



Nutritional & Storage Information

Real Soymilk

	Regular	Sweet
Serving Size	1 cup	1 cup
Servings per Container	Half Gallon - 7 / Gallon - 15	16 oz - 2 / Half Gallon - 7 / Gallon - 15
Calories	66.7	120
Calories from Fat	9.2	35
Total Fat	1.02g - 2%	4g - 6%
Saturated Fat	0.42g - 2%	1.19g - 5%
Polyunsaturated Fat	0g	0g
Monounsaturated Fat	0g	0g
Trans Fatty Acids	0g	0g
Cholesterol	0mg - 0%	0mg - 0%
Sodium	89mg - 4%	115mg - 5%
Total Carbohydrate	5.1g - 2%	21.5g - 7%
Dietary Fiber	0.90g - 4%	2.05g - 8%
Sugars	0.87g	6g
Protein	9.31g	9.61g
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	2%	4%
Iron	8%	10%

Storage Information:

Both regular and sweet varieties have a 2 week refrigerated shelf life. They can be frozen for up to 1 month.