



Nutrition Facts

About 3.5 servings per container
Serving size **1/3 Cup (85g) drained**

Amount per serving
Calories 170

% Daily Value*

Total Fat 9g	12%
Saturated Fat 4.5g	21%
Trans Fat 0g	
Cholesterol 80mg	26%
Sodium 330mg	14%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	

Includes 0g Added Sugars

Protein 20g

Vitamin D 4.8mcg 25% • Calcium 270mg 20%
Iron 0.8mg 4% • Potassium 210mg 4%
*Percent Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories diet is used for general nutrition advice.

INGREDIENTS:
CHUB MACKEREL
WATER, SALT
CONTAINS:
CHUB MACKEREL
DISTRIBUTED BY
THE KROGER CO.
CINCINNATI, OHIO
45202
PRODUCT OF
THAILAND

Genus Species
Scomber
Japonicus
Fishes (Clupea)
Area: PACIFIC
Catch Method:
Purse Seine



Nutrition Facts

about 4 servings per container

serving size **3 oz (85g / 1/3 cup)**

Amount per serving

Calories 120

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 70mg **23%**

Sodium 300mg **13%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 20g

Vitamin D 12mcg 60% • **Calcium** 240mg 20%

Iron 1mg 6% • **Potassium** 280mg 6%

*The % Daily Value 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:
PINK SALMON,
SALT,
CONTAINS:
SALMON

DISTRIBUTED BY
THE KROGER CO.
CINCINNATI, OHIO
45202

PRODUCT OF USA



COLLARD GREENS
1 cup



COLLARD GREENS
1 cup

Collard Greens, Frozen Cooked

Nutrition Facts	
servings per container	1 cup (198g)
Serving size	
Amount per serving	
Calories	70
	% Daily Value*
Total Fat 1g	0%
Saturated Fat 0g	0%
Trans Fat -g	0%
Cholesterol 0mg	0%
Sodium 550mg	24%
Total Carbohydrate 14g	5%
Dietary Fiber 6g	21%
Total Sugars 1g	0%
Includes 0g Added Sugars	0%
Protein 6g	30%
Vitamin D 0mcg	10%
Calcium 415mg	10%
Iron 2mg	10%
Potassium 498mg	10%

*The % Daily Value 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.

Collard Greens, Fresh Cooked

Nutrition Facts	
servings per container	1 cup (198g)
Serving size	
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 1.5g	0%
Saturated Fat 0g	0%
Trans Fat -g	0%
Cholesterol 0mg	0%
Sodium 410mg	18%
Total Carbohydrate 11g	4%
Dietary Fiber 6g	29%
Total Sugars 1g	0%
Includes 0g Added Sugars	0%
Protein 5g	20%
Vitamin D 0mcg	10%
Calcium 268mg	4%
Iron 2mg	10%
Potassium 220mg	4%

*The % Daily Value 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.

Collard Greens, Fresh Cooked

Nutrition Facts	
servings per container	1 cup (198g)
Serving size	
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 1.5g	0%
Saturated Fat 0g	0%
Trans Fat -g	0%
Cholesterol 0mg	0%
Sodium 410mg	18%
Total Carbohydrate 11g	4%
Dietary Fiber 6g	29%
Total Sugars 1g	0%
Includes 0g Added Sugars	0%
Protein 5g	20%
Vitamin D 0mcg	10%
Calcium 268mg	4%
Iron 2mg	10%
Potassium 220mg	4%

*The % Daily Value 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.

Collard Greens, Frozen Cooked

Nutrition Facts	
servings per container	1 cup (198g)
Serving size	
Amount per serving	
Calories	70
	% Daily Value*
Total Fat 1g	0%
Saturated Fat 0g	0%
Trans Fat -g	0%
Cholesterol 0mg	0%
Sodium 550mg	24%
Total Carbohydrate 14g	5%
Dietary Fiber 6g	21%
Total Sugars 1g	0%
Includes 0g Added Sugars	0%
Protein 6g	30%
Vitamin D 0mcg	10%
Calcium 415mg	10%
Iron 2mg	10%
Potassium 498mg	10%

*The % Daily Value 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.



Nutrition Facts

About 4 servings per container

Serving size 1 cup (240 mL)

Amount per serving

Calories 110

% Daily Value*

Total Fat 2g 3%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 125mg 5%

Total Carbohydrate 9g 3%

Dietary Fiber 0g 0%

Total Sugars 9g 0%

Includes 0g Added Sugars 0%

Protein 10g 16%

Vitamin D 3.8mcg 20% • Calcium 390mg 30%

Iron 0mg 0% • Potassium 380mg 8%

*The % Daily Value 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: PASTEURIZED ORGANIC LOWFAT MILK, ORGANIC NONFAT MILK, PECTIN, VITAMIN A PALMITATE, VITAMIN D3, LIVE AND ACTIVE CULTURES.
CONTAINS: MILK.



Nutrition Facts

4 servings per container

Serving size 8 fl oz (240 mL)

Amount per serving

Calories 110

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 15mg 4%

Sodium 380mg 17%

Total Carbohydrate 13g 5%

Dietary Fiber 0g 0%

Total Sugars 12g

Includes 0g Added Sugars 0%

Protein 8g

Vitamin D 2.5mcg 10% • Calcium 300mg 25%

Iron 0mg 0% • Potassium 380mg 8%

Vitamin A 150mcg 15%

*The % Daily Value 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: CULTURED SKIM MILK AND MILK, SALT, MODIFIED CORN STARCH, TAPIOCA STARCH, SODIUM CITRATE, LOCUST BEAN GUM, CARRAGEENAN, VITAMIN A PALMITATE, VITAMIN D3.

