

# NUTRITION FACTS

4 oz. HEALTHWISE VANILLA

No Sugar Added Fat Free Ice Cream Cups

Serving Size 1 Unit (64g)

Servings Per Container

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## Amount Per Serving

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Calories 90 Calories from Fat 0

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### % Daily Value

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Total Fat 0g 0%

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Saturated Fat 0g 0%

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Trans Fat 0g

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Cholesterol 0mg 0%

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Sodium 85mg 3%

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Total Carbohydrate 20g 7%

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Dietary Fiber 2g 8%

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Sugars 4g

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Protein 4g

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Vitamin A 4% • Vitamin C 0%

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Calcium 10% • Iron 0%

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\*Percent Daily Values are based on a 2000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated 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
Protein		50g	70g

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INGREDIENTS: SKIM MILK, NONFAT DRY MILK, MALTO-DEXTRIN, SORBITOL, POLYDEXTROSE, CELLULOSE GEL AND GUM, MONO AND DIGLYCERIDES\*, GUAR GUM, CAROB BEAN GUM, CARRAGEENAN, ARTIFICIAL FLAVOR, ASPARTAME, VEGETABLE ANNATTO COLOR, VITAMIN A PALMITATE.

PHENYLKETONURICS: CONTAINS PHENYLALANINE.

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\*A TRIVIAL SOURCE OF FAT