



Penn State University  
BERKEY CREAMERY

MILK

Reduced Fat 2 % Milk  
6 Gallon

**INGREDIENTS:** reduced fat milk  
vitamin A palmitate and vitamin D3  
added. Contains milk

### Nutrition Facts

Serving Size 8 oz. (227g)  
Servings Per Container 100

Amount Per Serving

**Calories 120**    **Calories from Fat 40**

% Daily Value\*

**Total Fat 4.5g**    **7%**

Saturated Fat 3g    **15%**

Trans Fat --g

**Cholesterol 20mg**    **7%**

**Sodium 115mg**    **5%**

**Total Carbohydrate 12g**    **4%**

Dietary Fiber 0g    **0%**

Sugars 11g

**Protein 7g**

Vitamin A 10%    •    Vitamin C 2%

Calcium 25%    •    Iron 0%

Vitamin D 25%

\*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

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4