

United Dairy lil' Moos *Nutritional Info*

Chocolate Skim

Nutrition Facts	
Serving Size 8 oz. (240mL)	
Servings per Container 1	
Amount Per Serving	
Calories 130	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 24g	8%
Dietary Fiber 0g	1%
Sugars 23g	
Protein 8g	
Vitamin A 10%	Vitamin C 0%
Calcium 25%	Vitamin D 25%

*Percent Daily Values are based on a 2,000 calorie diet.

Strawberry Skim

Nutrition Facts	
Serving Size 8 oz. (240mL)	
Servings per Container 1	
Amount Per Serving	
Calories 130	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	1%
Sugars 22g	
Protein 7g	
Vitamin A 10%	Vitamin C 0%
Calcium 25%	Vitamin D 25%

*Percent Daily Values are based on a 2,000 calorie diet.

Vanilla Skim

Nutrition Facts	
Serving Size 8 oz. (240mL)	
Servings per Container 1	
Amount Per Serving	
Calories 150	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 120mg	5%
Total Carbohydrate 27g	9%
Dietary Fiber 0g	0%
Sugars 25g	
Protein 8g	
Vitamin A 10%	Vitamin C 4%
Calcium 25%	Vitamin D 25%

*Percent Daily Values are based on a 2,000 calorie diet.

Skim

Nutrition Facts	
Serving Size 8 oz. (240mL)	
Servings per Container 1	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 9g	
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Vitamin D 25%

*Percent Daily Values are based on a 2,000 calorie diet.

Orange Juice 4oz.

Nutrition Facts	
Serving Size 8 oz. (240mL)	
Servings per Container 1	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14.5g	5%
Dietary Fiber 0g	0%
Sugars 14g	
Protein <1g	
Vitamin A 0%	Vitamin C 65%
Calcium 0%	Vitamin D 0%

*Percent Daily Values are based on a 2,000 calorie diet.

Apple Juice 4oz.

Nutrition Facts	
Serving Size 4 oz. (118mL)	
Servings per Container 1	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0.5%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	10%
Sugars 12g	
Protein .5g	
Vitamin A 0%	Vitamin C 3%
Calcium 1%	Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet.

Grape Juice 4oz.

Nutrition Facts	
Serving Size 8 oz. (240mL)	
Servings per Container 1	
Amount Per Serving	
Calories 65	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2.5mg	0%
Total Carbohydrate 17g	5.5%
Dietary Fiber 0g	0%
Sugars 16g	
Protein .5g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.