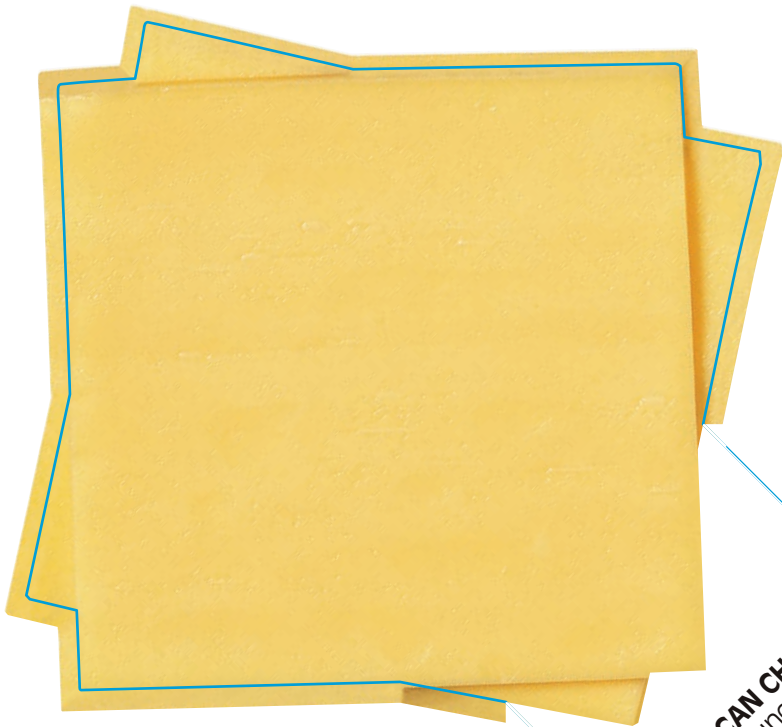


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AMERICAN CHEESE
2 ounces



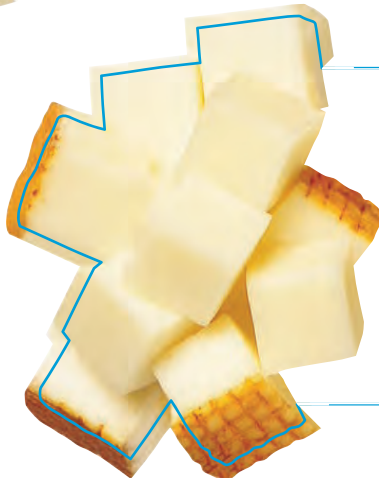
CHEDDAR CHEESE
1 ½ ounces



MOZZARELLA CHEESE
1 ½ ounces



COTTAGE CHEESE
½ cup



MUENSTER CHEESE
1 ½ ounces

Cheddar Cheese

Serving Size 1.5 oz (43g)
Amount Per Serving

| | Amount Per Serving | % Daily Value* |
|------------------------------|--------------------|----------------|
| Calories | 170 | |
| Total Fat 14g | | 28% |
| Saturated Fat 10g | | 20% |
| Trans Fat 0g | | 0% |
| Cholesterol 40mg | | 8% |
| Sodium 200mg | | 4% |
| Total Carbohydrate 1g | | 0% |
| Dietary Fiber 0g | | 0% |
| Total Sugars 0g | | 0% |
| Added Sugars 0g | | 0% |
| Protein 10g | | 20% |
| Vitamin D 0.3mcg† | | 6% |
| Calcium 100mg | | 10% |
| Iron 0.1mg† | | 2% |
| Potassium 100mg | | 2% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
†Not a significant source of nutrient.
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American Cheese

Serving Size 2 oz (56g)
Amount Per Serving

| | Amount Per Serving | % Daily Value* |
|------------------------------|--------------------|----------------|
| Calories | 210 | |
| Total Fat 18g | | 36% |
| Saturated Fat 10g | | 20% |
| Trans Fat 0.5g | | 1% |
| Cholesterol 55mg | | 11% |
| Sodium 940mg | | 19% |
| Total Carbohydrate 2g | | 0% |
| Dietary Fiber 0g | | 0% |
| Total Sugars 1g | | 2% |
| Added Sugars | | ** |
| Protein 10g | | 20% |
| Vitamin D 0.3mcg† | | 6% |
| Calcium 590mg | | 59% |
| Iron 0.4mg† | | 8% |
| Potassium 75mg | | 1% |

