>Iron</b> 0%
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<b>Vitamin D</b> 25%
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\*Percent Daily Values are based on a 2000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.