

FARMCREST

ROYAL-LO 1% MILK

NUTRITION INFORMATION-updated 5-5-09

BUTTERFAT 1%

TOTAL SOLIDS 10%

<i>SERVING SIZE</i>	<i>ONE CUP=240ML</i>
CALORIES	100
CALORIES FROM FAT	25
TOTAL FAT	2.5 GRAMS
SATURATED FAT	1.5 GRAMS
POLYUNSATURATED FAT	0 GRAMS
MONOUNSATURATED FAT	.5 GRAMS
CHOLESTEROL	10MG
SODIUM	125MG
POTASSIUM	380MG
TOTAL CARBOHYDRATE	12 GRAMS
SUGARS	12 GRAMS
PROTEIN	8 GRAMS
VITAMIN A	1003 IU
VITAMIN C	2.37 MG
CALCIUM	300.12 MG
IRON	.12 MG
THIAMINE	.10 MG
RIBOFLAVIN	.41 MG
NIACIN	.21 MG
VITAMIN D	133 IU
VITAMIN E	.00 IU
VITAMIN B6	.10 MG
FOLATE (FOLACIN)	12.44 UG
VITAMIN B12	.90 UG
PHOSPHORUS	234.73 MG
IODINE	.00 UG
MAGNESIUM	33.72 MG
ZINC	.95 MG
COPPER	.02 MG
BIOTIN	.00 MG
PANTOTHENIC ACID	.79 MG

Nutrition Facts			
Serving Size 1 Cup			
Serving Per Container 8			
Amount Per Serving			
Calories 100		Calories from Fat 25	
% Daily Value*			
Total Fat	2.5g		4%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	125mg		5%
Total Carbohydrate	12g		4%
Dietary Fiber	0g		0%
Sugars	12g		
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