



LOW-FAT MILK

All milk. Plain and simple.

Nutritional Facts

Serving Size 1 cup = 8 oz.
Calories 100

	% Daily Value
Total Fat 2.5g	4%
Total Carbohydrate 12g	4%
Protein 8g	18%
Calcium, natural 305mg	30%

Ingredients: LOW-FAT MILK,
VITAMIN A, VITAMIN D



Soy Beverage

Ingredients: SOYMILK (FILTERED WATER, WHOLE SOYBEANS), CANE SUGAR, SEA SALT, CARRAGEENAN, NATURAL FLAVOR, TRI-CALCIUM PHOSPHATE, CALCIUM CARBONATE, VITAMIN A, VITAMIN D, RIBOFLAVIN, VITAMIN B12



Almond Beverage

Ingredients: ALMOND MILK (FILTERED WATER, ALMONDS), EVAPORATED CANE JUICE, CALCIUM CARBONATE, SEA SALT, POTASSIUM CITRATE, CARRAGEENAN, SUNFLOWER LECITHIN, VITAMIN A, VITAMIN D, D-ALPHA-TOCOPHEROL



Coconut Beverage

Ingredients: COCONUT MILK (WATER, COCONUT CREAM), DRIED CANE SYRUP, CALCIUM PHOSPHATE, MAGNESIUM PHOSPHATE, CARRAGEENAN, GUAR GUM, VITAMIN A, VITAMIN D, L-SELENOMETHIONINE, ZINC OXIDE, FOLIC ACID, VITAMIN B12



Rice Beverage

Ingredients: FILTERED WATER, BROWN RICE (PARTIALLY MILLED), EXPELLER PRESSED HIGH OLEIC SAFFLOWER AND/OR SUNFLOWER OIL AND/OR CANOLA OIL, TRICALCIUM PHOSPHATE, SEA SALT, VITAMIN A, VITAMIN D, VITAMIN B12



The Nutrition Education People

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