

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

<b>Nutrition Facts</b>	
Serving Size 1/2 Cup (120 ml)	
<b>Amount Per Serving</b>	
<b>Calories</b> 90	Calories From Fat 15
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 80mg	3%
<b>Potassium</b> 260mg	8%
<b>Total Carbohydrate</b> 12g	4%
Dietary Fiber 0g	0%
Sugars 7g	
<b>Protein</b> 6g	
Vitamin A 0%      Vitamin C 4%	
Calcium 20%      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 and Milk, Non Fat Milk Solids, Modified Food Starch, Sugar Gelatin, Propylene Glycol Monoester, Guar Gum, Lactic Acid, Citric Acid, Acetic Acid, Natural and Artificial Flavors, Potassium Sorbate added for freshness.  
 CONTAINS: MILK