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†Not a significant source of nutrient.
**see manufacturer's label.
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Cottage Cheese

Serving Size
Amount Per Serving

| | Amount Per Serving | % Daily Value* |
|------------------------------|--------------------|----------------|
| Calories | 100 | |
| Total Fat 2g | | 4% |
| Saturated Fat 1.5g | | 3% |
| Trans Fat 0g | | 0% |
| Cholesterol 20mg | | 4% |
| Sodium 380mg | | 8% |
| Total Carbohydrate 4g | | 8% |
| Dietary Fiber 0g | | 0% |
| Total Sugars 0g | | 0% |
| Added Sugars 0g | | 0% |
| Protein 17g | | 34% |
| Vitamin D 0.1mcg† | | 2% |
| Calcium 12g | | 24% |
| Iron 0.1mg† | | 2% |
| Potassium 90mg | | 2% |

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†Data not available for nutrient.
Not a significant source of nutrient.
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Mozzarella Cheese

Serving Size 1.5 oz (43g)
Amount Per Serving

| | Amount Per Serving | % Daily Value* |
|------------------------------|--------------------|----------------|
| Calories | 110 | |
| Total Fat 7g | | 14% |
| Saturated Fat 4.5g | | 9% |
| Trans Fat 0g | | 0% |
| Cholesterol 25mg | | 5% |
| Sodium 260mg | | 5% |
| Total Carbohydrate 1g | | 2% |
| Dietary Fiber 0g | | 0% |
| Total Sugars 0g | | 0% |
| Added Sugars 0g | | 0% |
| Protein 10g | | 20% |
| Vitamin D 0.1mcg† | | 2% |
| Calcium 330mg | | 33% |
| Iron 0.1mg† | | 2% |
| Potassium 40mg† | | 1% |

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†Data not available for nutrient.
Not a significant source of nutrient.
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Muenster Cheese

Serving Size 1.5 oz (43g)
Amount Per Serving

| | Amount Per Serving | % Daily Value* |
|------------------------------|--------------------|----------------|
| Calories | 160 | |
| Total Fat 13g | | 26% |
| Saturated Fat 8g | | 16% |
| Trans Fat 0g | | 0% |
| Cholesterol 40mg | | 8% |
| Sodium 270mg | | 6% |
| Total Carbohydrate 0g | | 0% |
| Dietary Fiber 0g | | 0% |
| Total Sugars 0g | | 0% |
| Added Sugars 0g | | 0% |
| Protein 10g | | 20% |
| Vitamin D 0.3mcg† | | 6% |
| Calcium 310mg | | 31% |
| Iron 0.2mg† | | 4% |
| Potassium 60mg† | | 1% |

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†Data not available for nutrient.
Not a significant source of nutrient.
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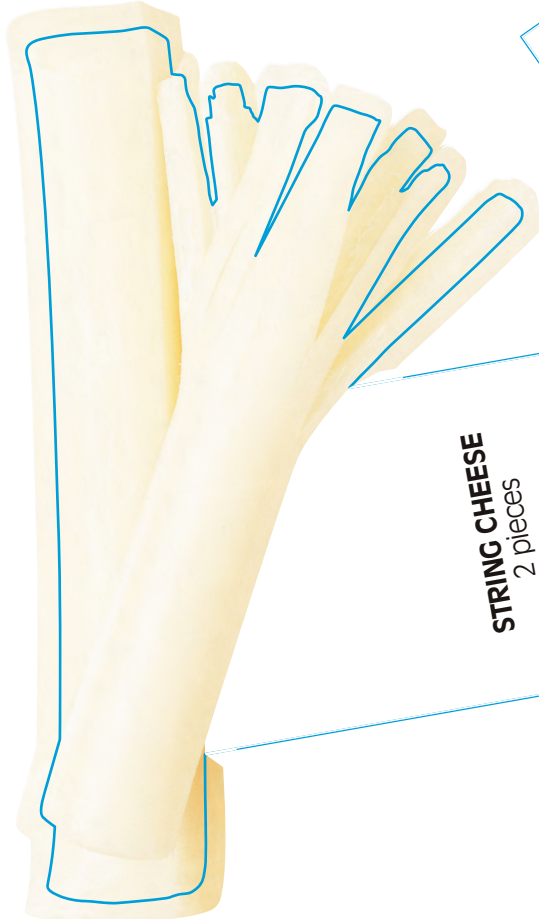
2% REDUCED FAT CHOCOLATE MILK
1 cup



