



Penn State University
BERKEY CREAMERY

YOGURT

Plain, Sweetened
8 oz

INGREDIENTS: cultured nonfat milk ,
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 190 | Calories from Fat 40 |
| % Daily Value* | |
| Total Fat 4.5g | 7% |
| Saturated Fat 2.5g | 13% |
| Trans Fat 0g | |
| Cholesterol 20mg | 7% |
| Sodium 180mg | 8% |
| Total Carbohydrate 26g | 9% |
| Dietary Fiber 3g | 12% |
| Sugars 22g | |
| Protein 11g | |
| Vitamin A 10% | • 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 | |