



**Hiland**  
DAIRY FOODS  
FARMER OWNED

Hiland Dairy  
Lactose Free 1% Lowfat Milk





# REAL MILK. JUST WITHOUT THE LACTOSE.

Made with only the freshest ingredients!  
Provides same essential nutrients as regular milk.



ESSENTIAL  
NUTRIENTS



1% Lowfat Lactose Free Milk  
Half Gallon

## 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.

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

**CONTAINS:**  
MILK

\*\*NOT FOUND IN REGULAR MILK.

Product #31360



PACK SIZE	6 Per Box
PACK SIZE	9 Per Crate

HilandDairy.com