FAT FREE MILK
1 cup




PARMESAN CHEESE
1 tablespoon



STRING CHEESE
2 pieces




SWISS CHEESE
1 1/2 ounces



| Fat Free Milk | |
|----------------------------------|----------------|
| Serving Size 1 cup (245g) | |
| Amount Per Serving | |
| Calories | |
| | % Daily Value* |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 1% |
| Trans Fat | ◆ |
| Cholesterol Less than 5mg | 2% |
| Sodium 105mg | 4% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 0g | 0% |
| Total Sugars 12g | |
| Added Sugars 0g | 0% |
| Protein 8g | |
| Vitamin D 2.9mcg | 15% |
| Calcium 300mg | 25% |
| Iron 0.1mg† | |
| Potassium 380mg | 8% |


*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

◆ Data not available for nutrient.
†Not a significant source of nutrient.
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| 2% Reduced Fat Chocolate Milk | |
|-------------------------------|----------------|
| Serving Size 1 cup (250g) | |
| Amount Per Serving | |
| Calories | |
| | % Daily Value* |
| Total Fat 5g | 10% |
| Saturated Fat 3g | 6% |
| Trans Fat | ◆ |
| Cholesterol 20mg | 7% |
| Sodium 170mg | 7% |
| Total Carbohydrate 30g | 11% |
| Dietary Fiber 2g | 6% |
| Total Sugars 24g | |
| Added Sugars 12g | 23% |
| Protein 7g | 15% |
| Vitamin D 3mcg | 20% |
| Calcium 270mg | 4% |
| Iron 0.6mg | 8% |
| Potassium 420mg | |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
◆ Data not available for nutrient.
†Data not available for their serving sizes may look different than the FDA labels on products in stores.




| Parmesan Cheese | |
|----------------------------------|----------------|
| Serving Size 1 Tbsp (8g) | |
| Amount Per Serving | |
| Calories | |
| | % Daily Value* |
| Total Fat 1.5g | 3% |
| Saturated Fat 1g | 2% |
| Trans Fat 0g | 0% |
| Cholesterol Less than 5mg | 0% |
| Sodium 20mg | 0% |
| Total Carbohydrate 0g | 0% |
| Dietary Fiber 0g | |
| Total Sugars 0g | |
| Added Sugars 0g | |
| Protein 1g | 2% |
| Vitamin D 0.1mcg | 0% |
| Calcium 10mg | 0% |
| Iron 0mg | 0% |
| Potassium 10mg | 0% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
◆ Data not available for nutrient.
†Data not available for their serving sizes may look different than the FDA labels on products in stores.



| Swiss Cheese | |
|--|----------------|
| Serving Size 1.5 oz (45g) | |
| Amount Per Serving | |
| Calories | |
| | % Daily Value* |
| Total Fat 13g | 26% |
| Saturated Fat 8g | 16% |
| Trans Fat 0g | 0% |
| Cholesterol 40mg | 8% |
| Sodium 80mg | 2% |
| Total Carbohydrate Less than 1g | 0% |
| Dietary Fiber 0g | 0% |
| Total Sugars 0g | |
| Added Sugars 0g | |
| Protein 11g | 22% |
| Vitamin D 0.1mcg† | 0% |
| Calcium 380mg | 8% |
| Iron 0.1mg† | 0% |
| Potassium 30mg† | 0% |

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◆ Data not available for nutrient.
†Not a significant source of nutrient.
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| String Cheese | |
|------------------------------|----------------|
| Serving Size 2 pieces (89g) | |
| Amount Per Serving | |
| Calories | |
| | % Daily Value* |
| Total Fat 5g | 10% |
| Saturated Fat 3g | 6% |
| Trans Fat 0g | 0% |
| Cholesterol 20mg | 4% |
| Sodium 180mg | 4% |
| Total Carbohydrate 2g | 4% |
| Dietary Fiber 0g | 0% |
| Total Sugars 0g | |
| Added Sugars 0g | |
| Protein 14g | 28% |
| Vitamin D 0.1mcg | 0% |
| Calcium 100mg | 2% |
| Iron 0mg | 0% |
| Potassium 30mg | 0% |

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◆ Data not available for nutrient.
†Not a significant source of nutrient.
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WHOLE CHOCOLATE MILK
1 cup



ICE CREAM
 $\frac{2}{3}$ CUP



MILKSHAKE
8 fluid ounces



2% REDUCED FAT MILK
1 cup

Vanilla Ice Cream Hardened, 10% Fat 2/3 cup (88g) Hardened, 16% Fat 2/3 cup (143g)