CONTAINS: MILK.

DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202
CONTAINS A BIOENGINEERED FOOD INGREDIENT



3, 4, 7

Simply Orange®

100% ORANGE JUICE

GOOD SOURCE OF VITAMIN C, VITAMIN D & CALCIUM

NO ADDED SUGAR†

PASTEURIZED

KEEP REFRIGERATED

SHAKE WELL

BEST IF USED WITHIN 7-10
DAYS AFTER OPENING.

PRODUCT QUESTIONS &
FRESH TASTE GUARANTEED
INFO CALL: 1-800-371-2653.
www.simplyorangejuice.com

†NOT A REDUCED CALORIE FOOD.
SEE NUTRITION FACTS FOR SUGAR
& CALORIE CONTENT.

HI, ME 5¢

PLEASE RECYCLE



smartlabel

USD458146 • USD458147



Nutrition Facts

About 7 servings per container

Serving Size 8 fl oz (240 mL)

Amount Per Serving
Calories 110

% Daily Value

Total Fat 0g 0%

Sodium 0mg 0%

Total Carbohydrate 26g 9%

Total Sugars 23g

Includes 0g Added Sugars 0%

Protein 2g Not a significant source of protein

Vitamin D 2.5mg 15% • Calcium 350mg 25%
Potassium 450mg 10% • Vitamin C 30%
Thiamin 8% • Niacin 2%
Vitamin B6 4% • Folate 10%
Magnesium 6%

Not a significant source of saturated fat, trans fat,
cholesterol, dietary fiber and iron.

CONTAINS ORANGE JUICE LESS THAN 1% OF:
CALCIUM PHOSPHATE* AND CALCIUM LACTATE*
(CALCIUM SOURCES), VITAMIN D2.
*INGREDIENTS NOT FOUND IN REGULAR
ORANGE JUICE.

PRODUCED FOR
SIMPLY ORANGE JUICE COMPANY
APPROX. 11, 22703 U.S.A.

CONTAINS ORANGE JUICE FROM COUNTRIES
IDENTIFIED ON BOTTLE NECK.
©2015 SIMPLY ORANGE JUICE COMPANY.



Plant Based

Nutrition Facts

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

Amount per serving
Calories 90

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Polysaturated Fat 2g

Monounsaturated Fat 0.5g

Cholesterol 0mg **0%**

Sodium 95mg **4%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **7%**

Total Sugars 6g

Includes 5g Added Sugars **10%**

Protein 7g

Vitamin D 6mcg **30%**

Calcium 300mg **25%**

Iron 0.8mg **4%**

Potassium 260mg **6%**

Vitamin A 150mcg **15%**

Riboflavin 0.51mg **40%**

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 BLEND (FILTERED WATER, ORGANIC SOYBEANS), ORGANIC CANE SUGAR, CALCIUM CARBONATE, SEA SALT, NATURAL FLAVORS, GELLAN GUM, VITAMIN A PALMITATE, VITAMIN D2, RIBOFLAVIN (VITAMIN B2) AND VITAMIN B12.
CONTAINS: SOY.


DISTRIBUTED BY
LUCERNE FOODS, INC.
P.O. BOX 99
PLEASANTON, CA
94566-0009
1-877-232-4271

Quality & Satisfaction
100% Guaranteed
or Your Money Back

 **CERTIFIED ORGANIC BY QUALITY ASSURANCE INTERNATIONAL**

NOT TO BE USED AS AN INFANT FORMULA
ONCE OPENED, CONSUME WITHIN 7 DAYS
PROCESSED AND PACKAGED
AT PLANT STAMPED ON TOP
ULTRA-PASTEURIZED
CALCIUM, VITAMINS A, D, B2 & B12 ADDED
DO NOT FREEZE



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food information

8699001A

RD 19330

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Nutrition Facts

1 serving per container

Serving size
1/3 cup (85g)
drained

Calories 180
per serving

Amount/serving	% DV	Amount/serving	% DV
Total Fat 11g	14%	Total Carb. 0g	0%
Sat. Fat 2g	11%	Fiber 0g	0%
Trans Fat 0g		Total Sugars 0g	
cholesterol 30mg	10%	Incl. 0g Added Sugars	0%
Sodium 530mg	23%	Protein 20g	
Vitamin D 45% • Calcium 25% • Iron 10% • Potassium 6%			

INGREDIENTS: SARDINES,
SOYBEAN OIL, SALT.
CONTAINS: SARDINES.

DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202

PRODUCT OF MORROCO

QUALITY GUARANTEE
800-632-6900 • www.kroger.com

* THE LINING OF THIS CAN WAS
PRODUCED WITHOUT BPA

Species Name: Sardina
pilchardus spp.
FAO Catch area: FA034
Method of catch: Purse seine

Prior to opening, store at room
temperature. Once opened, cover and
keep refrigerated. Consume within two days.



0 11110 90565 9



tofu

PREMIUM

Pasteurized with Double Cooling System™ for premium quality.



Delicious
grilled and
in stir-fries!

**EXTRA
FIRM**

How Firm is
Extra Firm?

