

Yogurt Bar

Nutrition Facts Original Plain Non-Fat Organic

Serving Size 5 fl oz (142 g)

Servings per container 1

Amount per Serving

Calories 120 Calories from Fat 0

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 5mg	2%
Sodium 100mg	4%
Total Carbohydrates 23g	8%
Dietary Fiber 0g	0%
Sugars 23g	
Protein 7g	
Vitamin A 0%	• Vitamin C 0%
Calcium 25%	• Iron 0%

* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300 mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Chrbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 • Corbohydrate 4 • Protein 4

Ingredients:

Organic Non Fat Milk
Organic Evaporated Cane Juice
Sodium Alginate (Kelp Sourced)
Live Active Cultures(L Acidophilus,
L Bulgaricus,
S Thermophilus, Bifidus,
Cultured After Pasteurization).