

# Nutrition Facts

**Product** 1% Lowfat Chocolate Milk

Serving Size: 1 cup (236mL)

Calories 160      Calories from Fat 25

## % Daily Value\*

Total Fat	2.5g	4%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	10g	3%
Sodium	210mg	9%
Carbohydrate	25g	8%
Dietary Fiber	0g	
Sugar	24g	
Protein	8g	15%
Vitamin A	10%	Vitamin C 0%
Calcium	25%	Iron 0%
Vitamin D	25%	

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

Ingredients: Lowfat milk, high fructose corn syrup, sugar, cocoa (processed with alkali), corn starch, salt, carrageenan, vanillin, vitamin A palmitate, vitamin D3.