

PERFECT 10®  
 FAT FREE / NO SUGAR ADDED  
 SOFT SERVE FROZEN YOGURT

# Nutrition Facts

**Serving Size** 4 fl oz (65g)  
**Servings Per Container** 1

**Amount per Serving**

**Calories** 40 **Calories from Fat** 0

**% Daily Value\***

<b>Total Fat</b>	0 g	<b>0%</b>
<b>Saturated fat</b>	0 g	<b>0%</b>
<b>Trans Fats</b>	0 g	
<b>Cholesterol</b>	0 mg	<b>0%</b>
<b>Sodium</b>	70 mg	<b>3%</b>
<b>Total Carbohydrate</b>	12 g	<b>4%</b>
<b>Dietary fiber</b>	0 g	<b>0%</b>
<b>Sugars</b>	6 g	
<b>Protein</b>	3 g	

<b>Vitamin A</b>	<b>0%</b>	•	<b>Vitamin C</b>	<b>0%</b>
<b>Calcium</b>	<b>10%</b>	•	<b>Iron</b>	<b>0%</b>

\*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: Skim milk, polydextrose, sorbitol, cellulose gel, mono and diglycerides, cellulose gum, guar gum, polysorbate 80, carrageenan, sucralose, and yogurt cultures

(Actual serving size may be larger)

CLUB YOGURT®  
SOFT SERVE FROZEN YOGURT

# Nutrition Facts

**Serving Size** 4 fl oz (65g)  
**Servings Per Container** 1

**Amount per Serving**

**Calories** 140 **Calories from Fat** 30

**% Daily Value\***

<b>Total Fat</b>	3 g	5%
<b>Saturated fat</b>	2.5 g	13%
<b>Trans Fats</b>	0 g	
<b>Cholesterol</b>	15 mg	5%
<b>Sodium</b>	40 mg	2%
<b>Total Carbohydrate</b>	24 g	8%
<b>Dietary fiber</b>	0 g	0%
<b>Sugars</b>	24 g	
<b>Protein</b>	2.5 g	

<b>Vitamin A</b>	2%	•	<b>Vitamin C</b>	0%
<b>Calcium</b>	8%	•	<b>Iron</b>	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, buttermilk powder, cellulose gel, mono and diglycerides, sodium carboxylmethylcellulose, and yogurt cultures

(Actual serving size may be larger)

**CLUB TREAT  
FAT FREE  
SOFT SERVE FROZEN YOGURT**

# Nutrition Facts

**Serving Size** 4 Fl. Oz. (65 g)  
**Servings Per Container** 96

**Amount per Serving**

**Calories** 80 **Calories from Fat** 0

**% Daily Value\***

<b>Total Fat</b>	<b>0 g</b>	<b>0%</b>
Saturated fat	0 g	0%
Trans Fats	0 g	
<b>Cholesterol</b>	<b>0 mg</b>	<b>0%</b>
<b>Sodium</b>	<b>55 mg</b>	<b>2%</b>
<b>Total Carbohydrate</b>	<b>18 g</b>	<b>6%</b>
Dietary fiber	0 g	0%
Sugars	18 g	
<b>Protein</b>	<b>3 g</b>	

**Vitamin A** 0% • **Vitamin C** 0%  
**Calcium** 8% • **Iron** 0%

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		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  
SKIM MILK, SUGAR, CORN SYRUP, CELLULOSE GEL, MONO  
AND DIGLYCERIDES, CELLULOSE GUM, GUAR GUM, POLYSORBATE 80,  
CARRAGEENAN AND YOGURT CULTURES**

Actual Size May Be Larger