



Product Specifications

Nutrition Facts

Serving Size 1 cup (244 mL)
Servings Per Container

Amount Per Serving

Calories 90 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 125mg 5%

Total Carbohydrate 12g 4%

Dietary Fiber 0g 0%

Sugars 11g

Protein 8g

Vitamin A 0% • 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	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

Twin Brook Non Fat Milk

2/24/2009

INGREDIENTS:
Non Fat Milk