



Vanilla Yogurt, Upstate Nonfat 4 oz.

NUTRITION FACTS

Serving Size: 4 OUNCES

Amount Per Serving

Calories 90 Calories from Fat 0

	<i>% Daily Value*</i>
<i>Total Fat 0g</i>	<i>0%</i>
<i>Saturated Fat 0g</i>	<i>0%</i>
<i>Trans Fat 0g</i>	<i>0%</i>
<i>Cholesterol 0 mg</i>	<i>0%</i>
<i>Sodium 50 mg</i>	<i>2%</i>
<i>Total Carbohydrate 19g</i>	<i>6%</i>
<i>Dietary Fiber 0 g</i>	<i>0%</i>
<i>Sugars 15 g</i>	
<i>Protein 3g</i>	
<i>Vitamin C 0%</i>	<i>Vitamin A 0%</i>
<i>Iron 0%</i>	<i>Calcium 30% Vitamin D 20%</i>

** Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

Ingredients:

Cultured Pasteurized Grade A Nonfat Milk, Sugar, Water, Modified Corn Starch, Whey, Natural Flavors, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate (For Freshness), Citric Acid, Vitamin D3

Kosher:
YES-OU/DAIRY