

- Hiland Dairy, Milk, 2% Milkfat, Reduced Fat, Quart (946mL)...

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

Servings per container	1 Cup
<b>Serving Size</b>	<b>1 Cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>120</b>
	% Daily Value*
<b>Total Fat</b> 5 g	<b>8%</b>
Saturated Fat 3.5 g	<b>18%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 25 mg	<b>8%</b>
<b>Sodium</b> 120 mg	<b>5%</b>
<b>Total Carbohydrates</b> 11 g	<b>4%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 11 g	
Includes Added Sugars	<b>%</b>

<b>Protein</b> 8 g	
Vitamin D	%
Calcium 300 mg	30%
Iron 0 mg	0%
Potassium	%

\* 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			
16362	1061028118	20072060000461	32.0 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	
23.001 LBR	20.13 LBR	No	United States	Yes	No	
Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
13 INH	13 INH	11 INH	1.0758 FTQ	16x4	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 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	120
Protein	8 g
Total Carbohydrates	11 g
Sugars	11 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	5 g
Trans Fat	0 g
Saturated Fat	3.5 g
Added Sugars	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	25 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	120 mg
Calcium	300 mg
Iron	0 mg
Potassium	
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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