

Non-Fat Blueberry Yogurt

Nutrition Facts	
Serving Size 1 cup (227g)	
Amount Per Serving	
Calories 100	
Total Fat	0g
<i>Trans Fat</i>	
Sodium	135mg
Total Carbohydrate	19g
Dietary Fiber	0g
Sugars	13g
Protein	10g
% Daily Value	
Protein 71%	• Vitamin A 25%
Vitamin C 25%	• Calcium 30%
Iron 0%	

Ingredients: Non-fat yogurt (cultured pasteurized skim milk, non fat dry milk, modified food starch, carrageenan, pectin), blueberry fruit base (fructose, blueberries, sugar, water, modified food starch, natural flavors, cellulose gum, citric acid), vitamins A, C, D, E.