1 2 3 4 **5** 6



PERISHABLE • KEEP REFRIGERATED
STORE IN WATER

Nutrition

About 5 servings
per container
Serving size
3 oz (85g)

Calories 80
per serving

Amount/Serving	%DV	Amount/Serving	%DV
Total Fat 4.5g	6%	Sodium 10mg	0%
Sat. Fat 0.5g	4%	Total Carb. 2g	1%
Trans Fat 0g		Fiber 2g	6%
Polyunsat. Fat 2.5g		Total Sugars 0g	
Monounsat. Fat 1g		Incl. 0g Added Sugars	0%
Cholest. 0mg	0%	Protein 8g	16%
Vitamin D 0%		Iron 8%	
Calcium 10%		Potassium 2%	

NET WT.
16 OZ (1 LB)
453 g

INGREDIENTS: WATER,
SOYBEANS, CALCIUM
SULFATE, CALCIUM
CHLORIDE.

House Foods America Corporation
Garden Grove, CA 92841 • Somerset, NJ 08873 USA • 1-877-333-7077
www.house-foods.com



Nutrition Facts

About 5 servings
per container

Serving size
3 oz (85g)

Calories **80**
per serving

Amount/Serving	%DV
----------------	-----

Total Fat 4.5g	6%
-----------------------	-----------

Sat. Fat 0.5g	4%
---------------	-----------

Trans Fat 0g	
--------------	--

Polyunsat. Fat 2.5g	
---------------------	--

Monounsat. Fat 1g	
-------------------	--

Cholest. 0mg	0%
---------------------	-----------

Vitamin D 0% • Calcium 10% • Iron 8% • Potassium 2%

Amount/Serving	%DV
----------------	-----

Sodium 10mg	0%
--------------------	-----------

Total Carb. 2g	1%
-----------------------	-----------

Fiber 2g	6%
----------	-----------

Total Sugars 0g	
-----------------	--

Incl. 0g Added Sugars	0%
-----------------------	-----------

Protein 8g	16%
-------------------	------------

NET WT.
16 OZ (1 LB)
453 g

**INGREDIENTS: WATER,
SOYBEANS, CALCIUM
SULFATE, CALCIUM
CHLORIDE.**



Nutrition Facts

8 servings per container

Serving size
1 oz (28g/about 2 Tbsp.)

Calories **90**
per serving

Amount/serving	% Daily Value*
Total Fat 9g	12%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 95mg	4%

Vitamin D 0mcg 0% • Calcium 27mg 2% • Iron 0mg 0% • Potassium 0mg 0%

Amount/serving	% Daily Value*
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	

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INGREDIENTS: PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, GUAR GUM, CAROB BEAN GUM, XANTHAN GUM.
CONTAINS MILK.



Nutrition Facts

74 servings per container

Serving size 2 Tbsp (5g)

Amount per serving

Calories 15

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 5mg 1%

Sodium 0mg 0%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 1g Added Sugars 2%

Protein 0g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 10mg 0%

*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: CREAM, WATER, SUGAR, CORN SYRUP, NONFAT MILK, CONTAINS LESS THAN 2% OF: NATURAL FLAVOR, MONO- AND DIGLYCERIDES, CARRAGEENAN, PROPELLANT: NITROUS OXIDE. CONTAINS MILK. DISTRIBUTED BY: Walmart Inc., Bentonville, AR 72716

BEST IF USED BY 07/26
0810 HB 04 ▲ 1511
BEST BY



Lucerne
DAIRY FARMS
SINCE 1904

Half & Half

PASTEURIZED

MADE WITH MILK FROM
COWS NOT TREATED
WITH rBST**

PERISHABLE
KEEP REFRIGERATED



40
CALORIES
PER 2 TBS

16 FL OZ (ONE PINT) 473 mL

GRADE A • PASTEURIZED • HOMOGENIZED

Nutrition Facts

About 16 servings per container
Serving size 2 tbsp (30mL)

Amount per serving
Calories 40

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 30mg 1%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0% • Calcium 40mg 2%

Iron 0mg 0% • Potassium 50mg 2%

* 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, CREAM.
CONTAINS: MILK.

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1-877-232-4271



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call 1-877-232-4271



Nutrition Facts

About 63 servings per container

Serving size 1 Tbsp (15mL)

Amount per serving

Calories 50

% Daily Value*

Total Fat 5g 6%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 5mg 0%

Total Carbohydrate <1g 0%

Dietary Fiber 0g 0%

Total Sugars <1g

Includes 0g Added Sugars 0%

Protein 0g

Vitamin D 0mcg 0% • Calcium 0mg 0%

Iron 0mg 0% • Potassium 0mg 0%

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INGREDIENTS:

Heavy Cream, Skim Milk,
Contains 1% or less of: Mono
and Diglycerides, Polysorbate
80, Carrageenan.



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Nutrition Facts

about 15 servings
per container
Serving size
2 Tbsp (30g)

Calories
per serving **60**

Amount/serving	% DV*	Amount/serving	% DV*
Total Fat 6g	7%	Total Carbohydrate 1g	0%
Saturated Fat 3.5g	18%	Dietary Fiber 0g	0%
Trans Fat 0g		Total Sugars 1g	0%
Cholesterol 20mg	7%	Includes 0g Added Sugars	0%
Sodium 15mg	1%	Protein less than 1g	0%
Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 0mg 0% • Potassium 0mg 0%			

INGREDIENTS: CULTURED CREAM AND SKIM MILK, ENZYMES.
CONTAINS: MILK.

DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202

PROCESSED AT LOCATION SHOWN ON CONTAINER.

QUALITY GUARANTEED
800-632-6900 • www.kroger.com



1% lowfat milk 
Grade A
vitamins A & D

QUALITY GUARANTEED.
COMMENTS OR QUESTIONS?
☎ 1-800-632-6900 OR
🌐 WWW.KROGER.COM

Nutrition Facts
8 servings per container
Serving size 8 fl oz (240mL)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	4%
Sodium 105mg	5%
Total Carbohydrate 12g	5%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 2.5mcg 10% • Calcium 300mg 25%	
Iron 0mg 0% • Potassium 380mg 8%	
Vitamin A 150mcg 15%	

*The % Daily Value 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.

HALF GAL (1.89L)

INGREDIENTS: SKIM MILK, MILK, VITAMIN A PALMITATE, VITAMIN D3.
DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202
PASTEURIZED
OUR FARMERS PLEDGE NOT TO TREAT THEIR COWS WITH rBST. THERE IS NO SIGNIFICANT DIFFERENCE BETWEEN MILK FROM rBST-TREATED AND NON-rBST-TREATED COWS.

87-0970
0 11110 50222 3


KEEP REFRIGERATED

**1% lowfat
milk** ^{UD}

Grade A
vitamins A & D

QUALITY GUARANTEED.
COMMENTS OR QUESTIONS?
☎ 1-800-632-6900 OR
🌐 WWW.KROGER.COM

Nutrition Facts

8 servings per container
Serving size 8 fl oz (240mL)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	4%
Sodium 105mg	5%
Total Carbohydrate 12g	5%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%

Protein 8g

Vitamin D 2.5mcg 10% • Calcium 300mg 25%
Iron 0mg 0% • Potassium 380mg 8%
Vitamin A 150mcg 15%

*The % Daily Value 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, MILK,
VITAMIN A PALMITATE, VITAMIN D3.

DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202

PASTEURIZED

OUR FARMERS PLEDGE NOT TO
TREAT THEIR COWS WITH rbST.
THERE IS NO SIGNIFICANT
DIFFERENCE BETWEEN MILK FROM
rbST-TREATED AND
NON-rbST-TREATED COWS.

87-0970



HALF GAL (1.89L)

KEEP REFRIGERATED



2 % reduced fat
milk ^UD

Grade A
vitamins A & D
contains 35% less
fat than regular milk

QUALITY GUARANTEED.
COMMENTS OR QUESTIONS?
☎ 1-800-632-6900 OR
🌐 WWW.KROGER.COM

Nutrition Facts

8 servings per container

Serving size 8 fl oz (240mL)

Amount per serving

Calories 120

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 105mg **4%**

Total Carbohydrate 12g **4%**

Dietary Fiber 0g **0%**

Total Sugars 12g

Includes 0g Added Sugars **0%**

Protein 8g

Vitamin D 2.5mcg 10% • Calcium 290mg 25%

Iron 0mg 0% • Potassium 380mg 8%

Vitamin A 150mcg 15%

*The % Daily Value 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, SKIM MILK,
VITAMIN A PALMITATE, VITAMIN D3.
CONTAINS: MILK.

DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202

PASTEURIZED • HOMOGENIZED

FAT REDUCED FROM 8g TO 5g PER
SERVING.

OUR FARMERS PLEDGE NOT TO
TREAT THEIR COWS WITH rbST.
THERE IS NO SIGNIFICANT
DIFFERENCE BETWEEN MILK FROM
rbST-TREATED AND
NON-rbST-TREATED COWS.

87-0971



HALF GAL (1.89L)

KEEP REFRIGERATED

ENJOY MILK AGAIN!

2% milkfat/38% less fat than UHT milk


2% Reduced Fat Milk

Grade A | Vitamins A&D | UHT Processed

100% Lactose Free



Real Milk
NO DISCOMFORT!

 **KD**
Serving Suggestion

QUART (946 mL)



FAT REDUCED FROM 8g TO 5g PER SERVING

Nutrition Facts

4 servings per container

Serving size 1 Cup (240mL)

Amount Per Serving

Calories 130

% Daily Value*

Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 125mg	5%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 2.5mcg	15%
Calcium 300mg	25%
Iron 0.1mg	0%
Potassium 410mg	8%
Vitamin A 150mcg	15%
Riboflavin 0.4mg	30%
Vitamin B12 0.85mcg	35%
Phosphorus 240mg	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: REDUCED FAT MILK, LACTASE ENZYME*, VITAMIN A PALMITATE AND VITAMIN D3.

*INGREDIENT NOT IN REGULAR MILK

CONTAINS: MILK

**DISTRIBUTED BY HP HOOD LLC
GENERAL OFFICES, LYNNFIELD, MA 01940**

UHT PROCESSED AND HOMOGENIZED AT PLANT
STAMPED ON TOP, BEST BY DATE STAMPED.

