

# Nutrition Facts

**Product** Whole Milk

Serving Size: 1 cup (236mL)

Calories 150      Calories from Fat 70

## % Daily Value\*

Total Fat	8g		12%
Saturated Fat	5g		25%
Trans Fat	0g		
Cholesterol	30mg		10%
Sodium	125mg		5%
Carbohydrate	11g		4%
Dietary Fiber	0g		0%
Sugar	11g		
Protein	8g	Vitamin D	25%
Vitamin A	4%	Vitamin C	4%
Calcium	30%	Iron	0%

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

Ingredients: MILK, VITAMIN D3 ADDED.  
Kosher Dairy