



**MILK/FLAVORED MILK PRODUCTS
EIGHT OUNCE**

NUTRITIONAL FACTS

	Garelick 1%	Garelick Skim	Garelick LF Chocolate .5%	Garelick LF Strawberry
Size	8 oz	8 oz	8 oz	8 oz
Serving Size	8 oz / 236 ml	8 oz / 236 ml	8 oz / 236 ml	8 oz / 236 ml
Calories / Fat	110 / 20	90 / 0	150 / 10	170 / 20
Total Fat	2.5g / 4%	0 / 0%	1.5g / 2%	2g / 3%
Saturated Fat	1.5g / 8%	0 / 0%	1g / 4%	1.5g / 7%
Cholesterol	10mg / 4%	5mg / 1%	10mg / 3%	10mg / 4%
Sodium	130mg / 5%	130mg / 5%	210mg / 9%	120mg / 5%
Total Carbohydrates	13g / 4%	13g / 4%	26g / 9%	29g / 10%
Dietary Fiber	0g / 0%	0g / 0%	0 / 0%	0g / 0%
Sugar	12g	12g	25g	28g
Protein	8g	8g	8g	8g
Vitamin A	10%	10%	10%	10%
Vitamin C	4%	4%	2%	2%
Calcium	30%	30%	30%	30%
Iron	0%	0%	2%	0%
Vitamin D	25%	25%	25%	25%