

# 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\*

**Total Fat** 7g 9%

Saturated Fat 4.5g 23%

Trans Fat 0g

**Cholesterol** 30mg 10%

**Sodium** 120mg 5%

**Total Carbohydrate** 14g 5%

Dietary Fiber 0g 0%

Total Sugars 14g

Includes 0g Added Sugars 0%

**Protein** 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

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