

# Nutrition Facts

## Valeur nutritive

Per 1 cup (250 mL)  
pour 1 tasse (250 mL)

**Calories 200**

% Daily Value\*  
% valeur quotidienne\*

<b>Fat / Lipides</b> 8 g	11 %
Saturated / saturés 4.5 g	23 %
+ Trans / trans 0 g	

<b>Carbohydrate / Glucides</b> 24 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 23 g	23 %

**Protein / Protéines** 8 g

**Cholesterol / Cholestérol** 25 mg

<b>Sodium</b> 200 mg	9 %
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Potassium 450 mg	10 %
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Calcium 250 mg	19 %
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Iron / Fer 1 mg	6 %
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Vitamin D / Vitamine D 9 µg	45 %
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\*5% or less is **a little**, 15% or more is **a lot**

\*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

**INGREDIENTS:** WHOLE MILK, SUGAR, COCOA POWDER,  
SALT, CARRAGEENAN\*\*, NATURAL FLAVOURS, VITAMIN D3

\*\*CARRAGEENAN IS ADDED TO KEEP THE COCOA  
POWDER FROM SETTLING TO THE BOTTOM. IT IS A  
NATURAL PRODUCT THAT COMES FROM RED EDIBLE