

DEAN STANDARDS

**TruMoo
CHOCOLATE
LOW FAT MILK
VITAMIN A & D**

Nutrition Facts

Serving Size 1 cup (240mL)
Servings Per Container

Amount Per Serving

Calories 140 **Calories from Fat** 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0.5g

Cholesterol 15mg **4%**

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 25% • Iron 0%

Vitamin D 25% • Riboflavin 20%

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: Low fat 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 Info:
PDP Info:

Low Fat
Chocolate Milk
Vitamin A & D

IP Info:
Grade A
1% or 1% Milkfat

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