

Preferred Meal Systems, Inc.

Product Specification Sheet



Item @milk

NUTRIENT INFORMATION PER SERVING

Item Name	Milk	CALORIES	147.4 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	8.1 (GM)
CN Number:		CARBOHYDRATES	23.6 (GM)
Basis for Data Submitted:	As Served	TOTAL FAT	2.4 (GM)
Package Size:	8.00 (oz) 226.80 (g)	SATURATED FAT	1.5 (GM)
Servings Per Package:	1	MonoFat	0.7 (GM)
Weight Per Serving:	8.00 (oz) 226.80 (g)	PolyFat	0.1 (GM)
Nutrients based on:	1	% Calories from Fat	14.7 (%)
Product Composition:	@MILK COMPOSITE = 82% chocolate (1%) milk, 15% white (1%) milk, and 3% white (skim) milk	CHOLESTEROL	8.5 (MG)
Meal Contributions:	0.00 oz.meat/meat alternative	VITAMIN A	144.7 (RE)
	0.00 grain/bread equivalent	VITAMIN C	1.9 (MG)
	cup fruit/vegetable	THIAMIN	0.1 (MG)
Preparation Instructions:		RIBOFLAVIN	0.4 (MG)
		NIACIN	0.3 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	CALCIUM	288.6 (MG)
		IRON	0.5 (MG)
		POTASSIUM	414.9 (MG)
		PHOSPHORUS	253.8 (MG)
		SODIUM	144.6 (MG)
		Fiber	1.1 (GM)

No Value-Indicates no information available

Reviewed by: Julie Mc Nichols R.D., L.D.N.