

Milk Nutritionals

Dairy Name	United Dairy Inc.
Dairy Production Facility	Charleston WV

Nutritional / Specification	Gallons					Chocolate Milk	Buttermilk
	Whole	2%	1%	Skim			
Serving Size	1 CUP	1 CUP	1 CUP	1 CUP		1 CUP	1 CUP
Servings per container	16	16	16	16		8	8
Calories	150	130	110	80		140	90
Fat Calories	70	45	20	0		25	0
Total Fat (g)	8	5	2.5	0		2.5	0
Sat Fat (g)	5	3	1.5	0		1.5	0
Trans Fat (g)	0	0	0	0		0	0
Cholesterol (mg)	35	20	15	0		10	5
Sodium (mg)	110	110	125	125		190	220
Total Carb (g)	13	12	13	13		23	14
Dietary Fiber (g)	0	0	0	0		0	0
Sugars (g)	11	11	12	12		25	13
Protein (g)	8	8	9	9		7	9
Vitamin A (%)	6	10	10	10		10	10
Vitamin C (%)	4	4	4	4		4	0
Calcium (%)	30	25	25	30		25	30
Iron (%)	0	0	0	0		0	0
Vitamin D (%)	25	25	25	25		25	30
Ingredients (List All)	whole mik, Vit D3	reduce fat milk, Vit A & D3	lowfat milk, Vit A & D3	skim milk, Vit A & D3		See below	See below
rBST Free (Yes or No)	Yes	Yes	Yes	Yes		Yes	Yes
rBST Free on Label	Yes	Yes	Yes	Yes		Yes	Yes
Gluten Free on Label	Yes	Yes	Yes	Yes		Yes	Yes
Kosher Certified	Yes	Yes	Yes	Yes		Yes	Yes
Kosher Certification Agency	OU	OU	OU	OU		OU	OU

Chocolate Milk Ingredients Lowfat Milk, High Fructose Corn Syrup, Cocoa (processed with alkali, Salt, Carrageenan, Starch, Artificial Flavor]

Buttermik Ingredients Cultured Skim Milk, Nonfat Dry Milk, Modified Food Starch, Salt, Sodium Citrate, Locust Bean Gum, Carrageen

United Dairy lil' Moos Nutritional Info

1% Low Fat Milk

Nutrition Facts

1 servings per container
Serving size 8oz (240mL)

Amount per serving
Calories 110

% Daily Value*

Total Fat 2.5g **3%**
Saturated Fat 1.5g **8%**
Trans Fat 0g

Cholesterol 15mg **5%**
Sodium 125mg **5%**

Total Carbohydrate 12g **4%**
Dietary Fiber 0g **0%**

Total Sugars 12g
Includes 0g Added Sugars **0%**

Protein 8g

Vit. D 25% • Calcium 25%

Iron 0% • Potas. 8% • Vit. A 15%

The % Daily Value (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.

INGREDIENTS: LOW FAT MILK, VITAMIN A PALMITATE AND VITAMIN D3 ADDED.
CONTAINS: MILK

Fat Free Skim Milk

Nutrition Facts

1 servings per container
Serving size 8oz (240mL)

Amount per serving
Calories 80

% Daily Value*

Total Fat 0g **0%**
Saturated Fat 0g **0%**
Trans Fat 0g

Cholesterol 5mg **2%**
Sodium 105mg **5%**

Total Carbohydrate 12g **4%**
Dietary Fiber 0g **0%**

Total Sugars 12g
Includes 0g Added Sugars **0%**

Protein 8g

Vit. D 25% • Calcium 25%

Iron 0% • Potas. 8% • Vit. A 15%

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INGREDIENTS: SKIM MILK, VITAMIN A PALMITATE AND VITAMIN D3 ADDED.
CONTAINS: MILK

Apple Juice

Nutrition Facts

1 servings per container
Serving size 4oz (118mL)

Amount per serving
Calories 70

% Daily Value*

Total Fat 0g **0%**
Saturated Fat 0g **0%**
Trans Fat 0g

Cholesterol 0mg **0%**
Sodium 0mg **0.5%**

Total Carbohydrate 14g **5%**
Dietary Fiber 0g **0%**

Total Sugars 12g
Includes 0g Added Sugars **0%**

Protein .5g

Vit. C 3% • Calcium 1%

Iron 1% • Vit. A 0%

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INGREDIENTS: WATER, AND CONCENTRATED APPLE JUICE.

