

Plain Yogurt

Nutrition Facts

Serving Size 1 Cup (226.8g)

Servings Per Container 1

Amount Per Serving

Calories 120 **Calories From Fat** 0

		% Daily Value*
Total Fat	<1g	0%
Saturated Fat	<1g	0%
Trans Fat	<1 g	0%
Cholesterol	<1g	0%
Sodium	160mg	7%
Total Carbohydrate	18g	6%
Dietary Fiber	<1g	0%
Sugars	10g	

Protein 10g

Vitamin A 0% ● Vitamin C 4%

Calcium 30% ● 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: Nonfat Plain Yogurt
(Grade A Pasteurized Nonfat Milk, Whey Protein Concentrate, Food Starch-Modified, Gelatin).

Allergy Information: Milk