

**CLUB YOGURT®
HARD PACK FROZEN YOGURT**

Nutrition Facts

Serving Size 65 grams (4 FL. OZ)
Servings Per Container

Amount per Serving

Calories 100 **Calories from Fat** 20

% Daily Value*

Total Fat	2 g	3%
Saturated Fat	1.5 g	6%
Trans Fats	0 g	
Cholesterol	10 mg	3%
Sodium	40 mg	2%
Total Carbohydrate	17 g	6%
Dietary fiber	0 g	0%
Sugars	17 g	
Protein	2 g	

Vitamin A	2%	•	Vitamin C	0%
Calcium	8%	•	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

CREAM AND NONFAT MILK SOLIDS, SUGAR, CORN SYRUP, CELLULOSE GEL, CELLULOSE GUM, MONO AND DIGLYCERIDES, POLYSORBATE 80, GUAR GUM, CARRAGEENAN, YOGURT CULTURES (L. ACIDOPHILUS, S. THERMOPHILUS, AND L. BULGARICUS)

(ACTUAL SIZE MAY BE LARGER)