

- Hiland Dairy, Milk, 1% Milkfat, Low Fat, Gallon, (3.78L), P...

Milk has long been a popular beverage, not only for its flavor, but because of its nutritional attributes. Milk is considered one of the best sources of calcium in our diet and it also provides protein, vitamins and other minerals.



MARKETING



Nutrition Facts

64 Servings per container

Serving Size 1 Cup

Amount Per Serving

Calories 100

% Daily Value*

Total Fat 2.5 g **3%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

Cholesterol 15 mg **5%**

Sodium 120 mg **5%**

Total Carbohydrates 11 g **4%**

Dietary Fiber 0 g **0%**

Total Sugars 11 g

Includes 0 g Added Sugars **0%**

Protein 8 g

Vitamin D 2.5 mcg 15%

Calcium 290 mg 20%

Iron 0.1 mg 0%

Potassium 370 mg 8%

* The % Daily Values (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.

PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack			
13200	1060998237	30072060013178	4/1 gal			
Brand	Brand Owner		GPC Description			
Hiland	Prairie Farms Dairy, Inc.		Milk (Perishable)			
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
35.04 LBR	32 LBR	No	United States	Yes	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12 INH	12 INH	10.5 INH	0.875 FTQ	12x5	18 Days	33 FAH / 39 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
N/A	N/A	N/A	N/A			

HANDLING SUGGESTIONS



Maintain below 40 degrees F.

ALLERGENS



C = 'Contains'; **MC** = 'May Contain'; **N** = 'Free From'; **UN** = 'Undeclared'; **INI** = 'Intentionally nor Inherently Included'; **50** = 'Derived from Ingredients'; **60** = 'Not Derived From Ingredients'; **NI** = 'No Info'

- Milk - C
- Eggs - N
- Soybean - N
- Wheat - N
- Sesame - N
- AU - N
- Corn - N
- Cashews - N
- Pecan Nuts - N
- Peanuts - N
- Tree - N
- Fish - N
- Shellfish - N
- Crustaceans - N
- Mustard - N
- Almonds - N
- Hazelnuts - N
- Brazil Nuts - N

INGREDIENTS



Grade A Low Fat milk, Vitamin A Palmitate and Vitamin D3.

- Hiland Dairy, Milk, 1% Milkfat, Low Fat, Gallon, (3.78L), P...

Milk has long been a popular beverage, not only for its flavor, but because of its nutritional attributes. Milk is considered one of the best sources of calcium in our diet and it also provides protein, vitamins and other minerals.

PREPARATION & COOKING SUGGESTIONS

Open and Serve

SERVING SUGGESTIONS

Beverage for any meal or snack.

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	100
Protein	8 g
Total Carbohydrates	11 g
Sugars	11 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	150
Vitamin A (RE)	150
Vitamin C	
Magnesium	
Monosodium	

Total Fat	2.5 g
Trans Fat	0 g
Saturated Fat	1.5 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	15 mg
Vitamin D	2.5 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	120 mg
Calcium	290 mg
Iron	0.1 mg
Potassium	370 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

KOSHER	YES
--------	-----

FREE_FROM_GLUTEN	YES
------------------	-----