

## PRODUCT – LACTOSE FREE SKIM PLUS MILK

Nutrition Facts			
Serving Size 1 Cup (240 mL)			
Servings Per Container			
Amount Per Serving			
Calories 80		Calories from Fat 0	
% Daily Value*			
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 5mg		2%	
Sodium 120mg		5%	
Total Carbohydrate 11g		4%	
Dietary Fiber 0g		0%	
Sugars 11g			
Protein 8g		16%	
Vitamin A 10% • Vitamin C 2%			
Calcium 50% • Iron 0% • Vitamin D 25%			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Grade A fat free (skim) milk, lactase enzyme\*, calcium phosphate\*, Vitamin A palmitate and Vitamin D3.

\* Not found in regular milk