

- Hiland Dairy, Milk, 2% Milkfat, Reduced Fat, Pint (473mL),...

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

12 Servings per container

Serving Size 1 Bottle

Amount Per Serving

Calories **250**

% Daily Value*

Total Fat 10 g	13%
Saturated Fat 7 g	35%
Trans Fat 0 g	
Cholesterol 45 mg	15%
Sodium 240 mg	10%
Total Carbohydrates 22 g	8%
Dietary Fiber 0 g	0%
Total Sugars 22 g	
Includes 0 g Added Sugars	0%
Protein 17 g	

Vitamin D 4.9 mcg 25%

Calcium 600 mg 45%

Iron 0 mg 0%

Potassium 710 mg 15%

* 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			
9194	1061067796	30072060000406	12 / 16.0 OZA			
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	
13.93 LBR	12.93 LBR	No	United States	Yes	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
8.5 INH	11 INH	7.5 INH	0.406 FTQ	18x5	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 | Peanuts - N |
| Eggs - N | Tree - N |
| Soybean - N | Fish - N |
| Wheat - N | Shellfish - N |
| Sesame - N | Crustaceans - N |
| AU - N | Mustard - N |
| Corn - N | Almonds - N |
| Cashews - N | Hazelnuts - N |
| Pecan Nuts - N | Brazil Nuts - N |

INGREDIENTS



Grade A Reduced Fat Milk, Vitamin A Palmitate and Vitamin D3

Hiland

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PREPARATION & COOKING SUGGESTIONS

Open and Serve

SERVING SUGGESTIONS

Beverage for any meal or snack.

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	250
Protein	17 g
Total Carbohydrates	22 g
Sugars	22 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	310
Vitamin A (RE)	310
Vitamin C	
Magnesium	
Monosodium	

Total Fat	10 g
Trans Fat	0 g
Saturated Fat	7 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	45 mg
Vitamin D	4.9 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	240 mg
Calcium	600 mg
Iron	0 mg
Potassium	710 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

KOSHER	YES
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FREE_FROM_GLUTEN	YES
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