Penn State Univeristy
BERKEY CREAMERY

YOGURT

Red Raspberry

8 oz

INGREDIENTS: cultured nonfat milk, red raspberry fruit base [sugar, high fructose corn syrup, red raspberries, water, modified food starch, natural and artificial flavors, sodium citrate, potassium sorbate, malic acid, 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 170	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 25g	**8%**
Dietary Fiber 4g	**16%**
Sugars 20g	
Protein 9g	

Vitamin A 10% • Vitamin C 6%

Calcium 30% • Iron 2%

*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