

# Organic Pastures Whole Milk – Raw (Unpasteurized), Unhomogenized



## Nutrition Facts

Serving Size 1 cup (240 mL)

Servings Per Container 4

Amount Per Serving

**Calories 150**      **Calories from Fat 70**

% Daily Value\*

**Total Fat 8g**      **12%**

**Saturated Fat 5g**      **25%**

**Trans Fat 0g**

**Cholesterol 30mg**      **10%**

**Sodium 105mg**      **4%**

**Total Carbohydrate 12g**      **4%**

**Dietary Fiber 0g**      **0%**

**Sugars 12g**

**Protein 8g**

**Vitamin A 6%**      • **Vitamin C 0%**

**Calcium 30%**      • **Iron 6%**

\*Percent Daily Values are based on a diet of 2,000 calories. 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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

1 cup:

150 calories

8g fat

30mg cholesterol

105mg sodium

12g carbohydrate

8g protein

6% vitamin A

0% vitamin C

30% calcium

6% iron

# Straus Family Creamery Organic Whole Milk – Pasteurized\*, Unhomogenized



INGREDIENTS: Organic Whole Milk.

Nutrition Facts	
Amount/serving	% DV*
Total Fat 8g	12%
Sat. Fat 5g	25%
Trans Fat 0g	
Cholest. 35mg	11%
Sodium 120mg	5%
Vitamin A 6%	Vitamin C 4%
Calcium 30%	Iron 0%

  

Amount/serving	% DV*
Tot. Carb. 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	

\*Percent Daily Values (DV) are based on a 2,000 calorie diet

1 cup:

150 calories

8g fat

35mg cholesterol

120mg sodium

11g carbohydrate

8g protein

6% vitamin A

4% vitamin C

30% calcium

0% iron

\*170°F for a total of 19 seconds