Country Fresh™
STRAWBERRY LOWFAT YOGURT
WITH OTHER NATURAL FLAVORS • GRADE A • 1% MILKFAT
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 120mg 5%
Potassium 370mg 11%
Total Carbohydrate 45g 15%
Dietary Fiber 0g 0%
Sugars 37g
Protein 8g 15%
Vitamin A 0% • Vitamin C 4%
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:
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 2,400mg 2,400mg
Potassium 3,500mg 3,500mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4
INGREDIENTS: GRADE A CULTURED LOWFAT MILK, SUGAR, HIGH FRUCTOSE CORN SYRUP, STRAWBERRIES, WHEY PROTEIN CONCENTRATE, FOOD STARCH-MODIFIED, NONFAT DRY MILK, GELATIN, NATURAL FLAVOR, CITRIC ACID, RED #40, ACTIVE CULTURES INCLUDE LACTOBACILLUS ACIDOPHILUS AND BIFIDOBACTERIUM SP.
DISTRIBUTED BY: COUNTRY FRESH, LLC
GRAND RAPIDS, MI 49519
SATISFACTION GUARANTEED
1-800-227-3999
NET WT. 5 LBS. (2.26 kg)
0 71600 02472 0

GFS CYCLE MENU MANAGEMENT

Ingredient & Recipe Nutrition

GFS Item#: 558281 **Desc:** **YOGURT STRAWB L/F 4-5# P/L**

Item#: CTF27 **Desc:** AP Yogurt, Lowfat, Strawberry, 8flz Country Fresh

Manufacturer: Country Fresh (yogurt)-407100 **Manufacturer Item Code:** 18718

Nutrition Information

Serving Size: 1 CUP (227 grams)

Amount Per Serving

Calories: 230 Calories from Fat: 14

		% Daily Value*
Total Fat:	1.5 GM	2%
Saturated Fat:	1 GM	5%
Trans Fat:	0 GM	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
Cholesterol:	15 MG	5%
Sodium:	135 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: 10%

Calcium: 30% • Iron: 0%

Ingredients:

For ingredient or allergen information please contact Country Fresh at 800-748-0480. Product number: 18718. 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)	0 MCG_

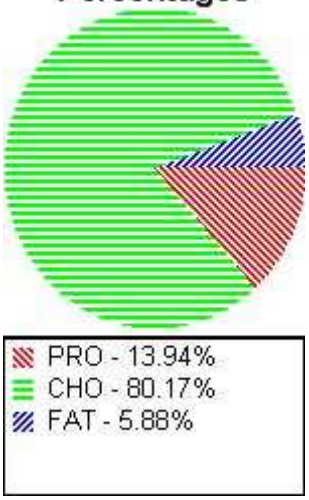
Water Soluble Vitamins

THIAMIN	NA
RIBOFLAVIN	NA
NIACIN	NA
VITAMIN B-6	NA
VITAMIN B-12	NA
VITAMIN C, TOTAL ASCORBIC ACID	6.00 MG
FOLIC ACID	NA

Minerals

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

School Equivalents

Serving Size:	8 oz
Meat Quantity:	2.00
Bread Quantity:	0.00
Fruit/Veg Quantity:	0.00

Calorie Percentages