



Whole Milk

Nutrition Facts

Serving Size 1 cup (240mL)

Servings Per Container 16

Amount Per Serving

Calories/Calories from Fat 150/70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 35mg 11%

Sodium 120mg 5%

Total Carbohydrate 12g 4%

Dietary Fiber 0g 0%

Sugars 11g

Protein 8g

Vitamin A 6% Calcium 30%

Vitamin C 4% Iron 0%

Vitamin D 25% Potassium 11%

Ingredients

Milk

Allergens

Peanuts

Wheat

Tree Nuts

Soy

Milk

Fish/Shellfish

Egg

Other

N/A



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