

Fat Free/No Sugar Added Club Yogurt

Soft Serve Frozen Yogurt (Unflavored)

Nutrition Facts

Serving Size 2/3 cup (116 g)

Amount per serving

Calories **80**

% Daily Value*

Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fats	0 g	
Cholesterol	0 mg	0%
Sodium	100mg	4%
Total Carbohydrate	23 g	8%
Dietary fiber	12 g	42%
Total Sugars	8 g	
Includes	0 g	Added Sugars 0%
Protein	6 g	

Vitamin D 0mcg 0% • Calcium 210mg 15%

Iron 0mg 0% • Potas. 280mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Skim Milk, Polydextrose, Sorbitol, Mono and Diglycerides, Cellulose Gum, Guar Gum, Polysorbate 80, Carrageenan, Sucralose (Splenda Brand) and Yogurt Cultures (L. Acidophilus, S. Thermophilus, L. Bulgaricus)

Fat Free Club Yogurt
Soft Serve Frozen Yogurt
Unflavored

Nutrition Facts

Serving Size **2/3 Cup(116 g)**

Amount per serving

Calories **160**

% Daily Value*

Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fats	0 g	
Cholesterol	0 mg	0%
Sodium	105 mg	5%
Total Carbohydrate	35 g	13%
Dietary fiber	0 g	0%
Total Sugars	35 g	
Includes	27 g	53%
Added Sugars		
Protein	6 g	

Vitamin D 0mcg	0%	•	Calcium 185mg	14%
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Iron 0mg	0%	•	Potas. 255mg	4%
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* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Skim Milk, Sugar, Corn Syrup, Whey, Mono and Diglycerides, Cellulose Gum, Polysorbate 80, Carrageenan and Yogurt Cultures (L. Acidophilus, S. Thermophilus, L. Bulgaricus)

Club Yogurt
Soft Serve Frozen Yogurt
Unflavored

Nutrition Facts

Serving Size **2/3 cup (116 g)**

Amount per serving

Calories **170**

% Daily Value*

Total Fat	4 g	5%
Saturated Fat	2.5 g	13%
Trans Fats	0 g	
Cholesterol	20 mg	7%
Sodium	75 mg	3%
Total Carbohydrate	30 g	11%
Dietary fiber	0 g	0%
Total Sugars	30 g	
Includes	24 g	48%
Added Sugars		
Protein	4.5 g	

Vitamin D 0mcg	0%	•	Calcium 165mg	12%
Iron 0mg	0%	•	Potas. 220mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Cream and Nonfat Milk, Sugar, Corn Syrup, Cellulose Gel, Cellulose Gum, Mono and Diglycerides, Polysorbate 80, Carrageenan and Yogurt Cultures (L. Acidophilus, S. Thermophilus, S. Bulgaricus)