

# Nutrition Facts

**Product** 1/2% Lowfat Chocolate Milk

Serving Size: 1 cup (236mL)

Calories 150      Calories from Fat 10

## % Daily Value\*

Total Fat	1.5g	2%
Saturated Fat	1g	4%
Trans Fat	0g	
Cholesterol	5g	2%
Sodium	210mg	9%
Carbohydrate	26g	9%
Dietary Fiber	0g	0%
Sugars	25g	
Protein	8g	Vitamin D 25%
Vitamin A	10%	Vitamin C 4%
Calcium	30%	Iron 0%

\* % Daily Values are based on a 2,000 calorie diet

Ingredients:      LOWFAT MILK, SUGAR, COCOA (PROCESSED WITH ALKALI), CORN STARCH, SALT, CARRAGEENAN, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE, VITAMIN D3.