



Product Specifications

Twin Brook 2% Milk

2/24/2009

Nutrition Facts

Serving Size (244ml) 1cup
Servings Per Container

Amount Per Serving

Calories 120 Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 3g 16%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 125mg 5%

Total Carbohydrate 12g 4%

Dietary Fiber 0g 0%

Sugars 11g

Protein 8g

Vitamin A 4% • Vitamin C 6%

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	80g
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:
Reduced Fat
Milk