Amount Per Serving
Calories **180**

| | Amount | % Daily Value* |
|---------------------------|--------------|----------------|
| Total Fat | 10g | 20% |
| Saturated Fat | 40mg | 8% |
| Trans Fat | 70mg | 14% |
| Cholesterol | Less than 1g | 2% |
| Sodium | 19g | 38% |
| Total Carbohydrate | 3g | 6% |
| Dietary Fiber | 0.1mcg† | 0% |
| Total Sugars | 110mg | 22% |
| Added Sugars | 0.1mg† | 0% |
| Protein | 170mg | 34% |
| Vitamin D | 5g | 10% |
| Calcium | 0.4mcg | 8% |
| Iron | 170mg | 34% |
| Potassium | 0.5mg† | 1% |
| | 220mg | 44% |

350 % Daily Value*

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
†Data not available for nutrient.
**See manufacturer's label.
***Not a significant source of nutrient.
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Whole Chocolate Milk
Serving Size 1 cup (250g)

Amount Per Serving
Calories **210**

| | Amount | % Daily Value* |
|---------------------------|--------|----------------|
| Total Fat | 8g | 16% |
| Saturated Fat | 5g | 10% |
| Trans Fat | | |
| Cholesterol | 30mg | 6% |
| Sodium | 150mg | 3% |
| Total Carbohydrate | 26g | 5% |
| Dietary Fiber | 2g | 4% |
| Total Sugars | 24g | 48% |
| Added Sugars | 12g | 24% |
| Protein | 8g | 16% |
| Vitamin D | 3.2mcg | 6% |
| Calcium | 280mg | 5% |
| Iron | 0.6mg | 1% |
| Potassium | 420mg | 8% |

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†Data not available for nutrient.
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2% Reduced Fat Milk
Serving Size 1 cup (244g)

Amount Per Serving
Calories **120**

| | Amount | % Daily Value* |
|---------------------------|--------|----------------|
| Total Fat | 5g | 10% |
| Saturated Fat | 3g | 6% |
| Trans Fat | 0g | 0% |
| Cholesterol | 20mg | 4% |
| Sodium | 115mg | 2% |
| Total Carbohydrate | 12g | 2% |
| Dietary Fiber | 0g | 0% |
| Total Sugars | 12g | 24% |
| Added Sugars | 0g | 0% |
| Protein | 8g | 16% |
| Vitamin D | 2.9mcg | 6% |
| Calcium | 290mg | 6% |
| Iron | 0.1mg† | 0% |
| Potassium | 340mg | 7% |

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Milkshake
Serving Size 8 oz (227g)
Amount Per Serving
Calories **270**

| | Amount | % Daily Value* |
|---------------------------|--------|----------------|
| Total Fat | 6g | 12% |
| Saturated Fat | 4g | 8% |
| Trans Fat | 25mg | 0% |
| Cholesterol | 25mg | 5% |
| Sodium | 250mg | 5% |
| Total Carbohydrate | 49g | 10% |
| Dietary Fiber | 0g | 0% |
| Total Sugars | 47g | 9% |
| Added Sugars | 9g | 18% |
| Protein | 7g | 14% |
| Vitamin D | 2.4mcg | 5% |
| Calcium | 300mg | 6% |
| Iron | 0.7mg | 1% |
| Potassium | 510mg | 10% |

260 % Daily Value*

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†Data not available for nutrient.
**See manufacturer's label.
***Not a significant source of nutrient.
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FROZEN YOGURT
2/3 cup



LOWFAT FRUIT-
FLAVORED YOGURT
8 ounce container



WHOLE MILK
1 cup



pudding
1/2 cup

Lowfat Fruit-Flavored Yogurt

Serving Size

| Amount Per Serving | 8 oz (227g) | 6 oz (170g) |
|---------------------------|----------------|----------------|
| Calories | 240 | 180 |
| | % Daily Value* | % Daily Value* |
| Total Fat | 3g | 4% |
| Saturated Fat | 2g | 4% |
| Trans Fat | 0g | 0% |
| Cholesterol | 15mg | 3% |
| Sodium | 130mg | 6% |
| Total Carbohydrate | 42g | 15% |
| Dietary Fiber | 0g | 0% |
| Total Sugars | 7g | 14% |
| Added Sugars | 7g | 14% |
| Protein | 11g | 22% |
| Vitamin D | 0.1mcg† | 2% |
| Calcium | 350mg | 7% |
| Iron | 0.2mg† | 4% |
| Potassium | 440mg | 10% |

