

PRODUCT – 1% VANILLA YOGURT

Nutrition Facts					
Serving Size 1 Container (170g)					
Servings Per Container					
Amount Per Serving					
Calories 160		Calories from Fat 15			
% Daily Value*					
Total Fat 1.5g		2%			
Saturated Fat 1.0g		5%			
Trans Fat 0g					
Cholesterol 10mg		3%			
Sodium 80mg		3%			
Potassium 230mg		7%			
Total Carbohydrate 32g		11%			
Dietary Fiber 3g		12%			
Sugars 31g					
Protein 5g		10%			
Vitamin A	15%	Vitamin C	0%	Phosphorus	15%
Calcium	20%	Iron	0%	Vitamin D	35%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:					
		Calories:	2,000	2,500	
Total Fat		Less than	65g	80g	
Sat Fat		Less than	20g	25g	
Cholesterol		Less than	300mg	300mg	
Sodium		Less than	2,400mg	2,400mg	
Total Carbohydrate			300g	375g	
Dietary Fiber			25g	30g	

Ingredients: Cultured pasteurized Grade A lowfat milk and nonfat dry milk, sugar, modified corn starch, carrageenan, pectin, polydextrose (fiber), natural flavor, Vitamin A palmitate and Vitamin D3.