

FARMCREST

WHOLE MILK

NUTRITION INFORMATION-updated 5-5-09

BUTTERFAT 3.35%

TOTAL SOLIDS 12.15%

<i>SERVING SIZE</i>	<i>ONE CUP=240ML</i>
CALORIES	150
CALORIES FROM FAT	70
TOTAL FAT	8 GRAMS
SATURATED FAT	5.0 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	1086 IU
VITAMIN C	2.29 MG
CALCIUM	291.34 MG
IRON	.12 MG
THIAMINE	.09 MG
RIBOFLAVIN	.40 MG
NIACIN	.20 MG
VITAMIN D	133 IU
VITAMIN E	.00 IU
VITAMIN B6	.10 MG
FOLATE (FOLACIN)	12.20 UG
VITAMIN B12	.87 UG
PHOSPHORUS	227.90 MG
IODINE	.00 UG
MAGNESIUM	32.79 MG
ZINC	.93 MG
COPPER	.02 MG
BIOTIN	.00 MG
PANTOTHENIC ACID	.77 MG

Nutrition Facts	
Serving Size 1 Cup	
Serving Per Container 8	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 5.0g	25%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 120mg	5%
Total Carbohydrate 11g	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	300g 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

Printed on 6/9/2016