

Whole Chocolate Milk

Nutrition Facts	
servings per container	
Serving size	1 cup (240 mL)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 220mg	10%
Total Carbohydrate 29g	11%
Dietary Fiber 1g	4%
Total Sugars 28g	
Includes 16g Added Sugars	32%
Protein 8g	
Vitamin D 2.5mcg	15%
Calcium 267mg	20%
Iron 1mg	6%
Potassium 365mg	8%
Vitamin A 106mcg	10%
*The % Daily Value 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: Milk, Sugar, Corn Starch, Cocoa (Processed with Alkali), CornStarch, Dextrose, Salt, Carrageenan, Guar Gum, Natural Flavor, Vitamin D₃.