



**MILK / FLAVORED MILK PRODUCTS
TEN OUNCE**

NUTRITIONAL FACTS

	Garellick 1%	Garellick Skim	Garellick LF Chocolate 1%	Garellick LF Strawberry	Garellick Coffee	Garellick Vanilla
Size	10 oz	10 oz	10 oz	10 oz	10 oz	10 oz
Serving Size	10 oz / 295ml	10 oz / 295ml	10 oz / 295ml	10 oz / 295ml	10 oz / 295m	10 oz / 295ml
Calories / Fat	130 / 25	110 / 0	220 / 30	210 / 25	190 / 25	220 / 25
Total Fat	3g / 5%	0g / 0%	3g / 5%	3g / 4%	3g / 4%	3g / 4%
Saturated Fat	2g / 10%	0g / 0%	1.5g / 9g	2g / 9%	2g / 9%	2g / 9%
Cholesterol	15mg / 5%	5mg / 2%	15mg / 5%	15mg / 5%	15mg / 5%	15mg / 5%
Sodium	160mg / 7%	160mg / 7%	280mg / 11%	150mg / 6%	150mg / 6%	150mg / 6%
Total Carbohydrates	16g / 5%	16g / 5%	37g / 12%	37g / 12%	31g / 10%	40g / 13%
Dietary Fiber	0g / 0%	0g / 0%	0	0g / 0%	0g / 0%	0g / 0%
Sugar	15g	15g	35g	35g	29g	38g
Protein	10g	11 g	10g	10g	10g	10g
Vitamin A	15%	15%	12%	10%	15%	10%
Vitamin C	4%	4%	2%	4%	4%	4%
Calcium	40%	40%	35%	35%	35%	35%
Iron	0%	0%	0%	0%	2%	0%
Vitamin D	30%	30%	30%	30%	30%	35%