



nutrition facts

serving size: 1/2 cup

yogurt - non fat	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carb. (mg)	dietary fiber (g)	sugars (g)	protein (g)	vitamin a	vitamin c	calcium (%)	iron (%)	
Acai Blueberry	86	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Amaretto	86	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Banana Royale	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Banana Berry	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Black Cherry	86	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Black Raspberry	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Blackberry	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Blue Moon	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Blueberry Blast	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Bubble Gum	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Butter Pecan	86	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Cake Batter	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Cherries Jubilee	86	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Chocolate	85	0	0	0	0	0	0	55	18	0	15	3	2	0	15	0
Cinnamon Roll	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Coffee Espresso	86	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Cookies N Cream	86	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Cool Mint	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Cotton Candy	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Cranberry	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Crazy 'Bout Coffee	86	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Creamy Caramel	86	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Dreamsicle	86	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Dulce de Leche Caramel	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Dutch Apple Pie	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Egg Nog	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
French Vanilla	86	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Georgia Peach	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Gingerbread	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Green Apple	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Green Tea	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Groovy Grape	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Hawaiian Coconut	86	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Hawaiian Pineapple	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Key Lime	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Lemon Chiffon	86	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Mango Mania	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Marshmallow	87	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Mocha Madness	86	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
New York Cheesecake	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Oatmeal Cookie	87	0	0	0	0	0	0	50	19	0	14	2	0	0	15	0
Peanut Butter	87	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Pina Colada	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Pink Cupcake	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Pink Peppermint	86	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Pistachio	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Pumpkin Pie	86	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Raspberry Pomegranate	86	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Red Velvet	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Root Beer	86	0	0	0	0	0	0	53	18	0	14	2	0	0	15	0
Salted Caramel	86	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Strawberry Explosion	86	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Strawberry Kiwi	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Vanilla	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
Watermelon Cooler	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
White Cake	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0
White Chococolate Macadamia Nut	85	0	0	0	0	0	0	50	18	0	14	2	0	0	15	0

NUTRITION VARIATIONS

TART FLAVORS: 100 calories | 40 mg sodium | 20 g carbs | 20 g sugars | 3 g protein | 2% Vitamin A | 2% Vitamin C | 10% calcium.

NO ADDED SUGAR FLAVORS: 75 calories | 90 mg sodium | 17 g carbs | 3 g fiber | 7 g sugars | 4 g protein | 20% calcium.

CHOCOLATE NO ADDED SUGAR: 55 calories | 240 mg sodium | 14 g carbs | 3 g fiber | 3 g protein | 10% calcium.

GREEK FLAVORS: 130 calories | 10 mg cholesterol | 60 mg sodium | 24 g carbohydrates | 20 g sugars | 7 g protein | 2% Vitamin C | 15% calcium.