

GRADE A

# Nutrition Facts

3 servings per container

Serving size 1 Milk Box (236mL)

	Age 4+ years		Age 1-3 years	
Calories	160		160	
	% DV*		% DV**	
<b>Total Fat</b>	8g	10%	8g	21%
Saturated Fat	5g	25%	5g	50%
Trans Fat	0g		0g	
<b>Cholesterol</b>	35mg	12%	35mg	12%
<b>Sodium</b>	130mg	6%	130mg	9%
<b>Total Carb</b>	14g	5%	14g	9%
Dietary Fiber	<1g	4%	<1g	7%
Total Sugars	12g		12g	
Inc. Added Sugars	0g	0%	0g	0%
<b>Protein</b>	8g	16%	8g	62%
Vitamin D	4.5mcg	25%	4.5mcg	30%
Calcium	290mg	20%	290mg	40%
Iron	0mg	0%	0mg	0%
Potassium	400mg	8%	400mg	15%
Vitamin A	90mcg	10%	90mcg	30%
Riboflavin	0.4mg	30%	0.4mg	80%
Choline	55mg	10%	55mg	30%

\*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.

\*\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 1,300 calories a day is used for general nutrition advice for children 1-3.

**INGREDIENTS:**  
GRADE A ORGANIC MILK, CHOCOLATE FLAVOR EXTRACT, CHIA ALGAL, BUTYRIC ACID, ACETIC ACID, SODIUM CITRATE, VITAMIN C AND VITAMIN E TO HELP MAINTAIN FRESHNESS, CHOLINE, CHLORIDE, CHLORIDE, VITAMIN D3\*

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# Nutrition For The Growing Years

**Jianjun Gao**



## **Nutrition For The Growing Years:**

## **Nutrition For The Growing Years** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Nutrition For The Growing Years**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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