

Do you know what you eat?



Understanding labels

Covap milk containers are designed with care and diligence so that you like them. They also show very important information that you should be aware of.

As consumers, we should know how to read labels so we can choose healthy, nutrient-rich foods that will help us to grow and be healthy.



Ingredientes: **LECHE** entera de vaca.
Origen de la leche: España

INFORMACIÓN NUTRICIONAL

Valores nutricionales medios por 100 ml	
Valor energético	266 kJ/64 kcal
Grasas	3,6 g
de las cuales, saturadas	2,4 g
Hidratos de carbono	4,8 g
de los cuales, azúcares	4,8 g
Proteínas	3,5 g
Sal	0,13 g
Riboflavina (vitamina B2)	0,15 mg (11% VRN*)
Vitamina B12	0,25 µg (10% VRN*)
Fósforo	90,0 mg (13% VRN*)
Potasio	160 mg (8% VRN*)
Naio	20,0 µg (15% VRN*)
Calcio	120 mg (15% VRN*)

*VRN: Valores de Referencia de Nutrientes.
(Este envase contiene 4 raciones de 250 ml).

Mantener en lugar fresco y seco.

Una vez abierto el envase conservarse en el frigorífico y consumir antes de 2 o 3 días.

Se recomienda una dieta variada y equilibrada y un estilo de vida saludable.

Leche del Valle de los Pedroches

ATENCIÓN AL CLIENTE 900 70 90 70

www.covap.es

Lácteos COVAP

@lacteoscovap

COVAP, Sociedad Cooperativa Andaluza Ganadera del Valle de los Pedroches.

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Would you be able to find the following information on this Covap packaging?

1. Product name ✓
2. Ingredients
The ingredients appear in descending order, starting with the one that makes up the highest percentage of the product.
3. Nutritional information
You can see the amount of calories, fats, carbohydrates, proteins, calcium, and vitamins found in a glass of milk.
4. Storage and usage conditions
5. Information about the brand owner
If I have any questions, who should I ask?
6. Country of origin: Product of Spain
7. Commitment to Animal Welfare
8. Expiration date
9. Traceability
Information about the batch, bottler, operator, bottling date, etc...
10. Recycling
11. Weight