

# Nutrition Facts

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

Serving Size: 1 cup (236 mL)

Calories      180      Calories from Fat      25

% Daily Value\*

Total Fat	2.5g		4%
Saturated Fat	2g		9%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	210mg		9%
Carbohydrate	32g		11%
Dietary Fiber	<1g		3%
Sugars	31g		
Protein	8g		16%
Vitamin A	10%	Vitamin C	0%
Calcium	25%	Iron	4%
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), salt, carrageenan, vanillin, vitamin A palmitate, vitamin D3.