

PRODUCT – 1% LOWFAT CHOCOLATE MILK

<h1>Nutrition Facts</h1>			
Serving Size 1 Cup (240 mL)			
Servings Per Container			
Amount Per Serving			
Calories 160	Calories from Fat 25		
% Daily Value*			
Total Fat 2.5g	4%		
Saturated Fat 1.5g	8%		
<i>Trans</i> Fat 0g			
Cholesterol 10mg	3%		
Sodium 240mg	10%		
Total Carbohydrate 26g	9%		
Dietary Fiber 0g	0%		
Sugars 25g			
Protein 8g			
Vitamin A 10% • Vitamin C 2%			
Calcium 30% • Iron 0% • Vitamin D 25%			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

Ingredients: Lowfat milk, high fructose corn syrup, corn starch, cocoa, alkalized cocoa, salt, carrageenan, artificial flavor, Vitamin A palmitate and Vitamin D3.