

Lowfat Strawberry Yogurt

Nutrition Facts

Serving Size 1 Cup (226.8g)

Servings Per Container 1

Amount Per Serving

Calories 201 **Calories From Fat** 18

		% Daily Value*
Total Fat	2g	3%
Saturated Fat	2g	8%
Trans Fat	<1 g	0%
Cholesterol	10mg	3%
Sodium	140mg	6%
Total Carbohydrate	39g	13%
Dietary Fiber	<1g	0%
Sugars	32g	

Protein 8g

Vitamin A 0% ● Vitamin C 0%

Calcium 25% ● Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie 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: Lowfat Strawberry Yogurt (Grade A Cultured Lowfat Milk, Sugar, High Fructose Corn Syrup, Strawberries, Whey Protein Concentrate, Food Starch-Modified, Nonfat Milk, Natural Flavors, Gelatin, Cellulose Gum, Carmine).

Allergy Information: Milk