

# FARMCREST

## NONFAT MILK

NUTRITION INFORMATION-updated 5-5-09

BUTTERFAT .20%

TOTAL SOLIDS 9.4%

<i>SERVING SIZE</i>	<i>ONE CUP=240ML</i>	
CALORIES		90
CALORIES FROM FAT		0
TOTAL FAT		0
SATURATED FAT		0
POLYUNSATURATED FAT		0
MONOUNSATURATED FAT		0
CHOLESTEROL		4MG
SODIUM		125MG
POTASSIUM		410MG
TOTAL CARBOHYDRATE	12 GRAMS	
SUGARS	11 GRAMS	
PROTEIN	8 GRAMS	
VITAMIN A		915.0 IU
VITAMIN C		2.40 MG
CALCIUM		302.33 MG
IRON		.10 MG
THIAMINE		.09 MG
RIBOFLAVIN		.34 MG
NIACIN		.22 MG
VITAMIN D		142.00 IU
VITAMIN E		.00 IU
VITAMIN B6		.10 MG
FOLATE (FOLACIN)		12.74 UG
VITAMIN B12		.93 UG
PHOSPHORUS	247.21 MG	
IODINE		.00 UG
MAGNESIUM		27.83 MG
ZINC		0.98 MG
COPPER		.03 MG
BIOTIN		.00 MG
PANTOTHENIC ACID		.81 MG

Nutrition Facts			
Serving Size 1 Cup			
Serving Per Container 8			
Amount Per Serving			
Calories 90		Calories from Fat 0	
% Daily Value*			
Total Fat	0g		1%
Saturated Fat	0g		1%
Trans Fat	0g		
Cholesterol	4mg		1%
Sodium	125mg		5%
Total Carbohydrate	12g		4%
Dietary Fiber	0g		0%
Sugars	11g		
Protein	8g		
Vitamin A	18%	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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