



Frosted Vanilla Shake

Nutrition Facts			
Serving Size 10oz. (158g)			
Servings Per Container 1			
Amount Per Serving			
Calories 230	Calories from Fat 50		
% Daily Value*			
Total Fat 5g	8%		
Saturated Fat 2.5g	13%		
<i>Trans</i> Fat 0g			
Cholesterol 20mg	7%		
Sodium 125mg	5%		
Total Carbohydrate 43g	14%		
Dietary Fiber 0g			
Sugars 43g			
Protein 5g			
Vitamin A 3%	•	Vitamin C 0%	
Calcium 20%	•	Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400m
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: MILKFAT AND NONFAT MILK, SUGAR, CORN SYRUP, WHEY, HIGH FRUCTOSE CORN SYRUP, STABILIZED AND EMULSIFIED BY MONO AND DIGLYCERIDES, GUAR GUM, CELLULOSE GUM AND CARRAGEENAN, ARTIFICIAL FLAVOR, AND VEGETABLE ANNATTO COLOR.