

# WE'RE SWEET ON NUTRITION

14 G OF PROTEIN. 40% LESS SUGAR.



DAY-CHANGING DAIRY





## DARIGOLD FIT

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Darigold FIT is an ultra-filtered lactose-free milk that delivers 14g of protein, 40% less sugar, and 30% of the daily value of calcium in one serving. We use an enzyme to naturally break down the lactose in farm-fresh milk, and then we use filtration system to add a little extra milk protein and reduce the sugar. Using milk from Northwest Family Farms from cows raised with no artificial growth hormones, artificial flavors, colors, or preservatives, Darigold FIT Milk delivers a fresh and delicious pour with superior nutrition.

# DARIGOLD FIT MILK 59 OZ



## Whole Milk UP



341757

Nutrition Facts	
7 servings per container	
Serving size	1 Cup (240ml)
Amount Per Serving	
<b>Calories</b>	<b>160</b>
%	
Total Fat 8g	10%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 80mg	3%
Total Carbohydrate 7g	3%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein 14g</b>	<b>28%</b>
Vitamin D 3mcg	15%
Calcium 390mg	30%
Iron 0mg	0%
Potassium 282mg	6%
Vitamin 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:** ULTRA-FILTERED MILK, MILK, LACTASE ENZYME, VITAMIN D3.

## 2% Milk UP



341756

Nutrition Facts	
7 servings per container	
Serving size	1 Cup (240ml)
Amount Per Serving	
<b>Calories</b>	<b>130</b>
%	
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 80mg	3%
Total Carbohydrate 7g	3%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein 14g</b>	<b>28%</b>
Vitamin D 3mcg	15%
Calcium 390mg	30%
Iron 0mg	0%
Potassium 282mg	6%
Vitamin A	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:** ULTRA-FILTERED SKIM MILK, MILK, LACTASE ENZYME, VITAMIN A PALMITATE, VITAMIN D3.

## Chocolate Milk UP



341762

Nutrition Facts	
7 servings per container	
Serving size	1 Cup (240ml)
Amount Per Serving	
<b>Calories</b>	<b>170</b>
%	
Total Fat 5g	6%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 160mg	7%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 8g Added Sugars	16%
<b>Protein 14g</b>	<b>28%</b>
Vitamin D 3mcg	15%
Calcium 390mg	30%
Iron 1.08mg	6%
Potassium 376mg	8%
Vitamin A	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:** ULTRAFILTERED SKIM MILK, MILK, LIQUID SUGAR (SUGAR, WATER), FRUCTOSE, COCOA PROCESSED WITH ALKALI, NATURAL FLAVORS, LACTASE ENZYME, SALT, CARRAGEENAN, VITAMIN A PALMITATE, VITAMIN D3.



## Fit 2% Milk 14oz UP



341754

<b>Nutrition Facts</b>	
Serving size	1 Bottle (414ml)
Amount Per Serving	
<b>Calories</b>	<b>230</b>
	% Daily Value*
<b>Total Fat</b> 9g	12%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 45mg	15%
<b>Sodium</b> 140mg	6%
<b>Total Carbohydrate</b> 13g	5%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
<b>Protein</b> 25g	50%
Vitamin D 5mcg	25%
Calcium 780mg	60%
Iron 0mg	0%
Potassium 470mg	10%
Vitamin A	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.

**INGREDIENTS:**ULTRA-FILTERED SKIM MILK, MILK, LACTASE ENZYME, VITAMIN A PALMITATE, VITAMIN D3.



## Fit Chocolate 2% Milk 14oz UP



341761

<b>Nutrition Facts</b>	
Serving size	1 Bottle (414ml)
Amount Per Serving	
<b>Calories</b>	<b>290</b>
	% Daily Value*
<b>Total Fat</b> 9g	12%
Saturated Fat 6g	30%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 45mg	15%
<b>Sodium</b> 280mg	12%
<b>Total Carbohydrate</b> 28g	10%
Dietary Fiber 1g	4%
Total Sugars 25g	
Includes 14g Added Sugars	28%
<b>Protein</b> 25g	50%
Vitamin D 5mcg	25%
Calcium 650mg	50%
Iron 1.8mg	10%
Potassium 705mg	15%
Vitamin A	35%

\*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:**ULTRAFILTERED SKIM MILK, MILK, LIQUID SUGAR (SUGAR, WATER), FRUCTOSE, COCOA PROCESSED WITH ALKALI, NATURAL FLAVORS, LACTASE ENZYME, SALT, CARRAGEENAN, VITAMIN A PALMITATE, VITAMIN D3.



# DARIGOLD FIT MILK



## PRODUCT INFORMATION

ITEM	DESCRIPTION	ITEM UPC	CASE GTIN
341756	Darigold FIT 2pc Milk 59oz Ultra-Pasteurized	0-26400-41756-9	100 26400 41756 6
341754	Darigold FIT 2pc Milk 14oz Ultra-Pasteurized	0-26400-41754-5	100 26400 41754 2
341762	Darigold FIT Chocolate Milk 59oz Ultra-Pasteurized	0-26400-41762-0	100 26400 41762 7
341761	Darigold FIT Chocolate 2pc Milk 14oz Ultra-Pasteurized	0-26400-41761-3	100 26400 41761 0
341757	Darigold FIT Whole Milk 59oz Ultra-Pasteurized	0-26400-41757-6	100 26400 41757 3

## OTHER INFORMATION

ITEM	CODE LIFE	STORAGE TEMP	GUARANTEED SHELF LIFE	KOSHER	LACTOSE FREE	ALLERGENS	GLUTEN FREE
2% and Whole Fit	90	32-40F	30 Days	Yes	Yes	Milk	Yes
Chocolate FIT	105	32-40F	30 Days	Yes	Yes	Milk	Yes

## SHIPMENT DIMENSIONS

UNIT DIMENSIONS		CASE DIMENSIONS						PALLET DIMENSIONS						
SIZE	Wt.	L	W	H	PK.	WT.	L	W	H	VOL.	C/L	L/P	C/P	WT.
14oz	0.95	2.31	2.31	7.56	12	12.00	9.88	9.88	7.69	0.34	24	6	144	1793
59oz	4.29	3.75	3.75	9.37	6	26.96	12.50	8.50	10.0	0.60	16	5	80	2157

## ABOUT DARIGOLD

Since 1918 Darigold has been providing nutritious dairy products to the people of the Northwest. Headquartered in Seattle, Darigold, Inc. is owned by 350 family farms across Washington, Oregon, Idaho, and Montana.

As one of the largest US dairy cooperatives, Darigold produces a full line of dairy-based products for retail, food service, commodity, and specialty markets. We operate 11 plants throughout the Northwest, strategically located to reduce time from farm to market and provide fresh product at a great value. All Darigold products are rbST free.

Darigold and its farmer owners are continuously striving to improve and innovate sustainability methods while also supporting our local communities. Our farmer owners are committed to being Greenhouse Gas (GHG) Neutral by 2050 and are also founding members and signatories of the U.S. Dairy Stewardship Commitment.

