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CALPIA 1/2 Pint 1% Low Fat Milk

## Nutrition Facts

1 servings per container

**Serving size** 8 fl oz (237g)

Amount per serving

**Calories** 100

% Daily Value\*

**Total Fat** 2.5g 3%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol** 10mg 3%

**Sodium** 125mg 5%

**Total Carbohydrate** 12g 4%

Dietary Fiber 0g 0%

Total Sugars 10g

Includes 0g Added Sugars 0%

**Protein** 8g

Vitamin D 2mcg 10%

Calcium 303mg 25%

Iron 0mg 0%

Potassium 384mg 8%

\*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: 1% MILK, VITAMINS A&D, NONFAT MILK SOLIDS.

06/12/2020