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 †Data not available for nutrient.
 **See manufacturer's label.
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Vanilla Frozen Yogurt

Serving Size 2.5 cup (169g)

| Amount Per Serving | % Daily Value* |
|-------------------------------|----------------|
| Calories | 150 |
| | % Daily Value* |
| Total Fat 5g | 10% |
| Saturated Fat 3.5g | 7% |
| Trans Fat 0mg | 0% |
| Cholesterol 85mg | 16% |
| Sodium 80mg | 4% |
| Total Carbohydrate 23g | 8% |
| Dietary Fiber 0g | 0% |
| Total Sugars 23g | 46% |
| Added Sugars | 23g 46% |
| Protein 4g | 8% |
| Calcium D 0.1mcg† | 2% |
| Iron 0.3mg† | 6% |
| Potassium 200mg | 4% |

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 †Data not available for nutrient.
 **See manufacturer's label.
 ††Not a significant source of nutrient.
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Whole Milk

Serving Size 1 cup (244g)

| Amount Per Serving | % Daily Value* |
|-------------------------------|----------------|
| Calories | 150 |
| | % Daily Value* |
| Total Fat 8g | 16% |
| Saturated Fat 4.5g | 9% |
| Trans Fat 0g | 0% |
| Cholesterol 25mg | 5% |
| Sodium 105mg | 2% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 0g | 0% |
| Total Sugars 12g | 24% |
| Added Sugars 0g | 0% |
| Protein 8g | 16% |
| Vitamin D 3.2mcg | 64% |
| Calcium 280mg | 56% |
| Iron 0.1mg† | 2% |
| Potassium 320mg | 6% |

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 †Not a significant source of nutrient.
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Chocolate Pudding

Ready to Eat
 1 container (4 oz)
 Instant
 1/2 cup (142g)

| Amount Per Serving | % Daily Value* |
|-------------------------------|----------------|
| Calories | 150 |
| | % Daily Value* |
| Total Fat 5g | 10% |
| Saturated Fat 1.5g | 3% |
| Trans Fat 0g | 0% |
| Cholesterol 6% | 12% |
| Sodium 150mg | 3% |
| Total Carbohydrate 25g | 5% |
| Dietary Fiber 0g | 0% |
| Total Sugars 25g | 50% |
| Added Sugars 25g | 50% |
| Protein 2g | 4% |
| Calcium D 60mg | 12% |
| Iron 1.4mg | 28% |
| Potassium 200mg | 4% |

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 †Data not available for nutrient.
 **See manufacturer's label.
 ††Not a significant source of nutrient.
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ICE CREAM
SOFT SERVE
2/3 cup



2% REDUCED
FAT MILK
1 cup



LOWFAT
PLAIN YOGURT
8 ounce container



NONFAT PLAIN
GREEK YOGURT
8 ounce container

2% Reduced Fat Milk
Serving Size 1 cup (244g)

Amount Per Serving
Calories 120

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 5g | 6% |
| Saturated Fat 3g | 15% |
| Trans Fat 0g | |
| Cholesterol 20mg | 7% |
| Sodium 115mg | 5% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 0g | 0% |
| Total Sugars 12g | |
| Added Sugars 0g | 0% |
| Protein 8g | |
| Vitamin D 2.9mcg | 15% |
| Calcium 290mg | 25% |
| Iron 0.1mg† | |
| Potassium 340mg | 8% |

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†Not a significant source of nutrient.

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Chocolate Soft Serve Ice Cream
Serving Size 2/3 cup (115g)

Amount Per Serving
Calories 250

| | |
|-------------------------------|------------|
| Total Fat 16g | 35% |
| Saturated Fat 9g | 19% |
| Trans Fat 0g | 0% |
| Cholesterol 70mg | 14% |
| Sodium 105mg | 23% |
| Total Carbohydrate 25g | 9% |
| Dietary Fiber Less than 1g | 3% |
| Total Sugars 24g | |
| Added Sugars 5g | 10% |
| Protein 5g | 10% |
| Vitamin D 0.8mcg | 4% |
| Calcium 150mg | 30% |
| Iron 0.2mg† | 4% |
| Potassium 200mg | 4% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

†Not a significant source of nutrient.

*Data not available for nutrient.

