



Penn State University
BERKEY CREAMERY

MILK

Skim Milk

6 Gallon

INGREDIENTS: nonfat milk vitamin A palmitate and vitamin D3 added. Contains milk

Nutrition Facts

Serving Size one cup (240 ml) (227g)
Servings Per Container 96

Amount Per Serving

Calories 80 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 120mg **5%**

Total Carbohydrate 12g **4%**

Dietary Fiber 0g **0%**

Sugars 11g

Protein 8g

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.

		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