



Facts up front.



Now key nutrition facts from the back of the package can also be found right up front on America's favorite brands. Making it easier for busy shoppers to make informed decisions.

By knowing your daily limits for calories, sodium and fat, you can choose the foods—and the amounts—that are right for you.

Go to [FactsUpFront.org](https://www.factsupfront.org) to find the nutrition targets for everyone in your family. Along with shopping tips, recipe ideas and more.



Facts up front.

Now key nutrition facts from the back of the package can also be found right up front on America's favorite brands. Making it easier for busy shoppers to make informed decisions.

By knowing your daily limits for calories, sodium and fat, you can choose the foods—and the amounts—that are right for you.



Go to FactsUpFront.org to find the nutrition targets for everyone in your family. Along with shopping tips, recipe ideas and more.

Brought to you by
America's food and beverage companies

FactsUpFront.org



Facts up front.



Now key nutrition facts from the back of the package can also be found right up front on America's favorite brands. Making it easier for busy shoppers to make informed decisions.

By knowing your daily limits for calories, sodium and fat, you can choose the foods—and the amounts—that are right for you.

[Go to FactsUpFront.org](https://www.factsupfront.org) to find the nutrition targets for everyone in your family. Along with shopping tips, recipe ideas and more.



VITAMIN A & D
CALCIUM FORTIFIED*
GRADE A · HOMOGENIZED

PER 1 CUP

150
CALORIES

1.5g
SAT FAT
8% DV

160mg
SODIUM
7% DV

24g
SUGARS

8g
PROTEIN
16% DV

CALCIUM
40% DV

14 FL OZ
(414 mL)

*10% DV more calcium per serving (100%) vs. flavored whole milk (30%)

Facts up front.



Now key nutrition facts from the back of the package can also be found right up front on America's favorite brands. Making it easier for busy shoppers to make informed decisions.

By knowing your daily limits for calories, sodium and fat, you can choose the foods—and the amounts—that are right for you.

[Go to FactsUpFront.org](http://FactsUpFront.org) to find the nutrition targets for everyone in your family. Along with shopping tips, recipe ideas and more.



Facts up front.



Now key nutrition facts from the back of the package can also be found right up front on America's favorite brands. Making it easier for busy shoppers to make informed decisions.

By knowing your daily limits for calories, sodium and fat, you can choose the foods—and the amounts—that are right for you.

[Go to FactsUpFront.org](http://FactsUpFront.org) to find the nutrition targets for everyone in your family. Along with shopping tips, recipe ideas and more.



VITAMIN A & D
CALCIUM FORTIFIED*
GRADE A • HOMOGENIZED

PER 1 CUP

150
CALORIES

1.5 g
SAT FAT
8% DV

160 mg
SODIUM
7% DV

24 g
SUGARS

8 g
PROTEIN
16% DV

CALCIUM
40% DV

14 FL OZ
(414 mL)

*10% DV more
calcium per serving
(100%) vs. flavored
milk (30%)

Facts up front.



Ahora la información nutricional del dorso del paquete también puede ser encontrada justo enfrente en las marcas favoritas de Estados Unidos. Esto facilita a los compradores ocupados tomar decisiones educadas.

Conocer los límites diarios de calorías, sodio y grasa puede ayudarte a elegir los alimentos—y las cantidades—que son adecuadas para ti.

Visita FactsUpFront.org para encontrar las metas de nutrición para cada miembro de tu familia. También encontrarás sugerencias, ideas de recetas y más.

FactsUpFront.org