

HARD PACK YOGURT

Nutrition Facts

Serving Size 4 fl oz (65g)
Servings Per Container 96

Amount per Serving

Calories	110	Calories from Fat	25
			% Daily Value*
Total Fat	2.5 g		4%
Saturated fat	2 g		10%
Trans Fats	0 g		
Cholesterol	10 mg		3%
Sodium	40 mg		2%
Total Carbohydrate	19 g		6%
Dietary fiber	0 g		0%
Sugars	19 g		
Protein	2 g		

Vitamin A	2%	•	Vitamin C	0%
Calcium	4%	•	Iron	0%

*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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutritional Information Based on Plain Flavor

Ingredients: Milkfat and nonfat milk solids, sugar, corn syrup, cellulose gel, mono and diglycerides, sodium carboxymethylcellulose, locust bean gum, guar gum, polysorbate 80, carrageenan and yogurt cultures.

(Actual serving size may be larger)