LACTAID, THE LACTAID COW DESIGN, SLOGANS,
AND THE DESIGN OF THIS PACKAGE ARE
TRADEMARKS OF MCNEIL NUTRITIONALS, LLC

©MCNEIL NUTRITIONALS, LLC 2021

SHAKE WELL BEFORE SERVING

GLUTEN FREE

**THIS PRODUCT IS UHT PROCESSED TO LAST
LONGER UNOPENED. ONCE OPENED, KEEP
REFRIGERATED AND CONSUME WITHIN 14 DAYS.**

ORIGINAL



8G PROTEIN
PER SERVING

ORIGINAL

SOY



8G PROTEIN
PER SERVING

Silk

THE ORIGINAL
NUTRITION
POWERHOUSE™

*IN A DIET LOW IN SATURATED FAT AND CHOLESTEROL,
25 GRAMS OF SOY PROTEIN PER DAY MAY REDUCE
THE RISK OF HEART DISEASE. A SERVING OF SILK
ORIGINAL SOYMILK HAS 8 GRAMS OF SOY PROTEIN.

SOYMILK

64 FL. OZ (2 QTS) 1.89 L

Certified



Corporation



**HEART
HEALTHY'** 

FREE FROM: ✓ DAIRY ✓ GLUTEN
✓ CARRAGEENAN
✓ CHOLESTEROL
✓ ARTIFICIAL COLORS & FLAVORS

Nutrition Facts

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

Amount per serving
Calories 110

% Daily Value*

Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 5g Added Sugars	10%
Protein 8g	16%

Vitamin D 3mcg 15% • Calcium 450mg 30%
Iron 1.3mg 6% • Potassium 380mg 8%
Vitamin A 150mcg 15% • Riboflavin 0.4mg 30%
Folate 40mcg DFE 10% • Vitamin B₁₂ 3mcg 120%
Phosphorus 220mg 15% • Magnesium 50mg 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: Soymilk (Filtered Water, Soybeans), Cane Sugar, Vitamin and Mineral Blend (Tricalcium Phosphate, Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Sea Salt, Natural Flavor, Gellan Gum.

CONTAINS SOY: Produced in a facility that also processes tree nuts.

Distributed by WhiteWave Foods
Broomfield, Colorado 80021

MUST BE REFRIGERATED. STAYS FRESH 7-10 DAYS AFTER OPENING.

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Visit Silk.com/Lovell or call 888-820-9283 for a full refund. Limit two refunds per household per year.

NOT TO BE USED AS INFANT FORMULA

†Diets low in saturated fat and cholesterol, and as low as possible in trans fat, may reduce the risk of heart disease.



MIX

FSC® C016043





SKIM fat free milk [®]_D
Grade A vitamins A & D

QUALITY GUARANTEED.
COMMENTS OR QUESTIONS?
☎ 1-800-632-6900 OR
🌐 WWW.KROGER.COM

Nutrition Facts
8 servings per container
Serving size 8 fl oz (240mL)

Amount per serving
Calories 80

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol less than 5mg	2%
Sodium 105mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 2.5mcg 10% • Calcium 300mg 25%	
Iron 0.1mg 0% • Potassium 390mg 8%	
Vitamin A 150mcg 15%	

*The % Daily Value 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.

HALF GAL (1.89L)

INGREDIENTS: SKIM MILK, VITAMIN A PALMITATE, VITAMIN D3. CONTAINS: MILK.
DISTRIBUTED BY THE KROGER CO. CINCINNATI, OHIO 45202
PASTEURIZED • HOMOGENIZED
OUR FARMERS PLEDGE NOT TO TREAT THEIR COWS WITH rBST. THERE IS NO SIGNIFICANT DIFFERENCE BETWEEN MILK FROM rBST-TREATED AND NON-rBST-TREATED COWS.

67-0972

0 1110 50239 1

KEEP REFRIGERATED

SKIM fat free milk [®] _D

Grade A
vitamins A & D

QUALITY GUARANTEED.
COMMENTS OR QUESTIONS?
☎ 1-800-632-6900 OR
💻 WWW.KROGER.COM

Nutrition Facts

8 servings per container
Serving size 8 fl oz (240mL)

Amount per serving

Calories **80**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol less than 5mg **2%**

Sodium 105mg **5%**

Total Carbohydrate 13g **4%**

Dietary Fiber 0g **0%**

Total Sugars 13g

Includes 0g Added Sugars **0%**

Protein 8g

Vitamin D 2.5mcg 10% • Calcium 300mg 25%

Iron 0.1mg 0% • Potassium 390mg 8%

Vitamin A 150mcg 15%

*The % Daily Value 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,
VITAMIN A PALMITATE, VITAMIN D3.
CONTAINS: MILK.

DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202

PASTEURIZED • HOMOGENIZED

OUR FARMERS PLEDGE NOT TO
TREAT THEIR COWS WITH rbST.
THERE IS NO SIGNIFICANT
DIFFERENCE BETWEEN MILK FROM
rbST-TREATED AND
NON-rbST-TREATED COWS.

87-0972



HALF GAL (1.89L)

KEEP REFRIGERATED



WHOLE vitamin D
milk [®]_D
Grade A
homogenized

Nutrition Facts

8 servings per container
Serving size 8 fl oz (240mL)

Amount per serving
Calories 150

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 5g	24%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 105mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%

Protein 8g

Vitamin D 2.5mcg 10% • Calcium 290mg 20%
Iron 0mg 0% • Potassium 370mg 8%

*The % Daily Value 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.

QUALITY GUARANTEED.
COMMENTS OR QUESTIONS?
1-800-632-6900 OR
WWW.KROGER.COM

INGREDIENTS: MILK, VITAMIN D3.
DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202
PASTEURIZED • HOMOGENIZED
OUR FARMERS PLEDGE NOT TO
TREAT THEIR COWS WITH rBST.
THERE IS NO SIGNIFICANT
DIFFERENCE BETWEEN MILK FROM
rBST-TREATED AND
NON-rBST-TREATED COWS.

