



4.1



An excellent source of many essential nutrients, including calcium, protein, and vitamin D, Milk serves as a vital part of a balanced diet. From improving bone health to helping reduce the risks of memory loss, drinking milk offer many health benefits.

Milk Low Fat

Serving Size 1 Each (1/2 pint) **Carbs: 16.00**

Served on Fri, 01/23/2026

Allergens



Dairy

Nutrients

Carbohydrate (gm)	16.00
Fiber (gm)	0.00
Total Fat (gm)	2.50
Saturated Fat (gm)	1.50
Total Sugar (g)	14.00
Protein (gm)	11.00
Calories	120.00

Ingredients

vitamin D milk solids vitamin A palmitate nonfat



Disclaimer

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