

# Sugar Free Caramel Latte-12 fl. oz.-2% Milk

04/18/2013

## Nutrition Facts

Serving Size 12 fl. oz. (304g)

Amount Per Serving

**Calories 200**    **Calories from Fat 60**

% Daily Value\*

**Total Fat 7g**                      **11%**

    Saturated Fat 3g                **15%**

    Trans Fat 0g

**Cholesterol 25mg**                **8%**

**Sodium 170mg**                    **7%**

**Total Carbohydrate 29g**        **10%**

    Dietary Fiber 5g                **20%**

    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

Allergens: Contains Milk, Soy.

# Sugar Free Caramel Latte-16 fl. oz.-2% Milk

04/18/2013

## Nutrition Facts

Serving Size 16 fl. oz. (410g)

Amount Per Serving

**Calories 260**    **Calories from Fat 80**

% Daily Value\*

**Total Fat 9g**                      **14%**

    Saturated Fat 4g                **20%**

    Trans Fat 0g

**Cholesterol 30mg**                **10%**

**Sodium 230mg**                    **10%**

**Total Carbohydrate 41g**        **14%**

    Dietary Fiber 7g                **28%**

    Sugars 15g

    Other Carbohydrate 0g

**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

Allergens: Contains Milk, Soy.

# Sugar Free Caramel Latte-20 fl. oz.-2% Milk

04/18/2013

## Nutrition Facts

Serving Size 20 fl. oz. (516g)

Amount Per Serving

**Calories 330**    **Calories from Fat 100**

% Daily Value\*

**Total Fat 11g**                      **17%**

    Saturated Fat 4.5g                **23%**

    Trans Fat 0g

**Cholesterol 40mg**                  **13%**

**Sodium 290mg**                      **12%**

**Total Carbohydrate 52g**         **17%**

    Dietary Fiber 9g                  **36%**

    Sugars 18g

    Other Carbohydrate 0g

**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

Allergens: Contains Milk, Soy.

# Sugar Free Caramel Latte-12 fl. oz.-Skim Milk

04/18/2013

## Nutrition Facts

Serving Size 12 fl. oz. (305g)

Amount Per Serving

**Calories 160**    **Calories from Fat 20**

% Daily Value\*

**Total Fat 2g**                      **3%**

    Saturated Fat 0g                **0%**

    Trans Fat 0g

**Cholesterol 10mg**                **3%**

**Sodium 160mg**                    **7%**

**Total Carbohydrate 29g**        **10%**

    Dietary Fiber 5g                **20%**

    Sugars 12g

    Other Carbohydrate 0g

**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

Allergens: Contains Milk, Soy.

# Sugar Free Caramel Latte-16 fl. oz.-Skim Milk

04/18/2013

## Nutrition Facts

Serving Size 16 fl. oz. (411g)

Amount Per Serving

**Calories 210**    **Calories from Fat 30**

% Daily Value\*

**Total Fat 3g**                      **5%**

    Saturated Fat 0g                **0%**

    Trans Fat 0g

**Cholesterol 15mg**                **5%**

**Sodium 220mg**                    **9%**

**Total Carbohydrate 41g**        **14%**

    Dietary Fiber 7g                **28%**

    Sugars 15g

    Other Carbohydrate 0g

**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

Allergens: Contains Milk, Soy.

# Sugar Free Caramel Latte-20 fl. oz.-Skim Milk

04/18/2013

## Nutrition Facts

Serving Size 20 fl. oz. (518g)

Amount Per Serving

**Calories 270**    **Calories from Fat 35**

% Daily Value\*

**Total Fat 4g**                      **6%**

    Saturated Fat 0g                **0%**

    Trans Fat 0g

**Cholesterol 15mg**                **5%**

**Sodium 280mg**                    **12%**

**Total Carbohydrate 53g**        **18%**

    Dietary Fiber 9g                **36%**

    Sugars 18g

    Other Carbohydrate 0g

**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

Allergens: Contains Milk, Soy.