



Product Specifications

**Twin Brook 1% Milk**  
2/24/2009

<b>Nutrition Facts</b>	
Serving Size 1 Cup (244 mL)	
Servings Per Container	
Amount Per Serving	
<b>Calories 110</b>	<b>Calories from Fat 25</b>
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 15mg	4%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
<b>Protein 8g</b>	
Vitamin A 2%	• Vitamin C 4%
Calcium 30%	• Iron 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    60g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS:  
Low Fat Milk