Nutrition

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%	0 . 0:	
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	Serving Size	5.3 oz
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	Calories	130
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Cholesterol 15mg 5% Sodium 65mg 3% Total Carbohydrate 16g 6% Dietary Fiber <1g	Saturated Fat 1.5g	8%
Sodium 65mg 3% Total Carbohydrate 16g 6% Dietary Fiber <1g	Trans Fat 0g	-
Total Carbohydrate 16g 6% Dietary Fiber < 1g	Cholesterol 15mg	5%
Dietary Fiber <1g	Sodium 65mg	3%
Total Sugars 14g - Includes 9g Added Sugars 18% Protein 11g 22% Vitamin D 0% Calcium 10% Iron 0%	Total Carbohydrate 16g	6%
Includes 9g Added Sugars 18% Protein 11g 22% Vitamin D 0% Calcium 10% Iron 0%	Dietary Fiber <1g	2%
Protein 11g 22% Vitamin D 0% Calcium 10% Iron 0%	Total Sugars 14g	-
Vitamin D 0% Calcium 10% Iron 0%	Includes 9g Added Sugars	18%
Calcium 10% Iron 0%	Protein 11g	22%
Calcium 10% Iron 0%		
Iron 0%	Vitamin D	0%
	Calcium	10%
Potassium 4%	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.