

UHT Whole Milk 2016

Nutrition Facts

8 servings per container

Serving size 1 Cup (240 ml)

Amount per serving

Calories **150**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 35mg **12%**

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 290mg 20%

Iron 0.1mg 0%

Potassium 340mg 8%

*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: Milk, Vitamin D3.

Contains Milk.

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