



YOGURT LIGHT & FIT GREEK CHERRY NON FAT



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Product Last Saved Date:16 November 2017

Nutrition Facts

Serving Size: 150 GRM

Number of Servings per 12

Amount Per Serving

Calories: 80 Calories from Fat: 0

% Daily Value*

Total Fat g 0%

Saturated Fat g 0%

Trans Fat g

Cholesterol 10 mg 3%

Sodium 55 mg 2%

Total Carbohydrate g 3%

Dietary Fiber g 0%

Sugars g

Protein g

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	0%

	Per Srv		Per Srv
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

	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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat	9	Carbohydrate	4	Protein	4
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Product Specifications:

Code	GTIN	Pack	Pack Description
3735	20036632037354	12 X 5.3 ONZ	

Brand	Brand Owner	GPC Description
LIGHT & FIT GREEK	The Dannon Company, Inc.	Yogurt/Yogurt Substitutes (Perishable)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
4.56 LBR	3.97 LBR	USA	No	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
22.938 INH	7.813 INH	2.438 INH	0.253 FTQ	10x27	25 Days	38 FAH / 45 FAH

Ingredients :

CULTURED GRADE A NON FAT MILK, WATER, STRAWBERRIES, CONTAINS LESS THAN 1% OF FRUCTOSE, MODIFIED FOOD STARCH, BLACK CARROT JUICE AND CARMINE (FOR COLOR), NATURAL AND ARTIFICIAL FLAVORS, SUCRALOSE, SODIUM CITRATE, POTASSIUM SORTBATE (TO MAINTAIN FRESHNESS), MALIC ACID, ACESULFAME POTASSIUM, CONTAINS ACTIVE YOGURT CULTURES.

Allergens(C='Contains' MC='May Contain' N='Free From' UN='Undeclared' 30='Free From Not Tested' 50='Derived From Ingredients' 60='Not Derived From Ingredients' NI='No Info

Eggs - N	Milk - C	Peanuts - N
Soy - N	Wheat - N	TreeNuts - N
Fish - N	Crustacean - N	

Handling Suggestions :

This product is an individual plastic cup with a foil lid. Each cup is marked with an individual UPC code that can be scanned. It must be stored in refrigeration. Product should be stored in an upright position.

Benefits :

We've combined the thick, creamy satisfaction of Greek nonfat yogurt with the taste you expect from Dannon Light & Fit®. It has 80 calories per 5.3 oz. serving, 0% fat.

Serving Suggestions :

This product can be consumed on it's own, or as a part of a meal or snack.

Prep & Cooking Suggestions :

This product can be consumed directly from the container. No preparation required. It should be stored in refrigeration up until the time of consumption.

More Information :