Penn State Univeristy
BERKEY CREAMERY

YOGURT

Light Boysenberry

8 oz

INGREDIENTS: cultured pasteurized non fat milk, milk, boysenberries [water, maltitiol, blackberries, modified food starch, natural and artificial flavor, potassium sorbate, sodium benzoate, citric acid, red 40], non-fat dry milk, pectin, natural flavors, modified food starch, gelatin, maltitol, carob bean gum, and carrageenan. Contains milk

Nutrition Facts

Serving Size (241g)
Servings Per Container 1

Amount Per Serving	
Calories 150	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 210mg	**9%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 1g	**4%**
Sugars 10g	
Protein 13g	

Vitamin A 20% • Vitamin C 4%
Calcium 35% • 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