

Original Nonfat Yogurt, 32 oz, Plain, Fat Free

NUTRITION

Nutrition Facts

**Serving Size: 2/3 Cup
(170g)**

Amount Per Serving	As Packag ed
Calories	100

% Daily Value*

Total Fat 0g	0%
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Saturated Fat 0g	0%
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Trans Fat 0g	
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Cholesterol 5mg	2%
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Sodium 125mg	5%
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Total Carbohydrate 16g	6%
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Dietary Fiber 0g	0%
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Total Sugars 13g	
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Includes 0g Added Sugars	0%
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Protein 10g	
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Vitamin D 2.3mcg	10%
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Calcium 320mg	25%
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Iron 0mg	0%
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Potassium 430mg	8%
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Vitamin A 230mcg	25%
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* Percent Daily Value (DV) are based on a 2,000 calorie diet

* - Not a significant nutrient source

INGREDIENTS

Pasteurized Grade A Nonfat Milk.
Contains less than 2% of: Corn
Starch, Kosher Gelatin, Pectin,
Yogurt Cultures (L. bulgaricus, S.
thermophilus, L. acidophilus),
Vitamin A Acetate, Vitamin D3.

GENERAL DESCRIPTION

Yoplait All Natural Fat-Free Plain -
32oz

BENEFITS

Great for breakfast or a quick
snack.

PREP & SERVING

Ready to eat Ready to use
yogurt in a large size resealable
container - scoop to make
parfaits, in desserts and entrees.

STORAGE DETAILS

Keep refrigerated