

# Milk, 1% Low Fat Milk, .5 Pint

## Nutrition Facts

1 serving per container

**Serving size** 8 fl oz (227g)

---

**Amount Per Serving**

**Calories** 160

---

**% Daily Value\***

<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 14g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	

---

Vitamin D 0.5mcg	2%
Calcium 340mg	25%
Iron 1mg	6%
Potassium 0mg	0%

---

\* The % Daily Value (DV) 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: RAW WHOLE MILK,  
PASTEURIZED SKIM MILK POWDER

CONTAINS: MILK

CALIFORNIA CORRECTIONAL TRAINING  
REHABILITATION AUTHORITY.(CALCTRA)  
560 EAST NATOMA STREET  
FOLSOM, CA 95630