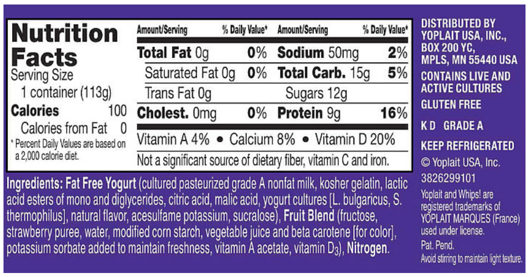
YOGURT

IS THIS REALLY HEALTHY?



Nutrition Facts
Serving Size 1 container (113g)
Calories 100
Calories from Fat 0
* Percent Daily Values are based on a 2,000 calorie diet.

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
Total Fat 0g	0%	**Sodium** 50mg	2%
Saturated Fat 0g	0%	**Total Carb.** 15g	5%
Trans Fat 0g		Sugars 12g	
Cholest. 0mg	0%	**Protein** 9g	16%

Vitamin A 4% • Calcium 8% • Vitamin D 20%

Not a significant source of dietary fiber, vitamin C and iron.

Ingredients: Fat Free Yogurt (cultured pasteurized grade A nonfat milk, kosher gelatin, lactic acid esters of mono and diglycerides, citric acid, malic acid, yogurt cultures [L. bulgaricus, S. thermophilus], natural flavor, acesulfame potassium, sucralose), **Fruit Blend** (fructose, strawberry puree, water, modified corn starch, vegetable juice and beta carotene [for color], potassium sorbate added to maintain freshness, vitamin A acetate, vitamin D_3), **Nitrogen**.

DISTRIBUTED BY YOPLAIT USA, INC., BOX 200 YC, MPLS, MN 55440 USA

CONTAINS LIVE AND ACTIVE CULTURES

GLUTEN FREE

K D GRADE A

KEEP REFRIGERATED

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Pat. Pend.

Avoid stirring to maintain light texture.

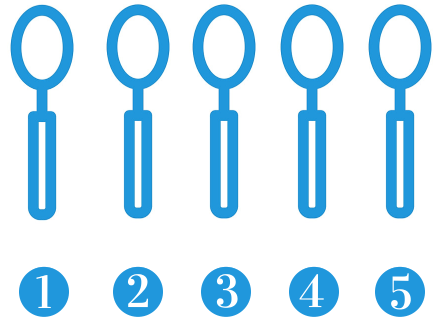
INGREDIENTS:

Fat free yogurt (cultured pasteurized grade a nonfat milk, kosher gelatin, lactic acid esters of mono and diglycerides, citric acid, malic acid, yogurt cultures [l.bulgaricus, s.thermophilus], acesulfame potassium, sucralose), fruit blend (fructose, strawberry puree, water, modified corn starch, vegetable juice and beta carotene [for color], potassium sorbate added to maintain freshness, vitamin a acetate, vitamin d3), Nitrogen.

WHAT-THE INGREDIENTS:

TEASPOONS OF SUGAR:

4 grams of sugar = 1 tsp. of sugar



CIRCLE NAMES OF *ADDED* SUGARS:

Cane Sugar

Fructose

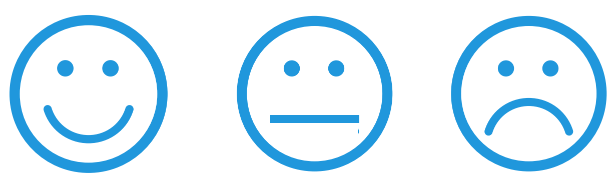
Evaporated Cane Sugar

Juice Concentrate

ARE ARTIFICIAL SWEETENERS ADDED?

Yes | No

ARE THE COWS GRASS-FED?



Grass-fed | Organic | No