

## Nutrition Facts

**Product**      **Chocolate Milk**  
*Ultra Pasteurized*

Serving Size: 1 cup (236mL)

Calories      230      Calories from Fat      70

### % Daily Value\*

Total Fat	8g		13%
Saturated Fat	5g		23%
Trans Fat	0g		
Cholesterol	25 mg		8%
Sodium	190mg		8%
Carbohydrate	31g		10%
Dietary Fiber	<1g		3%
Sugars	30g		
Protein	7g		15%
Vitamin A	6%	Vitamin C	0%
Calcium	25%	Iron	4%
Vitamin D	25%		

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

Ingredients:      Milk, fructose, sugar, cocoa (processed with alkali), salt, carrageenan, vanillin, vitamin D3.