### Nutritional Facts Panel

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| --- | --- |
| **Sample Description:** |  Raspberry Yogurt |

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| --- | --- | --- |
| **Serving Size:** | **6 fl. oz.** |  |
| **Servings per container:** | **-----** |  |

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| --- |
|  |

**Amount Per Serving**

|  |  |  |  |
| --- | --- | --- | --- |
| **Calories:** | **210** | **Calories From Fat:** | **110** |
|  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  | **% Daily Value \*** |
| **Total Fat** | **12** | **g** | **19** |
| Saturated Fat | **8** | **g** | **39** |
|  Trans Fat | **0** | **g** | **---** |
| **Cholesterol** | **50** | **mg** | **16** |
| **Sodium** | **75** | **mg** | **3** |
| **Total Carbohydrate** | **14** | **g** | **5** |
|  Dietary Fiber | **0** | **g** | **0** |
| Sugars | **14** | **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%** |

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| --- |
| 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 |