

# Locally Made. Naturally Delicious.™

Lactose Free and Dairy Free Milks



**Hiland**  
DAIRY FOODS 

[HilandDairy.com](http://HilandDairy.com)

# Half Gallon Milks



**Whole Lactose Free**  
Item #24961



## Nutrition Facts

8 servings per container  
Serving size 1 cup (240mL)

Amount per serving  
**Calories 150**

	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 2.5mcg	15%
Calcium 290mg	40%
Iron 0.1mg	2%
Potassium 340mg	8%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: MILK, LACTASE ENZYME\*, VITAMIN D3.

CONTAINS: MILK

\*NOT FOUND IN REGULAR MILK.



**2% Lactose Free**  
Item #24962



## Nutrition Facts

8 servings per container  
Serving size 1 cup (240mL)

Amount per serving  
**Calories 120**

	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 2.5mcg	15%
Calcium 300mg	25%
Iron 0mg	0%
Potassium 350mg	8%
Vitamin A 150mcg	15%

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REDUCED FAT MILK, LACTASE ENZYME\*\*, VITAMIN A PALMITATE, VITAMIN D3.

CONTAINS: MILK

\*\*NOT FOUND IN REGULAR MILK.



**1% Lactose Free**  
Item #31360



## Nutrition Facts

8 servings per container  
Serving size 1 cup (240mL)

Amount per serving  
**Calories 100**

	% Daily Value*
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 2.5mcg	15%
Calcium 290mg	20%
Iron 0.1mg	0%
Potassium 370mg	8%
Vitamin A 140mcg	15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

GRADE A LOWFAT MILK, LACTASE ENZYME\*\*, VITAMIN A PALMITATE, VITAMIN D3.

CONTAINS: MILK

\*\*NOT FOUND IN REGULAR MILK.



**Fat Free Extra Calcium Lactose Free**  
Item #24964



## Nutrition Facts

8 servings per container  
Serving size 1 cup (240mL)

Amount per serving  
**Calories 80**

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 2.5mcg	15%
Calcium 530mg	40%
Iron 0.3mg	2%
Potassium 360mg	8%
Vitamin A 150mcg	15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: SKIM MILK, TRICALCIUM PHOSPHATE\*, CARRAGEENANAN\*, LACTASE ENZYME\*, VITAMIN A PALMITATE, VITAMIN D3.

CONTAINS: MILK

\*NOT FOUND IN REGULAR SKIM MILK.



# Half Gallon Milks



**Chocolate Lactose Free  
Item #29700**



Nutrition Facts	
8 servings per container	
Serving size	1 cup (240mL)
Amount per serving	
<b>Calories</b>	<b>210</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 24g	
Includes 13g Added Sugars	<b>26%</b>
<b>Protein</b> 8g	
Vitamin D 2.3mcg	10%
Calcium 260mg	20%
Iron 0.9mg	6%
Potassium 380mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: MILK, SUGAR, ALKALIZED CO-  
COA, SALT, CARRAGEENAN, NATURAL FLAVOR,  
VITAMIN D3, LACTASE ENZYME\*\*.

CONTAINS: MILK.

\*\*NOT FOUND IN REGULAR CHOCOLATE MILK.



**Almond  
Item #24705**



Nutrition Facts	
8 servings per container	
Serving size	1 cup (240mL)
Amount per serving	
<b>Calories</b>	<b>60</b>
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber < 1g	<b>4%</b>
Total Sugars 7g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 1g	
Vitamin D 5mcg	25%
Calcium 390mg	30%
Iron 0.4mg	2%
Potassium 35mg	0%
Vitamin A 90mcg	10%
Vitamin E 7.5mg	50%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: ALMOND BEVERAGE (FILTERED  
WATER, ALMONDS), CANE SUGAR, TRICALCIUM  
PHOSPHATE, SEA SALT, GELLAN GUM, SUN-  
FLOWER LECITHIN, LOCUST BEAN GUM, VITAMIN  
A PALMITATE, ERGOCALCIFEROL (VITAMIN D2),  
DL-ALPHA TOCOPHEROL ACETATE (VITAMIN E).  
Contains: Almonds



**Almond Unsweetened  
Item #24704**



Nutrition Facts	
8 servings per container	
Serving size	1 cup (240mL)
Amount per serving	
<b>Calories</b>	<b>30</b>
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber < 1g	<b>4%</b>
Total Sugars < 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 5mcg	25%
Calcium 390mg	30%
Iron 0.4mg	2%
Potassium 35mg	0%
Vitamin A 90mcg	10%
Vitamin E 7.5mg	50%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: ALMOND BEVERAGE (FILTERED  
WATER, ALMONDS), TRICALCIUM PHOSPHATE,  
SEA SALT, GELLAN GUM, SUNFLOWER LECITHIN,  
LOCUST BEAN GUM, VITAMIN A PALMITATE,  
ERGOCALCIFEROL (VITAMIN D2), DL-ALPHA  
TOCOPHEROL ACETATE (VITAMIN E).  
Contains: Almonds



