



Nutritional Facts  
Serving Size: 1/2 Cup 83g

	Blueberry (NSA)*	Cheesecake	Chocolate	Cookies and Cream	Mango	Mint	Mixed Berries	Original Blizz Tart	Peach	Peanut Butter (Low Fat)	Pecan Praline	Pistachio	Piña Colada	Peppermint	Pomegranate	Pumpkin	Raspberry (NSA)*	Strawberry	Strawberry Banana (NSA)*	Vanilla
Calories	80	100	110	110	100	100	100	90	100	140	110	100	120	100	100	110	70	90	80	100
Calorie % DV	4%	5%	6%	6%	5%	5%	5%	5%	5%	7%	6%	5%	6%	5%	5%	6%	4%	5%	4%	5%
Calories from Fat	0	0	5	5	0	0	0	0	0	45	0	0	0	0	0	0	0	0	0	0
Fat (g)	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0
Fat % DV	0%	0%	0%	0%	0%	0%	0%	0%	0%	8%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Saturated Fat (g)	0	0	0	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0
Trans Fat (g)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cholesterol (mg)	0	5	5	0	0	5	0	0	0	10	5	5	0	5	0	0	0	0	0	5
Sodium (mg)	80	80	90	85	55	70	55	60	70	110	85	85	60	70	55	95	80	70	80	75
Sodium %DV	3%	3%	4%	4%	2%	3%	2%	3%	3%	5%	4%	4%	3%	3%	2%	4%	3%	3%	3%	3%
Carbohydrates (g)	18	23	24	24	22	22	22	20	23	19	23	22	22	22	22	22	17	20	18	20
Carbohydrates %DV	6%	8%	8%	8%	7%	7%	7%	7%	8%	6%	8%	7%	7%	7%	7%	7%	6%	7%	6%	7%
Fiber (g)	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
Sugar (g)	5	16	20	17	15	16	15	13	15	13	16	16	16	15	15	15	5	14	6	14
Protein (g)	4	3	3	2	3	3	3	3	2	4	3	3	3	3	3	3	4	3	4	3
% DV Vitamin A	0%	0%	0%	0%	6%	0%	6%	2%	0%	2%	0%	0%	6%	0%	6%	4%	0%	0%	0%	0%
% DV Vitamin C	2%	0%	0%	0%	4%	0%	4%	2%	2%	2%	2%	0%	4%	0%	4%	2%	2%	4%	2%	0%
% DV Calcium	15%	10%	10%	8%	10%	10%	10%	10%	8%	10%	15%	10%	10%	10%	10%	15%	15%	10%	15%	10%
% DV Iron	0%	0%	2%	2%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%

\*NSA - No Sugar Added

Percent Daily Values are based on a 2000 calorie diet. Information based on daily values is rounded according to the FDA guidelines.

This information has been calculated by one, or a combination of the following sources: 1) Supplier Information, 2) Certain published data, or 3) In-house analysis. This information is furnished without warranty, expressed or implied. No legal responsibility is assumed for the use of, or reliance on, this data. As additional information becomes available, the nutritional values for the product are subject to change.

**Allergen Info: Our yogurt is processed in a facility that also processes wheat, soy, dairy, tree nuts, and peanuts.**