

# ROYAL CREST

## GRADE A 2% REDUCED FAT CHOCOLATE MILK HALF GALLON

NUTRITION INFORMATION- updated 4-25-14

*SERVING SIZE ONE CUP=240ML*

CALORIES	190
CALORIES FROM FAT	42
TOTAL FAT	5.8 GRAMS
SATURATED FAT	3.5 GRAMS
CHOLESTEROL	20 MG
SODIUM	165 MG
TOTAL CARBOHYDRATE	30.8 GRAMS
SUGARS	26 GRAMS
PROTEIN	8.8 GRAMS
VITAMIN A	18%
VITAMIN C	0%
VITAMIN D	33%
CALCIUM	30%
IRON	0%

**Ingredients:** Grade A 2% Reduced fat milk, sugar, cocoa (processed with alkali), salt, cornstarch, carrageenan, guar gum, xanthan gum, real vanilla, natural flavoring, and Vitamin A & D added.

**COMMENTS:** Caffeine content is 0.0071mg per cup. You would have to drink 30 cups of chocolate milk to equal 1 cup of coffee.

**Recycling Code: 2**

<b>Nutrition Facts</b>			
Serving Size 1 Cup (240ml)			
Serving Per Container 8(Half Gallon)			
Amount Per Serving			
Calories	190	Calories from Fat	42
			% Daily Value*
Total Fat	5g		7%
Saturated Fat	3g		15%
Trans Fat	0g		0%
Cholesterol	20g		7%
Sodium	165mg		7%
Total Carbohydrate	30g		10%
Dietary Fiber	less than 2 gram		7%
Sugars	26g		
Protein	8g		
Vitamin A	18%	Vitamin C	0%
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		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat	9	Carbohydrate	4
		Protein	4

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