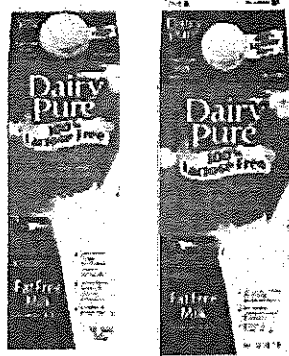


Print

Fat Free DairyPure Lactose Free



Ingredients

FAT FREE MILK, CONTAINS LESS THAN 1% OF: LACTASE ENZYME*, VITAMIN A PALMITATE, VITAMIN D3.

*AN INGREDIENT NOT FOUND IN REGULAR MILK.

Allergy Information

CONTAINS: MILK

Nutrition Facts

Serving Size: 1 cup (240ml)

Servings Per Container:

Amount Per Serving		Calories from Fat: 0
		% Daily Value
Calories: 90		
Total Fat: 0g		0%
Saturated Fat: 0g		0%
Trans Fat: 0g		
Cholesterol: 5mg		2%
Sodium: 130mg		5%
Total Carbohydrate: 13g		4%
Dietary Fiber: 0g		0%
Sugars: 12g		
Protein: 8g		
Vitamin A: 10%	Vitamin C: 0%	
Calcium: 30%	Iron: 0%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g

LIGHT SOUR CREAM - Rockford
50% LESS FAT & 33% FEWER CALORIES THAN REGULAR SOUR CREAM
LIGHT: FAT 2.5g, CALORIES 40; REGULAR SC FAT 5g, CALORIES 60

Nutrition Facts

Serving Size 2 Tbsp (30g)
 Servings Per Container

Amount Per Serving

Calories 40 Calories from Fat 25

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 10mg 4%

Sodium 35mg 2%

Total Carbohydrate 3g 1%

Dietary Fiber 0g 0%

Sugars 2g

Protein 1g

Vitamin A 4% • Vitamin C 0%

Calcium 4% • Iron 0%

* Percent Daily Values are based on a 2000 calorie diet.
 Your daily values may be higher or lower depending on
 your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	85g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Cultured milk, cream, whey protein concentrate, contains less than 2% of nonfat milk, food starch-modified (corn), sodium phosphate (sodium hexametaphosphate), carrageenan, guar gum, calcium sulfate, locust bean gum, maltodextrin, cultured dextrose, gelatin gum, potassium sorbate (preservative), vitamin A palmitate.

Contains: milk

Dean Foods, 2711 North Haskell Ave, Suite 3400, Dallas, Texas 75204

27922 - 09/22/15

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1% MILKFAT

DEAN'S

SMALL CURD GRADE A

GRADE A

LOWFAT COTTAGE CHEESE

Nutrition Facts

Servings Size 1/2 cup (113g)
Servings Per Container About 20

Amount Per Serving

Calories 90 Calories from Fat 10

% Daily Value*

Table with 2 columns: Nutrient Name and % Daily Value. Includes Total Fat 1.5g (2%), Saturated Fat 1g (5%), Cholesterol 10mg (3%), Sodium 440mg (18%), Potassium 180mg (5%), Total Carbohydrate 5g (2%), Dietary Fiber 0g (0%), Sugars 4g, Protein 13g (26%), Vitamin A 4%, Calcium 10%, Vitamin C 0%, Iron 0%.

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Table with 3 columns: Nutrient Name, Less than, and Value. Includes Total Fat (65g/80g), Saturated Fat (20g/25g), Cholesterol (300mg/300mg), Sodium (2,400mg/2,400mg), Potassium (3,500mg/3,500mg), Total Carbohydrate (300g/375g), Dietary Fiber (25g/30g), Protein (50g/65g).

Calories per gram: Fat 9 * Carbohydrate 4 * Protein 4

INGREDIENTS: CULTURED NONFAT MILK AND CREAM; LESS THAN 2% OF: WHEYM SALT, MALTODEXTRIN, GUAR GUM, CITRIC ACID, CARRAGEENAN, MONO AND DIGLYCERIDES, LOCUST BEAN GUM, POLYSORBATE 80, POTASSOIM SORBATE (TO PRESERVE FRESHNESS, NATURAL & ARTIFICIAL FLAVOR, VITAMIN A PALMATE, ENZYME.

CONTAINS: MILK