

**DEAN STANDARDS**  
**TruMoo NONFAT CHOCOLATE MILK - 18G SUGAR**  
**- SWEETGEM**  
**(FEDERAL STANDARD)**

# Nutrition Facts

Serving Size 1 cup (240mL)  
 Servings Per Container

**Amount Per Serving**

**Calories** 120      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 5mg      **2%**

**Sodium** 180mg      **7%**

**Potassium** 420mg      **12%**

**Total Carbohydrate** 20g      **7%**

Dietary Fiber 0g      **0%**

Sugars 18g

**Protein** 8g      **16%**

Vitamin A 10%      •      Vitamin C 2%

Calcium 30%      •      Iron 0%

Vitamin D 25%      •      Riboflavin 25%

Folate 2%      •      Vitamin B12 20%

Phosphorus 20%

\* Percent Daily Values are based on a 2000 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 | 2,400mg | 2,400mg |
| Potassium          |           | 3,500mg | 3,500mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |
| Protein            |           | 50g     | 65g     |

Calories per gram:

Fat 9      •      Carbohydrate 4      •      Protein 4

**INGREDIENTS:** nonfat milk, sugar, contains less than 1% of: cocoa (processed with alkali), corn starch, salt, carrageenan, natural flavor, vitamin A palmitate, vitamin D3.

Contains: milk

**COMMENTS:**

Label Information:

PDP Info:

Fat Free

Chocolate Milk

Vitamin A & D

IP Info:

Grade A, Pasteurized (optional)

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