

# Nutrition

Serving Size	5.3 oz
Calories	130
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 16g	6%
Dietary Fiber <1g	2%
Total Sugars 14g	-
Includes 9g Added Sugars	18%
Protein 11g	22%
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, pineapple, cane sugar, water, pineapple juice concentrate, fruit pectin, natural flavors, guar gum, locust bean gum, turmeric (for color), and lemon juice concentrate.