

Milk Is For Me

La leche es para mi

1%

Nutrition Facts

Serving Size 1 cup (8fl oz/ 240mL)

Amount Per Serving

Calories 120 Calories from Fat 20

% Daily Values*

Total Fat 2.5g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 160mg **7%**

Total Carbohydrate 15g **5%**

Dietary Fiber 0g **0%**

Sugars 15g

Protein 10g **20%**

Vitamin A 10% • Vitamin C 2%

Calcium 35% • 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 calorie 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	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Whole
Milk

Nutrition Facts

Serving Size 1 cup (8fl oz/ 240mL)

Amount Per Serving

Calories 150 Calories from Fat 70

% Daily Values*

Total Fat 8g **12%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 125mg **5%**

Total Carbohydrate 12g **4%**

Dietary Fiber 0g **0%**

Sugars 12g

Protein 8g **16%**

Vitamin A 6% • Vitamin C 2%

Calcium 30% • 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 calorie 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	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Fat
Free

Nutrition Facts

Serving Size 1 cup (8fl oz/ 240mL)

Amount Per Serving

Calories 90

% Daily Values*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 130mg **5%**

Total Carbohydrate 12g **4%**

Dietary Fiber 0g **0%**

Sugars 12g

Protein 9g **18%**

Vitamin A 10% • Vitamin C 2%

Calcium 30% • 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 calorie 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	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

2%

Nutrition Facts

Serving Size 1 cup (8fl oz/ 240mL)

Amount Per Serving

Calories 140 Calories from Fat 45

% Daily Values*

Total Fat 5g **8%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 140mg **6%**

Total Carbohydrate 14g **5%**

Dietary Fiber 0g **0%**

Sugars 14g

Protein 10g **20%**

Vitamin A 10% • Vitamin C 2%

Calcium 35% • 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 calorie 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	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	