

Nutrition Facts

Product Skim Milk

Serving Size: 1 cup (236mL)

Calories 80 Calories from Fat 0

		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	125mg	5%
Carbohydrate	11g	4%
Dietary Fiber	0g	
Sugar	11g	
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: FAT FREE MILK, VITAMIN A PALMITATE, VITAMIN D3