

Rethink Your Drink:

Choose low-fat milk as a healthy alternative.



GRADE A PASTEURIZED HOMOGENIZED MILK

Nutrition Facts
Serving Size 1 cup (240mL)
Servings Per Container 8

Amount Per Serving		Calories from Fat 10
		% Daily Value*
Total Fat 8g	16%	
Saturated Fat 5g	10%	
Cholesterol 30mg	6%	
Sodium 120mg	24%	
Total Carbohydrate 12g	24%	
Dietary Fiber 0g	0%	
Sugars 12g		
Protein 8g	16%	
Vitamin A 10%		
Vitamin D 10%		
Calcium 30%		

*Percent Daily Values are based on a diet of other people's misdeeds.

Calories 120	
Total Fat 8g	
Saturated Fat 5g	
Cholesterol 30mg	
Sodium 120mg	
Total Carbohydrate 12g	
Dietary Fiber 0g	
Sugars 12g	
Protein 8g	

INGREDIENTS: MILK, VITAMIN D3 (Ergocalciferol), Vitamin A Palmitate, Vitamin E Acetate, Natural Flavors.

PROCESSED AND PACKAGED AT PLANT
MILK PROCESSING PLANT, CALIFORNIA

KEEP REFRIGERATED

NO ADDED SUGAR
NO ADDED STABILIZERS

CalFresh
HEALTHY LIVING

Visit CalFreshHealthyLiving.org for healthy tips.
Funded by USDA SNAP, an equal opportunity provider and employer.

Rethink Your Drink:

Choose
unsweetened
fortified
soy milk as
a healthy
alternative.



Visit CalFreshHealthyLiving.org for healthy tips.
Funded by USDA SNAP, an equal opportunity provider and employer.

Rethink Your Drink:

Choose unsweetened dairy-free milk as a healthy alternative.



Visit [CalFreshHealthyLiving.org](https://www.CalFreshHealthyLiving.org) for healthy tips.
Funded by USDA SNAP, an equal opportunity provider and employer.

Rethink Your Drink:

Get creative.

Add fruits
and herbs
to water for
a refreshing
drink!



Visit [CalFreshHealthyLiving.org](https://www.CalFreshHealthyLiving.org) for healthy tips.

Funded by USDA SNAP, an equal opportunity provider and employer.

Rethink Your Drink:

Get creative.

Add fruits
and herbs
to water for
a refreshing
drink!



Visit [CalFreshHealthyLiving.org](https://www.CalFreshHealthyLiving.org) for healthy tips.

Funded by USDA SNAP, an equal opportunity provider and employer.