

2% Milk

Nutrition Facts

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

Amount Per Serving

Calories 130 **Calories From Fat** 45

% Daily Value *

Total Fat 5g **8%**

Saturated Fat 3g **15%**

Cholesterol 15mg **4%**

Sodium 130mg **5%**

Total Carbohydrates 12g **4%**

Dietary Fiber 0g **0%**

Sugars 12g

Protein 9g

Vitamin A 6% • **Vitamin C** 0%

Calcium 30% • **Iron** 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Ingredients: 2% Milk With
Vitamin A and D Added.