†See manufacturer's label.

†Not a significant source of nutrient.

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Nonfat Plain Greek Yogurt
Serving Size 8 oz (227g)

Amount Per Serving
Calories 130

| | |
|------------------------------|------------|
| Total Fat 1g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | 0% |
| Cholesterol 0g | 0% |
| Sodium 10mg | 0% |
| Total Carbohydrate 8g | 3% |
| Dietary Fiber 0g | 0% |
| Total Sugars 7g | |
| Added Sugars 0g | 0% |
| Protein 23g | 46% |
| Vitamin D 0mcg† | 0% |
| Calcium 250mg | 20% |
| Iron 0.2mg† | 0% |
| Potassium 320mg | 6% |
| Total Sugars 6g | 2% |
| Total Fat 1g | 2% |
| Total Carbohydrate 8g | 3% |
| Total Sugars 7g | 3% |
| Added Sugars 0g | 0% |
| Protein 23g | 46% |
| Vitamin D 0mcg† | 0% |
| Calcium 250mg | 20% |
| Iron 0.2mg† | 0% |
| Potassium 320mg | 6% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

†Not a significant source of nutrient.

*Data not available for nutrient.

†See manufacturer's label.

†Not a significant source of nutrient.

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Lowfat Plain Yogurt
Serving Size 8 oz (227g)

Amount Per Serving
Calories 110

| | |
|-------------------------------|------------|
| Total Fat 1.5g | 3% |
| Saturated Fat 0.5g | 1% |
| Trans Fat 0g | 0% |
| Cholesterol 0g | 0% |
| Sodium 10mg | 0% |
| Total Carbohydrate 25g | 9% |
| Dietary Fiber 0g | 0% |
| Total Sugars 24g | |
| Added Sugars 0g | 0% |
| Protein 16g | 32% |
| Vitamin D 0.2mcg† | 4% |
| Calcium 420mg | 42% |
| Iron 0.2mg† | 4% |
| Potassium 300mg | 6% |
| Total Fat 1.5g | 3% |
| Total Carbohydrate 25g | 9% |
| Total Sugars 24g | 8% |
| Added Sugars 0g | 0% |
| Protein 16g | 32% |
| Vitamin D 0.2mcg† | 4% |
| Calcium 420mg | 42% |
| Iron 0.2mg† | 4% |
| Potassium 300mg | 6% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

†Not a significant source of nutrient.

*Data not available for nutrient.

†See manufacturer's label.

†Not a significant source of nutrient.

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**1% LOWFAT
STRAWBERRY MILK**
1 cup



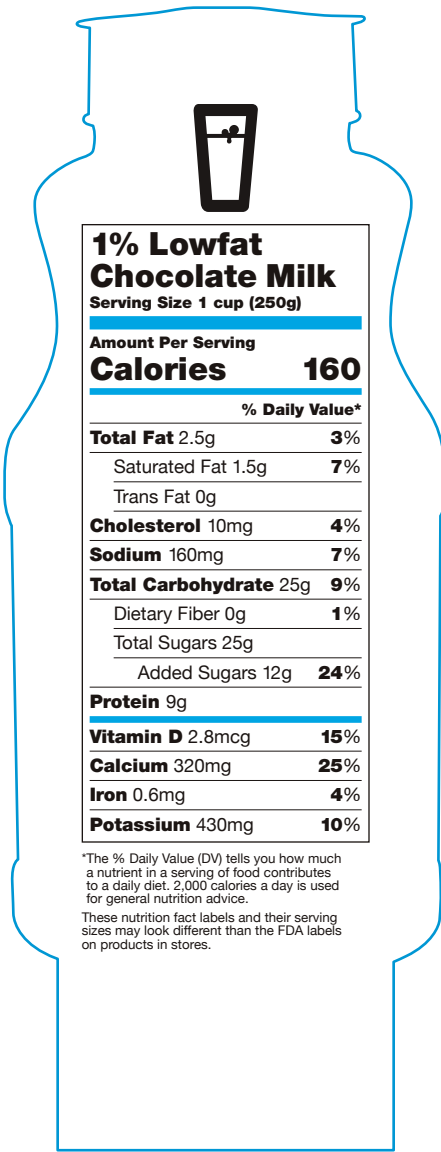
**FRUIT-FLAVORED
DRINKABLE YOGURT**
3 ounce container




