

1% Half Pint White Milk



DILGARD # R04457

PRODUCT DESCRIPTION

1% low fat milk-paper school milk

UPC Code

4752

Nutrition Facts

Serving Size 1 Cup (240 mL)

Servings Per Container

Amount Per Serving

Calories 100

Calories from Fat 20

	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	16%

Vitamin A 10% • Vitamin C 2%

Calcium 30% • 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS

Grade A lowfat milk, Vitamin A palmitate and Vitamin D3.

Shelf Life

Store in a refrigerator and use it for maximum 4 days, if it's raw or conventional milk variety. Storing milk at 45° F to 55° F increases its shelf life.

Benefits

Prairie Farms 1% milk is a tried and true standard for those who enjoy a healthy milk beverage. Whether it's served to the kids to start their day at school or enjoyed with cookies as a snack, Prairie Farms milk is a part of your every day.

