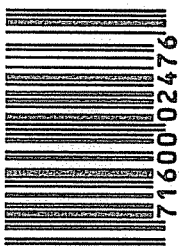
Country Fresh™

PLAIN LOWFAT YOGURT

SWEETENED • GRADE A • 1% MILKFAT



Nutrition Facts

Serving Size 8 oz. (227g)
Servings Per Container 10

Amount Per Serving	
Calories 170	**Calories from Fat 20**
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 140mg	**6%**
Potassium 400mg	**11%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 0g	0%
Sugars 20g	
Protein 9g	**18%**
Vitamin A 0% • Vitamin C 0%	
Calcium 30% • 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.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
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, WHEY PROTEIN CONCENTRATE, FOOD STARCH-MODIFIED (CORN), NONFAT DRY MILK, GELATIN. CONTAINS LIVE AND ACTIVE CULTURES INCLUDE *LACTOBACILLUS ACIDOPHILUS* AND *BIFIDOBACTERIUM SP.*
CONTAINS: MILK

DISTRIBUTED BY: COUNTRY FRESH, LLC.
GRAND RAPIDS, MI 49548

KEEP REFRIGERATED

SATISFACTION GUARANTEED:
616-395-7004
33159

NET WT 5 LBS (2.26 kg)