87-0973



HALF GAL (1.89L)

KEEP REFRIGERATED

WHOLE vitamin D milk ^UD

Grade A
homogenized

QUALITY GUARANTEED.
COMMENTS OR QUESTIONS?

☎ 1-800-632-6900 OR

🌐 WWW.KROGER.COM

Nutrition Facts

8 servings per container

Serving size 8 fl oz (240mL)

Amount per serving

Calories 150

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 5g **24%**

Trans Fat 0g

Cholesterol 35mg **11%**

Sodium 105mg **4%**

Total Carbohydrate 12g **4%**

Dietary Fiber 0g **0%**

Total Sugars 12g

Includes 0g Added Sugars **0%**

Protein 8g

Vitamin D 2.5mcg 10% • Calcium 290mg 20%

Iron 0mg 0% • Potassium 370mg 8%

*The % Daily Value 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, VITAMIN D3.
DISTRIBUTED BY THE KROGER CO.
CINCINNATI, OHIO 45202

PASTEURIZED • HOMOGENIZED

OUR FARMERS PLEDGE NOT TO
TREAT THEIR COWS WITH rbST.

THERE IS NO SIGNIFICANT
DIFFERENCE BETWEEN MILK FROM
rbST-TREATED AND
NON-rbST-TREATED COWS.

87-0973



HALF GAL (1.89L)

KEEP REFRIGERATED



7, 8

Nutrition Facts

About 8 servings per container

Serving size 1 oz (28g)

Calories **110**
per serving

Amount/serving % Daily Value*

Total Fat 9g **12%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 180mg **8%**

Vitamin D 0.2mcg 2% • Calcium 200mg 15% • Iron 0mg 0% • Potassium 20mg 0%

Amount/serving

% Daily Value*

Total Carbohydrate <1g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 6g

*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: CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO (COLOR).





Nutrition Facts

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

Amount per serving
Calories 210

	% Daily Value*
Total Fat 8g	11%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 230mg	10%
Total Carbohydrate 25g	9%
Dietary Fiber 0g	0%
Total Sugars 23g	
Includes 11g Added Sugars	23%
Protein 8g	16%

Vit D 2.5mg 10% • Calcium 300mg 25%
Iron 0.5mg 2% • Potas 440mg 10% • Vit A 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, LIQUID SUGAR (SUGAR, WATER), LESS THAN 1% OF COCOA (PROCESSED WITH ALKALI), CORN STARCH, SALT, CARRAGEENAN, NATURAL FLAVOR, NONFAT MILK, VITAMIN D₃.
DISTRIBUTED BY: DFA DAIRY BRANDS, LLC, KANSAS CITY, KS 66111

trumoo.com
COMMENTS? 1-800-395-7004
GRADE A • PASTEURIZED • HOMOGENIZED
PLANT # STAMPED ABOVE
KEEP REFRIGERATED
SHAKE WELL

*No significant difference has been shown in milk from cows treated with the artificial growth hormone rbST and non rbST treated cows.





3, 7

INGREDIENTS: CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), SKIM MILK, MILKFAT, MILK PROTEIN CONCENTRATE, WHEY, CALCIUM PHOSPHATE, SODIUM PHOSPHATE, CONTAINS LESS THAN 2% OF MODIFIED FOOD STARCH, SALT, LACTIC ACID, MILK, ANNATTO AND PAPRIKA EXTRACT (COLOR), NATAMYCIN (A NATURAL MOLD INHIBITOR), ENZYMES, CHEESE CULTURE, VITAMIN D3.

CONTAINS: MILK.

FOODS COMPANY
CHICAGO, IL 60601
BEST WHEN USED BY DATE SHOWN



Nutrition Facts

16 servings
per container

Serving size
1 slice (21g)

Calories
per serving

60

Amount/serving

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 2.5g **12%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 250mg **11%**

Vitamin D 1.2mcg 6% • Calcium 340mg 25% • Iron 0mg 0% • Potassium 0mg 0%

Amount/serving

% Daily Value*

Total Carbohydrate 2g **1%**

Dietary Fiber 0g **0%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 3g

*The % Daily Value 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.



Nutrition Facts

About 8 servings per container

Serving size 1 oz (28g)

Calories per serving **90**

Amount/serving % Daily Value*

Total Fat 6g 7%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 210mg 9%

Vitamin D 0.1mcg 0% • Calcium 200mg 15% • Iron 0mg 0% • Potassium 50mg 0%

Amount/serving % Daily Value*

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 8g

*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: LOW-MOISTURE PART-SKIM MOZZARELLA CHEESE (CULTURED PASTEURIZED REDUCED FAT MILK, SALT, ENZYMES).

S1295





SHAKE WELL

FREE FROM: ✓ DAIRY ✓ NUTS ✓ SOY ✓ GLUTEN
✓ CARRAGEENAN ✓ CHOLESTEROL
✓ ARTIFICIAL COLORS & FLAVORS
..... **AND IT'S VEGAN!**

Nutrition Facts

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

Amount per serving
Calories 90

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 5g Added Sugars	10%

Protein 1g

Vitamin D 4mcg 20%	• Calcium 460mg 35%
Iron 0.7mg 4%	• Potassium 190mg 4%
Vitamin A 230mcg 25%	• Riboflavin 0.33mg 25%
Vitamin B12 2.4mcg 100%	

*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, Oat Concentrate), Sunflower Oil, **Vitamin and Mineral Blend** (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Ascorbic Acid (to protect freshness).