**1% LOWFAT
CHOCOLATE MILK**
1 cup



**FRUIT-FLAVORED
SQUEEZABLE YOGURT**
1 pouch

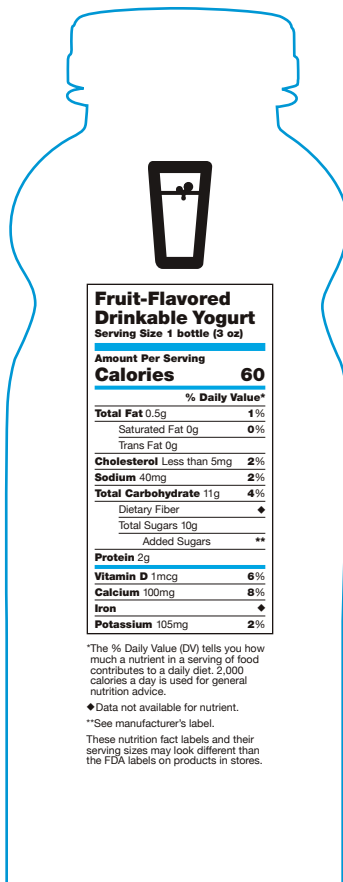





| | |
|---------------------------------|------------|
| 1% Lowfat Chocolate Milk | |
| Serving Size 1 cup (250g) | |
| Amount Per Serving | |
| Calories | 160 |
| % Daily Value* | |
| Total Fat 2.5g | 3% |
| Saturated Fat 1.5g | 7% |
| Trans Fat 0g | |
| Cholesterol 10mg | 4% |
| Sodium 160mg | 7% |
| Total Carbohydrate 25g | 9% |
| Dietary Fiber 0g | 1% |
| Total Sugars 25g | |
| Added Sugars 12g | 24% |
| Protein 9g | |
| Vitamin D 2.8mcg | 15% |
| Calcium 320mg | 25% |
| Iron 0.6mg | 4% |
| Potassium 430mg | 10% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

These nutrition fact labels and their serving sizes may look different than the FDA labels on products in stores.



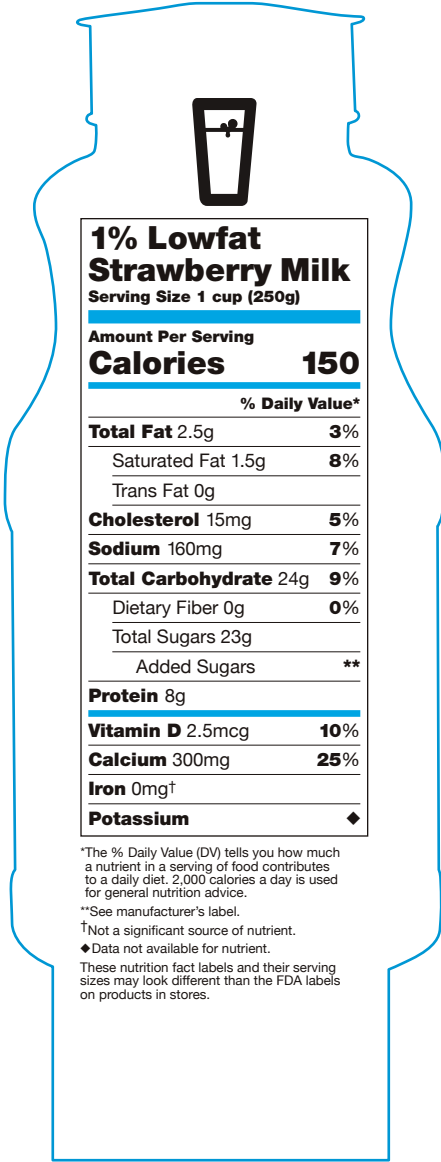



| | |
|--|-----------|
| Fruit-Flavored Drinkable Yogurt | |
| Serving Size 1 bottle (3 oz) | |
| Amount Per Serving | |
| Calories | 60 |
| % Daily Value* | |
| Total Fat 0.5g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol Less than 5mg | 2% |
| Sodium 40mg | 2% |
| Total Carbohydrate 11g | 4% |
| Dietary Fiber | ↓ |
| Total Sugars 10g | |
| Added Sugars | ** |
| Protein 2g | |
| Vitamin D 1mcg | 6% |
| Calcium 100mg | 8% |
| Iron | ↓ |
| Potassium 105mg | 2% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

↓Data not available for nutrient.
**See manufacturer's label.

