

**DEAN STANDARDS**  
**TruMoo CHOCOLATE MILK- WHOLE, FEDERAL,**  
**SUCROSE - NATURAL FLAVOR, VIT D ADDED**  
**(FEDERAL STANDARD)**

# Nutrition Facts

Serving Size 1 cup (240mL)  
 Servings Per Container

**Amount Per Serving**

**Calories** 220      **Calories from Fat** 70

**% Daily Value\***

**Total Fat** 8g      **13%**

Saturated Fat 5g      **26%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 2.5g

**Cholesterol** 35mg      **12%**

**Sodium** 180mg      **7%**

**Potassium** 420mg      **12%**

**Total Carbohydrate** 29g      **10%**

Dietary Fiber 0g      **0%**

Sugars 27g

**Protein** 8g      **16%**

Vitamin A 6%      •      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:** Milk, sugar, Contains less than 1% of: cocoa (processed with alkali), corn starch, salt, carrageenan, natural flavor, nonfat milk, vitamin D3.

Contains: milk

**COMMENTS:** Label Information:  
 PDP info:

Chocolate Milk  
 Vitamin D  
 IP information:  
 Grade A  
 Pasteurized (optional)  
 Homogenized (optional)

**Optional Claim:**  
 Excellent Source of Calcium  
 Excellent Source of Vitamin D

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