

Nutrition Facts

Serving Size 1/2 cup (83g)

Servings Per Container

Amount Per Serving

Calories 80

Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 85mg **4%**

Total Carbohydrate 19g **6%**

Dietary Fiber 0g **0%**

Sugars 6g

Protein 4g

Vitamin A 0%

• Vitamin C 2%

Calcium 15%

• 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: Pasteurized and Cultured Skim Milk, Polydextrose, Maltodextrin, Nonfat Dry Milk, Whey, Sorbitol, Cellulose Gel, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Modified Food Starch, Pectin, Natural & Artificial Flavors (Caramel Color Added), Aspartame*. *Phenylketonurics: Contains Phenylalanine. Contains the following active cultures: S. Thermophilus, L. Bulgaricus, L. Lactis and L. Acidophilus.

Contains: Milk

