

Nutrition Facts

Serving Size 1/2 cup (83g)

Servings Per Container

Amount Per Serving

Calories 100

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 22g **7%**

Dietary Fiber 0g **0%**

Sugars 16g

Protein 3g

Vitamin A 0%

• Vitamin C 0%

Calcium 10%

• 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, Sucrose, Corn Sweetener, Whey, Nonfat Dry Milk, Natural & Artificial Vanilla Flavors (Caramel Color Added), Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Mono & Diglycerides. Contains the following active cultures: S. Thermophilus, L. Bulgaricus, L. Lactis and L. Acidophilus.

Contains: Milk

