



Penn State University  
BERKEY CREAMERY

CREAM

Half - N Half

Individual Creamers

INGREDIENTS: ultrapasteurized milk and cream. Contains milk

**Nutrition Facts**

Serving Size (30g)  
Servings Per Container 1

Amount Per Serving

**Calories 40**      **Calories from Fat 30**

% Daily Value\*

**Total Fat 3.5g**      **5%**

Saturated Fat 2g      **10%**

Trans Fat 0g

**Cholesterol 10mg**      **3%**

**Sodium 10mg**      **0%**

**Total Carbohydrate 1g**      **0%**

Dietary Fiber 0g      **0%**

Sugars 0g

**Protein 1g**

Vitamin A 2%      • Vitamin C 0%

Calcium 4%      • 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	

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