

FARMCREST

EXTRA RICH MILK

NUTRITION INFORMATION

BUTTERFAT 3.8%

TOTAL SOLIDS 13.1%

<i>SERVING SIZE</i>	<i>ONE CUP=240ML</i>	
CALORIES		160
CALORIES FROM FAT		80
TOTAL FAT		9 GRAMS
SATURATED FAT		6 GRAMS
POLYUNSATURATED FAT		0 GRAMS
MONOUNSATURATED FAT		2.5 GRAMS
CHOLESTEROL		35 MG
SODIUM		120 MG
POTASSIUM		370 MG
TOTAL CARBOHYDRATE		11 GRAMS
SUGARS		11 GRAMS
PROTEIN		8 GRAMS
VITAMIN A		336.72 IU
VITAMIN C		3.59 MG
CALCIUM		290.36 MG
IRON		.12 MG
THIAMINE		.09 MG
RIBOFLAVIN		.39 MG
NIACIN		.20 MG
VITAMIN D		00 IU
VITAMIN E		.00 IU
VITAMIN B6		.10 MG
FOLATE (FOLACIN)		12.20 UG
VITAMIN B12		.87 UG
PHOSPHORUS		227.16 MG
IODINE		.00 UG
MAGNESIUM		32.70 MG
ZINC		.93 MG
COPPER		.02 MG
BIOTIN		.00 MG
PANTOTHENIC ACID		.76 MG

Nutrition Facts			
Serving Size 1 Cup			
Serving Per Container 8			
Amount Per Serving			
Calories 160		Calories from Fat 80	
% Daily Value*			
Total Fat	9g		14%
Saturated Fat	6g		28%
Trans Fat	0g		
Cholesterol	35mg		12%
Sodium	120mg		5%
Total Carbohydrate	11g		4%
Dietary Fiber	0g		0%
Sugars	11g		
Protein	8g		
Vitamin A	6%	Vitamin C	6%
Calcium	30%	Iron	0%
Vitamin D	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:			
		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

Recycling Code: 2