



Penn State University
BERKEY CREAMERY

YOGURT

Vegetarian Plain
8 oz

INGREDIENTS: cultured nonfat milk, cream, nonfat dry milk, sugar, modified food starch, carrageenan, pectin. Contains milk.

Nutrition Facts

Serving Size (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