Produced in a facility that also processes tree nuts and soy. Silk employs stringent allergen quality control procedures in all of our manufacturing facilities. To learn more, visit us at Silk.com/allergens.

Distributed by Danone US, LLC
Broomfield, Colorado 80021

MUST BE REFRIGERATED.
STAYS FRESH 7-10 DAYS AFTER OPENING.

NOT TO BE USED AS INFANT FORMULA

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*64oz carton vs 52oz carton.



DANONE
Proud Member of
THE DANONE FAMILY



10423278



UNSWEET



UNSWEET

ORGANIC SOY



Silk

THE ORIGINAL
NUTRITION
POWERHOUSE™

*IN A DIET LOW IN SATURATED FAT AND CHOLESTEROL,
25 GRAMS OF SOY PROTEIN PER DAY MAY REDUCE THE
RISK OF HEART DISEASE. A SERVING OF SILK ORGANIC
UNSWEET SOYMILK HAS 7 GRAMS OF SOY PROTEIN.

SOYMILK

64 FL. OZ (2 QTS) 1.89 L

Certified



Corporation



Nutrition Facts

About 8 servings per container

Serving size 1 cup (240mL)

Amount per serving

Calories 80

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Polyunsaturated Fat 2.5g

Monounsaturated Fat 1g

Cholesterol 0mg **0%**

Sodium 75mg **3%**

Total Carbohydrate 3g **1%**

Dietary Fiber 2g **7%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 7g **14%**

Vitamin D 3mcg 15% • Calcium 300mg 20%

Iron 1mg 6% • Potassium 350mg 7%

Vitamin A 150mcg 15% • Riboflavin 0.4mg 30%

Folate 50mcg DFE 10% • Vitamin B₁₂ 3mcg 120%

Phosphorus 80mg 6% • Magnesium 40mg 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: Organic Soy milk (Filtered Water, Organic Soybeans), Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Sea Salt, Gellan Gum, Ascorbic Acid (to protect freshness), Natural Flavor.

CONTAINS SOY. Produced in a facility that also processes tree nuts.

Distributed by WhiteWave Foods
Broomfield, Colorado 80021

CERTIFIED ORGANIC BY QUALITY ASSURANCE INTERNATIONAL

MUST BE REFRIGERATED. STAYS FRESH 7-10 DAYS AFTER OPENING.

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NOT TO BE USED AS INFANT FORMULA

†Diets low in saturated fat and cholesterol, and as low as possible in trans fat, may reduce the risk of heart disease.





Nutrition Facts

About 8 servings per container

Serving size 1 cup (240mL)

Amount per serving

Calories 30

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 1.5g

Cholesterol 0mg **0%**

Sodium 115mg **5%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 1g

Vitamin D 2.5mcg 10% • Calcium 450mg 30%

Iron 0.4mg 2% • Potassium 170mg 2%

Vitamin A 150mcg 15% • Vitamin E 4mg 25%

*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.

UNSWEET

VANILLA

DAIRY-FREE
GLUTEN-FREE
SOY-FREE



CASHEWMILK

0 GRAMS
SUGAR PER
SERVING

UNSWEET
VANILLA

Silk

**CREAMY
CASHEW**
MADE WITH CREAMY CASHEWS

25
CALORIES
PER SERVING



CASHEWMILK
WITH A TOUCH OF ALMOND

64 FL OZ (2 QTS) 1.89 L



SERIOUSLY SMOOTH : **FREE FROM:** ✓ DAIRY ✓ GLUTEN
✓ CARRAGEENAN
✓ CHOLESTEROL ✓ SOY
✓ ARTIFICIAL COLORS & FLAVORS

Nutrition Facts

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

Amount per serving

Calories 25

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 1g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 2g **1%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein <1g

Vitamin D 2.5mcg 10% • Calcium 450mg 30%

Iron 0.5mg 2% • Potassium 0mg 0%

Vitamin A 150mcg 15% • Vitamin E 4mg 25%

*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: Cashewmilk (Filtered Water, Cashews), Contains 2% or Less of: **Almonds, Vitamin and Mineral Blend** (Calcium Carbonate, Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2), Salt, Locust Bean Gum, Sunflower Lecithin, Natural Flavor, Gellan Gum, Ascorbic Acid (to protect freshness).

CONTAINS CASHEW AND ALMOND.

May contain other tree nuts. Produced in a facility that also processes soy.

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Broomfield, Colorado 80021

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NOT TO BE USED AS INFANT FORMULA

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10372126

SHAKE WELL

FREE FROM: ✓ DAIRY ✓ NUTS ✓ SOY ✓ GLUTEN
✓ CARRAGEENAN ✓ CHOLESTEROL
✓ ARTIFICIAL COLORS & FLAVORS
..... **AND IT'S VEGAN!**

Nutrition Facts

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

Amount per serving
Calories 90

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 6g Added Sugars	12%
Protein 1g	
Vitamin D 4mcg 20% • Calcium 460mg 35%	
Iron 0.7mg 4% • Potassium 180mg 4%	
Vitamin A 230mcg 25% • Riboflavin 0.33mg 25%	
Vitamin B12 2.4mcg 100%	

*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, Oat Concentrate), Sunflower Oil, Cane Sugar, **Vitamin and Mineral Blend** (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Ascorbic Acid (to protect freshness), Natural Flavor.

