

Milk, 1% Low Fat Milk, .5 Pint

Nutrition Facts	
1 serving per container	
Serving size	8 fl oz (227g)
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 120mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0.5mcg	2%
Calcium 340mg	25%
Iron 1mg	6%
Potassium 0mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: RAW WHOLE MILK,
PASTEURIZED SKIM MILK POWDER

CONTAINS: MILK

CALIFORNIA PRISON INDUSTRY AUTHORITY
(CALPIA)
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