



Vanilla Parfait Yogurt, Upstate Farms, #9886

Ingredients:

Cultured Pasteurized Grade A Nonfat Milk, Sugar, Water, Modified Corn Starch, Whey, Natural Flavors, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate(For freshness), Citric Acid, Vitamin D 3

Contains: Milk



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****This is a representation of the nutrition label. The actual nutrition label on the product may vary slightly.****

Newington Foods and Nutrition Services
Updated August 2013

NUTRITION FACTS

Serving Size: 8 OUNCES

Amount Per Serving

Calories 180 Calories from Fat 0

	<i>% Daily Value*</i>
<i>Total Fat 0g</i>	<i>0%</i>
<i> Saturated Fat 0g</i>	<i>0%</i>
<i> Trans Fat 0g</i>	<i>0%</i>
<i>Cholesterol 5 mg</i>	<i>2%</i>
<i>Potassium 280 mg</i>	
<i>Sodium 105 mg</i>	<i>4%</i>
<i>Total Carbohydrate 38g</i>	<i>13%</i>
<i> Dietary Fiber 0 g</i>	<i>0%</i>
<i> Sugars 30 g</i>	
<i>Protein 3g</i>	
<i>Vitamin C 4%</i>	<i>Vitamin A 0%</i>
<i>Iron 0%</i>	<i>Calcium 60%</i>

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