

Nutritional Facts Panel

Sample Description: **Lemon Yogurt**

Serving Size: **6 fl. oz.**

Servings per container: **-----**

Amount Per Serving

Calories: 230 Calories From Fat: 110

			<u>% Daily Value *</u>
Total Fat	12	g	19
Saturated Fat	8	g	41
Trans Fat	0	g	---
Cholesterol	60	mg	20
Sodium	90	mg	4
Total Carbohydrate	19	g	6
Dietary Fiber	0	g	0
Sugars	18	g	---
Protein	12	g	---

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

Vitamin A:	8%	Vitamin C:	0%
Calcium:	20%	Iron:	0%

<u>Your daily values may be higher or lower depending on your calorie needs:</u>

	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