

# UHT 2% Reduced Fat Milk

## Nutrition Facts

8 servings per container

**Serving size** 1 Cup (240 ml)

Amount per serving

**Calories** 120

% Daily Value\*

**Total Fat** 5g 6%

Saturated Fat 3.5g 18%

Trans Fat 0g

**Cholesterol** 20mg 7%

**Sodium** 120mg 5%

**Total Carbohydrate** 11g 4%

Dietary Fiber 0g 0%

Total Sugars 11g

Includes 0g Added Sugars 0%

**Protein** 8g

Vitamin D 2.5mcg 15%

Calcium 300mg 25%

Iron 0mg 0%

Potassium 350mg 8%

Vitamin A 150mcg 15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Reduced Fat Milk,  
Vitamin A Palmitate and Vitamin  
D3

Contains Milk.

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