

Nutritional Facts Panel

Sample Description: Raspberry 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	39
Trans Fat	0	g	---
Cholesterol	49	mg	16
Sodium	80	mg	3
Total Carbohydrate	18	g	6
Dietary Fiber	0	g	0
Sugars	15	g	---
Protein	11	g	---

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

Vitamin A: 8%	Vitamin C: 4%
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