

NO SUGAR ADDED/FAT FREE CLUB YOGURT®

SOFT SERVE FROZEN YOGURT

# Nutrition Facts

Serving Size 85 grams (4 FL. OZ)

Servings Per Container

## Amount per Serving

**Calories** 50 **Calories from Fat** 0

**% Daily Value\***

<b>Total Fat</b>	0 g	0%
<b>Saturated Fat</b>	0 g	0%
<b>Trans Fats</b>	0 g	
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	70 mg	3%
<b>Total Carbohydrate</b>	17 g	6%
<b>Dietary fiber</b>	8 g	32%
<b>Sugars</b>	6 g	
<b>Protein</b>	4 g	

**Vitamin A** 0% • **Vitamin C** 0%

**Calcium** 15% • **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

SKIM MILK, POLYDEXTROSE, SORBITOL, CELLULOSE GEL, CELLULOSE GUM, MONO AN DIGLYCERIDES, POLYSORBATE 80, GUAR GUM, CARRAGEENAN, SUCRALOSE (SPLENDA BRAND), AND YOGURT CULTURES (L. ACIDOPHILUS, S. THERMOPHILUS, L. BULGARICUS)

( ACTUAL SIZE MAY BE LARGER)

FAT FREE CLUB YOGURT®

SOFT SERVE FROZEN YOGURT

# Nutrition Facts

Serving Size 85 grams (4 FL. OZ)

Servings Per Container

## Amount per Serving

**Calories** 110 **Calories from Fat** 0

% Daily Value\*

<b>Total Fat</b>	0 g	0%
<b>Saturated Fat</b>	0 g	0%
<b>Trans Fats</b>	0 g	0%
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	70 mg	3%
<b>Total Carbohydrate</b>	24 g	8%
<b>Dietary fiber</b>	0 g	0%
<b>Sugars</b>	24 g	
<b>Protein</b>	4 g	

**Vitamin A** 0% • **Vitamin C** 0%

**Calcium** 12% • **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.

		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, WHEY, MONO AND DI-GLYCERIDES, CELLULOSE GUM, GUAR GUM, POLYSORBATE 80, CARRAGEENAN, AND YOGURT CULTURES (L. ACIDOPHILUS, S. THERMOPHILUS, L. BULGARICUS)

( ACTUAL SIZE MAY BE LARGER)

CLUB YOGURT®

SOFT SERVE FROZEN YOGURT

# Nutrition Facts

Serving Size 85 grams (4 FL. OZ)

Servings Per Container

## Amount per Serving

**Calories** 130 **Calories from Fat** 30

% Daily Value\*

**Total Fat** 3 g 5%

**Saturated Fat** 2 g 10%

**Trans Fats** 0 g

**Cholesterol** 15 mg 5%

**Sodium** 65 mg 3%

**Total Carbohydrate** 22 g 7%

**Dietary fiber** 0 g 0%

**Sugars** 22 g

**Protein** 3 g

**Vitamin A** 2% • **Vitamin C** 0%

**Calcium** 10% • **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)