

# Peanut Butter Premium Frozen Yogurt

## Nutrition Facts

Serving Size 1/2 cup (83g)

Servings Per Container

Amount Per Serving

**Calories 140**      **Calories from Fat 45**

% Daily Value\*

**Total Fat 5g**      **8%**

Saturated Fat 2g      **10%**

Trans Fat 0g

**Cholesterol 10mg**      **3%**

**Sodium 105mg**      **4%**

**Total Carbohydrate 19g**      **6%**

Dietary Fiber 1g      **4%**

Sugars 15g

**Protein 4g**

Vitamin A 2%      • Vitamin C 2%

Calcium 10%      • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values 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

**INGREDIENTS:** Pasteurized and Cultured Skim Milk, Sugar, Cream, Peanut Butter (Peanuts, Dextrose, Hydrogenated Vegetable Oil (Rapeseed, Cotton Seed), Salt), Corn Syrup, Whey, Nonfat Dry Milk, Caramel Color, Natural & Artificial Flavor, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Contains: Milk, Peanuts

# Dutch Chocolate (Low-Fat)

<b>Nutritional Facts</b>			
Serving Size 4oz ( 4fo )			
<b>Amount Per Serving</b>			
<b>Calories 130</b>	Calories from fat 35		
<b>% Daily Value*</b>			
<b>Total Fat 4g</b>			
Saturated Fat 2.5g	13%		
<b>Cholesterol 15mg</b>	5%		
<b>Sodium 80mg</b>	3%		
<b>Total Carbohydrate 19g</b>	6%		
Dietary Fiber 1g	4%		
Sugars 12g			
<b>Protein 4g</b>			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie 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	30

## Other Essential Vitamins and Minerals    %Daily Value\*

### Ingredients

PASTEURIZED AND CULTURED SKIM MILK, SUCROSE, CORN SWEETENER, CREAM, COCOA POWDER (DUTCHED), NONFAT DRY MILK, WHEY, CORN SYRUP SOLIDS, MILK PROTEIN ISOLATE, CELLULOSE GUM, GUAR GUM, CARRAGEENAN, MONO & DIGLYCERIDES, NATURAL & ARTIFICIAL FLAVOR (CARMEL COLOR ADDED). CONTAINS THE FOLLOWING ACTIVE CULTURES: S. THERMOPHILUS, L. BULGARICUS, L. LACTIS AND L. ACIDOPHILUS.

# New York Cheesecake (Fat-Free)

## Nutritional Facts

Serving Size 4oz ( 4fo )

Amount Per Serving

**Calories 100**

Calories from fat 0

% Daily Value\*

**Total Fat 0g**

Saturated Fat 0g

0%

**Cholesterol 5mg**

2%

**Sodium 80mg**

3%

**Total Carbohydrate 23g**

8%

Dietary Fiber 0g

0%

Sugars 16g

**Protein 3g**

Iron 0mg

0%

\* Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie 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	30

Other Essential Vitamins and Minerals    %Daily Value\*

## Ingredients

PASTEURIZED AND CULTURED SKIM MILK, SUCROSE, CORN SWEETENER, CHEESECAKE BASE (WATER, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, SUGAR, MODIFIED FOOD STARCH, NONFAT DRY MILK, MILK, SKIM MILK CHEESE (PASTERUIZED NONFAT MILK & ENZYMES), MALTODEXTRIN, CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, PARTIALLY HYDROGENATED VEGETABLE OIL, WHEY, LACITIC ACID, NONFAT MILK, TITANIUM DIOXIDE (COLOR), TRAGACANTH GUM, TURMERIC AND FD&C YELLOW #6 (COLORS)), WHEY, NONFAT DRY MILK, MILK PROTEIN ISOLATE, CELLULOSE GUM, GUAR GUM, CARRAGEENAN, MONO & DIGLYCERIDES. CONTAINS THE FOLLOWING ACTIVE CULTURES: S. THERMOPHILUS, L. BULGARICUS, L. LACTIS AND L. ACIDOPHILUS.

# No Sugar Added Vanilla (Fat Free)

<b>Nutritional Facts</b>			
Serving Size 4oz ( 4fo )			
<b>Amount Per Serving</b>			
<b>Calories 80</b>	Calories from fat 0		
% Daily Value*			
<b>Total Fat 0g</b>			
Saturated Fat 0g	0%		
<b>Cholesterol 5mg</b>	2%		
<b>Sodium 85mg</b>	4%		
<b>Total Carbohydrate 19g</b>	6%		
Dietary Fiber 0g	0%		
Sugars 6g			
<b>Protein 4g</b>			
Iron 0mg	0%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie 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	30

## Other Essential Vitamins and Minerals    %Daily Value\*

### **Ingredients**

PASTEURIZED AND CULTURED SKIM MILK, POLYDEXTROSE, MALTODEXTRIN, NONFAT DRY MILK, WHEY, SORBITOL, CELLULOSE GEL, MILK PROTEIN ISOLATE, CELLULOSE GUM, GUAR GUM, CARRAGEENAN, MODIFIED FOOD STARCH, PECTIN, NATURAL & ARTIFICIAL FLAVORS (CARAMEL COLOR ADDED) , ASPARTAME. PHENYLKETONURICS: CONTAINS PHENYLALANINE. CONTAINS THE FOLLOWING ACTIVE CULTURES: S. THERMOPHILUS, L. BULGARICUS,