

Nutrition information for specific varieties of milk
Chocolate updated 12/4/12

Land O Lakes
Fat Free Skim Milk
1/2 pint (236 ml)

Calories: 90
Calories from fat: 0

Total Fat: 0
Saturated Fat: 0
Trans Fat: 0
Cholesterol: 5 mg
Sodium: 130 mg
Total Carbohydrate: 13 g
Dietary Fiber: 0
Sugars: 12 g
Protein: 8 g

Vitamin A: 10 %
Vitamin C: 4%
Calcium: 30%
Iron: 0%
Vitamin D: 25%

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

Land O Lakes
1% Lowfat Milk
1/2 pint (236 ml)

Calories: 110
Calories from fat: 20

Total Fat: 2.5
Saturated Fat: 1.5
Trans Fat: 0
Cholesterol: 10 mg
Sodium: 130 mg
Total Carbohydrate: 13 g
Dietary Fiber: 0
Sugars: 12 g
Protein: 8 g

Vitamin A: 10 %
Vitamin C: 4%
Calcium: 30%
Iron: 0%
Vitamin D: 25%

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

Land O Lakes
TruMoo Chocolate Fat Free Milk
1/2 pint (236 ml)

Calories: 120
Calories from fat: 0

Total Fat: 0
Saturated Fat: 0
Trans Fat: 0
Cholesterol: 5 mg
Sodium: 180 mg
Total Carbohydrate: 20 g
Dietary Fiber: 0
Sugars: 18 g
Protein: 8 g

Vitamin A: 10 %
Vitamin C: 2%
Calcium: 30%
Iron: 0%
Vitamin D: 25%

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