

# Cappuccino-12 fl. oz.-2% Milk

12/23/2011

Nutrition Facts			
Serving Size 12 fl. oz. (274g)			
Servings Per Container			
Amount Per Serving			
Calories 120		Calories from Fat 45	
		% Daily Value*	
Total Fat 5g		8%	
Saturated Fat 3g		15%	
Trans Fat 0g			
Cholesterol 20mg		7%	
Sodium 120mg		5%	
Total Carbohydrate 12g		4%	
Dietary Fiber 0g		0%	
Sugars 12g			
Protein 8g			
Vitamin A 4%		• Vitamin C 0%	
Calcium 30%		• 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	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			

Allergen: Contains Milk.

# Cappuccino-16 fl. oz.-2% Milk

12/23/2011

Nutrition Facts			
Serving Size 16 fl. oz. (365g)			
Servings Per Container			
Amount Per Serving			
Calories 150		Calories from Fat 60	
% Daily Value*			
Total Fat 6g		9%	
Saturated Fat 4g		20%	
Trans Fat 0g			
Cholesterol 25mg		8%	
Sodium 150mg		6%	
Total Carbohydrate 15g		5%	
Dietary Fiber 0g		0%	
Sugars 15g			
Protein 10g			
Vitamin A 6%		Vitamin C 2%	
Calcium 35%		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	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			

Allergen: Contains Milk.

# Cappuccino-20 fl. oz.-2% Milk

12/23/2011

Nutrition Facts			
Serving Size 20 fl. oz. (456g)			
Servings Per Container			
Amount Per Serving			
Calories 180		Calories from Fat 70	
		% Daily Value*	
Total Fat 7g		11%	
Saturated Fat 4.5g		23%	
Trans Fat 0g			
Cholesterol 30mg		10%	
Sodium 180mg		8%	
Total Carbohydrate 18g		6%	
Dietary Fiber 0g		0%	
Sugars 18g			
Protein 12g			
Vitamin A 8%		• Vitamin C 2%	
Calcium 45%		• Iron 2%	
*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	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			

Allergen: Contains Milk.

# Cappuccino-12 fl. oz.-Skim Milk

12/23/2011

Nutrition Facts			
Serving Size 12 fl. oz. (275g)			
Servings Per Container			
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 105mg		4%	
Total Carbohydrate 12g		4%	
Dietary Fiber 0g		0%	
Sugars 12g			
Protein 8g			
Vitamin A 10%		• Vitamin C 0%	
Calcium 30%		• 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	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			

Allergen: Contains Milk.

# Cappuccino-16 fl. oz.-Skim Milk

12/23/2011

Nutrition Facts

Serving Size 16 fl. oz. (366g)

Servings Per Container

Amount Per Serving

Calories 110

Calories from Fat 5

% Daily Value\*

Total Fat 0g

0%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 5mg

2%

Sodium 135mg

6%

Total Carbohydrate 15g

5%

Dietary Fiber 0g

0%

Sugars 15g

Protein 10g

Vitamin A 10%

Vitamin C 0%

Calcium 35%

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

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

Allergen: Contains Milk.

# Cappuccino-20 fl. oz.-Skim Milk

12/23/2011

Nutrition Facts			
Serving Size 20 fl. oz. (458g)			
Servings Per Container			
Amount Per Serving			
Calories 130		Calories from Fat 5	
		% Daily Value*	
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 5mg		2%	
Sodium 170mg		7%	
Total Carbohydrate 18g		6%	
Dietary Fiber 0g		0%	
Sugars 18g			
Protein 12g			
Vitamin A 15%		• Vitamin C 0%	
Calcium 45%		• Iron 2%	
*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	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			

Allergen: Contains Milk.