Country Fresh™
BLUEBERRY LOWFAT YOGURT
WITH OTHER NATURAL FLAVORS • GRADE A • 1% MILKFAT
0 71600 02477 2
Nutrition Facts
Serving Size 8 oz. (227g)
Servings Per Container about 10
Amount Per Serving
Calories 220 Calories from Fat 20
% Daily Value*
Total Fat 2g 3%
Saturated Fat 1g 6%
Trans Fat 0g
Cholesterol 10mg 3%
Sodium 130mg 5%
Potassium 350mg 10%
Total Carbohydrate 44g 15%
Dietary Fiber less than 1g 2%
Sugars 36g
Protein 8g
Vitamin A 0% • Vitamin C 4% 15%
Calcium 25% • Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Total Fat Calories: Less than 2,000 2,500
Saturated Fat Less than 65g 80g
Cholesterol Less than 300mg 300mg
Sodium Less than 2400mg 2400mg
Potassium 3500mg 3500mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Protein 50g 65g
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4
INGREDIENTS: GRADE A CULTURED LOWFAT MILK, SUGAR, BLUEBERRIES, WHEY PROTEIN CONCENTRATE, FOOD STARCH-MODIFIED, NONFAT DRY MILK, GELATIN, NATURAL FLAVOR, SODIUM CITRATE, PHOSPHORIC ACID, RED #40, BLUE #1, ACTIVE CULTURES INCLUDE LACTOBACILLUS ACIDOPHILUS AND BIFIDOBACTERIUM SP.
DISTRIBUTED BY: COUNTRY FRESH, LLC
GRAND RAPIDS, MI 49518
SATISFACTION GUARANTEED
1-800-227-3999
NET WT. 5 LBS. (2.26 kg)

GFS CYCLE MENU MANAGEMENT

Ingredient & Recipe Nutrition

GFS Item#: 558311 **Desc:** **YOGURT BLUEB L/F 4-5# P/L**

Item#: CTF06 **Desc:** AP Yogurt, Lowfat, Blueberry, 8flz Country Fresh

Manufacturer: Country Fresh (yogurt)-407100 **Manufacturer Item Code:** 18719

Nutrition Information

Serving Size: 1 CUP (227 grams)

Amount Per Serving

Calories: 230 Calories from Fat: 18

		% Daily Value*
Total Fat:	2 GM	3%
Saturated Fat:	1 GM	5%
Trans Fat:	0 GM	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
Cholesterol:	15 MG	5%
Sodium:	140 MG	6%
Potassium:	320 MG	9%
Total Carbohydrate:	46 GM	15%
Dietary Fiber:	0 GM	0%
Sugars:	40 GM	
Protein:	8 GM	16%

Vitamin A: 2% • Vitamin C: 4%

Calcium: 30% • Iron: 0%

Ingredients:

For ingredient or allergen information, please contact: Country Fresh, phone: 800-748-0480. Manufacturer number: 18719. Nutrition updated November 2009. The nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

Fat Soluble Vitamins

VITAMIN D(iu)	NA
VITAMIN E	NA
VITAMIN K	NA
VITAMIN A(iu)	100.00 IU
VITAMIN A(re)	NA

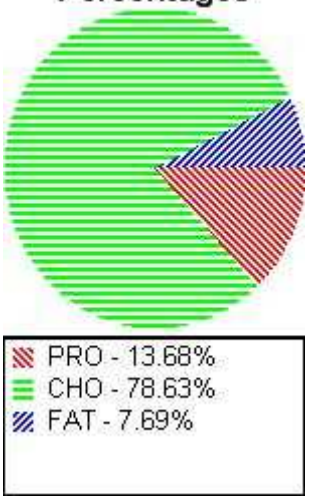
Water Soluble Vitamins

THIAMIN	NA
RIBOFLAVIN	NA
NIACIN	NA
VITAMIN B-6	NA
VITAMIN B-12	NA
VITAMIN C, TOTAL ASCORBIC ACID	2.40 MG
FOLIC ACID	NA

Minerals

PHOSPHOROUS	NA
ZINC	NA
MAGNESIUM	NA
COPPER	NA
IRON	0 MG
CALCIUM	300.00 MG

School Equivalents

Serving Size:	8flz per USDA
Meat Quantity:	2.00
Bread Quantity:	0.00
Fruit/Veg Quantity:	0.00

Calorie Percentages