

Chobani[®]

Non-Fat Plain



Nutritional highlights

3/4 cup (170g)

Milkfat

0%

Protein

16g

Calories

90

Calcium

15% DV



Gluten-free



Vegetarian-friendly



Only natural non-GMO
ingredients



No artificial flavors or
preservatives



OU-D Kosher Certified

Made with milk from cows not treated with rBST*
Excellent source of protein
Includes live & active cultures, and three types of probiotics
No modified cornstarch or high fructose corn syrup
Less than 5% lactose—a perfect part of a very low lactose diet
Naturally low in sodium
Contains live and active cultures: L. Rhamnosus, S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus and L. Casei

*Milk from rBST-treated cows is not significantly different.

Serving size 3/4 cup (170g)
Servings per container About 5

Amount/Serving	%DV*
Calories 90	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	-
Cholesterol 10mg	3%
Sodium 65mg	3%
Total Carbs 6g	2%
Dietary Fiber 0g	0%
Total Sugars 6g	-
Includes 0g Added Sugars	0%
Protein 16g	32%
Vitamin D 0mcg	0%
Calcium 180mg	15%
Iron 0mg	0%
Potassium 250mg	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

Cultured nonfat milk.