

Nutritional Facts Panel

Sample Description: Honey Yogurt

Serving Size: 6 fl. oz.

Servings per container: -----

Amount Per Serving

Calories: 250 **Calories From Fat: 110**

| | | | <u>% Daily Value *</u> |
|---------------------------|-----------|-----------|------------------------|
| Total Fat | 12 | g | 18 |
| Saturated Fat | 8 | g | 38 |
| Trans Fat | 0 | g | --- |
| Cholesterol | 50 | mg | 16 |
| Sodium | 70 | mg | 3 |
| Total Carbohydrate | 24 | g | 8 |
| Dietary Fiber | 0 | g | 0 |
| Sugars | 24 | g | --- |
| Protein | 11 | g | --- |

* Percent Daily Values are based on a 2,000 calorie diet.

| | | | |
|-------------------|------------|-------------------|-----------|
| Vitamin A: | 8% | Vitamin C: | 2% |
| Calcium: | 20% | Iron: | 0% |

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 |
| Total Carbohydrate | | 300g | 375g |
| Fiber | | 25g | 30g |
| CALORIES (per gram): | | | |
| Fat: | 9 | Carbohydrates: | 4 |
| | | Protein: | 4 |