

### 3.0 OZ VANILLA LOW FAT FROZEN YOGURT CUP

<b>Nutrition Facts</b>			
Serving Size 1 Unit (48g)			
Servings Per Container			
<b>Amount Per Serving</b>			
<b>Calories 70</b>		Calories from Fat 10	
		<b>% Daily Value*</b>	
<b>Total Fat</b> 1g			2%
Saturated Fat 0.5g			3%
Trans Fat 0g			
<b>Cholesterol</b> 5mg			2%
<b>Sodium</b> 45mg			2%
<b>Total Carbohydrate</b> 14g			5%
Dietary Fiber 0g			0%
Sugars 10g			
<b>Protein 2g</b>			
Vitamin A 6%	•	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

Ingredients: Milkfat and nonfat milk, sugar, corn syrup, whey, high fructose corn syrup, calcium carbonate, stabilized and emulsified by mono and diglycerides, guar gum, cellulose gum and carrageenan, artificial flavors, vegetable annatto color and Vitamin A palmitate.  
Contains active cultures.