

Formula Name: Slim n Trim Blueberry Yogurt

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Formula Number: 109

Serving Weight: 189.8 grams

Label Description: FULL STANDARD

Nutrition Facts

Serving Size 1/2 Cup (120 ml)

Amount Per Serving

Calories120 **Calories From Fat** 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 5mg 1%**Sodium** 65mg 3%**Potassium** 220mg 6%**Total Carbohydrate** 21g 7%

Dietary Fiber 0g 0%

Sugars 16g

Protein 5g

Vitamin A 0% Vitamin C 2%

Calcium 15% Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

INGREDIENTS: Cultured Non Fat Skim Milk, Milk, Sugar, Blueberries, High Fructose Corn Syrup, Blueberry Flavor and Other Natural Flavors, Modified Food Starch, Non Fat Milk Solids, Gelatin, Propylene Glycol Monoester, Guar Gum, Lactic Acid, Citric Acid, Acetic Acid, Artificial Flavors, Artificial Color (FD&C #40, Blue #1), Potassium Sorbate added for freshness.
CONTAINS: MILK