Produced in a facility that also processes tree nuts and soy. Silk employs stringent allergen quality control procedures in all of our manufacturing facilities. To learn more, visit us at Silk.com/allergens.

Distributed by Danone US, LLC
Broomfield, Colorado 80021

MUST BE REFRIGERATED.
STAYS FRESH 7-10 DAYS AFTER OPENING.

NOT TO BE USED AS INFANT FORMULA

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VISIT SILK.COM/LOVEIT OR CALL 888-820-9283 FOR A FULL REFUND. LIMIT TWO REFUNDS PER HOUSEHOLD PER YEAR.

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*64oz carton vs 52oz carton.

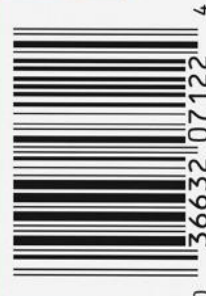


DANONE

Proud Member of
THE DANONE FAMILY



10422863



VANILLA

DAIRY-FREE
GLUTEN-FREE
SOY-FREE

ALMONDMILK

50% MORE
CALCIUM THAN MILK*

VANILLA

Silk®

ALMOND

80
CALORIES
PER SERVING

ALMONDMILK

64 FL. OZ (2 QTS) 1.89 L

Certified

Corporation

 **NON
GMO
Project
VERIFIED**
nongmoproject.org

CALCIUM TO SUPPORT
**STRONG
BONES**

FREE FROM: ✓ DAIRY ✓ GLUTEN
✓ CARRAGEENAN
✓ CHOLESTEROL ✓ SOY
✓ ARTIFICIAL COLORS & FLAVORS

Nutrition Facts

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

Amount per serving

Calories 80

% Daily Value*

Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes 13g Added Sugars	26%
Protein 1g	
Vitamin D 2.5mcg 10% • Calcium 450mg 30%	
Iron 0.4mg 2% • Potassium 170mg 2%	
Vitamin A 150mcg 15% • Vitamin E 4mg 25%	

*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: Almondmilk (Filtered Water, Almonds), Cane Sugar, **Vitamin and Mineral Blend** (Calcium Carbonate, Vitamin E Acetate, Vitamin A Palmitate, Vitamin D2), Sea Salt, Locust Bean Gum, Gellan Gum, Ascorbic Acid (to protect freshness), Natural Flavor.

CONTAINS ALMOND. Produced in a facility that also processes other tree nuts and soy.

Distributed by Danone US, LLC.
Broomfield, Colorado 80021

MUST BE REFRIGERATED. STAYS FRESH 7-10 DAYS AFTER OPENING.

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Visit Silk.com/LoveIt or call 888-820-9283 for a full refund. Limit two refunds per household per year.

NOT TO BE USED AS INFANT FORMULA

*Silk Vanilla Almondmilk: 450mg of calcium per cup; reduced fat dairy milk: 293mg of calcium per cup. USDA National Nutrient Database for Standard Reference, 2019. Data consistent with typical reduced fat dairy milk.



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10361115

VANILLA



6G
PROTEIN
PER SERVING

VANILLA

SOY



Silk

THE ORIGINAL
NUTRITION
POWERHOUSE™

*IN A DIET LOW IN SATURATED FAT AND CHOLESTEROL,
25 GRAMS OF SOY PROTEIN PER DAY MAY REDUCE
THE RISK OF HEART DISEASE. A SERVING OF SILK
VANILLA SOYMILK HAS 6.25 GRAMS OF SOY PROTEIN.

SOYMILK

64 FL OZ (2 QTS) 1.89 L

Certified



Corporation



HEART
HEALTHY[†]

FREE
FROM: DAIRY GLUTEN
CARRAGEENAN
CHOLESTEROL
ARTIFICIAL COLORS & FLAVORS

Nutrition Facts

About 8 servings per container

Serving size 1 cup (240mL)

Amount per serving

Calories 100

% Daily Value*

Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 8g Added Sugars	16%
Protein 6g	12%

Vitamin D 3mcg 15% • Calcium 450mg 30%
Iron 1.1mg 6% • Potassium 300mg 6%
Vitamin A 150mcg 15% • Riboflavin 0.4mg 30%
Folate 40mcg DFE 10% • Vitamin B₁₂ 3mcg 120%
Phosphorus 80mg 6% • Magnesium 40mg 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: Soymilk (Filtered Water, Soybeans), Cane Sugar, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin [B2], Vitamin B12), Sea Salt, Natural Flavor, Gellan Gum, Sodium Ascorbate (to protect freshness).

CONTAINS SOY. Produced in a facility that also processes tree nuts.

Distributed by WhiteWave Foods
Broomfield, Colorado 80021

MUST BE REFRIGERATED. STAYS FRESH 7-10 DAYS AFTER OPENING.

Love it or your money back.

Visit Silk.com/Lovelt or call 888-820-9283 for a full refund. Limit two refunds per household per year.

NOT TO BE USED AS INFANT FORMULA

[†]Diets low in saturated fat and cholesterol, and as low as possible in trans fat, may reduce the risk of heart disease.



MIX

FSC FSC® C016043



409787