



Penn State University  
**BERKEY CREAMERY**  
**BEVERAGES**

**Green Tea**  
 1/2 Gallon

**INGREDIENTS:** water, sugar, natural green tea with ginseng added, honey flavor, 1/10 of one percent sodium benzoate

**Nutrition Facts**

Serving Size one cup (240 ml) (226g)  
 Servings Per Container 8

Amount Per Serving			
<b>Calories</b> 60		<b>Calories from Fat</b> 0	
		<b>% Daily Value*</b>	
<b>Total Fat</b> 0g			<b>0%</b>
<b>Saturated Fat</b> 0g			<b>0%</b>
<b>Trans Fat</b> 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 5mg			<b>0%</b>
<b>Total Carbohydrate</b> 18g			<b>6%</b>
<b>Dietary Fiber</b> 0g			<b>0%</b>
<b>Sugars</b> 18g			
<b>Protein</b> 0g			
<b>Vitamin A</b> 0%		<b>Vitamin C</b> 0%	
<b>Calcium</b> 0%		<b>Iron</b> 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
<b>Total Fat</b>	Less than	65g	80g
<b>Saturated Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300 mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4