

Nutrition

Serving Size	5.3 oz
Calories	140
Serving Per Container	1
Amount per servings	%DV*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	-
Cholesterol 15mg	5%
Sodium 65mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber <1g	2%
Total Sugars 16g	-
Includes 11g Added Sugars	22%
Protein 11g	22%
Vitamin D	0%
Calcium	10%
Iron	2%
Potassium	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.

Made with milk from cows not treated with rBST*

Excellent source of protein

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: *S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidus*, *L. Casei*, and *L. Rhamnosus*

*Milk from rBST-treated cows is not significantly different

YOGURT AND TYPE 2 DIABETES: Eating yogurt regularly, at least 2 cups (3 servings) per week, may reduce the risk of type 2 diabetes according to limited scientific evidence

Ingredients: Cultured reduced fat milk, cane sugar, water, key lime puree, fruit pectin, natural flavors, spirulina (for color), key lime juice concentrate, guar gum, turmeric (for color), locust bean gum, lemon juice concentrate.