**Almond Vanilla  
Item #24707**



Nutrition Facts	
8 servings per container	
Serving size	1 cup (240mL)
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber < 1g	<b>4%</b>
Total Sugars 13g	
Includes 13g Added Sugars	<b>26%</b>
<b>Protein</b> 1g	
Vitamin D 5mcg	25%
Calcium 390mg	30%
Iron 0.4mg	2%
Potassium 35mg	0%
Vitamin A 90mcg	10%
Vitamin E 7.5mg	50%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: ALMOND BEVERAGE (FILTERED  
WATER, ALMONDS), CANE SUGAR, TRICALCIUM  
PHOSPHATE, SEA SALT, NATURAL VANILLA FLA-  
VOR WITH OTHER NATURAL FLAVORS, GELLAN  
GUM, SUNFLOWER LECITHIN, LOCUST BEAN  
GUM, VITAMIN A PALMITATE, ERGOCALCIFEROL  
(VITAMIN D2), DL-ALPHA TOCOPHEROL ACETATE  
(VITAMIN E).  
Contains: Almonds



# Half Gallon Milks



**Almond Vanilla Unsweetened**  
Item #24706



**Almond Chocolate**  
Item #24703



**Soy Original**  
Item #24701



**Oatmilk Original**  
Item #31305



Nutrition Facts	
8 servings per container	
Serving size 1 cup (240mL)	
Amount per serving	
<b>Calories</b>	<b>30</b>
% Daily Value*	
<b>Total Fat</b> 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 190mg	8%
<b>Total Carbohydrate</b> 1g	0%
Dietary Fiber < 1g	4%
Total Sugars < 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	
Vitamin D 5mcg	25%
Calcium 390mg	30%
Iron 0.4mg	2%
Potassium 35mg	0%
Vitamin A 90mcg	10%
Vitamin E 7.5mg	50%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: ALMOND BEVERAGE (FILTERED WATER, ALMONDS), TRICALCIUM PHOSPHATE, SEA SALT, NATURAL VANILLA FLAVOR WITH OTHER NATURAL FLAVORS, GELLAN GUM, SUNFLOWER LECITHIN, LOCUST BEAN GUM, VITAMIN A PALMITATE, ERGOCALCIFEROL (VITAMIN D2), DL-ALPHA TOCOPHEROL ACETATE (VITAMIN E).  
Contains: Almonds

Nutrition Facts	
8 servings per container	
Serving size 1 cup (240mL)	
Amount per serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 150mg	7%
<b>Total Carbohydrate</b> 22g	8%
Dietary Fiber 1g	4%
Total Sugars 20g	
Includes 20g Added Sugars	40%
<b>Protein</b> 1g	
Vitamin D 5mcg	25%
Calcium 390mg	30%
Iron 0.4mg	2%
Potassium 90mg	2%
Vitamin A 90mcg	10%
Vitamin E 7.5mg	50%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Almond Beverage (Filtered Water, Almonds), Cane Sugar, Dutch Cocoa, Tricalcium Phosphate, Natural Flavors, Sea Salt, Gellan Gum, Sunflower Lecithin, Locust Bean Gum, Vitamin A Palmitate, Ergocalciferol (Vitamin D2), DL-Alpha Tocopherol Acetate (Vitamin E).  
Allergen Warning: Contains Almonds

Nutrition Facts	
8 servings per container	
Serving size 1 cup (240mL)	
Amount per serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat</b> 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 85mg	4%
<b>Total Carbohydrate</b> 8g	3%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 6g Added Sugars	12%
<b>Protein</b> 7g	
Vitamin D 5mcg	25%
Calcium 300mg	25%
Iron 1mg	6%
Potassium 280mg	6%
Vitamin A 90mcg	10%
Riboflavin 0.4mg	30%
Vitamin B12 1.2mcg	50%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: ORGANIC SOY BEVERAGE (FILTERED WATER, ORGANIC SOYBEANS), ORGANIC CANE SUGAR, CALCIUM CARBONATE, SEA SALT, NATURAL FLAVORS, ORGANIC NATURAL FLAVOR, GELLAN GUM, ORGANIC LOCUST BEAN GUM, VITAMIN A PALMITATE, ERGOCALCIFEROL (VITAMIN D2), RIBOFLAVIN (VITAMIN B2), CYANOCOBALAMIN (VITAMIN B12).  
Contains: Soy

Nutrition Facts	
8 servings per container	
Serving size 1 cup (240mL)	
Amount per serving	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 3.5g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 140mg	6%
<b>Total Carbohydrate</b> 16g	6%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 7g Added Sugars	14%
<b>Protein</b> 3g	
Vitamin D 3.6mcg	20%
Calcium 350mg	25%
Iron 0.35mg	2%
Potassium 390mg	8%
Vitamin A 160mcg	20%
Riboflavin 0.6mg	45%
Vitamin B12 1.2mcg	50%
Phosphorous 270mcg	20%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Oatmilk (Filtered Water, Oats), Contains 2% or Less of: Hi Oleic Sunflower Oil, Calcium Carbonate, Tricalcium Phosphate, Sea Salt, Gellan Gum, Potassium Phosphate, Vitamin A Palmitate, Ergocalciferol (Vitamin D2), Riboflavin, Vitamin B12  
Contains: Trace Amounts of Wheat

