

Nutrition

Serving Size	5.3 oz
Calories	140
Serving Per Container	1
Amount per servings	%DV*
Total Fat 4.5g	6%
Saturated Fat 3.5g	18%
Trans Fat 0g	-
Cholesterol 15mg	5%
Sodium 50mg	2%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 14g	-
Includes 10g Added Sugars	20%
Protein 12g	24%
Vitamin D	0%
Calcium	10%
Iron	0%
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, coconut, fruit pectin, natural flavors, lemon juice concentrate, guar gum, locust bean gum.