



Txav mus rau cov **Mis 1%** thiab/los sis **Mis Tsis Muaj Roj (Skim)**

Qab thiab muaj nutrition tib yam li qub, tsuas yog muaj roj tsawg xwb!

Cov mis 1% thiab cov mis tsis muaj roj yog rau cov laus thiab cov me nyuam hnuv nyoog 2 xyoos rov saud.

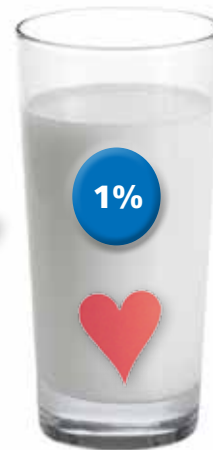
1 Khob Mis Muaj Roj (Whole) = 8 Grams Roj



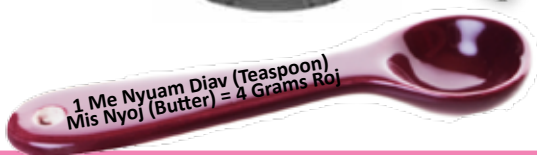
1 Khob Mis 2% = 5 Grams Roj



1 Khob Mis 1% = 2.5 Grams Roj



1 Khob Mis Tsis Muaj Roj (Skim) = 0 Grams Roj



Tau los ntawm: USDA National Nutrient Database

