

# Chobani®

## Non-Fat Plain



Nutritional highlights

Single-serve (5.3 oz)

**Milkfat**

0%

**Protein**

14g

**Calories**

80

**Calcium**

10% 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 Single-serve (5.3 oz)

Servings per container 1

Amount/Serving	%DV*
Calories 80	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	-
Cholesterol 10mg	3%
Sodium 55mg	2%
Total Carbs 6g	2%
Fiber <1g	2%
Total Sugars 5g	-
Includes 0g Added Sugars	0%
Protein 14g	28%
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.

## Ingredients

# Cultured nonfat milk.