Orange Juice

Nutrition Facts

1 servings per container
Serving size 4oz (118mL)

Amount per serving
Calories 60

% Daily Value*

Total Fat 0g **0%**
Saturated Fat 0g **0%**
Trans Fat 0g

Cholesterol 0mg **0%**
Sodium 0mg **0%**

Total Carbohydrate 14g **5%**
Dietary Fiber 0g **0%**

Total Sugars 14g
Includes 0g Added Sugars **0%**

Protein .5g

Vit. D 0% • Calcium 20%

Iron 0% • Potas. 8% • Vit. A 15%

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INGREDIENTS: CONTAINS ORANGE JUICE FROM CONCENTRATE WHICH MAY COME FROM BRAZIL, COSTA RICA, FLORIDA AND/OR BELIZE. NO PRESERVATIVES OR SUGAR ADDED.

Chocolate Skim Milk

Nutrition Facts

1 servings per container
Serving size 8oz (240mL)

Amount per serving
Calories 120

% Daily Value*

Total Fat 0g **0%**
Saturated Fat 0g **0%**
Trans Fat 0g

Cholesterol 5mg **2%**
Sodium 240mg **10%**

Total Carbohydrate 22g **8%**
Dietary Fiber 0g **0%**

Total Sugars 21g
Includes 10g Added Sugars **12%**

Protein 8g

Vit. D 15% • Calcium 20%

Iron 0% • Potas. 8% • Vit. A 15%

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INGREDIENTS: NONFAT MILK, HIGH FRUCTOSE CORN SYRUP, COCOA (PROCESSED WITH ALKALI), SALT, CARRAGEENAN, STARCH, ARTIFICIAL FLAVOR, VITAMIN A PALMITATE AND VITAMIN D3 ADDED.
CONTAINS: MILK

Strawberry Skim Milk

Nutrition Facts

1 servings per container
Serving size 8oz (240mL)

Amount per serving
Calories 110

% Daily Value*

Total Fat 2.5g **3%**
Saturated Fat 1.5g **8%**
Trans Fat 0g

Cholesterol 15mg **5%**
Sodium 125mg **5%**

Total Carbohydrate 12g **4%**
Dietary Fiber 0g **0%**

Total Sugars 12g
Includes 0g Added Sugars **0%**

Protein 8g

Vit. D 25% • Calcium 25%

Iron 0% • Potas. 8% • Vit. A 15%

The % Daily Value (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.

INGREDIENTS: LOW FAT MILK, VITAMIN A PALMITATE AND VITAMIN D3 ADDED.
CONTAINS: MILK

Vanilla Skim Milk

Nutrition Facts

1 servings per container
Serving size 8oz (240mL)

Amount per serving
Calories 110

% Daily Value*

Total Fat 2.5g **3%**
Saturated Fat 1.5g **8%**
Trans Fat 0g

Cholesterol 15mg **5%**
Sodium 125mg **5%**

Total Carbohydrate 12g **4%**
Dietary Fiber 0g **0%**

Total Sugars 12g
Includes 0g Added Sugars **0%**

Protein 8g

Vit. D 25% • Calcium 25%

Iron 0% • Potas. 8% • Vit. A 15%

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INGREDIENTS: LOW FAT MILK, VITAMIN A PALMITATE AND VITAMIN D3 ADDED.
CONTAINS: MILK

Fat Free Skim Milk

Nutrition Facts

1 servings per container
Serving size 8oz (240mL)

Amount per serving
Calories 80

% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 105mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	
Vit. D 25% • Calcium 25%	
Iron 0% • Potas. 8% • Vit. A 15%	

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INGREDIENTS: SKIM MILK,
VITAMIN A PALMITATE AND
VITAMIN D3 ADDED.
CONTAINS: MILK

2% Reduced Fat

Nutrition Facts

1 servings per container
Serving size 8oz (240mL)

Amount per serving
Calories 120

% Daily Value*	
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 115mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	
Vit. D 25% • Calcium 25%	
Iron 0% • Potas. 8% • Vit. A 10%	

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INGREDIENTS: REDUCED
FAT MILK, VITAMIN D3 ADDED.
CONTAINS: MILK

Vitamin D Milk

Nutrition Facts

1 servings per container
Serving size 8oz (240mL)

Amount per serving
Calories 150

% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 110mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	2%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	
Vit. D 25% • Calcium 30%	
Iron 0% • Potas. 8% • Vit. A 6%	

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INGREDIENTS: MILK, VITAMIN
D3 ADDED.
CONTAINS: MILK

Buttermilk Vitamin D

Nutrition Facts

1 servings per container
Serving size 8oz (240mL)

Amount per serving
Calories 150

% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 220mg	9%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	
Vit. D 25% • Calcium 25%	
Iron 0% • Potas. 8% • Vit. A 6%	

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INGREDIENTS: CULTURED
MILK, SALT, AND VITAMIN D3
ADDED.
CONTAINS: MILK