



Penn State University  
BERKEY CREAMERY

MILK

Buttermilk  
Quart

INGREDIENTS: Buttermilk, low fat, 1%,  
cultured.

### Nutrition Facts

Serving Size (115g)  
Servings Per Container 4

Amount Per Serving

**Calories 50**      **Calories from Fat 10**

% Daily Value\*

**Total Fat 1g**      **2%**

Saturated Fat 0.5g      **3%**

Trans Fat --g

**Cholesterol 5mg**      **2%**

**Sodium 125mg**      **5%**

**Total Carbohydrate 6g**      **2%**

Dietary Fiber 0g      **0%**

Sugars 6g

**Protein 4g**

Vitamin A 0%      • Vitamin C 0%

Calcium 10%      • Iron 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
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