

FARMCREST

2% MILK

NUTRITION INFORMATION-updated 8-29-13

BUTTERFAT 2%

TOTAL SOLIDS 10.75%

<i>SERVING SIZE</i>	<i>ONE CUP=240ML</i>
CALORIES	120
CALORIES FROM FAT	40
TOTAL FAT	5 GRAMS
SATURATED FAT	3.0 GRAMS
POLYUNSATURATED FAT	0 GRAMS
MONOUNSATURATED FAT	1.5 GRAMS
CHOLESTEROL	20 MG
SODIUM	120 MG
POTASSIUM	380 MG
TOTAL CARBOHYDRATE	12 GRAMS
SUGARS	12 GRAMS
PROTEIN	8 GRAMS
VITAMIN A	3500 IU
VITAMIN C	2.32 MG
CALCIUM	296.70 MG
IRON	.12 MG
THIAMINE	.10 MG
RIBOFLAVIN	.40 MG
NIACIN	.21 MG
VITAMIN D	508 IU
VITAMIN E	.00 IU
VITAMIN B6	.10 MG
FOLATE (FOLACIN)	12.44 UG
VITAMIN B12	.89 UG
PHOSPHORUS	232.04 MG
IODINE	.00 UG
MAGNESIUM	33.35 MG
ZINC	.95 MG
COPPER	.02 MG
BIOTIN	.00 MG
PANTOTHENIC ACID	.78 MG

Nutrition Facts			
Serving Size 1 Cup			
Serving Per Container 8			
Amount Per Serving			
Calories 120		Calories from Fat 40	
% Daily Value*			
Total Fat 5g			7%
Saturated Fat 3.0g			15%
Trans Fat 0g			
Cholesterol 15mg			6%
Sodium 120mg			5%
Total Carbohydrate 12g			4%
Dietary Fiber 0g			0%
Sugars 12g			
Protein 8g			
Vitamin A 21%		Vitamin C	4%
Calcium 30%		Iron	0%
Vitamin D 33%			
*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	2,400 mg	2,400 mg
Total Carbohydrate		200g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9	Carbohydrate 4		Protein 4

Recycling Code: 2

Produced by Royal Crest Dairy, Inc., Longmont, Colorado

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