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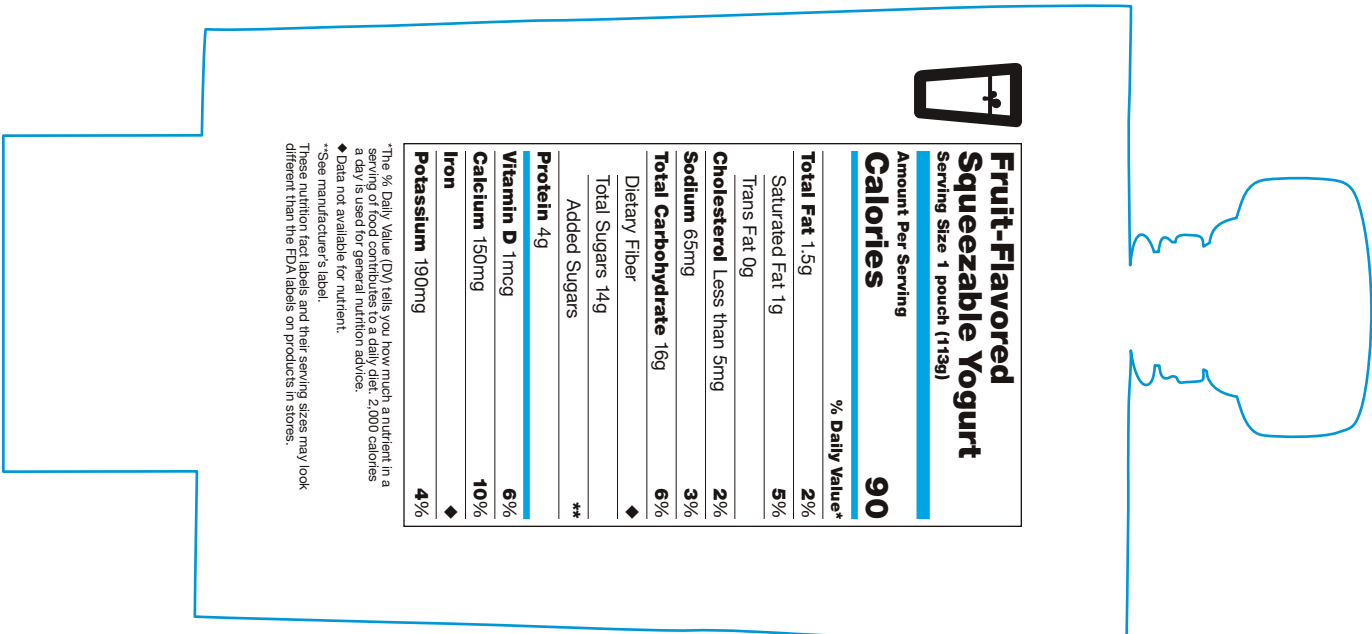



| | |
|----------------------------------|------------|
| 1% Lowfat Strawberry Milk | |
| Serving Size 1 cup (250g) | |
| Amount Per Serving | |
| Calories | 150 |
| % Daily Value* | |
| Total Fat 2.5g | 3% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 15mg | 5% |
| Sodium 160mg | 7% |
| Total Carbohydrate 24g | 9% |
| Dietary Fiber 0g | 0% |
| Total Sugars 23g | |
| Added Sugars | ** |
| Protein 8g | |
| Vitamin D 2.5mcg | 10% |
| Calcium 300mg | 25% |
| Iron 0mg† | |
| Potassium | ◆ |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

†See manufacturer's label.
‡Not a significant source of nutrient.
◆Data not available for nutrient.

These nutrition fact labels and their serving sizes may look different than the FDA labels on products in stores.





| | |
|---|------------|
| Fruit-Flavored Squeezable Yogurt | |
| Serving Size 1 pouch (113g) | |
| Amount Per Serving | |
| Calories | 90 |
| % Daily Value* | |
| Total Fat 1.5g | 2% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol Less than 5mg | 2% |
| Sodium 65mg | 3% |
| Total Carbohydrate 16g | 6% |
| Dietary Fiber | ◆ |
| Total Sugars 14g | |
| Added Sugars | ** |
| Protein 4g | |
| Vitamin D 1mcg | 6% |
| Calcium 150mg | 10% |
| Iron | ◆ |
| Potassium 190mg | 4% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

◆Data not available for nutrient.
**See manufacturer's label.

These nutrition fact labels and their serving sizes may look different than the FDA labels on products in stores.