

**GRADE A
CULTURED LOWFAT BUTTERMILK**

NUTRITION FACTS

Serving Size: 1 CUP (8 FL OZS.)

Amount Per Serving

Calories 110 Calories from Fat 19

% Daily Value*

Total Fat 1g	3%
Saturated Fat 1g	7%
Trans Fat 0g	

Cholesterol 10mg	3%
-------------------------	-----------

Sodium 257mg	11%
---------------------	------------

Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 12g	

Protein 8g	16%
-------------------	------------

Vitamin A 2%	Vitamin C 4%
---------------------	---------------------

Calcium 28%	Iron 1%
--------------------	----------------

Ingredients:

SKIM MILK, NONFAT MILK SOLIDS, CULTURE AND SALT.

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