



Penn State University
BERKEY CREAMERY

YOGURT

Boysenberry
8 oz

INGREDIENTS: cultured nonfat milk, boysenberries [sugar, boysenberries, water, corn syrup, modified food starch, natural flavor, sodium citrate, potassium sorbate, red 40, blue 1], cream, nonfat dry milk, sugar, gelatin, carob bean gum, carrageenan. Contains milk.

Nutrition Facts

Serving Size 8 oz. (227g)
Servings Per Container 1

Amount Per Serving

Calories 260 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 150mg **6%**

Total Carbohydrate 51g **17%**

Dietary Fiber 2g **8%**

Sugars 45g

Protein 9g

Vitamin A 8% • Vitamin C 4%

Calcium 30% • 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

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300 mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4