

Formula Name: Slim n Trim Blueberry Yogurt
 Formula Number: 109
 Serving Weight: 189.8 grams
 Label Description: FULL STANDARD

Nutrition Facts	
Serving Size 1/2 Cup (120 ml)	
Amount Per Serving	
Calories 120	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