

# Round Mountain Creamery

## Nutrition Facts for Grade "A" Vat-pasteurized Whole Goat Milk

### \*Quart Glass Bottle

<b>Nutrition Facts</b>			
Serving Size 8 fl. oz. (237 ml)			
Servings Per Container 4			
Amount Per Serving			
<b>Calories</b> 140	Calories from Fat 45		
			% Daily Value*
<b>Total Fat</b> 5g			<b>8%</b>
Saturated Fat 4g			<b>20%</b>
Trans Fat 0g			
<b>Cholesterol</b> 25mg			<b>8%</b>
<b>Sodium</b> 115mg			<b>5%</b>
<b>Total Carbohydrate</b> 15g			<b>5%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 11g			
<b>Protein</b> 7g			
<hr/>			
Vitamin A 0%	• Vitamin C 0%		
Calcium 30%	• Iron 0%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### \*Half Gallon Glass Bottle

<b>Nutrition Facts</b>			
Serving Size 8 fl. oz. (237 ml)			
Servings Per Container 8			
Amount Per Serving			
<b>Calories</b> 140	Calories from Fat 45		
			% Daily Value*
<b>Total Fat</b> 5g			<b>8%</b>
Saturated Fat 4g			<b>20%</b>
Trans Fat 0g			
<b>Cholesterol</b> 25mg			<b>8%</b>
<b>Sodium</b> 115mg			<b>5%</b>
<b>Total Carbohydrate</b> 15g			<b>5%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 11g			
<b>Protein</b> 7g			
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Vitamin A 0%	• Vitamin C 0%		
Calcium 30%	• Iron 0%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

We do not standardize our goat milk by removing or adding cream or adding vitamin supplements.

North Carolina State law requires milk to be pasteurized before making it available to the public.

<http://www.ncagr.gov/fooddrug/food/milk/rules/t15a-18a.12.pdf>

\* It is recommended that a vitamin supplements and/or foods consumed in a daily diet supply the recommended vitamins required for each person's age group.

<http://www.ces.ncsu.edu/index.php?page=healthnutriti>

**Round Mountain Creamery**  
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