Penn State Univeristy
BERKEY CREAMERY

YOGURT

Cherry

8 oz

INGREDIENTS: cultured nonfat milk, cherry fruit [corn syrup, water, cherries, modified food starch, natural and artificial flavor, citric acid, sodium benzoate, potassium sorbate, red 40], 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 170mg	**7%**
Total Carbohydrate 49g	**16%**
Dietary Fiber 2g	**8%**
Sugars 40g	
Protein 9g	

Vitamin A 8% • Vitamin C 4%

Calcium 30% • Iron 6%

*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