

# Nutrition Comparison

## Hiland 1% Lowfat Chocolate Milk

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 Cup (236mL)</b>
Amount Per Serving	
<b>Calories</b>	<b>130</b>
<small>%Daily Value*</small>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 18g	
Includes 6g Added Sugars	<b>12%</b>
<b>Protein</b> 8g	
Vitamin D 2.5mcg	15%
Calcium 303mg	25%
Iron 0mg	0%
Potassium 370mg	8%
Vitamin A 150mcg	15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** LOWFAT MILK, SUGAR, CORN STARCH, COCOA (PROCESSED WITH ALKALI), NATURAL FLAVOR, CARRAGEENAN, SALT, VITAMIN A PAMITATE, VITAMIN D3.

## Hiland Fat Free Chocolate Milk

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 Cup (236mL)</b>
Amount Per Serving	
<b>Calories</b>	<b>110</b>
<small>%Daily Value*</small>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 18g	
<b>Protein</b> 8g	<b>16%</b>
Vitamin A	10%
Vitamin C	0%
Calcium	30%
Iron	0%
Vitamin D	25%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** GRADE A SKIM (FAT FREE) MILK, SUGAR, COCOA (PROCESSED WITH ALKALI), CORN STARCH, SALT, MALTODEXTRIN, CARRAGEENAN, NATURAL FLAVORS, VITAMIN A PALMITATE AND VITAMIN D3.



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